



Seniors on stage for 75th year of the Yuga Celebration

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IN THIS ISSUE (DADI JANKI IN LONDON)

- 1 **BECOME THE EMBODIMENT, THE IMAGE**
- 2 **HEART AND SOUL**
- 4 **MAINTAINING HOPE AND HARMONY BRINGS HAPPINESS**
- 5 **THE GAME OF CO-OPERATION AND YOGA**
- 6 **PAY ATTENTION TO TIME AND THOUGHTS**
- 7 **REALISE WHO YOU ARE AND WHO IS MINE**
- 8 **BECOME LOST IN CHECKING YOURSELF**
- 9 **RECOGNISE YOURSELF AND RECOGNISE OTHERS**
- 10 **SEE, EXPERIENCE, KNOW AND WITNESS THE DIVINE ACTIVITIES OF GOD**
- 11 **WHAT BABA WANTS, WE HAVE TO DO**
- 12 **IT'S TIME TO REVEAL THE FUTURE THROUGH MY FEATURES**



**DADI JANKI – 21 APRIL 2011 – LONDON
BECOME THE EMBODIMENT, THE IMAGE**

When we belong to Baba, each day becomes beautiful-but the day of the Satguru is particularly beautiful.

I don't have the experience of trance but when I sit to offer bhog Baba pulls me. When I said to Baba, 'I don't go into trace,' Baba said: You don't have to - you can be a messenger.

We used to keep water for Baba in an earthenware pot. One day I bought a silver urn for Baba to use instead, with a beautiful lid that was like a crown. Baba put nectar in it and gave nectar to everyone and that's how that system started. On the day of the Satguru Baba himself would give nectar.

Offering bhog is an expression of regard for Baba that Dadi likes very much. Whatever worshippers do in a temple, we prepare and offer food with great love for Baba.

The song that was just played was: 'I have seen and attained Shiva the Innocent Lord.' When it was first

played for Baba in Madhuban, Baba said: That sentence is not quite right. It's not that I have seen and attained but I have known and attained... There's no question of seeing with the eyes but knowing the Father and the experience of that attainment.

Let my remembrance of Baba be so powerful that others also forget all other things.

On Thursday, the most elevated day, the great omens of Jupiter, the Seed of the Tree, the Father is with me; let there be no other omens, no other thoughts. Through this experience become the embodiment, the image. In bhakti others will make images and people will go into the temples to see the images. Here we come to become that image. Let my face be such that the One creating the image has no difficulty.

Think what Baba is making you into! Forget everything else and just remember the important things. When you remember Baba, remember the stories about Baba. Stay peaceful and quiet and you will become that image. On the journey to becoming complete, we will speak less.

Om Shanti.

DADI JANKI – 20 APRIL 2011 GLOBAL RETREAT CENTRE, OXFORD

HEART AND SOUL

I say 'Om Shanti' three times, each time with different feelings. Listening to the Murlis, we say 'Om Shanti' to each other with that bhavna. Consider the self to be a point and Baba is a Point. As I walk and move around let me stay in remembrance of that Point – no one and nothing else.

In fact the art is not to remember anyone else just the one Point. There is value in remembering the point (or zero), when there is 1 in front of it (10) - the point without anything in front of it has no value. Then, as you add zeros, the value increases. Primary school children are taught this; we're now university students. Why is Baba still teaching us the same thing? Baba wants the children to remember Him so much that they become pure and charitable souls. But Maya doesn't allow us to become soul-conscious.

In the golden age we will have the stage of soul consciousness but not the great happiness that we belong to Baba. We don't remember whatever isn't necessary and we don't forget Baba's remembrance. If you forget Baba's remembrance, put yourself right quickly. There's a realisation – a feeling - that it's not happening; then you have to put yourself right in a second. Baba teaches us how. Baba would say that, when the connection becomes loose, there's damage – there's confusion. To be confused means your fuse is blown and, when the fuse is blown, you're confused. When the connection is lost, there's no light. In Karachi the fuse would often blow Baba taught Dadi Ratan Mohini how to mend a fuse in a minute. We shouldn't waste time. If there's no electricity, there's no light, the fans don't work, etc. The moment there is the feeling that something isn't right, we have to fix it. If scientists know how to do this, can we not? To be confused is to be anxious – it's a waste of time. In silence in a second I have to put it right.

Today Baba said the heart is in the soul. What does that mean? Normally we say that the mind, intellect and sanskars are in the soul and, when we speak of heart, we mean the physical heart. However, when the soul is in a physical body and we talk about what the soul is 'feeling', we say that it's the 'heart' that is feeling everything. Whether it's the feeling of body consciousness or soul consciousness, the feeling of sin or charity – it happens in the heart. When we want to express deep feelings then especially we refer to the heart. For instance, we say 'in my heart, I feel that I want to make true, real effort, or we say 'I want to remember Baba with my heart' or 'I don't want to keep anything else in my heart'. When the heart expresses itself in this way, then the mind and intellect listen to what is in the heart. They accept and obey. Otherwise the mind and intellect don't tend to listen to the heart. They go off in their own direction and do their own thing –sometimes they get confused, sometimes they are disobedient, at other times they disregard Shrimat.

The ability to realise – to realise one's own mistake - happens in the heart. When there is a deep feeling in my heart about something, I realise something, only then will my intellect work well. Heart means 'to realise'. (What is the 'heart'? Is it the conscience?) No, the conscience will say this is right and this is wrong. And the intellect has a subtle connection with the conscience.

Where is the subtle region? It is inside. Go inside, subtly, and experience the whole subtle world inside you. To go into the subtle is to be aware of Mama, Baba and all our ancestors. Physically, they may have gone away but subtly we are together. The soul doesn't need space in the subtle region; here the body needs a lot of space. To make subtle effort you need to create a subtle region inside yourself, a subtle space where realisation can take place. Just as the physical region is made up of the

5 elements the subtle region within will consist of 5 elements – mind, intellect, conscience, memory track and heart. If I have to go somewhere physically, I will have to get on a plane and travel there. To go inside – to explore these things – I have to make my intellect plain. Why do we say the intellect has to be plain, not the mind? Because the intellect decides. It explains to the heart. It keeps the mind in order. Then conscience supports the intellect's decision and says, 'Yes, this is right; do this.'

