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**Dadi Janki – 13 June 2012 - GCH, London (by phone)**

**Baba and Mama are giving us the strength to become accurate**



June is the month of sweet Mama. We were born through the mouth of Baba but through Mama we received sustenance. When we remember Mama, we remember that sustenance that we received from her.

It's through Mama's sustenance that we are able to remain strong and through remaining strong that we're able to understand the deep philosophy of karma and so we will not do anything that Mama and Baba would not like.

If we speak or repeat any waste to others, that will be added to our account of sin. Dadi's experience is that, when we come into corporeal feelings, we are unable to remember Baba.

Baba is making us very truthful and clean – in our sanskars, in our nature, in our every breath, in our nature. Baba is present in our sanskar, this then becomes our natural nature, and then each breath becomes worthwhile in remembrance of Baba. Dadi looks at her sanskar and her every breath because these two are what make her nature.

Dadi is remembering so many of Baba's jewels abroad. How beautiful is Baba's creation! Baba makes us instruments, so that we don't forget any-one. People in the world generally feel that a small family is a happy family but here we experience how a big gathering is a happy one – our large family gives us all a lot of happiness and Dadi sends special love and remembrances to each and every one today.

**Om shanti**

## DADI JANKI – 18 SEPTEMBER 2012 – GCH LONDON

# DON'T SAY: "HOW", SAY: "NOW"



There is so much difference between the words, "how" and "now". With "now" the path becomes clear and time is used in a worthwhile way, and in "how" time is wasted. When we say now, faith and trust increase and we receive co-operation. Always be ready and prepared.

Have we created an angelic stage in the world? Whilst still in the body, the soul should be beyond the awareness of the body, with Baba. Have the understanding of who am I and who do I belong to, and of how I am playing my part on the world drama stage in this awareness. Remember the home together with having remembrance of the Father. Service happens by itself. We are going home. It is difficult to say in words what we are doing here. Everyone is doing Baba's task. The home is our lovely home and is the land of peace and we will reach there according to the time. The task of establishment and destruction will also happen. Baba is playing His part in the task of establishment and those who are to prepare for destruction are making their preparations. Even if we were to tell people to disarm and not to make bombs, it would not stop.

There is no sakar murli in which Baba has not spoken about remembrance and the destruction of the vices. So remember the Cycle and the Tree and ask yourself if you have really explained these two pictures well and thoroughly. In the History Hall there are the big pictures of the Cycle and the Tree and the picture of the Tree is from sakar Baba days. He had it made when he was present and he would tell us to go and sit in front of the picture of the Tree. We didn't have that custom of sitting together in yoga for amrit vela but at the beginning we used to rise at 4am and we would see Baba and Mama in yoga and Baba instilled the habit in us of sitting in front of the

Cycle and the Tree and then when we went to our various centres we would have pictures of the Cycle and the Tree and we would sit in front of those pictures.

In the picture of the Tree Baba is sitting in tapasya at the bottom and at the top he is standing as an angel. Baba has been around the entire Tree. Baba's children are sitting in the roots and so the foundation of the deity religion is very, very strong. The kingdom is being established and we are sitting in tapasya. We are Raja Yogis. We are Brahmins and so our food and drink, our thoughts and our interactions have all become pure - not ordinary. The Brahmin way of life is one of action without bondage. Previously we did very little but thought a lot and now there is much more activity and we think very little or not at all.

Dependency makes us weak in a subtle way. Even for someone to give me a glass of water can be a dependency. We should not be dependent on anyone. Baba sees that the child has courage and gives His co-operation at the right time. Otherwise there will be some dependency. When there is no dependency, time is saved and there is that faith and trust that whatever has to happen will happen and that it is not necessarily one particular person who can do this task – anyone can.

When possible, meditate in the gathering together. Sit quietly and meditate. The relationship of the child and the Father and the Husband and wife is always there; there is this innate awareness so that you don't have to remember these relationships again and again. We know that we are Shiv Baba's and that He is ours. This awareness is so firm that even if you were to leave the body, this relationship is guaranteed. That One is imperishable and the happiness He gives is also imperishable.

Happiness is on the basis of understanding. He gives us His co-operation and makes us independent.

He is incorporeal and, when Baba was sakar, he was always in the bodiless stage - his incorporeal stage was visible and he taught us through his example. We were with the physical Baba and he was teaching us how to keep a relationship with Shiv Baba and perform actions whilst maintaining the awareness of Shiv Baba. Are you remembering Shiv Baba or your children or grandchildren? Check this. In physical relationships, there is no attainment, there is a feeling of sorrow but the relationship we have with Shiv Baba is eternal.

While performing actions, wherever we are in the world, we are happy. It is not the happiness of having possessions, money and position. Always maintain the awareness that you are a fortunate soul. Remember this any time any situation arises. Recently Dadi Gulzar was sharing how without this intoxication we would not be able to stay here or there in the world.

Who are we all? We sit here together and we had no understanding before. Either we were attached somewhere or we were stumbling somewhere. Now we free others from their stumbling. Those who stumble should see us and be saved the way we were saved. Be the guide that shows others the right road. A stumbling soul should move in the right direction or they would need to catch hold of the stick for the blind, that is, Baba and Baba's children, and start to move in the right way. A blind person would carry a white cane and if they didn't, how would they manage? Due to the white cane they move along in the right way. If they receive company to show them how to move ahead then they would say thank you to Baba.

*Om shanti*

# DADI JANKI – 29 AUGUST 2012 – SHANTIVAN TRUE HAPPINESS NOURISHES THE SOUL



Dadiji has reminded us of the importance of volcanic yoga, and all of you must have given thought to implementing it further. Time is short. The more I am concerned about making effort from my heart, Baba helps accordingly. He supports us a lot. We have to end waste by paying attention. There is great power in our thoughts and time. 'Waste' snatches away our power. Waste makes us weak. When we are weak we lack the zeal and enthusiasm to make effort happily. Fortunate are those who can maintain zeal and enthusiasm in their effort-making. It's as though they are not walking but flying... The soul begins to practically experience the feelings behind the song, "Fly away O bird, this land is a stranger to you..." There is no connection with this old world. We are fortunate to have received wings from Baba.

Now there is only the desire to fly. When we are in the flying stage, the atmosphere becomes light and it becomes easier for others to fly too. There is benefit for all in our ascending stage. Realise how much loss is incurred in thinking and speaking waste. When Baba sees that a soul has had good realisations, He helps that one develop accurate methods to progress with truth, love, courage and faith.

It is important for Baba's specially loved children to come together and have spiritual conversations with each other. Those who are obedient and faithful to Baba can churn knowledge easily. No one can speak useless matters in front of me (Dadi) because I am not free for such things. I do not have free time to hear or share unnecessary matters. So first contemplate, then churn and become the embodiment of knowledge. Baba's words have become jewels of knowledge, and nectar that pleases the mind and heart. When we churn knowledge we understand its value and we can stay in elevated awareness.

Each one can lead a good and sweet life by contemplating and churning knowledge. Our elevated awareness helps others to forget everything else and remember Baba and gyan. It is by being free from attachment than we can experience real happiness. True happiness is not just external or superficial but acts as nourishment. We don't just sing praise of Baba; Baba advises us to adopt His virtues and become virtuous too. We develop spiritual virtues, as we are direct children of God now. Baba teaches us naturally how to live with virtues. We imbibe this understanding from the heart, and in return Baba fills us with even more love and power.

***'Baba's love  
is such that  
cannot be spoken  
about or made  
to understand  
through words'***

That love is to be experienced with the heart. Dadi has a strong desire to see everyone experience Baba's love. It is Baba's love that slowly makes us pure internally. Baba purifies us and says others will become pure in your company.

