

## Sudesh Didi – 14<sup>th</sup> August 2022 Sunday Morning Class - GCH, London

### ***The Tilak of the Three Dots***

Om Shanti. Om Shanti. Good morning. Diamond morning, because Confluence Age is the age where Baba makes us aware that Brahmin life means diamond life and golden life means life in the Golden Age. But at the Confluence Age, diamonds are studded with gold. A diamond has no value if it is studded with plastic; it does not receive the value of a diamond if it is studded with plastic. Gold is needed.

So, we make our stage *satopradhan* at this time, and then this gold (in the soul) shines with the beauty of a diamond. Baba is making us aware, of course, that in the Golden Age, you will go and you will enjoy the Golden Age, but your life will not be a diamond at that time. So, every day, have this intoxication, of what a Brahmin life, the greatness of Brahmin life, and Brahmin means pure life, yogi life, holy life. Pure, clean, clear. Pure, but holy life. Deities are praised with a double crown, in the crown of light. It's the crown of purity and the crown of prosperity. The Pope is praised for his holiness because purity is considered holy in spirituality. His purity is at a higher level. And so, holy is more connected with the spiritual powers.

Baba says, "Be holy. Be yogi". So, which comes first? First comes yogi. Then be holy. Yogi makes us rishi. Rishis mean the ones who are karma yogis, those who have their household, but not in a possessive way; not having the household of attachment, but in a spiritual way where the environment is created. The environment of harmony, of natural beauty, in which others come to experience the spiritual environment and teachings. So, they are rishis. Then, they are called Raj Rishis, Rishi Raj. So, what does it mean? It's a rishi who rules the heart of everyone. Rishi Raj, purity rules, and it is the kingdom of purity which is called the divine kingdom which Baba is establishing.

This month is the month of purity because in August month, every day, we are hearing the points of purity (from the Avyakti Signals), sometimes eight characteristics of purity, sometimes five, sometimes three, and every time with the blessing, there is the definition or value of purity, *pavitrata* and in Hindi, *svachchhata* (cleanliness), *patit pavan* (purifier), *pavitrata* (purity), Baba is called *Patit Pavan* (Purifier) and *pavan* means where everything is transparent, pure, no stain around, nothing is hidden, both inside and outside. That is the body and the soul. Both are so pure, so *satopradhan*.

And that's why it is they are protected because of their purity, *aur pavanta*, holiness. That is what it is, the whole system of the Golden Age remains, and rakhi is the festival of this level of purity, *satopradhan* stage where we tie ourselves, first with *maryadas* (the codes of conduct), but also, we connect ourselves with Baba in all relationships.

We are very fortunate to have so many guests and it is said in India, that the place where guests come is very fortunate. God is pleased with that. *Mehman aaie, Bhagwan aaie*, when the guests come, God comes. (All applauded). So, the *bhaagyavan* (blessed) souls, the fortunate souls come into God's House. It's such a wonderful opportunity to meet Baba's special souls who are serving in different places with love, dedication, surrender consciousness, looking after the centre, and taking care of Baba's children. Each jewel shines with so many specialities. To meet and greet so many Baba's children is a great joy.

Today, Baba is reminding us about the tilak, that you are given a tilak in the early morning, the tilak of the three dots, three points on your forehead, it is called *smriti* and *smriti* means awareness, remembrance and consciousness. So, the first tilak is the tilak of soul consciousness. We have been practising for many many years, and every day, in the Murli, we are reminded. In one Murli, we counted 41 times in three pages of

the Murli, be soul conscious, be soul conscious, we noted that. This is why Baba is reminding us again and again.

So, we know that we are a soul. Other people also know when someone leaves the body, the soul is gone. Left the body, the light is gone; the life is gone. The soul is a point of light. What is it that we are not understanding or we are missing? A few days ago, there was a meeting with about 30 guests. In Amrit Vela, I read Amrit Vela class for the family in Germany, and the time there is one hour ahead. Our time would be 3:45am. This system has been for the past 10 years, so I continue especially Sundays and Thursdays, definitely I should be there. And so, I was reading about when Baba said, to apply the tilak of *smriti* of the soul.

Someone asked, "But we are souls and it stays here. No? So, it is not a question of applying the tilak."

I said, "That is what the secret is about, apply the tilak. We know we are, but do we apply the truth that I am a soul? Am I conscious of the fact that I am a soul?"

