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Brother Brij Mohan

Dadi Janki – 15th May 2012 – GCH, London

Keep increasing your fortune



On coming to Baba we were 100 times fortunate but we have learnt how to make ourselves multi-million times fortunate. This is a business. Those who remain simple, without any arrogance, are the best business. Business people check how much they have in stock and how much they are accumulating in their account. Very few business people are able to do such business whereby they are earning day and night. Baba used to tell business people that they should accept customers even if they came at midnight. One sale could be enough for the day.

This is the time for earning for 21 births. It happens only now in the whole cycle. Some are moving forward

through knowledge, some through yoga, some through service and others through dharna. What is the main thing? To be detached from the body and bodily relations and to receive the power that comes from having all relationships with Baba. Experience this in yoga: Baba is the Mother, the Father, the Friend, the Teacher, the Satguru. He is my child. He is my Mother and Father...

When you have the intoxication of relationship with Baba, you are able to blow maya away. Honesty is essential in this. Don't allow yourself to move on in an ordinary way – time is moving and it won't come back. Whatever you want to do, do it now...

Om Shanti

DADI JANKI – 25 MAY 2012 – GCH, LONDON

SEEING BABA'S FACE MAKES THE WHOLE DAY BEAUTIFUL

If you were to travel the whole world you would not find anyone who could give the type of happiness you receive here. You may travel the world but you would still return here. This is why the song, 'Having found You, we have found the whole world', has been written. Baba allows us to live at home but tells us to make our stage so powerful that those living with you feel that this soul is our protector. They'll only feel that if your stage is consistent. If your stage fluctuates, what sort of impression would you make on your family or anyone else? In fact they will make impressions on and influence you.

At the Call of the Time we talked about awareness. The Hindi word is 'smriti'. Attitude and awareness are closely linked. Attitude is internal, subtle. When we stay in awareness our vision gives great happiness. My vision reveals that in my attitude there is Baba and in my renunciation and tapasya there is Baba. Those who stay fully aware can do such wonderful service. In fact, they won't even have the feeling of doing service... Service becomes like a dream. However, the feelings conveyed in that service are a reality.

Some souls get called from all over the world to serve and they remain ever ready. This happens when there's the attitude of renunciation and we are embodiments of tapasya. Anyone can become this. The thought should be: Let me do Baba's work first – all other things can happen afterwards. The other things won't get left. When service comes in front of me I can't say: Baba I have this work to do. I can't give that excuse.

Baba is our Mother, Father Teacher and Satguru and later on shows us the form of the Supreme Judge. If we don't incinerate our sins and become pure we will have to go through punishment. Baba is telling

us straight. Baba can also take the form of the Friend. Make God your Friend. People are calling out to God. The whole world feels that 2012 will be when the world finishes. But they don't know what to do. Dadi tells how Brahma Baba had a vision and immediately started thinking what he had to do for the world to come. Hundreds of thousands of BKs are involved in the task of bringing the new world. We have to come out of the things that keep us apart – culture, religion etc. – we have to go beyond differences. .

As a friend and as a sister, I'm saying to you:

'Use the good wishes Dadi has for you'

Accept what Dadi has been telling you all this time and do; make effort. There is no effort actually, just don't go into the jungle of useless matters and get confused. Even a little anger can prevent someone from being the resident of heaven. If you get upset, it's the same. To place your foot in heaven is not an easy matter. You can't sneak in just like that. Baba is there at the door and says: Come, I am giving your permission to go to heaven. If I have Baba's company, we will go to heaven, if not I'll be choking. If someone misses amrit vela what will happen to them? What will their state be? We are moving along but Baba is watching how we are moving along. Baba tells us to wake up early in the morning. If you keep the aim to wake early, your pillow will shake; you won't be able to sleep. Baba will wake you up. Know the truth, know the name of God then your thoughts will be very elevated. Then other things won't come into your mind and others will catch those vibrations.

They say if you see an unhappy face your whole day is spoilt, Seeing Baba's beautiful face, your whole day will be beautiful. Our lives are being created in this way. We are creating sanskars for 84 births, not just 21. Rising early, eating pure food... Whose children are we? Baba knows that only His children will listen to and understand what he says. Whatever is happening in the world, it's just a game. I just have to be silent, still and observer and keep Baba's company.

We are listening to the story of immortality. We are the Shiv Shakti Pandav Army, the gopes and gopis who experience supersensuous joy hearing on the Murli. If you don't hear Murli, you will have other things in your mind the whole day and you will feel compulsion to behave in certain ways. Only the sweet words Baba speaks should be in my thoughts. I will then have the feeling of belonging to One, being in concentration, stable. There is only one Yagya and one Baba. Yes, so many of Baba's children speak so many different languages but Baba doesn't tell us to compare the different languages. The main thing is the words Baba speaks and the feelings behind those words. We don't say: Our religion says this but that God says this. Then the conscience automatically says yes; these are the values we have to inculcate. We need the power to inculcate values. If one value is lacking then in me it means there's something lacking – some type of impurity. Baba says very clearly that purity is essential. When offering bhog, people who go into trance have an experience but Baba wants all of us to have an experience. When we draw Baba's love internally – we are not just singing Baba's praise, we are taking Baba's virtues into our life. It's at this confluence age that we inculcate Baba's virtues. They see and ask: Who has made these people as they are? They then start to sing God's praise.

Om shanti

INTERVIEW WITH BROTHER BRIJ MOHAN BY SISTER JUDY AND SISTER GAYATRI PLUS DADI BY WEBCAST

Q: Have any of you read the book on mothers? There is a story of Brother Brij Mohan's mother in there. Could you please tell us the story and experience of when your family came into gyan in 1953?

The thing is that sister asks this because many of you were not even born. But remember, you were in your last birth so don't forget that! It happened that my lokik father was not in good health and was concerned about it so he would go to do physical yoga. During one of those physical yoga classes he learned about women who would come to do some type of other yoga. He was curious so he went to find out. This was how he got deeply into gyan and stopped doing physical yoga and got into Baba's yoga. My father would go to center every day and would be very excited about what would happen at the center every day. This happened for about 6 days. My mother- who at that time belonged to a sect with a guru and couldn't leave that guru according to rules of the day- would have a meeting in our house of this group once a week with other women. Once this group began telling my mother that if her family got to the BKs it would break up the family and that she should be concerned about this. So mom told me to go with my dad so I can check out what was going on and tell her if there was any danger in what they were doing and so this is how I came into the picture.

Q: So you were sent to see if any one captured your father and you were captured! So you're 20 years old, studying law and you go to the BKs. Describe to us the BKs in Delhi at that time.

The center was on the 3rd floor- no lift. On the ground floor was the landlord. Even in the upper floor

there was a journalist living there. The BKs only had 2 rooms and you had to cross the journalist's accommodations to get to BKs! So I would go to the center and at that time they would play the famous songs from the movies and I would hear them playing them. This made me feel very comfortable that these popular tunes were played because I used to watch a lot of movies! My father was the most senior and intensive studying student there. Dadi Chandramani saw this and when she was explained the kalpa tree would ask me a question and I answered from general knowledge but didn't really know whether my answer was right or wrong, but she would always say very good just to encourage me. After class was over once she told me to go to take the one-week course and I agreed. But at that time I was very shy with sisters because I did not have any lokik sisters so I requested for a brother to give me the course.

