

Om Shanti!

Happy to see you all in Avyakti Parivar! I think each one of you must be experiencing a lot of different benefits from this pilgrimage of silence. I think that everyone has a different nature, some like to talk more, some like to think more, but we never thought about silence before, right? Some say, "I am a silent person because I don't speak too much." This doesn't mean that they don't think too much. Now, we are learning that the pilgrimage of silence is really inner quietness, inner stillness. Even when some thoughts come, they can emerge in silence, and you can still have a lot of capacity. Like when you are listening, you can still be in silence, and you can capture what is being communicated. However, the mind may be talking while listening or your intellect is analyzing, "This is not right, it should not be like this, it shouldn't be like that", no. Sometimes the intellect is too busy in saying things, then it is not able to absorb what is necessary. So, a lot of capacities can increase in silence, one important one is, of course, listening. We can listen carefully and absorb and imbibe while listening. Mamma used to say that even while listening to Murli, you can become an embodiment at the same time. When there is silence of mind and intellect, there is deep concentration while listening or while doing anything. So, you can use this power of silence to increase your capacity of the mind and intellect. Not only that, but the soul also feels very rested when you are quiet, when you are in silence.

Silence also brings a lot of clarity in what I should say and not say, however, there are a lot of thoughts in the mind and intellect. So, there is quite a lot to sort out. When there is silence, then your intellect and mind think clearly. You have a few thoughts, and they are clear and practical. Baba also gives us spiritual stages, this means that you find the thoughts are beneficial, they are of cooperation and service, of harmony, and even virtues emerge in the silence of the mind and intellect. Every day you experience some benefits if you pay attention. You notice things you are better at after another day of silence, or that a lot of time and energy is saved. Thinking takes a lot of time that we don't realize.

Today, we are talking about and thinking about the 'eternal self'. We always have to add one word with eternal, and that is 'imperishable'. Whatever is eternal has no beginning and no end. Whatever is at the beginning, so the end and the beginning, would be the same. That is the eternal stage or "anadi", that has no beginning, but has a beginning, like seed and the tree. What comes first? The seed comes from the tree, but the tree also comes from the seed. We will say that from the seed, the tree grows, to start with, even if it is eternal. Just like the Moon goes through its cycle, the same when the soul begins, it's complete, it's full, one hundred percent purity, one hundred percent love, all the qualities, but then we descend. In the beginning, we are full, and that is called the satopradhan stage. At that time, it is also the satopradhan, Golden

Aged, heavenly world. Then, gradually our stage, or our degrees of purity, reduce from satopradhan to sato and then rajo then tamo then tamopradhan. So, from 16 degrees purity, one hundred percent, gradually there is a decline and then we reach to where there are no degrees left, or very minimal. Baba says that because you were pure, one hundred percent, you want to become pure again. So, it was so easy for us, as soon as we heard about the soul, about purity, we said, "Yes, that's it, I want to be 100% pure" It never happens that there is no purity in the soul, no, the soul is pure, but in degrees. The soul never becomes impure, it does, but it's just like the new Moon, very little light is left, Baba says, "dim light." The soul's light reduces to very low, and then when we have knowledge, purity, love for Baba, and remembrance, our light keeps increasing until we become 16 degrees full again.

So, knowing yourself as the eternal self, gives us this whole thing of what I am becoming, I actually am, but I lost the degrees, not something new for us. It's only that we didn't know, so Baba comes and reminds us who we are eternally and as I said when there is no beginning, there is no end, but it's a cycle. Everything goes through its cycle. Now, at Confluence Age Baba says, "Children, this is the point where there will be the end and the beginning." For us to know that we are at the Confluence Age is something very auspicious, because we are seeing the end and also the beginning. Just have this realization, "This is what I was, and I am becoming this again." Remember, Baba says that this is not new, what we are doing. In this way, we are able to enjoy our journey returning back to our stage of complete purity, or claiming our stage of one hundred percent purity again, becoming perfect. This is nothing new for us!

Create this understanding, that purity brings peace, silence, everything, all the qualities. As our purity is increasing, so our virtues and light and might are increasing. We are lucky to take benefit right now, at the Confluence Age. We become free from vices, free from suffering, free from sorrows, free from bondages. We are liberated, free while doing everything, living with everyone, still we are liberated, we are free, with loveful relationships, spiritual relationships, but no bondage of relationships. Relationships are always there, in lokik, but now we have relationships in the spiritual world also. We are all part of a big family! I am seeing the Thai Family here. Generally your class finishes, and I don't see you at the end. I want to say Om Shanti to everyone, a big family there, it must be Sunday morning there. Om Shanti everyone! Yes lovely to see all of you, it's a gathering of angels here. You all have been so consistent. So, family, I am getting from family, then I am able to share with the family. Thank you for being so consistent!

Om Shanti