

Sushma Didi and Chandrakala Didi – 11th June 2022 Evening Class - GCH, London

Question and Answer

Sr Dipti: (to Sushma Didi) Om shanti. Om shanti, Sushma Didi. We are so lucky to have you here with us. London actually is really fortunate. And I often feel that we have received so much from Dadi Janki, Jayanti bhen and Sudesh Didi. And we continue to have great souls like you pass by and be with us, and it's my great fortune to share the stage with you tonight.

When you came just for the last few minutes for the meditation, I felt, "Do we need to have a question-answer session tonight?" That was so powerful that I felt why don't we just have a bhakti. But I know the expectation is to have a bit of a Q & A, so I will ask you, and it's about meditation and solitude.

1 The churning of knowledge

Sr Dipti: (to Sushma Didi) You mentioned in your class about Baba telling the children to go to the rooftop, onto the terrace, of History Hall and of the Training section. I want to first, hear your experience of having obviously obeyed Baba in doing that, in going on to the rooftop, and spending time in solitude after Murli, and just absorbing that Murli. What did it feel like at that time? Did you all go together? Did you all go on your own? Take us take us there onto the rooftop.

Sushma Didi: Om Shanti. When Baba was in Sakar, Baba used to ask us children you should have *manan- chintan*, that is, the churning of knowledge. So, after you had listened to Baba's Murli, just you go in solitude, and sit somewhere and see what Baba had explained to us.

So far, myself is considered, truly speaking, I don't know what is the churning. But whenever I sit in front of Baba, even if I'm here now, I just go anywhere. I go and sit and call Baba, "Baba, You come. I'm just an instrument." As I'm speaking through this mic, the sound is spreading all around. Similarly, I am just like a mic, you know, this is Baba. So, what I have experienced is that you just surrender your intellect, and mind, in front of Baba. Some people are thinking, what Baba was saying that, yes, golden age, you will become a deity, is it possible? This is not the churning. While I am having questions, how will it happen? How will this whole world become pure, and how all the people will be transformed? Some people are having to churn like that. It is not like that. It is just what Baba has said. Yes, Baba.

I think this is something of inheritance for me, also: whatever our seniors, Dadis, senior brothers, Baba is saying, by birth, I'm very very obedient. I can say this is that innate quality. So whatever Baba is saying, I say, Yes, Baba, *Ji* Baba. And this was the speciality of our Mama and of our Dadis. Whatever Baba

explained, whatever Baba told them, they said, Yes Baba. There was no question. Nowadays people have many questions. How will it happen? Where is the soul? Where is God? How to meditate? Sometimes I also listen to these questions such as what is meditation and explain to tell them what meditation is.

Meditation is nothing except just go and sit in front of Baba, God Supreme and you feel His energy. Similarly, in the Murli, whatever Baba has told us, just keep that essence in your intellect. Just "Yes." to Whatever point I like from today's Murli. The speciality of Murli is that Baba is making us intoxicated all the time. We have seen Brahma Baba. All the time, Baba was remaining in intoxication. Even in Murli, you will find Baba is saying, "Look, tomorrow I will go and I will become like that." In History Hall, if you go on the side where the brothers sit, there is a picture of Shri Krishna, Lakshmi and Narayan, big translight pictures, and Baba had a very clear vision, "Tomorrow I will go and I will become this." Just as we are changing our clothes. This was Brahma Baba was feeling. So, knowledge means to remain intoxicated.

Now we have to check. I'm sitting in front of Baba, am I intoxicated? Then my churning is okay. I'm not thinking that. Yes, Baba said this. This doesn't happen. Baba said this. How will it happen? Baba is saying you change. I never think, I always say, "Yes. Baba." Baba is saying, "You have to change." You become peaceful. You become loveful. Whatever I have to do, focus on that. In this way. I think this is what churning is. This is my way. Maybe others have different thoughts about churning. But I take Baba's Murli, take Baba's versions, in like this.

Sr Dipti: So, to remain intoxicated, be obedient like Mama and surrender the intellect to Baba.

Sushma Didi: Surrender the intellect.

