

Madhuban Experience Retreat at Peace Village -

Bhog message through Sr.Mohini 3/30/08

On reaching the subtle region, taking everyone's love, I saw that Baba's drishti for each child was that of stage of perfection. Baba knows that each child is on a journey towards that stage. The children have promised and Baba has also promised to the children to stay together and return together. On the journey so many things happen but there should be no obstacle in the lane of yoga. You should always feel two things: One is the pull of Baba and second is feeling that we are about to reach the destination.

When there is traffic in your lane, there is lot of congestion and you will not experience the pull. Now is the time when the needle should stay pure, but don't allow this congestion to happen, then you are not only able to experience pull, but you can go beyond it. Baba just pulls the intellect in such a way that nothing stays in the intellect, as if everything is clear. Every scene, will be so clear.

Secondly the feeling of 'about to reach destination', whether it is stage of perfection or avyakt stage. You should feel that you are able to reach that. It is very deep restful stage. Keep your remembrance, keep your lane of intellect very very clear and free. Don't let it be occupied or very busy. All different scenes, move very fast. Towards very end, it will be very clear how the karmic accounts are getting settled. It's the climax of everything, it is your final examination. So remember that you have to pass with honor, not with force or punishment.

I have to pass with honor. Remember this, then every moment you will live with that honor. It has to become your sanskar so that there is no trace of sorrow, negativity, repentance. Drama, scenes, and situations - you cant stop them, but what is your stage?. No matter what happens, it is drama, karma, but your stage should be good. If teacher is told by student to give extra marks 'because my mother is not well etc' it does not work. It is the same thing here with Baba and us.

Baba is merciful, as a teacher, but the result is the result.

Baba is very happy, because everyone's heart is filled with pure desires. Now, there should be this pull so that you can pass everything with honor. When children come with thought that they want to experience Baba, some are able to feel Baba's pull, and some are busy, but Baba still invokes everyone and makes everyone present. The gift from this retreat is ? 'always remember that I have to pass with honour.' Baba wants to give this blessing.

Class by Sr.Mohini:

Sometimes we say 'what is my assignment, I don't have clarity.' But we need to understand, that I can keep accumulating the powers. For that you don't need any clarity. When powers are accumulated, automatically you will be able to do everything in a very good way. So never think what I have to do, then you will see how Baba will use you as an instrument in many different kinds of unlimited service.

Power of silence - silence is deeply connected with purity and distaste.

When we have distaste from negativity, or something which is not useful,

then there will be no waste. if you don't like something, even if someone comes and keep in your mouth, you will not take it. Similarly, this is old world, from time to time old sanskars emerge, when there is distaste, you will not be able to take it. Even wasteful vibrations will create such energy , where others cant have the feeling or experience.

So, purity and silence have deep connection. When mind is pure, you will not have any thoughts. We need Purity and Distaste(Vairag

During day, not only observe silence once in an hour,but practice being in silence the whole day. Think as much you need to think. If there is a habit of excessive thinking, use full stop. As much you do it in a very very natural way, the power of silence will increase. Some things you need to go in detail, somethings you can be very short. If you go in detail, it will take away the power. Have a habit of not going into detail unnecessarily. ou have to be careful of a wandering intellect, and mischevious mind.

Silence is needed for clarity and creativity. Most of the creativity now is not coming deep from the soul, it is intellectual. If the creativity is from the soul, there will be lot of power, and it will be very very beautiful. Honesty is working from the true self. If you are just working with intellect or sanskars it is not honesty. Sit wherever you are, go into original self, be what you are. I am, peaceful, loveful, blissful. When you go into self, you are reclaiming your virtues and qualities. Just go into the original self, what you are. Then when you are that, you will have deep silence. Silence should have experience of love, sweetness, gentleness. Silence really means that you are , what

you are. Sometimes, we are influenced or impressed. When you are impressed you can't think anything on your own. Getting impressed is also very big maya.

In Russia, I observed that instruments are very loving and organized, the way they set up the place- everything was very beautiful. Sometimes, in Madhuban when Dadi was away, I was giving gifts and one sister was throwing, instead of giving in my hand, later another sister from Russia came and she was doing very gently.

Your own ability to churn is very important. When you reach the original self, there is deep honesty. Then whatever you do there is contentment.

Most important in relationship is understanding and listening. Where there is misunderstanding or lack of understanding, there is a lot of sorrow. Also listening to your self deeply is very very important.

