

Brahma Kumaris - Dadi Magazine - November 2013
Index on Page 15



DADI JANKI - 15 OCTOBER 2013 - SHANTIVAN

THE POWER OF TRUTH



In the National Co-ordinator and Centre Co-ordinator retreat on the topic 'Sat Chit Anand'

In order to become true remain in the land beyond sound. The experience of truth will enable you to hear Baba's sound and will take you to the land beyond sound (Nirvaandham). We listen to and read the Murli in order to go beyond sound. We are on a spiritual journey. By recognizing the time we get to know the cycle through Baba. What is truth? Time says remove arrogance from your intellect. Don't over work your intellect. True effort is to serve in whatever way is needed. A true server is an all-rounder. Ask your heart whether there is any kind of hurt that has affected you as hurt needs to be healed. The power of truth enables healing to take place. Let there be this experience in one second. We become hurt in one way or another at some time and then do not know what to do. When one feels hurt one is not able to smile. Truth brings the realization that this is easy. The heart heals. What does truth mean? I the soul am originally truth. Because of being influenced by the mind and intellect, impurity develops in the sanskaras.

What is the real meaning of purity/cleanliness (shuddhi) and truth? Without cleanliness, one cannot understand what truth is. When there is purity there is honesty. Realise each word and practice bringing them into your life. Sweet Baba's words are 'Be Holy, Be Raja Yogi'. The aspect of being holy comes first. How can I become Holy? Ho-li means to make the past the past. When you see the past as past, then you will be victorious and old things will not remain alive. This is truth. Truth enables the past be the past. I want to share with my companions what it means to make the effort inside. Sometimes I keep truth to one side and think about purity. When there is purity, there is

peace. Within truth, there is power. The slightest impurity will not allow peace. When there is purity there is selflessness, the intentions and motives are true. Become an image of experience. The power of purity attracts souls. There is not even the slightest body consciousness within purity. Continue to listen and experience these things. Within purity, there is peace, power and love. Then you will say, 'this is truth'.

God has made my true heart His home. Your mind will become the temple. Where is God, what is He like? Truth will enable you to be fearless and free from animosity. Each one should check themselves. It is a great mistake to have feelings of enmity for anyone. It is said that 'the soul is its own friend when it is truthful, otherwise it's its own enemy'. We have the advantage of having God as our good friend. Experience God's friendship. It is good that He is the Mother and Father, but experience Him as your Friend. In true effort friendship will be very helpful. As Baba said in today's blessing – keep sparkling so that anyone can have an experience through you at any time. It should not be that sometimes you are happy and other times not.

One is silence, the other is sweet silence and the third is dead silence. Baba has given us experience of all of them. A true effort maker will go into all of these things. They will not be satisfied by just a little. This gyan is very deep, enjoyable/engaging and simple. The deeper you go the more you want to go further. The water of a well has to be extracted from deep down. The water of a river can be obtained from the surface. Baba spoke the murli even when the chariot was not well. Baba first spoke the word 'BapDada' when he was in hospital. To become multimillion times fortunate, observe Baba at every step and then truth will do its work.

Have such dedication that you become true Narayan (perfect and complete) by being truthful. It is through the power of truth that the task of establishment has spread to each country and Baba's children have emerged. They have extreme love for the Yagya. Ask yourself how much true love do I have for the Yagya? The proof of this is obedience, faithfulness, loyalty and honesty. Loyalty means to have all relationships with one and none other. Honesty means not to waste a single penny. Obedience is to say 'yes' (ha) to Baba and not 'how'. Baba calls such ones number one effort makers. There is everything in One. You have known, you have attained Shiva the Innocent Lord. Baba's vision is on us. Let your eyes be open. You have the experience of having courage and experiencing help from the Father. The Lord is pleased with those who have an honest heart. You cannot hide anything from Shiv Baba as Dharamraj. Let so much love be filled inside that you can receive this love as your right. Have great value for integrity. Never allow yourself to deceive or be too clever. Remain careful and cheerful and never cry. By making such effort, it will be guaranteed that you won't remember anyone except Baba in the final moments. Baba remembers the return that is to be given to the souls have given in the Yagya. There are examples of those who have given with such love and honesty. There are also examples of those who hide money from the Yagya.

When you go to the depth of truth, your boat can go across. Baba is my Boatman the one who even takes the sunken boat across. Where there is truth, there is also sweetness. Everyone becomes pleased. Don't keep the headache of being the 'head'. We are Baba's children. There is no nourishment like happiness that Baba has given us. This pure intention does great service.

Om Shanti

DADI JANKI – 22 OCTOBER 2013 - DADI'S MEETING ROOM, SHANTIVAN MEETING THE GROUP FROM ASIA PACIFIC REGION

Q. Does Dadi see that her sanskars have become equal to the Father? Has she become BapSaman?

Q. When we clean the chit, is it that we don't forget the conscious memory but just clean all the emotions?

A. Not only all things but whatever happened even five minutes ago. Dadi used to say: It doesn't matter. No matter what happens, it doesn't matter. Now Dadi says: Let go!

Dadi will share four things: First of all, one sister asked for drishti. I always have Baba and the family in my drishti. For this, I need to be soul conscious. God is the Master of the Unlimited. When I see Unlimited Baba, I hold the unlimited family in my awareness. Secondly, to answer the first question; in sakar Baba's days, he would say become equal to the Father and when Baba became avyakt, he said: Follow Father. In order to be equal to the Father, remember three things: We need to be sat chit anand. It's Baba's wonder that Baba's truth and love are moving me. I don't do anything. Baba, You have taught me to be honest and truthful and have sustained me with love and truth. Let everyone receive full benefit from Baba's sustenance. These are my pure feelings, my bhavna. Go into the depth of love and truth. There is nothing else. Seek them from your heart. If in your heart, you harbour any old feelings or keep anything from anyone else, you cannot be sat chit anand.

We should not now be even tainted by any type of desire. It may be a genuine feeling that this is what I want to happen for service. However, when Baba makes me move, I am happy. Baba teaches us so much, so to follow what Baba says is to give Him regard. To have regard for Baba means to have regard for Baba's teachings. There are four subjects: knowledge, yoga,

dharna and service. The order itself is accurate. However, nowadays people turn them upside down. They put service first and dharna last. If anyone draws attention to dharna they feel tension. They are so busy in service they don't have time for dharna. Baba doesn't speak like a pundit, a parrot. Whenever we speak words from our hearts, it shows on our faces. When you look at Baba's face, you see his smile. It's a wonderful face. Emerge Baba's smiling face and then see your face. In my dreams, I also see Baba's smiling face. In fact, we should create such a stage where we wonder: is this a dream, or is it a reality? If something comes in reality we say from the heart: Oh, I never dreamt this could happen but Baba made it real! We are about to meet Baba after a long time. This is a dream!

Thirdly, we should pay attention not to speak of anyone's sanskars. If someone comments about another, it is an insult. Instead, my companion is Baba and I am coloured by His company. Whatever scene comes in front of me is accurate. No matter what may happen, my face should not change. Not just that you remember Baba sometimes and become equal when you pay attention. It has to be my constant stage. When Avyakt BapDada is about to come we feel: Oh, Baba is about to come, and then: Oh He has come! When He wants to leave we may feel we are not satisfied, our heart may not yet feel full, but no one will say Baba didn't meet me. He meets everyone. Our stage should be such that the love we receive from Baba goes deep within. You shouldn't have such thoughts where you feel disheartened, where you feel that the drama is like this and I cannot make such effort. Someone told Dadi that whenever they do something careless Dadi comes into their dream and shows a stern finger.

