

# The Oasis

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## Understanding the Law of Karma

Karma is the law of spiritual dynamics that can be related to every act in daily life. The word karma is Sanskrit, meaning action and the entire cycle of cause-effect. Emerson's law of compensation approximates it in meaning and understanding. The law refers particularly to the accumulation of effects brought about by causes set in motion through our attitudes and actions in the past, and includes the new causes initiated in the present that will result in future effects.

The science of physics demonstrates that no particle of energy can be put forth anywhere in the universe without a natural result following. A stone tossed into the air returns at once to earth as a result of the law of gravity. The energy expended in winding a clock will produce a more delayed result, but the resulting force will exactly equal the original expenditure of energy, or cause.

In mixing chemical elements, the reaction may be immediate or long delayed. This is no less true in the chemistry of living, as we bring together actions, thoughts and feelings. The result may follow at once or be postponed in accordance with obscure factors. Every negative thought, desire and action disturbs in some measure the equilibrium of the universe. Such disturbances ever seek to return to equilibrium through a process of re-adjustment. The operation of this law is as truly a moral law as it is a physical law, and can be directly observed as such.

### We choose our destiny

The law of karma operates whether or not we are conscious of it. By its functioning, our destinies are shaped. Its continued action arises from and depends solely upon man's own free will. By his ignorance, man binds himself through selfish actions, feelings

and thoughts. Only when he has learnt that in order to find happiness and peace he must cease the flow of selfish action will he begin to use the law consciously for his liberation from the cyclic necessity of reincarnation. He must learn that the lightest thought or slightest act has its inevitable consequences. Death does not settle the score any more than moving to a new town will not cancel the debts incurred in the old one.

Each of us is born with a character, in an environment and family that seems either helpful or inimical to our progress. In reality, all sets of circumstances are opportunities for us, for they are the natural results of past lives and should be viewed as the stepping-stones for our future growth. Our destiny is not imposed upon us, but is of our own making, and we daily weave the threads of our future destiny.

### Cause-effect

Sometimes the result alone is seen, without the preceding cause and it therefore seems entirely unaccountable. When one first hears the knowledge of reincarnation and karma, he is apt to feel resentful over the fact that he now suffers the result of causes set in motion by somebody else. But when viewed from the pattern of immortal life, that he, the man, is truly imperishable, living through successive lives, all events are perceived to have their natural cause and logical consequence. From one point of view, cause and effect are inseparable, for effect is inherent in the cause, and the two may be thought of as one, cause-effect.

The law of spiritual dynamics makes of man a self-reliant being, with the realization that he neither desires nor seeks to escape from responsibility. Rather he wishes

## Remain detached - a trustee - in everything

The secret I would like to share with all of you today is: remain beyond all gross, corporeal feelings and maintain your angelic stage. Only when you have the aim to become karmateet (perfect) will you be able to create your angelic stage. In relationships, while performing actions, remain detached - a trustee - in everything.

We have to remember Baba so well and with so much love that nobody remembers me and I do not remember anyone else. Not even by mistake should someone remember me. It's such a beautiful experience, being lost in Baba's love. Through observing this promise not to remember or be remembered by another I receive so much help from Baba. The needle that is free from rust is pulled towards Baba. How beautiful it is to



**Rajyogini Dadi Janaki**

imagine how a needle is threading all the beads into the rosary of love.

We have to do service with the spiritual intoxication of being Baba's child and whilst spreading the fragrance of spirituality everywhere. When there are no expectations, all our desires will automatically be fulfilled by themselves.

to become a self-conscious master of his environment. Only by understanding and working with it, can he master natural law, as an aviator learns to fly by understanding the law of gravity and opposing to it other natural principles. Similarly, in the moral world does man transcend the inevitableness of consequences by understanding the law of karma and setting in motion causes that will produce the desirable effects and neutralize the undesirable. In the inviolability of law lies his potential freedom, for it enables him to merely change and remake the character that is the outcome of his past life and create more perfectly the character of his future.

