

Sister Jayanti - 18th January 2022 - Revision of Avyakt Murli

Q: Om Shanti. When Baba became avyakt, Dadi Kumarka sent Sandeshi Dadi into trance. The message that Sandeshi Dadi brought back was simple; Brahma Baba's soul is with me and you children just make effort. Simply make effort. Move forward. Santri Dadi was sharing how that last murli on 18th evening was all about dharna. Baba saying don't criticise anybody, and it's good if somebody criticises you because they point out your weakness. Then it's good that you know your weakness so you can make effort. You know they are your friend - Baba said don't take revenge on those who insult you. Baba was saying think about the self and don't think about others. Right till the end Baba was really trying to give the last piece of advice to the children. Chandrubehn of San Francisco often mentions that everybody would be competing to hold Baba's hand when they went walking and when she held Baba's hand it felt like cotton wool. What about the effect of tapasya on the bones or on the body, on the body consciousness?

A: Om shanti. Since we last met all of you have participated in the global silence bhatti for 3 days and the aim had been 8 hours of tapasya each day. Maybe some of you managed it. Maybe not every day but maybe one or two of the days 8 hours was possible and you had a digital detox. And so, all of that was a beautiful preparation for 18th January. We're taking up the murli that Baba spoke this time in Madhuban on the video 18th January. But it was actually spoken by Baba on the 18th January 2011. Dadi Kumarka had been avyakt. There was a new scene of drama going on. Dadi Janki was now the person responsible. Everybody again must have sat up in yoga from early morning. Here in London we were very, very much engaged with that global bhatti. And at 0300 in the morning we'd be in Baba's room, and then 0400 we'd be in the auditorium. Each day we had a lovely, lovely gathering. So, that's the context because Baba started by saying that, even before 0400 Baba was seeing that all the children were sitting in remembrance. Baba was seeing the garlands of love that the children were putting on Baba. Baba was thinking about the praise that the children had, the thanks the children were giving. Also maybe the tears of love that were shining in people's eyes. At that time in front of Avyakt BapDada there would have been many, many who had those tears in their eyes. So Baba's seeing that, all the children are really filled with a huge amount of love for Father Brahma. And Baba reminds us that, that love is the love through which we belong to the Father.

As we experience that love, we say my Baba and Baba's able to say my child. And so love is the easy way. The spiritual love that Baba shows us, is the way in which we belong to the Father and the Father belongs to us. This is the love through which we're able to attain all the treasures. God our Father, shares all of his treasures with us just as soon as we say my Baba we claim the right to all those treasures instantly. Baba doesn't keep anything back at all. It is this love that protects us from all other attractions because this love allows us to become deeply soul conscious, and liberates us from the bondage of the physical consciousness that we have been trapped in. The power of this love is amazing! Once you love Baba then there's also the experience of receiving power from Baba - smrti. The day of remembrance, 18th January is also the day of power because this is the day when the Father who inspires everything to be done brings the children onto the stage of world service, and continues to serve through the children. The children become the doers but the one above is the One who is inspiring and making it all happen. So truly, from that day onwards Baba is in the subtle region, Shiv Baba with him there, then the Dadi's took centre stage, Didi Man Mohini and Dadi Kumarka took centre stage. But they also then brought in all the other Dadis to be with them.

