



**THE GIFT OF PEACE**  
thoughts for a peaceful world

BRAHMA KUMARIS



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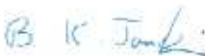
## Preface

While flying to New York three weeks after the 11th September 2001 tragedies, a long-serving student and teacher of the Brahma Kumaris World Spiritual University (BKWSU) realised he had two alternatives. One was to be worried and create thoughts of fear and insecurity. The other was to create thoughts of peace that would help him feel calm and create a good atmosphere all around.

At that moment, he decided to write this simple and practical guide towards achieving the latter. It is a distillation of some of the rich fruits of spiritual study.

Knowledge shared worldwide by the BKWSU offers a method for enabling all people to restore and accumulate within themselves a positive self-image. This then enables us to live with the love and respect towards others that must underpin any lasting peace.

Through developing different ways of thinking about ourselves, we can become better prepared for living in uncertain times.



Dadi Janki  
Additional Administrative Head  
Brahma Kumaris World Spiritual University

# Contents

- 6 Life
- 20 Relationships
- 40 Values
- 54 Character
- 70 Secrets
- 86 Silence
- 92 Exercises



Life



# The theatre of life has its own script.

Each instant is unique. Live each moment as if it were the most important of all. You will enjoy and feel peace. Discover your spirit and the treasure within.

Your spirit is full of peace.

Your spirit is peace.

# Your thoughts guide you to your destiny.

If you always think the same you will always get to the same place. Think in a new way and you will be a new person. Give happiness to all and you will live in peace. Create peace in your mind and you will create a world of peace around you.

Ask yourself ...

## What is most important in my life?

Keep that in front of you and you will discover that most other things get solved by themselves. Do not leave the important things until last, for then they will become urgent and you will lose the valuable treasure of peace.



# Life is a game of forgetting and remembering.

You are losing the game when you ...

- ❁ forget who you are and what you are doing here,
- ❁ remember the false things of the past and what they did to you.

You are winning the game when you ...

- ⊗ remember your true identity of peace,
- ⊗ remember the One who is always peaceful and has unconditional love for you,
- ⊗ forget the troubles of the past and move forward with the lessons learned.

Observe what you remember during the day and what you forget during the day.

Forget the past. It is gone. Don't worry about the future. You do not know it. Learn to live in the present and discover how full it is of peaceful moments.

Ignorance is like a deep sleep in which you dream you are still awake.

It is a disease of humanity. The human soul forgets who it belongs to and starts reacting without referring to spiritual values.

Often, from a grain of sand a mountain emerges.

If you want to protect your inner peace transform the mountain into a grain of sand.

# Life will bring obstacles and difficulties.

They do not come to stop you. They can strengthen you and help you progress with more experience. Keep advancing. One day is not the same as another. Sometimes you do not have to find a solution, it is enough to keep moving forward, leaving the obstacle behind.

# Ignorance makes you believe that life functions haphazardly.

Wisdom teaches you that everything that happens in this theatre of life has profound significance. What you see today is not the fruit of chance but a fruit from seeds planted in the past. Plant seeds of peace now and you will create a life of peace in the future.

# Those who are wise live according to their purpose.

Their life gives meaning to everything they do. They do not live by the clock, but instead follow their compass. This ensures they are on the road that leads directly to their destiny.

Circumstances are like objects. They are not alive; you bring life to them.

The positive is more powerful than the negative. The positive is innate. The negative indicates what is missing inside you. Light exists and its absence is darkness.

Never forget you are a human being who can decide the attitude you take in life. You have an enormous positive inner potential still to be discovered.

These thoughts will help you face any circumstance in life with a different perspective.

There is an  
immaculate eternal  
and constant  
space within you  
hidden under different  
appearances.

In that space there is only peace, love  
and wisdom. Let go and free yourself  
from the layers that cover that space  
and you will uncover the secret of a  
life of fullness.



Leave worries aside  
and you will be  
surprised by the  
beauty of the sky and  
the colour of flowers,  
of the freshness of the  
breeze and the  
generosity of the sun.

You will feel you are part of creation,  
and life will start to make sense. The  
greatest wealth is to appreciate what  
we have and what we are.





