

Brook of Life News

Improving the Quality of Your Life. By Transforming Stress into Flow!

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Welcome to our readers of Brook of Life News--a free monthly newsletter about improving your life through purposeful action. This special issue marks the resurrection of our newsletter after an absence of five years, in response to numerous requests from so many of you. Thank you for your interest!

The Brook of Life website at www.brookoflife.com has been transformed into a dynamic learning and community center, designed for growth through your participation. Like the brook, and the lives we all lead, this site continues to flow and grow as we navigate with our shared purpose of improving our personal and professional lives and the world we all live in. Please visit and enjoy the new Brook of Life web site and send us your comments and suggestions.

If you feel that this newsletter might help someone you know, please forward this issue to them. Anyone may subscribe to this free newsletter by sending an e-mail to: newsletter@brookoflife.com

You may discontinue your subscription at any time by sending an e-mail using the link provided below.

Step into the brook and enjoy the journey.

Sincerely,
Prem Chopra

In this Issue: We continue where we left off on December 7, 2002

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Navigation Log: Truthful Living is higher than Truth!

"I reflected on truthful living as you suggested" She said, placing her backpack on the grass beside her.

They were seated on a bench near a pond. He remained silent, watching two ducks glide past.

"I went over what you taught..." She continued. "Truth enters life only through actions. Truthful actions result only from truthful thoughts. Then I realized that truthful thoughts do not always lead to Truthful actions."

"Why?" The teacher asked.

"Because thoughts centered on objects of desires keep bombarding the mind."

"Where do these objects come from?" He asked.

"From attachment--to the lower levels of desire," She replied without hesitation.

"So, how can truthful actions emerge from such bombardment by desires?"

"Just as Christ taught and lived. By acting righteously, dwelling on the One Creative Force, sharing and giving. These also are the Sikh teachings that light the path of Truthful living..." She spoke with mounting emotion and would have continued, had he not nudged her with another question.

"But, why is Truthful living higher than Truthful thinking?"

"Because, actions speak louder than words," She replied. "I know this does not answer your question. I was hoping to learn the deeper meaning from you." She added with a smile, skillfully transferring the burden to him.

"Truth is a concept we hold in our minds. Have you ever searched for it?" He asked.

"Yes."

"How?"

"By introspection, during deep meditation," She replied.

"In your meditation, did you know the way of Truth?"

"Yes."

"Having found the way of Truth, did you pursue it?"

"Not always." She replied truthfully, realizing where he was going. "I wonder why?" She asked.

"Because the path of Truth is precarious and the currents of desire are strong. One slip and Truthful action is forsaken."

He paused briefly and then he added, "Truthful living represents *victory* of Truth--which sets you free!"

She felt a bright light flooding her mind as she absorbed the meaning of these words. Crevices deep within her consciousness that had previously been dark and inaccessible, even during her deepest meditations, were now being revealed as she reflected on Truth.

"That is why Truthful Living is higher than Truth!" She whispered to herself.

Then she recalled the teacher's words and saw the Truth with her mind's eye. *"In the mind distracted by whirlwinds of thoughts, Truth does not prevail. It is stifled and cast aside while we pursue the desires excited by the material forces of maya. Only by conquering falsehood do we perform Truthful actions. This is the freedom of salvation and nirvana."*

The image of Jiminy Cricket and Pinocchio's conscience of Truthfulness flashed across her mind and she smiled.

Currents: Communication is sharing!

Why is this newsletter being resumed? Here are some answers from you:

- Because it helped me and if it helps just one person then it is worthwhile for others.
- I am getting precious practical information, which I have actually been able to use in my life to make it better.
- It makes me happy--I look forward to it.
- Because it is interesting, but sometimes too long--so I save it to read later.
- Because you have something to share and you should do so.
- It's good for making people think about things they otherwise might not.
- Because it causes you to think deeply and believe that anything is possible.
- I enjoy the blend of deep thoughts and humor--making it more like life.
- When it did not come for a few weeks I really missed it--wondered if my name had been removed.

You decide for yourself. Starting with 60 names for Issue 1, readership increased to 1,239 in ten months by December 2002. Now, after a pause of five years we are resuming with a list of more than 1,600. Let us see how it flows.

It's a great way to share humor and your meaningful experiences. Please send your contributions to newsletter@brookoflife.com

Ripples: Spirit on a Human Journey

Asked why he believed he is a *spirit on a human journey* and not a *human on a spiritual journey*, the young man replied. "If I had said I am a *human on a spiritual journey* you would think I'm high on drugs!"

Your Views: Humor from Our Readers

My mother saw this sign outside a secondhand shop in London: "We exchange anything--bicycles, washing machines, etc. Why not bring your husband along and get a wonderful bargain?"

Read [Prem Chopra's new book](#): "The Voice, the Mind and the Traveler: Revealing the 7 Secrets for Happiness."

A good book is a wonderful gift--it can be read, re-read and shared!

Thank you for joining us on this Most Important Journey!

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Sincerely,
Lyn Price
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