

Brahma Kumaris - Dadi Magazine - May 2013

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Dadi Janki – 7 April 2013 – Shantivan Faith brings victory



There is magic in the Murlis. All of you have a lot of love for the Murlis. We have to listen to the Murlis in such a way that we understand what Baba wants from us. What Baba wants for us now is that we become the embodiment of happiness and not ones with queues of questions. In fact, having come to Baba, we have attained what we wanted to attain. Nothing now remains to be attained... We have attained so much and the more we donate, the more it increases. Without asking, we are receiving jewels. Always keep the awareness of what you have received. Right from birth we have received the fruit. What we have received has made our stage unshakeable and immovable. We are not attracted by anything; even that which is designed to attract the eye and the mind. Check this in yourself because if you allow yourself to be attracted even once, that will become your habit.

Remember: I have to become victorious. We say that we are surrendered. Baba has come to take us away. We are going to a place where there is true rest and happiness. I have to go to that place but before that I have to

make sure that I use everything; my time, my thoughts and my wealth, in a worthwhile way. Not even a penny should go to waste... not a second should be wasted. Pay attention to your thoughts... Remember economy and eknami. We have paid attention to this from the beginning. See Father and follow father. Baba speaks the Murlis and our task is to listen and bring those aspects into our lives. Baba never speaks the Murlis just for those sitting in front of Him. No, it is for everyone, wherever they may be sitting.

Remember that whatever is to happen will happen suddenly. There will not be any warning. Also remember that last can go fast and can come first. As is the seed, so is the fruit. The seed here is faith. Victory is gained on the basis of faith. Victory is our birthright. Don't question whether something will happen or not. I should have the 'feeling' that it will happen. If you only use your intellect, rather than your feelings, you will not get such experiences.

Om Shanti

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Dadi Janki -26 April 2013
GCH, London

WHO WANTS TO

Dadi began by explaining that although in terms of knowledge and yoga I'm a soul alone, I'm not alone. Baba gives me His company and companionship when I remain totally separate and alone from everyone else. Have you recognised how clever Baba is in this way? If I take anyone else's company, I can't keep Baba with me.

First a little quiz of ten spot questions for Dadi. We just want to know how Dadi's mind works!

1. Out of the four subjects, which is your favourite?

Ans: All four!

2. What is the speciality of youth?

Ans: Everyone also receives the speciality that Baba has given Dadi. What do the Youth regard as their speciality? (Wonders! - When we came to Baba we were in our youth and we've seen wonders in the time up to now.)

3. In the murli Baba is given many titles – Surgeon, Laundryman, Bhagirath ... which one title would you give Baba?

Ans: Janijananhar – the One who knows everything.

4. What is Dadi's favourite virtue?

Ans: A very subtle virtue: give the donation and the eclipse will be removed. Dadi doesn't hold on to anything.

5. What word comes to your mind when I say 'Brahma Baba'?

Ans: Mera Baba!

6. What's the speciality of London?

Ans: Of copying (Madhuban). Baba said Dadi had to create a copy of Madhuban and that has happened.

7. What is the greatest illusion in the world?

Ans: To be disturbed by small things.

8. If you could change one scene in the drama up until now, which would it be?

Ans: Wherever I see there's an obstacle, I use powerful positive thoughts to finish the obstacle.

9. In which year will destruction take place?

Ans: Baba hasn't told us. What is important is to stay ready and destruction will happen in its own time.

10. Do you recognise this picture (shown to Dadi) of you with Avyakt BapDada?

Ans: Dadi recognises it as being from the latest meeting. (Correct – and Dadi was given a prize!)

You are all so clever in understanding; you've understood in one word. This is also your speciality. Today there was a scene in which Dadi couldn't do anything so she just became quiet. Those who understand Baba with just a signal, Baba loves a lot.

More questions were then posed to Dadi.

Q: In one of your classes earlier this week, you said that to become a conqueror of everyone's heart you first have to understand what Baba's heart is like. How do we do this so that we can become like Him?

Just look at Baba's heart with your divine eye and intellect. Imagine what

Baba's heart is like. What is the heart of Dilwala like? He understands everyone's heart in one second and wins their heart. Dadi also tries to have the effect that whoever comes in front of her is won by Baba's heart in the same way as she has been. Day and night, even in my dreams or when I am not able to sleep, I'm thinking about Baba's heart. Anyone who comes in front of me shouldn't have to say what's in their heart or mind, but that whatever it is, their bhavna is fulfilled. Baba's long lost and lovely children can become like this. It's very simple; just be a sample. To be simple and a sample means you've understood Baba's heart. The sound from the heart isn't heard through words; subtle communication is caught. This is my desire for everyone. We have now reached a time where there should be no need to come into words but that we understand each other through vibrations. The success of the effort you are making should be shimmering in front of you.

Q: When the yagya was created, Dadi did 14 years of tapasya in Karachi. Can we ever reach the level of power that you did at that time?

You've already reached there! When we took part in the 14 year bhatti, it was young people who then went out on service. You see the practical proof of that and you are seeing it again now. When Baba became avyakt the feeling was that we really then had to do something. So we held bhattis. The training section has begun construction and so it was decided we would have the bhattis there. What does it mean to be in a bhatti? It means to belong to One Baba and none other and to have the experience of being so bodiless. Many senior sisters emerged from that bhatti.

Yesterday, Dadi gave four classes in one day - make effort continuously with that force. Laziness is an enemy

BE A MILLIONAIRE?

*Dadi Interviewed
by young people*

in making effort. Put yourself in a bhakti and finish laziness. Laziness and carelessness are two enemies. We would go into such depth in the bhakti and then have chit chat with each other. We'd be in groups of ten or so and then give each other drishti. First came drishti, then attitude, then practical actions. We have to have a bhakti on each individual topic, and then we become very strong in the bhakti. In the bhakti, some bricks become very strong, and one can build a strong building from them. Bricks not baked properly are of no use and are thrown away. We have to have such bhaktis now – every one of us. Everyone has had an experience of a bhakti, which brought very beautiful results. Have a bhakti so the vibrations reach far and wide.

Q: One of the things I love the most is when you give us a tiny glimpse into your personal relationship with Baba – your sweet conversations, etc. It teaches us how to love Him. What have you been chatting to Baba about recently.

You are asking me my personal secrets! In a loving relationship between two partners, when the relationship matures, they don't come so much into words. Where there is mature couple, their faces reveal the depth of their relationship; they don't speak so much to each other. Once in Madhuban there was the topic 'What's the experience of all relationships with Baba?' If you are asking about experiences, it means you haven't had them yet.

The relationship of Father and obedient child is not about coming into words but just doing what the Father says. Enjoy every word Baba speaks. If Baba asked a question, one who'd been studying through the day would be able to answer instantly. With such attainment from God, one can never feel there's a problem in any

situation; in fact we are the ones who finish others' problems. The royalty is in being light, claiming all godly rights, and in this way taking might. This is what comes of being obedient, faithful and honest over a long period of time. Whenever there is any feeling of compulsion it means you don't have a relationship with Baba – other things are overpowering it. How do angels live and what do they do with their time? Such a stage is created when you have the bhavna of who is sustaining and feeding you; so much bhavna for the yajna and so much value for time.

Baba spoke of karma bhog today and how not to go into the expansion of anything. All of Baba's children have understood the value of the four subjects. My bhavna now is not to allow a single thing to go to waste; nothing (body, mind, wealth) is mine. The slightest attachment to something I think is mine, will pull me. The consciousness of 'mine' in terms of relationships or wealth doesn't allow you to have yoga. A surrendered soul has nothing that belongs to oneself – not even one's body. I wear white clothes with empty pockets, and I regard nothing as mine. My cupboards are not locked and you won't find anything valuable in them! Baba keeps such children under the canopy of His protection – first of all they experience being in His lap, then as a garland around His neck and then they feel completely free under His canopy.

Q: In today's world, when we go out to work or to school it's our fortune to have Baba's protection. I cannot imagine my life without Baba's knowledge. But sometimes situations come suddenly that affect us and I realise afterwards that I shouldn't have acted as I did. How do we reach a stage where we make the right decision at the right time?

