

## Dr Partap bhai – 1<sup>st</sup> August 2022 Sunday Morning Class - GCH, London

### ***The master key to progress and transformation is accurate remembrance***

Om Shanti. Very good morning.

Baba is our Supreme Teacher. He's our Supreme Guide. And He's also our Satguru. Whatever He shares with us, teaches us, and we learn from Him. We are asked to share. So, there is nothing original with us; we learn from Baba and share. Baba makes us master knowledgeable. And that's how we are able to share. He's the One, He's so humble, that whatever He has, He shares practically everything with us. He says He keeps only one thing with Him. And that is the the key to vision. But He gives us the vision: what we need to do, what we need to perform, and what we need to act, He gives us that vision. So, in a way He shares that also with us - what His vision is of us.

August is a month of festivals in India. First, Rakshabandhan comes, then we celebrate Independence, then we celebrate Krishna Janmashtami. Normally, Rakshabandhan, Baba shared with us about a week back or so, the old times, that the Brahmin used to go from home to home and tie a thread. And now Rakshabandhan has become a fashion. The sisters expect but we know Rakshabandhan reminds us to be soul conscious, to be pure, to be established in our own true nature. That is what Rakshabandhan tells us. The foundation is purity. And purity has connection with all our values, virtues. Purity is the foundation. Baba says purity is the foundation for peace and prosperity.

When people ask for peace, and they are not ready to adopt purity, they want to live in this world, the way they are living, the way the pass through this world, they are not ready to change. But, we children, we adopted purity without any effort. That is the magic. How did it happen?

Because we became conscious of the time. Time is one thing Baba has made us *trikaldarshi*, the seer of all the three aspects of time and when the time we knew that this is the end of the Iron Age and the beginning of the Golden Age. This is the Confluence. This is the time when we can perform actions, like the farmers, when they sow the seed, they have to see what is the right time to sow the seeds. This is the time when we can sow the seed for the whole cycle, whole kalpa. If we lose this time, then nothing would happen, the farmers also, if they don't sow the seed in the right time, what would happen? Nothing, nothing would come out or the crop would be much less. That's what happens. So, purity gives us power. Purity is power also, purity is a virtue also, and purity is connected with our peace also. You know. whenever Baba keeps telling us, whenever the slightest impurity, the slightest, even a particle of purity, and then the other things emerge.

So, on Rakshabandhan, we take a kind of self-discipline, take the goal to become, and establish ourselves in purity. About two days back, Baba said that this is the time when we go into relationship from bondages. Rakshabandhan is one festival when we tie a bondage, tie a thread, but to be independent, and to be light. Baba doesn't like us to be pulled down by any burden or any bondage. So how do we become bondage free? How do we establish in that true relationship? You know, if we have love for One, if we are established in true love with Baba, then all of the relationships, we have to carry on with them. We have to really go through our responsibility but those relationships don't pull us; the attraction is not there. Only one attraction is there because Baba is our true Companion. So, when that one attraction is there, that makes us very light. One attraction we are established, like we say, just Shiv Baba and no one else. So, purity of the mind, purity in our words, and purity in our actions. That's what Baba expects from us.

What is purity in words? It is sweetness, like it says humility, it is being polite, that is purity of when we are in body consciousness or when we are conscious of our position or role, then our voice may not be sweet, words may not be polite, because we sometimes exercise our authority. And that is the beginning, because the principle seed is our thought, like we say time is most valuable, but what is the unit of time, they say second for us, it is the *sankalp*, every thought is, I would say,

the 'minutest' part of the time. So, if we want to spend our time in a worthwhile way, we have to make our *sankalp* worthwhile and *sankalp* also becomes the seed to make a slide.

You know, when we talk of Confluence Age, we always talk of that the final stage, when we practise the five stages: the incorporeal stage, then the stage of double crown sovereignty, then we come to worship-worthy and then we come to the true being, the true child of Shiv Baba, the Confluence Age. And then, the final stage is to become an angel to become *farishta*. The quality of the *farishta* is that, he has no burden, he is the double light. So, how do we get rid of all the bondages, all the pressures, and then we also we have to establish ourselves and our true nature.

When we are peaceful, we have very few thoughts. But when we are restless, the thoughts go through the mind very fast. So, our thoughts have to be powerful, and thoughts are the *sankalp*. If it is pure and powerful, then it helps us to become an angel. An angel is free from all impurities, no impurity, light, established in the form of light and acting light.