# Relationships



Thinking about others' actions can give you a headache. Think about what you have to do instead.

Do it and you will see how you then feel. No one can disturb your peace of mind. You are your friend or your enemy. Your limitations, weaknesses, expectations and negative habits threaten your peace and make you suffer.

If someone is doing something wrong, instead of risking your peace by raising complaints in your mind, ask yourself "What can I do to benefit that person?"

Good feelings for others are like ointments that heal wounds and re-establish friendship and relationships.

Good feelings are generated in the mind, are transmitted through your attitude and are reflected in your eyes and smile.

Smiling opens the heart and a glance can make miracles happen.

Humanity is like a tree. Each human being is connected with the Seed and belongs to the same tree.

The beauty of the tree is that it has different branches and on each branch, numerous leaves.

All individuals are also different and have their own role. Think about what we have in common and you will appreciate every human being.

This is a key to remain at peace.

One of the principal reasons for fear in our society is that we hear so much bad news about violence and conflict.

Try changing the theme of your conversation and start talking about what life gives you.

It is necessary to create hope and enthusiasm for the future and to have a more positive view of the present reality.

In this way we promote peace.



# Cooperate with others.

Create cooperation.

Teach cooperation.

Inspire cooperation and you will find in your workplace a space to learn and a place for personal growth. Your motivation will shift from earning to learning.



# The root of suffering is attachment.

You have created a space in your mind that holds a person or object as part of you. When that person or object is criticized, neglected or not with you, you feel pain in your mind and you experience a sense of loss.

If you want to be happy, you must learn to love and appreciate while remaining independent.

A sensible person knows that it is a waste of time and energy to get angry.

Effort will then have to be made to reconstruct that relationship. It is much more useful to breathe deeply, pay attention to your attitude and answer without rushing.

In this way, improve and strengthen your relationships with others. Create trust and your mistakes will be forgiven.

# In order to create good relationships ...

- ❁ with your mind, think about what you have to learn from others,
- ❁ with your eyes, look into the good qualities of others,
- ❁ with your words, recognise, value and appreciate their accomplishments,
- ❁ with your actions, cooperate and do something for others.

In order to live in peace, try not to depend on anyone and at the same time try to help others not to depend on you.

Help them become independent, free and responsible for their lives. In the same way, ensure you do not cause anyone sorrow, and do not allow others to be a source of hurt for you.

The most effective way  
to help others is always  
to remain peaceful.  
Be the example others  
want to see.

It is important to understand  
situations. They give you perspective.  
Apply what you understand because  
that gives you experience.

If you think you can do something alone, either because you don't trust others to do it or because you feel you are the most qualified...

- ❁ you will always be busy doing everything,
- ❁ you will be unhappy with others because they are not doing what you want,
- ❁ you will be dissatisfied.

It is more effective to invest your time in training and developing others. There is greater success in cooperation.

## Your words might impress others.

People will say "He is a good speaker. What interesting things he said." But if you do not put into practice what you say, others will not feel inspired to do it. It is your actions which will inspire and show them how to do it.





When you make a mistake, learn from it, resolve not to repeat it and then forget about it.

You will feel better again. Do the same with others. Instead of making their mistakes bigger, dissolve them in your mind and help them also to forget about them.

A sensible person does not criticise the mistakes of others. Instead, he learns from them for the future.

# The great enemy of peace is ego.

Ego makes you judge others and think about them in an unkind way. It makes you force others to do what you want. In this way you forget you are a student and that you are here to learn.

Instead of learning, if you start giving advice, telling people what they should do and trying to change them, you are forgetting an important lesson in life. You can only change yourself, not others.

Give happiness and  
you will receive  
happiness.

Give peace and you will feel peaceful.

Give sorrow and you will get sorrow in  
return.

Create thoughts and words that give  
only peace and happiness. The world  
is filled with worry and sorrow. Do  
something different.

In order to work peacefully within a group do the following.

Give your idea as an expert, with authority and enthusiasm, then let go of it, but listen carefully and with interest to the ideas of others.

