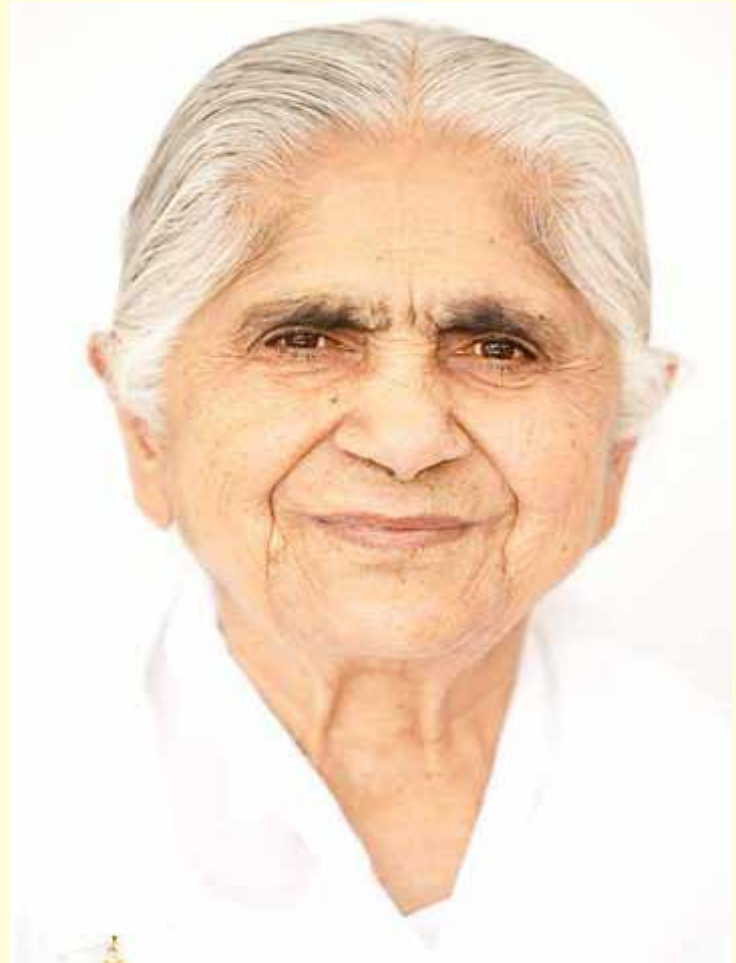




## Brahma Kumaris - Dadi Magazine - March 2014

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## Dadi Janki - This is all God's Wonder!



My heart says this is all God's wonder so you too should say this is God's wonder. What an amazing gathering this is and Global House has become too small for us. It is Baba's wonder and the wonder of your fortune! (Sr. Jayanti shared the news of their trip to Leicester yesterday where the new centre is being constructed. Then they went to a venue where there were 500-600 Brahmins gather from Leicester, Midlands and Scotland. In the evening they had a gathering in the Town Hall Chambers with prominent members of the community) We have a culture of peace. Others have a culture from here or there. We don't say we need peace, Baba has given us peace. We have learnt to live a life in peace. Many of us do not move forward due to carelessness and laziness but the other reason can be jealousy. I have a few mantras which work like tools for me.

1. Whatever has happened is good.
2. Don't think too much.
3. In everyone's hearts there should be just Baba, Baba, Baba.. Baba loves the ones who use their time in a worthwhile way. So I ask myself 'is Baba happy with

me?' Sometimes the body goes into so much upheaval and yet I wake up in the morning to remember Baba. This order that Baba has given us to wake up in the morning is so important. There is service in every step of the one who is a renunciate and a tapaswi. If you cannot even sit for 30 mins in Baba's remembrance then it means that maya will take it away from you.

Someone asked the question - If I see the weakness of another does that mean that I have that weakness too? If I see your weakness then the other person will get the vibration that you are seeing their weakness. It means that that weakness will enter you and you will not be able to see the virtues in that soul. There are virtues and specialities in everyone. Even if you are thinking slightly about someone you cannot see yourself.

If you say I am sick, Baba will not help you. Learn to take help from Baba. Madhuban used to be so small, now it is so huge. Those who have served the yagya, no matter where they are today, they will be in a good home.

**Om Shanti**

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## DADI JANKI – 19 FEBRUARY 2014 – GYAN SAROVAR

# MAKE YOUR TIME SUCCESSFUL...



This life of ours is extremely valuable and when we sit quietly we realize this. If you sit still and practice being soul conscious, the peace you experience impacts the atmosphere. Through realization, we go into deep peace. Using the power we receive from God allows us to stay in happiness. There is no need to have thoughts that make us depressed. To lose hope about one's own self or about anyone else is a type of illness. Baba has given us many medicines for this and we have to keep faith in those. When you have the thought of being depressed, hopeless or not knowing if you can do something, then just keep courage. Keep courage, take a step and the Father will help you. Secondly, if you keep an honest and true heart the Lord will help you a great deal.

How can we make our time successful? This is what the Supreme Soul has taught us. A lot of people waste time; they get involved in thinking of others. Even Brahmins have these 'old' type of thoughts. Check if you are making your time profitable. Do I attend meditation on time? If you are accurate, you will feel happy. Time is telling us that if we change now then the world will change. So what must we change? We must change everything into 'positive'. This is the time for transformation. We don't see these things with our physical eyes. It is subtle. The body may be here but the mind is beyond... If your mind is wandering then your body will get sick.

The lives of hundreds and thousands of people have been transformed since we started service so many years ago. Our time has been used successfully. If you have something then use it beneficially. If you do service whilst keeping your mind free then everything you have will be successful. When you have a true and honest heart then God gives a great deal of co-operation, He is al-

ways there for you. The greatest happiness comes when one has a true and clean heart. If you don't have dharna; that is you don't have truth, love and faith then you will feel that your life is not valuable. You won't be able to give love. It is love that melts falseness. The love that God gives melts falseness and as much as the soul becomes true, that much its life is valuable.

Truthfulness and humility are very valuable. If you fill yourself with virtue then you can give support to others. Don't hold on to anything. Then you will always smile. If you are sitting alone then actually with Whom are you sitting? Leave issues. If you think things are difficult then you will lose the ability to smile. It is that simple. This is Dadis experience. You could consider a very big thing to be too difficult to manage and think about it or the time, or you could just keep smiling. Some make big things small, whereas others make small things big. Where there are issues in your mind God cannot remain. When God is in your mind issues cannot remain.

Each one is playing their individual role. To waste your time in thinking of the weaknesses and deficiencies of others means to lose the value of your own life. Your life – the period of this life – has been given for personal change. We are so lucky that God has given us such a knowledge that has taught us how to create good thoughts. Baba gives us understanding, teachings and warnings in every Murli. If you have faith in the one Father then you develop great strength. It becomes the foundation of living a good life; a life in which you can both give and take blessings. If anyone speaks to you, just give them blessings. Don't ask them for anything. Do such karma that you draw blessings.

Since childhood Dadi has paid attention not to waste time, money

and energy. If there is money in your hands use it for service. Use it to bring benefit to others. In order to perform good karma one needs zeal and enthusiasm. There are the five main vices but then there is also laziness, which will prevent you from being active and performing good actions. Jealousy is no less. The attitude of being divisive (separating others rather than bringing them together) is also a subtle vice. Carelessness and making excuses are also vices. God is giving us the power to do what He says and if you do it you will benefit a lot and get a great deal of profit. Why would one make excuses for becoming successful and profitable?

Cook and feed others. You will then never be without food. It is this simple. When the intellect is clean, pure, quiet, elevated and firm then you will feel wonderful. God wants nothing from you; He simply wants you to connect you intellect to Him. We can see and know Him only through the divine intellect and the divine eye. When we have yoga, He gives power.

