

Foreword Brother Nirwair took tremendous pleasure in sharing his yoga-experiences with the students and aspirants of the subject in various lectures he delivered which were lying scattered. The editors have done commendable work in collecting and publishing them in a booklet form for which they deserve appreciation. The contents of the lectures speak for themselves. They not only establish the mastery of the subject by Brother Nirwair but also that Baba has opened the doors of Yoga freedom to all which has reduced the ancient complexities of yoga to an effective simplicity within ordinary grasp. It has been emphasized that people living in families, earning their own bread, can practise yoga in their homes and find Him without running away to jungles. The technique of Raja Yoga and its stages has been explained in detail. The power of silence and the method by which even deep sanskars can be changed have been remarkably dealt with. Importance of “Amrit vela “communion with “Avyakt BapDada “have been beautifully narrated. Significance of “maryadas, “which is foundation of all the topics covered by the lectures, stand suitably emphasized. The lectures are based mainly on the knowledge imparted by Baba in His “murlis “and on the personal experiences and realization of Brother Nirwair. The language is very simple, lucid and easy to understand. I am confident that the students of Brahma Kumaris World spiritual University, for whom the lectures are primarily meant will find them very useful and enlightening. The general aspirants of Raja Yoga will also be able to draw reminds of the Father and takes the reader nearby him.

— B.K. Prakashmani

# YOGA

It has been a special day for everyone spending the whole day with Baba, because of a special day of intense meditation or “bhakti. “Each one’s experience must be very beautiful. After all, that is the greatest treasure, the treasure of experience. We can learn knowledge, but when we practise, then the experience comes. Knowledge is then shared on the basis of experience and therefore, it becomes more authentic, more effective. Now when you share your experience with someone, you won’t say the Raja Yoga people teach this type of meditation, or the Brahma Kumaris say this and that, rather it’s your own experience now, because we also possess our own experience, we explain with authority. When we share knowledge about Baba we are authorities then, as we know who Baba is, how He approaches us, what His qualities are and His relations with us.

Now we have practical experience of Raja Yoga meditation. What is meditation? What is Raja Yoga Meditation and how does it work on our individual personalities? How does it work wonders in elevating us, transforming us, in rebuilding us? Because, sometimes people like to go for such courses as personality building, on how a royal, very pure, very reverend personality is being built. We learn through Godly knowledge and I’m

sure the impact of nearly 5 hours meditation must have brought a nice transformation in consciousness. When there is special effort, there is a special experience.

There is a suggestion — why don't we share experiences and help each other. (So brothers and sisters share their experiences.)

1) It is hard to explain experiences sometimes. I was visualizing myself as a point of light, very close to Baba. It was easy to maintain that visualization. I had gone beyond, even sitting on a hard floor, otherwise there are signals from the body of pains in the legs, but the pleasures was so divine, I was not aware of anything. I felt like a foreigner in this land of matter. I felt like a swimmer, swimming away and also felt the security of the Supreme Soul.

2) I had a firm idea of a yogi sitting alone on a rock or in a cave, sitting still, but the idea of a yogi and silence not being only external, but also internal. Real peace is really like an open mind untainted by illusions and there is Shiv Baba the Seed, Ocean of Love, just feeding the senses. There is subtlety of thoughts, the awareness of what Baba wants to give you and hat you wants to give to Baba and how to surrender everything to Baba. Baba will fill the intellect with power. It is slow, but gives joy. When it merges in Baba, then consciousness of self disappears. The mind gets controlled with Him easily here. Thelink becomes clearer, firmer and wider. Then comes more fluidity in meditation.

3) There as the experience of a deep introspection, a

deep silence, comforting light and love which were unlimited. I sat there, I don't know for how long. I had slowed my footsteps, my thoughts, my actions, I was aware, but I felt new. My thoughts were given by Baba and there were no mundane thoughts whatsoever. The result was complete happiness. I felt my consciousness on a very high level, felt very important, felt very valuable, a special relationship, very soothing, very close to Baba. This relaxation was engulfing, it was like a rest after many births, merged in love.

4) I was very attracted to that point of light, and it was as if I were feeling taller and taller, above anybody. Through the third eye, a process whereby I was pulled away, all were light all around me and I merged with them in the world of light.

5) Baba was calling me "Come"! I went nearer and nearer, deeper and deeper. Now waste thoughts, just a couple, they disappeared, so full of love and power.

6) It was a clear experience of how to be an easy yogi. I have always heard Dadi Janki say to be egoless, bodiless and viceless, so I worked on being bodiless. It was hard and then I got tired and told Baba, I have made efforts and totally surrender to you, please give me an experience. Then it was easy, I got a unique one of being a star alone, my body just an extension and only using it when necessary.

Anybody else? (The class started again.)

In meditation we experience various stages. Some find it very easy to become bodiless. When we become

soul-conscious we become bodiless. When we become God-consciousness we become soul-consciousness also, so the ultimate is that you see Baba as if in a mirror and you see your real self. Then the body is gone from the mind. So meditation has two factors, concentration and contemplation. You concentrate on the form of god as revealed to us by HIm, the starlike light that brings all mental energy to one point, which means all thoughts concentrating one One. And contemplation is on His qualities. In that, in the beginning, it is better to contemplate on the qualities, one by one, thinking of Baba as the Ocean of Peace . . . relating the self to Him as His child . . . a being of peace . . . full of peace . . . the embodiment of peace . . . knowing Him as the Ocean of Peace . . . becoming the very experience of peace . . .

So, having concentration on Him and contemplating just one quality at a time, will give you the practical experience that you are really a being full of peace. As you say 'I am a peaceful soul . . . a peaceful soul . . . a peaceful soul' you become full of peace, and that automatically creates a impulses or emotion of love for Baba. 'Oh Baba! Just thinking of you I become so peaceful . . . I now realize You are really the Ocean of Peace . . . making me so peaceful. In that way the peace changes in to love, and slowly, using your emotion of love, you get lost in the Ocean of Love and become the embodiment of love. It's like Indian "Bhakti, "when they worship Krishna, they keep a small idol of Krishna in front and chitchat sweet things to Krishna: 'O Krishna! How much I love you. How I wish I were a flower, you could come and pick me up, you could

fondle me in your hands.’ Now this is “bhakti. “Ours is “gyan. “When we speak to Baba, our conversation is on a different level. When we start Godly life, “gyani “life, it’s mainly connected with the change we would like to bring about or what we have understood so far about knowledge. But, slowly, as there is the experience of relationship from the Father to the Teacher, then from the Teacher to the Friend, we become conscious of that, Then, as friends, we start sharing what we do in our daily life, especially in connection with service.

So, when we speak to Baba with so much love — “Oh, sweet Baba!” — we meet face to face, we don’t speak so much. When Baba is giving us “toli, “praising our role, talking to us, we rarely respond through speech, we are responding through the mind — “Baba. It’s all given through You, its all Yours,” or you say “Baba, because You are giving this in the form of blessings, I’m sure it will be fulfilled.” So this is how we communicate. But meditation is to get lost in Baba’s love. It’s like, on what level would you like to communicate if you were a small child? — it would be one-way traffic. You’d be a small child and Baba would be listening. A child gets all the joy of the parents’ love in just speaking to them. With the additional thought that I’m the child, long-lost and now found, the wish to speak more decreases and the feeling of belonging increases — ‘I belong to Baba, the Ocean of Love’. In this way you speak at a very high level and you also listen to Baba. Doing so, the intensity of love being expressed at that spiritual level is becoming greater and greater. The tears will be coming in yours eyes, but still

you remain unconcerned about them, because yours consciousness is very high. So it's a beautiful interaction of vibrations of love and you must just do not want to come back from that stage. So keep that, by appreciating more and more how much love Baba has for the child, and how much love you have for Baba. In that way, experience the quality of being the embodiment of love because we are the children of the Ocean of Love.

The mind becomes very light and then the next thought can be 'Let me experience Baba as Almighty Father'. You need to create thoughts of Baba. To start that, the emotional part of yours personality will be reduced, and a powerful part of that personality becomes more and more evident. What are the thoughts? What do you contemplate? 'Oh, Baba! You have pulled me out from the "Kaliyugi "world. No one else could do it, only the Almighty Father, and being Your child . . . I realized now . . . I am master almighty I receive all the powers from You in the form of inheritance . . . and I multiply them by appreciation of the fact that I belong to You the Almighty One. You are the Highest on High and I am next to You. You are the Greatest of great . . . I am the next to you. You are the Lord of lords . . . and I am going to be the ruler of the new world.

And as you think this, you will be getting feeling like an emperor . . . sitting on a future throne . . . ruling and guiding . . . through your inheritance of divine virtues and Godly qualities. When you think of being the child of the Almighty Father — and you are master almighty — the feelings are very powerful, very intense, and that too, in a

very subtle consciousness of being a very powerful ball of light. Sometimes it's difficult to contain that power, but nothing is going to happen. Just keep that stage by appreciation of becoming so powerful in that consciousness. So in that way, experience the self as a very powerful being, master almighty being, which you can call the "seed stage," master almighty stage, lighthouse and mighthouse stage. And when you complete that, see the final result. The feeling inside will be of ease, very soothing, very light, and thoughts will be very, very elevated for quite a long time after the meditation — say half an hour, two minutes, ten minutes — then it becomes a natural stage to have.

Then you can have all these qualities experienced together. So this is something to experience through meditation, to reach a stage and experience it. Then, through practice, through experience, it become a natural thing to live, to be. Now this kind of effort-making is different from vision, which Baba bestows on us sometimes to clarify a few things in our minds. If they are not clear through efforts, then Baba clears them through semi-trance. Only Baba knows what He wants to bestow on His children. In that time, you'll find you are bodiless? To become pure like the worthy Father. But everything is aimed at achieving the highest stage of happiness, inner contentment and realization of the reality. That is the aim.

Now, together we will practice meditation for a few minutes, and let us all have just one thought, as very powerful vibrations are created, according to one aim. So what aim would you like? Just one thought — all this

would be included in that — ‘Baba is the Ocean of Bliss . . . and we are blissful souls, very light and happy beings’, because the ultimate result of the “bhakti, “is being blissful. So know Baba as the Ocean of Bliss, As you know, when Baba comes to meet children He shares that bliss for hours. So we are the blissful children, children of the Ocean of Bliss.

## BENEFITS OF AVYAKT BAPDADA'S MEETING

This is not a topic — just an experience to share how to take maximum benefit from Baba's meetings. All of you are taking maximum benefit. It is the most royal and pure family talking with BapDada — our Father and Mother. The question is — what do we seek from these meeting? We are all here and we know who comes to meet us. There is not the slightest doubt everyone knows we are meeting our own Baba.

To explain the significance of these meetings, sometimes Baba says that even though I am here, children can't recognize Me to the fullest extent. It is difficult to know who Baba really is! In one of the meetings of Baba said: "You know Baba is Almighty Power and if Baba comes down with all the Powers, the medium cannot contain it." So Baba has to limit His powers. If we watch the entire scene from the beginning, before Baba comes, after He comes, during His stay, and when He leaves there is an ocean of experience it that.

I am sure you all have the same kind of experience. Whatever the soul needs is easily experienced. There is bodilessness, soul-consciousness, peace, light . . . everything. Like the medium, we also fly to the soul-world, then to the subtle world inviting Baba to have a "sakar mela "with us (physical meeting). By doing this, you start to feel BapDada's company in a very subtle way — a very deep silence in corporeal way — we noticed and perceive that Baba has come — the impact on the mind is of silence as Baba comes from the world of silence. Even

the atmosphere is very silent. The soul feels happy that, here are my parents and we are going to have a very sweet, sweet meeting — feelings of joy and happiness trigger the mind. Baba is giving “drishti “in that deep silence, that smile in the eyes of Baba, we have a direct link with Baba then without the consciousness of the medium.

Baba is now here and I am so close and in that silence, while Baba is giving “drishti, “there is the deep, deep experience of peace without any thoughts. There is visual feeling given to your mind directly. Purest consciousness. NO other thoughts. The joy keeps on multiplying. Baba’s presence of brings the soul, happiness and peace in a very short time, charging the battery.

So when we are contented by “drishti “the turn comes for speech. If we keep on observing and receiving and receiving, that is — observation, perception and reception — as for electrical connections, three lines, positive, negative and neutral. These are three faculties of learning. If you use this method constantly, you will have maximum benefit.

### 1. OBSERVING

To keep on giving the visual feeling all the time, keeping the mentality on a very high level, almost the same as that of Bapdada.

### 2. PERCEIVING

The vibrations are also working on the intellect — making it more and more sharper — giving a deeper feeling of what Baba is conveying at that time. Sometimes the vibrations of love are more intense. Sometimes the vibrations of power, peace or bliss are more intense. If our

perceiving power is positive, we notice the change in our own mind.

## 2 RECEIVING

When Baba speaks we receive. But by keeping a track of all the three, we will find that as we are listening the stage of consciousness is multiplying inside because the mind is being fed by the three at the same and if we keep on enjoying and appreciating and being with Baba completely, then that further helps with the continuity and multiplication, as this is the only opportunity in the whole Cycle when we can feel Baba as His true self.

We find all our beliefs are confirmed and some of our confusion is clarified, and feel a time of personal relationship, achievement and maximum benefit, we become lost and intoxicated.

Some think a personal meeting is only for a few minutes, but you should think that Baba comes personally to give me the "murli, "the vision, bestowing the treasure, only on me, you are with Baba alone and at the end of the "murli,"have a very nice meal with Baba. There will be a feeling of total contentment. Sometime we get a surprise, Baba knows what we want and gives it instantly.

So using the three faculties makes the soul come back to its real consciousness of being like the Father.

Check what is the stage of purity, peace and powers like inside? It is Baba's presence her and our presence with Baba which causes the change and brings the real benefit.

Furthermore, we can see that we have all relationships

with Baba. We see how as Father He is concerned, as Friend He bestows so much love and solace as Teacher He shows us how to plan a lesson, to develop that lesson and keep the interest of the class going, summarizing and ending but, not just a lesson, something very deep in each "murli. "We see how He motivates us. How He explains and gives the importance of the theme and humours us the with light chitchat, also prepares us for the responsibility, giving us the determination with determined thoughts, revising previous lessons, teaching us to teach others. He gives us the experience of each line and realization of what He is saying, enabling us to change with this realization.

When Baba is giving blessings He is giving us our horoscope. We have to analyze each line, the first two lines give a clear picture of our personality, on the next two what is needed and the next two the way to do it, and lastly the blessing. So Baba gives us a new thought, a new consciousness, which makes us very happy. It is like being warrior at a battle. Sometimes we can be warriors, but Baba's blessings, and our faith in them, gives us a clear vision of victory ahead.

If we need clarification, we can ask Baba. Our intellect should agree to those versions, and then, finding a way to keep that particular consciousness. Then you can feel that it will happen now. Also, observe other people's blessings. The role of each soul is different and each one may need something different. How Baba is able to look at the background of the soul, keeping the future form in mind and then blessing the soul. Whatever the soul needs

Baba will give. Such actions we never even thought of. Baba, also teaches us, how to bestow blessings on others. By becoming the embodiment of that blessing there is so much happiness.

Look at the determination we get to follow a spiritual life, progress. These meetings are so important, to make us feel so special, when we observe from above we become “trikaldarshi “— able to see into the future and we prepare ourselves for those times.

BapDada’s meeting has many many benefits contained within it. The method is very simple.

Baba asks sometimes, whether we have met before or not. Baba gives us the feeling of belonging. He knows me as His child. He never suggests that you go and get help from such and such a senior soul. He always gives a way to get direct help, He loves us deeply and helps us so much. He makes us very self reliant. We are freed from any teacher or guru after life, when we meet “Sadguru “(the True Preceptor)

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## MEDITATION COMMENTARY

Let’s enjoy Baba’s company . . . Becoming a being of light . . . in Baba’s Home . . . being so close to Baba in silence . . . and enjoying the stage of release . . . so light . . . and lightful . . . in the world of light . . . with Baba . . . the most powerful Light.

Om Shanti.

## HOW TO ABSOLVE PAST ACTIONS AND CHANGE SANSKARAS

What are “sanskars? “Each one of us is a separate individual. Each one’s individuality is based on “sanskars. “Each soul has thoughts which require the mind and the power of judgment. We retain the impressions of our actions, and the results that are retained are our “sanskars.

Our original “sanskars “are of the same quality as those of the Supreme Father. These are the sanskars of the first role we play in the drama. All virtuous, completely viceless, 16 celestial degrees and completely nonviolent. A soul with these virtues commands so much respect e.g., Christ’s virtue was love. Buddha has the virtue of Peace. If the soul has just a few of these virtues see how much respect they get.