Fourthly, go into silence in a second. We have gyan, yoga, dharna and seva and then there is shrimat, directions,

rules and maryadas. Manmat is not allowed in shrimat. Fortunate are those who are free from manmat. Such souls are multi-million times fortunate because they have great value for shrimat. When you maintain a stage over a long period of time, this will be your stage in the final moments. So when I leave my body I should have this awareness that whatever I have maintained over a long period of time, will be my destiny. In satyug souls know when they are about to leave their body. They don't take birth according to their karma but according to their elevated actions. Here we take birth on the basis of karma. Baba gives Shrimat but some say you find it difficult. Why should you use such words? When Baba became avyakt we asked how would now receive shrimat. Baba's answer was: You should follow those who follow Shrimat. They follow all directions, rules and maryadas. There's significance in each and every direction Baba gives.

Whatever you want to do, do it now. If you don't do it now, you will regret it as the time passes. The moments of repentance will not be good. I don't want to face such moments. If two people are talking waste they won't like it if someone approaches them. Baba gave this job to Didi. When Didi would approach they would stop talking. Don't talk waste things, don't think waste. The one who has this practice will be loved. Instead of saying I don't like this particular thing, become good yourself. Whatever actions I perform Baba will be responsible for giving me the return if I remember Baba when performing those actions. Once, I was sitting wondering: How can I give Baba some return? Baba saw me, came up to me and said, "See Father, follow Father." From that day to this, I appreciate everyone but I only see Father and follow Father. You should give regard to the instruments and also the instruments should give regard. Baba's shrimat is to give regard to everyone.

Om Shanti

DADI JANKI – 7 OCTOBER 2013 – GYAN SAROVAR WITH PEACE OF MIND GUESTS (1)



When we keep looking at God then we can see everything and everyone with love. One is to look here and there with inquisitiveness and curiosity. The other is to look with love, with gentleness and with softness. This is how Dadi sees... When someone keeps looking at God then God will definitely want to keep looking at them. Do you understand how Dadi sees and how you can learn to see? It is time to let go of looking at others in an inquisitive and questioning way and simply to see everyone with love.

This is the 'Confluence' – the end of the old and the beginning of the new. At this time we can 'see' God's face – and it is a very beautiful face. When Brahma Baba spoke to us he would speak in essence and in a very lovely way. We wanted to keep on listening to Baba! I always remember the things Baba spoke to me... both in the subtle form and in the corporeal form.

There is another element; to be able to catch something from God and to be able to be 'touched' by something from God. In order to do this, we need to be able to concentrate our intellects. Brahma Baba's intellect was like that; very powerful and of a very high level. When my intellect becomes like that I will be able to be 'touched'. For example, when something is going to happen or something is happening, there will be a deep understanding of it. In fact, whatever happens is good. When there is this awareness then we are able to remain stable, unshakeable, immovable... Otherwise, if something happens suddenly then we can become unsteady. Whatever happened is good. What is happening is good. What will happen tomorrow will be good.

There are many types of meditation in the world. There is also Hatha Yoga. Raja Yoga is a very

elevated practice. It teaches us how to have pure and elevated thoughts. Thoughts which are filled with good wishes for others. So let God be in my thoughts and let me understand everything that is happening in this world to be a drama. When I understand that everything is happening as it has to happen I become carefree.

As you listen to these things, absorb them and then bring them into practical. When you practice them you will experience power immediately. The practice of these things brings a great deal of benefit. If you revise this knowledge you are hearing internally then you will realize. Realisation helps us to remove our defects and weaknesses. When you listen to the Murli and feel that it is personally for you then you will find it easy to use that knowledge to transform yourself.

We all have four aspects to our lives; the body, mind, wealth and relationships. Now ask yourself how much your mind is engaged in your body, your thoughts, your wealth and relationships. Are any of you free from being caught up in these things? And the type of thoughts that come from being caught up in these things are: this is good, that is not good... If I had wealth I would do this... I can't do this because of that... Dadi does not think about these things. She does not get caught in these thoughts. Brahma Baba did also not get caught up in thinking about these four aspects.

There are two internal mantras that are useful to us; Manmanabhav – turn your mind to Me. Secondly, Madyajibhav – remembering the aspect of balance in life. When we are performing actions I should remember that I am a highest on high human being and perform activity with this awareness. In my charac-

ter I should remember that I am a child of God and as such I am like Him. I have the same qualities...

When we think about such deep aspects we can sustain and nourish ourselves spiritually. My one thought for all of you is that you implement these things in your lives. If you just have the thought to do this then God Himself will make it happen for you. The knowledge of the soul, the Supreme Soul, the drama... one just needs to merge it in the self and then to be able to be able to emerge that understanding as and when you require it.

In fact, in life it is important that I am the same inside and out. There is no point in being something inside and acting another externally. The virtues of humility and truthfulness are wonderful. Think about the depths of honesty – 100% honesty. In interaction with each other let there be humility. When there is humility our words become the same as our actions. We know that every soul has their own role to play but with understanding we know that our part is to live with honesty and humility. Then time after time, my role will be a positive one. So as you take each step, follow the father. Brahma Baba practiced these things himself. I know what his heart was like. His heart was so big and generous, he always wanted to share. If he saw you here today he would have wanted to share personally with you. I always used to be so amazed on listening to him that I wanted everyone to know about these things. Now, I always have the feeling to share.

So now keep God in front of you and be ready to do what He is asking you to do... and to do it now. It is certain that everything positive and good has to happen in this unlimited drama...

Om Shanti

DADI GULZAR – 23 OCTOBER 2013 – DIAMOND HALL, SHANTIVAN

QUESTION & ANSWER ON THE GOLDEN AGE

Q. We have heard about Baba's visions. At the beginning; he saw stars descending from above and adopting a divine form on the Earth. He saw the communication between deities; as if music was playing. He saw that when they walked it was as if they were dancing... Tell us Dadi, how is the communication between deities?

All of you have lived in satyug and ruled there countless times. You are now sitting at the confluence but you can also remember how everything was at that time. You have experienced that and it is inside you. There is such great happiness there that there is no name or trace of sorrow. The sparkle of happiness is revealed in the way we meet, sit and speak – in the very way we move. Everything is wonderful there and there is no need to make effort in any aspect; everything is automatic. There happiness is natural so it feels very lovely. The impact of having all attainments is revealed through the features of the people there, and so the features appear very beautiful. Here we want our faces to appear happy but there happiness shines on every face. When something good happens here, we are happy. There, it is a life of happiness - constantly. Our lives are very natural there. You were there – you had such a life... After every 5,000 years you will be there. Whatever attainments you can think of will be emerged in the life and the form of every deity.

Q. Will there be school?

The children will study at school but each lesson will be like a game. There is no burden. They don't make effort for silence. As is the activity, so is the form. They will play, dance, sing...

There are no complications there. Everyone's vibration is pure so there is no effort of any type. They see each

other through the relationships they have i.e. a father will see his son in that relationship. According to the relationship so is the drishti. As they see each other there is love, peace, bliss in an emerged form, and so the vibration is created accordingly.

Q. In the confluence we have to think about and make effort for the soul conscious stage, will it be the same there?

There, it is the natural form of soul conscious. They have a happy nature so they don't even need to think about happiness.

Q. Will we see a variety of sanskaras?

There will be a difference between the king and subjects. Yet, all are happy. There is the wave of all attainments everywhere, in all parts of the kingdom. The king will have the sanskaras of rulership which won't be present in the subjects. Laxmi and Narayan will have the same level of happiness because they are both experiencing the reward of their effort. Of course, they know they are male and female – there will be a difference in their activity. Narayan will sit on the throne at the time of rulership, as the activity of ruling the kingdom takes place. They will chat, play, laugh... Narayan, in fact, is number one in the kingdom – he will give Laxmi duties. Yet neither is less. Each has their own duties and powers. There will be a sparkle of happiness... In the status of happiness everyone is equal.