Now don't waste your time being careless. See what needs to be done and do it. The mind has to be focused and tuned to One. If you connect your mind to Him, you will be filled with virtue, you will be able to inculcate well. You will then do good service.

We have to now become free of vices and full of virtues. Remember that this is the study for becoming a deity. Once we become deities we won't study. We have to become worthy, skilled and competent. Don't doubt if you can become this; you have to become it. He may be there (above) and you may be here but there is a connection. Keep that connection constant and remember; don't worry, no problem...

*Om Shanti*

# DADI JANKI - 9 FEBRUARY 2014 - OM SHANTI BHAWAN

## ATTITUDE, AWARENESS AND VISION



Baba has given us remembrance, yoga and awareness. Let your remembrance be such that you don't even remember what happened yesterday or this morning. Ask yourself: Where am I now? Where will I be tomorrow?

Someone asked Dadi: How can I have the faith that I will claim a royal status? I told her: Sit silently on the pilgrimage of remembrance and focus on where you are going. Whenever Dadi went on pilgrimage, she never looked behind. What is yoga? It is staying in remembrance and being focused on what I have to do. It is also the communion with my Mother and Father, and forging all relationships with Him. When I have this true yoga, I experience strength, I am empowered. I don't miss out on anything. Those who have experienced yoga and remembrance over a long time will attain a stage of strong awareness. I remain in the awareness of who I am and who I belong to.

We experience strength through yoga, and through good actions we reap good fruit. So pay attention to both as we must be engaged in both and cannot be free from them. Whatever actions I perform, others will see me and do the same. Baba has explained the karmic philosophy, and through the power of remembrance, the power of yoga, we are settling our old accounts and absolving our negative karma. If I make a mistake I seek forgiveness from Baba and this gives me the strength to perform positive and pure actions. This is why I need the power of yoga.

When I have settled all the old karma, I cannot have impure thoughts, I will not come in conflict with anyone and I won't be trapped or become influenced by anyone or influence others. I have to be careful in these aspects. Remember who I am. Who belongs to me?

Baba has made us the one with the awareness of the three aspects of time so I only need to perform elevated actions and inspire others. Baba has told us how to perform elevated actions economically, how to sit in yoga and how to maintain good relationships with everyone. An heir maintains the intoxication of his inheritance. I am the child of the Almighty, the Supreme. Always remember to be faithful and obedient, and live as did Baba, with *eknami*, in the name of One, and with economy. He maintained elevated vision towards all. As is the attitude, so is the awareness, and as is the awareness so is the vision.

Always remember that the Almighty Authority is my Father. And He says with authority: Yes, you are My child. He is the Mother, Father, Teacher, Friend and SatGuru, whose directions are always obeyed. The teacher teaches us as His companions how to play our parts as detached observers. This is easy yoga. Do you understand? Baba, is my companion, I am never alone, and as the detached observer he sits in the subtle region inspiring everyone. He is enabling souls to belong to the Supreme, so I too have to play my part like angelic Brahma Baba. What does it mean for God to make me belong to Him? It means to make me as He is. Brahma Baba's last words were: May you be bodiless, egoless and viceless. This is his copyright, and I have a right to copy Baba. When I follow Baba as he did, I will receive full attainments. Why should I look at my brothers and sisters? I only need to look at Baba, the Supreme and the angelic Baba. Maintain your elevated awareness and attitude of belonging totally to Baba.

Dadi's pure wish for each one of you is that you become such a good and sweet child that you become a garland around Baba's neck. Baba seats us in his lap and embraces us. In my effort, when I maintain

faith, I achieve victory and become a garland around Baba's neck. And further, He takes us back Home. It's all easy, isn't it?

It's Dadi's wish simply to share all that she has received from Baba. Speak about such things amongst yourself, and put a full stop to speaking about anything else with anyone else. Neither should I complain about anyone nor should anyone complain about me. I don't have time for this. You have a new attitude, awareness and vision. Think about which one comes first.

To remember Shiv Baba. I have to stabilize myself in the bodiless stage, and when it comes to action, I have to follow Brahma Baba. I am a Brahmin. Maintain the intoxication of being a Brahmin. Aim to become a number one Brahmin. Yes, let everyone become number one, but I definitely have to become number one.

It is my wish to see Krishna being born and wouldn't want to wait much longer after that. Dadi has such thoughts touched by Drama. *Karnakaravanhar* gives us the strength to perform elevated actions. How can I have the ego of performing anything? We need to keep checking: Where is my mind, my intellect? At any moment, any hour, destruction can come. There are three types of destruction: natural calamities, civil war and atomic bombs. Baba has already cautioned us: No matter what happens, maintain your stage of being the merciful, compassionate ones that enable souls to leave without pain and sorrow. The time is coming close. See yourself in your Home coming down just to do service. Do you ask yourself where you live? Am I in a particular place? No, I am with Baba up above. Baba is my companion, and this good feeling carries a stamp of 5,000 years.

*Om Shanti.*

# DADI JANKI – 9 FEBRUARY 2014 – GYAN SAROVAR MEETING WITH DOUBLE FOREIGNERS



Who is happier, Baba, Dadi or you? Are you happier or is Baba happier? When I am happy, Baba is also happy. Who can have this type of happiness? One who has self-confidence. All of you understood from today's murli what is 'mantra' and what is 'yantra'.

We have to now finish the difference between us and Baba with the mantra of Manmanabhav. This is the invaluable mantra and the tool or the method (yantra) is 'drama is good'. Don't think any more about what is good and what is not.

We have to churn knowledge and go deep into it with the intellect – reflect on it. We then have to let it 'simmer' in our minds...revise it again and again so that it penetrates every aspect of our character and life. This is what brings true happiness. When there is even just a little disappointment in the soul it will finish when you use knowledge in this way. This method will take you close to Baba and will make you like Him.

The face of a child reveals his or her father. When people see us they should remember Baba; at that time they will forget their name and form. Baba has an image of me and it is that image that will reveal Baba to others. When they see me, it will be as if I am revealing Baba's image of me to them. My perfect image will also show them who God is. I love Baba and He loves me. I belong to Him and He belongs to me. When I see Baba clearly, my mind opens, I start to see myself, I realize who I am and I start to experience being light. I then feel the power coming in me and everything becomes right.

Some souls have faith but they also have a percentage of doubt. Using the word 'but' makes a soul one with a doubtful intellect. A doubtful

intellect leads to destruction while a faithful intellect leads to success. So now finish all doubt. God is the Ocean of Knowledge, of Peace, or Love. He is the Purifier. This awareness fills the soul with strength. Fill yourself with such thoughts and all doubt will finish.

God's drishti can finish all questions and all doubts. Many souls don't know how to put a full stop. First place Baba in your intellect and you will then be able to place a full stop in all aspects. A royal person will not allow himself to be stuck in a queue of questions.

***'When you are  
doing service  
make sure your  
attitude is very  
pure'***

In fact, to maintain a pure attitude is itself service because it affects the whole atmosphere and that vibration can reach far away. While we are sitting here (in Madhuban) our vibrations are reaching far... to America, to the UK... to all countries...

Who is explaining to us and what is He explaining. He comes especially for us. How does He come? He comes and gives recognition. In the world today there is so much violence and sin. Baba has taught us truth and non-violence. Body consciousness results in quarreling and fighting.

Our aim is to experience peace and happiness and to become perfect. The foundation for this is purity. Baba doesn't only explain to us, but He makes us this. He makes us into samples and examples. When we see an example it proves how

Baba has taught us to live a 'quality' life. When one's life becomes of such quality, one's heart says 'thank you' to God. God has made me belong to Him and has taught me how to smile.

