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Dadi Janki – 27th July 2013 – Shantivan The specialities of Didi Manmohini



We have many ancestors for whom Baba has great love. They have love for Baba and Baba has love for them. We should keep them in front of us whilst making effort. The 28th July is the day of ascension of Didi Manmohini.

Baba loves knowledgeable souls. I knew Didi and her family before gyan. We had a great deal of regard for her. We received a trance message from Baba and that night I ran away from my home. It was Didi who filled zeal and enthusiasm for spiritual effort in me. It was Didi who inspired to practice having all relationships with Baba. I used to relate to Baba in the form of a friend.

It is very important to make Baba one's companion. Baba is our Companion and He is combined with us. In front of us we have the aim of Laxmi and Narayan, their combined form is Vishnu. We have been remembering human beings throughout time. Now Baba wants us to practice remembering the One Father. To remember many has

become our habit. Now, we have to practice remembering One Baba. There is a vast difference between remembering Baba and remembering human beings.

Didi used to ask me what versions of Baba I remembered from the Murli. She inspired me to churn knowledge. Didi gave me good company and the feeling of belonging. Company colours us... There is so much benefit in taking sustenance from great souls. Didi was very accurate in study, in remembrance and in handling business.

She used to pay a lot of attention to her spiritual progress and always had the thought that we too should progress. She never spoke unnecessarily and no-one had the courage to speak waste in front of her. If people were speaking wastefully, they would speak in low voices. Thus Didi would understand they were speaking waste. We need to churn the ocean of knowledge and emerge with the essence.

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DADI JANKI – 14 JULY 2013 – SHANTIVAN

INTROVERSION IS ESSENTIAL FOR SILENCE



We are all instruments for Yagya service and we all have our own parts to play. There is a brother who used to be in a senior position in his lokik life and here he is doing a physical service but his stage is very high. Internally, incognito practice is essential and this is why I ask you to say Om Shanti three times. I also ask you with bhavna from the heart to reply to Om Shanti. This is not an ordinary thing. Speaking out Om Shanti three times has benefitted Dadi a great deal. The first time I say 'Om Shanti' I realise that I am a peaceful soul. By remembering that I am a soul Baba is automatically remembered. Who told me I am a soul? Baba made me realise that I am His child. I never say that I am His daughter. I am proud that I am His child and as His child I receive an inheritance from Him.

In order to gain liberation in life whilst in the world do not see or hear anything about anyone's weaknesses. You should be stabilising your stage internally and this should become a point of attention inside you. Your stage should be unshakeable.

Dadi had been asked the difference between introversion and silence. The one who has the practise of silence will never become extroverted. Try and experience silence for one minute. By remaining in silence you will become introverted. To remain silent means to be totally silent; I am a soul and we are all children of the one Father. Remain in this awareness. Baba only sees us as souls and not as daughters or sons. I am a soul and I belong to Baba. We receive so much power from this awareness and this power stays with us all the time. Baba, the Almighty, is our Companion. If you put in true effort you will get the return. Dadi checks her chart every day. Don't waste your time because if you do, the power of yoga will not be gener-

ated. Silence is enjoyed only when one is introverted.

When we take sorrow we give sorrow to others in return. Whatever is inside you will definitely come out in your expression and behaviour. This is a waste of time.

You don't forget sorrow instantly and not being able to forget becomes the seed for generating more sorrow. We have many service companions and the whole world is looking at us. The more effort we make the better we become.

'If your intellect wanders while you listen to the murli then your chart is not OK'

Dadi took notes only once in murli and Baba asked her why she was doing this. When we write points we should become an embodiment of those points and by doing this more points will emerge. We should imbibe the method that Baba has taught us in terms of effort.

Dadi was asked to clarify the difference between the heart, mind, intellect and the sub conscious. Baba wishes that our hearts be clean – flawless diamonds. First is a clean heart and second is a true heart. When one has a true heart others feel that this one is true hearted and clean hearted. When the heart is clean then even a little bit of dirt is visible.

The heart has a connection with the mind. If the mind is peaceful the intellect will work well and if the intellect is going towards waste then the mind cannot be peaceful. The

intellect will not be introverted or focused if the mind is peaceless. By focusing the mind when the mind is peaceful, the intellect will work well. If your intellect is pulled towards weak thoughts then your mind cannot be peaceful. We meditate with the help of the intellect. An introverted intellect will remain focused but first your heart and mind should be OK in order to remember Baba.

Memory is in the sub conscious. The 18th chapter of the Gita is all about awareness; being lost in the remembrance of One and finishing all attachment. If there is anything unclean in your awareness it is visible through your drishti. Others should get the feeling through your attitude that their attitude is being cleansed.

It requires intelligence to know what to remember and what to forget. We must now have the yearning to become perfect. If you keep filling yourself and improving your stage you will not feel there is something missing in your life. When you know how to fill yourself you will say: Wah Baba Wah. Thank You, Baba.

Introversion brings happiness. It is so beneficial. It makes the intellect unshakeable and then, by Baba's grace, we will not do anything wrong. We have very little time. Time should be valued.

Yoga is medicine and the donation of yoga is a blessing and this makes one's health and mind OK in a second.

The rosary of 8 is the rosary of those who are equal to the Father. Worshipworthy deities. In the rosary of 108 "1" is for One Baba. "O" is for putting a full stop to the past and "8" is for using the 8 powers. In this way you will receive a good position in the rosary of 108. Even the last child in this rosary is worshipped.

Om Shanti

DADI JANKI – 24 JULY 2013 – SHANTIVAN

WE HAVE FOUND THE METHOD TO BE TRULY HAPPY



Some souls say that they don't need to keep a connection with Brahma Baba – that they only need to have a connection with Shiv Baba. However, Brahma Baba created Brahmins and that sweet soul is still around in his avyakt form. He continues to sustain us. He loves us... he takes us in his lap... In a lokik family, if a father loses a child he experiences a great deal of sorrow but our Father is preparing us to go back home with Him and Brahma Baba will also go back with us. My task is to keep 'saying Baba' and to be ever-ready to go back home. Baba loves each one of us a great deal; so ask yourself what you need to do now to give the return of that love. I have to keep the aim to come into the rosary of 8 or the rosary of 108. In order to come in either of those rosaries I have to become soul conscious and I need to follow the Father. Just as Baba's form is light, we also have a form of light. It is that form of light that should be emerged and experienced now. I need to have to practice of becoming bodiless; my body is here, my mind is there...

The relationship of child and Father with Baba gives so much happiness; there is no sorrow at all in that relationship. Some souls get sick and keep on thinking of their sickness. Just the thought of being sick causes more sickness because there is sorrow when one allows oneself to think of the self as being ill. That sorrow creates more illness. Therefore, I need to be disinterested and detached. I should not get affected.

It is time to leave all the vices; attachment, greed and anger. Everyone understands that lust is the greatest enemy in Brahmin life but ask yourself whether you still get angry. Do I get upset with anyone? Ego also brings the soul into great loss. Even to raise one's voice is a mistake; remember 'I have to come in the rosary of 108'... how then should my behaviour be? Everyone also has the chance to come into the

rosary of 8. I have to see my own face in the mirror and see in which rosary I feel I will be in. This has no connection with the body or physical aspects.

