

Sister Jayanti – 26th September, 2021 – GCH, London

Always something new to learn.....

Om Shanti. Good morning

Baba's Murli is about the Sun of knowledge, the moon of knowledge and the stars of knowledge, and the variety of stars, which Baba has described in a very specific way. All the stars have taken so much from the Sun and are also now sharing with others and it is numberwise. Baba's Murli is sweet and profound and yet it is straight and clear and He is not shy of telling us the truth. When you listen or read about all the different types of stars you can see where you fit in.

One of the questions that came up yesterday, at the UK Teachers retreat, was '*could I describe the different steps of becoming an angel in a few words?*' There were many other interesting questions but I am going to take up this one in particular, now too. Dadi Janki was a master ocean and able to share a huge amount on any topic under the Sun. Yet Dadi was also able to share in a few words, the real essence, big subjects. So on this topic I remember Dadi sharing. The first step is to be Baba's student, then a Raja Yogi and then the Angel.

Step One: the Student:

With the awareness of becoming a student we have to let go of the consciousness of the body. We have an 86 year old coming to class here each morning – how does she do it....by dropping the awareness of her age and being the student ready. It is not just letting go of the consciousness of age, it is also a factor of position. Whatever role, position, responsibility in life, we also become a student. Letting go of age is not difficult. Letting go of the 'householder' consciousness is a big one. Yes, we need to fulfil responsibilities at home and do what I need to for the household but I will be able to manage all this much better when there is the consciousness of being Baba's student. As the things that Baba is teaching me everyday shift my perspective. I don't complain, or get bored, or ask why is no one helping. I do what I need to do with love and everyone cooperates. Changing from a householder to a student is a big step. Whatever role, title I play within Baba's work as well as professional life, can I foremost be a student so I can keep learning all time. The Dadi's were amazing examples of this, and Brahma Baba also used the expression 'I am learning something new all the time'. There was an occasion when Didi Manhohini asked me to show Baba my contact lenses, which were a new thing in the 60's, and when I demonstrated to Baba how I used them, he said: '*something new for me to learn!*'. This is a very lokik thing but still. Dadi Janki right until the very end would really study. Dadi would make time to read Gyan Amrit, World Renewal (not lokik papers), and also a gyani book by her bedside and would make time to read that every day. So this consciousness of being a student and learning and letting go of the 'hats' or titles and so on. Not only does this keep the intellect fresh and engaged but also a powerful mirror for our behaviour throughout the day.

Step Two: the Raj Yogi

Then the second step being a Raj Yogi. Many would say they are BK's but not many would say 'I am a Raja Yogi'. If so two things demonstrate this v clearly. Firstly it is the conquest of the mind and then the master of the senses. The ones who give happiness through each of the senses - *Sukhkari* – the one who gives happiness through each of the senses.... Are my eyes radiating God's love and light or are they 'throwing daggers'? We don't have to say anything as the eyes share without speaking,.Can I definitely say as a Raja Yogi, my eyes see beauty and truth, my ears only listen to truth and not gossip, slander, criticism etc. Then my mouth, is it sharing words of empowerment, upliftment, encouragement or something else? Is each and every organ *Sukhkari* - able to give happiness to all through the senses and also through our behaviour. The conquest of the physical senses is a big step in becoming Raj Yogi. This is visible first and yet it is secondary. The first conquest is of the mind. In hatha yoga it is first the conquering of the physical body, to then discipline the mind. I know for a fact this doesn't work, however brilliant a hatha yogi may be, the conquest of the mind is a different story. The real conquest of a Raj Yogi, is the conquest of the inner faculties of the mind. Kalyankari....always concerned about giving benefit. Am I able to see each step of the Drama as being beneficial. This is a training I have to give myself as in Kaliyug we are not born with this. In Satyug there is natural purity. Baba gives us this through the Murli, and demonstrated it through the Dadis. Yet I have to give it to myself. *Kalyankari*.....a word that is also used as a name for God, Shiva, as The Benefactor, The Kalyankari. Am I am able to see everything that is going on as benevolent and there is benefit for the self? This doesn't happen overnight and many challenges that come up. Yet the training and reminder to the self to ask the self again and again: How is it beneficial? What is of benefit in this? When I keep looking in this way it will become natural. When I see benefit for the self, first, then I can start to benefit others. Without doing this and if there are still bugs within of 'it should be like this and that' then I am not taking benefit and what I share will be of the same level.

Baba talks a lot about good wishes for all. This only happens when I see benefit for the self and then I am able to give benefit for all through good wishes. These are steps and by the time there is nothing but good wishes for all, then we can give God's love and light to all and experience His light with us and share it.

Step Three: the Angel

I feel there are angels up there. It is now Sraad, the time of remembering the ancestors and offering bhog to all our ancestor souls. The beautiful thing about Sraad is it not just for one or two, but all the ancestors. Some of these souls are the angels 'up above'. Yet there are the angels on earth. Count how often God has worked through a human being to do something for you. God works in wonderful ways and the most wonderful way is to see how He works through others. Many different angels come to our support and aid, when we are in a moment of darkness and distress so let me acknowledge these too. Also If I am *sukhkari*, giving happiness and *kalyankari*, giving benefit, then that is the role of the angel. Sharing God's light and qualities. Externally I have never seen a 'flying yogi', as we don't perform levitation here! But definitely I have seen very powerful souls, who no matter what situations come to them, are able to fly and remain up above, internally.

So the stage of the angel in three steps for not just thinking about, but practising and being...

There were many other interesting questions that came up yesterday in the Teachers Retreat that can be answered another time, and I am going to leave you with one very interesting question that came up: 'What is subtle administration?' *Sukshmakaribar*. I leave this with you for your churning and homework.

COP 26 is happening in Glasgow soon (1-12 November 2021) and 4 days ago it was confirmed that NGO events are happening in person, so we will be present there. I have taken up the subject of 'consciousness and environment' here after attending every COP, year after year...so possibly 15 times. Also Christina Figueres, who was the architect of the Paris Agreement, came here to converse with us about this. Now we have a chance to interact for a short discussion on the subject of the environment and reflect on our relationship with the environment.

Then we will offer bhog to the ancestors..

OM SHANTI