



Bap Dada and Dadi Janki - Holi 2013

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Dadi Janki - 17 March 2013 (by phone to London)



There is only Baba's remembrance in our hearts now...

Dadi is sitting with a powerful gathering of Brahma Baba's lokik family including Dada Narayan and his children and also Ratan Mohini Dadi. Whatever Baba is teaching needs to be visible in our lives and on our faces. We constantly have to stay on the pilgrimage. Wherever Baba is His children are present also. Baba was in the sakar form with us and then he became avyakt, and is still with us today in the avyakt form. We stay with Baba, we return Home with Baba and we then take 84 births with Baba. In the final birth Shiv Baba enters the body of Brahma Baba and all of us children then come in front of Baba. In our hearts, minds and conscience there is nothing but Baba, Baba. Baba asks us do we remember Him and also the inheritance? Remembering the unlimited Father we remember the unlimited sovereignty of remaining happy in an unlimited way. Who will we share our happiness with in the Golden Age. Here we are not sharing it but seeing each other in this state of happiness. What do we have in our hearts now.... just Baba's remembrance.

See the self as the image, the idol in the heart where Baba is seated also.

Par Dadi, Dadi Nirmal Shanta, left a beautiful memorial. She had a pure and peaceful nature. Narayan Dada, Baba's lokik son, is always present in Madhuban on the 18th January except this time when he was in hospital. Because of Par Dadi he was pulled to come to Madhuban now. (Dada greeted everyone over the phone, and shared an experience of Baba appearing before him on the 18th January, when he was in hospital).

Dadi Ratan Mohini

I will share the experience that Dadi Gulzar shared after offering bhog to Baba, that Dadi Nirmal Shanta was sitting on Baba's gaddi. Dadi was a bit tired so Baba was keeping her in the angelic form, in the farista form with Him in the subtle regions.

Om Shanti

DADI JANKI – 12 MARCH 2013 (PM) – GYAN SAROVAR

AN INSTRUMENT REMAINS HONEST AND FULL OF LOVE

Who makes us instruments? Who uses the instrument? The one who creates a special instrument and then uses it has to be very special himself. We are all instruments. He is the One who is making His instruments play. He is making us move... The task of an instrument is to catch the signals of the One above and to move accordingly. An instrument is simple and a sample. An instrument is honest and full of love. When a customer discovers someone who is honest and loving, he doesn't want to go anywhere else.

Honesty and love are the result of spirituality. There is the heart, the head and the hands... Life is that simple. It is simple and easy... If you make anything big, then you will experience difficulty. An instrument is a server and a true server is a renunciator and a tapaswi. If you lack renunciation in any area then you cannot have tapasya.

There is remembrance, yoga and tapasya. There is difference between all three. Baba says to forget bodily relations and remember Him. Then there is yoga. For this, one has to inculcate the knowledge into the self. When you have dharna your yoga will get connected and you will receive power. You will then become the image of tapasya.

The ancestors were images of tapasya. Today is the remembrance day of Dadi Chandramani. In remembrance, tapasya and service she was number one. Dada Vishwa Kishore also left the body in March. Now Dadi Nirmal Shanta is not well... We learn from our ancestors. Wherever we travelled together I saw how Didi Manmohini would stay in remembrance for the whole time while eating. She paid full attention to traffic control. If you are careless then you cannot follow the systems accurately and you won't be a good instrument. Didi

was never late. To be an instrument means to be an accurate example. Many will follow you. Many souls get born as Brahmins by seeing accurate examples.

The Double Foreigners are very much loved because they transform themselves so much.

'Pay attention to keep transforming the self in a positive way'

The main weakness is to let yourself see others weaknesses. The defects of others should not enter my eyes. If you see them then it will become a defect in you. What is your face like when you see the defects in others? What is your face like when you speak of the defects of others? Brahma Baba was full of mercy. He would never elaborate on people's mistakes or ask why they had made them. He would just say that past is past. If you hold something in your sub-conscious then you can't concentrate on Baba. If you are holding something in your memory then it interferes in yoga. So you have to keep your mind still. No dirt should be sitting on your sub-conscious. Then Baba's love and sakash can reach you.

I have to sit in yoga accurately... My eyes should not go here and there. When you have good yoga then your weaknesses automatically disappear. Baba has told us that in one second we have to become bodiless and hold it for 10 or 15 minutes. Do I do this drill? It is an essential drill. Baba conducted the drill of bodilessness for 5 minutes during the last avyakt Murli. Going into the stage of bodilessness allows one to be an instru-

ment. Baba's instruments allow Him to get His work done through them. Benefit occurs through them. If my sanskaras and nature prevent me from being a true instrument then I can't get work done efficiently. There would also be problems in relationships. Mama would practice what Baba would say instantly. She had the practice of becoming bodiless in a second. When we went to see Mama (when she was unwell) then she gave such drishti that all we could see was light. We could not even see her face.

So make your effort true. Don't think that you are very good and make effort for show. Some do a little, they may write or speak well, and they start thinking they are the cat's whiskers. This is a big mistake. I have to see to what extent I am really absorbing the Murli; to what extent I am really practicing what Baba is saying. An instrument needs to pay attention to study and to their daily routine. Through bhog on Thursdays and Sundays centres run very well. An instrument doesn't take everything on their head and think they are responsible for everything. They are honest and loving.

An instrument is detached and loving. An instrument pays attention to really getting to know God. If you are detached and also loving then you can pull Baba. When you pull energy from Baba then you can give that energy to others. Baba will use those children who are present in front of Him. Remain present in front of Him and He will remain present in front of you.

It is time to get ready to go home. My stage has to be such that I am ready at each moment for the journey home. Baba is giving us a lift as a gift. He doesn't want us to be climbing up now – I should travel easily in the lift of Baba's company.

Om Shanti

DADI JANKI – 19 MARCH 2013 – SHANTIVAN

LET YOUR INTELLECT BE A CLEAN, WHITE SHEET...

It is time to accumulate silence and to become the embodiment of silence. I don't have to renounce actions in order to do this. I have to use my thoughts, words and actions in such a way that I accumulate the power of silence. Let there now be peace and silence in your mind. For this carry on with your activity but have no thought that 'I am doing'. My nature should be very sweet now.

Life is very good for one who has no tension... We are on a pilgrimage. We are on the journey of life and this journey will last us a whole lifetime. Why then allow the self to continue to experience tension and discomfort? This is our pilgrimage which will last us the whole of the Confluence Age and will take us to the Golden Age.

Baba has told us that it is time for us to become angels. Who can become an angel? One who leaves the consciousness of the body. We have to totally leave lust and anger. How can I become a bestower of peace if I still have lust and anger inside? I have to learn to see everything as a detached observer. Only then can I say that everything is good... In order to be able to implement Baba's teachings in a practical way I have to make my intellect clean and clear... once and for all... My intellect has to be like a clean white sheet... Such that if anything unclean touches it, the mark becomes clear to me and I can erase it. In fact, it is much easier not to let anything unclean near my intellect, that I would have to work hard to remove any mark it makes. Only when my intellect is clean can it be clear. We have to become magnets, spreading the vibrations of peace and love so that souls of the whole world get pulled here... They can then experience peace and love. This is what service is... This is like creating water in a desert.

In order to do true service I have to be a true renunciate. This includes

not having too much love for anyone and not having dislike for anyone. I have to become an 'image' of renunciation. An image of tapasya. Look at the picture of Brahma Baba. We can see a great deal from this picture... Keep his image in front of you; he was an image of renunciation and tapasya.

“Don't 'take in' what you see and hear. Let go of it immediately. Learn to see through your divine eye’

Baba has given us the divine eye and the divine intellect. I have to use these to make each of my sense organs gyan yukt and yukti yukt. Give them the duty of being accurate.

Everywhere in the world different languages are spoken. However, Baba's language is one... there is a great depth of feeling in Baba's words. There is a type of benevolence not found in the world... Baba is showing us how to become friendly, to become loving... to become the well wishers of everyone. In this I need to check myself. It is not a matter of loving some and not others. This is a family... It not just a matter of loving those who 'suit' me and loving when it suits me... Everyone is good. As is my attitude, so is my vision...

