

# 博樂門古默麗思靜坐中心

## BRAHMA KUMARIS MEDITATION CENTRE

[ [Home](#) ] [ [Chinese](#) ] [ [Contact Us](#) ] [ [About Us](#) ] [ [Programmes](#) ] [ [Lectures](#) ] [ [BK Centres Worldwide](#) ]

### Strategy of the Dolphin

#### An elegant approach to life in an ocean of sharks

**Brian Bacon - Madhuban/Gyan Sarovar - 17 February 2001**

It is easy to maintain spiritual poise and elegance when in Madhuban. Here we are in the company of angels. But is it so easy when we are back in our place of service? What happens when we have to face the challenges of life in an ocean of sharks? Sometimes we forget our higher values and spiritual powers and succumb to fear in the face of negativity. Is it possible to swim with sharks without being constantly afraid? Yes, it is. We just need to adopt the consciousness of the dolphin. The dolphin is the one creature that sharks will never attack, for to do so, will mean certain defeat. By nature, a dolphin is not an aggressor; it is a highly intelligent, playful and peaceful mammal. But if threatened it becomes a fearless warrior that no shark can match. The dolphin has no equal in terms of sensitivity, intelligence, speed, strength and agility.

The dolphin may be described as the Raja Yogi of the ocean. The Supreme has given us the 8 powers, a broad and deep intellect sufficient to face any obstacle, so why do we so often ignore these capabilities and fall back into old patterns? The reason is our internal programming which we have yet to change. We each have embedded patterns of behaviour that surface during difficult times in our lives. These are our self-programmed responses to trouble and change. All patterns are based on past experience. Some are positive and useful, but some are destructive and dangerous. Maintaining the consciousness of the dolphin involves recognising our patterns and responses. We will only change direction when our understanding changes. It is necessary to recognise our embedded patterns of response and reaction and understand their appropriateness in the situations we will face after returning from Madhuban.

A clear understanding of our life's purpose, a systematic approach to spiritual study and daily meditation are the keys to changing dysfunctional or negative patterns. To know yourself, not only means to know your life's purpose and core values, but also to understand your tendencies. To recognise and understand your negative tendencies is the first step in changing them.

Following is a list of the most frequently occurring traps that I have experienced within myself and observed in others during my 20 years in Raja Yoga and even longer as a professional in the field of strategic management.

Trap 1: Following someone else's truth.

Dolphin Strategy: Know your own truth & have the courage to follow it. Follow the Supreme's directions in order to clarify the truth and meaning of your own life. Meaning is not something you stumble across, like the answer to a riddle or the prize in a treasure hunt. Meaning is something you build into your life. You build it out of your own self-understanding based on gyan. You find it in your own past, out of your reflections, affections and loyalties, out of the experience of the Dadis, out of your own talent and god-given gifts, out of the things you believe in, out of your service and people you love, out of the values for which you are willing to sacrifice something. The ingredients are there. You are the only one who can put them together into that unique pattern that will be your life. You can learn from others and

benefit from their wisdom but in the end, you are responsible for your own choices and decision in life. Let it be a life that has dignity, elegance and meaning. Let it be your truth revealed. As much as we may admire someone like Dadi Janki, no matter how much effort we make we cannot be her. The world only needs one Dadi Janki anyway! You are a pioneer soul and have to cut your own path through the jungle. There are many waiting to follow you.

Trap 2: Waiting for someone else to resolve your stress.

Dolphin Strategy: Accept personal responsibility for the administration of pressure in your life.

You cannot depend on any other person to relieve your tension. There is a good chance that you are the only one who can do anything to alleviate your psychological load. Don't expect your 'Centre-in-charge', the Dadis, your boss, or anyone else, to resolve your stress. You are responsible for your inner response to change.

Trap 3: Choosing the wrong battles.

Dolphin Strategy: Choose the battles that are big enough to matter, and small enough to win.

Develop the discrimination power to recognise the right time and place to 'make a stand'. Having a clear understanding of your own purpose in life is the key to knowing if the battle will be worth the effort and risk. When you do decide be decisive, be strong. Anticipate the choices you will need to make.