Certainly without such a law, man would be drifting aimlessly on a sea without a shore, without chart or compass, at the mercy of every adverse wind and borne onward only by the ceaseless tide of evolution.

### Not predestination

Karma is neither predestination nor fate. The

application of this natural law does away with any possibility of such a thing as luck - either good or bad. On the back of every piece of good fortune lies the cause that was due to the individual's conscious or unconscious actions, perhaps recently or in a previous life. Behind every bit of bad fortune lies the energy likewise generated by the person himself. While it is true that the accumulated karma of an individual helps or hinders his progress, is still free to choose within the limits of his making. By successive efforts and choices or lack of effort, he determines the orbit of his freedom. Fatalism or predestination implies that the individual is so much bound by circumstances or by some power outside himself that no effort of his own can free him. Under the operation of the law, he who generates the causes or forces can modify them. He may be temporarily bound, but he did his own binding. In the present, he has the power of modification and

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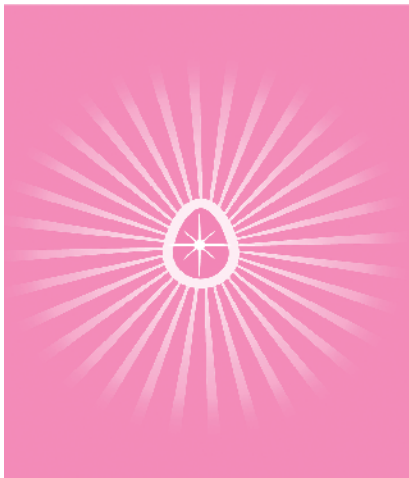
**Do you react or respond**

**- B.K. Shivani**

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*Meditation simply is a means of teaching your mind to think in a right way.*

## From the Desk of Almighty



*"The children who control their words and accumulate energy and time automatically experience the sweetness of introversion.*

*One who is introverted constantly experiences being an image of tapasya sitting in the cottage of the forehead. Such a soul stays free from waste thoughts of*

*the mind and free from wasteful words of the mouth and this is why there is the alokik experience of the sweetness of introversion."*

### Editorial...

## Our life is being written every moment

Our life is being written every moment by our thoughts, our emotions, our words and our choices. The events that are unfolding in our life are a direct reflection of those choices, whether consciously defined or unconsciously allowed.

Our mindset is the sum total of our beliefs, values, identity, expectations, attitudes, habits, decisions, opinions and thought patterns about ourselves, others and life. It determines our behavior, outlook and mental attitude. It is the filter through which we interpret what we see and experience. Our mindset shapes our life and draws to us results that are an exact reflection of it.

Like energy attracts energy, we attract to ourselves those things and circumstances and people that are in vibrational harmony with our dominant, mental attitude, habitual thoughts and beliefs.

The attractive power of any particular thought is determined by how often we have that thought and by the strength of the feelings or emotions associated with it. The more energy we give to a particular thought, the greater its power to attract its corresponding circumstance into our physical world.

Thoughts have energy. Like physical energy, which has a positive or negative charge, so does the energy created by your thoughts. Each time we entertain a specific thought we emit a very specific, corresponding frequency or energy vibration. The energy of thought is either stored in physical structures or is transmitted into the universe, it never dies.

Every thought interacts with the energy of the universe. Negative thought looks for other negative thought energies to bind with. Eventually a matrix of negative thought energy is created and forms a thought wave. These powerful negative thought waves manifest themselves in our lives.

Positive thought energy also seeks out other positive energies. If we are a source of positive thought energy, positive and beneficial energy will return to us in many wonderful and unexpected ways.

Again everything that happens in our life has a direct connection with the type of energy that we are charging the universe with. We alone are responsible for the type of energy created by our life.

Becoming aware of the power of our own thoughts is the most important step. Being aware is the key. Once we are aware of the negative thought energy in our lives we can take measures to eliminate it.

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improvement for the future.

While the working out of the law may be very complex, with the many permutations and combinations in human lives almost

infinite in number and variety, yet certain basic principles of operation may be grasped and employed immediately by anyone.

