

Brahma Kumaris - Dadi Magazine - January 2013

In this issue

- 2 *Let the Ganges of truth and love flow from you*
- 3 *At the Christmas celebration*
- 4 *Create peaceful thoughts whilst doing your work*
- 5 *Become a carefree emperor*
- 6 *Keep your final moments in front of you*
- 7 *Take the medicine of my Baba*
- 8 *Question and Answer*
- 9 *Following shrimat will make you constantly happy*
- 10 *It's now or never*
- 11 *Reflections on: What is peace?*
- 11 *Only One Baba!*
- 12 *Reflections on: What is Yoga?*
- 12 *Do I keep a constant connection with my home?*
- 13 *Become a living model of Madhuban*
- 14 *Special love and remembrance*
- 14 *Baba's Murli is the treasure store of all secrets*
- 15 *The magic ingredients: check and change*
- 15 *Truth and Beauty*
- 16 *Make God Your Friend*



Dadi Gulzar at the Christmas celebration – 24 December 2012 – Shantivan



All of you know the secrets of Christmas day. We celebrate Christmas in such a way that Baba comes in front of us on this special day and feeds us raisins (kismis) Baba feeds us kismis on Christmas Day because we have to become sweet like the kismis itself. Baba himself gives the example of kismis when He speaks of the quality of sweetness. Like kismis, we have to be sweet no matter what happens. Of course things do happen but the effect should not be such that instead of being sweet I become sour.

On this day especially, Baba is asking us to become sweet. No matter what happens do not give up your sweetness because the sweet world of Satyug is going to come in front of us very soon. There will be nothing but sweetness there. Create and maintain the sanskar of remaining

sweet. Even if there is nothing else in life there must be sweetness. Make this effort at the Confluence Age. In relationships with others have soul conscious drishti and always maintain a sweet attitude. Be sweet and think sweet – remove all traces of any type of bitterness. On this day I need to check if there is anyone or anything I don't think about or look at with sweetness.

We are the creators and as are the creators so is the creation. To create something sweet, the creator himself first has to become sweet. This is the day of sweetness. Baba is filling us with sweetness and we make this promise to Baba. No matter what happens always choose sweetness... Merry Christmas to all of Baba's children throughout the world!

Om Shanti

DADI JANKI - 26 DECEMBER 2012 - SHANTIVAN

LET THE GANGES OF TRUTH AND LOVE FLOW FROM YOU

Some words such as 'thank you' very naturally emerge from our mouths. Should we thank Baba, or each other? Baba would say, no need to say 'thank you' as it's your fortune. Let there always be the awareness that we are in the time when we are to become like diamonds. Time tells us, 'Use me well'. So how do I do this? I use time well with my thoughts. The New Year is coming, 2012 is ending, 2013 is to start. [13 in Hindi is 'Tera' meaning 'Yours']. So Baba has already told us to live with the consciousness of everything belonging to You. So let's come together, go deep in our efforts and extract 13 aspects that will help us in 2013.

The world is reeling under sorrow, worry and fear, and the waste of time. We are using time in a worthwhile way with happiness, peace and love. Dadi doesn't talk about 'love' first. One needs happiness, peace and love. When I have all three, then knowledge makes me become Trinetri, Trilakdarshi, and Master of the Three Worlds. It's such a special feeling to be able to move from one stage to another in a matter of seconds.

Our Home, the Supreme Abode, is also the Land of Peace, the land beyond sound. It is Home to all souls. My Father's Home is my Home. Let there be intoxication about your home. In the world, people have intoxication and pride about their name, education and also their homes. Not only are we proud of our Supreme Abode, but the home we live in the corporeal world also belongs Baba. Dadi always has the intoxication that she is living in the Father's Home, and is being sustained by the Father directly. It is such a great fortune. Always remember, 'who am I?' and 'who do I belong to?' Keep this in your awareness and your fortune will be created. Baba has made us multimillion times fortunate through Brahma Baba. All other kinds of intoxications cause loss. Even if I don't become Lakshmi-Narayan, let

me become part of their kingdom. We are creating our royal status by studying the study, and using everything we have in a worthwhile way. We are dedicated and now are using everything in a worthwhile way.

Once we dedicate ourselves, we become free from 'mera' or 'mine'. I belong to Baba, and Baba belongs to me. Thereafter what is the soul doing in the body? I am using everything in a worthwhile way. Whether it's time or thoughts, or company, life is being used in a worthwhile way. Think about this properly.

To stay in good company, and give benefit to others with your company is to accumulate in the account of charity. Good company colours... It takes a minute for good or bad company to take effect. To stay in good company requires courage and trust. Never allow yourself to come into company that will make you waste time. Be introverted with attention, and not only will your sense organs be under control, but the mind, intellect and sanskars too. Speak to your mind.

Dadi had once asked Mama how she kept her mind always peaceful. Mama answered, "my mind is my baby". When I think good quality thoughts, I am giving it nourishment. Swing in the swing of knowledge and love. Where Baba is present, nothing else can be the matter. This is our practical experience of many years, isn't it? Baba is carrying out so much through the children; He is creating our fortune. So what do I have to do?

To indulge in another's matters, to think about others is a waste of time. Some souls ask Dadi what efforts do we make? Dadi says, use time in a worthwhile way. Think good quality thoughts. Let your thoughts have no trace of body-consciousness. Don't fluctuate in varying moods. Your inner mood will be instantly reflected on your face. Have inner peace and loving

interactions. Don't give sorrow or take sorrow. Those who are ignorant of taking and giving sorrow are dearly loved by Baba. Baba would say, "This is my good child".

Baba's love and good wishes from everyone helps us accomplish service. When I keep a fast of never taking or giving sorrow, I can be a well-wisher who only thinks elevated thoughts. So make a list of what will be achieved in the New Year. Don't miss anything. What do we mean by pure thinking? See that there is nothing lacking in your thoughts. Be a well-wisher for anyone who comes before you. When we constantly have elevated thoughts and only have good wishes for others, imagine that stage!

When Dadi initially started living abroad, Dadi loved two phrases, "Don't worry, it's no problem". How many of you live by this? Why worry about that which is unpredictable, whatever is to happen will be good. Whatever happened was good, whatever is happening is good.

Baba talks about empowering the intellect, how do we accomplish this? Keep one's thoughts good for the self first. 'All your worries (chinta) will end when you contemplate on God (chintan)...' goes a song. Some souls don't do as much as they talk and worry... Contemplate on God and on His knowledge. Then no worry will remain. When nothing is 'mine' what would I worry about? When I consider that someone belongs to me, there is cause to worry. Do what is good right now. Karavanhar is enabling that which is good to happen. God is my Companion and has taught me to play my part as a detached observer. All I have to do is 'play the part'. Why do you stop acting? Why do you keep looking at others? Just play your own part. The intellect will be touched in the right way. If I keep looking at others, I will not be able to do that which

Continued on bottom of next page

BROTHER NIRWAIR – 24 DECEMBER 2012 – SHANTIVAN AT THE CHRISTMAS CELEBRATION



Merry Christmas! Christmas is celebrated in the whole world as the day of great joy. Who has the most happiness of all? It is Baba's children. Baba tells us that the Double Foreigners are double effort-makers. All of you know that when we first came down on the Earth there was just one true religion. It was the Age of Truth. We are the original jewels. When we recognise ourselves through the eyes of Baba, there is a lot of intoxication. We first came into the world at the time when the elements gave a great deal of happiness. Souls were in their satopradhan stage. Nature was our helper – the weather was always pleasant. There was no extreme cold or heat.

When a pure soul comes down onto the Earth, everyone experiences happiness. When the Christ soul came onto the Earth many people experienced happiness. Whether the souls come onto the world stage at the beginning, middle or the end of the world cycle, in their pure state they give happiness. All human souls love purity because it is only through purity that the soul experiences very deep happiness.

