

The Oasis

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Why Meditation ?

Every human being in this world aspires for peace and happiness. Happiness and peace have less to do with gross objects; they refer to states of mind. Moreover, there is another kind of experience, which is the highest and is independent of worldly objects and senses. It is called Bliss. This bliss is one thing for which a person should practice meditation.

Bliss or super sensuous joy enables a person to break the shackles of otherwise die-hard habits and addictions. For, it is so rewarding and ennobling an experience that nothing demoniacal can stand in its way.

Yoga enables man to have deep relaxation also. It does this in two ways. Firstly a person who practices meditation or a yogi does not have worries, fears or spoilt relations. Secondly, he feels detached from the world and from situations. This relaxation makes him calm and enables him to take decisions without any tension, undue haste or pressure.

Further, yoga or meditation brings about behavioral transformation of man without any therapy. The thoughts made in meditation work like mental surgery. Positive virtues are implanted in him in place of negative traits. His outlook now changes and so, bad habits now loosen their grip on him. His energy is now used for constructive and useful work.

This brings about an overall enhancement in his personality. His shyness is now replaced by a feeling of confidence. From a dull, dreary and stiff person, he now becomes a man of sociable and charming manners.

All of these go a long way in improving relationship with others. He can now put up with all sorts of people and remain unprovoked. He now does not mind small things and laughs sway certain things instead of taking uncompromising and tough positions, so that he has

health, happiness and a pleasing nature.

Another thing Yoga also enables a person is to experience the heavenly love, which comes only from God as the soul's Mother-Father, Friend, Savior and 'Sweet Heart'. This love plays such a melody on the strings of one's mind that one really feels enraptured. It can be better experienced than said.

Last but not the least, Raja yoga enables a person to control his mind and to have an economy of thoughts. One is now freed from purposeless and negative thoughts. In a word, it can be said that meditation brings about fulfillment in man's life.

You can say that with the practice of meditation, a person will be in harmony with nature, at peace with his own self, in concord with others and in unison with the Creator. His mind is not in conflict with his intellect nor his actions disturb nature nor contravene injunctions of God.

The Oasis Bureau

New Year Message for 2072

At the new year we pause to consider what it is we most want to create in the year ahead. Many have had the experience of making a commitment at the new year only to find a month later that their resolve has left and they are living their life as they did before.

This kind of casual approach to creating the future has brought us the world we have now. We cannot afford to be casual about the world at this time. We cannot allow ourselves to be ordinary or to make ordinary effort.

This is a time when the nature of the world must be renewed. This can happen when we first take God's love, God's support, and God's company in order to renew our own nature.

When we renew our own nature...we begin to renew the world. Become a companion of God and you will make your nature elevated in each of these other aspects. We cannot afford to live an ordinary life. Each of us has



Rajyogini B.K. Parinita, Director, Brahmakumaris, West Nepal

specialties and we must call on those specialties now. When we renew our nature, we renew the world.

May the year ahead be one that uplifts each of us allowing us to inspire others.

May we begin to glimpse a future of universal peace and brotherhood on the horizon and quicken our pace to get there together as a world family.

With love and elevated wishes for the new year.



Pokhara: Grand scene of Golden Jubilee Ceremony of Rajyogini B.K. Parinita, Director of Brahmakumaris, West Nepal, honouring her dedication for godly service. Distinguished Guests Participating the program.

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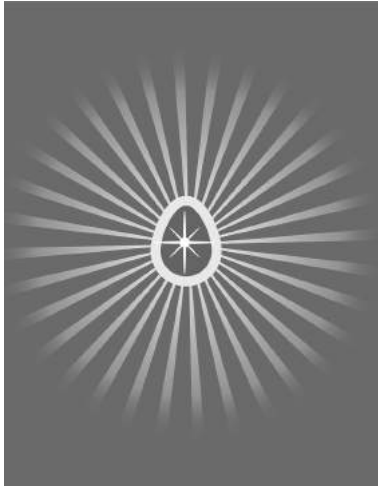
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What image have you created about yourself ? - B.K. Shivani

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The real and true yoga would bring about purification of the person's mind, body and soul.