Q. When you go to the subtle region, what kind of communication happens there? How does Baba reveal things to you?

I go into trance and I see things there in the same way as you see things here. Baba talks to me rather than touches my intellect. He tells me what the message is. I tell Him some-

thing and He tells me something. It is like a movie – I understand things as if Baba is speaking to me. There is no confusion; Baba speaks and I listen. I become transformed; I become an angel when I go there so it is natural to communicate in a subtle way. One subtle being can easily understand another subtle being. If you want this experience then sit and tour the subtle region at amrit vela. Baba will pull your intellect according to your capacity! To the extent you are bodiless, to that extent you will catch...

Q. What kind of effort should we make now?

The form of being a Brahmin is higher than that of a deity as the Supreme is meeting and speaking with us. Thus, this is the highest birth. Whenever we meet each other, this gyan should remain in my intellect; who am I meeting, what kind of soul is this, what is the future of this soul? Don't be ordinary! When you think in an ordinary way you will see weaknesses and you cannot see the angelic form of another being.

Q. From now until tomorrow evening, what should we pay attention to before Baba comes?

To be bodiless. Baba is bodiless and adopts a subtle form. We have to remain in the form of an angel. Baba is an angel and we have to become angels to experience the meeting.

The most elevated life through the cycle is the life we are living right now. We will become deities there but this is the most elevated life through the whole cycle; the soul meets the Supreme Soul and the Supreme Soul speaks to the soul. There, the connection will be only with human souls. Even in Satyug we won't have the chance to experience relationship with the Supreme.

Continued bottom page 6

DADI JANKI – 21 OCTOBER 2013 – SHANTIVAN

USE THE POWER OF THE GATHERING TO INTENSIFY YOUR EFFORT

Do you feel that you are wonderful? You are wonderful! This week has felt very special to me. There was the RC meeting and then the NC and CC meeting on the topic of Sat, Chit, Anand. If there is anything unreal inside you then you cannot possibly make your chit clean and clear. Baba is really the truth and He wants us to be obedient and true.

We are His beloved children and we have to make ourselves true and real inside. When there is realisation then there can be truth. I need to be very clean and true internally in order to clean my chit. In fact, each one's heart desires reality. In life, if someone is real they are also royal.

So through being introverted develop concentration. When you are concentrated you can clean your chit. You will never then feel distressed or depressed. You will instead feel internal happiness bubbling up. Baba is truth, knowledge is truth... this is the age of truth... the Confluence Age. I the soul, am the truth, the one who is aware and the blissful. I need to recognise myself as such.

This is a huge gathering. I should take the power and love of the gathering and intensify my effort. My Baba, God, is the Bestower of Fortune. There is Baba, Murli and Madhuban... Listening to and studying the Murli is very useful for our service. In service I simply have to see the Father and follow the father. Our life's pilgrimage is so good because we are going with Baba.

Wherever you may reside, you are with Baba. You are residents of Baba and the Murli is your treasure. I don't have to focus on who is going to recognise me and my effort; rather I have to recognise myself. I have to be patient. Everything will be good. You will feel there is nothing to worry about. You will realise that truth will be revealed – everything

will work out well.

Don't worry about the self, anyone else or service. Everything will be good. Yes, some children do service while others do disservice. Baba is aware of this. But for my own self, I have to be as Baba wants me to be. Baba is sitting here for me. To get caught up in what others are doing is not my responsibility.

Time is telling us; whatever you have to do, do it now. Don't keep anything from the past in your chit and don't keep desires for the future.

I am speaking to each of you individually. In order to remain in a state of spirituality, take love from Baba. Let Baba's love be inside you.

When we sleep we are not creating or destroying sins. When we are awake we have to do karma. Our karma and our yoga have to work together. Through yoga we get power, from karma we receive the fruit.

With yoga we destroy negative karma. We also pay attention to the present moment; no thought of mine should be wasteful or negative. Baba has taught us the difference between meaningless and powerful thoughts. When we have powerful thoughts impossible things become possible. We don't need to think about what

will happen or how it will happen. If I maintain pure feelings then I will get success. Brahma Baba got everything done through His faith and good thoughts. He let Shiv Baba get His work done through His co-operation.

If you have even a little bit of waste it means actually that there is a lack of faith in Baba and drama. I need faith in myself also. I am a soul with a spiritual intellect... I am the child of the Supreme Soul; this thought brings all the powers. It is not that I say whatever will happen will happen. No, I have to be active.

I am a guest here on this Earth. If you think anything belongs to you then you are a thief. A guest has the attitude of disinterest. A guest is also a trustee. I am a child of God, I am clean, I am true, I am civilised. I have to live simply. There are three 'I wants' 1) this is needed 2) I can't manage without that 3) I want that person to do like this - it should be like that. I have to leave the word 'mine' now and become an avatar. Keep your chit clean!

I need to have such discrimination that I don't miss what is useful to me and I don't get involved in what is useless. If you realise the importance of amrit vela and evening meditation then you can really become great...

Om Shanti

Dadi Gulzar – 23 October 2013 – Diamond Hall, Shantivan

Question & Answer on the Golden Age

That happens only now. The truth that we receive from Him now, cannot be received at any other time. Sometimes we fail to appreciate this. The value of Sangam is huge – each second here is worth many, many years there...

I now meet the Supreme and I am aware He is giving me knowledge. Only now can I experience the happiness of all relationships with Him. Take as much benefit as you can from Sangamyug. It is anyway a very short age. This meeting of souls and the Supreme Soul will not happen again throughout the cycle. These moments will not return in any other age. This is the huge fortune we are receiving now.

Om Shanti

DADI JANKI – 6 OCTOBER 2013 – GYAN SAROVAR WITH PEACE OF MIND GUESTS (2)



The main aspects of life are 'Who am I?' And 'To whom do I belong?' Peace is essential for life yet one cannot find it externally. If you let external things 'inside' then you will not feel peaceful. For life, peace, happiness and love are essential. Purity is the mother of peace. When one has peace inside there will definitely be happiness. Then there will also be the feeling of love...

You have come for the Peace of Mind program. Peace of mind is what you have come to achieve. There is a story in India of a queen who lost her necklace. She searched for it everywhere. Someone then saw that she was wearing it... Everyone in the world is searching for peace. However, when they can't find it, they just say 'Ok... I will live as I am'. They then experience sorrow. They don't experience happiness themselves and thus cannot give happiness to others. Happiness is a treasure... it nourishes the soul. However, how can I create happiness inside? When someone experiences sorrow, he places his hand on his heart. Happiness, peace and love are also internal experiences. I have to now purify my feelings. When there is truth and trust feelings become pure. It is time to create pure feelings within on the basis of truth, love and trust...

Dadi feels that she has never become disheartened. She cannot leave things half way either. Once one becomes disheartened it takes a lot of time and effort to develop zeal and enthusiasm. Many become disheartened easily. When one sits in meditation in that disheartened stage, one cannot take power from God. . At Amrit vela one can easily connect to the Supreme Soul and this brings a great deal of happiness and joy. The heart then says, 'Don't come into words'. To remain peaceful one needs power. Peace and power are connected. When I understand this then I will feel that I don't want to

become peaceless and lose power. Every hour the song for peace and coolness is played here. We have to now become very cool.

To speak lies, to try to cheat, to be jealous are all negative traits. We have to work on the basis of virtue. Some don't realise the difference between virtue and defect. Thus, they don't make effort to become virtuous. Rather they keep complaining about the weaknesses of others. Some want blessings and ask for them. However, no one can get blessings by asking. If a child is good and obedient, the parents automatically give blessings. God is the Father of the soul... He is the One who gives blessings when I am obedient and faithful.