At the end of the cycle, when the Supreme Soul Himself came onto the Earth, the first great mantra He gives is 'Become pure' and in order to become pure He tells us 'Be yogi' – link your mind to Me. The basis of making one's life pure is one's way of thinking. If there is purity in one's way of thinking

then life becomes worthwhile. In all the messages from the religious founders, there are some common points. They all say that we are all the children of the Supreme Soul. This whole creation is the Creator's creation. If human souls become pure then they also become non-violent. If they were all to have love for humanity then this world would be worth living in. Nowadays the news is very frightening. People have resorted to doing what they have to do to save their own lives.

On the 21st December many people thought that the world would end. Many went to different places to stay. Some collected petrol and food... Yet Baba's children don't have fear because there is so much clarity in the knowledge Baba gives us. Baba has told us that this world and souls are eternal and imperishable. The Supreme Soul is eternal and imperishable and the drama is eternal. The scenes keep changing because of the attitude of human beings. Because of this the Father comes and gives us the great mantra 'Manmanabhav' If the mind is connected to the Supreme Soul then whatever are His powers, virtues, sanskaras and thinking will automatically come into us.

When the religious founders came, their power brought some transformation into society. Even in those times people were giving sorrow to each other. Those matters have now reached their extreme and it important to cre-

ate an atmosphere of power. So much rust has collected on the soul and we now, through Baba, realise that the negative traits we see in human beings are not the original nature of the soul. Only Baba has been able to teach us that to remove this rust and let the soul shine with enthusiasm and inspiration again, there is only way; knowledge and the mantra 'Manmanabhav' – link your mind to Me – take your mind to Me. Without knowledge and yoga the old traits and habits don't go away. It is time to become a deity with beautiful thinking and wonderful sanskaras. Baba has drawn our attention that every day we need the study and yoga. Through the study there can be a shift in our thinking and there is transformation in life. Until now even great yogis have not known how to connect their minds to God. He has told us how to join our minds to Him and to fill the self with spiritual power and thus conquer the vices.

Whenever there is a big day people take a vow for positive transformation. In the whole world Christmas is celebrated with a lot of love and the atmosphere becomes filled with love. However, this is just for one day. For us, it is a matter of a life of transformation; at Sangamyug every thought and word of ours should be sweet. Every thought should be elevated. Every look of ours should be filled with love and every action should be a source of inspiration for everyone. We have to remember what Baba teaches us and fill ourselves with enthusiasm.

Dadi Janki - 26 December 2012 - Shantivan Let the Ganges of truth and love flow from you

is right. To think of matters that are of the past, or that which does not concern me is a mistake. I want new things every day. Baba teaches us new things every day. Keep the pure feeling of living in an atmosphere filled with happiness, peace and love (free from sorrow, worry and fear), and give others the benefit of the same. You don't even have to worry about service – just keep pure feelings. Pure feelings will enable facilities to be of use as well. All we have to do is say Haan Ji (yes), and Hazir hona (remain present). Make everything practical in the New Year. When the Ganges of truth and love flow from you, you will be able to help purify others. The Almighty Authority Purifier Father has made us so pure, that the Ganges of knowledge flows in our lives, which bathes us daily. So it's no longer time to think about what to do, but time to simply do it.

We need to keep appreciating what Baba is giving us because we will then become Baba's worthy children. We are the instruments to bring the wonderful new world into practical. I am His personal helper in this task! We need to recognise our role and our responsibilities. When I recognise my role and responsibility I will realise my true greatness and I will also be recognise how great each Brahmin soul is.

Om Shanti

Om Shanti

DADI JANKI – 19 NOVEMBER 2012 – SHANTIVAN

CREATE PEACEFUL THOUGHTS WHILST DOING YOUR WORK

We say that there are twelve virtues and eight powers. Once Dadi was traveling and she churned on the virtues and wrote a list of 64 virtues. Baba was very happy when he saw that list. He told Dadi to condense the list to 36 virtues as there is praise of 36 virtues. That list is now outside the History Hall and Baba used to be very happy on looking at that list.

The Million Minutes for Peace project was very useful for everyone. Not only did people who had previously had no contact with us benefit but we Brahmins also benefited. People are unable to remain peaceful for even a second. We have found how to have peace. Now we should distribute what we have found – the method to find peace - in the whole world. Of course, the second project after Million Minutes for Peace was Global Co-operation for a Better World. Co-operation is essential in creating a better world. The hospital was built due to everyone's co-operation. Service increased a lot thanks to this project. Big projects such as the hospital, museums and large centres, have been successful thanks to everyone's co-operation. Buildings may have been built in one country but it is thanks to the co-operation of the family throughout the world that they have been built.

There was then the project of Living Values. Twelve virtues and eight powers... Churn on these good things every day and extract something useful for your life. You will get so much benefit... This is the time of settling accounts. It doesn't matter how long you have been Baba's but you still have to settle your accounts. Be a patient who has a lot of patience. To see the doctor is also form of service but only if you manage your sickness well. Don't let your face become pale when you get sick! Remain cheerful and you will get better quicker. You will also serve everyone who comes into contact

with you at that time. Don't think about illness again and again.

***'Take the
medicine Baba
gives and you
will experience
only benefit'***

Even if one does have to shed this old body, it will then be shed whilst saying, "Baba, Baba". You will be able to shed your body without any pain. Leave worry... Many have shed their bodies and many will have to shed their bodies. Even when Dadi tells Baba that she can now shed her body and go, Baba seems to say, "No....". We can't just think of leaving the body like that. I need to check how much of a charitable soul I have become. Baba says that even what someone does on the path of devotion is known to Him. So, don't think that what you do is not known to Him. Baba knows everything... so be careful... Take care... Never waste your time and thoughts. See your own thoughts, your words, your actions... We cannot live without performing actions so I should make those actions good. As I sow, so shall I reap.

Learn to remain content. One who is an honest child of Baba and practices creating elevated thoughts bring benefit to themselves. Such a soul can remain content. One who is content has patience. Increase your tolerance now... don't come into sound in small or big situations. If not, you will spoil your own mood and the mood of others. Keep silent and remain peaceful. Perform your work in peace. Create peaceful thoughts whilst doing your work. If I remain peaceful, Baba can get His work done. If I don't remain peaceful then how can Baba get His work done through me? He will then have to get His work done through

someone else. This is not an ordinary aspect... this is what Baba is practically telling us. If you keep your thoughts peaceful then Baba can take responsibility for getting the work done. There is no need to ask how it will happen. Baba is sitting there... Never think or say that you have done something.

Dadi Gulzar is an example in front of us. Look at Dadi Gulzar's face and you see only Baba. Even when Baba is not there, you feel Baba from Dadi. Dadi has made her stage such... In order to remain peaceful through tolerance one needs the power to adjust. Some people get agitated and uncomfortable when they stay in a new place, when they have to sleep in a new bed...

Just by bringing one virtue into your life, you will bring many others. Just as the vices are closely connected – have one and the others will follow quickly - in the same way, the virtues are also closely connected. If someone has greed, the other vices will soon come to him. I am God's child – I am not ordinary. Each value has its own value... One point of Baba's has great value... Baba is the Ocean yet one drop from Him makes a soul cool... makes a soul peaceful. One drop from Baba brings courage... brings power... brings peace.

It is time to go back to the home. I will then come back again to the land of happiness but I definitely have to go home to the land of peace and silence first... It is the time to stay on the pilgrimage of remembrance. Through the pilgrimage of remembrance the intellect remains in connection and relationship with the Father – the one Almighty Authority. The mind can then remain peaceful. In relationship I am the child of the Almighty Authority and through the connection I receive light and might. When my connection is right then whatever actions I perform will be right.

