

SELF-CONTEMPLATION: PEACE OF MIND



– B.K. Padmapriya, Los Angeles, USA

We often blame the mind to be peaceless. The truth is that peace of mind is becoming difficult now-a-days due to superfluous information fed to the mind.

Every thought carries information. The more you see, hear, talk, touch and smell, the more you think.

Peace of mind is not absence of thoughts. The mind experiences peace when there is a gentle rhythmic flow of thoughts. The thoughts are channelized, guided to flow. Whenever there is excessive thinking about anything; the mind becomes restless and peaceless.

What do you think?

1. Whatever and whoever you see – through Eyes
 2. Whatever you hear – through Ears
 3. Whatever you talk – through Mouth
 4. Whatever you touch – through Skin/Hands
 5. Whatever you smell – through nose
- Whatever you do or perform

is recorded in the form of actions, experiences, memories and habits. Basically, the sense organs outside of you bring information to your mind that causes thinking. Body and mind are very closely connected. Whenever something is felt by the body through the sense organs, the mind is the first one to be informed by the brain. The mind then creates thoughts and feelings based on the received impulse through the brain.

How to achieve peace of mind? Reduce the amount of information:

In this technological world, the amount of information each of us handles, is abundant. We are always seeing something or hearing something which leads to some sort of thinking.

We always find something to do, instead of taking a few moments of pause, or stop all doing and just be. No text sending, no reading, no phone calls, just sit and be. Take a deep breath and feel the inner pure being alive within.

The more you feel your inner self, the more peaceful the mind

will be. The mind is naturally peaceful. What it doesn't allow to be peaceful, is the constant never ending actions and commands we give to it.

The Art of doing nothing brings peace to mind. But this should not be confused with 'procrastinating' i.e. postponing what is the need of the hour. During the day, instead of always rushing and being in the busy/active mode; just sitting and watching everything around, calms the mind and allows it to settle down to the inner peace.

Our worries, thoughts of action are like the constant ripples in the pond of mind; when we stop doing and using the sense organs for a few moments, the stillness of mind returns.

Method:

Pause all your actions... Keep your iPhones, laptops, newspapers, magazines and all gadgets aside.

Stop looking...stop using your eyes – keep it still, rest it at a point gently or just close your eyes...

Stop hearing all the sounds...just stop listening to them...

Tune in.... feel your inner being...

I am peaceful... I am alive...
I am beautiful...I am here...

I am relaxed...I am calm...I



am peaceful

Reduce Multi-tasking:

Multi-tasking is considered as a great talent – a time-saver – a sign of smartness, clever heads. Your ego gets easily fed by multi-tasking. But do you know what multi-tasking does to your mind? Mind gets stressed out, trying to manage all your sense organs – eyes, ears, hands and body in

proper synchronisation for each of your task along with your brain activity. Peace of mind is experienced where there is focus and concentration. When a single task is done peacefully with mind and brain co-ordination; that task is completed successfully and quickly when compared to three or four tasks at a time.

Take a task – Focus – Do it with full interest and attention...

Acknowledge and appreciate yourself...

Then move on to the next task...

This brings great peace of mind and other minds would love to be in your company.

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us the eye of wisdom.” The Eye of wisdom means the power of understanding. Human beings also pray, ‘Give us constant peace and happiness by giving us the knowledge’ because they are tired of searching. The more they search for peace through new inventions, the more unhappy and disquiet they become. The facilities, luxuries and comforts invented by science are increasing day-by-day, but unhappiness continues to increase many-fold.

Why does the intellect not help man at such a time? It is so because the intellect stands divorced from God. It means that there is no love for God. If there is no love for God, what happens? There will be love for Maya, the five vices.

Because of these five vices, everything has become a cause of sufferings. Sorrow comes from money, from the body; rather everything in the world is causing sorrow. This is because Maya has entered everything: everything is under the sway of five vices.

The Father assures us and says: ‘I remove this Maya from your path.’ Once Maya is removed, we’ll get happiness from wealth, from property, from the body and from the world, as the deities used to get. They were ever-healthy, ever-wealthy and ever-happy as explained by our incorporeal God Father Shiva. ●

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One can find among Brahma Kumaris organization a systematic expression of all the above mentioned Biblical concepts found SCATTERED in the Bible. So is the case with other religious texts of the world, which, as we saw in the beginning agree in essence. The more familiar one is with his religious text, the more acceptable Brahma Kumaris teachings become to him. Because all scriptures preach purity, and Brahma Kumaris practise purity.

“If you want others to be happy, practise compassion. If you want to be happy, practise compassion.”
– Dalai Lama XIV