- The Oasis Bureau

### "Value of Value Based Life"

## Humility

### Definition :

Humility gives the power to perceive situations to discern causes of obstacles and difficulties and to remain silent. It gently works on the crevices to allow for breakthroughs. It automatically makes one worthy of praise. Don't expect others or your self to be perfect instead of comparing ourselves to others. We are grateful for what we can do.

### Purpose :

- You don't criticize others.
- Happy to serve own.
- Helps you to keep learning.
- Eliminates possessiveness and narrow-mindedness.
- Enables one to become dependable, flexible and adoptable.

### Implementation :

- You admit mistakes and learn from them.
- You don't consider your self more important than other people.
- When you do something wonderful it reminds you to be thankful instead of boastful.
- Creates an inviting, cordial and comfortable environment.
- You don't need to boast.
- Other people's needs are important.
- When you are prejudiced.
- Treat others as equals, different yet equal.
- Everyone bows to those who themselves bow first.

### Affirmation :

I reflect the quiet... knowledge of my own value... the equal value of others... in my every thought... and action...

### Quotable Quotes :

"The life which is not examined is not worth living."

- Plato

"We came nearest to the great when we are great in humility."

- Rabindranath Tagore



### Just think about it ~\*

Are the precious moments of your life whiling away in looking others?  
What are you going to attain by looking at others anyway. When everyone's role is fixed, why do you have to think of others?

## Mantras for Happiness Unlimited

- Happiness is a state of being created while working towards the goal, not a feeling to be experienced after achieving the goal.
- If we believe that happiness is experienced after achievement, then we create stress, anger and fear while trying to achieve it. Thus, we ultimately do not experience happiness.
- Before I take responsibility for those around me, I need to take responsibility for my own thinking and feelings. When I am happy and take care of others, they will be happy.
- You cannot make your child emotionally strong without being emotionally strong yourself.



# Leadership Qualities

All the uncertainties, complexities and contradictions require a lot of tolerance. A leader has a high level of tolerance. Tolerance means strength or inner power. Tolerance is the ability to work in very demanding situations, when there is a lot of turbulence and high pressure. A leader has to handle many different situations simultaneously and to accept considerable feedback. He has to take major or even feeling it as a burden. As soon as a reacting or even feeling it as a burden. As soon as a leader loses his tolerance power, his goodwill is lost. Others will not want to follow him. The tree is the best symbol of tolerance means to give one's best up to the very end. Tolerance is to accept both praise and defamation with equanimity of mind. Tolerance is developed through love: Throught love, a leader empowers people

and the people in return, are available to him when he needs them. All are in the same boat so that he let them cross the stream together.

A leader has the ability to adapt or the power to adjust. Flexibility and the ability to adapt is the strength that helps the leader to reach his goals. A river finds its way through the landscape and reaches the ocean despite many obstacles along the way. In the same way, flexibility in a leader is the ability to adjust to many different personalities and situations he or she faces in the process of reaching bend and to tolerate. The more flexible the leader, the better will be his capability to accept pressure in the storm, it is flexible and therefore rises again when the storm is over. Adaptability means to have integrity. Adaptability is to

encourage job-rotation and to be able to change place and task. Nowadays, effective people are multi-skilled and therefore better equipped for change. A leader needs to have the maturity as to where to adapt, how to adapt, to what extent to adapt and when to adapt. If the leader does not have this maturity or understanding, then he becomes like the boiled frog and fails in his mission.

A leader has a very powerful ability to discern or discriminate right from wrong, truth from falsehood, reality from illusion and benefit from harm. This ability is absolutely crucial for a leader who is taking decision for so many others to follow. If he lacks discrimination power and chooses the wrong path, the consequences may be hard hit. Again it requires a very powerful



**Rajyogini B.K. Usha, Mount Abu**

management information system, not just in terms of collecting information, but in terms of selecting, analysing, synthesizing, prioritizing, assessing, appraising and evaluating. Discrimination power means that you build up a very good assessment system. Knowledge and wisdom enables one to have accurate discrimination.