We have found all methods to be happy. To be really happy one has to stop thinking about the past and not have any desire for the future. In a second, put a full stop to the past. Even if something is happening in the present, don't dwell on it. I have to keep my heart clean and honest. I should stop talking about others; they are all Baba's children and are my brothers and sisters. Pay attention now to churning the ocean of knowledge. Repeat points to the self and ruminating over them in your mind. Make the decision to do this now and there will only be benefit for you. Baba's remembrance and churning are the only things that can actually bring benefit to the soul. Place yourself in front of Baba.

Learn to become an embodiment of solutions not an embodiment of problems. We are here to help Baba. In fact, who helps who? Baba helps us to become worthy and then we can help others. It is time to become equal to Baba. Nothing is difficult. If I become equal to the Father, others will automatically be inspired to become the same. We are in this Yagya and so we should practice economy and remain eknam (in remembrance of One). Time is wasted in extroversion. One who is introverted is always happy. What do I need to do throughout the day? I have to do my work with my hands but keep my heart with the Beloved. In order to recognise, see and know God one needs a divine intellect. In order to maintain a divine intellect, one needs to be introverted. If you remain introverted, you can increase your power of concentration. When there is introversion, the intellect can pull the experience and power of all relations from Baba; Mother, Father, Teacher, Friend, Beloved... This time is very powerful. It is the

time of change. Baba, my Father is very powerful. Time has taught us to learn and to earn. I can earn a huge income. This is the time of sacrifice and of earning an income for the future. It can only happen now. In order to earn as much as possible, I have to stop thinking of others. I have to stop going into waste. I have to leave all that is past and to realise what I need to do now. Then I simply need to do it. I should have good wishes for the self and then I can have good wishes for everyone else. Good thoughts for the self and good thoughts for others. This starts with realising who I am and who is mine. For this, I have to stabilise myself in the soul conscious stage. There is a huge income in this.

I have to now be good and do good... I have to become sweet like Baba... In order to make the self sweet I have to become firm in a number of aspects; -

- a) Never speak words of irritation or anger. Never speak anything that is even slightly tainted with any bitterness.
- b) Stop speaking lies. Become truthful.
- c) Don't change the expression on your face in any situation. My face should sparkle with peace and happiness at all times.
- d) Realise how wonderful purity is and imbibe it completely.
- e) Keep courage yet remain patient.
- f) Always maintain humility.

To allow yourself to be impatient, even slightly, is a trace of impurity. It is simple; I have a yogi life and I need to be holy and yogi... For this, I simply need to be soul conscious and connect the yoga of my intellect with Baba. True remembrance is when nothing else comes in between me and Baba.

Om Shanti

DADI JANKI – 11TH JULY 2013 - SHANTIVAN

RENUNCIATION, INTENSE YOGA AND SERVICE



There is so much benefit in saying 'om shanti' three times. Have you tried it for yourself? I don't say it in an ordinary way but with experience; who am I and who is mine... This brings strength. When you say this you come back into awareness. Spin the cycle and see what you need to do according to the drama. Within three days you can share the knowledge of the soul, God and the world cycle with someone. After that you can give the knowledge of the tree. Before doing any service remind yourself of the lesson, I am a soul, my Father is the Supreme Soul. You will feel how all your problems disappear. There is safety in not being a problem for anyone or having problems oneself. You are my friends who are moving together. It is a wonder that at the confluence you are playing your part in Baba's company, as detached observers. This brings a lot of strength. Baba is with me, I am not alone even if no one else supports me. I am a soul and my companion is Baba.

Is this your experience?

The respect that you have for each other should be such that it is as if Baba is visible through each one. We have to awaken respect for our own selves. This will bring us the fortune of serving the world. Through deep tapasya we receive immense happiness. Baba's words are filled with a lot of power. Who is able to do the service of making others like themselves through knowledge? We were all within God's plan to be born and to grow.

Understand what service is. First of all there needs to be the attitude of renunciation and the form of tapasya. The foundation for service in the whole world is tyag and tapasya. Free yourself from the attitude of 'mine' and 'yours'. To describe someone's weaknesses to others is to speak in an ordinary

way. This will immediately create a karmic account and others will begin to criticise you. This is a big mistake and when this happens all trace of tapasya is finished. Service has increased so much. Let there now be an atmosphere of tapasya as there was in the gathering of the Dadis. Baba made so much effort on us to enable us to come into the awareness of being pure souls. If you accumulate any rubbish in your heart or mind, what kind of a soul would you be? I am a child of the Supreme Soul. Baba advises us to remember Him in the home so that we create the atmosphere of the soul world here. Have powerful yoga programmes which will be a basis for service.

***'With an attitude
of tyag, finish
any issue in
one second.
The heart will
be content, the
mind cool and
the nature easy'***

No matter what happens, never speak words in anger. Once a habit is formed – even within one second, it does not leave so easily. However, it takes time to create good habits. Go into the depth of what it means to have the attitude of renunciation. Do not allow there to be any thought created under the influence of body consciousness.

Let the attitude of your mind be clean. Our thoughts are the basis of our attitude. As is your attitude, so is your drishti (vision). When one becomes an example, an instru-

ment soul, Baba gives the gift of the capacity to take others beyond with a glance. We are in Baba's vision and Baba is in ours. We are the lights of the eyes. We are multimillion times fortunate to have become the light of the eyes. Baba is giving us such drishti that only He is visible in our eyes.

Keep Baba in both your eyes. Let your drishti be such that it brings others happiness. When one first has tyag, tapasya is natural for them. Tyag will enable you to be the personification of tapasya. You will feel you are sitting in front of Mama and Baba. Then your words, behaviour, writing and speaking will also be such. When you meet, remind each other of these experiences.

Others should have the experience from you that your feet are not on the ground. Be such that wherever you go, you are happy and others are happy with you. Become ready and take the feeling of what Baba wants from you. If you don't do it now, when will you do it? All of us have to bow down, die and learn.

It's only now that we have the chance to be in the garland of victory. It's time to become equal to the Father. Faith is the basis for coming into the garland of victory. Do not be defeated in any matter. A problem may come but it will also go. Nothing will stay if you don't hold on to it. We are those who are finishing the iron age.

We have to allow rivers of love and peace to flow. You are such shaktis. First there is knowledge which says 'have yoga'. Yoga says, 'become an image of dharna'. Then service follows us by itself. One who has the attitude of renunciation will pay attention to becoming an embodiment of tapasya. They will always be present for service.

Om Shanti

DADI JANKI - 13TH JULY 2013 – SHANTIVAN

BECOME THE EMBODIMENT OF SOLUTIONS

Practically, when someone doesn't listen to us what can we do? You are those who are free from all kinds of problems and are the embodiments of solutions. You are all so sweet. What should I tell you all? You tell me that if I come to your place of service I would understand what problems there really are. Yet I have not come this far without challenges. In fact, it depends on my stage. My stage should be such that problems disappear and solutions emerge easily. What is the method to become free from problems? Time is very valuable and we need time to become the embodiments of solutions. Problems need not waste our time. Wasting time on problems doesn't allow us to experience the stage of supersensuous joy. The Bhagavad Gita mentions the gopas and gopis, who are the lovers of God and are the ones remembered as having experienced supersensuous joy. Didi Manmohini was first called 'Gopi'; the names Manmohini and Ratan Mohini were given by Avyakt Bapdada. Our Dadi Manohar was called Manohar Indra and my name was Manohar Shanta... no one knows this. Baba used these names for us. Baba also gave me the name Janki – the one who remains bodiless and a trustee. I used to like the story of King Janak: He thirsted for knowledge and visited a saint who was unable to give him any knowledge... so the King became knowledgeable through his experiences. So we have to practise being bodiless. Baba practically made me learn these lessons.

