

In this issue

- 2 A pilgrim never forgets his destination*
- 3 Let Baba rest in the temple of your heart*
- 4 Whatever Baba wants to happen is what happens*
- 6 Create sweetness and spread light*
- 7 Realisation Brings Easy Transformation*
- 8 Question and Answer (with Double Foreigners)*
- 9 Am I becoming an angel like Brahma Baba?*
- 10 The Call of Time*
- 11 Sit under the tree and do tapasya*
- 12 Am I working on making my stage elevated?*
- 13 Cultivating Inner Power*
- 16 I am Baba's Toy*



Dadi Janki

Care, Share and Inspire Each Other...



Just with the sound of 'om shanti' we can become detached, loving to Baba and loved by Baba. The effort required now is to be detached and loving. Keep the list of hopes Baba has for all of us in front of you. By following Baba's shrimat and putting Baba's elevated versions into practical life, we are able to receive blessings from Baba and they become part of our life.

Baba says become an image that grants blessings. By putting the blessings we receive from Baba into practical life we can reveal Baba through this.

What present effort do we need to make? Never to become confused, or complain to Baba. Whenever we complain our eyes reveal this... eyes speak louder than words. What is the difference between 'blaming' and 'complaining'? In today's murli there are lists of the variety of complaints Baba receives. Dadi wishes us to go into the depths and make effort with honesty, truth and cleanliness. Then see how Baba becomes happy! When Baba is happy with the efforts we are making Baba really helps us internally and gives us deep experiences. When there is deep effort even when we are sleeping Baba gives very deep experiences.

No one should miss out on anything. It is a wonderful thing to care, share and inspire each other....

DADI JANKI – 27 APRIL 2012 – GCH – LONDON

A PILGRIM NEVER FORGETS HIS DESTINATION



We are on a pilgrimage of life... I have to continue on this pilgrimage, which makes my life worthwhile. A pilgrim has his mind set on his destination. He never forgets it. Our pilgrimage is to our home and the One who is to take us to that home is Baba. All we have to do is to remain together and go home together. I don't have to look behind and see who is coming and who is not coming. I just need to have the wisdom to travel with those who are moving.

There are three things: I am a soul, Baba is mine and drama is very sweet. The soul is peaceful... quiet... God is telling us to remain in silence – to remain quiet. Share with one another ... share whilst being filled with God's love. Take love and share it. Speak and then become quiet... Don't think a lot. We know about the drama – it is predestined. Baba has come to establish the new world. Forget the body and everything connected with the body. I have to become a very fragrant flower. For this I have to leave all past knowledge of the body, relationships and the world. So what do I have to do then? I have to become a moth who buzzes knowledge and a tortoise who is able to withdraw into the self and remain introverted. And this withdrawal has to be within a second – I have not done anything.

Baba never used to ask anyone about their lokik situation. No, he would just see that Baba's child had come. He would always keep the vision that the soul is God's own child. Even with his own children he kept totally alokik relationships. It is time to totally forget those old relationships and to remain in alokik awareness. Never think, 'this one is mine, I cannot continue without this one'. If you still think in terms of lokik relationships, even 'this one is my sister or brother' it means your intellect has not yet moved into the unlimited. You may have received the knowl-

edge but the knowledge has not gone deep into the soul. There has not yet been full realisation. Knowledge is power but to get that power I have to realise who I am and who is mine.

'Baba has given us Shrimat and that Shrimat has freed us... To follow Shrimat I have to leave manmat completely'

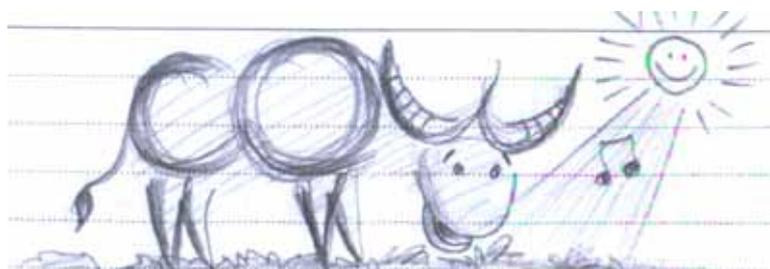
I just have to do what Baba is saying. Mama was number one in this. If you are not present for amrit vela it means you are not following Shrimat accurately. In fact, it doesn't make a difference to Baba if you are there or not but it does make a great difference to you. Ask the self: Am I an obedient, faithful, honest and trustworthy child of Baba? If not, let me become this from today. Remember: this is my final birth and my last thoughts will lead me to my destination. If I pay attention to this from now then I can reach the destination. I have to pay attention to how my final moments will be from now and then I will receive that salvation at the time. This is a guarantee. Who can come in the Rosary of 8?

Dadi is seeing this now... One who completely leaves body consciousness can come in that rosary. To think that my opinion should be heard – that my idea is good, that no one is asking me anything. This is ego. These are signs of a rajoguni intellect. Check yourself in this. My task is to become a conqueror of attachment and second, to become one who gives only happiness. Part of this is also that I should not take sorrow from anyone or any situation. If I waste my time in the business of giving and taking of sorrow then how can I experience the blessings of others?

(Dadi Gulzar by phone)

Please accept lots and lots of love and remembrances from BapDada. BapDada says that each child of His is victorious. Why does Baba have so much love for all of us? Baba has a great deal of love for the Double Foreign, Double Effort making children. Baba has offered us the experience of all relationships with Him: Mother, Father, Brother, Friend... think of which relationship you love and Baba will fulfill that experience. Baba can be my child and I can be Baba's child. (Dadi Janki: for this I have to be obedient as a child to Baba first and then Baba, as the child, will be obedient to me). Baba has told us that we have stepped away from the world of sorrow and we have to now become embodiments of happiness. I have to be one who never gives sorrow and never takes sorrow.

Om Shanti



BK Brahmin

DADI JANKI – 29 APRIL 2012 – GCH – LONDON LET BABA REST IN THE TEMPLE OF YOUR HEART

Seeing such a beautiful gathering do you know how my heart feels? How does your heart feel? Baba is wonderful, He is incognito and whilst hidden away He does so much work looking after everyone's wellbeing. He knows everyone's pulse and everyone needs. Without asking, He gives us everything we need. We had no idea how much He would give and are we able to look after this? What should we do with such a Father? Absorb everything into yourself and so there is no separation between you and the Father. He is the Jewel in our eyes. He sits in our hearts. Our hearts are God's house, God's temple. In the heart is the mind, so look inside the temple of your heart and mind. Do you feel that God lives in here?. On the path of devotion we built many temples, but now the temple is within our mind.

Baba is our Companion, Bridegroom, and our Beloved. What has God made us? See what were we like before and what are we now. Where would we keep such a Father... In our forehead? It is His task to see what we have created within our heart. He is very pleased to see we have created a temple within. He has so much work to do all day so let Baba rest in your heart. Baba is 'Babul', the Beloved, the Beautiful one. Remain in the fire of love. As the fire of love increases, to that extent the soul gets purified. God is the Truth, the Living Being, the Blissful One. Sat Chit Anand. We have to look into our own memory tract and subconscious and see if it is clean and clear and then there is the experience of bliss and love.

