

# **Sudesh Didi – 27<sup>th</sup> December 2022 Sunday Morning Class - GCH, London**

## ***Meditation, Remembrance and Yoga***

Om Shanti Om Shanti. Good morning. Every morning, Baba, the Ocean of Knowledge, the Sun of Knowledge, gives us light and the depth of knowledge, that makes us aware of the importance of different aspects of knowledge. Every day, Baba emphasises, “Remember Me. Remember Me. Forget your body and bodily relations. Remember Me alone. Focus your mind on Me. Communicate with Me.” People use different expressions like the word meditate, and Baba uses remembrance, a different expression.

The question is: What is the difference between meditation, remembrance and yoga? when we are meditating, we say we have evening meditation, we have morning meditation, we say half an hour meditation in the morning before Murli, and we say evening meditation for 7:00 pm.

So, it is the same, is it not? At that time, we are remembering Baba, and then, when we have extra meditation, don't we call it yoga bhatti? So, what is the difference? Actually, is there any difference between the stages of consciousness? In fact, both; there is a difference and there is no difference.

The difference is that the term meditation is used as an expression by people. Traditionally, the term yoga is also used, but remembrance is what Baba emphasises. Other people say to remember God; at the time of death, they remind God. Then, they say remember the name of God and your boat will go across, but very rarely, this expression is used. Baba uses this term constantly in the Murlis.

Generally, when we use this term meditation, the focus is to check whether my mind is discontented, if there is concentration, and if my thoughts are really clean and pure. So, it is actually monitoring or purifying or directing the mind with positive consciousness, or pure awareness and consciousness. But it does not necessarily mean that they are experiencing godly qualities.

Meditation for us is soul consciousness; soul consciousness means we are aware of the qualities of the soul, that I am a pure and peaceful soul, I am a loveful and powerful soul. When we give a class to new people, we remind them of this aspect, and we say, let's have a few minutes of meditation. After the lecture, after the programme, we use the word meditation. So, at that time, we are actually taking only one aspect of remembrance, that is, remembering that I am a soul, focusing on the thoughts, feelings, the intention.

Remembrance is actually relationship. Remembering Baba, you remember the one you have a relationship or friendship with; the relation with Mother, Father, or the relationship with the Teacher. Baba says, “Have all relationships with Me”. And these relationships which we are aware of, is a real relationship with realisation, with understanding with deep faith, intoxication and happiness in our mind. The soul has a deep feeling that this is true. Knowledge strengthens your faith: I, the soul, am the child of God. So, the qualities of the soul are connected with the qualities of God, the Supreme. It is called relating; when there is a relationship, you begin to relate while you are walking, talking, and moving,

with different relationships. The relationship of the Father, my Parents, my Mother and Father, so, Godly love and protection. The Godly qualities and Godly powers are my inheritance from Baba; they are inherent qualities. It is not that I am receiving inheritance now. It's fixed; it is my birthright. When Baba tells us to remember our birthright, it means to develop a new consciousness; this child is developing a relationship through the experience of communicating with the Mother and Father. So, in meditation, we are communicating; in action, we are also communicating, with Baba's qualities in soul consciousness. Baba and Baba's qualities are connected together. God is Love, God is Power, God is the Embodiment of Bliss, and God is Truth. Through the remembrance of these Godly qualities, they are becoming true in our life.

Relationship does not necessarily mean that you have to sit and meditate in order to experience the relationship. While walking, talking, sitting, eating, there can be different ways of remembrance, such as God has given you a task, or you have achieved something.

For example, you want to speak to someone, and you say, "I remember I wanted to make a phone call, but I forgot." Suddenly, you remember you want to make a phone call to someone, maybe to your mother or father or friend. It means you have not forgotten that person, but you have forgotten that task. So, in the same way, it is not that our relationship with God is broken or forgotten. The experience is awakened again, and we make it present in our personalities. So, we remember by remembering His directions and His teachings. So, remembrance does not mean that you have remembered the face of the person. When you remember your mother and father, the images of their faces come to your mind later on; it is the experience of being their child, the role and the task of being their child that comes first; your responsibility comes first in the mind. So, it is not that I have to focus on the Dot, or I have to focus on Brahma Baba; the relationship is natural. This is why remembering while walking, talking, sitting and eating, is also known as a pilgrimage of remembrance. This awareness of the relationship of the soul with the Supreme Soul, or the relationship of my present life as a Brahmin. So, it is a pure relationship, it is a new life, new consciousness, and new awareness with a new goal. It is a different time from what we had been remembering on the path of *bhakti* (devotion). So in this remembrance, you begin to see your own personal relationship, and experience that relationship which in turn, strengthens the soul, making the stage powerful.

