

Om Shanti Everyone!

It's really easy to be happy, cheerful, and smiling, but it should come from deep within the self. Baba talks about 'antarmukhi' or introvertedness. The inner face is that I am a soul, and within the soul, there is the mind and intellect. We have to pay attention that nothing gets stuck in the intellect. You have a situation, and then the intellect is constantly going towards that situation. The method I use is that Baba will give me power, Baba has to help me. So, I keep my intellect engaged with Baba. Keep the intellect light and free. That is why Baba advises us to have some silence of the mind and intellect. I think you all must have noticed that there is not a single moment when there are no thoughts in the mind. That is why Baba says to churn knowledge. Knowledge gives understanding, and helps you to get answers, wisdom. Knowledge is light, knowledge is might, and knowledge is virtue. We churn, reflect on knowledge, keep revising it, and that's the reason in the morning, every morning, our Father becomes our Teacher and He teaches us. I realize that if we are not giving our mind and intellect the homework of churning knowledge, then some other thoughts will come.

Baba keeps telling us to have pure feelings from the heart. We can change and we can transform. Somebody was saying for some of their relatives, "I can never, I am trying, but I can't have pure feelings for that person because of what he did." I said, "Actually, that person needs a lot of pure feelings, so that the transformation can happen." If we hold negative feelings or bad feelings, it won't help that soul, and you will not be able to feel the power. So, I really liked this morning, when Baba said that you should have a clean heart. You know there are always subtle influences, effects of the situations and circumstances around us. Cleaning is something we have to do regularly, constantly. Someone was saying that the cleaning never ends. You clean and then you say, "Oh, there is a little more to clean." So, I really took this thought from Murli, and during the day I kept thinking, "Yes, I have a clean heart, but let me see if there is anything from the past". So, I just clean it, I remove it, whatever is needed.

So, this double lightness, soul as light, mind and intellect as light, I think this definitely gives a lot of happiness, because lightness really is happiness. If you have any burden, even if there is a problem and you keep thinking about it, will

thinking solve the problem? However, if I go in silence, remember Baba and I give the problem to Baba, I will get touchings from Baba, a thought from Baba. He can take care, we try our best, but if we allow our mind to be consumed by that issue or problem, generally, we think it is such a big thing, and I immediately say that I cannot do anything anyway. So, I become the instrument, let Baba help me, give me the method, give me the answer, and I will use it, I will get it done. So again, with that spiritual power, and getting some insight from Baba, in this way, at least the intellect will remain clear. When the intellect is clear, then you will definitely get the right solutions.

In everyone's life, we all are surrounded by different circumstances, different energies, and now I have been saying that awareness is like a light, turn on the light. Internally, keeping my mind and intellect clean and light definitely helps the soul to have a happy heart. We have been adopted by Baba, keep reminding yourself, and keep that awareness. I have been with the Dadis, and they were always cheerful. They believe 100%. For us, we believe, but not totally. Spiritual happiness has to be from within, or from Baba. When people see a smiling face, it creates a lot of hope in them. It creates good vibrations, lightness, but it has to be real. It's not a question of just making a fake smile, but it has to be natural, it has to be real. Baba wants us to be happy, so that our image can serve through vibrations, and through our expression. This is possible, the more we remain introverted, and keep cleaning, keep creating the light of awareness, so that it is natural and consistent.

Sometimes it happens that from past experience, certain energies emerge, and your happiness is stolen. Ok, it happened in the past, I learned from that, there was some benefit in that, maybe some settling of karmic accounts, so now, I change it immediately. I keep my aim that if there is any unpleasant situation, I try to just forget it at the same time. If I think ten times, it will become deeper and deeper. I just say, "It's Drama. Let me think about a better scene. So many good things happen, let me think about that." If you instantly change it, it's really good, if you allow that to go into you, then it takes a lot of time. Actually, for this, you have to help your own self. It is not the circumstances or any person who can do it for you, you have to do it for yourself. We can do it because Baba's knowledge is there, and yoga is there. So, serve, serve through your happiness, serve through your cheerfulness. Create hope, peace, and powers in others.

Om Shanti