

THE TREE OF WISDOM



AWAKEN YOUR
**INNER
WISDOM**

BK JAYANTI



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AWAKEN YOUR INNER WISDOM



BK JAYANTI



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY



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PERDANA
LEADERSHIP
FOUNDATION
YAYASAN
KEPIMPINAN
PERDANA

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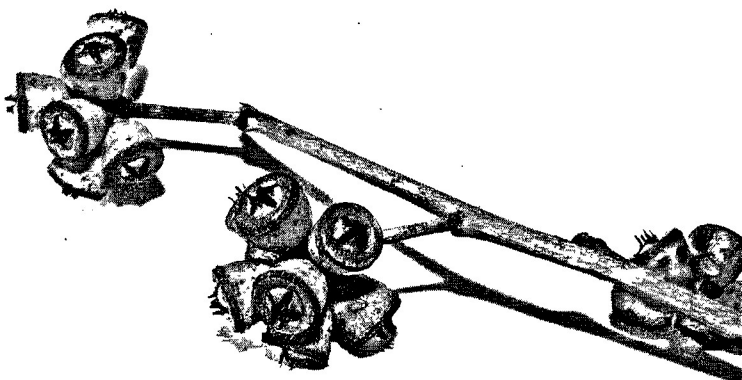
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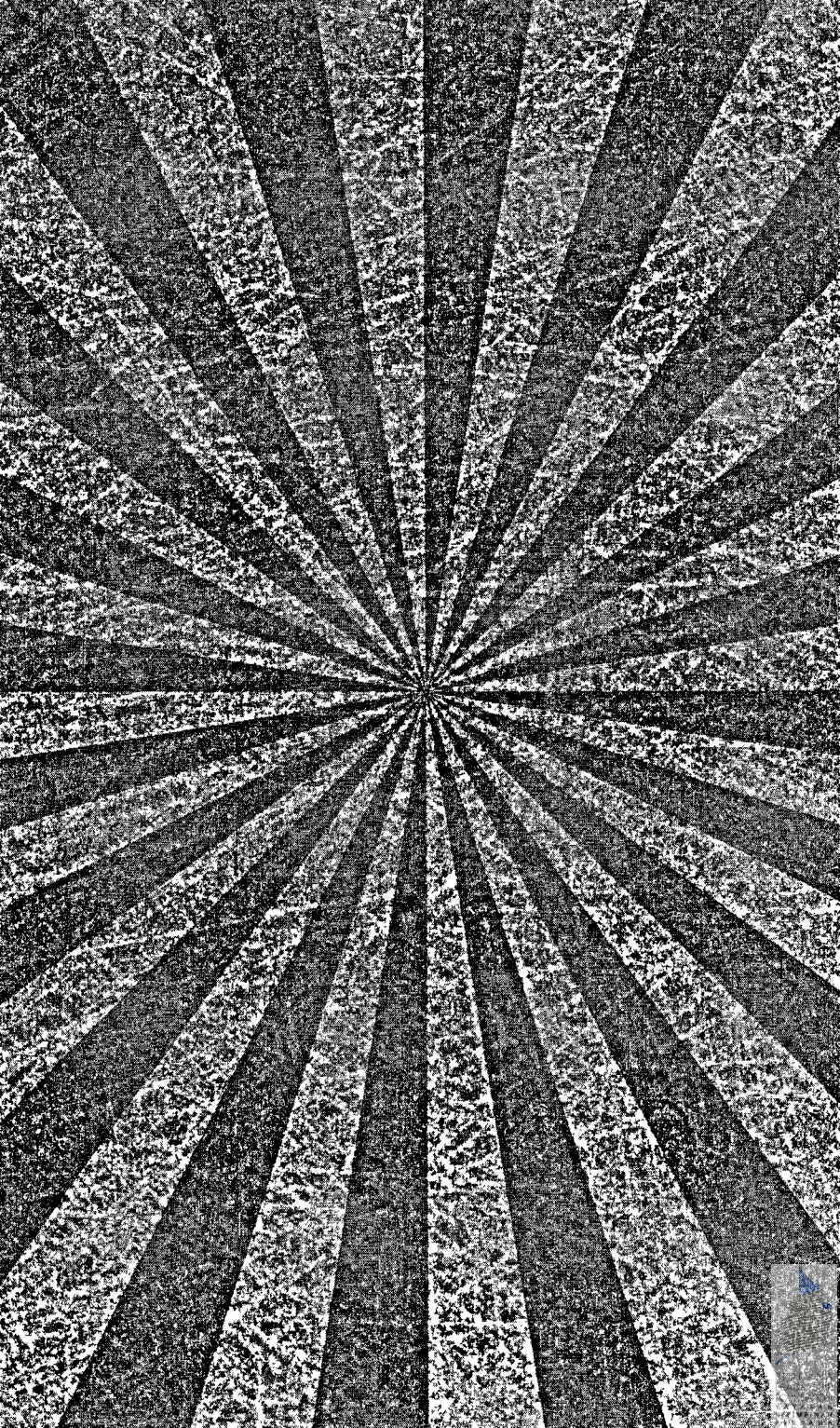


