

Om Shanti everyone!

Just a beautiful feeling to be blissful, when you are untouched and keep aiming to be a detached observer, watching scenes of Drama. It's really just Drama, because every Baba's child, every soul, has purity, love, good feelings, and good intentions. The experience of being blissful is especially when we notice, not only our mind but our intellect is deeply peaceful. You can call it blissful and see how one virtue is connected with another, one awareness is connected and automatically creates another awareness. From truth, bliss emerges, and from bliss, you experience that coolness! There are some people who are very cool in the sense, they are very slow and they look tired. It's not that kind of coolness, but internally cool. I really admire when the intellect is very calm, very cool. Generally, both mind and intellect keep working. It's not that thoughts don't come, but they are not consistent. Sometimes, it's very deep quiet and then yes, a few thoughts come, then it's quiet, then a few thoughts come. So, it's a very, very beautiful experience of feeling bliss, and also of coolness. Especially these days, with tension and pressures, the intellect and mind are not cool. So, for two days, yesterday, today and of course tomorrow also, I instil into my soul a truth, so just be a point of light.

Baba gives an example that once you finish your actions, you withdraw from everything, not only physically withdraw, but withdraw from the mind and intellect also. That is when the bliss is experienced. Bliss is a very, very deep quality, happiness, yes, I can experience sorrow, yes. Bliss is a very subtle experience of the soul, free from desires or any temptations. It's like the sense organs are not pulling the soul. The soul is just on its seat, immortal, eternal. So, automatically what I experience from this image of truth is bliss. When you are in bliss, as most of us have experienced, from the blissful stage, you move into coolness.

Generally, we say that water is cool, and the weather is cool. Just imagine when there's coolness in the air, you all feel so refreshed, and if that coolness is in us, in the soul, mind and intellect, what will everyone feel? If the weather can help us, how much will my cool nature help the atmosphere and souls? It's also a kind of sakash, like Baba is saying about mansa seva. Mansa seva is when you maintain a particular state of mind and stay in that and are spreading the vibrations. It feels very joyful, because it's good that I am experiencing it and I know that many will be experiencing the same. A soul said, "Please give me saksah." So, today I said, "Well, take sakash." When each one of us is blissful and cool, they can take it, they can experience it. It's not the question for me to give it. They have to take it. So, there are more experiences, more reflections, of course, we are becoming the image and attaining that siddhi, that experience.

Om Shanti