

JUST THIS DAY

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JUST THIS DAY IS LAUNCHED

JUST THIS DAY

Our world is busy and in the turmoil we forget we all share the same space. Families, communities and countries live with conflict, poverty and disease. How can we make a difference?

Stop

JUST THIS DAY

Go beyond nationality, religion, belief and remember the still, silent presence where everything is united. That space is the same, up mountains, through the wind and the weather. In fact, wherever YOU are. It belongs to us all.

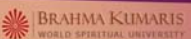
On Wednesday 28 November 2007 take the time to join the rest of the world. Every effort makes a difference.

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It started as the idea of one grandmother.

Imagine. For **JUST ONE DAY**, people everywhere would join together in stillness.

Young and old, rich and poor, men and women, eastern and western, northern and southern, Christian and Muslim, Hindu and Jewish, Buddhist and atheist.

For **JUST THIS DAY**, they will all join together in stillness.

And the idea has grown.

People everywhere are talking about it.

Messages of support are flooding in.

JUST THIS DAY is becoming a reality.

In this first newsletter **JUST THIS DAY** brings a selection of some of the messages of support we have received so far.

It's easy to participate! Wherever you are, on **Wednesday 28 November 2007**, join in!



Tell us about how you are going to join in, and we'll include it in future newsletters and on our website.

Take the time to join the rest of the world. Every effort makes a difference.

Gangaji visits London

"I have discovered that it is actually impossible to find happiness. As long as you are seeking to find happiness "somewhere," you are overlooking where happiness is.

As long as you are seeking to find God someplace else, you are overlooking the essential truth of God, which is omnipresence. And when you seek to find happiness someplace else, you are overlooking your true nature, which is happiness. You are overlooking yourself.

I would like to offer you the invitation and the challenge to stop overlooking yourself, to simply, radically, and absolutely be still—to put aside, at least for a moment, all of your ideas of where God is, or where truth is, or where you are.

I am asking you to be still in pure presence. Not to create that, not even to invite it, but simply to recognize what is always here, who you always are, where God always is."

Meeting with Gangaji
7.00 p.m.
16–17 May

[King's College London \(Waterloo Campus\)](#)
London SE1 9NH.

Weekend with Gangaji
May 19, 20
[The London School of Economics \(Bankside Campus\)](#) London SE1





A commute to inner peace*



By Trushar Barot
BBC News

It's hard to find a way out of the trudge of the daily commute, but some are finding meditation can help. And, don't worry, the lotus position is not a must.

Crowded, noisy, smelly, boring. Those in the rat race put up with this on their daily commute to and from work.

We are spending longer - and crossing greater distances - than a decade ago. The UK tops the European league table for having the longest average commuting time at 45 minutes.

No wonder commuting is seen by many as the most stressful part of their day, an activity hardly leavened by Dan Brown's latest or a sudoku puzzle. But for some, having a regular slot away from the pressures of home and work allows them time out to meditate.

Amisha Bhavsar, 30, does precisely that. She works at the Inner Space meditation centre, run by the [Brahma Kumaris World Spiritual University](#), in London's Covent Garden. As well as using the Tube to get to and from work, she uses public transport to travel around the city in the course of her working day.

"It's one thing offering people the opportunity to take a break from the working day when they come to us. But I've found that the quality of my experience at

work is largely being set by my state of mind during the journey from home to my desk," she says.

Inner peace

Research for the RAC Foundation has found similar benefits for those commuting by car. In a 2003 study, it found that if a driver gets into the right frame of mind, they can finish their daily journey in a more serene state than when they began it.

MEDITATING TIPS

Listen to light music or meditation commentary

Take slow, deep breaths

Imagine a relaxing place

Accept noise and confines of your journey

Write positive affirmations

If standing, put bag down and relax body and mind

On bus or overground train, take in the view

In a traffic jam, shift mind into neutral and relax body

"The type of thought that occurs when driving is actually very similar to the type of brain activity that takes place during meditation," says Conrad King, who carried out the research for the RAC.

"The logical part of the brain tends to disengage leaving a lot of people driving on mental 'auto-pilot' and the driver is then free to contemplate all matters, from the meaning of life to the reason why traffic lights seem to always turn red against them."

Tim Malnick, founder of Meditation at Work, a consultancy that works with individuals and companies, says that many people have a

misconception about what meditation is and so don't understand how it could be used while commuting.

"A lot of people think it's all about sitting down cross-legged and closing your eyes..."



"A lot of people think it's all about sitting down cross-legged and closing your eyes. But if you look at the meditation traditions from the East, they clearly demonstrate the importance of transferring this state of mind into all your daily activity. It's about becoming more aware of the environment around you and feeling comfortable with it."

Time out

Part of the reason that commuting is seen as such a stressful experience is because we feel we have so little control over that environment, says meditation teacher Matthew Earl, who used to clock up 40,000 miles a year in commuting for his job as a sales rep. Then he moved to London and started using public transport.

