

## Sister Jayanti – 29<sup>th</sup> August, 2021 – GCH, London

### Clean out the heart, create space for Baba and create new patterns using the deity sanskars, emerging your natural benevolence

Good morning. Om Shanti.

Today is the first day of celebration of Krishna's birth so happy Janmashthami to everyone. It is today and tomorrow. So 2 days of celebration for Sri Krishna. It is 18 days of celebration for the Shakti's...It is not just Mama but the whole army and so the Shaktis are honoured for 9 days next to Sri Rama's birth and 9 days before Desera and then Diwali. So bhakti has many interesting traditions. I think 2 days for Sri Krishna is due to him taking birth in the darkness and then the day when 'he catches the butter', tomorrow.

Today I am taking up a question that concerns everyone. We all hear before we offer bhog that we honour and celebrate someone's lives and their departure. When we talk about this, we say we send our good wishes and pure feelings for them. This is true as we remember Baba and put the soul in front of Baba even for 30 seconds, which is quite actually quite long, then it is Baba's light that is reaching them, not just ours. Then we carry out with our remembrance and those vibrations reach across the world. The question is How do we get to the point when there is genuinely good feelings for all. Not just 5 or 10 souls but everyone and what is the mechanism whereby souls feel those good wishes.

What are good wishes for all? It means really cleaning out the soul and sorting out my feelings for each individual I have a connection with. It is easy to have good wishes for those we don't know, we don't know the ins and outs of their personality or have karma with them. But when there are people I know and maybe there are some karmic accounts involved, which I have created. Sometimes we think it may be from the past which can be true. The way to settle this is not by remembering them, but simple by having powerful yoga – as this is the fire that can burn past karmic accounts, whether it is gross or subtle sin, or whatever it may be. In yoga we are becoming free from whatever is the connection with them. After that when we do meet with the karmic account settled the feeling is just normal. But sometimes we have had such karma with individuals and this continues, as their sanskars are the same, as probably mine are, and there is a repetitive clash. I need to change myself first and foremost by being in soul consciousness and keeping a vision of soul consciousness. When I am in contact with them face to face, I have to very strongly keep Baba between me and them. Baba creates that shield around me so nothing negative reaches me but also it gives them the vibrations of Baba which is helpful for them. This means I am not adding anything further to my karma from the past and if they say whatever they want to say, it doesn't hurt me anymore. If I allow a soul to hurt me, I am definitely going to be giving it back to them in some form, at some time. Maybe I have learnt sufficiently that I don't allow it to hurt, then the karma is finishing. They do what they need to do and I am no longer bothered by that. Then their criticism or negativity doesn't impact me. Once they have said something and I have taken it to heart, and I have gone through the process of realisation and understanding where I was at fault, then today it won't hurt anymore. Baba is the Shield, and I have done my inner work. If the hurt is continuing and I am adding to what is already there; then hurt people, hurt people. This is the reality. I've been hurt and so I am going to hurt someone else. Maybe I don't have the courage to face that individual, but there will be someone or other I will be blasting out to, and hurting them. So first step: Let me understand if there is any truth behind their criticism, there maybe. Once I have understood that and practised whatever it is I need to do through my realisation, then keeping Baba in front, no more hurt will be accumulated. This is very important.

Why I am talking about individuals in terms of good wishes, due to something I realised in the mid 1990's. There was someone who was visiting here, and moving fast as a Brahmin and doing much good service. He spoke to Dadi about the subject of forgiveness and he told her that there were three people he had needed to forgive and had managed to deal with two but not the third. Dadi told him that he had come along way with the two but if you let the third one stay in your heart and carry that bitterness within you as you haven't forgiven them. You are carrying poison within you. This is like a trap you are caught up in and cannot release yourself from it and bad feelings keep emerging when you think of them as the hurt is still impacting you. If you were to be offered a glass of water which is 99% clean but has just one drop of poison in it...would you drink it? It is the same thing, that although you are saying it is just one individual I haven't been able to forgive, it is still in your consciousness and impacting not just your relationship with them but everyone you are connected with, as the bitterness comes through in whatever it is you say and do. Except maybe those you are very attached to, although even within these relationships it can show up in the sharpness that comes through. It is vital to let go and forgive, so you can be free. It is not their freedom, but your freedom that is at stake.