Trap 4: Worrying about what you are losing.

Dolphin Strategy: Focus on the present with the future in mind.

'Where attention goes, energy flows...Where energy flows, life grows.' If you are mentally locked in the past and worried about what you are losing, you are giving life to death. To think about what has already died is like giving more strength to death. Whoever does this ends up falling...together with the behaviours, ideas, experiences and people that have already fallen.

Trap 5: Resisting change.

Dolphin Strategy: Practice aligning with the drama.

Turn when the drama turns. Instead of beating your head against the wall of hard reality and thus, succeed only in bruising your spirit, invest your energy in making quick adjustments. Become agile and flexible. Every organisation has to change if it is to survive and prosper. Your own decisions can do more to influence your stress level than anything that the drama serves up to you.

Trap 6: Trying to eliminate uncertainty and instability.

Dolphin Strategy: Accommodate a little more confusion in your life.

Develop a greater tolerance for constant changes in your life plan, for corrections in the middle of the road and for raw surprises. Be prepared to surf on the waves of change. Think that your life has moveable walls that adjust to the immediate demands of the situation, instead of fighting to make life and drama adapt to you. Economic Stability is at a very critical point. It will affect everything you do - service, lifestyle, etc. In times of uncertainty you need a compass of your own values as an inbuilt radar and to trust your instincts as there will be no road maps. You may need to go off strack, be still, let a sandstorm pass - learn what to do at any moment.

Trap 7: Playing the victim game.

Dolphin Strategy: Accept face and move forward.

Never surrender to the seductive pull of self-pity. It is the most certain and effective way to go into very deep sorrow and stay there! Acting as a victim means to threaten your future. We especially feel this when feeling left out and excluded. It is better to stay productive and flexible. No one ever became perfect without getting knocked over a few times. If you've been knocked down, stand up, pick up the pieces and begin to reconstruct your life. One thing every dolphin know, is that no wave lasts forever. Another thing every dolphin knows is that there is always another wave. Know when to ask permission and when to ask forgiveness. If someone is preventing you from

making a choice then 'try and show'. If you sit as a victim you will become mouldy. Take responsibility and move ahead but do not burn bridges or destroy relationships. First protect the relationship and then deal with the task. If it means negatively affecting the relationship, find another way. Don't risk the relationship for the task.

Trap 8: Trying to play the new game by the old rules.

Dolphin Strategy: Be detached and observe the situation objectively.

Understand how the game has changed, how the priorities have been re-ordered. Decide in which aspects of your life, work and service, you want to focus yourself to give leverage to your effectiveness. Assess the change against your values. Be clear about the next chapter in your life. What difference do you need to make in the next chapter of your life? "Is this consistent with where I am going in my life?"

Trap 9: Seeking a place of low tension levels.

Dolphin Strategy: Conquer tension from within.

Is there any such place? In fact, the opposite is true. You will find yourself changing one stressful service environment for another until you've learned to conquer your stress from within. You serve your best interests if you use spiritual understanding and yoga to deal with tension internally, and align yourself professionally with an organisation that has the courage to support the pains of change.

Trap 10: Trying to control the uncontrollable.

Dolphin Strategy: Accept what cannot be changed.

One of the first laws of spirituality is that the world is uncontrollable - events, situations, relationships - the only thing you can do is to seek to change yourself. A dolphin never tries to control the ocean, but can ride its waves. Ask yourself if all the struggle of maintaining 'control' is worthwhile. Do you really find yourself in a position to control the situations, or will you only become emotionally tired trying? Sometimes the most mature, sensible and dignified posture is to nobly accept that which we cannot change. Position yourself correctly, make some effort and ride the waves of change, instead of trying to control the ocean of life.

Trap 11: Choosing your own pad.

Dolphin Strategy: Keep the same pace as the rate of change dictated by drama.

Move in cadence with the time, instead of allowing yourself to take the time that you want or feel that you need. Don't stay behind. Most probably, no calm period will magically appear to give you the opportunity to eliminate the distance that your own slowness to change created.

Trap 12: Refusing to give up what is dispensable.

