

Om Shanti

Most people think of silence of the mind as not having thoughts, but the soul is a living energy, it is conscient. The mind and intellect are part of the soul. You cannot really forcefully stop thinking. Even if you say don't think, it will think, especially if something is bothering you. You don't want to think, but it keeps coming back again and again. What is important is to create a particular stage and practice, let's say of peace. The whole day, my attention was on having a peaceful mind. I am a peaceful soul. When churning on a virtue, you become stable in that stage, and there is very beautiful silence. You all must have experienced that last night when we finished, we all wanted to be more in silence including remembrance of Baba. I felt so good. Even through the night, it was as if we were all in the sweet home, Paramdham. Silence really stabilizes your mind in one stage.

That is why in the homework we are just taking one theme each day. Yesterday, we took silence as peace of mind. I should be peaceful, no matter what happens here or there. We all hear things, see things, and do things, but we have to be very peaceful. Another point which is very important is silence of the intellect. We have to do karma yoga and whatever is necessary, the intellect will do it. Baba said that if your intellect is plain, then you are planning. Then, whatever you will do, it will be four times more. So, yes, plan and think, but also be quiet. Let me take power from Baba and when I give a thought to Baba, you will see how Baba makes it happen. However, if I keep doing a lot of thinking back and forth, I lose power, right? It's like the intellect is already very tired. Of course, it is silence of the mind and intellect, but truly it has to be silence of the soul. Deeply within, the mind is merged, the intellect is merged in Baba's love, and you feel very deep silence. We talk about the silence of the incorporeal world, it's like the soul is experiencing silence, not only silence in the mind and intellect. When the soul experiences silence, there is power in that. So, our attention is on silence for tomorrow especially, we are thinking that when there is deep silence then there is calmness and coolness in all our senses. You can just feel that even your body is very calm. It is doing whatever is necessary, but it is calm.

Everyone has a routine, everyone has responsibilities, we all have that. We can't just say, "Ok I'm in silence today." We could be doing karma yoga but still, as much as necessary, use the intellect, otherwise, so many ideas keep coming, I have to do this, let me do that, I have to make this. The intellect and mind keep working, which as I said has to be natural, because the soul is a conscient, living energy. The mind and intellect must work continuously, then our practice is to make them stable in one stage. Today, we will take that I have to be a detached observer, where I listen, even when I have to speak, but I don't get engaged. I must stay involved, but engaged is extra, the mind and intellect are doing extra thinking. Why am I not remembering Baba? Why am I having these thoughts which I am just using unnecessarily? Let me remember Baba. When you do that, then you will experience what is called silence. You all have experience of silence. What we have to do is keep increasing it?

In the end, Brahma Baba's thought was that I have to leave the body in my perfect stage. He was not thinking about the yagya, the task or expansion, he was not thinking about anything. I have to be in that stage, nobody will do that for me. Baba's task will be accomplished, right? One day before, or in the morning, he decided what had to be done, all the letters were answered. He did everything, but in the end he was just with Shiv Baba. I also have to pay a lot of attention. I have to be with Shiv Baba, because I have to go with Baba. I have to go to Baba. Some people think about tasks, tasks, tasks. If there are too many thoughts then it will never happen. Many times I have seen when you have too many thoughts, afterwards you feel it was a waste, because it was not your thoughts that helped or got anything done. So, I leave it to Baba, remember Baba, let Him do it, let it get done. You should experiment, but if you leave it to Baba, Baba will do, but if you are still worrying, thinking, you won't get it done. Baba won't do that. Baba will say, "Do it, you wanted to do it, that's why you are thinking." So, silence in this way, in deep silence, I gave it to Baba, let Baba take care of it. What you have tried for so long, didn't work, so why are we wasting our time and losing your stage also? Too much thinking about anything is not a good stage. If I leave the body today, what will my stage be? Once I have given it to Baba, then intellect shouldn't be after anything. So, deep silence will be experienced by the soul. I am peaceful. I am loveful. I belong to Baba. Then you will also find your whole body becomes cool and calm. That could also be called the bodiless stage.

So, we will practice in a way where I create a stage and stay in that stage, but also the intellect surrenders everything to Baba. Any situation, Baba will take care of it. If you really leave it to Baba, Baba will take care of it, but we leave it on Baba, but still we keep thinking, right? So, Baba said, "There are karmic accounts and you settle, I won't intervene." If I say, Baba you have to do it and then not think after that nor talk about it, then Baba will take responsibility, and get it done. Okay, so we stay on our pilgrimage of silence.

Om Shanti