

Om Shanti everyone!

Everyone looks well, and must definitely be experiencing a lot of deep reflections and attention on self, and progressing with more and more practice. It's so simple, right? Just keeping a thought, observing the self, the pattern of thoughts, and as much as we do this, there are a lot of realizations. I was mentioning that for me, there are different stages of being like a 'lotus'. When we come in knowledge, then being a 'lotus' is just to be very detached and lovely, free from the vices, a pure life. Then, as we keep moving forward, at this time I saw the 'image of lotus' more as being above everything and remaining untouched. Here is when my connection is with Baba, and I have more and more awareness of my eternal original self. Once that awareness is increasing, my thoughts will be very elevated, my thoughts will not be responding to the thoughts that are in the air, or to whatever others are thinking.

You all will be surprised that it is from people's heart when they think good of you, when they think of blessings for you, when they think of whatever good part you are playing. That energy is very supportive. If for some reason their thoughts are not very pleasant towards me, it could be a neighbor, within the Brahmin family, it could be with lokiks, whatever they are thinking definitely subtly affects you. Like you might not be that happy, your intoxication can reduce, and subtly you feel very heavy, and you don't see any reason. So, when you are above, you go above whatever anyone is thinking, because my thoughts are coming from Baba, from my pure heart. I will definitely always be thinking good about everyone, seeing good qualities of everyone, and sharing the blessings from my heart more and more. If I am on the same level, then I pick up all that energy, and it affects the state of mind. If you think you cannot find a cause within yourself for decreased happiness or for self-doubts, that means it's coming from others, from somewhere. There are so many karmic accounts, so many things happen, interactions in relationships. As a 'lotus' flower, you are not touched by all of that.

I recently realized that when you have these two weeks, we do bhog and offering for our ancestor souls - lokik and alokik, in a way we all are part of that. How many people would have offered bhog for you, too? So, nothing really disappears in the world. If it doesn't stay in the physical form, it stays in feelings, in vibrations, and even in the space. Let me take strength from Baba, so my thinking is not responding to what others are thinking for me, but my thinking is what I take and receive from Baba. Baba's love is enough, it is unlimited. As a lotus flower, being above means that you are connected with Baba, and then you remain above whatever is in the atmosphere, whatever is in the air. Some suffer a lot. "I am not respected. I am not loved. I'm not cared about. I don't have any role." So much subtle suffering, not feeling that self-respect, all that is happening because of the energy. I don't need to know what everyone thinks of me, but I do need to know what I think for others. I just need to pay attention that I always

think good of everyone. Brahma Baba was never disappointed by anyone. Every morning, Baba speaks to us, He gives us so much sustenance. The Yagya is for all of us, to give us sustenance, but Baba never says that children don't respond that much. Baba looks at our stage of perfection. Baba never looks at where we are, He just tells us, reminds us, but His drishti is always on our stage of perfection. That is why, when we sit in front of Baba, we feel so much love. Look at Baba, how Baba looks at us, that will be very helpful for us to remain above. As we remain above and untouched, the energy within the self is that we have to become satopradan.

You know that there are three gunas - satogun, rajogun and tamo. We were in tamo in the Iron Age, then there was rajo and sato. Baba says if you remember Me, you will become satopradhan from tamopradhan. So, when there is really pure remembrance then the alloy of tamo and rajo is melted. Baba's remembrance should be such, Baba says yoga is fire, it's a journey, but also a fire where you burn these different kinds of alloy. Now, you feel different, that is it's sato now, satoguni. The final stage, of course, is satopradhan. That means only Sato, and Sato means clean, pure, beautiful, like Golden Aged. How do you know if you have this 'sato energy'? Whatever is happening in nature, will be satoguni to you. Nature will provide you with that, so the alloy has to be melted. When I am in the Golden Age, what will be the qualities? What will be my thinking? How will I speak? What will be my interaction? We all have the aim to go to the Golden Age, or are we happy here? Even though we say that it's the Confluence Age, we are happy, but still outside, the world is Iron Aged. Any little news you hear, nothing is pleasant. There is so much corruption, there are so many different kinds of negative actions, negative energy. Baba wants to take us to the Golden Age and the satogun - satopradhan stage.

So, you all will have reflections on the sato stage. From the morning, keep the aim, try to stay in Baba's remembrance as a fire of yoga, I just want to merge in remembrance where tamo and rajo are gone. From sato, I am becoming satopradhan. You will really love yourself, you will be able to stay in self-respect, and you will always share with others Baba's love, peace, and patience. We have to move, and cross the boundary from rajo to sato and then from sato to satopradhan. When there is a satopradhan stage, you will really have beautiful experiences. I think we all are looking forward to be in that sato and satopradhan stage, and then attainments of satogun, whether it is response from the souls, or from nature or receiving from God. In the sato stage, you are stable, you are consistent. In the satopradhan stage, I am going home for a short time, then I am transferred from the Iron Age to the Golden Age. So, tomorrow is the 'Image of Sato', that will be our Siddhi Swaroop, our practice for the whole day.

Om shanti