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Dadi Janki – 11 March 2012 – To London

Power and Co-operation



What is true power? The power that the Almighty has given us. What is the state of the world without power? Those who take power from Baba are flying with faith and intoxication. Those who do a task with faith and intoxication, knowing that Karavanhar Baba is doing it, get co-operation from everyone.

Co-operation automatically comes shimmering from everywhere. To make people co-operative in service and to give co-operation is a sign of an easy yogi and a Raja Yogi.

Look at what Mumbai, London and America have become now compared with what they were! And what have we become? We have become simple and a sample for the world to see. We are first of all karma yogis and then Raja Yogis. We have to come into karma and

relationships with everyone with humility. The task cannot be completed without humility. In relationships we have to be co-operative - and constantly cheerful. Nobody's nature or sanskar should suppress me in any way. I promised Baba that I would never say: 'So-and-so's sanskar is like this...' It would be big mistake to say that. Instead, I say: 'This one's part is so good!' Everyone's part is unique, wonderful. Nobody's part can compare with another's.

Baba gives love to each one. See the part, give respect and stay in your self respect. If you say that this one's sanskar is like this, know that that they will be saying the same about you. Safety lies in not seeing someone's sanskars but seeing that their part is wonderful.

Om shanti.

DADI JANKI – 17 MARCH 2012 – SHANTIVAN (EVENING)

IT'S TIME FOR UNLIMITED DISINTEREST



In these two days, before Baba's meeting, remember three things in making effort: -

- 1) Go into the depth... I am a soul and my father is the Supreme Soul. Say this internally and you will experience the bodiless stage. Baba is pulling me with the strings of love! Baba is mine - with this thought the intellect is pulled up above, and attains peace and power from Baba. By going deep within the soul becomes pure and clean.
- 2) Whatever Shrimat Baba gives me I will follow. Don't follow the dictates of your own mind, or the minds of others. By coming under the influence of greed and attachment the soul incurs a huge loss. Following the dictates of the mind does not allow us to become soul conscious. It is time: I have to make myself bodiless.
- 3) Baba is my Father, the Almighty Authority, the Ocean of Love, the Ocean of Peace, and the Ocean of Happiness. Develop further these relationships with Baba – experience them... The Christians do say 'God the Father'. However, the people of this country say You are the Mother and Father - this is good because it makes us feel so closer to God.

Baba has said, child, have mercy on yourself and then I will give you blessings. We don't ask for mercy – rather we use this method. There is a difference is there not? Never waste your time and then Baba will shower blessings on you. Use your time and thought for self and world benefit. Think deeply: How can I use what Baba is teaching and showing me to take benefit? Sensible children are those who follow Baba's Shrimat and say 'Everything is Yours'. Brahma Baba surrendered first. His words became so elevated. We say 'my'

children, 'my' shop, etc and think in a worldly way. I have to surrender my intellect - however the biggest enemy is attachment. Lust is also a greatest enemy and anger too. Has anyone here never got angry? Is there anyone here who has not shown stern and staring eyes to others? Some will say: 'If I don't get angry this one will not improve'. This is your own anger and no matter what reason or excuse you give for it, it remains a sin. Instead of getting angry we should remind each other of Baba's love. Leave anger and enjoy the constant remembrance of the Father.

The more we all get to know and become close to Baba, the more the family becomes good and beautiful. By seeing the creation, the Creator is remembered. Shantivan means Madhuban and Madhuban means Shantivan. We are meeting Baba here. The song says 'Someone is pulling me and we are moving towards the Supreme Abode'. What do I have to do and where do we have to go? I have belonged to Baba for the last 75 years and I am so fortunate. Wherever I look, I see only Baba's family. He has such a large family!

Yesterday I spoke to the people in the Bhandara. The numbers of people are increasing and the dining halls are also increasing. Shiv Baba's treasure store is growing and the ones who eat from it do service. We do service through the mind, body, wealth, and through our cheerful faces. Your drishti and attitude do service. Baba has spoken in one Murli that on the path of devotion they do a lot of fasting. Do we fast? Yes, we have the fast of purity. This fast of purity is for constant and lasts until our last breath. On the path of devotion, they fast once or twice a month and ring bells. The path of knowledge is different. We have to leave many things to remain on this path. By renouncing those things we become the images of tapasya. If we

don't have unlimited disinterest how can we move? The attraction and attachment to the lokik family has to finish now. Now, we just have white dresses and empty pockets, yet we are the ones who will be the masters of heaven.... As carefree emperors Baba is feeding us. We eat with Baba's remembrance.

Whenever Baba's children come in front of me I give them good food and points through which they can be refreshed. Doing kitchen service is very beautiful and those who do it are definitely using time beneficially. The more we put in Baba's treasure store the more we receive for 21 births. On the path of devotion when you donate you might get something in your next birth or for a short period of time.

Sakar Baba never used to eat anything from outside. Baba called someone from Calcutta to feed everyone with Rasgulla (a white milk toli). Baba used to prepare this and feed us. He would also teach us to make bread. From now, do not say that you want to eat this and that. Instead say, 'Baba, whatever you feed me I will eat'. Learn to remain constantly cheerful in each and every aspect.

One who remains absorbed in Baba's love is released from the vices and any arrogance of the body. If anyone insults me, my task is to remain peaceful. Circumstances will definitely come so I need to practice for this. Some children are very sensible and make incognito effort. Brahma Baba and Shiv Baba have both been insulted. We said Baba is in everything – even in the rat and has 24 incarnations! Don't expect praise – insults will occur. What do I need to do? Now I need to see the Father and follow Him. Who am I? I am the child of the Supreme Soul, the Beloved One, detached from everything and an altruistic server.

Om Shanti.

SISTER JAYANTI – 14TH MARCH 2012 - GYAN SAROVAR

MY FINAL THOUGHTS WILL LEAD ME TO MY DESTINATION



We can describe the 'destination' in many ways....'going home', 'becoming karmateet', 'becoming an angel', 'becoming complete', 'becoming bap-saman', 'becoming a deity'....expressions conveying something significant and different. When I think that there should be only Baba and no one else, it is a very beautiful inspiration for effort and includes many of these 'destinations' I have mentioned.

At the end of the day, before you fall asleep, there is a whole film that passes in front of the mind. If the day has been too intense and you haven't been able to resolve things, it takes a long time to fall asleep and there is internal disturbance. Even if the day has been intense, if you have been able to resolve things in a natural way, there is then an easy sweet sleep that happens. For us it is not just the end of the day; nor the end of one life that everything need to be settled so departure can be easy, but for Baba's children it is the whole cycle. We are wanting to settle accounts from 63 births so for the final moments it is Baba and Baba alone and I will be able to fly.

Brahma Baba's shared about his departure through Dadi Gulzar. Before departure He shared his experiences and preparations for the final moments in the sakar murlis. Shiv Baba came to meet us on 21.1.69 and through that period of 13 days, everyday bhog was offered. Sometimes there would be long and detailed trance messages. It was all very new and Baba realised we needed a lot of sustenance and support. At one point Dadi Gulzar asked Baba what was Baba's experience at the time of departure and Baba replied that 'you could never ask your lokik father this!'. Baba shared how initially there was a tug of war between the pain of the body and yoga power and yoga power won. Then Baba remembered the whole family with a lot of love, not just a few individuals.

Then third Baba said to Shiv Baba, 'if You want me to come I am ready, if You want me to stay I am ready'. So this is the mirror. Whether we are able to overcome pain and the karmic accounts of the body, as these are one of the last things to be settled. Secondly is it one human being, or a few individuals I remember at the end, or is it the loving family as a whole as an eternal bond? Then thirdly is the soul absolutely ready and able to say to Baba I am ready, not with a desire to come to get away from something here, but with the attitude to be able to come and obey whatever it is that Baba wants.