*To be continued.....*

## Life is a choice...

### Interview

- **Rajyogi B.K. Girishnathan, Mumbai**



*"Life is a choice and to be or not to be happy everyday is one's own choice" was the moral theme of the program, **SECRET'S OF CELEBRATING LIFE**, organized by Brahma Kumaris, West Nepal about an year ago. Over 2500 people from various professional backgrounds attended the training programme. **B.K. E.V. Girish** who is an MBA by qualification, a senior college Lecturer by profession and a spiritually active trainer by interest discussed various ways to remove the odds in life and make every moment a celebration. He has delivered his trainings and seminars on Stress Management, Self-Management, Positive Thinking and on many more topics across the globe. His significant works include some research projects on Heart Diseases and their Spiritual Therapy with the former Indian President cum a renowned scientist late A.P. J. Abdul Kalam. Here is an excerpt of the interview taken by **B.K. Krishna, Pokhara** with him right after the program.*

**Q. Professor, what does E.V. stand for ?**

**A.** I am from Kerala (India) and we do have name initials there. In my case, it's Edthil Veedu (E.V.) which is the name of the specific house we live in. Basically, name initials are transferred from mother's initials showing that the community respects women.

**Q. Tell us about your interests and affiliation with Brahma Kumaris.**

**A.** Seventeen years back, I went to Brahma Kumaris to take the 7-days course. I felt like 'what have I missed reading so much books and studying so hard for all those years.' I was really fascinated by the course and meditation. Thus, I entered the organization to do my own research on the

knowledge and meditation techniques. Today, after I have done so many researches in meditation and its therapeutic possibilities, I am glad that Brahma Kumaris was there to open my inner eyes in the right time.

**Q. Please share us the type of audience that you have got for your programs till today.**

**A.** I believe that these kinds of trainings are a part of Godly service. so, I have grabbed the opportunity to train people of almost all professions and ages. My regular audiences are Doctors, nurses, Defence Forces, Navy, jailers, kids, IT professionals, various company employees and the general public.

**Q. And do you believe in genius ?**

**A.** It is the ability to harness one's own quality. And, yes I do believe in genius. In fact, everybody is genius in his/her own respect. It's all about time and the work that you put in to develop it.

**Q. Your major training topics include life. So, what life actually is in your perspective ?**

**A.** As I have already mentioned in today's program, Life is what lies in between B and D. B stands for Birth and D stands for Death. So, you can deduce that life is C, which again stands for Choice. Either you can choose to be happy or to cry and complain. That's upto you (laughs). If you want to be happy, be in the company of good people, read good books and don't skip meditation, learn to feel its power and applications. That's what I have been doing since last 17 years and you can see the result, a happy Girish (laugh again).

**Q. One last question, what do you think about today's system of education ? Any suggestions for students?**

**A.** I simply accept that the present educational system has become a business. In Gurukul systems, it was for happiness they taught but now only information is passed to students not the knowledge. What students do nowadays is 5 Rs, viz. students REMEMBER and RETAIN information for short time from their copies; RECOLLECT and REPRODUCE it in exams to get attractive RESULTS.

The thinking power of human has drastically speeded. Slow down ! Speed is not equal to growth. Fast Khaoge toh Fast Jaoge. Do everything in a relaxed manner. What is there to hurry if you do everything on time? Develop to calm yourself and apply meditation. Remember that we hear through our ears but listen through our mind. Rearrange the word SILENT and you will get LISTEN. So, in order to listen to life first, be silent and meditate. Last but not the least, be healthy and happy forever. Om Shanti !

*Whatever you give to life, it gives you back. Love others and love will come back to you.*

# Do you react or respond ?

- B.K. Shivani

Life regularly puts us in situations and gives us a choice to handle those situations. It is our way of responding to those situations that defines our personality. When we react to a situation, it so happens that we are not in control of self or that of the situation, however, when we give ourselves a moment to analyze the situation and develop a considered response we are in total control. It is our assertiveness while conveying thoughts as a response to a situation that maintains our personal integrity.

