

## Sister Jayanti – 30<sup>th</sup> May 2021 – GCH

### Have I adopted a divine way of thinking?

I will share one sentence of the lyrics of the song that we just heard and it is very much connected with today's murli and that is: "when I reflect on Your knowledge, oh God, I become so happy and I am able to fly". And so there are many things about the value of reflecting on Baba's knowledge. Several times in the last four murlis Baba has been touching on the subject of "manan" - reflection and revision of Baba's murli points.

Dadi always used to put a lot of emphasis on churning. The first stage is just reflecting and then deeply thinking about it and then churning it to actually get the butter. She did this because way back in the fifties, when Baba had visited her in Amritsar around 1955, Baba had asked her the question: "Janak, do you churn the murli?" - Baba always called her "Janak"! Dadi didn't want to say, "no", and she couldn't say "yes", so she just smiled at Baba. And so Baba understood and Baba said: your head is a big vessel and so keep knowledge in it all the time and churn.

It became a blessing for Dadi, because Dadi's churning has been the basis for the family in London and the UK. And even though we didn't have the facilities of instant transmission or anything, somebody or another would make notes and type them up, and send them out - and so all the centres, as they were beginning across the world, were sustained by Dadi's classes. And so, of course, many people would then say to Dadi when they met her either here in London or in Madhuban, that it was her classes that made them understand Baba's murli: if they were just reading Baba's murli on their own, they wouldn't be able to understand it, but the explanations that she gave and the depths to which she took us through the churning was something that was extremely valuable and it helped us come close to Baba.

So, four murlis in which Baba had mentioned again and again the word, 'manan'- reflecting and then going into the depths. And Baba connected it with another Hindi word 'magan'. The avyakt murlis have lots of Hindi rhyming words; 'magan' means to be lost in love. And so through the churning, the appreciation of God's teachings and through that, then being able to experience God's love and being lost in that love. Baba is taking it up in different ways at different times.

But especially today, Baba is saying: I want to teach you how to be able to reflect and churn. Baba has given a very simple example; when Baba says 'swadarshanchakradhari', it is a long Hindi word and it is not a word that somebody out there, who speaks Hindi, would know. It is very much a spiritual language - and of course it comes up within the scriptures, but people don't have any connection with that word or any sense of what it means. But Swa-darshan-chakradhari means: 'swa' the self, 'darshan', to see, 'chakra', the cycle; to see the self through the whole cycle. Now, what would that mean to anybody out there! Baba has explained how the soul has gone through the cycle and Baba has explained the whole cycle. But Baba is saying that, when somebody doesn't have the practice of churning, then they will go through the cycle, repeating: golden age, silver age, copper age, iron age...you can do that in 30 seconds! Or you can actually go into the depths of it, not just for a few minutes but really to be able to understand, what is all this about and how does it apply to me?

So Baba is saying: ask yourself four questions. And if you apply these four questions to every single aspect of Baba's knowledge, then you will be able to imbibe it in your life, and you will also be able to use the power that it gives to deal with whatever obstacles that come in front of you. You will find that the power of the knowledge is able to help you to go above. And you won't get stuck with an obstacle anywhere.

So, the first question to ask yourself when you hear any of the points of Baba's knowledge, especially from the sakar murli, because the sakar murlis carry the body of the knowledge. The 18 chapters of the Gita are in the sakar murli. When Shiv Baba first came on the 21<sup>st</sup> of January 1969, Shiv Baba said that the 18 chapters of the Gita have been explained, but now it is time for you to revise and apply all of these.

Of course Brahma Baba had applied everything and so he became avyakt and then through the years we've seen all the Dadis fly away and it's because they were applying all of this to get to their own final complete stage. And now all of us still remain and we will be able to become avyakt as we apply all of this.

- The first question is to go into the depths of all of this knowledge and see: what is the significance of this?

Just see, where is it taking me and what does it actually mean?

- Second is, at what time do I apply it?
- Third is, what method should I use to apply it?

Let me give you a simple example; there was a sister who came to Baba and she was fairly new and she was very intoxicated. She went to visit her [loki] sister, who lived in another city, and one of her sister's friends was visiting and she was in a wheelchair. And they got to talking about spirituality and so on. This BK sister who was very new in gyan, said to the woman in the wheelchair that: this is karma it will be settled; it is fine - it is ok. And the woman was absolutely shocked, because this BK sister had used the word "karma" in that context. Of course, coming from a Christian background the woman was saying that, the suffering comes to those who are loved by God - and I can understand that completely. So in that particular context, it wasn't useful for this new BK to tell them that "it is all karma"! And so we can see why Baba is saying: at what time you should be applying a particular aspect of gyan and what is the consciousness with which you apply it.

I had been in India with Baba, but when Baba became avyakt, my parents wanted me to come back to London. When I came back from India, I was about 19 or 20 years old and my brother was 17 and he was just about to apply for his medical training and I said to him: "don't bother, the destruction is coming". At that time, in 1969, there was a buzz that destruction was going to happen around 1976! And so I had that in my head! But it is a good job that my brother didn't listen to me - but it is also a very good job, that he never ever reminded me that "I told you so" or anything like that. At that time I had been in gyan for just about 14 months!