There are various factors here. 1) The ability to love everyone, not to get attached to anyone. So if there are individuals who keep occupying space in the mind, use Baba's method of checking and see what is wasteful and what is powerful and see what it is that I need from them or they want from me. 2) Baba says it is time to settle things very quickly. In order to settle my 'needs' and 'wants' then simply deepen the connection with Baba through the practice of soul consciousness, and He will fulfill all my needs. 3) With others, to what extent can I fulfill their needs? I can never fulfill all of their needs. No human being can do this for another. So what can I do? We are Baba's light and might, then they can be empowered and realise that all they need can come from Baba. This is the case with the alokik family too as often these are the golden chains that bind us. Baba says cooperate but if I become the support of another BK then we are in bondage both ways. We need such internal detachment, so we do not fall into false compassion.

Baba talks about maya, ravan in many ways and essentially their task is to distract you and take you away from God. So I need to develop such a link with Baba that I am able to draw power towards myself. In

particular, we need the power of discernment at all times. To have the clarity to know what to do in any situation and realise what will trap me in relationships. Discernment capacity is developed when the intellect is clean, centred and connected with Baba. Then I will have the necessary understanding and awareness.

Regarding the lokik family, Baba is saying 'caution' at all times, yet it is easy to tell what is responsibility and what goes beyond this and is attachment. Lokik duties are quite clear yet the power of discernment is still needed. When we fulfil responsibilities and keep the self free, then there are no pulls. Dadi often recounts the story of how when Dadi felt unhappy when her lokiks were missing her and she asked Baba what to do. Baba said that because she still had the consciousness of 'Janki', then her relatives could pull her, yet when she had let go of the identity of 'Janki', then they couldn't pull her anymore, because Janki is finished. This is about the subject of soul-consciousness and what Baba describes as a living death and a rebirth.

Dadi Ratanmohini was taking class on soul consciousness recently, and explaining that in the early days Baba inspired them to practice soul consciousness so deeply, underlining the lesson again and again throughout the day....I am the soul that is looking, speaking, doing etc. This is why they were truly able to feel Baba as their parent and they were not pulled by their relatives and the old world. These stories from the early days of the Yagya, bring into our awareness how the power of soul consciousness allowed them to achieve such transformation. They had a little gyan on the cycle and a little about God but for years they were experimenting and deepening this. We don't have years now, but the more we practice

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Sister Jayanti – 14th March 2012 - Gyan Sarovar
My final thoughts will lead me to my destination*

the first lesson the more we are able to move forward in all other directions. The power to let go of bodily relations and be able to take power from God comes with the practice of soul consciousness. Being here and yet being detached from the body. Baba gives the example of the snake shedding its skin. Baba himself practiced this awareness. I have to be motivated to want to come to the experience of soul consciousness then I will give it the energy and attention it requires. Everything we do now is based on motivation so if 'Baba and nothing else' has captured my heart, nothing else pulls me. Dadi often talks about remembrance of God in the final moments and we know this is a topic she has been speaking of for decades and has been practising for this moment for a long time. Can we say this for ourselves? If we cannot then we need to sort things out so we can.

Detachment is essential. We don't need to talk about detachment as lokiks get scared about this and think we will leave them and run away. Baba is talking about detachment from the body. Make sure no human being, or service is pulling you. Let us do what Baba wants us to do, not what 'I' want to do. 'My' idea and 'my' mind and what 'I' want.... let me see what Baba wants me to do. There is a big difference in understanding Baba's signals. What is Baba saying to me? Let me validate it with someone further along the path. In the context of service if I have an idea and I share it with others, if others are not comfortable with it, maybe it is not the right time or maybe the idea needs sorting out a bit. If it is truly a signal from Baba there will be spontaneous support from others around me.

In terms of personal direction for my life, we do not need to speak to 5 or 10 people but ask a senior. Someone who is further ahead, who you trust and whose life is how you would like life to be. Check out on a personal

level what is 'My' idea or 'Baba's' idea. If this practice has been over a period of time then my connection becomes deeper and deeper. To whatever extent I am able to replace 'my' thoughts with 'Baba's' thoughts, the faster I reach the destination. Dadi asked Baba in the 80's, how will I fly away, or will I wait here until we are all karmateet and then we all fly together? Baba said that He was expecting us to reach our karmateet stage and stay here to help everyone else. A few weeks ago, Dadi told Baba: 'I am ready' and Baba said yes, but what about everyone else? The more we follow Shrimat the more we are able to bring others closer to their destination also. This has been reached by the Dadi's and now their role is to bring others too.

Today's Murli is very clear what we need to do to reach the destination quickly. Soul consciousness, detachment and Shrimat. In lokik life whose guidance are you ready to follow? Only when we love someone are we ready to seek guidance and follow it through in life. A very simple chart to think about is whose ideas appeal to me the most. My ideas or Baba's ideas, directions and guidance? When Baba is sharing the Murli with us, He is sharing with us His thoughts and ideas.

In London recently a Bishop shared that it is impossible for us to know the mind of God and a BK, in a very courteous way, pointed out that if God is our parent, He would want us to know what is on His mind. This shows clearly where bhagats are and where God's children are. For Baba's children the Mother, Father, Teacher and Guide is pouring out His thoughts and explaining so clearly. Why should God be shy? God simply wants to give us everything He has made us like Himself so we can reach our highest destination. God is so clear and this is why the Murli is for Brahmins. On one side we hear Gods' love and good wishes for the

children and on the other side strong language about maya and kaliyug, so we understand clearly. The more we accept God's ideas the more I can accept Shrimat from my heart. Shrimat is not an external discipline that is being imposed from outside. If we think this, it is a challenge to follow it and we make excuses why we dilute what Baba wants us to do. When I accept this is God's love for me and out of love for God this is truly what I want to do, this is love and mercy for the self. Baba loves me and Baba wants the best for me. Do I love myself as deeply to know what is the highest and the best for me and am I able to say 'Yes' and take what Baba is offering. Check the mind. What is it saying? What is Baba saying? What are other people saying? When there is an internal battle, we get tired and think maybe I will not make it. Baba takes away the excuses and shows us what the highest effort is.

To what extent am I able to treat service as a game? If I am on my own I just move along but the challenge comes where there is a difference of opinions. I need to remind the self that it is God's work and it is God's plan that will unfold. We can jostle and say maybe this, but ultimately it is God's plan that will take over. At the moment when another's idea takes over, I can remind myself that whatever is God's plan can happen. Even if you cannot say it, it is always good to become quiet and have powerful remembrance... then see. If it is in God's plan great, if it is not in God's plan then it won't happen.

If things are accurate and I am following Shrimat then it is very easy to stay with Baba and if something is pulling me then I can take Baba's help and solve it. If not then I can get distracted and pulled further away from Baba. It is important to stay clean and clear and connected with Baba so there is no maya around and

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SISTER MOHINI (NY) - 4TH MARCH 2012 - SHANTIVAN TEACHERS CLASS WITH SISTER MOHINI (NY)



The power of concentration is a very great power and Baba is telling us to become Master Almighty Authority, meaning whichever power is needed at any time is available to be used at that moment. Dadi Gulzar explained when you are on your 'seat' and you give orders to the senses they obey you. When the judge is on the seat in the courthouse his authority is automatically obeyed. When we are on the 'seat' then we have the power of concentration and the reins of all powers in our hands.

Baba says that He has come to give the kingdom as well as the fortune. We claim the kingdom on the basis of our own efforts. So if we are self-sovereigns, seated on the 'seat' then that is an authority. Why do people achieve authority? Because they have the power of concentration. We are interested in Spiritual concentration. We are not just looking at intellectual concentration but concentration of the chit...the sub-conscious. Many have spoken of the mind and intellect but the subconscious has been an area of exploration for many years. Sometimes we think that we do not have confidence in the stability of our subconscious. What is the definition of chit? Awareness or subconscious mind. Manand Chintan means the consciousness is in a state of concentration. This is when we use the term 'churning'. When this is in a negative form it becomes tension. Realise God, before realising everything else. Remember the Father and waste will automatically come to a halt.

