

## Dadi Janki - 29.7.19 Morning - GCH, London

### The subtle attention and relentless effort needed to pass with honour

**Q: Baba said that the 8 jewels are 'civilized' but the 108 are not completely civilised. It is such a touch subject. What are the qualities of the souls that are completely 'civilised'? What is the difference between the 8 and 108?**

The 108 are of a slightly lesser quality. You might be looking at the 108, you look around and you may think: this one's effort is a little better. It doesn't matter. Each one has to pay attention to the self. Make sure that your intellect isn't pulled by anyone's name or form. Baba draws our attention. Make sure your effort isn't just for namesake, just making do with everything – I'm moving along making effort but value time. Have that regard for time. See the value of the confluence age. This is the only time in the cycle for making effort. So recognise the time at this present moment. When you recognise time, you won't waste it.

**Q: Every day Baba draws our attention to the soul conscious stage. What is the reason that we are not able to become that even now? What special effort do we have to make to become that?**

Baba is saying we don't pay enough attention. The soul conscious stage has so much royalty. When you are in body consciousness, you don't care about your stage at that moment. If there's a slightest bit of body consciousness, the vision, the attitude are the same. We have to be always in that awareness. You see my effort, because now we are becoming so subtle. There needs to be much subtle checking. Just seeing each one as a soul, a child of God. May feeling is: each one has to make their own effort and use the time of the confluence age in a worthwhile way. Earlier we used to talk about surrendering our body, mind and wealth: what are we going to do with that? How are we going to use it all in a worthwhile way?

Then it became a little more subtle: our thoughts, words and deeds – to use all of these in a worthwhile way. Body, mind and wealth are all physical, while thoughts, words and deeds are more subtle. Now it's a question of our breath, our thoughts and our time – that none of them should go to waste. So pay attention to the breath. There is pain in the chest but it's fine. Because of body consciousness, sometimes sorrow is experienced. If there is no body consciousness, there is no sorrow but you are able to change. This is the bhavna I have that transformation is to take place. If you study today's murlī and pay attention you will benefit a lot. Baba has drawn our attention to what our stage has to be like. Now there is little time left.

**Q: We pay a lot of attention and still something or other happens and we slip and a negative thought, a negative action takes places and then our conscience bites and that creates a disturbance in our moving forward.**

You may be paying attention but you get a little slack just once and then that takes you downhill. So be very strict with yourself, continue to make effort relentlessly and then there will be success in everything you do. Nobody is tired of making effort, are they? Sometimes people say: Whatever is in my fortune, I'll be happy with that. You don't have such thoughts, do you? They think: Let me just have liberation; I'm not bothered about liberation in life! Realise what is the highest stage of liberation in life and make effort to reach that goal. I feel by having deep, gyani conversations with one another, your intellects will work well.

**Q: Today Baba talked about checking your attitude. Attitude is very subtle. How can we check if our attitude is fine or not?**

When you have the question 'How do I do this', who am I asking? What is attitude? It is something subtle, very refined. These are the thoughts I have to have. I want to pass with honour and so I have to make sure that I do this work: the work of the intellect to make sure that everything subtle is fine. Don't be happy with yourself making just a little bit of effort. It requires a lot of effort, because my final thoughts will lead to my destination.

Om shanti.