

Om Shanti!

I feel very light and happy when listening to Baba, but also sitting with Baba. Whatever we have to practice, Baba gives that experience and then gives an explanation. I was experiencing the avyakt stage and Baba's explanation made it more clear, and we have to do that because Baba is our Guide. The soul feels the pull to go beyond the body and when the soul is beyond the body and with Baba, that really feels like the avyakt stage. Baba is not only looking at the soul, but also visions of the specialties and powers of the soul, all the beautiful things that we have been gifted with. Baba's drishti is on each one of us, so Baba feels happy, and we also want to take drishti and feel very happy. One of the simple practices is to look at everyone as a beautiful, loving, peaceful soul, who has all the virtues. We know that it is numberwise, but we all have virtues. It is important to see which sense organs pull us more towards the body, not towards soul consciousness or connect with Baba, is it our eyes? We want to see everything. Is it my ears? I want to hear everything. Is it my mouth? I want to talk about something. Because vyakt is body, and avyakt is soul. So, vyakt keeps pulling us. It's not a question of doing actions that we need to do, but it is a different kind of pull that takes us in body consciousness.

Baba says, I am giving you directions for the mind, for the words, for everything. So, on a journey, it is important to follow directions. If I do not follow directions, then I am losing time, thoughts, and many things. We have to do a little homework for tomorrow and look into what are directions for the mind, for the intellect, for whatever is in mind and intellect through each of our physical organs. That means I am using the body according to Baba's directions, because awareness is very important, and based on that our attitude, words, interactions, and so many things. Everything depends on awareness. If we don't maintain our awareness, then we lose. We think whatever we want, we say whatever we want, then by evening our stage is more vyakt than avyakt. I will not say that it is difficult, but I definitely feel it requires a lot of effort in the beginning. I think as we are now starting the year of tapasya, definitely one of the aims is to experience avyakt stage, because in the month of January, Brahma Baba became avyakt, so we celebrate to become avyakt. That means whether I am using my organs or I am talking to someone, what should my awareness be towards my own words? Did I say it as a subtle attitude of not liking, or with a pure attitude as it should be? I myself want to write down and see what are the directions for the mind, words, eyes, ears, every organ of our body. If we pay attention and keep a chart then automatically, we will go beyond vyakt. Then, we will see that Baba is always pulling us from up above, we feel the pull. He really pulls us to go beyond, to be avyakt, but that pull has to be felt. If the body is pulling, thoughts are connected with actions. I may have to coordinate a lot of different things, but as soon as I finish, I immediately say, "That's over." I don't keep thinking about it. Before, I used to think before and after and now I don't. Just now I read a very long email and immediately the answer came, then I was quiet, and just collected powers. Do this when you have to take care of situations, it works.

Benevolence towards our self is to follow Baba's directions and be obedient. Baba can bless the soul that the soul is becoming an instrument to serve in an unlimited way. I immediately know that Baba has to use me in some unlimited Yagya seva, so I have to be prepared. Also, inner happiness, contentment, and joy only comes when I feel a pull from Baba and I am very close to Baba, but I have to be detached from vyakt. If I am holding everything from here, and want to experience being avyakt, it's not possible, we have to let go. Even if my stage is right, but it's vyakt, mundane, if I do not go beyond the scenes of drama, it is not possible to be pulled by Baba. Have lots of mercy, go beyond. I like today's blessing very much about being in dignity, but also being merciful. It happened, just let it go. You can't think about it, speak about it, these are little things, little habits, but they really need to be noticed. This is the time to keep our mind very pure, very clean, because Baba is giving us so many blessings. So, just pure love for every soul, one is silence, other is peace. Just keep reminding yourself, I am a loveful soul, I am a peaceful soul, and follow the directions of Baba to become avyakt.

I was happy because I had a good twenty minutes experiencing the avyakt, being with Baba then observing my own actions, noting which sense organs are deceiving me, and seeing what is affecting me. It is the same with sensitive nature. If I say I don't like something, it will keep happening until I say I have to be detached. The same situation will keep coming until you pass. The Drama is helping you to pass with honour, but I get stuck and say, "Why this?" That person will say whatever he has to say but what should be my response to it? I should say I love you, I am a peaceful soul, you are a peaceful soul. When you go above the situation, these changes will change scenes of Drama. Time is such that we can do it. Through my power of yoga and good stage, settle it and create something. I always remind myself that if I don't want that to happen, then I have to create what I want. I want peaceful interaction, so I have to create it first in my thoughts. We forget about how creating and settling is possible all the time. For the avyakt stage, the first step is to feel the pull of Baba and stay in that pull. Then see which sense organs of the body are still affecting you. The avyakt stage has to be created and as it is not very far from all of us, but we are not able to hold onto that stage. We still exhaust ourselves for unnecessary things. Baba's task has to be accomplished and we are the instruments, remember what directions Baba has for thoughts and words. Baba always says, "bless you." We can say, "bless you" when there is love and mercy. I always say, "Baba bless this soul so that we can all be together spiritually." We are all pulled by Baba. I am looking forward to the month of January so that we all can be a little more avyakt and create an avyakt atmosphere with Baba's help, Baba's hand, Baba's blessings. I was thinking every pure or peaceful thought is service to yagya, whatever Baba has come to establish. Every pure thought is service, because Baba is establishing a new world.

Om Shanti