This is the time of change; everything is reaching a climax. The end of corruption and sin is close... We have to create a world of truth and love. For this we have to become detached from the world and be loving to and loved by God. Each one has his or her own part. If I compare or criticize I totally waste my own time because I cannot change anyone's part. So have positive thoughts for the self... Contemplate on what is good now. Take yourself into the state of meditation. Keep qualities of the soul in your mind. Think of God. If you keep God with you then you will never worry. Go into the depths of the knowledge you are hearing. God is the Ocean of Love – immerse yourself in that love and experience it. It is God's love which purifies the soul. I should keep an aim to become an example for people of the world... they should be inspired by looking at me. If I become hopeless neither can I benefit myself nor can I bring benefit to others.

As soon as one says, 'My Baba', there is so much peace inside... He will then say, 'Oh, my child'. The Gita states that in order to see God one needs the divine eye – the divine intellect. The future world is in our hands... Are you

holding the globe in your hands? Sit now in meditation; take power, light and might from the world and donate it to the world. I am a bodiless soul. Take power from God. Spread that energy all around... darkness is being dispelled and light is coming through enlightenment. I am only in this body to play my part. I have come from the highest abode to play my part... I have now to free myself from the bondages of action and go home. The vices bring us into bondage; I have to now free myself. If I perform actions on the basis of these vices then I bring myself into bondage. I am then not free and I cannot fly. So, I now have to perform the type of actions God wants me to perform. I have to take the power from God to perform those actions. We have all performed wrong actions but now we know the difference between wrong and right, truth and falsehood. I can now free myself. I don't have to look at what others are doing. I have to do what I know to be right.

Our task is to do actions without waiting for any appreciation or praise. I have to remain alert and accurate and not get tired. I have to become a person who inspires others in their lives. I have to be ever ready for any type of task. If I get impatient or intolerant when in action then the action becomes a negative action.

There are a number of points to pay attention to: -

- 1) Courage of the child brings thousands fold help from the Father. Don't see your physical situation, you may be sick or have little money, but keep courage and the Father will definitely help.
- 2) When we come together in unity we can perform wonders. One finger alone can do little. All the fingers on a hand are different and have different tasks yet all our necessary.

Continued bottom page 12

DADI JANKI – 22ND OCTOBER 2013 - SHANTIVAN

IT'S TIME TO TAKE MY THOUGHTS TO A HIGHER LEVEL

In order for us to achieve the angelic stage, we should have the faith in the intellect that 'I will be victorious'. It is guaranteed that we will achieve this. It is a big mistake to wonder why something happened. Then to go further and enquire about it is to waste more time and energy. Even now, in each minute, in each second, of ours, we can attain a great income by thinking about this study and churning on it. There is a huge income waiting a soul that wants to take it. Baba has given us so much in a practical way. He gave us blessings and created our fortune. Through what He has given us we gained a lot and have become bestowers ourselves. On this basis, we are moving ahead. But He has told us that we also need to become like Him in every way. So I need to check to what extent I have reached that stage. When someone becomes a bestower of fortune and a bestower of blessings the only need to say something and it happens. They do not have to think how it will happen. It may not happen immediately; it happens when the time is right. Baba is the One who creates our fortune and is the One who says: Remember Me. Baba knows no one except Him can say Remember Me. Only Baba can say this. What can a human say? We are used to remembering human beings. In bhakti, we remember deities. It is Baba, the Incorporeal, who enables those visions to happen. There has to be such a deep recognition of Baba, who He is and then see what He is doing.

This is the time of the confluence age. Baba is getting everything done. He has created this Yagya. So, I personally don't have any worries about how expenses will be met. It's not my concern. It's Baba's Yagya; He will get it done. According to drama, whatever Baba wants us to do. He will get done. So, I don't need to have such thoughts as: What is this one doing? They shouldn't be doing that. Keep Baba's

Shrimat on your head and your head will remain cool. Each one is taking care of whatever service they have received. We should not discuss others, or criticize them. I should pay attention to doing what I have to do accurately. Baba talks about these things in the Murli. Many scenes came in front of sakar Baba. He would speak about them and then say, "Good, Children, very good!" Listen to what is being said in the Murli rather than listening to wasteful things. Make this very firm in your mind. We should be such loyal companions to the Father. I personally have to be the loyal companion, loyal wife and obedient child who does whatever the Father says. A loyal wife will do whatever the husband asks of her. Baba says: Awaken, O brides, awaken! Who will be the wife of Baba? In bhakti, total fidelity is praised a great deal. I should be the one who is completely dedicated to the Husband and Father. I am repeating this on purpose. Who has this practice of internally being completely dedicated to the Father and Husband? This is a very good stage. .

I have seen very good brothers and sisters caught up in thoughts of others. These waste thoughts prevent one from developing a high level of thinking. Often we don't have bad thoughts, but we do have to think about work, activities and so on. Such things, if not balanced with elevated thoughts, actually make our quality of thought rather ordinary. Baba, on the other hand, had such a stage that even with his huge responsibilities, whenever something would happen Baba's stage would be firm and unshakeable under any circumstances. To create such a stage of consciousness requires that I do not carry the weakness of yesterday with me today. Also, whatever you have to do, do it now.

We have to become very, very sweet. This is also a course. We have to be

attentive to the course of becoming sweet. Who will make me sweet? A person becomes sweet when they become cheerful. You may think you are speaking the truth and that is all that is needed, but when speaking the truth one needs to be very sweet. You have to find a way to speak sweetly. In fact, angels don't speak. They remain light. If you experience heaviness, make yourself light. Don't ask "How?" say "Now!" God, the Bestower of our Fortune, keeps drawing our attention, our intellect, and wishes to make us innocent about negativity. If you're not educated in this way then how are you? The intellect Baba has given us is one that is able to establish us in yoga. In fact, I need to now remain in yoga – have a yogi life rather than keep trying to establish a connection of yoga with Him. The knowledge Baba gives is practical. This is a pilgrimage of life. We are all on this pilgrimage and travelling on it together. We don't have any other relationships with each other. Baba said that we don't need to be concerned about things or people. We may have them in our lives but not be dependent on them. We will have material things and relationships in the golden age, but will not have to make any effort for them.

Someone asked Dadi, "What are your thoughts about death?" At first she wondered why she was being asked this question and then realized that internally we should always be aware of the last moments. Shanti Bhen is an example of being aware over a long period of time. I didn't know I would reach this age but since the beginning I knew that I should have such thoughts over a long period of time that at the end I will have right thoughts. Brahma Baba was a practical example of this. On his last night he came to the night class, and said, "I am taking leave from the children." Baba has taught us everything by showing it in practical form

Continued bottom next page

DADI JANKI – 7 OCTOBER 2013 – GYAN SAROVAR WITH BKS ASSISTING POM GUESTS



Dadi has been watching you and Dadi has a question: You have been making efforts and there has been change. However, what is that last weakness that is keeping you from becoming perfect? Being in this elevated Brahmin gathering is the chance to have deep realizations of this kind. It is also the chance to finish those weaknesses forever.

Surely this is a wonder! Yet, is it the wonder of Baba? Or of the determined thought, 'I have to change, and I have to change, now!' Actually, it is only when these two come together that the wonder can begin. Efforts are that easy now. I just need to look at the self and Baba and speak the things of the heart to Him.

[On Dadi's request, some BK brothers and sisters shared with Dadi the focus of their efforts, and what they wanted to take from the meeting with Dadi: the depths of honesty, humility and realization as a power, trusting the purity of intention, deepening surrender so that I am sure that I am doing what Baba wants me to do, and not what I want / need to do, managing to remain in pure feelings and good wishes in general and in the face of lots of differing opinions... Dadi's response follows:]

Now we have to know the absolute value of time. When we give value to time, time itself will be of help to us.