I was undergoing my lokik work training and was sent to a different city to do this, so I began to take the course from a brother there (Br. Anand Keshore). But because I was a law student I would argue all the points in the course! After 2 days, the teacher thought I was a problem and this went on for 5 days. Anyway so my father suggested to the teacher that we have a mediation session because I would talk and talk and argue all the points. So a very senior teacher came and she started praising me and in my heart I was laughing because I was still going to the movies and listening to worldly music. After a couple of minutes she got a phone call and she left me alone for a few minutes. During the time I was sitting all alone my eyes opened suddenly and from the ventilator came out a light beam that entered the room and engulfed me. Suddenly I felt weightless- bodiless. I had to feel myself if I was ok because it was abnormal. I felt bliss, joy and

then, suddenly, I felt a change of heart. Something is happening to me I felt and from that moment I decided not to argue with anyone anymore! I made a pact with myself that if I could be convinced of even one point then I would give in. So I took the course again and to make a long story short... when they told me the point that a human soul doesn't transmigrate into an animal soul I was convinced. The second point that convinced me was that God is not omnipresent.

So I reported to my mother that I didn't see anything wrong with where my father was going. No one told my father to renounce the family of the world, so my mother still felt she would not leave her guru. There was a BK sister who was a very good sister singing bhakti songs – my father brought her to sing at one of my mother's meeting of her guru group. They were very happy because they were very curious to see about the BKs and so all the ladies loved it because she sang a great song. So their fears of the BKs were reduced because of this sister. My mom invited her to continue to sing at their meetings. After various meetings my mom became more curious about the BKs and then someone once invited her to the center and my mother agreed. This was the first time she stepped into the BK center

Q: What was the first time like when you met Brahma Baba?

In those days you must be in gyan 6 months to be able to go to Madhuban to meet him. My father had completed that period but I had not. My father and brother were invited but my younger brother and me where not allowed. We sent many telegrams to see if we could go and they finally they agreed to let us go too. We finally got to Madhuban and the whole family of four were to

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*Continued from page 3; Interview with Brother Brij Mohan
by Sister Judy and Sister Gayatri
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meet Baba and Mama. In those days visitors like these were few. So we had a special place and sat in the hall and there were two seats for mama and Baba. We were waiting and I heard Baba's voice from outside and I got very excited to see who this person was. I looked but all I could see were very beautiful long feet with copper skin. Finally he came in and was followed by Mama. They both sat and Mama was smiling all the time and she had a very impressive personality. They gave us drishti. I was very perplexed at who to look at for drishti so I went back and forth. I felt a little lost. Then they had us sit on their lap. So when my turn came I felt bodiless as soon as I sat on Baba's lap. You don't feel like coming out of that but Baba pat me on the back- "your time is up" so then I went to Mama's lap. And then I went back up for a second time and Mama didn't stop me. I felt some experience that was beyond this world. The next morning I went to murli and after murli all the children there were not many- we sat around Baba and Baba was on the chair. Because we were a new family Baba said to us you are one of the important instruments. To me Baba said you are a pure soul and gave me powerful drishti. When Baba said this, in my heart I was questioning this statement because I had done too much mischief and so I felt guilty. Later I saw Baba walking alone and as Baba came I told him that I was not a pure soul and wondered why he had said that. Baba said it didn't matter- you have come to gyan and now you are a pure soul. So I felt very light and that all the mischief was lifted from me

Q: It seems that in those days one knew that one was part of the yagya because of the love. But for most of us who never saw Baba we have a question now as to what is the glue that currently binds the yagya together at this time?

It is the "superglue" accompanied by non-stick! The more we are neutralized from this old world and non-stick to it, then Baba can pull us because there is nothing physical in this gyan. As per drama we were able to meet Baba but even at that time there were very few family units in gyan. But the seed gives everything to the roots. All the inner power is in that seed and as it grows it is shared through the roots because it is all interconnected. The seed doesn't grow - but because it gave so much power to the roots, even the last leaf gets power! So as per drama we are all connected and even all the leaves and flowers have to be there.

Q: So when yagya is created- this connection that is non-physical, the seed that keeps us together. Is it detachment that is needed to experience the core- the seed?

So the first flame that is lit- you can call that igniting the yagya. So there is only one first flame but then it gets bigger and bigger and becomes the sacrificial fire- so when Baba and Mama got the first initial flame from Shiv Baba simultaneously many also got ignited as well and that continues to grow to this day. So all of us have gotten fire and heat and the subtle heat is there as we continue to grow in an unlimited way.

Q: You described the foundational core as faith and trust...

You asked whether it is non-stick. But when there is a pull to something you naturally get detached from other things. So the more I get pulled in one direction and to something that attracts you in a precious way, then you don't even have to make effort to get detached from other things. Faith and trust you see- there is a lot of betrayal in the world and people don't trust

others or themselves. This distrust has become so normal that people make agreements for this through contracts, but this is just paper. But faith and trust should just come naturally, like in a lokik family. So similarly it starts like that. In the world because of a shortage of resources or lack of opportunities they have made exit policies for everything. When someone works their entire life they retire him to give place to a new one and to give more opportunity. So there is an exit policy. But in a natural family there is no exit policy. The family gets connected- only by natural process, marriage or death, do they leave the family. So the BKs have followed the natural system that when someone comes to the yagya and they exit, that even when they come back we always welcome them no matter what.

Q: Are we the children both the protectors and the obstacle makers of the yagya and how would you describe us as both?

Baba is almighty. He is the protector and we are the protected ones. We cannot have better protection than this. So we don't see ourselves as the protectors- only as instruments. So the yagya is basically protected by Baba and its growth and everything else is run by Baba. So you play your role in seeing that it grows in the right direction. Everything will happen at the right place and in the right manner in a perfect system. But this is an imperfect system. And there will be souls who are attracted by other matters and they themselves become obstacles and try to disturb. This influences the weak ones- but the strong ones will never be affected. They create some noise and disturbance but they die young. Nothing can ever and will never disturb the yagya- it is only they themselves who get disturbed. The yagya keeps moving forward and growing no matter what.

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*Continued from page 3; Interview with Brother Brij Mohan
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Dadi by Skype Video:

Dadi is coming in through video and we can see her. Dadi is giving drishti to the class.

Om shanti. Such a beautiful scene. At the confluence age Baba is telling us something in our ears and giving us drishti through his eyes and changing us from what we were. The wonder of Baba! Wah my brothers and sister in America. Wah my Baba's children. You're sitting there having created such wonderful unity. In the world not even two people are able to live together. But here we are living together as one family with one god in one world. In every corner of my heart- one god one world one family. So how was this created? Shiv Baba through Brahma Baba created this imperishable sacrificial fire. So who should get the praise- Baba or the yagya? From day one, see how far we have reached. Baba used to tell us jokingly that even before a father creates children he has to create a yagya and then adopt the children.

On the one hand he entered Brahma Baba and other hand he made Brahma Baba surrender himself. Then others followed. So many programs, so many surrender ceremonies, but in the old days we just surrendered- no ceremonies. In those days Baba didn't have to tell us to forget the bodily and bodily relations- we just put that aside and totally surrendered to Baba from deep inside. We just observed this one vow. Mohini bhen, Kala bhen are aware of the ancestors. The story of how each surrendered is very wonderful. Mama used to always speak of the aim and the bestower of that aim. The guru in other gatherings just makes others into his followers, but Baba didn't make us into his followers but into his children and is giving us so much benefit now. Gayatri bhen came to Madhuban only for a few days but I'm sure has so much pleasure from

that. America has that specialty to draw from God's love and became complete with all specialties. It has to be at this time to become complete. Now or never- remember these words. I have to do. It's so easy. Very easy. This morning Dadi had a gathering with a Sindhi group and many others. No matter how old someone is Baba has made each one belong to him.

