

Om Shanti everyone!

You all had a good day? It always feels good when whatever we do, we do it with sato, pure and truthful intentions. Our intentions are sato, and we trust everyone has sato bhavna, sato intentions, and sato feelings. If I think that someone didn't or doesn't have sato, that thought is rajo within me, right? So, we need to notice what we are thinking about others. Actually, if it is not sato, then internally, rajo is emerging, sanskars are emerging. We have different sanskars, we have karmic accounts, but Baba says beautifully that 95% of souls should be happy and pleased with us. So, if 5 out of 100 are not pleased, that's a good number. I said to Baba, that maybe not even 1 out of 100, right, it must be very few souls. Then Baba also said that one way to clear whatever is there because of karmic accounts, is to have good and benevolent feelings for them, actually a little bit extra, more than others, because that will help us to settle.

I remember once Dadi Gulzar was sitting with many of us and asking each one, "Do you think everyone is satisfied with you?" We said, "Yes, as far as we know." There might be one or two souls, a small percentage, who are not fully satisfied. Dadi asked about one soul especially, "Have you communicated with her?" I said, "Yes, I tried, and every time, it doesn't end in a good way, because of whatever that soul is holding." Sometimes it does happen that there are good intentions on both sides, but there are some misunderstandings, or sometimes listening to someone's words, I take it differently. So, Dadi was saying, "Okay, how do we clear that misunderstanding?" One way is of course through communication. Sometimes that doesn't work, every time it ends up in either an argument or something else. Dadi said, "Ok, that is there, but now, we have to do mansa seva. Emerge that soul, and in remembrance of Baba, keep sending good wishes, good wishes to everyone." All the Dadis, that's what they did, even for all of us. Dadis gave us a lot of good feelings, pure feelings, and feelings for our upliftment.

The first part of sato that we took was about mind, intellect, bhavna, and nature, but now we are looking at the soul and body. If the soul is pure, we should keep the body pure also, not only clean, but whatever is given to the body should be clean. Even as we take something from the elements, we know that we can purify the elements. When there is life of purity, when you are thinking pure and then you are breathing. That is why even those who do breathing exercises chant Om, or they themselves don't chant, but they play the chant of Om. At that time, the vibrations they've been breathing in, while doing breathing exercises, are very pure. So, my own internal good quality - purity will also purify the elements. Then, when being worship worthy and at this time also, if the soul is becoming pure then the body needs to be pure. There has to be alignment, and the body is made of five elements. So, look at whatever way I use the body and what I give to the body. The most important is our diet - satvik food.

One important awareness is, from where is the food coming, or who is feeding me?. There was a time in the Yagya when we never ate from what came in Baba's box, because for six months there were no Brahmins. They became Brahmin, but we would pay rent, and other bills were paid. Baba would give us a little money to buy food and eat. Baba used to say that, very subtly, even the money that is not from Baba's children and from Baba's box, there would be some subtle connections or could be karmic accounts or pull towards the end. So, wealth and then food, whatever little we have or a lot, but one should always buy good quality food. Everything should be fresh, even if it might be one dollar more, sometimes we say, "Oh, this is very cheap", but it might not be good quality. Fruits, vegetables, whatever it is, should be fresh, because when we cook, we have to offer to Baba. Whatever I am offering to Baba, will be the best.

I remember when we were in Delhi. Sometimes, especially with some of the vegetables, like cauliflower, the color was not very good, and it had little worms. Then, they say there are two types of vegetables, some are watered by fresh water, and some are connected with other water, that is not very clean. Like in Madhuban when they have to water plants, they do it with clean water. Other water is used for watering the grass and trees, but not for vegetables. So, we have to think of saving, but don't save there. Everyone gives to Baba for Baba's Yagya. This is what we call Shiv Baba's Bhandari, and then when food is bought and cooked, it is called Brahma Bhojan. So, we cut and wash properly, and our pot should be very good. Sometimes we just use any pot, but no, not only clean, but good quality pots. After cooking with a lot of love, we offer it to Baba and then we eat in remembrance, with the awareness that Baba is feeding us. We use this word 'Ahar'. Ahar means whatever you are giving to your body to sustain the body, should be sato. Then 'Vyavhar', which means that our interaction with each other, the words we speak, drishti we have, gifts we share, anything we share in relationships, whether lokik or alokik, should be sato. In the Gita, there is one whole chapter on gift sharing, the sato way of gift sharing. Whatever we are doing in our relationships, should be sato, no selfish motive, no desires, no expectations. With true love, whatever we give, we give it true love, whatever we receive, we also have a lot of appreciation and love. So, think about this for tomorrow. What we are giving to the body - ahar, and the quality of our interaction with others- vyavhar, should all be sato.

Om Shanti