

Om Shanti

Can we give ourselves the title of jewels of contentment? Yes! We can take that title of jewels of contentment because we have the personality of purity, and when one has the personality of purity, there will be contentment. Contentment begins with contentment in one's own efforts. If I am able to connect with Baba, I am able to receive from Baba. If my connection is clear, there is deep contentment of that connection because I am receiving power. If there is any struggle, a very subtle struggle, then thoughts come, "Oh, I don't have good yoga. I am not making good efforts." Then, there is a lack of contentment. Even if one day we don't have that much concentration, or connection with Baba, but tell yourself there is a lot of love for Baba. If there is love, then I will be with Baba and If I am not able to be with Baba, then Baba will come and be with me. As Baba had said recently, that if you have attention, it's like a link during the whole day. Even if you are not able to connect, just have this thought that I am a peaceful soul, I am a pure soul, I am a loveful soul, and just be in that deep peace. As soon as there is soul consciousness in some form or other, you will feel the presence of Baba. However, if you are very extroverted, your heart is somewhere else, and your intellect is wandering, then you won't be able to feel the Baba's presence.

Just continue to make very simple efforts. Just emerge your eternal form, and you will feel so good, you will feel very elevated and full. To be serious in your efforts doesn't mean that you make it difficult. Make it simple, like "Baba, I love you" or think of any point of knowledge. Some find that they are not able to remember points from the Murli, so this is a lack of contentment, because I am not able to do it. I always say, just remember even one or two points from the Murli, or even if you just remember one point, then it is important to experience it. When there is an experience, you want to share. This is what I experienced today, I wanted to share, and this also brings a lot of contentment. Receiving and then giving brings contentment, however, if the soul hasn't received, then it's like the soul wants but is starving. Sometimes you look in the Murli, look into your notebook, for one point, and you will feel refreshed. Baba says that the soul gets refreshed. It's like if you drink a little bit of water a few times a day it keeps you feeling good. So it is with knowledge and remembrance of Baba for the soul. It works like drinking nectar, or drinking water. These days, everyone walks with their bottle, and keeps drinking. What about having Murli or your notebook with you? So if I have a bottle of water, I should also have a diary or Murli something with me or a few points. I am sure each one of you must be carrying with you something to remember what Baba said in the morning and that brings a lot of contentment.

The second contentment comes from attainments. First is from my efforts, and second is from attainments. What are our attainments? When there is purity, there is peace and happiness. With purity, comes pure energy that definitely gets every pure thought accomplished. Sometimes the thoughts are good, but they are a little bit mixed with uncertainty, or sometimes lack of trust. However, internally there is certainty, yes! Baba has said that you children will be victorious, so we will be victorious. I always say that any kind of wastage takes away our contentment, whether it is wastage of thoughts, or of time. Sometimes you find that your time was not utilized properly. You were just kind of trying to do this or that, but you really didn't accomplish much, then there cannot be contentment. We need to use time appropriately, and be very clear

what you want to achieve with your time. In the morning when I wake up, I have three or four hours between 3:30 or 4:00 till 7:30. We remember Baba, listen to Murli, read Murli, write your points so in the morning you have given time to yourself. This also brings a lot of contentment. Sometimes, this morning time is not used properly. Some people say, "I don't have time." There are so many hours where there shouldn't be any pull. As much as I use my time in a worthwhile way, there is a lot of contentment.

Sometimes I also prepare, I write down how many phone calls I have to do, and how many emails I have to reply to. In this way, I am very clear what I have to do for the day. Preparing yourself for the day, and then accomplishing everything, that is contentment, right? So, make proper timetable, then externally, situations are there, but internally, there is contentment because of the way you started your day. When you wake up, give yourself a proper diet of knowledge and meditation and homework and be very clear, what is your blessing for the day. When you have done this, very deep contentment emerges. In the morning, your insights could also be very good, where you can visualize things that, during the day, it is not possible. Use your morning few hours in a worthwhile way, and you see how much contentment you feel. I always say that time could be our friend.

We have attainments from time, and also from whatever we speak, the way I have to speak. Our own elevated thoughts, words, and actions bring a lot of contentment, but if these are ordinary most of the time, you won't feel deeply full and content. Any time we have during the day, have elevated thoughts, do some mansa seva. I also feel contentment at night time, when my chart is good. In the chart, yes, my efforts were good, my yoga was good, and I used everything in a worthwhile way. Then, during evening meditation, you will find you can make a good connection with Baba, because the effect of the whole day helps us in the evening. With contentment, I give my chart to Baba, because we are Baba's helpers. Baba's helpers have to be helping through elevated thoughts, elevated words, and elevated actions. Because Baba's task is to establish a world that is satopradhan. Becoming satopradhan brings a lot of contentment, because that's what Baba wants, a satopradhan world.

When we are able to have even a few minutes of good yoga, we feel very light. You also feel that some things have been erased, some karmic accounts have been cleared. The whole day we have to pay attention to our thoughts, our time, our energy, and our intellect. I think that good quality efforts bring a lot of contentment, attainments, and some deep inner beautiful feelings or experiences, which we are able to share with others in the form of blessings. These days, a lot of people need help, right? Even if you have to tell that person that it will be okay, don't worry, Baba is with you. Even just to say that, you need to have that experience of contentment. Contentment is the expression on the face of one who has a personality of purity. Otherwise, we are living pure, but not using that power of purity. Baba always loves the souls who have contentment. Contentment is what Baba wants me to become, and I will definitely become that. Because when the master is pleased, He is only pleased if I am making good efforts.

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