Om Shanti

DADI JANKI – 17 DECEMBER 2012 – SHANTIVAN BECOME A CAREFREE EMPEROR BY LEARNING TO MAKE BIG THINGS SMALL

When one's amrit vela is good then everything through the day is good. Miss amrit vela and a lot of good things will be missing from your whole day. Baba pulls us for yoga in the evening as well. One who has gone beyond all attachments and interests can easily connect his or her yoga of the intellect to the one Father and will enjoy meditation a great deal. It is sangamyuga and this is the time to become independent – not dependent on anyone or anything. This can happen when one connects their intellect to the one Father. I have to be an observer throughout the day. Looking at everyone as a detached observer yet with feelings of love, benevolence and a wish to help. If you have this attitude, others will feel this from you. So check your attitude and behaviour.

It is Baba's blessings that enable a soul to move forward. If you keep making mistakes such as giving and taking sorrow then your chart is spoilt. Subtle arrogance makes one give and take sorrow and you may not even be aware you are causing it because of your own arrogance. If you get into giving and taking sorrow then you need to use the medicine given by Baba. If you can't even use that medicine then it can only be said to be your 'fortune' or the return of your actions. One who follows Baba's teachings accurately will automatically be filled with power. He will then be liberated from the giving and taking of sorrow. So check: Have I liberated myself from the give and take of sorrow? Pay attention to this... don't have tension but pay attention. Throughout the whole cycle you will not receive another teacher like the one who is available to you now. Neither the Teacher nor the teachings will be available at any other time throughout the cycle.

Baba again and again tells us to spin the cycle. If you remember the cycle you will definitely also remember Baba. Think of the cycle and you will realise what a wonderful soul you are; I belong to the Sun Dynasty. I was in the Sun Dynasty.

*Before sakar
Baba became
avyakt he
spoke three
words, 'Become
incorporeal,
viceless and
egoless'*

Remember Baba's words the whole day. I am incorporeal, Baba is also incorporeal. Through this awareness you can move into the viceless stage. One who is viceless is naturally egoless. If there is even a trace of vice within you it will sometimes take on a gross form.

Each of us has received so many treasures. Open up your treasure store for at least 15 minutes or half an hour each day. Think about the treasures and continue to distribute those treasures. If you distribute them, they will continue to increase. Many ask Dadi what the final thought to reach the final destination should be... My final thought is that whatever has been given to me by Baba should be distributed to everyone.

Who can become a carefree emperor? One who knows how to make large aspects small. If you keep making small things big then you will



be filled with worry. To make small things big cannot be called wisdom. Baba is sitting here in front of me, why should I have to worry about anything? One who is a carefree emperor will inspire others to become the same. In fact, others will become carefree emperors just by looking at one who has become that. A carefree emperor will never say that he or she has done this or that; that it is because of me that something good has happened. They will feel that it is Baba who is getting His work done and that they are just instrumental. Such a soul will feel that God has His hand on his or her head and that there is no need to beg or ask for anything. God is showering everything on me and that is spreading into the atmosphere. This will be the feeling of a carefree emperor.

Dadi feels that Baba made her dance from His fingers, like a puppet would dance from the fingers of a puppeteer. As a result she has the right to make Baba dance from her fingers. In fact, each of us have the right to make God dance from our fingers.

God is the One who makes me dance according to His wish. Who am I? Who is mine? These are the most simple and yet profound aspects of life. Now, remain light, draw might and everything in your life will become right.

DADI JANKI - 2 APRIL 2012 (WITH TEACHERS) – SHANTIVAN KEEP YOUR FINAL MOMENTS IN FRONT OF YOU



Baba gives us the vision to clearly see the difference between a stone and a diamond. The song played today says that the rivers don't drink their own water and the trees don't eat their own fruit.... Similarly the purpose of this life is to be benevolent and bring benefit to others, even to those who do wrong. When someone uses aggressive language Baba teaches us to embrace that one. This is the difference between virtue and defect. Virtue makes us into diamonds and defects make us into stones. There is so much difference between diamonds and stones. Stones are rough and a diamond is precious and rare. Those who are completely honest and truthful are diamonds. A diamond is valuable because it is real. Gold is also valuable but not as valuable as diamonds. Then there is silver, copper and iron. The quality of souls differs accordingly: even if there is a little lacking in honesty and purity the value will be less.

We have all come from the Iron Age and are sitting in the Diamond age. The Confluence age is the real diamond age. Baba said in this morning's Murli that each soul has his or her own part. This is such a powerful point that touches the heart. By saying this Baba has shut our mouths! We can never say that this one is not good. Today Baba signaled to us that in order to go to nirvaan dham we should speak less. Learn to say: whatever happened was good, whatever is happening at present is good and whatever will happen in future is also good. Baba says hear only what I say and speak only what I speak. Eat what I feed you and relate only what I say and through my drishti remain spiritual and see each other with such spiritual drishti as they did in the early days. The drishti of a yogi is always one that brings great happiness. Each organ of the yogi is calm and relaxed and every action of a yogi will be accurate - the way he walks, the way he talks...

The teachers asked 5 questions:

Q1. How do you manage to remain double light whilst handling so many responsibilities of the Yagya and how can we remain detached and free from waste while making decisions and ensuring our decisions are accurate and satisfactory?

Q2. How do we become free from the flu of feeling and develop a stable mindset?

Q3. How can we make transformation of the self, practical?

Q4. How can we do easy tapasya whilst remaining on service?

Q5. What is jwalamukhi yoga and how can we experience that stage?

The answer to all these questions is silence. When we work in silence we are able to accumulate the power of love and peace within. Through maintaining silence there is transformation. I don't like to use the word work, because we are all Raja Yogis not workers. You will find answers to all questions in silence and not by thinking. We have to now move from talkie to movie towards silence. In movie there is more action and less noise. In order to perform action without coming into sound we need to have the accurate method. There is so much expansion of service in Baba's homes everywhere. Once the senior head of the Swaminarayan group came to visit Abu and asked me a question through his disciples: How do you motivate 1100 brothers to work without giving them salaries? I replied that they have made their fortune and their lives by serving here in a dedicated manner. They have earned blessings which gives them so much happiness and joy that they work together in a team.

Money is not the means or foundation to create someone's life. Here the

foundation of everyone's life is peace and love. If I really want to bring transformation within then I have to keep checking myself. We have become so busy in service and a big maya that has come to us is clashing sanskars with each other, which has created an invisible wall between us, and hence Baba cannot be present. This then has an effect on our body and mind. I have the deep experience that where there is Baba there cannot be an issue. And if there is an issue it means Baba is absent. The entire yagya is functioning on this. In today's murli Baba has underlined such a deep aspect about the drama. In our efforts we should also go into such depths. Only when we go deep into churning knowledge is there transformation and we are able to have good yoga. Baba once signaled to me, that I should churn knowledge early in the morning and from that time I have never ever missed Amrit Vela. Even when in hospital I have Amrit Vela. It is during Amrit Vela that Baba touches my intellect. This is the benefit of Amrit Vela in our efforts.

Many souls in the yagya have received fruit because of their bhavna for Baba. Many others have got the fruit of their hard work and sincere efforts. Dada Rattanchand (Dadi Chandramani's lokik father) had so much bhavna for Baba that he surrendered everything completely. As a result, at the end he only had one Baba in his intellect. In our efforts we should always have the attention that our enthusiasm is never lost. If enthusiasm reduces it is as if you choke yourself. This brings sorrow and depression and we start to think that it is not meant to be in the drama. This is very dangerous, so think less and do more -not service but personal effort. If I remain focused on making personal efforts then service will automatically come to me. I never run behind service but I do not remain free from service even for a second. My dreams, thoughts, behaviour

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DADI JANKI – 16 DECEMBER 2012 – SHANTIVAN TAKE THE MEDICINE OF MY BABA



Do you keep an aim for your future? Do you keep an image in your mind of what you want to become? Baba once asked us what is greater; effort or the reward of the future? We replied that effort is greater. Baba told us that our future reward is greater than our effort. Remain aware that your future, and that too the future of the whole cycle, depends on your effort now. This is why the Confluence Age is so important. Do you realise the value of this age? In the future you will receive the reward but NOW is the time to earn that reward. This is why we need to make a lot of effort.

