

# The Inner Wave



**BRAHMA KUMARIS**  
WORLD SPIRITUAL UNIVERSITY (UK)

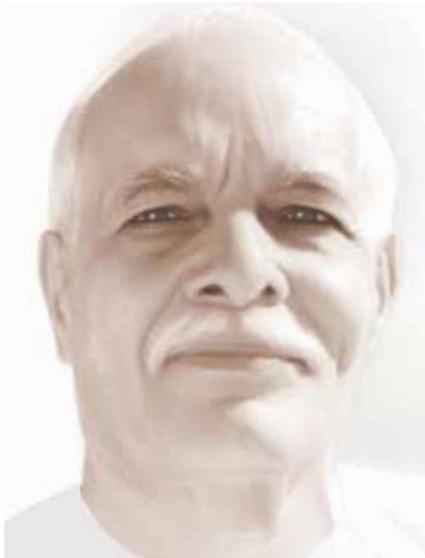
News, insights and experiences from the Brahma Kumaris World Spiritual University (UK)

Issue 17  
2012

Welcome to the Inner Wave. Our theme for this issue is 'Bringing Spirituality to Life'. We explore what spirituality actually is and how it applies to our everyday lives. If you would like to comment on anything in the newsletter, please write to [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org). All issues can be downloaded at [www.bkwsu.org/uk/newsletter](http://www.bkwsu.org/uk/newsletter).

Editorial Team

## Bringing Spirituality To Life



Brahma Baba

Living life according to our values is perhaps our greatest challenge. The good intention is there but often other influences, distractions or concerns prevent us from 'walking our talk'. Brahma Baba, the founder of the Brahma Kumaris, was not a guru but someone who really did put his vision of a better world into practice. He began by applying the spiritual values of self-respect, non-violence and co-operation in his own life and, by example, steadily created a community based on these principles. For him the key to personal transformation and, ultimately, world transformation, lay in recognising and experiencing our spiritual identity: "According to the present time, there is a need for spirituality. It is due to a lack of spirituality that there is so much conflict and violence."

Brahma Baba understood that every one of us is a spiritual being - a soul - who is playing a unique role on the world stage. He believed that true equality and mutual respect between men and women was needed to bring about the global spiritual revolution he envisioned. Recognising the value of the natural feminine qualities of compassion, love and care, he handed over the leadership to a group of young women - something unheard of in the 1930's. Dadi Janki, Head of the Brahma Kumaris, now aged 96, is one of those women.

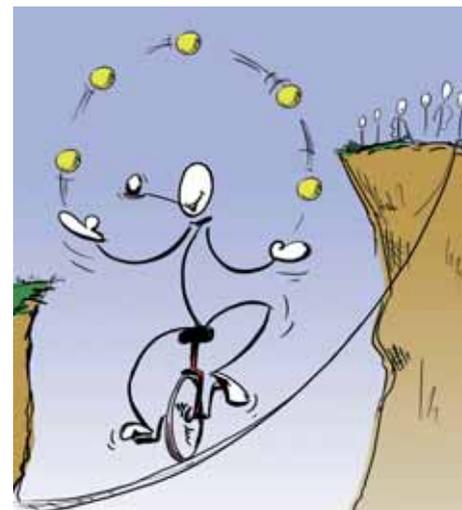
*“ It is due to a lack of spirituality that there is so much conflict and violence. ”*

Thousands in the UK - and elsewhere - have been inspired by Brahma Baba's insights and experiences to make positive changes in their own lives, and, as a natural consequence of that, in the lives of those around them. Although born in India, Brahma Baba's vision was never just for India but for the whole world. The past 40 years have seen that vision come about. Brahma Kumaris UK, which is now operating in more than 50 locations nationwide, is part of a network of independent organisations in over 100 countries.

Brahma Baba was clear that it is practical spirituality that empowers us to bring about change, rather than just think about it: "Nothing," he said, "can happen without spiritual power."



Dadi Janki



### The A-Z Of Spiritual Living

#### M is for Mastery

Where there is self mastery, the face sparkles with confidence and shows no sign of struggle.

From the *Wisdom for the Day* timeless calendar, available from [www.bkpublications.com](http://www.bkpublications.com)

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# Living From Your Essence

Geoff Marlow



In my work as an innovation consultant I frequently encounter the myth of the 'lone genius inventor'. In fact most innovations arise by combining insights from people with different perspectives. What makes this hard to do is that most of us get attached to our own perspective, making it hard or even impossible to see those of others. One of my first 'aha' moments when I took up meditation is that we don't see things as they are; we see them as we are. When my awareness of my self is coloured by ideas, experiences and labels, I lose touch with my innate abilities to appreciate what others see and empathise with what they feel. Much of my work involves helping people to see others as competent and well-intentioned, despite 'evidence' to the contrary...