So churning gyan and seeing the significance of every point and at what time to speak it, how to speak it and how do I use it in my own life. If I am asking myself all these questions, then that's churning. Baba is saying that a lot of you say: "how do I churn"? And so today's murli is very explicit in taking us through everything step by step by step.

I have been given a topic on, "the immunity of the soul" for a group in Delhi, and it was interesting for me to see the connection of what Baba is saying in today's murli for that topic. Lots of people are thinking about immunity of the body - and of course pandemic times are still going on and so that is important and valuable. But the 'immunity of the soul'... When I was reading Baba's murli, it made me realise that absolutely everything depends on what I am thinking. We know that anyway! One thought will create my words, my actions, my character and my destiny. So the whole of my future depends on the way I am thinking.

Baba's point in the murli was that Baba has been telling us not to have waste thoughts and not to have ordinary thoughts.

Baba is saying that it is the carelessness of the intellect where we are not able to realise that we are not prepared for what drama may bring. Although I don't know personally what drama may bring to me, there is enough that Baba has said about the future and, in particular, through the coming times. Baba has talked a lot about satyug and what happens there, but more than that, Baba has told us in a lot of detail what is going to happen in the next little while.

When the pandemic started, at that time, there were a lot of messages flying around and it was what people had picked up from the sakar murlis and the avyakt murlis. I think it was one of the sakar murlis that had said that there'll be illnesses coming to which there is no name, and there will be illnesses coming for which they have no medicines. And we were seeing that happening at that time [at the start of the pandemic]. Gradually there has been understanding and development of remedies, but at that time when the pandemic was just beginning to catch hold, people were picking up this from the sakar murlis. There is a lot in the sakar murlis about all these times that we are now experiencing. But Baba kept telling us in the sakar murlis that: you need to prepare now, for whatever is to come in the future. With the avyakt murlis Baba gave us more in depth insight into the preparation.

I have begun to understand what preparation Baba had made that he was able to become avyakt in 33 years! And I personally have taken almost double the time and I am way off that target!

So Baba is saying: don't allow your thoughts to be wasteful thoughts. If you keep your mind engaged with Baba's knowledge, then the churning is going to ensure that you don't have any waste thoughts.

For example, drama: if I have really deeply understood the significance of drama, then when something happens, I will be prepared. And if I am prepared then I will be able to deal with that scene.

But where I haven't churned or gone into the depth of drama then I won't be prepared.

Baba has given another example: knowledge has been remembered as a weapon. You can be a powerful warrior, you can have all your weapons ready, but if you haven't practiced using your weapons then either the weapon has become blunt or you will not use it in the right way, because you haven't practiced. And so it requires practice.

If I say to myself: "oh whatever drama brings, I understand drama; it's okay; I will be able to deal with that", but if I haven't gone into the depths of it and if I haven't practiced using drama at every step along the way, in whatever little things or big things that are happening, then when something big happens, I am not able to deal with it. That is the reality. And so churning and the preparation are important for me to be able to deal with whatever it is that may come my way. For that, my weapon has to be sharp not blunt, and I have to have the practice of using that particular weapon.

Baba gives examples of things that are very practical. And so, the "weapons of knowledge" and this is why they show the Shaktis and many of the other images in bhakti with all sorts of weapons in their hands! It is not a weapon to fight with anyone, but I need to be able to use the weapons to be able to deal with things for myself and to change the things that I need to change within myself.

So the whole murli is about the process of churning and the result of churning and taking care of all the waste thoughts, but also the ordinary thoughts. Baba's point here is that, when I am engaged in action and I am just thinking about what it is that I am doing, then that is ordinary thinking. Can I think in a different way?

Whatever Dadi used to see, Dadi would pick up something from it, and she would use it as a subject for the class the next day. We would be with her and we would have seen the same things, but we didn't necessarily pick it up in that way. And then when we would hear Dadi's interpretation of it, we would see that everything that she was seeing was connected with gyan. She didn't let a moment go by in which she didn't take it on a higher level. Baba gave us amazing examples of all the Dadis who were able to do this, but especially in the subject of churning, it was Dadi Janki.

And so what am I doing? Where are my thoughts going? Am I able to make my thoughts translate what I'm doing on the physical level to a spiritual level? Dadi would be doing that with everything! When Dadi was waiting for the lift, she would look at our faces and say: what are you thinking of? She could see from our faces that we were thinking, "Why is lift taking so long?" "Who is holding it?" But Dadi's face would be smiling and she would say: "I am thinking about what Baba said this morning". It was a very practical instruction: turn everything around. If you have got a few moments - normally you would say: "I don't have time" - but in those few moments rather than anything else, reflect on what Baba has said. And so constantly keep our thoughts very elevated and pure. Baba's point was that, it is not that you have to have half an hour spare or even 15 minutes spare, but it is something that you get into the habit of processing everything that is going on 'here' and taking it to a higher level. Today's murli has very detailed explanations of what it is we can do.