There is such a vast contrast between soul consciousness and body consciousness. In order to understand the self, go into the subtle aspects of it. Have you any old images on your memory track? If so, whether it's of yesterday or years ago, I remove them and become conqueror of attachment and an embodiment of the remembrance of One. I have to destroy attachment. There is ego, anger, greed attachment and lust (the greatest enemy). To be trapped in someone's name or form or to trap others in yours is also lust. It can be an individual, worldly possessions or anything. In the Gita it says: One who has lust will definitely have anger too. Lust has got hold of the soul and the soul finds it hard to remember Baba. Sometimes the heart realises and then there are tears. Anger comes when I want to follow my own desires and when I don't get what I want, I get angry.

The physical region is outside, the subtle region inside, so let me sit quietly inside and look at myself inside. The physical heart is in the body but the subtle heart says: 'The body is here and I have to go inside, into subtle realm'. The mind and intellect make the heart good, and then heart becomes happy. Previously, I hadn't understood with my heart, but now I have understood, Baba gives me a lot of love. Just imagine Dadi Gulzar sitting and writing the 40th anniversary message from Baba and how much love I must have felt. Baba gave the

message to Dadi Gulzar, Dadi Gulzar wrote it, someone typed it, and it was sent to London and then read out in the gathering. Think how subtle this whole process is and how much love Baba gave. Baba didn't remember me alone; He remembered the companions too. This is all subtle world, isn't it? Physical things are something quite different.

Baba said today that our remembrance should be such that dead silence is created – it has to be that powerful, so that our mind, intellect conscience, memory track and heart begin to feel clean. We have to use our conscience at all times. The intellect might understand something but until the conscience agrees and gives the go ahead, the intellect won't do it. Vivekanand's conscience accepted and he experienced bliss (vivek – conscience, anand – bliss). The conscience understands right and wrong, true and false, sin and charity but because of body consciousness we don't feel or realise it to be wrong. The intellect is body conscious such that it doesn't listen to or do as the conscience says. The intellect doesn't make use of the conscience. It in fact, avoids it.

There was a play about a man accused by his wife and mother of committing crimes. He kept saying he hadn't done anything but he was taken to court, found guilty and put in jail. In jail he stayed happy and people couldn't understand why. It was because his conscience was clear. Angels then came and took him away. If your conscience is telling you everything is OK, everything will work out eventually. To have a clear conscience means to understand that I am Baba's true child. It doesn't matter if someone else recognises me. My conscience is clear and I understand and experience that. If however, I do something wrong my conscience will bite. Not just once but it will continue to bite. One is to have a conscience that bites and the other is to have a conscience that is guilty. That is why you must always listen to your conscience and resolve things straight away. Just say to

yourself: 'OK, I made a mistake but I won't do it again. Past is past. Now I understand.' Then only will your heart be at rest.

If you don't move along with an easy or right method or sometimes you do and sometimes you don't, you get tired and disheartened. In India drivers get tired, because driving so chaotic there. Here it is very orderly. If someone wants to overtake, you say, 'OK, go ahead.' Why do people get angry? People clash deliberately when they get angry. Drivers here are very sensible; they just queue. You have to take care not to clash or get caught up in anyone. You have to be a sensible driver and not damage to your car, your self, you passengers and everyone else. Drive the vehicle of your life peacefully: 'Let someone go ahead if they want but I have to get to my destination on time.' If there's a crash on the way, I can't blame anyone I just have to do things right myself. If I make a mistake and cause an accident, then I have to know that I will be the cause a hold up and may even bring damage and loss to many others.

A train going up a mountain needs an engine front and back. Baba would say: Children, you have to have double engine, because it's a steep climb. But instead of driving the train on track, you go underneath the train. Baba says: Follow My teachings, stay on 'the track' and I'll be your Protector. Follow Baba's teachings and He will show the right way to go. When I follow Baba's teachings and my conscience is clear, I am able to experience bliss. I stay satisfied and constantly cheerful. My thoughts should be only those Baba wants me to have - no vicious thoughts.

(The lights went off and on in the room) See how something can be sorted out in second. Why do we take a minute? Just come into the physical for the sake of the task like Brahma Baba and Avyakt BapDada. I think, understand and speak; Dadi Gulzar sits silently. I once joked that she is 'rup' and I am 'basant'. Peo-

ple should see her and listen to me. Who is looking through her and who is speaking through me? I feel that when I explain clearly what Baba says, He gives me love. For many some situation becomes a barrier for them. Until they let go of that, they will not experience all the love that Baba is giving them. This is why it is important to find an outlet. Do not keep things stored inside.

We receive good food but we also need power to assimilate that. The treasures we receive are not to be kept in a locker. What is the royalty and what is the reality? Whatever is on my memory track will be visible through my face. Baba said today: Remember the sweet things Baba tells us. He said even to remember the cycle is not a big thing; remember the soul and the Supreme Soul. My memory track has to become clean. Baba had so much power. Outside his door you'd be thinking about what you wanted to say but inside in front of Baba and you wouldn't be able to say anything. We have to create that stage too. When I'm absolutely firm about that, the One who creates that stage is pleased; He is making me that.

A laundryman doesn't say: 'your clothes are dirty, so I can't wash them – you keep them! In Karachi the laundryman would take the dirty clothes we left outside with so much love and return them a week later. Baba would say: Some clothes have become very delicate and, if I beat them, they might fray even more. A laundryman knows which clothes he can beat and which he cannot. You just have to hand over your clothes to Him and he will clean them and hand them back - but you have to give them. Subtly, with truth, He will clean them. Only He can wash them. The heart will say this, won't it? If your mind or your heart is not right, just hand it to Baba to clean it up for you. But you have to have the deep concern to be cleansed in that way. You have to handover whatever it is to Baba to wash otherwise if you don't give it to Him how can He wash it.

