

Om Shanti Everyone!

Is everyone okay? Yes, good. Yesterday, Baba said in the message, that we are jewels of contentment. I didn't ask if you all are jewels of contentment. Is everyone a jewel of contentment? Did you all raise your hand? Yes, very good. Yesterday, it was a beautiful scene. As I mentioned, all the ancestor souls, Baba and Mama, sat in a semicircle. Baba has said that in the end, there will be a tribunal, and if you just pass without even a signal, you pass with honor. Yesterday, Baba was saying that actually, this is the court. So, now as angels, you go take drishti from all of them, and you won't need to go through the same court or tribunal in the end. That is called passing with honor, and today, Baba also said that we have to pass with honor. Baba uses the word 'holiest' for all of us. Baba calls us holiest, because we are free from vices, and also, we do not have any subtle or gross violence. We had so many vices, not only five, but a big clan of vices. When we belonged to Baba, and as soon as there was understanding that I am a soul and what my original qualities are, I began my journey as a deity. There was a big transformation, and many things we thought were part of us, we forgot about them. We adopted purity in a very natural way, and I think now maybe only little traces are left.

Baba wants us to be peaceful and happy. For that, Baba said that of course, to be 'maryada purushottam' is very important. Not only the soul is becoming pure, but we also observe physical purity, so nature is also becoming pure, satopradhan. So we have to keep ourselves peaceful and happy, we have to be full, and remain full. Baba mentions that there are some of what we call weaknesses, some that are like defects. Mama used to give us an example, that if you have a chronic illness, even if you get well, your body is still not very strong. Doctors will call it the immune system of the body, but there is an immune system of the soul too, that has become weak. Today, Baba's blessing was not to be delicate. When I came into knowledge, I was very young, so Didi Manmohani used to say, "You won't manage if you're delicate." You have to be strong. Like today, Baba said that we have to do wonders. So how will we do wonders? Baba is encouraging us that even if you get two minutes, go in solitude. For our strength, inner strength, and to get powers, it's important for us to go in solitude. In solitude, you are in your true self, you are with Baba, and that power of the soul keeps increasing. You have to see it over 24 hours.

Baba uses the words civil eyes and criminal eyes. Criminal eyes could be because of desires, greed, attachment, or ego. So, we can start with every physical organ, and see if there is non-violence. One could be an ego, but also sometimes a stern kind of response, you show you are not happy with someone, and you have a stern eye or you don't look at that person. I know that Baba has given us this practice that when you say, "Om shanti", you take drishti, and share drishti with each other, why? That's true 'om shanti', otherwise, it is not true, because we don't look at each other. So, the same could be with our mouth. They have shown the conch in Vishnu's hand, that represents the purity of words, words that awaken, and bring benefit to the soul. We have to speak God's knowledge, right? So, how will everyone receive the message properly, and be touched? If my conch, or the mouth, only speaks of Baba's knowledge.

So, we can actually look at each sense organ, each part of the body, and see if I am completely non-violent. There should not be any kind of harshness, or attraction, or desires. I remember that all of us, I think most of us, take sorrow, right? We don't give sorrow intentionally, of course not. Nobody wants to give sorrow, but it does happen. Why am I taking sorrow? If something has happened, and it really caused sorrow, again and again that thought comes. It comes ten times, then twenty times. So, someone caused sorrow one time, and I gave myself sorrow 20 times by repeating that thought, and bringing up those feelings. Let's say that I see an accident or something, I see in such a way that I don't remember, because as many times as I remember, then I will be on the site of the accident, and I will feel sorrow. I will feel mercy, and one of the ways is to not allow the mind to again and again think about that situation which has caused sorrow to you. If someone causes sorrow, and I take it and keep it, then this is violence towards the self. Sometimes, even for years people remember how much they were hurt by someone's words or someone's actions. So, if I have to be double non-violent, I should remember not to cause violence towards my own self first. As much as you become non-violent toward the self, you will be very sweet, very peaceful, and when you will look at Baba, you will be proud of your own efforts.

So, just observe, and bring some more attention internally. I always say, "No, I'm not going to think about this again." Whatever I have seen, I don't want to think about it, because if I think about it, it becomes a sanskar, and then it will emerge again. Once someone was not physically well, and this soul was remembering everything that didn't happen. So, how do I clear everything internally, so it doesn't keep coming again and again in my thoughts. Of course, solitude is important, effort is important, and see that you don't hold anything which could cause physical ailments. We need power, we need silence, we need love, we need peace for the self and also to serve the world. So, think about it, contemplate and see in practical life, you will get the title of being non-violent.

Om Shanti