Love is shown through respect. When you respect, you can speak up clearly and the rest will listen to you.

## Who are the thieves of peace? Why is peace lost in relationships ?

Complaints, guilt and comparisons are the main destroyers of peace. Instead of complaining, share newness. Instead of looking for someone to blame, take responsibility for improving the situation. Instead of comparing yourself to others, value the good that is in them.





# Values



Values are related to each other as if they were members of a great family.

From peace and happiness emerges inner joy. From this state of wholeness love awakens and with it the desire to share and give. Two of its relatives are tolerance and respect.

All values have a shared origin which unites them – the peace of spirituality. When you lose peace you begin to lose everything.



When at peace you  
listen with attention  
and are totally present.

This is an act of love that others  
appreciate. Love emerges from peace  
and manifests itself in the form of  
respect and acceptance.

Love is not only a feeling, but is  
expressed in words and actions.

# Love is the strength that gives you life.

When you receive love you lose fear  
and you can give the best in you.

The practical form of love is respect.  
Respect means acceptance of the fact  
that we are all different and unique  
and, at the same time, we all have  
something important and valuable to  
share.

A mother teaches her child with love and patience until the child learns.

Be a mother and teach your mind to have positive thoughts and to let go of worries. Then when your mind needs peace, it will obey you.



Many believe that happiness is achieved through material wealth.

It is true that it gives a temporary sense of well-being. A rich person is not someone who has more but someone who desires less.

Happiness is the result of total appreciation of all that life gives you at every moment.

Learn to read reality  
with different eyes and  
you will have learnt  
the art of remaining  
peaceful and happy.

When you see problems, you feel fear  
and tension. When you see problems  
as teachers you learn the lesson,  
become mature and grow strong.

# Happiness is the fruit of wealth. But of what wealth?

Often, material wealth brings with it the fear of losing it. True wealth is knowledge that enables you to live life as the expression of your inner values.

Happiness grows when you do something for yourself and for others.

You become  
whatever you think  
about deeply.

Think only about peace, love and  
happiness. Feel those values as part of  
your life and you will become them.

Our society encourages distraction and evasion as a means to experience happiness.

But actually this takes you far away from yourself and just postpones dissatisfaction.

The true solution is to concentrate on what nourishes the spirit and gives you life.



## To love simple things is humility.

It means to respect all that life presents to you. It means to appreciate and value everything appropriately. It means to remain focussed on your inner peace and not to lose your sense of personal well-being.

To make good use  
of what you have and  
to let go of what you  
do not use is to live  
in a simple way.

Simplicity is to find beauty in the  
natural things in life and not be  
impressed by show.

Determination is the strength that will enable you to pass the barrier of useless thoughts in order to create positive thoughts and to be successful in whatever you wish.

It comes from within and its partner is patience.

Patience teaches you not to push but rather to wait and appreciate the game of life instead, knowing that nothing remains the same, and everything will change at some point.

# Your internal dialogue establishes your way of seeing the world.

When you make demands on and reproach yourself, you create a world of stress and pain. To be peaceful, create a loving dialogue with yourself, enabling your inner values to awaken and be expressed regardless of your external world.

# Character



# To be peaceful you have to see yourself as a peaceful being.

It means to think about being peaceful. It means that you have to be able to describe it in words. You must be capable of experiencing the feelings you would have if you reached that peaceful state.

Now believe in it.  
If you feel it, it's real.

Simply work on it and keep it uppermost in your mind. Make it yours and it will become your natural behaviour.

Say there is a weak spot, something you do not see or that you do not want to see about your character.

The way to discover it is through others. They are the mirrors that reflect your personality. If something bothers you about someone, you are recognising an attitude that is actually within you. When you feel it does not affect you and you can respond calmly, it means that this weakness is no longer in you.

When you do not upset yourself thinking about how others must change and instead you concentrate on your own change, good things start to happen.

First, you will feel better about yourself. Second, you will start to have positive feelings towards others and start to understand them. Third, others start having a more positive attitude towards you.

There are many hidden benefits in personal change.



# Your attitude creates an atmosphere around you.

Your attitude is the result of the way you feel and think. You communicate your attitude. Create a positive attitude, filled with good feelings, and even just your presence will do wonders in situations.

