

Sister Jayanti – 21st November, 2021 – GCH

Good wishes and pure feelings for the self and others

Baba's murli is about being world benefactors. The Two expressions that come up in the murli again and again are Shubh bhavna, meaning pure feelings, and shubh kamna – good wishes.

In bhakti when devotion is performed with a lot of love for God there is the awareness of giving benefit to others. When Brahma Baba had finished his practice he would do bhakti for the community, for his family and then good wishes and pure feelings for all so that everyone could be benefitted. But of course within bhakti there isn't the clarity of knowing who God is and there is also no awareness of what exactly "benefit for all" is. And so now Baba is telling us that God is the Benefactor of the World and so we have to be master benefactors.

In order to achieve this you need to have pure feelings and good wishes and so the real question is do I have good wishes and pure feelings for absolutely everyone? I can think about sending good wishes to Africa or Asia but sometimes it is families that have traumatic experiences together - a lot of karma to settle; and sometimes it is with souls who are in connection with me. It can be our physical neighbours with issues because we are together all the time, and neighbouring countries seem to have problems with each other.

You may know people in Africa but you don't know all of them so it is easy to send good wishes. But when I know someone can I have good wishes and pure feelings? So there is a lot of cleaning up in order to serve the world in this way.

On one level it sounds very easy. Just send good wishes to everyone and within the bhog offering we do have, this is exactly what we are doing. We are sending good wishes and pure feelings to all and in that definitely we are connected to Baba when we sit in yoga, offering to Baba and the energy of the whole gathering multiplies that power and so those good wishes and pure feelings work. We often get feedback that people have experienced the power of good wishes and blessings from the family.

And how does it work and how does it work when it is for one individual or 10 individuals or whatever it may be? Many of you may not know those people but you remember God and send out good wishes and then Baba is responsible to share those good wishes for everyone. But to be able to do that for the whole wide world means that I have to understand what it is to be a benefactor for myself, a benefactor for my spiritual family, and my physical family and if I can go through those stages and make sure that really I am a benefactor first for myself and then for all others then that will get me on track for sending out good wishes and pure feelings. Benefit for myself.

If someone doesn't feel well either physically or emotionally we would probably suggest to them that they take a half day or a day off and just give themselves time to rest and relax but do we do this for ourselves? We need to give time to ourselves. It is not laziness or carelessness or avoidance but giving ourselves time to sort out what we need to sort out whether it is emotionally, spiritually or physically. Very often we forget to have this self-compassion.

We are all following Baba's instructions but are we able to follow God's instructions more and more accurately so that I am able to give benefit to myself because when we were following the dictates of the mind the influence of others, of football stars or whoever meant that we saw what they were doing and we did the same. Remote influence or friends and company influencing us. The result of all of that, having done that for half a cycle it brought me to the end of kalyug - to this point in the cycle - so a choice.

Do I want to stay here in this condition or do something differently? And if I want a different outcome I need to do things differently and to do the different things that Baba is now telling me to do. Other things of shrimat. Right from early morning to night Baba has given us very specific directions in terms of shrimat. The more shrimat I can follow the more benefit I give to myself.

In terms of the Brahmin family, if I am truly concerned about helping out and supporting them then the foundation has to be respect. If there is respect then I am able to do something of benefit and value for others and without that foundation of respect for each one I cannot do anything. This applies to the lokik family too.

From an early age, when Dadi Janki was growing up she was taught to respect everyone and everything. Her family had farms and orchards and they had a specific protocol of what they would do with the harvest and from the fields. They first fed the sadhus living in huts on their property – they were taken care of by the family – the sadhus would come and go - and then the animals were fed, then the children and then brothers and then the sisters and what was left was given to the workers on the farms. Nothing was sold. They had another business for that. What came from the earth was distributed in this way. She was taught at a young age to respect the sadhus and animals and so on. Respect was taught through this system. Baba has inculcated in us the same awareness.

Respect the self. Everything starts inside. Value yourself so you don't need to take support from human beings. When I lack self-respect I am going to take support in one way or another.

Good wishes and pure feelings are of course connected with the whole subject of benevolence. Good feelings – how do I feel about myself. Am I content and comfortable with myself.

At the end of kalyug many people have gone through a lot of trauma for many different reasons and where there is trauma there is always going to be insecurity, whether it is identified as fear or not, there is that, and so the reactivity of people is happening because of this and so it is time to settle all karmic accounts.

So where do I begin with the whole subject of pure feelings for myself. Am I able to look at Baba and say that I have good feelings for where I am at now. I have a vision of where I want to go but even now at this moment I have good feelings for myself. I have good wishes for myself and that churning about who I am, where I am at, where I want to go, basic questions that people have always asked through the ages - I now have answers to those questions. We went to sadhus and asked those questions but they were not able to give us those answers and so it was a muddle. Those questions are very connected with the dialogues that were happening at COP and have been for the last four years or so.

