

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 the 20th issue of the Inner Wave. Our theme for this issue is: Forgiveness. If you would like to comment on anything in the newsletter, please write to us at our new email address: newsletter@uk.brahmakumaris.org. All issues can be downloaded at the new URL www.brahmakumaris.org/uk/newsletter.
Editorial Team

Letting Go of Guilt

Linda Lee



“ The healing process starts when I accept what has happened and take responsibility. ”

The ancient Greek word for forgiveness is ‘aphesis,’ which literally means ‘letting go’. We’ve all made mistakes we didn’t plan to make but we did. If we hold on to them, over time they create bitterness inside. It’s like getting a thorn in your finger; if you don’t get it out, poison starts to form.

When I’ve hurt someone – unconsciously, because we don’t generally hurt people consciously - I feel ashamed and then guilty. I feel I’ve let myself down and I’ve let God down. I have to work through those feelings - by going into silence, using meditation, using God’s love and power, and seeing myself with the higher vision with which God sees me. I give myself time and space to be in that still and safe place inside, where there’s no sound, no ego, no past - just peace. Then I naturally forgive myself, from my heart.

Thus, the healing process starts when I accept what has happened and take responsibility. By putting a space between myself and the situation, I begin to see the bigger picture, beyond the circumstances

and my own, limited perspective. Then I’m able to connect with the truth and love inside me that are at the soul’s core. Only through meditation can I develop the inner strength to step back and see something positive that I can build on.

Every time I feel shame, guilt or anger, I have to keep adjusting it, seeing it from a different angle, until, eventually, it isn’t there any more. The actions are but the feelings attached to them have gone. The outcome of that is absolute lightness – shining light from within. Then I know I’ve let go. Then I’m free.

Linda Lee has been a student of Raja Yoga meditation with the Brahma Kumaris since the early 1980s. She loves the study, which has brought value and transformation to her life. Linda co-ordinates Brahma Kumaris regular activities in Brighton and other locations along the South Coast of England.

The A-Z Of Spiritual Living

P is for Power



Power means: I am the master of my destiny. As a master I am defined as being able to accomplish anything I can think of. I can no longer say ‘I can’t’.

From *Self Mastery Cards – Self Empowerment Card Pack*, available from www.bkpublications.com

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Our Healing and Humanity

Marina Cantacuzino



Forgiveness means different things to different people. It is deeply personal, often private and far from the soft option many take it to be. Forgiveness is often difficult, costly, painful – but potentially transformative.

Above all, forgiveness must be a choice, because to expect someone to forgive can victimise them all over again. Forgiveness is also a journey and not a destination: in other words it is rarely a one-off, fixed event or a single magnanimous gesture in response to an isolated offence. It is part of a continuum of human engagements in healing broken relationships.

Forgiveness is often considered the mental and/or spiritual process of relinquishing resentment, indignation or anger against another person for a perceived offence, or ceasing to demand punishment. It is quite separate from justice (meted out by the State through the courts or some other delegated authority). But forgiveness does not preclude justice.

Forgiveness is a useful life skill, which can liberate someone who has been hurt, releasing them from the grip of the offender. It is connected with acceptance and moving on. Some have said forgiveness is 'giving up all hope of a better past'. In this sense, it is also an act of self-healing, rather than an act of kindness towards someone who has hurt you.

“ Forgiveness is a useful life skill, which can liberate someone who has been hurt. ”

Forgiveness does not condone or excuse the action. It is a gift from one individual to another. It is therefore debatable whether institutions, governments or nameless

officials can actually be forgiven. Some say that, with extreme offences, while you may forgive a person for what he or she has done, the act itself remains unforgivable.

Andrea LeBlanc of the organisation *September 11th Families for Peaceful Tomorrows*, whose husband died when the second plane was flown into the World Trade Center, wrote to me: 'There are no words that will assuage the victims' families' grief.' But she also went on to suggest that the perpetrators may also be victims – 'perhaps victims of the society we have responsibility for.' For those who chose to forgive, it is not about excusing an offence, it is not even necessarily about understanding 'why', but rather a deep realisation in the interconnectedness of all life, what in Africa is called *Ubuntu* - that my humanity is inextricably caught up in yours.


Journalist **Marina Cantacuzino** is Founder and Director of *The Forgiveness Project*, a UK based charity unaffiliated to any religious or political group, which explores forgiveness and reconciliation through individual real-life stories, and promotes alternatives to violence and revenge.

www.theforgivenessproject.com

The *Peace in the Park Festival* in July 2013 opened with the *Peacemaker* concert, celebrating 20 years of Global Retreat Centre, near Oxford. Over 1,000 people attended the concert and more than 8,000 took their pick of the 200 or more activities taking place all around the grounds of Nuneham Park over the three day festival. For *Peace in the Park Festival* news, photos and videos: www.peaceinthepark.globalretreatcentre.org



Forgiveness



Taking just a minute,
I imagine myself
Like a bird taking flight,
Totally free.