If you inculcate Baba's words in your life then you will find that no one opposes you and neither will you oppose anyone. If you let anything negative into your attitude then your drishti becomes the same. Thus, I have to keep my attitude clean. I

have to be an angel... remember this. I am only here as an instrument to bring benefit. I am here to glorify Baba's name – this is my task... Don't allow yourself to experience problems. Choose not to allow problems and you won't become a problem yourself. If anyone asks you if you have any problem say, "No, no problems!" This is what Baba is teaching us and this is what He wants from us... to be worry and problem free. Become like this and you will be a wonder in this world and your life will be wonderful. You will glorify Baba's name. In the history of the Yagya problems have arisen but they have all been solved because Baba is responsible... My task in solving problems is to be accurate and ever ready. Baba can then solve everything... This is the co-operation we can give Baba.

We are all earning our income through Yagya service. Let me leave greed and attachment. Greed includes feeling the need to keep something in my pocket for a future moment. Baba has taught us what to eat and what to wear. I have to remain simple. Baba is taking care of me and He will continue to take care of me. Have this awareness and you will become free from fear. You will claim the kingdom. This is a guarantee.

Are you free of attachment and greed? Do you speak the truth as well as speaking softly and sweetly? One who speaks the truth will speak less. Remember: One who is true, dances in happiness.

Om Shanti

Dadi Janki Gem

Some souls carry the feeling of being insulted for years. This very subtle maya inside which upsets souls... Then they think no one appreciates my service. Become free from this maya..

DADI JANKI – 19 FEBRUARY 2013 – SHANTIVAN (WITH TEACHERS) BECOME YOUR OWN FRIEND

When I bring my vision into that of each person being my brother then Baba's remembrance will come automatically. We need to pay attention on having bhai bhai drishti. We need to keep reminding ourselves of our aim. What is that aim? Look at the picture of Laxmi and Narayan and you will remember your aim. There are three aspects to pay attention to: time, the self and Baba. All are sitting together now. When I say 'I' I need to see myself as a soul. Many forget the importance of serving the self and give all their time and energy to serving others. There needs to be a balance. Keep a balance and you will be able to do world service. When I am working on myself then Baba is my companion. When I am involved in world service then I am a detached observer. We are not 'busy' in service. Service takes place naturally. I have seen Sakar Baba performing service. After reading Murli he would come to his room and would often remain lost in his inner world. No-one would ask him questions at that time. He would say that on leaving the Murli he was taking Shiv Baba with Him. We would see Shiv Baba inside Baba.

I have always been a student of Baba and I will become what Baba wishes to make me into. Baba has come to make us deities. Knowledge has revealed to us the aim of becoming a deity from a human being... Lakshmi and Narayan. To be as Lakshmi is means to imbibe knowledge and to be as Narayan is means to perform good actions. To develop this harmony between aim and action is to be the combined form of Lakshmi and Narayan. In the Sakar Murlis Baba tells us straight that in spite of any bondages of karma, our work is to remember just Baba. Remembrance of Baba can finish our past wrong actions and in meditation we develop the powers. When we stay in the stage of equanimity in receiving or not receiving something there is no bondage on the soul.

At Amrit Vela it is always Baba we speak to. I became a Brahma Kumari for my whole life. It is not just a matter of a few years. This body has passed through many trials but I have never considered myself as ill. These illnesses come to make us experienced. It is important that we are attentive in class so we retain the power to listen and absorb. There are certain things that don't allow us to come into the 'bodiless' stage. Think about this...

Realisation takes place in a second. Baba has told us about how realisation can take place in one second yet we take so much time because we have not realised. It is vital to have unlimited disinterested as this creates the feeling to renounce within. One who experiences liberation and liberation in life becomes a clear mirror for others. There is a song that tells us to look in the mirror and to see what actions we have performed. I need to look in that mirror again and again.

While meditating I clean my mirror. If I keep my mirror clean then I can see myself clearly and when I look outside of the self I can also see clearly. It is only Baba who has been able to make us realise what goes into the account of charity and what goes into the account of sin. Baba allows us to see this clearly. It is a matter of regularly looking into the mirror and regularly cleaning it. Baba then makes us into mirrors. So our service is to keep our mirrors clean. Baba sees whether I am cleaning my mirror or not. Baba performs such wonders.

Why do we emphasise the importance of Amrit Vela? Amrit Vela takes place in every place throughout the world. At that time there is just Baba, Om Shanti... me, Baba and peace. For 24 hours Baba is doing service. The time zones are different throughout the world. Wherever we go, at Amrit Vela Baba is always with us. When we have interest in effort Baba is with us. When we were young we

would listen to Baba's Murli but we would not receive the written version. Now it is read everyday all over the world and day by day Baba is refining things. The ones who are performing the service of reading the Murli and distributing it are wonderful. What does study mean? Study means to practically apply the teachings in life. Dadi says to the teachers that you are 'gurubhai' - the ones who are equal to the Guru. When we see Baba on the stage we can understand the intoxication of becoming equal to Baba. Baba has given us this great title. When I look at teachers the thought that is emerging in my heart is that I should become a truthful teacher. Complete in truth, love and trust. Baba told us today to become sweet. What is required to become sweet? Ensure that your attitude doesn't become bitter due to life's experiences. When our speech is sweet then we can perform very good service.

The reason for all disease is wasteful thinking. Contemplating the self is the only medicine. I told the doctors in Ahmedabad that they are there to administer medicine when pain arises, but for us the medicine is thinking about the true self and having good wishes. When you are in self churning Baba is also present. Baba says spin the discus of self realisation because then we then become trika-ldarshi and are able to see the three aspects of time. We are given this title only at this time. The world is not safe now as Maya can come at any time and will enjoy hospitality! Maya should be scared to come to us. Pure thoughts are like nectar and waste thoughts are like poison, so drink nectar! Continue to drink nectar and help others to drink too. Those interested in doing this will never speak bitter words. Make yourself into your own true friend. Make Baba your friend and continue to be loving with everyone. Loving drishti creates such a beautiful feeling.

Om Shanti

DADI JANKI – 24 FEBRUARY 2013 – SHANTIVAN YOGA MEANS TO BE ABSORBED IN LOVE



If I remember the days of my childhood, no-one could have known there would be such expansion in the Brahmin family. There were hundreds and now there are hundreds of thousands. Baba has selected jewels from all over the world and made one beautiful rosary. There are billions of people in the world. Out of those... each one of us is highly fortunate. There are billions of people but I need to see myself clearly. Who am I? How am I? What type of karma am I creating in this life of mine? To see the self clearly the Murli is the best and most beautiful mirror. Baba speaks everything clearly in each Murli; He makes the Murli a mirror to see our own reflections in.

Brahma Baba loved roses; the colours, the fragrances... We are flowers in His garden. Baba has come to remove any thorns we may have. Baba has told us to enjoy the spiritual fragrance of the flowers around us... Check your awareness... Do I remain in a spiritual awareness? Do I maintain a spiritual attitude? If you don't look at everything with spiritual drishti then first your awareness and then your attitude are affected. So first I have to check my drishti... Is my drishti as Baba says it should be? Because if not, one's whole attitude will be affected. Internally I have to be very clean. Only then can my drishti give constant happiness. My intellect has to be very clear and for this cleanliness is vital. I need to keep working to purify my intellect and keep it elevated.

