

# **EXPERIENCING INNER POWER AND PROTECTION**

**10th September 2009, 7.00pm**

**Conversation with Sister Jayanti, Sir Gulam Noon and Emily Buchanan**

## *Points Arising:*

Experiencing Inner Power and Protection – how can we find inner stability in a chaotic world? When we use the ability to go inside and connect with our inner powers, this can be very profound. How can we find inner strength in a time of crisis? Is there a Divine presence we can call upon?

The first programme as part of this Global Project took place in China in Beijing on the 30th August.....

Sir Gulam Noon, Born in India and a British businessman, heads Noon food products. Sir Gulam is involved in many charitable activities, amongst others supporting the Princes Trust, Royal Shakespeare Company, and a British Library project that enables people to turn the pages of the Koran by computer. He reaches out to the community in many different ways. Sir Gulam was caught up in and survived the terrorist activities in Mumbai last year.

Sister Jayanti, studying Raja Yoga for more than 40 years, is the European Director of the Brahma Kumaris and travels the world non-stop. Whatever the subject she is given to speak on, she shares enormous depth and insight.

Conducting the conversation was Emily Buchanan, who has been with the BBC for more than 20 years. Starting in Radio with ‘A Week in Westminster’ she then moved to TV, then becoming the Religious Affairs Correspondent. Now she has moved back into radio as a World Affairs Correspondent and we may hear her in programmes such as ‘The World in your Ear’.

Spiritual points arising from the lively conversation are as follows:

Emily has an extraordinary image of Dadi Janki having a hotline to the Divine.

The BK’s contribution in the midst of the increasing levels of fear and lack of a sense of security, faith and comfort from above, is to remind people that there is an inner resource and strength that they can draw upon in life.

Spirituality can be drawn upon at all times, but especially in an extreme situation it can surface very quickly to support and guide.

Spirituality and a faith in the Divine can bring huge strength.

A spiritual person does not have to fear.

A trust in the Divine can bring clarity and allow us to cope in situations of stress.

Holding onto and using your personal values can protect you.

There is an innate sense in each one of us that comes alive, when we are motivated especially in a life and death situation.

When we find ourselves in serious situations and we stay true to our values and are guided by a strong intuition, then we do what is right and there is a sense of protection through doing this.

There needs to be a moral compass with this. When people act from a blind belief and determined that 'this is right', and it is at the cost of other human beings, then it is no longer guided by the force for good.

Staying close to one's inner intuition and developing a connection with God, we will undoubtedly move along on the right track.

When we see others acting under some external influence, our job is to send best wishes, so that at some point that person also can develop a direct connection, with God and so start doing what is right.

The power of goodness and truth will ultimately conquer.

Human nature is innately good and ultimately goodness will prevail.

When we meditate and go within, we find the inner voice which moves us away from pain and suffering to a peaceful and loving space.

The original state of the soul is truth and light, so, taking moments to go within will lead us in that direction.

Inner power is inner strength and doesn't mean we have to be passive. It just means we keep our integrity at all times.

This organisation (the BK's) shines out humanity (Sir Gulam Noon)

When we respect others' religions, we are justifying respect of our own religion.

By keeping integrity and courage, your life will be secure and move forward.

People are now realising that materialism is not the answer and that greed and anger are undermining our world.

A new paradigm is needed, based on the goodness of the human spirit.

There are invisible spiritual energies – the energy of the soul, the energy of God and the energies of angels and we can tap into these and feel the power.

As a parent, the Divine is there to protect us. The more we link with thee Supreme, the more we realise that the Supreme's protection is there at all times and forever.

Situations come in life but it is how we react to them that matters.

When we have the pure desire to be an instrument of the Divine and be of service, then we can access God's protection very easily.

Where there is courage, God will help.

In today's world many people's needs are not met, hence the amount of corruption.

It is also noticeable how in the most negative of situations people can show such strength and positivity.

In today's world there is a misunderstanding of education.

There is a great difference between superstition, ritual, scripture, religion and spirituality...today there is a huge amount of superstition – many, for instance, look at their astrological chart every day. Then there is prescribed ritual, which is often divorced from daily life; then there are scriptures, which don't necessarily have meaning in our lives. Then there is religion, which is to reunite us to our origin, which in its purest sense will lead us back to the Divine. There is a thread of spirituality running through all the religions; there are universal values which all human beings share and at this present time it is time to come back to the essence of religion and spirituality.

There are many energies - physical, emotional and spiritual as well as Godly energy. When I can link with the Supreme, I can experience God's power around me. The energy of truth, light and goodness protects me, whenever there is negativity arising within me and around me.

God's energy supports us against the evil within - our anger, greed and so on.

Spiritual practice protects me further and also protects others around me.

God's energy will ultimately protect me

God's energy is the energy that is moving the world towards transformation.

Sister Jayanti took everyone into an experience of inner power and protection with the following meditation:

*Sitting quietly I turn my attention inwards...I come to the awareness of I, the spiritual being...in this awareness I feel the sacred presence of the Divine...God's light and love surround the soul.....as I fill myself with this love I am transformed and uplifted to my own higher state of love...in the midst of the power of light and the power of truth....I begin to move towards truth.....letting go of falsehood and that which is artificial.....God's light of love and truth....extends out into the world.....I see the darkness of the world end and the beauty of the day begin....I keep this connection with the Divine.....I hold this light and love with myself as I come back to the things of here and now...Om Shanti.*