

Jayanti Bhen – 12th April 2020 – by Zoom to London Cultivating gratitude...

Today there is such a situation that each one of us definitely needs to feel peace within the self. However, there are distractions and influences which come from outside and these create upheaval internally. Today again Baba was very, very clear; it is not just that I am impressed by someone's virtues, qualities, service or other specialities but it also works the other way whereby I am upset with someone, I dislike someone, there is hatred or there is jealousy... There is the state of upheaval; I want, I want, I want (connected with a person)... because I think they are special, I think they do such good service, they can help me. Baba today was also showing us another side of upheaval which is negative...

Whilst I am influenced by things from outside there is always going to be a state of upheaval. This is because I am not in my state of purity. I am not in the elevated state of consciousness in which I really don't need anything. I ask myself this question; What is it that I need? The answer comes from deep inside, 'there is nothing that I need any more. Baba has given me everything and whatever it is I still have to take and fill within myself, Baba is available for me for this.

This reminds me of the story Dadi used to share where she was sitting quietly and Baba walked past and said, "Child, is there anything you want"? Dadi smiled and said, "No, Baba". After a few minutes Baba asked the same question and this time Dadi said, "Baba, you have given me everything. Is there anything you have kept hidden in a pocket that you haven't given me"? Baba smiled and carried on...

So we can look inside and see. Baba has given so much more than I could have ever dreamt of. The happiness, the love, the family that Baba has given... What else do I need? Baba has given us powers, virtues and fortune... He has given us everything. So when I get to that stage where I feel nothing but gratitude for Baba and all He has given, that is when I will feel I have no more desires, that I am ignorant of desire. That is supposed to be the state of the deities. It is true that they don't have any desires but they don't know the contrast of what it is to be filled with all types of desires. One desire is for things and we left that behind a long time ago. The second is for people. Who is it I need something from? I need to now be a donor – a giver. To have so much filled within myself that there is an abundance and I am able to share that with all. The third aspect is about fulfilling the responsibility of relationships; check, what is my expectation of the other person. When there are big or small expectations then they will not be fulfilled. If I don't have any expectation and the person does something then I will appreciate it and I will love them all the more. When I expect someone to do, say or be something then 99 percent of the time that won't happen in the way I expect it to happen. So in terms of relationships I need to be free from expectations and desires. I can't even change myself, how can I change another? In my expectation, they should do this, why aren't they doing it, they should understand. Now we have to remove the would 'should' from my heart and my mind totally.

So let me now be in the state where I am filled and fulfilled. In this stage I am absolutely free. Then come the desires for service. The service I am doing is not enough, I want to do 'this' type of service. It should be like this... Or maybe I have done a lot and I think that people should acknowledge and appreciate what I have done. They should at least say 'thank you' and show gratitude! However, this is also my desire; if I am expecting appreciation and gratitude then Baba calls it eating the unripe fruit. Eating such fruit will cause pain in the stomach! Have you eaten unripe apples? So let me be free from all of that. In that condition I can be totally free; I can be a donor. Even before that, I am full, I am content... I am in a happy in this family – this family the world – the world of peace of happiness, my little world of Brahmins. So today's Murli was very beautiful and powerful. Am I able to experience the things Baba wants me to at Sangamyuga.?

All the things going on around the world are signals of time. Whether it is the Virus, whether it is Dadi's ascension, the state of the economy due to the Virus or any other reason... So, is there anything I need from the world out there? If I am experiencing practical challenges then how am I going to deal with them? Not by fretting about them, not by being anxious, talking about them or worrying about them. Things will get resolved if let my mind be connected to Baba and remain stable and peaceful. Then, connected to Baba, I will get a touching from Baba. It will come loud and clear to me – what I have to do now – stay, go, be, do... I will receive the signal loud and clear.

