

Sudesh Didi – 17th April 2022 Sunday Morning Class - GCH, London

Pure thoughts through introspection

Om Shanti. Om Shanti. Om Shanti.

Baba's beautiful mantra, advice, direction and teaching is Om Shanti. But what is the source of *shanti*, peace; I am a peaceful soul. Peace is actually a result of purity. Where there is purity there is peace and prosperity. Where there is purity, there's health, wealth and happiness. But purity is not only just namesake purity, but purity in reality, purity and spirituality, our value of life; the spiritual aspect of purity is a very deep, subtle, elevated, inspiring.

The result is divinity, happiness, bliss in life and an elevated life. Baba's praise is the Liberator and the Purifier. He purifies what? He purifies human beings; He purifies the elements as well. This purification is transformation. It's a realisation. Without realisation of my true reality of being a spiritual being, the soul cannot actually practise real purity. It is different to practising the ritual of purity; which means there are some systems like keeping fast or, there are some special days and people practise purity; go on pilgrimage, practise purity; something has gone wrong very difficult in life, practise purity.

Purity means having discipline in life. Discipline is of becoming detached from the physical attraction, the physical pull or the influence of matter. In fact, everything begins with the mind; purity of the mind, words, actions, connections and relationships. Baba is making the soul pure and for that, it's very important to have introspection. Self-inspections and self-realisation are not only just like a ritual or purity for just a few days.

When the character becomes divine, the sanskaras are divine, that is natural purity in life. There are two aspects of purity. One is that some people think, if it is clean, it's pure. In fact, that which is pure is of a different level because it's original. The original form of the soul, as Baba defines it is the purity of the mind. The mind is a place where whatever thought is created, that thought becomes feelings. Thought expresses itself in drishti; thought expresses itself in words because it is a seed. It is like a tree expressing itself into a fruit and the fruit again has a seed. So, it continues, cycle after cycle, whatever we created this time.

The Confluence Age is called the auspicious age where we understand what purity is. Today in the Murli, Baba says that purity is okay for Brahmins; the children of Brahma recognise the importance of purity. It is not only celibacy, which is common, but we are living a pure life; a yogi life. Baba says, be holy, be yogi. Yogyukt relates to my relationship with God. The deeper my relationship with the Supreme is, the soul receives that power to change the thought pattern, because as you think, so shall you become.

So, thought is also an action of the mind. And this is why pure thought, positive thoughts, powerful thoughts, not only just positive, but pure and powerful, with determination. When there is introspection, I'm inspecting myself, what is in my thoughts? Then, checking of the thoughts automatically becomes the vision. Checking is the job of the intellect; the intellect checks, the mind itself does not check. It is the intellect. So, introspection means inner inspection. In Hindi, it's called *antarmukhta*, introverted-ness, turn within, find within, search within, go within, explore within what it is I have to find, not only just the wrong things, but find the good things as well.

Appreciate the good you have in you. With that vision, you are able to appreciate what is wrong within you, because you have to gain power first in order to inspect the wrong within. If we begin by seeing the wrong within ourselves, very quickly, it leads to depression; it leads to hopelessness; it leads to anxiety; it leads to suffering, because there's no power to handle it, and you'll begin to feel inferior, downtrodden, I am nothing; I am unworthy. Gradually, gradually, you go down. Whatever Baba says, that you are the children of God, you are a Brahmin, not in a caste system way that Brahmin means topknot. But I am staying at the top here (pointing at the forehead), I have a knot here, dot here.

