

Om Shanti everyone!

Everyone enjoys Satguru Baba's love. Now you have to distribute it as holy prasad. Generally, you give Toli, but that is different. Through your drishti and through your words, you keep sharing what you receive from Baba. Baba said that even a little bit of 'I and mine' should not be there. Only then will Baba be seen and be glorified. So, we have to keep that attention, because very subtly, with my specialty, I think "I am doing so much", sometimes Baba is at the back. We always have to keep Baba our awareness, whatever I am giving, I got from Baba. So, when I have this awareness, it will be seen through drishti, felt through our vibrations, and they will feel Baba's presence. For 30 days, one month, we were on the pilgrimage of silence, and each day we took homework. Every morning, as soon as I wake up, I see what my homework is and then create that awareness. Then during the day, many times not only become aware of that awareness, but also experience silence. I did feel that yes, there were many experiences because, as I mentioned, the mind and intellect are eternal, part of the soul, so they never stop. What we do is give them what we know will be beneficial for my spiritual upliftment, so that I can be a good instrument and good helper of Baba.

It was very interesting to see how sometimes we are not aware of the influences from our own sanskars. Baba said that your mood shouldn't fluctuate, The whole day should be consistent with the same mood. Then you find that even if you are not in an off mood or anything, there are subtle energies inside that are sometimes visible in the way we react, say things, or interact. Even if we say. "I have good wishes", there is still the influence of sanskars from the past. So, as much as we observe silence, I think that it helps us to recognize those sanskars, where this thought is coming from, or from where this attitude is emerging. It is only silence that helps us to have a lot of clarity and realization. I think that it was a really good time, and then of course, anything we do, any homework we do, definitely there is progress. Last night, the homework was from Baba saying, "If you are carefree while doing service, you will move forward." So, I am moving forward, right? The thought was to be carefree the whole day. I really had this thought and it was very helpful, because for us, there are always some things to be resolved, something to be heard, some are small, some are big. This awareness helped me so much. "I am a carefree server." Baba said that I can only move forward if I am a carefree server, and that was very beautiful.

So, what I am saying is that for any homework, in the morning at amritvela, you start with that awareness, and then implement it. We think and speak based on that awareness. It is so beautiful that we have taken this whole thing, and it's not just listening, but it's implementing, it's practicing, and becoming that. Then you will definitely experience the benefits and the attainment. I know that most of you didn't miss a single day. You all have been with us every day, but homework is something very personal. Some do it properly, some do 50 percent, some do it the full day. I felt it's very useful to do that homework so that there is lightness, you have more capacity for everything, and also, new experiences.

This morning I woke up quite early, and I said that first it's a meeting between soul and Supreme Soul. A soul receives from the Supreme Soul, then we give some vibrations, healing vibrations to the body, so that body can also receive Baba's vibrations and power. Then we extend it to the elements, and then we give to all the souls, those who need sakash, or in general to all the souls of the world. It is like your mind just says, "I have to give to the whole world", but you haven't even given to yourself properly. Everyday, Baba says that you have to become satopradhan and always remember that as much as I am ascending degrees, everyone will benefit. So, every morning has been a very beautiful experience, and the full day was also very satisfying. The awareness, as homework, was helping a lot. So, this is how we complete our month, with something beautiful coming tomorrow.

Om Shanti