

# Allay Fears With Meditation

Meditate in the time of Covid-19 and raise your emotional immunity as well as the vibrational energy of the planet, writes **B K SISTER SHIVANI**

**W**hen Covid-19 broke out, the one line that we were taught was — ‘Take care, don’t panic’. We learnt to *take care*, we ignored the *don’t panic* part, because we believed fear and panic are normal emotions in a crisis.

So, we created fear, criticism and worry in response to the situation, and took to complaining. The fear which initially gripped a few minds became as contagious as the virus itself. The world was vibrating at the frequency of fear and anxiety. The matter soon escalated to depression, relationship conflict and even suicides. The planet needed healing energy of peace, love, power, but we created energy of panic and anxiety. Together we lowered the ‘global vibrational frequency’. All this had nothing to do with Covid-19, it was all our creation, in response to the situation of Covid-19.

We entered 2021 with the hope that this year everything will be perfect. Reality was that we had lowered our emotional immunity as well as the vibrational energy of the planet. We even became careless with the physical protection rules, and the result is before all of us. Our moral responsibility today, along with physical protection and the vaccination, is to raise our vibrational energy and thereby, the energy of the planet.

Our consciousness, thoughts, and feelings are all energies that vibrate every cell of our body, people, nature and the universe. Our vibrations determine our emotional, mental, physical, professional, social and environmental health.

Low vibrational thoughts are those of fear, complaints, criticism, stress, lust, insecurity, anger, ego... the list is long. High vibrational

thoughts pertain to faith, gratitude, motivation, peace, purity, power, compassion, humility...this list too is long.

We all create high vibrational thoughts sometimes, but we now need to make it our natural way of living. This is the *new normal*. It is the only way we can build our emotional and physical immunity, empower people, and heal the planet. All of us create high vibrational, pure, and right thoughts when situations are perfect and people are going our way. But when they are not, we believe it is natural to experience low vibration



thoughts, or do I create my thoughts in response to the situation?’

Different people respond differ-

ently to the same situation. If situation was the creator of the response, then everyone would create the same emotions. We know the truth and yet we do not live it most of the time. We need to shift from blaming situations, to taking personal responsibility for our emotions.

Let us make this affirmation for the next one month: ‘*I am the creator of every thought, feeling, word, and every behaviour of mine, irrespective of the situation or people’s behaviour. I am calm... I am peace... I am love... I am power.*’ Make this affirmation many times a day, and gradually the truth we know will become our natural consciousness and ‘the new normal’.

We have all used the power of affirmation and visualisation to create miracles in the outer world. Meditation uses these two powers to create happiness, peace, purity, love, acceptance and all that we want to experience in the inner world.

Derived from the word ‘*mediry*’ which means ‘to heal’, meditation heals the mind, body, relationships, and nature.

Rajyog Meditation as taught by the Brahma Kumaris is a journey of understanding our true nature and our responsibility in creating a paradigm shift in the world.

Meditating on our pure qualities and energising the self by connecting with God radiates divine vibrations to our mind, body, relations, work, and the world. Meditation thus is a simple but powerful method to create happiness, health, harmony, and heaven on earth. ■



feelings of worry, hurt, fear and insecurity. We have lived our lives believing that our emotions are dependent on the situation and we are always working hard to create a perfect outer world for our happiness.

Let us introspect: ‘Does the situation or the other person enter into my mind and create my