2 Balance between remembrance and service

Sr Dipti: (to Sushma Didi) It's true you also mentioned that we go straight onto our jobs and our responsibilities without spending that time reflecting on the Murli. And often I feel that it would be good to be able to go out, spend time with nature and just have that little bit of reflection before going onto seva. But then, there's a kind of guilty feeling that there is so much to do and that I should go straight into seva. So, what is the right balance?

Sushma Didi: One thing is Baba has given us the opportunity, as Baba has said today: Children are saying that Baba, we have no time. Baba is saying, how can you say this, that you don't have time? Throughout the day, do your duties, that is also meditation, yoga. Yoga means to become perfect. If I'm doing my duty honestly, perfectly, then it is meditation, then it is yoga. Because how I am working, how you are working, the whole thing depends upon what my consciousness is.

Then automatically, responses are according to my consciousness. If there is sweetness, there is purity, there is honesty, there is positivity, whatever the events, situations, or different people we are meeting throughout the day, but the responses are always positive, always peaceful, it means I am in meditation; I am in yoga.

Don't worry about that. Never feel guilty over that. Yes, feel guilty if I'm doing wrong. You said something, and I reacted strongly, saying: How can you say this? This is not the way to speak. And how am I speaking? Is this the way to speak? Then, I feel guilty. Baba is saying that, in behaviour, in looking, in speaking, be peaceful. If I'm peaceful, okay, someone's insulting me, doesn't matter. My karmic account premium is finished. As we have a lot of burden of our past karma, so we can pay. We cannot pay it all in one go. So, just in premium, yes, someone is insulting, okay. One premium is given. That one has done something wrong. Second, and third, in this way, we are finishing our karmic accounts. And Baba is always with us. But after Baba has given us this freedom for eight hours, you do your duties. Maybe you have a job and you are doing it for 10 or 12 hours also. Okay, Baba knows that. Don't worry about that. And then, have your time for your sleep, also. So, twelve hours' job, six hours' rest, how many hours? 18. Still, you have six hours. Take two hours to eat and walk and all these things. Then you still have four hours.

So, for four hours, I have to manage. These four hours. I have to remain in silence, in solitude, as Dadi Janki used to tell us: In the morning, stay in silence. I have learned this from Dadi Janki. Before reading Murli, as we come in Murli class, 6:30 or 7:00, I never speak. I remain in silence. Four to seven. In India, we start over Murli at seven. So, from four to seven, I'm in silence. Sometimes, there is a programme or something, and if someone comes to ask about something, I have to speak. Okay, now, whispering voice: Yes, you do this, like this (whispering), but remain in silence. So, in this way, we can make our own progress, also. So, stay in silence for three hours. Do you know what three hours are? Very valuable.

Seriously, sincerely, if you are in silence, really, no other thought inside, this is what I feel. But it is not like that. Yes, in silence externally, and inside as Baba asked in the morning: You are sitting here on the chair or face to face with Baba...

Sr Dipti: That sometimes happens during traffic control. We are in silence, but we're thinking about what to do next.

Sushma Didi: So, we have to put this into practice. First, keep silent in the morning hours. Try. I have learned this from Dadi Janki. In the morning, no talking, whether you are reading your Murli, you are getting ready for your class, whatever you are doing: Yes, Baba, Baba. Always take one or two directions of power in the morning, we sit in Amrit Vela meditation, at that time Baba touches. Sometimes I feel Baba is saying: Now you give current to this whole universe. Okay, Baba. Just go and sit with Baba. How to give current,

how to give this *sakaash*, power, to this whole universe. For a long period of time, Baba is giving this practice in Amrit Vela, sitting so powerfully and giving drishti to this whole universe. And what are we doing? Some people are coming, sitting in meditation and then... (fall asleep with head tilted back and the mouth opens), as if Baba is giving them *toli* in the mouth. Please don't sit in that way. Sit like this (upright), Baba Himself gives. You know, there is the sun. The sun is not saying: yes, I'm giving light to this Conference Hall or Meditation Hall. The sun does not say that. If you have put your clothes outside, the sun does not say: Now, my rays are making the clothes dry. It is not like that. Just go and sit with Baba. Let Baba work, not me. Baba is working. So, if 3-4 hours, we are with Baba in silence, automatically, there is a change in our consciousness of the duties that we play. We play our duties perfectly and honestly. Don't feel guilty. Guilt is not our religion, not our *swaroop*. I'm the embodiment of peace, not the embodiment of guilt and regret. No. Say, thank you, Baba. Thank you, Baba. In foreign countries, thank you is very common. We say thank you for everything. But yes, sincerely, say thank you to Baba.