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F O R E W O R D

OUR THIRST FOR KNOWLEDGE

For thousands of years, in their thirst for knowledge, human beings have wanted to explore the outer dimensions of the world and reach the very extremes of our universe. But equally, we have been interested to explore “inner space” and journey within ourselves, to discover the secret knowledge that lies deep within. Philosophers and mystics in every culture and civilization have tried to discover the meaning of life outside ourselves, but also the significance of life within. The teachings of Raja Yoga comprise an ancient system of understanding the self. The knowledge was written down several thousands of years ago, but the true significance of the teachings has still not been understood. At the present time, a modern interpretation of Raja Yoga is being offered by the Brahma Kumaris Spiritual University, based on the knowledge taught through the instrument of the founder father, Brahma Baba. These teachings are eternal and yet absolutely relevant to this moment in time. How is this knowledge taught? Firstly, spiritual knowledge is imparted, and this is backed up with the encouragement to practise meditation – because it is through the practice of inner silence that one can validate for oneself the concepts and abstract

notions encountered in the spiritual knowledge. Thirdly, together with the study of knowledge and the practice of meditation, it is important to apply these truths to one's lifestyle, practising those ideas through one's daily routine and responsibilities. Fourthly, one becomes aware of offering a service to humanity so that we live life not simply for ourselves, but use our knowledge, talents, skills, energy and resources to serve others. These four subjects, then – study, meditation, inculcation and service – comprise the basic subjects of the Spiritual University. The most fundamental of all of these aspects is, of course, the awareness of the wise self that lies within each of us. This book will help you to find the seed of your wise self, to sow it and to nurture it until it grows into a tree of strength that will provide fruit not only for you, but it will help to inspire and help all those you come into contact with everyday.

BK Jayanti

I N T R O D U C T I O N

THE TREE OF WISDOM

Trying to understand the deep secrets of the universe has been an exercise that has engaged humanity through the centuries. We have spent many hours, days and nights thinking, pondering, discussing and trying to unravel all the different mysteries. In this quest for knowledge a few symbols recur, pervading all the different cultures. One of these is the symbol of the tree. In terms of the natural world around us, the image of the seed and the tree is very powerful because it seems to share with us the secrets of eternity. Where did the first seed come from? The seed must have come from the tree, but where did the tree come from? It must have come from the seed. You begin to see how this concept of seed and tree, and another seed, and another tree, actually leads us into thinking of the world as a cycle that moves us into the dimension of eternity.

THE SEED OF PERFECT KNOWLEDGE

In terms of this human world of ours, who is the seed? I think all religions that are theistic would agree that the seed of this human world tree is God the Supreme, the Being who is absolute. The

Being who is beyond birth and death, the Being who is the Ocean: the Ocean of Love, the Ocean of Knowledge and the Ocean of Peace. The One with total wisdom, the One with absolute purity, the Mother, the Father, the Friend, the Beloved, the Teacher, the Guide, the Liberator, the Supreme.

Within this image of the tree, perhaps the most important aspect is ensuring that every single part of the tree stays connected with the seed, and so stays connected to the roots. Out of the seed emerge first the roots and then a tiny little seedling. Out of that very small start grows a tree with a strong foundation, a stable trunk, powerful branches and a myriad of leaves. When one stands back and looks at this huge tree one can appreciate beauty, strength, fullness – and most of all perfect symmetry and perfect harmony. This is perfect wisdom.

KNOWLEDGE THROUGH HISTORY

In terms of the tree of humanity, the trunk is that period in history when there was perfect harmony and unity, a world of total oneness. This was a time when religion was a righteous way of living and when government was natural and easy because each divine being governed him - or herself. It was a time when each human was a sovereign of the senses, a sovereign of the self. And so the sovereignty in the world created a universe of total love, harmony and peace, justice and truth.