Sometimes we are concerned about something and then the issue takes a big form. I had a practice for six months that I mustn't think of something more than 3 times. If it went over 3 times then I realised it was an account of thoughts I would have to settle. We must not brood over things. Put a full stop, not a comma or a question mark. Experiment how to put a full stop in a second.

Baba has said if you are not able to apply one full stop then apply two, or three! Go on applying full-stops. Once I was faced with a situation when many thoughts were coming into the mind and I realised I needed to put the full stop of Drama, Baba and soul consciousness. If we are not able to put full stops we are not able to stop waste. If we brood over something will it become all right? Remember Baba and put a full-stop.

Nowadays we look at our chart and we realise we not need to go into the expansion of whatever happens. Once when we were discussing whether to create a museum in Jaipur with Didi Manmohini she said 'Say yes and then Baba will give the awareness of how to do it.' Baba says and we do it. If we start thinking for ourselves how to create something what would happen? We said yes, and Baba gave the touching. I always remember that whatever Baba says creates a fortune in the future. So we need to make our attitude obedient. When we have challenges, we must remember that we are heirs of Baba's knowledge - but not all are inheritors of Baba's seat. Baba wants such heirs that are capable of sitting on the seat that Baba wants us to occupy. We are all, of course, the near and dear beads of the rosary but also we need to keep the aim of occupying Baba's hearthstone and then we will occupy the throne of the future too.

The focus on cleaning the chit (sub-conscious) practice should increase. With this I will become the master and the powers will work accurately. Whenever we are seated on the seat of self-respect we understand what power is required. When we say: I have to become patient and not anxious, when we are seated as a master then automatically the power will come and the right decision will take place. Sometimes we become limited. 'I can tolerate for 5 minutes only and after that'this is not

passing with honour. Remember that tests will come and we have to hold onto our honour. To ensure we don't burst out or lose control of our emotions we need to keep a stock of the powers so they are always available. We need to create 'endless' powers so that they become our personal sanskars of virtue. We need to recognise when our feelings are going up and down and keep the awareness that we have control over our feelings, then we remain in self respect and can maintain the power of tolerating or listening. Everyone is busy in today's world. Look at the Dadi's and look at their balance. Even in spite of service increasing what do we need to think about? God realisation.

When offering bhog to Baba, if we are thinking about our problems, we are offering what is stale with what is fresh. Baba never appreciated a worried face. If He saw someone looking sorrowful He would say that He is here for us so why do we need to worry about things. Instead of worrying, spend time in churning knowledge as this brings happiness. Baba is the Bestower of Fortune and so why do I need to worry about anything? I just have to become a patient receiver of what Baba is going to bestow onto me. We say 'Baba you are Karankaravanhar' and the Bestower of Fortune. Such thoughts relax us and bring cheer on our faces. Baba would remain in the stage of 'nothing new', it is all being repeated and with this remain relaxed. How many are like this?

Baba would say that He is the owner of the shops (centres) and we are the managers and we should prepare such managers who can look after the shops when we are away. Baba would sometimes say that a mother gives birth to a child in nine months, so can we not open a centre every nine months? We need to understand that we are nimits, instruments and it is

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Sister Mohini (NY) - 4th March 2012 - Shantivan
Teachers Class with Sister Mohini (NY)

Baba's work that is happening. So many are becoming instruments.

Who do we belong to? When everything belongs to Baba we need to remember two things. If there is brooding it means there is attachment. Also we should not have any expectation of the fruit of the work we are doing. Nothing is mine, everything is Baba's. Who is responsible? Ultimately it is Shiv Baba. Baba says 'Service is mine, and you help Me'. I speak to Baba and have good relationship with Baba. I made a promise to Baba that I would never think, but would watch the wonders that Baba is doing through me. We should not worry about by what means Baba's work will happen. We do not need to run after rich people. We just need to relax, trust and place the responsibilities with Baba. If Baba says to create a museum then it will happen.

Never ask for money from people as that is like insulting Baba. In God's home no one need beg for money! Sometimes I feel I have so much respect for Baba that I could not ask for a penny from anyone. Yes we can

tell people what is happening and if someone is inspired to give then that is good. We are creating our fortune and we need to realise whose work is going on. Once when we asked Baba how Shantivan would be created. He replied: through the fortune of one hundred thousand people! Why should we have concern then? We need to remain relaxed

Sometimes we get so intoxicated and lost in Baba's love. Once a person asked me on a plane 'Am I having in a relationship, because I looked so intoxicated?...Yes, for 55 years – a relationship with God, I replied! After marriage love often becomes mundane. We do not need to have the householder consciousness. We need such love for Baba that it is ongoing and constant. Baba's children should always look fresh. We are the ones who eat the ready fruit of what we are doing. Brahma Bhojan should always be eaten fresh too. Sometimes when some vegetables were cooked in Madhuban we would make faces and Didi Manmohini would ask us why do we make faces. We do not need to do this, we could just mention we

do not like that particular vegetable. Baba always mentioned the temple of Lakshmi and Narayan in Delhi. The faces are so glowing there. These images make people so happy, so how happy would the living images be! Remain happy within.

Do we need anything.... sometimes we think that we need a big house for Baba.... but we needn't keep brooding or be competitive over this. When we compare we get caught up in obstacles. We need to just think that Baba's love will create the wonders. Brahma Baba had so much concentration in life. He was a carefree king because of this focus. Who is going to help us – is it situations or Baba? We are going to go into the Sun dynasty so we need to keep the art of keeping the chit clean and be carefree.

A priest once told me, on the way from Lucknow, that there is a lot of glow on my face and I told him this is because I remain in the company of God. I realised we are all living images. We have a pure life but without divinity this is meaningless. Mama would say that there is first purity and then the virtues in life become divinity. One who is a trustee does not have attachment to things. Jagdish Bhai would say that the talents of one who is a true yogi would increase and chances would continue to be created. So remain relaxed and smiling. Baba says if you think about the self then it is a ladder for improvement, if you think about others your stage will fall. Only keep space in the mind for the self and not for others. We are day by day becoming advanced and refined so that we don't even talk much. With truthfulness we remain happy. Whenever we keep a burden we become heavy. Always ask first and then use something. There are many duties and departments so we need to consult with each other. Think about what we take as well as what we give. Learn to be instrumental. If students give to Baba, have they given it in the name of the teacher? So whose is the Yagya. It is Baba's. Stay in unlimited thinking.

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Sister Jayanti – 14th March 2012 - Gyan Sarovar
My final thoughts will lead me to my destination

no karma involved. Dadi has said that if I am confused and upset that is Maya and, if because of me, someone else is confused that is also my karma.

Baba started the Murli by reminding us we are on a battlefield. A child can be playful and easy and light. A student needs to study but has time for games. A warrior, whether day or night, cannot stop or rest and there has to be the constant state of alertness because I am in the midst of danger all the time. In Brahmin life, we come to Madhuban, become uplifted and experience great company and then we go back out there on the field of action and realise there are still sanskars we thought were dead. It doesn't matter how close I think I am to the destination I need to be alert until I reach the destination because there can be anything coming at me from anywhere. I do not know where the arrow will come from at any time so I must keep alert. This is attention, not worry. Attention on every thought. Then we can stay on track. The extent to which I can keep Baba's love, light and might and company, the closer I feel to the destination. If other things are getting in the way I have a way to go. Every time we have a chance to sit with Baba, is a chance to see how quickly we can connect and reach the destination now, then I am creating more power and energy within myself to prepare for the final destination.