Dadi Janki – 22nd October 2013 - Shantivan It's time to take my thoughts to a higher level

We are now receiving a kingdom for 21 births. Now is the time for making this effort. In bhakti we used to hear that people would transmigrate into 84 million species. This made me afraid. Then I heard Baba say that actually we don't have to go through any of this. He says there are four main types: human, animal, bird and insect. When we go anywhere in the world, we can see people's different types of behaviour written on their faces. In bhakti, we understood that we had to make effort for a high quality life. Nowadays, there are people who live worse than animals; the behaviour of animals is better than that of some people. You need to ask yourself what you have learnt and how to use that to make you successful. Now Baba is coming and we have to fulfill the hopes Baba has in us. We have to say: Yes, Baba, we will fulfill those hopes.

Am I making efforts with happiness? This requires us to go beyond effort making that is limited to our capacity alone. This is what time is calling us to do. Efforts made with happiness means Baba is with me in this. Good effort means that I am content with Baba and Baba is content with me. This is a very important question to think about deeply, to the exclusion of everything else: HOW CAN I MAKE GOD HAPPY?

Definitely Baba is happy when a child is honest and humble. In fact, this is the easiest way to have yoga. Further, honesty and humility cleans the mirror of our heart and enables us to become a mirror for others. These are deep efforts and these are what are needed now.

When efforts are good, we find ourselves in a joyful state. Entertained! Good effort making does not mean we isolate ourselves in a room somewhere to 'make intense effort'. That is not the right image. Our efforts should be part of a natural flow, sweeping us upwards. Simple. Nothing forceful or linear. Why? Because this is the nature of the One who is teaching us and giving us His companionship. Baba is the One doing everything. He is Karankaravanhar. Has there been full realization of this? If there has, the only thing left to do is: keep on smiling.

Take a good look at Brahma Baba's smile. It is filled with sense and essence. It is the smile of one with an open, big, true heart; a heart that holds no reservations. It is a smile that comes from the feeling: All belong to me and I belong to all. This is the feeling we need to have and that others need to have on seeing us. Do you belong to France? Japan? No, no, no. You belong to Madhuban; you belong here. This is our home.

Obstacles divide into 3 types, and we need to check ourselves to see into which category we fit: 1) am I a creator of obstacles? 2) am I afraid of obstacles? Or 3) am I a destroyer of obstacles? By now it should be very clear that obstacles come only to enable us to grow, to become experienced, and to keep moving forward. Embrace them!

Watch out for disheartenment. Dadi would like everyone to write a list of 10 points about why I should never become disheartened. Disheartenment is a very subtle sign of body consciousness. It indicates that feelings of, 'My Baba...; I am a Brahmin...; I am a tapaswi...' have disappeared.

Whatever weak thought remains in the heart, emerge it in amrit vela. Remember Baba, and then bring in Dadi, and accept the extra power she will share in order to finish that weakness.

One last aspect of effort making: understand the importance of doing for the Yagya...whatever you do for the Yagya is what will come back to you. Some center residents become householders – they keep money aside, 'for the future'. However, the truth is that it is those who take care of the Yagya are the true effort makers. Nothing will ever be missing from their treasure store...

DADI JANKI – 10 OCTOBER 2013 – GYAN SAROVAR WITH PEACE OF MIND GUESTS (3)



This is the path of knowledge... As we continue to listen to the spiritual knowledge Baba gives, the mind becomes clean and peaceful. The attitude of the mind becomes clean and then it becomes peaceful. First it becomes clean. Without purity and cleanliness there will be some rubbish – some waste. Waste definitely leaves a residue.

My wish for you is that you remain pure and peaceful. Observe the self for a second. It feels very good to be in this state. When there is purity there is peace, there is love. When there is love there is happiness. When there is happiness there is power. Purity has to be imbibed first. Then what was missing in life becomes filled. The heart then desires to share. It doesn't matter who it is; or from what religion, this is what all souls want.

The Supreme Soul has removed all divisions of caste, colour, religion etc. from inside. If there is any feeling of division then my feelings will keep changing. Let there be no division, no dislike. God has spoken that when we change the world will change. Dadi has seen this practically. When we transform inside, it is the proof. I should keep the aim to transform but what am I transforming into? I have to be totally non violent. Let there be so much realization inside that I transform and leave all types of realization.

The first realization occurs when I develop bhavana inside me. When I become real then I can become royal – I will experience my own divinity. Go into the depths of honesty and you will feel very good. Honesty and humility are essential. We have to go deep into these aspects and awaken the feelings within.

You may see that someone is honest. When a soul is very true and honest then others will definitely

feel it. We do service on the basis of truth and honesty. God tells us to let go of the consciousness of the body and become soul conscious. When we go deep into this we feel naturally detached from the body and bodily relations. The soul gets pulled above by that One... pulled into the experience of love. That pull of love enables me to remain in this world yet with an attitude of detachment. The soul receives a great deal of power from God and thus can remain detached. When we are detached then we can leave the vices that caused us sorrow. We experience a distance from our old nature. The heart will start to 'feel' who the One is who is transforming the soul. You will feel that you are a soul and all those around you are souls.

God has also shared another aspect; each one has his/her own part to play in the drama. To ask why someone is doing something is to think and speak with roughness. It is a complete waste of time and energy. It doesn't matter what weakness someone else has – when I give love and happiness to them, they can transform. So check your attitude and drishti – what experience they are giving to other souls...

There should not be any selfishness in my intention and interactions with others. When there is no selfishness I can give true love and I will be creating a good vibration. That in turn will affect the atmosphere and the environment. We you come into this hall then you feel the good atmosphere. It is because many good things have been shared here. People can't forget the atmosphere that exists in a place.

We create a good environment by following disciplines. We woke up at 4am when I first went abroad we created a beautiful atmosphere. 4am meditation, 6am class... there was this discipline.

When there is deep purity and peace inside then feelings of gratitude emerge for God. If you don't experience purity and peace then you won't feel that gratitude. To the extent we absorb knowledge and reflect on it, we feel a deep gratitude that we are able to bring it into our lives and thus transform our lives.

One is the 'T', which involves the show of education, position, money, experience etc. The other 'T' is I the soul – I the soul whose religion is peace. So take this power to remain peaceful from God.

There are 3 powers that help us to live in this world; firstly patience. Second is tolerance. No matter what happens to the body or relations is not a big deal. There won't be any fear of what will happen or what has happened. Third is contentment – the feeling that I am ok – everything is ok. These three powers allow the other powers to work in our lives. They allow us to remain in our dignity and self-respect. Now is the time to pack up what is not necessary in my life. It has been part of our nature to come into expansion. We now have to remain simple. If I have extra of anything I have to make sure I use it in a worthwhile way.

When the mind is connected to the Supreme Soul then whatever actions we perform become elevated. Introversion makes us aware of what we have to see, listen to, speak and do. Keep a determined thought and a connection with God and you will receive everything. You will automatically forget all that is wasteful and every aspect of your life will become as valuable as a diamond. Others will then become inspired on seeing you. I have to realize the importance of this time. There is not much time left; I have to now stop the give and take of sorrow and only give and take happiness. God is very pleased with those who are honest.

Om Shanti

DADI JANKI – 11 OCTOBER 2013 – GYAN SAROVAR WITH PEACE OF MIND GUESTS (4)



When one considers the self to be a child of the Supreme then peace and happiness are automatically born from inside. What you were searching for outside has been found inside. You have developed a taste for sitting in silence and that taste will pull you again and again. From your heart you will be drawn inwards and you will naturally experience a state of introversion and thus stability. Your intellect will become stable, unshakeable and immovable. You will feel powerful and that power will not fluctuate. Whatever then happens, you will be able to feel that it is nothing new. Nothing is new yet everything is different from moment to moment.

