

Om Shanti everyone

Generally, we believe that as much as we exercise physically or spiritually, we practice. So, exercises make you strong, right? Whatever kind of tightness there is in the body and muscles gets relaxed and also they become strong. I find that as much as we do our spiritual practices, that much we become strong, but also remain relaxed, no tension. Baba said just now, that there are many different forms of body consciousness. This body consciousness then gets connected with ego in some form. There are one or two songs which I liked very much, you might play in the end, but I just said that I am a soul. I am pure. I am peaceful. I am loveful. I am immortal. I just play a part through this body. So, as much I kept doing it the whole day, this is what I am, this is what I am, this thought kept coming. Actually, this is our first lesson, but we still have to pay attention. I am an immortal soul. I am a loveful soul. Maybe not all day, but many times during the day so that I am building internal strength. spiritual strength.

One thing I am always very careful of is that as soon as you are doing very well, Maya can't tolerate it, so she comes to play with you. Then we start fighting with Maya, and she feels happy. She says, "Look what I did." Maya always comes through someone, she doesn't have her own form. That is why it was so good to look at each Goddess. I really didn't like Goddess Kali much, but it seems like she is very powerful. She just cuts the throats of the devils, and we know that that is not something physical, but it is deep inside us. Yesterday, I was thinking that there are obstacles, then there are storms, then there are test papers, and then there are eclipses. As much as we study further, the test paper will be bigger. Very subtly, some karmic accounts bring subtle obstacles, and if we are very careless, then a shadow or an eclipse comes. So, we have to be very careful, very attentive, because you cannot blame the storm. You must have seen that whenever they announce that this storm is coming, people start closing. You know they start putting these wooden boards and cover the doors and windows before the storm comes and hits anything. These days, they even make houses storm proof. Yesterday, I heard of 'hurricane proof.' I said, "That's good." So, how do we become storm-free and hurricane free? Baba said that every child is very sincere and a good effort maker.

So, I like this practice of being the image of truth. Based on that, one can experience deep within what Baba calls 'bliss.' You know all these big gurus, their last name is Anand. They should be beyond the effects of anything. I really love this word 'bliss' very much, because every moment from within and outside, there will be joy. Then we have so many expectations of each other, and that causes a lot of disappointment, sorrow, frustrations, and anger. Blissful, that is what Baba mentioned a lotus. The lotus is above the water, and even when there is rain or dirt from the bottom water, it doesn't stay on the lotus petal, it just falls away, the lotus is untouched. So, that is our aim, and I think everyone knows this, and should have an aim. Baba said that with every sense organ; lotus eyes, lotus mouth, lotus hands, lotus feet, that is what we have to create in ourselves, a lotus stage. You have seen God standing on a lotus flower. Even the eyes of Goddesses are very like a lotus. This is quite a high stage. I think we all do experience it, but we have to be

consistent. I find that as much as the aim is right, I always think about if this moment is my last moment, then what is my stage. I know you all might not be thinking like this, but I do think I should be in remembrance of Baba. I should have lots of love and good wishes for everyone, and I think we all have this. However, Maya or body consciousness can easily take away or stage, but it is not far away, you can still hold it. So this is a journey, and to reach the destination, it does require us to be very strong, and also very relaxed. There shouldn't be any tension about anything. No tension of becoming, no tension of karma yoga, no tension of yoga. Sometimes we want to do so much that there is tension. So, hold for a few minutes, relax, and repeat your image of truth, or image of bliss. We call these stages 'siddhi', and that means it will work. Give yourself those thoughts and you will feel how it works on you. This definitely then destroys all whatever wasteful thoughts are. Siddhi really means that wherever I need, I just emerge a thought, and it will work as siddhi, you will accomplish it.

Baba always tells us children, "Don't get tired in your efforts on your journey." This is a journey. Every day, there are different scenes of Drama. So many scenes continue to come, but then those who want to reach the destination, they just continue on the journey. This is a spiritual journey. Baba's words give us a lot of strength. So we had a beautiful celebration, and Baba celebrated today, he emerged everyone's divine form in the subtle region. He celebrated there, right? Then, I always tell Baba, "Why don't you keep us there. We don't want to go back." What will Baba say? Stay. Will Baba say to go back? No. So, how do we remain in the subtle regions, with Baba, thinking of Baba, very close to Baba? Tomorrow then we will burn whatever is left, right? Not only the effigy of Ravan, but all the very subtle clan of Ravan also. All ten heads. That's why Baba says not to remember the Ramayan and Ravan, the Mahabharat. Yes, there will be time then we will go into some of the references that Baba gives in Murli. Baba gives, and we take that part of Ramayana to have spiritual interpretation and understanding. Baba said that the Gita is short, just two words. Okay, so have a good time and keep Baba's love and Baba's drishti on you.

Om Shanti