Vices are the perverted form of our natural qualities. Any person who has vicious thoughts or actions is restless and makes others restless. Souls who get angry, usually want to be alone in order to cool down that anger. Even the angriest person’s original “sanskars “are those of peace.

A vicious person full of vices himself, when he hears about the viciousness of another person will criticize the absurd behaviour of the other. So we can see that beneath all the negativity lies hidden, the original state of positive virtues.

“Sanskars “are habits, they are not the original or natural qualities.

In physical habits also we develop a taste for something

and then become addicted to it and so a slave to that habit.

In the soul world, all souls exist in their purest form, all the celestial qualities are complete. So all the likings based on material attachments are not original.

Violence should not occur even in thought. They say “the tongue is sharper than the sword.” All the qualities of perfection in human life are the original qualities. Most people know the difference between right and wrong.

Due to coming into contact with the body, we have been losing the power of soul-consciousness. We come to play our parts as God’s children but later on after our contact with the body, we lose our spiritual power. We turned to the habits of lust, attachment etc. and we thought that they were good for us. But the souls today are not happy. To hide human weakness, souls started to compromise, e.g., nuns who can’t control themselves say that they need a married life. If Shri Krishna can have 16,108 wives then it is Ok to have many wives.

Now when Baba reveals the truth about the whole cycle and our own selves, we realize, what we were, and what we have become. We learn to transform “sanskars, “through the knowledge of our own original sanskars. Raja Yoga gives the will-power to change these sanskars. We learn to divert ourselves internally to the most powerful Being. We keep realizing and recognizing our own original stage through meditation.

We have the aim in front of us. Until and unless we have the knowledge of the self and God we cannot transform

ourselves. Due to a spiritual outlook we consider all to be souls and not bodies and as soul brothers we cannot have attachment to anyone even those close to us. Our actions change from body-conscious by keeping God as Ideal and also having link with Him, our actions change.

Now that more time is spent in the consciousness of God our sanskars also change back to those of God's sanskars.

Baba says, "I sent you as pure souls now you must also come back in the same pure stage." There are two ways to achieve purity:

1. Fire of yoga or fire at the end. Everyone is afraid of death. The death granted by God at the end is a sanskar in all souls.

As God's children, we know the right path to choose. Through the fire of yoga we absolve past karmic accounts. Through righteous actions, we add to our bank balance.

What state is to be reached now? "Karmateet. "In this stage there are no more accounts of any actions. If we have been able to reach the stage of becoming completely viceless and remaining in soul and God-consciousness, every second, we win with victory.

All our thoughts, words or actions are to serve the world. Because we have been served, it is now our duty to serve others. Teaching others is teaching our own selves. To make ourselves firm in this consciousness we need to become a research scholar. We must go so deep into every point of knowledge and apply it to the self and keep

Baba before us as our final aim.

How far have I become like Baba? When my thinking becomes almost like Baba's then that similarity in thought shows we are coming close. Baba's "Shrimat" is for our benefit, we are still weak, to hide our weaknesses, we quote from scriptures, murlis, etc. picking points to suit ourselves.

There must be 100% will-power to change sanskars through yoga. There is no other way. We will find the change sanskaras automatic.

God is Perfect Being, the best Example. No human being must be put in front of you as an example.

Have a personal relationship with Baba, He is ever perfect, so have relationship with Him to become perfect. Perfection is achieved through Godly knowledge, so you should become as knowledgeable as Baba. Perfect in every aspect.

Baba says that He gives us everything. He makes us totally perfect, equal to Himself in all ways except a little part that He keeps only for Himself. The part of Divine Vision, only Baba has the key to this and we can't misuse it.

So the more peaceful you are the more you will radiate peace all around. People will come to you for peace.

When in our thoughts and dreams we have no more thoughts of the past, when we become very light, feeling as though we are flying above the world and spreading vibration of virtues over the world, then, these are the obvious signs that sanskars, are changing and are

changing for 21 births.

Maya only comes to say “Goodbye,” old accounts only come to say “Goodbye.” As patients, let us have some patience, whatever problem comes it is to be solved, how else can we solve it.

So absolving past karmic accounts changing negative sanskars to positive powerful sanskaras, and becoming like the Father, we have to become examples to others.

power of silence

The evening we really need a lot of power of silence to overcome the noise (cut out of light). We have gathered in this hall to discuss and experience the power of silence. Someone said that we have a class about silence every year. Baba talks about silence everyday.

How do you define the power of silence? By remaining in silence? Should we say power of silence or power of yoga or peace? (Answer) Absence of waste thoughts in silence. Yoga is a soul in a peaceful world detached from the world of souls. Stillness. Ok we will define it as we go along but how long will it take you to bring your mind to silence?

Normally they say knowledge is power, Religion is power, money, music but for Brahmins why is silence power?

The power of silence includes all the rest of the powers. It means all other become subservient. Now here when we think of the power of silence it means the power of yoga

acquired from the source—Almighty Baba. By directly linking the self with Baba the Supreme.

If you know something about electricity then you will know that for the passage of electricity they use metal which has the least resistance i.e. copper wire is used so that the electricity can flow freely from one end to the other and nothing is lost on the way.

Though there are different processes of linking the self with the Supreme. Those who teach different methods of meditation Raja Yoga or Hatha Yoga, also say that the aim is to take you to God. For realisation or self realisation you now how much resistance comes in between. A lot of energy has gone by the time you reach the stage of soul-consciousness.

But in Raja Yoga meditation we start with the thought process. We start to think first I am a pure soul—child of God and that is in 3rd person, of course by starting this method we automatically leave behind any physical exercise.

By using the power of thought, we bring the mind is with those thoughts, and although initially commentaries help to take your mind to Baba, the moment it stops, you start wondering what next? And then the mind start wandering again.

But by the use of this method you are able to control your thoughts and your mind and divert it to the point where you want it to be and slowly start to become soul-conscious.

In that thought, from 3rd person, when you take it to 1st

person conversation, means a direct conversation with Baba then you start feeling the link. Till then you are just thinking but the link is not very clear. After sometime when the direct conversation starts to take place you begin to feel the impact of this link on the mind. We become more aware of Baba's quality. And the mind experiences a peaceful stage and goes deeper into the experience of positive peace.

A time comes, when you really appreciate oh. Baba is really the Ocean of Peace. After using the thoughts for a while and becoming aware of Baba's quality of Peace and then slowly appreciating that the mind is becoming silent just because it wants to and the mind itself starts to relinquish the thoughts, leaving even the subtle thoughts and enjoying it (like using a vehicle for a journey and when we reach our destination, we enjoy the place sitting in the vehicle but not using it). So we sit on the last thought not creating any more, not using an existing one at the moment but just in a neutral stage and enjoying.

Then what happens? You start experiencing the beauty of silencing the mind. The mind is in a very subtle stage with the thought of being with the source of peace and all the other powers. First of all, by coming to the stage of stillness means we become aware of ourself and the mind is silent. It is the consciousness of stillness and in that stillness there is the clarity of inner vision where you can see yourself. Though the physical form will be here but you will be visualising inside. When we are visualising internally the thought process is zero, the visual process is working inside.

In the real sense the 3rd eye is working, the 3rd eye based on the knowledge visualising yourself and Baba together and in that vision there is silence. You know that Baba and we souls are only together in the world of silence floating in silence.

On reaching this stage, first of all the experience of what is mukti—the stage of liberation and this is like having a sound sleep of 4 hours without dreams.

It is total rejuvenation, after rest what happens? You have physical and mental rejuvenation.

The same way, in silence, first of all this is the experience of being just a soul with God. When Baba talks about double light souls, the internal feeling is that of the vision of a being of light and the feeling of being very light but its not powerful at that time.

Some people are satisfied with that much meditation experience. Something like night rest and being ready for the next day. Its something like just enough power for the day. When we think of the power of silence then that is a stage to be achieved for a specific purpose. May be connected with the self for service after becoming Baba's children. Many changes take place in the self on the basis of company. We experiment with a new life style.

We have a few sanskars and in all of us we have one special positive sanskar and one negative, this is the minimum, it can be more. That particular positive sanskar is helping us all the time and the negative one is constantly pulling us down.

So for self change, in particular to change that sanskar

the power of silence works.

Now let us come to the point of why Baba emphasises very deeply on the power of silence. Why? What's the reason?

It is through that process of deep silence and reaching a powerful stage which is going to work like a medicine.

Like different types of treatment given for inner ailments, they used to give x-ray and now they have laser beams, which are used on delicate parts of the body i.e. eye, brain, heart etc. In the same way Baba has a direct impact on the soul when we have no resistance of thoughts or our own sanskars or the atmosphere or vibrations of this world.

“No influence of human beings or atmosphere” that is the stage achieved in silence. When you just see yourself and Baba together there is a very powerful but subtle consciousness, “BABA IS ALMIGHTY LIKE THE SUN NOT JUST A STAR.” Just as when we see the sun how much light and might is there. It supplies light and might to other planets, and they reflect it.

It we think of Baba as just a dot of light and the self also a dot of light and just remain peaceful then that power is only inculcated to that extent(just enough that we need) but it does not allow us to inculcate enough to make aware of ourselves as souls and not physical beings.

Baba says you are mighty souls nothing is impossible for you with your power of silence or yoga. You are creating a new world and establishing your own sovereignty purifying the world. This feeling won't come in the experience of dot

to dot.

We have to add to our consciousness that Baba is the all Powerful Being the Sun of Knowledge, that is when we have the consciousness of Baba as the Ocean of Peace, Ocean of Love, it increases and Baba is the Almighty Sun of Knowledge and I am the master sun of knowledge. When this feeling is created then you can visualize yourself as a very powerful being of light with Baba another. Sun.

When people talk about Astrology, they say oh. It is not just one sun there are many more suns, many planets far away. Perhaps they are picking up the vibrations of us because there are no other physical suns. So, this is the stage when you really feel like being the master sun of knowledge with the Sun of knowledge. The feeling is very powerful being— I am the highest of high—the greatest of great. You create this consciousness. Just imagine what would happen when you feel so powerful, a being of light and might remain in that stage visualising and feeling for half an hour and see the impact.

What is the temperature of sun? How many million degrees? You see where the sun is at that temperature. In the powerful stage only, can it supply so much light, power and heat to the universe. Also the effect it has on the vegetation and atmosphere in all parts of the world.

Influence the world with your power, that kind of consciousness has to be created and in that powerful stage of consciousness the change takes place silently and are not conversing with Baba. Baba “this sanskar of

mine is not going, please give me blessings.” No you can’t have any conversion, it is not that kind of intoxication like in a loveful stage, but we do create a very powerful stage.

Then after about half an hour or one hour you can see yourself what has happened and you can put together a lot of wood and set a fire. What remains after one hour, ashes. So all the negativity becomes like ashes and a lot of positive power is inculcated and negativity is completely removed. Even one sitting is sufficient. When Baba say “see Father.” You can’t see Baba much in actions now as a person. Yes, but only in the action of actually meeting the children, distributing the toli, giving the murli. Not like seeing Brahma Baba`s actions to follow. You can hear this in the form of stories and you can think about what to do and what not to do. But this, is something to do with the power of silence, seeing Baba as a very very Powerful Being and then while seeing you change.

In India there is a saying, that in an orchard if one fruit ripens first and on seeing that all the rest ripen also.

Through our minds eye we keep on visualising Baba as such a Powerful Sun of Knowledge and becoming like Him. And how long will it take? It transforms the soul in no time at all.

In Psychology it will be that through the inner vision, inner mind the feed back comes to the soul and transforms it to another sun of knowledge and also hold onto it. Remain and become like the sun far up there and slowly and surely increase the power.

Feel like the sun to your heart’s content and then

distribute your light and power to the world. As the thought of “world benefactor stage” will pull you up down and you lose that powerful stage. Then you start questioning yourself, am I really that powerful being who can serve the world? This goes on in silence while being with Baba in silence, and this is the best carrier of spiritual energy from God to soul.

When there is no resistance of any thoughts, just visualising and feeling and that gives the required result. Power is always required to change and that power, comes in silence.

Afterwards Baba says once you have filled yourself with so much power then you can utilise it in any form you like. It is like storing up a lot of energy and utilising it wherever you like, actually it happens automatically whatever is required any time, is automatically used, provided it is there.

So this experience of being master sun of knowledge every morning for 1/2 an hour keeps the souls very powerful and in that stage you can see everything clearly.

You use power to change something, to change our own self or others. You may think that the power is not enough and you see the difference between Baba and other souls. Baba can bring about the change within no time. Just by giving drishti and making the soul feel very light and then giving the blessings. Baba makes the soul powerful in no time. I have seen sisters and brothers the day before they meet and the day after they meet Baba. Total change! They are so happy and so light afterwards.

To inculcate all that power which is in Baba that is, to become Bapsaman (like Baba) and because all the time you can see Baba is in such a stage of each of those qualities, you should not this.

So visualising Baba and becoming that and then, using that power, will give you the experience of what the power of silence is?

As Baba has also emphasized that Amrit Vela is the time to inculcate this power for 21 births you keep on adding to that to that everyday. Don't use up that entire power which you have inculcate during one day. Keep on stocking up and getting it together.

So is it all clear? Any questions? What is the end result? (Answer) the end of result is a blissful stage, because of so much time spent in a powerful stage, the soul has become purified. As the degree of purity increases so the degree of bliss increases also. That is what Baba says in murlis, the more the purity, the more the degree of bliss.

So let us have some meditation.

Seed—to sun stage—when you see yourself—as a very bright sun-like being you will feel - very alert all the time - and when become the sun of spiritual light- and might - you feel so alert that is another sign of the power of silence.

## MARYADAS

Today we will discuss something which is already known to everyone here. Is there anyone who is not aware of the Brahmin disciplines, principles, practices, customs, traditions, all based on Shrimat? There may be a few of you following all of these and yet sometimes wondering about the benefits. There may be a few why's in their minds. This evening we will have a look at the principle or disciplines from a different angle.

First what are the principles and the practices that are different from the worldly people. They can be on different levels—mental, or physical, in personal life and in relationships or contacts. The other is in our social life. From an educational point of view we learn so many things. And as an educational institution there are a few things that we follow strictly in the form of a routine. From a hygiene point of view, our routine can initially seem, strange to people. It can seem difficult to follow even though this is a spiritual discipline and is helpful in maintaining good hygiene (cleanliness).

So let us start with the discipline being followed from the physical point of view. We will come to Shrimat. It is something which Baba realised when the institution first started. I am sure Baba had the vision that ultimately it would develop into a worldwide movement with the involvement of thousands of people. Therefore such strict method was started from the very beginning. It is something like the fact that you remain very strict with your food habits so that you maintain a good diet. If you don't follow a particular discipline in food habits then you

are liable to become sick. Brahmins should keep in mind how food affects them. Even though you find so much insistence on strict vegetarian food. It is difficult for some people to adopt this. Especially we hear that in very cold countries people are used to eating meat and drinking things to keep warm enough to face the cold. Some of our brothers who were in the military in the Himalayan regions, used to tell us how the military people have special allowances for drinks, meat and hot foods. Even so Brahmin souls in those places maintained their disciplines and remained quite healthy. Tgus fsgiwys ys wgeb we gave a oartucykar aim in mind (a purpose in life) then we can adhere to such a discipline, whatever the conditions are. They would say Baba is giving us help and because of this they did not fall sick rather they were healthier than the other people.

When Baba started all these disciplines he had a very big aim for each individual and for society. Brahma is the creator of the new world, a new society is his vision but what kind of society? What would it be like? When you think of the new world what comes into your mind? All the praise, virtues, qualities, that you give to the deities—all virtuous and completely viceless 16 celestial degrees complete, completely nonviolent. You can imagine what it will be like when the entire world is like that.

Before the deities come down to the new world the whole process of training them for that world, has to take place. As Baba says I am not the creator but the rejuvenator of the new world. Transforming from the old to the new. The society is already there, he just gives it a new life. This is

why he give us such disciplines and then not imposing that discipline

i.e. in the beginning one may be thinking it is like imposing a rule and they follow for a while and then it becomes natural—you feel as if it was there all the time, it is acceptable.