Fortunate are those who have only eaten Brahma Bhojan ever since they become Brahmins. Or has there been slackness in this? Never forget the praise of Brahma Bhojan. Everyone involved in the process (cutting, chopping, cooking, serving) does it with love. It is your right to experience the deep love of Baba and the family. Do you feel the pull of the thread of love constantly? With pure feelings, we are able to make others feel spiritual love. This family love will ensure that no one ever has

the insecure thought, "What is my future?" Our future is in your hands. We have given our hand in God's hand, He has placed His hand on our heads and so all will be well.

The Supreme Being is the Almighty Authority and He teaches us how great and powerful our actions have to be. Yoga teaches us who we are and who belongs to us. But if we have not brought awareness into action, and do not interact with the spiritual family with honesty and love, then the unity of the gathering weakens. Some find it hard to live in a big family. They say they will think about it. Fortunate are those who don't have to 'think' about being with the family. What is there to think when I know this is my Baba, my family, and my Yagya.

Understand the time, understand Baba and what He has come to do. Understand the Yagya, recognise yourself and the family. Baba did not come alone, He came to create His children. In the early days Baba used to say how can a father think about having children if he doesn't have a house to keep them safe? So God comes first to create the Yagya and then give birth to His children, Brahmins. Baba has developed the systems of the Yagya with such care and divinity: how and what we eat, how we dress and interact with one other. Everything we do should showcase who we are and the principles we live by. Settle accounts in a way that no one remembers you and you don't remember anyone else. We have come alone and have to return home alone...

Sit in volcanic yoga in a manner that your very body emits pure vibrations; all negative karma is settled; good actions continue to be performed naturally; body consciousness ends. I am free from the body; my sense organs are calm; I am headed towards the land of liberation to be with my Baba.

***Om Shanti***

## DADI JANKI – 9 SEPTEMBER 2012 – GCH, LONDON

# A YOGI LIFE - SIMPLE, EASY, NATURAL



With Baba in my life, life is simple. A life of yoga and knowledge is very easy. To understand knowledge is enjoyable. Even in old age people enjoy understanding knowledge. We really have a human life – a life that is light. We are light in our being. I like the English word 'light'. In Hindi the word for light is 'halka' (meaning weightless). We are weightless. Our happiness is overflowing. The more happiness we have, the more we donate it and the more it increases. Why should we hide it? What else do we want in life?

No matter what, I need to have yoga. Some look at their watches during yoga. It's not about clockwatching but enjoying. We are seated in a royal court; let us sit that way. In yoga I am experiencing what the land beyond may be like so that I'm able to go to Paramdham.

**Q: As we progress spiritually one thing becomes firm: we have nothing else to do but make our stage uninfluenced by the world or what is happening around us and be able to influence the environment around us...**

What is happening internally should be taking care of the circumstances in such a way that I don't have to manage the situation.

**Q: Our stage influences the service we do. Administrative activities are required of us. So, how should I apply myself in such a way that my spirituality is uninfluenced, whilst taking care of the administrative activities? I have to pay attention to what is going on. Am I able to apply what Baba wants me to in this situation? Am I ever influenced by anything else? Is there ever a question of 'Should I be doing it this way or that way?'**

What is administrative activity? We just have to learn to be naturally

free from a 'doing' consciousness. Yes, take care and look after your stage. But by only focusing on your stage, you won't be able to take care of it. Your stage should be natural. You shouldn't need to think: is this person doing right or not? Everyone is doing well.

What is natural? I don't plan what I share with you. I don't think about that while sitting in yoga – it wouldn't be yoga. Thinking is not necessary. Let my nature be of a yogi, then it will be natural. I share in class the kinds of conversations I have with myself. Morning or evening, the thought is: how would Baba come to class? How would Baba sit? How happy Baba was, walking around and seeing us doing our activities, and how refreshed we would be on seeing him - we would blossom under his attention. That was Baba's administrative activity. So, while walking around, see father and follow father. Baba was responsible and we would be doing things. There was the feeling that service was happening but the experience of our fortune in being able to see Baba helps us move along even today. What does it mean to 'pay attention to my stage'? Simply that my stage of being humble and an instrument is doing the service. Not that I'm looking at the service and then creating my stage. Service is: what Baba has taught me and helped me develop in my life.

Dadi was asked what she thought about the fact that in one culture there's no calendar post 2012. They will have their reason but Baba has always said: I am not going to give you a date; just be ready. So there isn't this feeling: I belong to someone or they belong to me. I am a yogi. Baba often talks about destruction and the body finishing. I just have to have the concern I have to create such a stage. Destruction will come but we will be dancing and singing in intoxication. To think, talk about

or make a situation bigger is a big mistake. I've progressed because of that intoxication, not because I've been busy working. How did I come here? It's God's plan. Whatever is to happen will happen. So create your stage naturally in this way. Then people seeing you will want to have that stage and that intoxication.

Who will develop the power to discern? One who can pack everything up and face. This should be natural for you. Everything is packed and I'm ready – to go home. You're not a bird holding on to the branches, are you? Because then you'll be hunted and caught. No, be one ready to fly to the foreign land with your wings of zeal and enthusiasm. When there is happiness, everything happens so easily and there's great enjoyment in life.

Let every step bring some income. Be so sensible that you don't waste even a second. Thinking too much, you waste time, you don't earn an income and you lose your happiness. Don't let your feet be on the ground and get dirty; it's not in your honour. You've wasted all your life behind thoughts and expectations. Why should I love something that is foreign to me? To claim something foreign as yours is stealing. We are here for service. Everything belongs to Baba, nobody belongs to me: we have 2 sq ft and we are able to claim the world sovereignty.

Baba has made you an instrument for this role. The problem is that we forget this. Instrument consciousness gives a lot of happiness and enables us to do things in the right way and be humble. Humility is the highest of all qualities. With humility, sweetness works naturally, so a lot of work happens easily. In fact, you don't have a lot of work to do; you just have to have this consciousness.

This afternoon I woke up and had to ask where I was. This is spirituality:

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## DADI JANKI – 11 SEPTEMBER 2012 – WORTHING

### REMAIN CLOSE TO BABA, SO THAT SITUATIONS CANNOT TOUCH YOU INSIDE

Shiv Baba and Brahma Baba explain to us so well. First of all we call Baba, Father, and the heart feels love for the Father. Then, as the Teacher, He explains to us so well and our intellects become so good and we have many good things to think about. Then, as the Satguru, Baba opens our eyes and ears and we only want to do what Baba says.

We are so happy that we have found Baba. Now that we know who Baba is, we can actually see Him with the third eye we become the knowers of the three aspects of time. Baba is also the Guide. He has come to take us back home and is creating the new world for us all. He does that for us every cycle - it isn't anything new. Understand very clearly that souls exist eternally but no two souls are the same and each one's part changes all the time. Every cycle, the soul plays the same part and the drama is predestined and repeats. Baba explains to us again and again, so understand this very well. We are the same ones of the previous cycle. Those who remember this do not have any other thoughts.

In order to make the intellect clean and satopradhan, look at Baba and listen to what He says. Baba not only sweetens our ears but also gives us something sweet to eat. Listen to Baba's words, eat toli and become holy. We have to become holy – pure. 'Ho li' in Hindi means 'it is finished – past' and not to be used any more. The ears only want to listen to what Baba says and the heart enjoys this

too. Make a promise to yourself to reveal Baba. The whole world should come to know and recognise Him. There is no other thought other than to reveal Baba. Renounce desires and attachments. Have an attitude of total disinterest - one of renunciation. Stay up above and come down to perform activities. Whilst doing everything, have the awareness of being a resident of Paramdham.