Many people mistakenly equate 'being spiritual' with 'being religious'. When we talk of being 'inspired' or 'aspiring' or 'team spirit' we draw on the same Latin root - 'spiritus' - meaning 'breath' or 'essence'. By way of analogy, what we call 'petrol' is more properly 'petroleum spirit' - literally 'essence of rock oil' - Greek *petros* (rock) + Latin *oleum* (oil). Petrol is 'rock oil' that's been refined to remove its other 'non-essence' constituents. No accident then that 'essence' is French for 'petrol'. Similarly, being spiritual means separating out the various constituents in the awareness of my self, so that I increasingly live from my essence.

Living from my essence means stepping back behind the masks to see what Shakespeare saw: "All the world's a stage, and all the men and women merely players." As I cultivate the eyes to see others as spiritual actors playing their parts, I more clearly see my own essence. When the part someone else is playing highlights something in me that is not my essence that I'm hanging on to, then even though they may appear to be an 'enemy', they are in fact my friend, in that they help me grow. The wise can learn from the fool; but the fool cannot learn, even from the wise.

When I experience my self as the actor and not the role, I am being true to my own self, and only then can I be true in my actions and interactions with others. Live from your essence and you will discover for yourself what sages have been telling us for centuries - you are never more powerful, fulfilled and inspired than when you are being who you really are...

*“ You are never more powerful, fulfilled and inspired than when you are being who you really are. ”*

**Geoff Marlow** is an organisational leadership team coach and consultant. He has been meditating with the Brahma Kumaris for 22 years. He regularly leads public seminars and workshops on topics such as stress free living, lifelong learning and awareness centred leadership and is a founding member of the Brahma Kumaris' Spirit of Coaching programme. Geoff is based in Cambridge, where he lives with his wife Alison, son Alex and Sam the golden retriever.



All smiles at the end of a retreat for people living with cancer entitled *Uplifting Our Spirits* at the Global Retreat Centre, near Oxford, in October 2011. One participant wrote afterwards: 'I am much more positive, centred and have a continuing sense of peace and well-being, even when feeling physically unwell or tired from the effects of treatment.'

There will be a follow-up one day *Uplifting Our Spirits* event at Global Co-operation House, London on Saturday 28th April, 10am-4pm for anyone interested in learning about spiritual tools to complement the treatment process.

Further details from:  
john.mcconnel@uk.bkwsu.org or  
0208 727 3418

# Healthy Finances

Rosemary Turberville Smith

Nowadays nothing is guaranteed - our job, our relationships, our health, etc - and so there's often a lot of fear behind the way we see and use money. Times are difficult economically, with 7 billion people in the world, compared with 2 billion 120 years ago. Many are afraid of not being provided for and feel a sense of helplessness about being able to take responsibility for their future.

Meanwhile, expectations are huge. We often use money to fill a void in our lives, to please others and to compensate (as a parent I often did just that). Many people spend more than they earn and accumulate huge debt, which must weigh heavily on their conscience, even while being unaware of it. My father used to tell me that I should be a 'nineteen and sixpenny girl' (which translates into 95p). In other words: never overspend and always keep something aside. When you are worried about where the next penny is coming from, your mind cannot be peaceful.

*“ I no longer need all the things I thought I did to make me happy. ”*

What I have learned through my spiritual practice is to trust. Life will give me what I need, not what I want. I have changed my way of thinking; I've become responsible for myself and realise that I can better my life by living by values rather than by



negativity. I no longer need all the things I thought I did to make me happy. What I think, what I do, how I behave are what make me happy, not constantly acquiring to fill the void. Life is simpler and, as a result, easier. Following spiritual principles helps me to use things economically, which helps my purse. I remind myself that money is just a tool in life - it isn't 'mine'. We need to teach our children that to do something for nothing and enjoy giving from the heart - not just things only but time and help in need - without any expectations or a 'thank you', brings its own rewards.

*Rosemary Turberville Smith has spent many years abroad and her work ranged from being an air hostess to running a busy MP's business office, whilst bringing up a family. Since 1999 she has been based at the Brahma Kumaris' national co-ordinating office in London, where she studies and teaches Raja Yoga and is part of the media and other administration departments.*

Letting go of the outer world,  
My mind is focused and centred  
On my inner reality and true centre of power.