To change human beings into gods and goddesses—deities, is a process with a long long training. During the training the trainees have to be disciplined so that the training they receive is properly used. The people who train their energy are benefited in a very deep way. You receive training in lokik life and you can understand how long it lasts and how long Baba's training lasts. 21 births. In some ways it lasts till the end but only in some ways. Keep that aim of transformation in mind and Baba's vision. The entire world is now Kaliyuga or the iron age has degenerated and is vicious and full of the vices. If this world is to become new then each one again has to contribute. There is a need for disciplining and transforming each one's personality. For this reason Baba has gone down to the roots and not just the external discipline that was being followed on the path of devotion, going to a temple or church, rituals, meditation etc. But the transformation which has to be brought about to bring a lasting result is from the very root of seed. And therefore this work on the seed the soul, Baba called it spiritual service, service of the soul. It is like rejuvenation or renewal of the soul taking place, and for that Baba wanted every individual to be aware of where things have gone wrong. Not on an external level but at the very seed. Then

the first thing is proper education about each individual personality.

The education started with the small children first. To train the souls about their own selves first. Making every individual aware of who they were and what each one's personality consists of. Because without education the transformation is not going to take place. And Baba did make us aware of our true personalities. Not just a point of light but in each point of light, how the mind and intellect works, how the sanskaras function and how the method of sublimation and divinisation takes place. Baba gave two things (1) to return to the original stage or the satopradhan stage by giving us His own company. Baba said "It is only in my company that you can return." And (2) to keep us in His company he said "There has to be a set of disciplines which will help you to remain in my company."

And for that came in the value of early morning hours for the study of this education. This keeps our mind in the highest consciousness and therefore the discipline or routine of the early morning class, the rest of the world misses this time. They don't enjoy the fruit of Amrit vela. The vibrations being so pure and our minds becoming so still, and refreshed in the early morning hours. There is the example of an operating theater you have to prepare the patient and create conditions for a successful operation. So early morning is a time when you create conditions for successful operation. So early morning is a time when the mind is so receptive. That is why it is time for manmanabhav. It is difficult for some people who are

not used to getting up early in the morning especially. If they have habit of late night parties etc. Once we start getting up and being with Baba and listening to Him and learning then the joy comes from this spiritual party, (early in the morning instead of late at night) replaces the old habit, and the transformation can take place automatically.

Therefore such thoughts at the beginning, “It looks like a very hard discipline more strict than the military or the police departments” change when we start to enjoy our Godly student life. God comes early in the morning to teach us and so we have interest in receiving that which Baba gives us. Have the appreciation of the benefits of the early morning classes. Due to lokik jobs some of the brothers and sisters cannot attend morning classes. This number is very few. As a discipline for a Godly student it has been seen that it is the best time to learn, meditate, churn knowledge and to follow Brahma the Creator. It is also a good time if you want to create something new through churning.

We now come to the murlis. After taking the 7 day course and then listening so Baba’s murlis. If we are still not studying regularly but only from time to time, will have the realisation that we are missing something like missing a meal, the special gift of 4 subjects which keep the soul spiritually healthy and internally happy. If we pay attention to those 4 subjects all the time, then we can enjoy this life more and more. For this we need the proper food, the murlis. When we listen to the Avyakt murlis Baba speaks from such depths about one or the other virtues or powers

for us to inculcate. When we listen to the sakar murlis you will appreciate that each one of them covers all of the 4 subjects from different angles each day. This gives you the feeling that Baba is really the Ocean of Knowledge. Some of the points are repeated but you will never get bored because there is more and more interest created. You can have the appreciation of each one of those points in a close and clear way from Baba. This morning Baba said "Each one of the jewels that I am bestowing is worth billions." When we can appreciate the value of the points we can see that after the murli is over you will feel enriched. Try to listen to the murli every day for 7 days and then stop it for a day. You can check how you feel during that whole day. Even if you had the best of food, sleep and entertainment, still you would feel a lack of complete satisfaction. Why? Because the soul did not get its required food.

The murli is needed if we are to follow Baba's shrimat, where do we find shrimat? It is in the murli. This routine or discipline of listening every day becomes a natural thing like eating every day. Even if you eat the same thing every day, you know that it is required for keeping your body alive and fit. You can change the style of cooking it. Baba has so much variety in the murlis, so bearing this in mind see that it is a required nourishment for the soul. This keeps the soul healthy, happy and powerful. Without the murli in the morning, the mind would be affected and lose its treasures, and when you search for it you get caught up in other service and miss this treasure.

Of course each Brahmin needs to do service. Whatever

we receive we should bestow on others otherwise we are like misers. Service brings immediate happiness. But at the same time we see that we can become so busy with service and miss Amrit vela. They also miss the murli, and then the only thing they receive is the blessings of the people they serve. How powerful can the blessings of the weak souls be? And how long do they last?

So it is essential to have the value of the murli in our life because self service is the first service. Then we are really to serve others, our speech also will have an effect when it has the background of experience. Sometimes people don't turn up and we say to Baba "I tired so very hard and no one is turning up." Baba would say "Example is better than precept." So the discipline of murli and Amrit vela is very important. It is like food for the soul which makes us healthy and strong. If our aim is to transform our life then meditation and murli class are very essential. Friends and relatives may ask you "Why do you go every day, why can't we come also occasionally?" Some people come to class only once a week. You can think about what would happen if you were to eat only once a week.

Now let us look at the vegetarian diet. It is not just the vegetables alone but you must eat food cooked by yogis. Why should we insist on that? Many times we are asked this question. Some People say "You say God is teaching you. He is Almighty and you say you have met Him face to face, is He not powerful enough to save you from the effect of food, why are you so strict?" "What is the answer, what should we say, this can also be a question from within?" Baba says whatever food you cook, cook it as

Prasad (holy food) in remembrance of Baba, offer it to Baba first and then eat it. The powerful vibration given to the food will help you. Through the entire process of cutting, preparing, offering and eating there is a double effect on the mind. This is the effect caused through Baba's remembrance plus the food.

Why should we follow a vegetarian diet? The main thing is that we make use of our conscious mind that is affected to a great extent by what we see, and hear, by vibrations and by our food. Whatever you eat it makes your blood. It then goes to the brain, and then it reacts. We have to understand the nature, animals are not so peaceful. If you can think that the blood and flesh of the animal makes your blood what kind of blood will that be, and how will it react? You can even experiment with this and see how it affects the mind. Of course there is also other scientific reasons connected with our diet. Even some vegetables are better avoided also.

In India it is very easy to convince people about this, when they prepare holy food care is taken to maintain external purity and recite versions from holy books. I don't know how to explain this to westerners. Science has now proved that if you eat meat it takes a very long time to digest and all that protein has an effect on the body. Also who have a part in the New World will accept all this very quickly. Another thing regarding food is, to eat at the proper time. For any kind of diet, to get as much benefit as possible from food, in the life of a yogi we need to have a proper routine of eating in time. If you eat so late at night, the next morning you will not feel so refreshed

because the food takes time to digest properly.

Now we come to celibacy, "What is your opinion about purity in life, celibacy in life?" Baba says this has to be observed by every Brahmin, Kumar or Kumari, married or unmarried. This is part of double non violence, another anger or lust should be used and again this has to be accepted from within. When we understand what is purity? It is the pure consciousness of the self as a soul. If this remains in the consciousness then external purity of celibacy can be inculcated, accepted and practised. Unless this consciousness is realised, you may do anything or everything else, but the external celibacy will not remain. Classes or food, will also not help.

For this we have to keep two things in mind. Baba has said, try to keep your consciousness in your original and starting stage. Original means the soul-world consciousness and starting means the Golden Age consciousness. Purity becomes so natural in life and easy. Real freedom is experienced and you feel completely liberated. Otherwise repeatedly in the mind comes the sensual thoughts. You then try to take your mind to Baba, and a struggle follows and there is a tug of war. Then we experience tension, even with the practice of external purity the tension remains. Therefore we have to practice internal pure consciousness and this will solve the rest of the problems. We will accept this when we know this was our consciousness and this practice is going to that the tension remains. Therefore, we have to practice internal pure consciousness and this was our natural state of our consciousness and this practice is

going to make it natural again. Therefore the company of the Ocean of Purity, for a long long time every day is needed Baba says that it is the company that colours us. So Baba's company will colour us in the colour of total purity. This will enable us to have much deeper appreciation. Not just on a physical level of health, but the spiritual health will become so beautiful inside. We need proper knowledge for this and we should be able to see how the routine of the whole day will affect us. Where do we keep our thoughts, eyes and ears during the day, we learn this from our experience.

One thing we all experience in Brahmin life is that purity is one of the most fundamental disciplines and also the most precious treasures we can possess. This is only realised by the proper observance of our own selves, seeing and analysing our selves in different situations. Just observe when the mind is in a high consciousness of a pure being of light. Feel the purity inside and the sweetness and dignity. Now observe yourself when the thought of impurity starts. See the difference that takes place in your own mind. Now what kind of feeling is there inside We know that the force of habitual sanskars from 63 births are troubling us. But see the difference that takes place.

It is like a king on a throne with all his authority. All of a sudden, the crown is removed, and the king is asked to come down from the throne. What would the king feel then? Imagine that kind of tension in the consciousness. Perhaps this is why Baba has given this discipline. We are after all the ones who are going to the Golden Age. Where will Baba find other princes and princesses, we are the

ones who are the most Royal being. From self observation, and learning we begin to overcome our negative thought. This enables us to feel that we are going to be the prince and princesses of the Golden Age.

In India they talk a lot about purity and celibacy from the angle of, family planning, health, and other things, it has a very deep meaning. It is accepted in India that for any kind of yoga, purity is a must if a yogi is to improve. We are not advocating purity and celibacy for every individual in the world, no. Those who have become Raj Yogis, it is for them. When we are Raj Yogis then we can experience the highest, finest state of consciousness and this purity in life is so helpful. From this angle we can therefore accept fully the observance of purity as a helpful factor for any yogi to reach the highest stage. After some time, and practice we are able to serve others. Until we become confident in ourselves, the company of Brahmins who are enthusiastic in achieving a higher stage is beneficial for us.

The next is company, once in a sakar murli, Baba was taking about souls who were having a very nice conversation with someone and then slowly the conversation changes and they start talking about unnecessary things. They begin to talk about other Brahmins. You may feel confused by this, and feel that this is not helpful to you. Sometimes among Brahmins a kind of a spiritual friendship develops and you may feel that you have to listen to such thing, but Baba says: Avoid this type of friendship. You don't have to be slave, if they are talking about something which you feel is of no benefit

to you, remember that whatever you discuss during your whole day will affect spiritual life. If you are sharing nice experience, then it will elevate you, if you give your mind the wrong kind of food i.e. the defects of others, then it will not give you benefit. So you should avoid such company. What kind of company then should we have? Baba says, "keep my company all the time and also keep the company of such Brahmins that will be of help to you." Of course the day will come when you become so powerful and strong that nothing affects you, no other company will colour you. Then you will be the searchlight, the lighthouse, the lamp. Wherever you go, you are going to remove the darkness and create light, but until then, you must take care of yourselves.

The value of time is another discipline. Baba says, every thought and every second is so precious, valuable, since we are the highest being. On one side we are the VIP's of the world, and on the other side, we are ourselves as Baba's instruments. You have the responsibility of world transformation, so you can see the value of each thought and each second. This becomes more clear to you when you start to write a chart on your progress. Then you are able to see how much time is utilised, and how much is wasted. The day will then come when the mind becomes chart conscious. It is a very subtle experience in which the mind begins to recognise waste time, and you become conscious that this is every valuable time. Avyakt murlis are very helpful in giving us the realisation of time, and mental energy. How not to waste it and also how to make the maximum use of each second. Because we have to

remind ourselves that time lost cannot be regained. This means this is auspicious confluence age, now. Once the Golden Age starts we will not have any time to change anything. We will have to accept whatever stage that we have reached. We must remain light about these things, it simply means that we should take note of what Baba says about our time and thoughts.

These are just a few of the disciplines to incorporate into our daily lives. Also Baba's Shrimat for the early morning, and for finishing the day and saying goodnight to Baba, and also for our behaviour when we are with other people. Wherever we are, the consciousness that we are world-servants, keeps us safe, this is an internal discipline. We should keep this in mind wherever we are not just when we are, at the centres. Whether you are in your family, with friends, on a plane, a train, or here at Mount Abu and going shopping.

Baba asks you to keep one special thing in mind. Whatever karma I perform, others seeing me will do the same. Each one of my actions can inspire other souls to become Godly students, or if they are not righteous actions they can also become a source of disservice. The benefit of one righteous action is a million fold, and is added to my credit. Also, the one wrong karma can become a big debt added to my account.

To keep ourselves safe we should have the principle of being a well wisher, having good wishes for others. This practice is helpful in keeping our mind positive. Baba says we should always start service with silence i.e. before starting conversation, a class, etc. and when

we have finished we should again have the practice of silence. This method assures you of the success and will give you inner contentment. Baba also says to us that we should not give or take sorrow. This is a principle which will keep you ever happy. If you have hatred and give sorrow to anyone, then you cannot have communion with Baba. You will have the thought that you are doing something wrong and this will pull your mind.

Baba teaches us the principle of giving respect and love. This brings an automatic return. A previous thought was that the elders should give love to the juniors and the junior should respect the elders. In a murli Baba says give respect to one and all, to seniors and to juniors. We can see from Baba's example how he talks to the souls, how much respect and love He has for every child. When Baba gives so much respect and love to the soul, in return the soul automatically has so much love for Baba. In our behaviour towards others if we give respect to others then we shall receive it also.

Baba also teaches us the principle of being ever ready. When Baba sees that a soul is ever ready to serve then Baba arranges everything for them. Like a green light saying go ahead, opportunities are offered to the soul. If we accept in the right way that which Baba offers then Baba gives that extra power with love, for the readiness of the soul. We have to ever ready even for returning home.

There are a few more things that are given to us in the form of directions from the centre in charge or teacher. We should accept these directions as though they are coming from Baba. Someone may say "Well my nature is

rebellious, I am rebelling all the time.” But that was our previous time, we are now new born children to BapDada. We belong to the highest clan, highest family and highest powers. Our actions should glorify BapDada. That also is one of the principles which we adopt automatically. Whatever we do it should bring glory and a good name to BapDada and the divine family. In no way should we defame Baba, this is a very helpful principle for elevating our lives. So have you understood? Are there any questions? Keeping all these principles in view, just feel inside, how Baba is helping us as the instrument souls.

**SELF RESPECT & HUMILITY** What do you mean by self respect? What's in your imagination about self respect? When do you normally respect someone? Instead of talking about self let us start with others. So when do we respect others? (Answer: when a person's words and actions are the same. When there is a high status. When we recognise the qualities or attainments in a soul. When we have faith in what we see in another person. When you love somebody you also respect them Ok.)

Now turn all these points towards your self. Do you have all those points or some lacking? Now from a Brahmin point of view, when do we normally respect a person? (Answer: When you have a good link with Baba. When our efforts are sincere with Baba. Equal respect for all brothers because they are all souls.)

Let us start now. What is our position now? Do we have a great position? Any Brahmin who has realised the self will have self respect.

Self realisation is considered to be the most difficult thing to achieve but the most respectful to achieve. If we have self awareness through the knowledge, then on the basis of that awareness, we practise being our real selves and remain in this experience. Self means soul but self realisation is to rediscover our own real qualities and then to use them in practical life.

First of all the awareness will come on the basis of proper knowledge. Then you can imagine the first thing to acquire is true knowledge, real knowledge, about the self.

When we really know who we are, on the basis of that,

there is love for the self. As long as we are ignorant we have sorrow. Ignorance brings sorrow, and no one loves their own sorrowful self. That is why even in the highest and most respected scriptures of India-i.e. the Gita says, that God loves all those souls who are knowledgeable, Gyani Atma.

So the first requirement for self respect is knowledge. What has Baba revealed to us about ourselves? Baba tells us who we are, and asks us what we have attained?

A child when asked, would say: "I am a point of light—a soul." But which soul? In Baba's murlis, He reminds us of which type of soul we are? What are we in the Golden Age, the Copper Age and in the Iron Age. What our condition in the beginning, middle, and end of the drama.

What kind of role do we play? Which type of soul are we? Baba reveals to us our original qualities, loveful, peaceful, knowledgeable, powerful, and filled with purity. Such a soul will always have self respect.

What happens when our consciousness becomes perverted? There is a tussle in the mind, a tug of war ensues, the negative this side and the positive to that side, then what happens? We have a fight—a Mahabharat war in our mind. At that time what is in our eyes? Do you like a very respectful person, a happy person at that time?

A knowledgeable soul also has war along with efforts, but on the other side we should have contentment through our efforts and also happiness through remembrance.