Like Baba tells us that He doesn't like us to labour, He doesn't like us to make effort, so, if you have to become an easy effort-maker, we have to become an angel. Because an angel, you know, if you look at angels, they are supposed to be the protectors. They're the guardian angels. In the cities they have their angels. In Rajasthan, every village has a *kuldevi* or a *kuldevta* (deity of the clan or family). That is, wherever they may be, they would at least come once a year to worship their *kuldevi* and *kuldevta*. So, we are also an angel and we they just worship them, but we are becoming worship-worthy. So, an angel is one who protects, he makes people feel secure and then vanishes. Like Baba says, He incarnates. So, Baba also says that we also need to practise, that we incarnate in this human form. Do our responsibilities, do our *seva*, but then, we again become incorporeal, that is what Baba tells us as the step to become an angel. It's very important that we keep that conscious.

This world is a stage and we are all actors. You know, like actors perform their role, and then they go backstage. They perform whenever their next scene comes, then they appear and then they go backstage. So like our stage also is to become detached, *upraam anaasakt* (beyond and detached) without any pulls. That's what Baba expects from us. When we become angels, we become the one who bestow happiness, the one who bestow people the strength, they make them feel secure. Even their presence, you know, if you have the presence of an angel around you, you feel good about it, because they're always smiling. When we are in we were in Rome, we were looking for angels. Someone asked that when you come back buy an angel for us. So I told that sister, I said, "You are yourself an angel." She says, "But I cannot hang myself on the wall."

So, Baba is giving us so 'minutest' understanding and wisdom, we only have to really practise, One thing is very clear with an angel, is that he is focused, he's aware of his responsibilities. Like when we say we are teacher, "I am teacher, I'm savedhari." From now, we should say I'm an angel. If the moment I become conscious of that fact that I am an angel, my act, my words, everything would change.

The only thing should be in our awareness, in our consciousness, is that we have to become an angel. Our focus should be clear, I was sharing the other day, that once Jayanti bhen once shared in the class that there was someone who was practising for our Olympic medal. So, even if he would take a glass of water, he would say, whether it is taking me closer to winning a medal, whatever he would do.

So, our practice also should be that whatever we do, we should check, we should know that whether it is taking us closer to our goal, because the foundation is we are all effort makers, and we are all incognito, wherever it is, no one knows because our *purusharath*, our effort is not visible to anyone. Our words may be visible, our actions may be visible, but our *purusharath*, the internal effort is not visible to anyone, that is visible to us only. Today, Baba tells us in the Murli that, with a true heart, you should check yourself. So, we can be the best judge for our own self. No one else can judge us. We know about ourselves much more than anyone would know, because we know our weaknesses, we know our limitations, we know our strengths. So Baba is taking us beyond those limitations, beyond the percentages to the perfect and accurate state. So, Baba in today's Murli also tells us that accurate chart, but I was wondering, it could have been accurate remembrance, which leads to progress

in transformation. The more accurate we are in our remembrance, means in in our consciousness. If you look at our BK life, the Brahman life, the first step of Brahmin life is shifting consciousness.

Our consciousness transforms and the way we perceive things, the way we look at people, the way we talk to people, it changes because we are conscious of our reality within, and that reality is truth. Our every action, every word is based on truth, when it is based on truth, it will lead us to progress. The moment we go beyond that truth, come below the truth then our result may not be that fine. So, the foundation is truth. The reality Baba once said, the last couple of Murlis, that our reality is truth.

And you know what is truth? Truth is that we are all immortal. We are all souls. We are all playing our role, we have to perform our role to the best of our performance. That is our reality. The reality is that this is the return journey time. The reality is that we are all making effort, we are all effort makers. The reality is that we are connecting to one Baba, that is the reality or truth. So, that reality and truth, if it is in our awareness, our actions will be like that. So Baba is our Teacher, he's our Preceptor, He is our Guide, He gives us everything, shares with us everything, but the effort is ours. How we make effort, that makes all the difference.

Today, Baba also said in Murli that, you know we say sometimes; sometimes we are very good, sometimes we are up, sometimes we are very happy, but Baba wants us to change that sometimes and to become constant, for always. That is what our effort is. We are all very good, if you look at ourselves, we are the on the top of the world, nothing parallel to us. But what Baba expects from us is that this stage should be continuous. Continuously, we should be in this elevated stage, and our Brahmin family should be able to perceive it, they should be able to feel it.