So what do we have to do now? Your face, your activities and the fixed destiny are already predestined. Remain unshakeable and while doing everything be carefree with no worries about anything and have faith in the intellect that victory is guaranteed. Faith in the intellect, fixed destiny and be carefree. In order to create such a strong, powerful stage for the self, create a beautiful nature of making effort on that level. No matter what situations come in front of you, the situations remain distant from you and you remain close to Baba. Situations are external. Internally be with Baba, so that situations cannot touch you inside. Situations come from the body or bodily relationships - from the systems and customs of the world. Remain close to Baba so that situations cannot touch you inside.

When we develop the habit of being loving and detached, we will draw Baba's love. Understand how to be detached and then become that.

When we are detached, it is easy for Baba to love us. I experience happiness when I feel that I am receiving

Baba's love and am an especially loved child of Baba's. Totally separate, unique from everyone else and loved by Baba. It is very easy to be like this. Baba gives us a gift of being loving, when we become detached. Today Baba said that when we give a donation, the eclipse of the omens is removed. Whatever situations, whatever bad omens there are, just hand them over to the Father and the eclipse will be removed and you will be able to increase your effort.

Baba has told us how to make effort. Go into the ascending stage and you will experience great happiness. We are happy that we are moving forward and that Baba is pulling us. We feel so easy, knowing that Baba is pulling us and is taking us to the subtle region and that no one can stop us. Body consciousness is completely finished and you become light and receive a lot of might. Light gives you might and through might you receive power and become a lighthouse. The lighthouse indicates from up above the path that you need to follow. It also tells you where it is dangerous and you need to stay away from. The lighthouse serves two purposes. Similarly, we can call others and also say don't go into this area, as it is dangerous. Do the double work of bringing souls close to Baba. Have the power of yoga and the enlightenment of knowledge. Then there are no thoughts.

There are so many tests in the world, so instead of asking how to move along just keep moving. Baba explained to us so beautifully how to use our ears that our ears opened. The things that Baba has said have touched our hearts and the eyes also say that they only want to keep looking at Baba. If we look at Baba, He will look at us. Nothing is difficult. When the ears listen to Baba's elevated versions and happiness is experienced, then you can put it into practice straightaway. Who am I and who do I belong to?

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*Dadi Janki – 9 September 2012 – GCH, London*

*A yogi life - simple, easy, natural*

I am dancing inside and I don't need to worry about where I am physically. I often experience I'm dancing or on tour with Baba, Mama, or Dadiji. We will never be separated and that's why we won't experience sorrow. We've had the fortune to experience Godly activity and to play with God. God is creating a new world and we are His companions in this. Are these not high-class things to think about? Let your stage could be natural in this manner from today. Let your attention never go to what is ordinary.

*Om shanti.*

*Om shanti*

## DADI JANKI – 19 SEPTEMBER 2012 – GCH, LONDON

# GO INTO THE SUBTLETY OF KNOWLEDGE AND THE DEPTH OF KARMA

Baba tells us very deep things and I would say to you: Don't think about other things or other people - just go into the depth of what Baba is saying. Every single aspect of Baba's has the potential to touch your mind and your heart. They can help us reform ourselves. There's no need to think about reforming others. Today Baba pulled our ears: While performing charitable actions, don't perform sinful actions too. To defame is a sin. When I'm defaming someone, I don't it is a bad thing, it's justified - but when I am defamed it's a terrible thing to do! Baba said: If someone defames me, they are my friend. It's just a test paper and I'm learning. Let me not start defaming them, and say: Why do they only defame me? Small sins accumulate - Baba is saying: Remember Me to finish the sins of past births, let alone this one.

The great enemy is lust but anger is no less. Someone who gets angry will never be able to be happy or make others happy. They don't even feel they are angry - they think they are right; they are correcting others for their own good. Go deep inside. At this time God Himself is pulling our ears saying: Listen to Me: are you accumulating or going into even more loss? He said today: Remember the Point but not just as a Point. Baba gives us a lot of homework. The study never finishes - there is always more good homework from Baba. What is this Point? Let me know it very well, so that I become a point myself - tiny and subtle. Make time to go into the subtlety of this. Make this a project for yourself.

In other projects you have to use your intellect a lot. With this project you have to make your intellect still and take it to the Supreme Soul. Baba is the tiny Point (bindu) but He is the Almighty. He removes sorrow and bestows happiness. Apply a bindu (a full stop). I have this dialogue between my Bindi Baba

and my Sindhi Baba - my Foreign Traveller Baba came into the land of Sindh, telling us we too came from the faraway land. The point I enjoyed most when I heard knowledge was that there are not 84,000 species we can incarnate into. That was why I had paid so much attention to my karma - so that it wouldn't bring me down. I'd read there were four types of species, humans, birds, animals, insects. Baba explained that animals don't become insects and humans don't become horses or donkeys.

Take time out to think about the deep things Baba shares for yourself. My heart really wants to keep looking at Baba, and hearing what He has to say to me. You may take an hour to hear the murli but pay attention for the whole day to increase the value of your life, to value time by revising and applying what you hear. What do I personally need to do? Someone did something but what do I need to do? I don't get affected by what others do. We have to make a peaceful and cool world. Let the mind become peaceful, the body cool. How do we make a good atmosphere? Make it and you will see. How have Baba's centres been established? From the power of the atmosphere. If you have to go to work and after amrit vela, or if not later in the day, as soon as you can. Know the importance of the murli and experience that. In the old days Baba would stop giving you murli, if you made the slightest mistake. The murli has the magic of Khudda in it. Go into the depth of the philosophy of karma. To think about anyone is like a film of dirt on me - and it becomes a habit. Let us be free from ego and arrogance - not the slightest trace. Living with people we are coloured by their good company. Like puppets working. People should come to see the puppet show in Baba's house.

Sickness comes as a result of some kind of worry, then we worry about the sickness, which makes it worse. So just say to it: Ok you've come - that's what I do. God has given us the blessing of being ever healthy and wealthy. Do you want that? I don't like the word 'illness. Doctors have to use that word but let me not say 'I am ill'. We have the blessing of God. The blessings we receive, we sustain others with. I'm not giving blessings, they are God's blessings.

Some people don't like it when I say: Just be peaceful; when something that has happened. They want me to understand how they feel about it. But, really, the solution is: just become peaceful inside. People think it's natural to think about why something happened, why their duty was taken away from them, etc. Baba put me through various tests. I surrendered for study and was given the task of looking after 2-5 year olds. But I had such love for the study. When I stopped nursing, missed the patients a little and Mama told me: Take care not to have attachment to those you serve with. If you keep remembering the patients how can the one who has replaced you serve them? Wherever the seniors put you is good - have that much love, faith and regard for Baba and you'll benefit greatly from that.

God has a plan - sit and think about what that plan is. We are all sitting here according to God's plan - not our own thinking. God has taken hold of our minds and held them in the reins of His hands. He's freed us from the bondage of our karmas and applied us in service. The more you stay in a good place. In a temple you go to glimpse the idols but in this place you are becoming the idols. How much regard should we have for one another! What a world we Brahmans live in! Know the importance of amrit vela and of living with your

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## DADI JANKI – 5 SEPTEMBER 2012 – SHANTIVAN

# AM I TAKING THE HELP AND SUPPORT OF THE ALMIGHTY AUTHORITY?

If one remains aware and in the experience that my Father, my Baba, is the Almighty Authority then this brings great transformation in the soul. We need to feel practically the power of Baba as Almighty Authority in our lives. Transformation then appears easy. To conquer the vices and attain the karmateet stage is not such a big challenge when I am taking the support and help of the Almighty Authority. It is my very own Baba who is the Ocean of Knowledge, the Ocean of Peace and the Ocean of Love. If you take this on a personal level and allow yourself to experience this then you will really feel the things Baba speaks of. Those things will then naturally flow from your mouth.