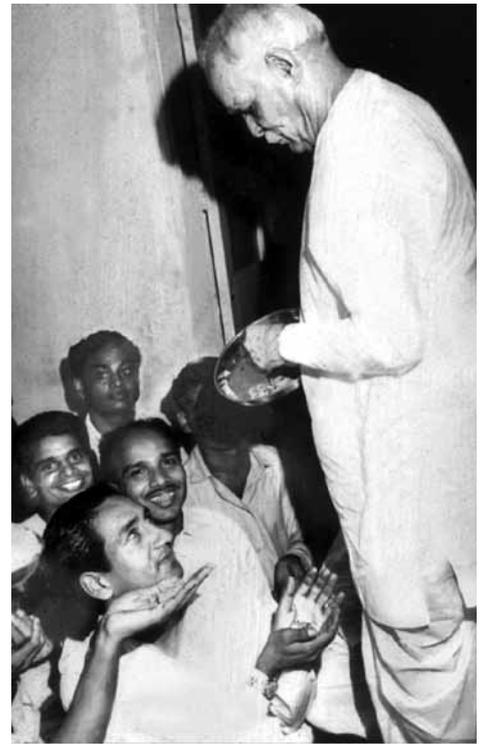
The swamis of the world all have big names.... ask yourself are you the embodiment of sat, chit, anand? So take this mantra in your mind that there should be no difference between me and Baba. Make this mantra your weapon. Not just bliss but Supreme Bliss. Have I attained

this from the Father? Experience the bhavna Baba has for you. Experience the hopes and wishes of what He would like us to become. One is the point 'bind' and the other is 'Sindi' the ocean. Let me fulfill His thoughts and feelings. Out of the billions there are a few thousand who have emerged. Even if souls come down after their religion starts that is ok but at least let them now experience God's love.

'We are from the original eternal deity religion and are God's original children. Have this feeling of being an original eternal child'

Baba says each one in the world is God's child. His wish is that all the children recognise Him, Brahma Baba and Jagadamba the world mother. Even if they just experience purity, peace, happiness and love that is all they need to realise. God is speaking and establishing the new world through Brahma. Let everyone have this introduction and new knowledge. Until everyone has had this introduction God is going to keep me in this body!

All the ancestors are waiting for the revelation to happen. So now do everything fast. Let's do it all together. Baba will take all souls with Him. Even if their status is low He will take them with Him. Keep attaining a high status in front of you. Daramraj is there on the side but



now keep Him in front of you, so you free yourself from the punishment of Daramraj. In order to do this keep yourself free from waste.

Our wish for Dada Vishwa Ratan was that he becomes no 1. He would do so much: getting hot water for everyone; making hot chapattis for everyone; getting the post each day. He was a meditator and deep yogi. His effort was that no one should have a waste thought about him, and he will be in the 8. Make such effort! It is good to know the stories of the ancestor souls, as you will learn from them. Mama didn't know she would leave her body so young. But she kept the effort that this is my final birth and the final moments and remained in Baba's remembrance.

So pay attention to your final moments now, then you can become a conqueror of maya and sinful actions. Then you can become karma-teet. I never thought I would live to such an age, but my hearts desire is that my final moments are very good. My final birth is so valuable, this is my bhavna. It is in this birth I can earn so much income. I can create that happiness for 84 births. Baba gives you so much happiness right now. We shouldn't have any karmic accounts that waste our time.

Om Shanti

DADI JANKI - QUESTION & ANSWER – 28.4.12 – GCH, LONDON

WHATEVER BABA WANTS TO HAPPEN IS WHAT HAPPENS

Q. Dadi, how would the BK world run, if all the heads were to leave the corporeal plain?

People asked the same question, when Brahma Baba became avyakt 43 years ago. Now all the ancestors have left the physical body and left me here, yet the foundation is so strong. Friends of the BKs have said how Brahma Kumars and Kumaris are clever; they have been filled with so much power that they will be able to keep everything working well. One of Dadi's favorite songs is 'When the creation is so beautiful, how beautiful will the Creator be?'

Q. How have Baba and the Dadis always been able to strengthen the power of the gathering? Dadi is great but does not create followers. What do you do that enables you to be the glue that makes the gathering strong?

Baba said to Dadi: Dadi Kumarka is the backbone; you can do the work of making the gathering strong, The recent teachers meeting in Madhuban was such a heart-to-heart meeting. I do not create followers - I'm not that kind of an agent. To talk about 'my student' is attachment; it's as if you are bribing the person - you keeping them glued to you rather than making them Baba's children and letting them take power from Baba. My heart's desire is fulfilled when a soul says: 'My Baba, sweet Baba'.

We are all gardeners. Our duty is to sow the seed in everyone's hearts – with care, at the right time – so that it can flourish and bear fruit. Gardeners don't live in palaces but in sheds near the fields. They're concerned that the plants should get the right amount of sunshine and water. When there's no rain, they call out to God for rain. There's the murli song: 'The rain of knowledge is for those who are with the

Beloved.' Rain makes everything so fresh and green and good. So, work like a gardener and Baba will be pleased with you.

Q. What happens when an advance party soul in their new life is called in trance? Do they tune in to the trance scene while asleep?

The ancestor souls have a deep connection with Baba and a deep feeling to serve souls. They are serving in their new birth.

'We asked Baba: where has that departed soul gone – who have they become now? Baba's answer was: 'What would you do if you knew?'

You don't have to go into these things.' Those souls are filled with those sanskars of being a child of God, belonging to the eternal deity religion. Only when they go into the advance party, will they make preparations for the new world. They will have taken birth in a good home.

I know of good children who are able to give lectures better than any adult. They live a pure life and glorify their parents' name. The first soul to take birth by the power of yoga is the soul of Krishna. We knew that Brahma Baba would become an angel. He attained his avyakt stage first and then left the body. He never knew that he would become

avyakt and serve for so long through his avyakt form. The ancestor souls have the sanskars of following Baba. They also made the effort to remain bodiless. Baba doesn't pull those souls; they are pulled to Baba. When there is a gathering they are pulled to the gathering, just as we know that Dadi Prakashmani comes at amrit vela. Let your sanskars be like Baba's, like the ancestor souls'. Have the thought: whether I'm in this body or I leave it, Baba should be visible through me.

Q. Service is progressing quickly and Dadi has been very much a part of this but is now often unable to be physically present. What do you think of your part at this time, Dadi?

Whatever Baba wants to happen is what happens. This is the deep secret about how everything works. Each one of us is a soul and each one's part is their own. My feeling is that each one should understand themselves clearly and draw power and love from Baba. To think or say anything is waste. People won't listen to what I say but the feelings work. Don't think; let things just happen naturally. 'What shall we do tomorrow?' Forget about tomorrow; what do we have to do now? Don't rush into anything but continue to do everything with peace and love. Don't come into sound too much or be fixed on your own ideas. Whatever is predestined will happen. So it's a waste of time to think, 'This shouldn't happen' - and it will affect the body too.

Baba did so much and yet he never said, 'I did this'. I didn't do anything. It was fixed in the drama – it's guaranteed; no doubt, no question, no concern! Elders don't say anything. They just watch what is happening. Have complete faith (be 'faith-full'). It is all Baba's wonder – nothing to do with human beings. Baba is the One who does and the One who

***Dadi Janki - Question & Answer – 28.4.12 – GCH, London
Whatever Baba wants to happen is what happens***



inspires others to do. Someone who never says 'I did this' is able to receive Baba's blessings and sakaash.' Be a worthy child. Let there be no arrogance or feeling of like or dislike about anything and use your words carefully. Know truth and love, fill your heart with them and bring them into your practical life - then see what your life is like. And give that donation of life to others.

Q. When bhog was offered after Jagdishbhai left the body, Mama was called and she asked Jagdishbhai, if he wanted to say something. He said that whenever we want, we can call the advance party, they will come and help. Does Dadi do this and to what extent?

