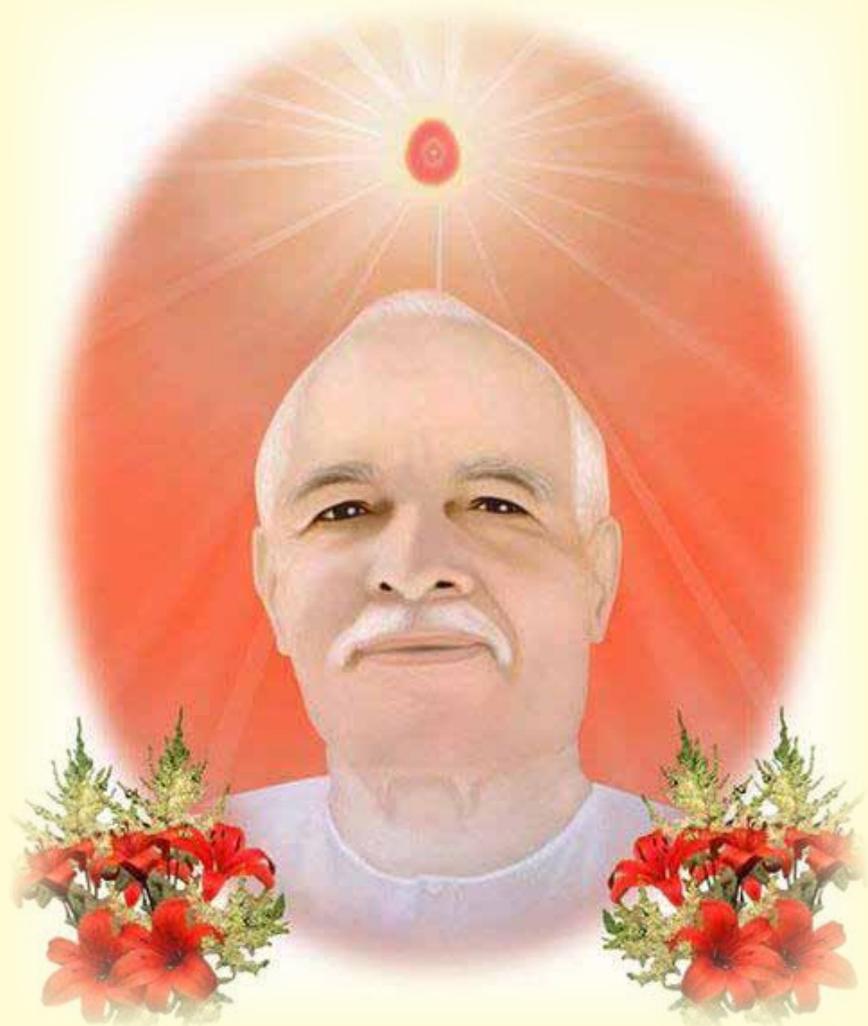




**Brahma Kumaris - Dadi Magazine - July 2013**

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## **Dadi Janki - 12 June 2013 - Shantivan Create your fortune now**



One who understands the importance of amrit vela and pays attention to having good connection with Baba at that time can remain problem free. Evening meditation is also very important. We do meditation in the morning and in the evening, then during the day, we practice being karma yogis as this is the field of action

Baba has given us knowledge and we have to pay attention to it. I need to think for my own self 'What do I need to do now'? We need to perform such elevated actions that our past negative actions are finished and we experience super sensuous joy. We need to pay attention not to create any more negative karma now. If I create more now then how can I finish the account of past negative karmas? I have to pay attention to finishing the past account through yoga and through the power of elevated actions.

Each and every soul is creating its own stage through Baba. The best service is to make yourself into an example. You are all examples in front of me (Dadi). Don't now even perform ordinary actions. Keep looking at Bap-Dada, make them your companion and you will become a sparkling star. Practice being a sparkling star. Baba is Janijananhar... He knows our hearts. No human being can really understand another like God can understand. If you keep looking at Baba then He will definitely keep looking at you. He knows us and we know Him.

The world of peace and happiness will be created through our sanskaras. So think deeply how should my sanskaras be? I am a soul, the child of the Supreme Soul. We have been shown how to take the inheritance of liberation and liberation in life in a second.

***Om Shanti***

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## DADI JANKI – 24 MAY 2013 – GRC, OXFORD

# NO ONE SHOULD PULL MY INTELLECT



At amrit vela Baba gives us love. During the murli he gives us not love but attention, seeing with what attention children are listening to the murli. In the form of the Sat-guru He gives shrimat. Throughout the day we conduct our lives according to shrimat. What else do we do? No dictates of one's own mind nor of others because we don't know how to do that.

No manmat or parmat. Shrimat has become so powerful for us. God says: Be manmanabhav; leave everything to Me and I will take care of everything. I will do everything or inspire someone else to do it.

We follow shrimat of the one who is God, who is shri shri, the most elevated, whom we refer to as 'Baba'. With recognition from our hearts we say 'Baba'. Baba spoke about the stories of God, the Friend, of Hatamtai (putting a bead in the mouth - don't say anything) and Allah-Avaldin (Aladdin), God the One who creates the kingdom.

Today Baba said: You have to take precautions. Doctors give medicine but you also have to take precautions – or what would the doctor think? What's the first precaution? Eat very carefully. You're eating vegetarian – that's one thing, but what are you eating? Maya is the Maya of taste buds, then 'taste' for the ears. Maya chases after the children again and again.

Baba had so much post. If letters came from abroad, Baba would say: Give this to Janki. Dadi didn't know that Baba was going to ask her to do service abroad at that time. On his last day Baba answered 40 letters. He wrote to Dadi also on that day. Until the final moments, it's OK, if emails keep coming. Each one needs a reply. Sometimes Baba would give me the letters and tell me to write

the reply. We have Baba's letters in his writing in Baba's room in Pandav Bhavan. Baba wrote the letters and would ask someone else to rewrite in clear handwriting on top of what he had written. They would then be put in an envelope, addressed and stamped.

You can't send a letter without a stamp. Baba made my own address very firm for me: Shiv Baba c/o Brahma, Pandav Bhavan, Mount Abu, Rajasthan, India. If you don't write c/o, how can the letter reach its destination? Baba taught us a lot about being accurate. The post should go on time.

### *'When we read Baba's murli we remember so many things about Baba'*

We die a living death. We die whilst alive; we don't become merged in the ocean or lost in the ocean. The Ocean of Knowledge is the Purifier. Reading the murli, I see how Baba is - so in the unlimited. All souls are His children, all adopted through Brahma. Those same souls who are Brahmins become deities. Baba has to look after all of them. We understand who is speaking the murli and who He is speaking to. A little Maya and we can't listen to the murli – we feel dopey or we look at our watch.

The murli used to last 2-2 ½ hours. We listened to murli in the morning and revised it together in the evening. We'd revise it during the day and have a lot of love for each other through this. We bathe twice a day in knowledge. It's very easy. We just have to do what Baba says,

and then our status will become very elevated.

Baba's blessing was so beautiful. What kind of glasses am I wearing? To see what others are doing means my glasses are not good. To see God means my glasses are good. People sometimes don't know what glasses are good for them. We need to be opticians! Baba gives such wonderful examples. He calls Himself a Magician, a Jeweller, and a Businessman.

If I don't know Brahma, Shiv Baba wouldn't be pleased. Seeing who has entered Brahma we are also able to see the light that entered him.

'How do I understand that I am a soul?', Dadi was asked. See how well you've understood that you're a soul. God gave us drishti though Brahma Baba and took us beyond the consciousness of the body, considering ourselves to be souls.

Didi once went to Baba saying someone was creating chaos in the kitchen. Baba said: Why has your face become like theirs? Our face shouldn't become like the person we're talking about. Check your face before you speak.

Another time Baba said to me: Your yoga isn't accurate. I didn't have waste thoughts about it. Baba said this and then became bodiless and I myself then became bodiless; I realised then that's the kind of practice I have to have. This is essential.

