

Sister Jayanti. Thursday 10th September – with Sindhi group

Welcome to Baba's House. It has been many months since you were here. Normally you would be travelling here and there but this time everyone is at home. Some have just returned from India. Lovely that you are all here.

This is the first session after Dadiji flew away. Dadiji chose to go during lockdown. Hansa and I was saying in Madhuban, that she must have had a conversation with Baba and Dadi to arrange it so that she could fly at a quiet time when no one could come, as she didn't want anyone extra to come nor did she want flowers, and she just had flowers from the garden. It indicates that where ever there is a powerful thought Baba makes it happen.

Let's take up the Murlis of Sunday. The current Avyakt ones are revised from 1986 and this one from March. There was possibly a thousand there and it was spoken in Om Shanti Bhavan. Baba is talking about '*Ruhani Drill*'. When something happens unexpectedly, how long does it take to get our thinking back into balance, so that incident is not overtaking the mind. How long? A minute, a day, a month, a year? It can depend on how serious the situation is. At some point we will reconcile ourselves with whatever has happened and try not to have waste thoughts about it and see the positive side. However it takes time. Baba wants us to practise that it takes less than a second. Why because something may happen in front of me – perhaps I will be in the middle of an earthquake or a flood: I won't have time to have waste thoughts about this one or that one, for if I do I will lose the moment I need to take support from Baba. He is asking the question: How long does it take us? We give the example of '*jeenvanmukti in a second*'. Yet it is taking most of us years! When we think about what is not useful we miss the opportunity to connect with Baba and receive His signals. None of us have a guarantee when the final moment will be. So what is interfering:

- 1) Prakhati – nature, maybe the physical body is pulling me. Baba says it will exert maximum force. Or maybe it is nature itself. I read an article about the Californian fires and how they are coming closer to homes and have become merged and huge. And many are moving themselves and their possessions out. One botanist had to collect all his plants into two carloads and he had to keep moving from one place to another. Then he had to make the decision out of the 50 plants which was most precious to keep. He was describing in the article the feeling of fear. California used to be a very comfortable place to live, yet again now it is being hard hit with fires and that are getting more intense. So earth, fire, water, ether. We don't know what is going to happen and so how are we preparing..... in the final moments it won't be the physical preparations that count but whether I have practised making my thoughts stable and unshakeable in God's remembrance. When in a second I can be in soul consciousness and stable in that awareness, when old sanskars are not playing up and are appropriate to the moment. So the practise needs to be today so sanskars of the last period don't pull me. The practise is applying a full stop to anything out there – the body and nature.
- 2) Maya – my own memories, what I am still attached to. What are the internal things that I am struggling with today. Can I put a full stop and really connect with Baba. Listening to the Sakar Murlis recently He has been talking about the power and strength that we can receive from Him. Today it was the charge and discharge of the battery.

What can I tolerate? If I am still at the point of tolerating someone's sanskars or habits and there are reactions and waste thoughts about others, then I am still far away from success with the final test that I will have. It is always said that tests will strike us at our weakest point, our Achilles heel. Am I ready for whatever may come? I need power and the only way is to directly connect and draw that within. How long does it take to connect? Baba is patient and He says 'I have told us all'. Baba has been helping us prepare for the question. We don't know how long the Drama is going to carry on. I can sense how more and more souls are thinking this is all getting too difficult. Yet there are many things lying ahead for us. Not just Covid, but I am thinking of the economy across the world. Can I face everything that is going to come? Many are thinking when is this going to end and how will it all finish and as it all gets more challenging this silent question will be put into words. If we at that time are stable and unshakeable we can help and our help at that time will be through our stage...

At this moment many are not convinced but the more they see us stable and unshakeable by the circumstances outside the more they will want to understand what we are doing. But if we are unstable with too many thoughts....it won't help at that moment. Today we know all this is about to happen.

One thought. I am a soul, I connect with God, He gives me the power I need and that 's the preparation. I don't need to do more. The doors of our heart and homes will be open. Today we need to keep revising this lesson. I am the point of light and I am connected to Baba.

When Dadi would say Om Shanti, Om Shanti, Om Shanti for many years she would come up with creative understandings of this each time. But do I practise these? In 1982 for six months Dadi gave a different interpretation of Om Shanti every day. She also said she reminds herself of Om Shanti at least 100 times a day...how often do we? My first thought is Om Shanti, so I can see and not see, hear but not hear. Have this awareness of Om Shanti by reminding the self many times now that the world is a little quiet and there is still time to practise. Baba and Drama are very compassionate in the sense they keep providing small rehearsals so

we can practise. This practise will then help us at the time of need. So both Dadi's departure and Covid 19 have been rehearsals and we keep practising.

