

# IN MEMORIUM

## A TRIBUTE TO BR. ANTHONY [STRANO](#) ON HIS FIRST DEATH ANNIVERSARY

JULY 26, 2015

### NATURE AND SPIRITUALITY

### THE EFFECTS OF OUR VALUES, THOUGHTS AND ATTITUDES

(This article is the script of a session by Br. Anthony Strano, June 2013 during the BK Green Retreat at Peace Village, USA)

One way spirituality can impact the environment is by having a consciousness that is selfless. We take from nature and forget to give back, to contribute to the balance, to assist her in her rhythm so she can get back in balance. Another aspect is one of respectfulness and respecting differences.

In the world of nature, as well as in society, people and things complement each other. Not everyone is a doctor. Not everyone is a baker. In fact, society could not run effectively if everyone played the same role. It is the same way in nature, certain insects and certain plants complement each other. Sometimes people have the consciousness of greed, the consciousness to take and to have; they are insecure and feel they have to take more than they need. All of this creates a lot of imbalance; however, it is important to use everything in a worthwhile way: our time, our thoughts and even food which



is viewed as a gift from Mother Nature should all be used in a worthwhile way. At our retreat centers, the guests are asked not to waste food, which comes from nature and has to be used properly. What is not respected and used properly will disappear and no longer be available for us. Another aspect of food is that we prepare food in gratitude, in remembrance and peace. The vibrations of remembrance enter the food. Then, when we eat the food it affects us very positively. In old traditions they used to say grace before

meals. It is a prayer of gratitude to god and a prayer of gratitude to nature that has provided the means to sustain the life of the body. Mother Nature is the great sustainer and the body is a creation of nature and made of the elements.

The body is the instrument of the soul, which the soul uses to play its part in the physical world. When I return to my original state of consciousness, I respect my costume, the body. I don't eat the wrong things; I don't drink the wrong things. I do everything in a respectful way. Spirituality is respect for the instrument of expression (the body). Souls by themselves cannot act on the stage in the world drama. The drama is made up of time and sound and matter (elements)

as well as human consciousness. There is not just human consciousness, but also animal consciousness.

Animals are our companions on the world stage. We play our part through this costume of the body which is nature's creation. This physical world is in a way our home, and so we look after our home. We don't throw dirt and rubbish in it.

Spirituality in terms of service is service through the mind. Our elevated thoughts help nature ascend and return to her original freedom, her original balance. The reactions we are seeing – floods, earthquakes, hurricanes – are increasing more and more. It is nature's attempt to return

everything back to balance. If nature is out of balance, no life can be sustained and maintained. Now, we see nature as our companion in creating the world drama stage and sustaining life. Through our spirituality we are able to give nature pure thoughts and subtle energy. As responsible beings, we want to increase the awareness and sensibility of others to the fact that we are responsible for creating that balance in nature.

By being respectful to both our mind and to matter, we can avoid psychosomatic disease, which it is believed is caused by the impact of repeated



negative thoughts on matter, our body. Good food and good thoughts have a good effect on the body. There

is an oath that all doctors take when they become doctors called the Hippocratic Oath, which has been used for centuries and is still used by doctors. Hippocrates was one of the first known physicians who said the physician is simply the assistant of nature. The real medicine for the body is food; therefore, disease comes from wrong eating. Another thing is that disease in part results from the character of a person.

In every seminar we end up experimenting with thoughts. What do peaceful thoughts do to you? Bring them into a state of relaxation. One of the things we have done is show people how to take everything to the smallest unit and build up from these. The smallest unit of time is one second. The smallest unit of consciousness is one thought. The smallest unit that keeps the body alive and going is the breath and the heartbeat. To be able to connect these four things together in meditation, this is very relaxing. Relaxing our body and breath depends on our thoughts; what are my thoughts, and what effect do they have on the body. There are many things written about how relaxation and positive thinking techniques can be part of our lifestyle and how they positively influence the

health of the body. We know that extreme stress is one of the contributors of heart problems. What is our responsibility to rejuvenate nature? Some may feel why bother? Nature knows what she is doing.... She will take care of everything.... Leave nature alone. I will mind my own business and nature will take care of hers". Even though we see these destructive forces in nature that seem overpowering, we can still be instruments for construction and recreation. Nature, the elements, and the whole family of humanity need the cooperation of spirituality. Things will not just happen by themselves. Nothing happens unless you do something.

In Athens, they have plants that purify the atmosphere. They have filled the center with plants which need very little maintenance. When people see the plants they get a calm feeling. The main calm feeling they get is from the vibrations and atmosphere. What they feel when they see the plants alive, healthy, and happy is that they like it there. They start to think about nature and how nature responds to vibrations. The center in garden on the roof. They have lots of vegetables. Some thought it couldn't be done in Athens. Because of the lack of space they grow a lot of vegetables in pots that produce all season long. For example, *instead of lettuce or cabbage which produces one crop*, they plant eggplants and other vegetables that keep producing all season long. If Mother Nature didn't produce the plants, how would we eat? Even people who are not vegetarians - the animals they eat, eat plants. So, care for nature who gives us life.

How do we improve our relationship with Mother Nature? When I, as



a soul, get to the stage of feeling more complete, more content, and where there is wholeness inside. This service through the mind, where souls

and matter are uplifted, depends on the purity of the motives and the purity of the state of the mind.

There is always an effect. Powerful things at the moment are always very subtle. Our thoughts are subtle. Power is not forceful. It is an energy which is very harmonizing. It is healing. The soul is in the body, the mind is in the soul, so everything is connected. Thoughts, body, nature, when we feel the connectedness among these three, then others will feel it also.

I once had the experience as a young boy in Australia. One Christmas day, very early before the family woke up, I went into the forest and leaned against a eucalyptus tree. It was just dawn, and I

could see a small fir tree a little bit away. The tree was just like a ball growing from the earth. (It didn't have a large trunk). The animals in the forest were not afraid. I felt connected to all of life. The tree had drops of dew on it,

and as the sun rose, I saw the sunlight reflecting from the dew in all different colors: green, blue, and purple. It was one of the most beautiful things I have ever seen. It was as if nature was telling me this is the real Christmas tree. At home we had a Christmas tree but all it had was plastic lights. Within a few minutes, the sun rose higher, and the dew dissolved. It was as if nature was giving me the experience of her Christmas.



**BR. ANTHONY STRANO WAS A DEARLY LOVED SPIRITUAL TEACHER, WRITER AND PUBLIC SPEAKER WHO PRACTICED RAJA YOGA MEDITATION AS TAUGHT BY THE BRAHMA KUMARIS FOR 37 YEARS. HE WROTE AND RECORDED ON SPIRITUAL THEMES, BRINGING COMPASSION AND WISDOM TO EVERYDAY SITUATIONS. HE FACILITATED RETREATS AT PEACE VILLAGE RETREAT CENTER ON HUNTER MOUNTAIN, NY AND IN AUSTRALIA, EUROPE AND SOUTH AMERICA.**