From the Desk of Almighty



Sweet children, the first faith you need to have is that it is the Father, the Incorporeal One, the Ocean of Peace and the Ocean of Happiness, Himself, who is teaching you. No human being can grant peace or happiness to anyone.

Editorial...

It's Time to Transform

Many times we are caught in an inner conflict between having to do something and wanting to do it. When help, charity or assistance is given as a duty it can feel burdensome and overwhelming. When delivered with love, it is a blessing and a fortune.

Duty is derived from 'due' which means 'that which is owing'. When we perform deeds from this place of having to return something, then subconsciously we only reciprocate as much as we have received. Once we step out of or away from this equation of how much we received and thus how much we 'owe', can we then be free to just give abundantly. In this type of giving we are left feeling free and autonomous.

When we have really understood that greater happiness is always in the giving and not receiving can we be free to give without any strings attached. Our soul will smile back at us from deep within. When we give with measure that is not real giving but a 'contract' or a 'deal'. In real love we make no contracts, there is only a deep, warm bond of understanding. But not the sort of tension associated with having to fulfill an agreement!

In fact, we can't escape our dues. We have a duty to pay our taxes, we have a duty to tell the truth in a court of law. We have a duty to our parents, our children or our spouse. But the art is to be able to change that sense of duty into an act of love and beauty. That makes living worth the ride.

Some would argue that to do something out of duty is at least better than doing nothing at all. Well, since we know we 'have' to do it, then why not just to change the perspective and do it with love. Logic says that since the deed has to be done anyway, to do it with the right attitude and we will earn many more brownie points as well as being loved and cherished. Doing it as a duty, and with the bad feelings that implies, means that we may not even be appreciated!

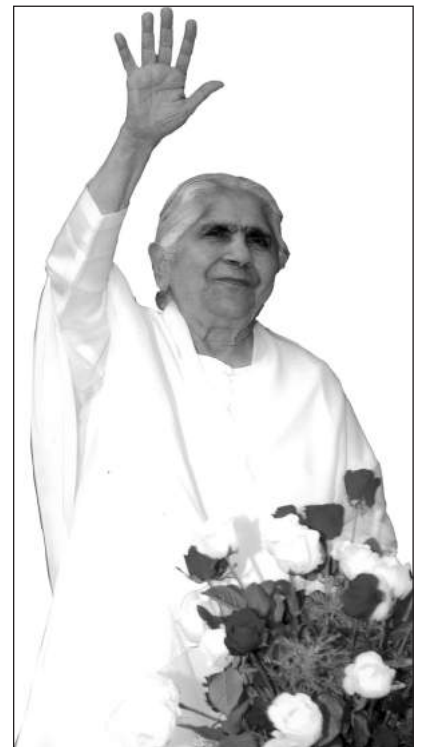
We do things reluctantly or unwillingly out of a sense of duty because we are caught up in guilt, or the burden of 'having to' when we'd really rather be doing something else. This selfish attitude is actually self-defeating because it means that whatever we do will feel onerous, burdensome, and tortuous even. What we do not realize is that through our selfish attitude we actually cause ourselves the suffering that we were trying to avoid! However it only takes a decision, a switch of consciousness and a little bit of self-talk to change the way we feel about a task.

Giving is not only receiving, it's our natural state, and it leads to a sense of joy. By giving from the heart as an act of love and kindness, we are in fact doing ourselves a great favour as it not only make us feel good, but it make others feel good to.

It's time... to transform duty into beauty. When we give from a place inside, the soul prospers and our inner beauty is ignited. When we have mastered changing duty into pleasure, then we may even decide that we want to do even more... just for the sheer joy of it!

Blessing from Dadiji

These days people feel they don't have enough time. This causes a lot of stress and unease. 'Multi-tasking' often leads to reduced concentration and mistakes-which then take up more time. Some become so dispirited by their 'to-do' list that they put things off, hoping it will be easier another day - or unnecessary if left long enough - and so the list gets longer... When time feels like this, everything seems an effort. Yet there are people who do a lot but don't appear to be busy; they are carefree. How do they manage that? The secret lies in how much we understand and value ourselves and time. This enables us to focus on what is important.