Jagdishbhai always stayed light. He answered everyone's questions so sensibly. Wherever there was a need, Baba would send Jagdishbhai. The souls who have made such effort to create sanskars for the golden age will definitely go there but even in the confluence age those sanskars are very useful. We have taken birth through Baba but Mama has been sustaining us from the beginning. So much service has happened through 18th January and 24th June (Baba's Day and Mama's Day).

The wonderful Serve Africa project emerged from a meeting on Mama's Day. That soul is the world mother, our mother. We don't remember the physical beings but those souls. It is also my part that wherever there is a need, I will be present – and there's no need to worry about the body.

Baba gave me this blessing in a message: Because you always say 'Yes, Baba', this Lord is always in front of you. So I'm never alone and I experience the power and see the fruit of that. Some souls may not

call me personally but I become present in front of them – it was like that with Baba, too. That happens when there is a subtle connection. Whatever my activity may be, I'm not really doing it. As the slogan goes: If you focus on God, God will pay attention to you.

Q. Dadi has accumulated subtle power because she has conquered attachment to the body. Dadi has had pain in one form or another all her life. Dadi once shared a deep secret: that whatever has come has to go. Is pain experienced as a settling of a karmic account? Dadi has freed herself from pain easily, whilst others experience a lot of pain, while settling. Are the roots of spiritual power here?

The words 'illness' and 'not well' are not good. There is:

- 1) the suffering of karma,
- 2) the karmic account and
- 3) being so detached from the body.

The body is old and, if anything happens, service happens through that. I do not think of it as an illness but a form of service. If someone acts against the principles of knowledge or the code of conduct, illness will come – you have to suffer for going against the principles – and medicines won't work then. Illness can incur a lot of expense too. The illness doesn't finish, because you're not performing elevated actions.

If you are not able to perform elevated actions, serve through your face, speak sweetly and always say thank you. If nobody visits you, that is also the suffering of karma. If you're free from karmic suffering, you won't want anyone to bother about you or to be a bother. No karmic accounts will pull you and you'll feel that Baba

is looking after you and will always provide for you. To be a renunciate, a tapaswi and a serviceable soul is my duty. Then I don't need to worry about anything: renunciation will make my future good and enable me to have very good tapasya and through tapasya I'll be able to finish all my illnesses.

'Everything is a matter of the intellect. My intellect should be very pure and peaceful'

With knowledge let me be accurate in everything, knowing that it is all predestined and all good. Drama is our mother, Baba is our Father and I am His child. When the intellect understands this, it lets go of ego and attachment.

Make subtle effort to become free from ego and attachment and become incorporeal, egoless and viceless – my Baba's final stage. Along with these words, some of Baba's final words were that 'whoever defames me is my friend'. Some people don't have the power to (can't bear to) hear defamation – about themselves or others. But we have to be equal in praise and defamation.

Let me just merge in my heart what Baba tells me each day and have the intoxication that my Husband is the Comforter of Hearts, and peace and happiness are my children. Do so much service that Baba gives you love and sakaash and you receive blessings, knowing that you haven't actually done anything - it is the blessings that are working.

Om shanti.

DADI JANKI – 28 APRIL 2012 – GLOBAL RETREAT CENTRE, OXFORD CREATE SWEETNESS AND SPREAD LIGHT

What are the intentions behind the words Baba speaks to us? What does He want from me? How does He want me to be? Make a list. Let the knowledge of the Creator and the creation be in your intellect. When you hold the knowledge of the Creator in your intellect, you will be able to understand the creation.

People of the world may know something about the soul but they don't know clearly what the soul and the Supreme Soul are. I the soul am listening through my ears to the versions Shiv Baba is speaking through Brahma. Brahma Baba created the Yagya thanks to being 'touched' by Shiv Baba. We are doing the service of the Yagya. We eat from the one we do service for and this brings a great deal of power.

The spiritual jewels we are receiving make us very rich inside. Baba would tell us to inform the papers that we are the richest in the world despite the fact that we may not have our own houses, shops or offices! We are wealthy with spiritual treasures. No one belongs to me and I don't belong to anyone yet I have everything and I am the wealthiest of all! Knowledge in my life is wealth.

People experience a lot of happiness on receiving wealth. They feel good then to donate it. If we don't have it, how can we donate it? He tells us to play with the jewels of knowledge and to let it be reflected on our faces. He tells us to check that we don't have any lust, greed, anger, ego or attachment. To the extent we become viceless, so we become egoless... The soul then becomes really good and you start to feel how you are transforming and what you are becoming.

We enjoy the Confluence; the time we can spend in God's company - in serving in His company and with this family. In the Golden Age we will

have palaces and we will be decorated with jewels. However, now we are simple and we are free. How beautiful is this life!

***'We simply share
the knowledge
we hear from
God. Dadi used
to share this
knowledge with
the four walls and
would see how
the room lit up'***

People coming into the room would experience a lot of light. Through our spiritual endeavour we create an atmosphere of light. Now we have to churn and deeply reflect inside on what Baba is saying to us. We can then enjoy it a great deal. No matter what happens now I mustn't be defeated in any aspect. Baba has signed a contract with us: when the child has courage, the Father gives help. Dadi used to have this chitchat with Baba: Baba, You give us help because you need us to become Your helpers!

Enjoy having such a spiritual chitchat with Baba and you will experience such zeal and enthusiasm that you won't get stuck anywhere. Your heart will desire to fly and inspire others to fly.

I should have a lot of value for this human life. I am the master of my senses... the master who moves my body. The senses are under my orders. Don't listen to things that are not useful. Don't see that which is not beneficial. Speak only that which

you need to speak. Follow the Father and your senses will follow your orders accurately.

Ask yourself: do I have such a sato-guni intellect that I am like a honeybee, collecting nectar from flowers and creating sweetness? Other insects sit on rubbish and spread germs. Who am I? Honeybees create honey together in unity. This is why Baba called our Headquarters Madhuban (the Forest of Honey). What kind of soul am I? What am I doing in my life? When I do as Baba says I feel very good. Place Shrimat on your head and follow it and you will feel happy.

Sometimes bad omens appear over a soul and even when there is a good chance the soul is not able to take it. Bad omens will not allow you to earn an income – will not let you do something even if you want to. The remedy for this is to let your mind be peaceful and let your senses become cool. Remember: I the soul belong to the Supreme Soul.

Let yourself experience that you are an angel – that your feet are not touching the ground. The heart continues to say: be a bestower – give. The One up above is giving me and I just have to donate what I am given. As you give to others what you have increases. As you give, your happiness also increases. There is no reason or excuse now for us to be unhappy. Brahma Baba had so many responsibilities and yet he used to be down here one minute and up above the next.

Human beings remember what the one they love tells them. Baba loves us so much and He explains so clearly that there is great benefit when we bring what He says into our lives. This then increases our love for Him.

DADI JANKI – 26 APRIL 2012 EVENING CLASS – GCH LONDON REALISATION BRINGS EASY TRANSFORMATION

Who comes in front of you? It is the One up above who inspires everyone's actions. Dadi's own awareness is that it's Baba's words that emerge from her mouth. It isn't that Dadi has the thought to give class, but that she just emerges what is in her heart whilst keeping Baba, Dilaram, (the Comforter of Hearts) in front of her. For all of us, the same thing applies; that we are instruments, allowing both Shiv Baba and Brahma Baba to be the Ones behind all that we do, and so become the images of perfect example.

Truth is the state that lies between humility and greatness. Truth lies within everyone's heart; just look within to see it. This is such a big family, yet everyone can grasp the feeling of Dadi's truth because of the True Father. If we can all understand the depths of what is being said today, then tomorrow it can become practical in our lives.

