

# The Language of Thoughts and Feelings

By Yogi Khem Jokhoo. May 2019. Trinidad

ShivBaba constantly reminds the children that to pass the “**Final Paper**” of becoming the “**embodiment of remembrance and conqueror of attachment**”, it is important that you master the final course and become “**the embodiment of the language of thoughts and feelings**”. This is required as a means to protect yourself from the impure vibrations of the atmosphere as well as to fulfil the precise needs of impure souls by having the ability to discern the vibrations of their thoughts at the final moments of the cycle.

Shiv Baba gives the method through blessings in 02.06.07, “In the final moments, there will be upheaval and sounds of people and nature everywhere. There will be the atmosphere of screaming and upheaval. **At such a time, only the practice of becoming a soul in the avyakt angelic stage and the incorporeal bodiless stage in a *second* will make you victorious. Therefore, there should be the practice over a long period of time of being the master and playing the instrument of the mouth whenever you want and of listening through the ears whenever you want.** If you don’t want to use them, then put a *stop* in a *second*. This practice will bring you into the rosary that is remembered, that is, the rosary of victory, the Vijayanti Mala.

In the murli of 22.01.70 Baba says, “Just as when you come in front of BapDada, He knows the thoughts and feelings within your mind without having to tell Baba about it, in the same way, you children have to study this final course. Just as you speak the language of the mouth, in the same way there is the conversation of the spirit, which is called heart to heart conversation. When you stabilise yourself in the spiritual stage, so the spirit will be able to know another spirit easily and clearly, just as in this world, you know the feelings of one another by your speaking about them.

Thoughts come from the “mind” whereas feelings are generated in the “intellect” and both thoughts and feelings are influenced by the “sanskars” of the soul. It is therefore very obvious that to master the language of thoughts and feelings, all three subtle powers, the mind, intellect and sanskars must obey the orders of the soul, the real master. The deep secret is to have the faith in the intellect that what successes you experience or attain, it is Shiv Baba’s drishti that gives the power to discern fulfilling the needs of souls through sakaash and vision.

## The Main Practice required to Master the Language of Thoughts and Feelings

ShivBaba says that the main practice is to remain beyond sound. In the murli of 22.01.70, Baba gives the method “There is sound in this world, whereas in the subtle region there is no sound, and this is why Baba is teaching all the children the drill to take them beyond sound. The practice of coming into sound in one second and going beyond sound in one second is absolutely essential at the present time. **The time will come when you will stabilise in the avyakt stage and be able to know the feelings within someone’s mind through the signals of the eyes.** It will not be necessary to speak to or hear about it from anyone. Such a time is now going to come.

A good guard should be able to discern and decipher the needs of anyone from a distance. Only maharathis with the lighthouse and mighthouse stage possess this specialty. Therefore, the power to discern is a prerequisite for the angelic karmateet stage. Shiv Baba explains this in AM 6.12.75 quote “**To discern someone through that one’s sanskars, words and activity is common, but to be able to discern someone through the vibrations of his thoughts is the real power of discernment...This is the discrimination power of the maharathis. You will be able to increase this power when you are able to discern the presence of others even though they may not be in front of you. This is known as the success of the powers.** This stage will also come, but only for a few and only for a short time. **This is why Baba’s says: Those who stay till the end will be able to see and experience these scenes.**”

## The Main Difference between Avyakt Dristi and Corporeal Dristi

Shiv Baba says in 11.11.85 that “The word you use is “avyakt” and yet your desire is to experience the meeting in the corporeal. Why is this? It is because it seems easier. Now like the Father, become avyakt. Have you served in the subtle form? Even the avyakt has to come into the corporeal. Now become avyakt, destroy all attachment, maintain the consciousness of One, that is become the embodiment of remembrance.

It is the right of the children to have the murli. The meeting through the murli and through avyakt drishti is the children right. Through “words” and through “dristi”, both forms of meeting can give the experience of blessings. **This is why, now, stabilise your consciousness in the subtle stage and experience all blessings through the drishti. Otherwise, in seeking to listen, you may miss the importance of drishti.**

Experience claiming all rights and all blessings simply through drishti. The more that you stabilise your

consciousness in the subtle stage, the more you will be able to catch the language of avyakt drishti. **A blessing received through drishti is a blessing or permanent transformation. Whereas the blessing that comes through words is sometimes remembered and sometimes forgotten”.**

### **Five Aspects of Avyakt Feeling**

The first is to have the feeling of benevolence for everyone. Secondly, the feeling of giving love and cooperation, no matter what anyone is like. The third is of constant zeal and enthusiasm. The fourth is to have the feeling that everyone is my brother as we have the same spiritual Father. The fifth is the foundation of all feelings and that the awareness of soul consciousness. All of these are called positive feelings and to experience the avyakt consciousness means to always have the feeling in all thoughts, words, actions and relationships with everyone. Corporeal feelings are the opposite of the above five aspects and it is called negative feelings.