Many asked me what I whispered in Baba's ear as I sat next to him yesterday. I said, 'There is God and fortune'. To sit beside God Himself is also a great fortune. God is our companion now. One whose companion is God never has fear or worry. There are so many benefits of having the realisation and experience that God is my companion. God is my companion and I am an observer. Be an observer and see the plan of the drama. Maintain your crown of light (purity) and make effort to claim a crown in the future. There are only two aspects to pay attention to in this; service and remembrance of Baba. Service means serving through mind words

and deeds and paying attention to remembering Baba during that service. You will then always be happy. You will enjoy service a great deal.

World Meditation Hour on the third Sunday of the month is observed all over the world. Avyakt BapDada started this practice in 1978 with the aim of inspiring His children for service through the mind. Whatever Baba has bestowed on you has to be with you in an emerged form. I have to spread all of that into the atmosphere so that it can reach throughout the world. Day by day people are coming to know what Brahma Kumaris are actually doing. This task has been given to us by Baba Himself and our work starts at amrit vela. Sit personally in front of Baba at amrit vela and you will be able to see yourself clearly. Have I become an obedient, sincere and faithful child of Baba? I have to become number one in this.

According to today's Murli we are now carefree emperors. Do you have any worry? 'When your heart is happy, your nature becomes simple. When the heart is happy then worries disappear'

The intellect helps the mind in all tasks. It is Baba's sweet versions that touch

the heart and help the soul to remain Manmanabhav. When a soul remains in the stage of Manmanabhav it can automatically remain Madyajibhav.

It is time to become one who has pure and elevated thoughts. Only then can the mind remain happy. What else do you want to think about? When the intellect is connected to the Father in yoga it becomes easy to inculcate everything Baba says. The mind and intellect then don't come under the influence of situations or become mischievous. Speak slowly, speak sweetly... don't come under the influence of others. When you get even a minute, go beyond sound.

If you don't keep knowledge, remembrance and dharna in an emerged form then you may be doing service but you will definitely be influenced by the nature of others and by situations. You will then feel tired because things feel difficult. Baba gave us the greatest medicine yesterday, 'My Baba'. All diseases run away in front of 'My Baba' medicine. Blessings are also a wonderful medicine.

If you cause sorrow to anyone you spoil your own chart. People don't forget easily. It is your own record you are ruining. Give happiness and you will receive the instant fruit of happiness. Before going to sleep forgive everyone. You will then also feel that you are being forgiven by Baba. If you forgive others you will not come under the influence of their nature or their fluctuations. Make your nature such that you automatically forgive. Keep on forgiving at every second. Keep Baba's versions in your mind and intellect and see how you feel.

It is time for each one of us to do the work we know we need to do on our own selves. Don't put this off for the future – you may not get the chance to do it.

Dadi Janki - 2 April 2012 (with teachers) – Shantivan Keep your final moments in front of you

and sanskars are of yaad and seva. There is a connection between our dreams and thoughts and these have an influence on our behaviour and bhavna. Make incognito efforts. Do not become happy in small efforts but always have the end in mind and keep checking; based on my current efforts what will be my stage at the end? Keep the end in front always. Do I have any desires still remaining?

Today as I was churning I asked myself; am I full and complete with God's love? Is the link of God's love strong enough that I can experience His presence at each second? Some of us have thoughts, especially when the body is not well, that nobody is concerned about me. Nobody is there to look after me. People who have such waste thoughts make low quality of effort. Always experience Baba in front of you. He comes and frees me from everything and makes it feel so easy like removing a strand of hair from butter. Our lives should be such that we steal the butter from Baba and become full.

DADI JANKI – 20 APRIL 2012 – SHANTIVAN QUESTION AND ANSWER



Q. Baba has given the signal of time. What are your thoughts on His signal?

We are at the Confluence Age. It is time to remember Baba. Baba is mine... when there is this awareness there is automatic remembrance. You know very well what is outside the gate and what is inside it. There is a huge income to be earned inside Baba's door. When we know the value of time then our life becomes valuable. The one who has good quality thoughts will value the time and use it beneficially. We are not just Raja Yogis but we have a Raja Yogi life. Baba is giving us the signal of time and thoughts. One who values time can come close to Baba. Don't look at the past. Keep looking forwards. Don't go into details of the past. Many find it challenging to change their sanskaras yet Baba is telling us to cremate them with the fire of yoga.

Q. When we face illnesses then it is often visible on our faces. What effort are the Dadi's making that illness is not visible on their faces?

We saw Sakar Baba. He became avyakt at the age of 93. Since the day I came to Baba I have known that His hand is on my head. This body is old but since I came to Baba I have paid attention to doing charitable actions at every moment. The blessings of those actions bring their own power. Even if we make mistakes we ask immediately for forgiveness. If I have been disturbed or have disturbed others then I have to ask for forgiveness from that one. I should not even think of why I should be the one to ask for forgiveness because that then brings in their own story of karma when I have to be paying attention to my own account.

If there is no humility and sweetness in my words and actions then it can-

not possibly work as a medicine. Once a doctor told me that I should not wake up early in the morning, that I should not walk, that I should take rest... I said that I will not make others wake up but I will definitely wake up. I have never missed my amrit vela meditation. The power from that is enabling me to move. If there is any day when my meditation is less then I have to double my time of meditation the next day. A lack of meditation will allow the feeling of the sickness and even the sickness itself to increase. That in turn will affect the quality of my actions. My lower quality activity will create an account...

I do not have the word 'pain' in my dictionary. I never say that I am sick. This is not my self-esteem. 50-55% percent are blessings I receive from God and the rest are the blessings received from others. It is this that allows me to move and allows me to continue without any sign of pain on my face. God doesn't give blessings just like that. Unless I receive the blessings of Baba's children, then Baba Himself will not give me blessings. This is a very deep point – think about it. It doesn't matter what type of service you do – the important point is to do it with love without even subtle desire for name and fame. Without ever raising your voice, Without ever responding to anyone in such a way that that one experiences sorrow. No one should go from me without receiving something good. For this I need humility, generosity, sweetness, politeness and patience and love. Only then can you experience blessings in service. Never give anyone the feeling that you are too busy to see them. You may be busy but remain easy

Keep your mind, body, relationships and contacts fine. If you can't do anything else then at least smile at others. Does a smile cost you anything to give? If you don't smile at others then even that can turn into a karmic

account. Don't make small things big. Never remain upset about anyone. If you do then you will just remain the same. You will keep revealing your arrogance and all spirituality in the relationship will disappear. I have to be content and make others content. If you gossip then you will also create an account of karma.

Baba always keeps the whole world in His intellect. He may be relating the Murli in Madhuban but He is aware that it is reaching the whole world. I am to make my own intellect this unlimited.

Yes, we may have to subtle our karmic accounts through the body but we need to remain aware that the settling is taking us towards the complete and perfect stage. I have to become equal to Baba. For this I have to keep the same attitude towards myself that Baba has towards me.

To keep everyone content with me is Raja Yoga.

I spoke to Dadi Gulzar today about how we should sit in remembrance and spread such vibrations that any soul who is suffering a karmic account and is in pain receives help. Sometimes those vibrations even help the soul to shed the body so that they do not have to suffer further. We have to help souls to dispel the darkness that is within. For this I have to maintain the stage of being trikaladarshi.