Today I feel that I have no knowledge of the word 'problem'. On a subtle level our ancestors have all remained trustees and soul conscious. Dadi Nirmala Shanta, Dadi Pushpashanta; Dadi Brijindra are all examples in front of us. I have stayed with, seen and experienced all of these souls. I saw them create their memorials by seeing Father and following Father. Many problems would come but Baba would remain constant and incorporeal, egoless and viceless. Without Raja

Yoga nothing would have been easy for us. With Raja Yoga we became free from desires for resources and attachments to human beings. Whilst performing actions I am detached and loving towards God. This stage doesn't allow circumstances to come. By remaining detached we pull the love of God. This is an incognito internal effort and we need to check the self at every second. I have never disobeyed Baba's shrimat. Many listen to Baba's points but do not pay the attention needed to follow them. Make everything Baba says practical in your life and there will be no problem you can't deal with. Understand that if there is an issue in your life, there must be something missing in your effort. Keep 10 points in front of you to remain free from problems.

The knowledge of the Creator and creation is not just for speaking about but is for bringing into daily life. Firstly understand that 'I am His creation' and secondly 'I have the knowledge of this drama and His creation'. Baba refers to drama as 'my daughter' and says don't bring defamation to my daughter! By creating problems we bring defamation. I need to become an obedient, faithful and honest child. I used to wonder whether I would come in the number-wise category. It is important to pull your own ears before Baba pulls them in the form of Dharamraj... at the end He will show you in which areas you were not obedient, faithful or honest. So from now think about yourself as well as maintaining love for the entire Godly family. I feel so much love for each one of this godly family and do not look at anyone's weaknesses. This bhavna of truthfulness of love reaches each one. I have the feeling that everyone must become complete and perfect and the weaknesses must leave each one. Baba says that we become full of virtues as we become completely viceless.

In the temples they call out to the deities who are remembered as full of

virtues and they ask for mercy to help them remove their vices.

For us many problems have come and gone and we don't remember them at all. Problems can make us strong and we become firm as we learn to cross over circumstances. If your heart is fragile you will feel overwhelmed by circumstances. By remaining alert, problems that seem as huge as mountains turn into cotton wool.

There needs to be many of us who are solution orientated. Baba's love gives us power and His blessings make us move. Do you have any problems? I am ready to listen if you do. We have to become such that we are then worshipped on the path on devotion. We need to make our lives worship worthy. It's time to leave aside any problems and finish problems wherever we set foot. Baba didn't choose us just like that ... we are ones who are maintaining very high principles in life. Create your own memorial in the Yagya by having a great deal of love for the Yagya. Do service of the Yagya. Become helpful with your mind, body and wealth. Wherever the mind is the body will follow. Remain Manmanabhad and remember the stage of Madhiajiabhad.

If you stay at a centre and maintain a good stage you will automatically get everyone's cooperation even if the body is unwell. Throughout Dadi's life the body has passed through many physical challenges but Baba told me that nature would cooperate with me. What is nature? The five elements as well as my own nature... all need to be such that they co-operate with me. We need the power of tolerance to tolerate our own nature and that of others. When we start crying physically or mentally then physical sicknesses increase. Remember that by keeping your nature well the five elements of nature will cooperate. If we obey Baba then the physical accounts are settled. If I am fragile, if I am not able to tolerate, or I speak roughly, this creates sorrow in others. This then creates karma. Our nature plays a very important role.

Om Shanti

DADI JANKI - 30TH JUNE 2013 - SHANTIVAN

MY AIM IS TO BECOME KARMADEET



Who can be fearless? One who has moved away from performing sinful actions. The one who has stopped performing sinful actions has been able to do so because he or she has kept the aim of becoming karmateet through first becoming the conqueror of sinful actions. Such a soul is free from worry and free from fear.

Baba has told us that it is not only at the end that we will reach the karmateet stage but that stage can be reached now, whilst being in this body and whilst performing actions. For this one simply has to pay attention. Pay attention to yourself and you will see how you remain free from tension. You will become a carefree emperor. You will not

have to worry about anything. You will feel that He is doing everything through you... He is the One who does, who is getting everything done through you. I am an instrument.

It is very important to remember that others see the actions I perform. They see and then they may follow and do the same. The aspect of karma is deep; as I sow, so shall I reap. In order to move towards the karmateet stage, I need to remain happy. If I wish to remain happy then I need to pay attention to my actions because as I do, so I receive the return. Others see what I do and I become the instrument for them. Thus I need to pay attention to my own self first.

The basis of performing good actions is to stay in remembrance of Baba because that remembrance influences everything I think and do.

Only if I remember Baba intensely will I become one that Baba cannot forget. My remembrance will draw Baba's remembrance. It should not be that He is able to 'forget' me at any moment of any day. I used to tell this to Brahma Baba. My remembrance should be such that He can't forget me!

**'Dadiji
(Prakashmani)
used to say that
there is nothing
in our minds
other than
the fortune and
the Fortune
Maker'**

*Continued from front cover:
Dadi Janki – 27th July 2013 – Shantivan
The specialities of Didi Manmohini*

Didi had a health condition and she taught us the importance of being detached from the body. Baba taught us how to have bhai bhai drishti – not even the drishti of brother and sister. Bhai bhai drishti gives great happiness to the soul. We shouldn't come into the consciousness of being brothers and sisters. In order for service to run smoothly, we need to give regard to one another. If people come to me, they should feel they are coming to Baba. I have to fill myself with truth, love and peace. There should not be anything lacking in me now

If you want to pass with honour, you will need to take the certificate from Baba. I need to be true, honest, loving and peaceful. I have to be faithful to Baba. Shiv Baba comes in the body of Brahma and I come in front of him. This should be our experience. Baba's love makes the soul intoxicated.

Didi was very truthful and loving. She never had the consciousness of having done something. We too have to become like this. People want to see something true. When they see that we are true, they will come to us. This is what it means to be an instrument.

Dadi Ratan Mohini

We offered bhog two days ago for Didi Manmohini. She and Dadiji were made instruments to look after the Yagya. Didi was very accurate in all aspects. We knew what time she would wake up, get ready, go to class etc. Whenever she sat in front of Baba, she would have a notebook and pencil in her hand. She would note down the Murli and after class she would repeat it. She taught us to pay great attention to the Murli. The more we imbibe knowledge, the more our intellects will be clean and clear and we will perform elevated actions.

Keep turning this in your mind and you will continue to create your fortune and by creating your own fortune, you will enable others to create their fortune.

It is time to utilise everything we have been given by Baba to reveal Him and thus to create our own fortunes for the next 5,000 years... In fact, we are only now in these bodies to complete the work of revealing Baba.

So, from today leave the nature of getting upset. Keep only your fortune and the Fortune Maker in your mind and pay attention to creating your own future.

DADI JANKI - 11TH JULY 2013 - SHANTIVAN (WITH KUMARIS)

DEVELOPING THE POWER OF CONCENTRATION

We have to bring oneness in the world. This is a gathering of Kumaris. When I see you all it is as though I am seeing Baba. Just as Baba gave an example of a tree, with the branches and the twigs so today there is so much expansion. Now we are sitting at the Confluence Age. What hope and desire do the Dadi's and Didi's have in you? Does Baba need such children? Baba is very big and His wish is very deep. There is a huge expansion of Baba's children. He gives so much to us and we have to give double in return to Him. The Murli and is the mirror in which we can see ourselves. What hopes does Baba have in us? He says: You are a soul and you have to look towards Me. So think about the mantra of Manmanabhav.