So we have to educate our self about these positive qualities. We also need to inherit the greatness of Baba

completely. There should be automatic help experienced from, Baba to the soul. And finally the conflict is over.

Let this remain in your consciousness that I am a child of the Greatest of Great, the Highest of High. They are my Parents and I am Knowledgeful soul.

This will bring respect for the self and because of this, confidence is also gained.

### CONSTANT YOGI

All the brothers and sisters have been enjoying Godly pleasure during last four-five days. You met Baba, celebrated Diwali, had beautiful classes and experienced the Golden Age . . . so what do you want to do today?

If you see each scene, you can judge how lucky you are and what your fortune is! Everyone is interested in his own fortune. When we can see our future clearly, we can stay happy and attentive.

During the few days of Sangamyuga, what is the elevated stage and intoxication in which we Brahmins have to stay?

To make efforts we have thoughts and also make a programme, but there should be the determination that each second, each day, there should be something new. Then that newness makes our efforts interesting. Baba also mentioned that He want to give away everything completely, but the children are not able to take everything. So how do we take as Baba wants us to? There should be constant effort, good speed and accuracy balanced with attention to help us avoid accidents. So check your speed and balance, how much

have you conquered your aim? Gyan is so simple that little children can also give it to others within a week like a parrot. But experience each point keeping Baba's murli in front, also understanding Baba's direction with that depth, bringing it into our daily routine. Then the speed and balance in our efforts will be affected. It would not be constant, but it would be graphic. One day very good, the next not so good.

So to keep the intellect so satopradhan, combine your intellect with Baba, that loveful Yaad.

In bhakti, the aim is not so high and clear, one second's vision. But now we are in gyanmarg, so there should be transformation, not a vision. But we have gone very near to Baba. We are becoming Bapsaman. We have reached Baba. He is in front of us. Now we have no desires, but the present desire is to remain constantly in the company of God. This is yoga.

Sometimes one says "oh, I was so lost in love. I felt as if Baba was with me all the time" So, what is the feeling of being together and in front of Baba? Is it describable? Yes, when you feel that you are in front of Baba, with Him completely, then all the divine virtues, and powers that Baba has, will totally influence us. Also Baba is always in that elevated consciousness. Who am I? Whether He is here, or in the Subtle Regions, or at the Sweet Silence Home, He is in the same consciousness, full with those ocean-like qualities. So when we are in His company, then our consciousness also remains like His during those moments.

I am a Bapsaman soul and with a very deep experience of

this, that supersensuous joy, that stage where all virtues, and knowledge are also emerged. Even in our action, there is the subtle consciousness of all these.

There is so much importance of yoga in the Gita also. We become deities through yoga. So, as much as we have the awareness of Baba, that much does the feeling of deep love and the feeling to become complete emerges. It is a very subtle feeling from within and it is very sweet.

Automatically and with the Highest of the High Father, we also get a feeling of complete purity. We feel liberation, free from the bondage of the body. Sweet and light pure and powerful. Self realization of being double light and the Bapsaman in front of Baba.

And Baba gives new experiences every time not just looking, but deep feelings. We go into the depth and then we can check ourselves. How much have we become the sun of knowledge?

Baba has mentioned various stages of yoga. Double light, mighthouse, angelic, etc. so we can experience from within ourselves the complete feeling of each stage.

There should be a big difference between our beginning stage and now. We were revising and revising our stages. Now we have met Baba in the Avyakt meeting and revising our stages and we should be able to go to a higher stage with fine and subtle feelings and the intoxication of the benefits achieved. So we have to multiply our stage and multiply our benefits so that our brahmin life will gallop day and night. So let us take the first step at Amrit vela. When does Amrit vela begin in

Bombay? You are given six days here to make that Amrit vela habit a firm one.

So establish yourself as a sun of knowledge, facing the sun of knowledge, for half an hour. Then the soul would be purified because in that deep stage all virtues and powers are felt and therefore the intellect becomes very powerful. You then understand the murli clearly without disillusionment. There will not be any question, but the intellect will receive the shrimat of Baba with love and sweetness.

So regular morning study of murli keeps each action as yogic action, the best action, it will be karma yoga — elevated action. Past accounts settle whilst performing elevated action for the future.

Here in Madhuban it is easy to be yogis, but to go to that world of Hans and Bagula (Swans and crows), you might be successful in creating pure powerful vibrations within a room of your house, but Baba says that you have to influence the whole world. You are a world-king, so such a stage is necessary. See Baba in His Gyan Surya form and the experience the same yourself.

We have to remember all the time don't we? Especially when we sit for yoga, then, the mind should not waver but should fully belong to Baba. Is your study like this? Now that you are in Bhatti, you are doing a special tapasya, so the most important tapasya is to make intense efforts to find how long can I stabilize my mind very subtly in Baba. Due to closeness to Baba and feeling all His power, I myself become Bapsaman, the master almighty authority, experiencing all His Mighty Virtues within myself. This is a

bhatti, a tapasya, whereby the dirt accumulated through various births is cleansed away, and at the same time, the soul is coloured with the company of Baba. Which Baba? The Almighty Baba with all His virtues equivalent to an ocean.

We inculcate each virtue of Baba and then we feel complete and satisfied. Then, there is no need to learn other type of yoga. There is no need to worship any deity, or do bhakti. The soul automatically becomes freed from the path of bhakti.

We have a deeper understanding of how to become manmanabhav easily and how to be close to Baba, to experience and enjoy all His Virtues. When we keep on seeing Baba through the third eye, the soul can become like the Father Bapsaman.

During the present time, two types of attentions are necessary specially for the Gita pathshala Niwasis.

By opening a Gita pathashala, whom have you followed? Baba! Baba also opened a Gita pathashala in his own house in the beginning. So just like Baba who from the beginning until the end had a rule and his rule in bhaktimarg was that before the worship there should be no eating, talking and no taking of water. Similarly Baba transformed that rule in gyanmarg, the day couldn't commence without remembering Baba and listening to Baba's Murli, never missing a single day of this. I would like to relate a rare experience. When Baba was in Bombay in a flat where murli classes were not held, Baba was giving murli class on the telephone to a sister called

Gopika who was unable to come to any murli classes due to bondage. All of us who were with Baba would listen to Baba's Murli in this way and take notes and circulate the same conversation (murli) to others.

So under any circumstance Baba did not let go of his rule of regular yaad and regular class. This was first rule. For each one of us, our benefit is also contained in this rule of Baba's Especially when we are here in Madhuban, when the gathering, through their collective yoga, creates such a powerful, positive atmosphere, a beautiful atmosphere. So what should be our special study! to follow the Father.

## HOW TO LIVE A SPIRITUAL LIFE

It's indeed a pleasure to be speaking to the would-be-princes and princesses. Sometimes when I think of my fortunes, I feel I am the most fortunate—why? Because, being in one place, I have the fortune of meeting all the gods and goddesses, being among the should be rulers, speaking to them, and sharing their experience.

Just imagine, When Baba speaks to every soul and reminds every one do you feel how fortunate you are? Sometimes we don't realize that much who is talking to us? Do you realize "Baba means the One whom the whole world is searching for? Still they are searching and I'm face to face with Him One may not be able to realize the fortune one may claim in future lives, the 20 lives about which Baba speaks, but just think for a moment. When you are so close, and at a physical distance, some people who come from other towns to Mount Abu, we tell them that we can't communicate with the rest of the world because of communication problems. If you want to talk to some one in Delhi you have to book a call and wait for hours, and the system here in Mount Abu is still the old system-manual exchange and they say — "Oh our system is far better." In big towns in India, it's more of a problem. One thing is that telephone calls are not easy to get and they also pay the wrong bills, for those which they have not made?

Any way, our communication with Baba is very clear, that is why we are all here.

We are in Sangam, the Confluence, and at this time the people connected with all these gadgets are not Brahmins and they are not aware of what is essential, at what time, and therefore we face problems. And so Mount Abu is at the end of Rajasthan, by the time electricity arrives here the voltage is very low. We suffer human errors, though we have many transformers.

So, coming back to the realization of our fortune being face to face with Baba, sometimes we forget, just because we have become Baba's children from devotees. When we were devotees we had so much respect for Baba and fear for Him, but when we are children, is there anyone still fearing Him? That's the change which takes Place, when we become a child from a devotee. Once we are His children, there is no fear, because as long as there is fear, you can't go near. Fear creates distance. So this is one of the things that comes frost. The relationship between Baba and the child is such that there is no more fear, and that too. When we realise that the same Baba is our teacher. If we have something lacking at all, then he is in the form of Teacher to remove it and therefore, we need not have any fear.

As a child we claim our inheritance and become a worthy child. The same Father is our Supreme Teacher and He is teaching us a method: how to become a worthy child. Every morning we listen to Baba's versions, on which Baba places so much value. But sometimes Baba has much more than what we may think-sometimes Baba says 'each one of the versions is worth millions. Look what valuable gems I'm bestowing on you!' Then the value of

the fortune Baba is bestowing on us increases' day by day, by appreciating and thinking about our fortune. The more the inculcation, the less the fear, and finally it disappears completely.

The more the inculcation of golden versions in our practical lives, the more the nearness felt. And one thing has to be very clear in our minds. When we think of Baba as the Spiritual Teacher, we need to realize that spirituality needs to be lived, not just talked about, not just heard. It's not like the double standard that people live in the world—their public life is different, their private life is different because that way there are double standards and schizophrenic personalities created in the world, and each individual suffers because of that. So in each individual's life, their day to day living, especially in Brahmins, Baba wants every child to really live this life, as Baba is the Remover of Sufferings, of all sorrows. At every moment, every child should feel, so much happiness. So much intoxication! And therefore, when sometimes, Baba has received such vibrations that the children are not happy, then Baba has to remind us about our fortune, about our diamond-like life at Sangam Yuga and it brings us back to that of intoxication.

But how to keep a constant stage of happiness on the bases of just three or four factors we have realized in this Godly life, and by just becoming conscious of them, all the sorrows go away. The first one, I said, is realization of the fact that we have come to Baba, we have real relationship with Baba and Baba is guiding us now, at every step. God is guiding. Some like it, some don't but to us, God and

Baba become the same. And today in the murli Baba is very clear, the murli of the 18th, that Baba is not this Baba (Brahma), but He is the Supreme, the Unlimited Father, the Father of all souls. So, when we have realized this, and we remain conscious of that, we keep our mind very close to Baba, that is feeding the mind with so much nourishment all the time and therefore there is no weakness of mind. And when you are not weak in the mind, you are very lively all the time, very light, very intoxicated, very happy. It's only when this one little fact is forgotten that the mind starts searching for happiness in other things, other beings and therefore, once it goes to the limited ones, the limited ones, the limited things, the stage of intoxication comes down.

That's why Baba reminds us every morning "Sweet Children, be soul-conscious and remember Me." There is no other reason! when Baba doesn't want us to perform any rituals, why should He tell us "Sweet children, be soul conscious and remember Me"? Just because Baba Knows that the children forget this one fact. So every morning, apply this tilak of intoxication, the sign on the forehead—it's symbolic of consciousness and if we can just form the habit of speaking to Baba in our mind, then we will not forget. The conscious will remain very powerful. What do you do when you feel like talking to someone normally? What are the methods used? You either talk face to face or on the telephone, or in this spiritual practice, it's thought which has to be used, because the power of thought is so great. They say that the power of the mind is tremendous. It can elevate your

consciousness to the highest on high, and it can degrade your consciousness to the lowest of the low. And realizing the fact that the power of our mind is so much, which way to use it has to be kept in mind. And now that Baba has given us a clear picture of what is right, what is wrong, what is good, what is bad, what brings happiness, what brings unhappiness, I'm sure that every Brahmin would like to use the mind in the proper manner.

And in that also, when communicating with Baba, some of the souls keep on talking about their defects — “I still have this drawback, I still have this defect.” So what is happening actually? No doubt you are talking to Baba, but while talking all the time about defects, you are again feeding your mind unconsciously, which is not required, which creates indigestion of the mind. Instead as Baba reminds us all the time, of our fortune. If we can just communicate on that level—Oh Baba how fortunate we are, receiving from you and living like that, it is so wonderful, it is so beautiful, we have achieved such a wonderful life! Now we have value in life, we understand now what this life is meant for, otherwise we were just living like the order beings of the earth.

So, just appreciating the fortune we have achieved, the value of life becomes very clear in our minds, and the fortune we have claimed also becomes very clear in our minds, and therefore the happiness and intoxication becomes constant, eternal. After all, Baba reminds us of our original state of living? Then Baba reminds us of the soul-world, of the Golden Age, then brings us back to Sangam Yuga and tells us that this is higher even that

that. Now, do we realize that we are living in a higher state of happiness, higher than the Golden-Aged deities? It there that degree of intoxication, because once that is there, it will be lived.

Sometimes we think of becoming soul conscious— 'I must see the soul in every one'—and trying to become soul conscious instead of physical for conscious, and it's so difficult to see the soul, which is so subtle in the forehead! After some time, getting tired and bored, we then start appreciating the beauty of nature. So when we think of soulconsciousness and God consciousness, Baba is making it very clear, by actions, here.

Every third day, just as Baba is praised as the Ocean of Love, the Ocean of peace, the Almighty Father, you see practically how Baba is living that and expressing that in practical actions. It there anyone who would feel peaceless in Baba's presence? Any one? The moment we are conscious of Baba's presence here, we are filled with joy- Oh! Baba is here! Again, the moment Baba gives drishti, it's a totally different consciousness at that time. And at the time Baba shares works of wisdom everybody appreciates- 'Oh Baba! where were you sitting and thinking of these words? Because it is my experiences sitting here listening to Baba and just experiencing the vibrations - I feel the Golden Age may come or not, I'm not bothered. Destruction may happen or not, I don't fear that any more. The rest of the world may be served or not, immaterial at this moment-what a great experience I am having at this time, in Your presence amongst us. And I just appreciate that, I realize that I'm going more and

more beyond. It's not that I'm not listening to Baba. On the other hand, the depth of What Baba is telling us is becoming clear to me, because it's such a clear, close link on that level of consciousness, with Baba. So it's like sitting here for an hour or two and just being with Baba, and listening to Baba on that level. When I leave the hall, the impact remains for hours and a day. It's so beautiful, so pleasant, so intoxicating all the time! The appreciation of that beautiful experience grows more and more. Sometimes people ask 'Don't you get bored with this all the time?'

You have been listening to these avyakt murlis for years now? But I find the interests is increasing more and more. So one point which keeps the mind at a very high level of consciousness, subtle consciousness, and which brings total happiness, is something which we realize when we listen to Baba. We experience and we value that with so much depth in our hearts.

And then, what Baba has taught us as a Teacher, no other teacher teaches this. The other day a brother from Singapore was narrating his experience that you can buy knowledge through books with money, you can buy all the comforts of life with money, but you can't buy selfless love with money anywhere in the world. It's such a great service to one and all, but who taught us all that? This is very clear from Baba's action, for hour and hours, and knowing that there is nothing to be had in return, giving all the time. So Baba also returns our namaste, when we say that, sometimes. Baba the Ocean of Love Practically expresses so much love, bringing us all into that

consciousness of being the embodiment of love and showing us how to share that love with others. So in that way we are learning from the Spiritual Teacher how to live a Spiritual life, not just thinking 'I am a soul' but living as a soul, in behaviour, in practical behaviour. Of course it is there in every one, but sometimes we forget.

The easiest way to live is that Baba has taught practically, in many ways, whenever you start any work, and service, first you go to Baba and then do the service. You want to serve any other soul, because when you meet Baba, in inspiration comes that I must serve someone, and Baba says, bring a bouquet of such lovely flowers. Then you start churning on how to do that, but how can you be successful in that? When Baba comes, He does not start the Murli immediately but Baba brings that peace of paramdham to this earth, He remains in silence and shares that peace with everyone here, and at that time we all feel-'Oh Baba has created Paramdham here' How? Just by bringing that consciousness, by giving drishti to everyone. So, we can all do that same thing. Go to Baba, be there for some time and give drishti to the ones we want to serve. Just see what happens at the time? You'll get such beautiful thoughts at that time. They will be so accurate, so appropriate and the souls will respond according to the teaching you are serving, and when you serve, the immediate fruit is intoxication, happiness.

And then comes something more to keep us in that state of consciousness—what treasures have we received from Baba? What do you think about the knowledge, what do you think about the purity, what do you think about the

virtues, what do you think about the family you have gained? In this world, at this time, now one can have such a beautiful family. Wherever you go there will be people with different sanskars, different vibrations, and you will not feel very much at home. Because sometimes when people want to put in hard efforts they think that solitude is better. Yes, it is. But not all the time. The value of solitude is there, in its own place, but the value of the company and the vibrations of the family is also there.

