

Sudesh Didi – 7th November 2021 Sunday Morning Class - GCH, London

The deep secrets of health, wealth and relationships

Om shanti. Om shanti. Good morning. Golden morning. Happy morning. Fortunate morning. Lucky morning.

The heart says sings the praise of the fortune. *Wah, mera bhagya. Wah, my fortune. Bhagya Bhagwan, the Fortune-maker, the One who gives us unlimited wealth. The greatest wealth of all is contentment. Health is wealth because health is also important. The health of the body, healthy mind. Health is wealth, and a healthy mind is the greatest wealth. Relationships, contentment, harmony and happiness in relationships, are also wealth. All types of wealth are connected with the one who experiences itself to be healthy, wealthy, happy and fortunate. It is the soul that experiences happiness, the joy of being fortunate, being wealthy in every aspect and being wholesome healthy. If wealth, health and happiness are there, with unlimited prosperity, yet contentment is lacking, one always feels dissatisfied, nervous, or has the tendency to complain all the time. The one who complains is always empty or incomplete from the inside because there is a sense of something is missing within the self and something is missing in others. They do not experience fullness. But Baba is making us complete, full, 16 celestial degrees full, not even 14 degrees.*

What do 14 and 16 degrees mean? The moon is full on the 14th day is called *Purnamasi*. The moon is full and complete. 16 degrees, *solah kalaa*, means 100 per cent. Baba says that He is making you full in every aspect. The wealth of knowledge, knowledge-full. Knowledge is wealth, through knowledge, we become wealthy, through yoga we become healthy. Through divine virtues, the wealth of virtues, the relationships become harmonious, because that is the greatest power of harmony and happiness. This contentment in relationships or any kind of karmic account is a sign of one or another virtue missing, lacking the generosity of appreciating whatever is there.

Baba gives us blessings that you are goddesses and gods of contentment. What is the content in it? What does contentment contain? What is the source of contentment? Whatever the soul has received, the deep feeling of appreciation by acknowledging it, appreciating it, valuing it, and respecting it. Thankfulness for what matter offers, for people in our lives, for time. But who is actually our Fortune-maker? We are connected to the Source of all blessings and all powers and so, our greatest fortune, the greatest wealth, is the awareness of 'Who do I belong to?'. And the source of wealth is this deep relationship and connection with *Bhaagya Vidhaata* (Bestower of Fortune).

Wealth in the form of knowledge means wisdom, the clarity that Baba gives. This is why Baba says that the source of income is knowledge. The knowledge of what? The knowledge of who am I, what am I, and to know and believe who I belong to. The faith and intoxication, and every day the Bestower of blessings, the Fortune-maker, is giving the wealth of blessings. With virtues, we need to inculcate, but blessings are the greatest wealth of all. *Vardan okiee bauchaare*, showering blessings every day blessings. Every blessing is also a method. Blessings are used at the time of difficulty. Do you know how to use it? Baba Himself is my Fortune. So, I need to use Baba. How do I use Baba? The system that Baba has given, the knowledge that Baba has given, we need to be aware of them.

Today Baba is speaking about different kinds of wealth, teaching us the deep secret of physical wealth, spiritual wealth because health is wealth. We become healthy; we remain healthy in Golden Age and Silver Age, but what is the source of health? What is the reason for being healthy? The more I am soul conscious that means the more I am in yoga. So, from soul consciousness, there is God consciousness. God is the Bestower of health and wealth. When the mind is healthy, the body is healthy. The mind becomes healthy through communicating with Baba, having sweet conversations, churning the knowledge that Baba has given. Baba has given very clear understanding that if your mind is connected more with the body, for example, if there is any kind of sickness, in order to cure it, remember your for... 'tune'. Where are you 'tuned'? Are you tuned into sickness? Or are you tuned into health, for example? If the body is sick, and I am always speaking about the sickness, always complaining about the challenges the body is going through. Then the body sickness thinks that I love it very

much, because I am speaking so much about it. Because whoever you love, you always speak about it. So, if I am always speaking about my sickness, it means that sickness thinks that I love her so much that I speak to everyone about it. She also likes me, and so gets to sit with us.

I remember something about Dadi Janki. If somebody was to say to Dadi that she looked tired or to ask if she was tired, at that time, you would see from her face, that she would think it was an insult. She would never ever like to hear tiredness. She would say, "It is because you are tired, this is why you see me tired." In the same way, someone says, "You are very weak. You look very pale." Then we begin to think in this way, which is like welcoming it. This is affecting the mind. Then the mind also becomes sick, because the mind has accepted that "Yes, I am sick."

