

Sister Jayanti – 3rd May 2021 am – GCH, London

One purpose, One vision and One destination and everyone's energies together.

Good morning. Om Shanti

The messages from Madhuban and the Murlis are all about having extra yoga. In Bharat there is a very tragic situation. In Abu there is total lockdown again, as it was last year. Apparently at the moment to go up the mountain special documents are required. I was there last March, and went up the mountain after Dadi Janki flew. It was interesting going up the mountain as there was total silence....no small shops open; no monkeys, no cows: no sign of creatures as no one to feed them, and they would have gone back into the jungle. The story of Bharat and Dadi Ratanmohini's letter is saying it is time for more yoga, and Drama is giving us this opportunity to be introverted. I was remembering the whole subject of introversion is the foundation step of Yoga. The first step. '*Antamuki*'. To turn my attention inwards. It is strange how we use these words and don't always experiment with them. On one level introversion is not cutting off from anything, but staying in the awareness of who I truly am and doing what I need to do. The stage of the self sovereign. When I am not introverted I lose touch with my self and am distracted outside. Whether in a community, or in a family. Even living alone nowadays there are so many methods of distraction. When I see someone sitting alone, I don't see them sitting quietly, they will have their phone out. This is everywhere at ordinary places, waiting in the hospital, at the train station etc. Everyone has their eyes focused on these devices, which shows that we don't know what to do with our own thoughts. I haven't learnt to be a friend with the self and have the inner conversation, to understand the self more and more. Neither will I have yoga, nor am I able to transform the self. The first step is this state of introversion and practising the stage of seeing the master inside, that knows and decides what to say; when I need to say it; and what my purpose and intention in communication is. There is mastery of the physical organs on the outside. Then understanding why the mind goes off somewhere else and what is pulling it and what is triggering my memory of other things. First the external faculties and then the internal faculties. Introversion is the stage of soul consciousness in which I regain control and mastery and can manage what is going on within and understand why certain thoughts and feelings are arising. If I am not introverted, extraversion means energy is being drained outwards, and also I am reactive. I don't stop to pause, why did I say this. Then I see the impact on others and wonder why others misinterpret what I say. Then we carry on reacting and the burden continues to grow and grow. Baba's point is to just begin with soul consciousness and introversion and it will help us to come back to the inner dignity of who we really are.

The next word is '*Ekantpriya*' - means the one who loves solitude. What am I doing in that solitude? We need to be able to go into the depths of One and be able to understand in solitude not just myself but also understand who is God. Baba again helps us to truly see who is God. In Bhakti there have been many images and ideas, and Baba's Sakar Murlis clarify all of this so gradually we are move away from those ideas and come back to the essence of what Baba explains about Himself. His form and name and also what our expectations of God are. Sometimes we have very unreal expectations. I remember last year when Covid was raging across the world and it hadn't yet reached India. We had a teachers meeting in Madhuban, at the end of February and the only country that was impacted at that point, outside of China, was Italy, where they had had to stop classes. At that time I heard many Brahmins saying....'*oh we will be fine. We have a pure lifestyle, it will be ok*'. These are unrealistic expectations! Baba tells us He doesn't come here to protect us from coughs and colds, aches and pains etc. He says: I have come for a specific purpose to purify you and that is what I will do. I am not here to protect you from your karmic situations. It is not just a question of past karma. Dadi would explain often to the question: How do I know if this is something from past karma, or from some present karma. Dadi's answer was specific. When she had come to Baba she had had the thought that she wished to serve in a department that was in close contact with Brahma Baba, and direct communication with him. After two or three years Baba asked her to be the nurse and she had to report to him morning and evening and take personal instructions from him on what to give those who were sick and how to administer. Baba would sometimes say '*Shiv Baba is giving this message*'. It would be very simple remedies of drink water and have yoga and fill the water with yoga power. Specific directions of what to give and how much to give and what time to give. Baba would explain to her the karmic situations that led to someone being unwell. Dadi would then deal with it appropriately. She would explain to us that if it is the karma from the past then there is pain but the soul doesn't feel any suffering and often the soul is able to continue to do what it needs to do. Yet if it is negligence, carelessness or not following some aspect of srimat then the soul experiences suffering at that moment. This is a clear distinction. Do we understand what God is doing and has come to do or do I have unrealistic expectations of what I think God should be doing for me? When sometimes we expect God to intervene and He doesn't our faith can break. So go into the depths of One in solitude and go into that depth of relationship with Baba in a way He wants us to at this time, and not make Him work overtime!