We need to have the deep realisation of the power of our actions... and the accounts we create through them. The sign of one who is clearing their account is that wrong thoughts will not arise in their mind. If wrong thoughts emerge they need to be finished immediately. If you allow yourself to have ego then you will definitely also have wrong thoughts. One who has wrong thoughts will not have faith in the self and will not be able to perform elevated actions. Baba has told us clearly the importance of creating quality thoughts. I have to check my own self in this.

If you are creating more accounts then how can Baba's power work within you? Only when I pay attention to clearing my karmic accounts through remembrance can Baba's power work within me. Karma is not separate

from yoga. They need to be merged... both should be operating together in my everyday life. Are you wasting your time in negative and ordinary thoughts? If so, how can you expect to become elevated? If you worry, get caught in the past, think negative or wasteful thoughts, then you cannot at the same time perform elevated actions. Think clearly about this. It is my responsibility to think elevated thoughts so that Baba can fill me with power and I can become an easy yogi. I have to pay attention only on my own actions, not on anyone else's. I have to pay attention to perform only elevated actions. If I don't pay attention to making my thoughts and actions elevated then I will become weak.

***'It is the  
Confluence Age;  
my time is very,  
very valuable. I  
have to remain  
aware that the  
knowledge I  
am receiving is  
firstly for myself'***

It is for my transformation. It is not firstly for me to give others and then maybe to try and imbibe it myself later. No, I have to use it to change myself for the better. If you don't

change your own self then how can you bring benefit to others?

It is not only the knowledge which brings benefit. It is also the experience of all relationships we can develop with Baba. Each relationship has its own power, experience and effect. For example, the relationship of a mother brings the feeling of closeness, belonging, love and care. As a father, Baba takes care of the development of my life and the first step in this is that He wants me to be a sweet child. For this I have to become obedient and faithful. In front of a father the child cannot be careless or lazy. Baba is also my teacher – and His points have to be remembered at every moment of my life. It is my friend's power which is working within me. When I keep Him with me at every moment, as a friend would be – every problem receives a solution. With Baba as my friend how can there be loneliness or emptiness? The vision of the Satguru satisfies everyone. His hand of Shrimat is on my head. By following His Shrimat, His blessings are showered on my head.

Nothing is lacking in our lives now. You may not have a car, a motorbike or a lot of money but you have been taught how to live a good and elevated life. Think of what will be important in your final moments. Will it be the physical possessions and position you have achieved or what you have attained internally? My life now is to reveal God. Therefore, I need to be very aware of the way I speak and behave. If I speak loudly and in a rough tone to anyone, including other BK's, am I revealing God?

Now, look at yourself carefully. Turn your eyes to your own self and become introverted. I have to be trustworthy and honest. My task is not to copy or be influenced by anyone. My task is to take from Baba, change myself and distribute what I have attained. Only this...

***Continued from page 6:***

***Dadi Janki – 19 September 2012 – GCH, London  
Go into the subtlety of knowledge and the depth of karma***

companions, your equals. These two free you from body consciousness and teach you how to take virtues from others and imbibe them. Do I see everyone's virtue? Let me have no knowledge whatsoever of any defect, this is the time to become full of all virtues.

***Om shanti.***

***Om shanti***

## DADI JANKI - Q & A – 17 SEPTEMBER 2012 – GCH (EVENING) KNOW YOURSELF AND UNDERSTAND BABA IS DOING IT ALL...

**Q: Dadi, most of us do our best to meditate. We understand there is a great deal of benefit and yet many of us find it difficult to meditate as many other things come in our mind. Can you give us simple steps to take us into an experience, so our yoga can become easy?**

Yoga is not a mantra, or a matter of chanting or doing hatha yoga but simply it is to be a peaceful soul - Om Shanti – with the remembrance of Baba and the awareness that we now have to return Home. By saying ‘om shanti’ Baba comes in front and I see that I, the soul, am by myself with Baba and I become lost in the yoga connection, feeling light and receiving might. Yoga is going within. I am a soul. Though my eyes are open they are not seeing the body or things around me. When I think ‘mine’ is the Supreme Soul, I go beyond the awareness of the body and become His beloved. It is a simple exercise – just a matter of letting go of thinking and worrying too much. It is great: I belong to Baba with nothing to worry about. Sit, connect and attain from Baba. We are drawn to wherever there is attainment and with Baba there is the attainment of purity, peace, love, happiness and power. With this there is no space for unnecessary thinking.

**Q: Dadi, you talk easily about God and your relationship with Him. Yet the majority of belief systems say He is ‘unknowable’ and ‘beyond comprehension’. How can we truly know and have a relationship with Him?**

Human beings, whether a young child or an elderly person, want to learn and know things - the curiosity is always there – and the desire to know God is very good. Someone said today that for 20 years she had been searching for God and she feels now she has found God and it

is possible to meet God. Is it really that easy to meet God? The desire within us to meet God is very pure. What does the world have to offer? It is temporary and will not be here tomorrow. Some recently said that God cannot be known and seen with the eyes. When we look within and use the inner ‘eye’, we can know Him. Baba says: Be introverted so then the ‘I’ within can see – and we lose interest in the things of the world. God is very subtle, extremely subtle. When we go deep within, we realise that God is the Living Seed, the Being of Truth and that Being of Truth entered the body of Brahma. Brahma had the experience of Him and we have this experience through Brahma. When we have the desire to know God there is the pull towards God. When we listen to the things of God, we start to experience Him. The Supreme Soul is your Mother, Father, Teacher and Satguru.

**Q: Being introverted and subtle are the efforts we are making now but what is God doing now that is different? The world drama has been going for years but what is God doing now that makes our connection easier and more effective?**

We are now witnessing how He is finding His children. We all have had an experience of God, whether we have been with Baba 1 day, 5 years or 75 years. To experience this there has to be a deep love within to want to experience God. Just as human beings engage themselves in earning an income and take the opportunity to do so whenever they can. For us this time of the Confluence Age is very short and, when we receive God’s introduction, we realise the importance of this time. We recognise God, self and time and therefore we value all three. By knowing God we have come to realise the value of the time of this Confluence Age. We have realised too that

we are not ordinary souls: we are not jailbirds or birds in a cage. I am a bird that can live in the palace of peace. What is in jail? One who has to do everything according to what they are told to do. We are making the world do what we want them to do. The way Baba makes us move is the way we want the world to move.

**Q: Is Baba doing anything practically to manifest this all?**

Has God freed you from the jail that you were in before? The mind and senses are now under our control. Before they were out of control and we would do what both dictated. Whether defeat or victory, respect or defamation, we are stable. Before the mothers would cry and the brothers would make them cry! The mothers and sisters are empowered by Baba and Baba teaches the brothers to give regard. The sisters have learned to stay in self-respect and become instruments to bring many others. So many of you are within families. Look at the Godly family here and see how we are so happy together. This is such a lovely life and how everyone’s life could be. Everyone in the world could be inspired to have this kind of life!

**Q: There are a huge number of people practising meditation and leading a spiritual life. Yet sometimes there is the feeling of no progress, of not moving forward or experiencing healing? Are we forgetting to do something?**

There is laziness, idleness. This is the time to make good progress, so why are you sleeping? Come out of sleep. Baba Himself is with us and, although avyakt, we see he is giving us so much. Many have this experience. Especially at Amrit Vela, Baba is constantly present and available for the children. We need to be determined to let go of the 5 vices of

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lust, anger, attachment, greed, ego and also jealousy. The first enemy is lust and then anger. If we get angry once and speak in an angry tone, we lose our respect. So pay attention to your words so that you speak in a sweet way. Let go of ego and have realisation. The subtle jealousy with others doesn't help either. With jealousy a force develops within; this brings idleness, as there is no feeling of attainment. Then come excuses. Attachment also works subtly. Free yourself from jealousy because, as we perform more good actions, Baba will be pleased with us. We have all done good service and so we receive good blessings. We have stayed in Baba's remembrance and this power enables us to move forward. Dadi has never stopped doing service and even in the middle of the night, Dadi would be prepared if necessary. Service is through words and actions and also through the mind. Keep your mind pure and peaceful so that you can serve. There is such service in keeping the mind pure and peaceful and at a distance people will receive good vibrations from you and you will receive blessings. As we serve really well, we receive power. Dadi receives happiness, not tiredness. Service and remembrance go hand in hand. Those who have the love and interest in study will be pulled - the soul will not want to miss the study. Some feel that if they die it must be in Baba's remembrance and no matter what happens they want to be in the atmosphere of Baba's house.