Om Shanti

Om Shanti

DADI JANKI – 19 MARCH 2012 – GYAN SAROVAR CREATE A POWERFUL INTERNAL STAGE



The spiritual love we have for each other in this family cannot be expressed through words. That love comes from Baba... It is expressed through some of the songs... It is great love. Dadi feels she cannot express how much love she has for the family... The pull to meet the family is great.

Keep your original and eternal form in front of you. It doesn't matter where you were born or where you serve but the awareness has returned that we all residents of the same place. We are all one. We were originally Bharatwassis. We are that and we will become that again. This Bharat is my beloved land! There is great love for Bharat. Why? Because heaven existed here. God Himself comes in Bharat. Brahma Baba never went on a plane. He never even went to Sri Lanka. All of you fly from other lands to come here.

Day by day even the atmosphere in Madhuban is becoming more and more powerful. You are pulled to come here aren't you!

There are one or two things Dadi wants to whisper in your ears. You may have a lot of love for service but it is important to create a very powerful stage internally. In remembrance there is service. In service there is remembrance. There is a difference in remembering Baba sitting alone and remembering Baba whilst sitting in the gathering. Come on time for meditation and class and you will not only experience benefit but you will give benefit to others. The presence of each of us is important. When we sit with our service companions to make plans then Baba becomes present. Such lovely things arise in service meetings and in gathering like this... When we all come together for remembrance and service it is very powerful. We can spread very good vibrations everywhere. Sit by yourself and the vibrations will be less.

'Day by day even the atmosphere in Madhuban is becoming more and more powerful. You are pulled to come here aren't you!'

When we sit in remembrance, our Father sits with us. He is in front of us. Have I fully recognised the Supreme Soul? That the Supreme Soul is my spiritual Father? The 'knowing' of something happens through the intellect but recognition happens through the heart. You may know the knowledge but do you really and truly recognise that One? He is trinetri, trikaldarshi and the Seed of the human world tree. He is the One who makes us spin the discus of self-realisation.

We are now in the end period and we are preparing to return home. We are going up to the home and then we come back in the Golden Age. We mustn't take time to ascend. We spend the shortest time of all souls in the home. We come down from the home into the Golden Age quickly but we come down the ladder slowly through time. Other souls pass through the stages of sato, rajo and tamo later. For us, the Copper Age is the time of the rajo stage.

Whatever is going to happen will happen. There is no point in worry about anything. How to be Man-manabhav and Madiyajibhav had not been explained until Baba comes. In the early days we had so much love

for each other – we would remind each other of these things. We did not talk about anyone's nature or sanskaras. It is time to forget the body and bodily relationships and remember Him alone. I have to become the conqueror of attachment and the embodiment of remembrance. I have to become the very embodiment of awareness. This is what is stated in the Gita and it is the time for this in a practical way. In the end there will then only be the remembrance of Baba.

How can I know if my sins have been absolved? The sign of this is that no impure thought will come to the soul. Realise how dangerous impure thoughts are – they compel you to perform sinful action – you won't be able to control yourself. As soon as an elevated thought emerges, bring that into practical immediately. Don't bring even ordinary thoughts into action.

Realise the results of your own actions. Perform good actions and there will be a great feeling of power. Wasteful thoughts come and they take away your feelings of power. You are not now 'baby intellects'! Realise the law of karma... Baba loves gyani souls... Gyani souls are those who bring gyan into their practical lives. When you have elevated thoughts and bring them into action you will have good yoga.

Laziness, carelessness and making excuses will not allow you to perform elevated actions. I have to remain present in front of Baba – remember this. You may think you are not able to do something but Baba gives the power to do it. The strength of remembrance is one thing – the power of yoga another thing.

The strength that comes from being in the family is yet another type of great strength.

DADI JANKI – 16 MARCH 2012 – GYAN SAROVAR IT'S TIME TO GO HOME

Baba told us to make one week of very intense effort. One week is over. Have you made that intense effort? If not, then make it before Baba comes. Whatever effort you want to make, make it now. There are still some days left before Baba comes.

Shiv Baba shares all the knowledge He has with us. Therefore, stay in the incorporeal stage and you will feel that Baba is sharing through you. Shiv Baba shares in such a way that our ears completely open. The eyes of the blind open, the mouths of those who are dumb begin to speak... Yes, Brahma Baba churns but Shiv Baba shares... Check the way you see, hear and speak. Your forehead reveals the way you see, listen and speak. So what we need to do in the next few days is to check each aspect of the self carefully. You will forget to do this if you keep remembering other aspects. Don't even keep remembering service. I am just an instrument.

One who has the consciousness of an instrument will see, listen and speak in a very high consciousness. My final stage has to be such that nothing pulls me at the end. No centre, no service, and no souls ... nothing of this world should pull me at the end. Don't allow your intoxication to reduce because it will bring your level of effort down. If you have the deep desire to move forward then Baba will help you.

It is essential to forget the past. We have to forget first and only then can we forgive. We have to keep forgiving the self, forgiving others and thus getting the forgiveness of Baba. If you don't do this then what type of effort will you make? I should experience bliss on making effort. All service is to share with others what Baba has given me. Is there any other concern to have than this? Who has concern? One who feels that they are highly responsible gets concerned over many things. However, drama

is fixed and there is benefit in everything. I don't need to think. I just have to remain alert, accurate and ever ready. This is what an instrument will do. An instrument will never ask how something will happen. They will just say 'yes' to everything.

***'Have faith and
be carefree.
Everything
is destined.
Our victory is
guaranteed'***

Each point Baba shares is for our own lives. We wasted so much time chasing after shells. Baba has now made our lives worth diamonds. Churning takes the soul into the depths and it is in the depths that we have experiences. It is Baba who gives the soul experiences in the depths.

Love is such a thing that gets all the work done. To share with great love is to be a true helper of Baba. We receive a fortune only when we have the attitude of renunciation. Renunciation brings fortune. No-one is mine and I don't belong to anyone.

I came alone and will go alone. I have to go alone. I don't have to keep remembering my parents, my relations and expect anything from them. I just have to understand that Baba is caring for me. Don't wait for anyone to ask you how you are or expect that... Baba is asking me how I am...

Brahma Baba has done a great deal of service but he also taught us how our last moments should be. Our final stage should be incorporeal, egoless and viceless. I have to leave all traces of ego. An important aspect



is that anyone who insults me is my friend. To have the feeling of tolerating and asking how long you have to tolerate is not success. I have to remain totally peaceful internally. Many insulted Baba. He received so many insults however they all came in front of him finally and asked for forgiveness. Brahma Baba's personality was totally unique.

You are all long lost, now found children of Baba. The time of the Confluence is ending. Brahma Baba is watching all of us. He is watching and moving around us. Many more are yet to come. Stay with Baba for one day ... focus on this. Spend one day in the awareness of who I am and who I belong to.

It is time to die alive: no-one is mine and I don't belong to anyone. Forget the things you need to forget and remember only that which is useful. Pull your own ears when you remember anything Baba tells you to forget. Pay a great deal of attention on amrit vela. Baba is present wherever it is amrit vela... Baba is present in every country...

Do you wish to be Baba's right hand? If so, then just remain light. Remain light, right ... pure. Become one of Brahma's arms. How great is the intoxication of one who is one of Baba's arms! Now it is time for us to be together, to make effort together and to go back together.

Om Shanti

DADI GULZAR – 19 MARCH 2012 – SHANTIVAN

DO YOU REMEMBER TO SAY ‘MERA BABA’?



Seeing all of you, I am feeling very happy. Just see from which places have Baba's children reached their home. Some must have come for the first time, some must have come many times, but they are Baba's sweet, sweet, lovely, lovely children.