Baba reminds us that we are souls, our original stage is of silence, our eternal stage is in silence and our Home is Silent. Or is it that the habits of the physical senses pull us. The habit of speaking for example. So let's use the opportunities that we have now to practise silence. Everything is moving cautiously at the moment. Practising Om Shanti means that I can just check what is it that is pulling my mind, the waste thoughts and where there is a pull towards human beings and care and concern about them. Maybe it is just about their safety, our near and dear ones. But Baba is teaching us to have yes concern for everyone's safety, so we are sending the power of His light to everyone, not just to this or that one.

I am in my home, and am I a trustee? This idea of 'I and my' is the cause of Maya coming in very strongly. Baba calls it 'the door opening to a lot of waste developing. So what is happening in yoga? Baba made an interesting comment today that the power we are taking today, the recharging is to make us Satopradhan. The proof is the soul moving towards its satopradhan stage in life, so it is completely clean and pure and there is no effect of anything outside. Think about pure gold. It is soft and flexible and it is not impacted by the elements. Silver is different it becomes dark with the elements. The quality of the satopradhan soul is flexible and able to adjust...as there is not hidden agenda and no I and mine. I am easy and ok. Also whatever is going on outside is not impacting the state of the soul, it remains pure and clean. Am I impacted by what is going on outside? The atmosphere is becoming more fearful in the world. I need to use my inner compass to keep in touch with what is Truth and what is not, as I hear all the stories of the world.

I need to develop my inner power so I am not afraid. What brings fear? Ignorance, uncertainty and there are many aspects to both these. Ignorance can be thinking I can help someone else. I can show the road but beyond that there is nothing I can do. Fear for them is useless. Fear for our own safety?

I just need to do what I can. Attend Murli and give help where I can. So we use zoom where we can and we have class together. The seeds of gyan and yoga we sow are what we do today. So we do not need to be concerned about our future. We will be ok. If I am holding Baba's hand and following srimat Drama is always going to support me and take me in the right direction. It is attachments that are going to cause pain. Am I ready to drop attachments now? This is not an external change but an internal change. Can I see them as souls and as Baba's children, so there is no thought of 'I and my' coming in.

These are the practices from each day's Murli I am experimenting with and then when the time comes I will not be afraid and will be able to support others around me. What are creative ways to play with the understanding of being the point? To take something from the Murli each day. Today's Murli Baba says the only way to take power and recharge the battery is the connection with One. Each day the experiment that Baba gives me, keeps the mind on track and in the moments of Traffic Control we can easily connect and feel the electricity flowing from Baba. If we are still thinking of this and that it could take forever. But with practise I will have the power to maintain soul consciousness. Dadi would say take any three things that you like; yet at this moment even if we take one point it will help us to stay focused and connected with One. It is not a difficult exam that Baba is giving us. He says He has told us the questions and prepared us already. It will all be fine. We can deal with what is necessary. We also know for sure that in the final moments it will be only one Baba. Dadiji had prepared herself with Baba for a long time and had said that in those moments she just wished to be with Baba and the mind would not go anywhere else. We witnessed that happen practically. So just practise the things Dadi practised and it will help. And as time goes on you will be instruments to help others too. To go beyond fear we need to be fearless. Not in a reckless way. *'God will help, but I have to tether the camel'*.

We also need to do *MansaSeva*. The world needs it. To share the power of peace and God's love. How much power do I feel from God's love and peace? The power of peace creates an atmosphere of peace. It is able to reach and impact many. The power of love that I experience and fill with, and then share this with the world. Am I able to do this with whoever it is I am meeting. Instead of my mind being filled with all the things I know about which won't be able to help them.

Baba said the other day, is every thought to give benefit? If we want to follow in the Father's footsteps is the quality of our thoughts and actions filled with nothing but good wishes for all. The clean stage is when Baba's energy can pass through and reach another. Then I am following in Baba's footsteps and my words will be helpful – they will be encouraging, supportive and filled with positivity. I have to do a lot of cleaning inside so Baba's pure vibrations of peace can reach out and there will be benefit for all. Now is the time to practise this.

When I have experienced something and given someone the experience too they will not forget this. If I can give them the experience of His qualities, or Him directly they won't forget this and will wish to come closer. Now is the time to do and experiment with all that we have been hearing about for many years.

OM SHANTI