

## **Sr Jayanti - Avyakt Murli Revision Sun 21<sup>st</sup> Nov 2021 (Orig: 27.11.1989)**

### **Am I experimenting?**

Om shanti and welcome to everyone once again. Baba always gave Jayanti when the title of flying yogi, flying angel. She was a major participant and contributor in the COP 26 Conference which is not a small event. It's a very international event where many prime ministers, presidents were there. You have done great service.

Sister Jayanti: Thank you, it's lovely to be back with all of you again.

Whenever there's a festival it's Christmas, it's Diwali, any major event like that we always say lots of love, lots of blessings, lots of good wishes all our pure feelings are with you it's a very beautiful way to express our thoughts of love to those who we do love and all our friends and connections. This time Baba actually took up what it means to have pure feelings and good wishes for everyone and so just to recap on the murli first and then a few thoughts of reflection further in terms of what Baba said. Baba first of all pointed out that God is the benefactor for all but all of you children also are the master bestowers, the benefactors because you have pure feelings and good wishes for everyone in the world. In bhakti also you would have good wishes and pure feelings but of course you didn't know how to take power from God, you weren't connected with God and so you weren't actually able to do that for any extent of time. Only for a very limited period of time people were able to experience the benefit of that and it's only now, when you actually understand what it means to have pure feelings and good wishes that you can actually give souls benefit for the whole of the cycle. For half the cycle that benefit is carried even further along and so the power of your good wishes are such that really you change the humans of the world and give all of them the unlimited experience of taking whatever they need from God, but also you actually transform nature and the elements itself. So just imagine how powerful your good wishes are, and you don't always realize how powerful they are.

These two things absolutely go together, you can have pure feelings for all but you must also have the foundation for that, and that is the pure desire to be able to serve all with this because the two things are absolutely connected. If you're just simply repeating the things Baba has told you, if you're sharing things just in terms of duty, responsibility and I suppose I have to, then that doesn't touch souls. It doesn't transform souls but when you have really that pure desire that they should claim their inheritance from the Father and take everything that is their right to take from Baba, and you have those pure feelings for them, then the combination of that pure desire, your good wishes for them and also your pure feelings for them, is such that they're able to come close to the Father. Your good wishes are then able to serve a purpose and they work. Now, science is able to reach across the oceans; vision and sound can go anywhere. Surely the power of silence is even greater because the speed of thought is faster than anything else in the universe. Your pure feelings can reach souls and help them and they'll feel that it's as if some help that's reaching me from somewhere, (and they won't know that it's you and that's fine), but they'll know that it's coming from up above, and they'll be drawn closer to being up above and so recognize the value of the power of your good wishes and pure feelings.

Baba also explained that this is possible only when you make space in your mind and your intellect. What we are doing at the present time, Baba said, is we're occupying ourselves too much, too many thoughts are going on. We get caught up with all sorts of little situations and incidents, and so the line becomes busy. It's engaged and nothing more can happen and to make space, clear out all those things. Let yourself go to a higher state, that state of soul consciousness and remembrance of God. Baba said "ekant priya" the one who loves solitude, and "ekagrata," concentration (focus), and so these two things. It doesn't mean leaving my duties and running away. I can do that only for a little time anyway but where I am I can develop the power to turn inwards and be in remembrance of One, go into the depths of One and really learn to concentrate. When I love inner solitude, here's a simple method. Can I extend that three minute period of traffic control and make it four minutes, five minutes, maybe even six minutes. That I'm again able to recharge myself with that inner power but also I'm able to concentrate, I'm able to focus and I'm able to develop the power of silence within myself. Then pure feelings and good wishes can reach others. Baba said how on the surface of the ocean there's noise, there's the waves and the sound of the waves, even upheaval in the waves, but if you go into the depths of the ocean there's stillness there. Go into the depths of the ocean of knowledge and experience the stillness that comes from going deep down and all the upheaval will be going on around you outside, but you're developing your power of silence and you're able to focus your mind and intellect in whatever stage it is you have decided to experience. Develop the power of silence and the power of pure feelings and good wishes for all.