Which word emerges from each one's heart? Mera Baba. I am here since my childhood and I remember we didn't used to say "mera Baba", but we did say sweet Baba, lovely Baba. However Baba saw the result of the children - they don't forget the feeling of mine, they remember it a lot. For example, Baba tells us what is the foundation of knowledge is. It is that I am not the body; this is my body, I the soul am the master of the body. Baba says leave body consciousness. Consider yourself a soul. In spite of that children come into body consciousness. Due to coming into body consciousness, many things come. So Baba said 'these children just don't forget 'mine'. So, we do remember Baba, but when we say 'mine', His remembrance comes more (we remember Him more). So Baba tells us, say Mera Baba. When you say 'mine' (mera), you won't forget it. For example even a common thing like your own name. Even if someone else has that name and I am calling out to that one, not you, your ears will stand up- 'she is calling me'. See how much you remember your own name! So, Baba said 'say, -mera Baba'. Do you remember 'mera Baba'?

Just now you heard a song - 'Only Baba is my world'. So, just think if the intellect goes somewhere else except Baba, there is forgetfulness (vismruti). It will go to the world- it might go to relationships, or to objects, they are all things of the world. If only Baba has become my world, who will come to mind? Baba. So, Baba says Baba Himself became the world, and then everything is included in that, isn't it? So, only Baba is

my world. In the world there is nothing else that attracts me. It is such a small matter. Relationships too with Baba, the treasures we want too also from Baba, whatever facilities of happiness that we want- well, who is the Bestower of Happiness? It is Baba who is the Bestower of Happiness. Only Baba is our world, so where else would our intellect go except to the world? Our intellect gets removed from everywhere else and as Baba is our whole world, the intellect is always engaged in Baba. So, Baba has told us such an easy method. Only Baba is my world.

All of you are Baba's lucky, lovely children. Do you consider yourselves lucky, lovely? Are you lucky, lovely? Raise your hands. Lucky and love-leen. 'Yes, just see the faces. Just by saying 'Baba' the faces continue to smile. 'Mera Baba' - everyone has so much intoxication - it is Mera Baba! When Baba Himself became mine, what else do I need? We said 'Mera Baba' but Baba says what does Baba want? When we have made Baba ours (mera), then that One who has made us His, what does He want from each of us children? You know that, don't you? He just says one word. 'Become like Me, that's all'. However Baba is we have to become like him. In the corporeal form Brahma Baba has the same form as ours. For the incorporeal, we will say 'oh, you are incorporeal anyway; just come down to the corporeal and you will come to know! But Brahma Baba is our companion. See, he did business, was elderly, had a family too just as all of you are householders. Now, which is Brahma Baba's family? Whose family are all of you? Those of the family of Brahma Baba. See how nice is this family and how big it is. In the bodily form there cannot be such a large family, but in the alokik way it is Brahma Baba's family, Shiv Baba's family. That is why in short we say BapDada - that's all. So, we have become Bapdada's children,

part of such a big family, how much intoxication is there! And there is so much happiness in seeing each and everyone. Wah, this one is my brother, this one is my sister, each and everyone is my sister. Baba says the first special matter is never to lose happiness. Baba has given such imperishable happiness that without happiness we have no life. At each and every step, in each and every breath we have happiness. I ask each group a question. In the world it has been seen, if something is given to someone, it becomes less. But happiness is the one and only thing which increases by giving. Does it decrease? As much as you distribute happiness, that much your happiness will increase. So, Baba says such a thing as happiness-never ever lose it. There is no nourishment like happiness. There is no treasure like happiness - happiness should never go away.

I often relate that when we came as young children, Baba opened a boarding school. He used to say, Children, always remember two words. What were those words? Cheerful countenance (kushnuma) and fortunate (khushnaseeb). Our faces should be happy always, not sometimes. Because has anyone ever received such a fortune like ours? In this confluence age, there is the connection of 21 births. The attainments that we will receive for 21 births- the basis of that is this one birth at the confluence age. Therefore Baba says - each second of the confluence age is so great. We have full 21 births, not incomplete, not that we leave the body half way - no. The life span of 150 years will continue for 21 births. So, now that we are having such a big attainment why should our happiness go away? Let us be happy.

When I was a child Baba used to take us to the garden. There, rose flowers would be blooming. Baba would say, "See children, how it is blooming.

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NIRWAIR BHAI - 20 MARCH 2012 – SHANTIVAN USE YOUR TREASURES WELL



The zeal, enthusiasm and interest you show in running to meet Bap-Dada, is, in itself, a sign of faith. A lack of enthusiasm and interest in this Godly life is the result of a lack of faith. Where there is faith there is victory. You are the ones who are the jewels of victory. This is a sign of faith. Baba's hope in us is that we will become the jewels of victory and Baba's blessing is that this home has become small.

Baba comes due to the love of the children and sings our praise as it is we children who will become the instruments to reveal the Father. Everyone's face, smile, vibrations, activities and actions prove that these are very special souls. We are not ordinary at all. Externally we may appear ordinary but internally there is a special power and so wherever we go we spread vibrations that create a very lovely atmosphere. Whoever meets us receives happiness and peace as we move and travel around, particularly in places where there is so much peacelessness and sorrow in the world. There is great respect for each of Baba's children.

Each zone is celebrating the Platinum Jubilee and everyone is receiving God's message. Baba is being revealed through this. People are finding out what true knowledge, peace and truth are. They discover that here is a very good place to learn to connect the mind with the Supreme Soul and by coming to know about this they stop stumbling around. Baba has given us the order that we should live like lighthouses and might houses so that the light can remove the darkness of ignorance, sorrow and pain; it all gets dispelled. Human beings who are afraid are receiving peace, comfort and God's love.

Be an instrument to do such service. Some brothers and sisters think that only the ones who give lectures and

the ones who live in centres can do service but one who has faith in Baba, accepts what He says and belongs to Him is His most elevated child. Such a one is always on God's service and only has one business. You may be walking somewhere or resting but by looking at you others will pick up the vibration of Vishnu. It is our responsibility to create such an atmosphere. It is not a small thing. This is the duty of both the Pandav army and the Shiv Shakti army.

Baba has made us instruments to make this world elevated and has given us different responsibilities. We hear Baba's Murli in the morning and stay in remembrance. In the days of sakar Baba we would make the lesson firm. We sat in Baba's remembrance and listened to Baba's versions and would give Baba's introduction to someone before taking breakfast.

We would arrive in Madhuban by train and after meeting Brahma Baba we used to say with a lot of love that until the meal was ready we would sit and read the Murli. We value Baba's versions and understand that by distributing Baba's knowledge to others it never lessens. Perishable things become less when you distribute them but these are the imperishable jewels of knowledge and the more we share them with others the more our share increases. This is an automatic machine. Baba loves knowledgeable souls, yogi souls, the souls who put this knowledge into their lives and thus become serviceable children.

Nowadays we are listening to sakar Murlis and by hearing them we get an idea of how Baba likes us to do service. The more we give Godly knowledge to others, the more our own treasure of happiness increases. To explain to others mean to explain to ourselves and the jewels of knowledge make the mind happy and then due to our strong stage service increases.

We have the treasure of time. Baba tells us that our time is very valuable and the more we engage in service the more every moment is benefitted. Time is used well and by distributing knowledge it increases because you are going into the depth of knowledge with the practical application of it in your life. Even if there is a defect, that can also be removed. Continue to think of points in the Murli and share them with others. In this way your treasure increases and you will never feel empty. If you miss the Murli you will feel that something is missing.

Churn the divine virtues and have the aim to put them into your practical life. Appreciate the virtues that you see in others and it will be easy to fill yourself with divine virtues. The more you fill yourself with divine virtues the higher the status you will claim in the Golden Age.

Through the treasure of the remembrance of Baba the soul becomes pure. With remembrance our old karmic accounts get settled and we become powerful. In the Murlis Baba speaks about the volcanic form of remembrance. Baba says become like a sun of knowledge. To make the entire world pure is a very big thing. People of the world think it's not possible. Have one powerful thought and that thought will have an impact in the world.