### **Source of Feelings**

Feelings first come in the form of thoughts, secondly in words and then in actions. As are your feelings, so you would view the activities and words of others and with this attitude, this is how you would listen or come into connections with them. Feelings can change intentions. If at any time, you have feelings of jealousy towards anyone, then you would find that a misunderstanding will always arise in whatever they have to say or do. That person may be doing something good, but because your feelings is one of jealousy or hate, you will always find some fault with their activities. Your feelings towards them would be one of arrogance with a self-righteous attitude that you can do things better or you have all the answers. There would always be conflict and you would withdraw your cooperation or assist if you have to grudgingly.09.1.93.

Through the power of pure feelings, elevated thoughts, elevated attitude and elevated vibrations, you have the capability to serve the whole world from anyone place. The method is to be a lighthouse and mighthouse. The mind and intellect should always be free from wasteful thinking. 06.11.87.

### **The Importance of Attitude (Vritti) on Vision (Drishti) and Service of the Mind**

When your vision (drishti) falls on another and in particular people you know, it is quite likely that you would experience feelings of the past relationships almost immediately. These feelings can affect the quality, purity and power of drishti as explained by Shiv Baba in 18.02.07 or 17.10.70, “Do you continue

to experience such divinity in your drishti? **Drishti can deceive someone, but it can also purify the impure.** When your drishti changes, the world (shrishti) will also change. So, to what extent has your drishti changed? Do you know in what way you have to change your drishti? You have to make your drishti soul conscious. Has your drishti become soul conscious, divine and alokik so that, wherever you look, or whoever you look at, you only see the soul-conscious form? Has your drishti changed in that way? Has it become like that? When someone has poor vision or bad eyes he sees double images. In the same way, if your drishti has not completely changed, you see two things. The one without a body (the soul, dehi), and the body (deh) – sometimes one thing and sometimes the other. It is like that, is it not? Sometimes you see the body and sometimes you see the bodiless being (the soul)”.

Attitude is an extremely important ingredient in donating “service through the mind” and in particular drishti as reminded in 17.03.07, “**BapDada has seen that the easiest method for service is to create vibrations through your attitude and to create the atmosphere through your vibrations, because the attitude is the most powerful method of all.** Just as the *rockets of science* are able to fly very *fast*, in the same way, your spiritual attitude of good wishes and pure feelings will change your vision and your world. While sitting in one place, you can serve through your attitude. It is possible to forget what you have heard, but you cannot forget the experience you have had of an atmosphere”.

### **The Method to make your Dristi Pure and Powerful**

Body consciousness is your greatest enemy and this has a great influence on relationships. Shiv Baba explains in murli of 18.02.07 or 17.10.70 how to make your spiritual vision accurate, “When someone’s vision is all right, he is able to see everything exactly as it is in its accurate form. In the same way, when your drishti changes you are able to see the accurate form. What is the accurate form? The accurate form is that of the soul, and not the body. You should be able to see the accurate form. From that you can consider your drishti to be all right. You have to pay a lot of attention to your drishti. If your drishti has changed, it will never deceive you. People will have visions through your drishti, and in each one’s drishti they will see their accurate form, their real home and the real kingdom. There is so much power in drishti, but only if your drishti is accurate. So, constantly check yourself: If someone comes in front of you, what vision will he have through your drishti? Whatever is in your attitude is what many others will see through your drishti. If your attitude is that of body consciousness, and it is mischievous, those are the types of vision they will have through your drishti. Then the drishti and attitude of others will also be mischievous; they will not be able to have accurate vision. Do you understand this?

**In Murli of 27.05.07 and 02.03.92** BapDada says, through your elevated attitude, you hold a fast that you will constantly finish the weak attitude and adopt a pure and elevated attitude. When your attitude is

elevated, the world will also be seen as elevated, because your attitude has a *connection* with your vision and actions. Anything good or bad is first instilled into your attitude, and then it enters your words and actions. For your attitude to be elevated, means your words and actions will automatically be elevated. Your special service of world transformation is also brought about through having a pure attitude. You create the *vibrations* and the atmosphere through your attitude.

### **Gyani and Yogi Souls needed for world Transformation.**

At the present time, there are more souls who are embodiments of loving feelings that come onto the field of service. **Those souls are necessary for both tasks of establishment, whether for establishment of the original eternal deity religion or establishment of the kingdom.** However, now, according to the time, there is a greater need for the gyani-yogi souls because, in the future, due to the atmosphere of an attitude of disinterest, souls who are embodiments of loving feelings will come even more easily. **This is why, in service, there has to be greater *attention* paid to souls who are gyani and yogi. It is essential to increase the number of such souls.** Loving souls constantly have “Baba, Baba”, in their mind and on their lips, and they therefore receive co-operation from time to time. They definitely receive the fruit of their love from the Father according to the time. However, in becoming equal, it is the gyani and yogi souls who are closer. This is why you must keep the aim of having loving feelings and being an embodiment of knowledge. To the extent that you have loving feelings, accordingly you must also be an embodiment of knowledge. Having loving feelings alone or knowledge alone is not perfection. The *balance* of both - loving feelings filled with knowledge and being a yogi soul with love - easily gives you the experience of the flying stage. To be equal to the Father means to be equal in both of these aspects. \_June 03 2007.

Prepared by Yogi Khem Jokhoo, a Student of Yoga and Meditation. Rajyogi.khem@gmail.com