In lokik life there is always lot of conflict and duality- but here we aren't even aware of the duality in any way. Everyone is aware of shrimat. Wonderful topic you have chosen for this retreat. One world, family. Can you feel Baba's hand on your head? It's become the system and fashion that if anyone comes to see Dadi they ask her to place her hand on their head and ask for a blessing. Now become free from anything else. No complications, no stories. Very little time left now. One sister that is about 25 years in gyan- her husband has so much love for Baba and regard for Dadi. This brother is

a very good person and does social work and is the MC for programs even though he is not in gyan as such he does so much service. He came to meet Dadi on Monday and we had lunch together. There was a brother with him asking very deep questions about love- what is true love? How can we not be influence by the artificial things and have true love? Today at 5 o'clock this brother passed away. He met Dadi on Monday, did a wonderful program and this morning he left the body through a heart attack. Baba is showing us an example of being ever-ready at every moment. He was a well know person because of his charismatic personality and is a wonderful child of Baba. The wife had a wonderful stage and said that she was prepared for this. Baba's children have no name or trace of sorrow. Baba is the remover of sorrow and bestower of peace.

Namaste to each one personally. Brijmohanbhai must be there with all of you. He is saying hello to Dadi.

DADI JANKI: 15TH APRIL 2012 (BY PHONE TO LONDON) APPRECIATE FROM THE HEART...

At this time, having love for Baba, we experience His cooperation and love and then we will go Home together, be at Home with the Father and then come into the kingdom all together. From recent meetings (in Madhuban) one of the words that is coming up is 'appreciation'. To appreciate from the heart is what is needed. To encourage someone, to give enthusiasm, love and recognition is really another form of appreciation.

There is such wonder of Avyakt Baba! Baba is still giving sustenance of the sakar form through the avyakt form. Surrender with love for God. Experience success by using everything in a worthwhile way and sacrifice everything into the sacrificial fire. Each one has the deep feeling from the heart to become equal to the Father. Make sure your face and activity reveals the Father, then anyone who sees you, will see Baba, and in seeing the Father they will also see the children.

Dadi has been receiving news of birthdays coming up..... Baba used to say not to celebrate birthdays as we now have our alokik birthday, yet on your birthday see what alokik gifts you have received. Each one make sure your stage remains very good and that automatically will do service.

Om Shanti

DADI JANKI – 22 MAY 2012 - GCH LONDON

MAKE BABA YOURS



Baba accepts each one of us as we are and He doesn't let go of us, but the habit nowadays is that no matter how good your companion may be, for example in marriages, the intellect wanders here and there. We say: "He is mine" and He says: "You are Mine" and each of us is so happy that we say: "I am Yours." Baba is so good that He keeps us in that vow. At the end we will reach our destination and others will see that we are a wonderful couple – carrying out His task, whilst being detached and loving.

Know yourself and recognise Baba. This may sound an ordinary thing to say but the things that we share are great things. Yet for us it is not a big thing to put these things into practice, because we have recognised ourselves and recognised Baba. The intellect has found its focus. Recognise who you are. "Who am I?" is such an important question. The benefit we got from churning this question from the beginning has lasted until today. Contemplate on: "Who am I?" until you reach the stage where there are no thoughts in between, even though an hour may go by. When there are no thoughts, you know who you are. Give yourself time for this and don't make excuses, because, when you know yourself, you'll feel such great happiness inside. You will become so active; there'll be no laziness - you will feel the difference in yourself.

We don't have any thoughts and so, as the slogan went, there are good wishes and pure feelings for everyone. You will experience being a well wisher of everyone, when you have pure feelings and good wishes for yourself. Continue spinning the discus of self-realisation, remember the one Father and the three aspects of time. Until we know ourselves and the three aspects of time, the understanding of the cycle will not be there in the intellect. Wherever we may be will remind us that we are at the Confluence Age and knowledge of the

soul enables us to know ourselves. Through knowledge of the Father we experience a wonderful power.

Sit in front of the picture of the Cycle and the Tree at amrit vela for an hour and see what you experience. Because we did what Baba said, we experienced the fruit of that. Try it and see for yourselves. Sitting in front of the Cycle you will remember that we are in the Confluence Age and that we are going Home. Then sit under the Tree with Baba and Mama and heaven at the top: heaven is coming... This is how we had yoga in those days. We would have that connection and then before murli class we would share our experiences of amrit vela.

Rup and basant is to be the embodiment of yoga and knowledge. The two are not separate. The first service is of the self and the second is serving through your stage, so that no matter what situation comes, you don't get engrossed in it. The situation will pass and you will move ahead. The situation has in fact come to help you move forward - not to hold you back. This is why we have to remember that we are on a pilgrimage. We have packed up everything else and rounded everything off.

Previously, we took a lokik birth according to the karma of our previous birth. We didn't come with anything material from that birth, such as a house etc, but we received everything according to our karma in this birth. The karma we do now is of our life of having died alive. We feel that we are not in any type of bondage now – nobody is forcing us; we are not dependent on anyone and Baba is our Companion. So become the observer and keep Baba as the Companion and become one who sees every scene of the drama and yet remains cheerful. Drama is Baba's child, so we should not find fault with Baba's child. This knowledge is equal to diamonds and those who are like swans will play with

the diamonds. The swan glides on the water and also in a second becomes detached and begins to fly. Baba pulls the soul. White swans are very light and this is why it is said that a traveller and a bird are not friends of anyone, because their world is different - they are on the move.

Remember that you are a being of peace. Remember your original Home and your Father, the Ocean of Peace. Remember your form of peace. Remember that there is no sound in the Home. Remember the Father - as the Ocean of Knowledge and the Sun of Knowledge. When you say Sun of Knowledge your intellect goes up above immediately, the darkness is dispelled and there is just light and Baba's vibration of total purity. Your thoughts then go to the Ocean and you want to go deep into it. We have to go up above and deep within. When we go within we can go up above – we can't go up just like that. We quickly go up in a plane but for this we don't need a plane - we just need the plane of the intellect. Mama taught us to go deep within and make the intellect plain, so that we can go up. You will be able to do this with practice. You won't get there by repeating points of knowledge. There has to be the hobby of taking the benefit of practising this, then you'll experience self-progress and be able to make others equal to yourself. You will enable one another to make effort. Fly and make others fly - and then you will be happy, others will be happy and the world will be happy. Realise and recognise yourself. Know yourself and realise and recognise Baba and, through knowing Him, values will come into your life and the powers will do their work by themselves. Values enable the powers to work. Without values or virtues, the powers will not work at the time of need. In order to inculcate values in our life we need to pay attention not to be loose or lazy, as this brings loss. We really need to imbibe values.

Om shanti.

DADI JANKI - 20 MAY 2012 (AFTER WORLD MEDITATION HOUR) - GCH GOD LOOKS AFTER THOSE WHOSE ATTENTION DOESN'T WANDER

After meditation, Dadi invited several in the gathering to share their experiences of the Call of the Time Dialogue at GRC and of Dadi's presence in London over the past weeks. It was a very sweet and powerful evening.

We have a special family feeling and, when there is this feeling, there is no tension and there is great attention to everything. Those who attended the Call of the Time dialogue at GRC are so happy. They like the point that with an 'a' tension becomes 'attention'.

People are busy doing this and that all day long and we see the conditions of the world. Brahma Baba had a vision 75 years ago of atomic bombs, civil wars and natural calamities and at that time the world was not what it is now. He surrendered his life to world service and we created our life seeing on Baba's life. It is not a question of thinking or saying anything, but doing it practically.

Have pure feelings for yourself and for your effort. In making effort be careful not to be lazy or careless; pay a lot of attention to the self. Baba said in the Murli today that we have to become exactly the same as the Father and He is in front of us as an example. People call out to Him saying 'Oh God' and for us, He is mine. He is our Teacher and Protector - His teachings protect us.

It is important to have a long life with good health, so use care and caution. Who am I, what do I do and how do I get everything done? See the Divine activity of God and have the wisdom to copy God. See God's plan.

