

Om Shanti!

Baba has given a clear direction that, at this time, the power of silence is very important to help souls and to make the atmosphere light. Many big obstacles can be solved with the power of silence. Brahma Baba had so much opposition in the beginning. Many obstacles also came when the Dadis were sent for service. Whenever they got an invitation to go, Baba would send them, but internally he would always feel if anyone was in trouble or in some kind of dangerous situation. Then, Baba would sit in deep silence and send rays of light and might so that those souls would be protected. There are many stories where Baba used Sakash, but Sakash is not possible unless there is silence. We generally say, "I am having good wishes." I think my good wishes are bringing Sakash to that soul, but actually, it is when I am in silence and just have one thought, "Baba you are the Protector, and Baba will protect." This one thought is what Baba calls concentration. I sit in silence with that one thought for ten minutes, or half an hour, and that is when the current, the light and might, is reaching that soul. Whether it is some kind of achievement you want, or some kind of obstruction you want to remove, just sit with one pure thought and then go beyond.

It is explained that silence is also a kind of bodiless stage. Today, I was feeling that the mind and intellect work based on sanskars. There are always some thoughts or other information that we see, hear or read, all that creates thoughts in the mind and intellect. If I want to really experience silence in my eternal stage which is of peace, silence and love, then I need to definitely have silence of the mind and intellect because they are so connected with sanskars. Let's say that I want my mind to be stabilized in Baba's quality of love. I stay with just that one thought, I want to be stable only with Baba as the Ocean of Love, with the quality of love. As you do this, you feel your mind getting merged in Baba's love, and it goes into silence. That's where the true silence comes. If the mind is peaceful, the body is cool and calm, then it is very easy to go into either the bodiless stage, or into silence. I think it is simple, but it is quite a deep experience of silence. You cannot force yourself. The more you say, "I shouldn't think", thoughts will keep coming. Sometimes the same thoughts, sometimes different thoughts, the intellect also will keep working. What we have to do during the day is just stabilize the mind in what Baba calls concentration. Concentrate your mind on one of the qualities of Baba or your own original self. It is just like your mirror got clean, you can see inside, so pure thoughts will come. You will have a very beautiful feeling, you experience your original self or one of the qualities. If the mind and intellect keep thinking, your experiences cannot be real ones. To get in touch with your true self, silence is very important. It is possible if you make effort. Today, I really tried a few times and I realized how sanskars, outside situations, and circumstances keep creating thoughts in the mind, and the intellect

keeps working. If the mind and intellect are both stabilized in one quality or in that stage, then you really feel you are connecting with your true self, and not the sanskars. This is a very beautiful and powerful experience. You are not stopping the mind and intellect, but in a very positive way, you stabilize, then you experience your inner purity. You really experience what true love is, because you are able to be in touch with soul consciousness. Otherwise, you are connected with the body and the sanskars. It's not difficult, but it needs quite a good bit of practice and that is why Baba says we need blessings or dharna to inculcate these things.

Today, Baba is saying that, like in science, you experiment. We should experiment with our power of silence. As much as we practice soul consciousness, bodiless stage, silence, and connection, then the mind and intellect will work from that connection, they will have light and might. In that connection, some thoughts will come but they will be very pure, very clear. Baba said that those thoughts will help souls. It is really a beautiful experience. With more awareness of purity, I can be stable. That is called concentration. I take from Baba, and I am able to share with others.

Baba said, "Plain intellect, and then planning." He said that even a little bit of dust in the intellect, here and there, means influence. If you pay attention as we are doing the pilgrimage of silence, you will see that your thoughts are powerful and things work the way they should. When the thought is a pure thought, you don't lose hope. You maintain good wishes and you sustain. If you are having good wishes, you also see a lot of changes happen, changes within. If it doesn't work out, then we get disappointed, disheartened, we think and talk wastefully and negatively. Purity and silence give light and might in the thought. Sometimes it works, sometimes it doesn't. When it doesn't work, that means we had something mixed, such as intellectual desires, thinking, or planning, but God's task is different. Why is it so different in God's task? Our planning? Because it has to come from Baba. If I have my own desires, it might work temporarily, but not long term.

Today, Baba said in the blessing, even if you are a little bit distressed, it is because you are not seated on the seat of the detached observer. We have to keep increasing concentration and focus, so that our every thought can create light and might, remove obstacles, and help us implement what we are planning. That means no sorrow, no hurt, all Drama. Let's move forward and not hold anything from a past scene or a person, because that will block all your energy, and you won't be able to take anything from Baba. So, all together, there are so many of us in Avyakti Parivar, not only those who are present now, but worldwide. For ourselves, Baba's task and for the whole world, we will experiment and keep increasing light and might by practicing the pilgrimage of silence.

Om Shanti