Concentration is the third step. How much knowledge Sakar and Avyakt Baba, and all the Dadi's have left us with! Everything that they needed to say we have and now they are working on a different level. In the April Madhuban newsletter we received 31 different points on concentration and so let me experiment with all of these and build up my concentration. Baba says that the thoughts in the final moments will lead to our destination. I need to be able to connect with Baba with one thought. Can I connect with Him instantly. If I cannot why not and let me sort out the distractions. Can I connect when there is chaos and noise and unpleasant situations. These things will come and I need to be able to connect with Him to feel His presence and to pick up His

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signals. What does He want me to do? I need to connect. With the capacity to concentrate, I hold that level of connection, that state of awareness for a period of time where I am building the level of concentration.

The stage is of introversion and going into the depths of One in solitude and we need time for this. Introversion doesn't require time, but going into the depths of One to create that inner state of emptiness where there is a space in which I am not being pulled, requires solitude. The stage of concentration is also vital so I don't feel different things pulling me. Can I use today to focus on concentration and connection with One. Experiment with all the different treasures, one at a time, that Baba says He wants to give me. Then I can fill myself and feel full and content and will experience closeness with Baba. When there are gaps not yet filled then my relationships with Baba are not complete and something is missing and of course there is then discontent. This happens when the soul is not focusing on that full relationship with Him. As a result of the state of concentration and taking all I need from Baba and beyond, not just for myself but also to be instrumental to allow those vibrations to reach out, simply through presence, there is then a stage of unity. With '*Ekta*' – the state of unity in which we can demonstrate that there is One in charge and it is this One's instructions we are following in our lives.

Baba works on the external physical level too. The beauty is that we are not just together understanding the same ideas and practising these, it is also the way we apply these on the physical external level. Baba has created systems to do this. Baba's instructions have been so clear spiritually as well as physically. The Sakar Murlis speak to us on a human level, whether we are tempted by different foods, or distracted by differing sanskars etc.. First we come together spiritually and then it cascades down further and applies on the external physical level also. Whether it is Russia or the Middle East or here...the way the centres function is the way Baba taught us in Madhuban. Baba gave Dadi a task of creating a model of Madhuban. Here in London the Madhuban system and timetable was put in place. We saw the systems being replicated outside of Bharat and we were then able to translate this wherever else Baba sent us. In 1974 Dadi arrived in the evening from Bharat and sat with a small group...with Rameshbhai, Ushaben, Mohiniben and Dr Nirmala. Dadi asked 'What time is morning class?' What time do you usually have morning class? In Madhuban it is 6.30 so lets have it at 6.30am and invite those who are in contact, to come. Tell them Dadi is here for two weeks and they are invited to morning class. So Dadi's intention from the beginning to follow the Madhuban timetable. Whether it is offering bhog or class, or Wednesday's when we clean the centres etc. These are systems of unity '*ekta*' on an external practical level. If human beings are together in harmony then those vibrations reach out. We are coming together as a global family in harmony, not just in Madhuban but here and wherever we are. We need to give people this experience and not when they visit from time to time, but when they get deeply involved with the sanskars of the family, even with a variety of sanskars they see there is oneness. This doesn't happen on an external level but through the process of introversion, relationship with One and concentration. Then the stage of one purpose, one vision and one destination and everyone's energies together.

We now send out lots and lots of loving good wishes to the very special soul, Ishu Dadi.

Om Shanti.