A further little recap on the other bits of the murli that stood out for me; Baba talking to the teachers, 'are you yourself experimenting and experiencing all of these things? then you can help others too.' A capable teacher means there should be visible results. A capable teacher means thoughts, words and actions are all being done simultaneously. You're serving through the mind, through your words and through your actions. When everything is aligned in that way of service, you're busy all the time but also you're seeing very good results through all of that. Baba had his vision very clearly focused on the kumaris. Within that what struck me was, how can you become worthy and the answer was very simple, just belong to One, that's it. To become worthy just belong to One, total dedication, total connection

belonging to One and yes, Baba encouraged the kumaris to think about serving the world rather than serving for their own comforts or serving for a limited family, but think about the world that's waiting to be served. And then the kumaris again, very interesting, Baba speaking about how a kumar is always looking for a companion or company, but you have the company of God. Make God your companion, you have the company of the family and that can support you, and Baba also recognises that it's more challenging for kumars than it is for kumaris. Kumaris very quickly come into the field of service and so they're very much kept safe within that arena but kumars are out there in the world. Baba is appreciating the struggle that they had, but also giving them a lot of love and strength and power.

Baba's story about Pandav Bhawan and the story behind this. There was a Pandav Bhawan created, I believe it was in the early 60s in Banares, Varanasi and it didn't actually work out because of the sanskars and so it got disbanded. When Dadi came to London in 1974, souls began to emerge by 1975. There was quite a solid group of souls and many of them were brothers. Sisters began to come later. At first we had a very powerful Pandav army and Dadi said to them to find a place which is calling distance so that if ever there's a need, if a sister calls you from Baba's house, not by telephone. She'll come into the street and say come, you'll be able to see it and hear it and you'll be able to come running across to help whatever the need is. A very interesting comment from Baba about being at calling distance and the first Pandav Bhawan outside Bharat was established there and it did huge service. From there it led to Shanti Bhawan which is where eight or nine brothers lived together for many, many years and that still continues. Many, many brothers who were instruments across the world have had sustenance there. So, Baba's blessings that these kumars have been able to live together and work together in a lovely way.

Baba was talking about the double foreigners and the letters we write. Great to write letters of honesty and everything of your heart. Baba encouraged us to write a letter of two words, two letters actually, not even words just O and K. O for Shiv Baba and K the kingdom and so get yourself right, don't just say to Baba I'm okay! Put yourself right and then write to Baba, 'I am okay, all is well'. Baba doesn't want to hear long stories of the Ramayana, the Bhagwat has the stories of God's love and activity and then the Ramayana has all the stories of human failings and weaknesses, the struggles and the battles and promises being broken. All sorts of things. Don't get into those stories just keep yourself out of it, don't get busy with those things. Baba gives love to all but just a few reflections on this idea of nothing but pure feelings and good wishes and being able to keep the mind and intellect free.

Do I have good feelings for myself? Or am I complaining and moaning about myself? 'I shouldn't have done this, I should have done this, why didn't I think about it', Is this the chatter that's going on in my mind? If that's what's going on in my mind that's what's going to happen in my relationships also, inside-out. And so, to cultivate the feeling of valuing the self, of respect for the self so that then I can value others and value nature. A very important lesson from Baba, just have nothing but pure feelings and begin with yourself. Very easy to have pure feelings for somebody across the other side of the planet because I don't interact with them. I know I have to serve the world and so I'm sending out those good vibes and that's easy but the one who lives next door to me my neighbour, maybe his interests and my interests don't quite match they don't tally and he wants a bit of my space and I think why should he have that space? This is where neighbours actually are probably the ones who quarrel and conflict the most. Not just in terms of individuals and people, but in terms of countries. Think about all the border clashes that happen across the world in some form or another, neighbouring countries and my interests and your interests just aren't coming to a compromise, or an agreement, or consensus. That's what's going on but my own family, sometimes family traumas are the hardest things to sort out and they last for decades not even just years.

And so, to be able to erase all the things that I need to erase from my mind, my judgmental attitude, my critical attitude and be able to forgive. Can I let go and forgive whatever it is I'm still holding in my heart? If it's there I cannot use the power of good wishes and the power of silence. First I have to clean out my feelings for everyone. I can't say I've forgiven three people but there's one person I haven't yet forgiven and it's okay. One drop of poison in water, could you drink it? It's only one drop there's a whole glass full of water, for that one drop poisons it all. So, one relationship that I haven't forgiven and I'm holding that bitterness, sorrow and that attitude of lack of forgiveness in my heart and it's creating turmoil inside. It's creating upheaval, bitterness and pain. So, to have nothing but pure feelings, can I remove all aspects of these negative traits and be able to have a big heart? To forgive and let go?

