

Vedanti Didi – 26th December 2022 Evening Class - GCH, London

Spiritual Experiments

Q: Can you share your story of how you have brought about the change of nature and attitude?

Vedanti Didi: Om Shanti. We need to bring about transformation in our nature and sanskars. What effort have we made for that? We can say it is an experiment. What it is, when you do something many times, it becomes a habit. And then, we think this is our sanskar, this is our nature, this is our habit. Now, we have to see what homework we have to do on the self. This is very necessary. It is not that we have come to gyan, we have time to do it. When I came in gyan, we learned all about the virtues: knowledge, love, peace, bliss, power and mercy. We listened and learned a lot about our qualities. Is it just for hearing it, saying it, or is it also for experiencing it? Because when we come in gyan, we listen and we start to share. Then, seeing others, in their company, we start to wear white clothes, and we become Brahma Kumars and Brahma Kumaris. On the outside, we have become a BK, but the old habits that we have within, they have not gone. We just become Brahma Kumars and Brahma Kumaris blindly. We see others and we become that. It is a good life, so we become that. But the sanskars within still stay. So, I check. There are five main vices: anger, lust, greed, attachment and ego. The rest are their children.

So, Baba said in the Murlis, that we should never cry. If your mother dies, if your wife dies, eat halva. This is not easy. This matter is not at all easy. I tell you, to eat halva when the mother dies or when the wife dies, this is not easy, because the soul has bondage, has attachment. So, I practised this. When my mum and dad were alive. I used to experiment every day: My mum was dying; my mum was dying. She was alive. I could see her in front of me. It was not that I was telling her, "You die." No. If she died and I saw her dead body, how would I feel? Or if my father died, and I saw the dead body, how would I feel? So, I practice that. I should not feel anything. I should not even have tears, nothing. So, I did a lot of effort on myself. Baba has said, "You have to eat halva when your mum dies or when your wife dies." So that is how I've developed this stage. So, I had done this practice for a long period of time. It was not that I did not have love for my mum and dad. It was not that if they were not well that I did not go and see them. I really appreciated my mum and dad because they brought me to this earth. But this aspect of virtues and vices, we have to pay attention we have to practise.

In Madhuban, in Pandav Bhavan, I was listening to Dadi Janki's class. Dadi was giving a class, then someone came and said to me that Dadi Prakashmani was calling me. So I got up and went to Dadiji. Dadi said, "Did you hear? Did you hear?" I said, "What about?" She said, "Your mother has left the body." I said okay. And then I went back and sat in the class. After a while, Dadiji asked someone if Vedanta went to Ahmedabad. They said, "No she's sitting in class." She said, "I said to her that her mum has left." They said, "I saw her sitting in the class." So, Dadiji sent someone to say it to Dadi Janki's ear.

Dadi Janki told me that my mum has died and I should go now. This is the senior's order. So, the brother who was going to take me was ready. The sister who was going with me was ready. They said, "Shall we

go?" I said, "No. We have to go to my room. Take some things. I don't even have a sari there. After I had surrendered, I have not even slept one night in a lokik home. So let me take my clothes." It was five o'clock in the evening. I went to do yoga in Baba's room. Then I took leave there from everybody. Then it was seven o'clock, and they asked, "Shall we go now?" I said, "No, we have to have dinner. Baba said, eat halwa if your mum dies." So I went to the kitchen and asked for a sweet. A young kumari was there. She said there was no sweet halwa. I said, "You must have some sweets in the kitchen. My mum has died." They were looking at me and then said okay and gave me some sweets. Then, after 730pm, I had dinner and then left for Ahmedabad. When we reached there, they asked if I wanted to go home. I said no and asked to go to the centre. They asked, "Would you go home?" I said no. I went to the centre, I slept there, did class in the morning. Then after breakfast, I left for lokik home. When I reached there, my brother said, "Come and sit down." I said, "Shall I give a lecture?" He replied, "No, this is our mother. Sarla Didi is coming to give class." So, my younger lokik brother told me not to speak. But I am Brahma Kumari, I am allowed to speak. So, I started giving a lecture. My mother's body was there. My auntie was crying, and I said, "Hey, this is my mother, and I am not crying. Why are you crying?" So, I did the funeral and everything, but a single drop of tear. And she had loved me so much as my mother. I loved her so much. She was the one who inspired me to become Brahma Kumari.

