

Sister Jayanti – 13th February, 2022 – GCH, London

Steps to take for the journey home.

The subject I was given for today was the steps that we need to take to prepare for our journey home and since that time seems to be coming rapidly, very close - who knows finally, but it seems to be close, I have been thinking about that particular subject and it is a subject that we have looked at from different angles many times but this time the sentence from the murli today that struck me and turned things around for me was when Baba said your BK life begins with Baba giving you the gift of the divine intellect.

Again we have heard this many times, but today it answered another question for me and why I say it changed things around is because we would normally say, and it is true, that the first step is to go beyond the physical senses, to be the master, the sovereign. Yes the bhuddii is connected with Baba and is drawing that power and as a result of that the soul is making effort to be the master of the eyes, the ears, the nose, the mouth – all the senses, and yet today's murli was explaining to me that having received this gift of the divine intellect why is it that instead of a very simple process of being able to be the master, we sometimes we get stuck and our eyes still deceive us, our ears deceive us.

Baba always mentions the story of the elephant and how this huge elephant can be brought to its knees by an ant that crawls into the ear of the elephant and because of that the elephant is in such distress that it can't manage anything and comes to its knees and so in Raja Yoga what we see is that sometimes we hear something about ourselves and that little ant, just a few words, but that little ant has crawled into the ear and causes total distress and disturbance. Whatever was my stability and peace, the basis for my effort, all of that gets shaken. And so that stage, when the soul becomes the master, is connected very much with keeping the divine intellect pure and clean.

And so coming to Baba one of the first things that we need to ensure is that I am keeping the bhutti filled with Baba's knowledge. Am I making sure that that truth is making my intellect divine? Baba is giving me the gift which is giving me understanding of myself. I can have yoga with God but the effort through the day, and again, Raja Yoga is not for once a week or once a day in the morning and then forget it and then get on with your life, but Raja Yoga is to be able to apply spiritual principles in my life on a daily basis and not just daily but through the whole day because any moment when I step out of spirituality then things go pear shaped; they don't go the way they should.

The inner effort is to keep the intellect very clean so that it is not picking up stray rubbish from here and there. It is kalyug and the Iron Age and the extreme end part of the Iron Age and so there is a huge amount of negativity and I don't just mean criticism or negativity in that personal sense but generally speaking the anger, ego, greed and violence that is all around us. Step outside this house and you don't know what you will see on the street and so where we are constantly surrounded by negativity, what Baba is doing is filling this vessel He has given us. He has given us the gift of a pure vessel. Baba is filling it with that truth, that love and purity every single day.

I know that people on a personal level make effort and in bhakti there are many bhagats that make effort for daily practise and if they don't have that daily practise then that love for God and flame for devotion disappears. It needs the oil put in every day.

I don't know many other places where there is a collective gathering. It was in the subtle regions on internet during the lock down but we still connected not only with God but with each other and that collective community within that community yes, we were all making effort to come to that state of purity that Baba wants us to have but as soon as you go outside this sphere of His influence then there is a huge amount of negativity in terms of all the vices that are going on in the world and so the effort that one needs to make continually is to keep checking and Baba said that when you are interested in change then this is what you do. You don't just check at the end of the day but the thought has come and you check it. Is this the right thought and so is that continuous checking going on first in terms of the bhuddi and keeping the bhuddii pure and clean. Keeping this precious gift from God as it should be kept and not allowing any other influences to touch the soul, then I attain mastery over my physical senses. This is definitely the first step.

The second step, and of course it is connected, is to look out for what is happening in my mind. The transformation of sanskars. You may be the last go fast souls that are able to do things very quickly but to change the mind it takes literally a blink of an eyelid. If I am looking at myself internally I know myself and so I know where a particular thought is going to lead me to and if I don't know myself then I need to spend time with myself checking where does this thought lead me to – where is it going. It is fascinating to watch because some thoughts will take you right up to God and some will take you rolling down on that dangerous path of descent.

The first step is conquering the senses and in bhakti they say that the inner organs of the soul - mind, intellect sanskars - are the senses of gyan, of knowledge, that are there within. The physical senses through which we do karma, action. The subtle ones that are inside.

And the second step is to be the master of the mind once again. Manmanabhav - taking power through God. Through that stability.

The third step of coming to that stage where I can see that yes there is no more sin - that is conquest of sin where there are no more negative thoughts, waste thoughts, ordinary thoughts, but pure, elevated thoughts that wherever I go whatever I do wherever I may be there is good karma happening all the time simply through the quality of my thoughts as that is creating another field of energy around me.

You know the efforts the Dadis made and how just entering a room whether a big room or small room, the impact of those souls was absolute. Everyone would become still and people's consciousness would be changed and they would be uplifted. And so the conquest of sin completely.

But before I can get to this stage of being karmateet it is not enough to just conquer sin but to continuously use the virtues that Baba is giving me so that I can serve through that and the good karma that I accumulate then makes it possible to reach the karmateet stage so that at this moment of the drama the mantra that Dadi Kumarka used for herself - and it came in the Murli two days ago - am I receiving good wishes and blessings from everyone? Dadi Kumarka speaking in response to the question: What effort are you making now? And her reply was: I am making sure that before I go that I have nothing but good wishes from everyone.

Baba was telling us the other day that we have trouble with the virtues and the powers. It is ok, don't worry. All you have to do is to get everyone's blessings and good wishes and so with that you can accumulate all the pure karma that you need for the rest of the cycle.

These are steps to becoming prepared for that final journey home where the soul is able to fly. No burden, no bondages, but simply carrying the power of love and good wishes from everyone.

Om shanti