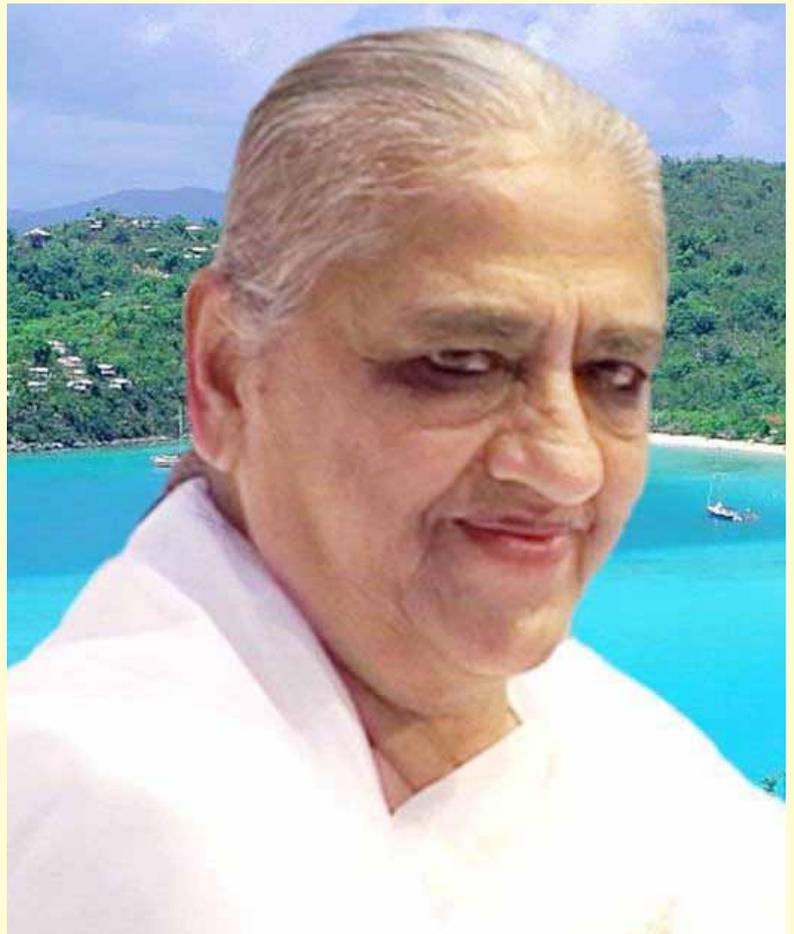




**Brahma Kumaris - Dadi Magazine - December 2013**

*In this issue*

- 2 *The word to use is 'now' not 'how'*
- 3 *Make Baba your support and everything becomes easy*
- 4 *It's time to go into the depths*
- 5 *My heart has received love and affection from Baba*
- 6 *It's time to live in the land without sorrow.*
- 7 *The power of truth*
- 8 *Keep courage in every situation*
- 9 *Question & Answer on the Golden Age*
- 10 *Patience, tolerance and contentment*
- 11 *God is my friend.*
- 12 *Baba is mine, I am His*
- 12 *Baba has given us so much treasure*
- 13 *Question and Answer*
- 14 *We are multi-million times fortunate souls*
- 15 *Do you keep Baba in your heart?*
- 15 *Dadi Janki's precious churnings*
- 16 *How powerful have I become?*



## **Greetings on the Eve of Diwali by Dadi Janki**



We, the unlimited family in Abu of a range of alokik ages and backgrounds, have been celebrating the joyous festival of Diwali since 27th October. Today brought feelings of richness and enthusiasm on being together at Peace Park to honour the festival with the Peace Park family.

It was during the time of Diwali 24 years back that Kishorebhai, Vasantiben and Bejul shifted to Abu to look after Baba's new project which is now known as Peace Park. 3 November is coincidentally the anniversary of Baba's most serviceable and special Park, which has served hundreds of thousands of souls (Brahmins and tourists). Seniors of Madhuban and abroad sat with a gathering of around 600+ double foreigners and couple of hundred Madhuban Niwasis, Abu Niwasis and Sevadharis. Not even in the Golden Age will we have so much happiness on being together with the family! Dadi is so pleased that the double foreigners have taken so much benefit from the October Madhuban season, and are sharing fulfilling experiences. Dadi says Diwali reminds us to use our time in a worthwhile way. Baba very naturally appears wherever and whenever we are using our resources and energy in a worthwhile way. Look around at how Baba has decorated each Brahmin with everything they need; look at our elevated lifestyle. Value every moment and give the return to beloved BapDada.

Baba reminded us of the importance of a powerful attitude on 24 October. . When even one person does not keep a good/clean attitude towards me – do not take it lightly. If someone sees me as good or intelligent or considers me to belong to him or her (and not Baba), if someone sustains this kind of vision and attitude towards me, it becomes difficult for me to remember Baba. That soul will pull my intellect very subtly. The vibrations of such an intellect are not at all beneficial for me. This is why we have to be cautious. All her life, Dadi has been careful to see that neither others get trapped in Dadi's name and form, nor she gets trapped in them. Whenever we go, however long we are in a particular place, keep the aim of purifying the atmosphere with your attitude. Whenever the Dadis ever had to leave Madhuban on service, we always had the consciousness that 'Baba is sending us on service' and so there wasn't the feeling that we were leaving our home... When the heart and intellect are filled with such enthusiasm for serving the world, we can bring about transformation in the attitude with realization and understanding. Carry with yourself this faith of becoming perfect. Some souls ask the Dadis, 'When will our drishti become like that of the Dadis?' Baba has made the Dadis' drishti what it is, and for sure He will do the same for you. The Dadis have cleverly captured Baba's drishti and made it their own so all of you do the same! Om Shanti

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## DADI JANKI – 12 NOVEMBER 2013 – SHANTIVAN

# THE WORD TO USE IS ‘NOW’ NOT ‘HOW’



This study makes a soul very elevated. When we take the sustenance Baba is giving we feel ‘I am Baba’s and Baba is mine’. What was I before and what have I become now? Ask yourself this. The status of deities is different; there are many types of status. But now I have to become an angel... keep this in your awareness. One who follows Baba’s Shrimat at every step will move into the angelic stage – that is they will become an angel. For this I have to free myself from following my own dictates and the dictates of others. It’s all about ‘NOW’. ‘HOW’ does not come into it. We have been told everything clearly by Baba – we have been given all the methods clearly.

Baba has made us totally light and has given might. Whatever happens will be right. Keep this faith. There is the light of knowledge and there is lightness within the self. Baba has given the method to be totally without burden. These are the two types of light. I am a light – I am a shining star in the centre of my forehead. And the second type of light is the lightness that comes from being free of all burdens.

Who am I and who is mine? When we go deep inside and answer these questions we ourselves become master almighty authorities. There will be the feeling that I am the light shining in the centre of the forehead and that the One who is mine, is up above shining His rays onto me.

In this life we need the 8 powers. Within those 8, 3 are prominent. These are patience, tolerance and contentment. Tell yourself, ‘Oh mind, be patient – the days of happiness are not far away’. Even to sit in remembrance, one needs patience. I need to give time for remembrance and realize its importance. I need to remain in the soul conscious stage. Only then can I be योग्य. Ask yourself, do I have any arrogance

hiding away in any corner? If there any arrogance lurking somewhere within one cannot be equal in praise and defamation, loss and profit, sorrow and happiness... There will definitely be people who come and insult us. However, I have to remain in my self respect.

*‘I simply have to remain in my self respect and give respect to others’*

It is this straightforward. We have to remain in self respect, keeping a pure mind and a clean and truthful heart. A clean heart is a wonderful heart. Always consider yourself to be sitting on the seat of a swan. These are Baba’s own versions... they are all so beautiful! We know now the difference between pearls and stones. We need to keep emerging the power to discriminate, to accommodate and to pack up. We have to merge and accommodate everything. We have to now pack up everything. Do this and the word ‘how’ will disappear from your life. You will feel that everything has become simple. You will feel that your heart is clean, and it is said that God is always pleased with an honest and clean heart.

Baba is my mother and father but He is also my master. In life people go to great lengths to keep their masters happy. Thus, I have to do what I know makes Baba happy with me. This is the way to maintain a relationship with Him. He may be merciful but it is my task to do what He says and one of those aspects is to remember Him. If I do as He says and pay attention to remembering Him then He can free me from all the sins I have performed in the past

which are like a subtle burden on the soul. The feeling of becoming free from the past brings natural happiness in the soul. That happiness is nourishment. It is said ‘there is no nourishment like happiness’. So ask yourself, ‘Am I happy?’ Have I used the methods Baba has given to make myself happy? Happiness cannot be hidden; it is revealed on the face and in the actions I perform. With His blessings, through His mercy, I can claim the type of happiness only Baba can bring in the soul.