It is very important to do practice. Same thing happened when I was in Madagascar, in the morning, on Rakshabandhan day, my lokik father died. They said "Your father has died in Ahmedabad, and I said okay. They asked if I was going to Ahmedabad, and I said, "Why? My sisters and brothers are there." We were eight brothers and sisters. They did not need me. It was Rakshanbandhan day, and we had arranged 14 programmes, travelling to various places, so I decided to stay and do all the programmes. At night, one brother asked me, "Do you have a heart or not?" I said, "Why did you say that?" He said, "We have not see the slightest sadness in your attitude. You act like it is just another normal day. So, we want to know if you have any feeling for your father." I said, "My father loves me the most, out of all the children. But he does not want to see my as a weak Brahma Kumari. He wants to see me as a bright BK. I should set my father free before the final ceremony." To answer the question of the change of nature and attitude, I have done effort on myself, for each virtue and each vice.

From now to January, the whole month, I am *Shanti Devi* (the goddess of peace). This is a temple and *Shanti Devi* is incarnated in me. In the afternoon, someone created a situation which made me angry. This is a test paper. So now, I am *Shanti Devi*. I am a deity of peace. On the first day, five to six times, the situations came. As Brahma Kumari, my attitude is different. So, there needs to be a whole month of practice. Then I am a Devi of love; I am a Devi of happiness. The whole month, I will practise a virtue, and then another month, another virtue. In that way, there is the consistent practice throughout the whole year.

By December last year, I checked myself: Now, out of the whole world, how many in my consciousness, do not have a good relation with me in different ways? I corrected somebody and they do not like me, or my relation stops talking, or someone competes with me, and I found that 27 in my list. 27 people in my list from all over the world who do not have good relation. The whole of last December, I had made effort. Then, in January I want to see the result, that I have changed and they have changed, And what I did I find in January in different ways, they all started to communicate with me as if nothing has happened . So, we need to make effort in various ways to become devi and devta in this Confluence Age.

Recently, my effort is to be King of kings, Vishwa Maharaja. I am an emperor of my own nature and my own attitude. I do not want to become a queen, even though I am a lady. I have decided that next round I want to be a man. I want to become king. Another word would be *Mahadani* (great donor), and I would like to be the son of the first Narayan. It means now I have to follow Brahma Baba directly. Only now do I have to do that practice. So, what do I have to do? If someone asks me a question, then I will try to remember when this question came to Brahma Baba, and how he replied. I wait for a while before I reply/

Three to four years ago, the lokik siblings of one of our sisters said, "Since you have become a Brahma Kumari, you never look after your mother. Now it is your turn." She said, "No problem. Ask Vedanti bhen. I have surrendered." So, I asked Baba. The lokik mother had fallen and had had an operation. Both her lokik brother and her sister-in-law had no time. In the end, I said to pack her bag to go home to take care of her mother. She went home, and at the time of Covid, she looked after nicely. And then she brought her to the centre. Then, she went to the centre in Zimbabwe and took her mother with her. Then she said she had to go to Lusaka for service. I said, "Wherever you go, take your mother with you. If you go and she dies, it will be in my name. So, take her wherever you travel."

So, she travelled to Zimbabwe, Zambia, Botswana, South Africa, Kenya and India, the whole time, she and her mother were together. She looked after her and gave her a return for the care her mother had given her. Brahma Baba did the same way. Now her lokik mother is running the Harare centre alone. So, we need to understand that we cannot leave our relatives aside. We have to support them; we have to look after them. There are blessings within that. We cannot ignore them.

