

Sudesh Didi – 6th February 2022 Sunday Morning Class - GCH, London

I am a pure and peaceful soul

Om Shanti

What is the foundation of *Om shanti*. Basis, foundation, the result. Before I say I am shanti, I am peace, shall I make sure peace exists? Where does it exist? Where there is purity, there is peace. Baba says it is when you are reminding yourself of who you are, with the awareness of the self.

So, first is, I am a pure and peaceful soul. What is the reason that peace gets lost, that happiness disappears, that wealth is gone, that health is finished? Where there is purity, the 'mother' exists and the 'children' exist. Purity is the mother of all virtues.

The praise of God as the Purifier. This is real power. Purity is the power of the soul; strength, spiritual energy, respect, closeness and trust. This is why in all areas, purity is respected. What makes a Mahatamaji a Mahatama? What makes a saint a saint? A householder who renounces his responsibilities while he is alive, his wife is like a widow, his children are like orphans, and yet, this is Mahatamaji. What greatness is this? There is a weakness of not being able to look after their responsibility, but deep within there is a search of how to enable the self to fulfil the responsibility. Before looking after the extended household which is created later on in life, the household which I am in from the day I came into this life. So, for all the householders living in the household, the message is to live a pure life like a lotus flower.

Those who are kumars and kumaris don't have to live like a lotus. They don't have to be detached. Their lives are clean, light and beautiful. In fact, this is the family path. The one thing that is most, what is called, integrated, connected, interacted with the soul is this organ of the body. The members (organs) of this household (body) are connected with each other. And if one becomes weak, some of the energy is automatically transferred into other organs. For example, you may notice that a person with speech disability, those who cannot speak the tongue, many are excellent tailors, because their eyes are powerful. The energy gets shifted to the eyes. For those who are blind, the energy may be shifted to the throat, and they sing beautifully. So, all energy levels have to be in harmony, and this helps the household to have a healthy life.

So, what is missing is the action, which is supposed to be according to the capacity of the soul, which has to do with the awareness. This is why Baba says that in purity, the most important aspect is cleanliness. Cleanliness is next to Godliness; cleanliness comes with simplicity because it attracts and then also, it makes the soul free from the attraction of others. That which is colourful, fashionable and the latest look attracts the intellect, and the mind reacts if there is uncleanness. Then inside, we will see poor and rich, high position and low position, first-grade society, second-grade society, then clubs are formed with the standard; standard address and standard design create more and more body consciousness. This happens if simplicity with cleanliness is not there. So, this is why Baba says you have a simple life, clean life, pure life. Life is very easy. I don't have to worry about what I'm going to wear tomorrow or worry that people will say, "You were wearing the same dress." We can wear the same dress for the whole year, no one will say we are poor because as we wear the same simple dress, internally, the consciousness is pure and clean.

Baba says there are four levels of cleanliness and four levels of purity. Apart from today's Murli, we also get the selection of Avyakt Signals for imbibing purity and cleanliness. What we are reading today is of 1st February, the first Avyakt Signal about purity.

Purity is beauty; purity is power; purity is respect; purity is the weapon for us. It is not just about keeping the body clean or keeping the dress clean, but about the one who is wearing a dress. And this is why Baba said purity of the mind, purity of the body, cleanliness of the body. Our body is a temple. The value of the temple is according to how clean it is, it attracts. People will then become aware of the kinds of thoughts, behaviour, time and energy which are there, because pure vibrations make the atmosphere and people feel attracted to that, and value it. If cleanliness is lacking, they think the mind is also dirty, because

no time to clean here, that is, no time to clean outside, but instead, going into different matters, then the external is not visible. But this is actually a *mandir*, temple, where the light and the statues are. When the statue and everything are completely clean, without clutter, this way will keep everything free from any obstacles, from any objects or furniture or things in it. And so, the body is a temple; it is a place of worship with respect.

