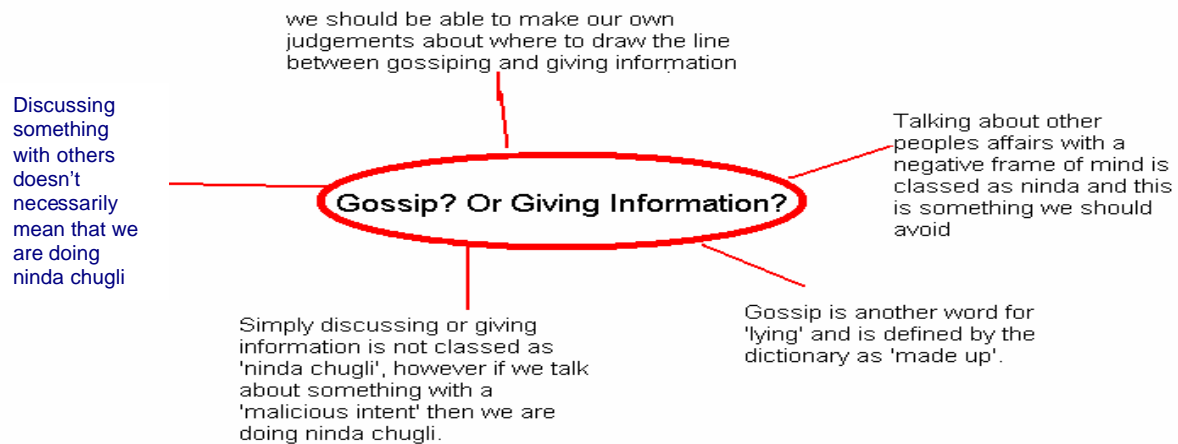


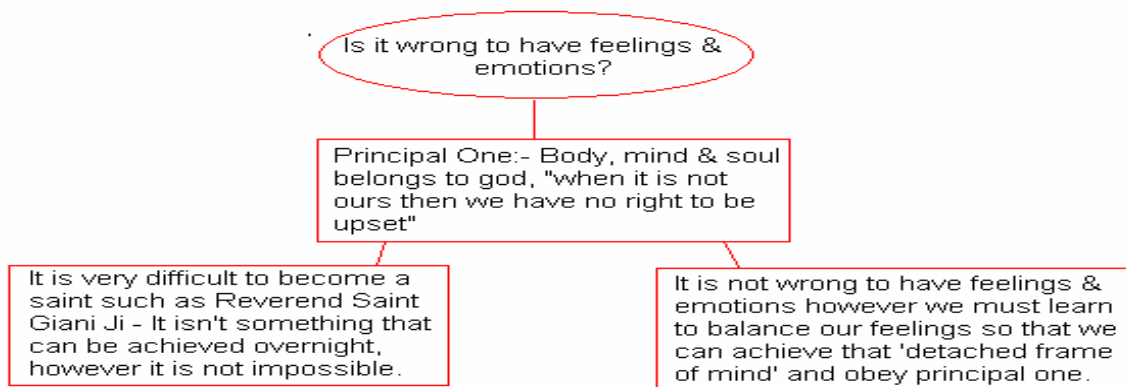


GOSSIP!

This month's discussion focussed on the idea of gossiping and giving information otherwise referred to as 'ninda chugli'. The purpose of the discussion was to determine exactly what is giving information and at what point does it turn into gossip (ninda chugli). Below are some of the ideas and viewpoints that were produced in the discussion.



During the discussion one individual pointed out that we shouldn't feel the need to discuss things because as God realised souls, we should always have a detached frame of mind where nothing should affect us whether it be good or bad. The saint also said that we shouldn't let our emotions get in the way and that emotion's and feelings take us away from nirankar. We are God realised souls – we have a connection with nirankar therefore we should maintain this connection by maintaining a detached frame of mind. This viewpoint generated a further discussion on feelings, emotions and consciousness and a young devotee asked, "Does that mean it is wrong to have feelings and emotions?"



How can we achieve this balance?

- Accepting nirankar.i.e. 'khushiyan' was Revered Joginder Singh Ji's (Giani Ji) way of accepting God
- Set targets to improve ourselves
- Talk to God

- Involve God in everything we do, in our daily routines & activities i.e. eating, cleaning etc.
- Partake in prayer more regularly
- Consciousness

Conscience

- Our conscience will tell us what is right and wrong - if we say or do something in the form of ninda, our conscience will tell us
- Our feelings and emotions are connected to our conscience
- Our conscience tells us what is right and it is all about being a good person and living in this world as the Lord's teachings.