Baba and Mama were detached. They sacrificed and were totally detached. People used to see Mama in the subtle region. They left everything of the past and were liberated. Baba has told us that we need to go beyond the Sun, the Moon and the stars. Whatever He has said needs to be practiced now. I have to actually absorb myself in gyan and yoga. This used to happen but now many souls keep on

Continued on bottom of next page

DADI JANKI – 22 DECEMBER 2012 – SHANTIVAN

FOLLOWING SHRIMAT WILL MAKE YOU CONSTANTLY HAPPY

At the Confluence Age God shows His face to us. He makes us such that we can show our faces to the world. In order to be able to show my face to God I need to apply what He is telling me in my practical life.

First we are given Baba's Shrimat. Shrimat is that which has to be brought into my life. The second is Baba's directions for every situation in life. Baba has made everything clear but it is tiredness, laziness and carelessness which stop us from following what He says. It is due to these that you make excuses. You won't be able to make true effort and you will only make superficial effort for show. True effort means to be on time, to be accurate. Apart from the Father, no-one else should be re-

membered. This is true effort. To use time and thoughts in a worthwhile way is called true effort. For this, one has to recognise the time.

Three aspects are inspiring us to uplift ourselves: recognition of the Father, recognition of the time and the inner feeling that one should do this work on the self. All three are working together... Time is telling us to do whatever we have to do now. Time is signalling us. It is not time to follow the dictates of one's own mind. It is time to follow Shrimat. Following Shrimat will make you constantly happy and carefree because Baba becomes responsible... He is the One who has given that Shrimat. He wants to free us from looking at others. Baba wants us to understand

the contrast in the results of following manmat and following Shrimat. If you follow manmat you will come under the influence of other people.

***'If you follow
God's directions
you will always
be happy'***

You will experience upliftment through the co-operation of the gathering. It is not a matter of taking other's support. When you rely on Baba and take His support you will have all experiences. If you take support of other people you will not 'catch' Baba's support and you will not have experiences. We need to take the co-operation, companionship and support of Baba.

There can then be one strength, one support. Baba is ready to give full co-operation to each one. If you take support from just the One you will feel yourself to be filled with power. Baba doesn't want us to remain alone. He wants us to be combined with Him. Shiv Baba and Brahma Baba are combined. In his entire life Brahma Baba never said that he was alone. He felt Shiv Baba to be with Him and that Shiv Baba was doing everything. An angel doesn't keep relationships with anyone. In fact, that is how an angel becomes an angel. Our attitude, vision, way of speaking, way of behaving, all need to be accurate according to what Baba says. We study and we do service... this is our task for each day. Studying and earning an income simultaneously.

One God, one world, one family... Don't just sing this song: maintain the awareness, I am a special soul, belonging to One and my world family is one. Maintain this awareness and you will be filled with reality and royalty.

Dadi Janki – 20 April 2012 – Shantivan Question and Answer

looking at the time. They look at the time during Murli and during yoga and it seems they are just waiting to leave class. The main thing now is that there needs to be transformation from within. Such transformation and such interest in transformation that if anyone was to give me teachings I would accept them with great love. I should thank them from my heart.

In fact, it is not really possible to give teachings to others now. My task now is to become such an embodiment of what Baba is teaching that the vibrations reach everyone. For this we need to become everyone's well-wisher.

Q. Dadi, you don't read the paper or watch the TV. So what is your hobby?

Baba didn't watch TV or read papers. Some cannot live without hearing the latest news. I would say that one who keeps looking at the TV and reading papers cannot remain healthy. Do not allow yourself to become one who incurs a huge loss by watching TV. It will keep bringing your stage down. You will get affected by watching films. Nothing I have should go to waste and this includes time, money, thoughts and actions. I should never waste my energy. Economy and eknam (the name of One)... these are very important. We need the power of concentration and to remain in unity.

I now have to remain in solitude and go into the depths of One. For this, we need the power of concentration.

(Brother Atam mentioned that Dadi's hobby is to make hands for Baba). Yes, one is to make hands and the other is to make mikes for Baba. We have to use time beneficially to find heir quality souls. We ourselves have to remain free from all the bondages of life that will try to trap us and to enable others to remain free from those bondages.

DADI GULZAR - 29TH MARCH 2012 - SHANTIVAN

IT'S NOW OR NEVER; PRACTICE THE DRILL OF BEING BODILESS



We are Baba's children and we have the fortune of true happiness. By experiencing this true happiness we can remain cheerful and our faces blossom. My face should always be such that people understand that I have received something. When someone has won the lottery their face speaks about what they have received. Now think: what have I received and how should my face be? Baba has told us that delicate times are to come and at such a time both our faces and our activities will count; they will be a good influence, a support for those who are upset and cannot give much time. Therefore from now on our faces should always be cheerful because of what we have attained and whom we have attained. By thinking about this your face will automatically remain cheerful.

It is our duty to remain happy and distribute happiness. Check at night: for how long did I remain happy between 4am and 10pm? If you lose your happiness, ask yourself why. Think about the reason and find the solution. Each second of the Confluence Age is equal to 21 births. To waste even a second here means to waste what you could have attained for 21 births in the future. This is why we need to take care. Each second of the Confluence Age is very, very great and very, very valuable. This is why we need to pay attention. . You may think that you just chat with someone for 10 or 15 minutes in an ordinary way. However, remain aware of the value of those minutes. 10 minutes here is equal to 10 months there (in the future). So understand the significance of the Confluence Age and check yourself.

BapDada has given us the drill to become bodiless. In one Murlī recently Baba said that regardless of how busy we are, we should take

time out and practice becoming bodiless; I the soul am bodiless. I am a soul and this body is for the sake of performing actions. If you are thirsty you will take out time to drink water. In the same way take time out for this practice. Dharamraj will not listen to excuses.

'Have the zeal and enthusiasm to progress further'

You are a child of God - not an ordinary child. As a child of God what can I not do? Have the deep interest to do whatever Baba says practically. Take 5 – 10 minutes regularly and practice being bodiless. I am a bodiless soul and I have taken this body to play this part.

Practice for 3 – 5 minutes and you will feel detached and loved. Take time out and practice this from now on. You say that we will get time later on but there will be so many upheavals at that time. Be aware that if you do not practice this now, you will not be able to practice at that time. You will not suddenly be able to become bodiless without having the practice now. It is the practice of this time that will help you at that time.

We have to follow whatever directions Baba has given us. Sometimes there is carelessness. You may think that there are no upheavals now so I will do it later on. This is carelessness. I have had visions that the punishment for carelessness from Dharamraj is very serious. Baba is teaching us the method to become liberated from the punishment of Dharamraj. If we take

time now and practice this we can develop the stage of soul conscious. When I am soul conscious God can remain with the soul and maya cannot confront me. Ask yourself: have I made my stage such? Check your record every day. No one else can check you; you have to check yourself. At night, report to Baba whatever happened throughout the day and then go to sleep.

Maybe something good happened or something bad happened, some mistakes have been committed, something went wrong. Now is the time to take forgiveness from Baba because Baba is now in the form of the Father and not in the form of Dharamraj. The Father will forgive you now so take that forgiveness from the Father. Put everything that you have done clearly in front of Him. Don't take it back and Baba will be able help you out. To take back what has been donated is considered to be highly inauspicious. After giving it to Baba you will experience being light. Give any weakness or deficiency that you have to Baba and fill yourself with Baba's powers and virtues.

You are the children of Brahma Baba. Each Brahmin soul is his beloved child. There are so many people in the world and yet Baba chose you. Baba searched for you, found you and made you His. Baba has so much love for you and that is why He has made you His. You may be from different place but still Baba picked you up and so at every second say: "Wah Baba, Wah my fortune." At every second have such an experience that you say this from your heart. When you say: "My Baba", you remember who Baba is, what He gives you and how fortunate you are. Think about your fortune especially at amrit vela.

Om Shanti

DADI JANKI – 21ST DECEMBER 2012 – SHANTIVAN REFLECTIONS ON: WHAT IS PEACE?