To consider oneself as Baba's child is very easy. To move into the soul conscious stage takes effort and it does not always happen instantly. In soul consciousness one can be truly detached yet loving. In body consciousness, 'I' and 'mine' remains somewhere lurking within. This is why Baba tells us to light the fire of yoga in the gathering so that the influence of our past negative ac-

tions can be burnt away. So consider yourself to be a soul who belongs to the Supreme Soul. Let your intellect move up above with this awareness. No-one and nothing is mine except for One... First we move into the state of liberation and then the state of liberation in life; thus we keep the picture of Laxmi and Narayan in front of us. Through the mind and intellect we are creating our new nature and sanskaras. There should be no attachment, no worry... freedom... The fact that Baba was becoming Krishna was visible in his activity. Baba teaches us what we have to become... This is Raja Yoga. If I am still under the influence of my physical organs it means I am not a Raja Yogi. In this, the first aspect is purity. There should not be any name or trace of impurity remaining. It is the power that comes from yoga with the One Father that purifies the soul.

What is Baba making me into? I need to keep the firm aim of becoming equal to Baba. I need to maintain the determined thought to become as Baba wishes me to become. How does He want me to be? He gives us the method but I have to do the work on myself. Time is passing... Don't waste your time. We are not working in a state owned company that we will be paid even if we don't do anything.

It is time to be absorbed in God's love. So what is yoga? It is to immerse the self in God's love... For this I have to make sure that I have no desires. That my intellect is free; no desires, no attachment. Only then can the intellect be connected with the One. Do not let your intellect dangle in anyone else's remembrance. If you do, then you are totally wasting your time and you will not be able to stay in Baba's remembrance. We don't say yoga of the mind; rather we say yoga of the intellect. However, it is my first task to make my mind peaceful. The intellect says to the mind, 'Stop depending on anyone'.

I have to learn to stop trying to get support from people. Baba is my support and there is no better or available support. Baba has told us clearly not to be dependant. Dadi Prakashmani had a great sense of inclusiveness. Everyone felt that they belonged to her and she to them. She didn't have anything in her pockets but in her life there was nothing missing. She felt that everyone belongs to One, no matter how they were or where they came from. This was the feeling she gave everyone. There was no duality of feelings with Dadiji...

If someone gets angry what should I do? I have to remain quiet. I have to pay attention not to get disturbed. My task is to give dil-kush toli and make others happy. I have to become karmateet – to pay attention that I am not creating more accounts. In order to become karmateet, my actions first have to be elevated. I definitely have to become karmateet before returning home. Either now or later... For this I have to follow in Brahma Baba's footsteps. I should not speak about knowledge whilst I am myself am stumbling along, falling into pits and hurting myself. Baba gives love and affection. My task is to take that, experience it and use the power of those experiences. I have to first accept God's love. This is not the time and there is no need for me to be empty. God is ready to fill me with love... Spiritual love.

Remember; whatever has to be done, it has to be done NOW. Who has seen tomorrow? Past is past; leave everything that has happened and use what you have received to move forward NOW. Baba keeps using the word 'always'. Don't look at what is happening in the world and make your effort accordingly. Don't separate yourself from Baba and don't remember anyone. Don't make effort to try and make others remember you. Draw yourself and everyone else to our sweetest Baba

Om Shanti

DADI JANKI – 22 FEBRUARY 2013 – SHANTIVAN PUT A FULL-STOP AND BE IN THE PRESENT



If there is some reason that I am not able to pay attention to the study now then where am I heading? This is why Baba has told us clearly the importance of being able to apply a full-stop. If a student at school does not know how to put a full-stop then what would the teacher say? Ours is the most important study: about the self, about God and about the whole cycle of time. This time is full of significance.

Whatever has happened in the past is the past. It has gone. I am now in the present moment. I need to be able to apply a full-stop. If anything negative has happened in the past, I don't want to bring it into the present – to carry it around with me. If I don't apply a full-stop then I can't move forward. If you carry anything in your heart, be it a person, be it a situation, then you cannot also carry the Comforter of Hearts in your heart. What is it important to remember? Bhagya (fortune) and Bhagwan (God). Take a moment and think of your fortune...

It is not necessary at all in this life to apply an exclamation mark. Applying an exclamation mark, showing surprise, shock even, is a total waste of time. The biggest time wasting punctuation mark is the question mark. To ask why, what, how etc. is the biggest waste of time. Knowledge is so refined and elevated but when you go into these aspects you destroy that knowledge in yourself. Your facial expression changes. You start crying – even if it only in your mind. The solution? Move into the awareness; I am a point, Baba is a point... Leave 'me', 'mine'... leave doubt... Learn to say, 'Never mind'. Learn to say 'It doesn't matter'. This is Dadi's practice. The more you have body consciousness, the more you will use the word 'I' in the wrong sense. Baba has taught us the deep significance of 'I' – that is who am I? My words should not be like those of ordinary people. Do I just imitate the

way of speaking of the people I am with? Does my body language follow theirs? Take care of yourself...

Someone who is simple becomes a sample. Someone who is simple becomes so because they are knowledgeable. They are wise and understand the significance. They don't make a fuss about things – they don't draw them out and expand them. I have to sit on my seat... my seat of self respect. I need to pay attention not to see or hear about that which is negative. I am a child of God – remember this! What should I see, hear, speak and think about? Baba is liberating us from that which is waste and ordinary. Physical fathers cannot teach this because they don't know it themselves. They are caught up in these things themselves. Ask yourself: Will I ever get such a father in the whole kalpa?

It is time to become an angel... later I will become a deity but now is the time to become all virtuous and remain in the angelic stage. Some souls are such that they get bored if they don't look at and speak about others weaknesses. Others are such that they never look at or speak about the weaknesses of others. What do I have to stay in the angelic stage? I have to actually pay attention to looking at the virtues of others.

Baba has made so many belong to Him only by seeing their virtues. To look at the defects of others is actually to become your own enemy. A true effort maker will not look at the mistakes of others. Baba's teachings on this are so sweet! All the teachings He gives are to enable us to keep Him in our hearts. He knows that when Baba is sitting in someone's heart, that soul will never experience any difficulty.

Why did Baba send me overseas for service? It was not due to any skills but rather to the connection of the

intellect with Baba. Baba has told us again and again that all we have to do is to remember Him and He will take care of everything. I should have the feeling and experience that God, the Almighty Authority is with me. This Yagya is so big... see it... Check what service you have done since you came in the beginning. In fact, each of us has done just a little... This is God's Yagya. Everything belongs to Him. He is getting everything done.

Name and fame is not relevant here. Here it is God who is giving, not me. I have to be a deity and not ask for anything. Never even think that you have given this or that. In fact, you are accumulating for your own self and you are doing it because God is giving the return. We get the return in the future yes, but we also get the return now. Once you cross the boundary of ego and allow it to emerge then you will not be protected... One result of this is that you will think you have done everything very well. Another is that you think you cannot do anything.

Sometimes it takes the form of superiority and sometimes of inferiority. Thus, we have to be very careful. It is Baba's teachings and the awareness that Baba is Karankaravanhar that protect us. Be careful that you don't make the mistake of creating karmic accounts rather than settling them. Baba has told us to remember Him in order to finish our old karmic accounts but He has also told us that if we create new karmic accounts then we are responsible. So, be truthful. Don't hide things.

Don't think no-one can see. You may think that there are so many children so no-one will notice. However, Baba is looking all the time. How you talk, walk, sleep... He is watching. If there is truth and falsehood mixed then Baba is aware. So, check yourself. He has come to create my

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DADI JANKI – 27 FEBRUARY 2013 – GYAN SAROVAR

WHO AM I? WHO IS MINE? WHAT DO I HAVE TO DO NOW?

Om Shanti' stands for: Who am I? Who is mine? What do I have to do now? Who am I - means to go inside. Who is mine means to go up above. What do I have to do now – I have to do what Baba is signaling me to do. In fact, I am not doing anything.

One needs the power to catch Baba's thoughts according to the right time. Don't get confused. I need to create such a stage that what Baba wants touches my intellect. For this I need to develop the nature of being internalised. Go into Baba's Room and practice being introverted. You will feel Baba touching your intellect. There is a great contrast between being introverted and being extroverted. If you are even a little extroverted in your thinking, speaking and seeing it makes a great difference. Check whether you remain internalised during the day. If you are then your record will be good. There is only time and the Father. When you have this awareness time will co-operate with you. Baba will also co-operate with you.

