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## Resolving Tomorrow – Making the Most of Today

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Out of the dark drizzle of a London night, the Conference Hall in Diamond House, GCH, was full and sparkling with living lights gathered to hear words of wisdom from Sister Jayanti. "New Year signals us to have a new vision for ourselves to bring about personal peace and happiness to initiate new positive habits, yet often by about this time (11<sup>th</sup> Jan) our resolutions are wilting. So how do we empower ourselves to maintain the positive change within ourselves that we so desire?" she asked.

Sister Jayanti drew on the word '*resolution*'- that when we have a clear aim – a high definition *resolution* picture of how we would like to be then it is easy to become. *Resolution* indicates that there has already been a solution at some point previously and now we have the opportunity to rediscover it. We just need to take responsibility for this within ourselves.

"Today we need to transform the tendency to have hot heads and cold hearts into a situation where we can keep the heart warm and open with love and compassion and the head cool with peace – this will help ourselves and vibrate out into the world.

"We must realise that, when we keep an attitude of blame and complain or competition and criticism (all of which are prevalent in today's world), then there cannot be peace within. So instead we need to develop an attitude of appreciation; gratitude brings about feelings of joy and contentment. If we stay cool to whatever is taking place outside of us, then we are able to have a positive influence on a situation. If we react too, then we will aggravate the situation and make it worse - and upset others further."

Sister Jayanti stressed that, whenever we give a cause or reason for any type of disturbance, then we will never find a solution. If we make excuses, then there is no solution. "If at every moment I ask myself 'What is the solution?', then I will start to move effectively."

"One of the fundamental spiritual concepts that every faith tradition shares is that there is the belief in the intrinsic goodness of the human spirit. So it means that whatever *re-solution* we make today will bring me back towards our own state of original goodness. This helps us carry on as we see with hope and courage glimpses of our intrinsic beauty and that of others too. For truly the purpose of human life is to experience happiness. To keep light and happy and content is natural for the human spirit.

### **"So how to create this re-solution?"**

By using a little silence at the start of each day we can connect with that high resolution image of ourselves as completely peaceful, loveful, secure and happy - by



just giving the self time and space to experience the sweetness of the qualities that are within.

"Two important aspects also connected with transformation are the letting go of anger and dealing with the subject of forgiveness. We must understand that anger (and lesser forms of irritation and bossiness) erupt when our desire to control is not happening; it causes a huge amount of pain and sorrow for ourselves and those around us. Ego often works with anger in the way we treat others, in the form of arrogance - about position, possessions, etc - and we must understand that, when we shout at people, it hurts and doesn't allow any possibility of co-operation nor does it allow relationships to flourish."

"Where there is a lack of forgiveness there is poison inside myself. It poisons my feelings and doesn't allow me to stay content and happy in all areas of my life. It influences every that is happening. Let me seek forgiveness so that the heart can stay open and generous and give so that others can live openly and freely. Also let me not judge others, as then there is no need to forgive."

***"What is the method for transforming?"***

It is to focus on that which is good and pure within ourselves and then our vision of others will become that also. With determination we can connect with our original divine state.

Sister Jayanti then answered questions on how to keep going on the spiritual journey, saying that it required keeping the practice of seeing the self as the pure soul on the hour, every hour. Also that the only way to deal with feelings of hurt and to heal the wounds that the soul carries is by experiencing God's love – the unconditional energy that uplifts and empowers.

Sister Jayanti finished by affirming that at the point of extreme darkness in the night of humanity the dawn breaks, which brings about the day; this happens quietly and silently: "We don't have to fight the darkness, we just have to shine the light. We are now at this point in time when whatever is happening is carrying things to its conclusion to bring the night to an end and now dawn has broken, the day is coming and no one can stop this."

The evening was completed with a beautiful commentary by Sister Jayanti guiding us to see the re-resolution within.

Ends