

Sister Jayanti – 15th May 2022 am GCH

Keep the Flame of Experience burning and Become the Embodiment

Om Shanti Good morning

'How Wonderful is our Baba' was the summary of the song. This is a fact. Today's Murli again made me appreciate how Baba helps us in so many ways. The most important of which is to help us know ourselves. I used to think 'identity crises' was something connected with youth. Then as the world changed in very dramatic ways I realised that many who were expected to be in jobs vocationally had to start having to have career changes. Is identity based on career? Also I noticed with bharatwassis families living here, children reacted to customs and systems of their family and would say to their parents, if challenged, 'why did you bring us up here and give us a british education'. Many challenges come up with identity and also purpose, comes up in lokik life all the time. Who am I and what is my purpose being here? Why am I doing all this and what is behind it all.

Today's Murli reminds us of identity and purpose in a very simple way. I remember when I first started to teach in Agra, the teacher gave me the formula to remember 5 things. Just imagine philosophers trying to find God for many lives and here is this teacher saying just 5 things is ok. The name, form, qualities, abode and the task. That's it and all we have to explain. Baba has reminded us today - as is the Father so is the children. Just come back to these five things about Baba and the self and then it is all straightforward and clear.

When Baba says 'have powerful thoughts, not waste thoughts', what does that mean? Today Baba has said powerful thoughts are what relates to these 5 aspects...about God and the self. Then it is clear and no need for questions. In Hindi Baba has often used the expression, especially on 18th January Murlis, 'smriti' – awareness, and 'smirti'- power. As is your awareness so is the stage. If awareness is based on weak thoughts what will the stage be like but if our awareness is based on powerful thoughts then the stage will be powerful. So to check the quality of our thinking. This is the essence of gyan and the big difference between gyani (those on the path of enlightenment), and agyani souls.

Let me share these 5 things Baba has been talking about:

Name: The attention will be instantly drawn when we hear our name, so the connection with that is very very deep. Even in our dreams how do we identify ourselves, with our name. Yet Baba has given us a name that is applicable to everyone: Brahma Kumars and kumaris and this carries so much power: It carries the awareness and identity of a new spiritual birth. It carries my relationship with God and Brahma Baba. Just the name itself is extremely powerful. This also means we are individuals and free. A new spiritual birth not based on lokik connections, or bondages.

Form: It is not so easy to keep thinking I am a dot, a point. Baba says the goal of Brahmin life is to be like the father. Today he is saying Brahma Baba became the angel...can we keep also our angel form in front of us. Practise this for even 5 mins in a day then there is a total turnaround in the way we think. Baba sees us not just an effort maker or a warrior battling with situations and the self, but as an angel. This is our form.

Land: Which is your land? Baba reminds us in the Murlis 'you do not belong to kaliyug'. Our spiritual birth means we have two homes. The Home up there and the home in Satyug, in the land of happiness. If I forget this then the pricks of thorns of the land of Sorrow keep getting to me from here and there and from places or people I thought who would support....something will always be pricking me. If I am a sensitive flower, it will take away my strength. Can an angel get hurt? Can God's child get hurt? All of this belongs down here to the Land of Sorrow and I belong to my Father's Home and the new home, world, the Land of Happiness. Can I protect myself as a yogi? As a brahmin, Baba says our life is one of joy and pleasure all the time. But if I accept the thorns, I will keep feeling pain, and 'hurt people hurt others'. That is a reality. We have to find a way, not by running away somewhere, but by changing my attitude and awareness. If someone does try to hurt me, can I see them as an instrument to help me see where I am at and they are helping me on my journey to perfection. If they are not around it would be someone else and so I realise I have to change my thinking, and go up above and be able to go to my Home, the Land of Peace and Purity where I can find total rest and comfort. Then I can also see Satyug just ahead.

Baba mentions a war in this Murli. It was spoken in 1991 (Gulf war) yet it is very much for today, where there is a war going on out there. Yet Baba says for us children it is a life of pleasure and joy as BK's the children of Prajapita. The stage that happens when I can keep myself beyond hurt and sorrow with positive things. If something has happened how long can I keep holding the burden? From childhood we record deeply the experiences of sorrow. It is embedded within us and gone deep, not like the experiences of happiness which haven't left a mark. Am I still carrying the scars of infancy and am I going to carry them to the end of my Brahmin life? What would be my future then? How can I serve as an angel, with wounds and scars? We need to find a way

to heal the soul with God's love and change our thinking and not allow anymore thorns to prick and accumulate more sorrow. This is a task Brahmins all need to be engaged in. Otherwise that pain will not allow me to do what I need to do now.

Virtues and Qualities: The same as my Father, Kalyankari, the Benefactor. Connected to the qualities of God: love, joy, mercy, truth. It is all there for the children to draw and benefit from. Does God need peace for Himself? No it is His children. He is out of the Cycle, up above. He is in reserve as the Ocean of Peace and billions can draw from Him and He is not depleted. It can all be summed up in the one word, Benefactor. In what ways is benevolence and benefit guiding my life. Can we stay in benefit and be benefactors. Look and see, why am I here and what is the benefit of what is going on. When I practise all that Baba is talking about and start to experience all of these things, and keep the flame of that experience burning, Baba says you will become the embodiment. Today Baba has told us to experience whatever Baba is telling us and through this we become the embodiments of this. It is simple and yet we forget it and the mind goes here and there and we lose awareness and power.

It is important to realise that one weak thought will open a hole in which our power will begin to drain. We have to be very careful. Dadi would say that it is not hard work, but just a matter of attention. When people say Brahmin life is a hard life. Yet it is not. We just have to stay alert and awake and that is it.

Task: If I think about world renewal, it is transformation from hell into heaven, Kaliyug into Satyug....it is overwhelming. It is huge. Today Baba again makes it simple. Our task as God's child is to simply share vibrations of peace. Whatever else is going on, my task is to be the embodiment of peace and radiate peace. Peace is important as it is the doorway to all the other treasures which the soul holds in itself. Experiencing God as the Ocean of Peace also opens up the door in which we can carry the treasures from God and use in our lives.

I love it when Baba makes complicated aspects very simple and straightforward. Today on Identity and Purpose. I have spoken to new people and those not in gyan, who say 'I am looking for purpose in my life' and when they express their feelings it is complicated. Yet from Baba it is simple: This is your task.

Another aspect that comes with identity is 'What is my role?' May be some of you are still asking this question. In the world this is associated with title and positions. But in Baba's world, role is being God's child and doing what I need to do in the awareness of this. This is the most beautiful role of the whole cycle as it is real and not just words. Since the Copper Age we have had this awareness of God as our parent, but no feeling to keep the practical relationship alive. Now we do...God is protecting me and His blessings are with me because I remember who I am. The canopy is always there but we can not feel it when we move away from it.

Today's Murli is quite short and then Baba speaks to groups powerfully. He talks about faith and victory and says 'Have faith in your victory'. Baba is saying that 'Have the faith that whatever task you take up, it definitely will become successful'. Victory in faith.

Om Shanti..