I need to practice being a detached observer and being the companion of God. God is mine... Shiv Baba's knowledge was known to Brahma Baba and he can explain it very deeply. Baba teaches us to be detached and this why we have attachment to Him! As much as there is detachment, to that extent there is spiritual love

Think of the Tower of Peace. It is the Tower of Purity, Peace, Might

Dadi Janki – 22 February 2013 – Shantivan Put a full-stop and be in the present

future so I have to use knowledge in such a way that I protect myself. That I create the best future for myself. Ask: Am I content? If not, something is missing in my spiritual effort. Do I have the faith that God has made me His child to create my future? My foundation of faith has to be flawless. One who has full faith is clever... Baba loves clever children – those who understand, those who are experienced.

and Knowledge. This Tower takes us up above. There is the experience of deep silence at the Tower of Peace. When Baba became avyakt we placed his body in that space and he was cremated there. We waited for all the children to come from throughout India so it happened a few days after he left the body on the evening of the 18th January. Before leaving he told us that he was taking leave. He told us to remain incorporeal, viceless and egoless. In the Murli of that evening Baba had said 4 or 5 times that the body was old. He told us that as the days go by the depth of knowledge would be revealed. Whenever we saw Brahma Baba we used to feel that he was adopting his avyakt form. The incorporeal came into the corporeal in order to take us all beyond. His form was physical but we could feel his angelic form.

Some say that they like the Avyakt Murli more than the Sakar Murli. If you go into the depths of the Sakar Murli; I am a soul, the Supreme Soul, the Drama – these aspects will make you unshakeable. I have to see the Father and follow the Father. When one has the knowledge of these three aspects and recognises the Confluence then there can be realisation. Is there anything else in my life apart from Baba? If there is, there shouldn't be. If you are caught up in attraction to anyone, you are under someone's influence or you dislike someone, it is the sign of being extroverted and it is very harmful. If you look at some-

one else's nature and comment through your mind or words, then what does it say about you? I need to have the feeling of friendliness to everyone. I need to stay in self respect and give love to all. I have to develop my stage by following Baba's Shrimat and be able to have faith in myself in this aspect. I need to create the vibration of being only with Baba.

All children belong to Baba. He knows every child. He knows that every child is the child of the last kalpa. Baba used to ask if we had met him before. Let there always be the awareness that we had met Baba in the previous kalpa. This is the huge family of Baba. You Double Foreigners mostly would have only taken one birth outside of India. That too was taken only so that you could do service in different countries. You are the original residents of Bharat.

See this scene – it will take place again only after 5,000 years. All scenes of the Confluence Age are wonderful. Wherever you go, carry Baba with you. We felt this from Didi Manmohini. She would wake at 3.30am, take a shower at 3.45am and be sitting in meditation at 4am. She was very pukka in this. I am telling you this because it is very important to set one's timetable.

So don't be confused or you will blow a fuse! Pay attention to connecting your remembrance with Baba so that you don't get fused! Make sure you don't have any enemies or you will experience fear. Love everyone and you will be fearless. Check yourself in this aspect; I should not be afraid of anything or anyone. How much love do I have for everyone? Some ask how they can face something. Just put your face in front of it and face it! Baba is the Bestower of Happiness and the Remover of Sorrow.

DADI JANKI – 8 MARCH 2013 – SHANTIVAN (WITH TEACHERS) BECOME CAUTIOUS, WISE AND ATTENTIVE

The great mantra of 'Om Shanti' enables us to be 'manmanabhav' and 'madhyajibhav'. The first om shanti is 'manmanbhav (connect your mind to Baba's mind), the second is Madhyajibhav (remember the one in the middle – Vishnu). Ask yourself, what do I need to do? I am not a teacher and I do not have students, centre or zone. I have nothing – this is 'Om Shanti'. Who am I, who is mine and what do I need to do? Baba is the one who does and gets it done all by Himself. It is just our fortune to be able to do exactly as He is getting it done. This is the study. He is sustaining us with drishti and love. By looking at our attainments, we have become bestowers. There is so much attainment, however it is not visible. Just as in the olden days people would hide their savings in an earthenware safe. When you look at what you have earned as a detached observer, you can see that it has been earned honestly. Those who do not earn their income with honesty (even physical income) cannot receive respect especially if they are deceitful. This is the income of truth and no sanskara of corruption or dishonesty should be mixed in. I am speaking not as your teacher, but as your friend, like Didi Manmohini was. She would whisper in my ear, you need to do this, or not do that, so that no habit could be formed. I would tend to share Murli points on dharna. She indicated to me that I should also catch service points from the Murli. When we listen to or read the Murli with attention, then we can hear all four subjects.

Today Baba spoke about churning the ocean of knowledge. We need to go into the depth and only then relate it to others. Baba once asked me whether I churned the ocean of knowledge. Since then in the morning, at amrit vela I remember some or other beautiful aspect of Baba. This then becomes the homework throughout the entire day. A good

student will do homework. We have One who is our Father, Teacher and Satguru. He teaches us for one hour and then observes us throughout the day. Let your character be like Baba's. Your actions should be like His and never ordinary. Let your character be elevated and action like Baba's. Perform such actions that your account of karma continues to accumulate in that way. The account of yoga is separate from the account of action. If even one action (walking, speaking etc) is ordinary, all our actions will be ordinary. Ordinari-ness will not allow you to be elevated. Just as Baba's activity and home is high, our name is not just Brahma Kumar or Kumari, but we are Brahmins. Today Baba asked, 'what does it mean to be a Brahmin'? Not those who eat and drink/consume or beg. We are royal Brahmins who give. There are some married sisters (adhar kumaris) who make more effort than kumaris. This is Baba's wonder. A kumari is one who has the original sankars of being more elevated than 100 brahmins. This means to have brought at least 100 brahmins in front of Baba.

Surrender yourself in such a way that your mind, words and actions become elevated. If there is anger or arrogance in your words and actions then this is not called being surrendered, even though you might have been dedicated in the Yagya since many years. Those whose mind, words and actions are elevated will enable their thoughts, time and breath to be used in a worthwhile way. There will be remembrance of Baba and each thought will be one that brings benefit to all. There won't be hard work in your effort. Gulzar Dadi says that it is good to make effort but it should not be laborious. Then the fortune of 21 births will be visible in front of us as a result of just a little effort. Baba would tell us everything within the gathering, not separately in a corner. Baba says that

you have become free from the five vices of lust, anger, greed, attachment and ego. There should not be the slightest anger about anything, or greed for anything, no attachment for any soul. The biggest illness is to have attachment to any bodily being. There is a big difference between attachment (lagav) and deep love (lagan). Attachment will not allow you to remain lost in deep love for God. Under the influence of greed, never allow yourself to be inaccurate with even one penny. Each month, I would send Baba the accounts. This is what came in, this is what was spent and these are the savings.

Additionally, when I came in front of Baba I would like Him to see my chart of remembrance. When Mama left the body, Baba asked me to sleep on her in her room which was right next to Baba's room. I was sitting there checking my subtle chart of remembrance when Baba came in suddenly and asked me what I was doing. Then he said, 'Lord do you have any order?' In devotion the soul says to God 'I am your slave'. Now Baba says to us 'I am your slave (gulam)'. Then He took me to His room with so much love and gave me sweet drishti and also had a meal with me. That deep experience is still with me. I share this with you so that you too can experience the subtle feelings. Dadi Gulzar said that all can have the same experiences with Baba by remaining in His company. Baba gives this. Then Baba explained in class what it means to have an accurate chart. Check whether you give or take sorrow. Those who listen carefully to the Murli with attention and do not look around here and there, have an accurate chart. There should be such attention that nothing except Baba's things are remembered. There is nothing else to talk about anyway. People will not understand through speaking. But when you remain silent and introverted, you can remain

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DADI JANKI – 12 MARCH 2013 (AM) - SHANTIVAN

AM I AS SWEET AS HONEY?