If you allow yourself to feel pressure, it will come out as anger at some point. This is why, don’t allow yourself to feel pressure. We have received service as fortune, it is not a type of pressure. I should not be pressured by anyone and no-one should be pressured by me. I should remain cool and sweet. In the beginning Baba used to say, ‘Let your nature be simple’. The word ‘simple’ is beautiful. Simplicity brings success and the way of speaking becomes very easy.

So, now make Baba your companion and become an observer of this great, unlimited drama that is being enacted in front of your eyes. With the experience of Baba’s companionship you can become an observer and everything becomes easy. In the state of being an observer there is no question of ‘What is this?’ ‘Why is that?’ The mind becomes clear and clean. So now be detached in a positive way. Detachment doesn’t mean to hide yourself away in corner. Be with Baba and then come into relationship and connection. You can then be truly loving. See how detached yet loving Baba is. Sit with Baba at amrit vela and you will receive a great deal of love and power. You will become a natural and easy yogi who has a constant connection with Baba and you will feel that effort has become easy.

# DADI JANKI – 27 OCTOBER 2013 – SHANTIVAN

## MAKE BABA YOUR SUPPORT AND EVERYTHING BECOMES EASY

There is great importance of evening yoga and of amrit vela. Through the day we also have yoga whilst doing our various activities. When we site for yoga in the morning and evening we can remain yog yukt throughout the day and our stage continues to rise. Someone who is intelligent and true child of Baba will stay in a yog yukt stage – in intense love. It is not a matter of how long you have been in gyan, it is a matter of how to create and maintain a really strong link with Baba – one in which one feels the pull from Baba and the pull to Baba. For this, I need to really be detached whilst living in the family. Whatever happens I have to be detached in a second. I have to be detached from my body, detached from the world, detached from relationships... you are seeing them but through the power of the awareness of the soul - that soul conscious stage - and by the power of intense love for the Father, the state of being detached becomes natural.

Today Baba mentioned in the blessing that one must sit on one's throne. Let this be natural. Baba has made us show pieces in the showcase of the world. In lokik life, I have seen big business men in their jewellery shops. In the old days they wouldn't have a table and chair but would keep their showcase of jewels outside. People would be drawn to come into the shop on seeing the beautiful pieces outside. Some would immediately want to buy a particular item straight away because it was so attractive. We have to be such showpieces that, as people are passing by, they get pulled to come in and want to meet the owner of the business. Have you become such a sample through your stage? My stage should be full of spiritual attraction. Such good examples will listen and study and then absorb the knowledge.

When we practice in the way Baba has told us to the stage becomes very

natural, it is not a big deal. Who will do this? Someone who has value for their time. This is the time to return home with Baba. We don't want to meet Dharamraj in Dharamrajpuri. I have to understand the stage I need to have now.

### *'I need to now check and change within a second'*

Some don't check and they don't realise something is their fault. They find fault with someone else and they internalise that – keeping it inside. They don't see their own mistake. They blame others. Some are clever at suppressing themselves; they make something look like nothing. They pretend it is not there. They can't finish it off because they make it their support.

Whether it is a person or an aspect of service, they make it their support and then feel they cannot move without it. In fact, no one can move forward on the basis of limited support, but only on what is really true. My Baba is very true. In fact, in order to destroy this false iron aged world, I have to be totally true. Baba is all-powerful and is so true that he can change this world. I have to be so true that through me He can make everything right, that He can put that which is topsy turvy, the right way up.

We eat the food of Baba's home, we live in His house, and we are doing the service of the Yagya. Our body and minds are focused on Baba's service and we are doing that... What we are doing is spiritual service and that means to give others peace and happiness. Do I have peace and happiness within me to the extent

that all peacelessness and sorrow have finished. When we sit in front of Baba we should have a beautiful experience. Some sit in Baba's meeting and their intellect is totally focused on Baba. They get a lot of benefit from Baba's company and words, even though they might be sitting far away. This place is not like any other place. This Brahmin world is a unique and wonderful world... No one else can have the kind of bliss that we have. So don't keep anything but the Comforter of Hearts in your heart. Baba's heart is very big. He is very merciful. It is a big thing to become merciful. One needs a strong heart to be merciful. If you become distressed by even a small thing then you can't be merciful.

You have been given the chance to sit in the heart of the Comforter of Hearts... in that temple of God's heart... If you have Baba then you have everything... realise this. He is our support. He moves us forward. Take His support and you won't get confused or held up. It is the power of Baba's love that moves the soul forward and gives support and strength to the body. Listen to this and really realise that you don't need to get caught up in other relationships... You have experienced falsehood – now what is true? This is what Baba is teaching us. My life should be such that others experience and receive light from me.

Knowledge is light... This is pilgrimage of life and to move smoothly on it, I need intense love. Don't think about what others are doing; what do I have to do now? If you want to move quickly then don't look at anyone else; listen to what Baba is saying and do that because I now have to finish my old karma, reach my complete stage and go home. It is the time to go home – right now... Don't look at others; Baba I belong to you and You belong to me.

## DADI JANKI – 6 NOVEMBER 2013 – PANDAV BHAVAN

# IT'S TIME TO GO INTO THE DEPTHS



Mercy comes from the heart. If I don't first have mercy on myself, I cannot possibly have mercy on others. In order to increase my mercy I should not allow my own heart to be delicate and fragile. Neither should my heart be so hard that I keep saying 'It should be like this'... without being able to understand situations and people deeply.

***'When someone is very sensitive then they get affected by even small things; they are not able to tolerate'***

I need to make my heart true. When my heart is true to Baba, it can be strong. I can then be truly merciful. I can then stay in discipline myself and tell another person about discipline with love. Many experienced this from Dadiji; she was able to give discipline with love. To be merciful doesn't mean that I allow someone to do whatever he wants to do out of love. No, I have to be able to speak in such a loving way that he feels my intention and is able to understand and accept. If you can speak in this way, the other soul will change his or herself. If you speak from a place of ego no-one will listen to you. Company, love and truthfulness help others to change. If you are thinking that someone will never change, it is because you yourself have ego. It means you don't have the art of thinking positively. A merciful soul will always be positive.

When we help others to change, their love for Baba increases. Thus they remember Baba more because they realize the benefit they receive from Baba. If something is good, gives benefit and you really like it then you will never forget it. Why does Dadi come to meet you? It is because of love. In remembrance there is love and in love there is remembrance. We have to now only remember that which is good and beneficial.

So what else do we have to do now? We have to use our time and thoughts in a worthwhile. Pay attention to this and see how beneficial your thoughts become. If you get mixed up with waste then you cannot possibly remember Baba accurately. One who is obedient and loyal to Baba, who follows in Baba's footsteps, will receive a great deal of love from Baba and that love will pull him or her closer to Baba. If you are loyal to Baba, you will feel that you walk with His hand on your head. Baba knows that soul will not remember anyone except for Baba, he or she is honest, and Baba hugs such a soul. Such a soul will not keep anything with himself; he or she feels that everything belongs to Baba. The essence of this knowledge is Manmanabhav. When a soul is truly Manmanabhav, Baba can make that soul into an angel.

We have to go deep into the aspects Baba speaks of. For example, go into the depths of Om Shanti. It is so clean, so pure... Go into the experience... I am a peaceful soul – go into the depths. I am Baba's child – go into the depth and experience these aspects. Go into the depths and so many things will emerge from those depths. Baba explains every day on the knowledge of soul, Supreme Soul and drama. If you just go into one of these aspects for a second, for example the knowledge of soul 'I am a soul' totally focus on it, then what will be the result? You will be detached in a second. Without going into the depths of these aspects, you cannot experience them. I am a soul, I have a mind, intellect and sanskaras... I have understood knowledge and with my intellect I remember Baba... remembrance then becomes part of my sanskaras. In remembrance my past wrong karmas are absolved – I am able to forget the past, I am able to change my sanskaras. In remembrance we speak to Baba, we are able to feel Baba and

the power coming from Him. God is the Purifier; go into the depths of this and realize how He is the Purifier. He is the Sun of Knowledge; go into the depths of this and realize that the Sun of Knowledge does not just give knowledge but also gives, light, power, warmth...

The chit is the memory track. The dharna we have from studying this knowledge goes into our memory track. It becomes a part of us. Although we don't consciously remember this knowledge in the golden age, we are the result of this knowledge there. We have all attainments there as a result of studying and imbibing this knowledge now. When we understand this knowledge our attitude changes automatically. Our vision changes automatically.