When I am remembering the top of my head, I am thinking I am a dot and, in this dot, a lot is given by God. So, when there is introspection, not only inspecting myself and inspecting others, but this introspection is a spiritual introspection, my physical face turns within, of course, my physical organs do not turn within, not physically, but the organs of the physical body are connected with the organs of the internal self. Just like these eyes, looking at others, looking at external things; the ears, hearing what others are saying. The mouth works in two ways: to put in certain things, which are sometimes not pleasant, sometimes not healthy, and some sometimes harmful; to speak words, which are also sometimes pleasant, sometimes harmful, sometimes benevolent, sometimes a curse and sometimes filled with virtues. So, it's checking. Introspection, that my inner mouth, my mind, my pure consciousness, my divine consciousness, Brahmin consciousness, that I'm the child of Brahma. And when I understand that the child of Brahma, there is a well-known saying, follow Father.

Brahma is the Father of humanity. Follow Father. Remember the Supreme Being and follow Father. Remember only One, remember God and follow Father Brahma. That is following the footsteps of Brahma. With the light of knowledge, with divine intellect, you begin to see the footstep. It is not the physical foot; the footstep symbolises your movement, moving forward, step by step and watching with the light of knowledge, with the divine eye, with the third eye in soul consciousness. The thought pattern of the benevolent Father in every thought. Baba is benevolent. He is the Benefactor. And Brahma is the one who puts into action these thoughts of knowledge, thoughts of purity. So, following the footsteps of the thoughts, words, actions, directions, the destination that Brahma is reaching, we are following in.

In Hindi, Brahmchari means celibate. Brahmchari is pure, celibate; Brahmachari, the one who follows the character of Brahma; the correct actions that Brahma Baba performed following the Directions of the Supreme Being, the Supreme Soul. So, Baba, the Director, looks at this action taking place. Through introspection, the first practical result is that, the mind is filled with pure thoughts and benevolent thoughts; self-service.

The mind, instead of thinking about others, it is thinking about the self: what transformation I have to bring about in myself; the intellect is picking up the virtues as a holy swan, to inculcate the qualities of others. Valuing the qualities I also have, but checking that my qualities do not make me egocentric. My qualities make me happy, proud that these are blessings of God. But in my behaviour, if this quality becomes ego that leads to downfall, then, here I go, instead of the right direction, I go in a totally different direction. So, I begin to follow the dictates of my own mind, the desires of my own mind, the thinking of my own mind; follow whatever I think is right, but others are thinking, that is wrong. Then, you begin to check others and not check yourself.

Listen to what Baba says instead of what others are saying about me. God is singing my praise, I hear, but it takes a long time to maintain that intoxication. Baba is saying, "You are my holy swan children, you are the elevated children, you are the divine children, you are masters of the three worlds, you are the knower of the three aspects of time, you are the angels." So many titles Baba gives, and it takes so much time to believe them and to practise them.

If somebody says one word which is not pleasant to me, I immediately lose my stage. So, I have to check: My ear hears; how did I react? Do I actually look at it and see that there's something I have to learn, or immediately, my ears, instead of becoming golden ears to take the golden versions of God, instantly, an ant comes inside, and the elephant's intoxication goes in one second? There is an example of the Maharathi Ganesh Ji, the elephant rider. The meaning is that the elephant has great intoxication. Elephant, as wise as an elephant, very wise and goes with its *masti*, intoxication moves. But when a tiny ant enters the intellect faints. This is what is saying about.

So, I am very intoxicated with the zeal and enthusiasm I received from Baba. But then, I am instantly, influenced by small things. So, what I hear from God, what percent I practise; there is introspection, inner inspection, how much transformation I am taking; my purity in my thoughts, in my words, in my actions and interactions. So, the main thing in introspection is self-service, self-support. When service first started, Brahma Baba served himself. Through self-service, he accumulated strength and became the world server. So, Baba also says, following Baba Shrimat, you will do the first service, do world service, do

the service through the mind, intellect, vision, words, actions vibrations and interactions and connections because the most important thing is how much purity is in my behaviour, in my sanskaras. I will take the sanskaras of purity in me.

