

## Sister Jayanti – 1<sup>st</sup> Jan 2022 – GCH, London

### January is the month for blessings

Om shanti. A very, very happy and auspicious and magical New Year for each and everyone. I'm sure it's going to be a very beautiful year, auspicious for each one of us personally, but also auspicious for *seva* and the *yagya*. And so, I'm looking forward to the end of covid and the beginning of new experiences with Baba. And we don't have to wait for one to do, before we have the other because this year the very special program for *tapasya* I'm sure is going to be very beautiful for all of us and will definitely take us many steps further on our journey to the new world.

I want to just mention what touched me very deeply from Baba's murli yesterday. The whole murli was perfect of course, as usual, very powerful, but right at the start Baba was congratulating us for three things. One was our new birth. And it's a fact that since we came to Baba everything has been different, everything has been new and the more we stay in the awareness of our new birth, the more fortune we create all along. And of course, sometimes out there it's still *kali yug* and so we forget, and so Baba's very powerful reminder, 'congratulations for your new birth and a new you'. And the second congratulations Baba was giving was that the new world is just ahead, not so far away at all. Just see that sparkling costume in front of you. And Baba didn't mention all the other things that sparkle in the Golden Age but in fact, it's not just the costume; and of course Baba meant your beautiful new physical form that's there in front of you. So it's not an evening gown but it's the beautiful costume that's waiting for everyone. But also everything within the Golden Age sparkles with purity and truth. And so just imagine what Nature would be like. Here sometimes we see beautiful scenes and we are entranced by them. And so Nature even at the end of *Kali Yug* can be so beautiful. Just imagine, leaves are supposed to be green but here at Christmas time every year we have red leaves. And so, how does Nature manage to do all of this? It's quite incredible. And that's at the end of *Kali Yug* and so can you just imagine the sparkle of Nature in the Golden Age and the beauty that's filled because there's total purity and truth.

I always remember that *avyakt murli* that Baba spoke in which Baba described everything about the Golden Age. Very, very lovely but one special thing I always remember is, you don't have to use perfume because not only is it that the flowers had their fragrance but also water. Water carries the fragrance of all the herbs that are growing within it. And so today when you have some water and you put in a few mint leaves and it tastes much nicer than it would have otherwise. But just imagine the water that's flowing is flowing above all the herbs that are there in a natural way and so the fragrance of the water is also there all around. So the sparkle of the Golden Age is something that's just ahead, not so far away.

And the third thing that Baba congratulated us for; for the very beautiful meeting not just with Baba, once in a *kalpa*, but also with the whole family. And so I've been appreciating the family a lot. I see how each one is blessed with very special talents and skills and qualities and each one contributing in their own way. And we come together with that vision of being able to lift the mountain of *Kali Yug* so that *Satya Yug* can come very quickly. And so I'm very, very appreciative of the family because even Baba said the other day; Baba's the Main Contractor but the Contractor doesn't work on His own. If you're trying to give a contract to somebody and they tell you 'well I'm a one-man show', you'll say 'Ok forget it'. You wouldn't go down that road with them. You'd look for another contractor who has a good team with them. And so Baba's saying, 'I need all of you'. And so you are also responsible for this transformation to a new world. And so Baba needs us. So how much more is it a reality that we need each other? Not dependency because that's bondage, but yet interdependent; able to work together, appreciate each other and definitely, that's the transformation of *sanskars* that happens. When I'm sitting on my own, doing my own little contract, I've no idea of my *sanskars*. So when I come within the gathering and I work with the gathering, then I see my *sanskars*. And there's also then the motivation to adjust and flow and amend and whatever else it is I need to do and so Baba then gives the power to be able to do that also.

And today, we've started more or less at the same time that we usually do on Sunday, but from tomorrow - usually in the month of January we have extra yoga anyway and especially with the lead up to the global volcanic yoga experience - we are going to fit in half an hour's yoga before we start class... Somehow we have to find a way to, for the 3 days definitely [January 16 -18], have 8 hours yoga. And most times we've thought OK well karma yoga is fine; I'll stay in Baba's remembrance and have a chat to Baba while I'm doing other things but we don't necessarily have that intention of 8 hours. Some do but I don't think it applies to everyone. But now I think Baba's really wanting us to move ahead this year for the high jump. And so from wherever it is we're at now, the move to 8 hours is going to be quite something.

Through the month of January, what we've usually had is the possibility of having silence generally in the house, but I know there's a lot of activity that goes on specifically in the dining areas. It's lovely that there's always a buzz in the dining areas; just communication and meeting each other and chatting with each other is really lovely. But maybe we can learn to communicate with each other through our eyes, through our smiles. So again a very good rehearsal for *Satya Yug*, our angelic consciousness and practising that. And so, can I be in Baba's remembrance? And of course, we can say that 'well I can remember Baba and eat and talk at the same time.'