DADI JANKI – 20 APRIL 2011 – GCH, LONDON PM

MAINTAINING HOPE AND HARMONY BRINGS HAPPINESS

Baba makes the one who offers the self truly into a puppet. Once the soul becomes a puppet it feels that it is doing nothing. Baba is holding the strings and everything is done through the one who is holding the string. The children of parents are like toys. However, Baba is like our toy. He is so light and entertaining! Not only that but He is filled with might.

What ages a person more than anything else? It is carrying a burden. It is especially carrying the burden of the constant thinking about others. This is what age's people. In fact, what is age? It is only a matter of the body. Dadi does not appreciate the word 'old' and never thinks of herself as aged! Actually, I am God's child! A student! If you don't study well and learn many new things then you will become old! As our age increases so should our happiness! In fact, the beauty of life is to be able to laugh and know how to live life in happiness, in entertainment.

We need good food, good company, to listen to good things. Maintaining hope and harmony brings happiness! Maintain hope and harmony and you will be able to play the harmonium with all 5 fingers – that is you will be able to work with co-operation and you will then sing like you have never sung in your life! It is a great mistake to think of the self as old!

Sakar Baba never considered himself to be old. Shiv Baba entered him when he was 60 and 33 years later he left the body. He was the same at 93 as he was at 60. His face was young. Never interact with someone as if they are old. If you do, they will feel themselves to be aged and will behave that way. Interact with everyone as if they are young and they will become young!

It is important to have one strength and one support. You will receive a great deal of power from this practice. In fact, whatever faith we have, we definitely receive the fruit of it. Maintain faith, receive power and your boat will go across. There is no question of whether this will happen or not. There needs to be both faith and the deepest trust in One. Faith and trust in One will not only allow you to bring benefit to the self but you will be able to benefit many others. You will not only then open your own fortune but you will become a distributor of fortune. You will not even think you are doing anything.

'Faith in the intellect brings victory'

Faith in the intellect brings victory. A soul who has faith in the intellect will not even question whether he is going to be victorious or not. There will be many tests of situations. Many types of tests also came to Baba. He was praised and defamed a great deal. However, we know that no situation remains the same. Situations come and go – they always change.

My task is not to get stuck on any situation. Don't offer it hospitality! Let it come to the door and go away. This will happen when you have faith in the intellect. The power of yoga enables this to happen. If you have doubt you will be led to destruction. Then it won't matter how much service you have done, it will all be washed away. There is no need for this, this is not right... this type of thinking is doubt. Don't become a politician in this way! Don't create your own group for such things. If you do then where

will you be mentally and spiritually? What will you then listen to? What will you speak? Will you be able to remember Baba? If you keep standing still spiritually then it will be easy for you to fall. What then will God be able to do for you? Remember that faith leads to victory and the Rosary of Victory is made up of souls who maintained their faith no matter what happened. My task is to create faith in others. The faith of our ancestors has already seen us through many situations.

The wonder of Pandav Bhavan, Gyan Sarovar and Shantivan are the wonder of Dadi Prakashmani. She never insulted anyone and at the same time she stayed in her own self-respect. If I maintain the treasure store of my own head then Baba's treasure store will also remain overflowing.

If there is a hole in your own treasure store then what will happen to Baba's bhandara? Any type of hole or crack will not allow me to accumulate or to maintain my treasures. Doubt cracks the urn. Doubt is a germ. Don't allow any doubts in the self and don't keep the company of those who have doubt.

The study Baba is teaching is SO powerful. One of the main teachings Baba gives is to consider the self as a point and to remember the Point. This requires A LOT of effort. The head is so big whilst a point is tiny. This is something so simple and yet so deep. It is such a good practice! Baba has told us that until we consider the self to be a point, we cannot remember Him as a point. Baba remains so silent. Now take yourself into that same atmosphere of silence as Baba is in and you will have many wonderful experiences.

DADI JANKI – 17 APRIL 2011 – AFTER WORLD MEDITATION HOUR

THE GAME OF CO-OPERATION AND YOGA

I like what Baba likes and all of you like what Baba likes too. Don't ask, 'What do I like?' but 'What does Baba like?' then everything is easy. Make Baba your one concern. Baba is always in the land of peace. Yes, He's busy on the path of devotion but for half the cycle He is in silence and so when He comes down here He likes to see the children's love and is pulled by that. Do you remember at the last meeting how Baba sat with the children with so much love? Keep remembering this and other wonderful scenes.

In your efforts to come into the rosary of 108, 'do not get tired, O traveler of the night. The dawn is not far off. Baba said that the confluence age is the amrit vela of the cycle. The night is over, the dawn is here and the morning is about to come. At amrit vela, drink the nectar and give it to others to drink. I want to be part of the rosary but one bead can't go alone; I have to find 107 others. Have the deep concern that you want to be part of the rosary of victory. Take time to go into silence, talk to yourself and realise: to be victorious I have to follow Mama and Baba. Mama and Baba have given us shrimat, directions and signals. Keep your intellect clear so as to catch Baba's signals; if there's any confusion inside or any attachment, you won't catch them. Actually, you don't need a long list of points to get into the 108, just have faith in me. Baba's shrimat is on my head - I have that much regard for it - and so I'm always light; I get no headaches.

If someone is unwell or confused, give vibrations to that soul but don't allow yourself to feel sorrow. Maintain the feeling in the atmosphere that everything will work out fine. Take Baba's companionship, support and company and let this be experienced in all corners of the world - it is what people need right now. Forget karmic accounts of the past and

have only good things in your heart and mind, no matter what happens. A tiny trace of sorrow in my heart punishes the soul and it can grow into something big at any moment. So let me not allow any 'reason' to occupy precious space in my heart and cause me to forget all that Baba has given me. Looking at you all, I was thinking: why have you become so old? Is it perhaps because you have no time to remember Baba? I remember the scene of Baba dancing by himself in the History Hall. I feel like dancing here.