Peace is not a passive attitude; it is an active state.

It requires having constant attention and determination, in order to live and to respond as a peaceful being to any upset in life.

You need to be brave and vigilant.

To forgive and forget is  
to reflect love.

Many are slaves of the past. Situations  
pass, they cease to exist, but they  
continue to be alive in the mind.

Open your heart and be generous, free  
yourself from that sorrow, forgive and  
forget and you will live every moment  
in peace.

To stay happy in every situation remember what has helped you, what has made life worthwhile.

Forget the old, the things of no value, and what has stolen your dreams. You grow and progress in life thanks to what motivates and inspires you. You get depressed through remembering your weaknesses and mistakes.

# Worries are an illusion.

They make you live in the future with the belief that you are busy and take you away from the present. Worries are an excuse for not doing what you really have to be doing.

A reactive person appears very busy and worried. With worry, no problems can be resolved.

A proactive person focuses attention on the present, acts with initiative, and the understanding that being calm and free from worry is far more effective.

# Your actions are the mirror of your thoughts.

You can hide your thoughts but  
you cannot hide your actions. Have  
elevated thoughts and your actions  
will be elevated.

Firm faith and self-confidence in your goals determine your destiny.

Be sure not to forget your goals; do not allow doubts to come. Instead of seeing problems, see only opportunities.

Self-control is not about suppressing emotions or tolerating the pressure of circumstances.

Self-control is to be the creator of your thoughts and feelings, to be creative and find new answers. This helps you to remain calm and cool.



You search for something you know exists because you have experienced it in the past.

All your searching ends when you find yourself. You do not need to go anywhere, or to look beyond yourself. Just become what you were before.

You fill your life with peace when you discover you only have to be yourself, to be what you have always been – a peaceful being.





# Secrets



To be peaceful is to  
be free from  
expectations  
and to want nothing  
from anyone.

Take the initiative and be generous.  
Lead the way and do something. This  
is the secret to being content in all  
circumstances.

Your peace will awaken  
the natural peace in  
others and will bring  
them hope.

You only believe in peace when you  
see it, that is, when you experience  
it. Concentrate on the centre of your  
forehead, sit behind your eyes and  
watch. That is where you create your  
thoughts. Teach your mind to reflect  
on peace.

It is easy to create new things, change places or do something different.

To keep that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

# Desires cause peace to disappear.

You think that acquiring things will make you feel secure, but the reality is that the more you have the more fear there usually is of losing it, and the further you are from peace. Desires are the cause of all conflicts. When you want something and cannot get it you become frustrated. Learning to be free from desires is learning how to stay peaceful.

# Peace ends when you are emotionally involved in a situation.

The practice of being an independent observer helps you stay stable and calm. It is the best way to approach a decision in any circumstance.



To attain peace  
when something  
unfortunate  
happens, open up  
to the possibility  
that there may be  
advantages hidden in  
that situation.

Accept and learn, then your feelings  
will be positive and you will find  
solutions. You will have transformed a  
defeat into victory.

Your true enemies -  
which destroy your  
peace - are negative  
habits. Your true  
attainment is the  
conquest of the self.

# Why do you like sunsets so much?

Because they take you beyond your physical dimension. You experience peace and silence. You sense that time stops, and you understand what eternity means. It awakens your dormant spirituality.

Whenever you have the chance, sit in front of a sunset and relax. Do not analyse. Only watch and observe and let profound feelings of peace emerge.

You do not lose peace because of circumstances but because of the struggle you create in your mind between what you think should be and what really is.

To be accepting is not about being passive. It is to be aware of reality and to start working from there.

Your intellect  
follows your sight.  
Your mind runs  
behind.

Teach your eyes to  
have an elevated vision  
and your mind will be  
relaxed.

You spend most of  
your life running after  
things, doing things.

You forgot that being comes before  
doing. Those who remember this  
secret make an effort to "be" and  
discover that when they stop and  
observe, life helps and brings whatever  
is needed.

Learning to be is learning to be at  
peace. It is our most fundamental  
nature.