We say that Baba is sweet. In fact, He is the sweetest soul. I have to see Him and then see myself and become as sweet as He is. The biggest aspect is sweetness. Churning Baba's versions makes a soul sweet. I have to be a honeybee who deals only with collecting nectar and making it into honey. I should never become like a wasp that stings. My words should always be sweet, they should never hurt others. From today let me be a true honeybee.

We are actors in this drama. What is the task of an actor? The task of an actor is to make sure that he or she is playing their part accurately. The task of an actor is not to look at how others are acting – it is not to see what others are doing and comment on it. An actor always concentrates on perfecting his own role.

Get influenced by the desire for name and fame and you will also be affected by insults. The feeling of insult comes when I have not finished my own ego. This means I am still in body consciousness. Many are affected by this. I have to remain beyond both desire for name and fame and the effect of insults. I don't have to suppress – I have to transform.

If I suppress I will be deceived and will lose my peace.

'In fact, it is the time to concentrate on my own transformation'

For this I have to go beyond sound. It is the time for me to return home. Didi always used to remind us that it was time to return home. Her tyag and tapasya were unique; she never remembered anything or anyone... We have to keep learning from our ancestors. We have to make Baba our companion as they did.

Check today: Am I a detached observer? Am I following Baba's Shrimat? Or am I still looking here and there at others and following either their dictates or my own? We are living in the physical world, having relationships of brothers and sister, yet we have to maintain 'incorporeal relationships' with everyone. That is: I am an incorporeal soul

and you too are an incorporeal soul. Baba and Mama drew our attention to this. When I see myself clearly, I can also recognise others clearly and there will be pleasure in knowing them. See the self as a soul and you will clearly recognise maya when she comes in front of you.

God Himself has made us belong to Him and we are under His canopy of sustenance. Only under the canopy of sustenance of God can one become truly soul conscious. Otherwise, you will remain as lokik people do, thinking this is mine, that is mine, I earned this, I am due that... Baba always says that a good intellect is required to imbibe knowledge deeply. It is said that the milk of a lioness should be kept in a golden vessel. In the same way, in order for one to be able to absorb and then imbibe gyan, the intellect has to be clean and clear. For this, the yoga of my intellect has to be connected to Baba. Only when the intellect of my yoga is connected to Baba can my past sins be destroyed. If my yoga is not connected there will be some diseases within. The soul may not realise this, but diseases remain within and continue to affect the soul. Physical diseases can be cured with medicine but there are very subtle diseases of the mind and the intellect. It takes realisation to see oneself. I have to see myself clearly in the mirror of the understanding God has given me. Thus, Murli and Madhuban are essential. I should see myself in these two mirrors. The permanent address of all BKs is Madhuban. Shiv Baba. C/O Brahma, Pandav Bhavan. This is our address. One who doesn't have an address stumbles here and there.

I have seen, I have found, I have known the Innocent Lord, Shiva, He is SO sweet, He is so lovely. Recognise who you have me, and be with Him. Whose Murli am I listening to? There is magic in His Murli. The Murli attracts the heart.

Dadi Janki – 8 March 2013 – Shantivan (with Teachers) ***Become cautious, wise and attentive***

constantly happy. When you have catching power of what Baba is saying, this can do a lot of service. Let your intellect become a home of cleanliness and truth. Become equal in this way. Do not compare yourself with anyone. Each one has their own part. If someone has something lacking or a weakness, give them the cooperation of love and if not today then tomorrow, that weakness will be removed. Keep patience in this. There are three subtle vices that still remain. Lethargy (laziness), carelessness and making excuses. There is also envy and jealousy. If you are lethargic during amrit vela or class, it is due to carelessness and wastes your time. It does not allow you to become accurate. If there is even a little bit of the sanskara of lethargy (laziness) or carelessness or if there is some account with someone - you don't get on with them and you allow this to go inside you then in that moment of 'suddenly' you won't be ready. The test may come from outside, but it is for me. If after all the study and sustenance I have received, I am not able to pass, then what will happen? Therefore we need to remain cautious, wise and attentive.

Om Shanti

Om Shanti.

DADI JANKI – 25 FEBRUARY 2013 – GYAN SAROVAR

HAVE I DEEPLY APPRECIATED THE ATTAINMENTS FROM BABA?

Whatever Baba says to us brings benefit. If there is anything inaccurate it needs to be put right. To look at Baba is to look at a clock; that is one sees time. How am I looking at Baba? How does Baba see me? He can look at me and understand all about me. Have I destroyed arrogance? Have I developed my bodiless stage? By the end we need to have become bodiless. The effort you make now will support you at the last moment. If you don't make full effort now then you have difficulties at the last moment.

For half a kalpa there has been body consciousness. It doesn't finish easily. When a soul remembers Baba clearly then it can finish body consciousness. If you look here and there your soul consciousness disappears. I need to be able to focus on Baba. Baba is mine... personally. So who am I then? You, the Double Foreigners, take us into the depth; until you understand clearly you don't change. The awareness of the self as a soul should be totally natural now. If there is any influence of anything old, old nature, sanskaras... then the soul cannot remember Baba.

There is Baba and then Murli... These are what are in our lives. Until there is complete renunciation there cannot be true remembrance of Baba. The soul needs to realise deeply how many attainments are received from Baba. Compared to that, everything else is like dust. Some get influenced by praise when doing service. They then get upset when there is any type of insult. Thus, they lose the awareness of the attainment from Baba. There is so much attainment from Baba. Emerge all the attainments you have received from Baba. Firstly, there is the sustenance of Baba. The soul cannot receive such sustenance throughout the kalpa. No matter how your health may be but Baba

still takes care. This is Dadi's experience. This body is entrusted to me by Baba. It does not belong to me... thus He takes care of it. These things have gone deep into Dadi's life and have been absorbed. This path of this life is long so let us enjoy while laughing and singing. We receive happiness from the love of our study. If a child doesn't study there parents worry about their future.

'This is a place of study and we need to understand its value and our position within this place of study'

Many don't have the power to come and sit in the front row. Because this is study. One needs to come on time and pay full attention. First the students come in a class and then the teacher comes. This is a principle. Ones who apply this have a great deal of strength inside. Baba has great love for such children. Dadi wishes you to receive and experience what she has experienced... that much love... I need to check myself... how much love do I have? Do I have full love for Baba? Do I love everyone or is there someone who I have wrong thoughts about?

If you have attachment to anyone or anything then at the last moment you will remember them. One senior soul was very good. Everything about her was good but at the end she was calling out for a certain type of food. She did not get what she wanted and so she

was not totally at peace in her final moments. Some souls don't have value for time. They spend a great deal of time on their iPads and their mobile phones. If you can leave these things then you will be free. How then will your last moment be if you are caught up with an iPad or a mobile phone when it comes?

All human souls have to go back home... up above. Willing or unwillingly. No-one can go back before time. Some souls came in the beginning but then left because destruction didn't happen. They lost faith... They were worried about what would happen... Ask yourself: Do I have enough faith to reach the state of victory? Faith brings victory. Those who recognise Baba are multi-million times fortunate... Baba has opened my third eye. Am I seeing clearly through it? Do I see Baba, myself, time and everyone else? Because no-one in the world can really see or understand God except us. We are SO fortunate. He is my Mother, my Father, my Teacher... my Friend... He is my personal friend. He may be God but he is also my personal friend. He gives love. If I take that love then He becomes my friend and companion. You should have this experience. Some use their past experiences as excuses – this happened to me, that happened to me and so... My new experiences have to be powerful enough to replace the old ones... I have to be so strong in my mind that even if something as big as a mountain comes to move me then it can't. I can just fly over it...

You have recognised Baba. Now you have to recognise yourselves. This is very important. There is so much importance in recognising the self, Baba and members of this family. Stay in your stage of self respect... I am a Raja Yogi – I am becoming as Laxmi or Narayan...

Om Shanti

DADI JANKI - 11 MARCH 2013 – SHANTIVAN

ARE YOU PRACTICING THE SILENCE DRILL?