God does not only give us His introduction but He also gives us our own introduction and through this we get to know our own selves very clearly. I belong to that One up above... I should make my character, my activity and my face such that on seeing me, people are inspired to move into the awareness of being children of God. They should see that I am not ordinary. Dadi experiences a lot of happiness inside because she doesn't let herself become peaceless, sorrowful or angry. If you get angry even once then you lose your honour. God is reminding us that we are actors in the drama and we have to keep rehearsing our parts in this play. He continues to observe His children: What is happening inside them? How are they thinking? Do they remain in the awareness of who they are and who they belong to?

We have recognized ourselves and we have also recognized the time we are going through now. So who has pulled you here: God or time? It is time to finish corruption, violence, sorrow and peacelessness in the world. When we finish these four things inside us there is the guarantee that they will finish

in the world. This is the time to change the self. Don't worry about what is happening in the world. The Supreme Father is making us such that when the world sees us, it will automatically change. This is Dadi's experience.

We have received five things from God: purity, peace, love, happiness and power. In purity there is honesty and humility. Feelings of 'humanity' come from humility. Let me continue to smile and nothing will feel difficult. Not laughing loudly but keeping a spiritual smile on the face, a smile of contentment. Such a smile arises from a deep understanding whereby one doesn't allow the self to become confused and nervous. When one receives purity, peace, love, happiness and power then the illnesses of nervousness, confusion and fear finish.

The greatest illusion comes from attachment. When I become aware of who I am and who I belong to, then attachment can finish. When one becomes the complete destroyer of attachment then one can remain 'Manmanabhav'. There won't be effort in trying to remember God – it will be a natural remembrance where one experiences being touched and moved by God. There is so much power in God's love... That love enables us to remain in our self respect. To the extent that one experiences that love, one melts inside and the soul can feel its inner transformation and it feels very good. It feels as if God is transforming iron into divine stone, as an alchemist would do. Then in your company iron would become gold... The influence of that which is divine transforms that which is around it. Think of the quality of iron and then think of the quality of gold. The power of honesty and love do such work of transformation. We simply have to use these qualities; love, peace and honesty...

I have to now free myself from four things; firstly, telling lies. Some are afraid of what others will think if they tell the truth. Others know that what they are speaking is not true but they even try to prove it to be right. Secondly, don't steal – even a penny. God teaches us to use money in such a way that we don't even keep a penny for ourselves. Third is deception. To deceive even the self by being something inside and another on the outside. The fourth is defamation; don't defame or criticize anyone. It is a huge mistake to defame others.

Shiv Baba has taught us to have the attitude that one who defames me is my friend because he is drawing my attention to something. So we thank those who defame us.

So now remain totally clean inside and you will be safe. To the extent you are clean internally, you are safe. Cleanliness internally and externally, honesty and simplicity. These aspects are very important in life. When there are these three there is greater success with less expenditure. A great deal can happen with minimum expenditure. If you want to become healthy, wealthy and happy then place more value on your inner treasures than on external things.

A bird needs wings to fly. To fly one needs the wings of courage, zeal and enthusiasm. What kind of bird would spend its whole life holding on to a branch – trapped?

Keep courage and you will receive a thousand fold return from God. This has been the basis of Dadi's life. When someone has an honest heart their pure wishes are fulfilled by God. It is the wonder of faith and trust. Courage, honesty and trust... these things are so wonderful that they attract God's help...

Om Shanti

DADI JANKI – 15 OCT. 2013 – SHANTIVAN THE PRACTICAL FORM OF KNOWLEDGE IS TO BECOME LOVELY AND PEACEFUL

The heart and the mind have a close connection. The whole inculcation of gyan takes place through the mind, intellect, attitude and heart. What is truth? Go into silence – by coming into extroversion you will keep speaking. Go into silence and you will see how it is no difficult to become the embodiment of bliss. Become introverted and you will really enjoy your internal world.

When you go inside and think who you are you can easily go beyond the consciousness of the body. You will move into the incorporeal stage. From there you can easily create you avyakt stage. Baba has told us to be wandering yogis. We have to now go beyond this world. For this, make your mental attitude very subtle.

When there is purity there is truthfulness. For a second think about purity. In purity there is peace as well as love. Without peace there is no love. I have to learn how to take love from Baba and then I can become peaceful and lovely myself. The practical form of knowledge is to become peaceful and lovely.

Mine is Baba – drama is mother. I have to be faithful and sincere. Faithful and honest souls are called surrendered; those who surrender everything. Baba is pleased with one who has an honest heart. For one who has surrendered everything there is nothing else... no one else. Such souls can serve the world.

Baba has given so much light – I have to now become the embodiment of that light. I have to become one who guides others because now the world is in darkness; there is corruption and all types of violence everywhere. First we speak the truth – there is power and cleanliness in truth.

It is time to become simple and a sample. There should be nothing spicy left inside. Ours path is Raja Yoga and we perform karma yoga. We are on the pilgrimage of remembrance and we know where we are going. We have to go to the land of liberation. Didi used to always keep in her intellect that it is now time to go back home. The whole day before she left the body she was in silence. She told us to make Baba our friend; to remember Him in the form of a friend. He is the Friend and the Beloved. Baba is the Teacher and in order to inculcate His teachings we have to stay in His company.

The Double Foreigners have become instruments for world service. We could never have known how Baba's knowledge would go around the whole world. Those who got converted from other religions definitely have to come back.

So now become the embodiment of truthfulness and you will be able to become lovely and blissful. Your face will then always be happy. Others will see peace, love and happiness from your faces. They will receive that through you. Now let there only be one Baba and none other in your awareness.

Om Shanti

DADI JANKI – 12 SEPT. 2013 - SHANTIVAN AM I HAPPY WITH MYSELF?

There is the mind, intellect, drishti and the heart. It is time for me to make my mind cool and calm and to make my nature simple. My task is to keep my mind peaceful and my body cool. I don't need to look at anyone else, I have to focus on my own self and do what Baba is telling me. I am Baba's child and I need to be able to focus. There should now not be any dictates of my own mind; I need to follow Shrimat. When we follow Shrimat we are not alone; we are with Baba – combined.

In fact, there is no need to speak much now. I have to go into the depths of silence, into the depths of myself. If you do this, you will really enjoy the feelings of peace you experience. In that level of silence power is accumulated. If I stay in deep silence then I create an atmosphere and I receive blessings when I create that atmosphere. When I stay in peace, I accumulate power. Through that power, the atmosphere is created. What is the need to keep on and on speaking? Dadi does not read the newspapers or watch TV. Some people cannot sleep without watching TV at night! I have to make myself such that Baba looks at me and becomes happy. Ask yourself: Am I happy with myself? If not then how can Baba be happy with me?

We have to all understand one another and stay together. This evening gathering allows us to come together, not necessarily for class, but to be together, to share. We share our experiences; we don't gossip. We don't have to speak together of physical aspects but of spiritual ones. This is what it means to bring benefit to each other.

Om Shanti

Dadi Janki – 6 October 2013 – Gyan Sarovar With Peace of Mind retreat guests

- 3) By following God's teachings we receive protection. God protects the soul and I am protected from performing any wrong actions.
- 4) Keep the aim of feeling great; your feelings will then co-operate with you.
- 5) Develop the habit of remaining in silence. You will then be able to take power from God and your feelings will become pure. You will then feel good...

So now sit in silence and remember: who am I? And, to whom do I belong?

Om Shanti

DADI JANKI – 18TH OCT. 2013 – SHANTIVAN THERE'S NO NOURISHMENT LIKE HAPPINESS.

There is no nourishment like happiness. Happiness is a treasure and a type of food. Joy is a feeling. No matter what happens we mustn't lose these. We are trustees – when nothing belongs to me I feel great happiness. Baba is the Remover of Sorrow and the Bestower of Happiness. When the word 'Baba' emerges from inside, one feels great happiness.

