

Om Shanti!

With the blessing, the awareness that I and my Baba are one, I can very easily remain merged in Baba's love. Such a beautiful feeling, I and my Baba. I think of each one of you. Your awareness was of the combined form and that is where you experienced the stage of being merged. When I, as a soul, am merged in Baba's love, I experience harmony, of course lightness and the angelic stage. Harmony is where there is no conflict, there is no struggle. Sometimes, conflict, one is within the self. Sometimes conflict is outside, because mind also works based on our past sanskars and intellect also. So subtle, very subtle the conflict between mind and intellect. As much as there is harmony between mind and intellect, one is able to be peaceful and accumulate the power of peace, peaceful to an extent that there is total silence. It's like the soul, the personality has no fluctuations. Fluctuations happen because mind asks you to do one thing then intellect says to do something else. It's a kind of split which happens and in that split there is lack of contentment. When there is a lack of contentment then you express it and a fluctuation happens. When there is contentment then you are very stable. Then you don't experience a sudden irritation or lack of patience.

Now is the time for us to create such an inner stage of harmony that there is consistency, like you know we are consistent. Our cheerfulness is consistent, our interactions with others are also of love and peace. I think you must be experiencing this and can imagine how beautiful feelings will be when there is this inner harmony. Remember that what I am preparing myself for, is to become an instrument for service, right! So when there is this stability and harmony then very very beneficial thoughts come in the mind. Generally I use the word elevated thoughts. It's like higher quality of thought, not ordinary. When thoughts will be such, then words will be such, our drishti will be such. And we know that now at present and in the very near future Baba will want such instruments who could serve through their thoughts, words and actions with that stage of being consistent. It becomes easy for Baba as Karankaravanhar to use that instrument, otherwise internally there is not stage of harmony or contentment. So Baba is willing to use you as an instrument but the soul is not ready for that. I feel that Baba has given us this time to prepare us so that He can use us. One is what service I do, the other is what Baba wants me to do; become instruments. Someone could say it's up to Baba, but Baba also needs quality instruments, doesn't He? You have seen they have these drums, right, when they have to beat drums? They polish it properly so that their hands can move. But someone says, oh, does some drum complain that it is not being used because that drum is not allowed to be prepared? So I always feel every moment this responsibility as Baba's surrendered child that Baba is preparing me, but that's only possible if I create that stage. Baba will do right and when Baba is making you an instrument there will be a lot of joy, and you will know from inside it's not me, it's Baba. So to be qualified, right, to qualify I have to create that stage. Many times I just say okay inner harmony, let's see sit for 10 minutes, half an hour and experience inner harmony where your mind and intellect are totally, just like one. There are no separate sanskars, or mind or intellect. That is really soul consciousness, right!

We are not divided, there is pressure of sanskars, then there is mind. There is intellect because intellect also takes so much from outside, right, a lot of information. Mind also

has its own influences and sanskars are also there. So sometimes like three in one. What Baba wants is one, all three in one. And that is possible if we are just as a point of light, I am sitting and merging, merging mind, merging intellect, merging sanskars. As much as that merging happens then it becomes easy to merge in Baba's love also. Then as much I prepare myself with this inner harmony in a very natural way and have harmonious relationships, because there are such elevated thoughts, elevated energy that even if a person does something which is not right or I didn't feel good about it, I still will have a lot of elevated thoughts towards that soul, every soul. If I want Baba's task to be completed, to be successful then each one of us have to have that stage. So you have to always think in such a way so that when you receive those vibrations, it helps you to feel uplifted, it makes you feel you are being supported, it gives the experience of worthiness. So extending all these elevated feelings and thoughts comes only when you are, yourself, in harmony. But if your mind or intellect is affected, influenced by something then you might not have such pure feelings for others. And actually when there are such feelings and it keeps reaching that soul, even person with strong personality can experience some changes. So a harmonious relationship is where you're looking at everyone as an instrument of Baba, not only a child, but every child must do something, right! Baba has to choose and make everyone an instrument.

In harmonious relationships, it's really such a beautiful energy of nurturing. Every soul has a feeling of belonging and being nurtured. We have to create such an atmosphere through our vibrations, through our words where everyone is nurtured, right! We call it sustenance. So when I am merged in Baba's love, there is a harmonious relationship and that also connects us with the elements, nature and you could feel that how nature is responding in a very beautiful way. That means you, yourself feel that you are making nature satopradaan. In Golden age all elements are completely pure, but even at the Confluence age, calamities are happening so much. Fire and water, especially these days, are invading the world kind of, right? Lots of cities, lots of countries flooded and the fire, the smoke all over, so then how can you avoid that pollution? So that is what you have to create. I have to create through my vibrations of love and harmony with nature. You will like it very much because when you are breathing in harmony, that air which goes out even when it comes to inhaling you will find that it will get purified and of course when you exhale, the air will also benefit from that. So if you think of each element and how you are serving each element because Baba says in Golden age elements will be your servers, they will serve you, not only elements but all the atmosphere around. The change can happen in every creature because vibrations of harmony create such a beautiful aura around you, very beautiful, lighter on you. So it is very, very important for all of us to work on this inner harmony and then of course you are very, very close to Baba. In the end when we sit in meditation you think of harmony and you extend it first with the family then with nature and then also you will find that closeness with Baba also. It's just a direct connection you won't feel any, any difficulty, just closeness with Baba. As Baba is with you, there will be a pull many times. I feel that Baba pulls me, sometimes I pull Baba, when Baba pulls me, I know. So I just sit and say maybe He wants to give something, something special, some signals, some directions. So I take from Baba and sometimes I think Baba feels a pull from me too. It's a very, very beautiful relationship with Baba, when there is inner harmony. I am feeling not only as I am speaking, but feeling that when there is harmony, that's when we actually will have capacity to transform the world. Sometimes there is an atmosphere of anger so what do we do? Tell them don't do it, don't do, it's

not right, nobody listens, right! But you sit and then create those harmonious vibrations. I have experimented many times in situations which are difficult, of conflict, because if I don't do it once, I don't protect myself plus I am not able to create, this is both things, no! Conflict of others shouldn't affect me and my vibrations could help to end that and create harmony. See, motivation will always come when you think what I am doing is not only for myself, I am doing it for family, and also world service. Always remember in every step we take, as an angel, as a Brahmin, is for service. So then, you do it properly you know, otherwise for yourself you say okay, you are careless, but what is Brahmin life meant for, serving right? Serving comes from the stage and the stage is my effort, right! So I think that enthusiasm to constantly have newness, to create newness. Motivation is there to create another good stage, and that really, really keeps us happy, there is contentment. So experiment with the quality of the power of harmony within and also with the outside world.

Om Shanti!