

Om Shanti!

Om Shanti Loveleen Parivar, Avyakti Parivar but Loveleen also, everyone is merged in Baba's love and from that love whatever is merged in the soul, the eternal, the original stage, everything is emerging. A lot of love in the heart, and sweetness in the heart, kindness, generosity, right, many beautiful qualities are emerging. And I say as I said before that these are not the virtues which I am imbibing or inculcating but emerging and I feel, it feels so natural. I am sure that all of you must be having some beautiful experiences, closeness to Baba and just in our hearts a lot of joy also emerges. There is a saying that the most important religion is "Non-Violence, that is Ahinsa Parmo Dharma ". Our understanding when Baba calls us 'doubly non-violent army - Shiv Shakti army' generally word armor army immediately goes towards those holding weapons and ready to fight, all the gods and goddesses which are our memorials. Goddesses are shown with so many weapons in their hands but also shown so many beautiful things in their hands - ornaments, etc, because Shiv Shakti - the shakti which I get from Shiva, is to destroy whatever is evil, whatever is wrong, negative. So each one of us, we also do that right, that there is no influence or the vibrations even of what is vicious, what is devilish. I destroy that because now it's not a question of vices because we can say that we have conquered vices but then each vice leaves some traces and that causes some kind of violence towards the soul. So do I allow myself to be hurt in some way? Do I take sorrow? Yeah, can I see the hands of those who never get hurt? No! Nobody wants to show hands, let me see who never gets upset, or leaves your seat of self-respect. Let me see! Today we have been gathering around, wow there are many and I think everyone is aware that I am causing some kind of violence towards my own self, see body consciousness makes us very sensitive. It is good to be sensitive but not in body consciousness and one thing I remember, our Dadi's used to say whichever part of your body is weak that will be hurt again and again. So whatever weakness I have, there is someone who is very punctual, which is good right. So one time one couple came to Mamma and the brother was a big officer, very punctual, official, efficient and his wife was a housewife and trying her best to run around, to put table, food every time into everything. So he used to reach for morning Murli six, exactly at six, not not even five minutes here and there. So he was telling Mamma and I was listening. My wife's name is Vijay. She is always five minutes, ten minutes late and I can't tolerate it. Should I just leave her and come or should I come late to class? What should I do? And Mamma was smiling, looking at him and she said if you get upset, if you get angry, it's equivalent. She's late and you are angry. He said but what should I do? He said maybe she needs some help in the morning, maybe there are certain things she must be doing, maybe she doesn't but still. So then Mamma asked her, she said I have to give a program for breakfast and because they had at that time chefs at home and other people who will prepare the table because it was like after British time you know people still had a lot of help. So Mamma said can you all do it night before instead of early morning? If you give a

program at night, tell everyone what they have to do, so that when you leave home, you can be just 10 minutes earlier. So some or other she was listening and she was convinced. So the next morning as soon as he got in the car, she was standing there and it was kind of surprising for him. How did it work? Sometimes showing the way, sometimes cooperating, sometimes showing that yes! I support you for your assignment. Sometimes the sisters at home think I have so much to do and brothers think we have so much to do, what does she have to do? We both have a lot to do, sisters have to do a lot, brothers have to do a lot but how do we kind of create that harmony, where when we can be together doing things, punctuality whatever it is. But what Mamma was trying to tell him is that getting upset or getting impatient is a loss to you but it's not going to help her. So Mamma was showing the way, how it can help her, what helped her. So the quality which we'll be looking at which can also help with non-violence is deep calmness. I really like that quality, staying very calm. So there are certain expectations, all of us have expectations from each other, something happened and that didn't get fulfilled. So I am not happy, so think what does it matter? I am not happy but what you are causing is the wave of sorrow. Other person then said she's not happy, so I am not happy. So what are we spreading? So remaining light is drama, pass, past is past, smile, be happy, remaining cheerful within the family, light and cheerful is what is really the energy which helps realizations, transformations. For me, in my life I have so many new ones coming, so many different personalities but I always try to understand, try to adjust and that creates a lot of love and trust. Yes, I have my own agenda, discipline because my task is quite huge right but without support and cooperation what can I do? But what is needed is those who are helping. So it's a very beautiful way, where I as a good example, don't get sad or sorrow or hurt, so that other souls around remain very light. Even though I know that physically whenever my body is not too well, I make it sound like it's okay. It's not that hurting because the energy of others around could go down, what then help I will get. I remember even when I am anywhere physically, whether it is with nurses, or doctors I keep them happy then they can work better right! My pain and stress, if there is any, could affect their energy right, even if they will do what they have to do. So my doctor always says you have some kind of healing you bounce back you know I said but you all helped too. Whenever I have to go to the clinic, which is very regular, it's like our home family is waiting for us. Sometimes we have to take 18 toli - blessing, sometimes six, we do not necessarily give to so many at reception. They just count the number, we are seven of us, we need seven tolis, we need seven blessings. So okay, next time we bring properly in a box that we give. So it's like that friendship, that love, the whole environment is uplifted, otherwise prior to this the doctors are always busy and she has so many visits, places to go, he's from South Korea and now she makes sure that she could read her blessing. I could share something with her. So all of them want to hear something first. So whichever Murli point or something I took for myself then I said today I am reflecting on this and it's helping me a lot. So when they read their blessing, they felt very happy. So it's important for each one of us as Baba's child, Baba has given us so much. And I feel bad about this. I said what? It is upto me how I take it right, okay! Some benefits in drama, sometimes you don't see it immediately

