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Communication Corner



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Motivation Tool No.18 – Reflect

Sometimes motivation levels can dip when we have something on our mind that is troubling us. The **Reflect** Tool can help to restore motivation levels when this occurs. For a free copy with instructions, email [Energy](#)

Book Club

“The Jain Path” by Aidan Rankin
Wooden Board IMAGE by twobee

The Six Energies

The energy of learning
The energy of meditation
The energy of conversation
The energy of movement
The energy of humour
The energy of music

For inspiration, motivation and balance, source a little of each of the six energies every day.

www.the6energies.net

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Meditation extracts from “Tuning the Mind – The A to Z of Meditation” © D. Fonseca 2008

View From A Coach Window – Many Sidedness

Talking with passion and enthusiasm about something we believe in can be an endearing quality. Sometimes our aim is to win others over to our point of view but if we talk to the absolute exclusion of other views we can be seen as a railroader and our opinions become attached to us like limpets. If we adopt the role of railroader, we can feel threatened if anyone challenges our viewpoint. The Jains created the concept of *many-sidedness* to enable broad facilitation so that all opinions can work together to find a better way forward. My warm thanks to Brahma Kumaris for their contribution to this month’s issue.

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RAJA YOGA –Brahma Kumaris World Spiritual University

Meditation practice takes many different forms, it can involve repeating a mantra, focusing on a particular object or one’s breathing. Raja Yoga is, in effect, a change in awareness. The philosophy provides an understanding of oneself as essentially a non-physical being, a being of spiritual energy, yet expressing oneself through the physical body. The focus of that energy is envisioned as a light, behind the eyes, in the centre of the forehead – remembered as the “third eye” in some spiritual traditions.

As a spiritual being, I do not exist in isolation. Raja Yoga, literally royal union, reconnects us with Source which is an unlimited, pure reference point for all that is highest in human nature, and we increase our own power of truth when we experience this connection. We are also connected to each other. The more I experience the highest in myself, the more easily I will feel connected to people around me. This is because I will be free from needing others to give me a sense of self, as my own sense of self value

For more information visit www.bkwsu.org/uk

The A-Z of Meditation: Rainbow Meditation

Aside from Raja Yoga Meditation there is also Rainbow Meditation which stems from the belief that colours hold healing properties. Each colour is associated with both positive and negative qualities and by visualising the colour you simultaneously reduce the negative and accentuate the positive. It can be done in two ways:

- i) by picturing the colour in your mind, contemplating the minus points associated with the colour and attempting to remove them from your character; then focusing on the plus points and allowing them to rise up.
- ii) by imagining the colours pouring in through the top of your head (i.e. each colour in turn) and filling your entire body the colour’s positive qualities.

