

Trust in a Changing World

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Trust in a Changing World

Let me begin by saying, with great love from my heart, "Om Shanti." 'Om Shanti' is an expression that the Brahma Kumaris use to greet others. It is a greeting of peace which, when said with understanding and real feeling, creates a beautiful exchange of happiness. Within just a few moments, there are feelings of closeness, of belonging, and of knowing each other very well.

Feelings of closeness, of knowing each other very well, of all being part of one Family, are what come to my mind when I think of trust. They are examples of true feelings; that is, those filled with love. When there are only feelings of this sort in the heart, it is very easy to have faith. It is easy to trust.

The beautiful way it works is this: holding only true feelings in the heart enables you to start trusting your own self. You begin to develop faith in the aspects of your highest self. This self-trust becomes the basis for trusting others.

So trust is cultivated by cultivating true feelings.

(I) Positive vs Negative Feelings

In today's world hardly anybody trusts anyone anymore. Many parents don't trust their children; many children mistrust their parents and even their own brothers and sisters. We don't trust our neighbors, nor our politicians. Nations often interact on a basis of mistrust as well.

It is as if people don't feel they have enough time to trust; they don't have the time it takes to develop that level of trust. Nowadays, people walk, talk, eat, and even breathe very fast. The usual way of greeting each other is a quick, "Hi, how are you?" and by the time you turn to give your response, you look around and the person is already gone. A very hard and fast work life-style has replaced a life of peace and love. There is no time to smile. Instead of sparkling eyes, a cheerful face, and a sharing of beautiful greetings, there is only worry, day and night. "There's no time. I've got too much to do," has become a kind of modern-day proverb.

What happened? How did we get this way? It began when we lost touch with our true feelings. Feelings became negative and because of these negative feelings, the intellect began to question the value of its own truth. Ultimately, doubts like this started to destroy whatever inner power or strength we had.

When the oil in your car runs low, the engine starts heating up. This is what happens to humans when the 'oil' of positive feelings begins to run low. They continue to move along in their journey through life, but they are 'heated' individuals, holding a lot of anger inside. In one second they get irritated, annoyed and lose their inner peace. This is why there is so little quiet, peace or love even at many Peace Conferences. Instead of peace, people have ended up simply dividing themselves into more and more pieces.

(II) Balance of Brain and Heart

Where there is no experience of true feelings, the lives of human beings become very empty. Hopelessness, fear and discouraging feelings have made people's lives very shallow. However, the basis of negative feelings is negative thinking.

I was telling someone recently that at least 12-14 times a day I find myself telling people who come to me for advice to think less, think quietly, think in peace, don't think uselessly. This is what I keep saying because this is what is really needed. Keeping the heart filled with good, true feelings requires the right balance between the brain and the heart. Actually there is no need to think very much. The habit of thinking too much has made everyone's brain very tired and weak, and therefore easily influenced, especially by the negative vibrations that are all around.

Because we have been using the brain far more than the heart, something somewhere has gone wrong with feelings. The feelings of the heart have disappeared from life.

I am always careful not to use my brain too much. My feelings are my main focus. I always make sure that they are pure and true, because I know that if my feelings are true then whatever the brain thinks will be right. You could say it is like a different kind of intelligence, based on a completely different way of using the brain. When feelings are pure, the brain automatically begins to think right thoughts, based on those feelings.

(III) True Feelings

We need to understand deeply what true feelings are. True feelings are feelings which connect us to our divinity... our innermost, highest truth.

The idea that true feelings are the basis of trust is a message that should be made very clear and shared with everyone.

Everyone should now experience their good, true feelings and begin to cultivate that faith. Go within and experience these true feelings because a lot of feelings from situations in the outside world have accumulated in the self and because of that, the true and natural feelings, like feelings of love, are not being experienced. You need to separate yourself from the feelings which have come from the outside, and now experience your true, inner ones.