It is not that you are not well. It is the body that is not well. This aspect is also very subtle. The body is sick. But in fact, the body is also not sick, because the body really does not know what sickness is. Does the body know what sickness is? No. Maybe the body is weak, but it does not know and say "I am weak." So, the body is not well. To become well, then depends on the state of the mind. This is why it is said, a healthy mind means a healthy body. And a healthy mind is only when my mind is, of course, taking care of the body, because it is my companion. The body is my partner and my support. Without the body, I cannot do anything for myself. I cannot even express myself or experience my inner joy.

In the soul world, it is total stillness, because the souls are without the bodies. All the souls reside there, but health, wealth, happiness, all kinds of these qualities are not experienced. It is only in the corporeal world we talk about healthy body, long life, beautiful body and prosperity.

In Golden Age, matter is perfect, and I, the soul, am connected with matter. Now practise: If something happens to the body, it is okay. If upheaval comes to disturb you, you do not shake. If someone says anything about you, you are detached. It means you do not think too much about it. If there is not the practice, we begin to worry too much about things. Worry becomes sickness. This is why it is said, the greatest disease of all is worry, which leads to fear and tension. Worrying about myself, worrying about past, worrying about future. The greatest health is happiness. *Khushi kaise thoda karen?* (How to be happy?) Happiness is nourishment. Happiness is when you have a pure mind and a peaceful mind in a natural way.

Soul consciousness is the source of health. Body consciousness is the source of sickness. Even if the body is weak, Baba is reminding us today not speak about it again and again. The more we speak about it, we become body conscious and by being body conscious, my mind is not connected with Baba. My mind is connected with my body. Of course, you can think about the methods to heal yourself, and take medicine. But the consciousness is I, the soul, am healthy, because I am fortunate to be guided, to be with Baba. It is my fortune now, at this time, when I can receive the greatest wealth of all, all types of wealth: mind, body and prosperity for future. And my fortune continues for the whole cycle. At this time Baba is with me, and the greatest fortune is that I experience at this time that Baba is our wealth, and at the same time, I receive the blessings and the knowledge from Baba. Wealth increases only when you invest it. Virtues also increase when you interact and use them. This is why it is said *gyan dhan gun dhan*, the wealth of knowledge and the wealth of virtues. There are also the wealth of power and the wealth of harmonious relationships.

It is very important to keep both the mind and the body healthy. Time is also an important type of wealth because if waste thoughts are created, unnecessary thoughts are created, time is going into gossip, a lot of time is wasted. Baba says that even if one subject is missing you cannot pass fully. Even in school, if you fail any one subject, you have to study for another year, time is wasted to re-sit the exam. In the same way, even if I have learned after realisation, there will be some repentance, because I am repairing myself through my earning, Whatever time I have wasted is deducted from what I have invested into my earning now. This creates a debit account. So, time is also a wealth. More time is saved by making myself free from waste thoughts, unnecessary thoughts and weak thoughts. Baba has given me the wealth of Positive Thinking. Every day, Baba communicates with me to give the wealth of knowledge. There are so many points in Baba's knowledge. Happiness is health; happiness is also wealth. By using knowledge with the right understanding, happiness increases and one will experience the state of contentment. Contentment in the mind, as I said, depends on the quality of thoughts I am creating. So the title for myself is I am Baba's knowledgeable soul. A knowledgeable soul has the ability to use knowledge at the right time when it is

needed not afterwards. If the wealth is just stored in the bank, with a record in my passbook. I maybe remembering many points of knowledge, but without putting any of it into practice, it is of no use. This is why happiness increases only when I put into practice the many points of knowledge. Knowledge-able soul. This is how my wealth increases because I am investing by using it and sharing it with others in practical life. Together with that, the increase of yoga power with Baba is making the soul healthy. The mind is not busy caught up in the why, what, where and how question marks. Questions create a 'queue' (*kyon*). The queue becomes so big that you cannot come out from it nor jump over. Baba says that questions are your creation, and you are so trapped in it that you lose your happiness and cannot be cheerful. In Hindi the words rhymes. Baba plays with words: *prashna-chit* and *prasann-chit* (embodiment of questions and embodiment of happiness). *Prashna* means question. Whether it is a question of doubt, a question of reaction, a question of dissatisfaction; any kind of question mark is crooked and not so easy. When you put a full stop, you create stock of all the power. Creating questions and you are standing in a queue, and the happiness on the face disappears.

Prasaan-chit harshitmukt (cheerful face). This is a very interesting psychology. When there are many many questions, they go deep into the subconscious mind. When I am always caught up in questions, these questions become a bog. Questions do not politely go away, they queue one after another, one after another. And when there is a queue of questions in the mind, you are not able to listen to others. As the other person is speaking, you are creating other question. A person who is sitting in the prison of questions cannot be pleased with anything. They are dependent of others and have tendency to go into the past and into blame. In this way, a lot of wealth of time or the power of the mind is used and we become weak in mind.