Secondly, so many thoughts that come from comparison, competition and jealousy and all of these things. And that's because I don't value myself, I'm not introverted, I don't see myself as having the highest potential. Baba is just helping me release that potential and make it emerge. Let me be able to do that. Come back to the realization of who I am and that innermost dignity through soul consciousness and then, I'll be free from all that negativity. I'll have nothing but pure feelings and good wishes for everyone.

Third thing; can I put a full stop? Can I realize that whatever is happening is benevolent, there is benefit in every step that I take because I'm following Shrimat? If I'm not following Shrimat then that's not true but if I am following Shrimat then there's benefit, and so drama is benevolent beneficial. Baba is the Benefactor and is the benevolent One but drama is also benevolent (dra-ma) the mother. The mother is always benevolent. Learn to put a full stop without letting waste thoughts take over my headspace and throw out anything else. Let me

put a full stop then I can have pure feelings all the time and I can genuinely have good wishes for everyone, not just my family or my friends, but for each and every one. That is what is going to take the world onto the next phase, the transition and then Satyug can come, when we learn to have nothing, nothing, nothing but good wishes and pure feelings for all. That's when the drama will click and there'll be a new scene beginning, the scene of the golden age. Those are a few reflections on yesterday's murli.

Let me share with you a little of COP and just a brief note about the history. When Brahma Kumaris were given General consultative status for the UN, from thousands of NGOs who have a relationship with the UN with the DPI (the Department of Public Information) we were pulled into another category which is just hundreds. Within the consultative status category we were given General consultative status which is the highest level which says that the Brahma Kumaris have an expertise that the UN can call upon for any of the projects or any of the departments that do the work of creating a better world for all. Baba's work touches women, it touches youth, it touches health, it touches children, it touches the environment. Anything to do for a better world is Baba's task but it's also coinciding with the UN's task and so General consultative status was granted by Governments. Governments explored our activity at the UN for the past 10 years, or however long, and every Government then said yes. India said yes, when it came up for approval a short history was mentioned and then Indian Government said yes and Costa-Rica said yes, America said yes, I think Germany was also on the panel at that time they said yes. The chairperson said Brahma Kumaris have been granted this status and it was quite significant and still is because - I could be wrong because it was a long time ago - that we were given that status at the end of the 90s but certainly at that time we were the first and the only spiritual organization from the east to be given this status. Why I gave it in that sort of detail is that according to that status it meant that we could then apply to be observers at the United Nations climate change conferences: UNF, triple C, the UN framework for climate change and so on. We were the only spiritual organization this time at COP from the east, sorry I have to add that from the east. Lots of Christian organizations and of course environmental organizations but we were the only spiritual organization from the east to be there. That gives you an idea of how different Bapa's work is to whatever else is going on around gurus and organizations that teach meditation and so on and so forth.

Since 2009 we've been sharing this idea of consciousness and climate. When we first started sharing this in Copenhagen 2009, we had an exhibition and stalls. Stalls in which all these pictures were displayed and people were quite shocked they were surprised; how can you link consciousness and climate and so we would tell them the trajectory of (Smriti-Vritti-Drishti-Kritti-Shrishti) which means; my awareness-my attitude-my vision-my behaviour-my actions, and so the world. When we say 'when I change the world changes' it's because of this trajectory. How long did that take? It takes 30 seconds to explain from consciousness to climate. Why? Because when my consciousness is spiritual, then I don't harm nature. I don't exploit nature, I don't aggress nature, I'm not violent against nature or animals. Nature and everything. You know, animals, birds, bees, all living creatures and the elements. When there's a higher consciousness then we experience inner happiness and so we are not interested in acquisition of property and possessions and accumulation and new wardrobe every year. All the things that people out there are still into which means that our needs are greatly reduced. Our life becomes much more simple, and so our carbon footprint is much reduced. These are the two main factors that we explain to people: this trajectory of inside, and what happens out there. Inside meaning this inner state of contentment and joy because of our spiritual awareness and lifestyle. This has been the theme of lots of other details.