In a state of peace  
you can see that  
behind anger there is  
pain and sadness, that  
behind passive silence  
there could be fear.

With mercy and  
acceptance you can  
respond to those  
situations.

# Self-consciousness distinguishes you from other animals.

It enables you to be aware of your thoughts, feelings and emotions and to understand how they influence your behaviour. When your consciousness awakens, you start being truly free because you decide your destiny and take responsibility for your choices.



The best solutions to problems will not be the result of hard thinking.

Use your time better by creating peaceful thoughts, and problems will cease to affect you. Do not try to solve everything on your own. Leave some space for God to come and help you.





# Silence



Learn to create  
silence in your mind  
and peace will flourish  
in your soul.

You will see life with other eyes. You  
will discover God's language. To be  
internally silent do not think too  
much. Trust yourself. Trust others.  
Trust life. You will find it is easier than  
it seems.

Many times with the good intention of solving a problem you become part of the problem.

In order to accept the problem it is more practical firstly to remain silent and serene. It is not necessary to understand the causes but to find solutions. Observe and reflect in silence and then make a decision.

In the ocean of  
silence you may  
discover your  
eternal treasures  
of peace, love and  
happiness.

In silence, you can let bad feelings and  
past sorrows dissolve. In silence you  
can hear the whisper of God saying  
"Come child and rest with Me. You are  
a peaceful soul."

It is said that rest  
is best.

Imagine an ocean of peace and silence  
and plunge into it. Let your mind relax  
and enjoy moments of tranquillity.  
Free yourself from wasteful thoughts.  
This is the best type of rest.

# Silence calms your heart.

It is a balm that heals the wounds of the soul. It strengthens the spirit and takes you to a world without sound where peace reigns.





# Exercises



As you awaken, the first thought is your foundation for the rest of the day.

When you open your eyes, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence.

## Develop the habit of getting up early and sitting in silence.

Read a peaceful thought and reflect on it. Write down some ideas about this thought. Return to silence, allowing these ideas to take root inside you. Share your ideas with a person close to you. This practice will help you accept and cope with conflicts and difficult situations. It will help you stay happy and peaceful for the rest of the day.

# Peace is simplicity. Simplicity is beauty.

Choose a day as your day of simplicity. Speak little, and listen with attention. Do something incognito and nice for a person you are close to. Eat simple and natural food. Create time periods for not doing anything - just walk, look around, live the moment. Have your mind open to a more profound and silent sensitivity.

Appreciate each scene and each person as they are. In the evening, write down your discoveries. Observe the state of your mind.

Think about all the things that worry you. Write them down on a piece of paper.

Reflect on the ones you can control and write these on another piece of paper. Against each of the things you can control write what you could do about them. Free yourself from all the other worries which you cannot do anything about.

This is a good lesson on how to stay peaceful.

Do this simple exercise  
for one minute each  
hour and you will be  
amazed at the result.

Breathe slowly and deeply, relax and  
think ...

I am a peaceful being.

I am peaceful.

I love peace...

and I share peace with others.

Do something  
altruistic for someone  
every day.

Develop the habit of enjoying doing  
this, not for any reward but just for the  
sake of it and discover the fruit of that  
action.

The best gift is to give happiness and  
to finish sorrow.

# You are what you think.

Think that you are a being of peace, and peace will become your new personality. Share good news with others. Always have something interesting prepared to share with those you meet. Remember to have a peaceful thought at least once a day.



# THE GIFT OF PEACE

thoughts for a peaceful world

Dip into this collection of thoughts daily and experience the peace and power when applying them in your life. Distilled from the rich fruits of spiritual study, simple and true thoughts are shared for practical use. Consisting of seven chapters covering a wide range of topics from Relationships to Secrets to Silence and finishing with Exercises, this pocket book makes essential reading for anyone yearning to experience peace within and how to go about developing it.

[www.bkwsu.org](http://www.bkwsu.org)  
eMail: [enquiries@bkpublications.com](mailto:enquiries@bkpublications.com)  
[www.bkpublications.com](http://www.bkpublications.com)

 BRAJIMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY



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