Maybe today, at Amrit Vela, I got up at 4:30 or 5:00, I got up late. Don't feel: Oh, I missed my Amrit Vela. I missed Amrit Vela. Now I'm missing my energy by feeling guilty. No. Okay, maybe the reason is laziness. Yes, now it is 5:00. Yes Baba, sweet Baba. Good morning Baba. Take power and give this power.

Meditation doesn't mean just take, as some people complain: You spiritual people, you religious people always taking for yourselves, from God. What are you doing? What type of service you are doing? People ask this question. So, we never sit in this way. Baba was giving power to this whole universe. In the days of *sakar* Mama and Baba, there were a few students in Madhuban, sometimes, maybe two or five or ten. And if there were 25 to 30 people, then one line is formed at the end of the Murli. Nowadays, we have great rush in Madhuban. But even at that time, as Baba was speaking the Murli, it was as if Baba was saying it to this whole world. Baba is unlimited. So, Baba was keeping this consciousness: I'm not speaking only to these four or five children. He was speaking to the whole world. All souls are His children. Do we have this consciousness? It is said also in the *lokik* world also, these words are imperishable. That's why in *bhakti* (devotion), people are doing: Om...(chanting), because of vibrations. People are trying to recall those versions of Gita of the Mahabharat time. So, still, there are those words in this universe. So, these words are very valuable. Our vibrations are very valuable. Now it is 5:00, I got up late, it doesn't matter. Baba, I'm here. You are with me.

In one *Avyakt* Murli, I was in Madhuban. Baba came and, literally, you could feel that Baba had His hand on my head. You feel like this. Baba's Hand is on my head. So, whatever we are doing, thinking, always with Baba, in front of Baba.

That is the meditation that we have to experience. So don't feel guilty. Just make your time successful. Don't lose your energy. Don't waste your time. Time is money. If I'm saying I'm repenting now: Oh, Baba. I was not feeling well. So, I got up late. Baba said: It doesn't matter. Drama. Put down, full stop. You were sick. Baba agrees with you. Yes, you were sick. But now you have got up. Be energetic. Be happy. Be powerful.

After getting up again, you are crying: Baba, what can I do? I missed Amrit Vela twice or thrice in a week.

But now you make this moment powerful. So this is the way to make progress. We are Baba's children. We are here at the Confluence Age. We are not here to get punishment. This is the punishment. I got up late. One mistake. Then I'm repenting. I'm giving punishment myself. No one is giving me punishment. So don't punish yourself. Say Yes, Baba. I'm here. I got up late Baba. Whether the reason is genuine or not, leave aside, put a dot, and now, I am a dot, a point of light, in front of Baba. Go straight away to *Paramdham* (Supreme Abode), sweet silence Home, and feel that silence.

3 Decision to dedicate life to Godly service

Sr Dipti: (to Sushma Didi) So, rewinding back to 1971, when you ventured into full-time Godly service. You already came from a spiritual family. So, it must have been easy for you to decide to take that path but what was the one thing or maybe one person who ultimately made you decide to go on the Godly service?

Sushma Didi: I feel some things are gifts, a reward, in your life. I feel proud of it. We are not rich people, as people say in worldly life, we are not from a rich family. But yes, I am from a very rich family in terms of values, in our family values. So, this is the fortune.

So, we should never compare: Her background was like that, but my background was not like that. What to do? Can we compare with anyone?

Today, we went to see that Vegan Fair, and there was the security guard standing in front of a very big gate. That gate was beautiful, so, we wanted to take a photo. We asked the security if we could take a photo? He said yes. And he said,

“You are special, wearing white dress.”

We said, “Yes we are practising meditation.”

“Yes. So, you are taking vegetarian food. You are vegetarian.”

I said, “Yes, pure vegetarian.”

The man said, “But we think if we want to become intelligent, we should have more protein and protein is in the animals.

I said, “Yes, you are right, brother, I think more protein is in peanuts, *moongapalees*, and *akharot*, walnuts.”

He said, “Yes.”