However, as the tree grew from that one solid foundation and trunk, branches emerged. There was a need for branches because there came a moment when there was no longer such inner strength and power, and souls no longer followed that righteous code of conduct in a natural way in their lives. So there was a need for religion externally: there was a need for guidance to be given through preachers, pundits, priests and teachers, as well as through the

word of law. It was at that moment that duality entered the world. From the oneness of *satyug* and *tretayug* – the golden and silver ages – we moved into *dwaparyug* – the duality of division, where disunity and disharmony began. At that time we began our search for God. In the days when religion was the natural way of living there was no need for external religion. Our own divine spirit – our own inner being – moved us in the direction of truth. Only at the point where we lost touch with that original inner truth were we taken in by many illusions. It was at that point that we needed God, that we started to look for God and that we prayed to God. We didn't understand God, but we needed God because this was the time that suffering began.

WISE MESSENGERS

In the period of the trunk, where there was oneness, life was simply joyful. There was no pain and no kind of suffering, whether mental or physical. Now in a world of duality and division, disunity and disharmony, our own conscience was split. We were no longer guided by our inner instinct of truth and wisdom; the mind was divided against itself. At one moment we would understand, and the next moment forget, and this duality within created discord without. We looked for God, but didn't know where to find God, and so God sent messengers. Among the very first of those messengers was Abraham, and the message that came from God was the message of law. We had to understand the divine laws we needed to observe if we were to return to a state of happiness again. So that branch, later described as the branch of Judaism, began. It was a branch filled with strength and filled with the power of the law; it was the branch that offered support. It taught us laws relating to our relationship with God; laws relating to all relationships with others around us. It offered guidance as darkness began to fall.

From another direction came another messenger, the prophet Buddha, and the path he showed was the path of non-violence because humanity had entered an era of violence. From that original period where the divine way of life was totally non-violent, now violence had become very much a part of life. So the path of the Buddha showed us the path of non-violence and righteous living.

Human beings get so caught up in the law that they sometimes forget the spirit of the law. We get confused when given just the words and the text of the law. In a certain part of the world this happened, and in those conditions and situations another messenger arrived – a messenger given the name Jesus Christ. The message that he brought was a very simple one: that God the parent is the God of love. Laws are important for our life, but yet more important than the law, or rather the ability to be able to follow the law, is the experience of God's love. So the message of Christ was the reminder that my Parent, the Seed of the tree, God the Supreme, is the God of Love.

In another part of the world, where there had already been much confusion, further messengers came, including the teacher Shankaracharya, sharing the message of renunciation. Life had become materialistic; life had become one in which one was subservient to the senses – there was no concern for things of the spirit. The message of Shankaracharya was a message of renunciation; a reminder to come back to the path of purity.

Meanwhile, human minds became so focused on the image of Christ that the messenger was being remembered, but the message had been forgotten. Human minds that are already influenced by body consciousness – by the dictates of matter – then focus their attention on other human beings. It becomes difficult to remember the abstract and to turn to the Supreme, the Divine and the Incorporeal.

So again came another messenger with a very simple message: the message of Islam, which is one of surrender. A message that reminds us to focus on the One Supreme; that there can be none greater than God; that it is Allah the Incorporeal, the Supreme that we must remember. And that we must rise beyond human faces and images and focus simply on the Supreme.

LOSS OF KNOWLEDGE

So through that period as the tree grew, the branches spread out and offered succour and strength to all the different leaves of the tree. When the branches first started they had that strength, but the tree continued to grow and beyond that period described as the copper age we reached the iron age: a time of great decay. A time when the branches were no longer strong and unified, but had subdivided into many smaller branches, which had sub-divided further into tiny little twigs. By this time the leaves at the end of those sub-branches and twigs were no longer receiving sustenance from the seed, or root of the tree. The connection with the divine Seed was very far away and attention had become focused on philosophy, theology, ritual and superstition. So much blind faith had by now begun. There was great darkness all around and the leaves were suffering; they no longer had that freshness, that sparkle, that brightness; they were reaching a point of decay. The branches were no longer able to give that support.

