

## **Sudesh Didi. GCH, London 20.06.2021 Father's Day, Sunday Morning Class.**

Om shanti. Om shanti. Om happy.

Why am I happy? Because today is my Father's Day. Happy Father's Day! How happy are we? See how healthy we are, how wealthy we are, how lucky we are. Who do I belong to? We are not only just saying "Happy Father's Day", but when we remember Father's Day, we remember and are aware of four fathers.

First is the physical father who became instrument for the physical body, in order for us to attain this lucky life. No matter how much of a divine soul we are, to express the experience, it is only possible through the chariot. It does not matter whether this was the creation of true Ravan consciousness or true Ram consciousness, through love consciousness or body consciousness, that does not matter. What we know is this is the physical chariot, which is a lucky gift from matter, that is, from nature. But the physical parents became the instruments. Originally, this is the gift from Mother Nature. But the instruments are the physical parents. So Happy Father's Day.

As this physical birth is here, and we are in the physical body, we are able to express and experience, learn and achieve. So the second is the achievement of being the children of the alokik father. The physical father gives us what is limited. The worldly way of giving things bring both happiness as well as sorrow, success as well as failure. But the alokik father gives us an alokik birth. Through Brahma, the father of humanity, we have learned what it means to be purushotham. Human beings are human beings. But our aim is to become an elevated human being, to experience the intoxication of being the topknot. This is more than physically tying a knot with the hair. When you remember you are the topknot, you feel the goosepimples. Do you feel that intoxication? This is only a tie, but that intoxication that we are the children of the father of humanity, the father of all four religions: Adam, Adi Dev, Brahma and Mahavir. This one who is actually the instrument, is also the foundation of the human world tree.

Third, it is the Father's Day of the founders of religions. Religions have played the parts of bringing whatever was needed at each period of time: Abraham brought discipline; Buddha brought silence and non-violence; Jesus brought love; Shankaracharya brought renunciation; Guru Nanak brought the remembrance of only One. If you think of any religion, whether it is the religion of the Jewish, or of the Christian, all religious founders became instruments of one thing or another, to put on this path at some point, to follow one or another quality.

But the Supreme Father, God the Father, the Seed of the Human World Tree is parlokik Father. He is the One who takes us beyond this physical world of sorrow, who praises us, uplifts us, blesses us, empowers us, purifies us. And not only the Father, but the Supreme Father, the Supreme Teacher, the Supreme Satguru, best Friend, faithful Beloved, the Lover. He is so selfless. When you think of this, and also think of your own self, remember your own self and the four Fathers, you remember what you were last kalpa. You were the ancestor of the whole world. Having four Fathers means those who have been the foundation are Brahmins. The ancient deity religion was established through Brahmins. But the greatness of when we think of these four Fathers, what it is, that is in practical, for a long time, giving the life, making life divine, giving us unique birth.

When we say "Follow the Father.", or when we listen to the song "I have a determined thought. I have promised myself that I will become like you. I must become like you. I will become like you." what does it mean to become like the Father and follow the father. What does it mean when we say following the footsteps of the father?

We remember the Murli about a few weeks ago in which Baba spoke about small mistakes, where Baba defined what was the footstep we have to follow. It was Baba's shrimat. To follow shrimat means we are able to follow everything. Shimat is highest directions to help us move forward, to enable us to have the courage to move forward, and to uplift ourselves. The first step from this land of gravity is to become detached from this body, that is, to be bodiless. We follow Father Brahma to be here in the corporeal, to be in the body. But we are divine beings in the bodies. Brahma Baba is the embodiment of shrimat: Whatever Shiv Baba said, Brahma Baba did it practically. Following the footstep of Baba is seeing an example in front, and seeing Brahma Baba's unique personality. Baba did not have any example in front of him, nor was there anyone to be his inspiration in a physical way. For us, we have Brahma Baba, Mamma, Dadis, Dadas, our seniors and many many more elevated souls we see who inspire us, who encourage us. They make us aware that if they can take this step, we can also take it. But for Brahma Baba, as he was the first one, this is why he is called Adi Dev, first deity; Adi Nath, the first prince, the first lord, the first world sovereign. He is first. But Brahma wants to make us first class, to be like the Father. Baba's shrimat is given to us through the Murli every day, but practical demonstration in life is through Brahma.

Today's Murli is the Murli on the 18<sup>th</sup> January. It is the day of experiencing love, expressing love, becoming love. Baba is speaking about us singing praise and remembering Him, You had the intoxication, when we compare ourselves to what our lives were before, and what life is now. The physical body is the same, circumstances are the same, and our relationships are also the same. What has been shifted and become new? It is the character of what Baba gave, the royal sustenance He gave, the unique knowledge Baba

gave. Every day, He is giving us two fruits to eat. The other day Baba said if you are sick physically, then do not worry, but just take care of the body. It would have been someone being taken to Baba to show Baba the great sorrow of "My body is so ill." and to show Baba how many tablets they took. They also complained having to take 20-30 tablets. Baba wanted to free the soul from connecting to medicine, but instead, to understand that medication is meditation. It is not the actual physical fruit, but it is the fruit of our different actions. It is the result of our carelessness of not taking care of the body and the soul, of not paying attention to them. This body and soul are sister and brother. Body is five months older, and the soul is five months younger than the body. The body was formed, and the soul entered later on. Sister and brother have to look after each other. Baba says that the body is female and the soul is male. So it's a girl and boy, twins are born, with the difference of five months! It is the duty of the brother to look after the sister. And it is the love of the sister to look after the brother. In this aspect, do not become overly conscious of the physical body. Baba says, take the pills of many colours, like you are having fruit salad. It is the fruit of settling different karmic accounts. Therefore, there is no need to worry.

