

Om Shanti!

I'm sure you all had a beautiful day with your sadhana of the thought that 'I am a peaceful soul', because Baba said that we have to be complete and perfect. Complete means one hundred percent. Today we had the aim to keep the awareness that I am a peaceful soul. I began my day at amrit vela with three thoughts. Instantly, I felt so close to the Ocean of Peace and my Home of Peace, it was so real. I always feel that whatever effort we make, Baba immediately bestows us with that power. My aim had been to keep this awareness constant throughout the day. Lots of subtle thoughts came, because the mind still has certain thoughts. One is thought of activity but others keep coming, not negative, but thinking constantly because the mind doesn't stop. As soon as I would say, 'I'm peaceful soul', they would diminish. The experience of peace was so real, plus transformation was happening. Every moment I was noticing that transformation and then the attainment because as the thoughts, there is true peace, which is the nature of the soul.

These transformations happen, but then it gets connected with our breath. What you think goes in your breath first before creating vibrations, it goes in the body. So, when breath is peaceful then the whole body becomes very calm, very peaceful. Today, Baba said in the Murli that Baba has come to make your soul and body pure because that's how you become worship worthy. The difference between saints, sages and the deities is that deities are worshiped because their body is also pure. We say it is because the elements are pure, but we have to make the elements pure now. I found that you feel beautiful because through your breath, the peace is going into your body, into your elements. You start feeling from the body very beautiful feelings of deep peace. There is experience then transformation, then attainment. Whatever percentage attainment is there becomes our Siddhi. What that means is at this time whatever thought comes, the accomplishment was that thought changes into an experience. A lot of Baba's children say that they don't experience or feel connected. Today, it was such a real, natural connection with Baba because I am the child of One who is Ocean of Peace and Bestower of Peace. Connection is when you feel as Baba talked about, that if you are a Star of Success then there is closeness to the Sun and Moon. First you have to be close to Baba, then you become like Baba, and then the purification of the elements, because the body is of the five elements. So, we think of elements outside but first are the elements you have. I found that there is very natural concentration, because all the subtle thoughts which we sometimes don't notice, are also disappearing. Subtle, unnecessary thoughts are also being removed then you feel so focused and there is a very deep inner light.

I will say that I had a really beautiful day even though I was busy, doing actions and listening to situations, but in peace. When I was looking at a situation, the first thought came: okay just be peaceful. Even the blessing this morning was 'to become the image

of solution'. It's very interesting that with a lot of patience, the answers were coming and I could see how that situation could be resolved peacefully. If we react to anything, it's not a solution. The solution is when something is resolved completely and no traces or bad feelings are left in anyone. It's a very beautiful way, I start seeing and then don't repeat the past because sometimes we are so subtly conditioned, so my response is 'oh you did like this, you are like that'. Even at that time, I knew what was needed, but I didn't say anything because I thought I would say it at the right time. So much organizing of how or when one should think or say things, otherwise, we don't realize how it affects the feelings of another person. If I express my feelings in peace, I won't do that.

It's not a question of just writing your chart of how many times but write your reflections, realizations and experiences because they are more important and this will create a lot of motivation in you to continue your sadhana. There will be subtle experiences of many beautiful qualities emerging, natural cheerfulness as if you feel that internally the flower is blossoming and giving a beautiful fragrance.

We will continue tomorrow, because peace emerges love for everyone. We will have the thought that I am a loveful soul and Baba is the Ocean of Love. Baba loves me. In love, Baba teaches me, takes care of me, sustains and forgives me. He wants the soul to be a worthy soul, a worthy child. Baba loves us but what I receive from Baba, I become an embodiment of, then others will experience the love which I receive. How much I love, how much Baba loves me, that much I will be loving. Internally, anything for any soul will completely disappear. Whatever anyone has said or done or this Drama has passed, something got cleared, settled, why would I hold it? When it's gone, it's gone. It's settled, but we don't let it go. Dadi Gulzar used to tell us that the situation is more sensible than you because it comes and goes but you keep holding it. We keep reminding the other person and it hurts feelings also. Even a small thing we keep reminding ourselves, we live in the past. It's creating more karmic accounts causing sorrow to each other which is very subtle and then, of course, our speaking is more like an argument than lovefully, positively speaking. Some people say I don't believe in arguing, I see they are subtly arguing. When there is love, deep transformation will happen. I was remembering Baba's two words, Baba says 'chehra and chalann' that your face will reflect love, and your interaction with others should reflect love. In love, there is nothing left of what happened one hour before. Let's be loving at this moment, and then think with that love because you have to be from Smriti to Swaroop. Smriti awareness brings change into my attitude. We are all souls, brothers and Baba's children. True soul conscious love changes my attitude, then my drishti, then words and actions will change. This is transformation from awareness to becoming the embodiment.

Om Shanti