

Om Shanti Everyone!

Everyone is feeling okay? During the whole day, our attention was on reflecting on true harmony or unity. Our effort now is to have no internal conflict, because spiritual love helps us to create inner harmony. We follow Baba's Shrimat, actually there's no choice, right? We have to follow Shrimat, but sometimes it is not totally clear what is right, so you need the power to discern. Very subtly, there's some differences or sometimes the mind is pulling for something, the intellect is pulling for something else. So, we need to become sensible and create silence in both - silence of mind and intellect. Today, I noticed that it is so easy to create the presence of Baba and feel Baba's company practically. When our inner space is completely quiet, clean, and peaceful, that's the space where Baba loves to be, right? So, when internal harmony or unity is created, then we are able to create an atmosphere where first there is spiritual love, there is cooperation, and there is unity. When there is unity, it's very peaceful, not only peaceful, but everyone is in cooperation. We have the example of the Govardhan mountain being lifted when everyone gave a finger of cooperation. It's not only actions, but thinking together, everything with harmony, with unity. You can't just say, "Let's have unity." First there has to be love, and then cooperation comes, and then from there- real harmony.

Harmonious is when we are together, we work together, and even think together. That kind of unity is very important, because it creates divine sanskars. On the other hand, even a very subtle non-cooperative attitude of any kind can become an obstacle for the Yagya. So, the Lord has to be pleased, and that will only be possible when I am cooperative in a very natural way, and when I have that thought, then Baba makes me an instrument. He also enables us to serve in an unlimited way, because there has to be some very special qualities to become an instrument for unlimited service, not just by having pure desire.

Tomorrow we will do something on solitude. Solitude is not about you remaining aloof or on your own, that won't help, a good practice or attention is needed. Whenever possible, every hour or wherever you have a few moments, just go into deep silence, and it is in solitude that you are not alone. Baba was alone many times but I looked at his face, he was very cheerful and it seemed like he was with someone. Some people don't like solitude because they feel lonely, that means they are not using solitude properly. Today I was sitting here and I just was saying, "Baba is with me, Baba is with me", feeling the presence of Baba. Based on that experience I'm saying that first is harmony within, and then there is solitude. The Hindi word - 'Ekantpriya' means that you love to be in solitude. When you are in solitude, you are in the company of Baba, and you also become very lovely. You listen to everyone with love, you talk to everyone with love. Baba had been saying that this is the main service at this time. Of course, you give knowledge, classes, and lectures, but everyone should experience spiritual

love, Godly love from you. I receive from Baba, then I become, and then I share with others because the vibrations of love are so powerful, they bring transformation in others and they also become a strength and support.

We will practice solitude tomorrow and have many realizations, not only realizations but experiences too. In the Morning, of course, at amritvela we have time, but during the day, we get connected through the internet. I think spiritual love also is like the internet, it connects us together. The capacity to experience increases when your intellect can always be with One. In Hindi, they call it 'ekant'. 'Ant' means to find the depth. Like the ocean, just go deep in the ocean and you are totally merged. Some of you must have seen they have some places in the ocean, they take you by submarine. They have a glass flooring and you see underneath. The ocean is so still, transparent, very clean, you can see everything underneath. All the waves are external. Baba wants us to go deep, go deep into ourselves. Baba says that your original self is pure, peaceful, and loving. You will find your own eternal qualities, not that you have to think about it, but you will discover them. Oh yes, I am really peaceful, not I have to think I am peaceful but there has to be this deep experience of I am peaceful, I am loveful, I am blissful. When you are that, then naturally there is pull to go into that solitude again. This pull is to go deeper in the ocean and be the true self, natural being. As often we emerge that, it becomes your sanskars again, divine sanskars. How do sanskars emerge? As soon as they emerge, stay there as long as you can. Then again you are cultivating those sanskars. Sankars are there from the last kalpa, they emerge from time to time. You feel so divine, so good, but then again there are external waves. We get lost into those waves and don't see that they are just external and temporary, but deep within, I am again a pure and peaceful soul.

So, solitude tomorrow. When you pay attention, it will definitely give you a lot of beautiful experiences. As I said, I found that you are not alone in solitude, but you are with Baba. You are in the company of Baba, and we intellectually know, but to feel it, it's only possible when you are in solitude properly. So, tomorrow we will pay attention and capture our divine sanskars to create the Divine World!

Om Shanti