

## Sister Jayanti – 19<sup>th</sup> June 2022 am GCH

### Let the mind ,intellect and sanskars shine with light

Om Shanti, Good morning.

The song was about Mama and we kept hearing the word Ma. Mama's day comes on the 24<sup>th</sup> June, on Friday of this week. We will be having special bhog on that day at the centres. A few sentences from what we heard '*What is the speciality of your love*'. *You were the one who proved the combination of Shiv and Shakti together.* So many beautiful thoughts about Mama. I have to remind myself that Drama is accurate in the sense that a handful of souls outside of Bharat were able to connect with Mama. Even within Bharat itself only 10% knew Mama. The secret of Mama becoming avyakt so early, I am yet to understand. But it happened in Drama and was accurate. A few years ago I was aware we didn't know Mama well. At that point we were hearing Mama's Murli just once a year. Since Baba became avyakt and almost incorporeal over the last few years and also the Dadi's becoming avyakt, you will have noticed that we are now having many extracts from Mama that are coming with the daily Sakar Murli. Who feels they know more about Mama now, having read these short passages? It is true when we look at a person's face, we can know something, but when they start speaking we can work out what is going on in their mind and hearts and get to know them. We see from these extracts Mama's clarity is absolute. She often takes up subjects that are related to people out there and will take up just a few points and clarify that aspect. For Brahmins too just in the space of a few sentences she is able to explain topics clearly. Both the power of her faith and her purity come through very strongly. We are not hearing the power of her voice yet her voice was very powerful. The amazing quality of her effort was such that from the time she came to Baba until the time she became Mama, was a span of only 18 months.

I was meeting someone who said he had been with Baba for 3 years and in a way this is a short time, and yet proof by Mama that linear time has nothing to do with effort and the ability to move forward. I was asked is it possible for last to go fast and go first and I said Yes! Mama is this example, becoming number one shakti. This is great proof that with intention and effort we can all go ahead very very fast. Today Mama is still sustaining us through her teachings. It is happening a lot more now than earlier and that is the benefit of the Drama.

One Murli today is very short in which Baba has spoken about the accumulation of the acts of charity, *punya karma*. Pure action. Within that Baba has spoken one sentence which carries a lot. This sentence Dadi would talk about what is the difference between donation, 'dhan' and 'punya' - elevated and charitable action? Dadi would define donation as 'You have a certain amount and out of that this much is going to be for charity and good deeds'. But 'punya' looks at the need of the situation and maybe it is time they need, your company, your kindness, your money they need and then you try to give that cooperation and fulfil that need, rather than 'I have this much and can spare this much'. With *punya* there can be acts of charity through the whole day. Whatever we do in Baba's remembrance now in Sangamyug can be an act of charity. They way we are thinking, speaking and doing filled with Baba's love and light, that is what it is.

Baba also mentions 'lightness' and because we have been accumulating '*punya*' karma and all wastage and subtle sins have stopped, we continue to accumulate goodness. Then we approach the karmateet stage. With this the particular quality of lightness shines within the mind, intellect and sanskars. This is the process of purification as we are no longer bogged down with waste that made us heavy. The mind filled with God's love feels light and happy and the intellect is light; clear with an accurate capacity to discern. A sign of sanskars being light, is that our sanskars are like the Father's sanskars. Then we are able to stay up above and not be pulled down into the gross. Check how close or far you are from the karmateet stage just by asking the self 'how light am I?'

The second Murli was about giving and taking happiness, and also about not giving and taking sorrow. Even when someone is attempting to give us something, why do we take it. Because if we take sorrow we are going to give it also. Whether it is the negativity of the world or within people's attitude, I protect myself with Baba's light surrounding me, so I don't absorb it. Each morning we wake up and remember Baba and this has become very natural for everyone here. But do I remember Baba with love and joy? If my remembrance is filled with love and joy then this happiness will stay with me throughout the day and the less space there is for sorrow to come in. If I am giving happiness to others, how much am I carrying in my pot to distribute? If I have been filling myself with happiness from Baba every day and keeping it safe throughout the day I will have enough for me and to share with others. The mantra is 'Be happy and give happiness'. Take happiness from Baba and give it to others. If I think anyone here is going to make me happy, this is a wrong expectation so let me sort out what I am expecting and who from. There is the One Source and He is unlimited and Baba says take as much as you wish.

We understand that our thoughts and feelings are our own creation. This is the basic lesson of Raja Yoga. Can I begin the day with such a powerful consciousness of love and joy and regenerate thoughts that will keep me happy throughout the day. When I churn on what Baba has given me in Sangamyug then happiness increases very quickly. We remember Baba but forget Sangamyug. We remember Baba but forget the inheritance Baba is giving us. It has become a natural practice to say 'good morning, Baba'; be with Baba, but to actually feel sweetness and joy we can make effort for and if we do this in the morning our stock of happiness is filling and when we move in the right direction it will continue to fill throughout the day.

OM SHANTI