

INTERVIEW WITH SISTER SHIVANI

ON GHETTO RADIO

The current situation in the country is such that most have lost hope in the government, relationships, finding job. The disparity makes it so hard to be motivated. How do people deal with this?

Positive thinking is not having positive thoughts when circumstances are good, this is normal thinking. Positive thinking is when the right thoughts are created in unfavourable situations. So far we have believed that our thoughts are linked to the environment around us, it's just so natural that when there is a crisis outside, there will be a crisis inside. But spirituality teaches us that what is inside is independent from what is outside. There could be a little crisis outside, but if I can perceive and create a thought of stability and I can create a thought of an opportunity instead of a challenge there is no crisis inside. The main objective is to take care of what is inside then the crisis outside can be dealt with. For example the financial crisis was a crisis outside but the result of not having inner stability there is deterioration in mental, physical and relationship health. So if I take care of myself I can take care of all other aspects and clear the hurdles. So spirituality helps me create the right kind of thoughts even if there is a crisis out there.

Please give us some background on yourself

I am from Delhi, India and have been with the Brahma Kumaris (BKs) for 12 years. I have done engineering and even when studying everything was smooth and I was not looking for spirituality. However, at the BKs I saw that a lot of youth were being able to channel their energy by thinking positively and not creating thoughts of fear or apprehension about the future, as this takes away from your energy for other activities. Let me be in the present moment and work on it now rather than think about tomorrow and what might happen. This is what prompted me to be here.

How can we change our thoughts when the environment is so negative? How can the negative energy help you in positive thinking?

Negative energy needs to be blocked from the inside. If, for example, we start in the morning with news that covers all the bad things happening around us this will sway my mind in the same direction. What we do at the BKs is not read the newspaper first thing in the morning instead get up and instead read something very powerful and positive and, that is, irrespective of whatever is happening, I still have the choice on what to create in my mind. There is an opportunity hidden here, I have to be ready for it and I am going to cross it. Because I am in so much fear, confusion, and insecurity I cannot see the opportunity. In the present time, if someone wants to cross a challenge, they can only do it if they take care of the kind of thoughts they create. One thought I create every morning is that everything that is happening to me is beneficial for me, its accurate and perfect and could not be better than this and I just cross every scene that comes before me after that.

I have so many questions so will go slow. On the radio we do a press review highlighting all the headlines which are normally negative. How can I help the listener out there?

Do not read it first thing in the morning as science tells us that the mind is most absorbent in the first two hours in the morning, like a clean blotting paper. After that, absorbance reduces and the additional information does not really sink in provided I filled the mind first with something powerful. Hence, it is your choice to fill the mind with something very powerful and this is where spiritual knowledge comes in. We visit the BK centre every morning for half an hour before beginning the day where we listen to very powerful information, God's word - Everything is accurate, you can do whatever you start, every scene happening in your life is for your benefit. This is the information I fill in first thing in the morning, my blotting paper (mind) gets saturated with this information, then I read the newspaper and nothing is going right, it doesn't really sink in because I have already filled myself with something different first thing in the morning

Introduction of Brother Pascal as a youth who has been practicing positive thinking and can share his experiences

Pascal - One thing that I would like people to understand is that the youth have two kinds of energies, spiritual and physical. We do not understand that these energies can be used positively or negatively, and, hence, we get used by whom we call leaders towards their own negative ambitions. What we need to learn is to understand ourselves and utilise

and channel this energy in a positive way and a manner that benefits both ourselves and other people.

If we are not supposed to allow the negative outside to affect us, what do we do with those situations and emotions, of love for example, that are affecting us both within us and outside?

Pascal - You need to understand that you create your own thoughts and our problem is that we do not know how to manage our thoughts. As a result, we are influenced by outside situations because we are not in control of ourselves. If I understand that I create my own thoughts, I can choose what thoughts to create and then I have the power to influence the situation around me by changing my attitude or response to the situation. This is something we have to practice even though it is a difficult thing to do. For example, someone might show anger towards me. I can either feel offended that this person is not respecting me or I can think that he is showing me anger as a result of his own stresses.

It starts with you and it starts in the morning. It is about what you tell your mind, so remove negative thoughts and allow positivity to come in

BREAK

The youth, age group 18 to 24, experience the most problems with matters of the heart, please expound on that

I would say rather than matters of the heart, it is about relationships. Nowadays we are looking for relationships in order for the other person to give us happiness, love, and respect and this can be any relationship between child and parent, partners. We demand these from the other rather than giving it, as we have forgotten that relationship means giving not taking. When we do not get the responses then we create pain. Love and pain cannot exist together. If I am hurt or in pain, that is not love, for example creating doubts and anxiety when a friend does not call, this is not love. Love means unconditionally accepting the other person, however they are and whoever they are. I love you means I like you the way you are. This sends positive energy from me to them. The minute I

become judgemental and try to change the other person that is not the energy of love but energy of resistance and that is when the conflict starts, first within me then in the relationship and the problem begins.

I have read the Magic of Thinking Big, which contains a really positive message that has worked in my life. It says that it begins in the morning, the way you tell yourself, your body, your energy, to act for you or do it for you goes a long way. You are the master of your thoughts, how true is that?

You are absolutely the creator of your thoughts and that is the fundamental thing. I have a choice what thought to create in a situation. We wake up in the morning and spend five minutes with ourselves creating very powerful positive thoughts, for example, I am a powerful being, creator of every thought and feeling; happiness is my nature not something I get outside; happiness is stability, I do not need to buy or do anything to get happiness; happiness is what I already am. I talk to myself in my mind for 5 min first thing in the morning, then pause again for one minute every hour and create the powerful thought "I am a powerful being, peace, love happiness is my nature" and the mind remains stable throughout the day with no fluctuations.

I will try that!

How can one living in poverty for a long time think positively?

Your poverty does not affect your mind. Your mind creates your thoughts irrespective of your financial situation. If this (thoughts being affected by financial status) were the case then the ultra-rich should be very positive but that is not the case. Your thinking is not dependent on your financial situation. There is no connection, but we have connected it. Money and status are all outside, but our mind is inside.

Can poverty control someone's thinking?

No, poverty does not control thinking, thinking can control poverty

Please leave us a clear positive thought/quote for someone who is despairing now?

I would like to share with everyone – forget about all the situations outside let us start taking care of ourselves and all situations will fall into place. Even though what we have shared today might sound difficult, it is very simple once we start working on ourselves. To do this simply we would like to invite you to come to the BK Centre, opposite Unga House in Westland, called the Global Museum. We offer a meditation course, which helps us to create positive thoughts regardless of the situation. It is 7-day course, one hour a day. You fix your date and time and it is free of cost. If we can do something for our minds absolutely free, it becomes a matter of taking time. Just walk in and the sisters are there to help you.

You've heard it, Global Museum opposite Unga House, Westlands. You should go there and learn how we should take care of ourselves and think positively and make things work for you. Thank you so much for coming by and I will make it a point of practicing what I have learnt to

We would like you to come first to the Centre

I will! Thank you to all the guests as well. This is a great message and opportunity for us to move out of the negative energy. It starts with you, it starts with me!

END