For Brahmins there is Baba, Murli and Madhuban... We are given so much, yet we need to appreciate what we receive and absorb it within the self. If I don't absorb it within myself then what do I have to give others? When we give what we have received, it increases further. If my body does not absorb the food I eat, can I have any energy?

In order to be able to accumulate energy I have to be able to leave what has passed. Whatever has finished is over; it was in the drama. Whatever has to happen will happen... There is great depth to the knowledge of drama. We understand the beginning, the middle and the end. We know what we were in the beginning, what we became and how we have to become now.

This is the most valuable time of the cycle. Please underline this point; this time is very, very valuable. We were lost for a long time. Even in the Golden and Silver Ages we forgot everything in the state of happiness. We didn't remember what effort we had made to achieve that level of happiness. This is the Confluence. This is the time we meet Baba. It can be seen how much one values time by the effort they make.

We say, "Sweet Baba, my Baba, lovely Baba" but when we say, "Thanks Baba, we feel a sense of completeness". What are the hopes Baba has in me? Even in a lokik family they have the feeling to fulfill the hopes of their elders. What hopes does Baba have in me that I will fulfill now? He has so much love and regard for each of His children. My task is to just say "Baba" at every step.

It is the time for us to remain loving and detached. The more one is detached, the more one can be loving. If you are not being pulled by Baba's love, it means that there is something that is affecting you

in a subtle way. I need to check whether my sins are really being absolved after coming to Baba or if I am accumulating creating even more accounts... Each one of us needs to check this.

'We need to be cautious. We are with God – everything of His is available to me'

What influence am I allowing on me? I have to sit with Him, talk to Him, eat with Him... only. He is the Almighty Authority; full of all qualities and powers. In His company, I can become as He wishes me to; the embodiment of peace, love and power. See the self: Have I become the embodiment of this knowledge I am being given by God?

Baba made us do the drill (during the Murli of the 9th March). Have you practiced the drill again since then? Have you gone into total silence... into the experience of complete peace? Baba has asked us to give Him a gift of making ourselves free from waste thoughts. Have I done this? God's power and protection, if accepted, can make the soul free from wasteful thinking.

This Yagya is expanding; everything is going well. Service is happening all over the world. If I am getting caught in waste then what kind of service can I do? Remember; God is teaching me personally. Accept His teachings as your own – personal teachings. Don't see others... Is anyone having waste because of my behaviour or attitude? Be aware... be cautious. My thoughts, words and actions should be such that others remember God when they see me.

If you have the desire for name and fame in service you will end up eating unripe fruit. Is there enjoyment in eating unripe fruit? Do service and throw it in the ocean. Do not even have the thought of having done something. The return will definitely come to you and it will be ripe... ripe fruit.

Vishwa Rattan Dada always did service in remembrance. He did whatever service was required: fetching water for the bathrooms, cooking, accounting... He used to say that others should not have waste thoughts because of him. Look at the picture of the ancestor souls; each of them had so many qualities.

Baba has told us that within purity lies truth. If there is even the slightest impurity in a soul they cannot be truthful. They may try to show themselves to be truthful but inside there is falsehood. In God's home, falsehood does not work. The soul will know internally that it is one thing outside – another inside. This is why we have to be cautious.

Now become a donor... do charity, keep giving whatever you have and you will become a great donor. You will then receive Baba's blessings which will give you co-operation in your life. This life is based on blessings. Baba has taken us into light... we have to use that light to finish the darkness that now prevails over this world. Will you take this responsibility in a practical way? If so, then how should your own light be?

Om Shanti

Dadi Janki Gem

Forget where you have come from. Wherever I am from, I am now sitting with Baba. Go beyond all limitations. We are from beyond the sky and the whole globe is in our hands.

DADI JANKI - SATURDAY 24TH MARCH 2012 - KARACHI FREE FROM BONDAGE AND LIBERATED IN LIFE



When you listen to the murli in class and are seated regularly in your fixed seat, the teacher also feels good. What things does Baba like? God speaks to Arjuna. Sit in silence in one place, with attention. An obedient child would do whatever God says and merge it in his heart. Who is relating all this? What is He relating? When I pay attention to this, I attract His attention. It is God's duty to remember me. An obedient child would obey his father, so as not to cause him any displeasure. An obedient child does not ask for blessings. A mother's desire is that her child should make his father happy. Brahma is the mother and God has given us sustenance through him. He is Shiv Baba's obedient child to such an extent that he gives total regard to His instructions.

Baba's first direction is: Manmanabhav. Until now, no one told us that the mind, intellect and sanskars are in the soul. One minute the soul is in the body and next it goes off and enters a mother's womb. The soul exists; it is the truth. People have all sorts of concepts of the soul – light, bubble, etc. No one has told us what the soul is, what the drama is, what the tree is. All knowledge is merged in the tree, the cycle and the ladder. The cycle is telling us it is time to go home. The tree is telling us to do tapasya. The ladder is telling us to take the lift. A strong, brave soul who has taken power from God is needed to explain this and give very good answers to all questions.

King Janak asked for someone to give him the knowledge of liberation in life in a second. If I want liberation in life, then I have to realize that this body, mind and wealth are not mine. I, the soul, am immortal and imperishable, and I take a body and then leave it, and in between I come into the bondage of karma. In this process I give or receive happiness and sorrow. Good action brings

fortune in the next birth and wrong action brings misfortune. Only Baba has given us such clear knowledge. I want to be in this body and remain free from bondage. It takes only a second. When there is the fire of deep love - "I want liberation in life, I don't want the ego of this kingdom - you realize that this is not 'mine'; How, while living in the kingdom, can you not have attachment? Go around the whole kingdom, holding the deepak (lamp), and never let it go out.

To realize means to have received the "real eye". By becoming Baba's, my eyes and ears open. Mama used to explain: I should have the power to realize that this is my mistake. Ego does not allow me to experience my own mistake. I should have the humility to own up to my own mistake. For this, I need realization and the desire to change. It is not my duty to transform others. When I change, the world will change. Baba has come to transform the whole world and to create the new world. Why do I experience sorrow now? Because of my own actions. I, the soul, am mind, intellect and sanskars. My sanskars have been created according to my mind and intellect. Now, it has entered my mind and intellect that I want to be free from bondage. So, whatever were the sins of the past, let me have such remembrance that they are absolved.

Remembrance of many will finish when I remember that One with all relationships. He is my Mother, my Father, my Teacher, my Friend, my Satguru, my Lord, my Bridegroom, my Child. Each relationship is filled with sweetness. Have an apple a day to experience good health. How can I eat so much fruit? OK, just have a glass of juice instead. Baba is giving us so much fruit to become healthy and wealthy. I just need to churn first and then I can have good yoga. There is the power of yoga and the

pilgrimage of remembrance. With remembrance you move forward. You are going home and the Father has come to take you back – so never look back. Knowing God as my Friend makes remembrance so easy - all fear goes. God's elevated versions are such: Arjuna, you are My friend. God's knowledge is very deep and entertaining. By having yoga with Me, you will become identically like Me. This is yoga. In remembrance, I should not remember anything else.

When Mama left, Baba didn't allow anyone to shed tears. When Mama was undergoing treatment, she didn't allow anyone to be affected by her physical condition, but instead gave such drishti to anyone who came to see her that she made them bodiless. She had such deep practice of being beyond the body, such that the body was not even visible. Those who have the habit of staying in remembrance cannot have any question: How am I going to leave my body?