Then, he changed his mind and said, "Yes, those who are vegetarian, they are very intelligent." In one second, he changed. I asked where he was from. He said he's from Turkey.

He said he feels people who are taking non vegetarian are intelligent.

I said, "yeah, you are right." Because that was the vegan fair, I could not speak about butter or milk. So, I said peanuts, cashew nuts and other nuts. And then, as the food, so is the mind.

He said, "Yes."

"If you have taken any beer or something, then how will you talk, how will you react?"

He said, "Yes."

"So, as the food, so is the mind. Food is pure, mind is pure, positive, no efforts to make."

He said, "Yes."

He changed his view and agreed with us so quickly. So, we shouldn't compare. Then, he asked this question,

"From the beginning, you are vegetarian?"

I said, "Yes."

"What about those who are not vegetarian from the beginning?"

I said, "Yes. Many people come here to learn meditation. By birth, they are not vegetarian, but when they get knowledge, they transform themselves. They change."

"Change is possible?"

"Yes, change is always possible."

You see the point? Change is a universal law. Is there any technique that I should remain always young? I don't want to become old. There is no technique; change is a natural process. Whether it is the body, time, atmosphere, or working culture, everything is changing. So why should we say stop change? No one can stop change, no one can stop this moment. I will give you one million pounds. You stop this moment here, Sister, can you? So change is there, we have to accept it, but I have to change myself with time, then I'm happy. If I'm not changing with time, if I am behind, then I'm not happy. So, change with time now. It is now evening. Yes, I have to accept it. But I cannot say, no, no, this is morning. Look at the sun. Look outside. But no, it is evening.

Sr Dipti: But when you started your world service, you first came to the UK? What inspired you to surrender?

Sushma Didi: I surrendered myself in 1971. And because I was only five, six years old when my parents came. I'm in connection with Brahma Kumaris. We were children. And at that time, there was no exposure. But we used to listen to the talks and sharing of the elder ones. So senior sisters, Dadis, were explaining that now God has descended on the earth, this Kaliyug will change. And God is saying: You become My helper, My right hand. So, from the beginning, I said, "Look, people are saying, God, you help me. And here. God is asking, Children, can you help me? You see the reverse. I said: Yes, we will help God. Actually, from the beginning, this was the thought. So I surrendered because I have to help God.

Sr Dipti: God asked you and you said yes. It was a wonderful decision.

Sushma Didi: So, I became Brahma Kumari, because God wants help. So I'm ready. And you see, in return of that, He is taking a lot of care.

4 To keep positive in the midst of negativity

Sr Dipti: (to Sushma Didi) I want to ask something for our new students. We have been teaching over zoom so many new students for the past couple of years. And when they come to learn about the mind and intellect, and how the patterns of thoughts are, one of the biggest questions from them is, as they learn about thinking positively and sticking to that positiveness, they ask that: I now know about changing my thoughts to be positive, and getting rid of waste thoughts, getting rid of negative thoughts, but I'm surrounded by people who are full of still negative thoughts. So how can I keep positive as I am surrounded by negativity?

Sushma Didi: Then, what do you want? If you want to remain negative, then remain negative. It's your choice. Ask yourself: Do you want to become positive or negative? What is your choice?

Sr Dipti: The choice is positive, but the energy around them...

Sushma Didi: Nothing can impress us; nothing can affect us.

You can see, I'm wearing this cotton (sari made of cotton), right? I always wear cotton. Other sisters in our yagya are wearing saris made of synthetic material. So, this is my choice. People say it will get creased. I said: I like it if it is creased. So, this is my choice. When I was coming here, our sisters in Jaipur asked,

“Didi, you are going to London wearing this cotton sari?”

I said, “Yes, why not? London is asking me, whether you are putting on synthetic or cotton? I got visa. They didn't ask me whether I am wearing cotton or not. So this is my choice, Sister. I feel free, I feel light with this cotton. So, it is your choice whether you want to become positive or negative. If you have to become positive, then be positive. But if you ask for the technique to become positive, then yes, in order to become positive, be peaceful inside. To be peaceful doesn't mean lazy. To be peaceful means very active but remain peaceful. Be active in the positive sight.