Negative thoughts give a negative impact. Positive thoughts give a positive impact. If we want to make this world the land of truth then not one thought should go to waste. The more the mind is connected to Baba then each and every thought becomes powerful and positive and is accumulated. Physical wealth can also be made into an imperishable wealth the more you become an instrument and use everything of yours in godly service.

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DADI JANKI – 29TH FEBRUARY 2012 – SHANTIVAN

DO SERVICE WITH LOVE AND ACCUMULATE IN BABA'S BANK

Why are we still living in this world? It is for the sake of service this world has become foreign to us – we are not living here for the sake of the body or for the sake of bodily beings. Ask yourself: where is my heart connected? The heart should now be connected to One Baba and not to anywhere or anyone else in this foreign world.

Baba has told us that we can achieve liberation and liberation in life in a second. In a second Baba made our lives very good... Baba has told us that when someone understands something very quickly it means that their intellect is clear and is not connected anywhere else. When it takes time for a soul to understand something, it means that the intellect is caught up somewhere.

As soon as we say the word, "Baba" we feel at peace. We stabilise in peace when we say "Baba" and using this name pulls us up above to the Supreme abode – the Land of Peace. In the Supreme Abode... only peace exists. The very religion of I the soul is peace and my Father is the Ocean of Peace.

Internally think: I am a soul... I am a soul... My Baba is just near to me... My home is the land of peace. Think like this... slowly...

Learn to think slowly... When you explain knowledge to others... explain slowly and gradually so that it has time to sink in..

Baba's task is to make us into yogis. Our task is to become karma yogis. Baba pulls us into yoga but we have to remain attentive to being yogis in action. In fact, Raja Yoga means – One Baba, none other.

Baba has explained so many aspects to us over the past 75 years. Those who have come late receive everything easily. Baba explains every day and each day He looks at us and checks which of His children are really understanding what He is saying. Only one who feels Baba is mine can really understand what Baba is saying.

The Dilwala (Comforter of Hearts) Temple is very beautiful. It is our non-living memorial. We are the living images... Then there is Achalgahr

(unshakeable)... Baba has cleaned our attitude and made our hearts happy. How much gratitude I should then have for Baba! When no-one else could show us how to have peace of mind, Baba showed us. He made us the embodiments of awareness.

In fact, what is the essence of knowledge? It is 'Who am I?' and 'Who is mine'? Drama is always accurate. However, we cannot afford to think that we will do everything according to drama. No, the reward I will receive is based on my effort now. I cannot think either that I will do something tomorrow. Not only will I do it today but I will do it now. Drama is benevolent but my part is to make effort. There is just a short period left in this cycle. The whole Confluence is 100 years. There are 25 years left but that includes the time for the establishment of the new world... It is the time to die alive. Nothing can be taken back with me... Everything is here just for name sake. However, I will receive the return of whatever I use in a worthwhile way now. Baba does not just see how much someone uses their body, mind and wealth for service but he also sees how much they are doing that service from their heart. One who does service with a lot of love accumulates in Baba's bank and that gets transferred for the future.

Now, think: how will the Golden Age be? How will our faces be there? There is no name or trace of sorrow. There is no untimely death. All the elements will be satopradhan. Everything will be first class. We will eat together. What type of food will we prepare there? We will eat very little. We have to practice for this now. Brahma Baba used to eat very little. He would eat with a lot of love. How will our lives be in Satyug? What type of places will we reside? We have to prepare for that time now by making intense spiritual effort and becoming equal to Baba.

Continued from page 10: Nirwair Bhai - 20 March 2012 – Shantivan Use your treasures well

In order to do service we have to serve ourselves. Fortune is created when wealth is not wasted. Knowledge should reach everyone so that peoples' lives are filled with spirituality. As we become the instrument to do this elevated service we also serve ourselves. Every word we speak is very valuable and thus we should not churn any waste. Baba has cautioned us a lot and asked us to pay attention to every thought. For this He has given us the most elevated slogan of 'Manmanabhav', connect your mind to me, because then you will have a high stage. If your mind keeps wandering here and there your stage is falls

Baba sees us with the vision of becoming double crowned divine beings in the future. . Keep this aim in front of you. At the present time Baba ignores our defects. If today you are making less effort, by giving power, Baba will make you yogi so that you can claim a high status in the future.

So recognise the time and the value of your life. Use every moment for benefit. Use every second, thought and breathe in a worthwhile way and finish waste. If everything is used beneficially at the Confluence Age you will claim your birthright of the future.

Om shanti

Om Shanti

MOHINI BEHN - GHH (18TH MARCH 2012) BABA IS THE BESTOWER



Baba is the bestower, the one who gives us the aim of our life. There are two things - lakshya, the aim and lakshyadata, the one who bestows the aim. It is important for us to be in the company of the one who bestows the aim because it is not possible to reach our aim or destination with just our own efforts. Reaching our aim becomes easy by being in Baba's company and experiencing all powers with the almighty. We start feeling that we are coming closer to our aim.

How do I test my progress on my spiritual journey? How do I know how close I am to my destination or aim?

It is our spiritual journey that leads us to our destination. The aim or destination that Baba has given us is

- Become full and complete
- Become Bapsamaan
- Reach our karmateet stage where we are free from all karmic bondages/accounts
- Return to our original stage
- Return home.

When our spiritual journey gives us the experience of coming close to our destination, we know we are progressing.

Let us check the stage of being bapsamaan (equal to the father) which is to experience Baba as he is, not just through knowledge but through being similar to the Father. One of the qualities of Baba is ever-pure. As our level of purity increases, it will be very natural to remain merged and close to Baba because of our stage. For this, we should work on our purity at a very deep level. Not just thoughts and words but to be free from all influences, even our old sanskars. This likeness in our stage makes it easy to stay with Baba.

What is it that separates us from Baba? Baba is an ocean of peace but when we are peace less, we cannot feel closeness to Baba. To experience closeness, we should have similar virtues.

When in meditation, check how long I can stay merged in Baba. The burden of karma is so heavy that when we want to go higher and become subtler, obstacles will come. There may be some feeling of heaviness or laziness. We could be drowsy because of a subtle burden. Stay honest and true and ask yourself - who will make it well? What kind of energy will help me remove the burden of karmic account? At such times, practice being a point of light, seated in the center of forehead...how much ever time it takes, keep sitting with this effort of being a point of light and pure energy until the experience comes. Then we see how Baba's rays help us. The head starts feeling lighter, breathing starts getting better. It feels like a cure is coming from Baba. If we have this nature of being bodiless and staying merged in one quality or power, Baba starts working on the soul, the body and the vibrations start transforming.

Nowadays, it is not just karmic accounts...it is also the influence of others when we are making efforts to progress. In Hindi, we used to say, "Nazar Lag Jayegi". It is like an evil eye. On the spiritual journey also we come under influence. Something happens to the body or we are unable to stay with Baba. We have to make incognito effort and clear everything. Stay with Baba and let Baba influence us so that the speed of our journey can be consistent. Otherwise, we suddenly feel stuck and cannot move and are unable to figure out what happened. This is also because of influences. Be attentive. We could be sitting in meditation for an hour but did we feel Baba's rays go into the soul. Whether we are spiritu-

ally unwell or physically unwell, we should take Baba's sakash.

We are Baba's children and also his instruments so we should allow him to fix what is not right. Just as a singer, before coming onto the stage for a performance makes sure all the instruments are tuned correctly. In the same way, before Baba starts playing, he checks the instrument. If the instrument is not working, he fixes it so it matches his voice. I always feel that God has to use me. It is not that I should be busy in service but God has to use me as his instrument. For that, we should have the stage and be ever ready. Baba needs the intellect to do world service. If our intellect is wandering, he will go to someone else!!

