

Sister Jayanti – 2nd January 2022 – GCH, London

Follow the Father and create an atmosphere through the power of your mind, throughout the day.

Om Shanti. The song was about Brahma Baba. The one who has yoga with God, Brahma Baba, Yogeshwar. The lyrics of the song are the basis of today's Murlis, which is about *mansaseva*, to serve through the mind. Baba is saying that we have learnt to keep ourselves very busy with service. We have made plans and are engaged in many different things, and yes this is good. But in order to be more effective and to use time, expense, energy in the best possible way let it be that we are having two kinds of service simultaneously. Whatever we do through words is fine, yet also learn to serve through the power of the mind. When we learn this, we are serving the self and the world simultaneously. It means that when we wish to do this, we need to serve our mind first. We need to clean it out. We are serving the mind and through the mind.

How do we serve the mind so that it is an effective instrument that Baba can use? Baba says fill the mind with nothing but pure feelings and good wishes for all. For this we need to do a lot of cleaning. This is a Murlis spoken in 1989 and He reminded us that He gave us this homework two years prior. He has been talking about this for a very long time! Also in recent Murlis Baba has been talking about waste thoughts and how it is these that interfere with being able to clean the mind and being able to be a good instrument for Baba to use.

I was reflecting on the Murlis today, how Baba often says 'last go fast' and how those who took up Raja Yoga on zoom and other activities in the last couple of years, now have a chance to catch up with the Murlis of the 80's and the revised Sakar Murlis we are now hearing. In the last few holiday days, we have heard several Murlis about letting the mind become clean and pure and powerful. Baba gives us all everything. We also now have access to all the teachers across the world. There has never been a time like this, that started in 2020 and continues.....everything has become easy and we get the best of everything at this moment and it is completely available for everyone. Those who have been with Baba for decades also have the chance to reflect on the extent that we have used Baba's versions in our lives. There is benefit for all. Baba says that whatever Baba does and we do there is benefit for all.

Today Baba is teaching us how to be able to serve through the mind. At the same time, He is not saying 'don't use words'. I am underlining this as a few say 'I can sit in yoga day and night'. And yet this is not what Baba did. If we are following the father, then the example is always Brahma Baba. Yes, he slept few hours, but it was a deep sleep and within this time both mind and body were refreshed. Then the extra time, was time spent in yoga in the early morning. Through the day, he kept an elevated stage of consciousness and through that did everything that needed to be done on a physical level. Baba says do everything together. Serve through words and make plans that you need to, but make sure that the power that souls are experiencing is because you are creating the atmosphere through the power of your mind. This is then homework for the whole day to see what thoughts are coming and to what extent can I really put a full stop to waste thoughts. Baba gives us many realisations as to why waste thoughts come and I remember one particular year when there were many classes on the subject of waste thoughts. Dadi Janki was also meeting individuals from abroad and understood what the family was going through. When she returned to London in April, we asked her the question, what are the main causes of waste thoughts? She responded 'ego and attachment'. It comes up in the Murlis but this was very interesting to hear Dadi's practical experience after talking and helping thousands over that period.

Yes when the ego gets bruised, many thoughts of 'why' and 'should' come up and a huge amount of waste thoughts. Also attachment and whatever is 'my or mine' gets used in so many ways all the time. Big ones, attachment to property, position, people. But what are the little things that we say 'my' to?

At this moment in Sangamyug and at the beginning of the Year and the beginning of Baba's month, what is it that I still consider to be 'my and mine' and to what extent am I ready to let go of all of that so I no longer use these words. Dadi Prakashmani would never use the word 'I'. She would say 'today, Dadi had the thought'. She was demonstrating the inner stage of detachment from I and mine and this was very visible.

When Dadi Janki was in India she would ask us if we had been using the sitting room and we would say 'no Dadi, it is your sitting room'. She would respond 'mine' its not mine!' Baba has used the expression 'to burn all the accounts of the past'...*Hisab* 'Accounts' and *Kitab* 'Book'. All my karmic accounts are noted in a book. This idea comes within western mysticism too where there is the idea that there is a book 'up there' in which everything is being noted. Everything is being noted here, but also with the awareness that it is fixed in the drama. Baba is saying '*finish your accounts, and burn the books*' so that we are free and clear and in this state we can be truly karmateet. Baba is also saying do it now, so that we can be clear and clean instruments for Baba.

A Murlis to reflect, experiment with and practise.
OM SHANTI