

Om Shanti!

I am sure you had a peaceful day. I think that when we get homework to do, I start early in the morning and to see how when there is love there is also peace. And I find that the power of peace is very important in life. Because when there is love for the self then one remembers what Baba says that peace is your swadharma, religion of the self. I don't think we knew what peace was, before coming to knowledge. When we came to Baba, we understood knowledge, we understood what is love for God and we experienced peace. I still remember being peaceful was not something normal. If not internal conflict, but a lot of chat, a lot of thoughts, right! But as soon as we came to Baba, I got the introduction of who am I? I am a soul and I am peaceful. After that we started experiencing peace, right! So, love has a connection with peace but there is another aspect of peace, which is also what we call it as being quiet, or quiet mind, but even verbally quiet. We have a saying, that there is a time when you can reply back, you can argue. But there is a saying, if you remain quiet once, happiness is a hundred times. There is a saying, 'Ek chup sau sukh'. Before we didn't know, we thought, it is like tolerating, it's like keeping in me, holding. But now we understand that when my mind is quiet, peaceful then whatever I say is out of self-respect. We generally say peace of mind. When the mind is peaceful then I find that peaceful person, the vibrations of peace and our vibrations of peace create a very beautiful atmosphere of peace, thus creating vibrations of peace. Because what Baba is establishing is a world of peace. So, at present wherever we are. Our surroundings need to be very peaceful. Peaceful doesn't mean you don't talk to each other. Or if you know children are there they will play and they will make noise, but there is no conflict. So, when there is no conflict, that energy is very good. Even children who grow at home, where relationships are peaceful, their nature is different. But they always see a lot of conflict, a lot of fights, a lot of arguments and a lot of confusion. So, peace of mind, so mind is also like a third eye. So, when there is peace, you can see very clearly. Everything is clear. When you are not peaceful, you are disturbed, you are very confused. And in confusion, you don't know what to say? What to decide? What do you think? But then I say, let me be peaceful. And I become peaceful, then I know what is the next step, what to do? And I will do the right thing, not react. Sometimes most of the actions are just reactions. But if you want to really really create very elevated karmas then you have to be peaceful because then whatever you are doing you are sowing such a beautiful, peaceful seed and that seed will bring many fruits of peace. I remember Dadi Prakashmani always used to remind us that we are instruments to establish peace in the world, but if you are not peaceful how can you create a world of peace, right! Not only peaceful in the mind, but peaceful in our interaction, in our words. I think most of you like it, but I like peace very much. Because I think, everything can really flourish in peace. It is very important even before deciding something, doing something, we generally say, Om Shanti! So, what is Om Shanti? I am a peaceful soul, right! It's not that I say Om Shanti and start fighting, right! It does happen sometimes. Om shanti is like, let's start now, fighting..no! First, we say Om Shanti and then we fight, right! No, I am a peaceful

