

# The Inner Wave



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

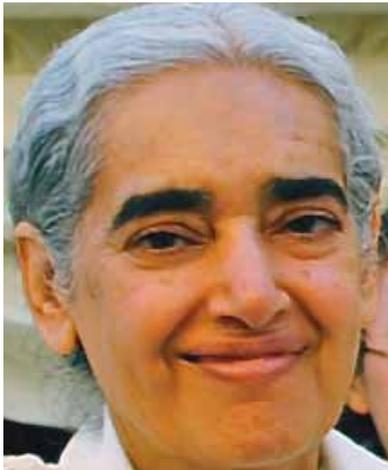
News, insights and experiences from the Brahma Kumaris World Spiritual University (UK)

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Welcome to Issue 12 of the Inner Wave, in which we offer different perspectives on coping with loss in our lives. If you would like to comment on anything in the newsletter, please write to [newsletter@uk.bkwsu.org](mailto:newsletter@uk.bkwsu.org). You can download all issues from [www.bkwsu.org/uk/newsletter](http://www.bkwsu.org/uk/newsletter).

Editorial Team

## Coping With Loss



*Sister Jayanti*  
*Director, Brahma Kumaris (UK)*

We never know what is around the corner or what the next step in our life is going to be. So my priority has to be my own inner stability and my relationship with God. If these are strong and firm, I'll be able to deal with the circumstances and situations life brings up.

Spiritual knowledge helps me understand myself and keep my emotions and feelings positive and powerful and that brings me closer to God. The daily practice of understanding and reflecting on these truths will enable me to use whatever situation comes to serve others and move forward in a way that's helpful and meaningful.

Many people have recognised how a situation of loss has been an opportunity to renew the self. Illness, for example, can be an opportunity to have silence and solitude that isn't possible in the busy lives most lead today. Losing a role or responsibility in life can free me up to reconsider my values and

priorities and perhaps take on a new and different one.

Bereavement is more difficult to deal with. Yet, even then, I can maintain my stability, when I understand that my vibrations reach those I love and that, by staying peaceful, I will bring help and strength to the souls that have gone. If I come into upheaval, that upheaval reaches them too and hampers them on their journey forward. I haven't suffered the loss alone - others around me also feel the loss keenly and my distress will add to theirs. My stability will help them cope with that loss. By helping others I too will find strength.



2,000 people came to meet Dadi Janki, Head of the Brahma Kumaris, at The Hammersmith Apollo, West London, on Thursday 12 August. The free event, entitled *Feeling Great... no matter what*, was a theatrical interweaving of words and silence, film, music and dance organised by Brahma Kumaris (UK), with the help of cellist Jonathan Hugh, Raie the band and C-12 Dance Theatre, musical director Andy Blissett and creative director Pearl Jordan. You can watch a film of the event at: <http://blip.tv/file/4032979>. We will be dedicating the next issue of The Inner Wave to the theme 'Feeling Great'.

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# Leaping Over Rocks

Stuart Hepburn



In March 2005 Stuart Hepburn suffered an extensive stroke, which initially left him completely paralysed and speechless - what is called 'locked in syndrome'. He refused to succumb. He has applied his life's learning to his situation and is making a slow, laborious recovery. Here he shares his own perspective on loss and discovery.

Every loss brings the question: 'How do I fill this gap?' It would be dishonest to suggest that there is no pain from loss. Loss involves change but, despite the fact we're constantly changing, we tend to think of ourselves as unchangeable: 'This is who I am, and this is what I'm like!' From this perspective, loss appears quite daunting. 'Will I ever come to terms with what I've lost? Will I ever be able to adapt to my new circumstances?'

*"I came to recognise myself as being at the heart of an eternal process, the continuous redefinition of who and how I am."*

When I first came across Raja Yoga I passionately believed that we were solidly concrete beings. At the time, I was angry about how religion seemed to render people powerless in the face of so much suffering. It was only during meditation when I had the practical experience of dissolving my sense of identity that the rigidity of my attitude began to change. I discovered that I was comprised of light, energy. I was not just the bundle of cells I had considered myself to be. I came to recognise myself as being at the heart of an eternal process, the continuous redefinition of who and how I am. My heart had grown hard and began to melt. I began to grasp the serious potential for change. It led to the inflow of qualities and attributes that I was painfully aware I needed and the outflow of those I didn't.

I was like a salmon returning to my place of birth. It didn't matter how many boulders I needed to leap over, I knew I'd get there eventually. Now, 35 years after my journey started, I'm still leaping over big rocks - but the journey's end is now in sight.

What advice would I offer another who has incurred disability, or, rightly or wrongly, experienced physical incarceration? Stay in the awareness that you are comprised of consciousness, and that whether limbs are taken away from you, or whether it's your total freedom, you remain undiminished and capable of serving others and building a better future.

