

## **Dadi Janki - 20<sup>th</sup> December 2014 - Shakti Bhavan, SV Spiritual chit chat (after meditation)**

*Q. What method can we use to create, draw and maintain love with each other in the gathering?*

We need to pay attention to maintain 'good' thoughts over a long period of time. For this we need to keep the Murlis in our thoughts. This is Dadi's practice. When we pay attention to maintaining good thoughts it becomes natural to us. We can then maintain good thoughts for everyone. The time is such that we need to do this now.

We sit in the evening as a discipline (7pm meditation). We should not let go of this practice. The exchange of spiritual chit chat is important. We sit together and create good thoughts; firstly for the self. The more we do this, the more love is created. A lot of happiness is created when something is shared and the soul feels that it has done something. Sharing helps us to create more love. Then we not only experience love for each other but we can also draw love from Baba. Remember; It is Godly love which makes us complete. Didi Manmohini showed us how to draw Baba's love. She would tell us that it is time to go home and so anything else is secondary. Whatever is in the heart is what pulls us. If you remember anything else, you can't focus on these elevated aspects.

If you keep saying 'Baba' then a lot of love for Baba is created in the heart.

*Q. If someone sulks with you then how do you turn them around?*

Baba once asked me if I take sorrow from anyone. I understood then how important it is not to give or take sorrow. Let me perform such actions that no-one experiences sorrow from me. If you think too much about everything and everyone, you will take sorrow. This is the path... the path of knowledge (gyan marg) and we are walking on this path. We have to walk well on the path... For this we have to value our time and not waste time.

Even if I (Dadi) want to go to class but can't because of this body, then should I take sorrow? We need to pay attention to giving sakash. When someone has bhavna then everyone receives their sakash. (Dadi Ratan Mohini said; Dadi, you may be sitting here but your sakash is reaching everywhere and so everyone remembers you with love. We feel that we are sitting under the canopy of protection of the elders).

*Q. What can we do before Baba comes on the 25<sup>th</sup> to make Him happy with us?*

Baba is drawing our attention to the Sakar and Avyakt Murlis. When there is attention on the Murlis then one automatically withdraws from all other matters. If your intellect is pulled by this or that, or if you have waste thoughts, then let go of these habits. Keep yourself safe. Follow Father. There is safety in His love. Do what you know to be right. I have to become an angel; remember this. Check whether you have totally accepted right things... the right things Baba is teaching. When I keep what is good in my heart then my mind automatically becomes peaceful. The intellect remains introverted and concentrated and that automatically becomes our sanskara. Our sanskaras are created according to how we use our mind and intellect. The mind automatically follows what is in the heart. Then it is easy to become Manmanabhav. The intellect imbibes knowledge and it then automatically works well. It is like a partnership between the mind and intellect and thus the sanskaras. This is why Shiv Baba inspires us to remain in the awareness of being a soul and Brahma Baba remained in and inspired us to remain aware of being a child of the Supreme Soul - because this awareness influences my attitude. As is my attitude so will be my awareness and thus my drishti.

Om Shanti