Sitting as often in front of Baba, how much soul receives in a very very natural way. Soul should also have the experience of natural silence.

Madhuban Experience Retreat 2008 at Peace Village

Interview with Sister Mohini about this Season's Murlis

Saturday, March 29, 2008

Q - How do we be double light?

A - How to stay double light all the time? In soul consciousness, knowing I am a soul, how much is acquired, being in the emerged form – reminding yourself again and again and that sparkle is seen on our faces – in the awareness that I am a soul, the light is then seen. Make a list of our of burdens – see what troubles us inside – what is within myself? What burden is it my habit to carry? It could be something small, but it can become a big burden on the self.

When we are caught up in the reasons, there are certain burdens on the mind and on the intellect. For wasteful thinking, use a full stop. Asking why it happened like this is a habit – then our sanskaras join. There is one thief and others join them. Reason and logic are ok, but do not allow wasteful thinking because then all the past memories and sanskars join and they then become a very powerful force.

I admire Dadi Gulzar's personality of saying the minimum and yet she says it all. You don't need to say a lot and so I watch her way of thinking. There was once a situation, and she was a responsible instrument. I asked Dadi if she was thinking about it. She replied, "My Baba doesn't worry, why should I worry? When the Father is there, then why should I think." This answer has stayed with me. Dadi Gulzar's way to think is so clear – when we think too much we can lose clarity – it can consume us. We should all inculcate this habit of not allowing the mind to be either mischievous or wandering. Or sometimes there is too much thinking. There are a lot of subtle ways to know what is extra. The extra thoughts is a burden that you carry. Apply the 3 dots, full stop, and move forward and not be blocked by anything.

The burden of responsibility – responsibility allows us to accomplish a task, however some walk with the burden and then stress is associated with this. Purity Magazine in March had an article by Mike George. It said that fears emerge when things don't work out. I have to have a virtue and be a responsible person but not to carry the responsibility. Planning is ok, but too much about the future can be a kind of burden. One day I had three talks to give. Let me finish the first, then think about the second. But thinking about all three is too much – let me take a step and then another step.

Lightness comes when we are flexible. Quickly adjust – this helps us stay light. We were at the Delhi airport and there was some discussion about being here, not being there, there would have been better . . . what ever it is, it will be alright. Make the mental and physical adjustment – see what is favorable and change it nicely. Just be whatever the situation calls for and have a little tolerance here and there. Use whatever power is needed to keep myself light. Accumulate and you can remain carefree. I am a carefree king because I have enough stock and enough of efforts also. It does not take long to empty our stock – this can happen in Brahmin life. If you do what's not right, you can be lost.

In banking, people keep only a little in their checking account. They keep most in reserve and only a small amount in checking. Same is in savings and fixed deposit with Baba. What I have promised is fixed deposit – I can't touch it. When we come to Baba we start receiving, but I don't want to use it. My fruition is for the Golden Age. Don't start eating the fruit of what you are receiving. A farmer looks at the seeds – that is what you are going to sow. Expectations, even from the yagya, the feeling that they should take this, get this, etc. Whatever comes, put it back. Life then is simple and free from expectations – otherwise I want to seek the rewards. Check stock – is there enough in fixed deposits that Maya can not take, I can not take, no one can. Baba gives a task, I will do, or I will take help – with lightness. There are different methods to stay double light. Change a mountain into cotton wool and blow it off – it's not a big thing. We will find the answer, a solution. We will help that soul to change. Let's move, let's move. Light can go high – heavy can not be lifted

Q – We don't let go easily – Baba is talking about attachment, can you say more?

When you are attached you will suffer – past is past or drama. You have to let go. We have to liberate ourselves – we are prisoners of many concepts and ideas – liberation is freedom. There is a kind of certainty – trust is required for letting go. Many times we get something new and keep the old for emergencies, but do I need to keep the old? You have to trust that something new will come – otherwise sorting will not create new space – only a reshuffle! Maybe it will be useful, so it's hard to put out. It's the same with sandsharas. Let everything be used in a worthwhile way – not let one cent be lost – why waste or let someone take it – it belongs to Baba. Everything should be used in a worthwhile way, my body, every cent, every moment – I want to use it in a worthwhile way – nothing I acquired should remain, but it should be multiplied.

Q – Do Mothers have spiritual attachment?

It's spiritual love, not spiritual attachment. It's a family and we are so deeply connected by good wishes. You want everybody to be well – we never disconnect – good wishes, deep spiritual love for the wellbeing of everyone. It's not attachment, but spiritual love and this has a motherly feeling. Our 1st lesson is of nurturing – we are all mothers when we come to Baba.

