

## Sister Jayanti – 21<sup>st</sup> February 2021 – GCH

### Contentment brings stability

Baba has made gyan very simple. Baba has managed to teach those who didn't know anything about the Indian scriptures in such a sweet simple way that the whole thing then made sense. We were then able to even talk to other people about these matters and give them more insights than they already had.

The word "Om" in Bharat is so complicated and yet Baba made it very simple. "I am". And then "Om shanti" - I am peace. So simple... When I heard about yoga from other people they would talk about complicated things that I was not interested in and Baba changed the whole subject with the one word "remembrance". He made it so natural and easy.

Baba has explained dharna so easily and today Baba has explained the subject of service and made it very simple so that you can even think of it as something that is ongoing all day. Baba said day and night, and Baba and Mama did that. Dadi Janki would speak about her dreams in the early days and sometimes speak of future service and sometimes she would dream of present service and even in her last period Hansaben and Deviben would laugh and say that when Dadi is asleep she makes the action with her hands as if she was picking up tolis and giving tolis and sometimes they would call her and say Dadi it is time and she would say I need 5 more minutes to finish my tolis and disappear for another 5 minutes. So we can see that service can happen day and night and for some of us if it is all day, that is wonderful, but how to make service happen through the whole day so that all complaints stop, otherwise it is service that gets most complaints. "I didn't get a chance, someone has more of a chance." Then all the games of the sanskaras.

Baba explains that service first and foremost is serving the self and if I serve myself then that will be the basis for me serving others. We forget this. The balance of remembrance all day and night is service that brings blessings so even if there is nothing else I can do, if don't have any skills or expertise I can work on myself. So Baba has put that into the category of service. And there is world service and you have a lot of information about serving through words and then serving the yagya with your body and wealth and both are equal, using my skills and energy serving the yagya. Fourth, we have heard complicated things about mansa seva and Baba has made it simple. Baba has taken up the subject of sakaash with mansa seva and today Baba is simply saying you just have to have pure feelings, elevated thoughts, good wishes, good attitude and good vibration and now understanding it is simple and when doing it make sure that the quality of my thoughts, feelings and my attitude is elevated all the time is then the work to do on myself and mansa seva will work. Whether my body is healthy or not and whether I have anything or I don't, but each service has equal marks and so even if you focus on the two you can do, even if the body is not well you can still claim the highest reward.

In the blessing that Baba has given today is the biggest virtue of all and that is contentment. Also, Baba said even if you become a great donor, thoughts, words and actions - in the final period the highest service you will be able to do will be through your stage of contentment. You are able to give blessings to others and this is then the memorial that continues in bhakti. It is the ones who give blessings.

Purity is the foundation. It is really the original core quality of the soul and has its own part.

No one is born with contentment. We constantly see what others have and want to have the same. This wanting is coming up all the time in so many different ways and when we come to Baba then Baba tells us that He gives us everything and how much we take and keep using. How much do I keep it and stop it leaking away. How much am I using and serving others with that so at each step along the way a multiplication of that same quality that I can develop and develop as I use those treasures in my life that Baba has given me.

Am I using the treasure of time, the assets I have, connections I have but most importantly the treasures of knowledge, virtues and powers and as I fill myself with these I can say what more do I need and most bks have managed lockdown pretty well and those who haven't are getting help from their centres.

There is that feeling of connectedness every morning and not just with Baba and Incorporeal Baba in the subtle region but also with the family. A little family, a big family, so lockdown has not been so isolating as it has for so many people and we feel that sense of the family and the energy of the gathering and even through cyber net we are feeling that connection.

Where other people have missed going out for entertainment Baba made us renounce that a long time ago. We weren't made to renounce it. We realised that our time was not to be wasted on those external things and we see that we do know that we have treasures but am I fully content within myself and appreciating all the treasures that Baba has given me already. Baba didn't say I am going to give you these when you go to Satyug, Baba says I gave them to you at your moment of birth. Did you recognise them, did you use them?

Why is contentment so important - it creates stability. When there is discontentment the soul fluctuates. Baba gave the example the other day of the bean jar and when the jar is full and you shake it nothing moves. There is stability and if there is space there is movement and a jar that is almost empty, only a few beans, it makes so much noise. That is exactly what is happening with the soul. The peacelessness and complaints that come when I haven't filled the soul. So if I the soul am not full, if I am complaining about anyone or anything it is important for me to see what am I not taking from Baba. When I feel full and content then that is a stage

when I can really make progress. Also when there is a state of contentment there is not so much irritation. When I am empty small things can trigger a lot of reaction. Something very minor has happened and the amount of reaction is huge There is a straight line connection. Check this contentment and move forward with that. If I can give others a state of peace they will have received a blessing. When someone is not content a vibration around them makes others fearful and anxious. Contentment creates a vibration of peace around you and this happens with the Dadis.