Dolphin Strategy: Simplify your life and throw out all unnecessary baggage. Re-structure your life as well as your work. Get rid of excessive work, unfocussed and unproductive service. Eliminate any unnecessary activities that don't contribute to your focus in life or to your current work and service goal. Focus your efforts on doing the right things and abandon that service and those duties that don't count a lot, even if you do them magnificently well. Let go.

Trap 13: Decelerating.

Dolphin Strategy: Accelerate.

Clarify your purpose in life. Get focussed and get going. Put your faith in thoughtful, 'purpose-driven' action and maximise your personal productivity in wisdom, yoga and service. We ships are built for the high seasons. Come into the Diamond Harbour to fix your mast and clean the ship but get back out as soon as possible or you will rot. Speed up - but in the right direction!

Trap 14: Feeling powerless.

Dolphin Strategy: Become CEO of yourself.

Realise that you have far more control over your own life, service and destiny than you probably think. Now is the time for some serious control of

the mind. If you have given your power away to anyone, then reclaim it immediately. Instead of worrying about the bad things that could happen to you, be in charge of creating the type of future that Baba wants for you and that you want for yourself. The best insurance policy for tomorrow is to make the most productive use of today.

Trap 15: Separating yourself psychologically.

Dolphin Strategy: Be in love with BapDada and the Brahmin family and keep the romance alive.

You will go through the dark night of the soul feeling that no one understands you and even feeling cut off from your connection with God. This has to happen so that we cut ALL supports and stand alone. In that darkness we will find the light. Don't let the stress of service ever put a barrier between you, Baba or the family. Success in service depends on good relations and blessings of the family. No service task is ever more important than the relationships it creates or the people it serves. Understand yourself. Do not blame, don't stop - just keep moving.

Trap 16: Avoiding new learning.

Dolphin Strategy: Reinvent yourself.

Seek new challenges that amplify your experience base in service. Remember that one of the best techniques for stress prevention is to continue updating your skills in order to remain energised, serviceable and lokikly employable.

Trap 17: Postponing your happiness.

Dolphin Strategy: Enjoy the moment.

The aim of the surfer is not to get to the beach, or to beat the other surfers to the shore. If you're surfing, you'll reach the beach anyway. The aim is to enjoy the ride. Don't become so captured by your goals, hopes and visions that you forget to enjoy your journey through the mighty confluence age. A goal only works in a swimming pool. Life is an ocean and does not allow that. It is not a controlled environment which we live in - and if you are in that environment enjoy it for the moment. It will not last! We cannot reach the goal through grim determination. This is just another aspect of control. Swimming in an ocean is about positioning. The waves forming in life do not necessarily form where you want them to. Our identity is caught up in what we do well but we have to be prepared to give up what we are good at and see what drama is calling us to do. The wave will come but I have to make the effort to position myself so that I can get onto the wave then the wave can carry me forward.

Refelctions:

To define your truth, define your purpose and discover your values.

What would you do if you had no fear?

What have you always wanted to do but have not had the chance or taken the opportunity?

What is your passion?

What has life prepared you to give?

What would you be prepared to die for?

What are you prepared to live for?

[ [Up](#) ] [ [Spirituality](#) ] [ [Time and Money](#) ] [ [Purpose](#) ] [ [Fear](#) ] [ [Respect](#) ] [ [HAPPINESS](#) ] [ [Releasing Tension](#) ]  
 [ [The 100th Monkey](#) ] [ [Vitamin C's](#) ] [ [God said No](#) ] [ [sadhana](#) ] [ [Discrimination](#) ] [ [Positive Outlook](#) ] [ [Simple Life](#) ]  
 [ [Peace of Mind](#) ] [ [Modern face](#) ] [ [Inner Space](#) ] [ [Book Review](#) ] [ [Sudesh](#) ] [ [Inner Sanctuary](#) ] [ [Who am I](#) ]  
 [ [Strategy of the Dolphin](#) ] [ [ShivShankar](#) ] [ [Looking after you](#) ] [ [Shivratri](#) ] [ [Other Lectures](#) ] [ [The Arts of Life](#) ]