The world 'difficult' has never emerged from Dadi's mouth. Everything is easy... If something happens to the body one has to pay attention to their diet and to doing exercise. The diet for the mind is accurate thoughts. To have unnecessary thoughts is unwise. One has to fast from waste thoughts which make the intellect gross. You may have made a mistake in the past. Until you tell God and ask for forgiveness, your intellect will not be able to experience the subtlety and truth of gyan. You will not experience truth in your life

God wants us to become truthful. That is why He made us belong to Him. I have to check as to how far I have become truthful in my life. True to such an extent that all my falsehood finishes. Truth should be revealed through my life. God is so merciful that He will erase those mistakes I made in the past. But I have to be honest.

Baba has explained the philosophy of karma to me so I should not perform such actions that I would need to waste time in repentance. Even little mistakes made now are large. If you are making mistakes the soul will not shine through the forehead. If you don't realize your mistakes and are honest about them with God, the soul will have to experience punishment. Baba will also not give you drishti.

So now pay attention to using the mantra and the yantra we have been given. These are the last moments of the Confluence Age... it is time to become an angel.

*Om Shanti*

# DADI JANKI – 17 FEBRUARY 2014 – GYAN SAROVAR

## CO-OPERATE WITH YOUR OWN SELF



Baba gives us power and happiness. Baba gives us the power to stay happy all the time. There is no need to be unhappy even for a moment. If a reason comes to lose your happiness, it just comes to check your ability to stay in happiness. Since coming to Baba we have received happiness from Him and this is why we are sitting with Baba. We are doing service and through this we receive a great deal of happiness.

***‘If I am weak in any one of the subjects, then happiness cannot remain happy’***

If you are weak in yoga, you cannot remain always happy. If you are not following something Baba tells you too, even slightly, if you are not following one of the Maryadas, there cannot be happiness. There cannot be internal happiness if something is missing in ones dharna. Yoga means to consider the self a soul and to remember the Father. Sit with yourself and practice this. Ask yourself; do I really, really experience that I am a soul? The body is external. The world, where there is the rule of Ravan, that is external. We have come out of that kingdom. Baba has given us the ability to rule the self. However, now what am I actually doing? I am a child of God and I am also a server. Remembrance of God means that no one else is remembered; there is just God and I. It is very wonderful. For this, don't keep anything from the past or even hopes for the future with you. Let go of everything and be present in the moment. This is very good.

Baba is merciful and He is generous. He says, “Stay in my remembrance”. Yoga means connection. Through connection with Baba, one can draw might to the self. Through remembrance one becomes free from concern – there are no worries. For this I need to pay attention. In yoga one is aware of the relationship of the Father, Teacher and Satguru with Baba. I have to pay great attention during the Murli.

At that time I have to be present; not beyond. Each word is filled with significance. He gets us to stay in remembrance so that our negative karma is destroyed. He tells us to be honest. When we are honest, He forgives. If you don't speak to Baba with a true heart then how can you remain close to Him? If you know something is not right, then don't do it. Free yourself. If you are coming under the influence or you are impressed by them, they can make you do wrong things. You will then receive the subtle punishment – all your happiness will disappear. Until you have deep realization He will not forgive you.

Baba tells us about punishment in the final moments. We saw this experience of punishment through trance in Karachi. We need to be attentive and careful whilst performing karma. Yoga gives us the power to do pure karma and to continue to do that. If you remember unnecessary things, you will do some wrong karma. Forget even that which happened a minute ago. Our eyes and ears are not for seeing and listening to mistakes. According to our sanskaras, our mind and intellect operate.

We are changing our sanskaras and the mind has become still and the intellect clean. Check to see how still and quiet your mind is. Then what type of thoughts would arise? They would be pure and clean. This would then become the sanskara. So we

need to have realization. It is through realization that transformation can take place. I am soul. I am a child of the Supreme Soul. I stay in His remembrance. Through that remembrance you will get power. Then you will inculcate the knowledge Baba gives and you can do good service. You will then receive the return of happiness. Which is the number one subject? The practical form of yoga and knowledge is dharna. Our dharna allows service to take place.

Truthfulness and love are important in relationships. If there is something going wrong in the body, Baba's sakash can influence that. However, if I am not attentive in my spiritual efforts then I cannot receive that sakash from Baba. Baba's sakash can reach you wherever you are. Many are pulled to Baba through the sakash of truth and love. I need to go beyond thought now. Beyond the effect of action. For this I have to go beyond the desire for recognition and the sadness of being disregarded. I have to go beyond this by remaining in my self-respect. If someone insults you, they are just giving you a test. What does it matter? Become a yogi by going deep within and co-operate with your own self. You will then receive a great deal of co-operation from Baba. You will not experience yourself to be alone or empty. You will feel that you have everything. Without asking, you will receive everything. Within 78 years Dadi has not asked for anything.

Even with Brahma Bhojan, one needs a lot of regard and love. Eat what Baba gives with love. The mind needs to have victory over the sense organs. We are too much caught up in service now and there is less attention on maintaining our spirituality. The message we have needs to go throughout the whole world. People need to know what kind of lives BK's live... We also need to make Baba vis-

*Continued bottom page 6*

## DADI JANKI – 10 FEBRUARY 2014 – SHANTIVAN

# LET'S CREATE A BEAUTIFUL, SPIRITUAL ATMOSPHERE...

Baba has told us to consider the self as a soul and stay in remembrance in such a way that all past sins are burnt away. Along with this spiritual effort it is essential to remain aware of the world cycle and how it spins. I have been through that cycle of time and I will pass through it again, so to think about it at the confluence is very relevant and important.

Baba tells us to be careful and cautious when creating thoughts. My thoughts should not be influenced by my five senses. This needs to be paid attention to. Yes, I may have made mistakes in the past but when I realize and tell Baba honestly about that, He forgives me. This is why it is essential to have an honest heart; to be truthful to Baba.

I should now not perform any ordinary actions. Karma... the influence and effect of actions is very powerful. Baba is all powerful but karma is also very powerful. Thus, we have to remain as karma yogis. Whilst performing actions we have to remain in remembrance of the One Father so that remembrance penetrates our actions. I should have a spiritual

fragrance... When a soul remains in spirituality and has spiritual chit chat with others, a very beautiful fragrance is created. In the golden age there will not be such a beautiful, spiritual atmosphere.

God gives us the knowledge He has. He fills us with knowledge and makes us gyani souls. Gyani souls are loved by God. He helps us to understand His knowledge and as the soul understands and imbibes that knowledge, the soul experiences Baba's love.

Baba is the 'doer'. He does and He gets things done. Brahma Baba did everything we are studying now in a practical way. He would sit in remembrance of Shiv Baba as we do and that was such a beautiful scene. We have to do exactly as Brahma Baba did. We have to do everything Shiv Baba tells us to do. There is limitless happiness in this.

Baba has given us the mirror of what to do and what to think. There is no question of asking about this; it is very clear. It is not God's drishti that will absolve our negative karma.

Baba has told us that we have to make effort. Our drishti, subtle attitude and subtle awareness have to be according to Baba's directions. I have to change all that was old in me to make it according to Baba's directions. My drishti should be according to Baba's directions. I have to remember only Baba and I have to remain aware of drama. Then, on one side will be God and on the other, fortune. Nothing else will be remembered. Whatever happens is according to the drama.

That which has passed is past. Now what remain to be done? Don't think about your own past or the past of others. Remain introverted and check yourself. Maintain awareness. My final thoughts will lead me to my destination. Our final moments can come suddenly. At that time you will not be able to make effort. We have to check our drishti and attitude now. I should maintain spiritual drishti for all – we are all brothers. The foundation of this is to consider the self as a soul and to consider all others as souls. This requires effort. There should not be any arrogance of the body. That arrogance has to now be destroyed.

Ask yourself; what do I have to do now? I have to pay attention to myself. I have to stop looking at others; they are doing what they have to do but what do I need to do? The biggest weakness is to look at the weaknesses of others I should not keep the awareness of my body or where my body comes from.

