

Harmony is the reality of the proof of contentment

Om Shanti. Good morning and Happy New Year. For Baba's children every year is filled with blessings, and on this New Year's Eve Baba gave us a very special blessing for contentment. It is unusual to have two Avyakt Murlis that take up the same theme as the main subject, there will always be references, but again today the Murlis we are going to hear is about contentment! Does this tell us something? If a Teacher decides to give children the same lesson, two days running...it is giving a big signal. It is telling us that it is very important, but also perhaps some have not quite understood and it needs more clarifying as it needs our attention.

I have noticed for a long time now that where there is discontentment it leads to all the multiplication of negativity that the soul is carrying. When there is contentment we start to deal with this. When we come to Baba everyone is tamopradhan fullstop! But from that moment on when we give attention to something Baba is asking us to do, we move forward and if we don't we get stuck. Then we wonder why we get stuck. It is simply because we are not giving attention to what Baba is giving us signals for. These two Murlis are a powerful signal regarding contentment.

A few questions have come up about contentment from different souls, and I think these two Murlis will answer them. In the month of January it is the time when Brahma Baba becomes the focus of our attention. Baba often tells us to 'follow the Father' yet also today there is one particular aspect of our relationship with Brahma Baba that gets highlighted, and that is as Brahma Baba as the mother. There is a very sweet exchange between Father Brahma talking to Shiv Baba, and although he uses the term Father Brahma, it is very much the Mother speaking. Baba is talking about 3 different categories and Brahma Baba is saying what can I do to help souls move from the second category to the first category. Do you recognise this quality of a mother, to want the child to move forward in the best way possible. The Father too wishes the best but is a little more detached. Brahma Baba has this thought of how do I help the child go from number 2 to number 1. Yet If Baba kept this thought it would disturb his peace right? If I have a thought and see it is not happening it would be easy to be peaceless and get agitated. But the next thought that Brahma Baba shares is 'OK, Shiv Baba will help them, and I don't need to think about it anymore'.

When someone asked me the question 'How do you practically use contentment in life, with other people's sanskars and situations that are difficult?'. In the New Year's Eve Murlis, Baba said when we use the power of contentment we become the embodiment of solutions and we don't have any problems. If I am discontent there will always be some problem or another, as that is what I will see. That is my own upheaval that makes me see in that way. Baba sees something, but immediately then is content. Shiv Baba is there to help them and I don't need to think about it anymore. So the Mother steps back and puts it in the Father's hands. The heart to heart conversation that happens between Brahma Baba and Shiv Baba is always fascinating. There is always that thread that runs through it where the mother has a special connection with the children. Incorporeal God is loving and detached forever and eternally. But Brahma Baba has given his time, energy and breath in a very practical and physical way to solve all the problems of the children and create solutions for them, from the very beginning, with his own power of contentment.

Another aspect is Baba has categorically stated The Bestower is giving the same blessings to everyone and all attainments are available for everyone. So why does it become 'numberwise'? Baba has used the term 'awareness' and when there is lack of awareness we slip back to bodyconsciousness, but where there is awareness we change our attitude, vision, behaviour and the world. Today Baba's answer is a question of awareness. He also shares two more aspects: 1) We can only be content when we are altruistic. 2) We can only be content if we have no desires. With desires, there is always interference. Baba is offering us unlimited attainments but instead of taking this and staying in the unlimited and seeing the bigger picture, I become focused in a narrow way on what it is 'I want'. Due to this, service is not going to be fruitful and the limited desire I have is unlikely to be fulfilled and even if it is, it will be temporary because it is limited. So because I have put a limitation on what I want to receive from Baba, it will be temporary and problems arise. In order to truly become an embodiment of solutions, I need to be free from desire and altruistic.

This reminded me of a story from when London service started. It was a group of Bharatwassis who started it. When Dadi Ratanmohini arrived the first Brahmins in London took gyan and then when Dadi Janki arrived many westerners took spiritual birth. Within this initial group it was a troupe of brothers. Truly a pandav army of western brothers. This was around 1980. We were still having Sunday mornings at Kilburn Square. World Meditation Hour had started and that would be in the afternoon so it was synchronised across the world. We intentionally set a specific time. We had had meditation hour, Brahma Bhojan and then we would have meetings, often regarding service. Sometimes there would be disagreements and we wouldn't get very far. I would say ok. Let's stop here and have Amrit Vela and Murlis tomorrow and then we will meet and see further. Immediately after Murlis the next morning the 5 or 6 brothers came to me and let me know that they had met after Amrit Vela and agreed on a plan. I immediately agreed and they said that I would have said yes whatever they had come up with! I replied yes, because it is the harmony and unity behind something, that will bring results. If together we can come to a state of harmony it is the reality of the proof of contentment. Then we have no motives or impure desires. If I have a motive it is not going to be realised, as that is not

what Sangamyug is about, and if so for a short time, but not the eternal attainment Baba would like me to have. When there is contentment there is happiness, then there are no more questions.

In Hindi the connection is sweet - it is *prashna* (question) and *prasana* (without happiness). If we don't have questions then there is happiness (*prasan*). I am not thinking of the questions that seek clarity of understanding in a deeper way, but the little questions that come up and create a disturbance within the mind...the how, why, if and but.

Another question that was asked was about developing silence inside. The silence in the mind. I see a connection here and Baba's Murlis always have the answer. If I can keep my mind content and free of the little questions. Then in that consciousness, I will be able to slow down my thinking, be in the state of Om Shanti and have peace inside. Then when I sit in remembrance I am going to be able to experience the state of silence. If my mind has been restless through the day with these little questions the mind will race, round and round, with no exit or answer! When I understand and create the state of contentment, the wasteful questions stop and in that silence I can come close to Baba. These are very valuable lessons for the month of January.

Baba has talked about when we have a desire and there isn't altruism. The connection between desires and discontent is logical and clear. But Baba today goes further and gives us deeper insights and explains another reason for discontent is blame. Maybe I am blaming myself, my lack of effort and story. I will say 'I don't have fortune, it's my part in drama it is like this'. Then probably I will blame Baba, the Bestower of Fortune and say How come I didn't get as much fortune as the next one. This opened up a new awareness for me. When I am not taking responsibility for myself in taking up what Baba is asking me to do, due to carelessness and laziness, then the finger is out there. I am blaming. Sometimes Drama, Baba, others, even my own body. Blaming here and there. In that state of blame how can I be content...So there is a connection between being outward facing and putting the blame out there. Then we don't have time or space to look within. When I accept responsibility and go within, sort it out internally and create awareness, I can be content. Then I will be able to achieve my goal as I am enabling myself to move forward. Discontentment mean I lose out on the treasures of Sangamyug.

Once I was in Madhuban in the early 80's, and there was a Bharat teachers meeting in the Meditation Hall. There was much toing and froing going on. Baba sees the scenes from above and could see there was a lot going on. He said ok, for three months the main teacher from each centre is to move to a different place and after three months you are to return and tell the Dadi's what has happened. Knowing that wherever we go we carry our baggage of sanskars with us. When they did meet after 3 months, Baba sent everyone back to there original centres, as wherever they went their sanskars were creating the issues...not the people, the centre or facilities. This was a big lesson in a practical way for the main teachers in Bharat at that time.

When I accept, there is the possibility of looking, changing and creating contentment with my eye on the destination. This is where I need to go. Then I can see the distance and the gap. When I am blaming I don't see how far I am from where I need to arrive at. So a very powerful and beautiful Murlis today. Put both Murlis together, from New Year's Eve and today and many questions will be answered very powerfully and there will be insights into what we need to do.

Om Shanti.