

Sudesh Didi – 2nd August 2022 Tuesday Morning Class - GCH, London

The basis of a pure life

Om Shanti. Om Shanti. What is the mantra today? *Shanti aur purity, pavitrata bano. Yogi bano, pavitrata mahaana*. Be yogi, be pure. Purity is the greatness of life. Purity is the beauty of the soul. Purity is the religion of me, the eternal self. Purity is the power of Brahmins and deities. Purity is dignity of a Yogi Brahmin life. So, purity, of love, how do we achieve this purity? It is not that it is given like this, it is inculcation, to take in, to realise, to recognise the divinity, the spirituality, the purity, the reality, an original royalty of divine life and Brahmin life.

Baba said that a pure life is based on both remembrance and study. The foundation of purity is based on these two things, if we want to go into the world of Vishnu Puri. This world is the land of purity, the land of harmony and the land of prosperity: purity, peace, prosperity and harmony. We are going away from the world of negativity, poison, into the world of nectar. So, we now have the realisation that what we thought was nectar before is poison, which does not make us pure. But in fact, gradually, gradually pollution came. And so, first comes cleanliness. Cleanliness is next to godliness. So, Baba makes the intellect also clean. And that's why, again and again, He gives explanation as to why we had become impure, why we had lost our dignity, how our light and purity decreased. And once again, it is increasing through remembrance, remembering what we were, who is teaching us, what we are becoming, and what I have to do. So, it is practical *swadharma*, my duty, my religion to, again, become pure in every aspect.

What should be our intensity of remembrance? It is not only just repeating Baba's Murli, not only thinking and churning, but when it reaches at the level of every breath, the breath we take in the inhale and exhale, in that, the vibration is created. It's connected with thinking. Again it's connected with what we are seeing and focusing on.

This is why in order to create purity in the atmosphere, it is not that only the physical cleanliness; it is not any kind of ritual. It's the spiritual energy, which is the life of Brahmins, just like for life, if the breath is gone, the life is gone. So, with zeal and enthusiasm, but also, with our power, which changes the atmosphere.

What is the atmosphere? How it is created? it's actually in the air. You cannot photograph it, and yet, you take it in so deeply, "I am getting vibrations." What vibrations are you getting? We feel vibrations. It is actually our thoughts and our feelings. Thoughts, when changed into the experience of feelings, will then automatically come out with every breath and it spreads in the atmosphere.

Negativity is just like a bad smell, which spreads into the atmosphere, and it is touching you. In the same way, purity is also touching us, of *drishti*, of *vriti*, of attitude, of selflessness, of benevolence. It is of total truth, which is beautiful, that attracts.

So, this is the beauty of the soul, purity is the beauty, purity is the strength and purity is my religion. So, if practising this in this way, with determination and reaching this level. In fact, purity also comes through in practical. It is when I am interacting with others and connecting with others, when an exchange is taking place with others, at that time, my attitude, my vision, my feeling, and my vibrations are working. And so, we reach the level of the angelic stage.

Keep this consciousness that tireless action means, not only the body should not get tired, but the soul doesn't get tired, because there's zeal and enthusiasm in life that God is with me; my Companion is working with me. When my Baba and I are in action, then, actions are pure. And this purity becomes the power.

Actions with selflessness, and with the awareness that *Karankaravanhar* is making it happen, then there is no tiredness. It is the body that acts, but this tiredness is not there. How is it removed? It is just like when you are tired, you take a nice shower. Your tiredness is gone. Was it anything outside the body? But, this freshness of the cool water, the clean water, automatically removes the heaviness. So, it is bathing in the Ocean of Purity. Bathe in Baba's deep deep Ocean of love. We are Vishnu, lying in the Ocean (It is portrayed that Lord Vishnu lying in the Ocean of Milk, signifies that one attains control over the Milky Way, the universe by seeking the Supreme within).

So, Madhuban is the ocean. Baba is the Ocean of Love, the Ocean of Purity, and the Ocean of Peace, and we bathe in it, swim and dive deep in it and then actions are performed. Even if the body does not have the capacity, the capacity increases because the energy is not only the soul's energy but Baba's energy. It is *Karankaravanhar* who is making it happen.

Dust of the body becomes less and less because dust to dust, and angels do not have dust in the body, you know, angels are just the body of light. It's a body of light here, the lightness is here (Sudesh Didi clapping with joy). So, lightness, not heaviness, in every aspect.

So, continue to perform action and enthusiasm remains, because the mind is not tired. The body needs to rest according to its capacity; it needs to be recharged in different ways: remembrance, rest, and free from worry and tension. There are methods to refresh the self, then energy is not decreased; energy increases. Responsibility and duty is done with enthusiasm, faith and intoxication.

I am happy to see my family, coming back home from service place, back home to the family. And so, three months, how it has passed. Baba has kept me busy, but "busy and easy" is the mantra. In Baba's remembrance, busy, and in His task, feel easy. Certainly, when activities are taking place, then not only mind is busy, the body is also busy because all the actions are done through the physical: presence, actions, communications and organisation or not organization, still, there is with each other.

