

Sister Jayanti – 23rd May 2021 – GCH

You are the Ocean of Love

Today's murli is on the theme of love. Baba has explained in a lot of detail what the power of love is able to do for us. It is able to uplift us, to give us power, it is able to heal us, it is able to transform us and give us the experience of the joy of Brahmin life and so many, many specialities of what happens when there is spiritual love also.

A very interesting comment from Baba was that when it is not spiritual love, when it is just the love of the physical dimension, then your heart gets broken into pieces, but spiritual love brings the heart together and makes it whole again.

The result of this love is that you experience receiving power from Baba because when you are lost in that love you are connected very closely, directly with God. When you have that power, you are a natural yogi and life becomes very easy also. Yet so often the experience that even for Brahmins in Sangamyug we know that this is a time of fortune, when Baba has come to give us everything and yet we are still not able to experience that supersensuous joy all the time. Maybe from time to time but not all the time and Baba is explaining that we are receiving power as a result of that loving connection with God but there is leakage somewhere. Think about a battery that leaks and so is the battery going to be able to do the job you want it to do whether it is the sound for amplification, anything, so check the leakage because and if there is a leakage then I am receiving power but because of lack of power there is discontent.

Baba starts with just giving us love and takes us on a journey and finally explains that when there is a leakage and discontent comes from that, then the discontent is going to make you constantly complain. The soul isn't realising that there is something to sort out within the self and of course the complaints point the finger out there.... because of this one, this thing, that thing. And Baba is saying: check yourself and see where the leakages are. Baba has mentioned that the major cause of leakage is that instead of love for One there is love for humans and for things and the intellect gets caught up with these other things and if my intellect is tuned here how is it going to tune to Baba and because my intellect is tuned here to human beings there are going to be expectations and very rarely can human beings fulfil expectations and this has been the whole story of the Copper Age and the Iron Ages - expectations that have not been met and we have been disappointed. But also things. If there are objects and things available that I am using and they provide some ease and comfort fine, but Baba is saying that this is the fruit of your coming to God, everything becomes available.

This is a murli from the 80s and Baba is saying 17 or 18 years ago you didn't have those facilities and you do now and they will increase because it is the fruit of your love for God, your connection with God, your surrender to God, but whilst you are enjoying the fruit don't forget the Seed. So the sadhan, the facilities, sadhna, the spiritual endeavour or effort - so if I get caught up in all the facilities then the Seed is forgotten and of course Baba is saying that the facilities are here so we are using the facilities but is my intellect being pulled by those facilities and if the intellect is being pulled by the facilities then the connection with the One above goes and so there is a lack of power, leakage and then the discontent. So Baba is saying if you check all of this today and put it right there is the possibility of transformation and filling the self with the power you need.

Baba has also talked about the other side of the connection with humans. One is where I love the person because of their qualities and what they are able to do for me. But the other side, the negative side, and that occupies as much space in my intellect because I am seeing the virtues and the defects and Baba has specifically mentioned jealousy and hatred and if my intellect is filled with even a trace of that Baba says that you then become subservient to that person. You are then under them. They have power over you. Am I going to allow that to happen?

Then instead of the special space that I have here that is given to God and the experience of God's love, how much time and energy is it costing me to be thinking of that other person and this is the main cause of leakage and if I experience that stage of contentment then I am going to be able to have the power to deal with the obstacles that come my way. If I don't deal with that then life as a Brahmin becomes tasteless and a feeling of tiredness and boredom are experienced.

There is no other time of being able to fill the self and becoming complete than at the Confluence Age. The rest of the time it is a slow drain. Not because of you doing anything wrong but existence, living life. The soul from Copper Age onwards is coming down and now is the time to fill.

What can we do to be able to increase our experience of love for God so that we can protect and save ourselves from distractions and other things, and one thought comes to mind very strongly and that is gratitude. So the experience of gratitude and the appreciation of how much Baba has given me already. So at this moment the most fortunate ones on the planet are the ones who know God. The ones who have a relationship with God and experience God's blessings and protection and so can I deeply nurture that sense of gratitude and that feeling that Baba is the one who gives me everything and is taking care of me and so when I nurture that sense of gratitude within myself then the feeling of love for Baba is also going to be dominant. And where I forget this the intellect goes in many directions and to be able to keep it stable and accurately connected requires attention. If you are not always willing to give it that attention the lazy intellect comes in and says that this is important, that is important and the most important thing gets forgotten.