**Q: We have a programme soon for people with cancer. What guidance and support would you give someone who has a terminal disease with a short time to live? What advice would you give to the close carers of that person?**

Dadi would not give advice with words but with godly love would convey the feeling that you will be

OK, so don't worry. Illness is created through worry and with worry and makes us worry even more! Those who look after an ill person also become worried. Although someone may have not understood knowledge, when we speak words with love that will comfort their heart and they will feel peace. Dadi has noticed that practically when people have received Baba's introduction people still experience sickness because the reason for sickness is our own karma. Baba cures the reason for the sickness. People find that Baba enables them to understand their sickness and actions and experience pure feelings and this allows the sickness to go. The pain and suffering of the sickness disappears. We can draw power from Baba and feel much better.

**Q: What advice would Dadi give us in dealing with the ordeals of the coming times: the upheavals, obstacles and personal challenges? Many people don't have a deep spiritual philosophy as a safeguard so what advice would Dadi give to souls of the world at the moment?**

This is why Baba's direction is for us to serve. Service has increased so much so we can help in this way. Through our company or listening a little people receive something. Through our experience their experience increases. So for BK's there should be even greater interest to serve and we should not be under any old influence, of nature, sanskars or other people. Then the original interest we had for our own progress is stoked. Don't let this diminish because of being sensitive, for then the service you could do you are not able to do. Dadi has a connection with everyone in the foreign lands and Bharat. Dadi does not feel hatred for anyone, nor does she feel influenced by anyone because they are very good. The mind and intellect has to be free to serve and remember. There

is then remembrance in service and vice versa – both are together so there is no mixture of one's own desire or attachment. This is how others receive Baba's introduction. Do lokik work, because you will serve those you work with. Our life is for Baba and Baba sees that now this child is obedient and follows His directions accurately. The expansion in service happens through such instruments. Let people have the company of those who serve in this way. Let those you work with receive benefit through you. When our faces sparkle, this will do service. Day by day more service is happening.

**Q: If you were to leave the body, what is your thought for the world? If God were to allow you a few moments to speak to the world now before you leave, what 3 things would you say?**

This is the first time that God has said to me: Don't leave the body! One's stage should be angelic, so that no matter where anyone is they will experience and then see what happens according to drama. There have been many great souls in recent history yet they were not able to do the job of transforming the world or make human beings realise what human life could be. So Dadi feels that she is in the body to inspire people as to how life can be, how human beings can be. Know yourself. This message is reaching far and wide. People will awaken through this message. Death is in front of us and, if we don't speak so clearly, we need to understand what we would do in the face of death. This message has to reach everyone via the media, so that no one is left without this message. This is the time to transform the world. As we transform, the world will transform. It is not just a message but an experience. I am seeing it and everyone else is too. This deep desire to change will invoke the power of truth.

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## DADI JANKI – 10 SEPTEMBER 2012 – GCH, LONDON

# HOW MUCH REGARD DO I HAVE FOR GOD'S DIRECTIONS?

Baba has revealed to us the history and geography of the world. Destruction is standing ahead. Are you keeping this in your awareness? I need to keep my intellect very alert and aware so that my final moments of the Confluence are guaranteed to be good. It will then not be a big thing for me to leave this body and take another one. This is not our home – it is just the stage we are performing on. We are all actors in the same drama; our true relationship is with Baba alone. This is the spiritual path – there is no physical or worldly aspect here.

If you stop considering yourself as a soul then will stop receiving power from God and you will be pulled into body consciousness. To lift myself out of this I need to do service and have remembrance at the same time. When I stay in remembrance then all types of pain and suffering become light. Baba helps us in such a way that we feel we don't have to face difficulties. Stay in God's remembrance at every moment and you will feel that you are sitting in God's eyes.

Do you appreciate everything? Everything is good. If you feel something is not quite right then just give a signal to that one and let them sort it out. Don't spread what you consider is not good into the atmosphere. Speak

sweetly. One who knows how to speak sweetly will not get upset and will not upset others. This is a type of tapasya each one of us needs to do. Your responsibilities may be increasing but at the same time you have to remain light. Good fruit will emerge but have patience. Stay in remembrance and ripe fruit will emerge at the right time. The power of remembrance is very subtle and may not be visible. All of you have emerged as the fruit of remembrance.

So what do I have to do now? I have to make sure that I create and maintain elevated thoughts and that I use my time in a worthwhile way. When Baba was in sakar he showed great concern that each child should spend their life in a worthwhile way and not waste it chasing after wealth. The stomach only needs two chapattis. It can be seen that some souls have more faith in wealth than they have in Baba. If my mind is busy with Baba and what Baba is teaching me then the aspect of money gets put into perspective.

If I maintain elevated thoughts and use my time in a worthwhile way I will then be able to create an unshakeable and immovable stage. If I am a little careless about my thoughts then all types of thoughts will emerge and I will be pulled into

body consciousness and upheaval. Be aware because the things you never thought would happen could now happen. Have the wisdom to make yourself quiet and patient. Don't come into upheaval. If you have the thought to create such a stage Baba will be your companion. He Himself has given this guarantee. If I have performed elevated actions over a long period of time then I can be God's companion. If I keep a lot of regard for God's directions then I will not go against them and He will be able to uplift me. Do you fully understand the benefit in Baba's signals? The dictates of your own mind can be very damaging. They can make you unwilling to even listen what to God is saying. If you start listening to the dictates of your own mind then others will be able to bring you under their influence and you will start listening to them. No one can suppress or influence one who is following Shrimat. It is Shrimat that brings value into our lives and actually makes the soul valuable.

Each one of us is the 4 armed image, Chaturbhuj, holding the four ornaments. Each one of us is the balance of male and female. We hold the discus and spin it on one finger. By spinning the discus I come into the awareness of who I am and who I belong to. I am then able to remain as detached as a lotus. Chaturbhuj is shown holding the mace; which signifies one having the enlightenment of knowledge through spinning the discus. When one remains detached then one is able to blow the conch shell, that is, give the knowledge Baba gives to others. The lotus flower; signifies a pure life. We live in the world, carry out all our activities, yet remain intoxicated and lost in that intoxication. Such souls are loved by God.

Remember: the nourishment of knowledge and remembrance are for us to remain happy.

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If we become get heavy, how can we become light in that moment? Any thought that brings heaviness will make the voice and face heavy and there will be heaviness in relationship. So become light in a second: the soul is separate from the body; Baba is responsible; I don't know how it happens but Baba makes it happen. This experience of lightness makes the impossible become possible and Baba makes it happen. And the message for the whole world... my feeling since I came to Baba is that everyone should appreciate and realise what Baba is saying. So Dadi's thought is for everyone to become light, realising that Baba is doing it all, and we have to just remember Him and be souls detached from the body. In a second become light and be prepared to leave the body. Someone who wants to become an angel will feel they are detached from the body and loved by God, and that each one's part is unique and keep moving along, staying above.