So, trying to keep silence (Brahma) Baba himself says, 'I remember (Shiv) Baba and then I forget', but that was also to encourage us because I know that BapDada was together and certainly when I had the amazing fortune of having Brahma *bhojan* with Baba, or picnics with Baba, Baba would be the embodiment of Bap and Dada together and you could see that beauty, that sparkle, that light, that power that shone from within. And so if I'm with somebody, I don't forget them; when I'm not with somebody, then it's

possible to forget them. But if I'm with somebody and they're accompanying me, I can't forget them. So (Brahma) Baba was reminding us, yes remembrance is important, but Baba was actually encouraging us by saying that 'I forget (Shiv) Baba' because the reality was that (Brahma) Baba didn't forget (Shiv) Baba. Baba kept Baba with himself all the time. And yes, Baba also says that 'I invoke Baba to come and be with me when it's time for service'. So Baba made that effort also. So, for us the silence in the dining areas [in Global Cooperation House] so that then we can be in more remembrance and keep taking that remembrance to a higher and higher level.

January is the month for blessings and so whatever aim it is we have, Baba's special blessings are there to make it happen as a reality. The difference between blessings and inheritance: the inheritance, it's there and yes I have to become worthy and I claim it but blessings implies no effort. You just have the thought and Baba makes it happen. So the month of January has a special gift of having blessings, being able to take blessings from Baba. And so I think whatever is my own personal aim, that is what is going to happen as a reality. And everyday refreshing the aim is important. Baba would say to us, it's come in the *avyakt murlis* sometimes, that when you have a deep realization then that realization is amazing, it's wonderful. And then a week later you ask yourself, 'What was that realization?' And so to remind yourself of your realizations and to remind yourself of whatever is the goal, whatever is the aim, that then helps water that goal but it also becomes then easy to take help from Baba and to actually make it happen as a reality. And so let that also happen through the month of January. Baba's blessings coming so that then, no labour, no effort involved. Baba uses both these words: Baba gives the inheritance and Baba gives blessings.

And then there was a third word that Baba had actually used; *dua* - 'good wishes'. And good wishes help us fly. So yes, I want to be able to fly. And so when the Lord is pleased with me, when the Mother and Father consider me worthy, then they give from their heart those good wishes and that helps each one of us fly ahead. So we can take three things from Baba. The study is absolutely what we need to focus on. But apart from the study (and as you study and you practise you see the results of that immediately), but apart from the study there are all the other things that we receive from Baba, so powerfully, beautifully.

It's easy to keep Brahma Baba in front of your eyes. To keep a dot in front of your eyes is more difficult but of course then you have to be the dot yourself to keep the Dot in front of you. But Brahma Baba, very easy to see him in front of you, be with him, chat with him, walk with him, eat with him, invite him to eat with you. So all relationships with that One but a very lovely comment that Baba had made that only at one point in the Cycle does God become a householder. It was last week that Baba was talking about that. And, of course, the biggest household is the household that BapDada has. Nobody else has a household as big they have. And so even with all of that, yet Shiv Baba, loving and detached - of course, but Brahma Baba also achieving the same; absolutely loving, absolutely engaged, but also detached knowing that Drama will take its own course. And so, important to just be aware that keeping BapDada...when I say Brahma Baba then I'm not talking about just the man alone, I'm talking about BapDada together. But that image of BapDada together is a very powerful one and really helps you go beyond anything mundane. And so when I think of BapDada together, then that immediately transforms me to a higher consciousness, while here in the physical world through action and whatever, but also BapDada in the angelic form of Brahma Baba and it's very easy to go to the Subtle Region and take on your own costume of light also.

And so from here - Baba, to there - Baba; and so if through my activity I'm keeping BapDada with me, then it becomes very natural and easy to fly to the Subtle Region. Otherwise it's hard work but Baba makes it a blessing. And so think about all the variety of blessings you personally have received from Baba; make a list of all the blessings and it'll be a long list. And so things that have happened for you without you knowing that it's going to happen, things that have happened for you without you planning them, things that have come to without you working hard for them. And yes there's always intention and effort but then it happens and when it happens, that's the blessing. And so you say you want to give up attachment and you're struggling, struggling, struggling, and you know when they say that; Ravan you cut off one head and then you look at the other head and then meanwhile the other head has come back again! And so it's a fact. I'm dealing with ego and there's attachment; I start dealing with attachment and there's something else. So for whatever it is I'm dealing with if I say, 'Baba I'm aware that this is what I need to do and this is what I want to let go of and I want to move forward. I need help.' And Baba will see your deep realization and will recognize that yes, you're ready for transformation and Baba will make it happen.

So take all the blessings. It's beautiful that the year begins with January and January is the time for special blessings. So we begin the year with that awareness of special blessings.

Om shanti.