My divine intellect decides that this is Godly step, it is a benevolent step. Then, these Godly virtues and knowledge are visible in my life. I am, then, not influenced by the weakness or defects of others. Definitely, I will see, but am I a detached observer? Introspection makes me an active actor in looking at myself, and a detached observer in looking at others; what is the result of the good actions, and what is the result of the wrong actions; this means vices or virtues. Then, we are able to immediately recognise.

If my intellect is not clear, then, impulsively, I would attack others and try to control them. When I'm an observer of myself, I have the power to break when the break of the other person fails. This is a race, and I require a powerful break to complete the race. So, introspection is a really deep deep power. Today, Baba said this one-word introspection (from the Murli: "the face and activity of someone who is a Brahmachari are constantly experienced as introverted"). From what I understood, when you are really introspective, your heart is very clean; *chit*, the subconscious mind is very clean, it's very pure. Then, naturally, you are picking up good virtues from others and removing the weaknesses of yourself. The result is happiness.

But when you take any wrong thing from others, the machinery is: one wrong makes 80% wrong because it multiplies not only one time, not only 10 times; in one day, how many times I repeat it; how many times I hurt myself with one word of others. In this way, we lose our happiness. So, I needed to change. When my *chit* is clean, my subconscious is pure, then I have the power to immediately remove the influences, to change the attitude. When our vision changes, our behaviour toward each other become loveful and respectful. It takes time, but attention is needed.

Antarmukhi, introspection makes you ever *sukhi* (happy). In Hindi, *antarmukhi sada sukhi*, the one who is introspective, is always happy, because he's able to use the inner resources that God is giving, not dependent on the other resources from outside. We need to be introverted in order to be happy, otherwise, we may become happy with very superficial resources.

Someone appreciates, I'm very happy, someone criticises me, I immediately get upset. I fluctuate so much in one second. In introspection, I'm still coming up and down, but I'm swinging in the swing of supersensuous joy. There is also happiness when someone is appreciating you. But then, one word from others, all happiness disappears. It is just like I have a bucket of milk, and somebody has put a lemon acid in it, immediately...few drops...finish...one drop of poison, milk does not remain milk anymore. We lose power very quickly. So, with every step, I am checking myself that I am following in the footstep of Brahma Baba. There has been so much defamation, and revolution against his task. Baba has become an example of giving upliftment to others, of the balance of world service and self-service.

To the extent that I balance service for myself and others, accordingly, my body, my mind, my wealth, everything is used in a worthwhile way. Introspection makes me economical. Negative thoughts will come because of sanskaras, but introspection enables me to have controlling power and ruling power. This means that I am economical, not wasting my time. Time is wealth. Knowledge is wealth. Virtues are wealth. So, I am becoming wealthy. I remain healthy. I remain happy. Not only happy, but supersensuous joy through introspection, then, I'm able to have a relationship with each other which is harmonious, with the balance of intoxication, humility and sweetness.

The Avyakt Signals for this whole month is sweetness, balanced with humility. Humility is greatness. Through introspection, you begin to see your own greatness while maintaining humility. Then, not only time, but whatever we have been given by God, we use it in a worthwhile way. Money is not wasted. That's become a very subtle philosophy. Today, Baba is speaking about wealth, you will hear it in the Murli about karma philosophy, about how to create our spiritual bank balance, through mind, words and actions, through body, mind and wealth, through yagya seva. So, this subject is very deep, actually. We will hear it in Murli, but it can happen only through introspection.

Introspection is the real medicine for infection. So quickly, we become diseased, by the influence and infection of something which comes from outside. So, it is resurrection as well, otherwise, we die very very quickly. Not only do we become

unconscious, as we are not able to cross out the bigger 'I', and stay in my small 'i' with the dot, not only do we become unconscious, we die. With realisation and with the intoxication of God's relationship with me, protection comes. In an incognito way, through the cave of introspection, resurrection happens. This becomes 'good' Sunday; holy-day makes us holy. We are holy and also yogi. Not only are we holy and yogi, but we are immortal.

Om shanti.