

Om Shanti everyone!

Baba said yesterday that you all need power. When the soul is powerful, health will be good, because our thoughts affect the body, and also matter. If there is fear, worry, sorrow or any internal disturbance, these thoughts and emotions are deeply connected with the body. We know that thoughts affect emotions and habits, and many types of sanskars continue to emerge. During the day, there are certain situations where I just need to be in silence, because in silence, the right type of power will work. However, if we keep saying things that are not relevant or loveful, this will never resolve the situation. The first important power is the power of love, pure love, then also, trust is important. When I have love, then I have trust. It helps the soul to maintain trust. If I don't trust, then others lose their trust. Then their power is lost for whatever they have to do. So, in silence, through my soul's love for another soul, create what is needed in that soul. That soul needs to have an open mind, we should share our trust through our loveful drishti. That's not only true service, but that is how we help our companions. Of course, we need to pay attention to certain things, for example, the words we speak should never cause someone to lose self-trust. Our duty is to make everyone feel worthy, so that they can continue on their spiritual journey, and they can also serve Baba.

I have been thinking a lot about mental health, and how it affects physical health. When there is happiness, the body works very well. When one is not happy, then one gets tired very quickly. Mind gets tired, the body gets tired, and nature becomes irritated. So, I have been reflecting on the power of a healthy mind and its connection to the body. I think most of you have that experience. When there is inner weakness, the body feels very weak. When you have faith and determination, you will find that you are strong physically and mentally. Physical health also helps us on our spiritual journey. Baba is karavanhaar. As we think and create awareness, we experience Baba as karavanhaar, then there is success. If we forget this awareness, then we don't see the result. This is where we really need to make effort to create awareness. During the day, have the awareness, "Baba you are karavanhaar, I'm just an instrument." Many of us would like to see the wonders of Baba, the magic of Baba, but we are not able to, because we are not remembering or we are not having the right awareness. As we take on these practices we should really observe ourselves, observing that yes, I do remember, but not necessarily as Baba is asking. Time is challenging, maya is challenging, and we have to be victorious. So, this is the time to invoke Baba, and create the quality of awareness, to become victorious. I'm sure you must have all kept your chart and you see how Baba is karavanhaar. Tomorrow, our homework will be on being silent within, we will definitely have this stage at the end, but we have to practice now.

You experience being an elevated soul who stays under the canopy of the Father's protection, do you not? Those who stay under the canopy of protection at this time become those who are under the canopy over the throne. So, you have the happiness that you are a fortunate soul who remains under the canopy of protection, do you not?

The canopy is the means of safety. No one can come under this canopy. Always keep in front of you the image of you being under the Father's canopy of protection.

Baba is not only talking about protection of the body, we need a lot of protection of the mind and intellect as well, because the intellect gets so many influences. The mind is also influenced by situations, sometimes in company, sometimes during conversations. So, maintain a very clear, honest, transparent mind and intellect. I have to remind myself that Baba is my canopy of protection. How do we function? Through the mind, intellect, and body, right? The mind has feelings and thoughts, the intellect has to discern and decide, and then the body has to act. So, this is not only about protection of the body, but it is more the mind and intellect or soul that is protected from challenges or influence of Maya.

Om Shanti