It is the time to fill the self with God's love. It is this love that fills the soul with power and finishes all weaknesses. I am a very, very fortunate soul; do you keep this awareness?

Now, sit quietly... be peaceful... and that vibration will reach the whole world...

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*Continued from page 5*

*Dadi Janki – 17 February 2014 – Gyan Sarovar*  
*Co-operate with your own self*

ible. He has hidden Himself away, yet so much service is going on. Now make a programme for something new. The words 'this is true' should emerge from the hearts of all people in the world.

Some souls say that they have been doing service for 40 years and that they are tired of doing service now. There has to be the attitude of tirelessness. One should never get tired of any situation or person. If you are intoxicated with the study and the achievements you receive through it, you will never get tired of it. When one gets tired, their mood changes. When their mood changes, their voice also changes.

The destination is very high. The last words of Baba were 'viceless, incorporeal and egoless'. No lust, no anger... there should now not be any trace of anger. The question of the golden age is different but the attainment of now is very high and we have to keep moving upwards. The effort over a long period of time will help us at the end.

*Om Shanti*

*Om Shanti*

# DADI JANKI - 14 FEBRUARY 2014 - TEACHERS CLASS

## TRUTH, PURITY, PATIENCE, HUMILITY AND SWEETNESS



We say 'om shanti' in order to become attentive. You souls are listening and I the soul am speaking. Baba has given us so many treasures. As soon as you emerge these treasures you will experience receiving them. It is now no longer the time to ask Baba for anything. Take whatever you want. Take five aspects: Go into the depth of purity. Not even a trace of impure thoughts should be present within. Then truth will do its work. Purity and truth come with patience in life. Then with humility, sweetness becomes present automatically. Baba told us a long time ago to speak softly, speak the truth, speak sweet words and speak less. Then introspection will do its work.

Like Hanuman, there is no need to look at anything else and let God, the Comforter of Hearts, sit in your heart. The heart should not be like stone, but like a philosophers stone. Check whether you are merciful like Baba. However, this does not mean to be merciful out of attachment. When we have attachment to someone who is suffering, we also suffer and this is to have a fragile heart with low tolerance power.

Baba had such mercy for us that He did not see any of our weaknesses and made us into those with a true and big heart by relating great things to us. The Dilwala temple is our memorial of having done tapasya together with Baba, the Comforter of Hearts. We then become Achalghar (the unshakeable ones). Remember Father Shiva. When Brahma the mother is present, that is when we say 'Mother and Father'. There is a beautiful memorial in bhakti: You are the Mother and Father, we are Your children. With your mercy, we experience unlimited happiness. No one knows You as You are. You are God the Highest on High. It invokes so much real happiness. Because of His mercy,

He also has pity and selects each one from different corners.

***'Let these five things become natural: purity, truth, patience, humility and sweetness'***

It is easy. Simply learn how to apply the point. It is a big mistake to remember or remind others of the things of the past. The only thing to check is to see: What do I need to do? It is Baba who is doing and getting it all done. In bhakti we used to say that God is watching. We are now sitting in God's home. Let truth, love and trust be stamped on you. You are sitting in God's home as God's children. As we look and experience truth, love and trust they come into us.

Check that you are free from attachment, oppression or influence. Otherwise you will want to bring others under your influence or oppression. We are to go to the golden age. On what basis will you be able to go? Only when you are free from such things. You might have a lot of show and do a lot of service, but check your face (like Narad) as to whether you are worthy of claiming a high status?

A variety of tests has come in front of each one. Take help from Baba in your final moments. Let there be one strength and one support. You get power from faith in One. You receive the fruit of your bhavna (deep feelings of love). Never let your bhavna reduce. Baba has placed mothers and sisters in front because to give regard to each one

is the highest virtue. Remove the slightest thought of wanting to receive regard. Be concerned about giving regard. Give happiness by giving regard. One is respect, the other is regard. We give respect to our seniors and equals.

We can have good wishes for those younger than us. It is a continuous commitment to remain in our self-respect and give respect and to avoid defaming others or coming into the feeling of being insulted even in a subtle way. If you continue to want respect and not like it when there is insult, then this lack of attention on your own stage will not allow you to create the angelic stage. You will not be true and firm Brahmins either. There are various types of worldly brahmins.

One are those who are fed in memory of the ancestors.

The second are those who relate scriptures and stories (they are not fed).

The third are those who become guides on pilgrimages and remind you of your horoscope.

The fourth are those who do not say or do any thing externally, but in a subtle way have good wishes to benefit all and destroy obstacles. They do incognito tapasya so that no obstacle comes in front of the yagya. They have the bhavna that everyone should do good and they give full importance to the task. This brings power into the atmosphere. We have gathered here in order to become such Brahmins. So check what kind of brahmin you are. You are not just those who eat and feed others. There is a great difference between brahmins in name and true brahmins who carry out the task. Baba has told us that whatever we do becomes a memorial on the path of devotion.

*Om Shanti.*

# NEW YEAR, NEW YOU!

## With Dadi Janki, Fiona Harrold And Sister Jayanti



Global Cooperation House  
LONDON  
23.1.2014

### REPORT

**Ann Malone** played the Sunsula bells creating an atmosphere of sweet music, pause and silence to welcome everyone to a very special evening at Global Cooperation House. (With over 400 in the gathering, more than 50 were present for the first time at Global house and well over a 100 souls had not met Dadi before)

**MC Davina Lloyd** reassured everyone that they had come to an organisation that 'helps us see the goodness and best in ourselves'. Davina invited everyone to turn to a neighbor and share what resolutions they had made and are they working out. After 10 mins of conversation everyone was then invited to reflect on the business of making a promise to the self, change and doing things differently as they listen to the conversation that ensued and to see whether the speakers added something to their understanding of this.

**Arnold Dresser** invited **Sister Jayanti**, European Director of BKWSU and Fiona Harrold, renowned coach and author, onto the stage and noted that both share the special quality of a deep curiosity about people and both think that anything is possible. He then set up a very unusual conversation between the two speakers and requested they imagine that they are both sitting at an airport lounge waiting to take a plane and both see each other and think they would like to know a little bit more about each other... so the audience was invited to eavesdrop on the conversation that ensued. Points from their discussion are below:

- According to research January 17th is the day that most people give up on new years resolutions. Only 10% keep going and this is because they feel support and encourage and also tell a trusted peer group and so become accountable
- The 18th January is a significant day for us, a day of the highest omens and special blessings as the day when Brahma Baba attained the highest state and when this energy is available to all of us if we wish to bring about transformation also.
- So the spiritually darkest day is followed by spiritually the lightest day...the darkest hour comes before the dawn and this information tallies with our understanding.
- There is a breakthrough waiting for people if only they can enough faith to get to that point...but most people give up on that day before they have the opportunity of experiencing an influx of energy.
- Have faith in the self and faith in the dream, because when we give up on the self or and do not have enough faith in the dream and vision it cannot possibly come to pass.
- When we commit, unforeseen circumstances and opportunities can come your way
- Constantly maintaining hope is one of the most important aspects of spiritual life and as soon as we feel hopeless we cannot move on.
- To be able to keep hope alive in my heart and hold the vision is very much what I believe in.
- My journey began when I heard the vision of the founder and he shared it was possible to have a world of love, joy and happiness as long as there is a change in human hearts and consciousness. If we make this change then the world can.
- Holding the vision for the self and what it is I know is possible for me...then the memory deep within awakens and I can achieve it.
- I just have to remember the memory and hold it.
- Dreams and visions have had bad press over the years and people like me, as coaches, have been accused of giving people false hope...
- Sometimes people chase the wrong dream...the dream of fame and celebrity...like the x factor...this is really sad, as while they are chasing this other dream they are not figuring out what theirs is.
- With dreams and visions we have to get the one that is in alignment with who we are and then there won't be struggle and stress and it is not so difficult as we are on the right path for the self.
- Who am I is the basic first step in being able to take any further step on the spiritual path, knowing the



## NEW YEAR, NEW YOU! (CONT.)

### With Dadi Janki, Fiona Harrold And Sister Jayanti



self and discovering our own inner values and making the discovery of something very beautiful within the self that we don't usually connect with.

