

Sister Jayanti – 30th January 2022 - GCH

Jayantiben 30.1.22

Baba the Supreme Teacher wants to make the journey as easy as possible for us and so Baba sometimes asks us to remember just one word, sometimes it is two words and sometimes it is 3 words, but it is never more than three words. And today Baba has taken up just one word and that word is smriti, awareness.

Baba has used several phrases that sum up everything in gyan and a very famous expression from the Gita that is often talked about in Raj Yoga is: 'Nast-moha Smriti Labda', I have destroyed all attachments and now the awareness has returned. Arjuna uses this expression finally at the end of the 18 chapter after having gone through all the conversations and the questions and the doubts with God and uses this expression: now all my attachments have been conquered and now the memory has returned; the awareness has returned.

Baba has explained how awareness is the basis of yoga, gyan, dharna and service and if you keep your focus on the awareness then everything else will be fine. And so then the question is, what does awareness depend on?

There is another expression that Baba used that actually has been the basis for a lot of our work at the United Nations and that expression is how smriti vruti drishti kriti and then srishti how all of these words are linked together. Most of you may have recognised these Hindi words but let me translate these words; it is awareness, attitude, vision, action and the world. And in between "action" and the "world", we sometimes throw in another word: sanskriti, culture.

And so just taking up that expression you can see how whatever we are doing at the United Nation is connected with this particular expression. And the whole of the Climate Change Conferences that we attended, that has been the subject that we have taken up. Consciousness and Transformation and Climate Change and it works; it is very clear and people can then understand what is going on outside. And when those people don't connect with what is going on outside then when you explain that step of a situation of consciousness within then it just takes a few seconds for them to understand it.

So, what Baba has done is to change our consciousness; change our awareness Baba has explained the details of body and soul and God and who I am and the original deity stage and all of these things. But I want to take it a step further back and see how awareness is created.

Awareness is created through whatever thoughts are going on in my mind through the whole day. And so if my thoughts are ordinary, if my thoughts are less than ordinary, waste or anything else then what is my awareness going to be? My awareness is going to be down here.

So Baba gives us a very lovely method to be able to change the quality of our thinking through the whole day and that is through the murli. Listen to the murli every day or read the murli every day and take something from the day's murli. Dadi used to say take 3 points from the murli every day- just three! Don't take 5 or 10 points...if you want to then you can...but it is a lot more work. And so just take 3 points from the murli every day and use that as the basis for churning and changing the pattern of thinking.

There are lots of periods throughout the day when the work that you are doing is more with your eyes and hands rather than with your buddhi, with your intellect. And so while I am doing my work with my hands I am engaging my intellect with Baba's knowledge and reflecting on Baba's knowledge and so my heart is with my Beloved. Whereas my buddhi is churning Baba's knowledge and so I will be appreciating Baba and loving Baba and my heart will be with the Beloved.

When I am listening, absorbing, revising and then reflecting and then I am really extracting the power from that. And that then leads me through to the stage where Baba is in my awareness. The Hindi words all rhyme: manan, chintan, manthan and the simran. And in bhakti they give a lot of value to this word "simran", what is it that is constantly emerging in your thinking. They take up the rosary and they take up the chant. There are different ways, but I know from people who do bhakti...I have not done any of these things; I must have done it in my past birth, but I didn't do any bhakti in this birth.

But people who do bhakti in this birth tell me that because the mind works in different channels so you are listening but you are also thinking about many other things possibly. Or you are so focussed that you are only listening and absorbing, whichever, but the mind can work on many channels. And then the power of concentration is to be able to get all the channels to become quiet, so that the one channel that you want to stay connected with Baba in gyan is the one you leave on. All the other channels have been switched off. That is concentration.

And in that stage of concentration there is then simran, the soundless chant is what is going on in your awareness all the time. But of course so often in bhakti your hands are rotating the beads and maybe your eyes are focused on the idol or image in front of you or maybe you just close your eyes, but your mind is somewhere else. You are chanting Rama -Rama and in India they always laugh and say: you say Rama – Rama very quickly and some people think they have to get it done quickly and so they are repeating it quickly and then it sounds like as if they are saying Mara – Mara; it means I am dying – I am dying! So that is the chanting that is going on in my mind.

My mind can be anywhere, it can be with my children, with my menu or with the work I have to do, whatever. So here, Baba is saying: “let your thoughts go into the depth of gyan”. As you go into the depth and draw that power then that is going to lead to simran just the constant chant of Baba, but not in words but in feelings. And then it is going to lead to smriti, awareness.

The other day Baba spoke a lot about the power of thoughts and the value of thoughts and so my thoughts are my treasures. My thoughts and how I use my time, not just externally but also internally. So my thoughts and my time are the special treasures of sangamyug, which is why they say: Janak was able to have Jivan mukti in a second; liberation in life in a second. He had a thought, a realisation and liberation. It can be as easy as that, but it can take decades.

Baba was very aware of the last go fast souls and so Baba says yes there is space in the rosary and so make that effort.

The other slogan that all of this reminded me of is “when I change the world changes”. And so this expression: “as is the awareness, so is the attitude, vision, action and all of that, is again the link between my change and firstly my world changing. And then not just my little world changing but there is a study by Harvard-University, where they found that if one person does one act of kindness they are able to trace it to 125 others being influenced to also have an act of kindness. From 1 to 125 is a lot, so the change in one and there is change in many others.

Many of you have shared that experience of how you have been working in an open plan office and you are not smoking...now things are different you can't smoke in the office anyway...but in the days that you could, so many would say, that seeing me that influence spread and everybody in that office stopped smoking. But that influence is able to reach out in many other ways also. And if everyone here is changing 125 others that is a good deed, it is going to impact London in a big way

So Baba has given us the understanding of how all of these things work. We talk about world- transformation and it is not far away, but it depends on us: “What is the awareness that I am keeping and how long am I able to keep it”. So it is a very powerful murli –it is a very powerful reminder of how easy it is and also how easy it is to also forget.

In the murli Baba has also remembered the first Science and Consciousness symposium that we held in Athens, and Anthony and Rashula from Athens, as well as a team from London were organizing. And in that first symposium, we had 2 Nobel laureates join - one Brian Josephson, a physics laureate, who is still a very good friend, and another who was a medicine laureate. So Baba's vision was focussed on Athens! And amazing things happened. There was a lot of opposition from the Greek Orthodox Church - I remember when we were preparing for the first session, we saw on the TV a broadcast of the strong feelings of opposition, and Rashula was concerned that any of the IPs or VIPs who had seen the TV might not come. And I said "just remember Baba". And everything went very smoothly - the IPs/VIPs had either not seen the program or not been impacted. It was a very beautiful experience. And after that, we had 6 Science and Consciousness symposia - Jagdishbhai was there and other powerful individuals. So Baba's vision is very powerful.

Om Shanti