When we come to Baba there is usually great intoxication and experience of love and then somehow instead of just focusing on Baba we get distracted by human beings and so either way we see the good and not so good. Baba is calling it seeing others instead of being able to see the self and when attention is out there - no soul consciousness and no connection with Baba and so no experience of God's love or God's power and so that is when in that middle period many go through ups and downs.

But now it is no more the middle period and even if souls have come to Baba recently they are on fast track and I see that many souls are moving very fast towards their destination with Baba's help but for all of us it is not now the middle period any longer. It really is the final period and so I don't know how long the final period lasts. I didn't know for myself that the middle period would be as long as it was and now I am very aware that things can happen very suddenly and so I think that the one thing to keep oneself safe is really appreciation and God's love. Just to be able to be constantly aware that.

I shared an exercise with the class a few years ago, and it's a good time to remind everyone of this today: Every night write 10 points of appreciation and gratitude. What is it that I feel grateful for that has happened today? And the next morning 10 points of gratitude, and nothing has happened yet. You are just at the start of the day but yet still think about what there is in your life that you are grateful for. Beginning the day in this way and ending the day in this way.

Before you begin the exercise one other exercise connected with this is to write a 100 points of gratitude. What am I grateful for right from early days of childhood? It actually doesn't take very long to write 100 points. It sounds like a lot but your pen will just flow. You will keep thinking. Maybe not all in one go, maybe 50 in one go and again, but again later things will come into your mind and you will start writing again and so those 100 points will be absolutely vital because it will make you appreciate how special you are, the special role you have, the special gifts throughout your life from God that you have had even before you came to gyan and especially now what it is that Baba has given you. I am told that it actually changes the mechanism of your brain by doing this.

Someone wrote to me at Christmas time last year and said the best gift he had taken was to be able to do this for himself; writing the points of gratitude and he was going through a phase of difficult illness and he said that it was doing this exercise every night and every morning that made him positive about the situation he was facing with his health and it was very, very useful and he said that now, automatically he thinks about what it is he is appreciating about any situation he finds himself in.

So this is one person's practical experience but I know that I did it for 9 months and from time to time I remember and go through that exercise again and I think that really the mechanism of the brain begins to change and that is one of the lovely things that Baba has always told us that nothing is fixed in the sense that if I want to change myself, take Baba's help and you can change. Sanskars can change, your intellect can change, and your way of thinking can change. And great to know that scientists are confirming this and saying that the mechanisms of the brain and the patterns of the behaviour of souls - the mind patterns, all of that can change. It is not fixed.

It can change so let me experiment with Baba. If I am grateful for how much Baba has changed me from where I began to where I have come today then that appreciation of my own transformation also increases my love for Baba hugely and so let me be able to not just thank Baba for what He has given me but thank Baba for the magic He has done for me personally and when I am appreciating that that also opens the door for more to happen and then the destination doesn't seem very far away. You can see how Baba helped you change and so whatever little that still remains and maybe you don't think it is so little, maybe it is a lot that remains, that is also Ok, but Baba will help you change that also and so I think that gratitude is a very, very important quality to cultivate in order to be able to increase my own love for Baba and to feel contentment in my life again. Very often I see that through many, many murlis, avyakt murlis especially, Baba has spoken about contentment being the very foundation quality.

In that state of contentment then other things can grow, other virtues can grow and without contentment a lot of negativity arises and so yes I am not at my destination yet. When I get to my destination I will be totally satisfied - everything achieved but it will come when I have reached that goal but at this moment to cultivate contentment, to be able to see the benefit in whatever it is that is happening.

When Baba speaks about drama Baba says: sweet drama. Drama is sweet. Do I find drama sweet all the time or is it that I am finding drama a struggle. So, appreciation of every moment of Sangamyug.

Appreciation of drama is vital. It requires a lot of flexibility because drama doesn't always go the way you want. It rarely does. You are expecting drama to go here and instead drama goes there and then you have to readjust. The GPS tells you: "Recalibration, recalculation" You have gone off track and it doesn't tell you went wrong it tells you to recalibrate, refocus and so come back. We can think it should go this way but maybe it is my intellect that is thinking that it should go like this and not like that and drama is accurate.