Q – Baba talked about changing reasons into solution. Can you say more?

Reasons can also be excuses – there was a time when we were talking about our language. Asking someone why they haven't you come instead of letting them know that it was good to see them and that they are most welcome. Don't make anyone create a reason. Don't ask why they didn't do it. When you do it, people come prepared with their reason. Whatever you can do, fine. If not, it's ok. Then you are not creating a habit in that person. Inspire people to do it, and never say anything like, "we knew you wouldn't do it." For the self, have the power to progress – the willingness to do it. If anyone asks you to do something, say yes, and then give a reasonable timetable and be honest or say that maybe someone else can do it. Even any idea – Peace Village was requesting chairs for the hall and there was no budget. Then Dadi Janki said, it's very good, put it on the list and when we are ready we will get it. Sure, why not – Baba will provide and the time will come and then it came. The way you say things with no rejection, in a nice way. If you take too many assignments, say I will do when there is time. Then there will be no reasons or excuses. We can take cooperation and get the task done – there are different approaches.

Q – How can we help others if we still give reasons about our own self progress?

It can be a habit coming from my weak self – finding a reason not to do it. There will always be a reason – not feeling well, or are you used to saying it. Baba wants us to maximize our potential, to come out of this. My car broke, I was stuck in traffic, guests came... there will always be a reason, but if you really want to do it, it will happen with pure thought. Dadi Janki never gives a reason – it is her pure thought. If don't want to do – there is always a reason. All reasons will disappear with pure thought. Baba is telling us with a blessing. Obstacles will disappear. This is what Baba wants to see in us and we will see Baba's magic. It will work out. Things will move. Baba wants an attitude of determination and pure thought. Some people are solution people. That's what God wants. The impossible to become possible. Baba wants to give us the power to bring that change in us.

Q – I feel uncomfortable and stressed when in a group – It's affecting my ability for service. Any suggestions?

We need the ability to deal with a variety of people. When you ask 7 people what they suggest for a menu, they come up with 7 menus. Let's do each on a different day. Someone else might say, "I will not ask. It gets confusing." Open yourself to new ideas – what can we do now and then later? Stay clear – the ability to work with people, no one is threatening, we can be together. The person with this question has to sit with someone who can help so as not to be confused. If I want to see Baba's home full, then we need to deal with people. Our thinking should be in tune with the Yagya.

Q - When storms come – how to be victorious and burn the roots so there is no attack?

The prediction for the weekend was ice and snow and today it is nice out! When storms come, we can protect ourselves and then storms don't affect you – storms will come until the end. After a storm it is so calm. Internally, if any negative thought comes, don't bring it into action – because then it is sinful action. Protect thoughts, words, and actions. I am not going to think this way. Be in silence – and only when it's necessary to think or speak, otherwise I am silence – then I stay protected. Otherwise what you say is from your storm. The root cause is some sanskara inside because the same situation affects some and not others. Staying protected is very important.

Q – Many times I wonder if those of us who have not met Brahma Baba find the love and support that you did?

Was that love from Brahma Baba? That love and support is always there – but what do we understand about love and support? As I traveled in India I met many young brothers and sisters who are dedicating themselves day and night for service who have not met the Dadis. But Baba's love and support are making them move forward. Baba's love and support are always there and one can always feel that love and support at every step from everyone. Support for the idea, the action, the cooperation is there. Babe loves every child and it was Baba who has given you spiritual birth and so who is responsible for you? The support is always there. Some need a little more attention. I have a new idea for this year for Harmony House. I realized what is needed in the family. Once a month we celebrate birthdays and so we will also read that person's specialties. Here people feel they need to be cared for through words. In India it is not like this. Sometimes you tell people but it is not enough words, they have the expectation of more words. In the Brahmin family we need to acknowledge more. Support and love needs to be

expressed more. In every minute there is Baba's love and support but now the class is so big, some don't get to say hello. We need a new method for more people.

Q – What about the closeness of time and the philosophy of karma?

We have a short time and there is too much to do. We need to be focused, to make intense effort. Suddenly and ever ready. Be easy, adjustable. Any time things can happen suddenly and then it's a test. Tomorrow will come but the day we have today will not come again. Slackness in efforts – when the situation comes and we can not cope, it means slackness in efforts. Don't allow carelessness in efforts. Do what we can – accumulate and keep the timetable, this is very important.

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