Start by taking the time to experience them, and then begin the practise of putting these true feelings into your everyday life: your relationships, activities and so on. Three qualities emerge when your feelings come from this level of positivity. They are purity, truth, and determination. With these, you will find that the need to do a lot of thinking is removed. When faith operates on this level of truth, it is guaranteed that the purest desires of your heart will definitely be fulfilled. If not today, they tomorrow.

Hopelessness disappears. In fact, it becomes impossible to feel hopeless. True feelings connect you to your inner power and strength.

(IV) Doubts and Fear

People are distanced from their pure, true feelings because they have grown fearful of speaking up and voicing them. In fact I would even go so far as to say that at this point, over 90% of us are not able to live by the truth. There is fear of standing up for what you believe in. Inner truth, such as peace, power, happiness and many other values to live your life by, can be easily discovered when you turn within for the purpose of internal change. Yet, it is as if people have chosen to keep these treasures hidden. They think that if they were to start believing in such things and behaving accordingly, they wouldn't be able to survive in this world. So they continue with their lying, cheating and wrongdoings. And they support each other in this deception and spiritual dishonesty. There might be moments when the intellect regains its faith, and for a while trusts the higher, inner voice. However, within a short time, doubts emerge, such as, "How will I be successful if I continue like this?" In this way, doubts are created about the value of their highest truth. It is the beginning of not being able to trust their own self.

This, then, becomes the basis for not being able to trust anyone else.

(V) Depression

When the brain is continually exposed to negative vibrations, sad and unhappy feelings are accumulated. Figuring out how to contain all this is disturbing to the self, yet there is fear of speaking out. You are afraid to communicate from the heart. Because you are unable to trust your own feelings, you are reluctant to talk about them. There are doubts about how others

will perceive what you say. You wonder if it is all right to speak, whether the one you are speaking to will like it or not. You start thinking that maybe you won't be understood, that maybe there will be criticisms or comments, so it might be better not to speak at all. Your self doubt creates fear, and this fear becomes an obstacle to communication. Because of this, even though you desire to communicate, to express yourself, it doesn't work. Doubtful, negative thoughts have weakened the brain, allowing misunderstandings to be created very quickly.

This is how Godly feelings, which are buried under the negativity and fear, get locked away even further. Ultimately, this leads to depression.

(VI) The Solution

An open heart is a big part of the solution. Find the time to try and understand each other, to understand each other's feelings. When the heart is open, it is easy to share your feelings. The face loses its sadness and becomes cheerful.

However, the basis of an open heart is trust. And the first step in this is self-trust. You will not be able to trust yourself if you are distanced from your inner truth. Therefore, continue to cultivate your pure feelings, and self-trust will grow automatically. This, then, becomes the basis for being able to trust others.

(VII) The Heart of the Matter

True feelings create a clean heart. When the heart is honest and clean, it is easy to pick up on the true feelings of others. Many people say to Dadi, "Dadi, what you've just said is exactly

what was in my heart." When the heart is clean it is natural to feel what is in the hearts of others.

True feelings are what allow you to be a positive influence on others. Recently Dadi underwent a series of experiments with Uri Geller, the renowned psychic, aimed at researching the ability of the brain to relay sound sequences 'telepathically' to another person. Both Dadi and Uri were wired to machines that measured their brain waves. Before the machines were turned on, Uri and Dadi sat for one minute, sharing '*drishti*' -- an exchange through the eyes of spiritual love in remembrance of the Divine. When the machines were turned on, the screens reflected an influence of Dadi's brain patterns on Uri's brain activity. His screen showed exactly the same patterns of activity! At first, the sounds Dadi was receiving did not transmit or make any impact on Uri's brain. However, as the minutes went by and their natural feelings of friendship towards each other started being exchanged on the subtle level of vibrations, the screens reflected an influence of Dadi's brain patterns on Uri. His brain began to transmit the exact same patterns as Dadi! Dadi likes to share this story to point out that there is a lot of research being done on how one's feelings can be an influence on others. Our true, elevated feelings do influence others in a positive way.