In one's chit there needs to be truthfulness. Truthfulness works when one is clean inside. Truthfulness makes one healthy. Some throw their rubbish here and there. Civilised people put their rubbish in a bin. I should not be such that I collect rubbish inside. I should be so clean that nothing unclean penetrates my heart. I have to take only what God gives. Then I can stay safe and clean and I will experience bliss.

Our happiness can't be calculated. There is no reason for me not to be happy. If there is any reason I simply remove those reasons. If I stay happy those who stay with me are happy. If I don't stay happy then those I stay with won't experience my co-operation. If I have good yoga then I can co-operate with everyone and I will remain happy. If you are even a little upset then you may be in the gathering but it is as if you are absent. Thinking or speaking of reasons to be upset is a mistake in itself.

Baba told us that the pictures would go into foreign countries. The ones who made Baba's inspirations into practical are present in front of Him.

The time of the Confluence is the time of thought. Both time and thoughts are diamonds and we can use them to make us into hero actors. They make us into heroes when we apply a zero. The present is here and now and the present is a gift. To recognise the self is a gift. I have to recognise myself and Baba.

It is the current from Baba that makes a soul bodiless. When one is true in relationship with Baba then one receives sakaash from Baba. One who is true in relationship with Baba can fly in a second. For this one needs faith. When there is faith intoxication rises. If you don't have full faith then your intoxication will fluctuate. It is said 'One with faith in the intellect is victorious'. One with doubt is destroyed. Brahma Baba had full faith in Shiv Baba. I am multi million fold fortunate. Who can become so? One who places every footstep in Baba's steps? At each and every step I have to see Father and follow Father.

One who is an angel touches his or her own heart and feels good. Then on seeing everyone there is a beautiful feeling of love and happiness...

Om Shanti

DADI JANKI – 17TH OCT. 201 – SHANTIVAN I CAN INCREASE MY EFFORT RIGHT NOW

Sat, chit, anand. What is truth (sat)? Think about this... We have to now become the embodiment of the truth, the living soul and blissful. When one is stable in truth then the chit (the memory track) becomes clean. I should never be one thing inside and externally another thing. I have to be liberated from all aspects now and then I can remain in 'anand' (bliss),

Call Baba 'Mama' and your fortune opens. Call Baba 'Father' and you claim your right to the inheritance. He is also the Teacher. His teachings are very wonderful. We are seeing everything Baba has been saying for so many years coming into practical and, on seeing this, we become the embodiment of bliss.

We are sitting below the tree; we are establishing the deity religion. It doesn't matter where you live but you are sitting under the tree doing this work. The Iron Age is over... we are going up above. Where will you sit there? There is the incorporeal tree up there and we will sit close to God.

Even if you realise that you have not made the type of effort you wish to make until now, you can do it right now. Baba is with you... Past is past. Baba is my companion and I have to be a detached observer. It is very simple. This stage will only be experienced when there is the churning of knowledge inside. There should now only be thoughts of knowledge. Baba once asked me if I churn knowledge. I told him that I was not churning. However, since then Dadi has paid attention to churning. When one churns then you get buttermilk and you get cream.

Baba gives blessings through His words. I don't have to make effort for blessings – I need to take the blessings Baba gives in the Murli every day. When Baba's hand is on my head then nothing is a big deal – everything is possible. Baba has told us to be Manmanabhav – for one who is such then they see madyajibhav, what they have to become, right in front of them.

It is time now; whatever Baba says, we have to do. There is then no question of what I should do or how I should do it. If I don't do it now then when will I do it? Baba used to tell us to do what we have to do now, otherwise when will we do it... It doesn't matter what is going on with the body because this is the confluence age. It is time to get ready to leave this body. In the golden age we will leave the body very naturally and easily, in order to take another body.

After becoming avyakt Baba has not left us. All I have to do to make Him present is to say 'My Baba'. I have to keep hugging Baba and He will then hug me back! Hugging is not a one-way thing!

Om Shanti

DADI JANKI – 11 OCT. 2013 – GYAN SAROVAR WITH PEACE OF MIND GUESTS (5)

Who am I? Who do I belong to? Who is mine? What do I have to do now? These are the aspects we focus on in this life. As soon as I ask myself internally who I belong to, my face smiles. How can we maintain zeal and enthusiasm for all time? As soon someone's zeal and enthusiasm decreases even slightly then they become like a bird whose wings are cut... trapped in a cage.

Two things diminish our zeal and enthusiasm. What are they? Ego and attachment. Both are subtle. Good company colours us and helps us have realisation through the intellect. One becomes aware of what one has to do. Before sharing anything with others, practice and get experience yourself. Incognito effort is required to free oneself from the subtle vices of ego and attachment... I need to practice humility. I need to leave the 'I' of body consciousness... For this, I need incognito practice, I need to rehearse in such a way that at the moment I need that quality of humility, it is ready to emerge. I need to now become the embodiment of humility.

Through self realization, one comes to know who God is and one gets to know Him too. In soul consciousness, I can make God my companion and there will be the feeling that I am never alone. The Highest on High belongs to me! I am unique – different from everyone but I am also God's own... God is teaching me. He is my Guide. He is my Companion. When I remain in this awareness I have the feeling to put into practice what He is teaching me. When I remain in this awareness then I can free myself from ego and attachment. I will be free; free from attachment to both people and possessions.

In order to impress others people adopt many different forms and play many different roles. So, in order to be real whilst living in a world of illusion I need to remain soul conscious. When one remains soul conscious one has only one form – there is no need to adopt a different form in order to impress people. Now only one concern should remain. Let me remain simple and thus become a sample for others. Now you have understood the meaning of 'Om Shanti'... Who is Baba? What does He look like? When does He come? What does He do? How does He transform the world? How does He make us belong to Him and then make us His companion? You know all these aspects.

You have seen how the world is. In the past 50 to 60 years science has given us a huge variety of facilities. Don't let yourself become dependent on facilities. Live your life based on contemplation, meditation. This should be the foundation of life.

We all belong to One and we are all one.

Om Shanti

DADI JANKI – 4 OCT. 2013 – SHANTIVAN GOD HAS SHOWN ME HOW TO LIVE A GOOD LIFE

Every person in the world needs peace, love, happiness and power in order to experience a good life. However, how will human beings attain these? Purity is the mother of peace. There are many religions but non-violence is our original religion. Non-violence is the most elevated religion. There should be no negative or evil thoughts for the self or the others. Our saying and doing should be the same. How can a soul receive peace and love? By surrendering everything to God; nothing is mine. This awareness makes the intellect satoguni and the soul starts moving towards its satoguni stage. Look only at other's virtues and your drishti will be spiritual; satoguni. Have the attitude to uplift everyone. My speaking and doing should be one and the same. Others will then be inspired by you.

Since the establishment of this Yagya in 1937 it is the powers of purity and yoga which have enabled such a great expansion. See your mind and your heart; touch your heart and ask yourself, 'What and who is in my heart'? God uplifted me and has shown me what a good life is. I should do the same for others.

How should I live and how should I die? In fact, God has taught us how to live and how to die. I have to become the destroyer of attachment. I have to live a good life by being detached and loving like a lotus flower. I have to be detached from my own body and from bodily relationships. There should not be any arrogance of the body or ego of 'I'. We have to live our lives whilst following Brahma. Brahma Baba looked at Shiv Baba and lived his life according to Shiv Baba's instructions. Shiv Baba, through Brahma Baba, established this Yagya. The weak need power; everyone now needs the power to tolerate. Everyone now needs spiritual support. This is the path to establish peace in the world. This is the path, which takes us to the land of liberation. We have understood the five main vices but jealousy also never leaves people alone. I need a great deal of power in my mind; enough power that when I see anyone's weakness, it's as if I don't see it. Remember that world transformation is happening through self-transformation. I am the child of the Master. He has three main forms; Father, Teacher and Satguru. He teaches me and is making me worthy to go back home along with Himself. People think that there is eternal liberation but no one can exist without playing a part – except for Shiv Baba. Who is my companion? It is God. My friend, my master, my true guide is God. I have to live in the home and family whilst making Him my company and being an observer. You will then receive so much power that you will move forward. You will do a great deal of service. My Father is Karankaravanhar. One who becomes an instrument has to be pure, humble, sincere, obedient and faithful. You will then receive constant support from the One who is the Intellect of the Wise. Stop asking 'how' and say 'NOW'!!