To be a world server, our intellect should not be pulled anywhere. We don't want to just run an organization or a center. Our feeling is for God and there is a purpose for which he has adopted us. He chose us out of the whole world and we have to be ready for him. When service is there, he will check us and if everything is ok, he will choose us. We can do many programs but what is more important is - there has to be this thought inside that Baba has to use me as an instrument. What Baba was telling us this morning about staying away from parmat, pardarshan and parchintan - this should be our principle not that he should tell us again and again that we should not be influenced.

When I went to Madhuban for the first time, Baba said, "Child, be careful of company." There are some who are always looking for someone to talk to. We don't want to be garbage tins and listen to everything anyone has to say. Everyone's part and karma are different. We don't have to listen to anything that we don't need. If we take it, we have to sort it out. When someone is sick, they have to vomit somewhere, let it not be me.

Continued on next page

Continued from page 12: Mohini behn - GHH (18th March 2012)
Baba is the bestower



This should be our principle that we do not let anyone pollute our mind. We want to be obedient to God and not Maya. Dadi Gulzar used to ask, how does Maya come? Maya comes through someone's sanskars or weakness. As God chooses his instruments, Maya also chooses her instruments. We should not let Maya use us, because she will only misuse or abuse. We don't mind sacrificing for God but we should not let Maya use us in anyway. How can we help someone being used by Maya? Sakash is the only help we can give. We cannot change or remove anyone's sanskars.

Baba is sharing so much with us and yet there is not much transformation. We have to make special effort to churn knowledge and take the soul beyond. Baba never gets tired of serving and never says, "They never change." Sanskars make us into puppets and so Baba says, use original sanskars.

One is parmat which is being influenced by someone's advise. For this, it is good to stay connected

to Baba and look at our chart. We should not have much interest in others stories. A story has many chapters and characters. So much time and energy is wasted in listening to stories. What I need to know is only what I have to do. This does not mean we are not loving but instead of going into these details, we rather use the time in remembering Baba. Parmat is someone targeting us because of their own sanskars. If we are sick and have to vomit, we have to go the right place instead of going to others.

We have sympathy but we still have to stay away from pardarshan (looking at others). Sometimes it is our duty to make sure everything is working well and nothing goes wrong. Dadiji used to share that whenever Baba wants me to correct a situation, he will take me there. Where something needs to be corrected, it will automatically come to our attention, not that we are looking for it all the time. When Baba has made us the instruments, he will touch us at the right time.

There is a difference between churning and reflection (self contemplation) which is deepening our understanding. Just churning may not bring transformation. Deep self contemplation brings insights and realizations and then there will be self transformation. There is an old proverb that an honest person will always think of self improvement. If anything goes wrong, check what did we say or do? After knowing, forgive the self and do not make that mistake again. Honesty is self improvement and self progress. Self transformation is our biggest achievement.

God has to tell us again and again because he wants us to follow shrimat accurately. For this, we need a lot of faith and determination. There is attraction for the mind and intellect on the outside because when we are sitting here with Baba, maybe we souls are not yet experiencing or enjoying Baba. Our only attraction should be for Baba. But, this can happened only if we experience attainments. Attainments are very important.

Om Shanti

Continued from page 9:
Dadi Gulzar – 19 March 2012 – Shantivan
Do you remember to say 'mera Baba'?



Do you like these? "We would say, "Baba we really like them". "So, your countenance should be blooming like that". A rose in full bloom is liked, even though we know there are thorns with it. So, your face should always be blooming like a flower- fortunate (khushnaseeb), cheerful countenance (khushnuma)- not sometimes. So, how should the faces of all of you be? Blooming, fortunate and cheerful countenance. Not sometimes.

Baba is imperishable, so we too have to be imperishable in How much? This is nothing. Baba has given us so much happiness - how the day goes by, how the night goes by, do you come to know? In sorrow, the day becomes longer. Ours are the days of happiness. So, is everyone fine? You are Madhuban Niwassis- it is your great fortune. You may have come from anywhere, but right now which place do you belong to? At the moment you are Madhuban Niwassis. How much fortune has Baba

created! So, today I had to meet all of you, so I took out some time to meet you and have come. Tomorrow Baba will come. Everyone has come to meet Baba. So, always stay happy, return with such accumulation of happiness which is inexhaustible. So, have you accumulated inexhaustible happiness? Inexhaustible, not exhaustible. You have, raise your hands. Then, I will ask the teachers - did their happiness ever go away? It is good that you raised your hands. Now if you will pay attention, it will happen.

Achcha. I had come to meet you. It is time now. For 5 minutes now, by being completely stable in soul consciousness, sit in Baba's remembrance. Sit in remembrance in such a way that this body and nothing of this world comes to your mind. Just Baba and me. There is a meeting taking place of the soul and the Supreme Soul- wah.

Om Shanti

DADI JANKI – 6 JANUARY 2012 - GLOBAL RETREAT CENTRE, OXFORD

THE DEEP CONNECTION BETWEEN MIND, BODY, WEALTH AND RELATIONSHIPS

What is the spiritual effort we have to make in order to keep moving forward? It's important to realise that if somebody is pulling me back, moving forward will be painful.

It is said that 70% of illness is actually in the mind. The 7.30pm song says: Wherever your body goes, your mind will go. If you become an observer and take benefit from Baba's remembrance you will find that won't get sick. In satyug we will live long and the body will be free from disease but we have to experience this now. We are yogis here; we have yoga with the mind and serve with the body. In the last few murlis, Baba has mentioned the aspect of using wealth in a worthwhile way. I have seen that for those who use wealth in a good way, the condition of their mind is good. It is strong and happy and their bodies are healthy too. If we spend money on the self or worrying about others, then the body somehow doesn't have good health. I've seen over these 75 years how, when you use your life in a fruitful way, mind, body, wealth and relationships will be healthy. All four should be in good condition.

First, there's the mind. Keep your mind engaged with Baba, then it will be OK. If you put your mind right, you will be able to do so much service and feel healthy and wealthy. We have to be manmanabhav, then we are automatically madhyajibhav - we can spin the discus of self realisation, live like a lotus flower and have the light of knowledge in our life. When I am manmanabhav, the aim – madhyajibhav - helps me create my life now. Baba taught us so well and gave us a lot of sustenance. That sustenance was the reason why our minds became so engaged in Baba. The other reason why Baba gave us so much sustenance was for the sake of all of you. He knew that, later

on, all of you would come and He wanted you to receive it. We had no wealth - whatever was ours we gave to Baba and Baba looked after us and there our relationships with one another were good. I have always got on with everyone. There was never the sound emerging: 'Oh, how will I live this one or that one.' There was a lightness and happiness between us. There were just a few of us at first, then there were thousands.

'You have to do service with all four; mind, body, wealth and all relationships'

There should be accumulation taking place. Nothing should be spent. In fact, your interest in increasing. Elderly people are concerned with saving money in such a way that generations after them are able to use their income. So our interest is also increasing in the sense that we are not distracted by anything else and we are able to earn income. When we make effort in this way, we are able to dance in happiness. Become such examples that people seeing you can appreciate how you have conquered attachment and have the practice of being bodiless.

Why are some sleepy in amrit vela, meditation or murli (but not when performing actions)? It is because you are not remembering Baba's throughout the day. Something wasteful in your thinking causes you to feel drowsy at the time of gyan and yoga. To be sleepy at the time of gyan and yoga is a bitter obstacle. It is important to correct it. Different actions bring us different types of power. This is a deep aspect.

For instance, when whatever you have is being used in a worthwhile way, there is very distinct type of power and strength that comes to you. It is as though Baba gives the soul a gift of remaining light and free of all thoughts. Then Baba says 'Child, now as there is nothing you have to 'worry' about, engage yourself in having such yoga that everybody has an experience and sees Baba through your face.

Today Baba praised the yagya so much. Only at this time does God create this great yagya. There are those who serve in that yagya. It is an honour. The type of inner power such souls experience is also distinct. It is different, for instance, from the power that you get from using your wealth in a worthwhile way. This is why even though some of Baba's children don't have any wealth, it's not a problem.