So, a day in which Baba said he was giving the children the responsibility. And, as children keep this awareness of being the instrument and having that humility, then this deals with the ego of 'I' that we have had for half a cycle. Just imagine thousands of years of ego and Baba gives us just this very short space of time to deal with all of it. Let me be able to take that from Baba and experience it. And then I'll be able to see how through that awareness of being a humble instrument there is success at all times. The fruit of that humility is that success shines on your forehead. Then, Baba also said that, Baba is so pleased seeing the children. And Baba sees that all the children have the same aim and the aim is to become like the Father. And it was very interesting because today, Baba was putting these two aspects that normally we would say are quite separate - Baba was putting two aspects together; Father Brahma in the angelic stage but also Father Brahma here in the physical world in this stage of jeevan mukti. Baba was saying yes this is your aim isn't it, to attain the angelic stage? But it was clear that Baba was also saying to achieve that stage of jeevan mukti now and then the angelic stage will be with you. So the stage of jeevan mukti. Brahma Baba having huge responsibilities for the whole of the yagya, all the children, inspiring them to become yogis, supporting them, helping them, enabling them to move forward, sharing ideas for service and encouraging the children to do all of that and yet no bondages. Baba's spirit is free and easy, absolutely filled with lightness, and so in the body yet a life of liberation. The jeevan mukti stage is the practice today that allows us to come to this stage of the angel. Then Baba seems to have given everybody some homework and was now asking the results of that homework in saying that yes, some of the zones have sent in their results. What Baba noticed was that you are yogis but not constant yogis. You are keeping that aim but you don't constantly keep that aim. And so, Baba then expressed a very, very pure loving desire - when you love someone you want to give them a gift. And so here was Baba asking us for a gift. And Baba being Baba, Baba's not going to ask for a gift for himself. Neither Baba is going to ask for something for themselves. But, it's actually a gift that allows us to take a huge leap forward. Because Baba said, your memorial is that you have become the conquerors of the mind and the conquerors of the world. And so, this is my pure desire that you give me this as a gift. That you follow through in this homework so that then you can be a constant yogi and become an example of following in the Father's footsteps. And that challenge, just as you're able to be in charge of each and every single one of your sense organs, in this same way, can you take charge and be in control of your mind? Your thoughts? Or is it that sometimes the mind becomes the master and controls you? Or are you able to be the soul, the master in charge of the mind? Make your mind become your

cooperative companion so that you don't treat the mind in a bad way but you give love to the mind. Treat it as a cooperative companion which you definitely make sure that you, the soul, are in charge. And in that stage then, you won't complain to Baba and say, Baba I still have waste thoughts. What can I do about it? No. You've given Baba the gift of love. Experience the benefit of the gift and take charge of the mind. Practice your homework. Sometimes you say, I'm going to sit in yoga for an hour. Are you able to manage that? Or is it that you manage for a little while and then stray thoughts come from here and there and create a disturbance in yoga. Or can you say I'm going to sit in yoga for an hour and be sure that you're able to achieve that? The mind is now your friend. The mind is now going to be obedient to you, and so you take charge of everything. Baba was also talking about how, yes Baba knows that sometimes it's possible for the soul not to have that courage, not to have that power. But Baba made an offer; think of Baba in whichever relationship it is you want and Baba will cooperate with you. Baba will support you and give you that experience. So sometimes Baba is the Father. Sometimes Baba is the child - play with your child. Sometimes Baba can be your friend. And so, experiment with different ways so that then each hour you're able to occupy your mind in a different way. For example, you have two hours in which there's a lot of activity, a lot of karma to be done but can you do that activity as a karma yogi? You're doing the actions, but your heart is connected with Baba. And so Baba's saying that, when you love Baba and your heart is filled with love as it is today, I think everybody would say a very special feeling of love emerged in a very real and tangible way. Baba knew that not only is it that some souls had not met sakar Baba, but I was reflecting that, Baba knew that some souls have not even had the opportunity of meeting Avyakt Baba, and they won't have that opportunity.

Baba was coming and at that time it seemed normal that Baba would come every season, Baba would meet us every two weeks. It was part of our routine. But Baba knew that there was going to come a time in the yagya when Baba would not even be able to give that example and say, well you've seen Avyakt BapDada's love and actions, and how Baba was able to demonstrate everything through the avyakt form. And so Baba didn't say that. I was expecting Baba would say that that's, but Baba didn't say that. Baba said, you have been able to recognise BapDada through your intellect, through your understanding and your awareness. And so that definitely applies now.