Do you become yogi when you are co-operative (sahayogi) or is it the other way round? I loved it when Baba said: Keep notes of co-operation in your pocket and don't take notes of others' mistakes. To do the latter is a great mistake; you won't be able to be yogi, co-operative or one of the 108. If I've made a mistake, let me put a full stop and let the 8 powers do their work. When a girl first goes to live with her in-laws, some friends go with her to help her settle down. In the same way, the 8 powers are our friends. Pay attention that not even one power is missing. I may be able to tolerate, pack up, remain content, co-operate, discern and decide but the power of accommodation shouldn't be missing. Baba once said: When you can accommodate, everything will be easy; you won't have to face anything, because there will be no opposition.

Just let there be one Baba and nothing of the past, not even of this morning. Dadiji's blessing was: Stay in the karmateet stage and be a karma yogi. Today Baba said: Never be viyogi (separated) - do not be lost in your own world. What kind of a yogi is that? Baba said we are all actors; we have to be accurate, active and attractive. We have to go beyond 'I like' and 'I don't like'. These are the words of body consciousness. Be concerned about the final moments.

As it says in the Gita, 'Those who have yoga over a long period of time will attain Me by the end'. You won't waste a second, if you know you have to use your time in a worthwhile way. Then Baba will pull you into the 108 or maybe even the 8. Whatever you do, others will do the same. So, as Baba said today, let your thoughts be incorporeal, your words egoless and your actions viceless. Baba is bodiless, so when I am incorporeal, He can make me bodiless too. Shiv Baba is bodiless (videhi) and Brahma Baba is loving (snehi). Shiv Baba is bodiless but not non-living. When you are bodiless, you become loving - or is it the other way round? Just enjoy the feeling of being bodiless, give love to others and watch the game of yoga and co-operation. Stay योग्युक्त and co-operation will automatically happen.

It is easy to be sensible but not so easy to be wise. Sensible ones can be quite sharp; those who are wise remain silent and catch the signals. Baba says He doesn't give inspiration; He explains very clearly, yet Baba is continually inspiring us to do what He is telling us to do. He is constantly behind us and won't leave us alone until we achieve the stage He wants.

Happiness is such that if you have the treasure store, you can keep giving. My happiness should never disappear, because it's my personal property given to me by the Father. Baba has given me what none of the VIPs of the world have. I have to take what Baba has given and is giving me. Baba is giving me wisdom - a divine intellect and divine drishti. Souls seeing us should realise that Baba has come to them and the words 'Oh, Baba!' should automatically come in their hearts.

Remember 108: Keep 1 Baba in front of you, have 0 waste thoughts and keep the 8 powers with you always.

Om Shanti.

DADI GULZAR - 17 APRIL 2011 – OM SHANTI BHAVAN

PAY ATTENTION TO TIME AND THOUGHTS

Baba gives thanks to every child with his heart “Wah my child wah.” Baba sees each child as being even more valuable than diamonds. We also say “My Baba.” Look at this deal; did we give 1,000s of rupees? No, we just said Baba is mine and had the sense of belonging and the deal was made. It is my Baba. Baba does not belong to the Dadis or seniors we all have a right, He is My Baba. We apply this stamp and experience so much happiness. Baba has given us directions for every step – how to sleep, how to wake up, how to walk and eat. Follow these directions and you will experience great happiness. If your happiness decreases check yourself, it must be because you are not following the directions and are mixing the directions of your own mind. Baba says, just remember ‘My Baba’ and be lost in love -that is all.

Each one says ‘My Baba’ and Baba gives the experience that I belong to Him. We have rights over Baba. Look what devotees go through to attain God. You all have a right over god’s love. Baba comes to transform the world but He comes to meet us first, to create the yagya and the Brahmins. We experience supersensuous joy in this relationship. Sangam is the most valuable age, more valuable than heaven, because here we are celebrating a meeting with the Supreme Soul.

Do you have the intoxication that tomorrow we will enter our kingdom? The rest of the world is so worried thinking what is going to happen. Here we live in happiness without worry. We have the faith that this is my Baba and this intoxication should show on our faces and in our behavior. In the world, people have the intoxication of who they are and you can see that through their vibrations and in their body language.

What does Baba want to see now? Day by day situations will become delicate and people will not be able to come to meet us. They will then remember the meetings they had with us and what they received. Whenever you are free see yourself in the angelic costume and tour the subtle regions. Is it easy to wear the angelic dress? You can’t become a deity without first becoming an angel. Just as Baba has 3 forms of Father, Teacher and Satguru, we also have 3 forms – Brahmin, Angel and Deity. When we say ‘Baba’ there is so much happiness but when we say ‘My Baba’ there is even greater happiness. If we lose something that belongs to us we get distressed, even if it’s just a handkerchief. Baba cleverly said, “Baba is yours.” Ask yourself, what are you pulled to remember? It is I and My isn’t it?

We came to Baba at a very young age and He taught us that whenever we say ‘I’ we should think, I the soul and whenever we say ‘my’ to think ‘My Baba’. Otherwise this I and my bring us into body consciousness and there is loss. In this season’s Murlis Baba has been sharing about the consciousness of the body and the arrogance of the body “I am so and so ..”, and how to transform this consciousness. I am an instrument and Baba works through me.

Every day Baba reminds us of Om Shanti – the original self and quality of the self. Baba wants to see us in a state of happiness all the time. The faces of some look like they have a burden. We know who we are and what we want. Move in that happiness and accumulate great charity by serving the Yagya, even if it is just sweeping the floor. Baba created the Yagya. Never think of it as ordinary. Do everything with faith and the realization of who you are doing it for. It

is not just speakers and those on stage who are valuable. Can you live here if it is not clean? There is value for every task. There is great praise of the Yagya. If you are an instrument and are a part of the Yagya it is a great thing and you have received this charity from God Himself. Do everything from the heart and with the right consciousness and let your happiness overflow. Not that you get tired and your face wilts and you think: Is this is what I am here to do? No I am an angel, free. Emerge this consciousness and experience this. How small this age and birth is. In no other birth will you meet the Supreme Soul. We may be a king or queen in golden age but the Supreme Soul will not be there.