That churning of who I am and how well I can stabilise myself in that awareness and then being able to have that value for myself and give others that respect and value also, and then all the way down the line - human beings, animals, nature and so on.

For the first fourteen years of tapasya that they were engaged in there was very little gyan that they had. They had knowledge of soul and that was being clarified more and more deeply. They had the knowledge of an eternal cycle and knew about the three worlds. They didn't know exactly the form of God yet their tapasya was so powerful. They did not have the clarity about the form of God until the end of the 50s.

They had the power of self-realisation on a deep level. That power of self-realisation that Baba had been able to inspire in them enabled them to go out as pioneers and face a world that was fairly hostile to them. They were lionesses. Women in white who appeared not to be following Hindu systems. Everything about them was odd and yet they were able to find those heir quality souls who have become the main instruments across the world - both brother and sister souls even though they had grown up not to speak to anyone who was not in the family and even in her family Dadi Janki would not speak in front of her father or grandfather unless they asked her something and she responded. Women like children, were seen and not heard.

They were able to go out and share God's message and many questions that they didn't have answers to because it hadn't yet become clear, but it was due to that time of tapasya, of deep introspection and silence, realisation of who I am, that detachment from the body and all things of the material world.

Life in Karachi was comfortable and life in Abu wasn't. Physical things were very challenging but their renunciation was absolute. The power of the renunciation of the consciousness of the body and other renunciation followed automatically. No dependency on other people nor on things.

Dadi Ratanmohini came to the UK alone and stayed in London alone for the first time in her life. She was in her 50s. She went through so many things, managing everything that came her way. She would talk about the power of soul consciousness very often because that was her practical experience.

So today if I want to have good wishes and good feelings for all it starts on the inside, valuing the self and respect for the brahmin family as well as having respect for everyone and everything and so it is not difficult but it is a question of what is going around in my head and Baba is asking what is in your mind and what is your intellect occupied with.

Pause and ask yourself these questions: Do I have my life on track whether it is in terms of money or home and if I haven't let me sort it out and get it on track. Then once I have done that, how much energy and time should I be giving on this level and to what extent can I be free to keep my mind on a more elevated level.

If someone gets angry then am I going to get angry with them. Is there another way? A spiritual way.

Dadi Janki would ask: if there is a fire burning are you going to set off another fire or are you going to be the one who is able to extinguish that fire. If I am in Baba's remembrance and I am soul conscious then I am going to be able to extinguish that fire. There is a different way to deal with everything and so what is my mind caught up with. If my mind is too busy with all the things of action and reaction and everything that is going on I don't have time to generate pure feelings and good wishes either for myself or for anyone else.

And then my forgiveness or lack of forgiveness and thirdly a full stop.

If I truly believe that drama is benevolent then am I able to put a full stop by seeing benevolence in everything that is going on and if I am able to do this my good feelings remain intact otherwise I start to ask how, why - but.

These little questions trigger off a huge storm of thoughts and good feelings disappear very quickly and many times Baba has taught us the lesson of putting a full stop and if the brake of your car isn't affective it is dangerous. You are going to make sure you go to the garage and get it sorted out quickly. So if today I see I am not able to put a full stop very quickly can I spend time practising. Little things happen, full stop and the way to bring that full stop is if I deeply believe that drama is beneficial.

The word "drama" ends with the word "ma" and the mother is always benevolent. They want everything for the children. So Baba the Father, drama my mother and destiny my mother.

It's an interesting concept and as I recognise Baba as the Benefactor more and more I am also going to be able to recognise drama as the benefactor and in that state of feeling benefit it is easier to say finish, full stop. There is benevolence and I may not be able to see it at the moment but as time goes on I will see the benefit of it. Every situation, benefit, benefit and so I think the mantra for all of us has to be benefit, put a full stop.

A chance to keep my awareness of what more can I do to keep myself at that high stage of good wishes and pure feelings for all and when I can deal with all the little things quickly in my mind instead of letting it occupy a huge amount of time and space then I am moving in that direction of pure feelings for all.

So a very powerful murli from Baba every day but today again and a chance to check who is it that I have not yet forgiven because I can forgive three people, four people but if there is one person I have not yet forgiven then that drop of poison is inside of me and it will make life difficult in all other relationships too and definitely, if there is a lack of forgiveness, then I am not going to be able to send out pure feelings and good wishes to all. So a chance on this third Sunday and it might be announced that it is UN world day of remembrance for road traffic victims and we are sending out pure thoughts and good wishes for anyone who has been involved in any road accident - the victims, the families, everyone.

Om Shanti