Now it's with understanding and that practical awareness of Baba's presence and love. Baba said that's available to all of you at all times. Experience that presence with Baba through your intellect and when Baba said this to everybody in Madhuban - everybody put up their hands - yes, we feel Baba's presence, we recognise Baba through the intellect. But especially today, now at this moment, if I want to keep Baba with me, what am I going to do? Can I run to a video and play that? Well, if you have the possibility it is fine but it may be that you don't have that possibility. So just go back in here and understand who Baba is, and come to that awareness of Baba's presence and you will be able to feel Baba being with you. Baba was also emphasising that the thing that Baba loved was the murli. And, such an amazing understanding that our teacher comes from so far away to teach us every day. And again, I don't think that applies just to sakar Baba's times. I think it applies very much to current times also. I think everybody's now got into that habit of a long period of meditation before murli. I know that here we encourage everybody to come at 0600am and if not at 0600am, okay, a few minutes later. But certainly not just on the dot of 0630am when the murli begins. Prepare the mind so that then there's that stage of awareness of the soul, of Baba's presence and invocation of Baba the teacher, and in that consciousness when you hear the murli, you see the thread of the murli, you experience the beauty and joy of the murli. Baba loved the murli, and the Teacher comes from so far away every day to teach you. You can feel Baba coming from far away to be with us in each and every gathering. Even if it's a little gathering Baba's there with you. If it's a big gathering, of course very powerfully, you can feel Baba's presence. I've also remembered when Brahma Baba was sometimes in Bombay and he hadn't been well, and Baba would still write the murli, send it to Mama and Mama would read it, digest it and share it. Baba loved the murli so much that Baba never ever missed a murli. And so, when I love the murli as much then yes, if I can't remember the point of light, if I can't remember that angelic form in front of me all the time, let me remember something from the murli. If I can remember something from the murli, the magic One who's related those magical words, that magical music comes to mind, and I'm connected with Baba. And so Baba was using the way in which he remembers Baba. I'm remembering the versions of Baba all of the time. And so the same method for all of us also.

So, very much an 18th January murli in which Baba expresses his love, but also expresses his hopes for the children, and gives the children instructions on how to be able to fully fill BapDada's hopes for us. When there is that bond of love then if the One you love asks you to do something, then there's an inspiration that comes in your heart - this is what I really want to do to please my Baba. So, can I do that? Can I be rid of all waste thoughts? Can I just have nothing but Baba and Baba's music in my mind, in my awareness all the time? And then yes, I'll be safe. I'll be protected. Nothing else will touch me and I'll experience liberation in life here and now, not a promise for the future, but, taking all my rights from Baba and claiming those rights, and experiencing that and becoming that. So, a very powerful and very sweet, very loving murli. This was the summary of this murli that we heard on the 18th January.

Q: Could maybe explain exactly how Baba works through us like we are karanhar, and he's Karavanhar?

A: When I get an inspiration for some service, and I realise that it's Baba whose giving me that inspiration, and when I share it with others and everybody says yes, and there's agreement. Then again it's confirmation that that inspiration came from Baba, and then things begin to happen. You're doing the work that you need to do, contacting people, x, y, z, whatever, whatever, yet you know that there's another energy that's moving through you and making things happen. If you keep remembering this then that energy continues to flow. Right from the beginning there's a beautiful inspiration and I think oh, I'm so good, I'm so creative, my intellect is really good so I put Baba aside, and I say it's my idea. And when I present it to others, there will be blocks because it's *my* idea. There won't be that receptivity, and there won't be that support and cooperation. Then it'll be hard work, hard work, hard work. I'm just thinking about the Million Minutes Appeal. Somebody had an

idea in Australia; a group picked it up in London and ran with it. And at first, we thought it was only going to be for the UK, then in Madhuban when we presented it, at least 28 countries who were there in Madhuban at the time instantly said can we also join in? And, it just began to snowball. No budget, no facilities, no nothing, not a desk! And how did it happen? It really was Karankaravanhar that was making it happen. The doors were opening, sponsors were coming. And we did work. It's not that we just sat back, and said, oh Baba's doing it all. And Aruna you were very much with us in London at the time, so you know how hard we had to work, because once you get something in motion you have to follow it through and make sure that it is of the calibre. You have to give it the attention that it deserves, and so we all chipped in. And seven Peace Messenger Awards from the United Nations from an NGO that had no budget, had no paid staff, and very few professionals at that time. How did it happen? It must have been Karankaravanhar who made it happen. I think we were all so aware it's Baba's work, Baba's doing it. And, we could feel that there was a very different energy that was at work. There were hurdles and we managed to deal with all of them all along. And yes, it was amazing to see how everything evolved. So, that's one classic example of Karankaravanhar. How could you have found sponsors? People didn't know us. How did it all happen? It just did. It happened. It became the largest non fund-raising project of the UN, for The International Year of Peace, so amazing. And then two years later we started Global Cooperation for a Better World. And that became probably the largest research project ever undertaken by an NGO. I think that that record still stands today, probably today reaching 128 countries when we existed only in 60 countries. And, again, amazing! Kings and Queens and Princes and Princesses and politicians, and leper colonies and shoeshine boys, everybody participated in the top right down to the grassroots. It was amazing. Karankaravanhar.

