

Om Shanti Everyone!

Every day we listen to Avyakt Bapdada. Today, Baba explained that when you have good wishes and pure feelings for anyone, the vibrations will reach faster than if you speak through words or send a card. Baba is saying that the speed of thought is faster than the speed of sound. That means we need to have this practice of having elevated thoughts all the time. It is not that I am doing it for a particular reason, or for a particular soul, no, I should always have elevated thoughts. The vibrations of those thoughts will help all souls. Not only that, but my own elevated thoughts will give me the experience of an elevated stage. There is a saying about auspiciousness, they say "shubh socho". That means always think auspicious, in other words always think good. Sometimes our own subtle thoughts, which are not elevated, can become obstacles in my task. Any subtle doubts, or subtle feelings about different souls can have an influence. Then we will realize this is what I was thinking, and then it happened. It is both ways, some might think because it had to happen, I was thinking it, but maybe I was thinking it, and it happened. These days there are so many subtle obstacles, the only way to destroy them is through elevated thoughts or remembrance of Baba. Baba is calling that the power of silence. Baba says that thoughts of love, power and good wishes work more than any device of science.

Baba was mentioning the bodiless stage and soul consciousness in the blessing. Even for a few moments, if you practice that feeling of "I am a soul, I am a tiny point of light, like a star", you feel separate from the body, like a master of the body. That means, you feel that you are seated in the center of the forehead, "I am a very peaceful soul, a point of light." You just feel that the body is separate. It's very practical and interesting. This awareness of soul consciousness will give you the stage of being bodiless. Today, I was trying to understand the bodiless stage and then soul consciousness. Then, from there, to be free from bondage, and योग्युक्त. All four of these help you to be in yoga with Baba.

I think that when I return in the cycle, I take one body, leave another in a cycle of 84 births, but now at this confluence age, I have to return home. A lot of people have difficulty because of fear or attachment to their bodies. They consider the body their possession. For Baba's children, there is the awareness, "I am a soul, I am going to Baba, I have to return home, no bondage, no attachment." Nirvana is a stage but it also means home, no sound, the incorporeal world. It is the world beyond this world. There is the physical world, the five elements, then there is the 6th element of light. That 6th element of light is called Nirvana. Only the soul can go there, not the body. Baba also calls it Shantidham, the land of peace, the world of peace, because it is not a forceful silence. It is also called the land of liberation. That means no bondage. There are many souls who don't want to come back into this cycle of birth and rebirth because there is so much pain and sorrow. Baba says that that is the home for everyone. You

go there to rest, but everyone has to play their part. It is liberation, free from the bondage of action.

The first bondage is the soul with the body. I know I have to use this body, this vehicle to do actions. Baba said that you need to have a relationship with the body, not bondage with the body. That means, I see the body as an instrument, as a vehicle, as a costume. We don't neglect the body. Brahma Baba took care of the body, but that didn't mean that the whole day his mind was on the body. He ate a little in remembrance of Baba. When that food goes into the body, what kind of energy will it have? He did everything, he played with children, he ate with us, did everything that the body requires, but always in soul consciousness and in remembrance of Baba. He left the body, everyone says like a bird flew, or an angel left. If we all keep our aim and practice properly then each of us souls will leave the body when the part is over without struggle, fear, or attachment. That is why Baba keeps saying to experience soul consciousness, and have a bodiless stage. He is saying that so I can be detached and merged in love of Baba when I, the soul, leave the body. This is the relationship with nature, the elements. The body is from the elements. Each thought is connected with breath. Breath is part of the body. Thought is in the soul. Just imagine, your pure thought with the breath in the body, so what is happening to the body? It's becoming pure. That means the elements are becoming pure. When elements are becoming pure, you will get a lot of cooperation from elements and they will protect you. It is the same whenever there are natural calamities, our bodies are protected, because we are making them pure.

In the golden age, the soul and the body will both be pure. Only a pure body is worshipped in temples. They are all pure souls, but also have pure bodies. In silence, your thinking is elevated, very pure, you have good wishes for everyone, remembrance of Baba, or even churning knowledge. While doing that, the spiritual effort you do is for the soul. You are preparing not only for the present, but also for the future. What you are putting in the soul, giving to the soul, is immortal. It will go with you. Nothing physical or material will go. So, Baba says that when we come back, because of purity, it is a pure Golden Aged world. The elements are pure and relationships are pure.

Have this practice of going beyond sound and use thoughts in silence, have beautiful vibrations for the self and for others. Our silence is not just quiet, but peaceful, with a lot of feelings of joy and power. It is not a forceful silence, it is bringing ourselves to our original stage. We think from this silence, then even if we have to talk, we are talking from this deep silence. So, tomorrow practice starting from amritvela, just go into pure silence, and have pure elevated thoughts for everyone.

Om Shanti