We will sit in silence for a minute and see how Baba touches us. In a second we have to go into silence. To go into silence doesn't require a song or music. Baba explains different methods to have remembrance. Someone asked me the question: How do we create the power of concentration? Does it come from within the heart or the mind? Without the power of concentration we cannot develop. Now we have to give time for this Confluence Age. From what to what does Baba wish to make us into? You may go to schools and colleges and others may be inspired by your behaviour. You can also serve at work. Self-service is not done with money or together with any other study. It is this study that Baba is teaching now that serves the soul. He feeds us in our mouths and whispers in our ears. He is our Father, Teacher and Satguru. Divinity of the soul should be taught to each human being. There is a list of powers and a list of divine virtues. We have to check our powers and divine virtues. By remembering it is the time of the Confluence Age we can inculcate both of these. Baba is the Ocean of Knowledge, love and bliss and we are His children.

We love to go to the ocean and also to places where there are waterfalls. By listening to this knowledge we are becoming like angels flying above. Ego is dead and we are free from arrogance and beyond body consciousness. Ego shows off and divides. Body consciousness makes the heart delicate and we get feelings according to the situations and there will be waste thoughts. Our sweet Baba says we have to kill arrogance and have the natural practice of soul consciousness. This body is an instrument. Through the body come the thoughts, words and actions. Do what you need to do but check where your mind is going... At this Confluence Age Baba has pulled our mind in the mantra of Manmanabhav. Traffic control is played so we can practice this separation of mind and body. In our intellect we have heaven and the Supreme Abode. The soul is inside the body but what is there in the mind? The soul has the three faculties. Baba says Remember Me and your past sins will be destroyed and you will be forgiven. Baba gives us the power to become good. Do you understand what I am saying? Until we say Baba, Baba, Baba our karmic bondages remain unfinished. Here we belong to One Godly family. I am always pleased to see this family. When I see everyone I feel great power within myself. Coming into this gathering of Kumaris I am very happy. The song 'The Creator is so beautiful so how would the creation be!'

Dadi never says that someone cannot improve. The fire of interest can turn anyone into anything. Fire can purify. Gold is made real by being put into the fire and becoming soft. With the fire of interest everything runs well and we get the power to perform elevated actions. Attachments to anyone or anything create obstacles and we make excuses and do not let go of weaknesses. According to those weaknesses we continue to make plans. Bondages prevent us from do-

ing what is good. We need the fire of interest. Now is the time to be with Baba and to go back with Baba. Now it is the month of Didi and the time to go back Home. Whatever Baba wants to do through us He is doing that but we have to prepare ourselves to go home and to the Golden Age.

Baba said once that royal passengers do not lift their luggage themselves. So whatever we do now is accumulated for the Golden Age. Now we have to conquer our sins and become angels. I should not be caught by anyone and become a jailbird. It is the time to be free. Once I visited a jai. No one could escape because the walls were so high. Here you are sitting in a palace. You are not jailbirds. We are sitting in Baba's palace and in His heart. One who doesn't see anything as difficult, smiles. Now the sapling of the tree is growing. Baba never speaks about training, He only says that we have to whisper this knowledge and makes others equal to ourselves. Do you have the sense to be like a tortoise; to do what you need to do and then go within. Before performing actions we need to understand how to withdraw ourselves. Ones with good company can fly high and Baba has come to make us equal to Him. So wherever you go just keep remembrance and then nothing will be difficult. Where there is waste the Father cannot be present. We have made Baba sit in our hearts. I have never asked anything in front of Baba. He would speak out and we would never interfere. He is establishing Heaven and we can have the practical experience of going there. Baba says He wants to make us the kings of kings and that is why He is teaching us Raja Yoga. Maintain this intoxication and do not let it falter. Keep the awareness of being a serviceable child of Baba. I do not keep the awareness of being 'Dadi'. Here there is no East or West. We are purely Baba's children; we meet and become the best.

Continued bottom next page

DADI JANKI – 1ST MARCH 2013 – GYAN SAROVAR

AM I ALLOWING BABA'S LOVE TO FLOW INTO ME?

We are students. This is our student life. The life of a student is wonderful – simple and straightforward. In student life one has the aim to learn at every moment. One who learns at every moment and that too from God, cannot get tired.

'The life of a student is a happy life and Baba has given us the method to be always happy'

Not externally happy but internally happy. What is that method? It is to churn the ocean of knowledge. It is this study that makes us worship worthy. Worship worthy are those who give rather than those who ask. I have never asked for anything for God. What do I need except for two rotis for my stomach? As Baba's children we live a simple life; it is not royal to keep asking for this, asking for that... How can you be happy if you keep on wanting things?

If you keep desires internally then how can you have accurate remembrance? Baba can give His full love to those who have accurate remembrance and this life is all about experiencing God's love. In fact, any waste inside will block my experience

of Baba's love. Baba is telling us not to remain separated from Him. What does it mean to be separated? It is simple – it means that I am remembering something or someone else other than Baba and the result is that I get separated. The happiness that is available here is not an ordinary type of happiness. There is a great deal of income in this happiness. Why does one not get tired whilst studying this study? It is because there is power in this study. There is power in every word. I have to check myself as to how much I think about this study... how much I revise it. To revise is to extract power from this study.

Each one of has come here with the aim of conquering maya. So check today; how much am I actually conquering maya? Having come to Baba are there any different types of maya I am getting caught up in? Shiv Baba is teaching us how to remain accurate in everything. We should do as He says. If I don't do as He says I spoil my own record. There will be many statuses in the Golden Age; king, queen, royal family, subjects... So don't spoil your own record. Spin your own cycle and use it to bring full realisation in yourself...

Baba has filled the power of purity within us. There is the power of yoga when there is purity. Churn for at least 30 minutes on what purity really is. What yoga is... Baba has come to create a new world and it is through the power of yoga and purity that the new world will be created.

Dadi Janki - 11th July 2013 - Shantivan (with kumaris) Developing the power of concentration

Who is learning the language of feelings? When we are friendly to each other then Baba is very happy. You Kumaris have to fulfill Dadi's hopes. Keep a pure heart and do not allow anything else in the intellect. Between the heart and intellect is drishti and attitude. Baba's drishti gives so much happiness. Whenever I have done training I always see it as learning and time for the self. Notice what powerful thoughts are for the self and what is waste. Then everything will be ok. Many things happen by remaining silent

In fact, Baba's task is to establish a world of purity. Baba has enabled us to understand these things. We have not come here to gain name and fame. In fact, there should be no interest in name and fame. It is God's name that we are glorifying not our own. We will achieve our reward will... in the future new world. The reward of doing altruistic service now is happiness. I should have no desire for money or fame – that is what the Karuravas were looking for... We are the Pandavas... After surrendering Baba never touched paper notes (money). He was a total renunciate in every aspect.

Remember; my final thought will lead me to my destination. Whilst living I have to die and that too should be within a second. It is much easier to die in a second rather than to spend time yelling out. Check: Am I using every moment of mine in a worthwhile way? There is great happiness through service. If anyone comes let him/her sit in silence. Let him/her experience meditation. Let him or her learn about the magic of silence. It is not the time to go into great expansion. We have brought the knowledge to a very essenceful form. We can now give knowledge very essencefully.