Q: I remember sometimes Dadi would send us at 0500 in the morning to the office because that's where the telex machine was. And, so if she wanted to send a telex we'd have to go to Baker Street. If Baba's doing it, if Baba's getting it done - does it not go into his account?

A: No because like I explained you had to get up and get ready and run to the office at 0500 in the morning. That wasn't Baba doing that. So that was your effort and so you definitely were creating your good fortune and your good karma through all of that. Yes, we had to become the conquerors of sleep. And we had to make sure that we were on the ball and we had our meetings, making sure that we were all on the same page. And there was total clarity amongst all of us. So, that was all our effort and work. But, if Baba hadn't planted the seed and opened the doors and allowed facilities to start flowing we couldn't have made it happen. So Baba did what he needed to do. But we had to do what we needed to do.

Q: Could we talk about the subtle regions for a moment, being avyakt month, and around 18th. What does Baba do all day in the subtle region? His role, his form, could you speak about that?

A: Since Baba became avyakt, the speed of service has actually increased by 1000 fold. 400 something centres when Baba became avyakt and a gathering of a few 1000 people. And today, a million and 4000 centres in India alone. Then we keep getting asked the question - how many centres abroad because more centres keep popping up. Things keep shifting and changing. As a rough guess, probably about 2000 centres abroad and, at least a million Brahmins across the world now. Baba has been touching souls. Baba has been inspiring his instruments. Also Baba has been awakening souls. And so, the first centres started outside Bharat only after Baba became avyakt. The first delegation coming abroad I know that Dadi Prakashmani, Dadi Ratan Mohini and Dada Anand Kishore had gone off to Japan and that had been specifically to attend a conference. They stayed in the east and visited many, many different places. It wasn't really an organised tour in the way that, when the first delegation came abroad. Avyakt Baba himself would say this is the first delegation. That was June 1971, just a couple of years after Baba became avyakt. Prior to that, it was clear that Baba had been preparing the ground, sending someone to London, sending someone to Hong Kong. Brahmins who could then start digging the ground and preparing the soil. When the first delegation came it was amazing to see how much service happened and it was Baba. It was avyakt Baba doing all of that.

If I look at it in a very pragmatic way, think about centres in Japan. There at 0400 and then through the whole day, the whole globe and you finally land up in Hawaii. And we have Brahmins there too. So even just meeting the Brahmins at 0400 Baba has been kept very occupied going around the globe, and fulfilling his promise to meet the Brahmin family at 0400. So just that would take up the whole day. But apart from that, yes when we can invoke Baba I'll give you an example. One particular individual and she used to ask me the question, but how does sakaash work? And I would tell her that, when we remember Baba and we hold a soul in front of Baba just for a moment, and then we go back to Baba, and we just put that soul in front of Baba. And she then had at some point, a very severe accident in which her ankle bone was really broken and it took months and months to heal. But, she said she was amazed, she felt no pain at all through that whole period - no pain. And, a huge amount of support from Baba. And so she says, yes I believe Baba was giving me sakaash and the family was remembering Baba and sending me those good wishes. And it worked! Now, that's just one story. Many different stories about how somebody's on the brink and Baba touches them to do something, and the door opens. Good things begin to happen. Very practical things. So, I see that wherever we love Baba, and at any moment that we need Baba, Baba becomes available, becomes present. One of the things that Baba had said in the message out of the 13 days period - Baba said that, while Baba was sakar there was a certain amount of time that Baba had to give to the body Brahma Baba. And it would be, whether it was for rest, whether it would be for medication, whether it was for exercise, for food for whatever, whatever, whatever, all the personal needs that the body demands. And so Baba had to do all of that. But now becoming avyakt, Baba doesn't have to give any time at all for himself. He's available totally to be there when you need him wherever it is you are - it just depends on the love in your heart and Baba becomes present. The simple thing that everybody I'm sure has experienced to a certain extent

