

DISCUSSIONS

Discussions are held on the last Thursday of every month in our English Medium Congregations (every Thursday, 7 – 8pm)

COME ALONG AND JOIN IN!

Thursday 25th April 2002

Topic: In what ways can we adopt the teachings of Baba Ji in our daily lives?



Key Points from the Discussion

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- Reflection is the key to understanding the way in which we behave towards others. We should try to spend time during the day or at night reflecting on whether we have hurt others' feelings, or indulged in any actions that are not in line with the Sat guru's teachings.
- Many have experienced that the first song / verse they hear on the radio in the morning, tends to remain in their mind during the day. It was suggested that perhaps we should set our radios / cassette players so that we hear spiritual verses in the morning.
- Placing pictures of Baba Ji or the lines of the prayer at our bedside will help us to focus our minds on God first thing in the morning.
- We should try to spend the time on our way to work or school, doing prayer rather than listening to English / Asian pop songs.
- When we feel that our anger levels are about to rise, it is a good idea to either walk away from the situation or pray to calm ourselves down.
- It was strongly recognized by many that if we feel that God is around us, then why should we worry? We need to remind ourselves constantly that when we recognize the existence of God in our hearts there is no need for worry. It was strongly emphasized that we need to relax in situations in which we have no control. For instance, when stuck in traffic, all we can do is 'JUST RELAX!'
- When feeling fed up or bored at work, let's try to recall wise words of the saints in our minds. We will find that the day passes quicker and is more enjoyable.
- When feeling bored or alone at home, we should try to spend the time productively, thinking about God and focusing our minds on prayer rather than dwelling on worldly problems.
- When we are going to bed or we get up in the morning, let's try to read a verse from the Avtar Bani / holy book to start or finish the day. The verses are relatively short and easy to understand: they will help focus our minds on the teachings of the master.
- Holy Water has immense powers. Starting our day with this is sure to make us feel invigorated and able to cope with the pressures of everyday living.
- FAITH! Much of the discussion focused on the fact that when we have faith in God, and keep God in our hearts, we are likely to prosper in any daily activity we undertake.
- Constantly keeping God in our minds will make everyday living a fruitful experience