

Sister Jayanti - 4th October 2020 - GCH

The call of the time is stability...

How many thoughts do we have in the space of an hour? In one day? Especially in day's world where there are so many types of stimulation for the mind. So, are my thoughts powerful or not? Sometimes we have powerful good thoughts and wonder why they don't materialise. Maybe it is not the right time or maybe something else was mixed in it; it wasn't completely altruistic – not completely for the benefit of others. Maybe it was something I personally wanted to happen so in effect, it was my desire rather than a pure thought. If there is some motive filled for the self then that isn't a pure or powerful thought. Purity and power are closely connected. When we have pure thoughts we can feel the power. My thoughts are my foundation of my link with God. So, ask yourself is, it possible to have pure thoughts after yoga? Most of the day we are in action rather than yoga. Our thoughts are connected with what is going on here. So, is it possible for me to raise my consciousness to another level? So, my thoughts are not only connected with what is going on here. If my thoughts are only connected with what is going on here then most of the time I am just reacting and my thoughts are not pure and powerful. So, can I maintain my activity and keep my thoughts up above – on another level? Of course, Baba tells us that we should keep our mind linked to the One above whilst performing actions. Yoga is my thoughts and then it becomes more than thoughts – it becomes my bond with God. However, at first it is my thoughts. So, whilst I am in action can I keep the quality of my thoughts so elevated that I can feel the presence of God? When I am sitting in yoga then the fire of yoga can burn but whilst I am in activity, if I keep my thoughts with God, I will definitely have a difference type of response to everything that is going on around.

Baba uses three words together to teach us how to keep our thoughts. One is trinetri; instead of looking with these two eyes can I see from soul consciousness – keeping my third eye open. Experiment with this. You will then see the huge difference between thinking in an ordinary way and thinking when using my third eye. My responses will then be different. My response won't be one of lust or anger... If someone drives past you at a crazy speed then you won't react; you won't question why they are driving so fast. There won't be waste thoughts. You will think; there must be a problem somewhere and you will be able to send good wishes. I will never know the result of those good wishes because good wishes are incognito. It's a good way to make us detached from a visible outcome. Looking whilst using my third eye will mean that anger does not come. Otherwise, in ordinary thinking, anger comes and I try to stop it. There is upheaval. Someone told me that if there is a car accident, even if the body is not hurt, but the trauma caused to the body during that situation is like the body had been in a severe accident. The point is that, at that moment, even if there is a near miss, nearly an accident, then the body goes through the same trauma as if the accident had actually happened. So, there is scientific evidence that our thoughts and feelings are connected but they also have a huge impact on the body itself. Our thoughts and feelings are communicated to others without us having to say a word. We can catch things from body language and vibrations. So, a whole world is created through our thoughts. As are my thoughts so is my world. So, what am I doing? Am I creating the type of world in which I can maintain my own happiness and stability? Or am I caught up in external stories.

The whole story of COVID is, how am I coping with everything – what are my thoughts? If I think; well, it's a huge nuisance and I hope it doesn't happen to me – then it may be valid but there is also fear. It can happen to me so I need to follow all the regulations. The different approach; my fear will lower my immunity and my own thoughts of hope and positivity will increase my immune system. So, can I make sure that in every situation can I keep looking at things with my third eye and seeing the deeper significance – beyond everything superficial.

Baba also uses the word 'trikaldarshi' – seeing the three aspects of time. In a Murli of a few weeks ago Baba said that it's important to see past, present and future... Nothing happens by chance; there is a reason why I am in my situation in the here and now. If I have the question of why I am in this situation, there is a type of exasperation. We don't know what we did in our past births. There are so many accounts I have to settle. So, we cannot ask 'why'. I know there is a reason. We don't know who else was involved with us in that situation. We don't know if it was the long-term past or the recent past. 'What, why, if, but'... these create a huge storm of confusion. In a state of confusion, I don't know what I have to do now. In a state of confusion, I am deprived of being able to think clearly and know what steps to take. Baba tells us that we know we have been through the cycle – the story of many births - and that now we are in charge of our own futures. We have to decide what we need to do and that is the future we will create. So pure thoughts... can I be aligned with the universe and the way things are moving. Can I understand that I may not know the detail or the reasons but I do understand deep in my heart that whatever is going on is the direct result of what I have been involved with, what I have done. So now I need to keep my mind very quiet. I have to do what I need to do on an external level but on an inner level I need to keep my mind so quiet that I can hear God's signals and understand the signals of the drama. This is the call of the time. Are my thoughts aligned with the call of the time? What is it that time is calling me to do at this moment? Am I reacting to things on a mundane level? What is it that I need and would like to do? If I can catch that signal then not only would that signal be fulfilled but it would also make me very happy because if I am aligned with the way drama is going then that will be what is right for me.

Who could have predicted COVID? Not everyone can come to the centre. There is no logic. We cannot plan for the future as we simply don't know what is going to happen. But if I listen to the call of the time then we will see that things are happening suddenly. The call of the time is telling us that now 'I need to be stable'. Stable in my own faith, understanding and connection. If I have that stability, I will make sure that I am connected. From a spiritual perspective we do know what we need to do now.

As climate change gets crazier less scientists are in denial. In 1953 when smoking was found to be a danger to health, a number of tobacco companies wanted to pay some scientists to say it wasn't dangerous. The same thing has happened with climate change... Some scientists were paid to say that climate is natural and is not caused by human beings. We know that everything that is going on is leading to chaos. So, what is time saying? It is to prepare the self on an inner level so that what is going on around us doesn't shake us; it's a time of transitions. Even the transition of seasons creates a type of upheaval. People understand that they need to take care of their health and be careful. So now there is a huge transition and there is more to come – we haven't seen the end of it. Seeing things through the third eye and understand the three aspects of time then we can see the reasons for upheaval. We can also see what we need to do and how a better world can come through the power of our thoughts. I need to understand that my response has to be on a higher level... not of greed, ego, anger, lust or attachment. So, trinetri, trikaldarshi and trilokinath. Trilokinath – the master of the three worlds. Can I move from looking at the situation here to being up above? Looking at the world from up above? What would my response be? While I am down 'here' I am absolutely entangled. Not just engaged but really entangled and there is no possibility of creating distance and being detached. I don't have to step back but I have to step 'up'. I know that I can then look at things from the subtle dimension. I can look also look at things from an even higher place – from the world of silence and peace. The astronauts saw things from up above and they could identify with the whole planet. It took them 9 minutes to thinking where their home towns were to being able to see themselves as part of a global family and that the whole planet was their home. They felt that the Earth was like a blue pearl in the ocean of darkness. The water gave the impression of a blue pearl and they were aware of how precious this blue pearl is. So, when I identify with one place, person and role I am trapped and my security is trapped like a bird in a cage. No freedom to think in a different way. When I move up above, I think differently. There is no attachment and I know what it is I have to do.

Baba has given us all these ideas but it is up to us to play and practice them so that our thinking begins to change. Then I am on track to have a spiritual experience when I sit down to have a link with Baba. How can I keep my mind in a higher state? Each Murli has different methods. Today we spoke of three – trinetri, trikaldarshi and trilokinath... Try to remember one sentence. Yes, one sentence from the Murli and play with it! Just like sometimes there is a line from a song which stays in your mind and won't go away – let Baba's words be 'stuck' in your awareness and they will help you to see things very differently.

Om Shanti