- When people experience depression there is a disconnection with the inner being ...just a connection with the physical world and the dreams the world of this world and advertising is telling us. This is totally distracting and people are not able to see the beauty of the self or understand who they are.
- It is incredibly difficult to like oneself or appreciate oneself when there are such impossible standards of perfection held up in front of us...the moment we leave our front door it is there.
- It is good to aspire and be the best that you can be. But we have to be careful that we don't live with constant dissatisfaction. The feeling of 'not good enough' can be hard to shake off especially if it is something external that is imposed on you.
- When we get in touch with the self we get in touch with our own uniqueness and others uniqueness then there is an appreciation of others around you – we go beyond the physical aspects of size, colour, age, form etc.
- When we see the self as a soul we can go beyond all the invisible ceilings that exist otherwise.
- It can be very easy to also become stagnant and discontent through creating living within a comfort zone even when there is a lot more to experience and explore.
- We then begin to appreciate that life isn't just about material living...there is something more...on the spiritual journey we have to recognise it is a journey and we will only be completely satisfied when we come to the end but as we move along we create a contentment knowing that the right thing is happening at the right time.
- We need to get to a point where we appreciate the good things we have around and to feel excited about what is to come.
- Both speakers agreed heartily that at any given time we are either growing or dying we are either moving forwards or backwards.
- Now is a very important time and every step we take can open more fortune and opportunity if we are willing to take the steps.
- Many on welfare benefits have lost hope and faith in themselves and the ability to change life for the better, so have got stuck there and have lost all vision of the future.
- There is the whole subject of karma. Action. When we do something of benefit through words, actions and relationships then the feedback that comes to you is of great joy and happiness.
- There is also the subject of the Divine and how to connect and draw that power and the third one is of karma.
- If we are aware we will do what is of benefit but when we are unaware the tendency is for the negative to take over...greed, attachment, ego...something will step in, as there can never be a vacuum....
- If people start to see things from a spiritual perspective then we begin to understand what is going on differently and then we understand what to do and how we can set about it. We don't wait for something to come to you.
- My big concern is that we have got an attitude in our society and world where it is somehow acceptable and ok for people to wait to be saved.... to wait for a job to come...to be given a job...the sense of entitlement.... the government should provide...if people change this perspective to the one you describe it would make life more fulfilling and happy.
- It is only by doing something that we learn
- Sometimes we need someone to say 'You Can' – I completely believe in you...and sometimes we need someone to give the self-belief until our own grows.
- We come together daily and the essence of the lesson we study is 'You can do it...within you is truth, beauty and love and all you have to do is emerge it and this can happen only when there is connection with the One above.
- Dadi Janki taught me three lessons...
- To keep myself in good company.... with people who would carry me forward and not criticise and do what is beneficial
- To never say no... If we think that this task is too big for me and say no for that reason, we will never know. But when we say yes, we learn.

*Continued bottom page 10*

## DADI JANKI - 28 JANUARY 2014 – GCH, LONDON

# CATCH BABA'S SIGNALS FROM UP ABOVE



Baba tells us to be Manmanabhav and to remember our inheritance. This is only possible when you keep in your awareness 'this is my 84th birth...and, in that too, the last few moments of this last birth'.

So much knowledge and yoga has accumulated in our intellects that they work like tools. We have knowledge both in its essence and its expansion and we can give answers to anything. Realise maya and finish her now. The word realisation wasn't easy for us to understand in the early days, however Baba explained to us just know truth from falsehood, waste from powerful...this is realisation. Waste thoughts take away your zeal and enthusiasm. As we try and move forward, maya becomes more and more subtle and doesn't leave us alone.

Actually just keep in your consciousness: 'I am a guest here for today'. Stay light! Here in London your at-

traction has pulled me to class in the mornings. Baba's murli keeps us ever healthy and ever wealthy. If the mind is healthy then there is no weakness. All disease starts from weakness. So we don't need any more medicines now. The power of yoga makes the atmosphere very peaceful.

This confluence age is the age to have fun! Those who wilt cannot have fun. Whose face wilts? If your face wilts it means you lack understanding.

Someone asked Dadi last night what the difference between my fortune and the destined future is? Dadi answered...destiny may be already created but I still have the duty to create my fortune. God is on one side and my future on the other...and I am in between.

The power of silence can make everything OK. If there is anything inside you, don't ask 'what should I do'? Be-

cause we are instruments for God we must remain very humble. Stay light, pull His might and remain a lighthouse. A lighthouse tells the steamer not to go there. So similarly we should have such inner power that tells us to do the right thing. Baba is giving us signals from up above and we need to catch them.

There is so much science power that has automated things in the world today. So silence power should automate things as well. Sometimes we think of someone and they just appear in front of us. However I need to keep the door open for them! So this is my gift to all of you: everything is easy in silence. Baba tells us to use that power. I have seen that everything here is working so well, everyone is doing their service and there is nothing for me to worry about. So revise and realize!

Once Baba asked me- where do you live? I said I live in Begumpur (the place where there is no sorrow). Anyone is welcome to come and stay with me! You don't have to book, you don't have to get a ticket...don't ask anyone, just come! Now there is no time to teach people verbally, just show them in a subtle way.

You just need to be full inside and have the feeling of giving. If you have to get something done, keep Baba with you and do it in a subtle way. Subtle things are very beautiful. If I have any impression/ memory in my heart, then it means I am not clean, this is also subtle. If I don't want to be in front of someone, this is also due to a subtle impression.

If the line of your intellect is clear then you will catch Baba's inspirations and touchings. In the next while, many types of service will happen. Come into sound and then go beyond sound when you need to.

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*Continued from page 9*

*New Year, New You! (Cont.)*

*With Dadi Janki, Fiona Harrold And Sister Jayanti*

Never waste your time...use it in a worthwhile way...these have helped me in my life.

**Arnold** brought the conversation to a close reminding the speakers that their flights were about to depart. He noted that between the two, what was happening were waves of two activities: spiritual coaching and coaching spiritually. 'In this exchange we really saw the art of conversation between two people who could listen, pick up cues and hold their position'.

**Fiona's** tip for 2014 is to surround yourself with people who are going to uplift your vision for yourself and your life ahead.

**Sister Jayanti's** tip for 2014 is to make time for yourself...begin your day with a few minutes to look at the self and see what is going on and to find the inner space of dignity and love for the self.

**Mc Davina** noted that if she had been at the airport and eavesdropping she would have most definitely missed her plane! She then introduced Dadi Janki as someone who has experienced 98 new years and who has filled each one with determined thoughts to change the self and the world. Before inviting Dadi on stage, Davina shared a few words from one of her books, which emphasised the need to 'love your mind'.

*Report ends*

*Om Shanti*

# DADI GULZAR – 21 FEBRUARY 2014 – GYAN SAROVAR

## I AM HIS, HE IS MINE...



Seeing our fortune we are all very happy. Wow, my fortune! You have come from so many countries. Baba loves everyone – those who have come from all over the world. How fortunate I am that Baba has liked me and chose me! This is why we say, ‘Wow, my fortune!’ The eyes of God fell upon me. This is not a small thing. There are so many people in the world yet God’s eyes fell on me and stayed on me. This is why we are fortunate. When one sees their fortune, one feels happy...

