

Sudesh Didi. GCH, London 08.08.2021 Sunday Morning Class.

Om shanti. Om shanti. Good morning.

Heart-to-heart conversation with Baba. What are we doing when we sit in meditation? Is it Baba speaking to us or are we speaking to Baba? What is happening? How do I know that what I am saying to Baba is reaching Baba? What is the method to receive Baba's response when He is speaking to me?

Words are easy to catch and understand. For example, the lyrics of the song that was played were: Baba, with great love, says, "Children, I am creating the garden of flowers. You are My flowers and you are the beauty of My garden." Those who understand the language might be able to bring the same thought in the mind. Yet, even knowing the language, not everyone who is listening will think that it is Baba speaking to me through the song. What is the language of God? Which is the language that Baba speaks? Yes, the Murli is spoken in Hindi, but what is Baba's language? Hindi, English, Spanish, French or German? Baba speaks with the vibrations of the language of love; the language of love which catches what is needed. But the vibrations reach only when my receiver is on. If my receiver is switched off or if there is interference in my receiver, then no matter how much Baba is giving blessings, speaking through the Murli in very clear words, we will not be able to catch the blessings. So, what is important is a clear line of the intellect. The mind has to be focused. The intellect has to be connected with Baba. Then, the mind will also be focused on Baba.

Baba's language is beyond sound; He lives in the World of Silence. When I, the soul, am listening to Baba's words, it is not the body that is listening; it is the soul that is listening. If I am soul conscious, I will be able to catch Baba's signal. Sometimes it feels that Baba is speaking very clearly and you are able to feel that Baba is speaking to you. This vibration becomes sound. Baba lives in the World beyond sound, but when the soul stays in the soul conscious stage, the soul is able to understand the language of the Supreme Soul. It is just like a mute person can understand the language of another mute person; a blind person can read Braille language as another blind. So, our education here is also to learn the language in order to understand. We learn the language of signal.

Didi Manmohiniji used to go on picnics with us, and she would have many nice jokes or questions and answers to entertain us. One time at a picnic, she asked us, "If a mute person needs scissors, how would he ask? What would he do?" He would signal like this (scissors hand gesture). Another person who can speak, even with speech, would also do a hand gesture of the scissors. Why? He can speak but he signals in order to communicate with the mute person in the same language. So this what we do here in this physical world. In order for me to communicate in the Soul World, to catch Baba's signal, and to get that touching, what is needed?

The body is not in the Soul World. I am sitting in this body here in the corporeal world. As I think, believe and consider the self as a soul, I have the method to catch the signal of the soul. Catching power is in the intellect. First, the soul has to have a clear line of the intellect. The mind needs to be pure. A clear intellect with a clear and clean mind creates stillness for a clear reflection of Baba's signal. It is like the example of still water creating a perfect reflection of the moon, the sun, and any other sceneries such as tall buildings; to the extent the water is still and clear, accordingly is the quality of the reflection. In the same way, our mind needs to be clean, still with focused connection, without disturbance in between, in order to receive Baba's response. There should be no clouds covering the rays of the sun. Baba's sakaash is always there. But we are not able to experience it constantly because our mind is not always clear; it can be filled with so many waste thoughts, unnecessary thoughts and weak thoughts.

In order to make my mind clean, I have to work with thoughts. I have to clean the negative thoughts and to keep my mind churning with pure thoughts. My focus should be on the righteous and powerful thoughts. Some might experience that there is a lot of rubbish in the mind, and during meditation, many waste thoughts and weak thoughts come up. So the intellect focuses on how much the mind is full of rubbish. Let's say there is a big garbage drum filled with rubbish. But if you know that at the bottom of this drum, there is a diamond, your focus will be "I need to get to the diamond." So even the rubbish is there, what are you seeing with your intellect? Are you seeing the rubbish or are you seeing the diamond? Right. So the focus has to be on my pure and powerful thoughts, based on love and relationship. I focus on what is pure and powerful, and with my different relationships with Baba, my communication is being empowered by love and by pure feelings. There is determination to focus on the diamond and not be influenced or affected by the rubbish. As you reach for the diamond, you will not say, "Oh, my hands are getting dirty." Your hands might need to get dirty but you are not influenced by that. In the same way, many many past situations, sorrowful experiences, painful experiences, failure, disappointment have filled the soul. As we are doing meditation, we are emptying the mind.

There are two methods to receive the power from Baba to help remove the rubbish of the soul and experience cleanliness and purity. First is to shower under Baba's power, by invoking Baba's energy, with the determined thought that Baba is the Purifier, the

Remover of sorrow and the Sun of knowledge. With this thought, you naturally begin to invoke the positive powerful energy of Baba. Do not focus on the waste thoughts that come. For example, when we put the container under the tap with very fast flow of water, whilst cleaning, the rubbish stuck inside and even around it also begins to come up. Have you noticed this? Many Baba's children get disheartened and begin to doubt the self: "My relationship with Baba is not good. I cannot meditate. As soon as I sit in meditation, the things of the past which I had already forgotten, these thoughts are coming in my mind. So now it is what it is. This meditation is not right." What do they begin to say? "My yoga is not good." And they stop practising. If you stop in the middle and become disheartened, will the mind become cleaner or will it be more disturbed more? Regardless of these thoughts coming up, continue with your effort.

