

## **Sister Jayanti – 8th August 2021 – European Teachers’ Retreat powerful foundation for everything we do**

## **Cleanliness – the**

Om shanti – So many beautiful things that Baba spoke about but in particular the love that Baba shared and the power that love has is carrying us forward came across in the murli very strongly today together with the importance of cleanliness.

Cleanliness is a powerful foundation for everything that we do. I can experience Baba’s love but if my intellect is limited I am attracting rubbish to myself then, although I love Baba I don’t have the power, I don’t have the capacity to be able to deal with situations that come up. People are looking for relationships that are filled with kindness and compassion and to have the ability to help others move forward. Cleanliness is a very big part of our whole journey in terms of moving forward, creating fortune and enabling others to create their fortune also.

Baba told us to begin with our thoughts. Make sure that your thoughts are clean, elevated, pure and powerful. The purpose of the murli is to inspire me each day to make sure that my thoughts are of that calibre. Am I able to keep the quality of my thoughts elevated, clean and pure? Baba knows and has taught us that sanskars and thoughts are absolutely connected and Baba is putting a brake on that – stop – whatever are my old sanskars, my old nature, hold it – use the food that Baba is giving every day and on the basis of that food I check and the change. I am starting there but it is also very connected with the bhuddi – the intellect – and so the check and change is with the bhuddi but the bhuddi is also a blessing from Baba, a divine intellect that Baba has blessed us with and in that divine intellect is also the capacity to churn knowledge and the churning of knowledge will clean the intellect. And so Baba is helping us with both things.

The gift of the divine intellect comes to us as soon as we come to Baba. It doesn’t matter whether I am educated or not educated, clever or not clever that is the past that doesn’t matter. I have taken a new birth and Baba has blessed each one of His children with a divine intellect and my job is to keep this intellect clean. I have to fill it with God’s knowledge.

Baba uses this amazing expression that if you want to keep the lioness’s milk, it has to be kept in a golden vessel. I have to keep my intellect clean.

If I see faults there is criticism. Can I see specialities? Even if a soul is struggling with all sorts of sanskars there is a speciality that they have. Let my intellect recognise that speciality. Baba met individuals for personal meetings until the end of 1988 and He would spot their specialities and speak about them and sometimes we didn’t know about a particular speciality of that person and so it was an amazing lesson for those listening.

Look at the bigger picture and see the things that may be below the surface. Can I apply that lesson to each person I am in contact with. How does Baba see that child? Dadi saw each soul as Baba saw that soul. He met souls with love and respect and Dadi did the same and wants us to do the same.

We have stories and we have to just remember Baba and ask ourselves, what Baba said in the murli. I remember that and keep my intellect free from criticism, judgement and comments.

In meetings can I make a positive contribution instead of killing someone else’s idea or pouring cold water over it? The language of today has influenced us so much, the thinking, the vibration have influenced us and all my old sanskars are there.

Negativity comes when I have not done enough tapasya. The easiest thing is negativity and especially in terms of criticising others and their ideas and service. How can I keep my intellect divine? I have to make sure that I don’t allow the negativity from outside to influence me or the negativity of my old sanskars to jump up and influence me. That stage where I need to be able to check what is going on, what is impacting my bhuddi. Then to keep it clean with churning Baba’s gyan is the way but the check and change is equally important otherwise the old things are coming in and gyan isn’t staying. How often have people said to you or you have felt for yourself that you know that Baba’s murli’s have treasures but somehow the intellect isn’t able to grasp those treasures. I listen to the murli, I read the murli but somehow it flies away. I am not able to hold it. The intellect is filled with all sorts of stuff. This is why I can’t hold it. So I have to remove all the stuff by letting go, letting go and remembering the divine intellect and keep it filled with truth, with God’s wisdom and Baba’s murli and in that state I am enabling myself to keep a clean and clear intellect.

What are the influences around me? This person, that person. Maybe it is reading newspapers, magazines, watching videos or watching things on TV or on the computer. Whatever it is, check what the influences are and recognise whether the influences are negative, where they are going and am I accumulating. I can say that I am not influenced by these things but I can’t stop it. - I am absorbing them.

I need to consciously understand that all of these are negative influences that I don’t want them in my life. I can get an update of the news in three minutes, news bulletins in five minutes. News programmes where they analyse and have interviews – just have a

summary in three minutes. Negative things are happening and they are going to escalate more and more. My job is to keep my bhuddi clean and clear of all those influences.

My attachments are an influence on me. When I speak, whose words am I speaking? Those I am attached to. They say the same things, they use the same vocabulary. Watch it and catch it next time when you use the same language and ideas, especially of those you are attached to.

So a daily job. Am I cleaning my intellect twice or four times a day? Just as I clean my teeth every day two or four times. And then my clean intellect will enable the stocking of the elevated sanskars and encourage the pure powerful thoughts that are going to connect me with Baba. My negative thoughts will keep me stuck, so I have to let go of them. Go inside. Be soul conscious and then in that soul conscious state I can be connected with Baba and feel Baba's presence and think about pure, elevated things.

In lokik life people don't give themselves time to look at themselves. They wouldn't know how to check their thoughts and they would not even know what pure elevated thoughts are. They would not have any point of reference. We have left that stage behind. There is recognition of the opening of the intellect and the heart but now let me make sure that my thoughts are elevated. As I am walking up and down the stairs - there are many steps we climb every day. As you take those steps are you distracted by all the external scenes - take care not to trip and fall but see if your thoughts can be upgraded so that they are not wasteful or ordinary, not negative but powerful. Baba wants our thoughts to be powerful and so let me clean my mind so that I am able to have good wishes for all so that I am able to see everyone's specialities and not just have good wishes for people far away that I do not know but people who I interact with all the time or even sometimes. Let me have that attention on my thinking then yes, the mirror of my thoughts is the quality of my words.

Also, another act of cleansing is my memory track. What have I still got in my memory? Now is the time to clean out all I have in my memory. Sometimes I need to turn it around. Flip it around. Later I realise it was a very valuable lesson and am I holding that lesson clear but I am holding the memory. One thing is not to revise it again and again.

Two people go through the same experience and one says it was very difficult and brought me closer to God and I experienced God's love and light and that made me so joyful. And it gave me the power to deal with the difficult situation we had to go through and it was not difficult because, through all of it I experienced God's love. And the other person says how difficult it was. I never want to go through it again and it was so challenging and somehow I came out of it.

The difficulties were being spoken about a lot and that was what was in the memory and is being imprinted more and more.

Let me emerge good positive memories so that I can face everything with love. Negative memories are heavy and Baba wants me to fly and if I don't fly at this time when else am I going to be able to experience that and if I don't fly now I am not going to reach my destination.

Lots of good karma now and yoga power to deal with everything. Very important. Take care and have a beautiful sangamyug. Let all the blessings be with you for the whole of sangumyug. Baba sees your efforts and sees your thoughts and Baba loves you. Remember that Baba's murli is for me. When Baba says He loves you He is speaking to me and so take Baba's murli very personally.

Om Shanti

Message: Our love and good wishes for Nirwairbhai who has been taken to hospital. The soul who has served all of us so much over all these years and has handled challenging situations with a smile.