

Om Shanti

Everyone is having a good day, right? Everyday feels better and better. Of course, we experience harmony, but now also stability. Stability is where you are unshakable. Let's say, you want to remain peaceful, and there are situations that could be very challenging, disturbing, or that you don't like; but you are able to maintain yourself in peace, the stage of peace. So, we have to look into a few of our subtle aspects. One is confusion. Some people get confused very quickly. Let's say if we have to discern and decide, you have to be stable. Sometimes this can happen when you're driving. You reach a point where you're not certain and there are two lanes. Then you think, "Which way should I go?" So, let's say somebody really gets confused and stops on the way. That's not practical, because there are so many cars coming from behind. So, a sensible person will take the car to one side until he can decide which direction to go.

So, internally also, sometimes the thought comes, "What should I do?", "Should I do it or not?" What is Baba's Shrimat? Is this the dictates of my mind or Shrimat? You all know confusion. There are many different types. So, internally, I always say that if you're driving and you're confused about something, you have to stop to go back to your neutral gear and then put it into 2-3. Just go to the zero. So, in the sense of taking your mind into even one moment of silence, just one moment of peace. That is why Baba keeps giving us the practise, He says, "In one second, be an embodiment of this form." One second Baba gives us, and one second, I think, is the practice that is required. Within one second, I should be able to be stable, and then discern and then decide.

It may also be anxiety. Very subtle anxiety actually comes from a form of fear, where you are very uncertain, and also you're scared that if this happens, "What will I do?" "Will I be able to do it or not?" Sometimes it happens that, maybe, you hear some news, it hasn't even happened to you, and you start dreaming of certain things. Those dreams really don't connect with what has happened in your life, ever. But you are anticipating that you will reach the airport, and then you're looking for the passport. Now, you didn't get the passport, and then you didn't know what to do at that time, in the dream. This has never happened maybe in your life, but you are dreaming that it's like this out of anxiety. That is why, even for listening to the news, some information is necessary, but not too much detail. This happened to this person, that happened to that person. So, then I start assuming that it might happen to me also. This subtle anxiety is happening a lot, and I don't think anyone is free of that, but you could look at it getting better and better. So, stability in the form of, "Everything will be okay." Even if that situation comes, ultimately you will be able to take care of that, and you will not be hurt in any way. You will not be stopped. So, that stability and that certainty is part of that.

I remember some situations and I just said. "Okay, let's remember Baba", "Yes, Baba will take care", "Baba is responsible." So, even at the last minute, everything works out right. So, maintain that peaceful mind and have trust and faith in Baba. Do not allow yourself to be shaken. I think especially in the present situation, this is needed more. Some souls from one of the universities in the USA, Howard University, watched Brahma Kumaris and they were fascinated that they were able to do their daily routine without being affected by the atmosphere outside. They say that most people are not able to do this. One is taking care of their personal life, as well as whatever responsibility they have. Even the leadership pros were watching, and they said that it's really something, what they called stability and faith. So, now they want to do research on how we are able to do this; maintaining our proper routine of the day and also doing what we have to do in our present role. So, I find that sometimes we take it for granted. Like for a few days I don't think about trust much, because I have trust, right? So then, if something happens, I say, "What happened to my trust?" It's like you have to keep emerging, keep using, and keep creating the awareness, "Yes, I have to trust. Whatever happened was very good, Baba is responsible." In this way, many aspects of knowledge have to be regularly used.

I like the one point when Baba, very beautifully, said that when you have a habit of churning or reflection, this nurtures your divine intellect. I thought the whole day, "That is so beautiful." You have to take a few points from Baba's Murli, then, from time to time, keep churning. What I ate yesterday, yes, it became energy in the body. But, that doesn't mean I don't need to eat today. I need it. If I don't get it, I can survive because I have energy that is in reserve, so it is both ways. So, it is the same with Baba's knowledge, with studying. As much as I study properly, and then reflect and churn, I also need to integrate awareness while doing actions. This is really important while doing service. If I cannot remember Baba, I can at least remember that this is Baba's task. I like this aspect very much; love for Baba, it is Baba's task, Baba is responsible, Baba has made me an instrument. You know that Didi Manmohini used to tell us in the beginning, when we were very young Brahmans, "Anytime you think that Baba has told you to do this, or Baba says this, you are remembering Baba." That is part of remembrance, and today I was thinking that it is so easy to keep reminding each other, "What did Baba say this morning? or "What was Baba's blessing from this morning?" So, it becomes a habit, or it becomes remembrance and part of awareness. This gives us strength, and also stability, trust, or whichever quality is required at that time.

So, I think each one of us will be tested, and we are being tested about stability, right? I always feel that each one of us knows where I am stable, and where I am not stable. Dadi Janki was declared one of the most stable minds. She spent an hour with these observers, they were also observing on machines. So, I asked Dadi what happened, like suddenly they will ask her a question, but she's in a very calm state of mind, not anxiety. "What question are they going to ask?" "I'm not sure what questions they will ask." Even to have this thought is anxiety, right? But she was in a very relaxed state

of mind, and they were asking whatever they had to ask. Dadi, in a very relaxed state of mind, kept giving answers. So, we have to be like this. We need more of that quality of mind, because uncertain situations, unpredictable situations, at any moment can happen. Every minute, because it's not possible to have the same scenes of Drama for a long time, right? The scenes keep changing all the time, but now, how do I keep myself stable while going through all these changes? Stability doesn't mean that I don't change, right? I have to change. I have to grow. I have to progress. I have to change my way of thinking, and patterns of thinking. So, on one side, I have to change, but on the other side, changes are happening in the outside world. Like people, they don't have any tolerance, right? They get upset so quickly, they get very angry and violent even for little things.

So, we need to have more deep peace, stability, and tolerance. We have to keep growing, so that we are stable as the world is changing, not in a good direction, right? The world is changing and moving towards, as Baba said, a more and more tamopradhan stage, while we have to go towards our satopradhan stage. So, there is a contrast right? But, I keep moving towards satopradhan. It doesn't matter where time is going, because their time is for tamopradhan, and our time is for satopradhan. So, there is the support of time, and also internally, I have to connect with my awareness that is the confluence age. So, either you keep going down, or you keep going up. So, we are ascending. There is also descending, but I don't join that descending, I go towards ascending. So, you have your homework for tomorrow. It is to look at my stability, and also use some of Baba's methods to create more stability.

Om Shanti!