Look at yourself: Why did God choose me? When God made me His, He said, ‘You are mine’. Now, I am His. ‘You are mine and I am yours’. We didn’t do anything to deserve this; it is a matter of fortune. Now there is only God and fortune. If we fulfill His wishes, we increase our fortune.

What effort does He get us to make? He simply tells us that we are souls and we are the children of the Supreme Soul. We could never have dreamt of such an aspect in the past. Baba reminds us again and again to forget our bodies, yet we have made these bodies our close possessions. So now say, “Baba, Baba” and merge in that... As much as you have this feeling of possessing Baba, ‘He is mine’, you will remember Him. One cannot forget what belongs to oneself. We naturally remember the body so now we have to make effort to forget it and to remember Baba. The proof that someone has made Baba belong to them is that they will always be happy.

On coming to Baba the doors to my fortune opened. You may forget Him but He never forgets you. Baba sees that we sometimes have body consciousness. He tells us so many ways to overcome it. He knows that we consider the body ours. He tells us to remember Him as our greatest possession. Could you ever forget what

your most valuable possession is? He gives us happiness for so many births so how could we possibly forget Him? It is the happiness we experience that introduces God to others. They would see practically what we have attained so never lose your happiness. Our practical life introduces Baba to others.

When we first meet Baba, He is very happy. You must have this experience. He says, ‘My child has arrived’... He has made me His. We feel that we are His. He is my Baba.

**‘When we  
use the word  
‘my’ then  
remembrance  
emerges  
naturally’**

Now, in this fortune, we are moving forward. We simply have to do what He says. There is no need to think. It is simply a matter of Him saying and me doing. He tells us every day in the Murli what we have to do.

In fact, Baba has made everything easy for us. He makes us feel that He is ours. He allows us to experience that fragrance. Baba has seated us in His heart. This is why He is called the Comforter of Hearts. Baba is merged in our hearts so we cannot forget.

Baba’s wish for us is simply that we become like Him. In fact, He has come to make us like Himself. Baba has come specifically for this task. So, don’t make yourself like other human beings – make yourself like God. There is nothing higher.

Is there anything missing in your life? To be Baba’s child means that

the treasures of the Father are my treasures. You are the ones who are very happy aren’t you? There is no greater nourishment than happiness. To be a BK means to be always happy. The type of attainment Baba gives us means that we can be happy forever.

Baba wishes that we remain always happy. The ones who are always happy can stay in His heart. Keep Baba in your heart and you will always be happy. I am Baba’s and He is mine. Keep this awareness and you will see how you are able to remain in happiness day and night.

You have come this far. You have made a lot of effort. So now make sure that you keep Baba merged in your heart. Then the issues that come in front of you will just disappear. If you remember issues then you will forget Baba.

God belongs to me. In comparison to that, what power does any issue hold?

*Om Shanti*

### Gem from Dadi Janki

There are 4 major factors in life. Mind, body, wealth, relationships. I am here in this body.... where is my mind... is it occupied with wealth and relationships, in the body... in decorating my hair? My mind isn’t pulled to these things but is free... What can I share with you? Let me make it very simple. It is important to go within as most of the time people are looking outside and so there is not the experience of looking and seeing what is going on inside.... I will never have the feeling that my mind is peaceless...there is no reason for this. There is so much peace within that if someone else is peaceless it is possible to help them become peaceful.

## DADI JANKI – 16 FEB. 2014 – SHANTIVAN LIVE A SIMPLE LIFE

At the confluence age we make spiritual effort. Baba inspires us to make effort and we choose how much effort to make. In 1978 Baba gave instructions for world meditation hour. There is meditation 24 hours around the clock in all places of the world. Baba has made a very good system. Thus, Baba is the World Benefactor.

There are four subjects; gyan, yoga, dharna and seva. There is a close connection between the four subjects – between gyan and yoga, yoga and dharna, dharna and service. If we have accurate knowledge, we can have yoga. If our yoga is good, we can have good dharna. If we have knowledge in an emerged form, our dharna will be good. We should be able to give knowledge in such a way that people ask us to come back the next day. In fact, Baba did not give so much knowledge; it was more the experience we got and that experience was of light. Light on light...

In the early days we did not sit on chairs but on the floor. On seeing one another we had a great deal of love and regard. Nowadays also, it is important to stay in our self-respect and to give respect to others. The effort we need to make is to stay in our own self-respect and to give respect.

We heard Baba's Murli. How we should co-operate with one another. How we should keep courage so that we receive help from the Father. We should never need to ask how to do, or what to do... It is time to become detached from the awareness of the body. It is that simple. Our speaking, walking, clothes... all have completely changed. As is the food, so is the mind. There is no need to watch TV. Dadi has never watched TV, nor does she keep a mobile phone with her. Nowadays, people of all ages feel it is necessary to have a phone and a camera. Many of you watch TV.

Our lives are very simple. What could be nicer than climbing up Baba's rock and remembering Baba? Dadi has had this experience. Once it was as if Baba flew with me to the top of Baba's rock. I didn't have the strength to walk up but Baba helped me.

Now ask yourself; What is the effort I personally need to make now? See your own self clearly. We have been given the method to remain happy and to give happiness to others. Baba is the Bestower and He is giving us everything. Fortunate are those who don't ask for anything; Baba Himself gives them everything. Remember that fruit gives strength. Thus, the fruit of good actions brings immediate fruit. Karma is such that we receive strength from its juice. We definitely receive the reward of the effort we make now The power of yoga and the fruit of good action. Both of these are essential. What is yoga? Yoga is to forge all relationships with the one Father.

*Om Shanti*

## DADI JANKI – 14 FEB. 2014 – SHANTIVAN BABA HAS TOUCHED OUR HEARTS

Baba is coming today! Do you have happiness in your heart? He is our Baba. He is my Baba! The way we speak in at the Confluence age is totally unique. It is very special. Today Dadi was pulled to come and read the Murli. When we say 'Yes' to Baba, we feel very happy!

Baba tells us to keep our light ignited from Him, the Great Light... This is not a big thing. Our lamps have been lit and we are igniting the lights of others. Baba touched our hearts. He made someone or another instruments for each one of us. This is the creation of the Creator. Everyone has their own part...

After belonging to Baba we learnt to get up early in the morning. Probably most of us did not get up so early before Baba found us! Dadi never liked to sleep early in the morning – even before gyan. It is said; sleep early and wake up early. According to drama Dadi does not have the part to sleep early but there is a pull to get up early and to meet God. The attainments we have early in the morning cannot be experienced at any other time. That feeling stays with us for the whole day. It is the attainment at amrit vela that gives us the tilak of sovereignty in the future – that gives us the guarantee of the kingdom. So great is the attainment at that time of the morning! Now we have the tilak of staying in the true religion of the self.

Our vision has changed... We all now have spiritual connection and relationship. We should not make any mistake in this drishti – in this awareness. There is a great difference between spiritual and physical; the thinking, seeing and speaking are totally different. When one is in physical awareness there is extroversion. In spiritual awareness there is introversion. Baba has explained all of this very clearly. We are on the journey of life and we have to take and bring benefit. We have to become our own friends. Some souls have gone but Baba has not left them. They said 'Baba' and so Baba now can never leave them... I have to be my own friend, be friendly with everyone, make Baba my friend and maintain the awareness that no one is my enemy. Baba is the best friend. There is great power in love.

Each and every child of Baba is lovely – loving to Baba. Each one is the light of Baba's eyes. We have become swans. Previously we were stalks. Once Baba said, "Should we keep the name Om Mandali or Hans (swan) Mandali"? Here there are no stalks to be seen. This is a very large gathering of swans. Whilst eating, walking, talking... whilst we are doing everything we should be like swans – light and white... We have to pick up only that which is good and beneficial to us and others. There is no need to go into great detail about anything and there is no need to speak in a loud voice. Everything is simple – don't go into expansion and make it complicated. Now keep these very good things in your awareness and do service.