Mine is only One Baba and no one else – no one should pull my intellect. If someone is attracted to my name and form, it's not good. If I want anything, physical or otherwise, from a human being it means I have no yoga. So, we have to be bodiless and incorporeal.

## SR. MOHINI – 15 JUNE 2013 - MEXICO RETREAT

# THERE IS A SECRET OF ALWAYS FEELING BELONGING

I am feeling very beautiful vibrations and seeing the big family here. There is a secret of always feeling belonging – to say ‘the yagya belongs to me’ even before the yagya makes me belong. Dadi Gulzar speaks very little but within 20 min she said 3 times – ‘Baba wants to see such faces (chehra) and activity (chalan) that will reveal Him’. This is how we decided to take up this homework.

Everyone in family will always be different but there is one quality we have to sustain – contentment. If I am content with my efforts, yoga, dharna, jewel will be sparkling on forehead. This indicates I am making progress. This contentment brings power, self-respect. Discontentment always starts from within and then it is expressed through eyes, words. Through contentment, you serve souls in a natural way. Everyday check, how I remembered Baba etc. Eventually we should have nature of contentment, with no desires. Contented persons look very royal. If each one is content this way, the whole family will be content. We have to create sacred spaces in our centers with our inner calm and contentment. Contentment then makes you carefree.

Baba asked me once while offering bhog: ‘are you surrendered in every thought?’ Baba wants us to be free from the slightest worry or concern. With contentment, there is generosity and constant good wishes for everyone. Baba takes care of everyone. Do you think that EVERYTHING belongs to Baba – even good ideas? Dadi once said when I have an idea, or thought, I give it to Baba and leave it with him and see if and how it becomes practical. Once something belongs to Baba, and Baba becomes trustee. There can never be any loss or anything lacking. Everyone take this canopy of Baba’s care. He wants to do this so we can be free, our intellect can be used for Him. When I am free, Karankaraavanhaar

Baba can use me and I can feel like a sovereign. Mind doesn’t have to be always working. Mind has to become peaceful mind, quiet mind, and silent mind – not in pieces. I have to be free and carefree.

When I think of Baba, I inherit Baba’s qualities. This is the main inheritance. Worthiness of soul comes through purity and inheriting Baba’s qualities. Baba has given us unlimited task of giving message to the world but still he is looking for worthy children. Worthiness depends on capacity and quality of the soul. Based on the homework, did you give marks to yourself?

Now we have to become conqueror of the mind and conqueror of the world. For this you need some short practices, and then mind will start following naturally. In sakaar Baba’s days, after murli, Baba would go into the room, continue churning and say, ‘the murli Baba spoke, He spoke last kalpa and will speak again the same murli’. Mind has tendency to think ‘this could have been better, that should have been like this’. Pay attention that mind doesn’t go back. Discipline the mind, make it your friend, and increase the capacity and quality. Not only to put a full stop but ‘this is how it happened last kalpa and it will repeat’.

How will I change sanskar? There is only one method -just remember Baba. God is silent pure energy, He doesn’t think in incorporeal world. If I have to activate this pure energy, I need to remember Him. When we remember Baba, the silent and pure energy responds. We remember with a lot of love and thinking of our eternal relationship with Him. God’s child should not be governed by sanskars. God’s children should be governed by God – to be a master and not be subservient.

Take some practices and do them as often as possible. E.g. of soul con-

sciousness -‘I am soul, using sense organs in the awareness of who I am’ – like this there are 8 aspects of soul consciousness to practice. Then comes, bodiless stage – I am soul separate from body, not using body. You are able to cross difficult situations through this practice. Even though you may go through adversities, what is left with you is a lot of power and learning. You create new sanskars with this practice. From bodiless, angelic stage emerges. Brahma Baba would pass and see someone doing wrong, but never say anything just give light and might. This is what family means.

We all remember one Baba – we create harmony. We all follow shrimat – there is harmony. The 3 Dadis are so much together because the quality of their efforts is same. When it comes to level of efforts and Baba’s task, there is no discord even though there may be different ways. Everything happens according to guidelines. Some people know how to manage differences. We need to see the difference as specialty. If there is spiritual harmony, then physical differences are not a problem. One God, One shrimat – this is our spiritual harmony. Sometimes we mix harmony and managing differences. Even though we are one family, we are all different students of same university and of same teacher. We are also followers of same guru. We are also travelers; some may like to go on and some not. We are also spiritual friends but not in bondage to each other. You can offer your company, but do not wait for the other.

Understanding of relationships within Brahmin family is very vast – different speeds, styles etc. We do not have to agree to each other in many things. But we have common principle and we follow it. We are interdependent but also independent. We want to be mature family,

*Continued bottom next page*

# DADI JANKI – 4 JULY 2013 - SHANTIVAN

## IT'S TIME TO KEEP CHECKING YOUR STAGE



The Comforter of Hearts is available to me all the time but He cannot help me unless I remember Him. I need to be clean and truthful and remember Him. Then he can help me. Baba has told us that a lover and beloved remember each other automatically. I have to create such a relationship with Baba that I also automatically and easily remember Him. Baba has told us that the way to do this is to develop all relationships with Him. Whatever relationship is loved by the soul should be developed with Baba. I have to remember Him in such a way that I can pull the love and the sweetness of that relationship to me. There needs to be that experience. In the relationship of a mother, the love is so sweet and protective... If I really relate to Baba as mother, the feeling that comes inside is so beautiful. Father, Teacher, Friend, Beloved... all these relationships with Baba are so wonderful. Experience these and you will feel SO intoxicated.

If you experience relationship with Baba you will never feel tired in service. You will be able to serve for hours in a state of intoxication whilst connected to Baba. You will not only serve physically but you will be serving through your mind. Not everyone has wealth to use in service but all of us can do this type of service. This is why in the Gita it is mentioned; Manmanabhav... concentrate your mind on One... absorb your mind in One... and in One only...

Be aware that if any relationship starts attracting you towards itself and you let yourself be attracted then everything that you had accumulated will be lost. This is why Baba emphasises the importance of linking the intellect to Him over a long time. At the last moment I have to be linked to Baba; there may be upheaval all around at that time but our last moments are very important, they lead us to our next destination.

First comes disinterest. Disinterest brings renunciation. We have to be able to forget all other things and remember only Baba - in a second. I may be working through my hands, I may be active in service all the time but the important aspect is that my intellect should not shake in any situation. We have seen how the Didis and Dadis have worked over time and this has been the most important aspect; their stability. They have never shaken, no matter what has happened. The Yagya is growing and destruction is coming closer. We have to wind everything up now and for that I have to make sure that my intellect is stable; that, no matter what happens, it does not shake or even shiver. Surrendered doesn't just mean that everything of mine (physically) belongs to Baba but also that my mind, my thoughts, my words, my actions, my relationships... all are surrendered to Him. I only use everything in the way He tells me to. Nowadays Baba is drawing our attention to our thoughts. Yes, service is happening through Karankaravanhar but what do I have to do now? I have to keep checking my stage. Challenges will come but I have to be able now to keep my own stage stable.

Dadi Gulzar has said that we should make Baba our companion and play

***Sr. Mohini – 15 June 2013 - Mexico Retreat***  
***There is a secret of always feeling belonging***

functional family. We all are different and it is okay. We are all trying to be like Baba. Do not expect anything from anyone. Move forward. We would like to move forward together but if the other one doesn't want to move, I do not have to wait.

Vices – come from body consciousness

Obstacles & storms of maya – we create out of situations (rather than thinking of them as tests).

Descent – due to decrease of purity

Let go of body conscious sanskars but also cultivate new sanskars in soul consciousness. This is what makes us candidates for golden age.

our roles as detached observers. This is the way to remain stable. My stage and character should be such that I don't defame Baba. It doesn't matter if someone is defaming me or criticizing me; I don't need to try to defend my name. A truthful person will never say, "I am truthful". The truth will always be revealed. Truth finishes falsehood. My Father is truth. The task we are performing is of the truth and for the truth. Since the beginning everything we have been doing has been true. The two vital virtues are truthfulness and purity. I have to be true to my 'core' and I need to maintain a pure attitude. The truth has to be in my thoughts. If I am this way then even if something arises that challenges me, I won't shake. I won't demand that this or that should happen. I won't act according to my desires. I won't perform any such action that would mean I have to lower my eyes afterwards.