Does this story remind you of something you see happening around you today? Instead of a world of righteousness and religion, we seem to live in a world of unrighteousness and irreligiosity. And so whichever branch of the tree I belong to, I no longer follow the directions of that branch. I no longer understand the deep secrets of the reality of the truth, and because of this I find

myself disconnected from God – disconnected from the Seed – and I lack the experience of love, joy and power. This is the time that the world of humanity is experiencing at the present moment: a time of darkness and tremendous suffering. No longer do the leaves receive any sustenance. Instead, a strange phenomenon is happening: we try to pull the leaves off one of the branches and stick them onto another of the branches. You may laugh and say, “Well that’s impossible,” and it’s true that it is impossible, and yet this is precisely what human beings are trying to do. When we try to convert from one branch of religion to another, we remove a leaf that belongs to a specific branch and try to stick it onto another branch. Of course the leaf is not able to gain real nourishment, so it withers and dies. The reality is that every branch is important, every branch has purpose and value and significance. So whichever religion it is that I belong to, it’s important that I should understand the value of my own religion. But equally, I should acknowledge and recognize the value of every one of the other religions.

FINDING OUR WAY BACK

Perhaps the most important aspect of the tree for us, is not only to recognize the branches and their strength, but to have a relationship with the Seed. When the tree has reached its point of decay – when it is falling down – before it actually falls, it puts out new seed, so that there can be perpetuity and continuity. So out of the old tree, we can make contact with the Seed again and a new sapling begins to grow. This is the period we are now passing through.

We can see how much has changed from twenty years ago, when God was not a subject for discussion. Today, people are once again interested to know about God. God has become a focus of our conversations. We are again searching for the Seed; we want to have a relationship with the Seed so that we can draw from it the sustenance

we require, whatever religion we belong to. Perhaps it would be useful to think a little about what the word “religion” actually means. It is thought by many to derive from the Latin word *religio*, meaning “to connect”, “to join” or “to link together”. So whatever religion I belong to, the purpose of that religion is actually to bring me back into a relationship with God – so that I am able to return to my original state once again. At this point, we ask the question, “What purpose is religion actually serving?” It seems as if religions have become a cause of great discontent and friction, to the point where many of the world’s wars seem to be based on religion, and yet the reminder of religion is that I have to connect with the Seed.

Through my own personal relationship and communication – my connection with the Seed – I am able to draw back within myself the qualities that the Seed possesses. The Seed has the power to sustain the entire tree, so this is what I need at this moment. A leaf can’t be sustained by another leaf. One might laugh and say, “Of course this is illogical; it’s impossible to expect that,” and yet this is what we happen to be doing. We keep thinking that human beings can give us support and sustenance. We forget that the leaves can only be sustained when there is a clear, straight and natural connection with the Seed, with the roots. What I have to do is to make that link so that I am able to fill myself with God’s purity, power and perfect wisdom once again.

A TIME TO GAIN UNDERSTANDING

At a time when everything seems to be falling down and breaking down, there are opportunities for replanting, renewal and transformation. As we make that connection with the Seed – coming back to the state in which we experience a connection with God – so we are able to be part of the roots. Not only does this bring about a transformation for ourselves, but as we make that link with the

Seed, we are able to be part of the roots for the next generation; for the new world that lies ahead, a world of unity. Roots are invisible, they are incognito, and yet the roots are the very foundation of the entire tree. So the work we do at this point is work of inner transformation – not visible, extravagant or external, just quietly, making a connection with God and transforming our selves. So that not only do we take strength from God for ourselves, but we are also able to give that strength and support to the whole world.

This is the time for laying the foundation of the new tree within our own consciousness. Gaining in knowledge about your own role and understanding your relationship with God will enable you to do the things that you need to do, so that a wiser civilization, and a new and better world, can be created.

Let us start our journey through this book to inner wisdom by making that connection with the Seed and meditate on the roots, or foundation, of the tree of life.

MEDITATION

Sitting quietly, letting my body become still, I move the thoughts of my mind in a very specific direction. I move my thoughts to the awareness of my own original form of the seed... and I make contact with the Supreme, the Seed of the entire world tree.

Within this being – the Supreme, the Seed – lies everything: all knowledge, all power, total love. While in connection with the Seed, I fill myself with all this from the Supreme.

And God's power, and God's love, reach out into the universe. I, as the instrument, receive God's light and love... and then it is distributed and shared. Keeping my connection with the Seed, I come back to the awareness of my responsibilities and my role, but now I keep this connection with God alive and real, so that it influences me in all the other things I need to do.