Nothing is mine. Don't just say the words, but feel that. Then God will say: Whatever is Mine will be yours. The happiness, peace and love that God has is mine. I just want to make the moments of the confluence age worthwhile. Who will be free from bondage? If you use your time in a worthwhile way, you will also want your thoughts to be worthwhile. Be accurate in every way - even without needing an alarm clock. Remembrance pulls, when you have the habit. Yoga means connection through relationship. My memories should be very good. I should have only things of Baba in my memory and my awareness. This is my final birth - I should have only this in my awareness. God gave me knowledge, taught me yoga, enabled me to perform elevated actions, freed me from the iron age and now, in the final moment has come to take me back. While in this body, I should re-

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DADI GULZAR – 12 FEBRUARY 2013 – SHANTIVAN

BABA IS SITTING IN MY HEART (MEETING DOUBLE FOREIGNERS)

Baba is sitting in your heart and you are not alone. You are combined with Baba and so there is nothing else to think about. The main mistake many of you make is that you forget that you are combined with Baba and you become lonely. When you are alone and feeling lonely you become weak. Never ever think you are alone. Make this a firm lesson in your life. When you are seated on Baba's heart, combined, then you don't have to be scared of maya at all. She will not have the courage to come in front of one who is in the combined form with Baba. If maya comes it means that you are considering yourself to be alone.

Baba is seated in your heart and so why do you write to Baba that you became lonely and that maya came? Baba wishes each child to be always cheerful and a conqueror of maya. No matter what situation comes in front of you say: Baba, Baba, You are my Companion, You set it right. Baba then comes and the situation finishes.

Baba loves each and every one of us, new or old, and He loves us so much that He saves us from being attacked by maya. Make space for Baba in

your heart today and you will say goodbye to maya for all time. Therefore always be constantly happy and problem proof. He is bound to help you; He is your Companion. Seeing you all saying this Baba is smiling. He is very happy.

'Can you see Baba smiling in front of you?'

Dadi is looking at everyone's face. Every face is sparkling. Keep the aim to continue smiling like this. When you smile you will become free of the feeling of having to make effort - then all you have to do is service

All of you realise how much sorrow is increasing in the world. All are my family, my brothers. Give vibrations of happiness to those who are sorrowful. No matter how much sorrow someone feels, as soon as they see your face they should start smiling. Is this possible? Positive vibrations from foreign countries can spread very quickly... I have to become an instrument to transform the world so let my face, my behav-

our, my words and actions be such that everyone who sees me becomes very happy.

You now have to give sakash to the world while sitting in yoga. . It doesn't mean that you emerge anyone in particular in front of you but that you are sharing the light and might that you have received from the Supreme Soul with the whole world. The whole world is ready to receive your sakash because the sorrow in the world is increasing day by day. Everyone wants happiness. When they receive this sakash of peace and happiness, the whole world will be transformed.

Will you do this service? It is not that only those who are teachers are the instruments for service. Each and every one of us is an instrument for service. Check your mind. Keep it busy from the early morning time. Set your timetable for the mind and act according to that during the day.

Take a picture of yourself using your divine vision. In one second Baba has taken a photograph of everyone. If you change your face slightly Baba will show this photo to you.

My companion (Baba) is powerful and so I don't have any worries. When you forget and let go of Baba's company, you start asking in your mind: whom should I speak to? I don't have anyone. But when Baba is in your heart you will not have this thought. From now on you should not need to write letters to Baba that this and that happened. Baba is sitting in your heart and you have a right over Him. He will get things done.

Give the guarantee to Dadi Janki that you will be problem free from now on. Share this experience at each centre and with the whole world from today...

Dadi Janki - Saturday 24th March 2012 - Karachi Free from bondage and liberated in life

mind others: I need to have very good connection – for this, I need power of silence, so that no matter what comes, my connection does not break.

Body consciousness makes me heavy and soul consciousness (light) makes me light. In soul consciousness, I have the enlightenment of everything. By remaining light, I receive might and this makes me a lighthouse. God has given me knowledge (light) to remain light and because I use that knowledge, I receive might. I don't need to ask God for power, but when I use knowledge, I receive power. Become a master almighty authority. With remembrance, I am going across, but with yoga, I become a master almighty authority. Check: Have I become like an angel? I am teaching Brahmins who are to become angels and then deities. At this time, Baba has given us sovereignty to remain carefree. Everything is already accomplished. Just see the creation, while remembering the Creator.

Om shanti.

Om Shanti

DADI JANKI – 28TH MARCH 2013 (AM) – GYAN SAROVAR MY HAPPY HEART (MEETING WITH A GROUP)



On the path of knowledge, the first effort one has to make is to create a heart which is happy. A happy heart. A happy hearted person is one who really feels that they have everything – that they have achieved what they had to achieve in this birth. There is the feeling of having everything; good teachings, sustenance, attainments and the instant as well as the future reward of whatever one does.

The knowledge and yoga a soul has is converted into their consciousness. Then, through the mind and intellect, it reaches ones sanskaras. There's a connection between the sense organs and the mind. When my heart is clean and happy, pleased and knows its fortune, then the soul puts its hand on its heart in acceptance and the intellect works accurately. In fact, when ones consciousness is so good that there is no feeling of effort in life. There is the feeling of living in the present with beautiful scenes and scenery all around... there is no other thought. This is the way that the mind becomes quiet.

For this, ones intellect needs to be connected with Baba. When your mind is not quiet, whatever the reason may be, then you become confused. The medicine for this is to say 'Om Shanti' three times... Om Shanti also works as a type of blessing, helping us to connect with Baba. Only when the soul is connected with Baba can it remain content because it experiences love. The happiness that emerges as a result of the love penetrates the service we do. When there is this power in the consciousness then whatever scene emerges, the soul can say, "nothing new". Before destruction happens greatly disturbing scenes will come in front of our eyes but we are ready. We have already been told of this in advance and we have earned our fortune. We have earned for our future... We have become...

Remembrance is actually another word for consciousness. What I remember at any one time brings so many other types of remembrance or thoughts. For example; if you remember one aspect of Baba then 10 thoughts of Baba will come – His character, activity etc. If you remember anything wasteful or negative then 10 (or more) other thoughts will come because they are 'linked' to that wasteful thought. Our thoughts are connected... like a stream. This is why it is important to remember Baba because by remembering Him, other connected thoughts will be beneficial to you.

The Pandavs felt that they had God... and this was highly beneficial. The Kauravas wanted everything... name, fame, money etc. and so all the thoughts they had were connected to these things. The thoughts of the Pandavas were connected to God and the awareness that through Him they could achieve everything. The whole essence of the Gita is to become the embodiment of remembrance and the conqueror of attachment. Therefore, it is very important to be aware of that which I am remembering because my consciousness is created accordingly... What does it actually mean to become the embodiment of remembrance? It means to be liberated from all the influences of this physical world and all karmic accounts. It means to be merged in God's love...

As a soul, when I come into contact with others, I can colour them with my vibrations... I can give them the wings to fly. This is not the time to allow tiredness in the self. It is not the time to 'run' in effort, rather it is the time to fly. Create interest in spirituality, in spiritual effort and maintain it. Zeal and enthusiasm are vital for spiritual progress. If you don't create that enthusiasm inside and you don't even try to be enthusiastic, then you will waste a great

deal of time and thoughts. You will keep asking how to do something. Keep yourself active; active in effort and active in service. I should make my effort and service so natural that maya doesn't have the slightest chance of 'sneaking in'.

I need to also be careful. Carelessness opens the door for maya and maya brings sorrow. When you feel the vibration of any type of maya then chase it away with your remembrance and activity. Remember; safe and saf (clean). When one is clean, one is safe. If you allow even the slightest 'dirt' on you then others will throw more. Cleanliness is very important in foreign countries. One gets fined for dropping rubbish. In Bharat people drop rubbish everywhere and then others just think it is ok to drop more. So don't throw any rubbish on anyone. Don't let anyone throw rubbish on you either. It is a sign of disrespect.