Despite our age, we all know Baba in the form of all three relationships: Father, Teacher and SatGuru. Constantly remember you remain in the hands of 'all three'; let it be that Baba doesn't leave you alone, because you don't leave Him alone. This is Dadi's experience and is why He has brought her to London. She herself has no thoughts of anything; she has simply become one whom Baba can send out to serve the world. A true effort maker is one who never has the thought of not being able to serve.

Explore and enjoy such deep and wonderful experiences of God's mercy, compassion and kindness that it inspires co-operation. We eat now the fruits of the co-operative yogi souls in the past. Remember, a tree doesn't eat its own fruit, nor does a river drink its own water.

Baba says 'You are My children', and so we must stop seeing ourselves

as ordinary BKs, but that we have to become angels; those whom God seats on His heart throne. Everyone can be honest, truthful and sweet, and then experience Baba's love – which means to have a happy heart, a happy face and a happy head. It is through our faces that we reveal we are Baba's children. We should not be those who think too much.

'We are all very good children, each with different specialities. I have to see only the goodness in everyone'

Through interacting with love and honesty, everyone's virtues naturally emerge. If there is any ill feeling in my heart then it will erode my own self respect. To look at others and consider them not to be truthful means that truth is also lacking within us.

To make judgements on others is a sign of ego in me; instead I should work on my own inner cleanliness and whether any weakness remains within me. Any weaknesses I allow myself to see in others will become my own, and then how can I be of use to Baba? Truthful children just check themselves, and look at everyone else with love.

It is Baba's mercy that says 'past is past', and invites me to finish whatever defects and weaknesses still remain within me. Thoughts of the past should never enter my thoughts, or be used in my words

or deeds. Baba promises the present to be good and the future to be even better.

Baba wants free hands, light hands and right hands, which means to never have the feeling of being 'too busy'. Who does everything? The consciousness of 'I' is ego and also a burden. It is our ego that stops us from being loving and co-operative, and prevents others from also emerging these qualities – there is also karmic accounts created in this. With the consciousness of simply being an instrument many souls can be uplifted. We have to be a trustee, and in that awareness, be bodiless.

We are the ones who receive blessings from the Bestower of Blessings, and this realisation enables us to claim all rights in a practical way. A yogi soul easily makes everyone co-operative with love. Like Baba, our hearts should be big, generous and merciful.

Our hearts should become so big that they can merge everything within; the power to accommodate then enables us to have the power to tolerate and co-operate. Baba wants good, truthful children who stay together and who will then return home together; children who are always in front of God and in front of one another.

Just watch the wonderful drama and be carefree; be sustained in God's hands.

Om shanti.



DADI JANKI – 13 APRIL 2012 - DADI'S COTTAGE, SHANTIVAN QUESTION AND ANSWER (WITH DOUBLE FOREIGNERS)

Q. Dadi, what special attention can we pay so that we can quickly create Madhuban wherever we are in the way you did when you went to London?

In silence we can experience each and every relationship with Baba because the power of each relationship is different. We can experience Baba as our Mother, our Father, Teacher, Friend, and Satguru. He is also our Lord, Bridegroom, Bride and Son. Each relationship is different as can be seen by the different expression on our faces as we experience each relationship.

Those who have seen Tennyson road in London know how small it was. Dadi used to cook good halwa in the very small kitchen with so much love.

Cook and feed others with love, do good Amrit Vela and be accurate in class. Welcome whoever comes with a smile and do everything with truth and cleanliness – have less expense and lots of love.

Q. Baba says that we are His brides. Can we become His Bridegroom?

It doesn't make any difference whether He becomes a Bride or Bridegroom. The brothers can see Him as their Bride and be His Bridegroom.

Go to the foundation, the root of every relationship and experience it. We say, "Baba, You are the Mother and Father" and Baba says, "You are my mother and father!" It is a point of great intoxication to experience the relationship of Baba as my Child.

Baba is a tiny point, the Almighty Authority. He is the Purifier and with the experience of Him as my Child I am His mother, His father. If I were not a good student then in front of whom would the Teacher speak! So, enjoy the relationship.

Make quick and easy effort. No one's sanskaras or nature, should come in front of me, nothing should touch my intellect. This is true, real and intense effort.

Q. What effort should we make to burn our sins quickly?

Knowledge should be in the intellect. In yoga no one should come to your mind. These days, when someone talks about another person they don't get on with the second person's facial expression changes to that of dislike. But we have to say in a nice way - yes, yes, I know him or her.

There is a very deep connection between mind and body. First the mind has to be ok and then the body. Health comes from inside; wealth means to have everything and knowledge shows on our faces. Therefore it is knowledge that makes us healthy, wealthy and happy!

With yoga and knowledge we become healthy and happy and through this we receive a lot of blessings. A little medicine and a lot of blessings, such ones go to the hospital to give blessings. They go the doctor to give blessings (dua)

Q. Baba says that the world is Lanka and we are from Sri Lanka, so what shall we do? Why is our country given the name Lanka? (question from Sri Lanka residents)

In order to make the story in the Ramayana they created Sri Lanka. Sri Lanka is close to Bharat so they made it Ravan's kingdom. It was created in order to kill Ravan when the Copper age became the Iron Age. But from Bharat many people including a number of Sindhis have done a lot of good work in Sri Lanka. For example, Dadi Chandramani's father amongst others earned a lot from there and gave it to the Yagya.

After the questions had been answered Dadi also shared about the difference between doubt and illusion explaining that sometimes illusion comes first and is followed by doubt.

Today Baba said practically - suppose you give everything to the Yagya and then your health starts to fail and your relationships aren't good either - then an illusion sets in. You surrendered everything and this is happening! Baba tells us to become a trustee and He will take care of us. When we don't have yuktis to deal with things then 'doubt' arises. That means there is no faith and without faith there is no success. It happens because we don't use knowledge actively and we also don't use yoga power.

If that person doesn't worry, then Baba, the Father, takes care of everyone and of that child too. But if that child is experiencing an illusion, then he or she can't experience success.

Subtle doubts come when many things come in the intellect. What is the subtle region? It is the fruit of faith. So you have faith, you decide something and you get happiness. If, on the other hand, you think that something is not good, then illusion and imagination set in.

These are very deep matters. True happiness, lasting happiness comes when there is true knowledge of the drama. We are souls, the children of the Supreme Soul and Brahma Baba as a mother has given us birth; so why is there a lack of happiness?

This occurs when you don't realise that drama is wonderful. "Baba, this drama is wonderful, we have found You, we found everything". We feel happy seeing Baba's creation. We no longer have questions of where, what, how or when. Have good wishes for those that ask these ques-

Continued next page

DADI GULZAR – 24 APRIL 2012 – SHANTIVAN AM I BECOMING AN ANGEL LIKE BRAHMA BABA?



When moving around and greeting one another we say, “Om Shanti”. We not only say “Om Shanti” but we need to remain stabilised in that stage. When challenging scenes come in front of us we think, “Om Shanti” and everything becomes good.

Baba has already become an angel. If I want to go back with Baba then I also have to become an angel. We have promised to go back with Baba and so I have to check personally if I am really becoming an angel.

You have a lot of love for Baba don't you? One who loves another will do what that one says. Even if he or she has to sacrifice the self – the one who loves another will definitely do what that one says. And Baba is just telling us to become equal to Him. This is why our attention has been drawn towards having volcanic meditation. It is this that will make the soul equal to Him. The method for this is to keep the mind busy because it is the mind which fluctuates. Therefore, to keep the mind busy set your own timetable according to your individual circumstances because it is very necessary to keep control over the mind.