Baba shows us many secrets but, because we do not have the habit of understanding secrets and being in yoga, we talk about useless things and then are not able to

have yoga. Then we stop having yoga, as our connection with God is lost. We have to keep this connection. It is because we connect with other things that we do not feel the connection with Baba. God looks after those whose attention doesn't wander. God himself makes us instruments day and night. He gives us His time - imagine that! Sit with Me, eat with Me, walk with Me, listen to Me... but still we do not have regard for this. God has given us His companionship. It is our fortune to enjoy this, so consider yourself to be fortunate and dance with happiness.

***'Some people
engage
themselves with
useless things
and put a lock
on their fortune
of remaining
happy'***

God says 'Remain happy'. If a child of God becomes upset, that is a sin. God is uplifting us to this extent, so we must give a return to Him. There is no other effort.

Just as Baba has hopes in us, feel ready to fulfil that, so that Baba feels that, yes, this one will fulfil all my hopes, and not make excuses. Yet we know that Baba is the One who does everything and gets it done. We are not ordinary human beings. If you really want to make good effort, just think, "I am a Soul" and 'Baba, I am yours' and then Baba will remind you of what to do. 'I am a soul and belong to Baba.' This is what I do all the time.

As is our awareness, so are our actions - so what should our awareness be? Be aware of Baba and drama and nothing else.

Everything and everyone is unique. Nothing is bad. By thinking someone else is bad, I am making myself bad and that is ego. If I waste my time in these things, what is God going to do? He doesn't leave us alone, He is after us! We have to create enthusiasm in the self.

What did Baba say today? If I put the elevated versions into practical form, they become a blessing for me. What Baba says is very good and becomes practical and happens simply.

Don't think of yourself as being clever with the wisdom that you have, but be clever in copying Baba. Whenever I go to Baba's room, He tells me something very good.

Baba has taught us everything and those who know how to use everything in a worthwhile way and inspire others too claim a high status. Whether it is time, thoughts or wealth, if you use all these things well, you will claim a high status. But if we waste any of these things, we will only claim according to what we do.

On the path of devotion God gives a return so, of course, He will give a return on the path of knowledge too

So use time and thoughts in a worthwhile way. When we get stuck in our mind for one reason or another, we spoil our stage. How can we reform this? Once our stage is spoilt, it is difficult to reform it.

We have so much love for one another and are all on this pilgrimage of life, this journey, together - this is why I am sharing this with you.

DADI GULZAR - 19 MAY 2012, ORC, DELHI

IN SERVICE MEETING OF DELHI TEACHERS AND BROTHERS

Baba has given all of us one title – “Carefree Emperor”. Whenever there is worry (fikaar) give that to Baba and take intoxication (fakhur) in return. He Himself is offering to take our worries, who else would give you such an offer? One is to say My Baba just like that and the other is to say My Baba from the heart. There is great intoxication when you say My Baba from your heart. What will be the sign of those who are intoxicated? Their faces will be sparkling with light and the one who has worries will have a basket of sorrow. So check yourself what do I have? Baba has given us the title “Lamp of hopes”. Teachers are Baba’s Guru bhai and Pandavas are also sevadharis. Pandavas are service companions of the teachers. Baba’s wish is that everyone’s worry should finish and they remain in the intoxication and sing the songs of Wah Baba Wah! Wah I soul, child of Supreme Soul wah!

Do you ever have the thought that whatever Baba has said I have to do it? Or should some other centre or zone do it and we will be happy to see them doing it? When some incidence happens there is great force in it. Our companion is God, so what is that force in front of us? We have gathered today in order to make ourselves obstacle free. Teachers and instrument brothers are both responsible to make their respective centres obstacle free. Still 4 months remain for Baba to come; can we do this work till then? Raise both your hands. It is easy to raise your hands but raise the hands of your mind that we have to do this. There may be some soul at our centre who creates obstacles, but we have to give them cooperation. There will be opposition and old sanskaras. He will do the right thing according to his understanding. Not that he does something which affects me too. I have to remain OK. Baba has given us a very good slogan – “Good wishes

and pure feelings”. I have this, so let me use it. If you use good wishes for someone then he alone cannot fight, two people do that. So if one does not fight you become safe. Don’t think he is doing it. Think what do I have to do? At that time do I fulfill my duty / responsibility or get influenced by the other person? Is this difficult? Now try doing this and Baba will be happy. There will be so much happiness and attainment when you give your result to Baba. Baba too will say Wah child wah! Baba is saying this to each one. This is what you have to do, what else needs to be done? Make a plan for this – amongst yourselves at the centre make a program that to make the centre obstacle free what all will you pay attention to. If the attention decreases, then with good wishes and pure feelings give them a signal that we have made a promise so we need to give extra attention. Don’t give a teaching, because all of you are teachers. What teaching can you give to a teacher? But just signal them, and make them equal through your pure feelings and cooperation.

Q: Dadiji your face always does service and just by looking at you there is zeal and enthusiasm. What effort did you make for such a stage?

I have made effort of only 2 words. Whatever Baba says in today’s Murli I do it. Say and do, these are the 2 words of my effort.

Q: This time Baba has stressed a lot on serving through the mind. How can we do this in an easy way?

Baba says to do mansa seva (service through the mind) because it is the mind which is instrumental to do something good or bad. Baba has told us to do mansa seva in order to keep the mind busy. When the mind is free there is waste. You can do mansa seva while walking and moving

around too. When you become expert in any task it happens easily and naturally similarly if we make a habit to do mansa seva it will be easily done. Baba has given us 2 tasks – 1) Mansa seva. Always check what is in my mind – pure thoughts or waste? Waste takes our mind in the wrong direction. 2) Baba said to do two drills – of 3 forms and 5 forms. When the mind gets too busy then do the drill. Many brothers say we do not get time. Baba has given a very good method for this, when you are in your office and you feel thirsty, you do get up don’t you. So think this too is like thirst so I can take a break to do the drill. Don’t say that you don’t get time, but if you want to take out time then you can do so by any means. Third thing – after you meet Baba at amrit vela, take five minutes to make the timetable of the mind. What time to do the drill, what time to do mansa seva etc. make the program of your mind? If someone else does it for you, you will say I have work at this time. If you make your own program then you will be able to do it. I tell everyone that in the night before going to sleep, tell Baba your chart of the entire day. Even if you did a mistake, now Baba is in the form of Father so he will forgive you. After this He will be in the form of dharamraj, then He can’t do anything. So why not seek forgiveness from the Father. The Father is merciful so he will forgive you and also give you power. So if we keep attention then we can fulfill Baba’s hopes.

Q: What is the subtle form of ego?

The subtle form of ego is that, whatever seva Baba has given, to read the Murli, giving classes or lectures, whatever seva you do, it is Baba who has taught us. But sometimes there is subtle ego (“I”ness – today I gave a very good lecture, my student. I gave knowledge to this student; see how good his effort is. It is Baba’s blessing

Continued on next page

***Dadi Gulzar- 19 May 2012, ORC
In Service Meeting of Delhi Teachers and brothers***

or gift, to consider it mine is subtle ego (I). Whatever Baba has given, instead of giving it to others, to say I did it is subtle ego.

Q: What is the definition of intense effort?

Intense effort means to do whatever is Baba's inspiration for the thoughts, words, actions and relations. The moment Baba says and I do it immediately is intense effort. If you keep thinking and something happens suddenly then you cannot become complete. Hence make the daily Murli your foundation and support. All four subjects are there in the Murli. The directions that Baba gives in each Murli, I have to do it. When we were small, we used to tell mama that you are a kumari and yet you become the mother. There were elder mothers

too, but you came at a very young age and become the yagya mother. So we used to ask her what effort she made. Mama said I made effort of 2 words – Baba says and I do. We practically saw that whatever Baba said, mama did. (Story of the picture of the Kalpa tree).

Q: How do we emerge the form of service of being a world benefactor?

You can do this through your vibrations, as we cannot travel in the entire world. Through subtle service of the mind, have good wishes and pure feelings for everyone. Spread the rays of all powers in the world and become a world server. This will make us unlimited.