So now check yourself. See yourself; is my intellect stable? Am I pulled towards any relationship? Do I pay attention to maintain relationships with Baba? Do I give any type of sorrow to anyone? If my intellect wanders at all then it means my chart is not ok. Baba explained these things to us with so much love and inspired us to write a chart.

*Om Shanti*

*Om Shanti*

## SR. MOHINI – 15 JUNE 2013 - MEXICO RETREAT

# OUR EFFORTS SHOULD BE GOOD QUALITY



Our efforts should be good quality – sato quality, not even rajo, with no mixture. Sanskars of rajo or tamo should not be mixed. Shudra sanskars (of making promise then changing mind), merchant sanskaars (of bargaining) and warrior sanskars (of struggling) should not emerge. If you use power of yoga, you do not have to struggle for anything. We have moved from silver age to golden age – Brahmin to angel to deity. Deities are shown on vimaans, very royal and stable. All the legs of a chair have to be firm. Then you can sit fearlessly. Sometimes you could be limping in efforts. This means that one of the four subjects must be weak or one of the 4 principles must be weak. This short time of confluence age, just think that I want to have sato quality efforts.

My remembrance should be sato quality – nothing between Baba and me. There could be 4 types of obstruction in Baba's remembrance – i) anything connected with body, ii) bodily relations and connections iii) material things iv) situations and circumstances. When there is nothing between Baba and me, remembrance becomes fire and Baba becomes the Purifier and we are able to burn quickly. Conqueror of mind means situations do not pull the intellect. Rajo intellect is still pulled by many things, mixes manmat with shrimat. But when intellect is sato, even if thoughts come I am able to get over them. The 'chit' has become clean.

Settling can be with suffering, battling or with lightness. Best way to settle is to earn more. As a soul with sato quality efforts, I am moving towards satopradhan stage. You are able to notice the rajo and immediately remove it. Purity should make the mind of sato quality. If I have renounced the vices and the old world, why can't I become sato? If you are of sato quality, nature would like to serve you, others will be inspired. The sato qual-

ity within the soul pulls the best from everyone. When you become sato, no karmic accounts emerge.

Baba is silent, ever pure energy. The silence comes from purity because there is nothing to think. Baba had said to me 'keep your line of intellect free so you can catch Baba's signals'. It is a habit to develop quiet mind and clear intellect. Service is only 4th subject. Soul is on a journey and the aim is to reach 100% perfection and become Bapsamaan. Baba is world benefactor and I have to match my qualification with Baba. You have to become unlimited. What is important for any service is to create vibrations of light and might. Through this, I can serve anywhere in the world. When you want your services to be used worldwide, then you have to have that quality of thoughts and efforts - I have to become complete, I have to be Bapsamaan.' Limited is not ignored but it is taken care of even better way. When you serve unlimited family, your limited family will be served. When consciousness is unlimited, limited will be served. For this, go beyond, be detached and see it. Go higher and see it. When you are not in a good state, situation looks very big, but when I go higher, and use power of yoga, there is no situation. Drama is teaching us and making us into good teachers. We have to qualify ourselves. One is quality and other is qualification – we have to learn, grow, and increase capacity. Open-hearted person will say let us have conversation and remove misunderstanding. Now we have relationship with so many souls, whether we know them or not. Our learning is growing all the time. It is different from realization that brings transformation. Very beautiful sanskar emerges of not blaming yourself or others. Baba does not blame anyone, He only blames Maya and Maya does not exist. How Baba enters this world and does everything without creating any karmic bondage. Just see and

watch Baba. You get power only from Baba. Even Dadis can give you ideas but not power.

Our bhavna now is based on knowledge e.g banana tree will only give bananas. As you listen to these things, our bhavna increases. First is bhavna for your own self and then for everyone else. Knowledge is being changed into feelings. We don't lose bhavna because of what someone is at present but maintain this feeling that he/she will realize and change. Our spirit is always high because we know that one day it is going to happen. If we lose bhavna, we lose hope. Once we lose bhavna, there is darkness. It is Baba's hope that is holding us. We have to share the same with the family. With bhavna, you can share sakaash. This is the best service you can do to any soul. Even if you have to say anything, say it with bhavna. Then the marks you get from Baba will be very high. Do everything with bhavna and share sakaash. Then you will see wonders of Baba and drama. You will keep singing Wah Baba, Wah drama, Wah my fortune!

When you say wah, even if something is not working, it will become wah! Drama is unlimited and everyone has their own part to play. Let me play MY part accurately. If there is jealousy, I am subtly cancelling the line of my fortune. As RCs our part is complementary. We know each other's qualities and also weaknesses. We support each other. We honor guidelines and respectfully play our part. Respect only comes by giving respect and by becoming worthy of respect. You get what you deserve, not what you desire. Trust creates ability. What I am able to do is only because the yagya trusts me. Trustworthiness comes from doing what is right, not doing something because someone said it. We have to manage the trust properly. One is to be trustee and other is to be trustworthy



# THE HARROW REPORT

16TH MAY 2013 ZOROASTRIAN CENTRE, HARROW, UK

## The Healing Power Of Happiness With Dadi Janki

Many old friends as well as those meeting **Dadi Janki** for the first time gathered at the Zoroastrian Centre, to hear spiritual solutions for experiencing the healing power of happiness. **MC Jim Ryan** welcomed everyone to the event: 'contentment, stability and happiness are constantly sabotaged by the consumerist mantra that 'enough is not enough' and we struggle and struggle to grasp this mirage of the unattainable, so we are looking forward to hearing of some new ways we can create a life of happiness and healing.'

**Alderman Keith Toms**, representing the Mayor Harrow, welcomed **Dadi Janki** and **Sister Chakradhari** introduced everyone to the notion of discovering the treasure and secrets of happiness within the self. She noted that 'whatever we attain through the physical senses is perishable and temporary' and yet there is a way to experience in life the healing power of happiness. In order to understand this secret and practise it in life we need to develop a stable mental stage and we can emerge this within ourselves when we understand that it is the soul, the eternal being that wants the healing power. **Sister Chakradhari** asked everyone 'Are you ready to take this healing power of happiness.... if so there is preparation needed to take this on':

She then led everyone into a powerful meditation to experience the stability of inner peace, and connected everyone to the 'sixth sense' – the spiritual awareness and the 'sixth element of light' – the world of the element of spiritual light which is the residence of the soul and encouraged everyone that with this experience 'you will be able to understand clearly and be able to put spiritual aspects into your life.

**Jim** gave thanks for this sharing of deep spiritual metaphysical secrets that open the doorways to happiness and healing.

**Sonoo Malkani**, a great leader for many years in the community of Harrow, then introduced Dadi as a 'beacon of light who gives unconditional love, a spiritual giant in a petite frame!' She mentioned that as we are all part of the human race we all seek happiness, whatever religion or cultural background we come from. Dadi had once reminded her, at a moment when she was in London and far away from her family who were in Pune that 'You are the dearly beloved child of the Immortal Father so forever more you are part of that divinity' and these thoughts helped her feel strong and powerful and no longer did she experience being afraid or homesick. **Sonoo** noted also that after all these years Dadi continues to smile and give love generously and asked Dadi 'how can we all share happiness and make it grow in our world, and how do we get in touch with this pot of gold inside that no one can steal?'

### DADI JANKI

- ❖ What do you want first happiness, peace of love?
- ❖ These are just words but it is the experience of recognising the self, the being of light and coming into the light, which is like being awakened.
- ❖ We have a beautiful Hindi song that calls out to God.....oh God, we are stumbling at every step so now guide us.
- ❖ We all have physical eyes and yet we are blind.....so which vision do we need and why are we still stumbling.