Remember two things – time and thoughts and pay attention. This is just one life to accumulate the reward for the full 21 births in health, wealth and happiness. There will be no doctors or lawyers there. Many departments will not be there! Now do as much as you can with happiness and joy and remember your fortune. You have received three thrones – Baba’s heart throne, the throne of the forehead and the future throne. There is intoxication in thinking and speaking about this but this should also be visible and felt from you as if you have won a lottery. People seeing you should get the feeling from you that you have attained so much. Let go of waste thoughts, change the language of ke ke – kaise, kyu, kon – how, why, who. Just remember Om Shanti. Remove the word ‘sometimes’ and change it to ‘always’. If we, God’s direct children are not happy then who will be! Have the intoxication that I am living in the Yagya and no matter what service you do have that happiness that it is Yagya service. See your face in the mir-

Continues next page

DADI JANKI – 19 APRIL 2011 – LONDON

REALISE WHO YOU ARE AND WHO IS MINE



Are you a rose flower or are you the gardener? Everyone loves roses. We have the intoxication that we have become the flowers of Baba's rose garden. The head of the rose is above the thorns and we are not pricked by the thorns nor do we prick others. The rose flower is so sensible.

Baba has drawn to our attention that, just as we have dislike for someone else's weaknesses, we need to have the same dislike for our own defects. If you have dislike for someone else's weaknesses ask yourself, 'Who am I?'

We are celebrating the 75th platinum jubilee or 40 years of service, and the one work of 'Who am I?' and 'Who is mine?' still continues. Then, as we realised, automatically there was power and we became the Shiv Shakti Pandava army; before there wasn't the name 'army'. By knowing 'Who am I?' and 'Who is mine?' we became an army and recognised that One and ourselves. With sweet words and sweet language Baba has made us spiritual, fragrant roses.

Lotus flowers look lovely, because they have the gift from the Supreme

Soul of being detached. They live in the family, in the ocean of poison, and Baba takes us out of that ocean of poison and it is as if we are in the ocean of milk and sugar.

The work of a lotus flower is to be detached and, because of this, the creation of the lotus is also very useful and edible. God gives love to the one who is detached. Every scene of nature is unique, different. Each one's part is their own and for myself, too, my part is not the same all the time. Every second the part changes. Be so detached that you will have time to look at yourself.

Let go of the subtle ego of mine and Baba will make you a flower in the garland around His neck. Nothing is mine. Be detached, above and beyond and the observer. When we become an observer we become God's companion.

Baba says that He doesn't do anything but we know He does everything.

Baba does and inspires other to do and so make your stage such. Have that pure feeling for oneself to do this then we will not leave anything to later but will do it now. It is God's system that when we

start to do something others start to do it with us so I must not delay.

It is the godly system that each one's service is their own and is done with Bhavna. The One up above should be happy with me. Why should I compare myself with someone else? If I do service and someone else's name is glorified, or if I do something like someone else is doing it, I have to take great care not to come into competition because competition, comparison, criticism and corruption should not exist in us.

If someone helps me and because of that I do something for them, then that is corruption.

Become a point, apply a point and remember Baba.

Never feel that you are not valued. If someone gives one rupee then God has value for that. The one who gave one rupee will become a king. The one who wastes money will become the subject of subjects.

Realise who you are. Realise who is mine. Take benefit and enable others to take benefit.

Om Shanti

Dadi Gulzar - 17 April 2011 – Om Shanti Bhavan

Pay attention to time and thoughts

ror to check that this happiness is there. Does your fortune show on your face? Baba gave great importance to the Madhuban Niwassis by coming to meet them. Sing the praise of how much fortune you have received. Remember all these things and then it will be easy to have the cremation ceremony (also called sanskar) of the sanskars.

You need powerful volcanic yoga. To focus on this yoga free yourself from waste and old sanskars won't

harass you. Burn them don't just kill them. They do not just kill Ravan, they burn him. Sometimes we say we do not know what we have to change but really we all do know internally what old sanskars are still there. Baba went ahead in efforts. Even in his old age he would sit upright for yoga without any back support, no spectacles... he was so disciplined and a renunciate. He stayed in the same room throughout even though new buildings were made. He would

not accept anything from anyone in case he remembered them. Once someone sent a special cushion cover from London but he would not accept it. Letchu Dadi secretly put it on his bed when he was not there but he felt the vibrations had changed and had it removed. He was a complete renunciate from the heart, it was never a burden for him. Now become equal to Baba in sacrifice and tapasya.

Om Shanti

DADI JANKI – 18 APRIL 2011 2011 (EVENING) – LONDON BECOME LOST IN CHECKING YOURSELF

Om Shanti. Say this with feeling and meaning. I am a soul. When we say 'I am a soul' then the Supreme Soul is mine and all that I am receiving from Him is wonderful. He is the unlimited Father. We have seen Him with these eyes. As the third eye opens, the physical eyes see in a different way. Have your eyes changed? Whatever is in the heart and mind is in one's vision. The first 'Om Shanti' is from the mind, the second is from the heart and the third is through the drishti. See yourself in just one second. If there is something else in the heart from the past or present, the mind will not experience peace or God. Baba is the treasure store of the power of love and we want to experience this. When we do, the feeling of 'my Baba' emerges. This love finishes the sorrow that has been inside for a long time. So keep Baba in your thoughts and dreams.

Baba is enabling us to move along. I once said to Avyakt BapDada, 'You are enabling me to move along well' and Baba responded, 'It is because you are moving along, that Baba helps'. I never ask Baba for His help. Everyone has the feeling of looking after Dadi. People help automatically and that is fine. But a mother or father would never say 'I have helped this child'. When a child studies well, the mother, father and teacher are all very happy. Baba used to give the example of himself. Although his father was a schoolteacher, he never paid attention to studies. He liked helping at home, running errands, such as collecting the milk and buying vegetables. His father was concerned he was not studying properly, yet he liked serving his father. The Supreme Soul is our Mother and Father and blessings come from Him. I can give good wishes and these work and can even help in claiming blessings from Baba. Who values these good wishes? All the souls of the advance party had good wishes for Dadi. Baba wanted to make me a quality soul, and worthy

to do Godly service and so He gave me attention and is now taking the benefit of that! I reaped the benefit of the attention Baba gave me.