P A R T 1

SOWING
THE SEED OF
WISDOM



“The first step of Raja Yoga meditation is turning the mind inward; directing our thoughts to be able to acknowledge and, further, be able to actually discipline and channel this enormous potential of energy that each one of us possesses.”



What is education? One lovely definition is being able “to draw out” that which is within us – the English word “education” derives from the Latin *ducere*, meaning “to lead, draw or bring” and *e*, meaning “out”. If we wish to be educated, then, we must trustingly assume that we have, at our core, both sound qualities and a bank of well-judged experiences and knowledge. But what gives us the faith that there is this fund of wisdom within us?

Perhaps we believe because, when we look within, the fruits of this wisdom are manifest; there we find a recognition and understanding of beauty and truth together with harmony, joy, love, peace, purity and goodness.

We see very little of the fruits of wisdom when we look outside, however; there, confusion and conflict seem to dominate. However, we do know and sense these various fruits in our inner state of being. And this gives us hope for the future. That which lies within – particularly when it lies at the very deep level of the unconscious

mind – is usually very real. It is not physical, yet still it has substance. So how do we access that goodness? How do we bring it to fruition and also bring it out into the open?

The first step is to look at the quality of the seeds we are planting. Every thought and action is a seed that we plant in the moment and, from each of those seeds a whole tree will grow. Whether that tree yields sweet fruit or bitter fruit depends on the quality of the seed. By following the thoughts and meditations in the next few chapters of the book, you will learn how to make sure that the quality of your seed is first-class.

The next step is to find out what these seeds need in order to flourish within the human soul. What must we learn in order to produce the well-prepared ground that will allow this little seed to grow? Such information is, of course, very useful *but*, like most information, it is mainly to do with the physical world. How do we delve deeper than this? How do we find out more about the non-physical aspects of life and wisdom, such as questions of right and wrong or of the self and consciousness? From whence does this wisdom come? Can it really be within us?

MY OWN STORY

There came a time in my life when questions unrelated to the physical dimension became very important to me. It was then that I realized that I wanted to explore knowledge of the spiritual dimension. So I began my journey with questions that related to the self, to consciousness and to conscience and then, further on my path, even to the concept of God. My journey hadn't begun with question about the divine, but, as I travelled, I came to my own understanding of God's existence and realized how very significant and important for me this was.

I speak of my personal experience because the subtle dimension of spirituality is beyond the understanding of the senses. We can see and touch the physical things of the world but we have no such proof of spiritual things. Our only evidence comes by sharing the experiences that have made that subtle, spiritual dimension absolutely real for us.

As I began to study aspects of spiritual knowledge, my study not only satisfied my curiosity, it was actually opening avenues that I could explore and in which I would have my own direct experience. There came a point when information about the nature of the soul – and about the mind and personality as aspects of the soul – was not just more information, but an awareness of a profound truth that related to my spiritual knowledge of myself.

As I began to experiment with that awareness and validate it for myself, I could see that something very deep was stirring within me. I think, today, I would identify it as the stirrings of wisdom, but then I didn't recognize it as such. But when I look back, I know the choices I made at that time were right because a wisdom was beginning to surface that allowed the true nature of my soul to emerge. And so the preparation of the ground in which the seed of wisdom would be sown – in the first of many fields – came about simply through the desire to know; the urge to seek knowledge. For me, the link between knowledge and wisdom is a personal experience: knowledge becomes transmuted into wisdom through personal experience. Knowledge is always out there, but only when I experiment with it and let it become meaningful to my entire being does it invoke my inner wisdom to emerge.

SOWING YOUR OWN SEEDS

A huge amount of information or knowledge is available out there – indeed, we have libraries everywhere. That information could very easily stay in those books without influencing people's lives. The information is out there, then, but you will only begin to absorb the knowledge contained within it when you begin to want knowledge. The desire to seek that knowledge has to come from within.

Generally, we are unaware of the tremendous energy that we have within our own beings. We allow our mind to be distracted by all the things that are outside us. We don't generally acknowledge that the soul itself is the creator of its own thoughts, its own feelings and even its own personality. Our life is usually based on a series of reactions to everything that is happening to us from the external world of stimuli. Raja Yoga meditation teaches you how to become the creator of your own thoughts and feelings, and even to create the type of personality you would like to have. Through a very simple practice of turning your mind inward and being able to direct your thoughts, you become able to become your own creator and discover the knowledge within you.

