

Sister Jayanti. GCH, London 28.12.2020 am.

Baba's gift is to sit on the heart throne and be carefree...

In English there is the long stick of the 'I'; representing the body, and then there is the dot is at the top of this, the little 'I', representing the soul. In today's Sakar Murli Baba is speaking about the awareness of the benefits of soul consciousness and the dangers of not being soul consciousness. A simple lesson to keep reminding the self of this effort and attention.

The Avyakt Murlis have a huge amount within each one and I will take up yesterday's. In terms of 'wearing a crown' and being 'seated on the throne', others are able to see and feel this state. Baba's definition of wearing a crown is twofold: He spoke about the light that radiates the purity within, and also the light that is free from weight, so the 'crown of light'. It is true that waste thoughts creates heaviness.

Throughout one Madhuban season, Baba took up the subject of waste in great detail and how to eliminate waste thoughts. One of the questions was *'What is the cause of waste thoughts?'* Of course, it can be thousands of different things that we can feel, as the mind starts racing and we feel heavy. When we don't have waste we are able to put a full stop and the soul immediately feels light. The trick is to not experience the light on and off, but when there is an accumulation of waste it takes a lot of time to deal with. The main aspect that came out as the cause are the 5 vices: lust, anger, greed, ego and attachment. It is true that the 5 vices don't just lead to negativity and wrong words and actions; in particular they lead to a huge amount of wasteful thinking and heaviness. Baba was seeing it in a beautiful way in which in the gathering of the Confluence Age each child has the crown of light, of purity, the halo but also the stage in which the soul is able to fly easily and is light. If I wish to experience these I need to remove the wasteful thinking.

Baba also said that the benefits of being seated on the throne is intoxication and a carefree stage. There is a connection between faith and intoxication. Baba was saying here that when we are seated on the heart throne we are completely carefree. The Avyakt Murlis have given great detail and many signs of how I feel when seated on the heart throne and what I need to do to be on the heart throne. In particular there are two big things that give us the possibility of being surrounded and cared for by Baba's love and experience this seat. Firstly there is my love and honesty with and for Baba so I can experience His love. Secondly there is the extent in which I am following srimat. When we make a mistake, knowing there will be a consequence of that mistake, we will feel heavy. In Sangamyug this return is not over births. We have a waste thought and feel heavy immediately. On the basis of a stage where there is honesty, love and srimat what is there to worry about? Nothing. Whatever is happening in Baba's task is going to be created by Baba. It is Baba's responsibility and I can be carefree. So no need to worry for the past, present or future, He has taken care of all three. Remaining carefree, without any worry, will reflect on my face; worrying also reflects on the face!

Baba's gift yesterday for the New Year is to just sit on the heart throne and be carefree. It is fixed in the drama and it will work out in the way Baba wants it beautifully, (not how I want!). If I have the experience of God's love and I feel my sustenance is with His love and this love is carrying me forward and taking care of me there is a very different consciousness of not just faith but also intoxication. When I am surrounded by His love and I know that He is going to take care of everything, there is a very powerful intoxication in which I don't need to allow myself to come down for any reason: whether it be trouble with my sanskars or the behaviour of another. With intoxication even my sanskars of the copper and iron age will begin to disappear. These are beautiful expressions that Baba was using...just keep your crown and your throne.

Another expression Baba used whilst talking to the teachers: *'teachers are the mirror through which others can see God'*. So the image of God is seen through you mirrors. This is powerful and beautiful yet also a huge responsibility. My behaviour is going to give others the vision of who God is. It is not heavy but a big responsibility. As if I am an instrument to share God's knowledge with others, or if I am doing anything in God's task, my behaviour is the mirror through which others will see to what extent God is truly the Ocean of Love, the Benefactor, the One who is constantly giving and able to satisfy everyone's needs. Baba often spoke of Boli Dadi as being a Dadi. Boli Dadi's role from the time I knew her, (in her older days to when she left), would be seated in one corner of the kitchen and she would be just available for anyone to ask for anything and all she would just say yes, give the signals and get the cogs moving. Whatever it is I am doing am I able to be a mirror that reflects the image of God? Being an instrument is a big responsibility but we also receive amazing blessings.

Baba was speaking to the teachers further and said: This year keep two things in mind: unity and contentment. When I think about the main lesson that Dadi Janki taught us in her last few years was with the fingers on one hand. When she put up her hand we would know what she meant! To see specialities and be able to work together in harmony, recognising that each one is playing their own role and that if there is a finger or a thumb missing there will be a gap! Each one is unique, valuable and serviceable and doing whatever it is they can for Baba.

'My stage is my responsibility' is an important lesson in today's Sakar Murlis. Whatever anyone else is doing is their responsibility. I am responsible for my feelings, thinking, attitude and perception. With my aim to reach the destination of becoming a deity, it really doesn't matter what anyone else is doing. Baba has used this expression: keep the self safe, so that you do not get provoked into a reaction in which your thoughts, feelings and attitude change. Someone else's connection is with God and they are responsible and accountable to God. I am responsible for the self. Let me have the awareness of what I need to do in terms of following Baba's instructions and then the harmony of sanskars will happen. As one changes there is an impact on those around them too.

It feels that Baba is preparing us with these Murlis for the days of January coming up...to go into deep silence, attention and introspection so we are able to move towards the aim of Bapsaman.

This year we have seen Dadi's departure. It is also a year in which the search for the word 'prayer' on google, I am told has gone up by 50%. So imagine this very secular world of northern Europe and yet now a sudden interest in prayer. Baba did say that as time moves on people will want to hear about spirituality and God. That time is now. For sustenance too there is such a menu available on the internet and on zoom – it is non stop. Murlis is available throughout the day and that is just in English!

Another indication of time are the Dadi's; Dadi Ratanmohini and Ishu Dadi are both now not so active. Yet we are getting the messages through Mohiniben, Vedantiben and Shashiben and that is lovely as Baba is still giving us close guidance. If I look at the messages from June onwards they are about silence.

At this moment we need attention on the self through silence and introspection. Unity happens when I am looking inside and not outside and I am following Baba's directions. If I then think about the one quality Baba consistently speaks about in the Avyakt Murlis and the blessings it is contentment. I know for a fact that if there is gratitude for what Baba is giving me now and gratitude for the fortune of what I have already received from Baba, then there is total contentment.

Om Shanti