

[PDF] Wings Of Soul: Releasing Your Spiritual Identity

Dadi Janki - pdf download free book



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Description:

About the Author Disregarding the constraints of social conventions including the caste system, Dadi Janki became one of the few active women spiritual leaders just following India's independence, traveling throughout India, teaching self-reliance and empowering women to become leaders in their communities. Her concern for the well-being of others has always been a driving force in her life. Much of her youth was spent in serving the sick by comforting them with religious stories and humble prayers. Indeed, her own life has been filled with illness, which tested and helped her to

develop her own ability to conquer physical infirmity through greater spiritual awareness. Dadi Janki is the co-administrative head of the Brahma Kumaris World Spiritual University. The university's purpose is to help people explore their highest level of personal integrity and the attributes of leadership. This unique method of education in human moral and spiritual values was initiated in 1936 and is currently offered in over 72 countries.

Excerpt. © Reprinted by permission. All rights reserved. Humility and Empowerment Part One

I. The Power of Truth

The power of Truth is such that you need never be concerned about proving it. Trying to prove Truth reveals only your own stubbornness. You need only be concerned with being it and living it, your own self. Truth is always revealed, at the right moment, at the right place. It is for this reason that the simplest, most powerful expression of Truth is Humility.

II. Simplicity

Humility makes you simple and truthful. The more humility you have, the greater will be your understanding of truth. And vice versa.

III. Self-Respect

Self-respect is a state of inner dignity which brings great benefit to the self. No matter what the situation, it makes everything easy and light. You have to look after your self-respect so carefully, making sure you never lose it. The basis for maintaining it is Humility.

IV. Protection

There is a great deal of power in humility. Sometimes that power is useful for your own protection. Sometimes it is useful in the protection of others. The power of humility allows you to see the benefit in everything, even in the insults of others. It enables you to say, "Maybe there's something for me to learn here. Someone is saying this to me, there must be something to it." Even insults become learning situations, naturally. You don't feel a need to get upset. You aren't affected in a negative way. Your own self-respect works to keep you steady, no matter what the criticism coming your way. Even if the problem is theirs, not yours, and there's nothing for you to change in yourself, still, humility removes the need for you to say so. Real humility results in so much power of truth and inner silence, that you don't need to say anything at all in words. The very power of your inner state of being will make the other person realize the error of their ways. Your only desire at that time is the hope that they will be touched by your humility, so that they can open and begin to enjoy their humility, too.

V. Giving

Sometimes people are not open to being touched by humility. They do not yet understand its power, and so they take advantage of your attitude, thinking you are weak. If this is the case, then the first thing to remember is that it is your duty to help people . . . And in this, it is important to be tireless in your giving. So, on the one hand, never give up, never completely stop, because one day they will definitely understand, they will definitely take your help. However, on the other hand, it is equally as important to assess how worthy they are of your donation. Understanding the value of what you are giving is a first step; understanding the one to whom you are giving is the second. If they have no value for what they are being given, it is as though what you are giving is going to waste. You need wisdom to understand these two things: the value of what you are giving and the extent to which the other person is taking benefit. If you are giving in full, but they are just throwing it aside, what is the

point in giving to that degree? Humility does not mean to waste your resources. Humility means to have the wisdom to understand the power of your resources and give accordingly.

VI. Understanding

Some people feel that to have humility or to be humble involves bowing down and being subservient to others. They find it very difficult to cultivate their humility. This has not been my experience. To me, humility means to understand the self, and through that, to understand others as well. Thinking about humility is like thinking about an old friend-someone from whom you have learned a lot, someone who has taught you a great deal. Developing humility has brought a lot of comfort and rest into my life.

VII. Love

Humility as a power is based on a very elevated awareness of who you are. Such a high state of consciousness makes you very cool, very peaceful and very loving. One with humility is full of both love and respect. Because they are full, their only desire is to give. One with humility is never selfish. Humility makes the heart open and generous. There is never the desire to receive from others. Humility makes it easy to have relationships of love and respect with everyone. When there is humility, you enjoy understanding the hearts of others. You want to understand the hearts of others. Humility allows you to accept what someone else is saying. (If you accept today what others are saying, then they will accept tomorrow whatever you say.) One who has humility constantly remains happy and makes others happy, too. A person with humility will always say, "Whatever I am, whatever I've got, it's fine. I'm happy, I'm content." A person with humility never gets angry. A person with humility is easygoing. If you have humility, people come close to you, with love. Humility emerges your divinity.

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