When we stay in true remembrance of Baba, others are inspired to stay in remembrance too. They feel that vibration from us and they realize that it is possible to have connection with God. I should pay attention now that my attitude and awareness are always very elevated. My actions will then be elevated and my whole life will become elevated. If we all do this, the world will become elevated. I need to bring spirituality and spiritual love deeply into my life. This will not only make me content but it will pull many souls. Each one can become a spiritual magnet. The company of a soul who has true love for Baba changes other souls. Good company changes people into gold... such pure gold which can be pulled towards God. This is the service we have to do now; it is true service. But don't have the thought 'I am doing'. No, Baba is doing it... Only then will the service be successful.

*Om Shanti.*

# DADI JANKI – 5 NOVEMBER 2013 – OM SHANTI BHAVAN

## MY HEART HAS RECEIVED LOVE AND AFFECTION FROM BABA

This is our special life. In this life I have learned how to keep my heart happy, my brain cool and my nature simple. We talk of mind, intellect and sanskaras but first comes the heart. The soul sits in the body; the heart is the one which feels. No matter what happens, good or bad, the heart feels it. The heart feels happiness and sorrow. That then affects the mind. Then it goes to the intellect. The intellect then decides what to do. When we have knowledge in the intellect we know that we can deal with these feelings by telling the heart to be quiet. The heart wants love while the mind wants peace. The heart received love and affection from Baba and with such love in a heart, nothing can hurt it. The heart got love and the mind received peace. In this stage the intellect can start to realize how good this knowledge is and start to inculcate it.

In the intellect is the chit. Inside the chit is the chintan. The chit is an aspect of awareness. The chintan is what one is ruminating on, or what one is focusing attention on. That then becomes one's vriti... one's attitude or the position one adopts to view things... There is another word 'chit vriti' which means one's attitude of mind, one's tendency or focus of attention. During the NC/CC retreat we spoke a lot about sat – truth, chit – aware and anand – blissful. So now truthfulness has come into the chit – the awareness. So where does truth come from? It comes from one's yoga. It also comes from knowledge and from one's dharna. Fourthly, it comes from service. There are some examples; souls doing service through words and actions but they are not truthful – not as truthful as they could be. They are not honest and accurate. So my truthfulness has to be at such a level that I appear as a shining star. So from that vriti there is a stage of consciousness which is created – the smriti. From that it then becomes one's sanskara. The mind, intellect and sanskaras are in the soul. The

sanskaras are the deepest things of all. Baba tells us that these sanskaras are created by many forms of karma from previous births as well as from an accumulation of karmic accounts. Through the power of yoga we can destroy those accounts and negative karmas. If someone gets ill or there is some kind of accident, it should not be experienced as a suffering of karma. We have bodies and things do happen to them. When we don't experience it as a suffering of karma then there is no jealousy or feelings of antagonism for anyone. The old sanskaras belong to previous births but we have now become Baba's and destroying those old accounts. Through our purity, reality and royalty we are achieving a great deal and have become into the real awareness of what it means to be soul conscious. That purity, reality and royalty bring us to a state of humility. This is wonderful! So the vriti is made up of the heart, mind and intellect. That attitude (vriti) goes into your awareness (smriti). There is the very well known phrase from the end of the 18th chapter of the Gita: smriti, swaroop, nashtamoha – the destroyer of attachment and the embodiment of awareness. In this stage one has destroyed all attachment and one really knows what it is to 'be'.

So the main thing now is to finish off attachment by moving into the stage of bodilessness. To become fully aware of being a soul. One's actions are then according to one's awareness. So there is smriti – awareness. From that comes one's vision – drishti; how one looks out from one's eyes. How one's perception is. According to that, are one's action – kriti. Previously our drishti was according to another kind of awareness. Our consciousness (smirti) is created through our attitude (vriti). That then penetrates inside the sanskaras. Thus, I have to make sure that my drishti is not created from what I am taking in from outside instead of the other way. When all the things we saw externally

went inside we became aware that this is the world of sorrow. Only the golden age is the world of total happiness. Now we have to go to the soul world. This is our awareness now; I have to go to the soul world. That means I have to stay in silence. I am going to the golden age but before that I have to accumulate a great deal of pure karma. I have to accumulate so much that I, like Baba, become a bestower of happiness and a remover of sorrow.

If something happens and you remember it, you will experience sorrow. It is that simple. Baba is my companion. I am a detached observer. These are two very important aspects. Thirdly, remain aware that everyone has their own role so see them and their activity with detachment. Remain aware that that is their part. Don't feel badly about it because not only will you experience sorrow but they will also experience sorrow. You may give reasons and excuses for giving sorrow but ultimately there are no excuses. To give and take sorrow is a type of illness. It makes one very delicate and then you continue to give and take sorrow. I need to keep good wishes for others to change. I have pure good wishes... Check yourself in this. Do I remain in pure thoughts and have good wishes for everyone? A maharathi can put a full stop in a second but a horse rider stops and then places a question. What would be the condition of such souls? If you have these points in your awareness then you will not take sorrow even by mistake. Otherwise the habit of taking sorrow will never leave you and you will continue to experience sorrow from even little things as if you are constantly being pricked by a pin. In fact it may be nothing but your thinking makes it something. Your thinking makes a mustard seed into a mountain. So I need to keep my 'chit vriti' (the attitude that I keep in my awareness) in my chintan or my ruminations... Go deep into these things!

*Continued bottom of next page*

## DADI JANKI – 1 NOVEMBER 2013 – GYAN SAROVAR

# IT'S TIME TO LIVE IN THE LAND WITHOUT SORROW.

Baba's makes us light. Baba is light; bodiless. Remember Him accurately and He will pull you into the bodiless stage. In order to become free of burdens, I just have to remain free of wasteful thinking. I have to remember the bodiless One. I have to check my thinking: Am I making myself heavy through my thinking? I have to remain free of burden now – totally light. It is time to finish everything and to go back with the bodiless One.

We are celebrating 40 years of foreign service. I went to the UK in 1974. Baba told me to make London into a model of Madhuban. What does that mean? It means that wherever one goes, one follows the Madhuban system; waking up at amrit vela, going to murli class, offering bhog... It means wearing simple white clothes, no need even to wear a ring, just the badge. I have to become a simple sample. A sample is very light; not 'I need this, I need that'... No, I have everything and

my task is to be simple and through that simplicity to reveal Baba. Baba has made us carefree. He has made us carefree kings. When someone asks where you stay then you would simply say that you stay in the land without sorrow. Sometimes sorrow is internal, sometimes it comes from outside. In both situations it shows on one's face. If you keep Baba with you, you will feel that you are living in the land without sorrow. My attitude is most important.

My attitude creates my awareness. Today Baba told us that one of the greatest issues is attachment. It is subtle, so subtle that Baba calls attachment a ghost. When a ghost is roaming around, what can even God do? Dadi is slightly concerned about this issue of attachment that is arising now. In relationships with the Brahmin family there is great happiness. However, beware of attachment... It is the love and power Baba gives in the morning that helps

us to create a powerful, obstacle free stage. It helps us to be detached; lost in love of One. There are so many centres and thousands of souls are being pulled to Baba and then to Madhuban. So what do I have to do? In order to make the place you live powerful, do Intense meditation and service. It is this that has created the atmosphere of Madhuban. Dadi has no other thought that whatever has happened is good, that which is happening is good and that which is to happen will happen be good. Think like this and there will then be no internal worries. When you stop all types of worry that worry free stage will reflect through your drishti that which will then only give happiness.

Brahma Baba and Shiv Baba are taking care of us. If there were no children, how could God, the bodiless One, be glorified? I am Baba's child... and there is great happiness in being God's child.

*Om Shanti*

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### *Dadi Janki – 5 November 2013 – Om Shanti Bhavan*

#### *My heart has received love and affection from Baba*

**Q. In the old murlis Baba sometimes says, 'Where there is victory, there is birth'. What is the connection with the last moment of this life for which we need to be concerned?**

This point comes from olden times – long, long ago when Baba first spoke. Baba is taking us to the stages of being mayajeet and karmateet. First I have to become the conqueror of maya. Then I can become the conqueror of negative karma. Then I can move into the stage of being karmateet; of having finished all negative karmic accounts. Baba gave us a lot of inspiration so that we could hold ourselves in this stage of consciousness. Our last moments are connected with this practice. So think; according to his karma, where would Brahma Baba take birth. What is his destination? Brahma Baba made so much practice of the transformation from Brahma to Vishnu. He taught us Raja Yoga so that we could also become the kings of kings. He paid so much attention. So wherever there is victory that is where you will take birth. So first their needs to be victory over one's own self. Our birth will be there – where we are victorious. We are going to be victorious. We have to become the conquerors

of maya in the kingdom of maya. We have celebrated Diwali to commemorate our victory. Not even slightly should I waver in the face of recognition or defamation... Defamation, praise, victory, defeat; I have to remain totally in a stage of equilibrium whichever of these comes in front of me. This is what it means to be victorious. According to that stage of consciousness will be in my birth. It will be in a royal family, in a royal clan.

