

Sudesh Didi – 4th September 2022 Sunday Morning Class - GCH, London

Protection through friendship with the self

Om shanti. Om shanti. Power of peace, *shanti*, or the power of silence, deep *shanti*, sweet *shanti*, love for *shanti*. What is the source of *shanti*?

People say they want peace of mind. The experience of the mind is peacelessness. But it is not the mind that is peaceless, it is the soul that has forgotten its source; the mind itself is the source of peace, because the mind is one of the powers of the soul, and the original nature of the soul is peace. So, the mind has become the old friend of the soul, and the soul is an enemy of its own. It is the mind which generates the energy by becoming *Manmanabhav*, focusing the mind on Baba.

In today's slogan also, Baba says, become a donor; give the donation of power with your mind; donate virtues through your behaviour: actions, interaction or connection with each other; donate jewels of knowledge by becoming *Rup Basant* (embodiment of yoga and embodiment of knowledge), through your words, through your mouth. So, become a charitable soul and a donor.

So, what's the difference between giving cooperation, donation, and act of charity?

Cooperation is where there is love for each other; there is friendship, and cooperation comes automatically without asking. In Hindi, it is called, *sneh sahayog*. *Sneh* is the actual soul conscious love. And when the soul is seeing the need of another soul. It is the task that the other person is carrying out, and you also want to help in that cooperation, which is to help with the task in a physical way.

Donation is to fulfil bodily needs; maybe it is helping someone with wealth, with clothes, food, and the need of the body.

The act of charity is what the soul needs. Baba says that in the golden age, all are charitable souls. So, there is no one who is poor and needs donations. Charity begins at home. It means that when we learn to give charity to our own selves, When we work on the self, we are giving cooperation to ourselves. As well as cooperation to ourselves, Baba tells us to give cooperation of our power to others. When others are angry, when others are not behaving with respect or love, or they are violent, just give them cooperation. What does that mean? Not the cooperation in terms of what we are doing, but it is the act of charity that gives them cooperation; it is the power within yourself which you have. So, you give it, and that is the act of charity because the soul needs power.

So, we are here today to become powerful. For what? Why should we become powerful? What has made us weak? it is the powers within us as souls, which we have lost or misused. We have become weak, or we have lost them; we can say that we are defeated. So, Baba has created a fortress here. Of course, this weekend is a nice opportunity (Global Silence Retreat), the focus is "the Fortress of Perfect Purity", protection by being a protector or under the protection of the Protector. In fact, this is a place of peace and silence; Baba has created a fortress. We have to create the power within ourselves. It's not a question of receiving protection from anything else. The first protection is to become powerful, to make the mind powerful or to make ourselves virtuous so that we can cooperate with others or help others with the virtues. The first thing is that I have to become my own friend.

Time and energy are lost through fighting with my own self. Who are my enemies? This aspect is very subtle. The mind says this is a good task; I know it is, but I will do it tomorrow. Today, I am very busy doing this other task. In this way, the mind, in the form of laziness or procrastination, delays elevated tasks. It can also be in a very visible way: the dictates of my own mind, the desires of my own mind.

That is what takes a long time. Time is energy, and fighting with that is immediately visible, and we don't realise that we are using so much energy, fighting with our own selves. Friends do not fight, friends cooperate. But here we are fighting with ourselves. So, I have become my own enemy.

So, who has come, that I have to fight and I have to conquer now? Someone who is violent, causing violence in me, instead of silence; someone who is creating noise in me, instead of making peace. And the loudest voice is of my own thoughts. Even in my sleep, I can hear my own thoughts, I could see my thoughts playing wonderful games. From where, this dream has come? I have not thought of it. But in the subconscious mind, certain things are so strong, that in the dream, you are reacting, and you're fighting, and you are sulking or you are suffering, and at that time, nobody else is actually attacking you. But this enemy, which has sat inside the consciousness of the body, which I have collected. So, it can be my own thinking, my own imagination; it can be doubt; it can be in the form of expectations. My expectation is a very subtle enemy. Within my own self, it is good that I have to have enthusiasm, courage and confidence, but it is different when I compare myself with others, and have expectations of myself doing what others are doing. To do something when I am inspired, when I really take the power to discern, then it is good. But when it is comes from comparison, then it becomes a competition. And competition becomes an inner fight.

There is no need to compare the self with anyone because the intellect knows that each individual is totally different. You cannot copy another person. Even if you try to copy, it will not be a real copy because each individual soul is totally different. Even the physical bodies of two twins who look alike with the same features, there are still differences in the subtle features. The sanskars are also different because the soul is different. Every soul is uniquely different, though we are all the children of the Supreme Being, the Supreme Soul.

So, first, I have to learn to conquer my inner enemy. Instead of saying conquer my enemy, it is better that I learn to become my own friend. When I learn to become my own friend, when my mind is wandering here and there, my friend (the intellect) will make me aware of what is not good for me. When the mind keeps thinking about something which I should not think about, the intellect will remind me not to continue making the same mistake; otherwise, I will waste a lot of energy. Whatever I hear, the mind enjoys thinking the same thing, and has the power to make it so real. The intellect says no, it could be a misunderstanding. Whatever you have heard through the ears, is it really true? This person told me something and I start to believe that to be the truth. I have heard someone saying something about me, or telling others about me. Although they are unrighteous things about me, I begin to believe and start to fight with something which is false, which is imagination or a misunderstanding. I believe something which is a misunderstanding, believing it with belief. It is a misunderstanding and I convince myself that it is true. So, I am fighting with my own self unnecessarily, and that is creating peacelessness in the mind. We want peace of mind, because the soul wishes to fill itself again with the power of peace.