Baba has given us many methods to control and rule our minds. All I have to do is to move along in the way that Baba tells me to and then I will never be separated from Him. We are always very close to Baba and by making such efforts

our lives become beautiful. It is this closeness to Baba, which allows the soul to have volcanic yoga.

Our aim is to have volcanic form of meditation but as Baba has seen there is a lot of negativity and waste in the mind and as long as there is waste in the mind there cannot be the volcanic form of meditation. Make it firm that you have to become the volcanic form of a yogi. It is not that I have to try – no, I have to become this. To do this means is a sign that there is great love for Baba. If He tells us to do it, we have to do it.

*‘When you sit
for amrit vela
and connect with
Him, you will
receive whichever
power you wish
from Him’*

After amrit vela set your timetable for the day and practice drill throughout the day at various times according to your own timetable. Do this when you are walking and moving around. Check yourself through the day: Am I doing what Baba is telling me to? Follow this schedule and then at night, before going to sleep, give your report

to Baba. Keep whatever aim you had in your mind and check as to whether there was any obstruction in that or not. If there are obstructions you will not sleep well! Keep your timetable according to your circumstances, schedule and according to what Baba has said.

God Himself has given us many titles whereas other people in the world may have one or two titles that have been given to them by other human beings. Baba, Himself is giving us these titles. Baba says: You are My sweetest children, My long lost and now found children, My angel children, My Brahmin children. We have received so many titles from Baba.

Mama was just a kumari when she came yet she quickly became “Mama”. We used to ask her what effort she was making. Mama would say that the effort she was making was of only two words. The two words were, “Baba says and I do”. Our effort should be the same; we should not think about whether we should or can do this or not.

We listen to the Murli every day. Baba gives us directions for all four subjects knowledge, remembrance, dharna (inculcation) and service every day. While listening to the Murli note down what Baba says for each subject. If you don't get a chance to relate knowledge to others, at least churn the ocean of knowledge. Whatever directions we get for meditation or remembrance, check that. For dharna and service, check and at night give your report to Baba. We experience so much zeal and enthusiasm when we are able to tell Baba that we did what He said. This will also please Baba greatly. Baba has love for all of us and our return of that love is to do what He says.

Continued from Page 8:

Dadi Janki – 13 April 2012 - Dadi's Cottage, Shantivan Question and Answer (with Double Foreigners)

tions and create such an atmosphere that when they see your cheerful face they feel very peaceful. Put a full stop to the past. Baba said in the Murli today: See no evil, hear no evil. If you hear something, just merge it. If Baba is telling us something and we are just responding in a disinterested, casual way - yes Baba, yes Baba- then the pain will remain in the heart.

Om shanti.

Om Shanti

DADI JANKI AND DADI GULZAR – 11TH APRIL 2012 – SHANTIVAN

THE CALL OF TIME

Dadi Gulzar

According to the present circumstances, all souls have the desire that something needs to change now. Naturally, when it comes to change we always wish for change for the better. Recognizing everyone's desire, we are aware that this The Call of Time (as chosen for the theme for this year) is an important topic. This topic reminds us of our faith and intoxication that our kingdom that is coming and for that we have to prepare the souls of the present time. Dadi thinks that this topic is appropriate for the present time.

Only a few get an opportunity to make speeches but we should think about this topic on a personal level. The kingdom is about to come and all of this has to change for that. What do I have to do for this? We must especially think about this. This topic will help us in our efforts. The time has come and change definitely has to take place, what do we have to do? We have to understand the implications of this topic for ourselves for our own transformation as well as for world transformation. This is the need of the time and so we need to understand the importance of the secrets in this topic. This is important for us as well as for world transformation.

Dadi Janki

Om shanti makes us alert, accurate and ever-ready. I have to pay attention to my personal stage rather than thinking of others now. When Dadi met Baba for the first time he said that there would not be another Diwali. How many Diwali's have there been since then? Yet Baba said there would not be another Diwali. Why did he say this? For our effort. From the beginning, Baba has been saying that destruction is immediately in front of us. In every Murli He says that the new world is coming and we will be there. Even now this is our kingdom.

Look how we are sitting. We are the worry-free, carefree-free emperors. This is our intoxication, our brilliance. Baba's revelation is almost accomplished. Seeing such light and might, it is immediately asked where this might is coming from. Other than the Sun is there anything else that can remove darkness? Other than the full Moon is there any other image to mirror our completion? Since the beginning Baba has told us to look at the full moon - to become complete like the full moon. We should look at ourselves. The angelic stage needs to be created. Whenever there was the full moon Baba would ask Dadi to go and sit in front of it and invoke the fullness of the full moon. Dadi would stay awake the whole night.

That completeness has to come into us because until today Baba has said become complete, become full and this can only happen when we become like Baba. Keep looking at Baba. There is natural transformation when we do this. In the blessing Baba said it should be that our stage is as natural as breathing. If not now when would it be? Remember that the time of destruction is in front of us and keep that stage. .

There is great strength in the word "One". Baba says: "Child, don't think of anyone else. Don't have any waste thoughts." There is such a difference between wasteful thoughts and powerful thoughts. It is said that waste is poison and powerful thoughts are nectar. Now, open up your eyes and ears – waste thoughts are like poison and bring your whole stage down. The need of the time now is the complete stage. We have to completely destroy the negative by using the positive within ourselves. Positivity erases the negative. The mind runs the body. It is not body mind but mind body. The work of the mind is to keep matter in order – to tell the body to be quiet. When we keep the body in order it becomes right.

In Karachi we had beautiful gatherings of the Father with sitting with the daughters. Baba was sitting there and we were sitting a bit like we are now. Baba said at that time that there would be visions of this gathering - of the Father sitting with the daughters. It was such a powerful gathering. We were sitting there and people had visions of that gathering. Many used to have visions of Brahma Baba. Baba has asked us to make our stage so high that we can play the avyakt part. In fact Baba's avyakt part has become a mirror for us.

For 33 years he played the sakar part. For 42 years now he has been playing the avyakt part. What is our part while he is playing that part? We are Baba's children and He says: "You are Mine." So should we not make it clear through our faces and our behaviour whose children we are? Then many people can come to know us and have visions. The eyes of the souls who were yearning and stumbling will open up. For this we need to have such visions; such experiences ourselves, and this is why we have been holding has been The Call of Time programme for the last 15 years. From experience we know that this topic opens up peoples' intellects. There are many people who have a lot of tension and concerns about the world. They want to come and listen to what is being said and that is enough for them. The phrase, "The Call of Time" is very good. Time is telling us what we have to do. Baba tells us to understand and to put it into practice. Baba says: "Can you not hear the call of the time?" According to the time, what are the Brahma Kumaris doing? People are hearing that God is One. There is one God and one family - how did it become like this? The Call of Time programme has been good for this.

I should now create such a stage that I should not have even a sec-

Continued next page

DADI JANKI - 24 APRIL (PM) 2012 - SHANTIVAN SIT UNDER THE TREE AND DO TAPASYA



Whatever Baba says must be done and I will tell you what I do. When I look at Madhuban and see Baba's creation I wonder and I think whose creation is this? This is Baba's creation! We take our meals from Baba's treasure store! Thinking like this makes it so easy to remember Baba. When we remain introverted how do we speak? What do I speak and what do I do from morning until evening? Like a pigeon I just say mm mmm; just yes, yes to God. By listening to God's versions we receive so much power. Then we can distribute what God gives to us. What does a pigeon do? In Bharat they think it is a very great charity to feed pigeons and I have seen everywhere people throw grains for pigeons to eat. It is remembered in the scriptures that when God was speaking His versions the pigeons were nodding. So we have to speak less and listen more. What service do we have to do? Whatever Baba says we have to do.

