

Om Shanti!

When I merge in Baba's love there is an experience of calmness. We always talk about peace of mind, that mind needs to be peaceful. But calmness is where mind is very, mind and intellect both are very still, immovable which Baba says, no! And it's very very interesting that the mind and intellect function 24 hours, right! Because the soul is living being so from that energy, consistently, there will be thoughts and intellect will be planning or analyzing, reasoning. But actually this stage of calmness is where you are merged in Baba's love and you merge both of them, not this question of being shaken, but also it doesn't need to, mind doesn't need to think all the time. So calmness is more like very very deep quietness, kind of very quiet, very still because when we look at the ocean generally we will say, oh there are a lot of waves in the ocean, there is a high tide in the ocean. But sometimes we say there are no high tides, no high waves, so we say today the ocean is very calm. Generally for the ocean we use the word ocean is very calm but one of the significance of river Ganges also is calmness. Generally in a normal rhythm of flow of Ganges, if you sit by the bank of Ganges the water is flowing it never stops. But you can hear a very very beautiful sound of the water, but it creates calmness. Because when there are very deep rooted sanskars of fear, insecurity, what is next, this is the project, why this is not, you know like mind and intellect. But there is a time I have to be, I finished my day, I did whatever had to happen, it's all drama. Morning after Amritvela a lot of thoughts come about insights. Many many thoughts come about some kind of good plans, clarity of what I have to do. But especially in the evening you know that even in the path of bhakti, evening is considered to be time where as if everyone has finished their day of actions. So that is why evening meditation is very important, because in the evening meditation it's different from the morning meditation. Morning is the beginning of the day, so the whole day you have to think about a plan but now you finish your day, so that is why as I said even in the path of bhakti, they say that it's a very very auspicious time in the evening. I know Dadi Janki always used to say never never miss evening meditation because that is the time you can create the stage of being calm, very calm and it's very very beautiful, because when it is calm like ocean is calm or anything which is flowing but is just very calm, you can see under that very clearly. So sometimes to know myself what kind of ripples arise that means what you have during the day while actions you have taken certain things and they create the ripples and those ripples sometimes can also create some kind of disturbance. Baba uses the word immovable, so calmness can make you see through, inside you what is still there. Sometimes, most of the time Baba's children ask what effort should I make. I said well you have to know more, right! So like Amritvela is a good time to know where my intellect is going and why I am not able to be stable. So the same is evening time, very very deep reflections arise and I am able to watch myself, observe myself, in that calmness,

because everything is clear, clean in that depth that it should be like. That means my mind and everything should be very clean and clear. So when that is happening that is where actually the true concentration is, "ekagrata". So whether you are connecting with your true self or connecting with Baba one. Concentration is not only like focusing, when there is true concentration, very very deep awakening happens. They say that we all have a lot of powers, we are not using them, even if we have a lot of energy. Someone said we use only maybe ten percent because it's not emerging, so that's why they say, no, it's in the Murli when Baba says I have come open your third eye which has made you awake and also ignites you. So I have been thinking about both words awakening, deep awakening happens within the self. Because we live a lot on logic of intellect we just live by dictates of our intellect and mind very normal. But somewhere from deep that calmness and clarity, when that awakening happens through concentration, connection with Baba, my true self nothing else, no task, no duties, no responsibility, I as a soul in soul consciousness, I belong to Baba. So then Baba said not only awakening but igniting, so what ignites that means there is still there is something within the self which is not totally ignited. See if it was totally awakened and ignited, that's the stage of perfection. That's like you are becoming karmateet now. So what we have to look at, experiment with, you know, like this calmness I always like very much because for me when I am calm, so clear, one two three the way intellect works. Sometimes tasks, emotions, feelings, my feelings for other people, everything is always there, what I believe, what others don't agree with, what this is always there. But we have to go beyond, we have to do everything but there has to be this, through concentration, some insights awaken. So your pattern, pattern doesn't remain the same. Generally people have a thinking pattern, reasoning pattern and we know it for me. I know even before I read someone's email about a project I know that's the thinking of that person but should that remain same or it should get refined, it should become more subtle. So there is always love for Baba, love for Baba's task but it's the same pattern. And that is this awakening of that new energy. For some people they always say oh this one won't change. I said why ten years ago she thought that, still she thinks that way. So this deep transformation, I call it sublimation or you know when your energy is becoming subtle, because then you have a third eye, right, what you are saying is not only through these eyes, third eye that is why when Baba said look at the specialties of others. So we only look at the skills right, what this one is good at doing, what this one is good, but the specialty of the soul spiritually, right! So I would suggest to all of us, create this experience of calmness where your mind and intellect is completely in silence. We observe silence right, not speaking, but true silence is where I tell my intellect, also today you are off right! Otherwise the majority of Baba's children only use intellect. The knowledge is in intellect, but not going deeper. That is why when we listen to Murli, Oh I have heard this before I know and it's so deceiving, everyone knows but why Baba is speaking again. Sometimes we say why God has to keep repeating, why we need to have Murli. Today is different, not that I know, so my understanding of today has to be different