Brahma will take birth as Krishna. Some will be Krishna's teachers, others will have other relations with him.

**Q. Today is Bhaia Duj so what gift is Baba, our brother, going to give us today?**

Baba has given us so many methods in order to make us like Himself. He has given us an inheritance and blessings. To remain in peace, happiness and prosperity is to take the gift Baba is giving us. We have received love from Baba and from the Yagya. If someone has not experienced this, we give them the love we have received from Baba...

*Om Shanti.*

# DADI JANKI - 15 OCTOBER 2013 - SHANTIVAN

## THE POWER OF TRUTH



### ***In the National Co-ordinator and Centre Co-ordinator retreat on the topic 'Sat Chit Anand'***

In order to become true remain in the land beyond sound. The experience of truth will enable you to hear Baba's sound and will take you to the land beyond sound (Nirvaan-dham). We listen to and read the Murli in order to go beyond sound. We are on a spiritual journey. By recognizing the time we get to know the cycle through Baba. What is truth? Time says remove arrogance from your intellect. Don't over work your intellect. True effort is to serve in whatever way is needed. A true server is an all-rounder. Ask your heart whether there is any kind of hurt that has affected you as hurt needs to be healed. The power of truth enables healing to take place. Let there be this experience in one second. We become hurt in one way or another at some time and then do not know what to do. When one feels hurt one is not able to smile. Truth brings the realization that this is easy. The heart heals. What does truth mean? I the soul am originally truth. Because of being influenced by the mind and intellect, impurity develops in the sanskaras.

What is the real meaning of purity/cleanliness (shuddhi) and truth? Without cleanliness, one cannot understand what truth is. When there is purity there is honesty. Realise each word and practice bringing them into your life. Sweet Baba's words are 'Be Holy, Be Raja Yogi'. The aspect of being holy comes first. How can I become Holy? Ho-li means to make the past the past. When you see the past as past, then you will be victorious and old things will not remain alive. This is truth. Truth enables the past be the past. I want to share with my companions what it means to make the effort inside. Sometimes I keep truth to one side and think about purity. When there is purity, there is peace. Within truth, there is power.

The slightest impurity will not allow peace. When there is purity there is selflessness, the intentions and motives are true. Become an image of experience. The power of purity attracts souls. There is not even the slightest body consciousness within purity. Continue to listen and experience these things. Within purity, there is peace, power and love. Then you will say, 'this is truth'.

God has made my true heart His home. Your mind will become the temple. Where is God, what is He like? Truth will enable you to be fearless and free from animosity. Each one should check themselves. It is a great mistake to have feelings of enmity for anyone. It is said that 'the soul is its own friend when it is truthful, otherwise it's its own enemy'. We have the advantage of having God as our good friend. Experience God's friendship. It is good that He is the Mother and Father, but experience Him as your Friend. In true effort friendship will be very helpful. As Baba said in today's blessing – keep sparkling so that anyone can have an experience through you at any time. It should not be that sometimes you are happy and other times not.

One is silence, the other is sweet silence and the third is dead silence. Baba has given us experience of all of them. A true effort maker will go into all of these things. They will not be satisfied by just a little. This gyan is very deep, enjoyable/engaging and simple. The deeper you go the more you want to go further. The water of a well has to be extracted from deep down. The water of a river can be obtained from the surface. Baba spoke the murli even when the chariot was not well. Baba first spoke the word 'BapDada' when he was in hospital. To become multimillion times fortunate, observe Baba at every step and then truth will do its work. Have such dedication that you

become true Narayan (perfect and complete) by being truthful. It is through the power of truth that the task of establishment has spread to each country and Baba's children have emerged. They have extreme love for the Yagya. Ask yourself how much true love do I have for the Yagya? The proof of this is obedience, faithfulness, loyalty and honesty. Loyalty means to have all relationships with one and none other. Honesty means not to waste a single penny. Obedience is to say 'yes' (ha) to Baba and not 'how'. Baba calls such ones number one effort makers. There is everything in One. You have known, you have attained Shiva the Innocent Lord. Baba's vision is on us. Let your eyes be open. You have the experience of having courage and experiencing help from the Father. The Lord is pleased with those who have an honest heart. You cannot hide anything from Shiv Baba as Dharamraj. Let so much love be filled inside that you can receive this love as your right. Have great value for integrity. Never allow yourself to deceive or be too clever. Remain careful and cheerful and never cry. By making such effort, it will be guaranteed that you won't remember anyone except Baba in the final moments. Baba remembers the return that is to be given to the souls have given in the Yagya. There are examples of those who have given with such love and honesty. There are also examples of those who hide money from the Yagya.

When you go to the depth of truth, your boat can go across. Baba is my Boatman the one who even takes the sunken boat across. Where there is truth, there is also sweetness. Everyone becomes pleased. Don't keep the headache of being the 'head'. We are Baba's children. There is no nourishment like happiness that Baba has given us. This pure intention does great service.

## DADI JANKI – 29 OCTOBER 2013 – GYAN SAROVAR

# KEEP COURAGE IN EVERY SITUATION



Baba has pulled us into His love and has made us detached from the consciousness of the body and bodily relations. Whilst living in the body, whilst being with people, we are detached. The love of the godly family makes us free from bondage and gives us the experience of being liberated in life. We now have no bondages at all. Our lives are so beautiful... In this life we experience the power of Baba, The Almighty Authority. It is the power of God which enables souls to move. Baba is Karankaravanhar; the One who works Himself and the One who works through others. He gets work done Himself and He also gets others to do things. He doesn't do anything Himself, He doesn't think, He doesn't suffer. Baba teaches us to become like this.

Let me check myself and see how much I understand the drama. When I understand the drama deeply my remembrance of Baba increases and becomes natural because I am carefree. My mind is not caught up in worry. I have faith in the drama and so I can focus on remembering Baba. Drama is the mother, Baba is my Father and I am the child. The mother is sweet... drama is good. Every scene of the drama at the confluence age is beautiful.

We didn't know who He was or where He was but we remembered Him for so long. Now, the souls who had been separated have found the Father. This is such an aspect of happiness. Maya had made us her slave and we became trapped in maya. Now Baba has explained to us the philosophy of karma. He is the remover of sorrow and the bestower of peace. We never thought that He would make us like Himself.

Do you realise deeply the importance of amrit vela? Do you miss amrit vela or do you have very good amrit vela? If my amrit vela is good, my whole

day is good. You will feel that someone is pulling you with the thread of love for the whole day. I need to be able to remember Baba with a true heart and that starts with amrit vela.

### *'At amrit vela, God sits the soul on His heart throne'*

The experience we get at amrit vela helps us to see every scene of the drama as detached observers. At amrit vela He sits us on His eyelids and takes us above. He makes me bodiless, sits me on His eyelids and takes me home. The time to return home has come...

Today Baba reminded us of the importance of courage. Courage helps us throughout our whole lives. When I have courage, I receive help from the Father. Courage does wonders. Keep courage whenever any test comes and you will feel that it is not a big thing. You may be praised or you may be defamed – keep courage. I have to remain equal in both. It is just a test. Some are good in most aspects but they have the weakness of defaming others. Some are good but they watch TV at night. If you watch TV you won't have good amrit vela. To do these things is a type of sickness. The more you keep yourself safe, the better you will feel. If you want to be a protector of the Yagya, you first have to protect yourself with Baba's teachings. In our days we freely cautioned each other and helped each other progress. We respect those cautions we were given. In today's world no-one can say anything to anyone. No-one can caution another. So, we ourselves have to be cautious. Baba is watching. Baba sees that the child is doing what He says and He is happy. Only if I am doing

something myself can I speak of that aspect to others. This is what service is; to share experiences.