It's the consciousness, not the body, that yearns for freedom, and no one can take that away; though, if you're not careful, you may surrender this.



Brahma Kumaris introducing the idea of 'just-a-minute' meditation in the Cavalcade at the start of the Edinburgh Festival, Scotland, in August 2010 - just one of the many festivals and fairs up and down the country in which we have taken part over the summer.

## Lost Loss

What a shame, they said, 'she had it all'

'Ill health' came knocking  
A brain tumour  
Cut and purged, some memory lost  
I stay positive and watch with humour

So much lost!

The Doctors say:  
'She can't drive'... I lose my car - my false freedom  
'She can't work'... I lose my 'roles' - my false status  
'She can't shop'... I lose my things - my false wealth

So much will change they say

Your face... so I lose my looks - my false beauty  
The way you relate... so I lose old company  
- my false connection

Family dynamics... so I lose old ways, 'Mother's role'  
- my false comfort

Your mind... old ways of thinking - my false beliefs

Everything will change... I lose the old play  
- my false world

I lose 'my'... 'mine' - my false 'I'

With so much space... I meditate, filled with silence  
Newness... humbled by truth  
A new world emerges... soulful

Full of the gifts and powers within  
I feel content, happy  
I feel great...

...What was it that I lost? *Jasminder Love*

## Taking just-a-minute...

I sit comfortably,  
Gently my breath slows down;  
I relax my body.  
I let go of speed,  
Of the rush and push of thoughts.  
Relaxing, letting go of these thoughts  
I become still;  
I become peaceful.  
Peace flows through my mind,  
Through my body.  
I am peaceful, calm, relaxed.

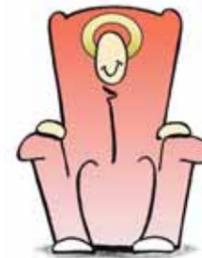
[www.just-a-minute.org](http://www.just-a-minute.org)

## The A-Z Of Spiritual Living

### J is for Justice

'How we treat others is how we will be treated, equally and the same.' This is the law for everyone. This is justice. Love naturally respects freedom and the right of each person to be who they are. Love is the ultimate justice.

From *Wisdom Through Spirituality* by Anthony Strano, available from [www.bkpublications.com](http://www.bkpublications.com)



## RECIPE: Beans in a Piquant Sauce

3 tbsp plain flour  
1 tbsp plain yoghurt  
½ cup water  
4 tbsp cider vinegar  
3 tbsp olive oil  
3 cups white kidney beans, cooked  
½ tsp red chilli powder, or to taste  
1 tsp dried oregano  
1 tsp salt, or to taste  
½ tbsp butter

## Applying The Full Stop

Davina Lloyd



In 2000 out of the blue I lost my job. It was a big shock. I went through a process of feelings, thoughts and actions, which I have since discovered are very common (Elizabeth Kubler Ross's *Five Stages of Grief and Grieving*: Denial - Anger - Bargaining - Depression - Acceptance). Whatever you lose, you may experience the same - whether it's a bereavement, or the loss of a job, a favourite possession, status or a relationship. It helps to know that, because at the time you feel, 'No-one has felt like I feel about this.'

In the UK 2.46 million people are currently without jobs who had jobs before. When people lose their job, they can lose their sense of identity, because for many their occupation is an indication of their worth and status. Here are some techniques that helped me recover and I now use to help others.

• Become aware of what you have not lost and still have.

• There's the idea of 'full hands, empty hands'. If you are holding on to something, you haven't room for anything more. If you've lost it - got empty hands - you've space to carry something new. The loss may be for a purpose - as yet not clear to you but will be

revealed later. Can you remember losing something in the past and then being quite pleased that you got a new and better one?

*"The loss may be for a purpose - as yet not clear to you but will be revealed later."*

• It can help to think in terms of completion, rather than loss: 'That chapter is finished; that sentence has a full stop after it.' What happens when you finish a chapter? Automatically the page turns and you begin a new chapter.

• Can you remember when you've had this feeling before and that passed? Loss is what you feel now but in a bigger picture you can put it into perspective. The feelings you have now will pass.

*One-time journalist, broadcaster and publisher, Davina Lloyd is a coach, trainer and facilitator and is currently working with people who have been made redundant. She is student of Raja Yoga and a teacher of the Brahma Kumaris Self Esteem course.*



From *Pure & Simple: Cooking for a Busy Lifestyle*, available from [www.bkpublications.com](http://www.bkpublications.com)

1. Mix flour, yoghurt, water and cider vinegar in a bowl. Set aside.
2. Put the olive oil into a pan. Add beans, chilli powder, oregano and salt. Sauté the beans for a couple of minutes on medium to high heat.
3. Add the yoghurt sauce and butter to the beans. Reduce the heat to low, cover and cook for about 10 minutes.

Serve warm with simple white rice and plain yoghurt or fresh bread.

