Constant\_Happiness\_2

## Om Shanti everyone!

Baba is talking about weakness. I'm thinking, what weakness? In the body, if there are certain vitamin deficiencies, then the body is weak, it is not sick, it is weak. When Baba used word weakness, I was taking a few minutes to look at myself, what is my weakness? Each one of you can do the same. Let's say I want everyone to be happy and if someone is not happy enough then I have waste thoughts. There are some people, they are laughing, and if they see someone crying then they start crying, that becomes weakness. When the immune system is low, that means you can catch any infection, and infection really means someone's sanskars. We look at anyone's sanskar and it affects us. Dadi Janki always said, "Not influenza, but influence." They say that one sneezes, then another one sneezes, then another one gets into that. That is why whatever you notice that affects you, influences you. I have to be strong in that, remind myself, look at my Baba, He's ever happy, why can't I be ever happy?

Baba's Murli is really helping us, and especially today's Murli. This morning's main practice was soul consciousness. When there is soul consciousness, love will increase for Baba. The soul is imperishable, the soul has played a part for 84 births. I have to be bodiless. It was such a beautiful Murli to hear about and then to practice to become soul conscious. It's true that if I'm in soul consciousness, I really feel pulled to Baba. In your love for Baba, there is no effort, but when there is body consciousness, the intellect is pulled in so many directions, not only connections and relationships, but to everything external. We are not able to see every scene as a scene in the Drama. Maya is waiting to test us. We say we're going to be very happy and Maya says, "Okay, you keep your aim." Maya will also come in different ways. Sometimes, it's so subtle that we don't even know it's Maya and then, internally, the energy can become low, sometimes a little sadness, a little loneliness, whatever it is, it could come in many different ways.

So, how do we keep increasing our intoxication and enthusiasm? For that, we have to create awareness, as Baba says, to remember Baba and your inheritance. Tomorrow, we will practice and we will see how it works, to think of inheritance like today, that was our nourishment. When I was eating, I was thinking happiness is my nourishment and when you give nourishment, the weaknesses will be over. Your immune system will be strong, because just like the body has an immune system , it is the same with the soul. The soul's immune system means not to be affected by anyone's sanskars, or any situation. Sometimes it could be that if something has to happen subtly, you find there is some effect on your own energy. We have to overcome that, so that whatever happens is positive. Very subtly it could be fear or anxiety, it could be many different subtle energies emerging. Look at Baba, practice soul consciousness, become strong and have trust that everything is going to be okay. Baba is with us.

Baba is sustaining us and my Baba is Almighty, however, trust is very important. Internally, when there is trust, you remain very stable, not only stable, but everything will be better, because we have to be victorious. We have to be conquerors.

I was thinking, "Oh, there's so much going on in Madhuban, I should be there and not sitting here alone. Why don't I go?" Then I say, "But there must be some reason. Maybe Baba wants me to serve in a subtle way, maybe there must be something." I always try to go into depth and see that Drama is beneficial, but what's the benefit? There must be some benefit, and the soul must be getting that benefit, even if I'm not able to figure it out. This morning, I was dreaming that I went to Madhuban and Ratanmohini Dadi was loving me so much. I have never actually been very close to her, but she gave so much love. I said, "What is happening?" Maybe it was in the angelic form, but seeing that Drama is beneficial, keeping the enthusiasm, because travel is not that easy these days. Now again people are talking of lock down in many countries, so one after another something is happening. So, believe that yes, there is some benefit, and also our part is there, Drama has to be played.

Each one of us has to remain happy, keep creating the right awareness at the right time, and remove all the weaknesses. Baba says, "Transform yourself." That is the return of what Baba has given us. We all are happy, at least here with the Avyakti Parivar. We meet the family every evening. So, take the blessing from Baba, on this day of Satguru Baba, have determined thoughts and efforts. I will remain 'ever happy - sada khush'. How many of you think you can be 'sada khush'? Yes, I'm seeing some hands! Keep this aim, make effort, and I'm sure we all will be 'ever happy'.

Om Shanti