I am free
From the past,
From complaint, blame
And desire for revenge.

Gliding high above,
I create space,
To gain a new perspective,
An opportunity to learn
From whatever has happened.

Seeing clearly,
I can let go of fear,
I can trust who I am,
I can trust Life.

I am free,
Only the true me remains,
Harmonious,
Flying high.

A *just-a-minute* meditation,
downloadable free from
www.just-a-minute.org

My mind reaches out to you
But my heart shrinks
My heart feels for you
But my head forbids

I am tied to you always and forever
Can I allow this, embrace it even
Be willing to take on the work
Not waiting for your participation

Layer upon layer disentangling
Resisting the occasional clamour
To break the thread, be finished with it
I return with patience to the obstinate,
seemingly ugly knots

Suddenly, somehow,
some soft expansion in my being
An opening out, a gentling down
The cord is unravelling
Smoothing out, becoming finer

No need to revisit the past
Released by Forgiveness
I am free to live and give
Only gratitude remains

Christine Bell

Before going to sleep, forgive
everyone. You will then feel that
you are being forgiven by God.

If you forgive others, you won't
be influenced by their mood
or behaviour.

Keep on forgiving at every
second. Keep your mind full of
truth, love and happiness - and
just see how you feel.

Dadi Janki



Recipe: Egg-less Omelette



3 cups rocket/parsley mixture, washed and finely chopped
1 tbs gram (chickpea) or plain flour
3 tbs cornmeal
3 tbs plain or Greek yoghurt
3 tbs water
2-3 tbs grated cheddar or feta cheese (optional)
Salt and ground black pepper to taste
1 tbs butter for frying each omelette

1. Mix all ingredients, except butter, in a bowl. You might find that the batter is firm but do not add any more water, as the mixture will soften, once in the pan
2. Put 1 tbs of butter in a shallow frying pan on medium heat. Place the batter on the pan as one big portion or as a few small rounds. Shallow fry both sides of the omelette until crisp and golden.

From *Pure & Simple – Cooking for a Busy Lifestyle*, available from
www.bkpublications.com

Snapshots from our associate organisations around the world



Bhutan: Ani Choying Dolma, Venerable Bhikkhuni Dhammananda and Sister Jayanti at the opening ceremony of the conference *Balancing Material and Spiritual Development for an Economy of Greater Wellbeing*, organised by Global Peace Initiative of Women (USA) and the Gross National Happiness Centre (Bhutan) at the Druk Hotel, Thimphu, in June 2013.

India: *India One*, the solar thermal power plant in Abu Road, Rajasthan, with its 770 60m² parabolic dishes. Initiated, designed, developed and being installed by the *World Renewal Spiritual Trust*, the plant will be the world pioneer in technology for capturing and storing solar power for continuous 24 hour operation. <http://india-one.net> and <https://www.facebook.com/pages/India-One-Solar-Thermal-Power-Plant>



Brazil: 100 people join Sister Vedanti (Brahma Kumaris, Africa) at the Mangabeiras Lookout in Belo Horizonte for a sunset meditation in April 2013 (organised by Brahma Kumaris Belo Horizonte)

In My Life

Minal Patel



drama training which was all physical. I took some time adapting to the rigours of that, and into my second year I allowed the negativity of thinking on the physical level to get to me. Our training was all about how we looked and sounded and showed up in front of the camera. I was experiencing negative thoughts that I had never encountered before like jealousy and anger and I lost my feeling of happiness.

“ I realised that if I did not use spirituality in my life I would continue with this negativity. ”

I grew up with Raja Yoga meditation from the age of five, and greatly appreciated the sense of belonging to a spiritual family who constantly exposed me to the vibrations of meditation. This meant that while I was not consciously using it, the structures of meditation were embedded in my life and I developed a personality of being laid back and carefree.

Then I went to drama school and experienced the worst and the best three years of my life. Up till then, things had been more of a mental process for me than a physical one and suddenly I plunged myself into musical

In my final year I realised that if I did not use spirituality in my life I would continue with this negativity, and I began to take control of my life again. It has now been a year since I graduated and I have had some incredible acting jobs, but the main thing is I have regained my happiness. Even when I am not working I have this feeling of happiness, which is quite opposite to the way my fellow actors feel when not working. I am in the process of evaluating those three years and keeping what is valuable and giving up what is not and I am using the principles of Raja Yoga in character development for my acting.

Minal Patel is the co-writer and director of a new Brahma Kumaris Christmas play called *Wondariya* and the *Secret of the Diamond*. Five public performances of the play will be offered from 6 to 8 December (matinee and evening) at Global Co-operation House, North West London. Admission is free but online booking essential (opens 12 October) at www.brahmakumaris.org/uk/wondariya

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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:
Willpower