*Om Shanti*

## DADI JANKI – 7 FEB. 2014 – SHANTIVAN BEING SATOGUNI WILL GIVE YOU A EXTRA SPECIAL SHINE

It's time to become detached and loving. When one becomes detached, one automatically becomes loving. The essence of the knowledge is in two words: loving and detached. A swan picks up only pearls. A swan is detached. A swan can swim and also fly. See yourself as a swan and you will not feel that you are ordinary. You will feel that you are able to fly.

Some have the habit of becoming heavy. Some listen to the things of others and this makes them heavy. In soul consciousness we become light... Practice becoming light for a second and see what a difference it makes.

Leave all thoughts of reacting and taking revenge. If anyone makes a mistake my duty is to remain silent within. My life should be such that it gives inspiration to others. I have to become an example in front of others. For this I have to stop myself making any kind of mistake. At the Confluence even a small mistake incurs great loss. Before Gyan we did not pay attention to ourselves in the same way as we do now. When we did something wrong we ignored it and when we did something good we had ego.

So now we have to move into the soul conscious stage and be aware of the impact of our actions on ourselves and on others. Then we have to become viceless; 16 celestial degrees complete. Greed, attachment and arrogance create anger. This is why Baba tells us to become sweet. He has come to make us sweet, so go into the depths of sweetness. Baba Himself is very, very sweet. He has so many qualities! To become 16 celestial degrees complete

## DADI JANKI – 13 FEB. 2014 – SHANTIVAN PURITY, HONESTY AND PATIENCE

By seeing the creation, we can understand how beautiful the Creator is! Baba is proud on seeing His creation... We always say 'Baba' along with Shiv. He is our Shiv Baba! Shiv Baba is with us and Brahma Baba is also with us. They come and sit in front of us. The soul sits in this body but the mind is with Baba... He has shown us the easy path...

Baba has told us to become the conquerors of sleep. At the confluence we don't need much sleep. Those who sleep now lose out... How would the deities sleep in the golden age? Those who stay alert now gain. We have to remain alert and awaken us. This is what Baba is asking us to do.

Baba helps us to understand; He gives us cautions and teachings. The yoga of my intellect should always be connected. We have the understanding now of what is right and what is wrong. We have to be wise and start doing

one needs to be very loving. For this I first have to make myself such that I am beloved to Baba.

You may sometimes feel that you don't know yourself completely but you know what your original qualities are. You know what virtues to imbibe. Baba has taught us these things...

To become accurate in every aspect and thus an example keep four words in mind:-

- 1) Remain ALERT.
- 2) Be ACCURATE (always be on time).
- 3) Be an ALROUNDER (this is our Yagya and all types of service are needed).

If you are body conscious you won't be able to say "Baba" from the depths of your heart. Keep in mind that whatever needs to be done needs to be done now. Who has seen tomorrow? There is still time to become satoguni but if you waste your time looking at others you will not be able to take this chance... You will get caught up in thinking waste and negative thoughts. Your eyes, ears and mouth have to become satoguni. By becoming this you will be like a special star that stands out in a sky of shining stars.

Now remove yourself from under any influence of bad omens. Sit and churn, sit and remember your Beloved... The Sun is giving us light... I have to remember whose child I am... What task has been to me by God and whose task is it actually?

Now we need to remove where we are going? What address am I going to?

*Om Shanti*

what God is telling us to be right. Time and Baba are telling us that this is the time to do what is right. To keep asking questions is a very big mistake. Brahma Baba has done everything in a practical way and is showing us. We don't need to ask what to do but we have to imbibe three things naturally in life: -

The first is purity. If you don't imbibe purity your face will reveal your confusion. There is purity through yoga power... This is a simple aspect. When there is purity, truthfulness is automatically inculcated in one's life. The heart becomes clean. It then becomes easy to remain honest. Then come courage and patience. If someone becomes impatient they ask many questions... It means there is a lack of purity and a lack of honesty. In this life we need patience and tolerance. Don't allow yourself to be sensitive... Practice humility. Be a detached observer. This is a very big gathering. Don't get upset if someone insults you. I should not insult anyone and no one should have the chance to insult me. If someone does insult you, remain detached; don't allow the feeling of insult to arise.

*Continued bottom page 14*

## DADI JANKI – 11 FEB. 2014 – SHANTIVAN AM I SMILING INSIDE?

It is not necessary to get lost in thought on any subject. The things that need to remain in our awareness now are:-

1. Who am I?
2. Who is mine?
3. What do I need to do now?

The soul is very tiny. The soul is light. However, thinking a lot makes a soul heavy. We have to create such beautiful and subtle vibrations that reach others. We are hearing the news of one soul or another leaving the body nearly every day. Even if someone is unconscious in hospital, my work is to create such vibrations that reach that soul... Today you may be sitting in your body but tomorrow...? There is no guarantee for tomorrow. At present we are here, present on Godly service but tomorrow? The sister we called 'Queen Mother' (Mother of Didi Manmohini) left the body very quickly, without any fuss, without even changing her expression. So perform as many elevated actions as you wish. Perform good karma through your thoughts, words and actions. Anyway, we have to perform activity in life so we should make those actions beneficial.

I cannot live without seeing through these eyes, but how is my drishti? In what way am I seeing and thinking about people and situations? There should be love and peace in my thoughts. If I want to speak, what should I speak about? What I think and do effects myself and all others. I have to become a swan who only picks up what is good. I have to imbibe only that which is good. Then I will be spreading good vibrations.

*Continued from page 13  
Dadi Janki – 13 Feb. 2014 – Shantivan  
Purity, honesty and patience*

The biggest subtle desire here is for name and fame. Imbibe purity, honesty and patience you will be able to remain in self-respect. Whilst on the field of service we have to give respect to our seniors and love to the juniors. When there is patience and humility there will be sweetness. Such a soul will speak very sweetly.

Remember that no one can make effort on your behalf. We have to make effort ourselves. Baba always used to tell us not to look at what others are doing. Caution your own self in this aspect. If you do a miracle will take place! There will be a great deal of transformation in your life. We have to make effort with courage and with faith. We have to do this now. You will then experience Baba's help. Churn your own ingredients and your intoxication

Three types of awareness make us smile internally and are revealed on the face. Firstly, is the smile of one who is soul conscious, without a trace of body consciousness. Secondly, the smile that comes on one's face when thinking of Baba – knowing who one belongs to. Third is the smile that comes from inside when I use the knowledge of drama – understanding that everything is good and accurate and that no-one is to be blamed. Blaming others wipes away ones happiness in a second... Remember that there is no need to try to prove anything – truth is automatically revealed.

So think of what you have to do now. Leave the support of human beings and take the true and constant support of Baba. We have three immortal thrones on which to sit; the throne of the forehead, the heart-throne of Baba and also the throne of the kingdom. All the knowledge we have been given is for us to use, not just to listen to or to speak. Previously we were stumbling; now we have found the path.

We are surrendered; we don't have anything of our own. We have to simply lead our lives whilst remaining truthful, blissful, loveful and peaceful. In this way we have to bring benefit to our own selves and to others. The essence of this knowledge is Manmanabhav... so ask yourself where your mind is. Is it caught in the body or bodily relationships? See how much you have become detached from everything – from the body, material possessions, and relationships...

We call ourselves BK's. Then check: Is the quality of my speech such that it reveals who I am? Have you learned how to make a mountain into a mustard seed or do you expand small things into big things? Many have this habit... Others may go into detail of situations and people in front of me. My task at that time is to remain quiet... Pay attention now to the thoughts you are creating in your mind. In a few days Baba will come.