This particular blessing is a reminder of the stage we need to attain in order to fulfil Baba's task in this final period now. To see how much am I progressing I only have to look at the murli. What is the murli saying and what am I experiencing. If there is a big gap I know how much work I need to do on myself and be able to catch up with that.

Today, Baba picked up on two words "Yours" and "mine". Tera, mera. When I come to Baba, Baba takes responsibility for me. He is the parent and I am willing to hand over responsibility to Baba. It is not easy to let go. That is the challenge for everyone. We don't want to let go of responsibility and we are not throwing away responsibility but Baba is saying that He is responsible for you and for your task and if you keep that awareness and there is that surrender to God, in that state you become very light.

In the state when it is yours and mine I am hanging on to that and I am not dealing with that very well and so to be able to be free and experience that state when everything is moving on in the right way because you know that Baba is responsible.

Baba is speaking to a group and asking them how you can experience lightness. At the moment of need in a particular situation we don't always remember the lesson Baba has taught us. If it is only at the time of need, a time of crisis, then at that moment I may not be able to remember because at that time it is whatever I am accustomed to. Your habit kicks in. You don't consciously think do I do this or do I do this. It doesn't work like that and in a crisis whatever is inherent will come out and this is why when Baba says make sure you keep the stock of all the virtues, powers and be the embodiment of gyan that it is natural and that is what is in you and that is what will help at that time. And so to experience lightness even though there is constantly so much going on, lokik, alokik, especially what is going on in our heads and if I allow things to become natural during the day through my practise and discipline and that natural stage will help me at that time of an emergency and if I haven't developed that during the day then I am going to fall flat on my face.

So each murli has many different things for me to practise, to experiment with, especially the avyakt murli. In the sakar murlis we get Baba's gyan and Brahma Baba's experience and in avyakt murlis we get to know the effort that Brahma Baba made that brought him so quickly to his karmateet stage and so if I do the same then I am going to be able to achieve the same.

Also the subject of the treasures that Baba has given us. Last Saturday we heard the murl on the transmission and Baba said His children are the highest, holiest and richest in the world, reminding us of who we are.

When we were sitting in front of avyakt Bapdada He would generate that energy and 25,000 people and other people watching outside but especially in that hall 25,000 people, would feel uplifted.

Now we don't have that physical presence any more but we have to create that stage of being in the awareness of being the highest, holiest and richest because Baba is reminding us that is who we are so can I ever feel discontent if I only remember just these three words from Baba's Murli? The highest people in positions of power are sitting on a cushion full of thorns. Many troubles, many problems. Not just a crown of thorns but sitting on a cushion of thorns and it highly uncomfortable.

We are the children of God and it is the highest title that anyone could ever get: A child of God. And it is equally available to everyone. For the deities it is numberwise but right now, when you come just to the awareness of a child of God, nothing to do with qualifications, effort, nothing to do with any work on our side but just simply the beauty and joy of being the child of God.

And then the holiest. At this moment on the one side it is the soul that is becoming pure but on the other side the soul is a server. Mindy, body, soul are all pure and therefore worthy of worship. But in fact a holy place is where someone goes to experience solace when there is sorrow and so if my stage is that in which I am with Baba and in my presence others are able to feel comfort and solace because people are experiencing many tragedies at present. Things that would not normally be happening.

Each soul has its own part to play and if the soul is carrying good sanskars with itself and experiencing the power of blessings in terms of the service that it has done, it is carrying that with it, it is not finished and so there is another place where that soul will go and serve.

For us this is a simple idea because Baba's gyan has taught us that. When someone leaves, this is our immediate thought – they have gone to serve in the advance party and whatever effort they have made they are carrying that with themselves. They are carrying those sanskars. Very simple gyan, not complicated, but people out there don't know this and so there are questions of why and how. All of these batter them and they feel helpless and sad and then a little bit of explanation of what gyan has taught us and you can turn it around and they begin to appreciate it and understand in a better way and so the solace that Baba's children are able to offer people especially at this time when people are so distressed and unhappy it is amazing service that is possible with just a little bit of gyan.

So the holiest, the place that can offer solace, the souls that can offer solace. They come to you to take solace and just looking around and knowing who is watching and listening I know that to a certain extent everyone has had this experience. Even people who maybe don't want to know about God, with a little bit of gyan and they are able to come to a different awareness and come to a state of stability. So definitely the holiest. We are fulfilling that task that Baba has given us.

Then the third: the richest. The story about Dadi Kumarka in the early days of the Yagya, Baba had an advert put in the newspapers in the late 30s early 40s and the offer was: Do you want to marry the richest girl in the world? and there was a picture of Dadiji. Baba was very entertaining and this advert went around and phone calls came and Dadi asked Baba why he didn't tell her and he asked: Would you have said yes?

Baba did it because he knew her faith, loyalty and trust were absolute and so it was fine. If you want to marry one of the richest girls in the world come to the Om Mandli is what Baba had put. The feeling of contentment when you think about all the things that Baba gives us in one murli.

Enjoy being on top of the world and beyond the top of the world and be with Baba.

Om shanti