

Sister Jayanti – 3rd October, 2021 – GCH, London

Speak Less, Speak Sweetly, Speak Respectfully

Om Shanti. Good morning. Baba's Murli is at the end of the Season in 1988. The words of the song reflect totally the Murli itself. For those who don't speak Hindi, the words were talking about how you surrender to Baba and Baba surrenders to you. Let my thoughts be what Baba wants me to think. Let my words be only what Baba wants me to speak. Let my ears listen to only the things that Baba is speaking. Let me play with You and Sit with You. This is what Baba is talking about in the Murli. It is directly connected to the project that came directly from Baba, global cooperation for a better world. Baba had told us that there has to be a bank, in which we get people to accumulate. At that time no one liked the ideas of banks, but Baba insisted we use the idea of a 'bank'. He turned this around and said that first and foremost it is a bank for Brahmins....up above in the subtle region. Baba keeps an account for each one of us, and what goes into that bank account...are the words I speak putting in, or drawing out. The actions I perform am I depositing and are they worthy to be deposited. Baba was also preparing us for the next year. Baba would tell us categorically that *'I've given you so much for the past six months, are you going to give the return'*.

Baba would turn night into day to serve each one and give whatever was needed. This was true. At midnight some would go for dinner and the kitchen was kept open through the night literally. We would still often be sitting there at 4am or 6am having been there all night and Boli Dadi, who was in charge of the kitchen, would prepare and bring bhog and put it directly in front of Baba early in the morning and after the mediation, often Baba would then share it. So sweet powerful memories.

Now Baba was saying that He wanted to see the result of everything He had given us. He gave the timeframe also. He indicated then too that He was not coming to meet us for a period of time. He shared in the previous Murli, that the chariot was not so well, and He thanked the chariot for the service that the chariot had done. It was a Murli for closure of the Season.

I never saw the Dadi's debate or even discuss anything. It comes from the root word for 'noise' percussion. Yet they would have a conversation about things, and sometimes take a few minutes, before coming to a conclusion. I remember a particular time when Dadi Janki was here and Dadi Ji was in Madhuban. At that time they would speak each day. This particular conversation was regarding Maharashtra. Dadi Ji had a very different approach to the situation and within the moment of her sharing her idea, Dadi Janki said 'Ji' Dadi. Finish. Also with Baba, Dadi Prakashmani nor any of the Dadi's would enter a debate with Baba. Apart from this one time when Dadiji said to *Baba 'What do you mean by we have to show the result of what You have given us, and do you mean you are not coming'*. Baba absolutely still, understanding her feelings, and said *'Yes that is what I meant'*. Dadiji tried to shake Baba and tried to negotiate...Baba you don't have to have personal meetings.....Baba was adamant. On a spiritual level it was accurate as we needed time to digest and put into practice all He had shared. However there was another reason, which Baba knew, which we didn't. After the season finished Dadi Gulzar went to Bombay and she was diagnosed with Cancer, and the treatment started and with Baba's blessings the chariot recovered and she continued for so many years after that. She said it was with Baba's blessings and everyone's blessings she was given extra life. Incredible how the Drama evolved! Soul, chariot and Baba amazing! Baba was preparing us for that.

In this Murli He was not only explaining exactly what the results of the project would be but how our consciousness had to be through it. He predicted everything that would happen and what we needed to do to prepare on the inner level. And then the prediction of the 'bank' and the quality of thoughts and needed required. He used an interesting expression regarding the quality of words, became a slogan. We had a leaf cut out of plywood, painted green with the slogan: speak less, speak sweetly, speak respectfully. We would see this everywhere around Pandav Bhavan in those days.

There is a sister here who was practising silence for a week. Here she would keep her silence badge on, although obviously not at work. After a week she shared with us, that she would speak when essential and get on with what she needed to do. *'However it gave me a lot of inner space and time for soul consciousness and Baba in my mind. This mean't I was able to reduce the energy spent in speaking. I found myself speaking much less here and at work. I found that I was happier, lighter, and able to manage the silence and it was a great feeling. I am left with this sense of how it is possible to keep Baba with me more'*.

Can I ask myself a few questions before speaking. Is it helpful to the self and other, before I say something. It is reality, truth or something of my imagination. What is going to be the outcome if I say this. A short mental checklist before speaking which would mean that a lot of waste would be eliminated and time saved.

Speaking less, and thinking what Baba is telling us, will bring the self and others closer too. This is a very important lesson from Baba. Then Speaking sweetly. If it is about gyan then it will be filled with sweetness. Baba is asking us the question: Have you been able to eliminate the consciousness of I....of inferiority or superiority...if so then there will be sweetness. If not it will be the ego or the inferiority, and needing or wanting from others and a trace of vice on some level. If I have surrendered the 'I', it means that the soul is purifying itself and sweetness is an indication of the purity of the soul. If there isn't the purity, then there is

harshness and strong language, insistence and force will come out. Within the background of what is sweet, all of this comes in. This is cleaning the soul and eliminating what is impure so the soul is left in its original state of purity.