If there is snowfall outside, you are not going to fight with snowfall. Why is there snowfall? I don't like it. I'm feeling very cold. What do you do then? You just go inside and take out your sweater or coat, and you put it on because it is cold. We are not fighting with nature.

Similarly, we are not to fight negativity. We know everything is negative in this world. Every human being has negative vibrations. We know that. And the shield for that is meditation. Remain under the Canopy of Shiv Baba, the Supreme One. I'm under the Canopy of Baba, so I'm safe. So, we have to use that technique of how to become positive, but not to fight with the negativity. Suppose we go outside on the road to people fighting with each other, and quarrelling. What will you do? Do you tell them, "No, you don't fight."? Instead, you can only walk around them. So, there are negativity: negative people, negative *sanskars*, negative vibrations, what do we have to do? We create positive. That's what Baba has done.

5 Advice for the teachers

Sr Dipti: (to Sushma Didi) You are the mentor of mentors. You coordinate over 80 centres. So, what would be your number one advice to us teachers here?

Sushma Didi: All are number one. To become number one, what do we have to do? Should I tell you the secret? Don't try to become number one. Don't try. Suppose my English is not so good as yours. So, to become a coordinator like you, perhaps I should start to learn English because I should speak very good English so I can coordinate. No.

Whatever the quality I have, use that quality in Baba's service. And I only keep one thought: Baba, whether they are 84 births or 50, whatever there is, in each birth, I need Your Company and Your Shelter. That's all.

I'm not thinking to become number one emperor in the Golden Age. No. If you keep on doing study, study, study, naturally, you will get good marks. So, the trick is: Make Him Companion. Baba, in every birth, everywhere, I only need Your Shelter. I want to remain under Your Canopy. Baba, You are with me and I am with You. Become number one in this, then we all are number one. Is it right? So don't try to follow anyone.

6 The definition of a protector of the yagya

Sr Dipti: (to Sushma Didi) I'm going to ask you about being a *yagya rakshak* (protector of the yagya) now. So based on your experiences with Mama, with Baba and with the Dadis, and your own *dharna*, can you define what is meant by being a *yagya rakshak*, a protector of the *yagya*?

Sushma Didi: Who want to become a protector of the *yagya*? Become a protector of the self. Is it right?

What is *yagya*? This big building? Or these walls? This is not the *yagya*. *Yagya* is with us, the souls. If I'm protected, the whole *yagya* is protected. If I'm not protected, and I'm doing wrong things, as Baba is saying, *parchintan*, thinking about others. So, you want to become *yagya rakshak*, don't

have *parchintan*, thinking about others. Why is this one sitting like this? Why are you sitting like this? Why are you sitting like that? Why are you coming late in class? This is not *yagya rakshak*, not the protector.

I'm a *yagya* protector. So, I have to be punctual, regular in all the directions given by Baba. Become number one in the code of conduct. Then we can become a protector of the *yagya*. So, protect the self first. I am doing wrong things. Baba is saying come for Amrit Vela. And I'm sleeping and I'm snoring at that time. Like that (making snoring sound). What type of protector am I? Baba is saying: When you sit in meditation, be powerful. We have seen Brahma Baba. Brahma was always sitting like this (upright and alert). Have you seen any picture of Brahma Baba like this (slouching)? Baba is sitting like this (powerfully). So, whatever Baba has done, that I have to do. What Dadi has done, I have to do. Dadi didn't say that you were wrong. Yes, maybe I did the wrong thing. Then, Dadi was suggesting what Baba was and she was reminding us what Baba told us. Why are we here? She was reminding us.

But, what do we think nowadays? I am a *yagya* protector. And look, you are doing the wrong thing. You shouldn't be and then I'm opposing. Is this *yagya* protector?

A *yagya* protector is cooperative, not doing opposition. *Yagya* protector is remaining with Baba all the time, instead not discussing about others and complaining about what is wrong: You know, that brother was doing wrong thing, that sister was doing wrong; you know this and that sister, we have seen her in the mall all the time and going here and there for shopping... Who has given you this duty of security? Has Baba given you the duty to check where I'm going, and who I'm talking with? No. First is no *parchitan* (thinking about others). Second is no *pardarshan* (looking at others), don't see others. See only Baba. I'm not a policeman here to see everyone. Where are you going? Show me your bag. What are you eating? Show me your plate. I'm not a policeman. I'm not here to do inquiry. Brother you're sitting here? What are you seeing? What are you looking at? This is not my duty. You two sisters are talking. What are you sisters talking here in the class?