- ❖ The things you have to forget never remember them, and this experience you have tonight never forget it.
- ❖ We have to go beyond the physical to understand everything.
- ❖ Happiness, peace and love are all deeply connected.
- ❖ The heart has been hurt over a long period of time in so many different ways and from so many different places.
- ❖ Before marriage there is one type of hurt and after marriage with children there is a different type of suffering.
- ❖ From the time of receiving the introduction to the Supreme and the understanding of who I am I have never allowed my heart to be hurt.
- ❖ God the Supreme is mine.
- ❖ Ego and attachment had finished all my spiritual power. Now I am free from the ego and arrogance of wealth and position ...
- ❖ This awareness frees us from all types of discrimination.
- ❖ My feeling is that I am a child of God and a student and at 97 I am still learning.
- ❖ The One up above teaches us what to do now. There is never a question as to 'what to do' and 'how to do'.
- ❖ He is my Teacher and Supreme Guide so there are no worries. He is my true friend also.
- ❖ We would sing on the path of devotion that 'because of Your mercy and grace we experience so much happiness'.

## THE HARROW REPORT (CONTINUED)

- ❖ I do not ask for blessings from God neither do I give blessings.
- ❖ Many come to me and ask for my blessings. My response is that we cannot receive blessings by asking for them....
- ❖ By being God's obedient, faithful and honest child I receive His blessings.
- ❖ It is His grace and the faith that I have in Him, that does the work.
- ❖ There is a deep feeling from the heart that all of this is happening because of His blessings.
- ❖ I wasn't a fashionable or beautiful girl but God selected me.
- ❖ It is not a question of speaking about happiness but of feeling it. It is not a question of asking ....
- ❖ Have the practical experience of receiving happiness....who is worthy to receive it?
- ❖ Happiness can be experienced by those not chasing after temporary desires.
- ❖ By understanding 'who am I' and 'who is mine' there is nothing missing or lacking.
- ❖ Through Raj Yoga we attain sovereignty as we learn that I the soul, am a master of my mind and my physical senses.
- ❖ I am the one with a 'third eye' and am the 'knower of the three aspects of time'. (Dadi held silence to go into this experience)
- ❖ The Inner eye opens whilst sitting in silence. The intellect becomes pure, calm and quiet.
- ❖ Silence brings realisation that we are able to understand reality and are able to put this into practical life.
- ❖ Artificial showy happiness makes one peaceless. Happiness that is based on what I am eating, drinking and wearing is superficial happiness.
- ❖ God says become my true child.
- ❖ With the power of truth finish the falsehood within the self as well as the whole world.
- ❖ This is my pure feeling. By having faith I have received the fortune of being victorious.
- ❖ Never having the feeling of hopelessness
- ❖ I have had to face many difficult tests in my life but I have understood the meaning of 'Letting Go'.
- ❖ When we see and hear something we tend to speak about it, but I don't do this.
- ❖ At the very least I should understand what it is I have to see and hear.
- ❖ God is teaching me and I have received a lot of power by putting into practise the teachings He has taught me.
- ❖ I receive the power to remain constantly happy when I put His teachings into practise.
- ❖ Then there is not a single moment that I am not happy.
- ❖ We have to drop bad habits for all time. Many find it difficult to let go of habits.
- ❖ God likes us to remain simple and become a sample and then everyone is happy.
- ❖ When we have peace and happiness, love and bliss emerge and these bring power.
- ❖ Who can receive this and who is ready to take this? Do you really want it.....to receive it we need renunciation first.
- ❖ With deep feeling inside do whatever you want to do now because we don't know what will happen tomorrow.
- ❖ To be a Raj Yogi make sure you are not a slave to the mind or physical senses.
- ❖ Don't allow the ears to be pulled by sound, the tongue into taste and the eyes to what we see, especially watching the TV etc!
- ❖ Instead be concerned about what we have to receive from HIM
- ❖ When there is worry and fear then, of course, there will be tears.
- ❖ When there is worry and hurry there is hurry (bitter words) and no patience to speak sweetly.
- ❖ So speak the truth and speak less.
- ❖ Speak softly and sweetly
- ❖ Do not remember the past nor have expectations of the future.
- ❖ When we have patience we can be an angel in life.
- ❖ An angel is one who has no relationship with anyone else, except God.
- ❖ Accept from our Supreme Father. God gives us the 'gift of a lift' to go up.
- ❖ Have the feeling to bring about transformation in this world and become such that whoever sees you is able to forget the world.
- ❖ Each one should be able to go beyond the feelings of 'I and mine' of body and bodily relations.

*Continued bottom next page*

## DADI JANKI – 7 JULY 2013 - SHANTIVAN CONTENTMENT AND MATURITY



Have you learned how to be content? What is the method to remain content? What is contentment actually? The face and features of one who is content will reveal his/her contentment. Such a soul will be loving and detached as he or she is content internally. The eight powers are very important to one who wishes to remain content. The eight powers co-operate with us. If there is any fluctuation then go into silence... Keep on going into silence. Through silence, make your inner stage so powerful that no one and nothing can make you fluctuate. Make it natural for you to be unshakable and immovable. The one who is content knows how to satisfy the self and

others. One who is content feels that he or she is surrendered; they are free from I and mine. They feel that only Baba belongs to them – nothing else belongs to them.

The mind remains up above whilst the body is here. Our pockets are empty... Knowledge is our wealth. There should not be any carelessness or laziness. Carelessness wastes our time. Free yourself from carelessness and laziness and you will be liberated in life. One who is not careless enjoys life. If you think that you want to be natural then you will not be able to leave carelessness. Thus you will not be able to make true effort. Baba needs right hands.

For this, I have to make my intellect clean and clear. Only then can I catch what Baba is saying. Some make little effort. They remain under some sort of influence and thus are unable to catch what Baba is saying. However, they think they are very good. They actually don't take time to think about who they are and whom they belong to.

I have to become such an image that I am suitable to be worshipped in a temple... Think: Which temple do I belong to? Which idol am I? A deity gives and when a devotee comes in front of that idol, he or she feels very happy. Happiness creates a wonderful atmosphere...

### *The Harrow Report (continued)*

- ❖ Move into the awareness of 'I am God's adopted child, sitting in God's lap'.
- ❖ I wish to conquer my mind and physical senses and become a garland around God's neck, free from all other desires.
- ❖ Then sitting in God's eyes reveal to everyone who is my Father

Dadi took everyone into deep silence...

Jim Ryan thanked Dadi and noted that with Dadi's great spiritual power and energy field we are pulled into the wake of this experience and then gain confidence and strength to fly for the self. This is my experience of having faith and developing strength. I feel that each day brings a new experience.

Sister Denise Lawrence shared a few of her experiences of knowing Dadi since Dadi arrived in London in 1974, as they met just one week after Dadi arrived in England. Denise noted how through Dadi she has experienced extraordinary spiritual experiences, through understanding the spiritual information that Dadi shares and then 'climbing' into the experience that Dadi has been talking about. She shared her feeling of fortune to have had Dadi's guidance throughout these past 40 years which has helped her to move through the various attachments, ego and issues, which are part of the spiritual journey. She has always felt Dadi's continuous encouragement and inspirations and has the experience that Dadi has a 'catapult' she puts her in and slings her off to one place or project or another! She shared how she owes a great deal to Dadi who has shown us the way to churn the knowledge that we receive from the Supreme Being and how to make it our own and live it. Denise finished by encouraging everyone to apply the principles of spirituality and to meditate in order to take light and love and 'stand on one's own feet'.

Thanks were shared and Dadi left sharing drishti with everyone.

***'If a soul does  
not imbibe  
purity then he or  
she cannot have  
a connection of  
yoga with Baba'***

People outside don't understand about celibacy but Baba has explained this to us clearly. If you don't understand what tyag is then how can you do tapasya? If you don't do tapasya then what type of service will you do?

It is the time to be liberated in life and for this we have to be liberated from weaknesses and filled with virtues. We have to be beyond praise and insult, loss and gain... Before Shiv Baba came, Brahma Baba was never insulted... So to be content, one also needs to be mature. We have to know now how to satisfy everyone through drishti. For this, it is essential to have good wishes for everyone.