Rajyogini Dadi Janaki, Chief of Brahmakumaris

As human beings we constantly experience change - from being a child, to a young person, to an adult, then an older person. Yet, 'I', the one who experiences the world and expresses myself through this ever-changing body, remain the same. The key is to be in the present and aware of myself as a spiritual being, temporarily inhabiting the body I use, observing and taking part in the great drama of life. I play my physical role with responsibility but I can also step back mentally from that role and observe myself. The role then becomes more beautiful, more precise and more accurate, because, I can understand better how to play it objectively. I come into time - into the drama of life - but I can also step back into another awareness - that of timelessness, of eternity. This practice we experience and develop through silence and meditation.

I am sometimes asked, "Where do you get your energy from?" If I use my time, energy and money in ways that are benevolent and useful, I experience a lot of happiness and strength internally and in my relationships. We can waste so much time and energy thinking unhelpfully of the past - or creating expectations of an ideal future. Yesterday is gone and it is what I do in this moment that will determine the future that I and others would like to see. So what I have to do is focus my attention on the present and the quality of my thoughts, words and actions now.

With a better understanding of myself and time, I am able to tap into my inner power and the power and energy of the one above - and use that in a worthwhile way to help bring about positive change in my own life and in the world.

Pearls of Wisdom

The minorities are sometimes right. The majorities never.

- George Bernard Shaw

The doctrine of an eye for an eye leaves everyone blind.

- Martin Luther King

Golden shackles are worse than iron ones.

- Gandhi

By having nothing, we have everything.

- Buddha

A person who is to be happy must actively enjoy his blessings.

- Cicero

When it is dark enough, you can see the stars.

Value Education and Spirituality

Principles of Happy Living

Principle One: Nothing in the world exists for itself

When we look around we find that rivers don't drink their own water, trees do not eat their own fruits. The chair we sit on, the bed we sleep on, the house we live in, in fact, nothing exists for itself. The heat and light of the mighty sun, the bounties of mother earth, the treasures of the ocean, nothing is meant for its own use. Human beings take in oxygen from air and exhale carbon dioxide, which is inhaled by plants. One finds inter-connectedness and inter-dependence everywhere.

Serve others and in the process, you will get served. Just as the rivers, trees and elements of nature have been sustaining and serving humanity since eternity, we also must learn to serve each other. When we give selflessly, even if we don't expect any return, we are destined to reap the reward of such an action because the law of karma stipulates that every action has an equal and opposite reaction.

Principle Two: You can't actually own anything you can just use it.

A little reflection will reveal the fallacy of the common belief that that we can own material objects of this world. The sense of ownership,

which people have on possessing, legal titles only gives illusory satisfaction. When the owner leaves the body then all proof of ownership becomes worthless. The possessions that were owned by the former person are then used by others. Hence, ownership of everything, including the physical body, which we call



mine, is an illusion. Everything that we use can never be owned but only be best used as a trustee.

The concept of ownership results in the vice of attachment. People become possessive about objects and relationships trying to control and manipulate them for their selfish needs. It becomes an obsession for some and then the very things or people whom they try to secure for happiness become a bondage and hurt both the owner and the owned object

or person. Moreover, attachment leads to the fear of loss and consequently, sufferings. Actually, we can merely use our possessions and resources according to our entitlement as per the Law of Karma. The false notion of ownerships also leads to the vice of greed and wrongful actions to acquire more and more.

Principle Three: Mere possession of material objects does not lead to happiness.

It is a fact that physical or material objects can be a source of both happiness and suffering. Take for example our body. It can give us joy and happiness and also suffering, sometimes unbearable sufferings, when afflicted by some painful disease or disorder. If accumulation of money or material objects could bring happiness, then rich people with more of these things should have been proportionately happier than their less fortunate brethren. However, if we look at it deeper, the suffering of the millionaire in this case results from his desires of possessing more rather than from the diseased body.

Principle Four: Fortune and happiness depend on accumulated good karma.

Fortune is created by one's own karma. As you sow, so shall you reap. Anything or relationship in this physical world – be it your house, relation, status or health – could become the source of great joy and happiness and also of sorrow and grief, depending on the accumulated stock of good or bad karma. That's why this world is called 'karma kshetra'. One's actions decide the extent to which one enjoys life. A person's entitlement to happiness is based on how good one's actions have been.

Principle Five: Matter is a good servant but a bad master.