There is a difference between remembering on the path of devotion and remembering with knowledge. On the path of devotion, we use somebody else's experience. Scriptures are written, prayers are written hymns are written, and we are repeating this. On their behalf, they have said something and we are repeating it. It is just like trying to see my face through someone's eyes. In order to see my face, I need my own eyes. Of course, in order to see your face, you need a mirror. In fact, knowledge is a mirror for us. Scriptures are mirrors for someone else. In order to see my own face, I need my own eyes. A blind person can be given a big mirror, but he cannot see his face. So what is needed is your own eyes, but also your own eyesight, the light in your eyes. A blind person has eyes but does not have sight. Baba says knowledge (the pictures) is the mirror in front of the blind (Sakar Murli 24/02/2022). In fact, this mirror of knowledge is the light for us. When this light of knowledge is in me, we can truly see that God is my Mother and Father.

Why is it that I am not experiencing love? It is so natural to experience God's love. It is because of body consciousness, we have developed the expectation of experiencing love in a gross way, the physical way, the emotional way, to fulfil our desires. We think that this is the mother's love if we receive some gifts from them. She loves me very much, and she appreciates me, so she loves me. This is a superficial way of love. But love is sustenance through guidance, through knowledge.

God's love is not like worldly temporary love. Knowledge enables us to experience God's love while walking, talking, sitting and eating, which purifies our consciousness, and enables us to enhance our own stability, strength, our own qualities. You become more knowledgeable about who you are as a child of God. So, there is faith that the Godly qualities must be inherent, and this relationship is a true relationship. I forget that I am a soul, and my relationship is switched off.

The relationship is eternal; God did not give birth to the soul, and yet I am the child. How did I get this birth? Through realisation that I am a soul. Awakening is my birth; realisation is my birth; belief and communication is my birth. This is why Baba says that without the right understanding or introduction to God, you cannot remember Him. Through different ways of introduction, the eternal soul has rejuvenated again; the soul who was unconscious, became conscious again; the soul who was influenced by the body, receives the right consciousness again.

The recognition and awareness of the soul, the consciousness of the soul was forgotten, I had forgotten the importance of my own self. And yet I, the soul, am working in the body, the body does not do anything. It is only a tool, but being unable to grasp the knowledge or the use of this light, I was not keeping this in mind. And so, remember Baba in different ways: the relationship of the Mother, the relationship of the Father, or the task which Baba has given to me, or the responsibility I have taken. So, this is the Mother, Father, Friend, Teacher, Beloved, Guide, and Laundryman. Baba shows me how I can have different relationships with Him. He says, "I am your Surgeon. I have come to remove all your sickness." I realise it is not about removing the physical sickness, but He gives me the power to handle the physical sickness of the body. But in fact, the real realisation, real sickness is the weakness and sickness of vices. When we are angry, what is it? It is a sickness. Hopelessness is weakness; when one becomes depressed, it is called a sickness. In fact, it is a lack of faith, a lack of self-respect, and a lack of realisation. So this is also the weakness and sickness of vices.

Baba comes and then creates self-respect. His method is: Instead of me physically getting this power from human beings, God is giving me power directly every day. But because I lack belief and self-respect, the soul loses that power. This is when one needs to take support from human beings for this visible energy; we hope for someone whom we can confidently speak to without fear, someone who respects us and does not defame our name. Now I can speak to God, my real Psychiatrist, I can be open and real without fear. He heals me, and listens to me without disclosing it to others. He says, "If there is anything in your heart, just come to Me. Open your heart, I will not tell others." Even when He sees it directly, He does not mention our name. So, He says it openly, but still, I do not believe He is my Healer; He is my real Doctor; He is my real Surgeon. When my remembrance is at a different level, not with depression, but with intoxication and with faith, my Satguru, my Friend, then I open my heart

and speak to Him. There are different relationships. He is my Boss, any work I have to do, is God's task. So, you have to train your knowledge.

When I am meditating, I am using the energy of my mind, so it is a percentage, in other words. When I am in remembrance, it is faith in the intellect. It is not only a wish or a desire, but the intellect is becoming powerful with knowledge. So, I have used knowledge. The more I use knowledge, the more my understanding increases, and there is more clarity in my mind, and I am able to handle situations with the power of knowledge. The relationship at that time is that Baba is the Teacher. You can use different ways to remind yourself and remember: pick up the Murli, read one or two points, and you will find the answer to your question. There is a situation, you listen to knowledge, even a class from the seniors, you will find your answer. So, teachings help to remove your doubt or help you to clarify your decision. So, you remember Baba as your Teacher: Yes, in this Murli, Baba said this, He answered my question. Yesterday, I was thinking of that, and this relationship brings happiness.