Effort should be such that we don't see any situation as anything big. If you think about it, it becomes big, but have the view Baba is looking after it, and it becomes small. Many earthquakes have happened in so many countries but no harm has come to Baba's children, they've remained safe. Never have the feeling 'What should I do?' Baba always looks after His children and teaches how to take care of things, because they've put their hand in God's hand. This is the experience of God's company and companionship.

Don't waste your time in regretting and repenting but do not to do that thing again.

Q: Baba talks about having faith in Baba, drama and the self. We young people seem to have a lot of faith in Baba and drama but lack a little faith in ourselves. How can we increase that?

A: Faith increases when you don't allow yourself to go into the expansion of any situation. The moment you ask 'What should I do?' this is expansion. When the test comes, just remember that Baba is there and everything will work out fine. Any time a situation comes, realise that Baba is making me do everything. To question what I should do means I don't have faith in Baba. Knowledge of the drama is a very deep secret that Baba shares with us. Throughout the day Baba reminds us 'You are My child of the previous kalpa.' I underline the feeling of being Baba's child when I remember that I'm the child of the previous cycle. When you don't spin the discus as Baba tells us to, that's when you don't have faith in the self. I have faith in myself, I have the knowledge of the drama which is making me move along very well and I have the companionship of the Teacher.

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DADI GULZAR – 2 APRIL 2013 – GYAN SAROVAR CHECK YOUR LEVEL OF HAPPINESS!



Every one of you remains merged in Baba's love. Baba also sees each child as one who is merged in love and thus, is very happy. Do you experience Baba's happiness on seeing you? Baba is happy on seeing you and you are happy on seeing Baba. What does Baba want from all of us? We should do what Baba says and show Him. Is this right? As the days pass by very delicate times are coming. At such times what service should we be doing? Because, according to the atmosphere, no one will have time soon. At such a time service happens through your happy face. Through your internal happiness, you will do service. Because when people see your happiness, they will receive relief from their sorrow and worry from that happiness.

In the future, there will not be time to give people knowledge. However,

our faces will serve. There should be fragrance and waves of peace on your face so that those waves reach everyone, and they experience happiness and are merged in that joy. Baba wishes that our face always show our happiness. There should be no change in our expression because Baba has filled us with happiness. So, check this; do I remain in deep joy from amrit vela? Does my happiness fluctuate at all? When people see someone who is happy they want to be the same. This is why Baba tells us never to let our happiness go away. Happiness is a quality that is not easy to find in the world today. You may give anything else away and it will reduce but happiness is such that it only increases on giving it away. Happiness always increases on giving it. This is the speciality of happiness.

There will be problems because this is Kaliyug. Maya has had a lot of love for us for so long but we know now how not be affected. So check; is my face happy all the time? If not, then sort it out. Because it is the happiness on your face that will do service. Baba wants this type of service from us now. Baba likes the serviceable children best... So check: is my face always filled with happiness or does some problem bring a shadow on my face sometimes? We have not yet taken the 'pass' certificate but we are going to take it. So, we will take the tests and we will pass them. Baba checks each one's face throughout the day. He sees to what extent we remain happy and to what extent we got caught up in other matters. Remember; as is the Father so is the child. So see to what extent you get affected or confused. Baba tells us that things will happen suddenly. We will have no time to prepare. We have to have the sanskara of remaining happy now. So, what percentage of you are 100 percent happy?

(Someone said that everyone is happy on seeing Dadi) But always remain content, not just when you see me! Baba wants us to be always happy. If He sees you confused He will wonder what happened to my child... Can sorrow come to me? If Baba is with me how can I become unhappy? If Baba is in your heart and you are not happy then what can be said? You have kept Baba in your heart haven't you? So, remain always happy!

Now, picture a beautiful blossoming rose... My face should always be like a fully blossomed rose. When you get up in the morning then walk around with Baba. Check: is that which Baba wishes to see in me actually in me? We all have so much love for Baba, now all that is left is to fulfil Baba's wishes for us.

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**Dadi Janki – 26.4.13 Evening – GCH, London
Who Wants to Be a Millionaire?**

Dadi was asked 'How do you face Dhararaj?' I replied 'When I come to Baba I don't want to face Dharamraj.' Maintain awareness of the self and be honest in what you do and you won't have to face Dharamraj. Just as Dadi spoke of surrender, in the same way remember Dharamraj in your every thought, word and action. When all three are elevated, everything works out well practically and not a thought will be wasted. Paying attention to all three will bring you full marks in all four subjects and three stages.

Q: One word many youth struggle with is discipline (whether it applies to dharna or yoga) and when it's missing it creates a subtle dishonesty inside. How can we make friends with discipline?

A: I have to give importance to discipline. Just as you have to come to class on time, be it amrit vela, saying good night to Baba, 7pm meditation, I mustn't have laziness, carelessness or excuses – all three can be very deceptive. Some say 'I'm not making an excuse' but actually they are. I should value the sustenance and study – everything Baba is giving me. Valuing everything enables me to maintain discipline. I always made sure I was in class before Baba arrived. We would drop everything when Baba came in Karachi (it was curfew so we never knew when). Once Mama was late and so she sat outside on the stairs, out of respect. Have that discipline of coming to class on time, and if you are with a travelling companion, enter the classroom together. Eat whatever is served, finish everything on the plate, do not ask for anything to be made especially for you or refuse food you don't want to eat. We get marks for doing everything accurately.

Om shanti.

Om Shanti

DADI JANKI – 27 APRIL 2013 - LONDON

A SURRENDERED LIFE - THE TIME TO FLY



Baba feeds us fresh food daily. He doesn't feed us from what was prepared yesterday. Just as the body needs fresh food daily. It should be accurate. What does it mean to be surrendered? To be surrendered is like being dead. When someone is dead you don't say they are surrendered. Even though they might have died they may not have let go of the sense of 'I' of their body, mind, wealth. This is very subtle and each one should check the self in their body, mind, wealth and relationships. When you come into connection with someone – to think "why are they doing this, what are they doing?" is to have a queue of questions. Some say with their heart that they have no questions. Their face will confirm this. Some make a queue of questions. The wings are broken and so they are not able to move forward. Baba wants the bird to fly. It will only fly when it feels that this world is of no use any more. This land is not mine, it belongs to someone else. Whether it is Bharat or the foreign lands, the time of the confluence age will tell us that this land is old and the Father has come to renew it. Baba does not just repair the old house. Nothing belongs to me. I am sitting here in namesake and inside there is the feeling of the wings of enthusiasm and with Baba's drishti we go beyond. Baba sometimes says, remember Me, sometimes, remember my home. The place where I have come from is your home.

It is easy to remember Baba when you consider yourself a soul. When you understand yourself to be a soul, Baba's remembrance becomes easy. Baba then pulls you. Then you automatically become soul conscious. In whatever way possible, we need to stay in Baba's remembrance such that the soul continues to become pure.

Since I became Baba's and even on the path of devotion, I wanted to have a good intellect. God accepted

my request. We don't need to ask the mind to be silent, it becomes this by itself. I asked Mama in Karachi, how does your mind remain always in this condition? Mama was always so still. She said, the mind is like my baby. It does as I ask it to do. I know that I don't want it to become restless when it grows, so I sustain it in this way.

When Baba has said something, we don't need to think further, but we need to catch the deep significance within it. It will always have a subtle significance. This is why Baba has said, when there is faith in the intellect, there is victory. Victory is guaranteed, this is my experience. There is double benefit in this. Whenever we do something with Bhavna, it becomes successful because inside there is faith in the intellect, feelings of truth and unbroken trust. Life becomes very good and one that inspires many others. It is the wonder of the faith and bhavna (pure feelings). Because of the knowledge of the drama, there is a lot of faith. Not just to say that whatever is in the drama will happen, no, I have to do it. The words I use should be very pure. The words and actions should be equal. If there is a difference in what I say and what I do, it is not fitting. When you do something, you don't need to demonstrate it. Let there be great value for time and for Baba who teaches us. He is teaching me and I am studying. He is sitting in the body of Brahma and is teaching us. Shiv Baba doesn't have the intoxication of the inheritance, He is the one who is giving it. How did we receive the inheritance? There is proof from last cycle. In the golden age there is unity, one language, one family. Now, even though the languages may be varied, but the understanding is the same. Whether the skin is light or dark, the human form is still the same. According to the laws of nature, I am a human soul and Baba makes human souls into deities. Deities have nothing lacking.