Our thoughts are very important. In fact, not only should the mind be free from waste thoughts, it has to be filled with powerful thoughts, elevated thoughts, uplifting thoughts that can clean out the past and where rubbish is collected. So, pure mind, positive energy, this mind, then, creates thoughts accordingly. You can see that thought, good wishes, and vision are connected. Thoughts and feelings are connected; pure thoughts, automatically create good wishes: good wishes for the self, good attitude for the self.

So, the foundation of any action that we perform is the thought, that is, the mind. The seed is powerful, and we are watering the seed with the pure consciousness of qualities; purity is the power; purity is the nourishing energy. So, you always offer to the divine beings, pure, clean, and unused bhog.

People have the same thing before at home, when bhog has to be offered, it has to be clean and new, like that of the surrender quality, that is also a pure heart, no possessiveness, not any selfish motive. So, it is a different level of purity in the mind, pure mind, pure attitude, pure vision and pure ears. Through that, silence is natural. What goes through these ears is what comes out of this mouth. Food is not cooked well, it has too much salt; it is not sweet enough; it is not... So, what is happening is, for whatever we have eaten, we are speaking about it.

Something may be very bitter, so, it is what goes in, in the same way, as we speak about what we are eating, it's also connected with this household. What is holding it is the vision, ears and actions. So, the temple is connected with the light and the statue.

So, Baba says, if there is the quality of divinity, the temple becomes very great, because the vibrations of purity attract others. Whether you are a kumar or a kumaris, you have to ask yourself: am I living like a trustee of the household or a householder in this house. I become body-conscious means I am a householder. Being soul-conscious, I am detached. So, how much time I am taking care of the body, through cleanliness or body-consciousness, they are two different aspects. Looking nice, giving a good impression, then, being clean and pure. So, this is why the body is the temple.

The mind creates pure and positive thoughts. The heart is also a member of this household. *Dilaram*, the Comforter of the heart, sits where the heart is honest. God is pleased with an honest heart. Then, you begin to trust each other with honest communication. When there is honesty, you become a trustee. With honesty, you get cooperation automatically. With an honest heart, you are able to offer what you want to offer have self-respect. There is respect for each other and so the heart is honest.

Today Baba emphasises on doing service with an honest heart. I'm a really honest server of Baba. But what is my intention? What is my desire? What makes me happy, and do I disturb others when I cannot live with a happy heart, and I cannot make others happy? The future world is a world of happiness. So, one needs a pure heart and an honest heart. God is truth, and honesty is the truth and the power. Truth is purity; truth is a weapon to finish all the negativities. So, it is about both the body and the mind. The soul itself has to see in its intellect, if there is any kind of impurity of ego. It is not an external thing, but it is very subtle.

Impurity has an effect on the body, the vice of lust. Its effect is connected with health. That's why the lifespan in the Golden Age is long based on this power of purity. As the level of purity comes down, lifespan decreases. Ego increases as impurity increases. So, it is an impurity is ego; anger is peacelessness; greed is poverty, as we want more, want more and more, poverty increases. Then, there is attachment. This is the world of suffering, sadness, very sad because of this prison, the kingdom of Ravan.

Where there is purity, there is peace and prosperity, health and happiness. Purity, peace, prosperity, health and happiness, then the kingdom is harmonious. Impurity increases in everyone individually. And because the smell of impurity is very subtle, as it goes, then sickness increases. The body and the soul both become weak. So, anger, peacelessness, attachment and sorrow are everywhere. Being attached to everything is part of impurity, because there are vices, there is impurity. Virtues lead to purity.

Baba is making us so prosperous that, there is constant contentment. It is greed in relationship, competition and comparison, that lead to dissatisfaction. This is why in relationship, purity and honesty are needed, so that, we are able to be honest and content. You are able to let go, and, at the same time, accept others and appreciate their specialities. So, in every aspect, purity is the basis of peace. Then, I am a pure and peaceful soul - the complete mantra of a happy and healthy soul, a powerful soul, the child of the Almighty.

Om shanti.