

## The Power of Realisation is a Must for Transformation

Yogi B.K. Khem Jokhoo. Trinidad.

### Realisation Homework

Homework from AM 17.02.2019: You have been given the homework of what needs to be done this season. “Realise the self”. Only realise yourself, not others, and become real gold because BapDada believes that those who say "My Baba" will go back with the Father. To explain “Transformation and Realisation”, excerpts were taken from AM 02.11.87 entitled “The basis of self-transformation is realisation with an honest heart”.

### What is the Spiritual meaning to “Realise”.

To *realise* means to understand yourself as you are and what you are. To think "I am a soul" is *common*. But whilst walking and moving around, do you have that realization of soul consciousness? That is called *realization*.

### Self-Transformation requires the Special “Power of Realisation”.

The easy basis of any transformation is the power of realisation. Until you have the power of realisation, you cannot have experience and until you have experience, the foundation of the speciality of Brahmin life cannot become strong.

### Three Types of Realisation required for Transformation.

The first transformation: **I am a soul and the Father is mine.** On what basis did this transformation take place? It was when you realised, "Yes, I am a soul and this One alone is my Father." In this, realisation of two things is needed.

1. The realisation of your own weaknesses.

2. The realisation of the situation, the desires and feelings in the mind of the one who becomes the instrument (for that situation), the weakness of a person or of that one's stage from being under an external influence. By knowing the reason for the test through that situation, let there be the realisation of passing in that with your elevated form: "I am elevated, my stage is elevated, and that situation is just a paper." This realisation will easily bring about transformation and you will pass. The realisation of the desires of others and the realisation for their self progress is the basis of your self progress.

So, self transformation cannot take place without the power of realisation. In this too, **one is realisation with an honest heart and the other is realisation in a clever way because you have become very knowledgeable.** So, in considering the time and in order to justify your task and glorify your name, you will have realisation at that time, but that realisation won't have the power to bring about transformation. **So, realisation from the heart enables you to receive blessings from the Comforter of Hearts, whereas realisation with cleverness will make you and others happy for a short time.**

3. The third type of realisation is that your mind accepts that something is not right, your conscience also tells you that that is not right, but, in order to prove yourself externally to be a maharathi, or, because of not wanting to make your name look weak or any less in the family, **you continue to kill your conscience. To kill your conscience in this way is also a sin. Just as committing suicide is a great sin, so too, this also accumulates in the account of sin.**

### **The Spiritual Father is both Merciful and the Innocent Lord**

This is why BapDada continues to smile and continues to listen to the dialogues in their minds. They are very beautiful dialogues. The main thing is that those who have this type of realisation think: What does anyone else know? This continues to happen. However, the Father knows about every leaf. He doesn't know about something only when He is told about it, but even while knowing about it, He becomes ignorant and with innocence, with His innocent form, He makes the children move. Since He knows, why does He become innocent? Because He is the Merciful Father and so that you don't accumulate further sin in that sin, He has mercy. Do you understand? Such children become very clever and come in front of the Clever Father or the instrument souls. This is why the Father becomes merciful and the Innocent Lord.

### **The Spiritual Father knows every detail of Thoughts and Actions**

BapDada has a very clear account of the actions and every thought in the mind of every child. There is no need to know what is in their hearts, but the image of each heartbeat of every child's heart is clear. This is why He says that He doesn't know what is in each one's heart because there is no need to know it; it is already clear. The chart of the heartbeat of every moment and every thought in the mind is in front of BapDada. He can tell you about it; it isn't that He cannot tell you about it. He can tell you the date, place, time and exactly what you did. He can tell you everything. However, while knowing all of that, He remains ignorant. So, today Baba saw the whole chart.

### **The Power of Realisation is the Basis of Self Transformation**

The reason for self transformation not taking place at a fast speed is the lack of realisation with an honest heart. The power of realisation can give you very sweet experiences. You understand this, do you not? Sometimes, consider yourself to be a soul who is the jewel of the Father's eyes, that is, realise yourself to be the elevated point merged in the eyes. Only the point can merge in the eyes; the body cannot merge in the eyes. Sometimes, consider yourself to be the jewel of the forehead, sparkling on the forehead. Sometimes, realise yourself to be a sparkling star. Sometimes, experience and realise yourself to be Father Brahma's cooperative right hand, Brahma's arms in the corporeal Brahmin form. Sometimes, realise yourself to be the ayvakt angelic form. With the power of realisation, have many unique, alokik experiences. Do not just speak about them in the form of knowledge, but realise them. Increase the power of this type of realisation, and then the realisation of the other type, of weaknesses, will automatically become very clear. Even a tiny spot would very clearly be seen in a powerful mirror and you would be able to transform it. So, do you understand? **The power of realisation is the basis of self transformation.** Use the powers, do not just count them and be happy with that, thinking, "Yes, I have this power, and I also have this power", but constantly use them for the self, for others and for service in every task. Do you understand? Some children ask: Does the Father do just this all the time? But what can the Father do? He has to take you with Him. Since He has to take you with Him, He needs to have such companions. Therefore, He continues to look at you and continues to give you the news so that you companions become equal. It isn't even a question of those who are going to follow behind; there will be many of them, but the companions have to be equal. So, are you the companions or those who are part of the procession? The procession will be very big; this is why the procession of Shiva is very well known. There will be a variety of those in the procession, but the companions have to be like this (like the Father). Achcha.

### **Only you can teach yourself to Realise**

**To realise means to understand yourself as you are and what you are. To think "I am a soul" is common. But whilst walking and moving around, do you have that realization of soul consciousness?** That is called *realization*. You have sanskars, you have knowledge of sanskars, you have *knowledge*. Have your sanskars finished? Has transformation taken place or not? You should realize these things. "I do not have this. This is OK, this is not OK." When others make you realize, you don't realize it. So, teach yourself the lesson to make yourself *realize*. Just as you have the

seven days' *course* of the soul, God, yoga, *drama*... in the same way, *realize* yourself. Now is the time for *realization*. Am I doing what the Father wants? Have *realization* in your relationships and connections. Do I have good wishes and pure feelings? Is it OK? .

**Have the *realization course* for yourself.** No one else can do this for you. You have done all the courses; this is the last course - realization course. Do not just make yourself simply move along, that it is OK, it is fine. Time should not deceive you. You are residents of Madhuban. So, you are those who will go with the Father. You are not those who are going to get stuck in between, are you? So, begin the *realization course* by yourself. *Realize* yourself in each and every aspect... Achcha.

Prepared by Yogi Khem Jokhoo, A student and Teacher of Raja Yoga Meditation of BKSU. Om Shanti.