or another, some of you were shy, some of you are maybe not so shy, but, you've been given a great opportunity and you have butterflies. You think well, how am I going to do this? This is more than my capacity. I've never done this before. You remember Baba with love. And you remember it's Baba's task. Then the moment comes, you've made your preparation but the moment comes, and it's amazing what starts to flow out. Things that maybe you hadn't even thought about beforehand begin to emerge. And afterwards you say that, must have been Baba, it just wasn't me. And so many things like this. A person writing music. A person doing some artwork. And, again something exquisite magical happens and you say that must have been Baba. So I don't think it's our imagination. I don't think it's just an expression in words. I think it's a very real experience. And, I think Baba can be in many places sending his energy in many different places at the same time. Because we're talking about an angel who knows no boundaries, the Supreme Being who is the Almighty Authority and the two of them working together bringing about transformation.

I'll give you one simple question that I was asked, somebody said to me, and this is somebody new, said we've been gradually, gradually coming down. And yes, I see how values have deteriorated just in my lifetime, (she must have been in her 60's). And, now you're saying it's possible for God to transform us. She believed in rebirth. She's from an Indian origin. So she believed in rebirth anyway and she could see Kaliyug. She understands the term Kaliyug. So there were already things that had prepared her for this question in a sense. So she said, we've come all the way from Satyug to Kaliyug and even in my lifetime I've seen so much negative change happen in terms of values and responsibilities, and how people treat each other. And you're telling me that within just a short space of time we can bring about transformation? And I reminded her of that saying that comes in the Granth because she also understood that. I'll share with you the expression from the Granth - *Mano se dir tha kya kartene lagivaar*. What that means is that, it doesn't take God long to transform a human being into a deity. That comes in the Sikh scriptures, the Granth. And, it's there. It's a memorial. And a memorial of whom, of what? Of Baba. And so we've been coming down, down, down, down. And in the space of one birth less than one birth for most of us, and God's able to make us into deities. It's God's power at work - Karankaravanhar. I've been talking a lot about service and Karankaravanhar in terms of self transformation. When I came to Baba, young in age, no experience; and gradually not just experience but discovery of my own sanskars. And today, where am I? And where was I then? And the sanskars were not all surfaced at that time, but gradually they began to surface. Could have I done it on my own? So who's helping me? It's Baba. It's BapDada. Both of them together. And so there's a huge amount of work that BapDada accomplished in that short space of time of Sangamyug.

Q: So he's very busy so that's good.

A: Are you thinking he's just sitting in an armchair?

Q: *No, no it's just good to feel what he's doing. When we meditate again, some people have this question - what do I need to go to the soul world to experience Shiv Baba? Can I experience Shiv Baba through Brahma Baba in the subtle region? Can we clarify that, whether we can or not? And their relationship?*