The Creator is my Father and takes a mother to adopt the child. One second Brahma Baba is the mother and the next the father. Emerge Baba's divine activities and see how he wakes us up. At amrit vela he says lovingly, 'Come child, wake up, child'. And at night he says 'Go to sleep princess (rajkumari)'. Baba has sustained us with so much love. Baba showed us how to sit in remembrance and listen to class.

There is so much salvation for doing service here. In the Golden Age we won't be sharing experiences of happiness yet at this time this experience is something we want others to experience for themselves. Make this your main concern. Who would you share the experiences of the kingdom of heaven with? It is the happiness of the Confluence Age that is so great. Someone asked how Dadi gives vibrations to the elements. When there are vibrations of sorrow, this spreads all around. There is no need to see all the things that are happening; we can understand. Baba gave vibrations to the elements such a lot. BapDada has told us that the elements will cause even more upheaval. What do we have to do? Give them vibrations.

Do not churn spicy, juicy conversations. If you still have such thoughts, there cannot be good remembrance or service. First check the self. If I truly do this, Baba helps the soul. Become lost in checking yourself and do not waste time paying attention to what others are doing. When I used to do this, sitting quietly, Baba would suddenly be in front of me and say 'The child is sensible, not wasting time in other matters'. In relationships with everyone have so much spiritual love and honesty. People remember how we all lived together in Brij Koti. We had such good times

that there is still a lot of happiness from then. If there was any difficult situation, after three minutes it was as if nothing had happened. We have to change ourselves to make ourselves so sweet. Then we can be Baba's beloved, lovely children. I used to go to Baba in the middle of the night (2 or 3am) to see what Baba was doing. At 11pm I would go and Baba would say 'Take a stool and sit with Baba'. He would share such things that I have not forgotten to this day. When we share good things, Baba loves us. One time I said 'Baba you don't sleep, you are awake' and Baba's eyes were sparkling. I was thinking that my eyes should sparkle like that at night. Sometimes Dadi would sleep for an hour and then think it is not necessary to sleep, because Baba is in the mind.

At 2.00am Baba is rotating the rosary of the children. On the path of bhakti we rotated the rosary of the Father and now Baba is rotating the rosary of His children! Who are His children? Those who constantly stay with the Father. At 2.00am Brahma Baba would be lying down remembering Shiv Baba. Our vision for everyone should give happiness to everyone. Check the attitude of the mind, day and night. What is in my mind, will be in my vision. Use language that is pure and filled with spirituality; God's words are wonderful, they melt our hearts. At the meeting of the 13th April, Baba's words gave great comfort to the soul. God's feelings (bhavna) and language have worked so much on us and should work on everyone. We are receiving everything from Baba without having to ask. Baba makes the soul an instrument and delivers what he wants to give through the instrument. Their need's to be someone to play the instrument and the One who does is so wonderful. He took care creating it and takes great pleasure in using it.

Continues next page

Dadi Janki and Hansaben were welcomed into Global House reception with much much love by the London family and presented with a variety of flowers....

DADI JANKI – 16 APRIL 2011 – LONDON (ON ARRIVAL)

RECOGNISE YOURSELF AND RECOGNISE OTHERS

Each one of you is special and specially loved by Baba. You are beloved and lovely. You are those who spin the discus of self-realisation. You are jewels. You wear the tilak and the crown and sit on the throne. Because your heart is honest, you are able to maintain self-respect and, because it is big and generous, you are able to give respect to others.

Are you ever-ready and ever-happy? Truly? Some brothers and sisters have written 108 points to be ever-happy and ever-ready. There were also 108 points on how to become part of the rosary of 108. Those who are going to come into the rosary of 108 will only keep these 108 points in their mind – not a single other thing. Just think about it; have the thought that you want to be part of the 108. If I have 108 qualities, then as well as I myself having the faith that I'll be part of the rosary of victory, others will have it too. To say, "I'll be in the rosary of victory", is one thing but if with faith I'm constantly having victory, that will be visible to everyone.

It's not a big deal to be part of the 108. I want to be part of the 8. I often ask Dadi Gulzar who are the ones who are going to be part of the 8. Dadi Gulzar says: "You know that you are part of the 8". But I say, "But tell me the others". You don't need 108 points to be part of the 8; you only need 8. So what are those 8 things? Think about it. But to come into the 108 you do need 108. To be completely viceless, 16 celestial degrees full, completely pure, so that you reach the avyakt stage... There has to be attention that not one thing should be missing. The things that are useless – don't keep even a single one of

them. But you do need 108. 107 isn't good enough but you obviously don't need 109!

It's nice to give hospitality, to have laughter and entertainment but is that service? Its not actually service. Dadi Gulzar always says that honesty brings strength and service brings fruit. The fruits of whatever service you are doing through the mind are very sweet. Create a good stage - this is your honour. Don't complain about anyone and let no one complain about you. Just have the thought: "I have to become complete" and you will become that. No complaints about anyone; everyone is good; everyone is on their journey. It's very simple, so that you can become a sample. Just have the thought: I want to become a sample.

Baba said to me some very sweet words: Child, all the love you have received, you have to give to others. Think about how much love you have received. You have a unique understanding of all the four subjects – gyan, yoga, dharna and service. You have had the depth of clarity, the company, the example, and the drishti to be able to imbibe these in your life. Let your drishti be such that you see everyone's goodness. There's nothing else you need to do.

Someone asked Dadi: How do you keep so much information of the whole wide world in your head and then are able to give the accurate answer to all of that? Dadi replied: "I don't allow any waste thoughts to come. My intellect stays free and light and so whatever is necessary I'm able to remember." I have so many brothers and sisters who look after everything. I don't have anything else to do.

Do not have any waste thoughts and do not cause anyone else to have waste. This was Dada Vishwa Ratan's deep dharna. He would say: "No one should have waste thoughts because of anything I do, otherwise their waste thoughts cause a burden for me." Sakar muris are very strong: take care not to do anything that will cause you to regret later.

