

Om Shanti everyone!

Do you all have the gift of a sato mind? I don't think there is any tamo, right? Tamo is gone. Tamo is very negative, very dark, full of revenge, anger, and envy. Baba's children don't have that. Rajo is where the fluctuations happen. The mind should be peaceful, with no concerns or worry. Whatever happens in the Copper Age is rajo, there is giving and taking of sorrow. The Golden Age is satopradhan. In the Silver Age, degrees are of less purity, but there is no sorrow. Sometimes it happens, we don't intentionally give sorrow, but we take sorrow, or we don't appreciate the specialties of others. If you have a sato mind, you always look at the good qualities, and from your heart, you appreciate everyone's part. You are very respectful and humble. There is no ego, because when there is ego, you will feel humiliated and that also causes fluctuation.

The sato mind is what is important. We imbibe sanskars by practicing and creating awareness of the original self. How many times during the day do you do this? It is very important, because there are patterns of thoughts, we keep thinking, but to break that, think about your original self, and original qualities. Silence definitely increases our capacity to listen and understand, but to create a stage, we need to practice. It is so beautiful because suddenly you could pause and see the change start happening. When I have love from that original stage towards someone, I am seeing their eternal stage also. When I am doing it, I am sharing true love, which could be in the form of power or strength. If you want to create the sanskars, you have to practice using that quality, so that the sanskars emerge. Use it as many times as you can, become quiet so that your feelings and heart are clear. Take it to your original, eternal stage the whole day, a few times a day. You will find that while interacting, you are able to use the virtues and powers.

In the satopradhan stage, you don't feel like you are tolerating anything. Sometimes tolerance can be painful. You are forcefully doing it, and it is not natural. With Brahma Baba, there was opposition, criticism, even personal humiliations. I don't think it really touched him, otherwise, it would have shown on his face, or while he was speaking. Baba kept smiling as if his drishti on them was that they are eternal souls. Looking at someone's eternal stage can help us to have very natural tolerance. In the Golden Age, when you are sato, you won't say,

“Oh I am tolerating this.” There is nothing to tolerate. Calmness, patience, gentleness, all the divine virtues emerge in a very natural way in your eternal stage. Ultimately, by the end of the Confluence Age, before returning home, we have to reach our stage of perfection. When there is this love within the souls in their eternal stage, then there are very beautiful thoughts. When the mind is peaceful with elevated thoughts, there are good wishes for everyone. To claim our original stage of satopradhan, you have to practice having a sato mind and thoughts. Sato is not a virtue, it’s a quality. When there is a sato mind, you always have a lot of happiness and contentment. If it is rajo, that means that traces are left from the Copper Age, which are of any subtle vice. Generally, when we sit, be in your eternal stage, you will find your connection with Baba will be great, but then use it all day, while speaking, interacting and eating. You might not be able to do it all the time, but even if you do 5 minutes per hour, it will stay with you, it doesn’t go away. Then you will say to yourself by the evening, “I was sweet, I was soft, and I had good wishes.” From the eternal emerges the original. At the Confluence Age, we practice soul consciousness, being in my eternal stage. This practice doesn’t allow some sanskars to emerge, they just get merged. Maybe subtly, I was feeling upset that time, but that will pass because I am practicing my eternal stage. Today, Baba was saying that Brahmins have to be accurate in thoughts, words and actions. Accuracy means your eternal stage. Do not make mistakes. Baba says that mistakes happen because of carelessness and laziness. For sato, we have to be consistent the whole day. You feel the sato mind is very elevated, beautiful and loveful.

In the Golden Age, we won’t even think, “Oh it is the Golden Age.” Baba says that when you are in your Home, you won’t be aware you are at Home. I was thinking before the end of the Confluence Age, wherever we are, we should make that home or service place a divine world, heaven. We have to transform, from the Confluence Age to the Golden Age. At the time of transfer, I should have this stage. Go beyond rajo now; no problems, confusion, conflict, sorrow or worry. Baba talked about law and order of the Golden Age, order is carefree. You can only be carefree if you look at any moment that has passed as beautiful. Keep reminding yourself, I am loveful, I am peaceful, I am pure. This will influence your drishti, attitude, interactions, and words, the vibrations can spread all over. Baba says to do masa seva. Mansa seva means to be in the sato stage. When I am in the

sato stage, I am in a loveful stage. I am creating a lovely world, loveful relationships and an atmosphere. Brahma Baba didn't look like he was practicing something, but he was really the embodiment. That's why anyone who came in front of him always felt love, peace, and belonging. You have heard so many stories that so many strangers came to Baba. Officers came with a lot of questions. They sat in front of Baba, then said, "Yes Baba, yes Baba", they forgot the whole thing. Baba also answered any questions they had in a loving way. Baba didn't feel they were doubting. Again, sato is saying what is true, because one of the most important qualities of sato is truth. All of us should look into creating divine sanskars now through the sato mind.

Om Shanti