Sometimes we say we are very good, but people should be able to feel that goodness within us. Because goodness emanates energy, positivity is always energy, good is always energy and energy would be felt. It would charge the environment. So, if we want to charge the environment, we have to be really focused on that goodness, that greatness whatever may come in our way, whatever be the hurdles or obstruction, the goodness is the one strength which we have to follow. We know people definition of goodness is different, our definition of goodness is different. So, Baba says that elevated consciousness is our good stage, if we are always elevated, and that depends upon how we make best use of our time. Like they say then, that time is the most powerful, if you want to stop time, time cannot stop, time has to go on.

So, this time of Confluence is the most powerful and the maximum we make best use of this powerful time how we you know, how we use it, how we use it for productivity. So, time is important, even in a second, things can change. In a second, the world can change.

I was sharing that, you know, as a child I used to wonder, they say that Buddha, Mahatma Buddha, he was going from place to place, he was fasting and he did so much effort, but when he sat under the tree within a split second he had enlightenment. It was just a thought that he has the thought that he has realised. He has achieved what he wanted to achieve, that was enlightenment. So, Baba is giving us so much attainment, so much wisdom, so much strength, that for us nothing is difficult.

So, our enlightenment should be like that, that's what Baba says, in that second you can achieve liberation. So, although the process would continue, but the realisation or that enlightenment, the opening of third eye, that is just a split second. The moment we realise that where we stand, how we are connected, how we can achieve our goal, that makes all the difference.

So, Baba is really doing so much for us. You know, if we look back, for so many years, we have been listening to Baba, every day Baba really gives us the newness, every day Baba gives us so much wisdom. It's like a kind of a ready reckoner for us. You if you go to it, you will find all the solutions. I sometimes feel that He has done so much for us. If we look back at the years which we have spent with Him, He has a lot of patience with us. We need to really admire His patience with us. So, the only thing is, now what we need to do is we need to chart our path, give it a direction. We have to chart our path. How we are going to go step by step. Everyone needs to do that.

I sometimes wonder what is more important to us. I was listening to Mohini bhen one day, she shared one thing which is very important. It was related to Sakar Baba. So, Mohini bhen said said Sakar Baba was appreciating everyone's service, everyone is doing wonderful service. But Baba said, I'm doing the most important service and what is that? Baba says I give sukh, I give happiness and comfort to everyone. So, it is most important that we share our happiness. We make people comfortable, whosoever come into contact with us, they should feel that they're meeting a special person, a special soul. That is our effort. Everyone who touches our lives, everyone who comes across us should be able to feel that energy of happiness. And when we are able to feel that energy, happiness, we become light.

The more we give, the more we become strong. That's why Baba says that if we use our specialities, if we use our virtues, then we become strong, if we don't use, they just lie in our diary or textbook, they are in Murli. So, the more we use the more we are strong. You know, even in the physical body, if you use your muscles, they become strong. So if you use your values, you become more stron. The using is putting them to service, putting them to support people, to care about people, to share your love with people, to share God's love with people, that is our strength. I'm sure this is our journey, yes, we have to be steady on our journey, we may be slow, but once we are steady, then we will reach our destination.

How we can be steady, in this Murli, Baba also says nothing should be able to shake us, circumstances, situations, all are going to be there. We have to accept that the challenges would be many. There are two aspects of our life: one is external pressure, the other is our internal strength. External pressures are beyond our control, but internal strength is within our control. So, if we increase our internal strength, if we empower ourselves, then external situations would just melt away, they will not exist for us.

So, we need to step by step increase our internal strength and, that internal strength comes through accurate remembrance. You know, the whole crux is how good we are in remembrance. The more we become proficient in our remembrance, that makes the change. So, all values all of our transformation depends upon our remembrance. If if we are in good and stable in our remembrance, then probably our connection is strong. And if our connection is strong, so then we become powerful and we empower others also. So that is what Baba expects from us, we become independent, and once we become independent, free from all bondage is then the final festival is Krishna Janmashtami in August, so that is our perfect stage. So we all have that perfect image before us. That Krishna; everyone loves Krishna. And there's a movement known as Krishna Consciousness. They keep dancing, they're always in ecstasy. They are always enjoying that what we see, whenever they're singing. We don't have to sing; we don't have to dance in their form. But our perfect images before us and that perfect image would really elevate us and it will bring closer the time of perfection also.

So the key is we our own self, we are the owner of our key, the master key is with us and master key is remembrance. Remember One and you will be perfect. Om Shanti