There has been a great deal of expansion in service but Baba has still drawn our attention to serving through the mind. This is the need of the time. To be able to serve through the mind, the state of my mind needs to be very good... My mind will be good when I imbibe knowledge in my intellect. Otherwise, I will be distracted here and there. My eyes will wander all over the place... You will think of the past. You will worry about the future. If there is dharna of knowledge in your intellect and you are linked in yoga with Baba then your mind will be good. Your words will then be useful. You will speak less but your heart will speak. You will speak less, from your heart. I have to now prepare my mind in such a way that I am 'qualified' to do mansa seva. For this, my mind has to be pure, my drishti towards the home; I remember the home. I see no one except the Father and the home. The home will then pull me because that time has come; the cycle is coming to an end. I have seen how, in the past one hundred years, the world has changed so much. There is a great deal of corruption, falsehood and sin. We are seeing wonders through science. Science will also be used for destruction and then to create Satyug. There will be bricks of gold...

You may work very hard with your brain but ask yourself 'How much do I remember Baba'? You may do a great deal of service but Baba and silence should pull you so that in one second you are able to go deep.

Remember; the meeting between me and Baba at the Confluence is the meeting which allows me to receive the kingdom.

# DADI GULZAR – 23 OCTOBER 2013 – DIAMOND HALL, SHANTIVAN

## QUESTION & ANSWER ON THE GOLDEN AGE

**Q. We have heard about Baba's visions. At the beginning; he saw stars descending from above and adopting a divine form on the Earth. He saw the communication between deities; as if music was playing. He saw that when they walked it was as if they were dancing... Tell us Dadi, how is the communication between deities?**

All of you have lived in satyug and ruled there countless times. You are now sitting at the confluence but you can also remember how everything was at that time. You have experienced that and it is inside you. There is such great happiness there that there is no name or trace of sorrow. The sparkle of happiness is revealed in the way we meet, sit and speak – in the very way we move. Everything is wonderful there and there is no need to make effort in any aspect; everything is automatic. There happiness is natural so it feels very lovely. The impact of having all attainments is revealed through the features of the people there, and so the features appear very beautiful. Here we want our faces to appear happy but there happiness shines on every face. When something good happens here, we are happy. There, it is a life of happiness - constantly. Our lives are very natural there. You were there – you had such a life... After every 5,000 years you will be there. Whatever attainments you can think of will be emerged in the life and the form of every deity.

**Q. Will there be school?**

The children will study at school but each lesson will be like a game. There is no burden. They don't make effort for silence. As is the activity, so is the form. They will play, dance, sing...

There are no complications there. Everyone's vibration is pure so there is no effort of any type. They see each

other through the relationships they have i.e. a father will see his son in that relationship. According to the relationship so is the drishti. As they see each other there is love, peace, bliss in an emerged form, and so the vibration is created accordingly.

**Q. In the confluence we have to think about and make effort for the soul conscious stage, will it be the same there?**

There, it is the natural form of soul conscious. They have a happy nature so they don't even need to think about happiness.

**Q. Will we see a variety of sanskaras?**

There will be a difference between the king and subjects. Yet, all are happy. There is the wave of all attainments everywhere, in all parts of the kingdom. The king will have the sanskaras of rulership which won't be present in the subjects. Laxmi and Narayan will have the same level of happiness because they are both experiencing the reward of their effort. Of course, they know they are male and female – there will be a difference in their activity. Narayan will sit on the throne at the time of rulership, as the activity of ruling the kingdom takes place. They will chat, play, laugh... Narayan, in fact, is number one in the kingdom – he will give Laxmi duties. Yet neither is less. Each has their own duties and powers There will be a sparkle of happiness... In the status of happiness everyone is equal.

**Q. When you go to the subtle region, what kind of communication happens there? How does Baba reveal things to you?**

I go into trance and I see things there in the same way as you see things here. Baba talks to me rather than touches my intellect. He tells me what the message is. I tell Him some-

thing and He tells me something. It is like a movie – I understand things as if Baba is speaking to me. There is no confusion; Baba speaks and I listen. I become transformed; I become an angel when I go there so it is natural to communicate in a subtle way. One subtle being can easily understand another subtle being. If you want this experience then sit and tour the subtle region at amrit vela. Baba will pull your intellect according to your capacity! To the extent you are bodiless, to that extent you will catch...

**Q. What kind of effort should we make now?**

The form of being a Brahmin is higher than that of a deity as the Supreme is meeting and speaking with us. Thus, this is the highest birth. Whenever we meet each other, this gyan should remain in my intellect; who am I meeting, what kind of soul is this, what is the future of this soul? Don't be ordinary! When you think in an ordinary way you will see weaknesses and you cannot see the angelic form of another being.

**Q. From now until tomorrow evening, what should we pay attention to before Baba comes?**

To be bodiless. Baba is bodiless and adopts a subtle form. We have to remain in the form of an angel. Baba is an angel and we have to become angels to experience the meeting.

The most elevated life through the cycle is the life we are living right now. We will become deities there but this is the most elevated life through the whole cycle; the soul meets the Supreme Soul and the Supreme Soul speaks to the soul. There, the connection will be only with human souls. Even in Satyug we won't have the chance to experience relationship with the Supreme.

*Continued bottom next page*

# DADI JANKI – 17 NOVEMBER 2013 – SHANTIVAN PATIENCE, TOLERANCE AND CONTENTMENT



The soul receives a great deal of power by following Shrimat. So one should pay attention not to follow the dictates of one's own mind. Traffic Control is also a discipline to follow. We have to become free now of both manmat and parmat. We are practicing Raja Yoga. As a result of following Shrimat we develop the powers and qualities to rule a kingdom. Dadi has personally received a great deal of benefit by following Shrimat and directions. We have to give respect to equals and love to the young ones. I have to pay a lot of attention to remaining in self-respect. Only if I have self-respect can I give respect to others. We saw this in Dadi Prakashmani. We had so much respect for each other. There is a whole list of self-respect. We have to become equal in praise and defamation, profit and loss, sorrow and happiness... Let me never have a feeling of insult. In fact, the one who insults us is our friend.

Ask yourself; how much do I study and teach my own self? None of us are teachers. Dadi never considers herself to be a teacher. I teach my own self. What do I teach myself? That which Baba teaches me. I revise it constantly.

Everyone is playing their accurate part in the drama. Some become hero actors. Baba is backstage watching everything. I need to make sure that I don't judge anyone whilst watching their part. If I start saying this one is good while that one is

not so good, it will become a habit. I have to create good thoughts. I have to churn elevated thoughts. For this, I have to make my foundation very strong. One who gains experiences by churning the ocean of knowledge will never want to think about other things. By churning knowledge and bringing that into one's life, it becomes a blessing. So read the whole Murli and go through the blessing – it is so wonderful! I have to make effort and progress. No-one stops anyone else from making effort. If I stop by myself or I allow anyone to stop me and then I start looking at others and getting involved in their stories then I am wasting time. Dadi has paid attention never to waste time, energy or money. Even if something happens externally I pay attention never to waste time. I have to use time to bring benefit to both myself and to others. It is very important not to waste energy. The soul needs power, strength.

There are three qualities that are very important in life. Firstly patience. Bringing patience into your life will benefit every aspect of it. Secondly, tolerance. In big or small matters I need to apply the power of tolerance. Thirdly, contentment. We have received so much in Baba's home. By distributing what we have received it continues to increase. That gives us energy. When I tolerate, I inspire others to tolerate. Remember; one step of courage from the children brings a thousand fold

help from the Father. Let anything happen but never leave your courage. Never leave your courage or your Friend. You have made a promise to Baba and Baba automatically helps, there is no need to ask Him. Remember that Baba is pleased with an honest heart. Be clean and clear inside and out and Baba will be pleased. Then whatever thoughts you have will be fulfilled. Let God be content with me... My character and activity should make my Father content.

Now pay attention to using your time in a beneficial way. One who knows how to benefit from time is a true Raja Yogi. There are two enemies on this path. One is jealousy. The second is laziness. They will not allow you to be truthful. Subtle jealousy; this one has a very good home, that one has a very good friend. Subtle thoughts like this will not allow you to become knowledgeable.

Baba himself made deep effort in every aspect and showed us how to make effort. Baba sometimes used to clean the grains of rice himself. I have to remain alert and be active. If you sleep you lose; if you are awake you gain. Baba has drawn our attention to doing service through the mind. The more one does service through the mind, the more their mind becomes beautiful. When you have the practice of serving through the mind even then when you speak, your words will be powerful and will have an impact. So give sakash through your mind. We have to give the sakash of Godly love. Let there be love for everyone because Baba has given us love. That sakash of love, we have to spread to all. Sometimes when there is a loose connection in electricity, there is darkness. So let my connection not be loose. Let me remain connected to Baba. I can then become full in peace and happiness. Understand these things and do them now. Who has seen tomorrow?