Then [in today's murli], Baba was talking to Dadi Janki who was taking leave from BapDada before going abroad. It is the murli of 10<sup>th</sup> of January 1988 and in those days after having spent October, November, and December season in Madhuban, Dadi would come back to London for 18 January. Then after some years that stopped because they asked her to stay in Madhuban for the 18<sup>th</sup> of January. But in those days Dadi was coming back to London. And so Baba spoke very beautifully about how a field has to be ready and when the field is ready then there is always going to be success. And the preparation of the field is through love and good wishes and the unity of the family - that is what is going to bring success. So Baba was preparing her for that....

I also want to touch upon the blessing of the murli...Baba often speaks in terms of 3- 3- 3! Dadi Janki would often say: I want to tell you about three points today; 1, 2, 3. And it made it very easy to remember the whole class; if you remember 3 words, then you have understood everything. And so in today's murli, Baba is saying that the whole of Baba's knowledge is around 3 words. The 3 Hindi words are "torna" meaning 'to break', "morna" meaning 'to mould', "jorna", meaning 'to connect', 'to link'.

What is Baba asking me to break away from? Not my family, not my work, but the old world and in particular all negativity. Baba is asking me to break away from all the negativity. That is what gyan is all about.

And then morna; can I adjust? Can I mould myself so that, in the process of breaking away, I am learning to adjust and mould myself to a new way of thinking, a new way of being and behaving? The more I do this, the faster I am going to come to the original state of my own divine sanskars; the deity sanskars. At all times, can I mould my way of thinking, so that the divine way of thinking comes in? So the quality of my interaction is now the divine way of thinking.

And the third one is the jorna; can I connect everything with Baba. Is Baba the focus of my life? And if today I have been able to do these three things I will be moving very fast.

There was a lot spoken about "the speed of time" and so which is faster: your effort or time? Baba's comment is that, time is your creation and so are you going to let time be faster than you? Or are you going to be ahead of time so that you are able to move forward and move in the right direction so that whatever happens, you know what the drama is going to bring and you are prepared. So you have built up your own inner immunity before the situation actually occurs.

To see the event and then say: what am I going to do now? Then I am not going to be able to manage. But I know what events lie ahead. We know about the natural disasters, we know about the civil wars, we know about the final blast. Maybe when we were thinking about the natural disasters - I certainly didn't link the natural environment and the breakdown of the environment with illnesses. I don't think I connected those absolutely in that way, but of course with the pandemic; it has been in the press. You don't have to sit and reflect on it, you see it, you know it and so the event is happening and to what extent was I ready before the event, Baba had told me. So the part of the natural disasters...

One of the things that everybody is talking about is that this is the beginning of the pandemics - they are going to get stronger and there are more ahead. So today, have I been able to make my body strong and immune, doing all the things that I need to do? Especially doing the spiritual things that I need to do? Liberating myself from fear, that is connected with immunity. Filling myself with hope and enthusiasm, that is connected with physical immunity, but it is also the immunity of the soul.

Those are the few things we have learnt about the immunity for the soul. Become fearless, fill yourself with hope and fill yourself with enthusiasm and the most important fill yourself with God's love. These are the things that will make the soul immune to whatever else it is that is going on. And if I have developed that immunity, then my mind is going to be able to be stable; I am going to be able to have that state of mind in which I am not disturbed.

Ask yourself the question: "what is it that keeps disturbing me?" Probably, it is people's behaviour. Sometimes it is situations, but more likely, it is people's behaviour. And so what is it about people's behaviour that is disturbing me? And what aspect of Baba's knowledge can I use, so that I personally don't lose my cool? Because my treasure of peace is more important than whatever is going on, because that is my personal property.

And so to what extent am I able to make myself immune so that I am not disturbed by anything that is around me? Little things today, big things tomorrow - my practice is going to build up my immunity.

Can I make my intellect immune? The thing that is coming up most strongly in all the murlis has been that the intellect is absolutely influenced by people and situations, and unless you keep your intellect connected with God.... if my intellect is connected with God, then it's safe. Baba's canopy of protection: the most important part of the canopy is that my intellect should be safe, so that my divine intellect - which came to me as a gift from God, isn't impacted by whatever is going on.

If today I am learning to develop divine sanskars, I need to have that immunity where there is nothing that triggers my old sanskars of this birth in kaliyug. Now, I am emerging the divine sanskars and so I don't want anything to impact those sanskars. So, when I am able to protect my mind, my intellect, and my sanskars and then I will be immune to whatever is going on out there in the world. That is one thing. But also I will be immune to the ups and downs of whatever is happening within the Brahmin family - because very often, it is this that impact us more than whatever is out there. So I need to make myself immune to both things, so that truly I am able to come to that state where I personally have victory over all negativity inside or outside

It is a powerful murli from Baba again today....

Om Shanti