We have to now sit in Baba's remembrance and become bodiless. It is the time for this... Baba has told us that it is the time to become equal to the Father and to make others equal to them. When we used to sit in remembrance there was a very powerful 'sparkle' in that room. It was as if there was subtle red light all around.

From this moment pay attention to what and who you are remembering. If you remember Baba from your heart, He will give you all the love in His heart and will sit you on His eyelids. You will become a jewel of God's eyes if you remember Him from your heart.

Om Shanti

Om Shanti

DADI JANKI - 8 APRIL 2013 - OM SHANTI BHAVAN

BABA IS GETTING IT DONE



Our practice has to be easy and continuous and also so firm that we can never say that something has happened. According to drama, you have become those who belong to the Bestower of Blessings. Baba's blessing is that, as Baba's children, you receive blessings as an inheritance. In the world, whether worthy or not, a child has a right to the inheritance. Baba makes so many His own and gives so much love to each one of us. What do you wish to become? Do not forget that you are Baba's children. When you come into gyan and become Baba's, you receive so much. So now make yourself free and be ready to listen to the deep things that Baba's tells us every day. We never forget things that belong to us. Baba is mine.

Pay close attention to 'my Baba'. He is there and He is mine... Let this sound emerge from the heart at every moment, breath and with every beat of your pulse. It is said He is sitting in our eyelashes and we have hidden Baba in our eyelashes. Baba hides us in His eyelashes so no one can see us. There is an old custom for mothers and fathers to put some black colour on a small child's eye rim, so that no one could give the child the evil eye. Shiv Baba is the Great Father and Baba is saying today: I do not take birth through the womb but I incarnate directly through the body of Brahma Baba. In the entire human world in 5,000 years no other soul does not take birth through a womb. Baba does so much work. Baba is so extraordinary. He is My Baba and is so unusual. In order to get His work done He made Brahma Baba His companion and is the one who cannot be seen through the eyes.

How did Shiv Baba make Brahma Baba His own? Together with his body and all body relations He finished everything off in him. We have to see ourselves as surrendered. In a second Shiv Baba incarnated in

Brahma Baba's body and he totally transformed as light emerged from his face and we received might. Until today this is the work Brahma Baba is doing in the avyakt form. Sakar Baba created such an avyakt stage while in the body and this stage continues to work. These are deep things and to know, accept and absorb this means we will be able to create this stage too. Remove all signs of body consciousness and arrogance, just as Brahma Baba always seems to be beyond the consciousness of the body. Baba would say that Brahma Baba's is the only house that is given on rent yet the owner continues to live there!

God begins the work of giving the return of any charity performed from the Copper Age and continues through to the Iron Age. Baba has created the sanskars in us to give without arrogance now and that emerges in the copper age. There is so much benefit in seeing and following the Father. Whatever Baba would say in the morning, we would churn on that and go into the depth of it and have such good experience we can never forget. Shiv Baba is the Father of all souls. Brahma Baba gave his vehicle to Shiv Baba to establish the new world. Brahma Baba never had any bodily way of being; he would remain beyond sound with the consciousness that Shiv Baba is there. One who recognises the Father and the time makes the effort to become like the Father

We may have been in knowledge 30,40,50 years or more, what is our effort? In Baba's drishti He would never let us go. Those living in the household need to pay attention that they do not keep the consciousness of husband and wife. Each one is detached. Baba gives such drishti that all lokik relationships dissolve. Sharing the knowledge deeply from the heart is always beneficial - so that deep within there is the feeling

I do not know anything else. Who am I? When I say 'om shanti', I am thinking who am I and who belongs to me. I am seeing as a detached observer. Some always sit at the back and others always sit at the front and that is OK; all have their role. You are sitting with Baba - that is good. We have to work in deep silence and stillness within. Shanti means not many words but good quality work and accurate activity.

At the present time the effort needs to be easy. I have been in the kitchen and the tailoring departments and seen everyone doing their work in silence, smiling and lovingly working together. In the whole world, in the whole kalpa it is service that creates our fortune. There are three aspects to creating our fortune. Internal renunciation (tyag) and for this it is necessary to have distaste (virag), which is not an emotional reaction, but an attitude of disinterest and renunciation. When in activity, whether it's lokik work, service or study, it should be without desire - the attitude of desirelessness. Baba says you stay in the household - but as a trustee, without the attitude of anything belonging to you. When I went to London I just had a bag with three sarees in it. This is how service began. It is useful for us to take inspiration from each other, but not to follow each other.

So what is renunciation? To be regular in study. To be number one in dharna. To be detached, whilst in the body. To be without desire in activity and never to think anything is mine. Baba sees that the child does not have desires and is able to remain in the stage of being far beyond. Even now Baba does so much work, as He has such a duty to serve the whole world. The Incorporeal and corporeal came together and became the avyakt one. It is the avyakt Father who has done foreign service.

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DADI JANKI - 29 MARCH -2013 - PANDAV BHAVAN RESPECT & REGARD

1. The more of a subtle connection we have with Baba the more close and connected we will be to one another.
2. If your bhavna to clarify a misunderstanding is genuine, then it will definitely happen. It will happen without coming into words. It will happen just through your thoughts.
3. In order to clear wrong impressions about me, I need to be in the stage of being a master almighty authority: I am the one with all powers - this one thought brings power. Practically apply and use the 8 powers. In any situation, ask yourself, 'what is it that I need to be doing'? Should I be using the power of tolerance or the power to merge, whereby

I don't even think about what's happened. The other party will learn from that. The rehearsal of coming into sound and then going beyond sound also helps.

4. If I have the nature of trying to prove myself right (even slightly) I will experience loss. Instead learn to just accept. There is great benefit in that for me.
5. When there are misunderstandings on the one hand it is good to verify and clarify however, at a deeper level what I really need to do is check whether Baba is my companion and if I am a truly a detached observer? By being a detached observer I will be providing a good atmosphere for others too.

Dadi Janki - 8 April 2013 - Om Shanti Bhavan Baba is getting it done

Baba has adopted me but I did not have so much intoxication from that but each and every word He has said has created such a deep feeling in me.

I have to do what those responsible tell me to do. There are many things we have to pay attention to. We have to have this stage of remaining beyond. Take drishti from the One above and then your attitude will go beyond. The attitude of having no desire means we feel 'Baba gets it done' and then we see what is next. The Million Minutes of Peace project produced a lot of service and then the question came: OK, so what is next? It is very important to continue and then the project of Global Cooperation followed. So what cooperation will we give? We need to go into the depths of what is cooperation. For this we need to have economy and be together and keep in the awareness that the master of us all is One. We need to be free of the awareness that 'I have done something'. Baba is there. Do you feel Baba has surrendered to you? Baba chose us. We were looking and He selected us. Baba will get it done. Baba gives a kiss that we mustn't miss! Baba is giving love and it's our duty to take it. What can Baba do when we get tired, stressed and depressed? He gives unconditional love, yet He gives many conditions. The intellect should not wander anywhere; see as a detached observer.

To be detached and play your part in drama is an art. Baba makes us firm on the lesson of whatever has happened, is happening and will happen is very good. Practically we see this. The work of establishment and the plan that God has He will say belongs to the previous kalpa: when it is the right time I come. Everyone remembers God at the time of sorrow and no one remembers God at the time of happiness. The whole world is in sorrow now and remembering God. Are you remembering and receiving happiness? Make remembrance continuous.

