

## **Thoughts are what hold you back – just keep pure and elevated thoughts**

We are all sitting together, young and old, children and family people, young boys and young girls – we are all sitting here together in this college, this university and we are all studying at once with the same Teacher – this is something extraordinary. And if there would be nobody – He would pull us in front and say – study. He teaches us together and each one individually. If you want extra tuition - He will also give this. Our Teacher is so Sweet. We just have to keep the concern to reach a high status. This is Raja Yoga, the yoga for attaining a kingdom – to become the kings of kings, emperors. It is the yoga for becoming the most elevated worship worthy and the most elevated worshipper even. We just have to go into the depth of what exactly is the meaning of yoga.

At the beginning we have to think of what is the difference between a good thought and bad thought; this is a weak thought, this is a waste thought. It is about discriminating the quality of thoughts. Once you have understood the different quality of thoughts then you have to produce pure and elevated thoughts. That is it. Everything depends on the quality of the thought which has to be most pure and elevated. Then we begin the rising degree. If any weak or bad thought comes in your thinking - it holds you back. One day someone said to me that they were stuck. I did not know what that word was but as she explained – I began to understand and see how and why people get stuck. Just as when someone gets a stroke and gets paralysis we say – oh that poor person they can't move. These days scientific people have invented many things to handle all problems. But Baba's power of silence is so extraordinary. I gave drishti to that sister who was stuck and Baba gave her so much power that she was freed – she never used these words again.

Some or other negative thoughts are what pulls us and hold us back. My thoughts are weak and this is what Maya needs. She needs those with weak thoughts. She will catch them in such a way that as much that person screams and cries, that much Maya won't let them go. She has no mercy. Baba has mercy on us because we say – Baba I have no qualities - and so He has mercy on us fully and says – how I make My children full of all virtues. In sakar days, there was an old sister who, from birth, did not get any love from her mother and father, her brothers or sisters. She did not have the sense of speaking or laughing or anything. Everybody thought she was useless. And when she saw others being loving and laughing, she became sorrowful. She knew me and knew that I had become Baba's. One day she got very pulled to come and see me. Baba was there, speaking the murli and she was standing outside and did not want to leave. It was not allowed for those who were not ready to come but Baba sat with her and got so much love from Him. He said - the one without virtues, the one that everyone felt was of no use – Baba makes into one with virtues. He said – Baba is making this one without virtues into one with virtues. Her main quality was that she was very clean so Baba used that quality and all day long she was cleaning. She did not have a good intellect and so she did not understand the murli but she would sit beside Mama at the front. She would remember no one but Baba and keep everything so clean. Just as in the scriptures it is remembered that the stone headed one was uplifted – Baba uplifted her through her speciality.

Baba teaches us about cleanliness, honesty and being faithful. Such ones can get good marks. To have internal cleanliness of the mind means there isn't even the slightest thought of dirt – no thoughts of that nature comes. The one who knows how to keep themselves clean in the mind can handle anything that comes in front of them. They know who they come in front of. The vibrations are such that they get pulled by Baba and know how to take drishti and love from Baba. Baba gives so much – just keep taking it. There should not be anything missing. The One who gives never gets tired of giving, so the one taking should not get tired taking. He is the One who sends us off with a glance of the eye. Baba has so much to give and the one who is taking is happy to receive. And on their face and in their activity there is happiness – they have the experience and give that experience.

The meaning of today's murli is to make sure we understand the quality of our thoughts. They should be such that I stay in the rising degrees. And because of your rising others will be rising too. Nothing should hold you back. There has to be a lot of courage and faith in the thought. Just be in the flying degree. Baba is our Bridegroom and Surgeon and He sorts everything out. Those who are experienced in this have happiness. He makes old people young and young people old. To the young ones He says - go into retirement - and to the old He says - stand and be counted. Baba says new things everyday. He creates a new world. When you experience hearing new things – you dance.

Om shanti