Once, talking to Baba, Baba asked something like that. 'So much value do you place on the family?' I said, I have gained Baba, what else is there to achieve? Then Baba said 'No. Just as Baba's blessings, Baba's company are so helpful to you the soul, in the same way, this divine family is the source of a lift to the divine soul.' It's fact. It goes easy when you are in the company of such right-thinking, positive-thinking souls, your thoughts can change within no time. Consciousness can change, there will be more and more intoxication, it will multiple. So in that way, becoming conscious of the fact that we are in Sangam, we do remain very positive, but sometimes we do start to see the defect of other souls. But, It's better to have value for this Brahmin life, the Brahmin family, keeping in mind just one fact, that they are pure souls. They are leading pure lives which you can't find in the world. At the most, there may be a few priests in the church, but all people don't lead such pure lives, and Baba has provided us with a pure family. Yes, in the Golden age all will be pure but there is no help needed there. Yet to provide such a pure family here, to get help

from and to help that family now, to possess such a beautiful family, is a great lift.

So the intoxication of having a relationship with Baba, of the treasures of knowledge, of the virtues coming from Baba and the special gift of the Godly, divine family at this time of Sangam Yuga is something of great value to us. We should feel proud of this family. Who are our parents? The greatest beings! First Shiva Baba and then Brahma Baba. Baba has clarified parents, Father and Mother. We have such parents and such brothers and sisters, and there is one thing more-jokingly, and it's for fun, but it gives you such a lot of intoxication-who is the richest in the world? I am the richest. On the one side, we possess that knowledge which no one else has and on the other side, we know Who is now with us. We also possess Him now. And thirdly, the family such a family- all are earning members! You can think, there are 300,000 in this family and all souls say-"Baba, whatever is mine is for Baba 'I'm Baba's heir, whatever is Baba's belongs to me. The wealth of all the brothers and sisters belong to me! So who is the richest in the world? That will come only when we have the feeling of belonging to the family. This intoxication cannot come to individualists. An individual may have thousands of dollars and the next day he may lose them.

Some one asked me how to churn knowledge. Is this not churning? about Baba, about treasures, about the family-to keep us intoxicated all the time.

Then some people think-it's a very dry life with the Brahmins. Do you think so? No, There is Brahmin humor

also. Sometimes you bring it up in your plays, in cultural programs. Once again was drama-'Baba in drama'-showing how Baba is also in bondage. When Baba comes merciful and tries to take Maya away from the children, then the children say 'Baba, you can't kill Maya, according to the Drama'. Baba restrains Himself, He gives power to the children and the children are successful. Then, when the children go to the Golden Age baba also accompanies according to the Drama! And Baba goes to Paramdham, Isn't there honour here?

Then, being in this divine family, you must have noticed that Baba gives beautiful opportunities to each and every soul to express oneself. Whatever is there in your personality, in the form of talents, in the form of experience, in the form of your contacts, they multiply and increase. Baba is training us in a way, slowly, slowly, to be able to rule the whole world. Is it easy to rule the whole world? But Baba's magic, Baba is training you, slowly, slowly, to come to a stage where you can command respect from the whole world and where you can administer the whole world. When you say that we are going to become Sri Lakshmi and Sri Narayan, what do you mean? It is just for decoration? Think of your practical life, what will it be? Eating, playing and dancing? No! you'll be running the whole world.

So, in that way, we're keeping in mind what Baba is bestowing on souls. The power of churning increases and naturally the value of what Baba is bestowing on us increases in our minds, and the realization of the fact that, really Baba is establishing a New World. So When you

have this consciousness most of the time- I don't say all the time, as it's Sangam Yuga-then you will find yourself so detached from your little, personal problems. The examples are there. Those who have seen Dadi Janki in her sickness, because who was so busy in her days of service and thinking, even though she had bodily ailment she was not worried. In the same way, if our consciousness in becoming unlimited, we'll see that our own, small problems are gone and we don't care, nothing is going to happen.

There is one more thought, the thought about hope. The world lives on hope. Supposing that we find some thing happening that is not very pleasant or very nice, then how can we finish with all that in a second? Which is the easiest way? By being a little strict with ourselves and through powerful yoga finish it. Baba has given us the disciplines, so whatever Baba is cautioning us about, we have to be a little strict about them, not as a burden, but as a way of life. So let's be light in accepting the discipline also, for pursuing our aims in life. It is the greatest help. From my own experience I must speak of the discipline of four things, just four things. Firstly, Amrit Vela. All of you who are writing your charts must have noticed that to miss Amrit Vela a couple of days slowly brings your stage down, and in a day or two, you start to miss the murli also. Then you complain about other Brahmins, other instruments of service. It's all because, one's own stage comes down, you see the others accordingly. In India there is a saying "You see the world according to the colour of your eyes."

If I am very light and in a high stage, even if I see the defects, I try to help. I don't let them affect my stage and therefore that also keeps me in a high stage of intoxication. So I suggest in the early morning. Whatever happens, you may sleep at whatever hour, or you can sleep after Amrit Vela if need be, but have at least half an hour of very powerful Amrit Vela. When I say 'powerful', it's something I've experienced. I sit in meditation, and in a second I just go to Baba, visualizing BapDada as two stars. Just as I can go from here, I think Brahma Baba can also be there and I see myself with them. When visualizing Baba, I see Baba as a very, very powerful being just as Baba has said, Sun of Knowledge and because of that vision in my meditation, I find myself within no time feeling that power and I become so powerful. I remain in that for half an hour at any cost and then I see the result. Some times, we wish to see the result there and then. So, first practise. The result is so beautiful!

After getting knowledge and guidance from senior instruments, after sharing their experience, we realize a lot about what to do and what not to do, about how to change. But the power of change that is required will come only through that powerful stage, so just become the master sun of knowledge in the early morning. I turn the searchlight on myself first to keep this instrument all right first. It's spiritual theory, by ourselves, and then, slowly we spread that to the whole world Let it go to the souls who are searching for Baba, let it go to purify the elements. Doing that, I find it to be real service through

the mind. That will only happen when you are in such a powerful stage in your consciousness. That will happen when you are the master sun of knowledge with the Sun of Knowledge. Then I find that you can never go to sleep at that time. It's as if so much light and might is going out, how can you doze off? But, just because we are not in that powerful consciousness, we are just feeling peace inside— the power which we can spread isn't there, so isn't there so much? So instead of radiating, the light starts going off, slowly, slowly. When there is darkness, you go to sleep.

The other effect from this powerful Amrit Vela is, afterwards, the mind is so clear. Baba's institution comes for new service, for planning whatever Baba wants us to do, and then, whatever thoughts we have are sometimes confirmed—from the murli or messages—then you can know that you are close to Baba in your consciousness. So in that way, you will see so much change taking place within, without much effort. The only effort is to remain in that stage of consciousness of being a very powerful ball of light. At that time, you can invoke many brahmin souls together, so many souls together, becoming suns so light and might, giving light and might to the world. Just imagine how lovely it feels.

So one thing is being with yourself for Amrit Vela. The second the morning murli. If you don't eat well, you don't have enough energy to do service. Just as food is meant for the body, so it is meant for the soul. And if you want to increase your churning power, just listen to the murlis with attention, with this aim—what new point Baba is giving for

dharna, for yoga, for service, and you will find many, many points in each murli, even if you have listened before. Because when the soul is becoming more and more pure through meditation, the power of understanding and inculcation is increasing more and more, and therefore even on repetition of some murli twice or for a third time, you will be able to get something new every time.

After the murli, take time to think about it. Of course here (Madhuban) you immediately get the feedback from Dadi Janki. She churns a lot during the murli and gives her feedback immediately. Sometimes we should find intervals for churning the new points of the morning murli, but the best time is immediately after class. What are the new points. What power do I get for them? How shall I explain them to the new students? If I were to write in a newspaper, how would I do it? This is the method of how to churn. When you have some ambition, then there is churning. In India there is an example in a story about churning. Of course, Baba has explained it and the story is not 100% correct.

Vishnu is sitting under the canopy of the Seshnag in a relaxed position of intoxication, in a very happy state. Lakshmi is massaging his feet and things that because of her service he is so happy. So she waits to confirm it and she asks "What is it that is making you so happy? He doesn't say that 'because the world empress is massaging my feet I am so happy', but he replies "It is the churning of the true knowledge of the Gita that is intoxicating me so much." We should also feel the same way by churning knowledge.

The third thing is not to give sorrow to anyone. By giving sorrow to others it multiplies for me. By giving happiness, my happiness will multiply. So many virtues are there, but the best one is that I have to give happiness, the whole day. At the end of the day, keep a chart and check it. Don't waste your time.

The fourth thing is the chart. It is a meter to progress. We have prepared a chart here in Madhuban. Don't have very elaborate charts, with 40-50 points. You'll get tired after a week. But just have a few points which will gear up your computer to regularise, divine, Godly life. There is a suggestion for Brahmins and non-brahmins- don't read the newspaper without meditation and don't see the television before going to sleep. After the night, the mind is very fresh to receive and what does the news feed the mind with? Negativity. And Unknowingly, the mind gets charged with negativity and it doesn't have the power of tolerance any more. The whole day is gone fighting - I don't want to see negativity, but it'll be coming. It's the same thing if you watch television before sleeping, what sort of dreams will you have? The molecular formation of your brain will reflect in the form of dreams, so dreams should not to be bad, but dreams should be lovely. That's why Baba has given us a very nice method to detach. Just relax, how will you relax? In an easy chair. So where is our easy chair? To feel Baba's love to feel, on the one hand that we are on Baba's heart throne and on the other, to feel very light.

When Dadiji was going overseas, at that time, Baba said- 'The crown of double light, the light of the Sun of

Knowledge and the light of the mother moon'. The power of the Sun and the coolness of the moon-I should have such a habit in my mind. The moment I think of going to Baba it's something like this: I am a sandwich, on a beautiful cushion, between Baba and Baba. It is a beautiful feeling, so light and going to sleep. Om Shanti. It saves me from all funny dreams. No headache. You can also try this. It is a place of security and love for the mind. We feel secure in Baba's power and love and therefore you feel so contented, both together.

So, in this way, experimenting with new things, churning new points, day by day we are increasing the value of our Godly life. Lately Baba has given new ideas. You are flying high, crossing all obstacles from above, touching nothing. So accept it. All the past is past and move according to Baba's Shrimat. The also experience what Baba wants you to experience.

## HOW TO DEAL WITH OUR DEEP-ROOTED SANSKARS

It's an interesting topic to deal with deep-rooted sanskars, as all sanskars are deep-rooted.

Sanskars means lasting impressions, and in those sanskars, we all know there are a variety of sanskars. Right from the beginning, starting from the original stage, we have the sanskaras of being in the soul-world which pull our mind back to the soul-world from time to time. What are those sanskaras? The sanskaras of total freedom, complete peace, liberation, salvation. Whether we have enjoyed that stage for 1 year or 2 or 5,10,50 or a 1000 years, we have these sanskaras.

Then we have the sanskars of the Golden Age. Which are those? All the positive qualities, all the good qualities which all human beings like, the positive qualities which are true to the old Biblical saying that 'God created man in his own image. What is God's image? If one has to see living those godly qualities in practical life, on natural life, Sangam Yoga is meant for making efforts. We are making efforts and based on this, finally it will be a natural state of living a consciousness, a natural state of positive self-expression and those sanskaras. are our original sanskars. They are actually the most deep rooted sanskaras. Those sanskars have been inherited from the Supreme Father for whom we say Shiva Baba.

On the other side, you are a patient going to the doctor. Clinically there is nothing wrong, you have a hereditary problem, inherited from either father or mother. So, just as we can inherit disease from our lokik father, grandparents,

maternal or paternal family, in the same way, we inherit those qualities and those sanskaras from God, who is loved by people so much. There are four sanskaras of true and positive personalities. They are our natural sanskaras. Whenever there is expression of those qualities, experience of those qualities, the soul feel happy and nice. That's why, again and again, the soul searches for truth, peace, selfless love, inner power, will power, so that it can remain consciously in that consciousness.

The sanskars of our original nature, like the nature of God, are the ones which make everyone feel that to express those sanskaras is the best way to live And in that, I think you remember some of the words that Baba says, that the positive, pure personality of each soul is the most royal, the most respectful one and the most loved one.

And which is the other side of our personalities? Because we are now at this stage of the Confluence, we have the experience of both sides. If positive is original, which is the acquired one? There may be one which is neutral also. The perverted form of our original qualities is the negative personality. Instead of self-respect, there is ego in our self expression, instead of true love there is lust, instead of peace there is anger and violence, instead of fullness there is greed, then what happens? We do act according to those negative qualities. The reason can be anything. We have acquired them partly due to ignorance, and secondly due to the atmosphere and circumstances, and thirdly, they have become

deep-rooted because of habits. They are acquired sanskaras or habitual sanskaras when there has been a habit for a long time, it seems like a natural thing. For example, take any of the negative forms of self-expression. Suppose, for any reason, a soul become negative angry, from childhood, and there was no one to give any correction., Slowly and slowly, that keeps on developing and takes on new forms, sometimes subtle, sometimes gigantic, and then you see with that person, over small things, little things, there is a fit of anger. He won't have any respect for personality, till a day comes when something happens, when there is another persons of the same nature, who confronts him, then he starts looking for an escape. He wants someone to listen to him, he wants someone to comfort him and to bring peace to his mind.

So when we teach such a person Raja Yoga it takes time for him to return to his peaceful stage. Whenever he writes his chart, what would come out there? So, looking at each one of the soul's deep rooted sanskaras, you will find there are one or two specialities—special, positive sanskaras, and there are one or two special, negative sanskaras, If on one side one has the speciality of being courageous and enthusiastic, the same person can suffer from a negative sanskaras of being bossy or short - tempered or irritative.

So are we all. We can look at our own selves on the basis of the knowledge. Gyan or knowledge, comes as a laboratory for us, for investigating our spiritual health, for seeing how far things are normal and how far things are

abnormal. Knowledge can give us a very clear idea, just one aspect of it, just as these days have one machine which has a computerised system to give you a complete check up within one hour. The total knowledge can be summed up in one word - "Bapsaman", like Father. So if we keep Baba's qualities in view and then look at ourselves, how far are we like those qualities and how far are we not like those qualities.

Sometimes the deep-rooted sanskaras of negativity are too deep rooted. After all, we have lived with them for 63 lives, so it's not just this life. So what can we do? How do we deal with them? There is one very special thing—even when we are aware that these deep—rooted, negative qualities are there in us, they may seem to be like a dreaded disease. And when we know the soul is eternal, it's not going to die, it can bring about change in itself through self—cure. What is the cure for that? How do we deal with it? We are already upset. We have left the original state of consciousness, and if we get further upset about our negativity then it's like a patient coming to know about his disease, and if he starts worrying he'll become more upset.

Baba has shown some of the very simple and effective ways to deal with these sanskaras. I think you all know the way to deal with them. One is to have clarity about what is positivity in us and what is negativity in us. Until that is clear, there can't be any change or any improvement. So we need to have a clear idea of an ideal personality which we need to develop. And for that, there are Baba's versions about human perfection, Baba's

indication of the picture of Sri Lakshmi And Sri Narayan and what their praise is. They are all-virtuous-not that I have this virtue and lack that' No. All virtues, completely viceless, all the celestial qualities complete, nonviolent, completely pure, which means we need to reach a stage ultimately where our consciousness is 100% pure. Neither in thought, nor in speech nor in action, nor in dreams do we have any traits of negativity, impurity or the vices. Then we claim the double crown — total health and ever lasting happiness for many lives together.

Now once this is clear in our minds, that we are to become perfect in this very life. We have read in books, that if you don't reach perfection in this life, you continue the journey, but now we know the Cycle, and we also know how much time is left. Baba recently said in one of the murlis that 1986 is a year of total change in the self, change in the sanskaras,-many souls feel that, after that perhaps they won't be able to meet Baba. Some have a thought also that after that, something drastic is to happen in the world and Baba has given a very good thought. In this year, 1986, in whatever effort you put in this year, you'll have 100% more fruit than you expect. Now this is actually something to do with self-change. After becoming aware of the ideal personality we have to develop and still not coming to that stage in so many years since we started putting in efforts, Baba wants us to bring about the change quicker.

