

Sister Jayanti – 23rd January 2022 – GCH, London

Practice coming and going...

The month of blessings of January continues. In January, when there is a determined thought Baba gives special help and so that thought becomes fulfilled in terms of effort for the self, and secondly powerful thoughts for service seems to take on a very special form in January with very beautiful results and thirdly that it is also the season of very dramatic natural disasters. I see these things happening each January.

The whole of Sangamyug is a time for blessings but within Sangamyug there are special periods. January is very definitely a special time and the murli that Baba has spoken today reminded me that whatever it is that Bap and Dada do together becomes an example of leadership.

On the one side, we know God is the almighty authority but yet we don't experience exactly who God is until God becomes – as He put it a little while ago - a Householder. The experience of God in a very practical way is Mother, Father, Teacher, Satguru, Friend – all of that happens only when He actually comes here into the physical world, and the soul of Brahma Baba is the one who has been selected, destined, to play the role of being with Shiv Baba. So when that part begins to unfold both of them, together, play the role of the perfect mother, the perfect father, the perfect teacher and so today Baba spoke about how when we go to Madhuban we don't feel we are going to an ashram but we go to our Home and it is very much that feeling that we have come home again.

Not only was Bapdada, the Parent, able to give us that sense of belonging but he trained the Dadis through his own practical life and his example to the extent that the Dadis also gave everyone that sense of belonging.

People used to see Brahma Baba's photograph in the early days in Tennyson Road when there was just a handful of us. So many would look at Baba's face and say: We know him. Or they would say: Which country is he from? He looks as if he is from my country. And this would be people of many different backgrounds and so this sense of belonging was something that was there almost in a very physical, tangible way but also something that we saw with the Dadis. It didn't matter, young or old or whatever someone's background may have been – no matter which Dadi, they each developed that same characteristic of being able to give everyone and anyone this feeling of belonging and so today going to Madhuban I think all of us get that sense of belonging even though the Dadis are now not there physically, but definitely Baba's presence and the Dadi's presence is very much there.

The role of mother and father and family in creating that sense of family is something that is a very powerful experience that Baba is able to give us and in today's murli Baba is truly the Supreme Teacher.

The sign of a good teacher or even going a step further - an excellent teacher - is that they are able to make very profound things very simple. So simple that even though we have been out of touch with ourselves and God for thousands of years yet still when Baba explains something we say yes it makes sense or we say that it was a feeling that I had but I didn't know how to express it.

Baba said the whole of knowledge and yoga can be summed up in two words. Baba often says this. Sometimes He says Manmanabhav and Madhyajibav. Remembrance of God and the inheritance of the kingdom. Or sometimes Baba says Alpha and Beta and again that is God and Beta, the kingdom, and today Baba has used two other words, and you would not usually associate them with anything spiritual. Baba has used the expression "Coming and Going".

Baba took up the explanation of coming and going in many different ways.

There was a sakar murli, and it gets repeated in the cycle every 5 years, and in that murli Baba says: "coming and going" and Baba has mentioned it again today. You go home and then you come down again and then you go home and you come down again and that coming and going, not just a momentary yes, I can experience Paramdam in a moment because I know what it is and I can go there and then I can come down and experience life here, but Baba is also referring to the whole cycle. We go home and then very quickly we come down into the Golden Age and so the going and the coming very fast.

But the thing that Baba is taking up in today's murli is a very practical experience that Baba wants us to develop and that is: in one moment step away from karma and experience being beyond karma - just in that relationship with God and the next moment be able to come down and engage in karma but don't get trapped by the bondage of karma, and two words – coming and going. Yet it is such a profound subject to be able to be so detached. Being detached on its own is OK. Being loving on its own is OK. We are used to one or the other but we are not used to keeping both these with that same intensity and experiencing both these things. Baba is saying karma yoga. That is what it is about. We have used this expression from the beginning when we talk about Raja Yoga. We say that Raja Yoga is also Karma Yoga but to actually be able to use the expression Karma Yoga, yes yoga, detach and go to Baba, but then karma yoga, to come back into karma. And two signs of really being able to come into karma but yet still remain a yogi - not that I am a yogi at one point and then I am immersed in Karma at another point, but that I am able to manage both, and the sign of being able to do karma and yet still be a yogi, there are two signs - no sorrow - you come into karma and do what you

need to do but there is no impact of any sorrow and it is a fact that when I get immersed in karma then all sorts of influences can touch me and so Baba says both things, no experience of sorrow and no influence of anyone or anything and not just the things out there but no influence of my own sanskaras. Then I can never say: this is how I am. I have a loud voice so I can't make it soft.

We can't ever say that. Baba would say: are you the master of your senses? If you are the master of your senses you can turn the volume up or down as you need to. You can't say this is how it is. That would be the sanskar that you take up with you when you go up and bring back down with you when you come down. A harsh tone and a harsh voice. So where is your entry point for satyug?

If I am still fighting with that sanskar until the end the door of Satyug is closed and the Silver Age is open. The warriors, the battlers, the ones who are still trying to conquer until the end and so Baba is saying: no influence. Anything that is outside or inside. Just to be able to do the karma that I need to do whether there is the karma of fulfilling a responsibility or the karma of service which is also a responsibility to the world but not an immediate responsibility in that sense. There is family responsibility and responsibility to the self and to the world. Whatever it is, engage and once the karma is done, be able to go up again. And so coming into action and then going back again into silence, into yoga, detachment.

Baba is saying that if you don't practise this now - this state of being bodiless one moment and then coming back - what are you going to do at the end? If you are struggling to be detached from the body you will not be able to go home fast. There will be a lot of entanglements that you will have to deal with and just thinking about how horrific the scenes that are ahead of us in the next immediate future will be. I need to be bodiless for a moment, connect with Baba and then do what I need to. To support whoever is around so that I can play the role of being Baba's messenger and helper at that time. To let souls be able to go home with love, to be above to connect with their Father with love - I need to practise the bodiless stage otherwise I will be afraid, concerned, anxious, in tears because it will be difficult. But with my practise of being bodiless then I can be God's messenger and helper and play the role that Baba wants me to play.

Just imagine, it is only a handful of Brahmins and even by the time it is God's revelation it is not going to be a majority or people. A very tiny minority is preparing to come to Satyug but that tiny minority has to be able to serve everyone. We don't know where we will be but it will be right according to the drama, but each one's preparation today is going to prepare us for what Baba wants us to do at the end.

So two words – easy to remember the whole murli today: coming and going. That is it and the whole murli will emerge in front of you.

Om shanti.