Then, the question was asked, "What is soul consciousness?" It is easy to understand, but the main thing is to apply the knowledge. We are able to understand, recognise, and instantly point out body consciousness. So how do we recognise body consciousness? Although there is a desire to know how to identify what we believe to be soul-conscious and to find a subtle way of positioning myself so that others can see me as being soul-conscious. But in fact, others can see if I am body-conscious or soul-conscious without speaking about it.

Body consciousness is the property of the land of Maya. The time of body consciousness begins and the ruling of Maya begins. Illusion, ignorance, forgetfulness, misunderstanding, and then Ravan comes in means the five vices come in. So, body-conscious vices are very clearly visible. If I'm body-conscious, I'm angry, I am greedy, I am attached. Then, a time comes when I understand that this is body consciousness, because immediately I lose my happiness. I recognise this is not good. And, my organs are also telling others and me that I am in body consciousness. So, in body consciousness, my physical organs, which are the property of the body, the workers of the body, express themselves, because it's a property of the body. Through the eyes is anger, through the mouth is anger, through the head is anger, it automatically acts.

So, soul consciousness means the property of the soul. It should act, it should interact, it should communicate, through which is the property of the soul, the eternal qualities of the soul, the eternal qualities of the Supreme Soul, that I, as a child of God, apply in my conscious practical life, so that my inner organs, first my ministers, my ministry works in the right way, in the right consciousness. So, what is happening in the office of my mind? Which files I'm keeping, which thoughts I am thinking, what vibrations I am creating, and are they clean and clear?

In soul consciousness, the soul is looking at itself in the state of Manmanabhav. Where is my mind? Is it with the Baba? Manmanabhav. The mind belongs to Me. Make your mind Mine. Make your mind like My mind. Be Mine with your mind. That's called Manmanabhav. Be like Baba's mind, because God also has His Mind because He is the Supreme Soul. God is The Wisdom of the wise, the Bestower of the divine intellect, the Bestower of wisdom. His Sanskars are of benevolence, selflessness, generosity and forgiveness. These are also the ministers of the soul that rule this palace, this kingdom or this body as well. The soul cannot express itself without this physical body. So, the body expresses itself, if the soul is loveful or hateful, if the words I'm speaking are just words to please others or are coming from my heart, whether I experience happiness and I share it with others or it is superficial.

Everything is soul consciousness is so natural, through the expression of the body. So soul consciousness is actually being awakened, active, interacting, and then it becomes so natural. I don't have to say whether

I am body conscious or soul conscious. Others recognise when I am body conscious in a subtle way. When something is coming natural, there isn't a need to speak about it. The flowers do not say, "I'm fragrant", but we say, "Oh, nice fragrant flowers." Sweetness doesn't need to speak about its sweetness. Mango is very sweet, but the fruit doesn't eat its own sweetness; the fragrant flower does not smell its own fragrance. It is totally detached, but others are speaking about its sweetness and its fragrance. And that is what soul consciousness is. In the Golden Age, the deities naturally act in a soul-conscious manner, and each one is enjoying the quality of each other. And so, these are the sanskars we take, of benevolence, of being detached and being egoless in the intellect.

When we apply the tilak of soul consciousness, automatically it is connected to the Tilak of the Almighty, and reply the tilak of "Who do I belong to?" Baba and elevated actions.

Time is telling me I should stop. So, these three tilaks are connected. Actually, because of Baba's actions, His titles are His Attributes. They are not names, and yet so many names are given. Why? Because His task is of benevolence. His task is meaningful. They are attributive names.

Why do we call television, television? It tells us about something we are watching. So, we call it television. A ventilator is called a ventilator because the air should pass through, so, we call it a ventilator. A grinder, why it is called a grinder. So, an attributive name is given, because the function is done and the name describes its action. In the same way, in this expression, the qualities are telling us, so, actions are also important.

So, when our mind, intellect and sanskars, all three, are working in a practical way, then we are soul-conscious, and others are able to experience my vibrations, and others are able to experience my attitude. It is not that I have to say, "I really have good wishes. I have so much love for you. I have a lot of good wishes for you." It is an artificial flower, because it does not fragrance. (All laughed.)

So, this is the importance of the tilak of soul consciousness, the tilak of the awareness of "Who do I belong to?", and the tilak of elevated actions, my sanskars.  
Om shanti.