## *Dadi Gulzar – 23 October 2013 – Diamond Hall, Shantivan Question & Answer on the Golden Age*

That happens only now. The truth that we receive from Him now, cannot be received at any other time. Sometimes we fail to appreciate this. The value of Sangam is huge – each second here is worth many, many years there...

I now meet the Supreme and I am aware He is giving me knowledge. Only now can I experience the happiness of all relationships with Him. Take as much benefit as you can from Sangamyug. It is anyway a very short age. This meeting of souls and the Supreme Soul will not happen again throughout the cycle. These moments will not return in any other age. This is the huge fortune we are receiving now.

*Om Shanti*

*Om Shanti*

## DADI JANKI – 14 NOVEMBER 2013 – GYAN SAROVAR

# GOD IS MY FRIEND.



I the soul stay in this body, yet I am detached. The soul is in the body, detached and has a lot of love for God. We receive so much love from Baba and that love enables us to be true and to remain on service. It is on the basis of love that we experience success. There is then not even the need to question whether there will be success or not.

On the path of gyan we experience that the most important aspect of spirituality is compassion – mercy. Arrogance takes one away from compassion. If you don't have the experience of mercy then you cannot receive blessings. So open your heart and look at how it is. Baba places such things in the heart that the soul keeps saying 'thanks' to Baba. In our hearts is compassion, mercy, forgiveness and love... We have to forgive at every moment and then forget. They speak of a merciful heart. One with a merciful heart feels compassion for those who are in trouble. Such souls have good relationships with others – they are able to keep on forgiving.

So look at your own self and Baba and you will see what you need to do quietly. Such souls get their work done with compassion, mercy and feelings of forgiveness. Baba has told us not to take the law into our own hands. The Godly laws are what we should use for our own selves. We should discipline ourselves with the Godly laws and maryadas. God looks at such a soul and says, 'Yes, he is my friend'. God is my friend and I am His friend.

Also, as much as possible, take benefit by remaining in deep silence. Don't speak too much. Go beyond sound. Remember the home and be in that state of deep internal silence all the time – as you stand, sit and move around. Baba has told us that most of us don't write a true chart of remaining in remembrance. Do I sit and check my true chart? Do I check

who else or what else I am remembering? Someone who pays attention on their chart keeps a good record. Someone who has a good record is given a lot of regard. The chart is of remembrance. Your record is of your virtues and how you use your virtues in practical life.

### *'It is important to give regard to the seniors and respect to your equals'*

One who is the same inside and out receives regard. We should give love to everyone and bring them close.

It is important to have the feeling of becoming like Baba. We are all becoming like Baba and thus we are becoming like one another. We have to make Baba visible in front of the world. For this, His influence has to become visible in our lives. Secondly, we should be loyal, trustworthy and faithful. For this I need to develop deep love and maintain it day and night. Thirdly, we need to serve the new members of our family. They come to Madhuban where God speaks the Murli. There is the pull to Madhuban and this brings everyone close. Fourthly, I need to make everything I have profitable by using it in a worthwhile way. Baba has created this Yagya and we must serve this Yagya.

I am soul, Baba is mine, each soul has their own accurate part, there is benefit in this drama. I don't have to dislike anyone. If you dislike anyone then you push Baba away from yourself.

If you accept things from others then you will remember them. Someone

knitted a very nice sweater for Baba. He put it on for 10 minutes and then gave it away. He said that if wear this; I will remember the person who made it. If he (the other person) wears it, he will remember Baba. So, as much as possible become a sample and live simply. There should not be anything of yours that pulls you and that you have to look after.

If you remember Baba from your heart then you won't remember anything else. If you remember Him from your intellect, something else can come in your heart and you won't remember Baba. Remember Him from your heart and you will be able to remain stable and unshakeable. If you become confused or attracted the reason is that you don't have true remembrance of Baba with love. In the inheritance Baba has given is liberation and liberation in life. We are free from all things to do with others. We have to go back home now. We need to use the knowledge we have received right now. In the future, the knowledge we receive now will be merged within the soul

*Om Shanti*

## DADI JANKI CHURNINGS

When we only engage in elevated thinking and maintain good wishes for all, the path becomes easy. We understand the value of Baba, Yagya, Family and Time and see ourselves constantly in relation to these four. Nothing remains in our heart apart from returning with Baba... We emerge scenes of the Golden Age, but everything will be set up for us. We just have to become Vikarmajeet (Conqueror of Negative Karma), Karmateet, Avyakt and Sampurn (Complete).

Keep the aim of guiding everyone ahead with spiritual love. When we come closer to each other in spiritual love, we can easily become complete.

*Om Shanti*

## **DADI GULZAR – 12 NOV. 2013 – SHANTIVAN BABA IS MINE, I AM HIS**

In Madhuban remembrance of Baba becomes natural. Here, Baba's love and remembrance becomes absorbed in one's eyes. As soon as one says 'Baba' one experiences Baba's love. Ordinary souls are being made the masters of heaven through Baba's love. In everyone's heart and eyes, 'my Baba, sweet Baba' is visible. The more one remains aware that Baba is mine, the easier and more natural remembrance becomes. When one says 'my Baba' one becomes equal to the Father because Baba is with us at that time.

Again and again Baba reminds us to be soul conscious but again and again we forget. He tells us to move into the stage of soul consciousness from the stage of body consciousness. Yet when we sit in Baba's remembrance there is the feeling that Baba knows our hearts. So, have you made Baba sit in your heart in such a way that He cannot be removed? To do this, keep saying 'my Baba' – not just 'Baba'. One cannot forget something that belongs to the self. See, we have been playing our parts for so long, considering ourselves to be bodies, that it has become difficult to forget the body. Baba again and again reminds us 'Child I am yours and you are mine'.

Baba wishes that His children become equal to Him. For this, I simply have to do as Baba says. I have to follow His every word, His every direction. Each word of Baba's should be merged in my life. We will become equal to Baba because of our love. It is easy to remember one who is loved. Baba loves each of us 100%. Do you have 100% love for Baba? One loves someone they receive something from. We have received so much from Baba. We have become spiritually prosperous through everything Baba has given. Baba's love has enabled us to become loving to every soul. He has given you so much and made you worthy; how then can you forget Him? It is this quality of love that will allow us to experience supersensuous joy and bliss for two whole ages.

In the Murli each day Baba gives many directions. We simply have to follow what He says. There are four subjects; study, yoga, dharna and service. Directions for all four subjects are included in the Murli. The more one does what Baba says, the happier one feels. I have to check myself at night also; how much I have done as Baba told me to today? When we don't do as Baba says our faces become a little pale or dull. I simply have to do as Baba tells me to throughout the day. I have to pay attention to all four subjects. There is actually no difficulty in this.

Take the gift of remaining in Baba's love from Madhuban. He is Dilaram, He comforts the heart. If you have any weakness leave it here in Madhuban. Give it to Baba. We have to liberate ourselves from weaknesses now. This is easy in Madhuban thanks to the atmosphere. Don't

keep any negativity in your mind. Keep a determined thought and leave all your weaknesses. Give some time for this. Sit alone in a garden or under a tree and do this work on the self. Give your weaknesses to Baba. Have the determined thought to do this and you will receive Baba's help. Tell Baba, 'Baba, I want to renounce these weaknesses' and see how He helps you. Keep this courage. One does not keep rubbish in one's hand but one would definitely hold onto that which is valuable very tightly. So keep the valuable things Baba teaches and gives with you and don't let go of them. Remove your weaknesses from your heart and you will become successful. The strength and good wishes of the gathering help us to do this.

Let anything happen but keep giving it to Baba. If you do this with honesty then Baba will give you all the help you need. This is Dadi's personal experience. You are spiritual roses but you have to make yourself strong and give yourself a 'stamp'. Never let go of Baba's hand. If you don't leave Him then nothing will be difficult. There is no need to even ask Baba for help, He is there to help us. My part is to be honest to Baba. Honesty makes the soul worthy of Baba's help.

*Om Shanti*

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## **DADI JANKI – 13 NOV. 2013 – SHANTIVAN BABA HAS GIVEN US SO MUCH TREASURE**

Baba has given us so much treasure that it is as if we have become 'merged' in that treasure. Baba's love is such that it melts stones. It melts stones and makes water emerge from them.