*Om shanti*

*Om shanti*

## DADI JANKI – 17 SEPTEMBER 2012 – GRC

# BABA'S DRISHTI GIVES US LOVE AND BABA'S WORDS MELT US

Someone asked Dadi: What is the difference - you heard the Murli and now you're having class? The system of class was started by Didi before Baba became Avaykt. We should listen to and revise the Murli; revise it inside and to repeat it through your lips and then to check the self and see whether you have done what Baba has asked. God is the form of the seed and is extremely subtle; we have to go into the depths and experience how subtle He is. We know that a tree emerges from the seed, which is so tiny, but the tree is huge. Go into the depths of this. When you go into the subtlety of this, you will also become subtle. When you go into the aspect of subtlety, all body consciousness is removed. Actually, God is the form of the Seed and we souls are his children.

We are sitting in the gathering alone and thinking of these deep things. When we listen with the awareness that God Himself is telling us, the intellect is able to catch these things. Go into the depth of how God is the Seed and with that awareness see how your stage is also so subtle. The Seed is the Truth - it is wonderful when I have this realization! I want to know how I can relate this to others. When we speak, we become subtle, the Seed is the Truth, the Living Being and, when we become aware of this, we become aware of ourselves as living beings too. When we are just aware of the physical things, we have a gross intellect. When something is big, it is easy to damage, but when something is refined, it is not so easy to break. This awareness the intellect becomes very clean and elevated.

I don't see that One with the physical eyes but with the inner eye. When my inner eye opens, I am able to know what God is, I have the feeling I know that One. That One is incorporeal and viceless, and He's making us incorporeal too.

Proof of being knowledgeable and powerful is to be successful. When I go into the depth of this knowledge, I myself become the seed; it is extremely subtle. When we go up there in that subtle form, we get the pull to go into that subtle stage again. The attraction of knowledge of God the Almighty Authority gives us a lot of power. There is a lot of love in that subtlety, Baba's love is even more elevated than the eight powers, because it's the love of the Almighty Authority. So what do you receive from Baba? We receive love. Go into the depth of Baba's love. It's Baba's love that enables us to do work and activity we do. It's not that you are doing service but that love enables you to do service and then you experience love and power. You receive power but that power is also the form of love. What does Baba's love do? Baba's drishti gives us love and Baba's words melt us. First Baba gives us drishti then, when we hear His words, we melt.

Baba says: Remember Baba in such a way that all alloy is removed. You are My child, so be a true child. You had the experience that Baba is the Truth, so He says: You are My true child of the previous kalpa. A true child has that feeling. The power of the gathering gives us great happiness. It's because of this that you can listen to me.

There's Baba's love, Baba's knowledge and we receive blessings through saying 'Haji' to Baba. The one who says 'Haji' receives the blessing to make it happen. We don't ask for anything from people and we don't need to ask God; just have the thought and it will happen. Never think: how will it happen, or who will do it? Just think about your final moments. We have found Baba, the One who grants salvation to all. Your final moments should be so good, then everyone will say that my final moments should be like this one's.

***Baba's final words were 'egoless, bodiless and viceless' and 'whoever defames you is your best friend'. Baba finally said 'goodnight' and went to his room. He went into the room and left the body. Our final moment should be like that. Who has this thought?***

Baba is extremely subtle and so I have to make my intellect that subtle to understand there should be no conflict, no duality, in my intellect. Such a subtle intellect will have the great virtue of contentment and royalty. The attainment is visible through one's personality. When something feels right, I never forget that. If you remember anything of your past or anyone else's past, you can't move forward. When you have the awareness of 'past is past', you are able to be in the present moment. Intuition comes when you are in the present moment. Be subtle and free inside, then intuition works in the right way, and the soul is happy in all aspects about the self in terms of knowledge and love. When we have chit chat, everything becomes clear and happiness increases. I need to be clear about things for myself. When things are clear, I have value for them and I won't leave them till I have dharna of them. What is Baba like? He is a Seed - so subtle like the star in your eyes. When you know Baba the soul in the centre of your forehead sparkles. The Seed is only one but the flowers are of many varieties - some are like fruits and some like flowers. Flowers are to look at and fruits are to be shared with others.

*Om shanti*

# DADI JANKI – Q & A 11 SEPTEMBER 20 12 - GCH, LONDON

## TAKE BABA INTO THE FOLD OF YOUR THOUGHTS

**Q: Today is the anniversary of 9/11 and today people are searching for peace, forgiveness and reconciliation. One of the definitions of war is the absence of peace. People don't understand how to bring peace to themselves on a personal level, their family and into the world. How can we all do this?**

Each one of Baba's children knows that our Baba is the One who removes sorrow and bestows happiness and that is why we are sitting here. This experience is a very good experience. Now there is peacefulness in the world. There is also sorrow and violence. Human beings don't have a clue about what to do for themselves and the world. There is a darkness over everyone. We make ourselves move along with great peace. With some there is a bit of upheaval inside and then we make ourselves go into peace. Each one of us has to deepen this peace within in a second. Human beings do not know how to create peace. They worry and make small things big by thinking too much about them. We don't have anything to worry about. We know there is no need to think too much either. There will be situations and things that come but we have to consider ourselves to be fortunate, because Baba has freed us from worry and thinking. Just keep doing good things.

Baba says He will teach us. Adopt values and take power from Baba who is the All Powerful One and then your intellect will work well. When there is peace, the intellect will work well, not wastefully. What should the quality of our thinking be? Useful thinking. Take God into the fold of your thoughts. The Supreme Father, the Supreme Soul, is responsible for everything. He is Karankaravanhar, the One who does everything. To think I have to do something is the tendency of a householder and such

a soul can never become a yogi. They will think they are having yoga but they are not. In the blessing last week Baba was talking about how to be a karma yogi. We have to spread peace wherever we are. We have to 'do' peace in such a way that we spread it to the whole world. When we practice it on ourselves, others will see it and see that we are demonstrating it. The vibrations of doing this will mean that wherever your feet step there will be the sound of peace and this will finish peacelessness.

**Q Dadi, you are going to Iceland tomorrow to speak to policy makers on a world level to see how they can bring peace to the world. What would you say differently to these people?**

People in the world are disheartened because they don't see results. They make a lot of effort but nothing materialises. They wish for peace but are unable to make it happen. Baba said in the blessing today there is so much power in a determined thought. Dadi has deep intentions to serve, to help those who have lost their sight see which direction to go in. In meetings people have become very expansive; the conversations are chaotic and do not lead anywhere. So the intention is to give the experience of deep peace - a few minutes in silence.

I am not thinking too much about what I need to say but I know they need to have a deep experience of Baba, the One who is getting things done. 75 years are finishing and 40 years of Foreign Service... and who is doing everything? Karankaravanhar We have done nothing and that is why we are very light. Have the attitude that it is 'simple and easy'. If we use the nature of weakness, it means we are lacking the power of truth. We begin to question the goodness in others. This nature of doubting others is dangerous, and very subtle.

Let me have the thought that it will work out fine; Baba is sitting there.

We have all seen that science has evolved enormously and many see this world as a much better world. When the yagya started 75 years ago there was no air-conditioning, microphone, email, i-pad... yet people were more peaceful then, so I have heard. How do I learn to live in peace with all of these things? For example, in work we used to write letters and the expectation was a response in 2 weeks. Now when we get an email we get an immediate text saying: Have you not seen my email!

***'How to maintain peace is a personal aspect, when it comes to work, or administration, which is to do with relationships'***

I read and respond to emails every day, especially in the car. When I first came to London in 1975 I was writing letters and was encouraged to use the telephone, which I'd never used before. So I did this and now it is emails. Yet it is my duty to maintain peace, my religion, and no matter what comes my way I never abandon my religion. I have come this far with the power of religion. People of all religions have come to Baba, and people everywhere have arrived at Baba's home through the power of peace.