We've always taken up the subject of renewable energies in a big way. The largest single user of new renewable energies in Bharat is Brahma Kumaris. We have all these solar systems and many retreat places. Madhuban, India One was the first and so we have very good credentials for this. What we're trying to do now is also collect the information of other retreat centres across the world where they have been interested in renewable energies, and put together a case study about how we went doing all this in the world out there. We've been beating the drums about this for quite a while and at one point, early days environmentalists weren't really interested in what we were doing because they'd say spiritual people are up there, they're not interested in what's happening down here, so we're not going to involve them and then something shifted around 2012. And environmentalists began to say if we want to reach the grassroots it has to be through faith-based organizations. They don't use the word religion which is fine. It's good it suits us well, faith-based organizations, and within that they said there's a lot of information but 80% of the world's population belong to one religion or another, one spiritual tradition or another. Only 20% of people are actually absolutely without any connection with faith so to reach 80% of the human world, it was faith-based organizations that had all those networks on the grassroots level and so they started involving us 2014-2015.

You could see that there was such a major shift and nature-based organizations were inviting us onto their panels. Interfaith got a big boost because Christiana Figueres who would be meeting us regularly from time to time, when she was the executive secretary there, asked her chief of staff to meet with her separately after our meeting with her but to meet with him so that then he could get an understanding of what faith-based organizations were doing. In 2014 there were very big ceremonies in New York and Christiana was heading up the UN at that time and so she was really encouraging the involvement of faith-based organizations. At that point Valerian was asked to be the liaison and so she and a man who's now the secretary general of the world council of churches, the two of them organize interfaith activities when we want to do a full platform they organize it or when we want to meet the director or the deputy director

again they organized those meetings for us as a group. That's very good and what happened this year was the World Wildlife Fund which is very significant in the work it does and the contacts it has, the outreach that it has, and royalty are their patrons. They have huge budgets, they have offices around the world and every country that has a WWF organization does huge work for the environment. So now this year for the first time they appointed somebody who happened to be from a Hindu background and has known the Brahma Kumaris for decades and has always worked with us on panels. He's been to madhuban but he appointed him as their liaison person for beliefs and ethics and values. This person invited Brahma Kumaris to be on their panel when they had a gathering of faith-based organizations and on that panel also was Karina Gore and if you recognize the name. She's a daughter of Al Gore but she actually was a person who inspired her father not the other way around because she started an organization called The Center for Earth Ethics yonks ago and so that was the inspiration that led to Al Gore making that film The Inconvenient Truth and then a second film, a documentary again following that first one. He was there in the audience, he'd come to hear his daughter, but he was also hearing all of us and this woman, Karina Gore, very simple, very natural, very easy, and very committed and sincere. So her input was great. We were on the WWF stand which was huge, and a lot of people were there. They were broadcasting it live and so I know that others from the Brahmin family who were there were watching live as it was being broadcasted. Again WWF had a media point and there again it was BKs who were there and they'd invited us to be part of a quite a small group that was being interviewed just three of us being interviewed by one of the BBC staff and this little clip maybe 10-15 minutes was also put out to all the news media channels. Another media thing that was a first, was the chief rabbi of the UK actually stated in one of his panels that the Governments ignore the faith-based leaders, and the faith-based leaders were scrambling around trying to find a platform to voice their opinions, and so we got a phone call from a BBC researcher and she tracked me and said this is what the chief rabbi has said, do you agree with this? I said well no, not quite, because yes the UN is a platform for governments actually but we had very, very good coverage in all the different panels. In fact, the figure was that we had over 30 panels that we participated in. It was more than 30 by the end of the event and we lost track finally. Can you imagine a few of us there but 30 different panels that we were part of and it was to do with interfaith, renewable energies, youth, leadership qualities, many different things. We covered quite a range and we had two receptions.