After every Murli Baba gives us love and remembrance from the mother and the father and from BapDada. Why does He not just say from BapDada? In the early days we saw two together in one. Shiv Baba, up above, Brahma Baba in front of us. We just called them together 'Baba'. Then in Mumbai Baba was not so well and we had to take him to the hospital. I was outside the room and someone asked me who was inside. They asked whether he was a guru. Baba had told anyone asking to say that 'BapDada' was inside the room. It was at this time that we started using the term 'BapDada'. Dadi Gulzar always uses the term 'BapDada' rather than Baba. The word 'Baba' is a diamond. It's a diamond key. It is very precious and beautiful. Such a diamond key needs to be kept on a key chain to keep it safe...

Baba is the one who creates our fortune. When we create all relationships with Baba then we experience a great deal of power. Baba keeps telling us new things in the Murli. When Baba was in sakar he would tell us new things throughout the day. Once he told me to write down what he was saying. Previously he had told me not to write so I never sat with a notebook. Then after speaking the Murli he told me to write down what he had said. I wrote 30 pages in one day!

We are all students rather than teachers. Dadi never considers herself to have any centres, any zone... No, I am just a student. I have to be the same inside and out. I should not be good outside but with something even slightly bad inside. Do not get upset when you are not given regard yet become intoxicated when you are praised. This means there is a type of 'worm' inside. If you do the work when you get praised but sulk and refuse to do anything when you are defamed then understand that there is a type of worm inside you. How can such a soul be useful to God? In every Murli Baba says He needs a good child to explain. What does this mean? It means He needs someone with a pure intellect. First I have to become satoguni and then I can become satopradhan. I have to sit on a swan – become one who sees that which is good and does not touch that which is not good for me.

## *The last chapter of the Gita speaks of becoming the conqueror of attachment and thus becoming fully aware.*

So our final stage will be when I am in the conqueror of attachment, have become fully aware and am the embodiment of Baba's remembrance. All attainments then belong to the soul. The master of all of us is the One. He is the one master for all of us. I don't know how many of you remember Him like this... He is the master, we are all His children. The child then becomes the master through the practice of the bodiless stage. We have to move into the bodiless stage because it is time to go home. Nowadays I travel through the three worlds. I sit in front of Baba and I feel He stays in front of me throughout the day. Baba is saying, 'Come my children, come...' Recognise the feeling Baba has. Baba is pulling us. There was a song in the early days; we are going towards the subtle region.

Someone is pulling us with the string love. Children are given pyar, that type of love. When one becomes a gopika, there is prem – that type of love for the Murli. Now, in spirituality we have Godly sneh – that type of love. It is this type of love that will bring our complete stage. So now remove all types of body consciousness. Recognize deeply that body consciousness is like a worm that does not allow one to sit in Baba's heart. Check yourself and remove now what you know you need to remove. Think of what you should do now to make Baba happy. This is Dadi's only concern – to make Baba really happy with her. If someone makes Baba really happy with them then all others become happy with them too. That soul can then be truly happy and it takes no effort for them to give happiness to everyone.

*Om Shanti*

## **DADI JANKI – 2 NOV. 2013 – GYAN SAROVAR QUESTION AND ANSWER**

**Q. Baba opens our intellects through knowledge. What is the method to keep one's intellect pure and clean?**

It is a matter of the heart. Put your hand on your heart; if you can say 'My Baba' from your heart then your mind will never go anywhere. Mama's mind never wandered anywhere. She was focused on the one; Manmanabhav. We saw Baba in the form of tapasya as Shankar and we want to be the same. Dadi has always kept the aim 100% in all four subjects. This is what it is to become a king. I have to make my stage stable – all four legs of all four subjects should be stable and equal.

Who am I? Who is mine? There are no other thoughts. The intellect has to be clean and pure. At the Confluence, this is our self-respect. The power of one's yoga when it is connected with Baba makes service happen. This is the how service has taken place throughout the world. With Him there is no feeling of being isolated or lonely. He is the Truth. I have to keep connected to Him and everything then becomes right.

**Q. How will people realise that we are unique in the world? How are the sisters here different from women in the world?**

Some have been amazed by knowledge and then run away. In the world women want money, position and recognition but were are different. We are Brahma Kumars and Kumaris. People are recognising the work we are doing. If there is no cleanliness, the truth will not be visible. We then become civilised. We are also simple and people notice that. People see that we don't waste anything.

Depression comes because when we don't have good company, when we don't study, when we don't do service. We have to give donation of what we have received.

**Q. In order to remain happy what method should we use?**

We need to keep good company. Also, don't keep anything negative in your heart. Keep Dilaram Baba in your heart. He simply wants me to give Him my heart. First I have to be accurate in my life. I need to maintain such deep purity. Ordinary and egotistical thoughts decrease our purity. What is real truth; go into the depths of that. Some have ego of their effort or of their body. In that stage truth goes away from your chit. When truth is there the soul becomes patience. Through patience, humility comes. Humility is very important. When there is humility there is sweetness. If patience is missing what will happen to your purity, to your sweetness?

I wish all of you to have the feeling of belonging. The feeling of belonging keeps one safe. It increases spirituality.... Don't make anything an excuse to go off in doubt. Each one has amazing specialities. We should not waste time in talking about people. We need to use our thoughts or energy in a worthwhile way and in that way it accumulates.

Souls should now receive light from far. Become my companions in this task. If we are completely faithful and trustworthy then Baba gives the highest return. I now just have to be a renunciate; be simple and a sample. Baba's tapasya was the foundation of foreign service. When I am free from worry then Baba can get His work done through me.

#### **Q. How can I forget my own body and inspire others to forget theirs?**

We are inculcating the knowledge of the Supreme Soul. One who has yoga over a long time will reach Baba at the end... When one maintains a good yoga stage – a clear connection with Baba then it is not a big deal for them to become bodiless. Some incidents happen to draw our attention to having a more subtle stage, or the bodiless stage. This may even be an accident but see the deep benefit and move forward. This is a game; please don't think...

*Om Shanti*

## **DADI JANKI - 18 APRIL 2013 - SHANTIVAN WE ARE MULTI-MILLION TIMES FORTUNATE SOULS**

Until I say 'Om Shanti' three times I cannot say anything more. Many tasks are completed, using Baba's murlis. Baba says today to remember Him for 8 hours and then, for the other 16 hours, to keep remembering whilst moving around, eating, sleeping and in whatever we are doing. This is the last of 84 births and there is so much value in this birth, so to forget Baba for even a second is a mistake! We are karma yogis and our part is wonderful. We have the enthusiasm to reach the karmateet stage. The Brahmins are the topknot, then the warriors, merchants and shudras. So we need to remember Baba whilst moving around in order to become complete. We are Brahmins. We are the multi-million times fortunate souls. Shiv Baba came from the Brahm element into Brahma Baba and I have seen my Baba walking around, eating and sleeping. I have seen his concern as to whether there was salt in the kitchen or not. If someone was sick, I saw how Baba was concerned. When He made me a nurse, I felt I wanted to meet Baba every day and would do this by phone. This was something of great happiness and I would ask Baba what medicines to give each patient.

Baba takes care of us so well. We never employed a security person; the Dadis would do security duty. Just as a horse pays full attention to the race, we too need to pay this much attention. But many children leave the

race. What is Maya? Baba has told us to do Amrit Vela in our homes and not just at the centres, if it is far away. Whatever Baba's directions are, we follow them, so we all move with shrimat. Sometimes Baba gives shrimat; He will do this to those who are obedient, faithful and honest. An obedient one is always light and never becomes heavy. The one who follows shrimat does not get tired. We listen to the versions Baba speaks. In a horse race they stay in their line, they do not swap lines. Once Baba told me to go and watch horses run. They never fight with each other; they enjoy the race. Pay attention to moving forward and not stepping back. The obedient ones are those who keep in their mind: I have One Baba and no-one else.

One who is faithful is naturally honest and will not go up and down. Obedience means having Baba's hand on your head. The faithful one's intellect will not be attracted anywhere. If the intellect is being pulled or influenced, bring it back. Baba is firm about this. Once Baba talked about adulterated remembrance and what he said touched me. First be honest to the Father, and then the Bridegroom and Husband. You are all experienced. We are obedient to the Father, and faithful and honest to the Husband.

The more you go into the depth of knowledge, the more you become an embodiment of remembrance. Seeing the behaviour of such a soul, everything becomes easy. I am honest and, when Baba gave avyakt names, he didn't change my name. I praise my own fortune, whether you praise it or not. Remain detached and a trustee. On the path of devotion, I used to listen to the story of Janak. We are sitting in the kingdom and what are we doing? With remembrance we are claiming the sovereignty in a comfortable way. Who is feeding us? When we are obedient, faithful and honest, we can become complete trustees. Baba has made mothers trustees.