A young girl walked up to her father and said that she is very unhappy with the way things are turning out. Everything that is happening around her seems so challenging and that even before one problem is solved, another one follows. The father who was listening to her daughter asked her to accompany him to the kitchen. There he took 3 pots, filled them with water and put it on high fire. He then added potato to one pot, egg to the second one and coffee beans to the third one. After boiling the stuff for 20 minutes he turned off the burners; he placed potatoes and eggs in two separate plates and ladled coffee in a cup.

He asked his daughter to touch and feel each of the three things and tell him what she saw. She saw that the potatoes have turned soft, while the egg has turned into a solid mass and the coffee beans have added rich aroma to water.

The father mentioned, "Before I added each of the products in boiling water the potatoes were strong, hard and unrelenting but they turned out to be soft, eggs were fragile but after putting in boiling water have turned into solid mass and coffee beans have created something new by adding its color and aroma to water." He asked his daughter, "When we are in a situation, all of us have options to respond in a particular manner. What are you, a potato, an egg or coffee?"

When I react to a situation, I am not in control of the outcome as it will entirely depend on the situation I am in. For example, if we behave like the potato or an egg we could end up being weaker or if our attitude is like that of an egg, we may turn out unpleasantly hard depending on the time for which we are in boiling water. But when we process our thoughts by analyzing the situation and what to make of it, we can change the situation and take full control on how the outcome will be.

By simply following the three steps given below I can redefine the way I look at situations and respond to them:

- **By pausing for a moment:** We need to give ourselves a moment of preparation, both mentally and physically, before instantly reacting to a situation.
- **Being an observer:** When I detach myself from the situation, I give myself a chance to look at it from different perspectives, which helps me devise my plan of action and helps me respond to a situation with total control.
- **Define outcome:** By being a silent observer, it becomes possible for us to steer away from any negative thoughts, which will help in soothing our mind with positive affirmations and keep us calm.



Story

## Thought Poisons the Body

A young man had been sentenced to death. A group of psychologists requested the government to help them in their experiment of the functioning of mind by delivering the youth to them. The government agreed to help in their experiment. Actually they wanted to see how the waves of mind have their effect on the body. They took Peter deep in to the forest and blindfolded him. They tried to stimulate his mind by saying that a venomous snake was going to bite him and he was going to die very soon. They told him the same thing repeatedly. He became nervous, hopeless and started sweating and trembling. At last they pricked his fingers with a small needle. To their great

surprise the young man died withing ten minutes.

This is a psychological death. Peter's death is not unusual. But how did he die? The shocking thing is that after postmortem it was found that the venom of snake had spread throughout his body. Is it possible?

scientists have proved that repeatedly transported stimulus information made Peter's blood venomous. There are 810 active hormones in human body, according to medical science. Scientific experiments have proved if one of these hormones is repeatedly stimulated it can poison our whole blood.

## Snapshots of Spiritual Services



**Kathmandu:** After the discussion about spiritual knowledge with Honorable president Mrs. Bidhya Bhandari, Rajyogini B.K. Kamala, B.K. Narayan & others



**Pokhara:** Presenting godly gift to Honorable Prime Minister Mr. K.P. Oli By Rajyogini B.K. Parinita.



**Dang:** Presenting godly gift to Honorable Speaker Mrs. Onsari Gharti By Rajyogini B.K. Geeta.



**Pardi, Pokhara:** Inaguration of 7<sup>th</sup> days Sirimad Bhagwad Geeta program by Rabindra Adhikari, Member of the parliament, Rajyogini B.K. Parinita, B.K. Apsara & Other distinguished guests.



**Bhairahawa:** On the Occasion of Free Health Camp for kidney patients, LDO Yubraj Subedi, B.K. Shanti, B.K. Bhupendra & other distinguished guests.

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To :

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*In crisis, be aware of dangerous but recognize the opportunity.*