We are making effort here not just to become deities, but angels. Our feet are not on the ground, we are in the flying stage. Keep progressing. Now is the time to fly.

The power of honesty/truth and love is such that you don't even realise that you are moving. Nature also shows us how it cooperates at the time of need. Don't remain in your comfort zones. We need to move accurately on the disciplines that Baba has given us. Baba is not bound to look after those who do not follow the disciplines accurately. These give a lot of happiness. Let there be principles, disciplines and good manners in our speaking. We don't receive respect by asking for it, but we receive it automatically by becoming respect-worthy.

Baba is making me move and having followed shrimat, I am moving with my true companions. Brahma is not the seed form; we are the mouth born creation of Brahma. Baba has tied us in this subtle bond of service through our mind, words and actions, with subtle vibrations, there is safety, there is a guarantee. No matter what happens in the world, nothing will happen to Baba's children. We have no need to ask Baba when destruction will take place. We need to be prepared. Let the new world be established, make your stage like an angel. Let your stage be free from fear and animosity over a long period of time. Not that you will create such a stage in the future, but it needs to be done now, before destruction. We need to be sitting prepared, we are sitting up above and nothing can touch us. We are protecting the five elements, so they cannot harm us. In the golden age, nature will protect us.

Our life is a surrendered life. The body is here and I am there, with the Father in the home. We are the mouth born creation of Brahma.

Om shanti

DADI JANKI – 25 APRIL 2013 – LONDON

KEEP ONLY BABA IN YOUR HEART



There are a few things Dadi would like you to pay attention to:

First thing: Open your heart and see inside. What is in my heart? What do you see? I am seeing all of you. But all of you look inside your own heart. Check, is Baba in my heart or is there something else there? If there is something else in my heart Baba won't be visible.

Second thing: Look at Baba so much that you don't see anything else. These are two things to help you see Baba a lot more and so Baba will become more visible. Let Baba be so visible that nothing else is visible.

Third thing: Whatever habits I have had for a long time will come in front of me in my final moments. I am sitting here, yet at the same time I am aware of the time of the Confluence Age, and also paying attention to what I should have in my awareness in my final moments. Do you have that much concern about what your final moment is going to be like?

It's not necessary to look at others, because each one is playing their own part, whatever that is. See all as souls, all of us souls are brothers; all of us are Baba's children. We have come away from the land of sorrow. All name and trace of sorrow is finished, completely. Do you have any name or trace of sorrow within yourself? Do you find it difficult to make effort?

Remember the blessing of today, the day of the Satguru. When you hear such a blessing how can you say that you are experiencing sorrow? That can't be, because we are Baba's children! What is Baba, our Teacher, teaching us? It is the blessing from the Satguru that is enabling us to move along. The blessing that you get is not just to write down with the murli; it is something practical. In the murli the blessing is an expla-

nation of what someone who has received this blessing would be like. Every time I see the word 'blessing' (vardan), I remember a scene with avyakt BapDada in Om Shanti Bhawan. Baba was meeting double foreigners and giving each one in line a blessing. You forget other things, but you remember these beautiful things. Dadi was saying, Baba, give me a blessing also. And what did Baba say? You have taken birth through blessings, you have been sustained by blessings, and you are moving along with all the blessings, so what blessing can I give you now? All of you also have taken birth through blessings. You have been sustained by Baba's blessings. This room is also a blessing that we have received and created with everyone's blessings. So, how can souls experience sorrow, when no name or trace of sorrow is here? In fact, the guarantee that Dadi is giving, is that there won't ever be any sorrow here.

What other kind of effort would you make so that there isn't any sorrow? Remain introverted. Those who are introverted are constantly happy. They look at themselves from inside, deep within. I am sharing from my experience. Introverted means the eyes and the ears are seeing and hearing, but things outside are not going inside. The way an introverted person sees, speaks and listens to everything is different from the way that an extroverted person does – there's a total contrast. Develop the habit of remaining introverted. Only when you have the power of stability and concentration can you be introverted. In extroversion, time is wasted, but the power of concentration allows you to become introverted. Have the deep desire that my stage should always remain stable and constant and never fluctuates. Sometimes there's a very good stage and you are very high, and sometimes there's a stage of feeling low and depressed. When this happens,

understand that you have not been injected - that's why your stage has come down. With the power of concentration you enjoy yourself. Just experience it and see. There's a lot of pleasure – and power in it. Concentration, introversion and stability - it is possible, right? The power of introversion works in such a way that I really don't need to come out. I don't need to become extroverted. I don't need to think about anything.

Wherever I happen to be, I make sure my time is used in a worthwhile way. Within the drama no two scenes are the same – and there's a different benefit in each one. Take as much benefit of the time as you want. Let Baba say of you 'This child of mine is very good, because they are using their time in a worthwhile way.' Just imagine God saying that. Those who have this feeling would never feel any sorrow. In the last murli, Avyakt BapDada was speaking and saying "Wah, bacche (children) wah" so many times. And so in response, Dadi had told everyone to say, "Wah, Baba, Wah! There was quite a cool response. Just imagine the transformation in saying, Wah Baba, Wah! with real intoxication. Those who say, wah, wah won't say why, why? The wonder of I, the wonder of Baba the wonder of each other!

Q: Can Dadi please explain how to develop stability in the mind?

Dadi: [Dadi went silent, smiling and closing her eyes] There's a practical demonstration! No thoughts inside. When the mind is stable in one thought, you develop power and feel very good inside because of that power. Baba gives the example of the tortoise for this. Introversion is to just withdraw inside. The tortoise does all the work, then packs up its limbs, goes inside and becomes introverted. With the power of concentration you develop the power to

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DADI JANKI -18 MARCH 2013 - SHANTIVAN

DON'T GET STUCK

The song is very beautiful, 'We are moving towards the subtle region tied with the rope of love'. Baba recommended such songs to be made. Those who create such songs, those who sing them, those who play them and listen to them are all fortunate. We are moving towards the subtle region and Baba is pulling us, so it's become easy for us. Otherwise we have the habit of becoming busy. We now need to pack up and merge everything and remember I the soul, my Father is the Supreme Soul and I am now going home. Let the journey of your life be worthwhile and move on. There is just a little time remaining, be ever ready. When you remember 'don't worry, no problem', you can go across without having to look back. By looking back, you experience pain. Our job is to continue to move forward and to move together with Baba. Let it become easy to remain beyond what's doing anything.

Be detached and loved by the Father. Become detached in a second. Each one's part is unique. The part that has become the past is also unique; the same part cannot be played again. We can say drama or 'natak' which means 'don't get stuck'. It is a predestined drama which Baba confirms for us time and again in the sakar Murlis, telling us to spin the discus of self realization. Let it spin slowly. Then looking at others and thinking about others will end, you will become free and will enjoy moving towards the subtle region. Baba shows us how to move and He does not wait around. Shrimat is clear and He explains it in the Murli. However there is the habit of following manmat and parmat.

Let there be introversion and concentration/stability. With introversion your power of concentration increases. You begin to love solitude. This means

to find the depth of One. We belong to One and we are one. It is simple. Each word of the Murli touches the heart. Baba is one who is teaching us to become kings of kings. There is great fortune in serving based on Baba's directions. Baba had the pictures made with a lot of love. When you stay in the remembrance of whom you are (hum so), heaven, that is your fortune, will come into your hands. There is fortune through effort. Effort is not labour, it is love. Baba does not want us to labour.

Don't remember what happened yesterday. Whatever you do today will become your fortune tomorrow. If you remember what happened yesterday, you waste your time and energy today. Time is very valuable for us.

The self, time and Baba are all together, this is easy effort. Time asks us to use it in a worthwhile way. Instead of asking how, just remember that Baba is getting it done. Pay attention to being gyanyukt, yogyukt, yuktiyukt and raazyukt. Remain in silence where you remember the self, time and Baba, and you will not experience any problem. Let the self be filled with the fortune of happiness.