Baba was bodiless, as well as a trustee. Nothing belongs to me - not even a trace of anything or anyone. God is watching. Whatever time and thoughts I have left, Baba never leaves me; He uses me. We are sitting in these bodies and the soul has received the orders from God: Become bodiless! Whilst staying in a bodiless stage, listen to the murlis. Whatever Baba says, I am doing in a practical way, like Brahma Baba. What does it mean to become a Brahmin? One who can tell very good stories about the True Narayan. One who is pure and a vegetarian. One who is simple and a sample.

Who is getting it done and who is doing it? Do service whilst remaining carefree emperors. Whatever you want to do, do it now! In order to become complete, do it all now. We are now coming close to the complete stage, as our weaknesses have gone. This is the time for flying and to do everything with great enthusiasm.

*Om Shanti.*

## DADI JANKI – 13 NOV. 2013 – SHANTIVAN DO YOU KEEP BABA IN YOUR HEART?

Baba's love is such that it cannot easily be explained in words. One needs to experience that love to really understand the depth and quality of it. There is no need actually to think about Baba's love. It is simply there for us to experience it. In fact, if you think too much you will not be able to experience His love.

Rather than think, we need to move into the experience of being a soul, detached from the body and bodily relationships. This stage feels so good and brings the feeling that one is doing as Baba asks and of being close to Baba. In fact, all I have to think is that Baba is mine, Baba is mine. The One whom the whole world wishes to get to know is mine.

It is not that we go beyond actions or even thinking. We have to live this life and both are necessary. But if you churn knowledge then, with that churning as a foundation, your thinking will be of high quality. And then I do have to come into action but with the awareness that Baba is doing everything. Baba is getting His work done through me. There is then no subtle feeling of arrogance of having done something.

So ask yourself; do I remember Baba with my heart or my intellect? My yoga should be with Baba rather than with human beings or objects. It is Baba's love that pulls us towards Him and that love is felt with the heart. It is not the time to keep remembering anyone, anything or any situation. I have to keep only Baba and good thoughts in my mind.

We are in Madhuban. For us there is just Baba, Murli and Madhuban. Here God speaks the Murli and we, His children, listen. We could never have known previously that this would happen. It is a very wonderful aspect. It is God's act... It is our task to reveal the Father through our thoughts, words and actions. We have to let others experience Him now. We need to now spread such a vibration in the world that people realize that God has come and that He is establishing the new world. The old is going... the new is coming.

Many BK's will have visions at the end, just as they had visions in the beginning. So see your stage; see your dreams. Do my thoughts reveal my Father? If you were to open your heart and show others what is inside, would just God be visible? There should now only be God in my heart. If anyone were to see who is in Dadi's heart they would definitely see just Baba. Baba is the only true Comforter of Hearts.

Baba is also the Intellect of Intellects. He tells us to make our intellects satopradhan because the milk of a lioness can only be stored in a vessel made of gold. My intellect

has to be this clean... A satoguni intellect only picks up that which is good. The seat of a swan is beautiful; a swan can recognize what is a stone and what is a pearl. It can judge what is good in a second. It doesn't create any work with stones. A rajoguni intellect sees both what is good and what is bad while a satoguni intellect sees and takes in only what is good. The eyes of one who has a tamoguni intellect appear to be blind; that is they cannot seem to see what is really happening. When one pledges to become satoguni their third eye opens. The third eye of one who is rajoguni will be half open. Baba tells us to remain in the awareness that I the soul am satoguni. I have to see and think only that which is good and positive. My mental attitude is very important - it can transform me from satoguni to satopradhan. Baba and His love bring great transformation in souls.

So what is our task now? It is to become trinetri, trikaldarshi and trilokinath. Baba has told us about this and has told us clearly what to do. I have to now stop performing any wrong karma. So now pay attention; see no evil, hear no evil, speak no evil and think no evil. Let there only be what is good and positive in your thoughts and in your vision and you will see how happy and how close to God you feel.

*Om Shanti*

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## DADI JANKI'S PRECIOUS CHURNINGS 29 OCTOBER 2013

Dadi is still remembering the theme of "Satt, Chitt, Anand" which was the theme of the NC/CC retreat. Baba's coming has taught us about truth. It has been wonderful to hear realisations and experiences of so many souls this season. Success is inevitable when there are realisations about what needs to be done.

At Amritvela, Dadi tells Baba, it is so easy to know and understand You because you are our Father, Mother, Teacher, Satuguru. You attract the intellect towards Yourself, and free us from the bondage of the body and relations.

It is essential to understand the deep philosophy of Karma. One receives fruit of Karma (good actions), and strength (bal) of Yoga. Moreover, others will observe whatever I do and follow the same. It is our great fortune that from the beginning, Baba has helped us pay attention to the Self, taught us how to have the consciousness of being an instrument within the family, and thirdly, instilled the sanskar of empowering the self with Truth.

We have the homework of developing a pure attitude and spreading vibrations, because with a powerful attitude, we become the embodiment of awareness. Then the atmosphere we create around us is nothing but powerful. There has been great expansion in service but now we have to serve with our attitude and mind. This is Dadi's bhavna for everyone.

*Om Shanti*

# Dadi Janki – 11th November 2013 – Shantivan

## How powerful have I become?

Baba has made us belong to Him and has taught us how to smile. We are now seeing the wonder of the task for which we are all simply instruments. We are all on the field of service but I have to also check myself in the other subjects; yoga, dharna and study. I should be able to feel that I am claiming full marks in all four subjects. We have received very powerful Shrimat from Baba and we know that we don't have to look at others or get influenced by them. In order to reach my destination I have to simply follow Baba. We have learnt a lot but we don't have the arrogance of what we know either; we simply praise the Teacher. Baba has liberated us from everything...

Now I have to check; how much power to do I have? It is not the time to be influenced by others or even by the dictates of my own mind. I have received Shrimat, the highest on high directions and in order to reach my destination, I simply have to follow it. I have to leave thinking about the past and keep Shrimat in my mind. I have clear directions from Baba of what I have to do and how I have to do it. We have received the directions to sit for amrit vela, to come to class at 7am. These are the directions given by God and they are very clear. By following Baba's directions, one's pilgrimage of remembrance becomes very good. You will feel that you are eating, walking and talking to Baba. In this way, you will become a first class example of being a karma yogi.

Our lives are very simple. The soul inside this body simply has to eat to feed the body and to wear clothes. In the whole cycle we will not receive such food that is cooked in Baba's remembrance. In the whole cycle we will not get to wear such clean, white, simple clothes as we do now. It is so simple; all I have to do is to eat food cooked in Baba's remembrance, listen to His sweet words and become holy. I have to fill my apron with God's jewels of knowledge. I have to simply follow God's instructions. These are the directions He has given me. When I am accurate in following the codes of conduct I will definitely be on the right path.

Only four days are left before Baba comes. He has kept many hopes in me... that I change from how I was to what He wishes me to become.

We are Brahma Kumars and Kumaris. We are Brahmins, becoming angels and then deities. Have I become such

that I am worthy to be worshipped? Baba has told us that we are worshipped in the form of saligrams and in the form of deities. Shiv Baba is worshipped as Somnath and in the form of a Shiva lingam.

I am a sparkling star – I sparkle in the centre of my forehead. I have to become complete with all divine virtues and totally viceless... Sixteen celestial degrees complete. To become this is to prepare for the age to come – Satyug. Baba tells us to make effort in such a way that we claim a royal status. For that, 100% purity is the first thing I need to imbibe. Be holy, be Raja Yogi! We are not hath yogis; we are Raja Yogis. We need purity internally and externally. Through purity comes honesty. Baba is totally truthful and His knowledge brings truthfulness in our lives. Where there is truth, fear is dispelled and courage develops.

Never think of how something will happen or who will do it. Where there is purity there is power, there is truthfulness, there is courage... and there is humility. Humility shows us how to be egoless. Body consciousness finishes. Humility brings sweetness.

Let me now imbibe all these things because Baba is coming. Baba is my mother and father, my karma is my fortune. It is easy for us to know Him. He has made us into His companions in order to make the old world into a new world. Do you keep Baba as your companion? If so, He will make you worthy. The whole world has to be transformed now. It is time to reveal the Father. There are billions of people who we can introduce to their mother and father. They don't know who their spiritual parents are. It is through Him we receive limitless happiness. He has a big heart and He changes our hearts and makes them clean and true. God is pleased with an honest heart. One step of my courage brings 1,000 steps of help from the Father. Always remember this and maintain faith. You will then see how everything happens in a practical form.

There is no need to come into words a great deal. Keep Baba with you and you will not need to speak much.



**Om Shanti.**