Let me finish the Rabbi story; I said to this lady that we have been given very good platforms. She said would you like to be in an interview with one other person on The Sunday program? In Britain, the Sunday program is a religious news program on Sunday mornings, and it's the most listened to program probably in the UK in terms of religion, The God slot, they call it. It was a lovely interview because they recorded us for 15 minutes on Saturday. Getting to the interview was quite a chore because there was wind and a lot of rain in Glasgow, hitting us as we were walking. It was coming to us, so it was a battle to get there. That was fine and we got there, and the whole building is huge and deserted. Every office has all this hi-fi equipment just there and a handful of people in the building. Because of COVID they still haven't started operating properly and the bishop of Panama who I'd met earlier anyway was in one studio and I couldn't see him because of all the equipment that was in the way. I was in another studio and the interviewer was sitting in Manchester, and so it gave me such an eerie feeling at first to walk into this place and no human beings, just machines, machines, machines everywhere. Maybe it's a sign of the times to come further? That was very good Golo got interviewed by a television crew from Belgium, I think or maybe it was Germany but anyways a very good interview on what you're doing in COP and how you're going to work out. Another very interesting thing was that Carolyn from Berlin, for the past four years has been working with the Institute of Advanced Sustainability Studies. This is a scientific organization set up 11 years ago where they believe there can be different methods of acquiring knowledge; such as science, intuition, dialogue and meditation. The scientific director of the whole thing he's met us many times now and he kept inviting us to do discussion groups on their stand. And so we had lots of discussion groups on their stand, I think about nine. Another very interesting panel was the SDG panel and this was the Sustainable Development Goals. They were looking at gender equality and wanted to find out about feminine leadership and indigenous leadership and the two actually are very, very aligned, because to think about a cooperative approach, a collaborative approach, a consensus approach that's very much what we've seen Dadi Prakashmani do when she became the first leader after Baba. She didn't do it alone. She had Baba but she also brought the Dadis together. After that she created a team in Madhuban. After that she created teams of teachers, lots and lots of collaboration in that sense and so I was able to give them practical examples from the lives of the Dadis. So very, very good sessions. The two most successful things that we organized were two receptions in a Unitarian church, just a few minutes' walk away from the main area where the governments were meeting the blue zone. The green zone was another area which was the UK government and in that BKs had the opening slot. The UK Government welcome video in which it was the president of COP 26 Alok Sharma, the Prime Minister of Britain, Boris Johnson and the opening slot, a message from BKs so somebody up there made that happen. It couldn't have happened otherwise. I haven't told you about how good the youth were! They did a brilliant job with lots of participation in other interfaith panels, and the Spirit of Humanity was well represented. They were being invited by Valerian to interfaith things. Sonia was the overall organizer. Just amazing things were happening.

(Looking at audiovisual). You can see different panels going on. The Deputy Director of UNF couldn't come, so Zoom now always gets pulled in. The interfaith delegation. Franciscan monks, others and Golo being interviewed. Our reception. The BK UK and international group; the brothers were helping and supporting and chanting with our youth representative in front. Philippa came especially for a couple of days because there'll be a documentary prepared. Rajesh Bhai was incredible running around with his camera and equipment. Really

one of the joys of COP is the time we spend together here. Karina is there on the other side. The Bishop of Panama and this is our dear local council, Brent and they invited us to have a photo shoot, and the photographer was asking me to pose, turn your chin here, turn your face here, to sit like this, so he had in mind whatever it is and this is how it came out. So this is an exhibition at the Brent Civic Centre which has a beautiful, very elegant play side. The SDG panel. The second woman is an indigenous youth leader from Orissa, quite an incredible person. The one sitting on the other side is a PhD student from Sudan, and the one in the middle with the microphone, that's her professor and they're both at the East Anglia university. Maureen and Carolyn went to meet them again and they had a gathering for them which was a very good workshop. The lady on the other side met us in 2014 and she keeps meeting us every time, she was at that time a PhD student and now is qualified and she's working with WWF also.

Every year Baba's message is more and more appreciated at the COPs because they want spirituality. One last thing and then I will stop; the activists were out there in full force, rain, cold, it didn't matter. Morning, afternoon, evening, they were out there with their message of reduction in this, do this, do that, do the other but with a smiling face. The police were always charming with them and all of us also, such an amazing atmosphere. One march, three BKs participated, and I just happened to see it. We had to go to the station for our train and then we saw this carnival. It felt and looked and sounded like carnival music and dance but all were asking for climate justice. So let's see in terms of the world. I don't think very much has been achieved, pardon me if I say that, it sounds significant but when will governments listen? So the world is going that way and the Baba's flag is going gradually this way and so spirituality, meditation is more and more being acknowledged and recognized.

*Q: Bravo! Sister Jayanti and Bravo to the whole team and Baba pushing buttons to make it all happen. Amazing at these places how just connections work. So we move now from the glamour of COP back to our spiritual studies. If we go back to ekant and what does it mean to go to the end of one (Ek ke Antt mein), that's literally the translation. Please explain.*

*A: It means to really be able to connect with Baba, and to know Baba. You know how Sakaar Baba always says only a handful of you know me as I truly am. So a question: what are my expectations of God? And do I realize that Baba has given me everything? I don't need to ask him for anything, everything is available for me and so our unrealistic or bhakti expectations of God mean that I haven't truly understood who God really is, when I'm dependent on a human being for something. Again, how well do I know God? Have I been able to go into the depths of God and make God belong to me so that I'm able to totally surrender to God? Also with no hesitation, no restrictions, no bondages for the mind, no distractions? Really truly to know who God is and how to come closer and closer to him so that then I can be (Baap samaan) like the Father.*