So, remembrance means relationship. Remembrance means reminding again, and bringing back what you had forgotten.

Another aspect is yoga. Yoga is using powerful thoughts, and a pure mind; yoga is keeping faith in the intellect, and keeping determination; yoga is having clarity in a clean intellect, and your feelings change. Yoga is still about relationships, but it is the relationship for transformation, and purification of sanskars. That's why Baba says remembrance is not called power. Remembrance is love. And yoga is power, which purifies the soul, which transforms the personality, and gives you the courage to do something new. That is your yoga power. It heals, it helps you, and the Godly qualities begin to come into your life. Transformation takes place and purification takes place through this. That's why you become a Raja Yogi.

Then, when you have remembrance in action, you call it karma yoga. You are remembering Baba, and you are doing the task at that time when you are using yoga, the power of remembrance and also the loveful thought in your mind. Some of us might say, "Don't remember any bodily being, there is no power if you're remembering a human being. Does Brahma Baba come into your mind when you are remembering Baba?" I said, "Certainly. But I am remembering Shiv Baba. Still, I am taking inspiration from Brahma Baba: how we do everything with humility, how we do everything with great joy, enthusiasm with benevolent consciousness.

So, I am remembering Baba in a different sense, by holding that Brahma Baba's practical experience. But you are not remembering Brahma Baba. You remember what it is in Brahma.

This song: "The Resident of faraway land has come to this land, and He has ignited my light." So, it is remembrance. We are connecting with Shiv Baba but through Brahma Baba. So, now, if I want to drink water, my throat is dry. I drink some water. (Didi picked up the glass to drink some water.) Am I drinking the glass or water? But this (the glass) is an instrument. My focus is on water. If I only bite the glass, what will happen? So, Brahma Baba is like the glass and Shiv Baba is the nectar. You are holding this glass, but you are remembering what is inside the glass.

So, what is in Brahma Baba? God's love is in Brahma Baba. That divine purity is in Brahma Baba. Brahma is the instrument, through him, I experienced the new birth. There are always many questions asked, but Brahma Baba would say, "Don't remember me." That is Brahma Baba's reality, to remain detached. The imprint we have cannot be removed, because we have experienced someone. So, you will remember that one automatically, but it is not with attachment, because Baba is not present here physically, and yet, He is present every day with us. The Murlis are always our sustenance. Brahma Baba protected himself, because he saw that when human beings cling to each other, they forget the One they have received from, they forget Baba. And this is why Baba says, "Don't have any attachment with human beings; that will block your intellect, and you will not be able to study." This is a blockage then, and Brahma Baba neither wanted any blockage nor bondage for the self nor for any other person. So, Brahma Baba says, "Don't remember me. Don't remember this bodily being. Become a practical example of detachment, yet very loving.

There are many examples of human beings becoming dependent, and then they forget Baba, and becoming sensitive. A weak person cannot help a weak person; a sick person cannot help another sick person. They will only be speaking about the sorrow of each other, sharing the sorrow and suffering of each other. The sorrow increases and becomes double. Brahma Baba does not want us to suffer again. We block each other, instead of supporting each other. For our protection, Baba's Murlis are strong, and Brahma Baba puts himself as an example. Although you are getting everything through Brahma, don't remember him. What we remember is what Baba did in different situations, how he was selfless, how he was benevolent, how he loved everyone equally, and how he was supportive with unlimited consciousness. So, what is imprinted is the achievement of benefit; that is remembrance.

So, we do remember Brahma Baba, but not for purification, but for inspiration. He is an example and support for us. Brahma Baba also got power from Shiv Baba; he definitely goes to the Source. The connection with their supreme source is purification. To connect with the Incorporeal is direct power, and direct injection. That's why Baba says, "Remember Me as the Incorporeal Soul." Then, the love becomes powerful, and attachment is non-existent because He is detached. He is not here in the physical form, he is making you so full: so knowledge-full, so bliss-full and love-full. Every day, He speaks about you, but He does not suffer from attachment. Every day, Baba says, "My lovely children, sweet children," but He does not cling to us. He is like the Ocean. You swim in the ocean, you go in the ocean, came out from the ocean. The ocean does not hold on. If we sit in the sunshine, the sunlight is shining on us, touching us, making us warm, but you cannot hug the sun.

It is a very subtle way to receive power from Baba. Yoga is the realisation of different relationships and different achievements. When we are detached; when we are determined to transform ourselves and receive that power, and apply those qualities, transformation takes place. This is called the purification of our old weaknesses, vices, defects, or sins. Wrong actions done with separation is called sins. So, the separation is removed. Relationships become strong. Its purification. Yoga power is fire, burning, and purification in every aspect. Okay. Om shanti.