

Om Shanti everyone!

Baba has so much love for us, and that love is also strength for us. Love from the Father, Teacher, and Satguru is blessings for us. Baba wants to remind us that we have the fortune of happiness. Happiness is good for health, happiness is your prosperity. Baba gives us so many blessings, but we still have to understand. Baba doesn't want us to work hard, or to make anything difficult, but also not to be careless. Baba says that we have to make everything very easy. So, we have to understand how we can balance our lives. For yoga, Baba says that there should not be any tension of attention. Some people think too much. The way they think and speak is complicated, and also, the way they do things looks complicated. So, everyone looks at your life and learns how to keep it very simple, and I think everyone has the ability to do that. Also, Baba says that we should not be careless, whether in following Shrimat or in accuracy, whatever it is, don't be careless. So, when we take a thought for the day, a virtue for the day, we will have many circumstances, many situations, many opportunities to practice that, and see how it works.

Compassion, which has love and kindness, is a very beautiful quality. Compassion comforts others, and they feel your cooperation and support. However, it should begin with the self. Do I love myself? Do I have compassion for myself? So, in compassion, you take care of yourself, and the way in which you take care of yourself, you will take care of others also. Sometimes we take care of others and one can neglect one's self. That's not sustainable for a long time. These aspects have to be churned, we have to apply and then see, what exactly is Baba saying? What He is saying is very simple, but the wisdom is incognito within that.

When we look at Brahma Baba's life, it was such a balanced life. Those days when we went to Madhuban, we had classes, we didn't have many classes, just morning Murlis, then night class, and later on maybe, but during the day was karmayoga and in the evening it was one-hour of tapasya. So, it was like a lifestyle. These days, service of course is defined differently. But in those days, service was Yagya. Baba says, "Just renounce the vices, follow Shrimat, and remember Me." So, when the heart is compassionate, there is a natural quality of being a donor, of generosity. When we were about to leave Mt. Abu, Baba would go up with us at the back and stand there on the tree to say goodbye to us. It was a very emotional scene. He stood, even if we have gone and we keep turning around and say, "Oh, he is still standing there, Baba is still there." Otherwise, if he would have thought of his comfort, he didn't need to do that. In generosity, there is a kind of love but also some acts, which are of sacrifice, because sharing is something very important. Just think of this attitude of generosity. Even in words, even in my day-to-day interaction, some are very loving and generous. They say yes, they are able to provide for you, and their face doesn't show that it wants some sacrifice. So, that is generosity, that is love and care. Whenever Dadi Janki gives classes, and she finds it to be very deep, she will print the class and share it. You all

have seen how she would get those little books printed. Anytime you go to her, she would give you good classes and books to read. This is generosity, isn't it? She doesn't want the money. She feels that souls are served, so naturally their thoughts will come that they must help in Baba's bhandara. How many hearts are pleased, and then their hearts open, and they become generous. It's a very beautiful quality. As I said, it's not just you distributing, but you see the needs of the souls. The ancestor souls have left such good examples for us, and I feel very fortunate to always remember what they did and what we can do. Since the Global Hospital began, I have always supported it, because there are many, many needy ones there.

So, in everything, whether it is our thoughts, our attitude, our words, or our actions, generosity brings a lot of blessings. Generosity also comforts one's own heart, that I can do something, little or big. The more you have those thoughts, it becomes your siddhi. How to be that image of compassion and generosity? If you have compassion, you definitely have generosity and in Hindi, we call it 'punyatma', one who is generous. Some good wealthy people always like to give a lot to charity. Miserliness is poverty, isn't it? If you are miser, you think only for 'me', but if you give a little of what you have, and you feel like sharing, that generosity makes you feel internally full and rich. It could be time or energy, just give generously, share everything. So, reflect on that, practice, open your heart, your attitude, your words, so you become the image of generosity.

Om shanti