Om Shanti

DADI JANKI – 16TH OCT. 2013 – SHANTIVAN THE IMPORTANCE OF MARYADAS

Today Baba drew our attention to following the highest codes of conduct – the principles. There are the Maryadas of the Brahmin clan, the Godly clan. This includes having bhai bhai drishti. This drishti is a maryada – we souls are all brothers. This drishti feels so good. I have to see how I am following this Maryadas within.

Baba put the sisters in front and this also became a Maryadas. It was Shiv Baba through Brahma who placed the women in front so that they could develop self-respect. In those days people had no regard for women; they thought women were only useful for looking after the home and the children. Everyone was amazed at what Baba did. He placed the mothers and the Kumaris in the front. He even placed those who were very young in the front. This was a very unique attitude and it started to turn everything around. At that time there were very few of us; it was Baba's inspiration.

Most BK's live in the home and family; it is a wonder how so many have adopted purity and are living as trustees. Maryadas says one should have an attitude of being a trustee. It is by becoming trustees that souls became worthy of having temples built to them.

Many times at night we saw how Baba would stay awake meditating. He didn't sleep on a solid bed but a string bed. He had no sanskaras of being a householder despite the fact that he had children, grandchildren, his daughter, his daughter in law etc. In fact, he became a trustee even of those who were his family members. If you want to make elevated effort then you need to adopt the attitude of being a trustee. We are living as those who are already dead so we should not even get affected if someone leaves the body. We don't have to lose our happiness for any reason. If you get upset it shows you are not a trustee. In order to become a trustee one has to adopt the consciousness of being beyond the body. One has to be very accurate in relationships and connections.

When you stop performing negative actions then you will feel you are receiving blessings from Baba. Do you feel this or not yet? There is song; take blessings from the mother and the father. This is the pilgrimage of life – we are going along it with Baba. On this pilgrimage one has to renounce. If there is any person or facility that you are dependent on – it means you have not yet renounced. I need to be desireless, have the attitude of renunciation and be upram – up above.

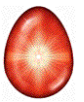
I am a student and everyone is my teacher. The attitude of being a student is one in which one continues to learn. Student life is very enjoyable. In the last class Baba gave, he spoke of being viceless, egoless and incorporeal... this is what we need to become now. Maryada tells us that

our last moment is very important. We have received liberation from Baba at this time and we are moving towards the world of liberation in life.

Baba is telling us to pay attention. Within one lifetime we are gaining the fortune of the kingdom of the world. Or would you prefer to go there and become an ordinary subject? Wherever we are we have to do service. For this I have to be detached and the embodiment of awareness. This is also a Maryadas. Through being completely detached you can remain fully aware. Baba, the drama, the family, the yagya... I have to remain aware of all these aspects. The Creator and the creation... these are the things that are within me. The body is here while the mind is with Baba. I should not be caught up in relationships now.

Om Shanti

In this issue



- 2 *The power of truth*
- 3 *Meeting the group from Asia Pacific region*
- 4 *With Peace of Mind guests (1)*
- 5 *Question & Answer on the Golden Age*
- 6 *Use the power of the gathering to intensify your effort*
- 7 *With Peace of Mind guests (2)*
- 8 *It's time to take my thoughts to a higher level*
- 9 *With BKs assisting POM guests*
- 10 *With Peace of Mind guests (3)*
- 11 *With Peace of Mind guests (4)*
- 12 *The practical form of knowledge
is to become loveful and peaceful*
- 12 *Am I happy with myself?*
- 13 *There's no nourishment like happiness.*
- 13 *I can increase my effort right now*
- 14 *With Peace of Mind guests (5)*
- 14 *God has shown me how to live a good life*
- 15 *The importance of Maryadas*
- 16 *Baba is content and happy with us!*

Dadi Janki – 25 October 2013 – Shantivan Baba is content and happy with us!

Sweet Baba gave we children a lot of love yesterday. He told us that He is content and happy with us. So what do we like the most in this life? The family is very good. Everything is wonderful. At the confluence age it is enjoyable to make effort. If we didn't make effort, what else would we do? With effort we can maintain attention on ourselves.

At present Baba is asking us to pay attention to mansa seva. A lot of service is happening in the Yagya and that is necessary but Baba is asking us to especially pay attention to our minds. There is a song; wherever your body is, your mind will be. I have to look after my mind; not suppress it but look after it and keep it in order with love. The sense organs then won't pull me with desires; I want this and that. Check; am I free from wanting anything? Our renunciation here is not through force; it is a natural letting go of what is not necessary to us.

So, what is effort? To keep the mind peaceful; not to allow the mind to wander here and there. As are the feelings of the mind so the attitude is created. And according to my attitude, so is my drishti. Baba's drishti is very sweet and when I pay attention to myself I will feel that sweetness in Baba's drishti. If you make effort as Baba tells us to, you will really enjoy this life.

Don't let anyone's nature touch you even slightly. This is a subtle aspect; to protect one's own feelings. First is to have good feelings for the self, second is to have feelings of friendship and third is to have feelings of benefit for the world. What is our responsibility actually? Our face and behaviour should be such that anyone who sees me becomes happy. I am happy, you are happy, and Baba is happy on seeing me. This is the service that has to happen now. I should keep my mind in a good state; Baba drew our attention to the quality of our minds yesterday.

Of course, we have to continue to perform actions on the basis of what Baba teaches; not under the influence of our sense organs or under the influence or suppression of someone else. This is Raja Yoga; the yoga of kings! People in the world sometimes renounce out of force but they don't have the happiness of claiming a kingdom. So die now and at the same moment come alive; live a life of limitless happiness. We have happiness and the treasure of peace. When someone sees one who is wealthy they say that one is fortunate. So

what is effort? It is to remain in the wealth and treasures of my peace and happiness. My thoughts, words and actions can make me a bestower and a bestower of blessings. I create my own fortune on the basis of my actions. I have to only do that which is good – to act and think according to shrimat and only shrimat. What I speak is what Baba has related to me. This is how I need to be now.

Knowledge, the company of Baba and Baba's love make us wealthy. We have to serve through giving company, knowledge and through our actions. We are eating food from God's house... I am eating from God's hand... When we first came to Baba there was a great deal of intoxication and that intoxication is still getting things done today. That intoxication gets so much service done. That intoxication enabled us to free ourselves from our bondages.

To give someone a little support is to uplift them. We have to become sticks for the blind. Even if someone defamed Baba or the work he was doing, Baba would continue to be friendly and to give regard. Some souls will try to test our faith. If your faith is weak you may end up trying to please the other soul. Remember; we can know and spend time only with Baba only once in the cycle. So appreciate and make use of this time.

So what is effort? It is to remain constantly happy. Baba has such a wonderful stage! He teaches us in such a way that those who start to wilt become cheerful on listening to those teachings. In fact, those who get confused start to wilt. They ask questions whether they should do this or that. Look at time... we are moving from the old world to the new one. Baba has made us companions for this task. Service is actually to bring Satyug on this earth. We are firstly Brahmins who are becoming angels. I have to move around in a subtle way and for that I need cleanliness and truth. From that will come humility and purity. After that we will become deities. Effort is not to remember anyone. I should not remember anyone in my final moments. Let me be fortunate enough to live this life of mine with God.



Om Shanti