

Om Shanti!

Baba calls us His VVIP children. He said you can add as many "Vs" as you want. I had been reflecting on how we make our timetable in such a way that the mind and intellect both are occupied. I think that according to present circumstances, Baba is giving us another chance now to be isolated. He keeps giving us this chance, so that we are not physically running around, nor do we have to make a big Brahma Bhojan. Baba is giving us actual time. It's not only that we are preparing to face the circumstances, we are the instruments to bring about world transformation. I was thinking that our every thought is so valuable to spread love, peace, and hope in the minds of people. Any news you listen to is filled with so much fear, worry, and concern. People had planned their Christmas holidays for so long. Some wanted to surprise their family, but so many thousands of flights were cancelled. I keep thinking that Baba is giving us so much time to prepare ourselves because of our vibrations, and there might not be a chance even for words. Whether it is the power of silence, or power of God's love, our vibrations will not only be about keeping ourselves safe, but they will be serving. We will be serving.

There are so many who are going through a lot of physical, mental stress, tension, and they ask Baba for help. We have to create a good practice of remembering Baba and create powerful vibrations through remembrance. Baba said that when you all are ready for your return journey, the gates to paramdham will open. I was also thinking about my incorporeal stage. Baba wants us to remain above, look at the Drama, and see how temporary the scenes are. How long does it take to change the scene? Sometimes not even a minute. The scene is only for a minute, and then another comes. So, instead of seeing another, I still think of the scene that has passed. Dadi Gulzar used to tell us that even a situation is sensible because it doesn't repeat. Something different happens, but we don't let go of that situation, and then it becomes quite big. Baba said that you shouldn't be a touch-me-not plant, but you should be the "herb of life" (sanjivani bhuti). What kind of life? Spiritual, of love and enthusiasm, of belonging to God. So, when this new third-wave came, I said, "Well, it's bringing another message for us, and that message is to use your time."

So, let's say we spend time on study, churning of knowledge. There was a time when we were young Baba's BKs, Dadi Janki and all of us, four to eight o'clock was just for study. So, we would listen to Murli in class, then we would make notes, and we would churn, reflect. We will be taking one thought for the month of January for our tapasya. This morning's blessing was "be simple and we'll become a sample." When there is not simplicity inside, our thinking is very complicated. It has a lot of baggage from the past. So a new learning, a new way of thinking doesn't happen, because I am carrying all of that. So, every hour during traffic control, we can think about the blessing of the day. I need to reflect on that blessing so I can become an embodiment. This can be another practice. I also remind myself, just a minute, half a minute before starting any

action. Drinking water, eating food, or many have been sharing that when you start your car, you take a minute. Sit in the car, take a minute, remember Baba, and then you start your car. This is such a good practice because internally, you are giving your responsibility to Baba. Baba, you are with me. In the evening whenever you finish your job, and have dinner, and then you have those few hours. Luckily we have Avyakti Parivar, and I see at six o'clock, so many mothers, so many of those who are free, they just sit in meditation. Evening meditation is very powerful and very important to have, because the whole day, whatever happened happened. Now, I can fill my apron, sit with Baba, and let Baba give me more and more blessings. Especially now, Baba wants our every thought to be powerful.

Every thought is connected, and the more you pay attention you really can come out of waste. I can do service, I can give sakash to some soul. So, Baba wants us to serve in a subtle way. Baba keeps saying that we should not waste thoughts, but have powerful thoughts. For tomorrow, we are using the power of silence, not even thoughts, because feelings are more powerful than the thoughts. We always say that we should keep such pure feelings, pure bhavana for everyone. Those feelings, they really spread very fast. So, silence could be in my eternal stage, silence could be with Baba, or even just think about your five forms. Then you remain merged in that, like you are saying, "I am a peaceful soul", stay in that for a few minutes, just with one thought. When you are an embodiment, the vibrations spread. So, you will find that a lot of restrictions are happening. If you are not used to mansa seva, then we may feel bored, right? So, there will be more and more time for tapasya.

For the Month of January, we will use tapasya properly. We will just give one thought. All day practice it, experiment with that, and use it, and see the benefits. The stage of perfection, angelic stage, is our destination. We can go to Baba, our home, the destination. So, we have to keep using all these different methods, simple, and always remember even if we are not together, we all are together on this journey. Don't feel lonely, don't feel isolated, don't look here and there and think that there is no one. We have the blessing that Baba gave us this program for Avyakti Parivar. Luckily, we all could be together for some time in the evening. Do you all feel happy when you are together in Avyakti Parivar? I remember when I started, it was getting intense, and someone said we should take a break in between. I said, "Well, that won't happen. If we have to do it, we do it every evening." It is Baba's power, Baba's help that makes it possible, right? So, from our heart, we always say, "thank you" to Baba, and just realize that time has been given to us to prepare ourselves.

Om Shanti