So when Baba says "one year" it cautions us to put a full stop to negativity, according to the law of karma. Baba has explained,if you perform any negative actions, what

happens? It multiplies by 100% 100 times. How? You all know-one starts repenting, talking to Baba, and keeps on repenting not just for a day, but months together. How much time is wasted. If instead the same time was spent in Baba`s yaad, how much improvement would there be? Then, because of this negative action, this creates deeper roots of negativity in the self, so it becomes more difficult. The other thing is, perhaps the circumstances of the world will not be so favourable, the atmosphere will be disturbed and we may not have that much time for ourselves, time for changing deep-rooted sanskaras, There is a special effort required. Baba has explained that we have to go into solitude; and to explore the Ocean-like qualities of Baba, which will automatically bring about the change in the self, just like a researcher busy in doing some kind of research. His mind is so deeply involved, engrossed, in one Baba, one Supreme Father, as Baba has said" Baba is your world" Many time you write this in your letters - `Oh Baba! You are my world'. What is normally the world of an individual? A small family. Mostly one thinks about that.

All do not become world leaders, leaders who think about their people and country, and even leaders think about their families first. So now, as students of spiritual development in the self, we look up to the Supreme Teacher, we learn from Him directly and the deeper we go into that Ocean, His Ocean-like qualities, the deeper the experiences we have. There is automatic change taking place within the self. Baba says - 'The more you remain in my company, that company will keep on colouring you.; In other words, it`s intense meditation which becomes like a

very powerful fire. This fire destroys negativity and also colours the soul with all those “Godly qualities which are in God. Now this requires a very deep interest in exploring God. Just as people are interested these days in exploring space - how much time, how much money they are spending on that, and we know what they are going to get, in some way, the more we explore Baba, the deeper the roots of positivity in us, they keep on replacing the negativity in us automatically.

So how do we deal with the negative traits, the negative impression? Firstly, with patience. Don't get worried. Secondly, accept the reality. Don't deny that there is no negativity. Thirdly be courageous to accept Baba's direction to change. Don't keep on escaping, finding an escape 'Oh, I don't think I can do it'. That's nothing else but self-deception. Just as many psychologists give us the thoughts: - 'Come on, you can do it, have the thoughts, you will do it.' Baba is the biggest psychologist. But Baba makes it a bit easier for us. First of all Baba says, surrender yourself to me. Baba gives everything to you. In India, on Rakshabandhan day, Brahmins write a chit to Baba to give away whatever they don't want to keep. Again, generally people give away whatever they don't like in donation - the old cows. Now that is all symbolic of what Baba did in sangam Yuga. So we can all our weaknesses which we know are there and donate them to Baba because we also know that once donated, we cannot take them back.

So how do you deal with your deep-rooted sanskaras? Do you really want to get rid of them and enjoy a very happy

and peaceful and joyful life on the basis of living positive qualities and giving away the negativity to Baba. Would you like to do it? The earlier the better. Now what will happen then? The moment you have given it, a thought comes later on, you'll be automatically reminded, well you have already given it to Baba, so it stops there and then. It's like a line on water, how long does it stay?

A line on water stays just for moment, a quick change takes place. A line on stone? It's long-lasting. So becoming big-hearted in giving to Baba in donation is getting rid of very deep, deep-rooted sanskaras.

Secondly, you operate on someone and remove the cancerous growth. After the operation, what happens? The patient feels a little weak, so give powerful corrections to the self. Have a special time to be with Baba in meditation and also fill yourself with very powerful thoughts. So, in a very powerful consciousness stage in meditation it will be absolved, burnt away in that powerful fire of yoga. So give it away and if anything remains, burn that away in the fire of Yoga. If you can try this for just one week - there is no need to adjust negative traits of others - but you don't just adjust yours, you finish your deep-rooted sanskaras, so you have to dig deeper and deeper every day to find out if any negativity exists. So to conclude, no negativity. Secondly, without realization, it cannot go, and thirdly, without the required power of yoga it cannot go.

So don't think that just because you have written a letter to Baba saying it's all yours, that it's gone and finished with. No. The required methods, the right channel, the

proper way guided by Baba, has to be followed. Why? Because you can give away yours very easily but you are prone to acquire the negativities from others, even from the atmosphere, since we are at the end of Kaliyuga. So, do you understand?

You may be okay, and going on strongly ahead and suddenly there is break and you are going down instead of up the line of progress and you start to wonder, what is happening to me? Now this is the effect of atmosphere, so to keep safe, according to BapDada's words, you have to keep the double-light stage. What is the double-light stage? Bapdada and yourself together. These days we have 2 in 1, 3 in 1. In that also Baba gives a very good point. The light of one and the light of Power of the other. The light of power of Shiva Baba and Baba is not loveful, but when you are very powerful, the feeling of love is a little less. So Baba has taken help of Brahma as a big Mamma, so mother moon. The light of the love of the mother and the light of the power of the Father. Combine both and rest on that cushion and be restful. The double-light cushion for double-light souls.

Why has Baba given this idea? Because of the lack of love the mind goes into negativity and to keep it safe, it requires power. So when both the feelings, the power of love and inner power are there, the soul feels very confident and therefore it remains away from negativity. Therefore it is in the double-light stage. You remain charged with the power of Baba, rather you become the source or help to remove negativities of other people. That's how we can deal with our own negativity.

You need to be patient, listen and remember Baba at that time and see what wonders take place. Just because people don't become patient on hearing, they become irritated, if you have listened patiently, the other soul is also ready to listen to you, otherwise they are not. And then, giving them the thought of an ideal life, and how God can help in achieving that, as Baba said last night, everyone is interested in achieving something and what is that something? Something that gives the feeling of enrichment in life, which Baba said is true love, happiness, peace, selfless love etc. So without linking our mind with the Ocean of Peace, the Ocean of Love, that intensity of feeling and ultimately the reaching of a natural stage will not be here.

We can also transform these negative traits to positive traits. Baba also said once before that you can make your negativity subservient to serve. But that's not a small thing to do. It requires another class actually. For this evening, it is sufficient if we learn to renounce, to give away all that is not required, to Baba, on the basis of our realization and have a determined thought to change. Without determination there is no change.

But without Baba's power, determination becomes stubbornness. Stubbornness is a negativity. Anything can become easy by taking Baba's help. The more we keep with Baba, the more clarity of intellect is there. And also, surrendering the mind to God solves all the problems. It is possible? It's like looking up to Baba for thoughts also, then our mind works.

They will be Godly thoughts, so there is no problem This

will happen when we keep BAPDADA'S company in the double-light stage.

## BRIDGES BETWEEN THEORY AND PRACTICAL

Whenever you introduce the knowledge to a new soul, you tell them that this knowledge is very simple, scientific and practical. All the attributes are mentioned at this time.

We are discussing building bridges between theory and practical. When there is a distance between two, although our aim is that theory and practical should be on the same level, as realists, we should talk on this topic. Sakar Baba also mentioned in the murli that it takes time to reach the perfect stage. When you build a bridge you have to dig the deep foundation on both sides and fill the foundation with very powerful material, which will remain unshakable even in earthquakes. More than half of the building time is used in laying the foundation of the bridge. Similarly, when we enter this knowledge the aim is given that you should become perfect, the highest. None of us were prepared for this, since we had only come to learn meditation - peace of mind - happiness in life.

When we are given such a high aim and all of us have that sanskar in the soul and have experienced that good life 5,000 years back, we are inspired and we want to learn to be perfect and conquer all the vices, gross and subtle. On the very first day of knowledge we feel inspired to reach that goal. That time, 'they say it is just an hour a day for seven days only, but it never ends.

So when we start to make efforts during or after the seven day's course, then we find the gap between the ideal we have in our mind and our practical life, that is, the first thing in theory is the introduction of the self. You are a

being of light - full of all positive qualities. We learn something different about ourselves. It is a complete change from what we have been thinking before.

Everyone likes this - that I am a peaceful soul - a loveful soul.... etc., but once we step into the Kaliyugi world then, it is difficult to live as a soul in the master and it works through the body. Also, that we have travelled through the Cycle, taken many bodies and when we think of the starting point, it seems very difficult to be what we are taught.

So, there needs to be a deep foundation when we first practising through practice, we slowly start to become aware and awareness is the first foundation to build that bridge - just as the first lesson is the soul, the second lesson is the soul, the second lesson is about Supreme Baba. The soul world is also introduced and then we have the understanding that One is the Father, and all the rest are brothers. This is also a difficult thing to do, and so when each new point of knowledge is introduced unless it is accepted completely, it cannot be applied. So, becoming aware of each point, is like digging a foundation, using whatever material is required. It takes a long time for the foundation to be laid.

Our outward appearance may be very quick to change—our dress, language, badge, but inside it is a struggle. Perhaps a lot of time and labour is needed to clear that, before you keep on laying more concrete material.

The teachers help us here to keep on clearing our doubts,

and it is like support given to a foundation.

As we grow, Baba's newborn children, with the support, slowly and slowly from awareness to acceptance. Well, all the points of knowledge are not accepted straight away.

## MENTAL SERVICE - UNLIMITED

This topic of mental service is a very interesting one. Although all of you are here, spiritual service is carried on through subtle vibrations. Unlimited mental service refreshes both the intellect and the vibrations.

You must all have had various experience and made various studies of mental service. It is a tradition here that, if one has a beautiful experience, an elevated experience, that person shares it with others. If others also confirm that, then there is confidence and, this is a right way to do mental service.

So, let's have a few experience from either your past three days of bhakti or any extraordinary result of mental service at your service centre. Let's have a workshop-type class today.

Points from the class, in brief:

1 When a person leaves a body, there is always a yoga programme. So once we had a special programme for all those brahmins who had left their bodies to take up other bodies in the Ravan family again. So it is the way to pull them back to our divine family. And we held a two-day bhakti and the result was our audience increased and many small children joined classes.

2 Before an exhibition, before you sow the seed of Gyan, you must fertilise the land with yoga power first. Only then will there be success. So before we held a fair we had an 8-day programme of continuous bhakti, day and night, and now there is a centre, a museum, and a health class there.

3 Baba has pulled our intellect and made us attentive as to when mental service can be successful.

Service should be such that it is egoless, selfless service. You should not take, but give. Also we should be stocked so full that on asking we should give instant help.

4 In foreign countries, during funeral ceremonies, because there are nearly 6-7 days before a body can be buried or cremated, before the cremation we get enough time, as fire brigades, to give the 7 days course. Before the final day of cremation, the body stays for one hour, so we have a bhatti, like a Shanti kund, a lighthouse spreading vibrations, spreading very light subtle rays, digging that mental field to plant a seed.

This topic is very subtle but very effective. When we think we are on Godly service, what is the aim of such service? It's a very unlimited aim, that in this world we want to establish a Golden Deity Rajasthan, here Baba has especially said, often, that this establishment will be done through yoga shakti or yoga bal.

Baba has cleared this again. He has pulled our attention to this subject very closely. Many times invitations are extended to these people. They agree and keep on saying 'yes, yes, why not?' but at the last moment, like a slippery fish, they slip away. Baba has also stressed that as much as mental power brings success, success through speech is less.

Firstly, our mind, our mental power, like the saying "in a healthy body, a healthy mind," should be very powerful. First and foremost, for this health is also necessary. A little exercise at some other time is also necessary. Because who can have a powerful Amrit Vela? The one whose body is also cooperative.

So keep a balance of all four subjects and perfect balance of all of these. Not that when it's the time for service that you want to read murli. No. At Amrit Vela you need a very satisfying experience. Baba also gives directions that directions that very good service can be achieved through Amrit Vela mental service. In that three quarters of an hour or half an hour, as long as you sit, have your total presence in front, of Baba, and as is the aim, then the mind will be taken beyond and enjoy the experience, according to the aim. As the aim is fulfilled, then there is satisfaction.

After achieving a satisfied mind, to make the mind more healthy, if a few lines of the murli are read in addition, it's like an injection which has gone deep within. Even this will confirm the answers given the previous day to students, whether according to the murli they were accurate, were those answers Bapsaman? So you confirm your mental stage.

So before world service, the time for self-service is very, very important, and this study should be on a regular basis. Activities go on the whole day, various things come and go, we'll take that up later on, but let this special attention be fixed first thing in the morning. It's like the pillar of strength, an additional help, and throughout the day whoever we meet, that feeling of good wishes remains very natural.

You might say, but we are doing both Amrit Vela and Murli. Then where is the uniqueness? Yes, when we keep the new ways, the latest topic or directions in the mind, keeping that in the mind develops our mental stage for

that, then later on Baba does give confirmations. You get, intuitions of what is to be done next. Let's talk about the latest. Baba has given a special aim about tapasya, yes, your determination in tapasya. It's small point -double light and flying stage. We have all read this, heard this, but do we experience this flying stage? We have all read this, heard this, but do we experience this really? Double light—what is the real experience?

In what form do you sit at Amrit Vela, whatever is the wave of the mind? BapDada has given a special programme. In view of mental power, Baba suggested that myself and BapDada, the three of us feel ourselves combined and Trimurti yaad. Even that our subtle thoughts are together with the Sun of Knowledge and moon of knowledge and feeling the self to be the same as BapDada. In this, the double light stage will be automatic. We will be aware that this body is here, but you will not be here—very far away, the mind very light, no heaviness. And what comes in the mind? A feeling of light and light, a light object, and the projection of all three together projects a very powerful vision. So first let there be the experience of this for a long time. This is itself an incorporeal stage. The reason? Because we don't want to create many thoughts or chitchat. But this helps to power the mind, to recharge the mental power. Even past karmas, past sanskaras, change easily. So the past dwindles away and there is a new powerful mental stage. This also detaches us from the routine of the day. The mind goes into free gear for a powerful fill up. During the day, all other stages can be experienced, but especially in

the morning, there should be this particular experience of powerful mental yoga power.

I receive many letters from the brothers and sisters and going through them is also a study, an interesting study. I read their experiences from their letters, that during the whole weeks struggle there is hardly a couple of days when they have a heart-contented Amrit Vela. The rest goes in making efforts, in struggle. Either it is sleep pulling or they are tired, or it could be waste thoughts.

Even sometimes when an aim is taken to help a particular soul, if we do not have this practice of total detachment and being with BapDada, and trimurti yaad and going deep into it, then at the time of service, we'll just remembers that soul and not be able to remember BapDada. The mind will reject any withdrawing and remember that soul again and again. The result? Headache or upset mind. Dissatisfaction. We wanted to do service, but there is no result.

So first, the service of the self. We are incorporeal souls and have gone on an unlimited field. On that vibrational level also we feel the company of BapDada, completely experiencing power and joy and bliss. We are totally merged in Paramdham and developing this practice — a very powerful stage. Then, with long, deep practice — a gradual introduction of that particular soul and Your search light, let him also benefit through the power of Paramdham, through BapDada, then giving is perhaps like creating a subtle karma. But be Nyara and Pyara. When we are three stars in Paramdham, let the 4th also emerge. Let this realisation have a little imagination

power. The face will emerge, but transform that face into reality and bring that soul very near to Baba, flooding him with Baba. With the self in witness stage, watch the whole scene through subtle vision.

When the talk of Gyani Zail Singh's visit to Mount Abu was going on, Baba suggested this method of yoga for touching that soul internally for a positive result. It's like an experiment. Our attention should be purely in the unlimited field, not that when this soul comes, then what? This can also bring us to emerge some selfish thoughts, like 'With this soul's coming, will we get land? Will there be success in melas? Will there be a financial gain?' No. A purely mental service of that soul with no other additional thoughts.

So we also have to detach ourselves completely and clearly—how did Baba start his spiritual service? So when our intellect is unlimited in the right sense, and when such souls are emerged in the intellect and served through mental service, they experience a pull of the intellect themselves, and it's as if they are receiving directions within their intellect.

The other source is general service. It's like scattering vibrations or special rays on a general basis. You can purify the natural elements or general worldly atmosphere, people, situations, no one in particular. It's the same for all. Anyone can benefit here. But this is like a laser beam, penetrating and giving results. This has a special aim.

Again, if this is difficult, then just as trance messengers emerge people in the Subtle Regions and have a chitchat,

in the same way, not only doing service of those brothers and sisters who have left their bodies, but also of those who are yet living. So at that time, sit and be with Baba in the Subtle Regions and also emerge that soul in front of Baba. So we all have this experience in sakar—when we take a soul, introduce him or her to Dadiji or Baba, and then sit on one side and witness the conversation and meeting and become happy within. So similarly, in the Subtle Regions, whomever's service is to be done, emerge them and allow BapDada to meet them, the self being Nyara and Pyara.

