

Om Shanti everyone!

We got the blessing from Baba to have deep inner silence, lightness, and also to be joyful. Our siddhi is being double nonviolent. I just want to let you know that we take the siddhi from the blessing of the day. So, every word if you take it in the morning from the blessing, then you see how your practice becomes very clear. Otherwise, we do it in our own way, but do it by reading and reflecting on the blessing. Baba is saying that to remain stable in satopradhan state brings the experience of peace and happiness, and that is called double non-violent. That means if you are not happy or you are feeling sorrow, you are violent to your own self. When you are violent to yourself, others also see it, and this will affect others also. So, Baba was saying, "Always remain in the sanskars of being satopradhan, and experience peace and happiness, that is called true non-violence." You would have never heard this definition anywhere. Baba says that violence means that you experience unhappiness and sorrow, peacelessness and sorrow. So, you should check the whole day. Did I do any kind of violence throughout the day? If with your words, anyone's stage fluctuates, that is also a kind of violence. To suppress your own satopradhan sanskars, and allow the sanskars in practical of rajo and tamo, is violence towards your own satopradhan sanskar. Can you imagine, when I keep reading a few times, then the depth comes that for violence, He means to let go of my sato sanskars. So, Baba says to become very subtle and great, and keep the stage of double non-violence.

So, I had been practicing since morning, and Baba had said that if something big has happened or someone did something, so the thoughts go towards that soul. So, what am I thinking about that soul? Am I just giving good wishes, pure feelings, or do a few thoughts come? What kind of person is that? Why can't he do things properly? There is so much attention on even thoughts which are not negative but could be very ordinary. So, I'm saying that this is also violence, because these are not satopradhan sanskars. It's a very interesting way to watch which sanskars are emerging. Is it satopradhan? Is it rajo or is it tamo? Okay, tamo might not be emerging, but even rajo, like mixed feelings about a particular situation, even for your own self. Then, because we have mixed feelings, our power to discern is not clear. When power to discern is not clear, you're not able to decide, so there is always some kind of uncertainty, a lack of self-trust and self-respect.

So, I must say that it was really worth practicing this quality of non-violence, but I also told you that what you will read in the Murli blessing of the day, and that is 'equanimity.' If you have good yoga, you will be free from bondage, and if you are free from bondage, then you will not have any bad feelings for anyone. If someone says something which is not good, you won't feel insulted. Reactions to anything, are coming from your bondage. That means a lack of power of yoga. Brahma Baba had to hear very bad abuses and defamation. It didn't bother him. Whatever Shiv Baba is saying, I am saying it. However, during the day, how many times do we feel humiliated, not respected, not properly spoken to. Baba is saying that all these are your own bondages with the different souls. It's very subtle. So, increase the power of yoga to create this equanimity, where there is nothing

like praise and defamation for you. You never feel defeated. Always remember victory is my birth right. A lot of things when they disturb your yoga, the intellect's connection is broken, so no power. That's what maya does, try to break your connection with God. It could happen to all of us, if we don't pay attention. I'm saying all of us. I'm including myself. Sometimes you don't feel that connected, and sometimes I'm so connected with Baba. When my stage is good, I am beyond everything, and the connection is simple. You can sit, you did Amritvela, you did an extra hour of yoga with not much power because internally, there is something that you haven't conquered, you haven't transformed. One of the important things here is very subtle ego. "I am experienced. I am old. I know. I am more sensible." Baba was saying that even if you think, "Oh, I am sensible, I know everything", then the reaction comes, and you are not able to tolerate.

So, when things happen, we definitely feel it's someone doing it, but also it might be time for me to pass those tests, right? How do I respond, how do I react? Take sorrow, remain quiet, respond verbally, or just try to help that soul to connect with Baba, you can also have good wishes. It is from your response that you will know your power of yoga. It is a very beautiful, powerful blessing. Tomorrow morning, you read it properly, and then you understand if we still have bondages, or are we free? You will find there are a lot of bondages, and Baba is calling them subtle bondages. They are not like external bondage. Very subtly, you are somewhere connected with your ego, or some type of sanskar. That's why your response is what it is, and also that is why it is happening to you, because you haven't conquered. You haven't passed with honor, so tests keep coming. If somewhere deeply within, you have that ego, then you take sorrow. Baba is saying that taking sorrow is violence towards your own self.

So, very wonderful that we are connecting the homework with the blessing. For tomorrow, we have equanimity and try to see how internally, it's not a question of external, but deeply within, if you see whatever is happening, you can stay in a very balanced stage. I liked today's message also, silent, light, and joyful should be my stage. Deep silence then internally light, not heavy about anything, don't carry anything and then also be very joyful.

Om Shanti