Each one's circumstance is different. We have to see the situation of each one. My lokik family does not need me because there are so many around. And many of the older members have already gone. But when there is a need, we should look after them. We have to understand this very well. We are doing service of the world. So, why do we ignore our own family?

My father and mother had eight children, then grandchildren and great-grandchildren. During Covid, I asked them to make a family tree. We are four Brahma Kumaris from the same lokik family. And the brothers are married. We created a family tree with photos. Then I give it sakaash. My role is to uplift them. So, create a chance to serve.

During my time in the UK, I have visited 75 families. Whatever we have received from Baba, we give them. The first time I was in Malawi, I stayed at somebody's house for one year. Now they are in the UK, and today I went to visit them, they had tears in their eyes. The husband and wife, the two daughters and the son. The children are now married, but they said, "Our bhen has come." Through this family, so many received this knowledge. So, the real dharna is to reconnect each soul.

From the day I landed in the UK, up to now, from morning to night, continuously, I went from one place to another. Service is service for humanity. At night, Baba will give us very deep sleep. To take care of the physical costume is also dharna. I have done *prayog*, experiments, on my physical body, from up to down. I give sakaash to my heart, sakaash to my ears, sakaash to my head, to my skull, to my brain; each and

every organ need love from you. That is also an experiment. People say, when they are sick, their stage is not good. Of course, your stage is not good. But, we can learn from Brahma Baba, from what he did as our example.

Nowadays, we turn on our laptops and mobiles, and take in information which blocks our intellect. The information spoils our capacity and take up our time. Baba teaches us to keep everything simple. Simple living, high thinking. You see that I have a little bag in that corner? This cloth bag? The whole Nairobi centre is on my hand. It has my mobile phone, my medicine, my spectacles, and all essentials. I do not leave things here and there. I have everything I need in this little bag.

One time, in Gyan Sarovar, someone asked me, "Are you running the whole Africa with this small bag?" I replied, "Do you mean the bag is running, I am running or Baba is running?" What else do you need? How many things do you forget, and misplace here and there? Ask yourself, and make people run after your things.

The sisters here are all smiling because somewhere you leave your bag, somewhere you leave other belonging. And you say to others, "Ring my mobile, so I know where it is."

This is all an experiment for our perfect stage. For our perfect stage, we need to be peaceful; no hurry, no worry. you know be peaceful no hurry. Enjoy this Confluence, with me and my Baba. When people say to me that there is a big problem, I say to them, "No problem. My Baba will do. My Baba will solve the problem. My Baba will come." Do not make yourself 'crazy'. These three words: Busy, crazy and lazy. Enjoy the Confluence Age. I do not need to run after the VIPs, because they come to me. Baba gave sakaash, and they come. You know, I am going everywhere to see them because they all have done so much in Africa. And they all have come here. It is my duty to give them a return of what they have done in Africa, a return before the Confluence Age finishes.

Q: The other day, you mentioned you had a bit of cough and could not offer bhog to Baba because there are certain laws of *sookshma vatan* (the subtle region). So, can you explain something about what laws you mean? And also, can you explain a little bit more about *sookshma vatan* because you go to Baba for amrit vela and bhog. So, what is it like?

Vedanti Didi: This is the time for us all to go to the subtle region and to do more experiments. Each and everybody has a subtle body there. You will remember that when Brahma Baba was in sakar form in the beginning, the trance messenger saw an old man in the subtle region. It was the perfect body of Brahma Baba. We all have that perfect body there. Everyone has to use it. We need to practise and experiment using it. Half an hour in between your day, walk like an angel. If someone speaks loudly, you speak softly. I had an experiment in Colaba, Bombay. There were 33 of us together helping in a big fare. I was practising *maun* (silence) for one month. Every night, at the meeting, Dadi would try to make me talk, but I kept silence. I was helping at the store. So, others could come and ask me for ten saris, ten pins or ten bedsheets, I would listen to them and give them. But, instead of coming into sound of speech, I would write to them on paper. I was moving around with a diary and a pen. For the whole month, I kept to my practice,

and the result was the best. The result was the brother from Zambia inviting me to serve in Africa. His areas was not only Lusaka; he was London, Lusaka, Sydney and Guyana. He started a branch in each of the four corners. So, this is how I experiment.