It's a very interesting experiment, giving a lot of joy and satisfaction, and you get to see new scenes up there. You will be inspired to conduct new experiences. Even in the case of those who have left Gyan, why only those? What about those who are sitting here? What about them? So have unlimited good wishes for one and all—the whole world together?

Well, that happens on the third Sunday, a total covering from all the corners of the world. But this topic is for the self. Once Baba asked a group going overseas 'wherever you are going, are you sending a searchlights well in advance, then all souls that will benefit from Gyan or touched by those vibrations in advance and it is like unfolding their part and giving them a clear direction to come back to their Gyani roles. We all know very well who will take Gyan—those of the Deity clan. Then those sanskaras are there, emerged in the intellect, so we just unfold those sanskaras and they are the ones who will receive our searchlight.

How did Baba meet others? First through drishti, powerful vibrations, establishing a mental link, and then conversing. We use this same experiment, when in the company of BapDada we give drishti to the souls we are to meet during our service tours, then very appropriate conversation takes place. At that time, the right words, the right phrases and the right topics of conversation occur and there are hardly any lengthy discussions or clashes or misunderstandings. No. It's like that what they want, we give just that. This is a result of mental service.

Even for the President Baba has given an idea, that since he is becoming more and more busy, day by day, people all around him will try to avoid us, but finally, only our mental service will bring the desired result.

Coming back to the subject, I want to relay an experience of Dadi Janki. Once we had gone to Leicester and there was a programme there, with a hall of 800. We went to that hall just a couple of minutes before the programme. Dadi stood in a corner giving very powerful drishti, in a very powerful stage, and then took a round of the whole hall. The result of this, grand success for the whole programme. Dadi stood in a corner giving very powerful drishti, in a very powerful stage, and then took a round of the whole hall. The result of this, grand success for the whole programme. I recollect this scene very clearly, and its effect.

Similarly, you can recharge yourself, your surroundings, your centres, service and also students Why not? For healthy yogi life and yogi service, go to Baba and give a searchlight from there. Emerge the class as cohelpers,

then the district, then the country. and then the world at large. You are creating a special power, a 'no—problem' atmosphere, not only once or twice but every day, regularly, creating their well-being through your good wishes, your deep concern. Baba describes this as giving water to the roots, then the tree remains healthy.

Another is a regular bhatti programme, half an hour meditation daily. One aim is to give the searchlight to those who have not yet found Baba, then there are very positive results. Sometimes there is a very vast programme within the city. Then on the eve of the programme, an aim can be given to the whole class let's be like master suns of knowledge, or beings of powerful light and might and s=cleanse and refill that area with double light might powers — a searchlight — then this saves all extra efforts. Though pamphlets, leaflets and invitations have been given, this is a personal touch. The class, in general, should participate in doing such special tasks.

Once in a group of foreigners, a thought emerged to send vibrations or to do service of the new Pope at that time. So everybody sat in remembrance and, in BapDada's company, emerged him there. The experience was that they felt they had, themselves, gone to the Vatican city.—a vast hall and standing in a ring. The Pope came there, and a Dadi, instrumental to give the message. Baba has explained that there is a mystery involved here, so of course, benefit or upliftment of the self the same as we wish for them.

You can also divide your class into groups of 10 or 5 and

ask them 'What would you like to experience?' There may be various suggestions. Now, you cannot satisfy all. Then suggest 'Well, let's go to Baba and let Baba give an experience.' Then allow them to have an experience. It's in Baba's hands. Let's go to Baba. In this, we see that Baba takes over completely then, and as is the wish of the individual, it is fulfilled. Later, after half an hour study, while giving drishti, one feels very powerful at that time. Baba plays his part of an All-Rounder, making us instruments. Don't ask for those souls immediately, but later on, and there will be deep satisfaction.

Yet, to surrender the mind is a difficult thing, there is great mystery involved there, there is great depth, and it requires a very wide and deep, together with a subtle, understanding there. What would you call about surrender? A small experience. The river surrenders to the Ocean. So here, we have to become like Baba, the study of Baba and to follow in his footsteps, Baba has made for us rules and given us guidance at each footstep in our thinking, our vision, our thinking, our vision, our speech, action and reaction to others, our personal relationships to others. So it is not only at Amrit Vela, but during the whole day that we experience that newness, freshness, high consciousness like Baba, with that newly developed personality. But when? When the mind is surrendered to Baba completely.

To add one more point to the topic —keep the class in zeal and enthusiasm all the time - have one subtle attention. When we go to the Subtle Regions, take drishti from Baba, try to listen to Baba, not just to relay from our

side. To catch that intuition, to create a new world is our task. Sometimes a new plan is shown in a flash. It is refined and refined and becomes clearer and clearer. It will also be approved by one and all. All service starts at the mental level. So, catch the true touchings of Baba, and for this there must be that incorporeal stage in the morning, which enables one to have a clear line with Baba. We have to go, to catch, to experience and to put into practice.

Even at the present, when there is anything to check, we consult Dadiji for a minute, then go forward. Together with that, we develop a habit of going to Baba in the Subtle Regions and catching those intuitions. We must develop this faculty very powerfully, as nowadays service has gained a wide field is wider in both fields, mental and physical. And the bodies? They are sometimes healthy, sometimes otherwise, so we have to remain light always. Why? Because the more light the mind, the more the service. In one second ask Baba and go ahead. Do these experiments also in connection with the centre, or students, or even new service plans. The experience of this will give great joy.

You are not an instrumental soul for this centre only, but you are an unlimited server. We are co-helpers of Baba - in that aspect we are unlimited helpers. In this consciousness, when contact souls come and take up knowledge, then they spread into the world and widen the service field. So you have given to a few, but they create a network through your unlimited consciousness of world server.

And now a little about the secret of success in service with very learned souls. Here in Madhuban we have noticed that with the vibrations of purity, together with the power of yoga, that this atmosphere is so effective. We never say 'do the 7-day course or 3-day shivir. No. If he can experience these divine qualities in our atmosphere, then he'll be ready with his own experience as background. He will say 'when do I come for further lessons? ' So you have to prepare a field. So make preparations well in advance, with the mind totally surrendered to BapDada and the unlimited mind and intellect together with Baba in world service.

The best service is that of the mind. Speeches or conversations people forget, but that which is visual or that which penetrates within is never lost or forgotten. Even BapDada gives directions during the meeting of senior brothers and sisters that the first attention for all types of service is yogbhatti.

## IMPORTANCE OF AMRIT VELA & HOW TO HAVE POWERFUL AMRIT VELA?

What is the difference early morning meditation and evening meditation? Normally it is considered to be the same. Both are meditations but still it has been experienced that, the evening time when it is almost sunset, is as good as Amrit Vela meditation. Do you feel the same, or is there any difference?

The noise outside is not so much in the morning. Of course, B.K.'s Brahmins, may say that the evening is better. We will take up the topic of why we should have a powerful early morning meditation and not just a loveful or peaceful one. At this time of the cycle, Sangamyuga, being a

B.K. leading the life of B.K.— is the highest life as we are freed from all bondages of past sanskaras. Those who can experience sweet powerful early morning meditation, are the best b.ks..

It is not just to get through the distance we cover in each day. The progress we make each day has a lot to do with the cycle repeating. What is everyone's aim? What is our wish and aspirations for each day? To be the conqueror, to be free from obstacles, to become completely pure, pious and virtuous. To be very clear in thinking, to experience close links with Baba all the time, and to become like the Father (Bapsaman). Then, of course, the experience being a very powerful instrument. To do this, early morning is the best time. When we are completely

free to do what we like, for the upkeep of the body, to have professional jobs, and also to do service. World transformation through self transformation. And early morning is best for self transformation.

When we get up from sleep and are refreshed, what is the stage of the mind at that time? It is zero. There are no figures, no images, at that time, they don't reflect on the mind. It all depends on how we start the day.

The slogan for the United States for a Million Minutes of Peace was "Your Thoughts Count." What about Brahmins? Does your first thought count?. What about Brahmins? Does your first thought count? Naturally everyone would wish that it is a good thought of good morning, but for this we need to prepare.

Before going to sleep, if you have a thought that you need a very powerful Amrit Vela, then you can leave that thought with Baba, "I would like to be with You, very close, to enjoy early morning meditation. After all, Baba, it is Your thoughts that we should have a very powerful early morning meditation. "So you would definitely accomplish this. So a feeling of success in our meditation and I am coming to have a nice sleep, a nice rest in Your subtle region. That should be how we sleep, and wake up for a good Amrit Vela. You will feel so fresh after four to five hours sleep. No tiredness, mental or physical, we will feel fully refreshed. Be very relaxed. Don't think too much about sleep but leave it all up to Baba.

When you wake up in the morning fully refreshed, look at the picture of BapDada first thing in the morning.

BapDada is the first person we meet every morning. Looking at this picture feeds the mind visually and the impact of this is very deep. Instead of thinking of how to be an angel, you are already in that stage.

You can have your cup of tea - no problem. The first thing is your enthusiasm - that this is going to be better than any Amrit Vela every before.

So good morning to Baba, sit straight and comfortable. To create a very powerful meditation, do not create many thoughts. Don't churn straight away. That is the time to improve the power of silence. Churning like talking - not silence. After sleep, the brain is zero, so whatever conscious thought you create, the mind is going to work accordingly.

Here in Madhuban, the visual impact is very nice. Some senior person is conducting and BapDada is in the background. It is just like spending the early morning in Baba's company in the soul world and also spending some time in the subtle regions. And if you can form the habit of being with Baba in a second, this is of great value it is also essential for you to be able to enjoy your early morning meditation. So to keep your mind at the right point, visualization is very essential.

A lot is talked about the third eye of wisdom—the mind. Just as the external eyes are considered to be the most sensitive organs in the body, to have a deep impact on the mind, the internal eye visualizes only Baba. This visualization brings our soul-consciousness to perfection, ready for the meeting one Baba and no one else. Try to

get lost in that internal visualization—to go beyond thoughts. Try to experience a stage, as if we had not yet come to this world—neither in the golden or silver age, or any other age, but how we are with Baba in the soul world. Visualize this early in the morning.

In doing that, all attention on one Baba's form—on what can be the feeling, when we are there. Baba has explained many times that being in the company of the Father, the Sun, you are automatically coloured. When we think we are soul, beings of light, do we really experience being light? When we say ocean of peace, do we have that experience of peace, like an ocean, never ending? O love, of purity. So one by one in 45 minutes you can experience those qualities, and feel it is an art to visualize and feel—you will be full like the ocean, like the sun, and in silence.

The thoughts would be almost absent—just the feelings, vibrations, but is a very clear experience of being together. The meeting of the self and the supreme soul. Automatically something is happening within. Try to have a concentrated feeling of light energy like a “Laser beam” which can penetrate within. When we have full attention of the Source, when we say Baba is an ocean, Baba is Almighty, then because our full attention is on one, Baba's energy is received in a concentrated form like a laser and works wonders on the soul. This will give you the real experience of peace.

L - Light

A - Amplification

S - Source

E - Energy

R - Refreshment.

Therefore, the spiritual energy from the source transforms the soul. Self transformation takes place and if one can remain in that stage for sometime, it has a lasting effect—permanent change. It is a difficult process going into the complete silence of the mind when we are so used to creating many thoughts, but as Baba as Baba has explained in the murlis, the early morning time has great significance.

Now, sometimes we cannot experience that stillness in the mind, and we start to worry that we are not transforming and some may get a headache. Instead of worrying we need to inject the mind, again and again that you are a being of light. Correct injections are needed from time to time in a very subtle form. If one starts to enjoy the company and rejoice in the communication with Baba, it multiplies and the soul becomes so powerful like the sun, like that Father, nothing else remains to be communicated. However in order to keep that stage, visualization should continue after meditation, whether you return to the subtle regions or the corporeal world there should be such a feeling of light inside, that is mentally we should feel very light. In this process, something happens. We all know that power means that which transforms. The old world is finished. Waste has disappeared and instead, the qualities of the Father are inculcated automatically.

It is an experience for which all the yogis aspire. They all try to go beyond the intellect, so whatever we have aspired for as Brahmins, is fulfilled in the process of being with Baba. The purity of mind is automatically inculcated. Something very deep happens through visualization of the Father and the self, as beings of light. To me, sometimes the definition of purity is pure consciousness—self and Supreme as beings of light and this makes us conscious of others as souls.

Then, of course, Amrit Vela is also meant for inculcation's of Baba's wisdom. After listening to the murli, or studying the murli, purification takes place through the power of yoga or the power of silence. There is no other way to purify the soul. You can churn, you can even study, you can explain knowledge you can listen to hundreds of lectures and you will not can purify the soul.

Therefore the need to experience the power of silence is essential. Sometimes when I read the letters written for BapDada I feel that Baba smiles when you write. I smile when I read them. One thing you can observe while all of you are here. When BapDada comes in a few days time, just observe how he comes, how he remains and how he acts while taking leave.

## SEED STAGE

What is the largest authority of knowledge that we attain? Brahmins have the largest or highest authority of experience.

Bhagats are in search of two things. One is the attainment of God and the other is of the soul.

So on path of knowledge when a Brahmin soul is introduced to Baba that soul then has complete information who Baba is. How to remember Him, How to take power from Him, and how to have all relations with Him, then the thirst of that soul to find God is questioned. He feels that whatever I wanted I received. He likes the ideas given to him by God for whatever desires he had in Bhakti, they have all been fulfilled.

Now he has found Baba he is on the path of Knowledge. And Baba then goes forward to say that your life is a yogi life. Any one can listen to Gyan and repeat it like a parrot.

Sometimes it happens like this that Baba comes to meet the children have complications in their mind, of, how will I recognise Baba? How will I remember Baba? Why all these questions when Baba has said many times see Father and Follow Father. See how he comes, what he does, how he does it and follow the same.

If we are on the same level of consciousness as Baba, we shall also take the drishti and communication on the silence level. Be happy to receive Baba and even through the murli we can appreciate how valuable the treasure is that Baba is sharing with us.

First of all Baba comes form the sweet silence home, and

so Baba comes in that stage of the power of silence and we feel that silence here very clearly. So when we are seeing Baba face to face in that stage, whatever the eyes see the mind reflect 75% of it. It is affected by vision, so as much as we keep on visualising Baba its effect is going to reflect on the mind, and one can easily experience the various stages of yoga suggested by Baba.

So looking and learning from Baba we experience all those ocean-like qualities and also experience the same in ourselves.

And so enjoying Baba's company for hours together, we become peaceful light and happy.

So what is the experience of the seed stage? What is the seed stage? It is the very essence of this knowledge. Whatever are the qualities and virtues of the Almighty and whatever are the qualities and virtues of the soul in the beginning, we realise, and through visualising, we become. We feel once more that we are becoming the very embodiment of Baba the Seed. And we become master seeds.

So what is the method? In yoga we remember Baba and reach Baba in the soul-world so with the thought that oh. Baba I am coming to you to be very close to you and so with that thought we go, for, far, away. As is the rule, the further we go smaller we become like a dot, we become like a dot, we come very near to Baba, the Dot. So Baba is the very Powerful sun of knowledge and power and I am full of all Baba's Qualities and Virtues, complete and powerful, just like Baba. I am enjoying that seed stage. It

is very powerful, I can feel the Almighty and completely appreciate it and, hold on to that stage for 1/2 -1 hour, and then what will happen? The effect will be there on the eyes, face and also in the atmosphere.

So to create a very powerful, peaceful stage is the power of silence, you first think and then on the basis of your thought you remember your original stage, visualise Baba in front and then you will experience the same.

## KARMATEET STAGE THROUGH SILENCE

Your aims of life have already been fulfilled that is to meet God. Normally in the world that is the highest aim for any one person to achieve. What is to be done now? You have met God. What is now left to be done?

The deepest thing to experience is to experience God. You've done this, face to face — you have met Baba on such close contact, for hours together.

So what's left now? (Everybody answers - to become like Him) and so what is the easiest way to become like Him? What should we be? A point? We are already that. Follow shrimat? Become an angel? So most of you said to become karmateet and constant yogis also the embodiment of happiness. How do you see yourselves as the embodiment of happiness? (Answer) Deity, cheerful face, constant yogi, your feelings of completeness gives the experience of real joy.

Karmateet is bondageless. Naturally when you are free, you smile.

The other day Baba spoke of 4 type of fears. So if you have fear of destruction you cannot smile. With bondages of the body then no smiling. Vices or tension create a barrier to happiness. Also repentance prevents happiness.

