

Om Shanti Everyone!

You've gotten love and remembrances from Satguru Baba today. We had been observing our inner self, and also the activity, behavior and interaction with others. For today, we had the practice of being consistent and stable in various situations. Different people and atmospheres create different emotions and feelings, but Baba said that we should be just consistent with Baba's love, Baba's peace, knowledge in the intellect and connection with Baba. Everything has to be consistent. There has to be a lot of practice so that, at the right moment, when you want to create that experience, it will be possible. Today, I had to be somewhere with different people in a different environment and I was internally closely observing how to maintain that consistent feeling. I noticed that there needs to be a lot of attention on what you are seeing, whatever is around you, what you see, and what you hear. A lot of attention is needed to look at our sense organs, physical organs, and not get them distracted or attracted. So, if you pay attention to that, then you are able to observe yourself to see what could change your feelings, what could change your state of mind.

If you are at a place where everyone in the world is full of body consciousness, which means ego, anger is there. Your state of being has to be one of self-respect, in soul consciousness with Baba. I know it could be more challenging for those who are at work. However, if I create that state of mind, others will also be able to benefit. One brother has a good position in his job, and a good office. He was explaining how he practices soul consciousness while working with all different people. He puts out a very beautiful bowl and some good blessings or virtue cards. So, when people enter the office they say ok, let me pick one. When they pick one they read it and some kind of energy changes through that. Then, whenever that person goes in and this brother starts working with them, this has changed the energy in the office so much. Yesterday, I had to go to visit my doctor and they waited for a blessing card, then I shared a message with them. They love Baba's Toli but also the blessing cards. They sat and we shared something. Do you all get up at 4 o'clock? Then what do you do? We do meditation. Then what do you do? We have a spiritual session. So, they listen carefully. It's not that immediately they accept, but they feel that there is something there. So, wherever we go, if we carry our inner state of being, our love for Baba, looking at our treasure store of knowledge, self-respect, everyone definitely takes benefit.

That is what Baba was saying, that whatever you have attained, you have to use it in a worthwhile way. You have to share with others. Then it multiplies, whatever we receive from Baba, we use it, and we create our fortune. Today, Baba was also saying that you sow the seeds at the Confluence Age, but we also have to know how to use them. Use this as much as you can. Use it, and it will keep multiplying and that much you carry into the Golden Age. You don't carry all the seeds you have sown, but you carry the attainments. So, to have that internally consistent stage, it's very important to be careful, more attentive on not receiving anything from outside, but we are sharing what we have. Also, we will be practicing about one strength and one support. Actually, in Hindi, it's said

“Ek bal”. We have the power of knowledge, the power of silence, and the power of remembrance of Baba. So, we have all these powers and strength, but if there is lack of trust, you know we need faith in the intellect. Generally, we use the word “faith” and we say “support” but actually it is more like I am trusting. Baba wants us to pass with honor so I have strength, but I need to trust also. When you are trusting, you know Baba is responsible, so I can be carefree.

So, strength from One, and One is my strength, because it's only Baba who can give you power at this time. All of us hear the news, whatever happens in the world, but internally, because of strength from Baba, we are certain that Baba will take care of power and will protect us. There is a thought that I have to be an instrument when people are suffering. So, Baba will take care of instruments, right? I am not living for myself, but for Baba's task. Always remember that this is Baba's task. I am God's helper. So, when I have these pure thoughts, naturally, my trust in Baba also comes forward. Whatever way I need strength, whatever is the need of the time, Baba says that even when you are given knowledge, maybe some points are not emerging, Baba will help you even at that time. I have this thought that I have to maintain one strength. You're not begging anywhere for anything. People go to so many places praying and asking for so much. We don't ask anyone because we know the Source. From where I am going to get inheritance? Who is my support? It's one Baba. If we follow in that way, we really become very stable and strong.

Why does my intellect stumble sometimes? Maybe because I feel I can get something from this soul or that soul will give me something. You know souls cannot give. Baba can only give to the souls. We are very fortunate to know Baba, have a relationship with Baba. We belong to Baba, actually. Baba said that you are Baba's most valuable jewels. Just recognize yourself, and keep that One in mind. Baba said I like One. And we also say Baba we also like One. There's no two, three, four, five, just One. One Baba, one strength, one support and of course, one hundred percent trust in One. I find it very useful just to keep this thought for the whole day, then you observe. Am I taking strength from Baba? Am I making whatever is difficult, easy? Is my battery fully charged or do I need a push? Am I following Baba accurately? Am I following Baba's directions? So, keep these different thoughts, and observe yourself internally. Whatever methods I need, I adopt them. At nighttime, check to see if you really need more attention, that is very good. Whatever is your stage, that's fine, just observe it, pay attention, and keep doing it for the whole day. One strength, One support, trust in One.

Om Shanti