Today, Baba said He is the Remover of Sorrow and the Bestower of Happiness. Ask yourself the self: Who

(Continued) *The Call of Time*

ond of waste. We must take care of ourselves; there will be issues and problems that seem not to want to let us go but we must not allow them to bring us down even slightly. It might be a personal thing or something to do with others but we will keep ourselves steady and concentrated with a very firm clear intellect.

Baba takes care of His children. We come together with such a powerful love. This is the call of the time. The power of the time is such that people are seeing how God is making everyone move and do good work with His great love.

Om shanti

am I, do I bestow happiness and remove sorrow? Dadi Gulzar said earlier: Mind is mine. I am not the mind... I am a soul, my father is the Supreme Soul. When we first come into the knowledge it is necessary to keep repeating and thinking I am a soul to get rid of the arrogance of the body. We can then become free from attachment to the body. Our mind goes up above when we remember the soul and the Supreme Father. Is this effort?

Whatever you teach a parrot it will repeat. So there is a parrot, pigeon and a puppet. I the soul, make the body move and Baba is making me move. This is wonderful! A puppet is worked by the puppeteer. I tell everyone to develop such relationships with Baba that there is never any difficulty to remember... You will then enjoy remembrance very much. Leave the practice of wasting your time. Enjoy Baba's company. Leave all the questions of who, why, what, and where! We just need to practice the drills.

Brahma Baba, the father is sitting below the kalpa tree, doing tapasya. I have to do this too. I have to think for myself that this is the Confluence Age and the Golden Age is about to come. Tapasya allows us to become great, absolves our sins and allows us to create elevated thoughts. We become innocent of desire and receive power. I now have to become part of the Sun Dynasty. The entire knowledge of the tree we can see when we sit beneath it.

Dadi says she has seen Baba sitting below the tree in Calcutta and likewise we must do this and look at the cycle rotating and realise it is time to go back home. Our parts are ending. For half an hour practice this. Then look at the picture of the ladder. Imagine you are coming from the Sun Dynasty gradually... down the ladder... Then imagine you

are sitting in a lift, and just press the button. Sit in tapasya. We have to absorb Baba's knowledge to such an extent so we become knowledgeable, loveful and peaceful. Baba is giving us a lift as a gift.

Brahma Baba became avyakt whilst doing so much service. Even whilst in the sakar form I saw how he became avyakt. Baba always kept in his aim and awareness, that 'I am the one who becomes Vishnu' and the tapaswi Shankar. Look at all three. Brahma Baba has become an angel. Have the practice of becoming detached from the body.

Baba has spoken in His previous murli that Shankar had the venomous snake around his neck. We have to become conquerors of the poison of the vices, absolve our sins, become pure souls and real gold, the beads of the rosary and the garland around Baba's neck.

Intense effort makers never slack in their effort. Intense effort makers are not those who sometimes make intense effort and sometimes slack. Those who have royalty are intense effort makers. Be honest, have a broad mind and intellect. Have a big heart, and absorb everything in the heart. Forgive others. Remember these things and you will achieve success. Intense effort makers can sometimes jump in their efforts and sometimes slacken. Now become a continuous effort maker.

Consider yourselves souls and remember Baba. This family is so beautiful. Knowledge is we are souls and we are having yoga with the Supreme Soul. We are Brahmins becoming angels, this is our dharna. We have to make others equal to the self whilst remaining in self-esteem. This is service. Remember the elevated titles that Baba gives us and then there will be quality effort.

Om Shanti

DADI JANKI – 17 APRIL 2012 – SHANTIVAN

AM I WORKING ON MAKING MY STAGE ELEVATED?

Amrit vela is the time to meet Baba. Evening meditation is to look at the self. Both are beautiful moments in the day... People of the world feel that angels roam around in the evening hours. In the evening hours do you feel that you are an angel, up above, giving visions?

Brahma Baba is now in the avyakt form but even when he was in sakar, many had visions of him in the avyakt form. They also used to get visions of Mama and Dada Vishwa Kishore when they were in sakar. Very few of you saw Dada Vishwa Kishore. He was extraordinary with a wonderful personality. He played a great role in the Yagya.

Look at what is happening in the Yagya. We are now seeing the acts of God. We can also see everyone's wonderful part. On seeing everyone's part we feel happy. Day by day service is increasing a great deal. Service has become unlimited. The number of Baba's children is increasing. However, whilst seeing all of this going on, I have to also make sure that I am working on making my stage elevated. Secondly, I have to make sure that I do whatever service comes in front of me with great integrity. Those who met Father Brahma comment on his sincerity and how, because of his sincerity, he was successful. I have to make sure that I have the same sincerity in my character and in my seva. See your own self.

Dadiji was very sincere, honest and faithful. She was not ordinary at all. Until today all of you are in her heart and you are also all in my heart. Baba told everyone that there is no one like Dadi Kumarka. She was beautiful. She was dedicated to her work and she was also very pure. She was full of peace, love happiness and power. Her heart was beautiful and broad.

So where does the purity come from? It comes from within. When there is purity there is automatically peace and then love. There can then be happiness. When guests come they feel our happiness. There is no nourishment like happiness. There is no disease like worry. Where there is worry there is sorrow.

‘Remember: I must never give sorrow and I must never take sorrow. I have to claim the kingdom of heaven’

How can I then be engaged in the give and take of sorrow? Check that you are not giving sorrow to anyone. Even to remember how someone caused you sorrow in the past is to give the self sorrow. Remember: I am the mouth born progeny of Brahma – how can I give sorrow? My character has to be such that God Himself loves me.

No one should have the thought ‘no-one loves me’. No, God loves me. If God is sitting in your heart then automatically you will be loved by the people of the world. I have to become such a worthy jewel that God Himself loves me. When I experience love and power from Baba then my heart will never become weak. My heart will neither become soft nor hard. When Baba gives love He also gives blessings.

Baba takes care of those who take care of their own thoughts. Why?

Because the attention of such a soul is not distracted here and there. I have to be very accurate in both my thoughts and my activities. My remembrance also needs to be accurate. I have to make sure that I don't keep coming into feeling. If I keep coming into feeling it means that I am accepting the feelings of others in relationships and am taking them inside myself.

No one should ever have to ask me what is wrong or hand me a handkerchief. Baba tells us to remember the word ‘always’ for every positive aspect.

What are the qualifications for surrender?

Obedience comes first. Then faithfulness and sincerity.

One who says he is surrendered can only actually be called surrendered if he accepts God's orders. Remember that the five main vices are lust, anger, greed, ego and attachment. Yet their children are laziness, carelessness, dislike or hatred, jealousy and making excuses.

Many souls give excuses. Some give excuses that they don't have time to do service. However, service is not only physical service. It also includes mansa seva.

No one can give excuses for not doing this service but in order to do mansa service you have to remain in concentration.

Baba is the resident of the Supreme Abode and yet, as Dadi Gulzar says, it is He who needs to be kept in the heart at the Confluence Age. Baba is there in my heart and I am in Baba's heart. To have this experience is the greatest fortune of the Confluence Age.

MOHINIBEN (NY) – 12 APRIL 2012 – ARGENTINA CULTIVATING INNER POWER

True service is to help people understand that the cause of suffering is the thoughts in the mind. It is good to have the right thoughts, but we need to apply spirituality to our thinking. Our internal mission needs to be love, faith in God, and values.

We must make inner shifts to keep up with the outer world. Spirituality makes you believe in love, peace and your own inner strength. If I'm working for peace, I have to be peaceful. When I use these values on the inner level, it affects my experience on the outside.