Dadi Janki – 25 April 2013 – London (Midday) *Keep only Baba in your heart*

pack-up; also the power to merge and the power to tolerate. Once you begin to work with it, you develop the habit. It doesn't allow your intellect to fluctuate then. Why did this happen? What happened? None of that. Whatever happened is fine. That comes with the power of stability. I will then be able to become an example for others. Then, they will say, Look, I am receiving so much help from them with their power of peace. So, not only do you benefit from it yourself, but also the divine family – in fact, whoever comes in front of you - also benefit. Okay?

Q: When you are experiencing weakness in the body through one illness or another, I have noticed that the mind can also become weak as well. How do you bring or maintain power at that time? I know its concentration on one thought, but how do you make the body well at the same time? Is it also practise?

Dadi: Just become introverted for one second and experience that peace, that stillness. Even though the body may be going through some illness, don't say "I am ill", because those words in themselves make you weak. Experiment with the power of yoga and see what that is and you will find that all the weaknesses of the body, the weaknesses of the mind, disappear. The power that you receive from yoga takes you beyond the feeling of being ill. If I think that I am ill, the feeling of being ill will last for two to three days. But if I don't have that kind of feeling, and don't come into such words, then in two to three hours, I will be okay. The illness comes to make you introverted. That then gives you the time to go within and make yourself well. A little bit of rest, remember Baba a little bit more, and you will be fine.

Baba, the one who makes the fortune is wonderful. When you take the deep feeling (bhasna) from gyan, remembering the self as a soul, Baba as the Father, the original religion of the soul is peace, your original home and form, your yoga will be easily connected. By applying what Baba is telling us, we will stay in remembrance naturally. Our nature will also become as Baba wants it to be. By using even a trace of subtle body consciousness, we begin to use our old nature considering it to be good. One who does not have love for the old, or that which belongs to others is wise. A thief considers others belongings to be theirs. Become one who has a big, compassionate heart and enjoy giving and doing service. These are simple easy things. They are not big. We need to become samples. No need to make something big or be satisfied by doing just a little.

DADI JANKI - Q&A 23 APRIL 2013 EVENING - GCH GO INTO THE DEPTHS OF PURITY



Q: I think Dadi is here in London to help us increase the intensity in our transformation and to bring change faster as time is getting closer. Dadi mentioned this morning that we have to have the desire to change and only then will change happen. Dadi has brought spiritual sunshine to us and this can allow the negativities to be burnt and change to happen. We are all here so we have the intention to change but what do you mean by saying that we have to have the desire to change?

Let me ask you all.... Do you have the intention to change and the intention that it has to happen now? When we use language such as 'ought to' we waste time. At whatever level we have arrived at so far, we have had to work hard to get there. In the world too those who study very well earn thousands and yet some do not earn even enough to eat. Some are so lost in the intoxication of this study... I, the soul, am deeply quiet and peaceful inside. There is a deep sense that whatever is happening, Baba is getting it done, He is bringing about transformation within me and there is no feeling of effort. Become deeply quiet and peaceful if you wish to transform. Baba is so beautiful and has explained that which no one else was able to. He has given us the knowledge of yoga, to consider yourself to be a soul and keep freeing yourself from the awareness of the body. Mahatma Gandhi had the principles of non-violence and truth but was not able to inspire others to be the same. Here we inspire others and Baba gives us even more power! Power brings transformation and there is the sensation that I want to accumulate even more peace within me. Effort is about not wasting time, effort and money.

Defects make me weak and so I need to take power to finish them. Yoga

brings that power and also a deep sense of being empowered.

'Shakti power' that we receive from God brings happiness and the weaknesses leave me. So let me always stay happy and see my fortune. Things come to test us but if I work at it, I make myself unshakeable and immovable. Don't consume your time and energy in unnecessary mundane things. When we use these and money in a worthwhile way then energy is accumulated. Baba has His own bank and however much you accumulate in it you will receive interest accordingly, so keep accumulating and you will eat from it for 21 births and it happens when there is disinterest. When we go into the depths of the point and tackle the root of something, then things change. There are three valuable things...time, energy and money and at this Confluence Age use all three in the best way possible. Who agrees with this? What is energy and where does it come from? When you have enough energy you can also give it to others and then no matter how far someone is from you physically, they will receive it. Through this you become a donor and a great bestower of blessings. There is a song: God removes the sorrow of the one who removes the sorrow of others. Baba then observes that this child has attained imperishable happiness and is a worthy child and a worthy child becomes worthy of receiving an inheritance.

Q: You have said Dadi that God is a powerful mirror and we can change ourselves by simply looking at this mirror. Is it this simple?

For me this is the experience that is helping me move forward constantly, each day. It is Baba's wonder. He does so much and yet says that He isn't doing anything. There is so much experienced from the one form of Baba's where he is totally lost in

that high stage, churning deeply and diving into the Ocean of Knowledge. He once said to me in the early hours that he was busy preparing the food of knowledge for the children and so from that day on between 4am -8am it has been important for me not to come into sound and to churn deeply. There is such benefit in putting into practice what Baba says and by doing so, we remain busy in our churning and don't have time to see what others are doing. It is a privilege, an honour and a happiness. London is an example. We started off with £40 and look where we are today! These are laws of God, not those concerning legal or financial matters and they bring much benefit. Those laws are made and people don't even follow them. For royalty, speak less and only that which is real and truthful so then people can follow the things you say. It is not by telling or teaching others that people learn, but people learn when we learn, through watching Baba.

There are five things to pay attention to, to bring into our lives: Just as the five vices are all inter connected ...lust, anger, attachment. If there is the slightest lust there is anger for sure and this dries up all truth. With greed, whether for position or for money, all dignity is finished. All these vices have an impact and my bhavna (loving good wishes) for all of you is that if you have even a trace of those you will not be able to take power from God and the power accumulated from service up until now will be snatched away from you too. Then the happiness that comes from being in the gathering and these spiritual relationships will not be there. Within the Godly family we have done such good karma and are yogis. We have helped others to become this too and so experience the fruit of it all. Baba is the one who has made the effort as The Gardener and all of us are eating the fruit. If Baba

Continued on next page

Dadi Janki - Q&A 23 April 2013 Evening - GCH Go into the depths of purity

had not put that work in and sown the seeds then where would the fruit have emerged. Baba would say that it is the grace of the gardener who has fed us this fruit of gyan (knowledge), yoga and service.

To finish the 5 vices totally we need PURITY: go into the depths right now of what purity is...in thoughts, eyes and attitude let it draw you. When we have purity the connection with Baba is instantly forged and power starts flowing. This is yoga. There is nothing else to it. When there is purity there is HONESTY. One with total honesty doesn't quibble (complain) about anything. Purity helps us to have yoga and this brings the power of truth and then we come into interaction with everyone with PATIENCE. We often react with people because of old impressions. We have a connection with God who is The Truth and He shows us the contrast between truth and falsehood and opens our eyes. Truth brings power and as we use patience we become very MATURE and wise. Then there is SWEETNESS. With patience and sweetness comes HUMILITY. Not the sweetness that charms people and makes people fall over you! Secret conversations are the biggest sin and the urn that was full will not become less. The Father says 'children you are the destroyers of obstacles'. Just as Baba is the Lord of Innocence he is also the Great Death.... all we need is realisation. Why have some not raced ahead and created a stage free from obstacles? One who has a stage free of obstacles, Baba would say 'this is my special child' and will beckon them with His warmth and say 'come, child come'. We have to make ourselves worthy and of this caliber. Let me do this. Even if one child does this He can uplift multi-millions. So - who will become this?

Q: How much do we depend on Baba for transformation and how much do we need to do ourselves?

