

Om Shanti Everyone!

Everyone is okay? Yes? Whenever we have to go higher, what is needed, and what is very important, is to be double light. Baba's blessings that we have to remain double light. Double light means that I am a point of light, but also, I have no burden. If there is any subtle burden, then climbing will be difficult. For that, Baba said that you should always remember that everything belongs to Baba, the body belongs to Baba, relationships, wealth, everything belongs to Baba. It always happens on travel, that when we go to any country, you can carry a little carry-on, right? All the luggage you have to check in. So, I had been thinking that we all also have to check in our baggage, so that we are free and very light to travel. For that, what is important is trust. In one of the recent Murlis, Baba said that Brahma Baba gave everything, surrendered everything. You can see what he got in return. He doesn't have anything of "mine," but everything Baba has, what the family has, everyone is on service. That is, everything that we all have, we offer it for service to Baba. That means there is so much abundance. Dadi Janki always used to say, "I don't carry a bag, my pockets are empty, but still I am a master."

I had been thinking a lot that when it comes to remembrance of Baba, trust is very important. First, everything that I am surrendering is through the mind. I'm saying, "Baba, everything belongs to you." This is quite a big step, right? If there is trust, then instantly we start experiencing. Baba says, "Children, you also have rights to what I have." What Baba has is unlimited. Baba's love is unlimited. Everything is unlimited that Baba gives us. For this transaction, I need to have complete faith. When I think of Brahma Baba, I know that it's not that we all will be able to follow Brahma Baba, but actually we have an example in front of us. We can also keep the courage, not only to surrender, but internally we trust every step with a lot of courage. Especially these days, the energy is such that we need to maintain a lot of enthusiasm, because when there is enthusiasm, then everything looks okay, everything looks light.

Today, we practiced singing the praise of Father, and thinking about our own original eternal stage. The eternal stage is of a point of light, I am peaceful, I am very love-full, I am full. To maintain Baba's remembrance, the mind needs to be peaceful. If my mind is not peaceful, I cannot have remembrance of Baba. So, it is very important to have my original stage if I want to be yogi consistently, to remember Baba all the time. So, what effort do we make first? Remember Baba, or keep our original eternal stage? I realized that it is important to keep our original eternal stage, and then there will be consistent remembrance, automatic remembrance. As soon as it is a similar energy, it pulls you. I say peaceful, and Baba is the Ocean of Peace, so there is a great pull towards the Ocean of Peace. Then it's easy for me to be merged in that ocean. We say Baba is the Ocean of Love and I am also love-full. If for any reason the feelings of love are not there, then I cannot experience Baba. In all the relationships, the

company, the presence of Baba, it's only possible when I am in my original and eternal stage.

Baba was always very light, enthusiastic, so we all can also be very enthusiastic and feel ourselves. So, whenever we say to follow Brahma Baba, you have to be very natural, that means whatever duties I have to do, whatever karma yoga I have to do, I have to continue, and then while doing it, I am still doing tapasya. Of course we are sitting more and doing it, there is more attention, but no one should say "Oh, I won't do anything today." You can make time for yourself, not only engage in actions. So, to remain light, remain natural, and continue with your routine. Sometimes you hear so many stories about what is happening in the world. Today, I had no interest in listening. I said no, I want to keep my energy very pure, and according to Drama, we are not able to go anywhere, we're not allowed to bring people. So, Baba is giving us time for solitude. Some could feel isolated, but it's not isolation, it's solitude.

We were thinking January 18<sup>th</sup> is coming, so we have to think about how we're going to celebrate. So, have that enthusiasm, and keep doing your actions, but you have to see that there is remembrance. Because for me, sitting is one thing, but I have to remember while doing actions. It's different, but I like it very much when being in relationship, doing actions, whatever we're doing, I still want to be in Baba's remembrance. That is the whole thing of Brahma Baba doing actions, but becoming free from the bondage of action, because an action will cancel the bondage, not only through remembrance. So with everything, Baba is using the body, and mind, and also attaining bodiless stage. This needs a little bit more churning, experimenting, and then of course, the transformation, in which I experience that there is a lot of importance to my own thoughts. I have to not only create a stage, but I think everyone needs some kind of sakash, good wishes, pure feelings, and God's love. This is very healing. So, I immediately say, "Oh, these thoughts can be used for mansa seva, to heal someone, to help someone." Every thought and word is used in a worthwhile way. Yes, we are more silent, but we still have to continue, as I said, to do whatever we have to do. I know some have lokik, but we also have alokik. Both have to continue. So, for tomorrow, we will keep remembrance of Baba all day, naturally, automatically, His remembrance, and also follow Brahma Baba, bodiless stage, karmateet stage, and free from the bondage. I think we have to make it natural. It will be easy, even if it's high, it's not serious. We did it last kalpa, right? Our Brahma Baba did it, so we will also definitely do it.

Om Shanti