Recognise yourself by going inside; recognise others by seeing them with your spiritual drishti. It doesn't cost you anything, does it?

Om Shanti.

Dadi Janki Become lost in checking yourself

Understand 'who am I?' and that that One is creating you. He shows you how He is going to make you. Experience the feeling of 'Yes, Baba I want to be like this'. Simply be present in front of Baba. Those who prepare food will do so with all the ingredients, so that, when cooking, they don't have to look for anything. So there shouldn't be anything lacking within the self that it takes Baba time to create me. All that is needed is purity and honesty - with the self and in relationships. Baba gives His co-operation in making us equal to him and this is the time to take Baba's company and enable others to experience it. We have to make the elements pure. Whatever service we are doing, we are earning our fortune. Service is helping us to create a good atmosphere. Whoever does service from the heart claims their seat in Baba's heart. Give the sustenance that Baba has given you to others now. Then Baba will make you complete with all virtues and finish all the weaknesses. The fruit of service is strength.

Om Shanti

DADI JANKI – 17 APRIL 2011 – LONDON

SEE, EXPERIENCE, KNOW AND WITNESS THE DIVINE ACTIVITIES OF GOD

We experience the stage of 'Om Shanti' and Baba gives us a lot of love and power. The Supreme Father, the Supreme Soul, gives us so much love that we forget our own body and bodily relations. Why should our face change when our relatives leave the body - it is they who have left! Just think about, if I were to leave the body, how would I leave?

At the confluence age Baba is giving us the experience of liberation and liberation in life, while we are living in this body. The expression 'mukti' means liberation from all the old things. Liberation in life is the experience of happiness. The soul becomes free from bondage. From within, day and night, have the awareness that I have died alive to this old body, this old world. Arriving in London yesterday it was as though it was for the first time, as it was a totally new experience.

For us it is a matter of simply staying in remembrance. Nothing old is remembered – only the great versions of my sweet Baba. While walking around keep the awareness of being a karma yogi, whilst performing actions being in remembrance of Baba. Baba said in the Murli yesterday that He has not let go of anyone, but all the children have come to him. We have let go of attachment and Maya, and been pulled to Baba. How did Baba pull each one of us? Our hearts had been fragmented and the pieces were all over the place. Baba's children, like pieces of the one heart, had fallen in different places around the world. Baba found us and put us in His heart. It is easy for a heart to break but to put the pieces together is not so easy, as the heart is very delicate. When the heart feels hurt, it becomes very difficult to heal. If there is even a

little bit of hurt, there is so much discomfort and restlessness.

Baba has such healing power. He made us belong to Him and taught us how to smile. Three songs I like very much. 'Baba, having belonged to you, there is the experience of unlimited happiness', the second song is, 'How Baba selected each one of us and made us into a garland', and the third is 'Baba, Murli and Madhuban, these are the three jewels I have found'and through this we find not only liberation but our destination too.

Dadi Gulzar

This is the gathering of those who have that heart for God, those who have happy hearts, those who keep the Comforter of Hearts in their hearts. I am very happy seeing all of you with the eye of the mind. Wah Baba, wah children! See how Baba has love for each and every child. (Dadi Janki - Everyone is lost in Baba's love, hearing Dadi Gulzar's voice) Baba says we are the lamps of His hopes. He has hopes in each one and knows that each child will fulfill that hope. He sees that every child has courage and love. Whatever Baba says, the children have the deep feeling that they will definitely show Baba that they can do these things. Baba's love is constantly there, but we children always have to keep Baba in our hearts. In today's Murli, Baba reminds us that our title is 'world benefactor'. Baba is the World Benefactor and the task is to bring benefit to the world; are we doing this all of the time or only sometimes?

Dadi Janki

This is called love. There are three expressions of love - 'pyar', 'prem'

and 'sneh'. Baba has love for us, 'pyar'. The gopis have 'prem'. What would the gopes and gopis do in return for God's love? Listening to the Murli, they would stay in bliss. They would say 'My Baba'. From whom did they experience this supersensuous happiness? From Baba. How? By teaching the mind and senses to be under control of the soul. The mind might be mischievous and the senses may desire things, but Baba says: Children, what is it that you really want? We say, 'Baba has given us so much. This world is perishable. What we receive in relationships is perishable and unpredictable, but, Baba, what you have given to us is imperishable - we will take these things with us. You have given us the promise that You will stay with us. Baba says: Children, don't do anything else except show the path to the blind. Enable those who are stumbling to reach their destination. Those who do this service are Baba's beloved children. The children say that, yes, we are all Baba's children. Which children does Baba especially love, and give power to...those who do service. We want to do what Baba asks of us. Someone yesterday asked 'How can we do this?' Just say yes, to Baba. Baba will enable us to do everything. We have this experience do we not? Baba makes us into easy yogis. Baba gives us the blessing of being tireless. Baba has made us yogis in a very easy way. The One who is doing everything, does everything. Baba is the one who makes us detached from the body.

This is the season, the time to experience God's companionship. Value this time. Value yourself at this time. We simply have to keep ourselves present in front of God, and then the Lord becomes present for

Continues next page

DADI JANKI – 14 APRIL 2011 – LONDON (BY PHONE)

WHAT BABA WANTS, WE HAVE TO DO

Yesterday we had such a beautiful meeting with Baba. I'm sure you all took great benefit from it. It was a great fortune that Baba should come to meet those in Madhuban for the meeting and the Madhuban niwasis and the fortune of everyone else opened up too. To be in front of Baba is such great fortune.

What is in your heart and mind now? It's not that you have to just finish your sanskars; you have to burn them so that no name or trace of them remains. Baba wants us to transform ourselves. Whatever we need to do, Baba says we have to do it right now; whatever Baba wants us to do, we definitely have to do it. Have so much love and regard for shrimat that you place it above your head. This will enable you to make that spiritual endeavor, so that you are constantly following Baba's shrimat.