Just learn to let go. It is essential to be dependent on Baba and He is always available and present. It is my job to have courage and He will help me. It is a big mistake to get disheartened and expect help. We have only reached this far due to our courage and Baba's help. Experiment and see... the Lord is pleased with an honest heart. If your intention is clean and there is the thought that 'I want to do this'...the thought will definitely take form. Then it doesn't take time. How many have this experience? If we let go of courage we become limp and cannot move forward from where we are at. Remember, this wonder of God should be witnessed. See the wonder of this - it is a game and if your heart is honest, the Lord will be pleased. It is a Godly law and even if there has been a severe mistake no one can do anything as the Lord will be on your side. Keep up the courage and keep going. Whatever mistake happened, just don't repeat it.

Q: When you want to assist transformation do you use love or law?

If I were to use the law everyone would run away and no one would come in front of me! Even when I have not even said anything, many will not come in front of me. The ones who do come, do so because there is love.

Q: What is the difference between respect and regard?

If someone doesn't have self respect and I correct such a one, they will run a mile. If I give them regard then they will come close and will be willing to listen.

Q: At what point do you correct if you need to?

By giving them love, in front of me at least there is nothing to correct! Didi Manmohini was an expert on love and law and she would suddenly

appear in the kitchen, alert and accurate and the atmosphere would become attentive. The ones who have love and law inside them can give to others. If you do not follow laws then no one will listen to you when you want to correct others, but when you follow the law you are able to give love and make the laws attractive for others to follow as well. If I keep my thoughts pure everything will work in its own time. For this we need patience and truth and move along with great humility. At the end of the day there is victory for truth and truth will be saluted and those with truth will dance in happiness. I always say Destruction is in front of me and I never ask 'why hasn't it come yet?' Now I ask Baba to put Satyug on hold as there is so much good happening now at the Confluence Age. In the Golden Age we are descending and now is the time of ascending, so let's extend it - we are enjoying it!

Q: Your bhavna for people never decreases in fact it always increases, and so how can we do this too no matter what is going on how can we maintain this high bhavna for others?

In every aspect we need balance and then maintain that bhavna in this Godly task. Someone can become cooperative and someone can become yogi and the task is just the means for this to happen. Baba is sitting there showing us everything. I want to say sincerely that whatever has been wasted up until now that is drama, but now do what you can with what you have. What do you need to sleep, but a simple bed and a simple heart. My room has nothing extra, clean tidy and neat and see the kitchen too. Baba's room has always been like this. Simple and clean. The power of purity, peace, love and knowledge make us stand tall. When we have purity there is peace. The love that comes from that type of peace and purity is what gives 'knowledge' to others. Do this type of service...this is what Baba has asked us to do. I have this sincere hope that the divine experiences that I have had, you will also have.

Om shanti

DADI JANKI – 23 APRIL 2013 - LONDON BECOME WORTHY AND SHOW EVERYONE THE PROOF OF BABA'S WORK.

Baba says 'sweet children' so many times. How many times do we say 'sweet Baba'? As we hear and read the murli, we see how much effort Baba is making on us to make us into something so wonderful that people seeing us would ask: who made you like that? No human soul can make us like that. We have to become that and show Baba.

Yesterday Baba said there's no difference between My form and yours but there's a huge difference between the soul and Supreme Soul. He purifies the impure; we are sometimes pure, sometimes impure. He purifies us to such an extent that even though Baba is worshipped first, we also will be worshipped. He makes us into such beautifully decorated idols. They have looted the temples but the memorials of the idols decorated with diamonds still remain. We are aware of who is teaching us and what He is teaching us. Every elevated version touches the heart. How does Baba emerge from within us? God's versions are for the children. He is sharing the same with everyone yet I love everything He shares with us. Ask yourself: what do I particularly like? Baba says: Forget everything and remember Me, then the stage of being a conqueror of attachment will finally come. If you're attached to friends, relatives, your thoughts, or anything, that gives sorrow – you're not able to become an embodiment of remembrance.

First of all there's the churning stage, when things come into your mind – becoming manmanabhav, the mind focused on the One alone. Then let the intellect be madhyajibhav, focused on the aim. We have the water of knowledge but without the Lux (laksh – aim) soap, we cannot clean anything. As well as hearing and sharing knowledge, we have to keep the aim in our intellect. See how clean we've become from what we

were. It feels so good! The mind feels good in the state of manmanabhav – quiet and peaceful. Baba yesterday talked about how Brahma Baba is so cool. Being manmanabhav makes us cool, calm, serene. Every limb and organ of a yogi soul is cool. There's no hot temper. Experience this stage of coolness and then colour others with your company. Baba gave us His company, finished all our sins and made us cool. We are the children of the Mother and Father, who experience so much happiness because of His grace and mercy.

First there's churning (manan), then 'chintan' – no worry or questions, just thinking of Rama, while carrying on with your work. Then you can extract the butter and take the buttermilk. Dadi doesn't have a region, a zone, a centre or a student – I'm completely free! Nothing is mine. Wherever Baba has kept me I've always been present for what Baba wants me to do but stayed free – this is a blissful state of being. Easy Raja Yoga is for me: Baba is easy with me and I am easy with Baba. In bhakti, too, they say 'God's will' – whatever God wants. Just be the idol of honesty and love. Bhagirat, the lucky chariot brought the Ganges of knowledge and receives so much praise for that. Just look at Baba, the Lucky Chariot's forehead. Experience the bliss of that. Baba won't leave you alone until you become like He is. Who will He chase? Only one who becomes the true bride, who continues to remember Him. If karmic bondages pull you, you won't remember the Father, then what He can do? Baba remembers those who run away in every murli; He never forgets them and His concern is that nobody sitting in front of Him should leave. My feeling is that I'm definitely going to be faithful as a child to the Father and a bride to the Bridegroom. I have to be worthy child, one who shows every-

one the proof. What Baba says, the child accepts – then Baba is with you. If you react negatively in any way to what Baba says, you've failed. In fact, not to like anything that Baba says is really a sign of ego.

Baba selects souls from all over the world and makes them into His companions, so that the whole world becomes heaven. Half the cycle there is hell. Compelled by the five vices, Maya, we become those who labour. Now Baba is reminding us we are masters. So be happy seeing everyone. Each one is unique and loved by God. Comparison is a mistake. Only when you are constantly churning Baba's knowledge does it make its home in your intellect. I have the knowledge of the Creator and the creation in my intellect. Who is the Creator, what does He do, what is He like...? Churn on these things. Brahma Baba had four different poses: 1) legs crossed in tapasya, 2) arms wide, as if embracing the children with deep love and making us belong to him, 3) hands joined behind his back – 'I'm not doing anything' and 4) lying in the blissful pose of Vishnu, churning knowledge. Experience these four different poses with Baba, just as you experience the four pilgrimage places. Remember Baba in a natural way. Keep Baba in your eyes. Whatever is in my vision is what others will see. Through your sparkling smile so many others can experience happiness: our actions are extremely powerful and Baba is the Almighty Authority.

So, churn knowledge, stay cool, take power from the Almighty Authority and just have one concern to become like the Father – no one else and nothing else. Then you'll be an easy yogi, not dependent on anyone and having no one dependent on you. Avyakt BapDada is looking after us so well and giving us all such sustenance now. Baba is getting you all to do something so that you can create your fortune. How do we create our fortune? Through renunciation, performing good karma and through tapasya. There has to be all three.

Om shanti.

DADI JANKI – 24 APRIL 2013 – LONDON

JUST COPY BABA

Have the thought: I have to transform. The list of things to transform is not a massive one but it's within the murli. Yesterday Dadi shared about Baba's four poses. Copy these. Usually there are legal copyright issues but Baba has given us the freedom to copy as much as we want. But copy no one else but Baba; if you copy human beings, you'll fail. When you copy Baba, Baba is right! Ask yourself: what do I have to do? Things come and go. Just remember Baba's four poses, even just for an hour, and they'll become natural for you.

Baba said today we have to have faith in the intellect, then victory is guaranteed. Have true, pure feelings. When you have pure feelings for the self, you won't have feelings of doubt towards the self or others. Doubts waste so much time. The Father, God, is my Companion – so what can storms do?

You use your weaknesses, although they're of no use, and they cause damage. Baba talked today of attachment. Be very careful not to have the slightest attachment - for a facility, a person, a room, anything. Make your room like Baba's Room, then it will be clear that you're an image of tapasya. And then, whatever you see or others see, you're happy and they're happy. When you realise your weakness, the weakness understands that its time is nearly up.