*Om Shanti*

will rise. There is a vast difference in thinking about the self and thinking about others. Think about yourself and you will become fully aware; it will be as if a blanket has been lifted from your eyes and you can now see everything clearly. Accurate understanding brings happiness. Make yourself successful in this way. Have good wishes for everyone but don't go into detail about them. Some do service but they keep on having negative thoughts.

We have surrendered on a physical level; that is not a big thing. The biggest aspect to surrender everything old in one's heart. Baba has told us not to have any arrogance, no trace of a desire for name and form. Remember that even the slightest attachment to anyone will not allow you to become truly good.

Now only see what is good... liberation and liberation in life is our inheritance.

*Om Shanti*

# DADI JANKI - 2 FEBRUARY 2014 - SHANTIVAN EVENING CLASS

## MASTER SUNS OF KNOWLEDGE REMOVE SORROW

The whole world is in deep sorrow. We have to remove everyone's sorrow, and maintain good wishes. Our good thoughts will become the good wishes for the world. We should have pure thoughts for our self, and that means to become equal to the Father. I have to see how My Baba is. By looking at us, the eyes of the world have to be opened. Baba said that our vibrations should reach everyone. We have to become master suns of knowledge, the ones who fill power in everyone. Some wish to be taken sightseeing, but it would be better to go alone to the shore of the ocean and look out to where the sky meets the sea. It is so wonderful. Above, there is the Sun of Knowledge and Ocean of Knowledge and below is the son. We come to Madhuban to refresh ourselves and to charge our battery. When the battery in a car goes flat, the car stops, so we have to connect it to another battery to recharge it. In the same way, we have to help each other receive power and strength until they have the desire to fly. We also come to fill ourselves like clouds and once full, we go and shower elsewhere.

Nothing else should be remembered except for Baba's story, Baba's words, Baba's drishti and Baba's bhavna. I like these words of Baba: The one who removes the sorrow of others will have their sorrow removed by God Himself. Every moment we have this experience. We are establishing the golden age. We are multimillion times fortunate because at every step we follow the Father. Once I was thinking how to give the return to Baba, and He said that you have to become the practical proof. He said: Do this by seeing Father and following Father. Until today, I am doing only that and His great versions act like blessings. He says: Don't see anyone. My eyes are beautiful. I become very happy looking at my eyes.

Asochta, abhogta and akarta: Nothing has to be done. Nothing has to be said. Nothing has to be thought. I should be detached from whatever I am doing. I should not even say that I am doing something.

### *'We have to be detached from name and fame'*

Now it is the time to have that stage. Only then will time and thoughts help. We can pull Baba's help only when we know the value of time. We should benefit from time and thought, know ourselves and become cooperative and truthful. I never think: Oh, this one has this sanskar, that one is like this, that one acts like that, no, never. Baba will make you do what He has to do, and Drama is accurate. It is Baba's yagya. Baba will give the return to the one who serves Baba's yagya. We just have to have good thoughts for others. We cannot point our finger at others, at what they are doing. If you want to become a deity, first you have to become an angel resident of the subtle region. Ideas will come according to the effort we make.

It is Baba's duty to make us Lakshmi and Narayan, and it is our duty to become that. We now have to create our fortune for every cycle. To Follow Father is to know what is the right thing to do at every moment, to have the solution to every situation. Whatever is the right thing to be done is itself a solution. To stay in Baba's company is the right thing and to share the colour of that company with others is right, isn't it? Take one step towards becoming an angel so that others can overtake you...

Check and change. If not now, then when? Whatever we have to do we have to do it now. Who has seen

tomorrow? We have to do what needs to be done. We should not point at others expecting them to act. Whatever I have to do, Baba will make me do. One step of courage of the child attracts a hundred steps from the Father. Drama is on the other side. There should be the faith in the intellect that my final moment will lead me to my destination. This is guaranteed.

*Om Shanti.*

### Mini Class from Dadi Janki

When the mind is peaceful then it is possible to have good feelings and elevated wishes for others to help uplift them... There are maybe 400 people sitting here and what is the feeling in the heart.... my deep wish for all of you is that each one is able to know the self, for this frees us from ego. Our greatest enemy is ego...anger, attachment, greed, and lust.... I am grateful to God that sitting here in England there are many souls that with God's power have been able to go beyond these energies and come to the stage where they experience peace and purity and love and power. Where there is purity there is peace and there has to be honesty.

When there is love for God and relationship with God then we can claim honesty as a gift from God as a birthright. There are many places where people gather together all over the world but have you felt this atmosphere there? Have you had a conversation like this? With honesty and purity the soul melts inside. When there is honesty, courage and faith things can happen very quickly. It brings great happiness. I have never had a thought of hopelessness or loss of faith in the self...that can never happen. When there is body consciousness and limited consciousness then we are trapped in matter. And so who is able to teach us and help us achieve this in our practical lives?

*Om Shanti*

# Dadi Janki - 27 January 2014 - GCH

## Yoga Power works Wonders!

When you listen to the murli, what do you do? You make a note of what Baba is saying and what you have to do. What did Baba say to me personally today? What were the points for service? Is this clear in my intellect: Who do we have to remember, and how do we remember Him? This will come into play throughout the whole day in our interactions and relationships, and our tasks will be easy because our yoga is clear and we are receiving strength from Baba.

Baba says that new ones will come and will go ahead. This is also a wonder. And, the old ones? It's a test for them to give vibrations and have patience. We have to be careful, this destination is high and the path is slippery. We came bodiless. We take a costume in the golden age according to the income we earn now, according to the sustenance of the study we receive now. What the soul attains is filled in the soul. We are going to Shantidham, so we need to think about how we will go Home. Yoga power works wonders. It has love for us. We need to be yogyukt and yuktiyukt; that is, accurate in what we do, using the right method and that way our yoga will be easy.

We had such devotional feelings for God on the path of bhakti because of the devotional feelings He has taught us now. We know Him, love Him, belong to Him and made Him ours. What would He do without us? What can He do if the child keeps turning its face away? He is keen that His children should come to Him. He sees our mood change, but what can He do? We should keep our mood constant then He will feel this child is glorifying Baba's name. In doing Baba's service, we are showing what my Baba is like. Whoever comes in front of us will see this. On the path of bhakti, they seek just a vision of the Lord. Here, we see Baba, know Him and become free from questions for all time. This is His wonder. We are so pleased and satisfied internally that no question remains. We have found everything and attained everything. Your explanations should touch hearts.

When we imbibe each word of Baba's in our heart, when we have this dharna, we will feel: Baba, I cannot forget You. We find that service is easy, yoga is easy and to keep the accounts of the yagya is easy. Brahma sacrificed everything into this yagya, this sacrificial fire, to such an extent that we are still inspired by it today. We once asked Baba if this could be called donation. Baba said: No, you would call it sowing seeds. Some have sown many seeds to receive the fruit until their dying day.

To pay attention to the stage constantly so that it remains good at the end is the task of a soul who is multimillion times fortunate. No morning, afternoon or evening should go by without considering what my final moments should be like. I should remember no one else except one BapDada. Even others shouldn't remember you because that too can bring down your happiness. No one will remember me as a bodily being but as the soul.

How the power of yoga works when there is churning and thinking elevated thoughts! How I came here is not in my hands. It is automatic, for instance, how certain people's intellects are touched to give leave to Dadi to travel. In the power of yoga, there is the knowledge of Drama. Of course, it is yoga power that makes us unshakeable, immovable and makes our good wishes and feelings reach others.

I watch as a detached observer, but my bhavna reaches you. It is the bhavna that God has for me that enables me to be here with you. I don't let go of His hand. I would start crying if I were left alone. God too has selfish motives. He enables me to have amrit vela, give almonds, bathe in Baba's remembrance and be present in front of all of you. This is honesty, love, absolute faith and trust in God. Then, the power of all of these reaches everyone. Baba says; Uplift everyone.

**Om Shanti.**