With weakness of the mind, automatically there is weakness in the body, weakness in virtues. *Chit*, the subconscious also becomes a heavy bondage. In bondage makes you *bhogi*. So, *prasann-chit* makes your subconscious mind very clean, clear and pure. And this wealth will make you very happy; this prosperity will make you prosperous in relationships as well. Because pure mind, pure heart, pure feelings, good wishes... they are good wealth. Good wishes for the self and good wishes for other is the greatest wealth of all. We just celebrated Diwali in honour of Lakshmi, who is always called the Goddess of wealth. She does not hold any weapons in her hand. She has the hands of blessings. The four hands are the hands of blessings and of detachment.

When the mind is totally connected, there this contentment and naturally, there is satisfaction, and powers and happiness are accumulated. With the karmic account in any relationship, with virtues and Godly powers, then our relationship remains very healthy. A harmonious relationship is like music played with a harmonium, different kinds of strings are connected together, but they are not tangled with each other. Each one is separate and yet each one is connected together.

The wealth of knowledge becomes yoga, *Manmanabhav*, the mind becomes powerful. Yoga becomes virtues; virtues become powers. Virtues protects you against the weaknesses of others and power transforms the attitude of others. The power to accept, the power to tolerate, the power to adjust, the power to let go, these powers save us the wealth of time and maintain our freedom.

Baba explains the secret of maintaining good relationships with 95 percent of the souls. 95 per cent of relationships are cleared, with good behaviour, harmonious behaviour, with knowledge, with yoga power, with good wishes, with harmony, with respect, appreciation and acceptance. The remaining 5 percent of the account can also be settled. This was Dadi Kumarka's question to Baba, about making others content, but not everyone is satisfied. Baba said at least 95 percent of our relationships should be contented with all virtues and powers, and there can be 5 percent margin with some kind of karmic account has to be settled. These 5 percent of relationships are settled with good wishes. So let go, but maintain constant good wishes, then the accounts are settled, then the book is burned, no account book remains. In Hindi, it is called *hisaab kitaab* (account). Account is not only an account, it is kept in the book. So, when the account is closed, the book is also finished. So old chapter does not remain, and the future is also written. So, you create a new account, while all the time counting your fortune, counting what Baba has given, appreciating the time at the Confluence Age.

Baba also speaks about the secret of physical wealth. Physical wealth means material wealth. Baba's treasure store is always full. Baba's children make themselves wealthy and fortunate, by creating their fortune, by creating a very positive, powerful

account with Baba. If the service is done with a pure heart, any programme, whether is a big programme or small programme, you will always receive cooperation. Every type of cooperation will come when service is done with selflessness, with generosity, with benevolent consciousness and with the consciousness of glorifying God. There is no motive of 'I' and 'my'. There will be the cooperation of wealth at the right time, Baba will touch someone to make their fortune; someone will be inspired to give cooperation. It will be like a magic with the magic box of money opens, as the mind is totally free of the consciousness of 'I am doing it.' The moment the consciousness changes into 'it is my programme.', 'I am doing this', the moment the desire of glorification of the self comes in, there is a lock, and cooperation will not come. This is why wealth is unlimited with selflessness, unlimited wealth in every aspect, because it is Baba's blessings. It is Baba's task, and He will fulfil it. I am totally detached, surrendered, selfless. More selflessness more fullness. 'I' and 'mine' come it means obstacles begin. Instead of receiving wealth from Baba, you begin to spend time, you have to spend your thoughts, all your wealth and the wealth of happiness. What you have received from Baba, you begin to spend it and it becomes a new karmic account. So the account of wealth is very subtle.

Today Baba gives us the blessings of being healthy and tells us about the fortune of being healthy, of being wealthy, of having harmonious relationships: body, mind, wealth and relationships. So we are fortunate in every aspect.

I would like to give you a very happy news today. The greatest fortune, the mine of fortunes is to meet with BapDada and the family. Right. What have we been missing for the past one and a half years to two years? Missing Madhuban. Madhuban is the source of fortune. Madhuban, Wah Baba, Madhuban, Wah family. Madhuban is the actually biggest place of the family, the biggest home. All these places are our offices, but our home is Madhuban. And according to drama, now the season has started, it is possible for Baba's children to go to Madhuban. Of course, there are certain rules and regulation because of COVID. But the doors are open, and the detail of the times, dates and groups will follow. This is the greatest fortune that we are going to be in Madhuban soon. Om shanti.