There are actually many categories, ways of contributing and the return for each is different. Some use their wealth. Others bring actual food supplies. Then there are those who prepare that food; those who serve that food. There are those who wash the dishes and utensils that have been used to prepare and feed that food. Baba fills such servers with an inner strength. They just need to stand back, be in front of Baba and see it. They also receive blessings from others. The combined effect of this is that such souls don't need to sit and make effort to have yoga but, as soon as they sit for yoga, it is as if they are and potentially can be, easily lifted into a remembrance that fills them with happiness. That happiness is such that all other thoughts disappear and there is just the one hearts desire to share that happiness with others. Those who serve with their bodies, I say this to them – you

Continued on next page

***Dadi Janki – 6 January 2012 - Global Retreat Centre, Oxford
The deep connection between mind, body, wealth and relationships***



can have this type of experience. All you have to keep in mind is that whilst doing service with your body, keep your mind engaged with Baba; then Baba gives you extra help, extra strength. Baba will help those serving through wealth until the end anyway, because they have used what they had in a worthwhile way. However, those who serve with their bodies - it sometimes amazes me to see how much strength Baba gives them, so much that they single-handedly end up doing what ten people cannot do.

When there is the responsibility of service you cannot say, 'Today I am not well'. Actually, when you have to do something, your illness goes away within half an hour and you can continue to do service. So many continue to do service up to their last days, being sustained by Baba's power and happiness.

Knowledge of soul is one thing; knowledge of the Supreme Soul is another thing but then there is the philosophy of karma; the whole aspect of the quality and the return of our actions is very, very deep. If you consider yourself to be a soul and remember Baba, your sins will be destroyed. If you don't, your sins are not destroyed, nor are you able to perform elevated actions. What kind of a life is that? You are not able to say Baba from the heart. Baba may make the soul an offer of help but the soul isn't able to accept it. Baba is saying: You be carefree; I will take care of you. And He is taking care of us. But the soul can't see this.

Baba teaches and becomes detached. Dadi, however, keeps thinking: What can I do to implement what Baba is saying quickly? Let me do something, so that they do listen to Baba. If nothing else I go into their dreams and talk to them. Time is passing by, so become alert and do what you have to do quickly. God is giving us such experiences. Those experiences

will increase, when you use your mind, body, wealth and relationships in a worthwhile way. And time is included in that.

***'When you
use time in a
worthwhile
way, time also
becomes your
helper***

and Baba helps even more to enable more things to happen in a short period of time'. Those who are doing service throughout the day should look at themselves and see how much happiness and power they have received from Baba. My mind says: Baba, You give so much. How much can I digest? How much can a person eat? So, then I feed others with happiness.

We are servers - that is our fortune. With humility we say: I am just a server. Those who are renunciates inside, who are tapaswis with the consciousness of 'mine is One Baba', are complete renunciates. So, check your renunciation, too. If you have an attitude of renunciation, then, when you're doing tapasya, 'One Baba and none other' will be natural and automatic. And your face will do such service. That is what it is to be a first class server: there is determination in your thoughts and nothing to do but keep watching Baba's wonders.

Baba wants examples of those make effort with deep love. Effort brings attainment and attainment enables me to make more effort. Effort has brought me happiness and because of that happiness, I have made more effort. It's easy - I just have to

become Baba's obedient child. Let Baba see you and say: The child is doing well and give you blessings, love and power. First take love, then blessings, then power. This is my bhavna - and it's the bhavna that works.

We normally say that the heart wants happiness and the mind wants peace. When we talk about the heart, we put our hand on our heart, whilst when we speak about the mind we go inside. If my mind is in order, I am able to listen to Baba and my heart experiences great happiness. The mind is influenced by the body. When the body is influenced by greed, attachment or ego, the mind gets caught up and trapped in that. The heart makes the mind belong to it and tells the mind what it desires and what it wants to happen. The mind and the heart work then together to generate and fulfil desires and make those things happen for the self.

Knowledge tells me that I am a soul, and that the mind, intellect and sanskars are part of the soul. So I first have to free my mind from attachments and desires. I have to explain to my heart what will give it happiness and what will not. I mustn't let make the mind dance with desires and wishes any more. I also have to explain this to my mind and not allow it to be deceived. I mustn't allow the senses to become mischievous and get pulled. When my mind is in order in this way, my intellect works well and enables pure thoughts to come. Otherwise, the mind won't let pure thoughts emerge. I need to use my intellect when I am performing actions. I also need to use it when I am having yoga. My intellect should be elevated. My actions, too, should be elevated. Mine should be a yogi life. When my mind is peaceful, my heart is happy, my sanskars are right and my actions are good.

Om shanti.

DADI JANKI – 18TH MARCH 2012 – SHANTIVAN IT'S TIME TO STOP LOOKING AT, THINKING ABOUT AND FOLLOWING THE DICTATES OF OTHERS

There are just a few days before Baba comes. Due to our love, Baba has to come. Together we invoke Baba. We have only three things in our minds: Baba, Murli and Madhuban.

Baba has told us to become free from looking at others, thinking of others and following the dictates of others. I should have the remembrance of Baba, Murli and Madhuban throughout the whole day. The Sun of Knowledge has risen and thus the darkness of ignorance has been dispelled for all of us. Now, for us there is only light. At night, we enjoy the moonlight. At amrit vela there is a very serene atmosphere. The early morning is very good. To sit in the gathering and listen to the Murli is of great importance.

I need to check my chart every day. This needs to be done in front of Baba and with honesty. What Baba is speaking is the truth and I have to follow only that. If anyone were to tell you your weakness you probably would not accept. You may not accept it even from Baba. Therefore, I have to check my own self honestly and see what my weaknesses are. Only by being honest and having realisation can Baba be present to help you transform. Baba loves those children who realise their own weaknesses. The aspect of honesty is very deep.

I have to check this aspect of my chart: how much did I look at others, think of others and follow the dictates of others. It is by sitting in front of Baba in a subtle way and taking His drishti that we can free ourselves of these things. It is time to be cautious and being cautious involves this aspect of checking the self and putting a stop to looking at, thinking about and following other's dictates.

One important aspect in this life is the chart, another is the timetable. Third is the register. Baba used to keep a budget in a little notebook of what he had spent, what is remaining and what he would have to spend it on. We should make sure that nothing goes to waste. It is important to keep an account of the self. By using everything

in a worthwhile way you will become a charitable soul. Just as Baba pays attention to each one of us personally, so too, I have to pay attention on myself. Once Baba told me that my yoga was not powerful. He told me that I don't have the habit of becoming bodiless in a second. Baba's signals are filled with secrets. By telling me this, he made me bodiless. I have to sit with honesty in front of Baba. Only then can He help pull me into the bodiless stage.

In order to be bodiless my intellect should not be drawn to any facilities, any material objects or any person. Baba told us today that the intellect should not be connected to any person. Each one of us has to pay attention not to come under the influence of anyone's sanskaras or nature. I have not to think about these aspects, nor speak about them. Baba gave us a week to create such a stage.

In fact, these aspects: seeing, thinking about and following the dictates of others are connected with the arrogance of the body. The thing I have to pay attention to, is to follow Shrimat.

If I come under anyone's influence I will start following them. It should be Baba's voice I am listening to: Child, do this. Child do that... Baba's voice should be in my ears. Only then will I glorify Baba rather than glorify my own self. Yes, we have to do service but it should be Baba's name which is glorified. A yogi gives co-operation to all and receives co-operation from all. A yogi moves by using the power he/she receives through yoga with Baba.

Think of Baba's qualities: He is honest, loving, merciful, forgiving... He is the Benefactor. Check the self – do I have the same virtues? Some lack humility and thus there is a feeling of lacking love in life...