In order to have the right relationship between the soul and matter, it is important to realize that matter can be a good servant but can never be a good master. When the soul becomes a slave to matter, it experiences sorrow and when it exercises control over matter as a master, it experiences joy. True happiness and peace therefore come from within. When we learn to use our mind in the right way we will automatically be able to use matter for creating happiness for others and ourselves.

The Oasis Bureau

Managing Thoughts

Have you ever thought about the fact that there is never a moment when you are not thinking and that whatever you are not thinking and that whatever happens in this world begins with a thought? Here are some simple steps to help you manage your thoughts and achieve success and happiness in life.

1. Be Aware Of Your Thoughts:

Start watching your thoughts, without identifying them. At the outset thoughts are like the waves of the ocean, which do not stop even for a moment like the watch ticking, it's way. Do not be discouraged by the fact that you are becoming a part of your thoughts. Just watch your thoughts as an observer. You may even get carried away by your thoughts. Never mind. What you need to do whenever you detect this, is to take yourself out of your thoughts immediately and get back as a detached observer. Just watch after some time you will be able to know your negative thoughts. Now concentrate on all the positive thoughts that you can replace these thoughts in order to switch over to a more positive attitude towards them.

Unnecessary thoughts should be cut to improve the quality of necessary ones.

2. Identify Your Negative Thoughts:

Keep a log book of your thoughts. Write down the happenings of the day. The log book should record both verbal and mental response. Were your thoughts positive, appropriate and adequate or were they confused, superfluous and negative? Sometimes we ask others or simply to ourselves, or think about something just like that. Ask yourself what provoked you to make the initiative to start a conversation? Was it essential? What was the purpose? Did it serve the purpose? If no, then why not? Were the words used in thinking appealing to the other person, appropriate, adequate and positive? Did you feel happy or satisfied after the interaction with the other person or with your inner self? Can you find ways of improving your performance as a thinker or a speaker? Keep in mind that log books are meant to get you started and make you aware of your negative thoughts. It is very important

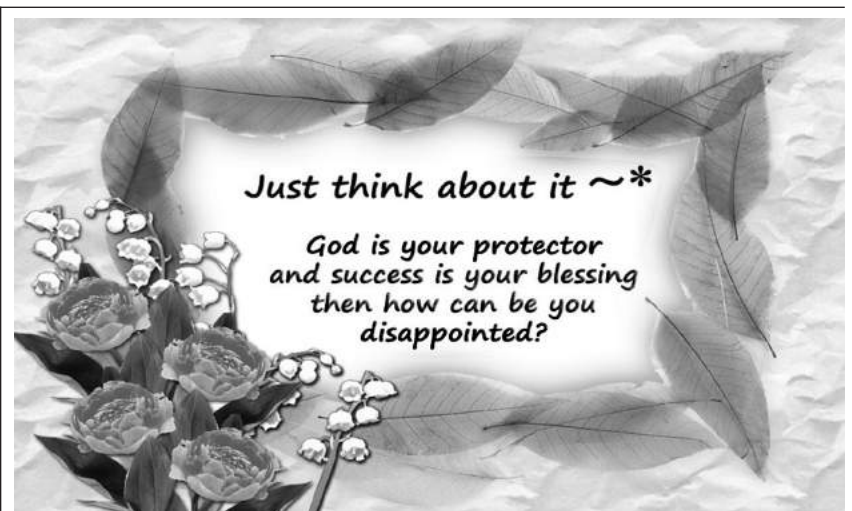
to be aware of these thoughts when they are just taking birth, rather than leave them for later analysis.

3. Replace With Positive Thoughts:

This is an important and vital step, for, it is here that the actual switch-over to the desired state takes place. The removal of your negative thoughts should be followed by the replacement of positive ones. Our success and happiness depends on identifying our goals precisely and chasing them effectively - both

of which, in turn, depend on how well we manage our thoughts. The quality of our thoughts decide the quality of the outcomes we land up with. Thoughts have the power to materialise themselves because they are instrumental in channeling energy towards the physical or mental condition they are about. External situations and the remarks of others can harm us through our thoughts - but only to the extent our thoughts allow them to. So think positive.

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Snapshots of Spiritual Services Around Nepal.



