Inner Governance

The heart of Initiatives of Change

Foundation of outer governance!
An activist:

“Governments are active in maintaining order, not interested in delivering justice”
Intolerable inequality!

Ravi Rao, IofC, India

Initiatives of Change  Panchgani
An activist’s reality check

Farmers’ plight due to drought and migration.
Poverty at unacceptable levels
Child Labour

Squalor

Misery
Yet, if there is no order...

Massacres
Our handiwork on Environment
All of us want these to change

We need to ask ourselves...

How badly do we want change?

Are we willing to pay the price; bridge the gaps in our own lives to make a difference?
Inner Governance lets us

- change ourselves
- become change leaders
Each of us has amazing inner knowledge and unlimited potential!

Inner Governance releases it
The Inner ‘Self’ is a fire... covered by ash/smoke

Inner Governance blows away the smoke and empowers the ‘Self’
इन्द्रियाणि परण्याहूर्
इन्द्रियेभ्यः परं मनं
मनसस्तु परं बुद्धीरं
यो बुद्धं परतस्तं सहः
Senses are great
Greater is the Mind
Even greater is
Wisdom/Intellect
The greatest is the Self
How can the smoke be blown

Senses
Mind
Intellect

मोहः
मद
लोभः
काम
मात्सर्य
Initiatives of Change  Panchgani
Quiet Listening
This really is a spiritual journey

But it must start with moral corrections
Spirituality without morality is soppy sentimentality

Morality without spirituality is hard & heartless

Together they bring peace & fulfilment to the individual; progress & justice to society
• Inner growth comes through listening to, and drawing wisdom and strength from the Inner Source
• It is accessible to anyone who cares to listen and dares to obey
• In a world where everybody is waiting for the other to begin, I start with myself.
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THREE ASPECTS OF “QUIET TIME LISTENING”

- **Connection** - for spiritual growth
- **Correction** - for moral foundation
- **Direction** - for action
Connection

Early morning is the best for the quiet time.

Start with reading something inspiring.
Correction

Examine your life to see the flaws in character and behaviour.
Take steps to change – an apology or other restitutions?
Two simple tools to start one’s journey:

1. Absolute
   • Purity
   • Honesty
   • Unselfishness

2. Listening – Inner Voice
   • Love
Direction

Listening to the Inner ‘Self’ gives us clarity where there is confusion

Gives courage, confidence and strength

Shows the way to help others to change and to make a difference in society

Reveals a purpose and meaning for life
Take unhurried time everyday to “Listen”
Start with 10 minutes, and increase it to 20
Except when you are very busy; take one hour!
It’s wise to write the thoughts down

‘Strongest memory is weaker than the weakest ink’
Care to listen
dare to obey

- It will change things for yourself, your family, at work and more
- Obedience can lead you to significant and often unexpected things
The Practice of Inner Listening

In our busy, frantic lives we can choose to make space for grace and reflection for direction.
Why is Inner Listening Needed?

“Modern man lacks silence. He doesn't lead his life, he is led by events. It is a race against the clock. Even God Himself can't get anything else in. It is vital to make space somewhere... Silence has a power that forces you to go deeper into yourself.”

- Paul Tournier
“Silence is both a physical and a spiritual necessity for me… In the attitude of silence, my soul finds the path in a clearer light.”

- Mahatma Gandhi
“In the silence of the heart, God speaks. And to hear God, we need a clean heart... The essential thing is not what we say to God but what God says to us and through us.”

- Mother Teresa
No Arms No Legs No Worries Video
I am that Change Video
The Power of One
Video