

The power to hold peace

Advertorial

Peace is the ability to be calm and serene and to hold that vibration despite what our given circumstances might be. Many people can feel peace when they are in a peaceful environment but not when the going gets tough. It is understandable to feel a mixture of emotions if terrible and challenging things are happening to us.

There is an Indian scripture story about Lord Krishna, whose king was his evil uncle. The King had been told by a seer that his kingdom would be stolen from him by the child of his sister Devaki who was Krishna's mother. At that time Devaki had many children. The King killed them all, and then put her in a dungeon with her husband. More children were conceived and each one was taken from the birth chamber and killed. Lord Krishna was born in these circumstances, but on account of his Divine nature, various miracles occurred by which he survived and was smuggled out of imprisonment.

Lord Krishna blessed his mother such that she became fully aware of her own Divine nature. From that time onwards until several years later when she was released from the dungeon, she was in perpetual bliss. She was able to take her consciousness anywhere and experienced true freedom, love and ecstasy. She was in deep peace despite her shocking physical and family circumstances and all of the violence and ugliness to which she was subjected.

The moral of the story is that within each one of us there is a deep place of connectedness, profound peace and a power so amazing that we can go through the depths of despair into bliss.

We don't always need disaster to feel stressed. Sometimes stress and anxiety rob us of peace even when things are relatively peaceful externally. Peace will be elusive if our personality suffers from needing to be right, having to have the last word, always having to control people and things.

Life is unpredictable. Controlling everything doesn't work as most of us have already discovered. So, the better approach is to find our wellspring of inner peace and learn to be able to tap into it regardless of what is happening on the outside.

The soul's power to hold peace once we find it is stronger than the mind's tendency to destroy it. With spiritual practice, we are enabled to be peacemakers no matter what the exterior world might be doing. As peacemakers, like Devaki we can bring the gift of peace to any situation.

Abode of Peace Ashram, 45 Kings Road Cooranbong 2265

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45 Kings Rd, Cooranbong NSW 2265 (1 hour north of Sydney). (02) 4977 3300
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Meditation 10.30am & 6.30pm,
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Sundays

Satsang* 9.30am

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*Satsang – music, meditation and discourse