

Sister Jayanti – 16th May 2021 - GCH

Just keep on giving happiness

Today Baba is reminding us about becoming devtas, deities. The word devta is very beautiful; the one who gives. So what is it that I can give to everyone? Baba is saying: fill your treasure store of happiness to such an extent that you are able to donate happiness to everyone you meet, whether you know them or not. Just simply keep giving happiness whether it is through thoughts, vibrations, good words, encouragement, positivity or your actions of kindness - just keep giving happiness.

Connected very much with that is Baba talking about the stage of the angel and how angels are always remembered as the ones who give blessings. And so how can I be the devta, how can I be the angel? Baba is saying just see Brahma Baba and follow Brahma Baba.

If Baba talks about the incorporeal following the Father and becoming incorporeal, that is a challenge because we are so used to being in the physical form but Baba is telling us that only when we detach from everything and become incorporeal, then we can become equal to the Father and fly home with the Father but also the other father, Brahma Baba and if you see Brahma Baba, he is human, he was engaged in the world, he was occupied with all the things that all of you were occupied with and yet he became the angel and Brahma Baba shares all his experiences and his challenges and everything that he was going through in the sakar murlis and so as you read the sakar murlis you hear how Baba himself dealt with everything and was able to overcome all the different challenges.

Normally Baba says don't compare, don't compete. If you do there will be conflict for you and for others but in this case Baba is saying copy Brahma Baba. Compare yourself with Brahma Baba and because Baba is telling us everything in the murlis very clearly anyway, we then know what Baba's thoughts are, we know how Baba spoke and of course we have seen the Dadis. They followed Baba in everything but through the murlis also, one can get to know Brahma Baba very, very well. And Baba is saying: what are the qualities of Brahma Baba? What are the things that he was thinking, saying and doing? He was concerned to give to everyone and the way to be able to do this is to make sure that the heart is very clean and it is filled with nothing but good wishes and a lot of love and if there are love and good wishes in my heart for everyone then it is possible for me to maintain my happiness and to give that to others.

It is very lovely to see how Baba plays with the Hindi language and in today's murlis there are two words that are very different in meaning but are very similar in their sound and the two words are dua and dhuna and normally you would think what has blessings and good wishes got to do with smoke and Baba is comparing it to the situation of when there is a fire that is burning and there is smoke but also when there is a half lit fire that is not burning properly, it creates more smoke, and so Baba's point is that if there are still the vices that are burning inside and they are the little ones and not the big ones - we call them small but they are dangerous - jealousy, competition, making excuses, laziness and carelessness. These little vices create a lot of smoke and because of the smoke you are uncomfortable; your eyes start to burn and you also cause trouble for others. It creates damage.

You are becoming an angel, so what should there be in your heart? Let it just be nothing but good wishes, love and blessings for all and this is what you will then receive in return. When there are other things there, then it will create smoke - waste thoughts create smoke. A fire that is not properly burning creates a lot of smoke. If when you were little you tried lighting a fire in girl guides or boy scouts you will remember when the wood is a little damp you are not able to light the fire properly and there is a lot of smoke.

If you are allowing waste thoughts to come because you see or hear something which makes your mind race, then at some point you are going to speak about it and from something little that you saw, a tiny seed, now that seed has grown and become a tree and now you are talking about it so the tree is getting bigger and whoever you are talking to about it they are going to tell one more person and a whole rosary is created. It becomes a big tree of waste that is impacting the atmosphere. So compare yourself to Brahma Baba. That is allowed. Don't compare yourself to anyone else but see how Baba looked at something and Baba tells you that in the murlis how Baba deal with things.

Past is past, whatever someone has said or done, can I put a full stop to it and move on and keep nothing but good wishes in my heart.

Separately to today's murlis, I would like to mention that many years ago in the 70s there was a murlis that I have never come across again, but I was in Madhuban when it was being read and in that murlis Baba has said that as time goes on these ideas will spread further and further and it will be very easy for you to give other people Baba's knowledge. They will accept it very easily. Gradually we have been seeing that over the years. First Hatha Yoga came onto the scene in the West and the word yoga became known even if it was just Hatha Yoga that people were interested in. Then a vegetarian diet came on the scene.

Societal change has made it easy for people to understand what Baba is saying and it makes me feel very excited to know how much of Baba's gyan is out there at the moment. It has been moving in that direction but a few days ago I had the opportunity to join a conference online and it was on the subject of mind shift and there are about four different people who are friends of the Brahma Kumaris - very closely connected, who all wrote to me saying link up with this. They were speaking at this conference so they had been thinking about these things for a long time. Peter Senge and others were speaking and it was fascinating because at Mind Shift

they are talking about bringing about societal change through personal change. Peter Senge's talk was called Systemic Change is Personal and when Baba used the expression: when I change the world changes, how long ago was that. Way back in the 70s probably and maybe sakar Baba used it but I don't remember that particular expression but certainly Bapdada from the very early days used it.

A question that was asked on Thursday or Friday was: have the Brahm Kumaris changed their philosophy with time. Especially people who had heard about the Brahma Kumaris, didn't know us but had heard about us from the early days of Sindh. Their parents or grandparents were connected and then when they heard about things happening in London and the rainbow gathering there, they would say to Dadi and me that you must have changed the teachings for them to be acceptable to everyone. Dadi and I would look at each other and laughed. We are still studying the same things. The only difference is that instead of sitting on the floor people now sit on chairs but the teachings have not changed.

Baba said change yourself and the world will change and it has always been a challenge for people to understand this statement and now there is a whole conference on how external events have been created by human beings and the way human beings think and behave.

Climate change - another subtheme of the conference was sustainability and climate change and again when we started talking about changing minds in order to be able to tackle climate change this was 2009. Change your consciousness and then you have an impact on the climate also and I saw the shift of that happen about 5 years ago at a climate change conference that was taking place in Bonn, Germany and UNESCO had as its statement: Changing minds, not climate. Sounds like something we have been saying.

I heard about four talks and one talk was on spirituality, meditation and mindfulness and amongst other ideas that you would be familiar with was the topic of how the biggest damage of stress is through stress of the self, health and relationships and one individual took up just that subject and the other three, all of them friends of the BKs, they took up the connection of external change and mindset change - and it was gyan. Baba says change your thinking change your awareness, change your attitude change your vision, change your actions and the culture will change, the world will change. The Hindi words all rhyme together: smurti, drishti, kruti, san skruti.

And that has been Baba's statement since the beginning of avyakt days; using that particular configuration, and this is what I was hearing now in this conference and basically they were saying when you see for example racism, theoretically you will say it is bad but how come it is not shifting. How is it that it is not changing and one question to ask the self is am I a beneficiary of a system that I know is wrong. People will say it is wrong.

Lokik people, in gyan - we will say it is wrong, and yet it persists and so if I am a beneficiary of the system I am not going to make any effort to shift it and obviously there are benefits of the system. And then another question to ask: what are the assumptions and beliefs that I still hold on to that are making this happen in my own life? And another question: what do I need to change in myself to bring about a change in the situation out there?

So the external event and then the iceberg. One tenth above and nine tenths below the surface. We are seeing the event, we are seeing climate change and it is uncomfortable and everyone agrees that something should be done about it but what is it below the surface? It is my mindset and my attitude. Am I ready to change those? The heating in the house, the transport that I use. Whatever it is, am I willing to bring about a change in my lifestyle.

The changes we have made in terms of BK life are great but is there is something more I can do?

You all know that Glasgow is hosting the next climate change conference and the group here has been working with the environment initiative making changes including changes in the house. The cleaning products we use are more eco-friendly. A lot of work has gone into that.

Om shanti