## CLASS FOR ORC NIWASIS BY DADI GULZAR, 22 – 23 JUNE 2013

### EXPERIENCED A MEETING WITH BABA WHEN YOU SIT IN REMEMBRANCE

*Dadi Gulzar ji arrived at ORC late evening on 21 June 2013. She was given a warm and loving welcome by all ORC niwasi brothers and sisters. The atmosphere was filled with joy and happiness.*

*From next morning onwards she has been meeting the ORC niwasias brothers in small groups department wise and sharing her inspirations with them and also powerful drishti.*

Everyone experienced a meeting with Baba when you sit in remembrance. Baba is with us and we are with him, this is such a sweet experience. Baba addresses us as sweet children and we say sweet Baba. Your fortune is so great because Baba's drishti fell on you. In the place where you lived earlier there would have been so many kumars and kumaris along with you but it's your fortune that Baba's drishti fell on you and you are here.

Baba selected you from amongst them and gave you an opportunity to create your future. You are all sevadhari engaged in service but always remember where do I belong? I belong to God's home. I am a sevadhari in God's home. Baba has selected you and given you the opportunity to create your future this is not less. So do you experience this to be your fortune that Baba's drishti fell on you amongst so many others? Baba has made your stay so comfortable. He has provided you with all comforts in the gross sense and also is sustaining you in a subtle way and has also unlocked your fortune. Did anyone invite you to come here? Of course sisters are instruments but the one who has selected you is Baba. You should have the intoxication that Baba's drishti fell on me. Let your heart sing Wah My Fortune Wah!!! Do you always have this intoxication of an elevated fortune or do you have the intoxication of the service that you are doing? Baba has made you

instrument so while on service always sing praise for your fortune and the one who has given you this fortune.

When we came into the yagya we always sang this song from our hearts with joy – wah my fortune wah and wah Baba wah!! This is the fruit of my tapasya of many births that Baba's drishti has fallen on me. So now I have to live up to that fortune and stay committed. Daily through the murli Baba fills me with so many treasures. Who else will get so many treasures? In the murli Baba talks about all the three worlds. It is Baba who touched my intellect. Though sisters have been instruments but Baba is the one who has given inspirations. So do you always dance in happiness? If your mind is happy then the world will also be happy. And so Baba has made our hearts happy and that is why he has become ours. So the heart says Baba is mine. Do you always have this happiness and intoxication? Are you constantly happy or if something happens then your face changes? So things will come and tests will come but your job is to overcome them and to drive them away. Drive away the unpleasant things that come your way and just keep saying and feeling Baba.. Baba. You will not get such a Father even in the Golden age. This is only one birth of sangam when we experience the love of the unlimited Father.

If you remember your fortune then you will also remember Baba because he is the creator of this elevated fortune. Enjoy the nourishment of happiness everyday. During winters Baba used to feed us with plenty of sweet toli and he would ask us to run a few miles and come back. Even now he feeds us sweets in the subtle form everyday. He feeds us the nourishment of happiness everyday that children always remain happy and keep others happy. Whoever comes near you let that one have the experience of happiness. Can you do

this? You should have full faith that no matter whatever happens we will remain firm and unshakeable. Invite maya to come. What is Maya? If you keep Baba in front of you always then Maya will become unconscious. So always be happy.

Though you are engaged in service let it not appear to be ordinary. Baba said that in those days the mothers had left their homes and come and so there used to be great spiritual intoxication. And also this triggered lot of angry reaction around. So Baba used to say donate the rays of peace even to the angry ones. Everyone got angry on Baba and blamed him for taking the mothers away. Once a man came with a sword to kill Baba. As he entered Baba's room he found Baba sitting quietly on his gaddi. He started to look for Baba in his room but he would not be able to see Baba at all. He just saw light. He then realized his mistake and begged pardon from the watchman outside the gate. He also confessed that his intentions were not good. This was how powerful Baba was. So if we are powerful inside then Maya cannot harm us at all. There is so much difference between Maya and God. I have also given many exams. My relatives used to come to see me in the yagya and because I came when I was very young they always would ask me – Am I happy? Hence Baba always says your face should always look happy. How does the face of the child of the king look like? And you are after all the children of God. So Dadi now has only one request that when I come next time all of you should say No problem and when you will give this result to Baba then Baba will give you a lot of love. You have all come here only for the love of God and all of you are sensible, aren't you? Check your chart every morning – what did Baba say in the murli today? What was the aim and objective? What was the blessing? Set your daily routine

*Continued bottom next page*

## DADI JANKI - 7 JUNE 2013 - DUBAI

# THE POWER OF LOVE IS DRIVING ME

I do not know why I am here in Dubai. I do not even remember that I was in London yesterday. Why am I telling you this? Forget whatever has passed and enjoy yourself. The coming scenes will be very good. There is no worry about the future. Baba has taught us to make every second worthwhile. In one hour we have sixty minutes and in one minute we have sixty seconds. Everything is being put to good use.

Baba said that, when you sit in remembrance, you must not remember service. Remembrance should be such that service happens through remembrance. Service should not be remembered during meditation. You know the benefits of sitting in remembrance. The impossible becomes possible! If you want to perform the greatest act of charity,

then spend your time in a worthwhile way. Baba's power is received only when time is spent in a worthwhile way. It is His power that is working. One is yaad, the other is yoga and the third is love for God (Sneh). There is so much love that the power of love is driving me. Why is Baba giving that power, and whom is he giving it to? With His power, no one touches even the hair of Baba's sweet, long lost and now found children. We will never get such a father in the entire cycle.

Do not say 'mine', 'mine'. When you say 'mine', you will get caught. Everything is Yours. Be free. Baba, everything is Yours. Baba says: The treasure of happiness and peace that I have, that belongs to you. So, when you let go of 'mine', all the Father's treasures belong to you. To stay happy, to sing the praise of God, means

### *Class for ORC Niwasis by Dadi Gulzar, 22 – 23 June 2013 experienced a meeting with Baba when you sit in remembrance.*

based on the directions in Baba's murli. Make a note of the points of the murli in your diary and then prepare a time table based on the murli for your spiritual efforts that at this time I will churn about this and at this time I will be in this stage and so on. Prepare yourself mentally that during breakfast I will think about this and during other service I will think and feel like this. Fix your timetable as per the murli. Continue to make efforts in this manner. Just like you make plans for your service throughout the day similarly plan the timetable for your mind too. Also before going to bed daily check your chart every night. Was my chart accurate and as it should have been? If not then why? If you were not able to keep up your chart as planned then ask for forgiveness from Baba then you will escape the punishment from Dharamraj later. Promise to Baba that this mistake will not repeat in the future. We should be so powerful that we go with our heads high like masters bidding good-bye to Dharamraj and not being afraid of him. Because we are the ones who are being sustained by Baba directly. Whatever service you have got Baba has sent you to the service place and because he has placed you wherever you are it means that you can do that service. Have complete attention on the self because the conditions of the world are getting worse day by day. Even if you spend lot of time listening to this news it's a waste of time and thoughts. So Baba says become a detached observer and watch the drama like a witness. During the murli do not allow your intellect to wander outside. These are Godly versions and God is relating them to us directly so have the importance of this and listen to the murli with this awareness. The task of world transformation will only happen when each one of you transform. It is our collective responsibility and not just the responsibility of the seniors. You also belong to the yagya. So even if there is one weakness in the gathering the entire gathering will become weak.

to be happy always. To be upset means not to like something about others or about the self. Then there will be no happiness. First, we need to keep the attitude pure, elevated and spiritual. This affects the vision. This is the essence of the study from which you get plenty of happiness. The 18th chapter of the Gita speaks about being free from attachment and the embodiment of awareness. That should be the final stage. One who is free from attachment is egoless, viceless and bodiless. When we understand the essence of knowledge, then we get happiness.

If there is even the slight trace of Maya, it will not allow you to remember. Say 'Baba' with your heart and Maya is driven away, and you are under His canopy of protection. His canopy of protection is above me. There are eight portions in an umbrella. The umbrella of eight powers, the canopy, is over the head, although it is held in the hand. Good actions are performed with the right hand. If the work is not done well, the heart gets burdened. This is because you say: 'I have to do the work'. The One getting things done is getting it done. I am the instrument. If there is no burden, then there is bondage: I want to but some bondage is pulling me. Think about it, time will pass and this opportunity will not return. Don't blame anyone. Keep doing good things. The One getting it done will get it done.