The subtle region is really beautiful, beautiful. You can start the practice from here, try to sit for five minutes, go with your consciousness, then ten minutes, then fifteen minutes. Then, time will come that you will feel that subtle region is near you.

The subtle region is very bright in the sky, an open space. Brahma Baba has opened a subtle office there. Both Baba can emerge anything they want there. What seems a surprise for us, like Covid, it is no surprise for Baba. They know before time. On the first day of Covid lockdown in Kenya, we asked Baba what we needed to do, and Baba said to do bhatti. We did bhatti for fourteen days at first. Then Baba said tens days, then nine days, then twenty days. Baba took us through 222 days of bhatti.

When Rakshabandhan came, we stopped bhatti, and Baba said we should start Godly Power Bank. We asked Baba what Godly Power Bank mean, Baba said He would guide us. Then we started and we had run that for one and half year. We had over a thousand members from around the world. Every day we experimented. We had fourteen tables in our hall, and people were coming in to see what type of bank this was.

One soul, who is the owner of a bank, came to see and experienced a wonderful vibration. He said he wanted to put something in our bank. I said, "Please feel free to come every day." He said, "No, no, no, no, I can't come every day, I want to put money in your bank." I said, "But this is not bank of money. This is a bank of powers." As our account is in his bank, he transferred some lakhs in our account because he wanted to help us.

So, Baba kept us busy. Many people say that we have a shortage of things, or a shortage of students or a shortage of income in the *bandhari* (donation box) or people going through difficulties in their business. But we never felt that; we were so busy. People kept coming because we created different types of yoga experiments.

At the time of Covid, we sisters visited 120 houses to give them courage. So, this is called to experiment. All these are experiments. And now, we are creating a new project which can reach faster to every human being in Africa. We will start from Africa first, and the project is called African Voices for Hope and Peace. Twenty brothers have taken on this project and I am the advisor. We are in the process of preparing music, songs and commentaries. We will reach many through the media. We will also give talks on the media. We will tell them that they do not need to pay for anything, but it is their duty because this is God's work. Instead of spending a big amount of money, we want to put in a lot of vibration, and tell them that this is their work to do, and we are helping them. It is the other way around.

To go to the subtle region, I need to maintain my innocence. This is the law. If I gossip, and if I keep bad thoughts and feelings for you, then I am not the right person for trance. At the moment, my throat is unwell, if I go into trance, halfway through, I might have to come back. To go up and then the cough brings me

down, that is not respect for Baba. These are the things which the trance messengers know. It is like a singer who looks after their throat very well, and can only sing when their throat is in good condition, in the same way, trance messengers have some rules.

My one request for you all is that nobody should see on your face that you are tired, that you are in a hurry. Check yourselves; do not check others. Do everything, but do not lose your peace, do not miss your Murli, your amrit vela and your class. Our Baba has created this, we have to do it.

In Nairobi, we have a system: at 4:30am, every day, we play the recording of the day's Murli in the kitchen. Why? The person in the kitchen listens. Also, the vegetables and the grains will also listen to the Murli. They need to get vibrations. Even while I am in the UK, they continue with the system in Nairobi.

Q: This is the last phase of the Confluence Age. As we get closer to the end, how should our *purusharath* (effort) change?

Vedanti Didi: You never ask what *purusharath* we need to do; that is a wrong statement. This is because the word effort is not good. How long are you going to do effort until you become natural?