A: It's different stages of experience and both are vital. You can't say only one is important and not the other. Some say that I like going to the soul world and just being with Shiv Baba. I find that when they don't have that relationship with Brahma Baba as the instrument, they're not as robust. They're not as strong as the ones who do have that relationship with Baba. It's a little bit dry if it's just going to Shiv Baba in Paramdham. And the others, if there isn't that experience of going to Paramdham, connecting with Baba, there isn't that power. It's going to be very difficult for them to just fly away from here and go home because Baba emphasised that just recently - you have to keep practicing this bodiless stage, the incorporeal stage to be able to go home easily at the end. To understand that everything has now come to its conclusion. It's time to go home and I fly. Instead of trying to struggle out of the consciousness of the body. And so, what I'm doing when I go to the subtle region? I'm experiencing BapDada in the subtle dimension, I'm able to take on my own angelic costume of light, and I experience BapDada in all the loving relationships that Baba can offer me through Brahma Baba. This whole aspect of relationships in a sense is a very human experience. It was very beautiful when Baba said a few weeks ago, Baba is the biggest householder of all. So, Baba's family, Baba's household is huge, huge, huge. But, the only time that God experiences being a householder is in Sangamyug, and so the experience of the subtle region, all my relationships with one. The beauty, the joy and the attainments of all those relationships come to me at this time. And yes, it's important to go to Paramdham - the seed form. The seed form is the stage in which truly it's just me and incorporeal God and the fire of yoga, the fire of love, in which the sins of the past are burned away. So one is this strengthening of my connection, my relationship with BapDada. But also then that stage where absolute immersion in that Ocean of Love, Ocean of Purity in which I'm cleansed and all the things of the past are settled. I need to have both experiences. I can't manage with just one. One is actually a stepping stone to the other. And whichever is easiest, begin with that. For some it's easier to just focus on incorporeal God. Fine. For others, it's easier to think about Shiv Baba giving drishti through the eyes of Brahma and being drawn to that connection with God through Brahma Baba. It's interchangeable so you can be in one, it can be the other and come back to one, but both experiences are absolutely vital in my development.

Q: *Beautiful. Thank you Jayanti behn. So what is the difference between avyakt and bodiless?*

A: The avyakt stage is that stage that I just mentioned. I go to the subtle region and I experience my own subtle costume. Baba said something very lovely the other day - bring that experience back with you here and create the subtle region here. Because the subtle avyakt form can do action, that's engagement in everything. It's also the stage in which you're not attached. The physical form - and you get attached. The avyakt form - you're doing everything and there's no attachment. The bodiless stage is free from the body, completely in that experience of Paramdham. I am the bodiless soul connected with Shiv Baba the being who never has a body of His own, and so it's a different experience. Even if I don't manage to get to Paramdham, the first step towards that experience is - here I am, I come to the awareness of the soul, and I take my consciousness away. I'm here, and I'm seeing, I'm the observer of this physical form, but I'm learning about detachment in that way. The lovely expression that Baba used recently again was; soul and body are actually separate. And the soul can exist on its own without the body. So through my consciousness - I'm not leaving the body - I'm still very much breathing and everything is functioning but my consciousness can move out and experience that state of being completely separate. Detached from this body.

Q: That's very nice. I think if we practice it we'll feel it.

A: It's this thing that you know we hear these words and we enjoy it. We get busy with many other things. But, I need to have time to practice the things that Baba's talking about in the murlis. The more I practice it, the more it becomes my experience. So you know when Baba says, aap no gauche to no sharchari? When you grind your own, then you get the real ingredients that are going to give you that intoxication. And so yes, I'm thinking about it, I'm churning it, I'm grinding it. But beyond the grinding, I'm actually practising it.

Q: It's a very lovely experience; just sitting really right close up to the Tower of Peace, the exact tower under the canopy and thinking of Baba. When we experiment it works.

The murlis were all about conquering the mind, if you conquer the mind in a way you conquer the world. On the one hand Baba said, tame it with love, and Baba also said, give it an order. So sometimes love doesn't work. Sometimes, you have to be tough, assertive. So what is your experience with this? When to use love? When to use assertiveness?