Firstly, in meditation, you become aware that your soul is a separate entity from the physical body – you become aware of it as a point of light. This enables you to change the image you have of yourself, and have the awareness of your eternal image. The more you do this, the more you will find that your whole life is filled with light and peace. These characteristics of the soul then start to express themselves in your thoughts, words and actions, your behaviour and your life. This is a very easy transformation; it requires no struggle, no conflict, no battle, simply a natural, smooth transition.

Let us explore further what this point of light actually contains within itself. It is clear that the physical visible body is simply an

instrument, but the one who is actually operating the instrument is invisible: is non-physical, metaphysical or spiritual. In meditation you become aware that the characteristics of this inner being are beyond time and space. It is something subtle, beyond physical definitions. By looking at what is happening within your own mind, you discover that this is an energy that is timeless, too. Within the space of one second you can have a thousand different thoughts, or in the space of sixty seconds you can hold one thought. Time and thoughts are not equivalent to each other. Equally, your thoughts transcend time in terms of past and future. Within a moment you can look at yesterday or at your childhood or at what happened five years ago. In the next moment you can look at tomorrow and make a prediction of what it holds. Or you can go further, predicting what may be happening next year, or look beyond all definitions of time and into eternity. You come to appreciate the mind's enormous capacity to cover distance and speed. One moment you can be in New York and the next moment in Delhi. We put a high value on speed. If something is fast it is generally very expensive. We equate value with time and speed – and in those terms the mind is the most valuable of all instruments. It's faster than the speed of sound and even faster than the speed of light. Even before the eyes can make contact and create any images, the mind can perceive a presence, picking up in a subtle way the vibrations radiated by another person before they walk through the door.

Your inner being has all these amazing qualities. So what is it? In itself it is infinite – beyond limit and beyond measurement. The only form that fits all the different criteria is the form of a point. It exists, it is eternal, it cannot be subdivided any further. So who am I and who are you? We are this point of light, and within the point of light we have this aspect which is described as “the mind”. To start exploring this hidden aspect of your inner wisdom, try the following practical exercise in meditation. Sit quietly with your eyes open and have someone slowly read the words to you, or record them and play them back as you sit in silence.

MEDITATION

I allow the body to sit quietly... I become aware of the many different energies that make up life. As my body sits quietly, I am aware of the physical – the biological – energies of this valuable instrument of mine.

For a little while, I turn my attention away from my physical energies and focus my energy inward. Consciously, I allow this physical instrument of mine to let go of the tension in the muscles of my feet, my legs, my back, my arms, my shoulders, my neck and even the muscles in my face. I let go of the tension of hanging on, and everything becomes calm and relaxed... and now, instead of looking outward, I allow my mind to look within. I can see the world outside, but I choose, for a few moments, not to see it. I let the sounds of the external world fade into the background so that they are no longer a distraction... and on the screen of my mind, I visualize a point of light. I can locate this point of light specifically. As my body sits quietly, I become aware of my life force – the source of life in the centre of my forehead, just behind my forehead. This is who I am... I am a point of eternal light. In this awareness of my eternal form, I gather the full force of my energy within. I know I am the master of this physical instrument. I can now direct the way in which my physical senses function: what is it that I see through these eyes? What is it that I choose to communicate through my lips? And what is it that I wish to absorb from the information coming to me through my ears? I, the being of light, the eternal soul and the creator; I, this point of infinitesimal energy, am the master.

Becoming aware of this, I am able to send out light and life throughout this physical body, and use this body for that which is constructive... that which is filled with goodness.





PART 2

OPENING
TO LIFELONG
LEARNING



“Human life is very precious so we must make sure that we enjoy every moment of every day of our life.

They say life is a song, you must sing it. Life is a story, you must write it. Life is a puzzle, you must solve it. Life is a challenge, you must face it. Life is an entertainment you must enjoy it. Every moment of every day of your life.”



One of the most positive aspects of today’s world is the transformational curve we are on. There has been a shift in consciousness. Many people are exploring a holistic approach to life and discovering the values that are truly important to them, including the concept of lifelong learning.

In the last chapter we recognized that spiritual knowledge is an essential element in the awakening of wisdom (in order to prepare the field within and to germinate the seed). But in order to continue that journey toward greater wisdom, it is no longer enough to have the *desire* to know, although of course that is important. In order to keep growing and learning, there has to be humility. The opposite of humility is ego, and ego blocks human development and inner growth.