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When I was young we had no electricity and early in gyan we had no facilities; with the original service in Bharat we had only telegrams. Now we have all facilities and use them for service, but we are not dependent on them.

***‘This year I notice the trend for i-pads. To get engrossed in these things is not a good thing’***

It is important to do your work but the more we stay in peace, the more the mind and body will stay well. Give yourself time to be in peace. If anyone were to say that Dadi is busy today I would feel insulted. Baba has taught me to use time in a worthwhile way. It should be our inner aim, to stay very quiet and let the vibrations of peace travel far and wide. When we have an aim the qualifications come.

We Brahma Kumaris don't do any other work. We are sitting experiencing inner peace and spreading it out. I am not engrossed in the world like a caged bird, but outside it. The world needs peace and who is going to give it to them? My Baba is with me and everyone must receive peace. In one minute we can become peaceful. With a click of the fingers let us make those who are peaceless peaceful.

**Q. When Dadi ‘stands on the globe’ and gives peace to the world is she invoking individuals, countries or the three worlds?**

In what condition are souls in the world moving along? Even some

BK's are often peaceless. Some or the other thought of waste or weakness harasses us. I get to hear this and I catch the vibrations of it too. My intellect is with Baba and He is my Companion. Dadi's pure feeling is that whatever everyone needs, may they receive it. If we stay peaceful we will be able to come to people in their dreams and make them feel peaceful.

I have never allowed myself to be impressed by anyone or dislike anyone. My intellect is up above, so the feeling is that Baba is giving, not me. I am experiencing what Baba is giving and as an instrument I share that. Many cannot recognise Baba yet through the instrument they then look upwards. The strength of our promise will bring revelation.

**Q. We all wish good things to happen to everyone. Unfortunately bad things do happen to people and some people get scarred very badly and it as though it has gone within. What would Dadi advise those who are scarred by circumstances and situations how to get over this. For example, if someone has been in a fire, they cannot face fire at all, it continues to traumatise them.**

Human nature is so sensitive today that when something happens, even the smallest thing, they feel it is big. Something may come but take God's blessings and it will go eventually. When we keep recalling it again and again, it makes our nature so sensitive. Be cautious.

All my life I have paid attention to be safe and clean (saf). I have always kept myself away from danger and kept myself clean and not splashed (influenced) by anyone or anything. To the degree we keep a soul conscious stage we become fearless and free from animosity. If something happens the origin of it is my care-

lessness. There is no need to create a suspicious attitude. Be sensible and not sensitive. With wisdom and understanding go past the variety of tests that will come to you. With understanding the situation dissipates; and don't hold the thought that 'I hope it doesn't happen again', as this makes us fearful.

**Q. Sometimes people say things that hurt. What can we do to love unconditionally?**

Even to use this expression to forgive someone is arrogance. In the Gita it says 'Hey Arjuna, it is not their fault, they are not to blame'. If we have forgiven someone we should also forget. If I forgive and don't forget it is incomplete. Sometimes I have to ask is it my fault and am I to blame? If it is with someone else, I need to call them and resolve it. I need to create spiritual feelings inside of myself and then the mistake gets forgiven. Sometimes our nature emerges.

**Q. People have good and bad in them and we are trained to look at the good and not the bad. What technique does Dadi adopt to make sure she only sees the good?**

**Awareness, attitude and vision.** Whatever is in my awareness will be in my attitude and my vision will be according to that. Whatever is in my attitude will come into my vision automatically. I see the amazing wonder of everyone's specialties. I can take everyone's name one by one. If any one of you were not here, how would a particular service happen? Catch virtues from everyone. Everyone is wonderful. I have to say, 'Yes I can do it and Baba will get it done'. It only takes a moment. Don't lose time in thinking. Use time in a worthwhile way with no thought whatsoever.

*Om shanti*

## DADI JANKI – 16 AUGUST 2012 – GRC, MORNING CLASS

# BE THE PRACTICAL FORM OF RUP AND BASANT

On the day of the Satguru, by remaining especially in Baba's remembrance, there is the powerful attraction of Baba's love – Godly love. Do you experience this? Those who apply the accurate methods, who are filled with love and follow all the principles of the yagya receive tremendous happiness. In many different forms, in order to fill us with love, Baba has created the principles and maryadas of the yagya. Those who take the benefit of these are the ones who understand in a way that others do not understand. Others do not realise this.

Outside our land of Bharat, whatever centres have been opened there is no place where bhog is not offered on Thursdays. Baba has created this very good principle. It is a way for Him to feed us and make sure that everyone receives from the yagya. He has created and sustained the yagya and if we do not offer bhog to Him then we are not guaranteed that we will receive food to the end - it would be a guarantee that would be missing.

We are the ones who have pure food – Brahma bhogan, and we have heard the great words of God through the mouth of Brahma through our ears. We will hear these words until the end; we will continue to receive food through our mouths and we will take drishti. Is anyone concerned about whether this will be maintained up until the end? Never be careless about these things.

We value our time. Baba gets us to value our spiritual income but if we do not value our time, we will not be able to earn an income. Value yourselves, value time and value the Father. Only if we recognise all three will we value them. We do have time. Recognise yourselves and Baba. Take happiness from recognising all three. The Power of my life wishes that you hear and realise these things.

***‘What is the happiness beyond the senses? By becoming Baba’s child, I can experience super sensuous joy, not the happiness that comes from the five senses’***

These eyes and ears and the happiness of taste are not what we are talking about. Our tongue will tell us what is nice and what isn't and our ears will tell us what is pleasant and what is not. Gain victory over these. You hear the things of Baba through your ears and this satisfies you and you receive deep, deep happiness. By hearing anything else you become distressed.

Give great importance to the yoga we have while preparing bhog for Baba and also to the yoga with which we offer the food to Baba. There are special songs that we play while offering bhog and here we put a candle on the table too. Prepare and offer bhog from your heart and Baba will give the return from His heart. Baba does not want us to have to ask for anything from Him or beg for anything.

Take so much from Baba that you become a bestower and those who come in front of you become filled with treasures because of the jewels of knowledge that you have inculcated. In order to absorb the jewels of knowledge a clean intellect is needed and by inculcating this knowledge it turns into jewels. Understand these

things deeply and you will create the sanskar of churning jewels of knowledge. Don't be even slightly interested in other things and just eat and drink without remembering Baba. Baba wants us to sparkle like a diamond. A diamond can be seen from afar and He wants us to be like that. Mama was the example of this.

The self, Time and Baba have to be recognised and recognised together. Go into the depth of this and be aware of all three together. Time says: "I will give you company and you will be successful".

If your amrit vela is not good, pull your ears because you must have made a mistake. Don't waste your time in manmat or parmat. In the murli today Baba reminded us about shrimat. Follow it at every step and understand the benefits of doing that. This takes courage. Spin the knowledge of the cycle and keep the knowledge in your intellect in this way.

The treasure store of blessings has to be taken in to such an extent that Baba sees us and internally He is giving us a lot of blessings. We do not ask for blessings but He gives us many. Open up your fortune of taking such blessings. Baba is getting everything done. We are not doing anything. Whatever service is being done, Baba is giving us blessings from inside. Blessings are moving us along. Have the wisdom to take the blessings that we are being offered. Blessings do wonderful work. Baba tells us to give Him our burdens and He will take care of them. Stay light. Keep your light lit and go ahead.

Be the practical form of Rup and Basant - the form and the essence. One moment a yogi, one moment playing with the jewels of knowledge and having absorbed the knowledge, wishing that others experience will that and convey to another.