Q: What is the easy method to become obstacle free?

Have determination in your pure and good thoughts. Everyone desires and when Baba says you have enthusiasm too and you do it. But when there is lack of determination the zeal and enthusiasm decreases and the effort becomes slack. I should now cremate this sanskar of mine, there should be this determination. But when you see others, he too does like this so if I did it what happens? Little remains, it will be all right – this is the lack of determination. Where there is determination, there is success. With determination we can do whatever we want to. Mama is an example. Mama too was ordinary like us. Mama did it, Dadi did it, so we too can do it. Only there is lack of determination in us. If we keep checking this then everything will be all right.

Om Shanti

DADI JANKI – GCH LONDON – 17 MAY 2012 THE GIFT OF PEACE AND SILENCE



Baba's wish for His children is that they remain full of peace and happiness. Then those who come into connection and relationship with you will automatically benefit. There isn't a physical exchange of give and take but in a subtle way fill yourself with so much happiness and peace that you finish sorrow and peacelessness for all time.

All of Baba's children feel that Thursday is a special day.

When a soul leaves the body, bhog is specially offered for them. That soul is specially remembered and, even though they have gone into another body, they feel the pull that someone is remembering them, because they have taken the personality of the soul with them. So at that time, knowing that Baba is the Mother, the Father, the Teacher, the Friend and the

Guide showing the path to that soul, the soul will never forget the power it received through those relationships.

If you have given or taken sorrow, just forget that completely. You have received so much happiness and peace that you no longer remember anything of sorrow. Remembering the sorrow of the past prevents you from taking happiness from Baba - you are not able to pull that happiness from Baba into yourself.

This is why Baba says: remain light and give all your burdens to Me. By following My elevated directions you belong to Me. When you remain light, you are drawing might from Him and everything turns out right.

Baba is offering to help you but you say 'I have to do this', and so then you look after it yourself.

There is so much benefit in silence. Baba wants His children to have peace and silence in themselves and to reveal what purity, peace, love and happiness are through their faces. You don't need to speak about it, but through your face people are able to draw the power of silence into themselves.

Listen with full attention to the murli on the day of the Satguru. We are all so fortunate to sit in a gathering as instruments and hear Baba's versions.

There is so much benefit in being an instrument. We do a little, but Baba, the One who inspires everyone, is the One who makes everything happen. There is great fortune in being an instrument.

Om Shanti

DADI JANKI - 16 MAY 2012 - ZOROASTRIAN CENTRE, HARROW, UK INTO GREAT SILENCE, A YOGI SHOWS THE PATH TO FREEDOM

REPORT

(spiritual points from Q&A with Dadi Janki, conducted by BK Matthew Earl and translation and meditations by BK Gopi Patel)

Before Dadi spoke Cllr Nizam Ismail - Deputy Mayor of Harrow and GLA member for Harrow and Brent Cllr Navin Shah shared their greetings.

To a full Hall (750) the following questions were raised:

Q: We are all familiar with external silence. Meditators talk about a level of silence that is internal. What are your thoughts about the different levels of silence?

When we use the word “silence” then we go inside. For us to experience peace within we need to experience silence. We’ve developed the habit of talking a lot: while trying to go into silence our minds continue to talk to us. Thoughts that involve worrying, waste and unnecessary thoughts influence our ability to experience silence within.

I don’t waste my time in unnecessary thoughts. It’s necessary to go into silence so we can release ourselves from worry. Sorrow, fear and doubt take away our ability to experience courage and faith.

We have to understand ourselves with honesty and love, then we can experience silence.

The creations that come from science have come from the power of silence. Science however doesn’t bring peace inside.

To be able to experience peace inside we need power. Understanding gives us this power. I’m talking about the understanding that isn’t

intellectual, but comes from the deep realisation of who I am.

To experience silence I have to separate myself from all the worries and thoughts inside. I have to engage the intellect and then develop the power of concentration. When the intellect becomes stable it creates a very good feeling within.

Deep and pure feelings, a deep desire to go into silence will create the experience. The eyes, the ears and even the mouth responds to everything that happens outside.

Q: So it is necessary to take the time to find out who I am and focus on thoughts that take me closer to who I am. I’d like to ask about the relationship between silence and healing. Those close to you have seen how you have been through many physical challenges and that you have used silence to overcome illness. How do you do that?

We need practical solutions for everything. We don’t take benefit by simply hearing about something.

Examine your own heart. There’s some sorrow hidden inside there. Because of this we will sometimes shed tears. I feel that my heart is a strong heart because it never gets hurt.

Dadi’s heart is strong, not hard but merciful. It’s honest. Because it doesn’t get hurt it is able to heal.

If I feel that someone has hurt me I then hold it in my heart.

If you don’t forgive you can’t forget. Our hearts should be forgiving hearts. If I’ve done something wrong at least I should ask God for forgiveness.

At least sit peacefully and examine how your day has been. Where has

peace been lost? If so, can I forgive? I always say that when you keep an honest and merciful heart then you experience God’s forgiveness.

Because of developing a real relationship with God we experience power from that. We develop a strong heart, an honest heart, a merciful heart... I will be able to receive blessings then.

Let your nature to ‘let go’.

The biggest benefit of an honest heart is that our mind, health and relationships stay good.

If we don’t finish old things then good and new things won’t emerge.

To find silence I have to give myself quality time.

If we first become peaceful before eating, walking etc, then nothing can disturb us.

Silence is not about sitting down somewhere and being passive, it’s about being active.

Q: There’s a strong relationship between the mind, intellect and heart. Sometimes we can become overwhelmed by information and find it difficult to make decisions. How is it that you have this feeling of not actually doing anything and achieve such an amazing feeling of silence?

Really, I don’t do anything. Worry or the burden of responsibility actually falls on the intellect. Worry, or thoughts like “I have to do this etc...” is a voice that comes from the ego. In the Gita, it says to consider yourself to be an instrument.

What does it mean to be an instrument? It means to be connected to one God and to maintain determined

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***Dadi Janki - 16 May 2012 - Zoroastrian Centre, Harrow, UK
Into Great Silence, a yogi shows the path to freedom***



thoughts. If you think too much about something your thoughts won't remain elevated.

There's irreligiousness, corruption and falsehood in the world outside. Mahatma Gandhi made a lot of effort to bring about truth and non-violence in the world.

I have to recognise that I'm just an instrument. As an instrument I just have a thought that something should happen and it happens, like this programme. What have I done? It happened. When we do what is right it is easy to connect to the One above. We experience 4 types of thoughts inside us:

1. Negative: Anger etc: Such thoughts will not allow us to sit peacefully or experience belonging

2. Wasteful: These come without reason and make us weak

3. Ordinary : These thoughts are linked to physical things and material things like name, friends, wealth etc

4. Positive: It's important to recognise positive thoughts. They will have mercy in them, friendship, and they will be liked by god.

God says: you are my child; what kinds of thoughts should you have? In purity there is peace, in peace there is

love, in love there is happiness, and in happiness there is power.

This is a gift that God has given me. I remember what He tells me and I don't think about anything else.

If you practically accept these things and practically accept to live this kind of life then today has been a great day.

Don't take or give sorrow. The supreme is ready to give us everything. He gives us so much, but let me endeavour to be a quality child of God so I can receive all of this from Him .

Om Shanti

DADI RUKMANI & DADI GULZAR - 16 MAY 2012 - PANDAV BHAVAN, DELHI TEACHERS MEETING,.

Dadi Rukmani

There should be no carelessness in service. We have to keep our mind clear. There should not be any waste thought for anyone.

Dadi Gulzar

In order to fly what do we have to become? Angel. The effort to become an angel has begun. How much do you love Baba? What does Baba want from us? We follow everything that our loved one says. Mama's effort was of 2 words – Baba said and Mama did it. Is our effort like this? Baba wants us to become angels and return, so do you have this aim?