People were afraid of visiting Om Mandli, because they felt there was a magic there. Baba is certainly the Magician.

He transforms goats into lionesses. Goats are sacrificed, whereas lionesses are powerful. Make yourself positive and powerful within. If you have this desire, Baba will help. If you don't want to change your nature, you'll say 'I'm trying...' If you do want to change, you can and you'll be one who takes love from Dadi and smiles. You'll make time for that' others make excuses.

There are four things to be aware of: carelessness, laziness, making excuses and subtle jealousy. They are all very subtle. Let these things touch your heart, as they've touched mine. Baba has given me a duty in India and I'm able to be present for my duty in India. Nobody would think I've lived abroad, because I don't even have £5 - or a car. People offer to drive Dadi. So there's no competition over wanting a smart car. I don't want special food - I don't want to copy others. Baba said your long lifespan isn't so that you can settle karmic accounts but because Baba has a task for you. As you get older, let your body - matter - become purer and purer. Matter is made up of 5 elements and so is the world - let it all give you happiness. God has made the soul sit in this body to make the soul like Himself. It's not my body. Don't make excuses because of aches and pains. The car that makes me move along is this body. It won't be useful, if I don't make it move along; it will get rusty. You have to remove the rust that's already there and not add any more. To destroy our sins, we have to stay in remembrance and remove the junk and not attract and collect new junk.

Vishwa Kishore Dada paid such attention to everyone and everything - that nothing should get damaged. In effort let there be honesty, truth, depth and subtlety in the way you use your intellect. Don't be happy with just a little; see and understand deeply with your intellect what you have to do. What we eat affects the mind instantly. Have you been careful since being Baba's to eat food that's been offered to Baba? The system of offering bhog is very accurate and the atmosphere it creates is extremely powerful. This is how we allow Baba to purify matter. People used to think Maya means wealth. It's not wealth itself but how we use it - check: is there desire, anger or ego in the way that I use wealth?

We don't make excuses about coming to class or following any of the yagya systems. Dadi can show you the art of living and dying! If you listen to what I say, that's up to you. But take care not to be influenced by your nature or by matter - keep yourself free from any influence. Body consciousness has trapped you and it won't let go, because you won't let go - you're influenced by those sanskars, that nature. In the Gita it says: It's not their fault, it's their nature, you do what you have to do.

Baba relates the murli for those who have left Baba too. He spoke those murlis, so that others wouldn't also leave. Let there be so much trust in the self and each other. People have faith in Baba but faith in the self and others is sometimes lacking. When there's faith in all of these, you become the conqueror of Maya - and then Baba gives you power. What's the sign of becoming the conqueror of Maya? No waste, no unnecessary thoughts. Thoughts come into your words, actions, interactions - where did spirituality go then?

Disappointment is also a form of Maya. With hopelessness the wings of zeal and enthusiasm are broken; and a bird needs wings to fly off from the branch. Do you colour others with your company all day? Many people's lives have been created and sustained through Brahma bhojan and toli. There's no expense in giving people toli. A true, merciful, generous, big heart is what the Conqueror of Hearts wants. If you want to live in that One's heart, don't waste time or resources. Whose shrimat is this? Not Krishna's, it's Shiv Baba's, through Brahma Baba.

In four subjects, knowledge, yoga, dharna and service - use your time and thoughts in a worthwhile way. Let your attention be on all four subjects, so that the Teacher feels proud of you. Even today someone can race ahead and come into of the 8 jewels. The Father has such an open heart: Come, My friends, come, my songs are calling out to you...

Om shanti.

DADI JANKI - 5 APRIL 2013 - SHANTIVAN

MY TASK IS TO MERGE AND TO FORGET



This is the great show of Shantivan. God had a plan. What was Shantivan and what was God's plan? See what it has become... All are sitting as diamonds in Diamond Hall. The specially loved and chosen ones of God are sitting here. What we are seeing with our eyes is Baba's work and He is the One who has done all this. If anyone says they have to do something, it means they have failed. We are the sweet beloved and cherished ones of Baba. Baba's beloved and cherished children can never be in a bad condition. Baba remembers us and says, "Come, My Children". He gives so much love and affection.

We are in the middle of a huge gathering but I am whispering something private in your ears... It is through our ears that Baba has made our intellects clean and pure. What were you and what have you now become? From what to what? Make a list of what you were and what you have to become. Now it will not take time to 'become' as the moments of destruction are right in front of us. We have the truth to work with. The most important thing is to be careful that there is no antagonism or animosity for any soul, whether junior or senior. This is a very deep point. Baba has said in the Murli that this knowledge is very incognito. Baba is incognito and the knowledge is incognito. My task now is to inculcate in my intellect that everyone is my friend – however they are. Keep a friendly attitude and feeling with everyone.

Baba has uplifted so many varieties of souls. He has to uplift everyone. If He did not have this bhavna what would be our condition? We have the fortune to know God... Even scholars say He cannot be described, yet we now know his definition and description. He is so sweet... our Supreme Father. We have this intoxication of knowing God and how and when He comes. We know. We

need to make deep incognito effort to create power within ourselves. We understand that our future fortune of the Golden Age is being created and we don't have to worry about it. The effort that we are engaged in making at this time with depth and subtlety has to be intense – that effort is to have just One Baba and no one else at all.

Baba hasn't given us any other work except to change our drishti. He has given us the divine intellect. Now our full attention is on our own awareness and attitude. At the last moment we have to have to be able to remember Baba and this takes practice over a long period of time.

There are two special virtues, which are very useful; to merge and to forget. We have to apply both at the same time. Baba has given us disciplines to practise. The time of Amrit Vela is very elevated. At that time we can easily have thoughts of the Supreme Being and pure churning. There are many things about Baba I remember at Amrit Vela. I consider that I have great fortune that I can talk about Sakar and Avyakt Baba the whole day. The wonder of Sakar Baba is that he become Avyakt and made our Dadi Gulzar the instrument. The one who is everyone's Baba is my personal Baba – remain in this awareness. The Sakar, Avyakt and Incorporeal are brought together in 'My Baba'. Dadi Gulzar has given us a wonderful phrase; 'Baba is my Companion and in His company, as a detached observer, I play my role'. I thank Dadi Gulzar for these points.

You are my brothers and sisters and it is a matter of great happiness. It is a matter of great intoxication. In the Golden Age we will not applaud or wave. Whatever we have to do, do it now. This is why Baba says put both your hands up as they are matters of happiness, effort and

the present time. This time will not come back again. It will not come before another kalpa.

There are many who have the happiness that they were not even looking for God, yet He found them. Baba pulled us when we were sitting at Home. We never thought that we would be the ones chosen by Baba. There are many like this - who have not been caught up in bhakti, following gurus or wandering.

I read the BK magazines... It is the study and I am interested to see who Baba makes the instruments for what service. We see the personality of each and every one and we get to know about various types of service happening in different places. Everyone has their own good part and that's it. When I was in Amritsar in the 1950's Baba asked me if I churned the ocean of knowledge in the morning. I said no other thought will come. The reason I am telling you this is that if you are caught up in any other thinking then you will not be churning the Ocean of Knowledge. Go into the depths of whatever Baba is saying and enjoy it. This is the only time we have to do this. We have to bring into practical whatever Baba has taught and explained. Churning the ocean is the way to extract the essence of the knowledge and to clarify everything. It is then easy to bring it into practical life. It becomes a natural thing that happens in one's life all the time. These are things to not think about but to make practical.

Baba has told us that the whole world has to be served. We don't need to try to work out how this will be done. Baba knows everything is already in drama and simply gives us a signal. He doesn't need to explain more than this. It is our honour to follow God's signals.

