

Om Shanti!

Everyone looks beautiful, right? Everyone has something colorful, decorative. So what do you feel like? There must be different feelings, right? Yes, different feelings, good feelings. So, all of us had been practicing today's practice - the image of coolness. Did everyone stay very cool today or got a little bit high? Whatever is happening, karma yoga, everyone has to do what they have to do. Actually the capacity of concentration increases, because I have to keep remembering, reminding myself that I am the image of coolness. There is a very famous goddess, 'Shitaladevi'. Some of the ailments are cured in the name of that goddess. So, who are these goddesses? It's our image, no? I had been trying to be consistent with this thought, so there was no irritation, provocation or reaction. Just very deeply settled, deep within, sitting on the throne of self-respect. I only got involved when necessary because the intellect can get involved in small matters, where I don't need to be involved. Just be a detached observer while watching, listening and this is what makes what we call 'a lotus'.

We live in the family and because we live pure, we are like a lotus. Still one is to be like a lotus, the other is a lotus flower. It looks very beautiful from above. It's always in the pond water. One of the stages of the lotus is called 'upram - above', above water, above dirt, even above all the connections. They say the lotus has nine parts under water. One of the famous ones is the lotus root. Today we were eating some of what I was describing yesterday as lotus nuts. You know it's a very beautiful flower-like thing and it has nuts. Some lotus have them, some don't. I lived in Kashmir for a few years in the early 60's, and they have a lot of beautiful lotuses. They have lotus roots and lotus nuts. A lotus also doesn't hold anything on the leaf. I always say it is above and it is untouched.

You all must have seen that whatever our vibrations or the words or drishti, we get very touched in the sense that our response is more of a reaction. Our thinking is also not really as it should be. Thinking is based on not only what I am feeling but how I should create my own stage. Our thoughts are based on what our practices are. If you really observe yourself, be a detached observer for yourself, you will notice the quality of your thoughts. Am I creating or am I just responding? Baba is our Creator. He is creating a new world. So, my every thought should be towards the construction and establishment of the Golden Age and that is knowledge, peace, and love. Subtly, we are touched by information. How do we remain untouched so that purity, power and creativity are in your thoughts? Otherwise, they are ordinary thoughts. When you get those thoughts, you feel very joyful and that you are contributing something towards the establishment of the new world. It is very subtle. Am I just connecting with the present time, with the people around me, or am I above, connected with Baba and untouched from whatever is happening? It's all Drama. It's up to me what scene I want to see and don't want to see. Sometimes, we want to see everything. Then the

thoughts are very ordinary thoughts. The more you think about being a lotus tomorrow, if it is in your awareness that today my stage has to be like a lotus, you will find that you are above and not touched by the scenes of Drama. It's a very subtle effort, but I think these efforts are very important.

So, one is that at least eight times a day, during traffic control, or any time. I find that while doing karma yoga, such as while cooking, you need concentration, but there is also a lot of interaction, a lot of speaking. You could actually just cook and internally do practice so that others also feel that and they start doing it. We have a great opportunity to practice together and it's so practical and easy. Just one thought the whole day. So it's our homework right? The strength and the power that comes is through the practice. Yes, there are many souls who are okay, but not necessarily higher, moving forward, or going above. So, this is really a great opportunity for us to practice. I know that Avyakti Parivar has taken a lot of marks on being present, very good in listening, being present, but I feel Baba will be happy with us if we also practice that much. Otherwise, again, ordinary thoughts, ordinary connections, reactions, everything is very ordinary. So, this is the time to take higher marks and Baba will be very pleased to see each one of us as lotus flowers. So, we will do that practice for tomorrow.

We celebrated Dussehra, right? Ravan is burnt, right? It's a beautiful thing. I don't know how many of you listen from 11:00-12:00 on '8 Powers'. It's a very beautiful presentation. I had been listening and today was the Power to Adjust. It was so interesting. There are a lot of new points. Today, they said how Maya is an illusion. It's like you guess and say it might be like this, make assumptions. These are subtle sanskaras in us. Even for the minds of others I think, oh this is in her mind, his mind but what do I know? It is so important that we burn Ravan, but also we have to be conquerors of Maya. So, we all will collectively practice that will give a lot of energy and the power for the transformation of the world.

Om Shanti