What is in your attention? We have to go with Baba's hand in our hand. Hand in hand means each point of shrimat should be in the practical form. Whatever shrimat Baba has given for the day since morning, follow that. We have to go with Baba and not stop in between at Dharam-rajpur. Pay attention to your time-

table. Even if something happens; surrender it in front of Baba at night. You should not be able to sleep without having given your account. Each child should keep their mind busy. If the mind is not busy, Maya will come. If you don't give your news to Baba, then Maya will attack you in your sleep too. Angel means the one who does the dance (raas) of matching the sanskaras. If you are lazy or careless in the night, what will your next morning be like!

What if Baba suddenly gives a warning? Baba wants us to become obstacle free. All the teachers must give their result every night – for how long did we remain in the angelic stage during the day? Baba has lot of hopes in the teachers - they are my brothers – only the teachers have the fortune to read the Murli in the class.

Teacher has to bring about transformation. There are two yuktis (methods) to keep the mind busy – 1) Drill of 3 forms and 5 forms. This can be practiced while walking and moving

around. Past is past, what transformation will you do now. Have a determined thought. You are not able to perform the dance of matching the sanskaras because there is no determination. 2) Mansa seva (service through the mind). This too can be done while walking and moving around.

Do you have the faith in yourself, that we will definitely become what Baba wants us to become? 1st prize is supersensuous joy. Keep reminding each other too. Everyone is needed in the kingdom. Is it your honour to become royal subjects? No. Mama used to say "Transformation". Instrument consciousness – not I, I. I gave a good lecture. We make Baba's gift (of specialties/ skills) as ours, hence Baba said "My Baba".

Can't we fulfill Baba's hopes even though we love Baba? Baba makes us fly like angels. Everyone showed good courage. Now remember this step of courage daily

Om Shanti

DADI JANKI - 18 MAY 2012 – GRC, OXFORD

THE COURAGE AND STRENGTH IN ACCEPTING GOD'S ORDERS

Let something in the murli touch you so deeply that your feet don't touch the ground after that: Stay above and watch everything going on below, without becoming absorbed or ordinary. You don't hear anything anyone says, or if you do, you are not affected by it. Those who are down will then look up. And they will listen to what you say, to the things Baba says.

Take drishti from Baba. The more you take drishti from Baba, the more your drishti for everyone else becomes good. When we listen, churn and think about what Baba says, it's easy to put it into practice. When we think our own thoughts, we forget drama and Baba and it is then difficult to understand and harmonise with other people's thoughts.

My bhavna is to share such deep things with you that you can really absorb them. If we just churn repetitively, we won't come up with anything elevated. The bhavna (good wishes and pure feelings) that Baba has for me, I should have for others. If I'm just thinking I'm the embodiment of knowledge and peace, because I know that, that's what people will pick up. But when being the embodiment of knowledge is my experience, then, yes, I am the embodiment of peace - it's an internal state of being - and others will experience that. When there's experience, there's more experience and fewer words. We first have an experience; that experience pulls the soul and creates the deep interest to listen to knowledge and to understand it and put it into practice.

Baba loves us so much and uses such wonderful words that we feel we want to do what He says. When we do, He helps us a lot. My deep desire is that you have this experience of Baba's companionship. How much of what Baba says do we actually do? Ask yourself that honestly. Gulzar Dadi uses Baba's words precisely

and Mama did too. We have to do precisely what Baba says. I only have the courage to sit in front of you, who are far more educated and do more service than I, because I have the inner strength of doing what Baba asked me to do.

Baba gives 1) advice, 2) orders and 3) instructions. To follow Baba's orders means to be an obedient child. There is this phrase used in the Sikh scripture: when you consider God's orders to be so high, you have so much respect for them; placing them on your head and accepting them, the return is so great.

Baba said today that even a little anger is wrong. No matter how well they've done for a long time, if a BK gets angry or upset due to the influence of their own nature or someone else's, they come down from Baba's heart – and that is their loss. Baba's orders are so elevated; we should have such respect for them that they're the only things we follow. There's an Indian term for a community leader, Rai (advice) Bahadur (courageous one). If you follow Baba's advice, you are the courageous one. If there's something you don't understand or that doesn't feel right, take advice from Baba. Baba's instructions are not ordinary; He is telling us what we definitely can or cannot do: Your drishti and attitude should be pure and never impure. If your vision is even slightly impure, your attitude will become mischievous – and then it will take time for you to get it back on track again.

A dull child finds it difficult to catch everything. A mischievous one won't even accept the good things. Have mercy on yourself: don't let your intellect become dull or mischievous. My intellect should be divine, my mind peaceful and my face always smiling. Thinking about knowledge keeps us smiling. If we're thinking about other things, we can't churn

knowledge. You like hearing and speaking and writing about knowledge but do you churn it deeply? By churning knowledge you understand its deep significance, you catch it, and so you're able to put it into practice and experience it. You'll like this, and then your intellect won't be mischievous any more.

Following Baba's instructions brings so much benefit: I know the destination is high, but the journey becomes easy. To allow myself to wander here and there is not royal. In Hyderabad as a child I would never go through a butchers' street, even though it was a short cut. I still have that sanskar today: I don't want to hang around any place where there's conflict. The BK sanskars lasted through till the last birth. Brahma Baba's sanskars were the same in his last birth as they were when he was Brahma Baba. One of those was to accept God's orders. This meant he could surrender in a second. He was very clever, he had studied many scriptures and experienced in business but that all finished: what God says, what God teaches. I have to put that into practice in my life. The knowledge Shiv Baba gives is the only thing I want to put into practice in my life.

My sins are being destroyed through yoga. If I am not experiencing that, some karmic account is still pulling me – which means I am not accepting God's orders. Never pull or be pulled by relatives. If out of attachment or greed I support them in the wrong way, I am re-opening an account, because I won't make the effort to be bodiless while in this body. And the body will create more karmic accounts too. Let me instead do yagya service with my body with a true heart, then Baba will give a lot in return.

Vishwa Kishore Dada will be the emperor in satyug because he was no 1 in following Baba's orders. He did

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DADI GULZAR 9 MAY 2012 ORC, INDIA - MEETING ORC NIWASIS

BE THE ONE WITH A YOGI LIFE

Who does everyone remember? Mera Baba, Sweet Baba, Lovely Baba. We have merged Baba in our heart. When you love something, it cannot be removed from your remembrance. That one cannot be forgotten; in fact His remembrance is natural. It is our promise to Baba – we are in Baba's heart and Baba is in our heart.

We are the ones with yogi life not those who have yoga for one or two hours. Baba says don't come into body consciousness. But since we have been in the body since a long time so it is not easily forgotten. We now have to become soul conscious. In soul consciousness the soul naturally remembers the Supreme. Are you the ones with yogi life or those who have yoga for sometime? Yoga means remembrance even whilst walking and moving around. Yoga means being merged in Baba's love. Yoga means to take sakaash from Baba, to take power from Baba. Yoga means finishing the sins of many births. When we sit in yoga, what happens inside us? When the sun rises, we receive its heat and light. At some places it dries up the water and at other places it brings rain. Similarly yoga means to take all powers from the Almighty Father. Whatever powers you want (like the power of love, power to tolerate, power to merge, power to decide) they can be received by taking sakaash in Baba's remem-

Dadi Janki - The courage and strength in accepting God's orders

service of the entire yagya. He never asked: How will that happen? He would just say: 'Baba said it!' Baba has done everything. You are all Baba's children. Shiv Baba created the yagya for the Brahmins. When this yagya was created, Brahmins were born. Only when Brahmins were born, was Baba called Brahma. And it's only when Brahmins prepare Brahma Bhojan that you eat. Think about these deep things and you will stay smiling. Take this gift from Baba.

