

Om Shanti everyone!

So happy to see souls from Brazil responding. Transformation needs two qualities: 'introversion' and 'introspection'. One has the nature to be introverted, and there are some who are very extroverted. Their intellect always goes more on the gross side, the physical aspects. Silence is something that is very subtle energy, and it requires the quality of introversion. That means that you look within, you observe yourself, you are a detached observer, even for yourself. Look at what transformation is needed in me, because transformation begins first with thoughts, then words, drishti, and also in our actions. The word 'introverted' in Hindi is "Antarmukhi". Always look at your inner face, that is, your own mind. There is a saying "The mind is an index, everything is in the mind." To be introverted, introspection means self checking.

What do I have to transform? Our aim is to make everything Satoguni, Satopradhan. All the alloy of silver and copper is mixed in the soul, in the gold, and because of this, our thoughts are also mixed. Sometimes they are full of love and peace, sometimes full of enthusiasm, and sometimes the degrees are less, there is fluctuation. Baba says that Baba doesn't like to hear 'sometimes', we should be pure all the time. It is important to look at the quality of your thoughts, because when I am using any virtue, I am actually accumulating the power of that virtue. When anything happens, look within and see, "What could I have said or done better, where can I transform myself?" You don't blame anyone for any situation, but you feel that it can be avoided maybe through my presence, so, which quality do I need? Maybe I should have used more tolerance, maybe I should have used more patience. Transformation for me is upgrading myself all the time, higher and higher, better and better.

We don't have negative thoughts, but sometimes the thoughts are not as high quality as they should be. Baba keeps talking about elevated thoughts, Baba doesn't say positive thoughts. Elevated thoughts will then become auspicious thoughts, and auspicious means to create very good omens. It's like pure thoughts but it's higher even than pure thoughts, it is auspicious. With these thoughts, the omens of Jupiter stay upon each one of us. Actually, through our thoughts, we also help others to experience the omens of Jupiter. In silence, we are soul consciousness, we are in connection with Baba. This creates a very subtle power in the soul to bring about transformation.

In yesterday's blessing, Baba said, "When your attitude is pure, it will change the atmosphere, and make it pure. You will not be influenced by the atmosphere outside and you won't say, 'I did it because there was an influence of someone or atmosphere'." Attitude is something very subtle. Silence actually makes these subtle energies or abilities very pure, very powerful; such as the ability to think and discern,

all the abilities. Some people call this capacity, but I call it ability. To really do something deeply from your true self, it has to come from silence, because in silence you are really touched and you get direction.

It is important for us to be in introversion, looking at our inner self, our true self, to be in silence, and keep increasing the power of silence. It will be very necessary for us to have this practice, to be in silence and bring transformation. In the future, there will be many scenes in Drama that will require that we are not influenced, but also that we are able to help. That is only possible when there is the power of silence. If I have enough practice, then I will be able to do it, otherwise, there will be all the thoughts connected with the situations, what happened, how it happened, what is next, right? If I want to help in transforming the situation instead of being influenced, I need the power of silence. Even for ten minutes, twelve minutes, a few minutes, during the day, anytime, just accumulate that power and use it for self transformation, it's very, very important. There's a saying that when I transform myself, the world transforms. We all have an immediate world and an extended world. Our immediate world is wherever we are. Baba says, "Charity begins at home". This change, the transformation, is not that you have to use words, but in silence and through actions, be a good example. This silence is like, "Okay, I will go to Paramdham, let me go beyond". It is the silence of Paramdham in a way. Let me be with Avyakt BapDada, and create an Avyakt atmosphere, so everyone feels that presence. Silence means practicing some of these subtle stages and to inspire others to move towards that direction, to just go beyond. So, an introverted nature and introspection in silence are two very important qualities.

Om Shanti