

### **Duration of 40,000 years**

Om shanti. When the devotees say that the cycle is 40,000 years is a literal saying. It is not that they deduct the number of years that have passed. This is because it is written in the scripture. For them, what is written in the scripture is permanent forever. There isn't the realisation that it was written at that time, and the calculation system was different. The scripture was spoken and not written. And also the calculation is different. How many for example, you go from here, okay, first one aspect. If in the morning the sun is rising, and I write, "what a beautiful day the sun is rising", it will remain written there. And at night, when I read what I have written, it will still say the sun is rising. When I understand what is written, and if I say the sun is rising, but there's no light. Still, they say the sun is rising; this is blind faith.

Another aspect is the calculation of time. The scripture was first spoken before it was written. Somebody spoke, relating their experience, and another person wrote down their experience. For example, someone says, "I have been waiting here at the bus stop for ages, but the bus has not come. Years have passed and the bus still has not come." Is it true or not? It's true for me because I have waited for a long time.

Another example is the mother needs help with some tasks, and her child is on the phone with his friend. She says, "You've been talking on the phone for hours. Stop it. There's some work to be done." It has only been 10 minutes, but it was experienced as hours. This is the speaking language of experience. Another aspect is the calculation of time. One rupee was 16 annas. Now one rupee means 100 paise. So, it depends on where and how it is calculated. So it was through spoken language that it is written in the Gita.

### **The musk of knowledge**

Musk is the essence, the spiritual fragrance. Knowledge creates the environment. The fragrance is not visible, but very effective. So learn the knowledge, the musk that Baba has given you. Knowledge is very effective, but it is not a visible thing. Yet the experience is so visible, but it is in you. A deer gives out musk in his musk gland by the navel. His own fragrance is pulling him and he keeps running after the fragrance. This is like the spiritual saying that the mind is like a horse. Our senses are like a horse, we are running after it without knowing it is in us. So knowledge is your own property; knowledge is your own sense; knowledge is in your own sanskars, but you have to recognise it. Knowledge is very powerful; it creates the atmosphere, and it has an effect on you. So even though you are not holding it in your hand, it is in you. That is what the musk is.

### **Drama and Karma**

We understand that karma is action. What is drama, story or action? Drama is a story enactment; that is action. It is like this (Sudesh Didi holds up a tissue) one side is drama, and the other side is karma. Or if you have a £50 note, one side is drama, and the other side is karma, which means both are of the same value. Drama gives value to karma, and karma creates drama. When you know the story, and then you act, it becomes drama; it's knowledge. Knowledge is important in order to perform action.

So, actions are more powerful, but the basis is drama. Another aspect of drama is the law of nature and the law of spirituality. When these are understood, you act accurately. For example, people are confused about the repetition of the cycle. They do not like it. But the knowledgeable ones realise drama and like it so much that we say: wah, wonderful, wonderful. Once more, once more. We played it before. We got the kingdom; we received paradise; we enjoyed the Golden Age. So, we want to be there once more, and experience being happy, free from sickness once more. And drama means I want to bring the scene once more, which I was before.

Drama is not any kind of fear, it's wisdom which enables you to perform elevated action. But you have to know the story. If you do not know that knowledge, you create chaos, and because we do not believe the story of our life, we play our part upside-down; we become so ignorant that we want to play the role of the other person, but that person wants to play the role of me.

Drama becomes, what I am in my part and what it is in my personality, that will happen. Of course, I have to perform actions. In this way, actions are more powerful, because it makes the drama, in other words, your story. When I am an actor, I will enjoy the experience, and the story is understood. This is why karma is more powerful than drama.

We have to understand that repetition is the law of nature. We are playing drama here on this planet. In the Soul World, there's no drama. In the Subtle Region, there is no drama. Here, in the corporeal world, there is drama, because the law of nature is repeating everything. I am born a baby, grow up, now leave the body, and I will become a baby again. We can't say: I have lived so many years with this name and body, why can't I continue the next life as a baby with the same name and body again? The same sanskaras are there but I will not be born as an old lady. I will be a baby.

We do not say: If the cycle is going to repeat identically, there is no point in making effort. But you do get up, eat, and sleep every day. Then, don't cook for tomorrow, and the day after tomorrow. What is the purpose of cooking tomorrow again? I will become hungry again. Why should I cook? Why should I eat? Do we think like this? Oh, I'm going to get up in the morning again. Better not to sleep. I have to get up again. My children are born, oh but they will die after certain years. So, what is the point of sending them to school? We know that things which are new will become old, and I know repetition is taking place: Monday to Monday, Sunday to Sunday, year after year, the repetition is taking place.

So, I believe in the repetition of the law of nature, but I don't believe in the law of spirituality. So, I am ignorant. This is why I create confusion for myself.

### **Spinning the Discus of Self-Realisation**

There are many aspects of self-realisation. When we speak of the knowledge aspect, it is *swadarshan chakra*. *Swa* means self, *darshan* means to see, to have a vision. Meeting myself and going through the cycle of time. Keeping my mirror in front of me, my present stage, then I spin and I would be able to see my future. If I go around the cycle, to see myself in the mirror of knowledge, I will go into the past. So, it is the spinning of the cycle of self-realisation that I was in the Soul World. I came down here to this Corporeal World. Then, I came to the beginning of time when it was paradise. I was beautiful. Since I remember, I still maintain that inner beauty, and I want to be beautiful again.

When I want it again, it means repetition. I want to get it again. I have lost it. And I'm looking for it? What have I lost? I've lost my happiness; I lost my peace; I lost my purity. This is self-realisation. I have realised that I've lost what I once had. Can I lose something which I did not have? I had this; I've lost it. And I'm looking for it again. The whole world is looking for peace, happiness, sincerity, and purity. If we didn't have them before, why are you looking for them? So we make effort again to achieve it. That's why it repeats.

The spinning of the cycle is based on knowledge. Just spinning the cycle by going through the Golden Age, Silver Age, Copper Age, and Iron Age - this is baby spinning. This knowledge is only intellectual knowledge. The other aspect in the spinning of the cycle is our self-realisation, my reality.

I believe I am a pure and peaceful soul, and I see myself as that. So, in meditation, you are experiencing your qualities. In action, you are experiencing your virtues. In interaction, you are experiencing harmony. In having love and respect for others from the heart, you experience respect for the self, and respect for others. Self-realisation, means knowledge is made into reality. This is realisation. It is made real, and not only just intellectual knowledge. The more meditation, the deeper it is. Even after a few seconds, you feel goose pimples. You feel a very loving feeling, very pleasant and very joyful.

Maybe sometimes you feel very powerful, sometimes you just do not enjoy it, or sometimes you feel bored. These are the stages of realisation of yourself. Which road you're going through, which way you are passing through, the realisation of my weakness and my spiritual power. So, my weakness is the realisation of self-transformation.

So, this is the purpose of spinning the cycle of self-realisation in different ways. The intoxication that I am the child of God, the realisation about my own self, the realisation of who God is, the realisation of the relationship with the self, the realisation of our relationship with each other; there are many aspects of realisation. It is the realisation of one second for self-transformation.

Om shanti.