Someone said to Dadi that they told Baba about their mistakes but are still repenting for them. However, why do you let the issue go on and on? How much time and energy will you waste on it? Baba has heard. Now forget it. Some make one mistake after another. Beware of the company you keep. Company is very important. It is not that we support each other – we have One strength and One support. Yet we are not alone on this path. The whole family is together with us and we need to give each other spiritual company. It is a great charity to colour others with virtues in your company. There is no need to watch TV, the radio. Our TV channels have been created for those who are not yet on the path of knowledge. My task is to read the Murli... my Baba's Murli. When Baba sees you as a good effort maker, He will definitely give you love. That love will make all the sorrow you had ever experienced disappear and a natural

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DADI JANKI – 30 MARCH 2013 (PM) – GYAN SAROVAR

PERFORM SUCH ACTIONS THAT MAKE YOU HEALTHY

It's time to become complete quickly. Baba is making us ready to rule the kingdom of the Golden Age. I used to watch Baba very closely. In the sakar and avyakt forms Baba has a great deal of love for the children. Baba doesn't want any child to miss out. He gave great love in the sakar form but he is giving us even greater love now. When Baba was in sakar he had to give time to sleeping and eating. He slept little; he was always the awakened light. Now he has much more time to serve the children. Brahma Baba gave his body on loan to Shiv Baba. When you give a house on loan, you don't stay there. However Brahma Baba stayed in his property even when Shiv Baba borrowed it! The grandfather and father come together to serve the children and create the kingdom. However, Brahma Baba still had to make effort to become karmateet.

To understand the knowledge is the work of the intellect. To make the atmosphere good is the work of the intellect. One has to keep value for one's intellect. Everyone has received the knowledge of the soul and knows they are the child of the Supreme. There is faith in the intellect and faith leads to intoxication. When there is faith and intoxication one gets experiences through ones karma. When ones intellect inculcates the knowledge it can turn to God. Previously the mind kept coming under the influence of the sense organs. Now through the power of purity and yoga,

we perform good karma through our sense organs. In this way the mind can stay in a state of peace.

When there was impurity in the soul, there was the feeling of being unworthy. But we are now becoming worthy of praise, worthy of being appreciated and worthy of being worshipped. This all happens only at the Confluence. Whatever are the qualities of the Father should come into me. Having attained Baba we have attained the whole world. We have attained so much without spending anything. Now ask yourself; do I have value for knowledge? Do I have value for time? If you value good thoughts then you will use your time successfully. My effort should be such that I receive the blessings of Baba. If you follow Shrimat accurately you will receive those blessings. However, follow manmat and you won't be able to have remembrance and neither will you receive Baba's blessings. It is remembrance that finishes all difficulties. Day and night, eating or sleeping, wherever you are staying, continue to check the self and you will continue to change.

There are four things are life: 1) When the child is courageous, the Father helps. If you don't have faith in this, if you doubt, then you will not be able to have this experience. Don't have doubt. Assure yourself 'it will definitely happen'. Courage is needed for practical life. 2) The Lord is pleased with an honest heart.

Baba will give help when he sees your true heart and your courage. If there is not a true heart then the contract with Baba gets cancelled. You will then feel heavy. How much work can someone who is heavy do? 3) Remember, there is no nourishment like happiness. Never get tired. Getting tired is a type of illness. Because of tiredness the body gets sick. 4) There has to be continuous effort. If you become slack in making effort then you will get lazy. Don't look behind – it is not auspicious to look behind and it is a great mistake to look behind. I am making my fortune now. The past can trap the soul and make one spin around. If you can't get along with someone then who is to blame? Each one will blame each other. Realise what a waste of time this is and finish it off. Each one has their own role in this drama. If I reduce my feelings for you to become complete, then I myself would be harmed. My feelings for each one should be very elevated, very pure, very beautiful...

Therefore, be wise, be intelligent. If someone is not wise or intelligent they cannot take the full help of Baba. The power of purity can be received from Baba. If you don't take the full power of purity from Baba then you will experience all types of external influence.

It is our pure love for each other that reminds us of Baba. If we didn't receive love from Baba's home then what would our stage be? My stage has to be so high that I can fly way up above in a second. If you can't get off the ground or you keep hitting turbulence, there will be some concern about what will happen to you. Thanks to Baba we can fly up above...

Now keep value for time. Realise what Baba is giving... Keep good feelings for yourself and for others and these good and pure feelings will lead you to your stage of completion.

Dadi Janki – 28th March 2013 (am) – Gyan Sarovar *My happy heart (meeting with a group)*

smile will appear on your face. You will remember the One who is giving you knowledge naturally. By remembering Him, your yoga will become natural and that will lead to tapasya where nothing and no one but Baba is remembered. This is how the past negative karmas of a soul are destroyed. My yoga can be like a fire through which attachment, greed, anger, ego and lust are burnt. A balance of remembrance and service also destroys the sins of a soul. Beware though; allow even the slightest ego in the self and you won't be destroying your sins. So renunciation is also required.

Dadi Janki – 24 March 2013 – Gyan Sarovar Baba, the self and time...

From the Murli of the 22nd March, identify 10 points that touch your heart and you can imbibe in your life. It is not difficult to do this. Baba has told us that there is Bhagwan and bhagya. We make our fortune through remembrance and service. We have seen the way up... to above. Baba's home is our home.

Baba has come in front of us but He is telling us that we need to go home. He has come in order to take us back. So we need to remember Baba with a lot of understanding. He is telling us to spin the cycle of self-realisation. It is not enough only to remember Baba but the full knowledge of the cycle has to fit in the intellect. This is the Confluence Age. We sit at the Confluence Age and we then remember Baba and the home. We are sitting at the roots of the tree...

To know what we have to do, we refer to Baba. We realise ourselves and then become world servers. In order to become a world server I have to be a renunciate and a tapaswi first... The last meeting with Baba is to take place. Let's see what happens next year. We have to show to Baba what we have become in this last meeting. However, we have to be truthful. So, whatever you know you have to do, do it before the last meeting. There is Baba, the self and time... I have to understand these three aspects accurately. Understand these accurately and everything will become easy for you.

Today Baba spoke about the karmateet stage. We have destroyed our negative karma and settled our accounts. Whilst being karma yogis we have settled our karma and we can be in the karmateet state. Our remembrance has to be so powerful that there is not even a slight factor that moves us away from the truth; no old habit, no attraction to anyone... The moment of death can come at any moment.

Even mercy has to be filled with spirituality. The realisation of people's specialities and virtues has to be filled with spirituality. This is very deep. It is not a matter of knowing and understanding... but... Leave the 'but now'. This is not time for 'but'. To become karmateet one has to conquer the vices – 'but' is not relevant here. You then can become complete and an angel. When one conquers the vices they are near to the karmateet stage. There should not now be any lack in virtue... no impatience... no lack of maturity. No feeling of too much sensitivity...

if you are in attraction and repulsion you are not in the state of an angel. We have to reach that point of being beyond these things. There is still time.

Time in Madhuban is extremely valuable. Due to His love, Baba pulls our ears through the Murli. Always understand that the Murli is personally for me... Whatever Baba says is for me. Keep your third eye open. Keep your three eyes open and see the three aspects of time. You are masters of the three worlds.

We are now going towards the incorporeal stage... We sit and practice this. We don't think about the body... we go immediately into the incorporeal stage. We then can move easily to the avyakt stage. Rehearse this stage. Don't just remember the points. We are actors in this drama and the final paper is going to come. Baba won't tell us when. Even if we ask, He won't tell us. What He told us in earlier Murlis has now come into the practical form. Baba had a plan... When speaking the Murli He is the unlimited Father, speaking the unlimited knowledge and giving the unlimited inheritance. We are the children of such a generous father.

These are the last moments of our last birth; we are going home. Are you rehearsing this? Are you allowing yourself to be pulled up above? You can do this! You can achieve it! When one has courage, Baba helps the soul. Do you understand now what you need to be doing? If so, then do it right now! If I don't do then who will? Do you have this intoxication? Do you have this much faith in yourself? Others may be moving forward but don't think about this and compare. Are you seeing yourself with your third eye? Get on with your personal work. How anyone else is doing is nothing to do with you. Baba knew what he had to do... he became detached and was always loving. He knew that everyone had to reach their personal best stage... and claim their own golden aged fortune.

Baba doesn't want any of us to waste our time. His mercy is to tell us this and to give us the blessing to move forward...



Om Shanti