Om shanti

DADI GULZAR - 4 APRIL 2013 - SHANTIVAN

I HAVE BEEN CHOSEN BY GOD



We are all different in so many ways but why do we all love Baba? In fact, Baba loves us. He searched for us and made us His own. There are so many people in the world yet Baba searched for me and made me His own! Baba chose me! Baba made me His own last kalpa and has made me His own now. We are such fortunate children who are so attractive to Baba. To become Baba's means to remain always happy. Not just sometimes but always. People of the world make so much effort to be happy but for us the method is very easy. It is very simple; when we say 'My Baba', we feel happy. When we say, 'Sweet Baba' we immediately feel happy. So do you always feel happy or is it only sometimes? When Baba comes in front of you, you are instantly happy. So one has to know how to keep Baba in front of the self. Baba is so happy when He sees His children in front of Him. We all wanted to attain God and now we find that He has become our Father... directly. We didn't even dream that this would happen. As you move around and are engaged in any activity is there any greater intoxication than the intoxication that you were chosen by God? Do you feel, experience and remember this?

Who am I? If you ask yourself this question. There are so many things that come in response to this question. Baba has made every aspect clear to us. Baba has made us His own and so whatever Baba says, we simply need to do that. How? It is simple; whatever is in Baba's Murli each day we simply have to remember and do it. We were very small when we came to Baba and Baba would tell us to be intoxicated in happiness and to enjoy being happy, to be filled with happiness, to be the embodiment of happiness... We would stay in that happiness that we belonged to Baba. Some of us who lived with Baba would go quickly to

see Baba at amrit vela and he would say that he was preparing food for his children. Baba was preparing the food for the mind. Baba had so much love for the children.

So what do we need to do now? We must be as Baba is. Each morning ask yourself how your day will pass. Whatever Baba has said is what I must do. Baba says: be a karma yogi. Be in yoga and perform karma in this consciousness. This then is what I need to do. Each and every day we receive the Murli. Ask yourself; what did Baba say today? In each Murli the four subjects are mentioned. Each day check what Baba said about knowledge, what He said about yoga, about dharna and about service. We have four subjects in our study and we have to pass in each one. If destruction happened tomorrow would I have passed in all four subjects? The result of our effort of the Confluence Age is experienced in the future Golden Age and it is for the future 21 births that we will experience the fortune of the kingdom. We are creating our right to a fortune for 21 births. This is why it is very important that we get things right. No one except Baba can show a path that, in one life, a person can receive the fruit of the effort of that life perpetually for 21 births. The fruit of the fortune will not reduce for 21 births. To prepare us for such a world Baba is telling us: Remember Me. You naturally remember anyone that you love. You don't have to try to remember them.

BapDada wants us to always remember Him. So each one should ask themselves whether their remembrance of Baba is natural and automatic. Baba is the comforter of my heart. You have a great deal of love for Baba, don't you? Where do you keep things you love a great deal? You hide them in your heart. Check whether anything else other than the

Comforter of Hearts is sitting in your heart. There has to now be just one Baba and nothing else at all. Have you hidden Him in your heart? It is not only sometime is it?

Baba tells us not be distressed in our efforts. The method to be free from stress and tension in effort is to keep Baba in one's heart. The sound of 'my Baba, sweet Baba', will then emerge from your heart all the time. Issues from the Iron Age will come up. Iron Aged issues are hard and harsh. It is the work of problems to come and confront you. They don't forget that they have to come and our work is to deal with each issue through Baba's remembrance and finish them as if they never even occurred in the first place. For this just say 'Sweet Baba' and you will naturally move into a state of intoxication.

Always consider yourself to be combined with Baba because if you are alone you might do something wrong or you might be afraid. If you are combined with Baba so you can live in happiness because Baba is sitting in your heart. We say 'Baba' and Baba is right there with us. If Baba is not there with you there is some reason and this is something you need to think about for yourself. Keep Baba with you always ... no matter what happens. Tell Baba the condition of your heart. Tell Him what is happening and take power from Him. He is the Almighty Authority and we are the master almighty authorities.

On behalf of Baba, I am telling you to leave your weaknesses today. Do whatever Baba says and Baba will be so happy on seeing you. Make your heart light. Give up anything heavy in your heart. It does take effort to give something up but give it to Baba and you will be free. You will then be able to fill yourself with all treasures and with Baba's power.

Om shanti

DADI JANKI - 30 MARCH 2013 – PANDAV BHAVAN

HAVE COURAGE AND SEE HOW THE FATHER HELPS

Sweet Baba, Beloved Baba. Every day He says such things that our degrees of happiness rise up and we are filled with such power that Maya has no chance. We say goodbye to Maya and everyone who does this get congratulations from all sides. In the morning He tells us who the Father is and in the evening who Maya is. How good it is to do Amrit Vela. Each day Amrit Vela is good but the feeling we get from Baba is very different, unique and very beloved in the evening. Baba said that we should wash the body twice a day and also take a spiritual bath of knowledge too in the morning and evening. How can we become spiritually ever healthy, wealthy and happy?

Baba said today not to do any such karma that we would have to repent. No matter what happens. Karma philosophy is very deep. There are three things: The knowledge of the soul, Supreme Soul, (and if you think about it for a minute Baba gave us the knowledge of the soul, not any human being). When the soul becomes tamopradhan it is then that the Supreme Soul gives knowledge.

The deep consequences of karma take time to occur. We have to know this deep philosophy and then we can become the king of kings. Through the knowledge of the soul and Supreme Soul we can come into the golden and silver age but if you want to be successful you have to follow the karma that Baba did through your mind and body, or become cooperative through your connections and relations. You receive unimaginable happiness by doing service through your body, mind and wealth and by becoming cooperative. Your karma has to be elevated and filled with spirituality and godly love. Any old sanskar or nature that can disturb you in between tires you out. Our nature and sanskaras have to be understood and then you won't

be affected by the nature and sanskaras of others. Just think that I have to change and look how to do this. Baba explains this everyday: through the stage of being soul conscious and with love for the Supreme Soul and by remembering the Home. We have to change ourselves through this stage. There are some of Baba's children who say that destruction should come quickly because they want to return Home. Baba said there is still more time. Many say they are tired of this Iron age, let's go quickly. There are all types of different disasters, floods, earthquakes etc. So let us go to the Golden Age! But we have to become worthy to rule the kingdom first. Where will we rule? In Bharat. Bombay, America etc were not there and they will not continue. Keep this in your intellect and make appropriate preparations. Secretly I have been thinking about these four things:

- 1) Stage of soul consciousness
- 2) Love for the Supreme Being
- 3) Remembrance of the Home
- 4) See Father and follow Father.

The whole journey of the Confluence Age is very good from the moment we become Baba's. Even now I see Baba and I have just come from Baba's Room. See the Father and follow the Father. Do not look at anyone else. Baba has said that there is so much love for the children. We say 'Baba we will live with you, spend time with you'.

First the child must have courage and then the Father will help. I have seen this throughout my life. Our Father is wonderful! Baba has said 'I give eyes to the blind, ears to the deaf and I teach the dumb to speak and the lame to walk'. From the very beginning Baba has shown this in the practical form. (Dadi Kumarka's

mother and Brahma Baba's sister both had problems with their eyes and were unable to see and so once Baba called me and asked me to go and get their eyes fixed. I took them to an eye camp and they had eye operations. Baba gave me so much love when I brought them back. They started to be able to see again and could then read the Murlis. This was an example of the child having courage and the Father giving help).

The Lord is very pleased with one who has an honest heart. I have a true heart as no one can influence me or draw me to their side. No one can make me bow or make me lose my understanding. So these three aphorisms carry us across: With one Power and one support; With the child's courage and the Father's help and the Lord is pleased with an honest heart.

Today Baba said, the one who has a loving intellect at the time of destruction is victorious. The Pandavs have loving intellects and are victorious whereas the Kauravas have doubt in their intellect and are destroyed. If you get a little doubt you cannot come into the rosary of victory. The Kaurava intellect wants money and seeks recognition. So even if you are concerned to acquire money and fame you will not be able to have yoga. You will not be able to be happy. You will carry on but say that you have many difficulties. I would never say anything is difficult. With One Power and One Support and faith there is victory, and with a clean heart the Lord is pleased and where there is courage the Father helps. Who thinks this is easy? If not today then tomorrow. Where else would you go? Baba has made each and every child for the purpose of taking each one beyond. He says 'I came in order to bring you'. The song is 'When I received you I received the whole world'.