Drama is actually very, very precise and it going the way it needs to go. Drama doesn't get distracted by human desires, wants and needs. Drama would do what it needs to do and so coming to that stage where I appreciate not just God and what God has given me but I appreciate drama and understanding what is below the surface of the situation in drama. It doesn't happen quickly but at least even before Let me be able to just say sweet drama and give myself the space where I can start exploring it. If I am reacting to drama then my mind is in a state of upheaval. I am not giving myself the time and space to see what are the lessons to learn from this scene

of drama and so when I begin to be quiet then I see the benefit and then genuinely I will say sweet drama, and until then I will say that Baba says that drama is accurate, and so I am trying to convince myself, but to be able to say sweet drama with my heart means that my experience of God's love will stay constant.

Working around drama, trying to sort it out, trying to change it and all my time and energy is going in that. Let me accept the drama and be able to continue to experience God's love.

Drama is a great distraction. Drama itself and the situations that come are a huge distraction. I say 'sweet drama', calm myself down, put a full stop to it and then explore it and ask myself what are the underlying secrets of this scene of drama. What is this scene of drama making me understand and what is it making me appreciate and so I begin to look at it in that way and again the beauty of drama shines but also the beauty of God and seeing the beauty of God and the creation of God it is going to help me.

The beauty of God and the creation of God will help me stay in that experience of love and another thing that keeps my love for God alive is to keep my mind engaged in churning knowledge. To be able to keep the mind engaged in knowledge.

There was a murli a little while ago in which Baba spoke about three steps where we have the habit of speaking - perhaps we hear gyan and it is very easy to talk about it, varnan - but there is the next stage, the stage of manthan, where I am churning gyan, revising gyan and thinking about it deeply and it is getting fixed into my heart and my head. Baba has spoken a lot about the difference between head and heart today and so allowing the love in the heart to come through the appreciation of the knowledge that Baba has given me and so that becomes a very powerful way to keep alive my love for God and beyond that Baba said when you have experienced the depth of Baba's knowledge it gives you the power to face obstacles.

But the power to be able to finish obstacles comes when you experience the stage of being lost in love. So churning is excellent, very beneficial but beyond the churning the stage of actually being lost in love (magan) and so varnan, manthan and magan, and so that stage in which I am lost in love is when I don't see obstacles. And because I am not seeing obstacles, because I am experiencing God's love, something is happening but I am not seeing it. I am just in that experience of God's love and in that experience of God's love the obstacle doesn't exist and so it is finished. But also in that stage Baba said not only you have that capacity of finishing obstacles but you also have the possibility of helping others finish their obstacles.

Of course we then remember the Dadis. You meet with them and what had seemed a huge obstacle, in front of the Dadis it was so absolutely reduced that it was not an obstacle for you anymore. Many of those of you sitting here had personal meetings with Dadi. This is what Dadi did. Why did people want to see Dadi? They heard the classes but they wanted to meet Dadi personally because they knew that Dadi's drishti had that capacity - where you yourself realised that the obstacle was more of your own making than a reality and that obstacles diminished and it was then easy for you to deal with it.

Sometimes the words that Dadi would use would be very simple and sometime she would help you understand why this has become an obstacle for you. We experienced the reality of Dadi helping us to dissolve obstacles so that then we could also move on.

The power of love, my love for Baba, my love for gyan, my love for drama but also my love for the family. Even if I know that everyone is numberwise yet still they are my family and so can I open my heart to that extent and really have this sense of belonging and oneness that comes from a heart that is open?

Yesterday there was a conversation that I had with people creating programmes for the Experience of Oneness. The point that was coming across was that when there is spirituality there is that oneness. When there is spirituality, then in that spiritual awareness there is that sense of oneness and whether people belong to this branch or that branch or that branch doesn't matter but there is that oneness of belonging to the whole human race, one family. I know that Baba has created the same Brahmin family as was created in the last kalpa. Baba has talked about that today of how it is not possible to say that I am going to stop service because the same souls that were found in the last kalpa are still waiting to be found, we haven't finished the task and so we have to continue service until all the souls have been found and so continue with service with that awareness that souls who belong to this family are going to come but whoever is going to come, and it is their destiny, they will come and whatever happens in the future but today, within the family that experience of truly not just belonging to God but belonging to each other and then we are creating a pattern for the next cycle. Together means together throughout eternity. Through the whole cycle with Baba, with Brahma Baba, with the family, the Dadis, but my connection through the cycle. Let me recreate that experience of oneness today and if I do that then taking God's love, sharing God's love but also keeping that love in my heart, alive for all time.

Om shanti (Sudeshdidi will be having bypass surgery on 2 June. She is resting for one week and then she will have surgery so lots of love to our dear Didi)