Lifelong learning is an attitude that equips us with the irrepressible impulse to seek greater awareness – to have the openness to learn that comes from knowing there is always more to understand and discover. It is the ego that decides it doesn't need to know any more and cuts off avenues of learning. What's more, the ego is always sure that it is always right! When ego gets in the way, we can't be honest with ourselves because we can no longer access our inner wisdom. The ego, with all the manifestations of its arrogance, blocks our wisdom. How do we remove this internal blockage? Through humility; it is this quality that keeps the learning process alive throughout life, ensuring that the seedling of wisdom can continue to thrive.

The word “attitude” links back to the Latin words *aptitudo* and *aptus* – “fitness” and “fit”. In humility, our attitude – our “fit position” – is one of openness and learning. With that attitude, we take responsibility for our thoughts and actions and their consequences. We are able to see what more we need to do to make things better within ourselves and also to make things better in a situation in the outside world or with other people. When we just blame and complain, we just create further dissatisfaction, which can have far-reaching effects. It then becomes almost impossible to put things right in any way because we have avoided accepting our part in the situation. But with humility also comes an acceptance, which allows the mind to be peaceful and open. Then we will have the wisdom to know what needs to be done and how to make things better.

MY OWN STORY

As I began to meditate more regularly, I began to understand that my eternal identity is not the same as my physical costume. My physical body is simply an instrument that I use at this moment, for

a little while. Then I found that I wanted to find out more about the being that is actually operating this physical instrument.

Sitting in the presence of God in meditation, I felt my own innate wisdom flourish. God's light showed me the way to access the light of wisdom from within – and then I realized the vastness of the Ocean of knowledge; and with humility I appreciated quite how much I needed to learn and to grow.

With humility, I found that the wisdom of the self began to grow gently. God, my Supreme Teacher, nurtured and sustained this tiny seedling so that wisdom could flourish and blossom to maturity. The Sun of knowledge gave me the light and warmth needed to sustain that wisdom. My Teacher guides me still, gently allowing me to understand how to use my mind, and how to use the resources that I possess. As I maintain my relationship with the Supreme Teacher, I am filled with wisdom and I move towards truth.

OPENING YOURSELF TO LEARNING

To experiment and see how easy it is to switch off your ego and discover the honest inner wisdom that is deep inside you, try the following guided meditation. Experimenting with these exercises, one is able to discover the sweetness and the beauty that lies in knowing the self. The more you know yourself, the more you become able to maintain the awareness of your true identity and move away from all the different compartments and limitations that you previously imposed on yourself. The image that we generally have of ourselves is a fairly negative one, but that is simply because we don't know who we are, and so we allow external influences to restrict our thinking, put us into boxes, and create bondage, and then we feel the pain of that bondage. So put all this aside and start learning more about your true self with this exercise.

MEDITATION

I sit quietly... my thoughts focus in the centre of my forehead. I journey into my own inner world – and then I discover a whole world within my own being. I am the eternal being of light, and within myself I have the capacity to choose whichever type of thought I want to create.

For a few moments, I want to direct my thoughts into the consciousness of eternity... the awareness of truth. Who am I? I know that this body was created at a specific time. It has a beginning... it has a fixed lifespan... and so, at some point of time, later or sooner, the time span will run out and this body will finish. But I, the being of light, am eternal. I existed before this body was shaped... and I will continue to exist after this body finishes. I exist beyond the limits of time and space. I, the being of light, have a form that is infinitesimal... just a point; everything contained within a point. I, the point of light, am immortal.

In this awareness of eternity – of going beyond the limits of time and distance – I am able to have a glimpse of truth: that which is reality... that which is unchangeable... that which is the constant anchor of the universe. I stay in this awareness of I, the being of light, and touch truth and wisdom itself.

This is the time for laying the foundation of wisdom within your own consciousness. To become aware of the wise self within, to nurture it until it grows into a tree of strength that will provide fruit not only for you, but will help to inspire all those you come into contact with everyday. Gaining in knowledge about your own role and understanding your relationship with God will enable you to do the things that you need to do, so that a wiser civilization, and a new and better world, can be created. Today is the time to start receiving these treasures from God.

Sister Jayanti is the European Director of the Brahma Kumaris, with over 40 years of experience of Raja Yoga meditation and its practical application in daily life. Her gentle voice and profound insights on spiritual solutions to everyday problems have touched the hearts of thousands around the world.



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