So the essence of all bondagelessness is to be Karmateet. How then do you see whether you are really nearing your Karmateet stage, how can you check? How do you feel? (Answer) complete, nature detachment, stable, unshakable. You feel stable but where is the

consciousness? One can be the consciousness? Baba has said double light. If you really feel inside, that you are so light and you are in the world of light and your relationship with Baba is so light. Then you can float in the world of light and remain very close to Baba and that will give you the feeling that you are naturally detached without bondages.

How long do you have this feeling in 24 hours? For minutes? So the stage of Karmateet is  $5/24 \times 60 = 0.3\%$  in 1 hour. So 5 minutes in 24 hours, Its a good achievement in a year. This was the chitchat with the answer or the % of 5 minutes.

So how much time shall we need to receive 100% Karmateet stage? 300 years (everyone laughs) so if that is the stage you will have to do more karma in another 3-4 births and then the question of Karmateet stage will not arise at all.

What should we do now? We waited for 63 lives to achieve God and we are lucky, but how do we achieve the Karmateet stage-we need another 4 lives do you agree? Baba has given us a special blessing of last so fast. We have faith that it can be achieved. It is not impossible. What we have to do is to spend a lot of time with Baba in the soul world.

The time spent in that double light consciousness, when you really feel that you were conscious with Baba in the soul world. This is how to increase your percentage.

If you are just thinking about it then it will not increase by a big margin. It can be from 0.3% to 3%, but not 100%.

What is the music which will take you that stage very quickly. I know that all Westerners are very fond of music. Which music would you like? If we listen to a song e.g. they have magic in their eyes, then we would be searching for the eyes.

And so just as the white light is a combination of many colours, in fact it includes all of them. Similarly, the music of silence includes all the 7 tunes. In India they say in music there are 7 tunes — sa, ri, ga, ma, pa, dha, ni, sa and silence is the end result. When we play music in connection with meditation we think of going to Baba—going to that world and so what is the experience of reaching there? Baba has practically given that experience, by coming down from, there and creating that atmosphere here.

You must all have seen that when BapDada comes to Sakar World, before coming, there are so many songs—but when Baba is present here all music has stopped. What do you feel at that time? Is your yoga O.K. at that time? At that time even a cough or cold are gone due to the silence. At that time no one likes sound even little ones — they feel it a hindrance.

I am reminded of Sakar Baba. We have seen that during the late 50's and early 60's we had a song before murli but after 1965, slowly the 3 minute record came to 1.1/2 minutes, then 1 minute and then 1 line of the song and then finally in 1967/8 there was no music only silence before murli. And so to that extent, even if there was a clock ticking away, Baba didn't like it. Baba was experiencing total silence.

This is what you experience here, in Madhuban. There is so much silence in the early morning, Some of the brothers and sisters are so used to meditation with music. The tape is attached to their ears with earphones all the time. What type of yoga is that? Yoga with Baba or yoga with?

Once you experience the joy of deep silence, the love of deep silence you fall in love with silence. Your interest is go into deep silence. We can understand Baba's murli much more deeply, in silence. You can start to visualise what Baba is saying and that remains as a picture in your mind and is like an audio-visual aid to learning what Baba is teaching.

One sister drew the whole murli in a picture that is because she is an artist. All of us can also become artists. The joys of silence are great, if you can experience—in silence alone you can feel very close to Baba, and the influence of Baba's feelings of love are very deep, very intense on the soul and that will make us like Baba, nothing else.

Because to understand knowledge on an informative level is very easy, especially with the modern method using video-cassettes, dramas and songs to convey the information, but personal experience will be through silence.

I wonder whether you have noted from the Sakar murlis, that Baba used to emphasise a lot, on solitude. The aim was that in solitude, you will be away from other people, and their vibrations and in deep silence we can go far

away from the influence of our own sanskaras as well.

So the total experience of Shiv Baba or BapDada together, the more that we have this experience the more we become like BapDada.

Becoming like BapDada is to experience that power, lightness, depths of knowledge, understanding and of course conquering all bondages. Just as we see Baba sitting for hours and hours in the same stage, I think you must all have noticed that on everyone's lips appreciations— Oh Baba, was great. Doing so much service giving all the time.

But the more Baba is giving, the more Baba is in the same ocean like stage. By observing Baba one can learn a lot about Him. That is the real Karmateet Stage.

Though Baba is coming in to action with so many children, talking, smiling and eating, still He is full all the time with qualities.

So the more our mind is very deeply and silently with Baba, the same influence will be there on the soul. Therefore, we will be visible to others also.

Others may see or not, but it will be so satisfying to ourself—the feeling of contentment all the time. The feeling of double light all the time. And it is really very sweet silence. Very very sweet.

For how long can you make your mind still? When it is really still and feeling stillness you will feel “Just you and Baba in the world of peace.”

The beginners remain on a thought level of I am a soul, a

child of Baba. Baba is in the Incorporeal World (the Supreme Soul) He is light etc. and so, on they keep on thinking like this etc. And here face to face we experience this in such an easy way. Face to face close to Baba in the Corporeal.

So reflect the same thing in meditation being there (in the soul world) and feeling in your meditation these 2 simple techniques or art. The art visualization. To visualize yourself and Baba in the soul world, or as an angel in the subtle world.

And the other is using the emotional part of your personality in the form of feelings. To feel Baba's company not just to have thoughts but to feel it. I think on the practical side that when you meet Baba here do you think at that time? No. You feel.

So go beyond that level of information. On the basis of all this information about the soul-world and God try to feel and appreciate the feeling. How sweet is that experience, and so what will be happening? It will be working constantly It will keep on feeding your conscious mind, with the feeling of being with Baba and experiencing Baba's love, Baba's power, His bliss and the result will be the soul becoming the very embodiment of these qualities and the feeling of the joy of that experience will keep on multiplying that stage more and more.

This is the easiest technique in meditation, to remain with Baba because that is going to give us the experience of more and more clarity, purity and even in a way the Karmateet stage.

Tonight we are discussing our own achievement of the Karmateet stage, and the method involved through silence and developing the consciousness of being double light. Feeling Baba's company, Baba's love, Baba's power and Baba's bliss for as long as possible.

How long will it be possible in the morning meditation time? All the time? If in fact the thoughts go astray again convey to Baba through feelings, Baba. This is what is happening. And the thought will go and you will be back with Baba again.

Don't research on the thought, where and why and what for, at that time? But just learn to remain with Baba and not with researching. The time is only 45 minutes and Baba says that this special time is only for His children. So what should be done? the simple thing is to sit near Baba in the soul-world just keeping that consciousness of being together.

So create those vibrations that keep you nearer to Baba so the more the nearness to Baba the experience and recognition and becoming like Him.

So observe Him when comes tomorrow and let us meet and greet Him, let us receive and let us perceive Baba.

Think about it and see what happens tomorrow. The more that you feel "My Baba is Here." The more you will be experiencing Baba's vibrations here.

So are there any questions? Ok, let us practise being double light for a while.

## HOW TO SURRENDER?

In this Godly live we have different subjects to study, follow, and to live. Those who have been with Baba for some time know from experience that along with learning the first three subject the fourth one, service becomes a very important one in our lives. In service there are different stages for us to cross. Which is the first one, just to start with? We convey Baba's message and do spiritual service.

Nobody asks you to surrender to Baba for this service. You do it on your own automatically, from your own free will. It's like a child starts to learn to walk.

In Godly life it is a symbol of progress when you serve other souls, otherwise if you don't then what will happen? What do you hear from Baba's murlis? You gather the treasure but if you don't distribute it. Baba says that you are a miser.

This evening we are discussing a very important subject in this Brahmin life I am sure everyone will be very enthusiastic to learn and do something about this topic which is "SURRENDER."

A patient surrenders to the doctors and is cured.

When does one army surrender to another? When they fail in war. When does a river surrender is to the ocean? And what is the outcome?

There are many ways and many scenes of surrender that we see in the world. But the highest surrender is to

surrender to God.

If you look at the most respected scripture in India, the Gita, the essence is of one point when God tells Arjuna "Surrender unto me and I shall absolve you of all your past karmic account."

So let us think now as divine children of the Supreme Father and as brahmin, what do we think about surrender? When we talk about it some of the sisters and brothers say "I am now leading a surrender life" they may be looking after a center, or maybe not, and so what, to they mean?

Should we surrender at all? When you write letters to Baba, say: Baba I am surrendering all the things that I don't want, to you. So all the wanted things are surrendered, but, what about the good thing?

How does a river surrender? A river surrender? A river just flow with all of its impurities into the ocean, and what happens? It merges with the ocean and takes on the form of the ocean as soon as it enters the ocean. But there is a great sacrifice in it. The river loses its own identity. Are all of you prepared to do that? Your identity is completely lost in your surrendering. If we look at it deeply I lose my impure identity, the ocean not contain or keep impurity, it throws it away. And so what will my new identity be like? The ocean.

So in other words I shall be doing some thing which Baba has been telling us that. "From your eyes from your face, you shall be glorifying Baba."

If I wish to live up to Baba's expectations, then I need to

surrender. When does anyone surrender to an other? First one thinks about it a lot, and when there is a total feeling of a secure life only then will one surrender.

When we think of surrendering to Baba then we are certain. All those who have surrendered so far have not had any problem, As far as security of life is concerned. From a spiritual point of view the security is the highest when we surrender so far have not had any problems—as far as security of life is concerned to Baba.

In that also there are different things to be surrendered. Looking at the ultimate achievement we will feel the joy of surrendering to Baba.

Some think that oh! if we Surrender to Baba we can not use our own intellect, our talents our experiences. Surrendering does not mean slavery. It is an honour. It is freedom and I have seen from my own experience and from others that first of all, we surrender to Baba, and then, Baba takes over the responsibility of the soul. And Baba then train the soul.

Before surrendering we may have many ambitions and aspirations which we are not able to fulfill. When we surrender to Baba. He starts to train us, because now Baba is responsible for the soul. Baba trains us over a period of many years and we become better educated and much more qualified for doing our jobs, and in the best possible manner. So that the hidden talents, the sanskaras of art etc., they are all brought out and then utilised. The soul gets the opportunity to express itself and to use those talents in such a way which would otherwise

not have been possible.

There is vast field which Baba has created here in this divine family. We have been simple artists developing their talents and become well known in no time. A writer may not publish not look throughout his life. We know of many like this where Baba provides the opportunity, not just to publish one thing but also translating it into many languages and making it world known in the divine family.

Look just one small booklet from Australia written by Robert, it has been printed and reprinted. When he surrendered his mind and talents to Baba it did not mean slavery. But it is an honour.

We surrender to the one who is the highest or greatest. Baba appreciates so much and gives us so much in return. The benefits are a million folded.

So If we have the proper recognition and the faith of what is going on. We would be inspired to surrender at once.

By our surrendering, others wonder, who is teaching in this institution? Why have surrendered? Only when proper recognition of the entire movement is very clear to them. And they see that to become part of this group is a great honour. So from mere instrument, you become responsible, you start taking responsibilities and Baba, is responsible for you. What fortune! So think what is this work? Who is behind this work? Once you are very clear about this, then you will be ready to face anything and this will make you very strong.

It is a freedom struggle to establish the Golden Age on Earth. To make the world free from the clutches of maya

is such a subtle struggle. Conquering the world is not a small thing. What do you think? The one who is guiding us is the most Intelligent Being, not just guiding but providing all the latest weapons. We are destined to conquer. This is for sure, but the question is, once it is over and the new world starts, who is going to reap the fruit.

Normally people are only involved in getting a country free from other nations. History shows that those who become free from their own problems—social, economic, slavery etc. Baba is going to liberate the entire world. We will go to the Golden Age, there is no slavery there. We will have health, wealth and happiness, harmony and beauty.

So you have worked for such a world, where everyone would love to go. It is a world where no will refuse to go to. You are the helpers, along with the Creator, so how much happiness should you feel. You would feel proud, it is an honour.

What do we actually surrender? If you say the physical body the mind and time, what is it really worth? Baba tells us this is our 84 birth, and so our body is made from all the degenerated iron aged elements, we may even need some kind of medicine in order to continue. Baba teaches us that still we can use this body in world service.

What kind of intellect do we have? We know that the might of our intellect is always influenced by the negativity of this world i.e. puzzled confused, full of tension. If we surrender such an intellect of Baba, what will happen? We will receive a Godly intellect and so what do we lose?

What kind of mind do we have ? Like a horse flying from

one person to another, one thought to another. A tired mind that needs a lot of sleep at night, now surrender that mind to Baba and what happens? Remember what Baba has said, He can't bear to see the children make such efforts, even through their mind. If we surrender it so Baba it will come to rest. This is what everyone is searching for, Peace. So then my mind is at peace and I am benefited.

So if we surrender our physical faculties some of which are worthless anyway, and through them we are able to earn a living, then that is worthwhile.

After becoming the children of Baba, every child wants to have complete benefit from this divine life and to surrender completely to Baba, is benefit.

Look at the seniors, they feel that their lives are so worthwhile.

To surrender, is to get a new life, a Brahmin life, and to enjoy second. In the world when one is asked, how is life? They say, "Oh getting along, pushing on, hanging on" Life should be a burden, but a great joy. It is full of fruits. So, to surrender, is the greatest task of the whole kalpa, to work to establish to kingdom of Heave. What is the personal achievement through that? I surrender to God and I achieve God. It is the highest ambition of human beings, there is no other purpose. Why do we surrender? To repair the mind, body and intellect, to repair our sanskaras.

Baba tells us that we can also above eight hours rest. Then eight hours for Baba, and eight hours for our job and to take care of the body. Those who help God at this time

of establishment, are the ones who will benefit in the Golden-Aged Kingdom. Baba says: look at Lakshmi and Narayan, they have so much attainments. How did they achieve this? By surrender and becoming cooperative to God. So is it clear now? OK let's go to Baba now. CHART IN THE LIFE OF A BRAHMIN.

1 Rising time, Brahmins must be up by 4.00 a.m.. After 4.00 a.m. Baba is busy with his devotees.

1 Morning yoga, yoga stage at Amrit Vela should be a powerful stage of a lighthouse and mighthouse. In this stage we accumulate lots of power and also spread pure peaceful vibrations. The 2nd stage is when you just have a conversation with Baba, then there is not feeling of a very powerful stage. The 3rd stage is just thinking of knowledge or feeling and realising this is churning.

2 How much time, did you spend in yoga during the whole day? Sitting, walking, eating and cooking and how much was inner stage with Baba.

3 Any important point, imbibed from morning murli class? Morning is a good time to take in the murli point. Later the mind is affected by many things. Take notes of points of service, knowledge, yoga and inculcation.

5. Percentage of, loveful stage of brotherhood. Hatred towards others in body consciousness. At the beginning we always see good thing but we also tend to see the little bad thing too. So we start to show disregard for other souls. So check, did you have respect and regard for the good things and virtues.

4 What was, the percentage of yoga at breakfast, lunch or dinner? Do you give drishti to your food then start eating in Baba's remembrance and then gradually start to talk as well? If the cooks don't cook with pure thoughts in the mind, then purify your own food with drishti before you

eat it. Keep Baba with you at meal times and there will be more and more power in Baba's remembrance. Eat the food as if it has been given to you by Baba with love and affection. Keep the mind free of likes and dislikes. Eat and remember Baba and check, how many minutes did I eat in silence.

5 Did I, suffer any sorrow or make anyone else suffer sorrow through, thought, word or deed? If the vice comes in thought, there will be unable to carry out plans. This is waste though and we will that we also have unnecessary discussions. We should check for that % out of 16 hours did we waste our time?

1 Any yagya, service done as a karma yogi? (a) Karma Yoga service through actions i.e. cooking cleaning etc. of the centre. (b) Lokik service: Wherever you are, there should be the feeling of satisfaction within yourself. If you depend on others then you will become upset. And so you will waste time for yourself. (c) Yagya service: With the intellect totally surrendered to Baba, helping Baba selflessly in the unlimited field, with the body mind and wealth.

2 Percentage of, honesty in our dealing. If we are truthful with the self we do not use trick which will weaken the soul. Don't just think on it as the drama. We need to have the courage to accept when things are not just right. So don't demand immediate result but be farsighted.

11. Any service, that we do, be sure to use your energy wisely. Don't waste energy by having late nights but also don't over indulge in Godly

Service, so that there is complete fatigue. Churn thought on how to improve the self, do service of the family, and service of the world.

3 Have I made any special efforts? We should practice one virtue everyday, start with cheerfulness.

4        What is the, percentage of our stage of accomplishing what we have planned? Thought and action should be one.