

For March 16, 2015

Dadi has a Sense of Humor

I was very new in Gyan in London and we were still in 98 Tennyson Road. BKs were really only just getting started and I was the only English person coming. One day the sisters got a sofa set, and Dadi wanted to get a cover for it. She invited me to accompany her to Kilburn High Road to a shop to get one. As we entered the shop, the Indian store owner looked at Dadi in great amazement and said, "Goodness me, your son married an English Girl." Dadi burst into giggles and said playfully, "My son Shiva Baba... he married an English girl." She then began to wag her fingers at Him. She laughed about it for several days whenever she remembered. This was a new relationship for her. Now Shiv Baba was her son who married a white girl.

Words of Wisdom

We should continue this good experience in our service places and in our relationships. If I pay attention to creating a good experience for myself, I will see how much I have attained. The important quality is lightness: Baba and I are doing everything together. In silence everything becomes clear and easy. When it

is clear, there is no heaviness. Remove from its root the sanskar of heaviness. It is important to experience lightness and then everything is easy and happens naturally. Renounce heaviness from your face and words. The sound from your heart will say, 'Yes it's possible'. If we have the practice of silence then everything happens easily. Silence should go deep within the self. Then it will be expressed and everyone will experience it. You will feel everything to be easy and there will be no heaviness on your face.

Remember: God knows my heart and is giving me my fortune in my own hands. I just have to pay attention to keeping only God in my heart. Keep anything else in your heart and you will feel heavy; you will not be able to dance around with lightness. In fact, my hands are mine only for namesake; it is Baba who is making me do everything. I should do everything with the attitude that Baba is helping me with everything.

Some have the weakness of becoming too familiar and close to everyone; even that is not good. Likewise to be too deep and distant is also not good. Mix with people but don't be too familiar. We have to be humorous, but also spiritual. If I have all relationships with Baba, others will feel God's help through me.

Drishti Point

In a world of heaviness, I recognize the value of being light and joyful. Whenever I see any soul, I see them as pure light radiating with divine joy and lightness.

Karma Yoga Exercise

I remain in spiritual happiness as I walk, talk, move, and interact with the world. I do this by remembering that God's light and pure energy is transforming everything I see. This divine energy is turning the world into a haven of beauty, truth, and love.