In order to make us unshakeable and immovable Baba has given us very good teachings, which have enabled us to understand many deep aspects. Baba has told us that this the extreme end of the cycle and then there will be the beginning of the Golden Age. One should keep the knowledge of the cycle in one's intellect very accurately. This is the confluence of the end and the beginning. There is only total peace in the land of peace. Where we are now is the karma field. For half a cycle we experience only happiness... for half a cycle sorrow is present in the world. We now sit in peace to establish a world of peace. Sitting together in the gathering, we create pure, positive and powerful thoughts. Here, all our sanskaras meet together and we co-operate. We emerge peace and power and we can then work together in unity. Keep this in your mind; this is the time for all our sanskaras to meet. Check whether you are doing this work on yourself; are my sanskaras meeting with all others' sanskaras? We need to finish all consciousness of 'yours and mine'...

The relationship of friendship with Baba brings one very close to Him. It is a beautiful relationship. When there is just One in someone's mind they will definitely experience peace and power. At the Confluence we connect our yoga of our intellect with the Living Seed. The One who is up above. What is peace actually? Do you really think about this during the day? It is now the end of the Iron Age – corruption and terrorism will finish. Baba is filling us with all the qualities that we will carry to the Golden Age. These qualities are vibrating outwards from Baba's children throughout the world. Through the power of yoga, the atmosphere becomes filled with the power of peace. It is time to finish all types of negativity. If you still have waste in your mind then you cannot have peaceful and

powerful thoughts at the same time. There is great leakage of energy through waste. Look at yourself internally: are you filling yourself or are you letting your own waste finish all what God is giving you? It is only by you creating powerful thoughts that you can put a stop to leakage. Baba is trying to clean the soul and make it pure. I have to co-operate with Him in this work. To be peaceful doesn't mean to be empty... nil... It means to fill the self with goodness. When you have One in your mind, there is peace and power and waste finishes.

Of course, it is not enough to only know this. I have to bring these things practically into my life. What has God been doing for the past 75 years? We have the fortune to play a part with Him! Brahma Baba was the lucky chariot. If you really have One Baba and none other you will experience that you are multi-million times fortunate. Now put a full-stop to all that has happened in the past. Keep remembering Zero (the Father) – adding zero after zero and you will continue to add to your huge fortune...

Baba does not tell us what is going to happen in the future. Even if there were to be a huge earthquake tomorrow Baba would not tell us. He has already told is that everything is going to happen suddenly and that we have to be ever-ready. He has told us to become detached observers. As Dadi Gulzar says: Be a detached observer and make God your companion. You then have a guarantee that whatever happens to you will be good. The old age is finishing... the new age is coming... This has to happen and it will happen automatically. We will go back with Baba... To go back without any punishment I have to have had the long-term practice of making my intellect pure and positive with the power of peace and truthfulness.

Brahma Baba did this work on himself whilst being on the field of karma. We have to follow him... Are you looking at Shiv Baba and following Brahma or are you seeing brothers and sisters? If you look at Shiv Baba you will automatically experience peace. Baba says, "My Child" and the child says, "My Baba". Do this intense tapasya and your final thoughts will lead you to your destination. Your body will be here... and your mind will be 'Manmanabhav'...

Om Shanti

DADI JANKI ONLY ONE BABA!

There's only one Baba. Whatever happens, whatever scene comes in front of us, we just say: 'It's Drama!' I, the soul, am peace...just keep that feeling. Is it clear, just say; 'My Baba'. And when we say the Drama...we become cheerful. Just maintain that cheerfulness and cheerfulness on the face, and be introverted. If I want to be a soul who is the embodiment of visions, then it is necessary to be introverted and have the face of cheerfulness. When we become the embodiment of visions, we become like the Father, we grant souls a vision of the Father through ourselves. This is what we have to become. We have to make sure that our accounts are settled, in whatever way, so that any karmic accounts that come in are cleared. If there is any mistake in the present time, then let me ask Baba for forgiveness. We say to Baba, 'Baba, forgive me! Forgive me!' Then, as Baba forgives the soul, there's happiness within; otherwise Maya creates obstacles in-between and doesn't allow us to stay in Baba's remembrance. So we have to be so strong that we become the conquerors of Maya, we become victorious, and we become conquerors of the world.

Please accept love and remembrance...love and remembrance to each one by name; and love and remembrance to Baba's children all around the world. Each one is remembered. Let the head, heart and hand be very good. Let the head be very cool and the nature be very sweet. Keep only Baba in your awareness. *Om Shanti*

DADI JANKI - 20 DECEMBER 2012 REFLECTIONS ON: WHAT IS YOGA?

The face of a yogi is one that constantly sparkles in happiness, the soul remains in the awareness of its own peace; in the remembrance of the Supreme it receives power and drama teaches such a soul to smile. Each scene in the drama is unique and can't be the same. So what is yoga?

It means to remain free. Where are we now? It means to have the awareness that we are going home and so I have raised my anchor from here. We are making preparations to go home. Baba has said, 'Nothing is mine, everything is yours'. Baba's home is my home and we are ready to go home. We have to go home and so we have to finish everything and remain carefree.

Yoga means not to stop anywhere. If any thought stops you then sadness comes. No matter what happens, keep the awareness that I, the soul, am imperishable in the face of everything perishable, the world and relationships. Am I absorbing the qualities of my inheritance - of liberation and liberation in life - from Baba?

The quality of the journey of life reflects our yoga.

Yoga is knowing, 'Whose child am I?' To have the awareness from childhood that 'I belong to Baba and Baba belongs to me'.

What is yoga – To have the experience of light and might through connecting and relating with Baba. If there is the slightest confusion or fear inside then understand that there is no yoga. If there is a relationship but no connection, then even though Baba is Mother and Father, there is no experience of light.

To clarify yoga is not simply a matter of words, but it is to be practically yogyukt and make our lives worthwhile through yoga power in such a way, that others to are inspired to move forward.

We are not going to fall behind but to move forward in such a way, that others too feel the pull of belonging to Baba – 'I am Baba's and Baba is mine'

Baba says you are mine and the children say, 'yes Baba we are yours' – it is such simple yoga that it makes us simple. It frees us from complications.

When we reflect on the Father's qualities and versions, then we become entertaining and cheerful and learn how to smile in the face of anything.

Yoga means to go beyond and help others go beyond. The heart's desire is that wherever there are souls in the

world, whose intellect is wandering and can't have yoga; then through our vibrations, their nature should become one of natural yogis.

If we have deep love to make the effort to have a sato-pradhan (pure) nature then through our vibrations, others will also receive these vibrations to become satopradhan (pure), through which there will be the feeling that we have been removed from a rubbish bin and are sitting in the boat of truth and the boatman is taking us beyond.

Someone who is skilled and learned won't be able to pull the boat across, but the one who isn't learned or skilled, but has the practice of being truthful will be able to take the boat across. Some have the ego, that 'I am a yogi' – then what kind of yoga are they having? This isn't being truthful.

If you haven't sat in the boat of truth, then how can you go across? We are sitting in the boat of truth and going across. Where will we go? We will go home to our Father and then return back to the land of happiness.

God's Plan is ready made and we are playing our parts according to that plan. Yoga means to be play with the plan. We simply have to come together and move forward. There is no need to speak too much but remain quiet and everything will be accomplished.

Om Shanti

DADI JANKI – 20 DEC 2012 – SHANTIVAN DO I KEEP A CONSTANT CONNECTION WITH MY HOME?

We don't only sit in meditation for our own benefit in the morning and evening but we also sit for the benefit of the world – to spread good vibrations into the world.