*Om shanti.*

## DADI JANKI – 5 JUNE 2012 – SHANTIVAN ONE WHO IS FREE CAN FLY

If we were only to experience peace when we sit in meditation, we could not sit for long. It is Baba's love that enables us to sit for meditation. In that love there is a great power of peace. Sitting in meditation in the company of Brahmins we experience a great deal more than if we were to sit alone.

What is happening, why is it happening, what is this one doing? To think like this is to increase your own sorrow. It is waste thoughts that create sorrow. This is why we need to have pure thoughts. Whatever scene emerged in the drama is beneficial for me. Thinking such pure thoughts will allow you to experience peace. Who am I? To whom do I belong? And, where do I have to go? These are the type of thoughts I need to think. Your own creation of waste thoughts will make you unstable. Not only that but you will spoil the atmosphere with such thoughts. My thoughts should be of such quality that they sustain the atmosphere of spirituality. The whole family should be able to see my spirituality.

What is the meaning of a bhatti? I and my Baba. It is by sitting in a bhatti that we become pure gold. There is nothing in this world for me. Baba took up all responsibilities but he was detached from them. Baba never told us to stop performing actions but he told us not to take up worrying about those actions. He taught us how to be loving to Shiv Baba ...and detached. This is what makes work easy. It is the love we receive from the Father that allows us to do work and yet remain light. When I am detached, I receive Baba's love, and that love allows me to be more detached. Beware because attachment and greed will change your facial expression. Attachment occurs when there is attachment to your own body and to the body of others. What is volcanic yoga? It is to maintain the awareness that neither my body exists, nor do the bodies of others exist. Whilst performing actions it means to maintain a soul conscious stage.

There should not be a trace of body consciousness in me now. When there is body consciousness internally, that will come into use automatically. I have now to shift myself so powerfully into the awareness of being a soul that all body consciousness finishes. If you don't do this then body consciousness will never leave you. The weakness of body consciousness inside you will definitely affect your practical life. There will be attachment to your own body and to bodily beings. All I need to remain in the awareness of is; the self, Baba, the Yagya and this family.

Now remember: I am a Brahmin and a Brahmin becomes an angel. Brahma Baba became an angel and I have to become the same. So ask yourself: Am I moving forward on the path the Father is showing me or am I stuck somewhere? Have I become a monkey of attachment? You will only be able to fly if your hands are free. I can only go home if I am pure. And it is now time to fly home. We have to leave everything of this world. This is the stage I have to be in now. In order to remain away from the influence of this world I need to have just good wishes and pure feelings. Without the practice of good wishes and pure feelings I cannot fly home easily and come back. If your thoughts and feelings are mixed you will feel heavy. Baba's task is to establish the world of truth through true religion. For this He has to be strict... I need to be aware that Baba does have a Dharamraj form. Because Dadi has remained aware of this form, she is able to sit in front of you now. Baba is also the Friend and the Beloved.

What are the two things that can make my life move forward quickly? Determination and Baba's remembrance. These are the two things that make one's Brahmin life successful. When we smile then truth, love, mercy and kindness automatically emerge. Your smile can make the problems of others disappear.

*Om shanti*

## DADI JANKI - APRIL 2012 BENEVOLENT DRAMA

Everything in drama is perfect. Don't have any negative feeling about the drama. Knowledge of drama makes you cheerful. Knowledge of soul makes you silent. Knowledge of God makes you powerful.

Questions such as 'Why is this one doing this?' do not allow me to remain yogyukt. I have to remain yogyukt and yuktuyukt and I also have to be gyanyukt. Knowledge gives us so many methods that bring us success easily and such attainment that we don't feel we are lacking anything.

Seeing the Father, we remember the inheritance. Some things automatically remind us of Baba. We don't need to make effort for remembrance. Baba, You brought me success. It wasn't that I made effort and got success, but with Baba's remembrance, His directions and shrimat, I am successful.

Remembrance of the Father also reminds me of our home. We are going home. We know that our home is the land of nirvana – the land beyond sound and throughout the day, there is the pull to stay there. We come into sound just for service - no need to come into sound for anything else.

Drama is already predestined. Everywhere, service is happening automatically. There's no need to come into sound while doing service. Each one doing service is playing their part. What do I have to do? I have to return home with Baba. Baba has come to take me and everyone back with him. Souls of all religions have to return. Until then, I have to practise staying beyond sound. Shiv Baba and Brahma Baba both pull us to remain beyond sound. Baba is sitting in the avyakt region and making us avyakt, pulling us to the avyakt stage.

*Om shanti*

# Dadi Janki – 25.8.12 – Shantivan

## Become a flawless diamond like Dadiji

All of you are sitting here with love for Dadiji. How much love has Dadiji given all of us? What will we do in return? The service of the yagya has expanded so much with Dadiji's honesty, cleanliness and simplicity. This is the practical proof of giving your hand in the Father's hand. When Baba became avyakt, Dadiji sustained everyone through the murli. She made the whole family belong to her.

When our sweet Dadiji visited London, I told her: Dadiji, you are so sweet! Dadiji said: Baba is sweet. Should I say: Dadi-Baba or Baba-Dadi? She said: I like London so much that I will stay here and you can go to Madhuban. She gave so much love to everyone. When I told her I would go to Madhuban and you stay here, she changed by the evening. There was this fondness and love. This is a very good method to go beyond the body and bodily relations. Let there not be any old nature or sanskars. This love makes us into real gold, our life like a diamond, a real diamond, a flawless diamond. Let there be no hidden flaws. Each one should have this thought for the self. If I am going to become real gold, I have to become that now. I have to become that. The alloy continues to be removed with the subtle powers of knowledge and yoga.

Nowadays, according to Baba's inspirations, by using your time and thoughts in a worthwhile way practically, your life becomes like a diamond. A hero-actor is remembered and a diamond-like life is also remembered. This song is so wonderful – how much difference is there between virtue and defect. One is a diamond and other is stone. If you want to make your life like a diamond then you have to become complete with all virtues. There should be no weakness remaining in me, and I should not note anyone's weakness. It is a defect to note anyone else's weakness. This is a great mistake.

The powers help us to imbibe values. If any power is lacking, then the weaknesses secretly remain within us and we then also note the defects of others.

When I remember Dadiji, I see she was full of all virtues. We never talked of anyone else's defects among ourselves. Dadiji sent me to London on

service. It is from Dadiji that I learnt how to give regard to one another and to value the specialities of one another. Baba has taught us that each one has some speciality. This study is so good. The value you have for the study is visible. Our future reward is being created through the study – we can feel that. The study is the same, the Teacher is the same. He is the Father, Teacher and Satguru of everyone. He has given His company in teaching us. He is our Teacher and also our Friend and Satguru. He gives us shrimat. To teach with love means shrimat. The Father's instructions are: Constantly remember Me alone. Be Manmanabhav. Each word is filled with so much significance. The versions of the Gita are: O Arjuna. Arjuna says: God, Your knowledge is so deep, entertaining and significant. It creates so much love. It is significant.

When you churn knowledge very well, your stage becomes that of the truth, living and blissful. However good service is happening, it will continue. My bhavna is that today is Dadiji's day and so each one should have a thought to create such a stage like Dadiji's, that out of love for her, everyone reached here. What return should I give for Dadiji's love? O sweet one, speak sweetly. How will there be sweet words? The Bestower of divine drishti and divine intellect has made us trinetri and trikaldarshi. Let the discus constantly be spinning. Baba has given us such good knowledge of the cycle. Throughout the day, we have the knowledge of the cycle in our intellect, nothing else. There was, there is and there will be – it brings so much intoxication. There is a difference between happiness, intoxication and ecstasy. When there is ecstasy, you forget all consciousness of everything. You feel intoxicated when you do something in a practical way and then there is happiness when you have found the Father. We get intoxicated in practical life and then the spiritual intoxication makes all work easy.



**Om shanti till Next Issue**