We can conquer our inner enemy only when we can become powerful, when we become a detached observer and play our parts as players. One point which Baba says is churning in my mind: Baba says that in this field of action, in this drama, there are 10 players playing; five players are the agents of nature, the elements, and the other five players are the agents of Ravan. These five players of Ravan, which are of body consciousness, ignorance, and forgetfulness, have taken away all the health, wealth,

and happiness that we have. They have destroyed our divinity, our spirituality and our purity. That's why Baba is once again making me my own friend. My own friend means that I stay more with myself in soul consciousness, rather than friendship with my body, that is, body consciousness. The body is already with me, but in that consciousness, I am being influenced by the five elements more, and in this way the soul desires and is attracted towards things, because the body is from the five elements.

The five elements are the earth, water, fire, air and ether. What are their properties, and what power has each element got in them? With the body consciousness, they defeat me; with which power that body consciousness leads to my defeat? The body is lifeless; the body has no life, yet body consciousness is conquering me. It is the five players of matter that defeat me because the body is matter. In this play, I am defeated because of its subtle power and subtle energy. The body is flesh and bones, but its attraction is towards the physical form, the 'gravity'.

Earth has 'gravity'; this is the attraction towards anything physical, towards human beings or towards objects or towards the beauty of nature. Being influenced by the 'gravity', we say "I like it." Baba says today that like itself, though it is not a desire, but like is a door that will trap you in bondage. It's a cobweb. So, we create enemy in this way. Attraction is the enemy that traps me.

'Gravity' means that which is bringing me down. I meditate and try to go up, instead of flying, this gravity of body consciousness brings me down. So, the fight is taking place in meditation. I want to go up and then suddenly I feel tired. I become aware of some type of tiredness. So, this is the effect of attraction.

The second element is water; blood connection and so, emotion. How I have understood is that the emotional relationships or the emotions themselves, will create heat in me, fire will come, and anger will come. As the heat increases, my blood pressure will increase. Fear generates anger; *krodh ka jvar*, fever of anger creates heat.

One after another, these five vices, play in a very subtle way, and take away our energy. Gradually, we become weaker and weaker. Then, greed is taking away my loyalty. I am a loyal person, so there is satisfaction with what I have. So, it is not greed for the material; it is subtle greed. Although you are given love, you are given respect; you are being taken care of very well, you still go into comparison.

In the family with two children, one says, "Mother, you love him more." "You care more about my brother and you care about me less." In this way, we begin to compare, and gradually, the quality within ourselves changes. As body consciousness increases, ego drives the self, and we think that everything should be under my control, that I should be informed of everything, and that nothing should go without my direction.

So, body consciousness is with the five elements, and in the five elements are these five vices. Lust is a desire of body consciousness which starts with that attraction and temptation. If this lust is not fulfilled, anger comes; if it is fulfilled, then it creates attachment. Now that attachment influences the soul, I get into more and more situations. I have to live and look after them; I need a job; I need more and more. If I get a lesser position, I feel I am less; if I get a high position, I feel that no one is as great as me.

So, this is how body consciousness leads to the fight with these five elements of the physical body, through vices and also through the elements of nature. It is very clear that everything is now out of control. Baba says they will play for the final destruction. Right now, these vices are playing to bring the destruction of our original qualities.

So, who will help us conquer the five vices? The other five which I have to join. Baba has given all of us the title of Shiv Shakti Pandava army. This is Baba's spiritual army; these five powers (knowledge, purity, peace, love and happiness) are those of Godly powers.

With knowledge, we become a knowledgeable soul, not only with only faith and love, but knowledge-full. Today's Murli is about *bhavna yog*, remembrance and love; through knowledge in the intellect and through yoga, we develop faith, intoxication and determination. Our relationship with Baba is on a totally different level; bhakti feeling and loving feeling will only fulfil the soul temporarily; it will change it will not make you strong. This is why knowledge is the light, knowledge is might and this is God Almighty's might of knowledge.

With purity, Baba takes us through so many levels of purity: of thought, word and action. So, the more the power of purity increases, automatically the effect of impurity decreases. When the light is lit, the darkness is dispelled. But it is not a fight. Godly powers do not fight; with friendship instead of with fight, these powers make us victorious.

When these five players together with the Director Baba the Almighty come to play their role in action, we are victorious. Then, the sanctuary of peace and love becomes, not only a house, not only a temple, but it becomes a palace where harmony and happiness, where the golden world exists.

Therefore, we don't have to fight, but we are victorious souls who are the jewels around Baba's neck. This is why, in order to become the jewel around Baba's neck, the garland around His neck, the beloved children of Baba, just learn to love yourself, and become a friend of yourself, through which you protect and support yourself.

Love is the key, that is, service for the self, love for Baba, service for myself and for others. That is Godly power. With knowledge and loveful remembrance, *sneh yog*, and I only remember one mantra. Then, this small mistake of "what I have to forget, I remember, and who I have to remember, I forget" will stop, and I will not miss out on claiming my inheritance.

We missed our inheritance with this one mistake. This is why Baba gives us the mantra of *Manmanabhav*, turn your mind towards Me. Start talking to Baba and yourself. Then our remembrance becomes *yogyukt* (accurate yoga), saturated with knowledge, saturated with yoga, and saturated with understanding.

Om shanti.