6. To use the powers I need yoga. However, to have yoga, it is essential that the things that bother me don't keep coming into my mind. To ensure that, that happens I need realization. I need to see how much loss it's causing me, how much damage it is causing. If I don't realise the things I am doing wrong, if I continue to look at other people's mistakes, then I won't have yoga, then my punishment in the form of bodily illness may begin. Once it's begun, who will be able to free me. No one. I need to take this seriously and give it some thought.
7. You should only be looking at Baba. This is what the effort is all about! Rehearse this very well.
8. If you give respect to people it goes a long way. Even if others are not respectful with me, I should still give respect. Practice looking at one another with eyes of love. The atmosphere instantly changes through that.
9. Always remember that if someone has been made an instrument they have been made so for a reason. Therefore to talk about the defects of instruments or seniors is grave sin. A wise and sensible person, young or old, knows it is a noble act to keep the atmosphere powerful by giving regard to everyone, by not taking sides, by not commenting when things are not as they should be.
10. If a person in post of responsibility is not giving souls the love and sustenance that is required, then our company and our bhavna for them, to become like that will help them. Everyone has more good in them and just a little that is not so good. We need to overlook that which is not good in them and give them regard. Never step away from anyone thinking that it's a safer more sensible option. This is not right. We must never let go of giving them love. Our love will help others to come out from the influence that they are under.

DADI JANKI – 4 MARCH 2013 – GYAN SAROVAR

IF YOU WISH TO BECOME GOOD FREE THE SELF FROM DESIRES

Baba has so much love for all of us. He filled us with that love in such a way that we develop love for this family. Through love we develop a faithful intellect. It is a loving and faithful intellect that leads to victory. Baba's love is such that He wants to make us like Himself. It is 'prem' that makes a soul sweet, honest and trustworthy.

If you have love and become worthy, you will wish to reveal Baba. We want only to make Baba's name well-known. Those who want to become good (achcha) will not have any desires (itcha). It is only Baba who can make a soul free from desires. On seeing the extent of our faith people will surrender. First we sacrifice ourselves and then we surrender ourselves.

We are going to celebrate Baba's birthday. Baba would say it is our birthday. We are celebrating our birthday with Baba. This is our last life in which we have become Baba's. We say 'thanks' to Baba for giving such a good life. In fact, in sakar Baba told us not to say 'thanks'. Once Dadi told him that she wished to say thanks because she felt so fortunate. Baba told her to just keep on creating her fortune and helping others to create their fortunes.

In one second, on seeing Baba, I have to become a renunciate, a tapaswi and a server. Some of the ancestor souls who had tyag, tapasya and seva deep in their hearts have left their mortal coils. Some will stay until the end. Dadi has the intoxication that she is the great, great grandmother! Whatever Baba wants to do through me, He will do that. At Shiv Jayanti see yourself. Baba is celebrating with us, we are celebrating with Baba. This happiness should never leave us. In the last birth Baba has made our lives so elevated. Our thoughts are determined: I am with Baba and I will become as Baba wants.

Not only does Dadi feel fortunate but she wishes all of you to create your fortune through your thoughts, words, wealth, actions and relationships.

**'Ones who
become
Manmanabhav
automatically
receive support
from Baba for
*their body'***

Give knowledge and that knowledge will continue to increase. Ones who do service from the heart definitely receive the return. None of us are looking after everything. Dadi never feels she is responsible for this organisation. Brahma Baba never said he was looking after everything. Shiv Baba got things done through him. The Supreme is doing what He needs done and is also getting it done through others. He is doing everything with detachment; He is getting everything done.

Just keep the intoxication of being an instrument; patient, true, mature honest, humble and sweet. If you are patient then your truth will automatically do its work. If you speak sweetly then everything will be successful. We have to be deep and mature. Some of Baba's children speak less but do a great deal of work practically. They get their work done through silence... Understand what truthfulness is. Through the power to discern you can become true. By being tolerant you can become true. I have to be able to sit on the seat of my self honour. Baba is sitting me on that seat. My task is to accept the seat and stay seated on it.

Baba would never correct anyone personally. If he had to say something, he would say it in the gathering. Brahma Baba saw us with an unlimited intellect and took us into the unlimited. If you get to know God's unlimited intellect you will also move into the unlimited. If you don't get experiences then you can't go into the depths of knowledge. This is my wish for you: that all of you get wonderful experiences.

This time is to get to know the full extent of God's qualities and bring them into ourselves. This is what He is teaching us to do. If you are attentive to your future then your features will always be very good. It should not be that your face is very good when you have service to do and that when you don't have service then you go back to your 'old self'.

Om Shanti

Dadi Janki - Gem
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.

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MIKE GEORGE - JULY 2013

ARE YOU THE MASTER OF YOUR MIND?

How many ways can you use the word 'mind'? What's on your mind? I just don't mind! Never mind that. Mind your self. I have a mind to help them. It's a question of mind over matter! I was minded to take heed! It's all in the mind. Mind how you go.

Are these uses or misuses of the word? When such a word is used so loosely over time, not only is meaning lost, but it becomes harder to develop an accurate awareness and clear understanding of what some describe as our most precious faculty. It isn't helped by the absence of any exploration of the workings of the mind during our formal education. It's a rare school that has the subject 'what is the mind' on its curriculum. We were told and taught 'what' to think, but not 'how' to think. No one was able to show us how to use the full capacity of our mind because no one was sure what it was ...exactly! At school it's mostly mistaken for memory!

Yet we all know, from our own experience, that our mind is where everything 'happens'...first! It's where we plan, create, envision and generate our responses to others. It's the place in the inner space of our consciousness where we think things through. Just as all our successes will begin in our mind, so all our stresses are shaped by what and how we think.

Most of us are now aware of the mind/body connection. Think 'tense thoughts' and you will feel it physically in places like your shoulder muscles, or perhaps an ache in the head! Think 'worry thoughts' and your stomach will send you a message asking you to stop! Think 'fearful thoughts' and you will notice 'the pump' in your chest start to work overtime. Think 'angry thoughts' and certain areas of the skin will likely turn bright red and your blood will feel pressured...so to speak!

Restoring Mental Mastery

At a subtler level our thinking can trigger 'feelings' long before they reach the physical. If we remember some previous loss, the memory shapes our thoughts which, in turn, trigger feelings of sadness. If we see someone we know and recall making our self upset at what they said or did, we recreate the thoughts that trigger feelings of irritation or anger. If we are asked to speculate on some future situation we need to be careful not to trigger a memory of a similar situation when we felt we had suffered. That then shapes our thoughts which can become dark which, in turn, reproduces similar feelings of suffering.

***'Just about
everything
evolves through
our mind,
revolves around
our mind and
involves the use
of our mind'***

That's why it's useful to check your levels of mental mastery. Is your mind doing your bidding or have you just surrendered to whatever arises, whatever is triggered, whatever arrives...in your mind? Are you the master of your mind or a slave to what's on your mind?

For hundreds of years the primary practice for mental mastery has been the art of meditation. Over time various forms of meditation have spawned many so called 'meditation techniques'. This includes the currently popular way of mind man-

agement known as 'mindfulness', a form of 'attentive awareness' of what the mind is focused on at any given moment. More recently the 'positive thinking/psychology' movement has arrived to teach us how to use our mind in consistently proactive and optimistic ways. All are useful. But perhaps the deepest is the art of meditation simply because meditation returns us to an 'inner space' that is prior to the mind, prior to thinking. It is a state of consciousness where there is no need to think. However, our thinking is shaped naturally there by the wisdom of our heart and the purest vibration of the energy of our consciousness which we know as love. It's also in this deeper inner space that we find our most natural states of being known as inner peace and inner power.

