

Om Shanti!

If we have on our table a variety of food, we cannot over eat. We still need to choose only healthy food. It is the same with listening, what is most important is how much I am able to churn knowledge and change it into having good yoga, and good dharna. Remembrance of Baba is to take one of the qualities of Baba like, "Baba, You are the Ocean of Love, You are the Ocean of Peace, You are the Almighty" but don't just keep repeating this in your mind. If I really want to experience it, then I say, "Baba, You are the Ocean of Love, I want to experience that love," then also I want to see if I can be loveful. That requires good quality efforts.

Murli this morning was about being 'Yogyukt and Yuktuyukt'. So, what is it to be 'yogyukt'? What is to be 'yuktuyukt'? If I have to listen to another class, and another class, when will I digest? When will I make that into yoga and dharna? So, I think that each one of us has to look at, that I am not just listening, but also I am becoming an embodiment. When you have to become an embodiment, you have to chew the food, churn the knowledge. For me, I just take one or two points for the whole day. Baba said today that you have to be a 'charioteer' to be 'yogyukt' or to be 'detached and lovely'. Yogyukt here is that you are in yoga, in remembrance. When I have to think, speak, decide, or interact, I should remember Baba. So, when I'm remembering Baba, then whatever I will think and say, will be yuktuyukt. If I am not in remembrance, whatever comes in the mind we keep thinking, we keep saying things, we are not yuktuyukt. We have knowledge of Drama or we know that everything in life goes through changes or it's temporary, everything has its own lifespan. Then you have to be detached and lovely. Don't go into too many interpretations, because then I haven't really churned. So it is important for all of us to become yuktuyukt and yogyukt is to churn and pay attention, did I remember Baba? When in remembrance what you say will be meaningful, it will have power, and other people will respect it and appreciate it. Alokik means everything should be spiritual and also special. So, to make it spiritual, I have to be yogyukt, otherwise it's ordinary. Maintain this stage to be detached and lovely.

So, today a few times I just keep doing this and ultimately what I have to be, is what I am eternally and also originally, that is divine. So, knowledge is not just knowledge, keep taking knowledge. When I look at Dadis, they have only one source and that was Murli. I try to do that also, the whole day, just Murli. So that I can understand deeply what Baba is saying. What exactly is Shrimat? God's versions can be very simple, but He is Ocean of Knowledge. So, there will definitely be a lot of secrets, directions, and many hidden things in what He says. Keep your intellect lighter, in the sense of not too much information, because otherwise those thoughts keep circling. We keep thinking this one said that, this one's experience is this, this one said this, but then what does Baba say? So, keep the mind free from all these various aspects, because it's a world

of sorrow. Baba says 'dukhdam', every news has some misery, some sorrow, some violence, some destruction. Just keep the information about what is going on, not in detail. It's not that we should be ignorant, whatever is necessary, without going to too much explanation. On my journey I don't carry too much baggage, don't keep taking and taking, what will you do with that?

So, practising the stage, creating the stage, transformation of the self attention. Old sanskars emerge, we notice it, realise it, and change it. Doing that task, or doing that inculcation for the self, will bring a lot of power and you will be consistent. I realised why it is so difficult to be consistent, because we are not paying attention to churning, then having more yoga, not just sitting. You can sit for a few hours of yoga, but we need to pay attention while thinking, while speaking, while doing action, interaction, or drishti. It's a lot of work, right? Take one or two points from the Murli and practice the whole day. If you feel you want to read again, read Murli again, make Murli as the source, because that's where the truth is. Every aspect of Murli will bring power, it will connect you with Baba, and you will feel very light and also powerful. So, it's not only a question of taking care of the mind, but taking care of the brain. The head shouldn't be full, because ultimately we have to be more in silence. Have the balance of silence and thinking, silence and talking. The first most important power is the 'power to withdraw'.

We saw Brahma Baba, in the face of obstacles externally, but Baba maintained faith, and good yoga. His body also was cooperating and responding in such a way that until the end, his face was blossoming. Even at 93, he never looked like an old man. He was very loving, and his texture of skin was beautiful. Always remind yourself that matter will be Satopradhan in the Golden Age, but first we have our body here which is part of matter. We use every quality to serve matter. I like it very much that you breathe in peace and then spread the vibration of peace, your body will respond in a very beautiful way. Now when it comes to making everyone happy, it is possible that there will be few who won't be happy, no matter what you do, they always think you're the cause. So, how do you help them? Always have pure thoughts, pure feelings, good wishes for everyone, whatever they are, that's the best you can do. Even if somebody is troublesome, that trouble is actually within that soul. Anyone who's characteristics or behaviour is not right, and they point fingers outside at others, what do they need? Our pure feelings and good wishes! You should always remember that we all are instruments for God's service. Whatever service, whatever is right, we have to keep doing it, keep supporting and cooperating, not looking at anyone's sanskars. I will do it because it's Baba's Yagya. You keep receiving blessings from those who take benefit from the Yagya and Baba. That way, at least you will remain happy. This is a very subtle effort, but very elevated. What I am doing is right and that's how, finally, the settling of karmic accounts also happens, while doing that, there is also remembrance.

Om Shanti