I become light and receive might. One is light (vs darkness) and the other is being light (weightless). Both have the same spelling. Light is ours, might belongs to Him above. So, I have to do the work of a lighthouse. What does the lighthouse do? It sends signals; it does not say anything. Wherever you live, be a lighthouse: light, might and everything is right.

Do not get confused or else darkness will take over. Don't be confused, don't have fear and do not be scared. Stay away from these three diseases. Will you be free from these three diseases?

## DADI JANKI – 10 JULY 2013 - SHANTIVAN QUESTION AND ANSWER



### Q. Is there an easy method to become one of the 108 jewels?

In fact time for this is just about finishing. If you want to come in the Rosary of 108 then we need to understand deeply and realise about the soul, knowledge and drama. Thinking about the 8 jewels, we can see what Mama, Baba, Didi and Dadi were like. You may not have seen Brahma Baba with these eyes but you would have had subtle experiences of him. See Dadi Chandramani and Dadi Vishva Kishore. Dadi Gulzar does not give names but if I look on a subtle level then I observe that their stage of being a soul inside the body from the beginning until the end, was very high. The received the certificate of being equal to the Father. However, the stage of most souls keeps going up and down. If you were to pay attention to having a stable stage all the time, of having one Baba and none other, then you could be threaded in the rosary now. The ones who are to come in the 8 will be able to invoke the 8 powers and use them effectively. On the journey of life there will be many situations that come but I have to be able to pack up, put a full stop and leave all of them.

### Q. How can we put a full stop in a second and rise to the highest stage of consciousness?

We all want to rise to the highest stage of consciousness and for this we need the help of the powers. There are three main aspects that will help in this. The first is to remain content. Not following manmat or parmat wins us blessings and those blessings help a soul to remain content. If I follow Shrimat I have the hand of God's blessings over me. Shrimat includes the maryadas and all the smaller rules and regulations. This includes being punctual. This includes not speaking or even thinking about others; not wasting my time in such things. In order to come in the 108 one needs strength not to be drawn into anything that may lead

one to perform wrong actions and in order to be able to let go of the past. To stay content one needs patience. If I get even a little impatient it means I lack strength. Third is tolerance power. My mood should not keep changing. If I remain stable then I accumulate energy and I can deal with anything. My stage should not be such that it attracts other's mercy. I should not look at the moods of others and get affected. If I have faith in victory and in my truthfulness then I will receive the return of my bhavna. We need to take care of our energy. The one who is to come in the 108 will have only one concern; to become viceless and all virtuous. The will want to remain beyond the effect of karma. Such a soul will never come into tension. We never saw Baba, Mama, Didi or Dadi tense... They did service all the time but they were never tense. See your face in the mirror of Baba... You will then realise your mistake and Baba will erase that mistake.

Accurate remembrance helps one forget the past. Baba emphasises on remembrance in every Murli and we need to go into the depths of why He does. What are we doing at the confluence? We are checking and changing. No one should need to give me teachings and if they do, I should consider myself fortunate and say, 'Ha ji'. The effort I need to make is to clean my own heart. I should not remember people, nor should I remember situations or anything of the past.

### Q. What type of soul does Baba like?

Baba loves those souls who pay attention not to see the weaknesses of others but rather to see their qualities and strengths. He loves those who look for the good in others. When such souls speak, it is as if their words arrows that hit the target and through which others have realisation and thus awaken. I have to only look at how I am and what I am doing. This is what I need to pay attention to. I don't need to pay attention and get affected by how

others are and what they are doing. I should not get tired whilst staying with others and others should not become tired when staying with me. Leaving things and forgetting the past is a challenge. I have to stop coming under the influence of my own nature and the influence of the nature of others. This is a very subtle aspect. If I come under the influence of the nature of others then how will my own nature be? If my bhavna is pure then I will automatically be doing service. I should not sometimes be heated and aggressive and at other times cold and uncaring.

### Q. Sometimes life seems boring; we have the same routine and meet the same people. How can we remain inspired?

It is essential to wake up at amrit vela in order to remain inspired. We should also deepen our love for the Murli. When Baba became avyakt we were concerned about how we would receive Murlis. However, we continue to receive Murlis. If you need something new all the time then you will not be able to enjoy, Baba, Murli and Madhuban... Even if you went overseas then these are the things you would carry inside you... How can we be bored? To be bored is a type of fashion – it means you want something new all the time... Baba has told us to create a model of Madhuban wherever we are... Practicing soul consciousness, the bodiless stage, detachment – these keep us busy and the practice gives so much strength. I should not become hopeless, thinking that I have made so much effort with someone and they are not changing. No, we need to co-operate with each other with true hearts. To think that someone else will never change is to curse them. It is internal work that we need to do. For example; we receive blessings every day. I should try to compare myself to the blessing in the Murli and then see the work I need to do. We move ahead on the basis of blessings.

# DADI JANKI – 7TH APRIL 2013 – OM SHANTI BHAVAN IT IS NOW THE 18TH CHAPTER OF THE GITA



This is the last chapter of the Gita; one has to become the embodiment of remembrance and the conqueror of attachment. It is time to become totally content, without questions. If you have even a little question, then you cannot also be in remembrance. You cannot have dharna. One who is discontent keeps asking questions. One who is content, remains quiet.

God is speaking especially for His children. We are all His children – whether small or big. A wise one knows that if he or she has faith in the intellect, victory is guaranteed.

Once we start receiving nectar ourselves we want to give it others to drink. We are given very sweet nectar to drink and it makes us sweet. It makes our interactions sweet; we don't get irritated. We stop thinking, this is yours and that is mine... I am a child of the Supreme Soul – stay in this intoxication. You will then become a victorious soul on the battlefield where jealous maya tries to pull you away from God, your Beloved. Maya wants to find some reason to spoil that relationship. Maya will creep up on us... So remain aware... Maya will try to attract us. She will also try to make us worried and fearful. However, remember that your Father is the Supreme Soul, the Almighty Authority. Stay in this awareness and you will overcome obstacles.

In the early morning we are students and then we become karma yogis in the daytime. Through our features we can see our future. We are revealing the future through our features. We have to be concerned about achieving a 'kingly' status. Thus, don't make mistakes. If you start making mistakes that will become your habit. Maya will then see that she has a chance.

Our personality has to reveal our contentment... The knowledge is

incognito and the inculcation of it is also incognito. If you inculcate it then you will easily be able to do service. In service we need to have a detached and loving nature and no desires. This doesn't mean you will go and sit alone by the ocean and do service. No, it means to stay in loving relationship with your brothers and sisters.

***'To move forward on this path, the main aspects are to be true, peaceful, sweet, mature and deep'***

One should never have a bad mood. My mood should never even be slightly off. There has to be one Baba, soul consciousness and the awareness that I am doing Baba's service... no wish for name and fame. There should be the awareness that this is Baba's Yagya. We are eating food from the Yagya so we have to make sure that we are doing service.

When I meet Dadi Gulzar, there is the feeling that we are only looking at Baba. We are focused on Baba whilst seeing our brothers and sisters. There can be no moment that I feel negative towards others. Negative feelings for others are often based on jealousy – this one is moving forward and getting many chances. No, I have received everything I had to receive. Baba has made it all happen.

Baba has gathered souls from all over the world and, in this way, made the whole world His. Baba is smiling, seeing everyone in the world... He is sustaining us with

so much love. He doesn't want any weaknesses to remain with us. He wants us to become the conquerors of maya. If you are defeated, you will feel pain. It will show on your face and in your activity. Therefore, don't let yourself be defeated in any aspect. The soul conscious stage makes us powerful. The soul conscious stage makes our drishti very accurate. If you say 'Ha ji' to Baba then the Master will always be with you. He will bow down in front of you. You will be combined in remembrance and in service. In yoga your stage will become firmer and firmer.