soul. So, to create peace, to establish peace and I know that this is like something, you have to accumulate, you have to acquire, because the sanskars from the past, the personalities, different people can disturb the mind. But I always remember Baba's point, when Baba says, remain set, don't get upset. Remain set on the seat of self-respect, so you won't be upset. And upset really is leaving your throne of soul consciousness. It's really like Baba said today, take your kingdom, take your throne and that is the throne of, I am a peaceful soul. So, if I leave the throne, then what will I become? subservient, you know! servant. So, every one of us, whatever task we do, do it peacefully. But then, if you want to be peaceful, you need to have a lot of patience. Generally, when there is lack of patience then there is irritation. It's just like, hurry, hurry, let's do it! Hurry! But what I have done, everything, there was a time, when you cook, you need a lot of patience and now everything is fast, right! Put in a pressure cooker, cook it, it is fast, right! I remember, my mother, those aunties, they will leave everything on the slow fire for a long time. I still remember the taste of that food. Even when they make beans, you know, they will leave it on the gas, it used to be coal fire, so when main cooking is done, lunch, then on low fire, they will leave beans, so by afternoon, they are cooked very nicely. Inside they are very well cooked. But not these days, right! They are cooked, well cooked, but fast, fast food. That one thing I noticed that anything you do with patience, you won't make mistakes. If I hurry, I rush, just get things done, but joyfully, lovefully you do everything, it has its own experience. It has its own beauty. The feelings are very good. So internally it takes a little time, but you have to trust patience. They say it never goes to waste; patience will always be there, always be helpful. They say that the reward of patience is very sweet, 'Dhairyata ka fal mitha hota hai'! It is also said that if you have planted something, you want to rush to get the fruit from that plant, what will happen? I think there is little difference between patience and peace. But they are two different qualities. But they are very connected. If you have patience, you will be peaceful. And when you are peaceful, you will have patience. As I said not to just rush to get the fruit from the tree, let it ripe. So, internally patience is a very deep, inner quality and then when you have patience, you are thinking patiently, even when you are planning something, anything you're doing through your mind and intellect. Tomorrow, try to use the quality of patience. Because rushingly, we just think and let's do and then when we get time to think with patience, we think completely differently. So, when Baba has given us the power of love and we can experience and use the qualities of peace and patience, why not, you know? Especially these days, the whole energy is rushing, fast, everything fast, right! There is nothing like patience. If you are somewhere with patience, mostly they will think, you don't know what action to do? Because everything should be in a fast form, but if you think with patience, then with clarity whatever plan you will make, will be very good. But our intellect, start, get it done, get it done. So not to make any mistakes, not to waste our energy, not to even waste money, sometimes when we are very quick in deciding, we could waste money also and then you think peacefully, I don't really need, I don't think that was necessary. So, any kind of energy you use, whether of words, of thoughts, or action or of time, peace is very important, but also patience is very important. It will happen, We know it's going to happen. That's your patience, very quickly, will it happen? this might happen, that might

happen, you make a long list. For me, I always say, let's wait, now! Let's see, the best will happen. Drama is accurate. Baba will guide us. You can only experience when there is patience. This doesn't mean you won't get your task done. You will, but there will not be any mistakes. Plus, your creativity of the mind can be used properly, when there is patience. Otherwise, there is no creativity. It is more like, thoughts come, we just do it. But to enjoy your own creativity and clarity and then the vibrations also, when you have patience and peace, especially even with patience, you start seeing that fruits are ripe ones and it's the right time to have those fruits, you know! I know, sometimes you get good quality fruits. They look very nice and you want to eat them because they are good, but they are not ripe, right! So, what happens? They are sour, right! They are not sweet and we say no! You have to keep, may be two or three days and then when we eat, they will be sweet. And also, it's like Sudama, you know, the story of Sudama. As soon as Krishna ate rice and then he was taking leave but Krishna didn't offer him anything, if you need anything, if you need help? Because he went for help, right! So, all the way while returning, he kept talking in his mind, what will I tell my wife? My friend didn't help, he didn't do anything, he kept saying so many things. And when he reached home, he couldn't recognize that a very little cottage had changed into a palace and his wife was wearing all kinds of ornaments, good clothes, children, everything was different. Because Shri Krishna had already arranged that for him. If he had patience, then he wouldn't have wasted all the time, but he would have sung his praise on the way! So, I find that one should never get impatient. You should always wait and watch drama. Yes! I know, many of you are thinking about patience. For everyone like you to give knowledge to someone, you have sown the seed. You just want him to be a BK, then start doing service and they feel pressure, especially in the family, right! If your son has taken knowledge or anyone, you just want to see him, fully running or making a lot of progress. But they are taking time, then it's ok, you know! Your patience will help a lot of souls. But then when you get impatient, it could change into tension, it could change into pressure, it can change into like you are forcing something. Sow the seed, have patience and then at the right time, you will see very beautiful ripe fruit. It could be with anything. I am giving examples of fruit or flowers. But each action I do, I just know that if it is a good action, selfless action, action of charity, elevated action, it has its own reward, fruit. But then it appears at the right time. So, tomorrow pay attention, start with your mind, with your words, planning, everything, use the quality of patience.

Om Shanti!