

For March 23, 2015

It Doesn't Matter if you Can't Sing

In my early days in London, a few of the brothers had a singing group called Beyond Sound. All the brothers except me were accomplished musicians. Often Dadi would ask me to sing "Mehra to ek Shiv Baba, doosra na koy" (Mine is one Shiv Baba and none other) . Dadi would get me up to sing which did not delight the ears of those listening but seemed to delight Dadi. She did not really care how it sounded but wanted me to sing this mantra in my heart. It really worked. Dadi's life has taught me that total love for Baba can achieve anything. Once she gave me loving drishti and she said, "It is Baba's love that makes you move . . . It is Baba's love that has made you tireless, it is Baba's love that has helped you overcome all obstacles." The ultimate result of all knowledge is to become completely loving. Love is a sakash that has filled me with so much strength and courage. There are so many things that Dadi has said and done over the years that are imprinted in my heart but more than anything I think she has taught me how to love Baba. Dadi, "Thank you for this most precious gift."

Words of Wisdom

The significance of the Family: Whenever I look at another soul, I am filled with deep joy that, "This one is my Baba's child." This pure vision elevates my stage instantly. The joy that comes from serving the family is what we share with all. Baba is doing what He needs to do through us, and we have united for the sake of serving the world. There is great happiness in following Baba's directions as our ego doesn't act up. The soul learns the value of being simple and clean. No extra facilities are required, because we are more focused on seeing that our final thoughts lead us to a high destination. If the mind is not dedicated to Baba and His service, then body and wealth will not be used in a worthwhile way. To be surrendered is a deep sanskar that the soul needs to refine. Baba teaches us not only how to understand the soul but how to use every physical organ in a beneficial way. Only then can body-consciousness be eliminated.

When we fill ourselves with Baba's love to such an extent that there are no weaknesses remaining and constantly experiencing the power of love, the face becomes such that when people see you they feel it is a wonder.

Drishti Point

I see others and myself with clean and clear vision. When I look at any soul, I consciously let go of any history between us and see them with fresh eyes. I see the divine, sacred, loving light within them. This clean vision increases my capacity for love.

Karma Yoga Exercise

As I move through the world of action, I visualize and feel the Ocean of Love and Light flowing all around me and through me. I remember that Baba as the Ocean is carrying me in the sweet waves of pure affection.