

Om Shanti Everyone!

We are getting very good feedback from many of you that you are really really taking a lot of benefit from this Observance of Silence - Pilgrimage of Silence. Our understanding of silence and what lokik people understand is different. Our silence is based on knowledge. We don't want to control the mind, we don't want to suppress the mind, but we still want the mind to be able to balance between thinking and silence. This morning, Baba talked in the blessing about subtle thoughts. A lot of people talk about the mind and the subconscious. The subconscious mind means that even if you think that you, your thoughts, are under control, if you go in, you see that there are still some very subtle thoughts. How do I use knowledge for that? These subtle thoughts could be connected with your body, or with the pulls from lokik relationships, from any material comforts, facilities or even situations. These four things, in a very subtle way, are where the mind is still pulled. Like many souls say, and even I used to say, "Oh I don't have fear." When it is that time, you might not have thoughts of fear, but very subtly, there is fear. It is in the subconscious mind that everyone has fears of different things, whatever were the experiences from the past, those are the sanskars of the experience, so then fear will emerge. We don't know what happened in our past lives, but the sanskars are there.

With knowledge, first of all, as Baba said, we need to change our relationship with our own body. Before, of course, I thought, "I am this body", and there was a lot of attachment with the body. Now, we know that I am a soul, this is my body. So we start seeing the body more, as Baba says, like a vehicle, a costume, an instrument. So, with knowledge, I am changing my relationship with my body. I, the soul, am playing my part through the body. So, the relationship changes with the body, however, deep in the subconscious mind, there is attachment with the body. To care for the body is good, but attachment with the body is not good. It is the same with all lokik relationships, they all are souls, they are Baba's children, but we still say "my children", "my grandchildren", "my parents", whatever. First, I have to be detached, then they will detach also, there will be change, but if I have attachment, even a little bit, they will have a lot. They will keep pulling the mind, their thoughts will keep appearing in our subconscious mind and create more subtle thoughts. Baba is not saying to leave relationships, but to change into soul consciousness, they are also souls, so no attachment. Then relationships become very loveful.

Same as with the material belongings, whatever we have, it could also have a lot of subtle pulls, but if you really think they belong to Baba, then I am just the trustee, and the bondage will not pull the mind. Every situation, whatever happens, okay, it's according to Drama, it's another scene of Drama. Then another scene has passed, then another, as the Drama is moving, the scenes are changing. However, if one

scene has gone, and I'm still thinking of that, what about the present scene? That scene had to happen, it happened, it went, Drama is moving and changing. I am using knowledge or understanding to change the relationship with Drama. I am now changing consciousness and also then gradually the subconscious mind changes, it becomes clean, where there are no subtle thoughts.

Baba doesn't stop us from using anything, but if we get absorbed in churning, in remembrance of Baba, then internally, we don't remember anything. Let's say you like some kind of food, you like it, and then for a long time you forget, then suddenly you remember, "Oh, I completely forgot about that." When there is no attachment, it is not in our subconscious mind, so it doesn't keep pulling us. Otherwise, even the taste could pull, smell could pull, words can pull, the eyes can pull, there is this subtle pull of all the senses. That is why Baba says it is okay if you like something, but eat in Baba's remembrance, then you won't have the pull of the mind. You will enjoy it, and then okay it's over. So, through knowledge, I know why these thoughts are coming, and then I have to change them. When I change the consciousness and make myself free from attachment then I am not leaving any sanskars in the soul. Baba is calling these subtle thoughts, the bondage as threads. Once Baba said that you have broken the big chains, but the subtle thoughts, the threads, are still there.

So, when it comes to silence, okay, you don't speak, you don't think, but you are still thinking in your subconscious mind, thoughts are emerging. Baba knows what we have, what efforts we are making. Baba is with us and the whole day I had been noticing how these subtle thoughts emerge, we still have a lot of chat going on, a lot of pull. So, Baba says that when you are in your total awareness, you become aware in silence, of your true self, that I am a soul, I am light, I am peaceful, I am loveful, that is my true identity. You also connect with everyone in that awareness, very lovely actually. You become free from all the bondages of relationships, but the relationship itself remains. I have this very beautiful experience in life that all my lokiks became alokik. After that, there was a lot of love for each other but there was no, "let me call, let me talk, let me do", never. At the right time, whenever we need something like good wishes for each other, we are always present. Baba will make you be there whenever there is need, not because of desire. You have to believe that however much you are becoming detached and soul conscious, Baba uses your presence in a worthwhile way. This becomes service, I become a good example, and my inner trust keeps growing that I am not leaving anything.

So, use knowledge for silence, and just observe your subtle thoughts. For that, it is very important that we create soul consciousness. Then even the subconscious mind will also be changed, it will become very spiritual, and soul conscious based. Then there will be true silence, deep silence, very sweet silence, where there are no pulls of any kind.

Om Shanti