(IIX) God

When our interactions are filled with the good qualities of pure feelings, God starts trusting us and that is when everything really starts getting very beautiful. To work with pure feelings reflects faith in God and this becomes the basis for God's trust in us. Faith in God is a very necessary first step. This is how I know

that everything will work out very well. Every step I take and every thought I create is filled with trust in God and the experience of God's trust. When we work with courage in this way, God says, "Child, my help will always be with you." This puts an end to hopelessness.

When people come to me with a look of hopelessness on their face, I say no, don't have such feelings because they will make you unconscious. It is when you go unconscious that the beautiful experience of trusting God is lost and so you start feeling that there is no more hope. This is when people begin to do things from ego. However, such motivation is not supported by true feelings or faith in the intellect, so what will be the result?

The only way we will be successful is when we are able to work together as true companions in the task of world renewal. The need of today's world is that we learn to work together in the right way. However, before becoming companions to each other, we first need the steady companionship of our internal, highest truth; that is, the true feelings that come from qualities like selflessness, honesty and humility. Then it becomes a matter of all of us, together, bringing out that great power of God. It is not a question of one of us doing this individually, but of many of us, together, working in harmony.

There is only one God and of course, He will bestow Peace on earth. However, before that can happen, we must first become His honest, worthy instruments. We must become trustworthy; that is, trusted by God. Experiencing His trust in us teaches us how to trust our inner voice. Ultimately this is what then allows us to hear the voice of God.

Our own inner voice, the voice of God, the signals of time, and the needs of people — all these ‘messengers’ are telling us that what is really needed now is trust. Our only aim now should be to raise a collective, universal voice filled with that trust which is created from true feelings... the faith that no matter what happens, truth will prevail.

Inner happiness and strength are the tangible rewards of this, which in turn help us to continue to move forwards.

(IX) Trust

The Brahma Kumaris World Spiritual University is in 72 different countries. This means that the coordinators of all these different centers are spread out around the globe. They can not often come together for meetings; there aren't many opportunities to sit together and dialogue. Yet everything is running smoothly and we are growing.

How is this possible? It is because we trust each other. No one here is ever forced to do anything. If something needs to be done we just ask. I ask you, or you ask me. We just ask each other, “Would you like to do this?” And the response is, “Sure. I'd be happy to.” This is how all the work is actually getting done. It is why we never worry about the workload, even though there is so much to do. It is all happening due to the power of faith and trust. It is not even a question of language, but rather, of hearts being touched directly by the message. Definitely, this is what works.

When the heart works with pure feelings, it reaches out and touches the pure feelings in the hearts of others. This enables the intellect to function at a purer level. Pure qualities in our behavior and relationships emerge as a natural consequence.

People are always asking Dadi, “Don’t you ever get tired, with all the responsibilities you have? With all the travelling you do?” However, I never feel tired. Why? Because I am free. I keep my feelings right and so I can trust everyone. I trust others and others trust me. There’s nothing else that needs to be done. There is no reason to become tired.

With great love from my heart I would like to say to you that I never make speeches, I never read from notes, because I never write anything down. I can’t do any of that. Whatever I say, I say out of my feelings.

(X) Transforming the World

In our greeting of Om Shanti, feelings are shared and there is an experience of closeness, not to mention a cheerful face. Feelings of genuine friendship like these are needed. I would even go so far as to say that life depends on the quality of our feelings... Just as the quality of our relationships are founded on the caliber of our feelings, so the ability to transform the world is also dependent on the quality of our feelings.

Almost everyone who knows Dadi has experienced an immediate sense of closeness on meeting her even for the first

time. This is what happens when true feelings are shared. If it is possible to generate such beautiful feelings within a few minutes of meeting someone new, shouldn't it be possible to cultivate these vibrations and share such feelings with the whole world? It is when we work with realizations at this level that everything can get well.

Scientists use their intellects to produce many wonders and miracles for the world. The intellect is used to understand matter and transform it. However, the power of silence, which is what we work with here, also uses the intellect... for the purpose of turning within and changing the self. Shouldn't the power of silence also be able to create some miracles and wonders?