Baba always uses the example of homoeopathic medicine in the Murlis. When you start making your mind clean with Baba's directions, and you notice that the old thoughts are still coming or perhaps it is becoming more and more forceful, do not stop the medicine. Do not stop following the directions and methods Baba gives. Continue to focus on Him, speak to Baba, and the old things of the past which is there within the soul will be cleansed. What happens after the bucket is washed under the flow of tap water? The bucket will be filled with fresh water. Therefore, do not doubt the power of thoughts; have faith in the self. With determined thought and with honesty, remind the self: I am pure and peaceful. I am Baba's worthy child. I am that divine being of the Golden Age. When there is determination, the right focus will come automatically. Our focus will not be on waste, and there is no need to fight and battle with it. Focus on what Baba says, have faith that I am an elevated soul, I am a pure and powerful soul. Believe in yourself because this is what you are. This is what Baba reminds us again and again.

It is not only in my thought that I am a pure and peaceful soul, with determination, I have to practise with a constant flow of the positive energy, so that it will start working more and more on both my thoughts and my words. These pure and powerful positive thoughts will be expressed through my vision for myself as well as for others, because Baba is not saying that, only you are a pure and peaceful soul; whoever you are speaking to, they are also pure and a peaceful souls. To make a thought into a reality, you have to put it into action. So, to put in action this thought that I am a pure pure and peaceful soul, I have to see others also pure and peaceful souls. This is why Baba teaches us to have good wishes for others, pure feelings for others. It is not that we feel fed up with someone, and then say, "Although they have this personality, I will still have very pure and powerful thoughts for them." Can it work in that way? It is not being honest to say I have a pure and peaceful thoughts, yet I don't like that person. I cannot cope with this person and I have pure and peaceful thoughts. When there is mixture, if rubbish is coming out while trying to build a flow of good wishes for others, the thought will not be effective. Thoughts without determination are very weak. This is why there is no power in the words when you say I have forgiven the person, and yet continue to take sorrow. Then instead of having conversation with Baba, whilst in meditation, I will be conversing with that person. So, this is why when my mind is engaged in my own weaknesses, my own situations, my own problems, there is interference and I cannot, then, connect with Baba. When clouds are created, even though the sun is shining, I cannot catch the rays. So, in order to give good wishes to others, I have to have good wishes for myself as well for others in reality.

Okay, if I truly cannot do it, then with an honest heart and determination, say to Baba, "Whatever mistakes I have made, whatever sorrow I have taken from others, I give to you." The power of honesty is actually cleaning power. So, be determined to be free from this negativity. Baba is pleased with an honest heart. With honesty, I need to check, accept and understand my mistakes; I have been churning the mistakes of others, and now I am getting the effect of that. With an honest heart, with the love for purification, the love for liberation, with determination to be free, then there will be success, and the rubbish will be removed. This cleanliness, this clean and pure heart, enables the thoughts in the divine intellect, refined intellect, to directly reach Baba fast. The mind is becoming free from the traps of others. As the mind is filled with determination, filled with love, filled with realisation, this mountain that was on my chest, will be removed. With the love for purification and with Godly powers, to let go, to forgive with honesty, is benefit for my own self. To want to forgive is not ego, because in true fact, you do not forgive others, you are forgiving your own self. With this honest and clean heart, God is pleased.

The heart of the body is this heart. The heart of the soul is feelings; it is the feelings of the pure mind. When you invoke the clean and pure feelings that Baba is giving, of self-respect and benevolent consciousness, then these thoughts are without any bondage, because they become unlimited. Pure power, because of subtle energy, moves fast. When we are in connection with Baba, when we have pure thoughts and good wishes for others, they will reach them as well. It is said that thoughts have wings. With determination in this effort in meditation, you will begin to experience happiness. This power which is slowly developing makes the soul feel this mountain has been lifted. A heavy heart causes problems and pain.

In the Murli today, Baba gives the certificate to the speciality of the foreigners. This speciality is that with honesty, we tell our mistakes to Baba. Then it feels just like the mountain has become as light as a cotton wool. If it is just a cotton wool, you can blow it away. You cannot blow a mountain away; to blast it will take a lot of energy.

Surrendering myself means surrendering my sorrow and my weaknesses, with the determination and the desire to be free. A happy heart moves faster, an honest heart wins blessings, and a pure heart creates new environment. The result is that the mind and intellect become still, silent and subtle. With the power of silence, you are able to have clearer realisation. The combination of both your own powers and Baba's powers will enable honest checking and changing, the determination to transform and enable you to receive Baba's blessings. There is natural freedom from the influence of others. Three things are working together: the intellect that is free; the determination and honesty of my own self and the relationships with Baba.

The second step is that, as you are not churning the rubbish, the intellect which has received Baba's knowledge will automatically start churning elevated points of knowledge. As you contemplate the point of knowledge, there is more clarity and our realisation deepens. With deep realisation and close relationship, this knowledge becomes virtue. Our virtues and powers expressed through our face becomes the index of the mind. What is the proof of our determined thought? It is that our words and actions are the same. Others feel our good wishes, and experience the speciality of the pure feelings we have for them. Divine virtues decorate a clean face. Take a shower and wash our face, and we will feel fresh. If we have not taken shower, even if we change into fresh clothes, there is not the feeling of cleanliness. A clean mind, a clear intellect and silent power help the mind to move fast. The mind automatically becomes fixed with Baba. Then this mantra and the stage of Manmanabhav brings the result of transformation in the self and the purification of the heart.

Om shanti.