

# Sister Jayanti – 20<sup>th</sup> February 2022 am GCH

## Think Clearly, Speak Slowly and Sweetly

Om Shanti Good morning

When we look at the original date of Baba's Avyakt Murlis, we often wonder and ask ourselves the question: I heard it, but what did I do with it? When we started the revision of the Avyakt Murlis, 10-15 years ago, and we were reading the Murlis from 69 and then the 70's, I said to Dadi, 'Dadi you are all (the Dadis are practising all the aspects Baba is talking about and I'm just understanding them now'. She just smiled. It was true. So what we are hearing today, from the start of the 1990 Murlis, is absolutely for us now. At the time they benefited and yet today what Baba is saying is so relevant for what is needed out there.

It is a very clear mirror, as Baba is explaining the status of our effort at that time. He is saying that 50% of children are making intense effort and 50% are making sometimes intense effort, and sometimes just effort. When it is just effort Baba gives another percentage. 40% of our time, energy and thoughts is being used in a worthwhile way and 60% isn't! That is stunning. Yes, the Avyakt Murlis are beautiful, sweet and very powerful yet if I take them truly for my personal effort then I can shift from ordinary effort and intense effort sometimes, to intense effort all the time.

Baba has taken up the subject of thoughts and words. '*Light the lamp of pure elevated thoughts in your mind*' was the theme of the song we just heard. More than taking up the detail within the mind, Baba has taken up the impact that words have on the self, on others and the atmosphere. Whatever are the words that we are using, they are connected with the quality and quantity of thoughts. There was mantra in the 1980's in PandavBhavan, which we would see everywhere displayed: on the cut out design of a leaf. Sometimes it would have the words '*Shiv Baba Yaad hai?*' 'Are you remembering Shiv Baba' but sometimes 'speak less, speak softly, speak sweetly'. '*Cam bollo, dihe bollo, mite bollo*'. This became a mantra that Baba would remind us of often and now it is even more important today, than 1990. Because whatever is the atmosphere created by our thoughts and more so by our words, are the vibrations created by this atmosphere that is reaching out to the world. If we wish Baba's House to be a Lighthouse and Mighthouse, and wherever it is Baba's children live or the centre anyone goes to, there is the aim that people are benefitting from our presence. So what are the vibrations we are radiating out into the world. The first part of the mantra is: Speak less. Can I control this. Am I able to do this? We often talk about 'karmateet' with all accounts cleared. The first step is the conquest of the physical senses. With the tongue there are two aspects. Am I driven by taste? And the aspect Baba is taking up today – speech. In order to speak less I have to ask myself two questions.

- 1) **Is it true?** It was in 2016 that the phrase 'fake news' became an expression we started to use. Today what am I saying? Is it my perception and how true is my perception or is it my imagination? Also is it the influence of others? From true there is then percentage reduction. I remember a senior Didi saying in a meeting: 'When I hear someone, if they are speaking about impressions of others, I mentally take off a discount'.
- 2) **Is it useful?** It maybe true but in the name of this, I go trampling over someone's feelings or dignity and it is not useful
- 3) **Do I need to say this now?** Maybe true but is it the right moment to be speaking about it according to the individual or the atmosphere. What is the environment we are in.

Speaking less with these three factors considered, how would this impact our conversations? Is it useful? As when we speak about things it underlines what is going on in the mind. There is a comeback on the mind and it gets imprinted. Sometimes there is a narrative, which is based on perception, and I think is true. I repeat it. It then becomes stronger every time I repeat that narrative. Maybe it really is not true and yet it is having such an impact. Sometimes we know that there are narratives that are not true, but it has been repeated so much to the self and others it appears that 'this is how it is'. This is why Baba says 'caution'. Have a lot of attention on your thoughts, time and energy and the impact you are having. Also see what the impact of this is going to be long term. We don't always think about that.

I was with Dadi Janki at a small group at a conference in California in 1998 and this group was taking up the subject of 'How do we prepare ourselves for the future'. We were asked to write on a slip of paper how long we are preparing for.....next week, month, year or 5 years. Dadi was listening and then requested pen and paper and I was very curious what she was going to write and she wrote: 5,000 years! The facilitator saw it but wouldn't have known what to say! But it is a fact that the 8 jewels didn't just prepare for a day or week, or a month, but they knew that Sangamyug is a preparation for the whole Kalpa. That is why they became the 8 jewels. Am I preparing myself in all that I do...in my thinking, speaking and action?

So these three questions: Is it true, is it useful, is it the right time? Baba is saying 'speak less'. If we put this criteria into practise imagine the reduction and quality in speech! It means we need to keep the mind clear so that words are not just coming out, but there has been thinking behind speech and words are chosen carefully. Sometimes there is automatic pilot when the thoughts are racing therefore the words race. And here Baba is saying think before you speak, think it through before speaking. This saves a huge amount of time and energy. Then speak softly and slowly. When my thoughts are racing are they all good thoughts? When we are meditating and creating pure and elevated thoughts, they are slow. When we are having waste thoughts, they are fast. Same applies with speech. When on automatic pilot there are a lot of words, but I'm not actually thinking. So think clearly, so we speak slowly and sweetly. There is a lot of cleaning up to do in order to speak sweetly. OM SHANTI