

Om Shanti!

The month of December is a celebration. Everyone starts thinking about the end of the year, the beginning of the new year, Christmas time, and children are also excited. We thought about taking up the subject of happiness. Baba said that recognition of Baba is the greatest happiness. I think most of you must be devotees. You all had faith in God in different ways. Since I can remember, I felt a lot of connection with God, but at that time it was more with Shri Krishna as God. I would talk to Shri Krishna, try to get answers from him, and sing prayers. As soon as I came to the center, one of the sisters gave the introduction of Baba, that He is the point of light, lives in Paramdham, and we are children. As she was talking, I just started feeling my connection with Baba, my home is Paramdham, my inheritance is the kingdom of heaven, we are all souls, one unlimited family. As I was listening, I felt such a deep connection with Baba. I was very fortunate, because very soon after that, Baba was coming to Delhi. Recognition of Baba, recognition of God, has brought such a deep feeling of joy and happiness. This is something from the heart and that love begins with Baba. Baba mentions 'lover and beloved.' It's a very beautiful feeling of relationship, but for me, 'child and Father' was more. Baba is both mother and father. Baba said that this is a great fortune, because Baba is very simple and ordinary. For me, Brahma Baba was very special.

I always say that you can go all over the world, and you can see the smartest man, but no one was like Brahma Baba. Baba was tall and very attractive because of the beautiful spiritual spark on his face and very beautiful smile, but his eyes were amazing. Knowing that Shiv Baba enters in Brahma Baba, looking at the center of the forehead, knowing He is my Father, taking drishti from Baba. Recognizing Baba means knowing what He is, and who He is. We know that He is ever pure, the Ocean of Love, Ocean of Peace, One who is the Bestower, with so many qualities. As a child, I will be like my Father. In lokik also, children are like parents; they look like parents, sound like parents, and behavior is similar. The child does not have to make an effort. One who has true recognition instantly starts adopting Baba's qualities. Baba, you are the Ocean of Love, I am also loveful, you are the Ocean of Peace, I am also peaceful. Deep within, what is emerging is joy and happiness. In the world outside, people sing prayers and go to temples. They are looking for God or start believing 'neti neti', no one can find Him. For us, Baba came in front of us and adopted us. A father gives you his qualities and an inheritance. That is why there is the slogan of 'child and master.' A child always will have the intoxication of being a master, but it also becomes a dharna. When I need to be a child, I am a child, and when I need to be a master, I am a master. A master has authority, rights, and can claim everything, but first you have to be a good, obedient child. This is where deep happiness begins. It is not easy to describe that happiness, but it is really intoxicating, courageous and enthusiastic.

Whatever Baba said, we were able to do it. I still remember so many things that Baba said, and I did it, because Baba gives power. If Baba decides to give you a task, He also gives you a lot of power and courage. When it gets done, you know that it's not me, it's

Baba. So many wonders happen, so many beautiful tasks get accomplished by Baba through us. Yesterday, it was said that happiness is the biggest and most important treasure. People are used to counting their treasures. What I have in life, those treasures are material, but this one is a very subtle, very spiritual treasure. There are so many people who have a lot of wealth, but there is no happiness. Baba said that we are empty pockets, we don't have money, but joy and happiness are there. I remember that in India when Brahma Kumaris came after partition to Delhi, they had nothing and used whatever the government gave them. Many, looking at them, felt they were doing service, they are divine, so they offered whatever materially. Their personality and royalty was so much that it came in the newspapers that Brahma Kumaris clothes went to London for washing because they were so clean. Practically, they had very little soap. They never had an iron to iron the clothes, but when they're a little wet, they would fold the saree and all of the clothes very nicely by hand. They keep removing the crease and would put it under the pillow or mattress, so it gets very nicely ironed. When they were out everyone was amazed at them because they looked so rich. You heard Dadi Janki say that they would put salt in the flour and make chapatis and eat it. Sometimes they had a few potatoes. They had nothing, not even vegetables to cook, but their faces were sparkling, and that was the happiness. Rich people start feeling poor in front of those who externally have nothing but the treasure of happiness.

You even get nourishment from happiness. Even medically when you smile the muscles of the face are able to take blood from the body. The face becomes very bright. These days they have laughing exercises. We had one brother come from Mt Abu for the laughing classes. You have to laugh for 20 minutes as much as you can, your lungs, blood circulation, breathing, everything improves. Physically as you are laughing or smiling your every muscle is joyful. Not only in the mind, but your body also responds to that joy. It's not only nourishment for the soul but for the body also. Even Baba gets very pleased. Parents want children to be happy. They tell you that whatever you do, wherever you are, just stay happy. Baba also is very pleased when He sees my happiness. I am happy so it is good for myself and it is good for creating energy. At this moment, everything is so good so why do I have to think of what is not right? This moment is so pleasant, there is no reason for me not to be happy. There are a lot of reasons for me to be happy; recognition of God, belonging to, adopted by God and sustained by God. I am eating from Baba's bhandara, Baba is feeding me. I have to be happy because Baba is sustaining me, so let everyone see that this one is so happy. We are not ones who are looking for sympathy or mercy. If you don't look happy then everyone says, she is not happy, there must be difficulties, sorrow, so they sympathize. I don't want sympathy. I should look so happy that I could help other souls also be happy. Thinking of the diet for the soul, we are so particular about the diet for the body. You don't eat so many things. We take care of everything for the body but what about the soul? Happiness is the diet of the soul, and we glorify God. Every moment of life should be sustained by the nourishment of happiness.

Om Shanti