"I used to quite enjoy driving, it was personal time that I valued and it was an environment I felt relaxed in. Having to trade that in for the bus or the underground was really difficult - I couldn't stand the commuting experience."

While reading a book or newspaper kept his mind occupied, he found even that to be draining. Now, he uses meditation to relax mind and body.

The first thing is to just mentally relax. With your thoughts, step away from what is around you and gently allow your awareness to go within yourself and emerge a sense of stillness and peace. Slow your breathing down and try and let your thoughts settle. Listening to light music or even meditation commentaries has been really helpful too."

It all sounds very soothing, but does it work? As a seasoned, though not season-ticketed, meditator, I thought I'd give it a go.

I get to the bus stop in plenty of time and wait. And wait. And wait. After 25 minutes, the 220 to Shepherd's Bush arrives. Not one bus - but three.

The usual commuter chant in such situations would be unrepeatable here, but instead I plant a different thought. "Wait. There's nothing you can do, so calm down. The boss will not shout if you're a few minutes late."

My heart-rate drops almost instantly, but jolts on hearing the dulcet tones of 50 Cent, which a kindly school boy at the back is treating his fellow travellers to. Too much of a coward to ask him to lower the volume, I realise this is the perfect test of my meditation techniques.

I don't usually seek inner peace to a hip hop soundtrack, but it's surprisingly easy to turn the volume down inside my head. I pass the rest of the journey with a serene smile on my face.

It's enough to have me looking forward to my return journey home.

A commute to inner peace*



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY

Message from Sister Jayanti, European Director, Brahma Kumaris World Spiritual University

At a time when the world is rushing headlong into an uncertain future, it is vital to pause and become aware of where we are going. How can I contribute to a better future for humanity? Can I really make a difference?

The Brahma Kumaris launched just-a-minute last September, a project inviting people to introduce regular one-minute periods of silence into their daily lives.

JUST THIS DAY is an invitation for us all to pause together. In that pause we do two things; we look inwards to our inner selves and experience our inherent nature of peace and outwards to humanity's common destiny. And we discover the connection between the two.

When people everywhere create one feeling and one vibration of peace and compassion we will heal our divisions and truly become one human family.

The Brahma Kumaris World Spiritual University is pleased to support JUST THIS DAY.



just-a-minute

Experience Meditation and visualisation exercises

Welcome to the **just-a-minute** programme, a series of meditation and visualisation exercises which can help you to restore peace of mind, increase your power of concentration and recharge your mental and spiritual batteries.

Meditation doesn't have to be hard or time consuming. It actually only takes a minute to focus your mind. **just-a-minute** can be practiced almost anywhere at any time.

Why not try a one minute meditation right now? You can begin your own **just-a-minute** programme with whichever theme feels most appropriate. Just relax your shoulders, follow our seven easy steps to stillness and listen to one of the meditations [here](#).

Experience 7 Steps to Stillness

1. Take a moment to be comfortable in your environment.
2. Keeping your eyes open, gently rest them on a chosen point somewhere in front of you.
3. Withdraw your attention from all sights and sounds.
4. Follow the thoughts suggested on the commentary
5. Acknowledge and appreciate the positive feelings and thoughts which may spring directly from this exercise.
6. Stay in these feelings for a few moments.
7. End your meditation by closing your eyes for a few moments and creating complete silence in your mind.

JUST THIS DAY

Message from Father Laurence Freeman, Director



"If we could all touch into the still point of consciousness around which all human action and thought revolve, what would we find? Unity in our diversity, hope amid our problems, healing for our conflicts. "JUST THIS DAY" creates a special moment in the human family to allow this new way of seeing that is developing globally to expand and enrich our spirit."



Laurence Freeman is a Benedictine monk of the Congregation of Monte Oliveto and Director of [The World Community for Christian](#)

[Meditation](#). He was born in England where he was

educated by the Benedictines and studied English Literature at Oxford University. Before entering monastic life he had experience with the United Nations, banking and journalism. In the monastery his spiritual teacher was John Main with whom he studied and whom he helped in the establishment of the first Christian Meditation Centre in London. In 1977 he went at the invitation of the Archbishop of Montreal to establish a Benedictine community of monks and laypeople dedicated to the practice and teaching of Christian Meditation.

Fr. Laurence studied theology at the Universite de Montreal and at McGill University, made his solemn monastic profession in 1979 and was ordained to the priesthood in 1980. After John Main's death in 1982 he

continued the work of teaching meditation that had now begun to develop a global community. In 1991 Fr Laurence returned to England to establish the International Centre of the newly formed [World Community for Christian Meditation](#) that is now present in about a hundred countries. He has conducted dialogues and peace initiatives such as the historic Way of Peace with the Dalai Lama and is active in inter-religious dialogue with other faiths as well as in encouraging the teaching of Christian meditation to children and students and in the re-appropriation of the contemplative wisdom tradition in the Church and society at large.



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