Om shanti

DADI JANKI – 26 APRIL 2013 – GRC, OXFORD

GIVE RESPECT AND DEVELOP SELF-RESPECT



Do you have the feeling that Baba, Madhuban and the murli are very much connected? We listen to Baba's murli in Madhuban. Keep Madhuban in your awareness and your lifestyle, timetable diet, everything will become as it is in Madhuban.

Dadi likes to read the murli but also to tell Baba's stories. Baba once asked me: Have you related a spiritual story to anyone that you think you've a right to have breakfast? Since then Dadi has paid attention to relating knowledge to others before having breakfast. Previously, I would go into a nearby garden and speak knowledge to whoever came – and through that centres started to open. It's a good practice: listen to the murli then share it with someone so deeply that they're inspired to come and listen to murli every day.

Baba used to come to Mumbai for health reasons. You heard today: transform the suffering of karma into karma yoga. Baba also said today: If you have yoga you become free from disease for 21 births... but not this birth. Things will continue till the end in this birth. Baba had 3 operations. One time the anaesthetic didn't work and Baba said to the doctors: 'Just go ahead and do what you have to do' - they were amazed. We were having yoga while the operation was going on. As soon as Baba came out, his face still shining, Baba said; Baba hasn't spoken the murli for the children today. That day he wrote the murli and sent it by train to Mama. Baba would ask us to serve the patients and nurses in the hospital. It was in Mumbai that the name 'Bap-Dada' was first used, and also when we started to greet each other with the words 'Om shanti'. Baba would fill me with extra power for service.

As a rule, lower caste people weren't allowed into satsangs in India. Yet, no one can share the deep secrets the unique Innocent Lord shares

and Baba tells us that it is our duty to explain all we hear very clearly and deeply. Thus, Dadi would go to people in temples and give them knowledge. Every day Baba explains new things to us. We should always be inspired to share what Baba shares with us. Take toli also and share it with people when giving gyan. You all do good service and it's drama – it's a different time now, but in those days whatever Baba said we would instantly do.

Dadi has a lot of respect for all of you. Each one is very good. No one can be compared to another. We can all become equally complete and perfect. It is possible, isn't it? We're not all the same, each has their own part – that's why there's a lot of respect for everyone. I see each one as an observer. I may not know each one's name but there is respect. So check: do I have true respect inside for everyone? When you continue to give respect to everyone, you'll be able to develop self-respect. If you lack respect for one person, you'll lack self-respect. If you disrespect someone once, they will find it difficult to stay in their self-respect.

We have to give regard to our elders and respect to our equals. Baba and Mama taught us this. Mama was like Baba's daughter; Baba gave her a lot of respect. When Baba makes someone an instrument, to give them regard is manners on my part. If I don't give someone regard, because of what they're like, I harm my own self. The ancestor souls were mostly younger than Dadi but there is a lot of regard for them, because I know that they are our elders, seniors and are very elevated. They've left this body and gone somewhere for the task of establishment. You all sitting here, as Baba said, you've taken birth somewhere else for service but you belong to Bharat. From the beginning such souls won't be trapped in worldly things, they'll instantly rec-

ognise and they have the feeling they were Baba's before and are becoming that again. They'll feel they want to claim a high status, even though they've come late. The rosary has not been finalised yet.

To transform karma bhog into karma yoga enables one to claim a high status. Dadi has passed through so many 'illnesses', as you've seen. Baba said today: don't go into the detail of any ailment. Use your mind usefully, so that the illnesses finish forever. If there's the slightest sickness, don't feel sorrow about it or think about it. If you're busy in service, you won't remember it. No matter what the suffering of the body is, we are karma yogis and transform it. We are royal renunciates (Raj Rishis). Service has a huge importance. We have gyan, yoga, dharna and service. But then what? When I do service, my understanding of gyan, dharna and yoga increase.

To hear murli every day is also a matter of regard. When I give regard, I learn a lot. Our lives should be such that they inspire others. People sometimes ask Dadi: should I leave my job? You can do great service in your place of work too. Ones who don't have a job need to earn an income through the service they do. Here we use everything in a worthwhile way and so keep our expenses low.

Om shanti

Dadi Janki Gem

There is Baba's love and then also His blessings. Each one should see how much love and blessings we are receiving from Baba

Dadi Janki - 19 April 2013 - Shantivan Experience Baba's sakaash and study...

You say 'om shanti' and I say 'thank you'. Why? What does Baba say? Imbibe virtues and renounce the weaknesses and defects within. In the Murlis Baba cautions us. There is no need to worry but He is telling us to pay attention. Lust is the greatest enemy, but anger is no less. So finish your anger.

What is sakaash? First, Baba's love pulls us into His lap. Human beings take birth according to their past account, but we take birth to Baba with the account of the previous kalpa. When we remember the previous kalpa, we forget the accounts of the past. In love with Baba, we forget everything else. We receive so much love and honour. How does Baba see this? You are My children and can understand. Who do we belong to? Seeing Him in front of us, we jump into His lap. We are not aware of how this happens! Baba would say that the ones who are in Baba's lap have intoxication.

It does not matter what we were before - and we do not need to feel guilty about it, as whatever was the part in drama has now been completed. We are now in Baba's lap and to become a bead of the rosary we need to make effort with faith. Then we can come into the rosary of victory. We receive the power of purity from our Parent. When we go into the depths of purity, it makes us a bead of the rosary of victory. Waste thoughts can then no longer come and make us fall. If we fall, there is total degradation. So we have to pay attention day and night to all four subjects. Here, one Teacher teaches all the four subjects all at the same time! So what does the Teacher explain to us so we can study this? All four subjects are all connected: knowledge, Yoga, dharna and service. Knowledge and Yoga bring dharna, and service takes place on the basis of dharna and co-operation.

Everything is done and nothing is big. This is so for all four subjects. Knowledge is filled with deep secrets. We are pulled towards the Bestower of Knowledge. In the Gita it is written: So that you can know Me and recognise Me, I give you divine vision. So our intellects and drishti have become divine. First, there is the recognition of love. As we move forward, we feel so good in all four subjects. Baba gives us first love and then blessings. Do you experience these blessings? In the slogan and blessings Baba has been saying 'Become a lighthouse'. Those who become lighthouses get blessings.

Whatever service Baba would have for me, I would become present there. With co-operation and blessings so

much happens. We receive blessings from everyone and how do we then feel? Because we are serving from the depths of our heart, we receive blessings. With one step of courage from our side, help comes from Baba and co-operation comes from everyone.

Every day Baba speaks about shrimat. Those who follow shrimat receive love and blessings. Once I was sitting in front of Baba and He told me: Child, remain seated and sit next to Baba. I then started to experience the current and became bodiless. When we sit in front of Baba for one or two minutes, how does our stage transform? We are sitting in front of God and He is giving such drishti that we are able to forget everything. No matter what the task is, Baba's sakaash is working. Victory is our birthright and we remain free of the ego of 'I' and 'mine'. Whether in thoughts, words or actions, become free from desire and attachments. As knowledgeable souls, we become ignorant of desires over a long period of time and then Baba makes us instruments and gives sakaash.

When Baba became avyakt, Baba gave His hand and His sakaash to Dadiji. Those who follow shrimat for a long period of time do not allow the dictates of their own mind, nor of others, to work. Who can give dictates to yogis? We have the experience of Vishwa Kishore Dada and then Jagdishbhai. Rameshbhai was born later. Dada Vishwa Kishore would talk little but would eat only pure food. He also had a lot of courage. He believed firmly: if Baba has said, then it will happen.

The days of this life will pass by, so ensure you claim full marks in all four subjects. How can fear, unhappiness and worry disappear? Truth and courage are both needed for this. Courage is first, as at every step keep courage and help will come from the Father. We are not asking for help, but we experience it when we have courage. We are taking care of our promise and the Father is pleased with those who are honest. What do we do all day? Whatever Baba's says, we do. Everything is done with courage and truth.

Sakaash is from Baba and I take blessings from all of you. Wah Baba Wah! Wah children Wah! Wah Drama Wah! Wah Godly family Wah!



Om Shanti.