Om shanti.

brance. Whichever power is needed, it can be experienced when we have a determined thought of that power and are in the state of being merged in love. What is our fundamental / basic task? Remembrance. Baba's form is that of light. When we meet the point of light (Shiv Baba) by becoming a point of light it is such a blissful state, an enjoyable experience. Depending on the time and enthusiasm, whatever determined thought I sit with in yoga, Baba fulfills it. We need not ask for it. You will receive the power only if you are merged in love, in a loveleen stage.

We are receiving sustenance from Baba. We are doing Baba's service in Baba's remembrance. Is the remembrance constant? When there is disturbance in your service do you still remember Baba? We are ones with yogi life, so even whilst performing action the heart should say – Mera Baba. The moment you say Baba, all powers come. Baba says have powerful yoga not ordinary yoga for one-two hours. Remembrance means yogi life. Are you always happy or only sometimes? When something happens your face changes. Baba says Wah children wah and we say Wah Baba wah. When you love something from your heart it is difficult to forget it.

Baba has been drawing our attention towards two things: 1) Thoughts 2) Time. Do we have the importance of time? We are creating our fortune of 21 births now at the confluence age. Each second has a connection with 21 births. Even though only two will sit on the throne but the whole kingdom is now being established. If you are slack in effort here then you will come late in the kingdom there. Those whose waste thoughts have reduced, raise your hands? If you have learned the method to reduce waste thoughts then they will definitely finish completely. The entire zone will become obstacle free as Baba has been saying. No one has given this result yet. Do this for a month and then give the result to Baba.

Q: In order to become obstacle free we need to have powerful yoga. How can we have powerful yoga?

For having powerful yoga stay in remembrance whilst performing actions. Be a karma yogi. When you specially sit in remembrance then take some power in particular from Baba and fill it in yourself. (The power to tolerate, the power to give happiness to everyone) At Amrit vela take power from Baba and give the result of the entire day to Baba at night before going to sleep. Baba is Almighty and I the soul have to become master almighty. We receive love, power, happiness, and peace from Baba. Whatever you want from Baba imbibe it in yourself through yoga.

Q: How can one keep the mind busy?

After having heart to heart conversation with Baba at Amrit vela, make a programme to keep the mind busy according to your routine / time table. Baba has told us to do the drill of 3 forms – Brahmin, Angel, Deity every hour. Do this whilst walking and moving around even if you don't get a chance to sit or stop. Don't just repeat it but stabilize yourself in these 3 forms, have that experience. Some say they are so busy that they don't get time. What do you do when you feel thirsty? You take a break to drink water, do you not? Similarly do this drill every hour. All that is required is attention. Murli is a very good means to keep the mind busy. Baba talks about the four subjects of gyan, yoga, dharna and service in the murli. Whenever you find even little time, revise and churn on these. Revise the blessing of the Murli. If nothing else then just merge in Baba's love. By keeping the mind busy you will become the conqueror of the mind and hence conqueror of the world. Keep attention. You feel hungry automatically because it is a habit of the body similarly make this a habit of the mind. When you do something, then you get the power of the gathering. But at the same time do not look at others, I must do it. Challenges will come but I have to see only Baba. ***Om Shanti***

DADI JANKI – 12 MAY 2012 EVENING – GCH, LONDON

THE EXPERIENCE OF FAITH

When you go into silence, do you want to hear anything? In order to be able to listen or to speak, you need to have silence in between. If you're caught up in your own thoughts, you're not able to listen or share. The two things we get caught up in are our thoughts and our ideas; they don't leave us alone. We may be listening but nothing is going in. If I were caught up in my own thoughts about something else, I wouldn't be able to share with you. What could I share? In fact you wouldn't even let me sit here in front of you! Just now my cough came. I told it to go but it wasn't listening to me but I didn't pay it any attention.

Sitting in powerful yoga we are able to realise what we need to do inside. You need the power of the gathering for this – and when you're in the gathering, you can't get up and go.

Please catch my bhavna (pure feelings) for you all. I will not let go of the bhavna – if I did, Baba wouldn't be happy with me! Whether someone accepts it or not, I have given myself this firm discipline: my final thoughts are going to lead me to my destination. I really pay attention to this and that is why I will not stop having good wishes for everyone. You also should really give this your attention too. If you were to do so, the good wishes would really work.

Good wishes are not my own. If I talk about the good wishes that I have, some will be able to catch and benefit from them but others won't – some accept them and some don't. So it's not 'my good wishes.' But just as Baba's bhavna has worked on me, my feeling is that the good wishes that I have received from Baba should work on everyone.

Today Dadi met a group of young people and we were talking about faith and trust – and the importance of recognising specialities.

Baba knows our specialities before we do. He gives us opportunities to use them, whether or not we are conscious of them or not. When we do use them, we have faith in Baba and we take that opportunity as our fortune and from that are able to develop trust in our own specialities and are able to move forward on the basis of faith and trust.

'What is the difference between confidence and faith?'

When we use faith in whatever we are doing for Baba, we then feel confident about ourselves. We slowly start to recognise and develop confidence in the specialities that we have. What gets in the way of faith and confidence is the overuse of the intellect. People who overuse the intellect suffer from two things: doubts or arrogance. It's these two things that prevent us from seeing the specialities that Baba sees. It is essential that you are able to recognise your specialities, so that faith can develop, and you receive the attainments and benefit that come with faith. Then with that experience, your intellect doesn't work unnecessarily, your faith becomes strong. If you use your own intellect even slightly, you won't be able to have that experience – or that faith.

If you persist in using your intellect, what can God do? Realise that this is God! Sometimes you look at others and see the experience they are having and have faith that you can have the same but, because you are using your own intellect, you don't. Your own insecurity doesn't allow you to. God is saying: Hand over all

your burdens to me. But you insist on carrying them. You think, 'I am a human being and I want to carry on carrying my burdens'. That's because you don't consider yourself to be a Brahmin, a child of God. As a human being, become a Brahmin. Have faith.

We have seen with our own eyes how Baba has done so much work and inspired so many and yet we continue to worry about little things. We have the habit of doubts. People have habits such as smoking and drinking. We have finished those but we haven't been able to finish the habit of waste thoughts. What is in people's intellects, that they don't think of coming here, that stops them coming? But Dadi won't stop giving them love.

Understand the value of having faith within the self. It is what will make your life very, very worthwhile. Baba has come to take us back home and in order to return with Him I have to become vikarmajeet (a conqueror of sinful actions) and karmateet, complete and perfect. Then Baba will definitely take you with him. You don't have to worry. You don't have to think. If you think too much, you will find it difficult to fulfil the promise you have made. God is ready to fulfil the promise he has made to us. Just to do what Baba says brings us so much benefit. No 'buts'. If you say 'Baba, what you say is right but...' that's a sign of doubt. You become a destroyer of obstacles when you really listen to what Baba is saying. God Himself has come down from up above but we are still holding on to the habit of using our own intellect. Just stabilise the intellect and stay in remembrance, in deep silence, in the gathering, and have a beautiful experience, while Baba continues to do all the work. This is Prabhu ki Lela (the divine activities of God). Then it's as if you only know how to be cheerful and happy. There's no confusion, no wilting, no question 'why?' Just listen to Baba.

Om shanti.

DADI JANKI – 10 MAY 2012 – GCH, LONDON – MEETING THOSE IN THE HOUSE MY BREATH, MY HEALTH AND MY STAGE ARE ALL CONNECTED

- Baba was talking in today's murli about remembering Baba in every breath. What is Dadi's experience of that?
- How to donate knowledge, virtues and powers. And why is donating powers called the greatest donation?
- How to maintain stability of the intellect?