We don't need to chant any mantra but we do need to maintain a constant connection and relationship with the Father. Every day I need to check; do I have the type of remembrance Baba wishes me to have? Connection and relationship are the main things in yoga. Both are necessary. If you are confused in any aspect it is because you don't have a clear connection with Baba. We need to understand these aspects. There is nothing really to be spoken... meditation is the key... In order to benefit and to enable others to change on seeing me, yoga is essential. The basis of yoga is; Baba is mine and I am Baba's. Whatever experiences we had with Brahma Baba are now being experienced through the avyakt form. Baba is telling each one of us; Child you are Mine. This is what simple yoga is. Yoga means to become satopradhan.

The main intoxication in my life should come from 'who am I and who is mine'... these two awarenesses. I need to have so much power of yoga that no other power or

Continued on next page

influence can work on me. Through Baba's remembrance we feel we belong to Baba and we learn how to smile. A Brahmin's face should always be cheerful. In fact, what is yoga? To stay happy in remembrance of the Father.

We understand that drama is unique and it is pre-destined. Therefore we cannot have any questions about what will happen, what happened or why it happened. We are all to return home. This is not just something to know about but I have to connect my intellect with that home. Didi Manmohini always kept the awareness that it is was the time to return home. I have to not only be a carefree emperor but I have to now be free from everything. We are now in the ascending stage. My up-liftment means up-liftment for all... Sakar Baba used to tell us that if we get upset we would become subjects or maids in the Golden Age. Each of us knows what they should do and what they should not do. This world is definitely to be destroyed. All our bodies will be destroyed; yet I the soul am immortal. Everyone will definitely go to the land of liberation yet only a few will go to the land of liberation in life.

The more you smile at others and speak what Baba says the more you will make yourself and others happy. My heart desires that everyone should get the chance to experience what yoga is. The people of the world are not easy yogis but they can become easy and natural yogis on seeing someone who is that. No-one in this world should be left behind... When someone has a deep desire to become sato-pradhan the vibration touches others and they also start wishing to become satopradhan. The vibration spreads...

God's plan is already made; we are just moving and playing according to that plan. The plan is for us to return home... Don't get involved in anything else. Leave all types of gossip. Simply pay attention to preparing yourself to go back home with Baba.

Om Shanti

DADI JANKI – 19 DEC 2012 – SHANTIVAN BECOME A LIVING MODEL OF MADHUBAN

Each second of the Confluence Age is very wonderful and valuable. It is a very short span of time yet it is highly valuable. Time is for us. It is the time to remain in Baba's remembrance. My remembrance should be so firm that nothing but Baba is remembered; Baba remembrance and Baba's versions. These are the only two things that are important for us now. Pay attention to these two things and you will definitely feel happy within. This is not just to be known; it is to be brought into practical.

Why is there a pull to come to Madhuban? It helps one to make effort and thus make good use of time. Everyone would like to serve the world and it is the experiences that one gets in Madhuban that inspire and enable one to serve the world. When we bring what Baba teaches into our practical lives then many are inspired to change

their lives. Everyone wants to live a good life and here (in Madhuban) we learn how to live a good life. We have to become the living models of Madhuban. The timetable of Madhuban is also a model for the whole world. All centres in the world follow the systems of Madhuban.

It is the time to become full of peace and happiness. We have to experience peace and happiness here and now. I should now be able to experience the peace of the land of peace. Go to Baba's Room, the History Hall, The Tower of Peace and Baba's Hut. You will experience love, peace, purity and power at these 4 pilgrimage spots. Leave the habit of coming into sound; of speaking so much. Some are have the habit of speaking too much. They are like alcoholics who cannot stay without having a drink! Some practices are such that they take one into loss. Many years ago there was a man who had a lot of bad habits. He wanted to meet Baba in Madhuban. Baba told him to write down all his bad habits and put that paper in the fire. He met Baba and he changed completely. There is a saying in the scriptures that those who were completely downtrodden were uplifted by God... When he changed his whole family changed.

Baba has given us the principles; eat pure food, have elevated thoughts. Don't come under the influence of anyone or anything. Keep good company. This is very important. Sweet words reach the hearts of others so pay attention to speak sweetly and with love. When cooking think pure thoughts. Food affects the mind a great deal. This is an important service. Cook, serve and eat food in Baba's remembrance.

Wherever you go you are representing Madhuban. You are Madhuban representatives. Teach people silence. By staying in yoga and remaining peaceful you will receive limitless happiness. You will then become a king of kings on the Golden Age.

You have surrendered everything to Baba. You are tyagi, tapaswi and sevadhari children. You will not get such a wonderful life in the whole cycle. Think deeply about this and stay in the emerged awareness of what a wonderful life you have been given to live by Baba.

Om Shanti

Dadi Janki Gem

In service, what kind of server am I? Let there not be even a little arrogance. If someone insults me, I should not have the slightest feelings

DADI GULZAR AND DADI JANKI SPECIAL LOVE AND REMEMBRANCE FOR THE WHOLE FAMILY FROM:

Dadi Gulzar:

Om shanti. Today, I am seeing all the Brahmins in front of me. Baba is also remembering all the Brahmin children and giving them remembrances from His heart. Tell me, did all of you accept Baba's love from His heart with your heart? I would also specially like to thank all those who have sent me special love and remembrance by e-mails and telephone messages. Baba says: Each child of Mine is specially beloved and loving. This is why I am asking each of you children to become equal to Me and give the whole world the experience of peace and happiness. So, all of you have become equal to the Father and are busy in such service, are you not? I am also seeing that everyone remembers Baba a lot. For us, Baba's remembrance is the basis of our life. Everyone is remembering Baba and making themselves move forward. I am also seeing that out of love, zeal and enthusiasm, all of you want to show Baba your form of the complete stage, and are also making plans to show this. Baba is pleased to see this. I am also very happy to see this.

Please accept lots and lots of love and remembrance from the heart. Baba is also smiling. Can you see Baba smiling? Baba's smiling form is a very beautiful form. Why is Baba smiling? Baba is seeing that everyone's love for Baba is increasing that Baba cannot even sleep out of love. Even at the time of sleep, Baba keeps on remembering you. Along with that Baba is giving you lots of love and remembrance and also willing you His powers.

Dadi Janki:

Om shanti x 3. All of you remember my saying om shanti three times, do you not? Who am I? Who is mine? What do I have to do? Today, in the blessing, Baba asked who is sensible? Those who understand what is wasteful and therefore, they don't do it and they instantly finish it. They even transform themselves. They are the ones who are able to become equal to the Father. Sweet Dadi Gulzar always shares that Baba gives me so much love. I say: In return of that love, we should demonstrate to Baba by transforming ourselves, otherwise, it is a sin to even sleep. Why? While sleeping and while awake, we have to remember Baba. Today, Baba said in the sakar murli: Remember Baba with open eyes? Why can you not close your eyes? If you eat with your eyes closed, then the flies will go in your food. Remember Baba with open eyes. So, even with open eyes, we cannot see anyone except Baba. Just as Baba sees us with His open eyes, we see Baba with our open eyes, so that whoever sees us, their eyes also open. OK.

Om shanti.

DADI JANKI - 14 APRIL 2012 - SHANTIVAN BABA'S MURLI IS THE TREASURE STORE OF ALL SECRETS

Baba explains clearly to us the importance of amrit vela. At that time Baba and I are alone... It is at that time we can get a variety of experiences.

There is also great benefit in listening to the Murli accurately. As we listen to the Murli it becomes a mirror and we become aware of our own weaknesses. We realise our weaknesses and we also get the knowledge of how to overcome them. Baba opens up the box of secrets in the gathering. It is what Baba speaks in the Murli that enables us to transform. At the time of Murli no one considers himself as a teacher or as having any other role. At that time we are all students. We are all together in the class. During the class Baba becomes the Father, Teacher and Satguru, together with Dharamraj. He is the Innocent Lord whom we have praised for many births and who now comes to bring us great benefit. At the time of Murli He decorates us with knowledge just as little children are decorated by their parents. As human beings grow up they learn to decorate their own selves. Baba has spoken so many Murlis and I have to remember what He has spoken to me and use it in my life.