We are very lucky that we still have trance messengers sharing messages. We received a message from Vedanti Bhen and Mohini Bhen and the message was simply; tapasya, tapasya and more tapasya. This is what we need to do. Easter comes at this time, totally accurate in drama, reminding us of death and rebirth, the joy of the spring season. It's the story of the Christ soul but also of nature – after the darkness there is light, rebirth and everything blossoms. We are in lockdown so of course there are less fumes and nature must be saying 'thank you'. I have seen photos of animals on the streets. This is how it was before humans gradually took over. Nowadays there is so little space given to animals. Now let them enjoy the space. This will help increase our gratitude. I have always thought about gratitude but here is a new slant on it; not just at the end of the day but during traffic control let me look back at the past hour. Is there something in the past hour that I can have gratitude for? For gratitude I have to make myself look at what is happening in order to feel gratitude. Otherwise the whole day goes by and my energy gets depleted. By the end of the day I am so exhausted that I don't want to sit and write 10 points. So at each traffic control, each hour, on the hour, spend a few moments with Baba and spend the last 30 seconds, staying with Baba, but also reviewing what has happened over the last 59 minutes. Ask the questions; What do I have gratitude for? Why should I be grateful? Find something to be grateful for. Whether it is just looking out of the window at the scenery, or whatever it is – seeing the sky, the birds etc. Feel gratitude for that. It may be something more significant; something has happened and I reacted. Now, in Baba's remembrance review the scene and ask if there is something I can be grateful for out of that situation? It may be a difficult conversation; can I look at it and see it in a different way and have gratitude? If I get into this practice I will be able to do that. I will be able to see that there is always something to be grateful for.

So today's lesson is to appreciate what Baba has given me: Feeling full and comfortable with this inside. So then I don't feel the need to ask for anything or even silently to demand something. Sometimes some say that something is very good and it's like their desire to have more of that... There is actually nothing that I need or want. Baba has told us that if we think everything and everyone is good then that is fine – that's accurate. If I say, 'this one is very good'. Then what about everyone else? How come I am not able to be inclusive but am focussing on one person, thinking that they are good... Once Dadi was travelling and someone cooked something for her. Dadi said it was very good and so the sister made the same thing every day for three days. Dadi told her that was not what she meant. In fact, if we praise someone in front of others then others may feel that everyone else is being ignored. Let me have a big, wide, generous, open heart so that I can see the goodness in everything and everyone.

The second part of the Murli is about sweetness. There is a saying in the world 'too sweet to be wholesome' but this is not how Baba puts it. Baba asked us what is it that made you belong to Baba and started you on the journey of transformation.. It was when Baba said "Sweet child". When we heard this we felt that we were in the right place; my parent is here and is calling me a sweet child. Do I feel that sweetness within? Such sweetness that even the ground which is stony and hard is able to become sweet and bear fruit... the message from this second Murli was sweetness in thoughts, sweetness in words and sweetness in your actions. Sweetness in thoughts means thoughts of Baba's gyan, thoughts of nobility, elevated pure thoughts, good wishes for all... Then, are my actions really to benefit others and bring others closer to God or are there any other motives which are mixed in?

There is a silver lining to the cloud of this Virus and that is time for the self. The big cloud is very much still with us. But what has come will surely pass and what gift will I take from it that I will keep for later on? The time to look at myself in extra tapasya. The time to take God's love and power, to remove what needs to be removed. So let me be able to deal with all the things so that all that is left is sweet good wishes in my heart for all. If I can do this then I will be able to have love, respect and regard for each one and work with them on that basis.

Both these Murlis are very necessary for this time – telling us what we need to do. Baba has an incredible machinery in place. Whatever Murli that comes into our hands on a particular day is the mantra for the soul for that day. So the mantra for now is to let me be in the fortress of purity. Nothing should be in my thoughts and dreams that is less than pure. Then also the message of sweetness... Keep these two words in your heart and mind and practice them. There is now lockdown. No-one can go here and there. However, this is ok; there are lots of things to explore in terms of relationships with others. There are lots of things to explore inside my own heart; what's going on there? Once I can sort that out, I can fully enjoy the Sun. Take care to all of you and lots of love in Baba's yaad. Om Shanti