My thoughts are completely connected,  
Fixed on my spiritual being;  
And through a fusion of thoughts,  
Awareness and energy  
I experience its power rising and flowing.

The incredible and pure power  
Of peace and love and light and bliss  
Becomes activated,  
Filling every pore of my being.

Its energy and vibration resonates,  
Heals and refreshes,  
Finishes the effects and echoes of past  
Effects and old memory.

A great feeling of purity,  
Cleansing and newness fills me.  
I feel fresh and strong and clear.

From *Meditation: The 13 Pathways to Happiness* by Jim Ryan, published by O Books and available from [www.bkpublications.com](http://www.bkpublications.com)

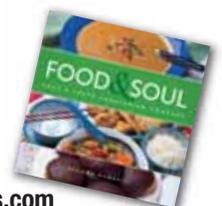
## Recipe: Minestrone Soup (Serves 6-8)



2 carrots, diced  
250 g (8 oz) broccoli, broken into small florets  
125 g (4 oz) cauliflower, broken into small florets  
2 potatoes, diced  
1 small turnip, diced  
60 g (2 oz) canned red kidney beans  
60 g (2 oz) French beans, cut ½ inch  
3 tbs oil  
1.2 litres (2 pints) boiling water  
1 tbs mixed herbs  
2 tbs tomato purée  
125 g (4 oz) soya chunks  
Salt and pepper, to taste

Sauté all the vegetables in oil in a fairly large pan for a few minutes. Add enough water to cover the vegetables and beans. Add mixed herbs, tomato purée and soya chunks. Simmer until all the vegetables are cooked. Season to taste and serve.

From the new edition of *Food and Soul*, available from [www.bkpublications.com](http://www.bkpublications.com)



## Snapshots from our associate organisations around the world



**Malaysia:** Anthony Strano (Brahma Kumaris, Greece) speaks about *Work Life Balance* to a group of 35 managers of Maybank (the largest bank in Malaysia) in Kuala Lumpur in December 2011.



**USA:** Consul General of India, N Parthasarathi, addresses the gathering at a special evening of traditional Indian music and dance to celebrate the festival of Shiv Ratri (The Night of Shiva) at the Brahma Kumaris Anubhuti Retreat Centre, near San Francisco in March 2012.



**South Africa:** Golo Pilz (Brahma Kumaris, India), Pratibha Patel (Brahma Kumaris, Kenya), Teresa Mungazi (Brahma Kumaris, Zimbabwe) and Sonja Ohlsson (Brahma Kumaris, Denmark) speak about the spiritual, practical and youth perspectives of personal sustainable capacity building at a press conference at COP17, the UN Conference on Climate Change, in Durban in November/December 2011.

## In My Life

*Kusum Patel*



I first tried to learn meditation with the Brahma Kumaris nearly 40 years ago in India but I didn't get very far with it. However, when a few years later my husband and I moved to Leicester with our family, I got to know people who made this form of meditation a part of their lives. This time I really liked the teachings, and when I started to meditate regularly and to form a relationship with God, I began to cope well with all the changes we were experiencing in our lives. I now understand that God will look after everything; I simply have to trust in that.

Spiritual knowledge allows me to see the world from a much broader perspective and to realise that there's no point in getting fixed ideas about how things should be or to be possessive about anything or anyone. I no

longer get pulled into situations emotionally but simply focus on giving love, and people seem to respond by coming to me for advice.

An example is the time there were some quarrels concerning the property that my family owned in India. I decided to stay peaceful, be accepting and help however I could. I stayed on good terms with everyone, and as a result we kept so much love and affection in the family.

*“ Raja Yoga makes me realise the whole world is my family. ”*

Raja Yoga makes me realise the whole world is my family. All are souls - all are my brothers and sisters, and everybody is playing their part. I don't get caught up in what others are doing or try to force choices on anyone, and that includes my own children. Instead I just do my best to be a responsible, caring and co-operative person. The extent to which one becomes truly peaceful and loving, those qualities shine on one's face and this is what influences other people more than anything.

*Kusum Patel is originally from Gujarat, India. She lived in Tanzania, then back in India,*

*before settling with her family in the UK. She has four children, two of whom joined her in dedicating their lives to spiritual service with the Brahma Kumaris. Kusum is very much involved in the activities of the Brahma Kumaris in Leicester.*

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The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

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*Next issue:*  
**Energy and Fitness**