A: I think that you definitely need both. When I see my mind wandering off somewhere then can I gently bring it back again and say, now this is where I have to be? And if it keeps wandering off then I have to say, no I'm not going to let it go there, it has to be here. And so I'm using love and being assertive, being powerful, controlling. It's control of the self, not an external form of control on any level whatsoever. Sometimes when we use this word control we abuse the word, but it's actually controlling the self, disciplining my own mind. Baba's said, you've let it be free for too long. So this is why it's not in your control, and now start practicing, exercising, using the powers that Baba gives you, the spiritual powers. Use that. An example, using the power of tolerance: somebody has said something, and it's playing in my mind. It keeps coming back again and again. Can I, at that moment, just say okay my heart is big, Baba's given me so much? I don't need to think about them. I can just simply let it go and forgive them. It doesn't matter. And then, with that power of tolerance just finish that story, and let the mind then become quiet and be with Baba. So, use all the different powers to keep the mind where it should be. For example, when there hasn't been clarity in discernment and I'm thinking maybe this, maybe that, maybe that, maybe that. At that moment, when it's a question of looking at and evaluating things, can I be with Baba? And take that power from Baba and understand clearly what those choices are, and then make my decision? That I'm not repeating, and going over the same track a thousand times? So that moment I'm using that power of discernment and the power of decision making. If in my discernment I see that there are things that are very uncertain that I don't know about, then I can say okay, I'll find out later and then I'll look at this again. Not to rehash things again and again and again, and procrastinate my decision - it's not very useful. It's a lot of waste of energy. Where I could be moving forward and using my time in a constructive way, using the energy of my mind in a constructive way, I'm losing energy. And I want to connect it with one of the murlis earlier because Baba's given us different methods at different times. One thing that I keep remembering is where Baba has said, where there's waste thoughts, you're losing your energy and you're not able to accumulate and store within yourself. In that state when you're losing, losing, losing you begin to feel empty and this is where there's discontentment, no happiness and no attainment, and then you become disheartened. If I understand what Baba's telling me, and start practicing what Baba wants me to practice, then I will come to this state of contentment. Otherwise I think I've been doing this for 10 or 20 years, plus, plus, plus, and I feel as if I've got nothing, but it's because I've been receiving, it's not that Baba didn't give me, I've received it but I haven't kept it constant. I've allowed it to be drained. So surely now at this moment in Sangamyug, literally at the end of the kalpa, I have to really fill myself so that I can carry that attainment with me through the cycle.

Q: So beautiful Jayanti behn. Thank you so much. Somebody's asking that Baba has trained you to become soul conscious, can you share your experience of that?

A: It's a constant effort and you know, it's like the garden, you've got a beautiful garden one moment, and you turn your back and get busy with other things and the weeds start growing. The habit of the body and body consciousness is just constant because everything in Kaliyug and everything at the end of the cycle is pulling us into matter. It takes constant attention. The time of traffic control is a blessing. Take it as a blessing. It's a time to renew that awareness so that again at least for some minutes of the next hour I can be in that awareness. I don't think there's another method that can make us soul conscious quickly. But just this - checking at traffic control time. And it's really a blessing to be able to have traffic control. So, even if you're at work or you're in another situation, find a way in which there can be a gentle reminder

through your phone. Phone's carry so much information now and can do so many things. I'm sure you can find a setting that gives you a ping or a buzz or something every hour on the hour. Then it's a reminder for you. And that soul conscious stage then can stay with you to a certain extent.

Q: Somebody's asking who actually lit the fire, and Dadi Kumarka lit the fire. Would you like to share that story?

A: Dadi Sandeshi was there with Dadi Prakashmani when Baba left, and so this is why the first question went to her. The next thing that Dadi did was just phone Dadi Gulzar and tell her to come immediately. And so at 0930 she got the call and by next morning 1100 she's there in Abu. The message is everything that happened, the first message: somebody go and organise that the funeral should be on sacred land in Pandav Bhawan. Send everybody a message that if they want to come they can come if they're asking to come. Don't make any arrangements for time and date. Let the family come. So everyday was instructions, instructions. Just have continuous yoga etc, etc. And, everything was unfolding as Baba wanted it to. And the last day, then the question about who should light the fire and Shiv Baba's message that Dadi Prakashmani should light it. It goes against all the traditions and customs in India and generally in Hinduism to do that. But it was such a clear direct message, that that's what happened. Even then the final discussion about who should offer bhorg that evening because there were a number of senior trance messengers, more senior than Dadi Gulzar. But, they all said, no. Dadi Pushpa Shanta said no. Dadi Santri said no. Sheel Indra Dadi said no. Then finally Dadi Kumarka looked at Dadi Gulzar and said, Gulzar, you're not going to let me down? And she said, ji Dadi, I'll do it. And so she was the one who was then selected as the person who offered that first bhorg to Shiv Baba and the rest is history. So this is the story that Dadi Gulzar herself related to us. And this is how you know because Neelu asked her the question, how is it that you were selected as the transmessenger for offering bhorg? And so she shared the story.

Q: Thank you so much, so nice to hear these stories Jayanti behn.