Bhalwari: Inaugrating the newly constructed Rajyoga Center by Rajyogini B.K. Surendra, B.K. Parinita, B.K. Shanti, B.K. Dipendra, B.K. Bhupendra and Others.



Nepalgunj: Presenting godly gift to honorable Prime Minister Shushil Koirala by B.K. Durga and B.K Muna.

What image have you created about yourself ?

- *B.K. Shivani*



Consciously or unconsciously each one of us has drawn a portrait of ourselves; a self-image that we relate to. More often than not, this image is not perceived by the conscious mind. However, in the depths of our mind, we have formed a distinct image of ourselves that the mind is completely aware of. It is based on this self-image that we identify our self as a member of a group. From the time we set foot on Earth this awareness grows absorbing perceptions and beliefs. It is true that some beliefs are created even before we begin to understand the world. Consequently, our success, failure, experiences, achievements etc give shape to this belief system. And the sum total of these beliefs get absorbed into our self image without our conscious mind being aware of it. If you have noticed, the self image you have created about yourself influences your decisions in a lot of ways.

Let's say, you think of yourself as a simple-looking individual with decent money making capabilities you are bound to choose your friends who, to a large extent, are of the same caliber. You may tend to have

apprehensions about mingling with people who fall out of this image. Long time ago, a queen had given birth to a prince. Unfortunately the prince was abandoned into the river because the king's astrologer predicted that the boy would bring misfortune to the kingdom. As the baby got washed ashore a washerman and his wife were delighted to see the baby and raised him as their own. Years passed by and the young boy learnt all the work of a washerman; washing clothes, feeding the donkey etc.

One day the astrologer was walking by the river and was captivated by the royal features of the sleeping boy. On inquiring he learnt that this boy was indeed the prince! He immediately informed the king about his son and told him that the inauspicious period had passed and that he should bring the prince back home. The boy was brought to the kingdom in all pomp and gaiety. However, what did he know of being a prince. All he knew was washing and feeding the donkey. After all that was the image he grew up with.

Having said that, it is possible to change that self-image! If the image we're not happy with the image we have created about our self we can always raise the bar and create a better image. As we grow in our workplace or home, we should re-create our self image to suit our current standard. It can be modified with the help of positive thoughts and experiences. Since our desires, behavior and emotions depend hugely on this self image, remember to create a positive image of yourself.



Butwal (Global Peace Park): Inaugrating the Jyotirlinga Shiva Darshan Kailash Parbat by Lila Mani Poudel, Chief Secretary of Nepal Government. B.K. Parinita, B.K. Kamala are also seen.



Kaskikot (Near Pokhara): Inaugrating Seven Days Shrimad Bhagwat Geeta Gyan Mahayagya by Dinesh Thapaliya, Regional Administrator, Krishna Bdr. Rawat, CDO, B.K. Parinita, B.K. Shailesh, B.K. Apsara and others.

Story

Reflect Yourself

There was a small rose plant near a temple. There was also a rock beside the rose plant. People use to pluck the rose flower by stepping on the rock for worshipping god. The rose flower has ego of being beautiful and attractive.

It usually insults the rock by saying that what a lower life you have got neither you are beautiful nor you are useful. Rock patiently hears the humiliating words of Rose and tolerates. One day a sculpture saw the rock. He made a beautiful idol of the rock. While the making of idol was in process rock had to suffer so

many beatings of hammer but the rock tolerated patiently. At last the rock was converted into a beautiful and attractive idol. And for this idol a temple was constructed. Time changed. Now the people worship that idol with that rose flower to which the rose use to insult. Because of Ego the rose remained as it was but due to tolerance of humiliating words of rose the rock became respectable and being worshipped by the people. And the rose has to bow his head in the feet of rock. Shiv Baba also says, "One who tolerates can become a king" "Who gives respect to others can get respect from others"

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Protector: Rajyogini B.K. Parinita

Advisors: Rajyogi B.K. Shailesh Raj Baral, B.K. Apsara

Editor: B.K. Shishir Regmi

Contact: 9846056544

Address: Brahmakumaris, Nayabazar, Pokhara

E-mail: theoasis@gmail.com | Website: www.bkpokhara.np.org

To :

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Lead me not into temptation, I can find the way myself.