but later on you say well that was a good scene of drama. So total non-violence keeps you very calm. You don't hurt yourself, you don't allow that hurt to happen even if somebody tries to cause hurt. There are some people who remind you of something, which was like 10 years ago but time has changed and may not be intentionally they want to hurt you but that could be their habit. I remember the first time you find out you have something in the body, so many people want to share their stories. This one had this, that one had that. I said please everyone has different karmic story. I don't want to listen to any story, and this helped me or that helped me, again I said sorry I will still take whatever advice, from the right channel and I believe in that I trust. Because sometimes it does happen right, you share one story, you hear another ten. And I always remind myself I was sharing this morning. I had class with Global Hospital staff, so I said recently some new kind of medicine they were trying. So I said, are there side effects? He said which medicine doesn't have side effects. I said tell me what? So they told me but he said again it's up to every different person, so okay I will be that different person. So after three weeks I went back and no I didn't have any reaction. So what happens sometimes we take it in the mind and then because we get so much knowledge, understanding and information which in a way, it is good. We are educated about something but then even if I hold that, I am learning a lot how to keep myself completely where I am and not get influenced by anything, attentiveness is important but not carry anything. So how our own inner energy, calmness, sweetness, love for one's own self and all that is part of non-violence. Yes, I have to always speak sweetly, correctly, respectfully, and gently. How Baba speaks to us! These days, sometimes once a week we play Brahma Baba's speaking Murli, Mamma is speaking Murli, there is so much love when Baba is giving love remembrance you know our goose pimples raised, there's so much love the way Baba speaks, right! So we have examples in front of us of total non-violence because generally I will say yes definitely I am non-violent but subtly sometimes someone says but this one always hurts me but I said first thing there must be some karmic account but if I want to settle I say sorry I won't be hurt. And I would say no, don't repeat it, it won't help it's the habit, sanskars, karmic accounts. I remember one time someone got very angry and I just smiled and I said well I don't want to take it and that settling happens and also help other souls to think that I should change. I shouldn't be speaking like that, so there are very beautiful realizations which happen if there is aim. Because they say the deeper you go you would have realizations accordingly, I don't know how many of you have seen corals and you know in islands they have beautiful ocean you can see. It's so calm, they have some vegetation also at the bottom. I used to go to Caribbean islands and then we used to go to see all this. You know they have submarines and at the bottom you can watch it is very calm. So when you are very subtle and deep you are not a shallow personality that you just keep going up and down, very subtle, very mature, very deep. So there is deep calmness. Once I went to some place and this lady said I called Harmony House and there was a woman and when she talked to me, I felt like my sorrow had gone. Who was she, who was at reception that day? So I thought that even on the telephone you can help people just by answering the phone with that quality of love or peace or calmness. So I kept telling receptionists, of course you should answer

in the right way but not rush, that is not like serving. Two-three people told me I called this one and that day I was so down as soon as I heard that receptionist's voice, my energy just went up, say on the telephone! I am just giving an example that everything is so powerful, right? Your thoughts, your energy, your feelings, always anything you do, do it with love, in remembrance. What is the importance of Brahma bhojan? Just the variety of food or taste, it is the love, feelings of love for Baba, love for the family. So the energy is not just the food but it's the love in that food. So we are 'servers', we are 'Baba's instruments' and when Baba says you have to be consistent servers through thoughts, words and actions. Now how do I become consistent, is when whatever I am doing, I do with Baba's love, love for everyone, I am loveful. So while doing actions the awareness and the quality I am maintaining, so I am serving both ways, karma-yogi, karma and also being a yogi, sitting yoga is good but these days karma-yoga is very important, right. So again all this will happen and is happening more and we remain merged in Baba's love, loveleen. It's a very important stage and you will find whatever you are attaining now, in future all these powers and virtues will be very beneficial, very supporting. So I am sure that you are taking benefit, practicing, again today is the day of joy, right. I had been given to do a 10 minutes four series on 'joy and happiness'. It's important right. That's why we have kept a day of joy and celebration. Baba said in the Murli that Brahmin life means every moment is full of enthusiasm and celebration, every moment celebrates, right! Never lose your happiness and give happiness to others. If you remain light, you are happy, the other one feels like that too, you know. At least I try to keep everyone around very light, very happy. It's all right, let's move, let's move, let's go. So that the task gets accomplished in a very beautiful way. So reflect on all this. I am sure you will also practice.

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