

Om Shanti everyone!

Everyone is happy to make effort, aren't you? Sometimes, do you find it hard? Is it difficult or easy? Baba says that this is easy Raj yoga. Raj means that you control everything. You are the master, and yoga means to be with Baba. Baba keeps giving us many methods. The aim in our life is to have purity, peace, love and harmony, all good qualities in life. Every soul has a different part to play, and each one of us has many choices. Baba uses the word Drama for the world cycle. Baba says that each one's part is recorded within the soul, and then Drama also is predestined. Baba wants to make it very easy for us when He says that this is Drama. The scenes of Drama will pass, and instead of being afraid of what will happen, what should my response be? What about my thoughts, words, and actions? What should I be doing? Sometimes we get so busy with seeing the Drama that we forget what part we have to play. Then it becomes a chain of action-reaction. I have to look at everything as Drama, and play my part. I have to use knowledge, I have to be yogyukt, I have to be yuktiyukt, that's my part. If I forget what my part is for the day, then what happens? If you get upset, you won't like it, right? Later on you will say, "Why should it be like this? I could have been peaceful, I could have responded in a good way." One of the aspects of Drama is that whatever happens is Drama, don't think about it, that's the past.

If you observe your mind, it has lots of different habits, like for food, and for so many things. If something happened three days ago and the mind continues to think, "Why is this one like that?" You observe subtly how there are certain mental habits of worrying, but these are waste thoughts. Why am I thinking now about this, what's going to happen? It is beautiful to say that Baba will help, or the Drama is benevolent, it will be very easy, even if there are some difficulties, it will be ok. Truth is not understood in a day! I understand that I am a soul, but to become soul conscious, how many years does it take to feel real, that I am real, that I am a soul? To say I am a body, then you don't feel real. The soul is eternal but to feel that eternity, Baba gives directions to keep practicing and practicing so that one day you will see and feel your eternity. It is very simple to say that the soul is eternal. We know that the body has a limited lifespan. The body is mortal, and the soul is immortal. I am an immortal soul. So, when it is the truth, it is understood and we believe it, but we have to make it real. That is why we look at Brahma Baba, because I could feel when I used to look at him, how much he was attentive internally. So, it's not really difficult or hard, but it's just internally from time to time, look at where your mind is. Baba gave this example of the chariot. The soul is the charioteer, and body is the chariot.

Today, I thought a lot about silence of the eyes, in the sense of, I shouldn't see anything. Especially these days, there is so much talking, and talking, then the ears keep listening and listening. I don't want to listen to anything, I just want to be introverted with my self and with Baba. It is called silence of the ears. Silence is not only not speaking. Sometimes we observe silence and we keep listening, and sometimes we

entertain ourselves by opening this, see this, see this, see this, right? So, we are driven by the sense organs. Baba said that you are the one who is the charioteer, but the chariot is driving. Each one of the organs is demanding our attention, and we keep going on listening to everything all the time. If not, then we keep talking on the phone. So, this is how we are driven by the sense organs. First, of course, it was negative, but now, you can cut down and think about it. We don't need to really see so many things, and hear so many things. I was listening to class this afternoon, and after some time, I said that I have to churn, I have to go in silence, and I have to experience.

So, with this kind of discipline, the soul starts feeling that I just want to be in love, I want to be in peace, want to be in remembrance, why am I allowing all this to go on? So, I call it silence of the eyes, and silence of the ears. I am the soul. I am the charioteer and really what I'm sharing is, you will keep observing, and according to your spiritual stage, according to your feelings on this spiritual journey, you will immediately know that you have distaste for many things. They want to control thoughts, but we are giving so much to the self, and then we don't want to think, right? I want to be absorbed in Baba's love, I want to cultivate peace, so that I can share vibrations of peace. I really want to cultivate the quality of being detached, so that I can help others. So, if I want this stage then I have to see how I withdraw myself from not allowing the sense organs to keep absorbing everything, even watching what others are doing. Let everyone do what they have to do, right?

So, these are all mental patterns, and we observe, then we think, then we say, then we complain, and it goes on and on. So, it's a spiritual journey and we want to reach our destination of becoming complete, not only complete but even now to have that purity and God's love, because that's what I want and what everyone wants. What people need is not you giving money to everyone, but at least you can give happiness, you can share God's love, you can share power and good wishes. That is the true service. So, when you practice every day, you find more realizations, more transformation and you feel that you are progressing on your journey. So, for deeper silence, to find the truth, make it reality, it's very important to have the awareness of being a charioteer, but also for attention tomorrow, think about what brings instant happiness.

Om Shanti