Thirdly, speak respectfully. Baba gave the example of Brahma Baba and how he would speak to the junior ones with a lot of love and respect and this was how he was able to win everyone's hearts. The only way to maintain respect for others if there is *swaman*, respect for the self. The visible proof of this, and the dignity inside, is the respect with which I treat others also. If I am forcing or insisting the ego is saying 'I know best'. Pause for a moment, and ask 'is this how Baba would behave or do?'. Baba said the training He gave in that period, and we continue to have, is to become *Bapsaman*. To become like the Father. Yes we will become angels and deities in the future. But if we keep the image of Baba and what it is he did and how he did it, we are on the straight-line route to the *Bapsaman* stage.

The inner state of self respect means I am not seeking anything from you, and I am able to give something, respect to others. This is therefore a very important idea Baba gives: Speak Less, Speak Sweetly, Speak Respectfully. Can you imagine the transformation that would happen if we kept this mantra in mind. In the self, our family and especially in Baba's house!

Baba gives many mantras for different times of day. Manmanabhav early in the morning. Here it was a hub of activity in the morning and there was a very sweet feeling of silence also with everything moving beautifully. Then through the whole day, how do we use our words...

I was focusing on the conversation Dadiji had with Baba. I think I have only seen Dadiji unhappy that one time, when Baba flew away then. Next morning she came to class, wondering what she can do about it, and she had tried and it hadn't worked. She picked up the Murlī to read and then she shared what was in her heart. She asked: *If Baba doesn't come, how many of you would still come?* (It was a big gathering of double foreigners in Om Shanti Bhavan). Everyone keenly raised their hand. She looked surprised and asked *'What would you come for?'* And different souls said a variety of reasons: The Murlī, the Dadis, the icecream! Dadi's face changed dramatically. Everyone had made her so happy she changed. She then said they would plan something special in the next season. It was beautiful to see how everyone responded to Dadi's love and how Dadi responded. Everyone so appreciative of Madhuban and what it can give.

Many ask me what about Madhuban without the Dadi's. The solitude, the tapasya is still possible and the timetable is there. I don't know of another place in the world where there is the timetable and atmosphere that there is there. In Madhuban the atmosphere is just amazing. Lets see what will happen this year. The systems started with Mama. Baba gave the directions and then Mama would initiate them. Then the Dadi's maintained and added to this. Then even though the numbers increased the atmosphere becomes just more and more powerful. All of that is still there for when we will next get an opportunity to go there. However more and more it is about focusing on what 'I need to do'. Instead of what has been given to me. We have been given so much: the information, the tools, the knowledge. It is the inner effort that we need to make, the subtle attention. Am I putting the practices into my life. If I do this is following srimat yes, but it is preparing myself for the scenes that are beginning to show themselves...the chaos and trouble. (In UK we see panic buying of petrol). When there is a lot of fear around, from fear to panic is a tiny step. There are lots of messages of fear being sent out and it is very easy therefore to create panic...and then chaos. This is a big lesson for Brahmins. What is my response to all of this? Am I ready to adjust and be flexible or am I in a specific way of thinking and being? There are lots going on that are clear mirrors. Baba says that our words and actions are clear mirrors of our thoughts. We know this and we can see our words and actions are clear mirrors for the self and everyone else to see.

Dr Nirmala planted the seed for a centre in London in June 1971. Dadi Shiel Indra went to Baba to see where the centre for London should be as we had clusters of Brahmins across London. I went to Jagdishbhai and said How are we going to decide and he said: *Baba will decide*. When we went to Dadi Shiel Indra, she said she didn't remember of who is where. Jagdishbhai took out a map and showed her where we went in Knightsbridge, the spiritualist association of GB, the first venue to host Brahmins in central London, and where different BK souls live across the city. Jagdishbhai told Dadi: *All you do is to ask Baba to point you to wherever we are to be*. We sat in meditation, in Sidmouth Road, and she flew to Baba and after she asked for the pencil and pointed to North London, where Rajniben lived and look now all these years later we are within a mile of that place. It is interesting how Baba works. He makes us think but He does the work! The centre was then there in Tennyson Road. So we are celebrating in honouring the 50 years of service outside of Bharat. With celebration for the London family and the UK family, and for our friends and contacts. Next Saturday the celebration will be after Murlī, from 7.30am until 9am (BST). Then for the next 50 days there will be programmes throughout the UK, with the finale here again in November. Each Sunday afternoon there will be public online programmes each week and other things. As usual in Brahmin life, the wheel moved a bit slowly but it is coming together and we will let you know how it is all developing.

This is the bhog for the ancestor souls. It is for recent departures and ancestors. Also it has been requested for the 'living death rebirth'. Offering for the new brahmin birth. To say Baba I am finished with the old world and I don't know who will be for me later on, but I want to offer bhog. So bhog is being offered to Baba for all souls, with a lot of love. OM SHANTI