

## Sister Jayanti – 22nd January 2023 – GCH

### Subtle Effort Cannot Remain Hidden

The month of January continues and plenty more blessings waiting to be experienced by Baba's children and miracles to be witnessed.

Baba's murli today reminds me of the first lesson because Baba is saying: are you truly the embodiment of knowledge and yoga? You listen to knowledge, you share knowledge and that is good - but have you become the one who has the experience of all of these things. Have you been able to see the result of yoga in your own life.

And then Baba has outlined quite a number of things that should be visible in our lives if we are actually experimenting with yoga. So to be the embodiment of knowledge but also to experiment with yoga in different ways and it reminds me of what Dadi Ratanmohini had said and used to underline in many classes - Baba taught them to be soul conscious at every step and they would remind each other as to whether they were being soul conscious and if there was a situation in which it was clear that there wasn't soul consciousness being practised, then they had permission from each other to remind each other: Manmanabav.

They didn't say: Remember Shiv Baba, they just said: Manmanabav. But that of course meant soul consciousness and God consciousness and so if we truly experiment just with these two subjects that's it. I think everything would be transformed so quickly. Baba is asking us if we have been able to change our sanskars. Have you experimented with changing your sanskars? And that happens with the power of yoga.

So all along the line, just laying the foundation very strongly of soul consciousness and 90 per cent of the things that we are dealing with in BK life would be resolved and the other 10 per cent just by connecting with Baba and taking power from Baba.

I was looking at the topics that we have been having for public events for honouring Baba and one was about breaking barriers and the other one yesterday was about human dignity, so these topics have been chosen because these are the topics that people are dealing with. So many of the problems are not only personal relationships but also in terms of communities, countries, international relationships. They are connected with these things and here is Baba giving us such a strong experience of what is soul consciousness and what is God consciousness and reminding us that we have to experiment with this and there are lots of other experiments but particularly, these two things that are the foundation of Raga Yoga and out of all of these the whole subject of identity comes out very strongly and how attached we are to the external identities that we were born into or that our career has given us, our education has given us, and so coming back to basics.

Am I experimenting with soul consciousness, am I experimenting with that connection with Baba even at traffic control for just a minute or a few minutes and seeing how that can work and change situations and in terms of identity it is not just that I am a soul but Baba has reminded us of the original and eternal qualities of the soul. The stage of being the pure soul, the stage of being a soul that has peace.

The other day the murli was on peace and if I am peaceful in all my interactions then there wouldn't even be negative thoughts. There wouldn't even be subtle violence in which I impose, or try to impose, my will on others. My idea is the right one and so this is how it should be - but in soul consciousness you are right and I may also be right.

I remember a situation in December 1977. Dadi ji had completed her tour and it was her first tour of the West and it led to amazing things happening across the world and in particular the start of service in the USA and the inspiration for service at the UN and so when Dadi arrived back in India and many of us were there, Baba met the group first in Baba's room, and it was still the small room at that time. So it was a very intimate little gathering with Baba and Baba looked around and saw whoever was there and at that time it was Mohiniben, and Baba said Guyana is first and then Baba said Germany is first and by the time He said the third one was first we knew it was going to be first for everyone.

When He first said "first" we could understand that it was a very new level of service that was opening up; service there particularly with the government, but Baba went around saying "first, first, first, first" and so it is a lesson that I have never forgotten because in Baba's eyes everyone is first individually and the service in that place is first.

If you read the little passages that Baba speaks to the different groups that have come from India, whichever zone Baba is addressing each one has their own speciality and Baba is talking about their specialities and so every state is first and so can I also extend that to my dialogue with others. Accepting that whatever each one is saying is first and is right because they are approaching it from a specific perspective and so I can see that this is the atmosphere that is being generated by extra yoga in Baba's home.

That love and peace and constant stability in the atmosphere can be extended not just for a few days but for the whole year and all it needs is this practise of soul consciousness and a reminder of God consciousness and that is it. It doesn't have to take any more effort, no extra detail. Just these two things can bring transformation both inside and outside.

In today's murli Baba has spoken about watching everything as a game and so if I am soul conscious I can be the detached observer. Magic can happen by knowing the self and knowing God and the power of purity that can be transmitted through drishti.

Today's murli struck me because Baba is talking about humility coming from the state of being full. How a tree laden with fruit bows down and it is easy to take the fruit and yes we have used that example in terms of the power of tolerance. Baba was using this example in terms of the power of humility but that experience of being full and complete is also the state of being content. If I am content, full, my eyes will not be drawn to anyone or anything because I have all I need. Humble, full and content and no problem in bowing down to others in terms of giving respect. I don't need anything from you. If you give me respect that is your sanskars that you are creating.

Dadi told someone at one point that if someone has inequalities it doesn't matter, you have to develop that sanskar of giving respect because that is the sanskar you need to take with you into the Golden Age because in Satyug that is a natural sanskar. It has to be developed here and now - that stage in which I am full and content so I can give respect. I don't need you to first give me respect and then I am going to give you respect because it is not bargaining or a business. Let me do what I need to do in order to come to my own state of completion and perfection and seeing that that state of purity is the state that can lead us to a state of fullness and feeling complete within the self. When there is that state of purity then there is nothing unclean, not even in thoughts or criticism about others or criticism of what is happening in terms of the Drama and Baba has said that Drama is His daughter so don't complain about her. She is My sweet daughter.

When the soul is in the state of purity, when there is no complaint about anything or anyone and you feel that state of fullness and completeness, then the state of contentment and humility follow on in a very natural way and so when Baba sometimes reminds us of Brahma Baba's statement: I have found what I was looking for. I need nothing more. We have to keep this within our consciousness.

Baba sometimes says that as time gets more and more critical and we are seeing all sorts of things happening here and there - issues coming up that you would not expect in a developed world. Now we need to face all of these things happening here or am I going to complain: why, why, why. No it is ok. Baba has told us already. We know what we have to do so let me get on with this. Service at that time is through my stage, my attitude and my drishti. They have to reflect the things that Baba has been teaching me for so many years now.

Even if you have not been with Baba for many years - how long did it take Mama to become perfect - to become Mama.

You never saw Baba make visible effort in an external way. It was subtle and Mama was the same. No one ever saw either Baba or Mama make gross effort to change a sanskar. It was subtle work. Early rising for personal yoga and then sakaash for the world. And they did all this back in the 60s and we are trying to practise this today.

We are also reminded that we are on the stage of the world and the world is watching us and seeing us and are we ready for that and if I am ready then it has to be visible to others. That doesn't remain hidden. The inner effort is hidden but when you are ready that is visible and through drishti, and giving support to others in need.

So am I full and Baba's murli is telling me today to experiment with everything and if you experiment are you getting the results and if you are not getting a result then check your quality of experimentation and check what is the intention, the attitude and then that is what is going to make a difference.

What is my intention in coming to Baba? No question. We were looking for God or truth and we came to Baba as a result of that and then am I keeping the intention alive that all I want is what Baba can give me. I need nothing more at all and service is a by-product.

If I have found what I was looking for then I wish to share it with family and friends and if you don't find one BK in the family or friends circle that is OK. Baba says: serve a thousand and you will find one BK so let me carry on serving thousands and a few BKs will definitely emerge.

So today's murli is almost a continuation of the whole experimentation in silence that we have been having - listening to all the different aspects every day because Baba is emphasising experiment with this and that.

Om shanti