One feeling I have always had is that one day, across the entire planet, there will be only a sharing of true feelings, based on faith. I easily share this vision with others because of my faith in it. I have firm faith that change must happen.

So many times people say, "What you are trying to do is impossible. Nothing is going to change. It is not going to work." However, my faith is connected to my determination to see that this happens. And I never allow anything to reduce my degree of determination.

I tell them, "It is possible. Everything is in our hands. It all depends on us."



Questions and Answers

Q. What exactly do you mean by ‘faith in the intellect?’ I’ve heard of having faith in God, in people, or in one’s values, but I’ve never heard of this.

Just as we speak of someone having a broad or a sharp intellect, similarly, ‘faith’ in the intellect is also a quality. It is a virtue on its own. First you need to have this quality of faith as part of your own intellect, before you can have it in something else, like another person, or God. This quality links you to your truth, and in this way, clarifies your values and principles. This makes it more difficult for you to come under external influences and behave in a way which does not reflect those principles. It is a strength for the intellect, which keeps the intellect from doing wrong. It will even keep you from holding onto any ill feelings for anyone. In fact, as faith in the intellect grows, so does your ability to do and be good. It makes you royal.

An intellect that has faith has the power to know right from wrong, positive from negative, immediately. It is an intellect which is clear about everything, in one second. Just as diamond merchants can know in a second which diamonds are real and which are fake, so too, an intellect with faith has that same power of discernment. It is very clean, inside and out, and because of this, it can see. It can see aspects which belong to the far-distant future as well as aspects belonging to the here and now. The quality of faith elevates the intellect; it divinizes it. This becomes your third eye. This is the kind of faith that creates trust.

Q. How can those of us who work with children speak about trust, when most parents teach their children not to trust, because of the risks involved?

It is true that at this point in time, the quality of trust has been almost completely lost to human life. So children do need to be taught how to remain secure and not be deceived. However, trust is a core value, and so it is needed in life. Although we sometimes might have bad experiences while using this value, nevertheless, our bad experiences should not make us stop trusting. Instead, we should add other values onto it, like forgiveness. Adding the support of other values is important, because often, trust alone will not work.

Forgiveness makes it possible to forget our negative experiences. It allows trust to remain in the heart. Many children do not experience the quality of trust at home because their parents don't have it. Often, parents themselves have stopped trusting because they have forgotten this quality of forgiveness. Working with the parents on these aspects is as important as working with the children.

Every human being needs three conditions for self progress: to be able to understand; to have good company; and to be in a good atmosphere. The most important aspect of these three is the ability to understand, because even if the other two are missing, you can create them if you have the first. This is why it is important to continue talking about trust, no matter what the family situation is like. Hearing about trust will help them create a new kind of awareness, or understanding. The children themselves can introduce this quality back into the family. Seeing the child act with trust might bring some benefit to the parents, helping them to have some new realizations.

Q. Is spiritual will part the intellect?

To do something properly, without making any mistakes, makes you someone who is sensible. Being sensible means to have understanding and to proceed in a way which reflects that understanding. It means to do something accurately, in a wonderful way. An intellect that is sensible is always successful in making right decisions. There are never any doubts. When the intellect is very clean, clear and elevated, it becomes sensible in this way. The power of silence makes the intellect sensible.

What has happened in today's world is that the intellect has been deeply influenced by science, when actually it really needs to be influenced by the power of silence. It is because of this that many people are content to believe only in the external appearance of things. Actually, science is a tool invented by the human intellect. We should be its master. However, instead of seeing it this way, many people have begun to use the things of science as their support. In this way, their well being has ended up dependent on many external creations. The whole world was now become subservient and dependent in this way.

However, the power of silence frees you from any external supports and dependencies. God becomes your one strength and support, and by taking that strength and support from Him, you are freed from all other supports. You become independent and confident. There is always inner light and the inner power of true love. This is the spiritual power He fills us with.

Spiritual will is the result of this spiritual power. It is what makes us sensible. And trustworthy...