Now, the present time, is telling you to become a natural yogi. Remove from your consciousness that you are doing effort. Effort will make you tired and feel bored. If someone says, "Make effort." I feel so bored. If someone says, "Just remain happy." I am so happy. This gives me more power in remembrance. No pressure on anything. No labour of anything. Love and love and love: Love for work; love for responsibility; love for duty. Do everything with love, not with pressure. If you have something to do today, but it does not happen. It is okay. It is not mine; it is Baba's. If at night, two o'clock in the morning, you remember something, then get up and write it down on a piece of paper and go back to sleep. Your paper will work. By morning time, I will see that paper and I will get it done.

I have seen many Brahmins who rush and rush and rush. What practice is this? One day, I saw a sister running here and there; I asked her what happened. She said, "It's quarter to six, and the students still have not turned up. We have to start the course at six o'clock and it is my responsibility. I asked her to go and sit in Baba's Room for ten minutes, and come back at five minutes to six. She said, "But what about the audience?" I said, "Okay, what lecture are you giving?" She said, "Stress-free living." After she sat in Baba's Room for ten minutes, I asked her to go and have a look in the hall. There were 25 people for the course. Even our own vibrations are reaching people. So, why are we worried? If one person comes, we will give the lecture to one person. So what? Why get stressed for anything? If the microphone does not work, you speak loudly. If the light does not work, you put candles. Why worry about things? Find the solution, and enjoy. In a hurry, we make mistakes.

Q: Do you have more examples of how to use the subtle body?

Sudesh Didi: Have you seen rich people? One house they keep in the city, and another house they keep by the ocean. At the weekend, when they have time, they stay by the ocean for two to three days. They relax and they come back. They swim in the ocean and relax. For us, the subtle region is the place to relax wherever you are sitting. Become lost in love wherever you are sitting. If you are in the kitchen and have ten minutes, just sit in the kitchen. Don't rush and say, "Oh I must go to Baba's Room." Bring Baba in your kitchen. Why rush and run to Baba's Room? Bring Baba wherever you are. So, this is the trick to use.

Wherever you are, bring the subtle region near to you. You bring your subtle form. I was in China. So, the sisters came to drop me at the airport. As I do not know the language, and I was in a wheelchair, they were pushing my wheelchair. Then, the sister said, "Do you know what they are saying about you in our language?" They said this angel is going." As I was not Vedanti-conscious, and I was not conscious that I was in a wheelchair, and I was in the consciousness of the angelic stage, they caught the vibration.

This time coming here, whilst at Nairobi Airport. In the evening at ten o'clock, there were so many people, like a market. After Covid, everyone wants to travel for Christmas. One brother who was travelling with me was worried about getting me on the flight. So, I came out of the wheelchair, and went to the counter myself. I told them that I was in a wheelchair, and from a business class with the gold card. If the business class is also not being served, with this long queue, what will happen to others? Then, another wheelchair came to me, "Oh, Sister, you are here. Come in my wheelchair. An angel has come." Then, she shifted me, and I was the first person taken to the boarding gate, and the brother followed me. Within ten minutes, she had taken me in. This is the result of using the subtle stage.

I was in Malawi and the plane got delayed for three hours, and I was the economy-class passenger. I was just sitting somewhere, and mosquitoes coming and biting. But I was sitting and enjoying my reading. Everyone was arguing and shouting at the counter about the flight being delayed, about missing the next flight. The atmosphere was rather noisy and intense. I needed my mobile phone charged, so I spoke to a brother who worked at the airport. I said, "My mobile is getting discharged. Can you go to the VIP lounge and put my mobile to charge, please? Then, you can bring it back." The brother took my phone to charge, and told his manager that there was a very peaceful lady sitting in the corner, and asked if the lady could be brought to the lounge. He said to me, "Sister, not just your mobile, you also come to the lounge." They took me into the VIP lounge, which was a large peaceful place. This was the result of using my angelic stage. This is the practice we need. Wherever you are, continue to experiment and practise. Now, come and take your *toli* in your angelic stage. Om shanti.