Levels of Reality

But it's not possible to be in and consciously remain in these states until the mind is understood and mastered in such a way that it doesn't get in the way! That begins with three essential insights or 'necessary realisations':

- 1 You are not your mind. You are a being of consciousness and one of the 'faculties' of you, the consciousness being, is the mind or thinking.
- 2 The mind is like a window and a canvas. It is the 'window' through which images of the physical world 'out there' come 'in here' to the non-physical awareness of consciousness i.e. you. It can also be likened to a 'canvas' upon which you create 'thought forms' which can take the form of ideas, images, concepts, memories etc.
- 3 There are five levels of reality linked to our mind - the first level of reality is the world 'out there' as in people and

Mike George - July 2013

Are YOU the Master of Your Mind?

situations that are happening at all times, whether you are aware of them or not; at the second level are the particular aspects of world (people and situations) that you consciously ‘select’ and ‘allow in’ as images on the screen of your mind before you interpret them; the third is ‘your interpretation’ and ‘thoughts about’ those aspects that you have brought in; the fourth level is all the ideas, beliefs and memories that are already recorded within you and which you recreate, rerun, re-emerge from within by using your mind; and then finally there is the fifth level of reality which is ‘you’ the interpreter, the creator, the rememberer! Cultivating a clear awareness and discernible difference between each of these ‘levels of reality’ is essential to mental mastery.

In summary the five levels of reality are: (take a moment to see if you can see each level within your self)

- 1 The world as it is (without any selection or interpretation)
- 2 What you consciously focus on in the world before interpretation
- 3 Your interpretation of what you focus on
- 4 Your inner world of beliefs and memories (close your eyes and daydream/remember/judge the memory of another)
- 5 You (the one that is ‘doing’ all the above, the one who is creating the other four levels of reality!)

Each level of reality is valid but each is progressively ‘more real’ than the previous. The most real reality is YOU, the being of consciousness that is allowing the world into and onto your mind! But this reality of YOU, the reality of the self, of the ‘I’ that

says ‘I am’, is the reality that we all tend to be least aware of.

Your interpretation of what you see and bring into your mind from the world out there is real for you, but of a lesser reality than YOU! If you were to cease all interpretation then you would be an ‘innocent’ and you would probably appear to others as stupid! From a state of innocence the reality we know as ‘the world’ would appear to be clean and clear. It is an awareness prior to any interpretation. But that kind of innocence is not advisable as the world ‘out there’ is filled with others who are not innocent, not clean and clear. And we need to be able to discern and decide how to engage with that world, with them, in ways that are beneficial to the physical health of our body and to the wellness of our being! For that we need not so much our mind, but our intellect. It is our intellect that allows us to interpret and discern what’s really ‘going on’ out there!

Don’t Get Lost in the Movie!

Becoming the master of your mind, with the ability to discern the different levels of ‘reality’, requires the practice of ‘detached observation’. This is also the main/primary step in the practice of meditation. It is the practice of becoming aware of ones self as ‘the observer’ of everything. It can be likened to sitting in the cinema but not losing the awareness of ones self as ‘the viewer’ of the changing colours and forms on the screen. Not easy for most of us as we believe the whole point of going to the movies is to lose our self in the movie, to escape into the story being projected onto the screen.

In meditation the self becomes aware that, ‘I am simply observing whatever is happening on the screen of the mind’. We mostly develop the habit of losing our sense of self in the images and events on the screen of our own mind, like we do when we watch a movie. This is the moment when, what is known as ‘attachment’, happens. The practice of

meditation gradually restores your ability not to lose the awareness of being the watcher, the witness, the observer, of what is occurring on the screen of your mind.

As a result you start to become aware of two things. The first is a profound inner peacefulness that brings with it a feeling of stability and serenity. The second is a growing awareness of your self as the master of your life, where before you had more a sense of being at the mercy of others and events.

Auto Interpretation

During the process of developing this practice of ‘detached observation’ you will also start to notice how you automatically interpret whatever you see with your physical eyes, and feel with your subtle senses, according to previously formed beliefs and experiences. You will notice how you are filtering everything people do and say through an inner lens made up of your beliefs and experiences. This we know as ‘perception’. This is why we can all see the same scene, be meeting the same person, but have quite different ‘interpretations’ and therefore have quite unique experiences of the same scene and person. In such moments we are creating our own reality of the scene and the person according to our own personal histories.

The more you ‘notice’ this the more you will become aware of your own biases and prejudices. The more you notice this the more your thinking will slow and occasionally, for some moments, even stop. Eventually you will be able to maintain the awareness of ‘the self’ as seemingly quite separate from the world AND from any interpretation of the world. That’s when you will start to restore your ability to meet others and engage with others freshly, cleanly, free of what we sometimes call the ‘baggage’ of our past.

This of course is not so easy to do deliberately just because it sounds like

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a good idea in theory. Many people try to 'do this' but struggle because they are trying to implement and achieve an 'ideal'. But ideals are not real! At least they are not as real as the reality of you! Being the real you, free of the habit of losing your self in what's on your mind, will not be possible until the practice of 'detached observation' is mastered. Only then will you start to notice how your past experiences, your previously learned, assimilated and formed beliefs, which are just subtle attachments within your consciousness, are interfering and skewing your perceptions and interpretations of the world and others around you.

This is why it is said, 'your perception is your reality'. As long as we are filtering everything through our own personal experiences and previously create beliefs we will all see the world and people differently. Hence the saying, 'I know I do not see the world the way it truly is, I know I see the world as I am!'

The practice of meditation and mindfulness are therefore essential to mental mastery i.e being the master of your first faculty which we call 'mind'.

Being the Ocean

Here is a short meditation/contemplation which may help. It uses the ocean as the metaphor for consciousness, a metaphor for you, the being of consciousness.

The rain drop falls in slow motion from a cloud in the sky

As it hits the surface of the ocean it creates ripples

However the ripples do not ripple far across the surface, before they merge back into the ocean

The drop does not sink far beneath the surface before it merges fully with the ocean

Now sit quietly somewhere where you won't be disturbed

Relax your body

Become aware of your self being the being that animates and occupies the form of the body

Be aware of your self being aware of your self, as consciousness itself

You are the ocean

The 'surface' of you, the ocean, is your mind

The drop falling into your being and onto your mind is the world 'out there'

It's one piece of information, one image, one event

As it lands on your mind it creates ripples

You 'feel' the ripples, you feel the impact of the world on your mind

They don't spread for far or long as they quickly merge into you

While the world as a drop of information (image/idea) penetrates 'into' your consciousness it is quickly merged within your being which, like the ocean, is vast and deep

You are only momentarily and superficially affected by the incoming 'drop' of information/image/idea

The peace, the stillness, in the depths of you, which IS you, remains completely undisturbed

Just as the depths of the ocean are undisturbed by a drop of rain on the surface

Even if the information coming into your mind is like a downpour of rain on the ocean, still it only touches the surface, before it is merged in the ocean

The ocean remains, in its depths, undisturbed, always.

As you do

Being is Deep

Being the master of your mind means not living in your mind. Whenever you are disturbed by something or someone 'in the world' it means you are living on the surface of your consciousness, in your mind. Then, you are easily affected, disturbed and moved by what happens in the world. You easily lose your peace, your serenity, your ability to be loving and caring, to be available for others. Then you are not the master of your mind, you are the slave.