On one level, it is protection for the self, so I don't take more hurt. I have dealt with their criticism in what they are saying to me and it was helpful but now I need to protect myself and I have learnt to be a detached observer of the self. When they come in front of me, I am not just an observer of them but I am an observer of the self, so that I am able to stay calm. Which is a big step forward. If there are those I have learnt to forgive, I put them in God's hands, and I then am not going to get involved in thinking about their karma, and add to mine by doing that. They have done it and carry the burden of that. But why do we add to our

burden? I put them in front of God, so that then I know that God is responsible and they are accountable to God, and not to me. This is effective and when I have done this there is the feeling of liberation. It is not my job or responsibility anymore. When I have done both these steps then I can start further whatever it is I need to do to clean out and my feelings need to change. This will only happen when I churn gyan. I am listening to Baba's Murli every day, but I listen and it goes in and out and I am not able to clean all the stuff in this little container, that looks little, as a dot, but it contains infinite things. That is why we can look back and see whatever impacted us in childhood in a big way. I used to think that the formative years are 0-7 but someone told me that the brain reaches its peak by 6 years of age, so patterns are created in a conscious way from about age 3, and in an unconscious way from in the womb. This makes sense as the karma with the mother has started already. In Barat, Mothers to be are told to go to Satsang or listen to something good every day and eat well, as this will have an impact on the unborn child. Grandmothers used to pass on this ancient wisdom how to prepare and look after children. Science now proves it! This goes back to the Copper Age. In Golden Age I am sure no one has to tell Laxshmi how to look after her son, or the mother of Krishna was needing advice. But here we can see.

Whatever now are those patterns of behaviour now I don't want to use these. There is another set of patterns that we definitely carry. We are brahmins and have had spiritual rebirth, which means we are preparing to become the deities. This means the deity sanskars are very much within the soul – we may have to go digging but they are there. So just as say with anger, I allow it to come and the pattern gets deeper and deeper then with age it doesn't just go away, it becomes more intense. But the opposite is a reality. If I can tap into my original, deity sanskars and also another sanskar that Baba instils in us now at Sangamyug...the sankar of benevolence. Baba is benevolent, Drama is benevolent, '*kalyankari*'. This is a big lesson to learn, yet it is a reality. How can it be anything less than benevolent for God's children. We make Drama our mother, our friend so we are able to have benevolence. In the Golden Age the deities don't need benevolence...they are but they don't have to do anything with that benevolence. Everyone is fine and has more than enough. Even within the golden, natural hierarchy that happens there, everyone is content and happy. We don't need benevolence in our interaction. It is there naturally within love and respect.

In Sangamyug I want to do is to take in Baba's virtues and emerge my virtues of the Golden Age. If someone is not having regard, what am I doing? Can I have regard for them even without reciprocation...It is ok. Why because I want to develop that sanskar of regard and respect, under all circumstances and situations. It is benefit for the self and others. Selfishness comes in if I am taking something at the expense of another. But if I am improving my inner being then there is benefit for everyone, so if there is such a thing as altruistic selfishness this is it. It is focusing on what I need to do and as I develop love and regard for everyone. Or at least there needs to be respect. Maybe by the end of the Kalpa we will also love them! This is the background to the work I need to do...cleaning out all the feelings so there is love and respect for all and then there will naturally be good wishes and pure feelings for all.

We take it in a very simple way, having yoga and sending out Baba's light and might to souls. This works. But to have the capacity and power to send out pure feelings and good wishes for all, requires a lot of cleaning up I need to do within the self so these then can definitely work. When people tell me they are doing this and it doesn't work two things are happening. There are expectations that when someone else changes it will be more comfortable for me. This is not altruistic. I have to go beyond expectations, and know that it is in Baba's hands. He is the one who can touch intellects and make them change, not me. I have to do some cleaning and so my good wishes are effective. To clean out not only the poison but the 'flecks' that still remain. Then pure feelings and good wishes start to work in a magical way. Whether near or far, remembering someone in Baba's remembrance can be highly effective. It definitely multiplies the energy with Baba's remembrance and will definitely reach them.

There have been many examples of this making a difference...When there are no expectations in sending good wishes, just God's light and love and my pure feelings and good wishes, then whatever is to be, will be. As this pure feeling reaches them, the soul will feel a bit different as the soul is probably feeling hurt, so when God's light and love reaches the soul, the soul calms down and is able to absorb God's love. How long this will take we have no idea as we don't know what the accumulation is within the soul. We just need to keep a clean heart so that there is then just space for God.

In bhakti, before the invocation of Lakshmi, there is a huge house clean. After the monsoon rains, which leave a mess, in Madhuban they would have a good clean out and white wash every building. The idea was that if there is a clean place and light then Lakshmi will come. If it is unclean she will not come there. This is correct. Lakshmi can only come in Satyug where everything is Satopradhan!. Now we understand if we want Baba to be in my heart, and Baba keep my in His heart I need to clean out the space for him. I am cleaning my heart out so there are no situations or human beings, then in that space Baba can come. Baba asked us at one point where does Baba live? And He responded that He is in the hearts of His beloved children. In that state with His help the good wishes and pure feelings reach the soul. At what point they change, how can we predict? Just keep the good wishes going. When we send light to the world, hold the planet in front of you, and keep Baba with you and He is then responsible to give light to the world.

We are offering bhog to Sri Krishna today.  
Om Shanti