No, I'm not an inquiry officer, am I? I'm here to become an angel. I'm here to become Baba's child. I'm here to get the inheritance of God and what am I doing? So *yagya* protector means be always with Baba. Whatever Baba is saying, say: Yes, Baba. Then we are happy and we are intoxicated.

7 The definition of a protector of the *yagya*

Sr Dipti: (to Sushma Didi) Last question, this is from the *Avyakt ishaara* point (the point in the *Avyakt Signals*): "At the present time, Maya is opposing you, and have created many royal Godly forms. Therefore, there is a great need to increase the powers to discern and recognise Maya."

So, my question is: What does Baba mean by *Ishwariya roop* of Maya, the Godly form of Maya?

Sushma Didi: Do you have this Maya, this *Ishwariya* Maya? Yes, all of us Brahmins are in the grip of this Godly Maya. You see what type of Maya it is? When Baba was in *sakar*, Baba used to say that Maya is very clever, and Maya knows what you like. Whatever you like, Maya comes in that form.

Once, Baba was in Delhi, and there was one mother sister, she was regular in class and was from a very good family, but she was in bondage because the family members were opposing, and stopping her from going to Brahma Kumaris. So, when Baba was in class daily, every day, that mother would come to class. But on that very day, she didn't appear in class. After class had finished, she turned up. Baba thought something had happened and asked how she was, thinking the husband or the brother said she was not to go, because sometimes, she got slapped physically. But that day, her face was so happy. She said,

“Baba, you know what happened? Today after Amrit Vela, I went back to bed and what I saw Baba speaking Murli and I was in the lap of Baba.” That was only the dream. She was dreaming as she went back to sleep to have little bit rest.

So, Baba said, “This is Maya. Maya knows that you like Baba's lap, and in the dream, you felt you were in Baba's lap but you missed today's Murli. You follow my point?

How does Maya come nowadays? What are we doing? What are we doing? All the time with WhatsApp, YouTube. I like Suriya bhai's (Suraj bhai's) classes, or that one's classes.

We have to remember Baba, but we are remembering...? “Dipti bhen, today's question-and-answer session was very good.” Yes, okay. Once in a while, we listen to someone's class. I'm not criticising that class, but people are doing their work, and the class is on, who is listening to that? Our sisters, mothers, those who are living in their households, say, “When I cook the food, I just start someone's class.” Who is listening? “I was eating and I thought this is the only time for me to listen the class. I started Murli and that one was speaking Murli, and I was listening.” Who is listening? Was I eating or listening? Sometimes even sitting in Murli class, I am supposed to be the one reading the Murli here and someone is watching the Murli page through their mobile. So, I don't know whether they were watching the Murli page or they were checking to make sure Sister is reading each and every word or not.

But what points are we to imbibe and inculcate? After that, you ask them,

“What was in the Murli?”

“The Murli was very good. Baba said: Become bodiless and remember Me.” But every day, Baba says this, you know. So, this is Maya, dear brothers and sisters.

We should keep fast. Not fast of food. Yes, that is also important. That is another topic. But, fast of this mobile, WhatsApp, YouTube. Listen to Baba's Murli. There is no other teacher better than Baba. Is there any?

So, listen to Baba, sit in front of Baba, say hello to Baba. Don't talk too much. Sorry to say this. But yes. Don't talk too much. But listen to Him. Listen to what Baba is saying from the bottom of your heart, with truthfulness. Be true.

Today, I was saying in Murli class, there are two qualities, which are called God's. God is love and love is God. God is truth and truth is God. So be true to yourself. Be true to Baba. Love yourself. Love Baba. And then, you see how blissful this life is. So, be blissful. Be happy. Be with Baba.

Sr Dipti: Thank you so much. Chandrakala Didi, I would like to invite you onto the stage. Welcome, and lovely to have you with us here.

8 A worldly job or a spiritual instrument

Sr Dipti: (to Chandrakala Didi) You have achieved quite a bit in your life. And so, I'm going to ask you a question, which is from the youth. It's about education. You hold a postgraduate degree in political science and a master degree in journalism.

