

Om shanti everyone!

I am sure that you all are happy with your efforts. At least now we know what efforts mean. I found that this is very beneficial because generally our minds are always thinking of something, planning something unnecessary from the past or the future. How many of you find your mind is going where it's not necessary? The mind has to be occupied, so we go into deeper silence or the stage of being merged in Baba's love. I had been telling Baba I really want to stay more in being merged in Your love, in Your peace and the Ocean of Knowledge. Otherwise, there is so much recording inside in the form of sanskars. That recording is playing all the time. The mind finds something to think, so we tell the mind, "Now you think that you have to be a detached observer." I was observing my thoughts and seeing how my intellect is working now and how the soul is using the sense organs. I was eating and I said, "Oh, now see where the mind is." How much is the mind in remembrance of Baba? Sometimes, I wonder that there is so much to do, how to transform and how to become embodiment of that quality? I am the detached observer for the self, but then also for all the scenes of Drama. Everything, in every moment, is moving, right? Am I looking at them as scenes of Drama or getting involved? I heard something today, I had to pay attention, but then I had very good feelings. With pure feelings, love and beautiful soft words, you explain to someone, even if the other person is defensive or argumentative. I have to remind myself that these are the days for goddesses, so we have to use our divine form. Just bestow, not what I got, but what I give. I give support, I give love, I give help. Let me do it all with very good feelings.

Now, moving on to the virtue of benevolence. Benevolence is more towards the soul. Let's say someone has a habit that needs to transform, because it is very beneficial for the soul and the body. Any kind of habit, thinking pattern, even speaking, I should think, "Okay, was what I said benevolent? Did it bring benefit, or was it just the worst thinking for sake of thinking, speaking for the sake of speaking? I must say something of spiritual benefit, where the soul is attaining something. Baba says that the Confluence Age is the auspicious, benevolent age. Baba says that everything that happens in Drama has some benefit, and you cannot immediately see it, but it is fixed in Drama. Some say, "But this scene in that Drama can be removed, the rest is fine." It can't happen, because it is such a subtle continuity based on our karmic accounts for settling. It is like the cycle is just moving, and the more we understand, the more we will say, "Yes, there is some benefit. Everything is very connected. It's not possible to take away someone's part in a scene in Drama. I just have to remember that it is beneficial. When you remember, you will be able to see what the benefit is. If that difficulty was not there, maybe certain things that you learned, gained or realized, would not have happened. So, not only looking at the physical aspect of scenes of Drama but stay very positive and say, "Oh, there is some benefit." The benefit may be invisible, but Baba says the confluence age is the time of ascending degrees. We are going up higher and higher every minute, we are ascending. Once we maintain faith, we maintain good yoga. We have whatever knowledge Baba is giving. I keep churning. If you do everything in the right way, you will feel that you are ascending. Baba used to give an example that any cycle, when it's moving, reaches to the top, and then gradually starts coming down. This is the climax now going up, up until we reach home, then we go to the Golden Age, the land of peace and happiness. It is just like when

you observe your breath consistently, you cannot stop, you can hold your breath, but if it stops even for one second, there won't be life. Time is the same. That is why you shouldn't waste time, because somebody said, I have tomorrow, but what you wasted won't come back.

We have feelings of benevolence, first towards the self, then for others, and then looking at what Drama is bringing to us. Baba is the World Benefactor, whatever He does, has some benefit for everyone. We directly receive and experience what our Father is doing for us, but actually, every soul is receiving something from Baba, because he is the World Benefactor. Think about it, reflect, and then implement it. Keep creating awareness that I have to be a world benefactor like Baba. When Baba came in gyan, Baba's daughter Nirmala Shanta Dadi was sharing her experience. Generally when he would come, they would talk more about new jewellery, what gift Baba brought. That time Baba didn't bring anything. He was sharing jewels of knowledge because he knew, that's how the soul would receive something. One was the lokik relationship, but now he was seeing her also as a soul, so when you see the soul, what will you give? There was a kind of total transformation and she was happy. She wasn't upset, she was a little bit surprised, because this had never happened before that he doesn't come with gifts. This time, Baba went and shared jewels of knowledge, because he was connecting with the soul. As much as we are in soul consciousness when we relate to others, we will always say things that are beneficial for the soul. Maybe not directly giving gyan, but in some way or other you share differently in that stage, and that's what Baba wants us to do now. So that immediately I benefit, and it brings benefit to all other souls of the world. It's becoming entertaining, joyful and light. Play the whole day with the thought of what I have to practice. I have to be in this stage and I really felt very happy. So, feelings are good, there is a lot of joy and of course ascending, right, so we do that.

Om Shanti