Baba also sits us on top of the globe. Baba is sitting up above in Paramdham and enabling us to sit on the globe. We feel close to Baba and are able to spread the power that comes from Baba into the whole world. At the same time Baba has made us completely free and taken us into the unlimited. So there's no limited feeling of 'my zone', 'my centre', or 'my students'. There is such great pleasure in just belonging to the One Father and none other. We are bodiless to such an extent that there's no other feeling except the beautiful feeling of me and Baba - and nothing else.

Baba has given Dadi so many blessings over these 40 years. Once Baba said: You actually give the donation of your name. How do you do that? Only those who are filled with treasures are able to donate to others. The name 'Janak' was donated to

others. You first have to be a trustee – you know how to be a trustee, don't you? – and, secondly, you have to be bodiless. It's not just a case of donating but of putting into practice what Baba has taught me.

There's great pleasure in being a trustee. The Bestower is giving and the children of the Bestower are taking from Baba and giving to others. There's a saying that it is better to die than to ask for anything. Although, if you have died, then you won't need to ask for anything!

When someone has died and is being cremated, they are decorated with beautiful flowers and sandalwood and other things. Imagine what your stage should be like, when you are being decorated with so much love and regard in that way.

Om Shanti.

Dadi Janki – 17 April 2011 – London

See, experience, know and witness the divine activities of God

us, any time, at our time of need. It is our fortune to see, experience, know and witness the Divine activities of God. Whilst being in this body, Baba gives us power.

Dadi has the experience of the four types of power that Baba gives, as the Almighty Authority, all the time

. The first power, that of staying soul conscious, because body consciousness makes us weak. Ego must die. If there is even a little bit of ego within then it becomes difficult to become soul conscious. Baba gives so much power to develop the feeling of being beyond the consciousness of the body. There is then no feeling of pain or tiredness. Why because the soul is experiencing bodilessness – this is the power of soul consciousness. Baba sees that the child has this power and is using this power. Weaknesses end and defects drop

away. If there is the consciousness of the body, weakness and defects remain and more come. Weaknesses stay hidden away. Where there are weaknesses or defects, we cannot use Baba's power. The first power is to finish our weakness and defects. Everyone would say they believe this to be true. Where there is this experience then there is the second power, the power of God's love. The third power is a wonderful power, the power of remaining content and making others content. What can be lacking that one would not be content.... first see your attainment and see how the weaknesses gone. We are content and then whoever comes into contact and relationship with us also becomes content. There is no expense in this; in fact it grows even more. The fourth power is that wherever we are we can draw Baba's love. Baba became avyakt and yet has been able to create such a won-

derful creation. With Sakar Baba there was just a small gathering. Baba is now avyakt and is giving sustenance as Sakar Baba did. We are sitting in a royal court. We had nothing then, yet we were carefree. Dadi is proud of her fortune that she has never asked for anything for herself. Baba has given the slogan 'It is better to die, than to ask for anything. We don't need anything from anyone. We need peace, love and power - and Baba gives the treasure store for that.

By keeping Baba as my Companion, other people will experience that through me. Baba has said: Stay with me, don't be alone. Baba stays alone but says 'I can be the Companion of the whole world'. Follow the Father, not that we are 'followers' but that at every step there is an income. When we have this attention, God takes care of us.

Om Shanti

DADI JANKI – 11 APRIL 2011 – SHANTIVAN

IT'S TIME TO REVEAL THE FUTURE THROUGH MY FEATURES

The more we stay in silence, the more we enjoy coming into sound and speaking the sweet versions of Baba. Baba is the Innocent Lord. He tells us that all we have to do is to make spiritual effort and the rest of the work of world transformation will be taken care of by Him. He tells us not to teach anyone – He will teach. We cannot do what Baba does. This is not the time to make speeches. The service to be done now is to reveal the future through our features. Take care of your features now and you will automatically be taking care of your future. Think about this. We never saw tension on the faces of the Dadis or Vishawa Kishore Dada. They took care of everything but never had tension. They created a good atmosphere whilst they did service. They were trustees and they did true service in the name of God. They always considered whatever they did to be Baba's service

It's time to concentrate on mansa service. Serving through the mind and creating a good atmosphere wherever I go. The mind can do a great deal of service but for this concentration is definitely required. Just one word of Baba's is so valuable that it increases my own value.

We now need to become totally detached. We really need to pay attention to this because technology is such that it is really pulling the intellects of souls. People have become totally attached to their cameras and mobiles etc.. Most BK's now have a mobile. If my intellect gets involved in all the pulls of the mobile then how will my last moment be? If you don't pay attention to the condition of your mind and intellect then you will definitely experience tension. There will be many things and

situations which can come in front of the soul as instruments to make us forget Baba. My job is to create instruments to help me remember Baba.

***'Didi Manmohini
made
remembrance
easy for me by
showing me how
to make Baba
my friend'***

If there is a trace of attachment then you will be pulled away from Baba's remembrance. You will be pulled out of the deep feeling of love for Baba. You may not even realise that you have slight attachment but the sign will be that you will not be able to stay in Baba's remembrance. When you remain in the fire of deep, intense remembrance you will spread the fire of that love.

Baba tells us to remain do karma whilst remaining beyond the effect of karma. The teachings Baba gives us create great feelings of love for Him in us. I don't need to ask how to do anything or what to do. Don't think how something in the Yagya will become good. Look at your face when you are asking such a question! My job is to remain silent. My job is to keep Baba as my companion and to remain detached. Whatever happens is not a big thing for Baba to deal with...

Brahma Baba did a great deal but he always said that he did not do anything. He would always say 'Nothing new' to whatever

happened. Wherever you serve and whatever you do, do it silently and with love. If you speak roughly even one time you will have to listen to such speech a hundred times.

Service is to do whatever Baba says. It is that simple. I have to remain bodiless and a trustee. To think that anything is yours is to be a type of thief. Some gave to the Yagya and then after many years wanted back what they had given. However, they did not consider the fact that the Yagya had supported them for so many years and that they had been eating from the Yagya for a long time.

Now pay attention to serving through your mind and creating a good atmosphere. Not only will you benefit by paying this attention but everyone else will also benefit.

Om Shanti



Om Shanti till next issue

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Editor