We have to remain in silence and do very refined work, just as scientists do. The task we are doing is happening through silence. Baba is helping us – this is called the Act of God. We Brahmins are in the relationship of unlimited service. In fact, we are not doing anything – Baba is getting His work done through us. We have adopted unlimited intellects and thus we are very happy. There is nothing to be unhappy about now. No one should have the thought to ask me if I am happy. We are doing service and thus the whole world is happy with us. Ask yourself: Is Baba happy with me?

What is meant by surrender? Surrender means to give my mind, body and wealth to Baba with honesty. By doing this I become free. There should then be no other thought. If you have any other thought it means you don't have a faithful intellect. Knowingly or unknowingly some type of doubt or suspicion creep inside. There is no medicine for suspicion. Suspicion weakens both the mind and body. The remedy for this is to stay in the state of Manmanabhav and Madyajibhav. If you are suspicious of anyone's old nature or sanskaras then you yourself cannot remain Manmanabhav.

Now move forward. Keep progressing – don't look back. If you look back then how will your face be? This is why Baba tells us to keep looking forwards. I must not even look here and there. Look forward with faith in the intellect and your faithful intellect will work wonders.

Continued on next page

If anyone were to ask you how you are, you would feel that you are unshakeable and immovable. Whether you live in the household or in a centre, maya will definitely come to you in one form or another. My task is to remain unshakeable and immovable. For this, all I have to do is to listen to Baba and act accordingly. Maya will definitely come but I need to become courageous and powerful.

Think: Who do I belong to? It is God Himself! There should be great royalty in me on becoming aware of this. Throughout the day Baba is with us in the form of a companion, in the form of a beloved. He walks hand in hand with me. He is getting His work done through me His companion...

(Yesterday the big kitchen was inaugurated in Shantivan). Those who are preparing food so accurately can be praised. Should we praise those who work in the kitchen or the kitchen itself?! Everything in the kitchen should be kept very clean. We have to keep our clothes and our hands clean.

Om Shanti

DADI JANKI - 13 NOV 2012 - LONDON THE MAGIC INGREDIENTS: CHECK AND CHANGE

Congratulations to each and every one of you on this day of Diwali. How many greetings can Dadi give? It's as if the whole world is in my hands at this moment. Many of you are sitting in your places, having just returned from Madhuban.

Baba gives us such great fortune, such great happiness and it is our huge fortune to be able to celebrate our unlimited happiness in this way.

Baba, the Bestower of Fortune has given us the fortune of constantly being able to use everything in a worthwhile way and so continue to create our fortune.

Baba gives us the magical ingredient to drink: firstly to check the self and, secondly to really change the self.

The population for the golden age is being prepared now – it has to be ready by 18th January 2013. We have to glorify Baba now. There isn't much time left.

This year's Diwali is very special: we have to give everyone the message that there really is very little time left now. We all need to hurry up and do whatever we need to do. Before we give that message to others, we have to do this ourselves first.

Om shanti.

DADI JANKI - 6 DEC 2012 - LONDON TRUTH AND BEAUTY

There's a lot of beauty in the discipline of celebrating a meeting on the day of the Satguru. Sitting in front of Baba on the day of the Satguru, you are beautifully decorated, which brings you a lot of pleasure.

On the day of the Satguru you first shower and then you make yourself pretty - you put on your make-up (of virtues) and in this way you decorate yourself beautifully. It feels so good to be in front of the Father, Teacher and Satguru – all three: the Father is decorating you, the Teacher is teaching you and the Satguru is giving you blessings. Baba is wonderful and we children are also wonderful. We think carefully about what Baba is telling us. We are seeing all three forms and experiencing all three relationships in One.

The Father is so sweet and loves us so much. We realise that only the Father truly recognises us as we are, no one else. Out of millions only one or two recognise Baba and out of hundreds of thousands only one will claim a high status. Baba has always said that the beauty, respect and honour of the teacher is upheld when the students are present in class.

Each one has their own speciality and virtues. When there's a birthday being celebrated, who is happier – the one whose birthday it is or those who are celebrating it with them? The beauty of birthdays is now – when we celebrate them together in the confluence age.

Today all of you are receiving a special gift: today's slogan. Follow the Father but accept virtues from each and every one. Baba loves each one of His children and looks after them with so much care. Each one's part is fixed every kalpa and so let us appreciate the part that each one has. Baba has shown us how whatever happens in the drama is for us to move forward and thereby show wonders to the whole world.

Om shanti.

Dadi Janki Gem

Baba has made me His companion to change this world of sin into a world of charity. You children have been born to finish sin in all corners of the world. My own sins have to be finished and we don't allow any one else to commit sin

Dadi Janki – 30 April 2012 GCH London

Make God Your Friend

Om Shanti. You are all Dadi's personal brothers and sisters. It is Jagadamba who is the mother, but love of the mother and of the friend are also types of love. Motherly love is the power to accommodate and love between friends is the ability to live together in harmony. It is these two types of love present that bring feelings of contentment.

Baba has made us His child and heir, but also He wants to be our Friend. Yoga becomes easy when we look upon God as our Friend. (It is when Dadi began to develop this relationship experience that the book Companion of God was written.) The blessing in today's murli is that the tilak of victory should remain constantly sparkling on our forehead. When we experience God as our Friend then it is easy to have the faith that victory is guaranteed.

The Gita states how we are both our own friend and our own enemy. These feelings first develop in our attitude and how we look upon ourselves and others, and then this affects relationships and actions. To make an enemy of others means I am also my own enemy. There is a very easy method to becoming a victorious jewel, and that is to become my own friend and to make God my Friend; and then automatically everyone else is also my friend. What is a life without friends?

Those of us who use our time in a worthwhile way accumulate a lot of blessings. It is through serving that we receive blessings. However, it isn't that we have to be doing karma yoga all the time. Stay free from getting caught up technology (science), but instead, every now and again sit quietly for five minutes and take love from God. What would the final moments be like of those who haven't learned to take love from God? In the same way, never have your face showing any kind of off-mood. To be even a little upset is a sanskar that will remain within us when we leave the body.

Baba is so wonderful; simply through faith and study we become victorious. Dadi remembers how Brahma Baba's face was especially beautiful in the mornings just after murli. This life is now our time for study, and the Golden Age and a royal status will come as the reward. Just like Brahma Baba, go to Baba's room and revise the murli points every morning after class. It is

through this true knowledge that we learn truth, which in turn enables us to develop the inner honesty that will make us complete and perfect.

To recognise and to know God requires a pure and clean intellect. If anything is flawed within the intellect, such as ego and a sense of 'I', then we are unable to say 'Baba' from deep within the heart. We are living in this perishable world where nothing belongs to us. By maintaining the awareness of being a trustee in our homes, businesses and interactions we can remain carefree emperors and bodiless. It is only our attainments from God that are imperishable. Without God's truth and love nothing worthwhile can exist.

The entire murli today was about how effort brings reward. Those who keep the reward at the front of their minds will make good effort, otherwise excuses are made and time is wasted. It is God's grace that gives us this time in the Confluence Age to make effort. With Baba as my Friend, and remaining hand in hand with Him, I always have His company and can remain completely bodiless. My attention is to keep my intellect clean and not to hold anything that will break this connection.

How much truth and love do I have? Because of body consciousness the soul is filled deep within with falsehood. Until the sins of the soul are completely destroyed, there should be no feeling of wanting to rest in our efforts. Have such eagerness to be filled with truth and with love that Baba will make me this true. When there is this level of desire and effort, then automatically there will be renunciation and disinterest, and the ability to have deep tapasya.

God has opened our eyes and so now we have to show a very clear path to others. Even whilst sitting, others should experience such honesty and love within me that their eyes open also. This is what it means to make ourselves worthy in service. The kumaris who shot the arrows that hit Bishampitamai were scholars.



Om shanti.