If you accumulate then you will firstly become a donor and then a great donor. You will finally become a bestower of blessings. We have to be tireless in effort. A great deal of happiness and power comes from doing service. We have to do service with our very bones.

If there is illness it is because there is fear, worry and sorrow. If you want to destroy an illness you need truth, love and the faith that everything will work out well. We have to merge everything. Even if you have to leave your body then that also will be good if you prepare in the right way... I have to leave without fear and worry. I have to finish everything off... don't keep anything that will pull you at the final moments.

We have to go back without anything. A baby comes into the world without anything – a baby cannot bring anything into the world with itself. I need the sanskara of patience. I need patience in my thoughts and my words. The right thing will happen by itself. Be still... be silent... Wherever we sit, we should create peace. Within peace there is love, peace and bliss. In peace, in silence, our vibrations reach far.

*Om Shanti*

## DADI JANKI – 9 JULY 2013 - SHANTIVAN BECOMING A CAREFREE EMPEROR



There is a difference between worrying and caring. Worry first makes the soul distressed and then hopeless. The solution to this is firstly to think about myself. I need to realise myself... I can then think about God and really realise who that soul is. However, I don't need to just think about this; I need to actually connect to God and thus experience it. There is one true strength and support for the soul... God. When one worries the knowledge of the true self disappears. Go deep and check: Do I have any worries? Worry eats away at one's faith. When there is faith there is victory. If you allow a trace of doubt to arise it will lead to more doubt... If you allow your faith to lessen then you will begin to doubt both God and human beings. When someone's vision becomes doubtful, they look at everything and every situation with doubt. All of you care about Baba's service but one should not worry about any aspect. When one has no worries one does service automatically. That stage of being worryless or carefree is revealed on one's face. Actually, no one knows what will happen tomorrow. Why then should I worry? What I do need to do however is to pay attention to myself because God and the people of the world are watching me. Self-service includes service of all. People notice my face, my stage... Vibrations travel across the world... Pay attention to the fact that Baba is watching you. What does Baba like? Baba likes 'my child'... Listen to the blessings in every day's Murli and compare your stage with those. I need to pay attention to what I need to do and what I don't need to do. I have to be such that I can keep the love of Shiv Baba with me and He is the Innocent Lord, so think about this. How do I need to be to maintain a loving relationship with the Lord of Innocence?

If you keep that true relationship with Shiv Baba then your every word will be 'coated' with intoxication.

That intoxication will be felt not only by you but also by others. However, sometimes the soul comes under the effect of the false intoxication of body consciousness, so watch out for this. That body consciousness will prevent you from becoming content because body consciousness leads to all types of desires. If you have desires you definitely won't be carefree. There will be worry about when something will happen, when you will receive something... This is why Baba tells us again and again to do what He says and by doing what He says the soul becomes free from desire. There is sometimes some aspect that you may feel you can't share with anyone and then you start thinking more and more about it... Worrying about something can result in dealing with it in the wrong way and thus performing wrong actions. Do you feel you have conquered sinful actions? Someone who has conquered sin will not have any extra thoughts in their mind. Extra thoughts take us away from self-awareness and the awareness of God and make us perform wrong actions. I have to keep my mind peaceful and serene and my heart clean. When the mind is peaceful then the thoughts become very pure. When the mind stops wandering, serenity comes; the heart feels happy and starts singing the praise of God. The intellect then doesn't wander. It also works in this way: When the intellect is pure then thoughts become clean and clear. Determination then emerges. That determination is filled with faith. The soul can then feel that victory is near because its thoughts are stable and determined.

So it is worry that prevents a soul becoming a carefree emperor at the confluence age. Baba tells us that we can live in the land without sorrow if we choose to. Have you reached that stage? Don't allow yourself to develop the habit of worrying. There are many aspects that arise, even in service, but Baba deals with them so

well... Many situations arose in front of Brahma Baba but he gave priority to maintaining his stage. If Baba had not paid attention, if Dadiji and Didi had not paid attention to their stages, then we would not be sitting here. If Dadiji had had even a little nature of worrying then Gyan Sarovar and Shantivan would not exist today. No one is now paying attention to their stage as much as they did. If no one else pays attention to you or your stage it doesn't matter; I have to pay attention to my own self. Even on a subtle level, I should not get affected by anything or anyone. There may be reasons that you can give for letting your stage get affected but it is not the time for that. I have to become one who finds solutions. It is really important not to worry because we have been told the importance of our last moments. If I have even a little bit of worry about my health or I am reacting to anything then it affects my stage of Manmanabhav. If I remain in the stage of Manmanabhav then I am automatically in the stage of madhyajibhav. My internal stage needs to be unshakeable; not that I am thinking, 'Oh, what's going to happen?' Baba has told us that situations will arise and for that I have to be accurate and ever ready. I may have to settle an account with someone... But under no circumstance, should I perform an action for which I have to repent. If anyone were to come in front of me at my last moment, they should see the stage I have created for myself, nothing else. You have done a lot of tapasya but have you created your stage of the final moment yet?

If I am not worryless now then when will I become that? It is not the moment to ask why or how something will happen. If Dadiji had worried about money then the expansion of Madhuban would not have happened. We should not ask, 'why' or 'how' but we should think 'it will happen'.

*Continued bottom next page*

## DADI JANKI – 2 JULY 2013 - SHANTIVAN

# WHAT IS THE ESSENCE OF THIS KNOWLEDGE?



The Murli and the classes we hear support our remembrance. When the soul makes effort according to the method Baba has given then, from the heart, the name 'Baba' emerges naturally. The soul will feel that it has no one except for Baba... In the copper and iron ages we praised Him, we spoke His name but we never really knew Him. We wandered round in all four directions worshipping Him but we didn't find Him. Yes, the desire was there but it was not fulfilled at that time. This bhavana was there but it is only now that we have received the fruit of the effort we made.

Who is teaching us now? There is magic in the Murli... It is God's magic. It introduces us to ourselves, to the Creator, to the beginning, middle and end of creation. The Murli teaches us to look at ourselves. Baba again and again tells us to stop looking at others and to stop thinking about them. We have to keep ourselves free from these things. Look at yourself even just for a few minutes today: Am I free from looking at others? Am I free

from thinking about others? Where is that looking at others and thinking about others taking me? Now turn it around. Look at yourself. See yourself. Then the negativity that you experience from letting yourself think about others will finish and you will feel positive because there is an opportunity for change. There is positivity when one thinks about one's own self, when one makes a connection with Baba and when one realises and then changes the self. Do you do this? Are you experienced in this?

Baba is the only One who could make his children free from worry. Look at the world; can you see anyone without worries? Baba is so sweet... He has made us instruments for world service yet we have nothing to worry about. Baba is the Magician; He has freed us from worry, fear and sorrow. What is liberation in life? It is to be free from worry, fear and sorrow. We are liberated from weaknesses. Here we have realisation through what Baba is teaching us and that realisation prompts us to change.

In fact, I have to think about what I need to do. It is no good thinking or worrying about what others are doing. That will only lead to some type of sorrow.

***'The essence of the whole knowledge is; who am I?'***

Who do I belong to? What do I have to do now? When you listen to the Murli are you realising who is teaching you? What is this knowledge teaching us... leading us to? It is the state of being, egoless, viceless and incorporeal. If one is able to finish all types of ego then one will be viceless. To leave ego means to move away from all types of consciousness of the body. All things related to the body. If one has really finished ego then there will never be a feeling of having been insulted. Baba has told us that those who insult us are our friends. Some are such that they praise someone when they are in front of them and insult them behind their backs. In the world, if someone does this, they make them an enemy. But here, Baba has told us that someone who insults us is our friend. Be aware though; you may not see the weakness of someone but to start noticing it when another person points it out to you is also a mistake. My attitude should not change. In fact, the one who talks about that person negatively makes him or herself into an enemy.

Shiv Baba is away from all things of the body... Brahma Baba is loved by all... Shiv Baba has given us such good nectar through Brahma Baba which sustains the soul. Now focus only on drinking nectar and move away from all other things.

