

Remember what you were and what you are now. During our days with Brahma Baba before we went to sleep three songs were played everyday. While the first song was playing we would check ourselves individually whether our time, thoughts were used in a worthwhile way and how much time went to waste thoughts. While the second song was playing, we would relate to Brahma Baba how we spend the day. Baba would then shake our hands individually before we went to sleep. The third song would take us to sleep as master Shankar and therefore during the day we would be Vishnu. This is the type of sustenance Baba gave us.

The practice we used to have in the beginning was soul to soul relationship. Soul consciousness was the practice. When speaking look at the soul in the middle of the forehead. Never come into the consciousness of name and form. Just practice and make this firm. When body consciousness disappears we become soul conscious. Have the habit of only looking at souls. To become incorporeal and viceless we need to make a lot of effort. You need to practice for a long time. If you practice for a long time you will have unlimited disinterest. This will enable us to experience the kingdom for along time. Check yourself and share with Baba and the intellect becomes free.

The meaning of good wishes and pure feelings is to help those who fall down. Give spiritual power of good wishes and pure feelings and all those who have fallen will rise. As soon as we came to Baba, He said, you are My child; He did not see our weaknesses. Baba wants to remove the diversity and create the tree of sandalwood; it has a lot of fragrance.

There is a lot of loss when we start to speak of other peoples weaknesses. Mama used to say, have you seen a rosary, the rosary only looks good when the beads meet with each other. We are all beads of the victories rosary around Baba's neck. We should have the attitude of cooperation, good feelings, pure feelings. With silence power we can do the impossible. When you are following Baba's teachings there should be no bad feelings. Always keep the lotus flower in front of you. The lotus is above mud. The image of the lotus is our memorial. The lotus is our creation and we should be loving and detached in all relationships. We should inculcate the qualities of the lotus. See all family with the consciousness of soul and have pure feelings for all. We should have no other feelings. We are world benefactors and have taken up the responsibility of transforming the elements. Baba has given Brahmins a canopy of protection.

In the three days that we are going to be here let us practice having no waste thoughts, Don't waste time, don't waste your breath, should not ask questions of what, why etc. Do whatever you want to do now and not later. Don't use the words I will do it later. There is great fortune in donating if you have a thought then do it immediately. Have the consciousness of the cycle when doing duty.

Spend the three days in intense effort and do not waste time. Do not speak of common things. Use everything in a worthwhile way. Every thought should be powerful. Baba says to us attention please. Have attention. Do lots of tapasya intense meditation. Have the intoxication that God has chosen me.

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class

Mombasa - Kenya Retreat

If you do a task in remembrance of Baba, the supreme soul, you have become a karma yogi. Then you receive so much help from God. Have remembrance of God when performing any task. Our stage, our face, will change when we have remembrance.

Victory is your birthright; we are the ones who have a right to success. There is no need even to think because you already have the blessings of God. This is a birthright given by God. We are children who are Raja yogis. Shivbaba has made us the masters and kings of all kings. Through Raja yoga become king, each child is King, master of the mind. In the world there is a lot of tension. We should pay attention when in tension and become the embodiments of who God is - Peace, Love, Happiness, and Power. Light drives darkness away. We experience peace and power when our intellect goes towards God. Remember Shivbaba and your sorrow disappears.

Why is peacelessness increasing in the world? I can only experience peace if connected to God. The giver of peace is Shivbaba. We can experience peace in one second. When we sit down to remember God are we really remembering him? God is father of the souls. We have to remember God while having the consciousness of the soul. Baba has given Raja yogis to be the benefactors of the world. Baba asks, after becoming a raja yogi do you experience zeal and enthusiasm. If this fluctuates then you are not able to fly. Zeal and enthusiasm gives us wings with which to fly, ask your self do I have zeal and enthusiasm.

The power of the intellect is important when we are preparing food. Mind should be in control. I am the master of the mind; the one who has power is the one who controls. The mind wonders because I am not in control. The mind becomes very weak because of keeping in body consciousness. What do we get angry about? We are the master almighty authorities. What is the cause of peacelessness? Because we have not solved the mystery of who I am.

The achievement we receive from God is eternal. We have to have a relationship with the Supreme soul, we have to have the consciousness of soul and then remember God. There is a story about King Janak who wanted to experience liberation in life, many were not able to give him this, then a boy came to the stage he was deformed, he said today all who are here are a gathering of

leather of the body. Truly from the heart see yourself as a soul and remember God. God will give you what is rightfully yours. The achievements we receive from God are eternal. Baba gives the example of the lotus flower it is detached from the mud. It is not affected by the mud. God is the benefactor he is giving so much. He is giving the inheritance of power and peace. Be easy yogis and create a good atmosphere in the world. When we hear and inculcate that in our life then there is value.