*Q: Regarding forgiving: one of the reasons why we can't forgive is because we've taken sorrow. It's like the sorrow has gone so deep in the soul. I would think the first premise is to not take the sorrow. Easier said than done, but what is the yukti of not to take the sorrow that goes in and then creating a conflict?*

*A: There are two things. One is the sorrow that has stayed in me for a long time from childhood, maybe I'm carrying that sorrow still. Open up people's hearts and they'll share with you the trauma that they experienced in childhood and that is still there, it often hasn't been dealt with. And so to be able to take so much love from Baba that the hurt is healed and I'm able to put it into context and say okay 'karma, drama whatever it was, it happened, so full stop'. I'm not going to let my mind wander there again. Even if in conscious way, my mind isn't wandering there yet there's still a hurt that I carry. And so to take God's love and be able to remove that hurt, finish it and settle it because otherwise if I'm being rude to you today probably it's because I'm carrying a lot of sorrow from the trauma of the past, and at this moment I'm not thinking 'oh because I've been traumatized this is why I'm speaking the way that I am.' Very fascinating, this whole subject of trauma and how we've tried to deal with it or we've ignored it. We think we're okay and our behaviour is showing but it's not quite okay, so we have to deal with that first. Then secondly, the trauma or the sorrow that I've taken since coming to Baba and probably those are little things. It's not big things like childhood trauma, no comparison but yet still I've accumulated. This one said this to me at this time, this one said this to me at that time and so this is why I'm upset or I'm not very happy. Again with the power of gyan, to know that there's something within me that triggered that, because that same person is chummy and charming and very happy with another person, but why is it that I took sorrow? So to understand that for my sensitivity to be removed, I need to take from God power. The power of tolerance, the power to merge instead of carrying things with me. As I develop this power of tolerance I can deal with that also and today I need to have such an elevated state of happiness that little things happen and I can laugh it off. We know this experience when things are going well internally, something happens and you're not bothered by it. You'll say it's okay, never mind and you'll move on. When I'm not so strong spiritually I don't have that inner joy, then a little thing goes wrong and it becomes a big deal, a huge subject. So, different levels, different ways but first with God's love the trauma of childhood. Second, the accumulation of hurt; expanding my awareness so that my tolerance capacity grows. Thirdly, really being able to stay so above, so happy and joyful that you're not bothered by all these little things that are going on.*

*Q: Does that also include the trauma from past lives?*

A: That I would say is more the habit of being sad or the habit of being unhappy. I could be wrong, but I don't think that the trauma of one birth carries on through to the next birth. We don't have enough research in the subject to verify it. I think probably the trauma of death, when a soul leaves its home that it's had for 80 years, 30 years, 40 years, however long when a soul leaves that home, that in itself is such a traumatic experience that it erases the memory generally of the past birth. Now it's in a new home, a new baby, a little foetus and it has space to reflect, space to think, so the trauma of just that moment. You know when you move house? How much time does it take you to settle and adjust and at least you're still yourself, and here in this case death has come. Such a dramatic traumatic experience that everything you knew is left behind, people, possessions, property, your home, your body, everything has been left and so that makes you forget. I think that any other trauma would also be forgotten by then. What does carry on is that lingering sense of the habit of sorrow, the sanskar of keeping sorrow so you've seen it happen today in this birth there's nothing that's specifically wrong but the person still isn't actually able to be happy. They need gyan to be able to come out of that sanskar or sorrow.

*Q: Going by what you're saying, then the slate becomes clean, so where's the role of sanskar then?*

A: The sanskar that I'm carrying is that of sorrow, and we were talking about trauma, and so where the soul has been traumatized, that certainly stays until you deal with it in that birth with Baba's love. As I say, I don't know if trauma is carried from one birth to another, but I do know that the sorrow that has come from the trauma, that sorrow is a sanskar. I don't have enough information on the external level to say that the trauma is also carried, I don't know.

*Q: Baba tells us to have a powerful mind. What kind of mind is a powerful mind?*

A: A mind that is clean, a mind that's elevated, a mind that's able to have the spiritual perspective in Baba's terminology, that's what powerful mind means. So I'm looking at things from a spiritual perspective. It is powerful to look at things with your third eye and not just your two physical eyes.

*Om Shanti*