When we talk about losing hope, we have to check on what I am holding the inside --- that I am living in peace. We have been affiliated with the UN as an NGO for many years. Their commitment is to negotiations and treaties, etc, but we always kept our commitment to peace and love as an inner lived experience.

The foundation is faith.

Then your words, personality and actions will reflect what is inside. If I am not well, how can I make myself well? If my thinking comes from fear or doubt, then my world will reflect that. For this we need spiritual tools such as saying "Om shanti," having traffic control, and integrating awareness into action.

If I am well, my thinking will be different. When we continue to think, we don't find solutions. It is when we stop thinking that solutions come. If I have committed to being good inside, then I don't have choices about how I will behave. I can give good wishes and light and might to others. Don't hold in your thoughts that a person is "like this."

You are already on a journey to recharge yourself. It will help if you look at 2-3 things:

1. **Your faith**
Check your heart: what do I believe in? Peace, love, etc.
2. **Your practice of meditation**
Strengthen those qualities so you can stay strong and dignified. This is the power and the strength. Your thinking and vision will come from this.
3. **Integrating spiritual principles into everything you do.**
We should not make our total focus on the outside and how others are, but rather on the inside and how we are.

In the story of Mandela that was portrayed in the movie *Invictus*, his value was not to see whites as his enemy, but to embrace them. If you do these 3 things you will be successful in cultivating your personal capacity. Outer power comes from inner power. Hold to your values & principles.

13 April 2012

LIVING THE SPIRITUAL LIFE

We use the word "spirituality." Spirituality refers to principles we are using for the spirit or soul versus the body. I stay connected with my inner consciousness: I keep my conscience awake. Your conscience – if it is not being listened to --- will go to sleep.

Unless people are in touch with themselves, they don't understand principles such as honesty. Spiritual practice keeps you close to your conscience. It is important that we are soul conscience and not role conscious. Human beings are beings in a human frame. We are active energy within a human frame. So, for example, if you are a politician, your role is that of a politician. If you spend 12 hours playing your role, then it can be hard to keep your awareness in your own true self.

What we want is to be soul conscious, while playing our role. If you do not pay attention to this, you will be in tension.

If you can align the soul with the role you play, you will develop your power, your capacity to play this role at a more elevated level. How do we do this? We disconnect to reconnect. I am a soul in a body. I disconnect from my role and then connect with the self, and then I reconnect with the world. So there are 3 steps --- disconnect, connect, reconnect.

Spiritual practice requires that we check in with ourselves, just like we might check in with our advisors. Listening to your inner conscience is where your strength lies. This is what we do to affirm our inner voice. To do this is to be in touch with how we really feel; we should not just act from our intellect. The inner voice is very important, because when you have to choose, you will have the strength to do what you need to do, because you have heard yourself. It is a simple practice: go within and listen to yourself. As you practice, you become stronger, you develop your inner power.

Some think that stability is not our nature. I want to make a distinction. Change is eternal, but stability is different from change. When we are going through change, we can learn to stay very still, very calm within. There is a lot of traffic in the mind --- fear, confusion, even overconfidence. Traffic control is not to stop traffic, but to regulate traffic. When you stop for a minute, it is good because it gives you a chance to rethink. When we think differently, new ideas come. Sometimes when something isn't working, we have to change the way we're approaching it – change our tone, words, etc. When we are in control, there is an inner direction to our change. Otherwise people can just be changing because of the external situation.

If you are a politician, you also have to govern the mind: not just think of

Continued next page

MOHINIBEN (NY) – 12 APRIL 2012 – ARGENTINA

peace, but think in peace --- that is, think peacefully. Not just talk of love but also talk lovingly. The aim is to think better and better and therefore to speak and act better and better. If I really want to see progress and not just change, I need to check the direction of my thoughts, because my thoughts will determine if I am making progress.

When I discern, how do I decide? The ability to discern and decide should be based on your practice of soul consciousness, reminding yourself of who you are. If your awareness is elevated and based on principles, then your conscience will guide you in your decisions.

What inspires us is working in the awareness of our purpose. Whatever I am doing, let me do it in the awareness of my purpose --- of the service I am doing. So there are three steps to working in this elevated way: (1) remind yourself of your innate qualities, (2) remind yourself of your purpose, (3) remind yourself that you are in service to others. To be in service doesn't mean that you are not ambitious or successful. You want to achieve at all levels, but you want to check and see if your spirit of service is alive.

This realization of service is a call of this time. In this it is very important to hold an awareness of "I am just an instrument." It requires detachment. We get exhausted because of our expectations. This causes a lot of energetic upheavals. Being an instrument happens when we are able to detach. Another related concept is the concept of "trusteeship." This means I work in the awareness of being a trustee versus being an owner. The consciousness of being a trustee is a spiritual tool. Whether it is my destiny, my fortune or a blessing, I am receiving, I am a trustee for what happens. This consciousness of being a trustee automatically brings in a lot of good qualities.

It allows us to be carefree --- to do everything without getting tired. Dadi janki once told me that ego is

waiting for us at the end of a task to say, "you did well." It is okay to accept acknowledgment and appreciation, but not praise. We are able to do this when we stay in the awareness that we are instruments / trustees for what happens. Create this awareness before, during, and after an action.

This will allow you to take action while remaining free from worry. If we worry for even 4 or 5 minutes we are exhausted --- especially if we are in public life. It is very intense to be always in the public eye --- always dealing with people.

Maintaining a spiritual practice will allow you to be in tune with your inner conscience, with your true feelings and will allow your potential to grow. Thoughts will come, but do not think. Learn to combine talking and silence – to create a balance. Learn to be detached. Remember that time and thoughts are connected. You need to manage both. Then when change comes, as it naturally does, you will get clear signals from inside about what you must do.

14th April Saturday am session

Mornings are very important. You should start every day by nurturing the soul so that during the day whatever situations come to the soul --- known or unknown --- the soul is prepared to respond. If you read some points of knowledge or have some meditation in the morning, then your responses during the day will be infused with blessings from the morning. When we look at time, we come to understand that there are certain transitional moments. Time can never be old or new. It is just that there are different seasons or fruits of different times. We understand this particular time of transition to be very auspicious, very beneficial. In this time many things seem chaotic, but in the future time things will be very clear. When we (Brahma Kumaris)

understood this, many things became clear – for example why there has been such an expansion of diseases and why so many systems are in upheaval. Even though the front of the US dollar has the words "In God We Trust," trust in the dollar is gone and trust in God is gone.

If we know that after the night there will be the day, then we sleep very well. Human civilization starts with a very bright day, with purity, peace, and love. Of these qualities purity is the most important. There is no negativity in that time. Today there are so many desires in the human mind. These desires have reached broad proportions, for example if we look at the economic chaos in the world, we see that it is rooted in human greed, in internal fraud. What once were needs kept increasing until they became greed. Attachment is another condition that is widespread. There is no longer a clear distinction between love and attachment. People ask what is the difference between love and attachment? Love brings happiness and attachment brings sorrow. Love brings pure energy and power. Attachment brings fear and insecurity. Arrogance is another condition that is relatively invisible and very negative. If you are driven by arrogance, it is certain that you have lost your self-respect. To have self-respect is to be grounded and secure. Competition can be a negative condition. One who is defeated is likely to take revenge. This is one reason why there is so much fraud in sports. You can make a long list of negative energies.

Energy comes from your thoughts. The soul is energy. It functions through the mind and intellect. Thoughts also generate energy. When thoughts are pure, they increase your pure energy. Thoughts, vibrations, attitude, even our vision can range from being pure to being adulterated depending on the quality of our thoughts.

