

The Inner Wave



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY (UK)

News, insights and experiences from the Brahma Kumaris World Spiritual University (UK)

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Welcome to Issue 13 of the Inner Wave, which explores what it really means to 'feel great' and how we can bring and keep that feeling in our everyday lives... no matter what. If you would like to comment on anything you read in this newsletter, please do write to us at newsletter@uk.bkwsu.org. All issues of the Inner Wave can be downloaded from www.bkwsu.org/uk/newsletter. *Editorial Team*

Feeling Great *Anthony Strano*



It is, perhaps, realistic to begin with feeling positive, then good, then better till best and, finally, great. Certainly, I cannot feel great about anything until I feel good and positive about myself - no matter what others say or what negative things have happened in the past. To be positive is not to hide the negative and pretend it is not there but to extract the hidden opportunities or lessons from what appears chaotic, unfair and unwanted.

All things have a reason for coming into my life. Trusting that whatever is happening has

value helps me maintain a positive outlook and this makes me feel well - which is the basis of feeling great. Such trust creates perspective and perception. If I am overwhelmed by anything or anyone, if I get too involved, I cannot keep the neutrality that allows perspective: I see the whole picture - the details and the whole - without getting lost in the details and I appreciate the different points of view.

Perspective leads to the perception that using respect, tolerance and patience will help me cope with a negative situation. It opens my heart and mind to new possibilities. This neutrality brings an inner quietness in which I see and feel my inner peace and goodness and my strengths. This makes a huge difference in my life.

“As we gain self-mastery, we feel great.”

Feeling great is not a temporary euphoria. Feeling truly great propels me into a constant

positive awareness of myself and my life. This comes when I experience my spiritual identity and resources as inherent facts of my being, not just a hope, a theory or a platitude. In quietness I connect with the reality that anchors my life in such a way that no upheaval can make me a victim. As we gain self-mastery, we feel great. No excuse hiding behind 'because', 'if' and 'but' can deceive me. Instead I say: 'I can - let's do it - now.'

When we have the courage to dare, to experiment, and not fear the outcome, we feel great; we haven't simply done the usual complaining, blaming and regretting. Spiritual perspectives that emerge from quietness enable me to trust myself and perceive the positive, the good, the better, the best and the great... no matter what.

Anthony Strano is the author of many books on meditation and the art of being balanced and produced several CDs about Raja Yoga meditation. He co-ordinates Brahma Kumaris activities in Greece, Hungary and Turkey.

Brahma Kumaris (UK)'s new premises in Kensington, West London, which opened in June this year, hosts a weekly women's group every Tuesday morning, along with daily meditation sessions, weekly public lectures and a range of courses and seminars.

For more information: Brahma Kumaris, 32 Stratford Road, Kensington Village, London W8 T: 020 7938 1862 W: www.bkwsu.org/uk/kensington



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Back To Their Best Selves

Wendy Marshall

Many of us may remember a turbulent time in childhood or adolescence when we gave our parents or carers grief, as we grappled with developing our own identity. These periods can be intense and painful. Then, for most, something changes in the way we see the world, the turmoil passes and we move on.

But for some young people this isn't a passing phase, but a downward spiral caused by neglect, family breakdown or other disadvantages. Those working in the field of youth offending are familiar with the stories behind violent and destructive behaviour and often ask themselves: 'Given the same circumstances, would I have turned out any better?'

Put simply, destructive behaviour indicates that a young person has lost touch with their 'good core', which, if all is well, gives rise to a healthy level of positive attitudes towards their life, other people and themselves. A key factor in helping young people to recover that good core - and move into an upward spiral of growth - is for someone to take an interest in them - to see beyond their behaviour to their strengths, qualities and potential. Research shows that having just one person believe in them and demonstrate ways to solve problems with integrity and positivity

can be enough to help a young person get their life back on track.

A youth worker may be called on to fulfil that role. And this invisible aspect of what they do can be the most challenging. There can be a turnaround moment, when your vision of someone as a good human being has penetrated the image they have of themselves as a 'bad person'. This doesn't happen easily; and it can take a lot of reinforcement and patience to bring someone fully back into the realm of their own goodness.

Working with gifted people who work to achieve these turnaround moments inspired the Hope Mountain team to develop a resource that helps young people to connect with their good core again. Because it gently reveals a person's innate wisdom and good qualities, we put it in a special box and called it *Unearthing*.



Unearthing is now being used by 30 organisations working with disadvantaged young people, adults and families. The Brahma Kumaris have many years' experience of developing ways to explore positive qualities in their work with offenders, educationalists and health care practitioners, and that experience was invaluable in helping us develop the resource's reflective aspects.

Thanks to the ideas youth workers continue to share with us, we've created other resources to help young people and adults travel the path back their best selves again. We would love to hear from people about their experiences on this subject.

Wendy Marshall is co-founder of Hope Mountain, a not for profit social enterprise. www.hopemountain.org.uk She has been practising Raja Yoga for 20 years.

“Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace, a soul generated by love....” Martin Luther King Jr

The Spirit of Giving

The last quarter of the calendar year holds some of the main religious festivals celebrated in the UK and around the globe – Diwali (The Hindu Festival of Lights also celebrated by Jains and Sikhs), Eid (The Muslim Festival of Sacrifice – a celebration of obedience to God), Hanukkah (the Jewish Festival of Lights) and, of course, Christmas (the Christian celebration of the birth of Christ).

The giving and receiving of gifts is a cherished tradition at the heart of all the religions, along with the preparing and sharing of special festive foods and sweets – a joyous and happy time!

The spirit of giving in all of us is active beyond the festival times and has been with us since time immemorial. The great givers are the ones who share the light and wealth of their inner spiritual wisdom with sweetness and gentleness.

Whilst in some cultures and communities these festivals have come

to signify little more than an extensive shopping list and a busier than usual social calendar, they are also the times when generosity, the sharing of wealth and the celebration of unity are the live spirit evident within the family, and the world community.

Within the giving and sharing is a thanksgiving - for the autumn harvest, for real religious freedom, for the light of God's guidance, for our love and care for each other and also the thanks for giving each other true recognition and the gratitude for what we have and all hold dear in our hearts. Om Shanti, Eid Mubarak, Happy Hannukah and Merry Christmas!

Festival Dates 2010

Diwali – 5 November

Eid-ul-Adha – 16 November

Hannukah – 2-9 December

Christmas Day – 25 December

Happiness Within

A Meditation

Sitting quietly, with one thought I focus my attention on the soul: I, the eternal being... the being of peace. In this awareness of peace I move beyond the limits of my physical body; and in this state of peace I begin my journey. I dive below the surface of the waves to discover the treasures within. On the surface are the memories of the immediate experience of the past, but patiently I decide for a while not to ponder these, not to spend my valuable moments of silence contemplating moments of sorrow. I decide to see what there is further down... deeper within.

The waves remain up above, and the silence of my own inner being draws me towards itself; and, as I come to the core of my being, I see that here, at the very heart of my being, there is beauty. There is love... and I can feel happiness emerging from deep inside. I begin to touch the treasure of joy, knowing that this is my eternal state. I maintain this inner awareness of happiness.

From *Awaken Your Inner Wisdom* by Sister Jayanti, available from www.bkpublications.com

The Experience and the Echoes

Rachel Bennett

Rachel Bennett's band Raie performed alongside Dadi Janki at Feeling Great ...no matter what at the Hammersmith Apollo on 12th August 2010. Here she shares her experience.

Being part of the *Feeling Great* event was one of the biggest things that's happened in my life. It was a real eye-opener. 'Gigging' is normally a very different world, with a different set of values to those being encouraged here. It was very refreshing. We were excited, because our lyrics had an obvious place. I wrote the song *Talking 'Bout You* for my son, but after the event he said: "I heard that song completely new that night. It's about the universe, God, the One..." He realised it was connected to everything happening in our lives.

It's also thrown a different light on the band. We've begun to realise why messages that are for the greater good are so important, and that's spurred me on. We all recognised it as very special; it was so warm, and the words spoken on stage were very new for us, so we were really listening!



Rachel singing at the *Feeling Great...no matter what* event at London, August 2010.



It has left me with quite a lot of thoughts about myself. I feel that I've opened up, and that's quite hard for me, because I'm not what you'd call a 'still person'. I struggle with calming my thoughts. I realise that if I want to enter a bit deeper into the *Feeling Great* book I have to find time just to sit. I've even put my feet in a bowl of hot water, so I can't physically get up! I've started to feel the benefits; it's had real reverberations.

I feel that we're all moving to another important stage. I'm really trying to nurture this sense of peace, because it's actually a state of mind: it's me who decides how I'm going to meet all the changes - whether in a state of peace or franticness. When I'm calm, the chances are I'll see a lot better and be in a better position to decide what's best.

So, the experience itself was powerful but the echoes have also been very powerful.

Find out more about Raie at www.raietheband.com

Dadi Janki's new book *Feeling Great* is available from www.bkpublications.com

RECIPE : Cannelloni (Serves 6).

18 cannelloni, tubes (pre-cooked)

Stuffing

1 kg (2 lb) spinach, washed and chopped

3 tbs oil

250 g (8 oz) ricotta cheese

1 green pepper, chopped

1 tbs fresh basil

salt and pepper, to taste

Sauce

4-5 large tomatoes

3 tbs oil

2 tbs fresh basil, chopped

salt and pepper, to taste

2-3 tbs mild Cheddar cheese, grated



1. Cook the spinach for 5 minutes in 1 tablespoon of oil, strain and put in a bowl. Mix with ricotta cheese.
2. Heat 2 tablespoons of oil in a pan, add green pepper and fry for 2-3 minutes or until tender.
3. Mix with the spinach and Ricotta cheese. Add basil, salt and pepper to the mixture.
4. Fill the cannelloni tubes with the stuffing and place on a greased baking dish.
5. Chop and liquidize the tomatoes. Heat the oil in a saucepan. Add the tomatoes, basil, salt and pepper and cook until thickened. Pour over the cannelloni. Sprinkle with cheese.
6. Bake at 200°C/400°F/Gas Mark 6 for 30-40 minutes.

