



# THE RIGHT TO REST, RESTORE, RENEW

*The Brahma Kumaris*

In today's fast-paced world, the right to rest, restore, and renew is not a luxury; it is a necessity. Our lives are driven by deadlines and targets, often resulting in compromising our health and wellbeing - both physically and mentally. On a physical level, we are more aware of ways to restore and renew. But we often overlook the ways we need to restore and renew ourselves mentally, emotionally, and spiritually.



by *the brahma kumaris*  
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Just as the body cannot function without sleep, the inner being cannot thrive without moments of stillness and renewal. When we take time to consciously breathe and slow our minds by choosing positive, calming thoughts, we experience mental ease that extends into the body. Sometimes this relief is immediate, while at other times it appears gradually, improving our overall health. The connection between body and mind is profound. Decades of research have shown that many illnesses are psychosomatic, and so nurturing the mind directly improves physical well-being.

If we observe our thoughts, we notice how easily the world floods into our minds, creating stress. External events are only triggers; it is our mental response that produces worry, anxiety and fear. While it may seem that we have no control over these reactions, consistent practice of taking time out—especially at the start of the day—helps us realign our thoughts with gratitude and compassion. This shift changes how we feel and how we engage with others.



Such thoughts are not only positive but powerful. They enable us to choose our responses rather than reacting impulsively to circumstances. Instead of being drained by emotions, we cultivate resilience and calm. Renewal does not require waiting for a holiday. Small daily steps - moments of reflection on peace, gratitude or compassion can restore balance and bring us to inner calm.

#### **RELAX INTO A BETTER LIFE**

When we feel relaxed, restored, and renewed, the benefits ripple outward. Families, friends, colleagues, and communities all experience the harmony we carry within. Ultimately, caring for the soul alongside the body brings joy, strengthens health, and contributes to peace in the wider world.

Drawing on the wisdom of Dadi Janki, "There are many external crises. It is not always possible to do something about that. But the crises you create in your own mind - at least put a stop to that, and claim back your peace.", gives us the

encouragement that we do not have to be at the mercy of the world around us. Through small regular practices of positive thoughts, breathing and reflection, we can maintain a spirit of calm and feel refreshed. 🕉

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