Never carry an impression about anyone within you, as it will affect the way you see them. If you hold

MOHINIBEN (NY) – 12 APRIL 2012 – ARGENTINA

only pure impressions, then you will have loving and pure feelings for that one. If your attitude and vision are polluted, it will affect your experience of that person. Keep cleaning your awareness of a person. Look at them through your own eyes, rather than through the impressions of others.

We have come to understand that we will not be able to shift this world for the better unless there is a big shift from the negative to the positive. Whatever is happening that is negative, including natural calamities, is adulterated because of thought. There is good news at this time, but it is ultimately short term. There are two energies at work in the world at this time: a constructive or positive energy and a destructive or negative energy. The change from old to new, from destructive to constructive can only come because of purity. My every thought should be pure, because it is purity that is bringing the new world.

Any new tree can only come from a new seed or from a sapling. Some of us are experiencing inner voices, urging us to change; we are becoming part of a human sapling, part of a new tree. We were part of the old tree, but we are not going to do what we used to do. We are not going to necessarily trust old methods, because they have not proven to be sustainable. Sustainability comes from purity.

At this time the descending energy is most visible, and it will continue to be present for a while longer. But the ascending energy, the energy of awakening is also at work in the world. You are feeling it in terms of being called to serve. You have a quality in the soul that is moving you towards something very positive. We have been so much into fixing the old world, but now it is time to understand that we cannot save the old world. We must support the new sapling. Whether it's a low quality of products or of character, negativity tires us out. If you swim against

the current, it is very tiring. To help bring about this new world requires spiritual power and yoga. First you need to use your pure thoughts. With purity of thought you create pure vibrations. When there is purity, there is peace and love. In what way do I become one with pure thoughts? As you go along in this transitional time, there will be difficulties, tests, and obstacles, but you must remain aware that there will be goodness living inside of these obstacles and tests.

I have a habit of not letting negative things be recorded in me, because anything that is recorded in the soul has to play back. The soul is a powerful tape recorder. Don't allow things from the outside to be recorded in the soul. As a journalist or a politician, you have to be very aware of what is going on in the world. Select which stories you want to read. We started Images & Voices of Hope to support those who tell the stories of the world. Journalists need a lot of support – a lot of spiritual power so their minds are not affected. And in turn the journalists then can be aware of the images they are creating and how they are affecting the personalities of those who see them.

If there are ascending and descending energies, with what do I choose to affiliate? This is an important question of our times. In Hindu scriptures there are words for these energies: pure energy is called "sato;" a mixed quality of energy is called "rajo;" and degraded energy is called "tamo." The Brahma Kumaris are focused on sharing spiritual knowledge and methods because we believe this change in the quality of thoughts and attitudes needs to happen at this time. This will support a change in the world.

Now is a time of God's intervention in the world. He reminds us of our original purity. He sees us with His pure vision. God's vision for us is the highest. We began our journey on the earth full of love, peace and pu-

riety. Then these qualities left. Now it is time to restore them again.

Preparing for Silence

In a dialogue such as this you have to find the inner truth about yourself. For this it helps to be a detached observer. Go beyond words and reasoning to get in touch with yourself as a living being, a point of light and energy. The soul is energy; in its original state the soul is pure energy. Silence is the medium for experiencing the soul. In this space of silence you can see your strengths and good qualities. You can see your weaknesses too. In silence we go beyond different processes to ask, "who am i?" You are preparing yourself for better performance. You know yourself; you recognize yourself; you increase your self-respect. In silence you become peaceful, happy, fulfilled, and content. Have the experience of these qualities and you will be sitting yourself on a seat of self-respect.

Don't speak, but also don't think. Make this time in silence a sweet experience. See your inner qualities, your inner strength. If negative thoughts come, change them. Notice what you are carrying inside. In the silence you can let go. You can think of 3 steps: (1) recognize your strengths, (2) transform what you want to change, (3) heal and recharge. In silence we cultivate what we want more of. True silence is silence of the mind. Use your energy in an intentional way. You will feel your mind become positive, calm and still. Silence is the biggest rest. Exhaustion comes from thinking. You may experience your mind to be very clear. Silence is an act of preparing yourself. It is a good way to get clear before you speak. From silence come clarity, insights, and creativity. Practice mastery of the mind. This silence today is like an extended meditation when you can listen to the call of the time and listen to God.

In this time, don't think, "I am a journalist," or "I am a politician." Just be in silence as a soul.

Om Shanti

I am Baba's Toy

Dadi conducted meditation from 7 to 7.30pm at the Tower of Peace and then gave the following class:-

We are sitting at the Tower of Peace, Purity, Knowledge and Love. Whilst sitting here we becoming such towers ourselves!

Throughout the day 'Om Shanti' echoes in the mind. It reminds us of Baba and makes us unshakeable and immovable.

On the basis of having relationships with Baba we receive all attainments. So take time through the day to check if you have all relationships with Baba. Let there be nothing lacking in those relationships. Someone asked Dadi if he can make Baba his bride. Go beyond the consciousness of male and female. You can make Baba your bride but first you will need to make yourself His bride. You can make Baba your child and you can also be His child.

The love I receive from Baba as the mother allows me to finish everything old in myself. When I have a strong relationship with Baba my old friends and relatives will not see me in those old relationships. I have taken birth in a certain family for a reason. The members of my own family also have their own roles to play.

Baba tells us to keep Him in my heart. I need to create very close relationship with Baba. Keep Him in your heart and you will definitely reside in His heart. You will then get that experience very clearly.

Whatever scene comes in front of me has to be dealt with. I have to face it. I should never complain about the situation but I have to tolerate it with love. There is definitely benefit in whatever happens. One who understands this is very sensible; he doesn't allow his intellect to wander here and there.

What is real effort? To maintain the awareness that Baba is my toy and I am His toy. I have to play with Baba. He is so light! I have to work and move according to how He wants me to. Dadi's name Janki means the key of life (jan – life and key)!

Everyone came to Baba in a different way. Some started doing service and so came closer to Baba. Some had ex-

periences and thus started doing service. Those who have faith will definitely keep sitting here. In the early days we would get a little milk, buy some bananas and go here and there giving gyan to people. This is how service started in Mumbai. We were so enthusiastic! We served with our bones and thus are still strong today. (Dadi hadn't coughed once since she started speaking). I have never thought what will happen during destruction – whether I will be ok... No, there is faith in the drama and Baba...

If anyone has helped the Yagya we should send them vibrations of light and might. For this I need to maintain a high stage of consciousness. We can serve our relatives in this way and through the positive change in us. Why does the mind get pulled to money? Baba tells us to connect our minds to Him and everything else will follow. Look at Baba's face – it is so beautiful. Is my face so beautiful? Be so lost in Baba's love that you need less sleep. If you remain in ordinary consciousness then how can you experience super sensuous joy?

We often have to settle accounts through the body but we should not experience suffering. I have to see it as a settling. It happens because I have not settled all my accounts through yoga. If I have put negative thoughts into action then I will have to settle that through the body. One who experiences suffering through the body cannot be called a true yogi. A true yogi will not leave the body whilst suffering. They will leave the body easily in the awareness that they are settling an account. Thus, I should not keep any attachment with the body.

Don't allow the mind to work in its own way. Don't listen to the dictates of your own self or others or you will create accounts. Don't come under the influence of others. To listen to, follow or criticise others means I am increasing my accounts.

Let me always think well of others.
Let me not complain or think badly about them. If you start doing this then stop yourself immediately.

Om Shanti