Meditation is essentially the practice of living from the depths of you, from the depths of your consciousness. From the depths of YOU you can see and you can receive the world as it comes into and onto your mind. Yet, you are also able to remain calm and quiet, cool and peaceful, and therefore you are able to bring the wisdom of your depths, sometimes referred to as the wisdom of the heart, to bear as you consciously create your response to 'what's on your mind'!

What's on your mind? Right now! Can you see? You will have to come out of your mind to see. But you'll have to be very attentive to see, as what you see will instantly dissolve into insignificance when you return to the depths of you!

The world has enough surfaces. The world awaits your depth!

Question: What stops you from being in and living from a deeper space within your self?

Reflection: Contemplate the five levels of reality and find an example of each level from your experience during the last week?

Action: Take five minutes every day and consciously detach your self from what is going on in your mind. Notice exactly when you are pulled back into what's on your mind.

DADI JANKI - 29 JUNE 2013 - SHANTIVAN

WE ARE GOPES AND GOPIS

It is a sign of our fortune that we are sitting here. We are paying attention to first becoming true gold and then to becoming diamonds. A true diamond is flawless. What do we do when we sit in remembrance? We come into connection and relationship with God. Shiv Baba is World Benefactor and He makes us into world benefactors. To reach this stage we need to be able to detach in a second. We know that the part of each soul is unique. Look at Mama and Baba; Mama's part was her own and Baba's part was his own. Mama played her own part whilst Baba played his. Dadi really likes this aspect of remaining detached from everyone and everything.

Baba is the Lord of Innocence - Bholanath. What He is saying is very simple, 'Remain connected to Me and I will absolve all your sins'. He will remove the sins of so many births so why should we not remember such a Father? It is not the time to shed tears. Baba is emphasising on the power of yoga. It is the fire of yoga that can finish the 'well of tears' the soul has had inside for so many births. It is the remembrance of Shiv Baba that enables the soul to be detached in all situations. Baba tells us that crying makes us lose a great deal, if not everything. We have to now learn how to stay in supersensuous joy. In the beginning we were not called 'Brahma Kumaris', we were called gopes and gopis. As Brahma Kumars and Kumaris we appear numberwise but as gopes and gopis each one is lost in supersensuous joy. Gopes and gopis are lost in that supersensuous joy and so are above the influence and pull of the senses. When someone is above the pull and influence of the senses, they are in a state of coolness which benefits not only them but also all those they come into contact with.

Check how food is affecting your mind, how your company is affect-

ing others, how the very way you are eating and drinking is affecting you. Baba would never eat or drink whilst moving along. Even whilst just drinking water, he would sit quietly and drink in Baba's remembrance. He took the support of only one Father.

**'One who stays
in the company
of and takes
the support of
only one Father
enjoys every
moment of
their life'**

That one stays cool and calm.

That one enjoys a serene life.

Their senses remain cool and when someone comes close to them, their senses also calm down. We are brothers and sisters and we need to keep on providing others with the colour of our company. Our speech should affect others positively. The stage of supersensuous joy is a state of bliss. The soul who stays in supersensuous bliss will never say that they felt uneasy or irritated today. Such is the fortune of a Brahmin soul.

Baba used to look at us – at the way we sat. He would ask us to sit with our feet straight... because our feet will be worshipped on the path of devotion. He cares for us so much... The practice of detachment automatically makes us Baba's beloved. He gives SO much love... In the whole kalpa we will not find another relationship in which there is so



much love. Only Baba can give that quality and level of love. Spin the cycle and realise this. He is the Lord who blesses the soul. Each version of Baba's makes the soul into a jewel... into a diamond worth multimillions. Each version and each moment of remembrance makes the soul sparkle. When we sit in front of Baba we look straight. We don't look to the side at any side scenes. We don't look behind because past is past.

It is the intellect that gets affected by even a little bit of ego, by me and mine etc... So I need to pay attention to keeping my intellect good. What comes into my thoughts affects my mind. This cannot even be called a mistake – rather, it is a sin. This is why we have asked for many births for divine vision. Baba is the bestower of the divine intellect and divine vision. When we speak of the 'divine intellect' we are speaking of insight. The quality of thought that arises internally becomes our quality of vision.

Om Shanti

Dadi Janki - Gem

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 BapDada, 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.

Dadi Janki – 15 July 2013 - Shantivan

Of what quality are my thoughts?

The power to pack up and the power to merge are very important. We understand that it usually possible to say something essence fully but many have the habit of going into expansion and unnecessary detail. An issue may be very small but some choose to make it big. Rather than making something big into something small, they make small things big. One who is preparing for a journey packs up everything. They definitely can't carry everything with them and so they have to recognise what they need to leave behind. On this spiritual journey, the first thing we recognise that needs packing up is our past karma.

Whilst on a journey, one needs to focus one's attention on the guide. On this journey the guide is Baba. He is guiding us at every step. Therefore, the focus of my attention should be Baba. We don't have to worry about anything; everything is already fixed. I need to pack up everything – even that which happened five minutes ago – and to keep accumulating. I don't have to worry about anything; everything is already fixed. I have to pay attention to my thoughts and my time... to my very breath.

I need to be able to pack up, to remain content and also to remain ever ready. I have to be ever ready for anything. One who can pack up can also face. We can't afford to think that maya is just going to leave us alone. No, she has been with us for so many years, how can she just leave us like that? So, we need to be ready for when she comes... The day we started belonging to Baba was the day we became aware of what maya was. Before that we were under her influence but didn't even realise it. As we move along maya often comes to us in a subtle form. So, ask yourself; what quality are my thoughts? Is the quality of my thoughts improving or not...

Our ancestors were so powerful and the inner work they did is the basis for us to move forward. I shouldn't allow any weakness to remain in me. If you practice the power to pack up and accumulate it is easy to use the power to face. We don't have to worry about anything; everything is already fixed. When one has a clean heart then they make effort from the heart rather than effort

for show. I have to maintain a determined thought for my effort. Of course obstacles will come but I have to maintain a strong heart. One who has a clean heart doesn't have any animosity towards anyone and this is how their heart becomes strong. I have to maintain good wishes and pure feelings for myself and for others. If I let any other feeling come then I can't maintain good wishes. In effort, if you allow any negative feelings to come then you will get tired very easily. You will then become disheartened. You will feel to move away from certain people. However, to move away from a child of Baba is to insult Baba Himself. A true child of God will always be merciful, always kind... A true child of Baba will think of others benefit rather than trying to move away from them. In this, we have to keep Baba, Mama and Dadiji in front of us. So many souls made mistakes. Mama never used to react, while Baba used to speak in the gathering, in general about the situation. Sometimes he would speak in such a way that Dadi felt he was a thought reader. Baba always maintained good wishes. Baba never allowed us to 'report' the behaviour of others to him. Many left Baba, yet he maintained good wishes... Nowadays less people leave because there is the feeling 'where will I go' but in the beginning it was only about one out of 100 who stayed.

I need to stay in the awareness of being a child of Baba. This is important. Just as we stayed in the awareness of being children of our lokik father, we are now the children of the Baba. Whose child I am should be visible from my very form. Baba's awareness is the key... the breath of life. I may have a weakness but I should use Baba's power to transform that and to stop me from making mistakes.

So the basis of effort is to have a clean heart. If one has a clean heart then all their wishes will be fulfilled. However, if you keep something inside which is not clean then it is like cheating the Father.

Om Shanti

