

Om Shanti!

Seeing everyone, I can see that everyone is very well and okay. We had been paying attention and noticing how much our intellect went to Baba. We are in remembrance of Baba, taking help from Baba, power from Baba, because to be consistent, in Hindi we use the word 'ekras.' Ek means one, and ras is a deep experience. Ras really means juice, but also, ras means that the mind is deeply experiencing something, enjoying something. So, I was practicing during Baba's remembrance, to look at how I can remain just in ekras. All my relationships are with Baba, my all attainments are there, and deeply I found that, yes, there is a lot of contentment and there is no unfulfillment, or subtle desires that are not fulfilled. When I was observing that, I was deciding which kind of deep experience and what kind of ras I want to feel. So, I took Baba as the Ocean of Love, that I have to be consistent and stable, merged in God's love. Baba had been saying that you children have to be very loveful with everyone. In this morning's Murli, Baba said that we should not be loud, we should be very peaceful, especially when it is Baba's task. Baba said that you will need some tolerance sometimes, but you don't have to be loud. So, stability and consistency means how long I can stay in just one experience. The one experience I tried was of love for God, love from God, and I just stayed very consistent in Baba's love.

Vriti is very subtle. If there is subtle attachment, there will be subtle fluctuations. Anything that is in your intellect, worrying you, or you want to see something happening in you, in a particular way and it is not happening, causes subtle flickering in our attitude. Our vriti is connected with smriti. So, we can create a very stable stage within, and be consistent for 15 minutes, 20 minutes when you are really observing yourself. When you observe yourself, you notice what is popping out in a very subtle way, and is not consistent. Ekvrata, means having all relationships with one Baba. I have all attainments from Baba, which no human being can give me. Baba brings that fulfillment, and that is also how we feel very blessed. When there is this deep contentment, deep fulfillment, then there is no flickering, no fluctuation, no up and down. So, I stayed 15-20 mins just experiencing God's deep love, God's pure love. This love is power, strength and support. Then I took peace, to be consistent in peace, Baba as the Ocean of Peace, and it is a very beautiful experience, even for 5 or 10 minutes. Just take one quality of Baba, so I took two, I took love and peace and it is like you are absorbing.

When there is inner stability, then even if different scenes of Drama, different situations, or different circumstances come, it will be very easy to be unshakable, or to pass with honors, as Baba said. We just have to work internally, then externally we will see stability. There is a lot of peace, and no upheaval. So, we will be practicing this, maintaining this stage of stability and consistency. Observe yourself deep within. What is there that creates any wasteful thoughts? Baba said today that when you have wasteful conversations or thoughts, it disturbs others. Wasteful thoughts disturb the atmosphere, and the vibrations and wasteful conversation or words create wasteful thoughts in others. Then, subtle burden comes on the soul. Many want to know what are the subtle efforts

we have to make, and how we make our intellect subtle. Learn to observe your own self, make time. We have time when we sit in Baba's remembrance, if you decide to take 15 minutes on just purity or super sensuous joy,

Baba is the one who removes sorrow and gives us joy, gives us happiness. So, watch, and ask yourself, "Am I really happy?" Happiness is connected with deep contentment. Baba says, "My Bhandara, My Treasure Store is full and it is open, unlocked." So, I have to fill myself with Baba's treasures. When I fill myself, then the treasures belong to me, right? As I keep taking and applying, the treasures become part of me, and that's really when the divine sanskars are emerging. Yes, it is possible that sometimes you can't have that much of a consistent experience from Baba. Then you have to check what is deeply within you that you need to remove, or take care, or clear. Everything emerges in the form of thought or attitude, sometimes in our drishti, and sometimes in our words. Actually, during the day, we should just create silence of the intellect, and tell the intellect not to overthink. The intellect keeps thinking and planning, and we don't need it. The Intellect should think as much as is necessary, so there is clarity and you are essenceful, there is clarity, substance, and power in that. That's why today, Baba said that the path of bhakti has a lot of noise, and the path of knowledge is Manmanabhav, silence. Anytime you can, just go in deep silence, silence of the intellect, no more thinking. It is very important for us to have this deep silence of intellect, deep silence of mind, especially of intellect. When the intellect is silent, the mind will automatically be silent, and this will help you to really feel you are merged in the Ocean of Love. As long as you can stay there, this means you are consistent, absorbing, and the treasure is becoming yours.

So, ekras is one. Of course, externally, you can deal with situations, you can deal with people, but your stability and consistency is more about how long you can just stay with Baba. When I look at ekras and I am deeply thinking of ekras, being constant and stable inside, it's possible, it's easy, and we should do it. Just take one quality of Baba, one relationship with Baba, and just stay as long as you can, if you have half an hour, 15 minutes, ten minutes. That is making Baba belong to me, I belong to Baba and Baba belongs to me. This feeling of Baba belonging to me will be very natural and more consistent. So, remain unshakable, stable, and consistent by maintaining remembrance of one Supreme Baba, Teacher Satguru, and Guide. So, tomorrow we will make time, a few times a day and go into these deep experiences of making Baba belong to me.

Om Shanti