So, the question of the youth is, this is one of the biggest questions that young adults have, they are Baba's children, but it is about their academic studies.

I'll say it in the way that they think: Because they don't know how long Confluence Age is, they are torn between whether they should continue their studies, get into a job and succeed in that way, or the Confluence Age is too short, so I should forget about the old world and just live a spiritual life.

What would your advice be to them?

Chandrakala Didi: Om shanti. Actually, we all know the situations of the world affairs which are going on. Now, the youth also knows what is going on and how all the countries are developing and progressing, or where there are quarrels. They know everything; nothing is hidden, nowadays.

So, the thing is about the Confluence Age, whether it is too long or not. The first thing we have to decide for myself is: What is my real goal, whether I want to be an instrument of Baba's service. If this is my goal, this is my aim of life, then nothing to think about. Whether it will be long or short, my aim is to be an instrument so, I should become. If my aim is to do a (loik) job, that is a different aim. If my aim is to do a job, that is totally different.

Here, there are the sisters who have already given their lives for 50 years, 60 years, 40 years. They never asked: Is the Confluence Age short or long? This is the decision, and the final decision of the self.

9 The duration of the Confluence Age

Sr Dipti: (to Chandrakala Didi) And how long do you think we still have of the Confluence Age?
(A wave of laughter from the audience)

Chandrakala Didi: Does anyone know about the end of their life, until when, and for how long they are going to live? We don't know. Do we know? Maybe till tomorrow, maybe till tonight, maybe for a month or for a year. We don't have to go into the last point of when it is going to be finished, after a year, two years, four year. No. this is about your effort.

This is the time you have got to put in the effort. Sometimes, in the Murli, Baba says: Don't go into the jungle. *Manan chintan ka bhee jungle hota hai.* (Churning can also takes us into the jungle.) Don't go in that jungle, but you have to understand totally, that worldly affairs, the worldly situations are not so good now.

It is now not a healthy atmosphere. So, the end is nearby. But you cannot say after a year, or after six months, no, you cannot say that. But this is the only period we have got to make full effort. So, I should make effort.

Sr Dipti: So, make effort as if Confluence Age is forever, but live as if this is your last moment.

Chandrakala Didi: This is always said about Mama. Mama used to think that this is the last minute, the last second, the last *kadee*. This is the last second, I am living. She never used to say: I have to live for six months more, or three months to make effort. No. This is the last moment. So, I have to work like that, that this is my last second, and put full effort.

10 Relationship with Baba

Sr Dipti: (to Chandrakala Didi) How have you deepened your relationship with Baba over the years?

Chandrakala Didi: Since childhood, I always used to think: Baba is with me. Baba is always supporting me. So, since childhood, when I used to go to Madhuban and I have got the sustenance from Didi Manmohini. Many of you must have seen her also. Didi Manmohini used to always tell us about the fact that for Mama, everything is about remember Baba. And even Dada Vishwa Ratan used to always say: See Baba as your right hand. Mama is always your companion, and Baba is here on the right hand. I always remember.

Yes, because I've met Brahma Baba also. So, I used to say, Baba is with me. Since childhood, I used to say, "I don't know anything about everyone. But I know Baba. I have deep relationship with Baba. I love Baba. So, Baba is with me. As time passed, I would ask them how to meditate, and because of childhood, they never used to say too much. Manohar Dadi said, "Okay, I'll teach you meditation. Remember I am a soul. *Main ek atma hoon. Shiv Baba kee santaanon. Paramdham se kya. Bas.* That's all. So, I used to say three sentences: I am a soul, the child of Shiv Baba. I am from the Supreme Abode. After that, finished. So, she used to say, just see the eyes of Baba. And that was the meditation. So, I used to go and sit and see

Baba's eyes, Baba's eyes. Then I would feel love, strength and everything. So, the connection was there. I got the connection.

Sr Dipti: I feel Baba is our big Security. I think you probably know that the Queen was celebrating her Jubilee. And I came across something that I did watch. You could see all the security guards that they have around them. And that made me think that, we have Mama and Baba on either side of us, as our subtle Security Guards, but the strongest Security Guards. You have answered my next question already. Thank you for that.

(To both Didis) Thank you very much for your time this evening, and for your company and your answers. Thank you.