It is essential to have a stable intellect – and only possible when you have remembrance of the One Father. When you are using weighing scales, the needle has to be stable, so that you can get an accurate measurement. When the intellect is stable, it's easy to imbibe what Baba shares. When it isn't, then even though you may like what Baba is sharing, it won't go inside. Here we learn while we study. This isn't so with worldly education - there's no guarantee you will get a job according to what you've studied. People waste half their life in education and get into debt, which they're then unable to pay off. In God's study, with the stability of the intellect, we're studying and earning at the same time. A stable intellect enables me to be tension-free. With awareness and the remembrance of One I can maintain that stability of the intellect, and I'm able to perform good actions, because I have total attention. A stable intellect is so valuable! My thoughts, breath, etc are used in a worthwhile way. I don't have any waste thought that I would need to control. God's gift is always to have pure, elevated thoughts. We cannot stop thoughts completely but we have to make sure there are no negative or sinful thoughts. Then every breath will be used well and, when the soul leaves the body, it's guaranteed it will be in happiness – with no pull of bodily beings or anything relating to them. My breath, my health and my stage are all very much connected. If your stage isn't good, neither will your breathing be. Then you feel you're just passing your time in an ordinary way, or you feel tired. By keeping in the right aware-

ness at every breath, you'll experience happiness and also that you are creating energy. One of Baba's blessings to me was that in churning knowledge and what you hear in the murli, you are creating energy for yourself.

There's power, strength and energy. Those who are weak need a lot of strength. Strength comes through knowledge – the weaknesses are removed and your faith deepens. You need power to be able to live in this world and in this body. You need the eight powers. The weak cannot understand the powers. When you understand knowledge, you are able to have yoga with Baba and you feel you are receiving power through the strength of knowledge. With the power of knowledge comes the power to transform within. When souls are weak, although they are receiving so much power from God, transformation is not happening; it is as though their eyes are not opening. Baba said at least 8 times today: Stay awake at night and remember Baba. Then you will receive so much power and happiness. Happiness is being victorious. With the power you receive from Baba you become victorious, because you become free – so you become happy. We create energy by having happiness within.

Where does energy come from? Does it come from somewhere or is it about not spending it unnecessarily? Look at your life and see how the powers you've received from God are making you do everything. God is pleased when He sees how the child is loving and detached, is using all the powers and is not making any fuss or any special requests. The river doesn't drink its own water, and the tree doesn't eat its own fruit. When you are altruistic and not attracted to anything else you can benefit many. The tree reveals what kind of tree it is; the gardener is just the instrument to provide happily for everyone. When we receive more fruits than we can use, we juice them and give the juice to others, to give

them strength. Similarly, the essence of flowers makes a pure, powerful medicine. If you can't draw the power, at least eat the fruit! How do you stay healthy and wealthy? By eating fruits that make you strong.

First of all, donate knowledge. I may have a lot of knowledge but to speak about it in an ordinary way isn't a donation but when it is given with feeling and received with benefit, that's a donation that makes people wealthy. I can only donate virtues when I have so many virtues and no weaknesses myself. If I'm seeing even one defect, any virtues I have disappear. It's not so easy to donate - you have to be worthy of it. We donate knowledge through our words and virtues through our company. The donation of powers is said to be the greatest donation. First be a donor, then a great donor then a bestower of blessings. Some people are afraid of someone and don't want to speak to them. That fear can even be based simply on hearing someone else's experience. If you are able to explain to that person with love, that will give you so much power. Many become weak through fear of others, doubts and arrogance. They are afraid to speak clearly. They will not be able to have good remembrance, nor have good relationships with others. The experience of God's love enables us to receive all the powers. Being empowered with God's love has been the foundation for many people. This isn't donation as such, but experiencing benefit through relationships and the closeness of those relationships. We are not giving donation; rather, because of receiving Baba's blessings, they are drawing that power from Baba. We have to become donors and great donors – without ever counting. Whatever anyone wants, they can take from Baba, but if my stock is not full, how can others take from me? When we become great donors, others will have the beautiful feeling of being sustained – by the company, the place, everything.

Om shanti.

DADI JANKI – 14 MAY 2012 – GCH, LONDON

BUILD YOUR OWN FORTRESS OF ELEVATED THOUGHTS

During the Murli Shiv Baba speaks and Brahma also speaks after having churned the ocean of knowledge. Shiv Baba knows, of course, what Brahma speaks and Brahma also knows what Shiv Baba speaks. In the Gita it is mentioned 'I am teaching you Raja Yoga and making you king of kings'.

Baba has come to make us simple and samples. The world is almost finished now. Some have so many clothes they don't know how to manage them. Some even feel that they can't move to another location because of the accumulation of material possessions they have. Preparations have been made for destruction – think about it. What are we doing?

We know destruction is going to happen. I have to be a total Pandava now... with complete love for God. There are very few such souls. The Kauravas remain chasing after money, name and fame and respect. This is not my task. There is a vast difference between Pandavas and Kauravas. The intellect of a Pandava is with his/her Lord and Master. Such Pandavs become guides for others and will accompany them home.

The diet and clothes of one who is becoming simple and a sample are very important. Baba has shown us what to eat and what to wear. He has told us how to offer bhog before we eat. Make sure that you don't maintain the habit of being ordinary. Be careful and attentive about your intellect. Think of the attainments you have received and who has given you such a life.

Don't say you have no time for this. Make sure you are not just moving along comfortably. Make sure that you really are changing yourself. There is danger in the life of those who are not accurate at amrit vela. Baba gave us so much sustenance in the sakar form and is still giving it through the avyakt form. In every one of her classes, Dadi Gulzar speaks of the importance of amrit vela.

Baba has shown me how to create elevated thoughts. My job is to build a fortress for myself with elevated thoughts. My job is to stay in that fortress. My job is also to invite others into that fortress. Life within the fortress of elevated thoughts is very enjoyable. Baba has spoken to us about waste but there are many souls now who may not be going into waste – but they remain ordinary. They are not being bad – but they are being ordinary. Ordinariness does not allow the soul to become elevated. In fact, souls remain ordinary because they are not keeping the aim of becoming elevated. Some have the taste of being elevated for a while and like it but then revert to their ordinary ways.

So what did Baba has Baba told us to do in order for us to become angels? Practice being bodiless. If I don't have the practice of being bodiless day and night then how can I become that angel? Angels are up above – flying... They don't wander around in an ordinary way on the physical plane. Yes, they do move around but not in an ordinary way – they are the protectors of the Yagya. They increase the beauty of the Yagya.

We are surrendered to the Yagya... It is remembered in the Gita: Surrender to the Yagya and you will receive the fruits of all your desires. You then won't want anything yet you continue to receive everything you need. Such is our royal life! After all, this is Raja Yoga. All I have to do is to perform actions whilst remaining in yoga. I need to use this method to keep everything in order.

I need to check my vision and attitude. Who am I? Who do I belong to? Keep these two aspects fully in your awareness. We have to go back to the Home now. For that I have to stay beyond sound now... I have to keep silent and maintain humility. Leave asking for name and fame, the desire for respect. Leave these completely now and carry out the work of world renewal. Don't now allow yourself to indulge in anything wasteful. Many are still involved in waste.

This is a big mistake you are making. How can you then do something powerful? Wasteful and powerful cannot co-exist. There is a difference of day and night between the two. One takes you into darkness whilst the other is like the light of the Sun on the soul – light, rays, current, power... Powerful thoughts make the soul extremely elevated. Someone who hasn't understood the contrast between waste and powerful hasn't understood anything. Just one powerful thought works wonders. One powerful thought of mine allows Baba to get His work done.

Only a wise soul can take the benefit of the time. If you accept everything Baba says then He will make you move. This is Dadi's experience. Make Baba's work easy in this way. Be a good passenger! If you allow yourself to get upset it means you have forgotten who you are and who you belong to. It is Baba's duty to tell me and this is why He explains everything clearly. My duty is simply to do as He says.



Om Shanti till Next Issue