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### ***Dadi Janki – 9 July 2013 - Shantivan Becoming a carefree emperor***

There are many pictures of Baba sitting in a carefree pose. Look at those pictures and think how you can become like that... Take one or two points from the murli every day. Go into the depth of them. Those two points then become nectar, which has the value of precious gems. It is that nectar that makes the soul sweet. Just two spoonfuls of good food give energy and nourishment.

Now pay attention to these few aspects; it is a disease in this family to want to become 'big'. To want to be 'recognised'... However, if you want to become 'big' then you will never become big because no one will support you in your aim. Secondly, never see anyone's weaknesses. God doesn't look at weaknesses so why should I? God knows that some souls are like Ajamil yet He gives them drishti and power... His task is to bring transformation. This is the bhavna we should have for service. I have to see virtues – this is my task. See their vices and you accumulate in your own account of sin. We have to prevent ourselves from creating a negative account ourselves.

What is service actually? It is to create a stage that automatically and naturally brings benefit to others.

## DADI JANKI - 6 APRIL 2013 - SHANTIVAN EMERGE THE SANSKARA OF BEING A DONOR AND GIVE HAPPINESS TO EVERYONE

Baba has given us so many methods to remain happy. The simplest and the most powerful of these is very simple; say 'My Baba' and you will immediately become happy. The return that Baba wishes to receive from us by the next season is that I, personally, become free from obstacles. The second return is that we, in co-operation and unity, make our service free from obstacles. This is the promise we have to make.

Of course, it has to be on a personal level first. I have to make my own stage free from obstacles. There are some who create obstacles on purpose. Then there are others who become scared of obstacles. The third type of soul is the one who destroys obstacles. Ask yourself: Which type of soul am I? Ask yourself this honestly. Am I one who allows obstacles in my stage? Or do I get afraid of obstacles? I have to become one who destroys any obstacles which arise...

The 12 values and 8 powers do a lot of work in our lives. Baba has told us that time is a treasure. It is the time to remain happy and to distribute happiness. We need to make a determined pledge to remain happy. It is not a question of whether we can remain happy or not. For this, I have to become free of the arrogance of 'I' and the attachment of 'mine'. Look at your heart. Are you free? Baba has asked us a number of times to make a promise and you must be thinking of that promise and how to sustain it. Let me give you some advice from my experience. In order to fulfil your promise, there has to be a lot of truth and humility. There has to be depth and patience. There is then automatically sweetness. Baba tells us to stay in pleasure... then others will move into happiness on seeing us. In order to remain in happiness, one has to stay free from confusion – no matter what happens.

Now, what actually prevents us from being happy and remaining happy? It is when I allow myself to get involved in thinking about certain aspects; it shouldn't be like this – it should be like that. These thoughts will definitely prevent you from remaining happy.

*We have to be  
quiet and remain  
as detached  
observers.*

It is not a matter of how long you have been in gyan. Some have been in gyan for more than twenty years and because they think they have been in gyan a long time they assume they must be alright. However, have you been busy in seeing the faults of others during that time, or have you been busy removing your own weaknesses? Beware, some have created a foundation of arrogance for their own selves and they keep looking externally and commenting on how things should be and how they shouldn't be. How people should be. How they shouldn't be. How events should happen... how they shouldn't have happened....

Maya had conquered us. Maya had brought ego and arrogance into the soul. In order for us to conquer maya we have to become egoless and viceless. The poor thing, ego... it is completely incapable in front of truth and humility. Pure feelings and good wishes for others are very important. By interacting with people with pure feelings and good wishes, they become quiet. Love does the work. Where there is fruit, there is no effort. Where there is effort, there is no fruit... Love... there is no effort in love...



Baba has opened the locks on our intellects and made us useful to Him. He has made the intellect useful for His work. The work is Baba's; it is not mine. What can I do alone? Love, happiness and peace make the atmosphere so powerful that even God says, "Wah, my children, wah"! Could we ever have dreamt that God would say these words to us? We have experienced how Baba is and we celebrate the happiness of knowing that. We have experienced also that He is Karankaravanhar and how He gets His work done...

In fact, to distribute happiness one needs the sanskaras of being a donor. Baba has given me those sanskaras and I have to emerge them and bring them into my practical life. If I am happy then I have to bring it into practical life. Yet, it is not just a matter of me being happy. I have to receive the feedback that others are happy with me.

We have the treasure of time and Baba is telling us to use that treasure to become as He wants us to be before next season... The support Baba gives us is such that we are able to stand on our own feet and become angels... We don't sit at God's feet, rather we become the garland around His neck.

*Om Shanti*

## Dadi Janki – 28th April 2013 – GCH

### Earn, Accumulate and Share

If you want to become complete and perfect very quickly then place great value on your own thoughts. I have to create such a stage that obstacles become afraid and run away on seeing my stage. Pure thoughts, elevated thoughts, determined thoughts... pay attention to this. Then, your thoughts will reach far and wide and will bring fruit. Have the determination to create such a stage. Make it your aim and you won't even feel like sleeping! You will have the desire to create that stage and to maintain it. This will then become natural. Whatever was your old nature will then finish completely. We understand that it is daytime in one part of the world while, at that same time, it is night in another part of the world, but we don't ask 'why'. We don't ask 'how'. In the same way, accept you can change and pay attention to creating powerful and positive thoughts to make it happen. Think that you are powerful like an ocean. I am an ocean... I am clean... no one has the power to throw rubbish at me and try to contaminate me. Even if they do, I have a clean and powerful ocean... I don't get affected...

When one has the vision of seeing only goodness, then one's own weaknesses disappear. When I look at each one of you, I see only goodness. If you were to ask me what your weaknesses are, I would not be able to answer. It is body consciousness that has caused the soul to accumulate rubbish over time. It is only through the stage of soul consciousness that one can make Baba one's companion.

We don't now have to become confused in any aspect. We should leave all types of fear. We should stop speaking loudly... Just give time to check yourself and give yourself the chance to change. In fact, even the time for checking and changing is finishing. Remember; Sita got trapped in illusion and crossed over the boundary. Thus, she got separated from Rama and all her problems began. Hanuman, the great warrior, never allowed himself to be separated from Rama. Who then am I? If you step outside the line of the Maryadas you will not be protected. You will be separate from God. So, be careful of the boundary. Don't step over the line. One aspect of that boundary is to do things according to the time. It is also punctuality.

Service simply means to distribute the fortune one has received. As one continues to distribute the fortune one has received, it continues to increase. To use one's time and thoughts in the most worthwhile way possible, as

Baba shows us, is to create one's fortune. My company then increases the fortune of others. When my fortune increases others' fortune, of course, my fortune grows even more. Thus, I have to pay so much attention to earning an income that others can increase their own fortune. I don't have to just earn and eat but I have to earn, accumulate and share.

My effort should be at the level Baba wants from me now. Never allow yourself to get confused or become fearful and stop making effort. Baba tells us to keep the reward in front and then to make effort. If you don't keep the reward in front of you, you won't be inspired to make effort. If you keep anything else in front of you, you won't feel like making effort. This is why it is very important to keep the right things in front of the self. Yes, the reward of the Golden Age will come but even during the Confluence one receives reward. The power one receives through knowledge and yoga is the practical fruit. It really is now or never... The reward of the present time is not to miss out on anything. The reward of now is to pass with honours. It is to have the feeling of sovereignty now.

Whatever happens is nothing new. It is my task to remain in the awareness of being a maharathi and to say 'nothing new'. Say 'nothing new' and see how much newness emerges in you! Each one of us is multi million times fortunate right now and we can increase that fortune even more. By taking power from the Almighty Authority, I receive the fortune of being able to remain constantly happy... always cheerful. Check: Is my face constantly cheerful? When you waste time thinking, you can't make real effort. So remain cheerful and you will find that you can make good effort. Royalty is to make the right type of effort.

Janak was a king but he was a trustee; nothing is mine. In the same way we are raj rishis. We have work to do but we know that we are only doing it in namesake. Baba is getting His work done through me. My task is to remain mature, patient, humble and sweet. If there is no sweetness in my voice, something is wrong. Smiling is free! Smile when you pass others...



**Om Shanti**