

Dadi Janki – 24 April 2008 (evening) - GCH

## **Take Strength From Baba, our One Support**

Where there is the feeling to make effort with an honest heart, very good methods come up that make everything very easy. Become bodiless in a second and remember the Father. Apply a full stop and check your stock. Our stock is not just for ourselves but according to time. Stock can be used for many souls as charity. Our effort, reward and service are incognito.

Do we give importance to amrit vela? At school we are taught to go to sleep early and wake up early. Is this necessary for human beings? Say, for instance, that you can't sleep before 11pm or you want to sleep at 9pm but it is impossible. It doesn't matter. I think to myself that if I sleep now I will sleep in the Golden Age but in the Golden Age deities don't sleep. How would the deities be sleeping?

Stay in a stage free from thoughts. Impure thoughts make you tired. Power lies in positive thoughts. In silence we know that we want to be free from impure thoughts and questions and doubts finish. Let me check myself. Am I pure and are my thoughts powerful? Powerful thoughts such as these have taken us from Tennyson Road to here [GCH]. Through Baba, the yagya has experienced such growth. Baba tells us to give the donation of power. There is strength through love.

We have been taught to give respect to one another. Even if someone insults you, give respect. These are the methods, not just words. When you have control over the self, you can rule over the self. Where there is no controlling power there is no ruling power. Baba has made us royal and He does incognito service through us. There is power in truth and everyone is looking for that, regardless of their religion. Ravan is everywhere and is stumbling all around. He doesn't allow you to sit in one place. Baba has given us a place to be and has asked us to make Him our One Strength and One Support. He gives us His company and makes us free, independent - no longer under the influence of any habit, nature or sanskar. Keep Baba and the inheritance in front of you. The soul receives power through this feeling of belonging. If someone is under the influence of Ravan, you have to take care of yourself. Ravan makes you stumble. There has to be the interest in the power of silence. Go into the depth of something, experience it and you will develop the interest to move forward. This can only happen in silence.

Connect your intellect with Him and receive light and might. Practise these things. Keep Baba in front of you and Baba will give you the experience that this is your true form, and that which is artificial will finish. Let go of greed and attachment. Live simply with honesty, so that there is benefit for all and the future is bright. Be Baba's worthy child and give the proof of that. By doing this we create the lives of others. Take subtle love from Baba and many souls are then sustained and served.

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Dadi Janki class 26 April 2008 Global Retreat Centre

The essence of today's murli was ....'never forget the Father's remembrance'.

On the path of devotion they say prayers and praise God for a short time but there isn't continued remembrance throughout the day. But here we know that the One up above is with us, His grace is on us. There are some souls whose remembrance is completely unbroken and they don't remember anyone else. The experience of remembrance like this is such that if we were to practice it for even 1 hour, we would say, 'Baba, I just want to *remain* in your remembrance. You do the work.'

Baba has explained the depth of karma. In Satyuga the actions we perform are neutral. In Kaliyuga actions are filled with the vices and now at the confluence Baba is teaching us how can we perform elevated actions and yet be beyond them. How is that possible though? It is because we perform actions but are attentive to destroy the vices at the same time. Not only do we conquer vicious action but we conquer vicious thoughts too. Baba looks at us and says 'you are souls' and by that we become completely cool and peaceful.

A few days ago, Baba said in the murli "Hey souls, you have become dirty and have to become clean." Baba looks at us souls and first reminds us that we are souls and then He tells us that we have to become clean and pure. We feel uncomfortable to begin with and but gradually as the soul witnesses the cleanliness growing inside it feels pleasure. As remembrance increases, we become an elevated soul. Baba says, "Child, child," and hearing this we become aware that we are Baba's children. Then, how we listen, speak, get up and even the way we treat things is transformed. Internally Baba is completely transforming us. Baba is doing all that on us, experimenting on us, and when He sees result he Himself is pleased. Every day Baba examines us to see what is happening inside and then accordingly He tells us to take care. He tells us to take care of what we eat, what company we keep and so forth. Doctors will give you a prescription but Baba will tell you what to do. When a student studies well, the teacher's name becomes well known. When a patient progresses because of following all the precautions his doctor has given him, the doctor gets a good name. So let me do as Baba asks me to do and Baba's name will be glorified.

When anyone carries out their task with a lot of love, that is beneficial for many others. Baba is working on us so our faces should be shining and others will say, "Who is doing this?" And we can respond, "It is our Father and the Guide." As a loving guide He says, "Children, do not become tired. The dawn is not far. I will take care of you." The experience is that the destination is just ahead of us. We don't need to ask where we are going. We have gone so far ahead that Maya has been left in the distance. How far are you away from Maya? Are you so high that she cannot reach you and overcast you with her shadow?

Baba has created a yukti that works like an intensive care unit - He says be introverted and go inside. When you are in intensive care, you don't have to share a ward. Here too Baba keeps us private. Baba is the True, the Satguru, who gives us elevated directions, teaches us and makes us pure, to such an extent that our company colours others and helps them become pure too.

We need to study and keep churning and we will become carefree and cheerful. Don't ask, "Why is it like this or that?" Keep quiet and churn. What happens out there, I don't need to go into. Let me focus on what I have to do.

Someone who is sincere is transforming the self, won't be engaged in waste. They are aware that they have to become viceless, incorporeal, and they see the gap and realise what they have to do. As well as this work, we are rehearsing to be a hero or heroine. The opportunity is here and now to be a hero or heroine, not in Satyug.

The eight are the ones who don't experience punishment, 100 experience a little and 16000 ... . It makes me alert when I hear this and I want to be part of the 8. Anything inside you will bring about punishment and I will have to lower my eyes. If I have that real concern, I will keep working on myself to become part of the rosary of eight. Never become confused or wilt, or you will become fearful. When you are confused, you don't know what you are supposed to do and may stumble. If someone does something that not right, you become wilt or become upset. You can equate confusion with unconsciousness. If I am touched or hurt by anything, let me become immediately alert. Put yourself in front of Baba and work to make yourself cheerful. Say to Baba, "This is not going to happen again." Today, Baba also mentioned that it takes one second to remember Baba and one second to forget Baba. For confusion, the solution is to remember "I am a soul" and with the light of soul see the direction. To finish wilting or becoming upset, remember Baba. If we become experts in this we can teach others.

Om Shanti

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