Today Baba says, "Every day, I give you two fruits." And these two fruits are power and happiness. The power of the Almighty, because you are the children of the Almighty. And happiness is what we receive from Him. Brahma Baba always has intoxication, knowing Shiv Baba has related to me what I am to become. This faith and intoxication. To follow the footstep of Brahma Baba, we are not remembering the physical form. Whenever we remember any physical body, or bodies of others, we become age-conscious, sickness-conscious, beauty-conscious, skin-colour-conscious. It is body consciousness which does not bring us joy, but keeps us very much in the body. Brahma Baba always practised "I am a soul. You are a soul," and bodilessness. So remember following the footstep of Brahma Baba, not to be aware of the form of the physical body, but of the character, the personality, the qualities that Brahma Baba had. And that is what our inheritance is, which Shiv Baba and Brahma Baba, BapDada together give us. This awareness is the fruit of relationship. This is the result of the seed of knowledge that Baba has planted in us. And when this seed becomes yoga, that is, practical relationship, its fruit is happiness. Smriti means the awareness is the power within the self.

Baba has given us knowledge, power, sustenance, wisdom. This is why we want to give a return. Although we do not have anything, Baba says there is one thing we have. And that is the pure love in our heart. Baba gives selfless love. And we are remembering Baba's specialities, his great love. What else can we give? The physical things are anyway a blessing, we say Baba You have given us everything. And if I have given you everything, you are giving me back. Now I say "Surrender your body and your mind which have already become very tamopradhan. But I will make you satopradhan. Give me your heart and I fill it with happiness. When this love is there, Baba says, there is the meeting of the true rivers and the Ocean, Brahmaputra, of love, to become like him. A river passes through many situations, be it a forest, a hill, a mountain, he will make himself obstacle-free. Brahma Baba had to face many obstacles. He had to tolerate and accept ignorant people defaming him. blaming him, getting angry at him. But he understood that the Father is giving him teaching. The Supreme Father is giving Supreme knowledge for perfection. The souls who are innocent and ignorant do not recognise the teaching. They always point out Brahmaputra. Brahma Baba accepted it that it was not him, but Shiv Baba was doing it. He surrendered whatever was given by human beings. Surrender also means to offer your weaknesses, your suffering, your ignorance. That is also an offer. Brahma Baba offers, not only his body and wealth. But the main offering is have courage to surrender the mind, to give the mind to Him. For us, we surrender our mind today, and tomorrow, we again follow the dictates of our own mind.

Be manmanabhav. Brahma Baba surrendered his mind, intellect and sanskaras. This is what is called "Following the footstep of Brahma.", so that no matter what upheavals there are: no matter what challenges there are, my mind becomes unshakeable, undisturbed, and remains detached from everything. Manmanabhav, in following the footstep of Brahma, the first step is the courage to surrender the self. Which belongs to me, it does not belong to me, it is not mine. The moment we think of mine, it makes you dirty, it makes you more possessive, it creates fear. Surrender and let Him take care. He becomes responsible for us. As Baba's chariot, Brahma Baba showed us surrendering means becoming the trustee of our body, and also the trustee of the bodily relationships. It is not that it is any kind of physical donation, it is offering with the mind, yet letting go completely. Brahma Baba has so much soul consciousness that he could not recognise, not even a tiny thought or any vibration of his lokik wife, and his physical children, who is the daughter, the daughter-in-law, there was no trace of the consciousness of bodily relations. Not only just the self, but others also couldn't recognise him as his mind became totally detached from the body and bodily beings. And the mind is Manmanabhav. The mind is connected with Baba, but that mind is filled with good wishes, with pure feeling. If we want to follow Brahma Baba's mind, which he had surrendered, that would mean no worries and no fear. The intellect with full faith, following the footstep, and the second surrender of Brahma Baba is body wealth. But surrendering the mind, intellect and sanskaras means no question, no doubt; it means going beyond why, what, where and how. Brahma Baba never thought about what would happen. He had surrendered everything, so there was no thought like "Shiv Baba, what will happen to my children?". Many children became Baba's children. During the beggary part, the sustenance was simple yet royal. There was a day when there was not even flour to make chapattis. But Brahma Baba did not worry, because he had the faith that these were God's children. Brahma Baba was able to be detached from both alokik children as well as lokik children, yet he was very powerful, his love was uplifting, his word was full of enthusiasm, giving us a vision of an elevated stage. His thoughts, drishti, vibrations, everything was a blessing. Therefore, if we follow the footstep of Brahma Baba, if we follow the first step, we become first class. Baba has made it very clear in today's murli on how to become that. Happy Father's Day.  
Om shanti.