So, three months in Germany, this time has been especially for the retreat time. It has been two years without retreat taking place because of lockdown, because of different situations, then from time to time, it was fine for 10 to 15 days and then another wave came.

Now that the retreat centre is open, certainly, everyone's zeal and enthusiasm also increased as everyone had been missing it. When you actually enjoy something, and there is a break, you feel that something is missing, and so it was the feeling in the family, that something is missing. So, once again, the family is coming together, meeting together, sharing together. And this is the wonder and beauty when the retreats are taking place.

This time, every week, not only weekend, but begins Thursday, and finishes on Monday or Tuesday. So it is nearly a week gone, and another week is starting. And so it started actually when I went back in May. In June, there was a lot of enthusiasm and a feeling of supporting others. That month was also when the war began to take place in Ukraine. So Baba's children from Ukraine have connected and are being cared for the same way as the ones in Germany, as it is part of Europe. So, they have an opportunity to come to Germany, without a visa. They only had to pass through the immigration and got documents stamped and everything. So the family in Germany connected with them. The Ukrainian family requested to celebrate rakhi in Germany this year, because every year, rakhi takes place with great happiness. Around 50 Baba's children have requested to come. We can accommodate fewer than 50 but when the heart is big, that number doesn't matter. Everything can be adjusted. Brothers could not come because all males ages 18 to 60 have been ordered to remain in Ukraine to defend the country. So the sisters came by bus; they also hired taxis. They travelled by road, otherwise, flying would be very expensive. Travelling by road was also costly, but when there is that enthusiasm, there is love for the family, cooperation comes automatically.

They stayed for five days to one week So, it was a very good feeling of being with the family from Ukraine, for retreat and for rakhi celebration. Everything was very special. The families from both countries enjoyed the retreat, though the language is not the same. Being in this atmosphere, it was understanding just through drishti. It was meeting through happiness, through smile, automatically communication takes place. It is angels speaking through signals. So, the practical experience was moving around with a smile and meeting each other and understanding each other.

Generally, those who come for the retreat would take the responsibility of the kitchen, the cleaning and making the rooms. But, it was agreed that for our family from Ukraine, they would remain free from responsibilities, so that they could enjoy themselves. The family was so enthusiastic; they created many teams, organising who would do the rooms, who would do the cleaning, who would do the cooking, etc. The mothers were very happy to be able to give them Brahma bhojan. So they were invited to experience coming to Madhuban. The mothers said, "We will prepare Madhuban food." So everything was done with so much love and enthusiasm. So the family from Ukraine went back, carrying with them the experience of more than just the atmosphere of Morrigan, the environment and the greenery.

The weather in Morrigan was very beautiful. Everywhere green, green, green. Some said, if the beauty of nature in the Iron Age is so much, what would the Golden Age be like? So it created the atmosphere of walking in the morning in silence when the sun is rising, and walking in the evening in silence. So nice atmosphere. Then that retreat finished and had been arranged from UK, from South London. So, they also came with that same enthusiasm, the same feeling after two years. We had deep classes, chit chat and discussions.

Then, another retreat started; brother Charlie came from Australia. So, he was there in Germany for a week. So, different types of service took place. Of course, very good classes, very good retreat, workshops, he is a skill-blessed and very charming Charlie, and very gentle. So, the whole family, those who took part, they enjoyed, and those who come to serve as karma yogi, they also enjoyed.

Then there was a new student retreat for Baba's children who were born through Zoom course. So, it was first time for them to be in the retreat place. So, they also needed extra attention, extra care. So, time went like this. After the new student retreat, we had Hindi retreat of German brothers and sisters that took place.

So, one after another, when that retreat finished, then it was the board meeting, general meeting, and the board and directors meeting. Jayanti bhen also came for that reason. Jayanti bhen arrived on Saturday and left Sunday afternoon. But short, but sweet. Friday was a meeting, then Saturday morning was meeting. When Jayanti bhen came, then an official meeting in the evening and another one in the morning next day, so intense. Then she came to Frankfurt. Charlie also came; he was supposed to do two retreats, one was with the Brahmin family and the other was with invited guests, VIPs. It was a small group. There was a wave of "positive" energy. Positive means many were tested positive, which meant that it was not practical. Charlie had been to Berlin, Tristan, Hamburg and was never supposed to come back for the weekend. So, instead of joining the retreat, he went to Frankfurt. So Frankfurt activities were increased by double. So, Brahmins got extra sustenance.

It was very nice that Charlie was there. After one week, my two or four other places for rakhi. So I got time to move around to three places. Because now someone is there to take care of everything, I feel so relaxed that Jayanti bhen is doing everything, taking morning class, evening class. So this last day. I was totally, just like, okay, someone is there and now, today, she's going to Berlin. She would have left already. So two days in Berlin and a short visit in to Morrigan, and from Hannover, coming back. So this is the news of service, news of Baba's home. So happy to meet you all. Om shanti.