and based on what you are thinking, your reasoning will also be different. So people will say Oh you are a different person now, but I hear mostly people say well that's our way of thinking anyway. So I feel for self-progress, self-improvement, self-transformation, use the quality of calmness and feel the concentration very very internally, deeply. If I am with Baba, I am with Baba. So it's not only listening with concentration but it is just with one Baba, intellect and mind only with one Baba. When my intellect is with the Ocean of Knowledge, so from that ocean the pearls which will emerge in my intellect. It's not just simply points of knowledge, but deeper pearls emerge. Good intellect means good concentration in doing what you are doing but not necessarily that connection with one only with one I am absorbed now completely. I am absorbed completely in Ocean of Peace Baba and that is of course it's very good to do it in the evening but the whole day, test your five minutes, I have to remember Baba, how quickly you can detach yourself from everything. For us it's like a regular thing, before coming here, one minute before coming I was in a meeting and there was discussion but quickly wind up okay and then just go to Baba. Now this will be, we will have to do more often, you know in some of the Murlis, Baba said wherever you want you can concentrate, concentration of mind and intellect wherever and as long as you want. You want for three minutes, you want for thirty minutes. And really we find that you could just forget everything, just love for Baba, deeper understanding. So listening does help us because there is clarity but then I have to do it, no, in practice. This calmness was given homework yesterday, right! How many of you did it a few times? Even during the traffic control let me see how deep I can go, song started, song finished I didn't do anything, so it's traffic control, right! Once Dadi Prakashmani came to New York and we were in Queen's center so a traffic control song played and some or another looked at her and I could see she was so peaceful. And not only that but such a deep intoxication, spiritual intoxication and just being with Baba, I could just feel it, right! Like today Baba said when you are in remembrance you create atmosphere and it helps others to be pulled also. I mean that's 24-hour service, right! Otherwise how many hours you do service if as Baba says, you are serving constantly for 24 hours. That is only possible when I create these stages and then inspire others also to do it. It's not a question of saying you also do know. You sit and see how everyone wants to be in that state of mind and I definitely always love calmness. And also when I have to do something I want it to come from that true concentration, the idea. And when it comes from that concentration, it has newness, it's very effective and everyone feels inspired. Otherwise it's the same thing, right! So I am encouraging you all to take marks, no! So experiment with this kind of concentration and calmness. Concentration from calmness and from that concentration that true kind of knowing myself and a very very pure kind of creativity, power, even to catch Baba's signals, right! Your mind can't be preconditioned, you have to keep it calm and let Baba's thoughts flow through me. So I think that what I kept saying it, that practice whatever homework is given, not only in a diary, not only notes but do it practically. Because all this what we are doing Baba has given us a chance to do will be what our stage

ultimately will help us, right! Otherwise I said the same, same pattern, no! It has to be subtle, it has to be divine. So concentration from calmness is very connected with each other. Those who are not calm don't have concentration, right! You could see their mind jumping into them, even what they say sometimes is so scattered and like I always tell, keep your feelings separate than the task. First you express your feelings or talk about tasks and then they say this is what I feel so you are not forcing that it should be this way, this is what should be the decision it won't help, right! So clarity of mind through calmness and concentration could be really, really very beneficial in our lives. Yeah you all agree? So you will pay more attention to homework, how many of you? Everyone, promise, very good, yeah. Then I will feel more happy. I'm happy but it will feel good that we are moving forward together not only by listening, but also in our efforts.

Om Shanti!