

# « Now let everyone go into the cave of yoga »

Class by Dadi Prakashmani Ji

We Dadis would like to share with you our pure wish and recommendation, that for the next 3 months from January onwards, that each one at their respective places do tapasya with a determined thought. During these 3 months instead of focusing on outside service, concentrate on creating yoga programmes to make the self powerful. Have a sweet spiritual heart-to-heart conversation about this. Let everyone go completely underground for 3 months.

Baba has said to us “Children become unlimited renunciates”, and so our entire lifestyle - the way we live, what we eat, how we interact, what we wear – everything should become very simple. This will conserve both our time and our energy. Let each one practically experience constant companionship in such a way. Let each one experience the continuous pleasure of being lost in the joy and intoxication of the one Beloved. Let each one drink the nectar of all relationships. Let each one’s heart sing songs of happiness. Now let your experience be such that it is as if the final period is right in front of us, almost upon us and that we all are underground in silence. It is as if for the entire world the drums of defeat are about to sound and our drums of victory are on verge of being played. When our stage is elevated and high then the drums of destructions will be played. We have to return home; that’s it we are going home and so then nothing else should be remembered. This is why you must do tapasya and make your foundation very strong. All brothers and sisters must take some time out for this and give the donation of their yoga. Like the tortoise, merge everything else and just become absorbed in Baba’s love. Stay in silence, stay in a bhakti of silence - disappear underground.

This tapasya will destroy all obstacles. This is why for the next three months you must all fly away to the subtle regions. Don’t stay here, that you continue to speak in the language from here. It should not be that without service you become bored. Make your timetable for the next 3 months such, that you have the feeling that, even whilst walking and moving around we are in unbroken yoga. Also, during these 3 months, as much as possible, keep your food simple. Just ensure that you offer proper and full bhog on Thursday.

In addition to that, as much as possible, speak less, speak softly, think before speaking, weigh your words before speaking them, speak sweetly, speak in a yukti yukt manner, speak the truth. Now, put your own preferences and way of doing things to one side and move according to the preference and wishes of the Master. Now, wind everything up and just stay in silence. Everyone should be in silence. By all means continue to give the course and attend students but do things within the set time frame and then having completed it, go back into the cave of introversion. For 3 months keep the mantra of ‘less expenditure and greater splendour’. As much as you can, when ever you see that you are little free in between tasks, go and sit in Baba’s room. Our way of interacting, living and way of thinking should indicate that we are not of this world, alokik, detached and far away. For 3 months do this full course of powerful tapasya. It should be as though everyone is lost in the chant of remembrance, remembrance, remembrance. Do such a bhakti. Now be concerned about your own stage. If there is a stage, then there is service. These are final chapters of the world cycle too. If our breath were to take leave of us, during this final period, at the very least, let us be in a position where we take leave from this old body in a योग्य way. It shouldn’t be that we are still performing any such action that is making the account of our sin increase. Finish the account. Fill yourself with the type of deep power of yoga that is required for this. This is the wish and the request of Baba and the Dadi’s to all of you. Do you accept it? Will you keep such a chart? For me, the activity of Baba that comes before my eyes is of his final days, when day and night there was the experience that Baba is so so beyond all physical elements, moving around like an angel.

please turn

It was as though Baba was in deep silence, inside this body but totally far away from the world of this body, in deep awareness of the soul. Baba didn't like to hear even the slightest sound. There was the experience that Baba was even beyond the subtle region, the avyakt region, sitting in the soul world. And he would be signaling the children: 'Hey children, you too must practice this a lot.' May you be bodiless. Let this experience and practice be so so deep that it is as if you become completely soul conscious. Go into such profound silence that if someone were to come across you, they too with the power of your silence, should lose awareness of their own body. For this to happen each one now has to experience this type of peace and deep yoga. And so as much as possible, let all brothers and sisters pay special attention to the experience and practice of yoga. Now close the doors to the atmosphere of extroversion and turn within. Become introverted. Give special attention to staying in dead silence.

For this, share with one another the vibrations of yoga and love. Create the atmosphere of becoming totally submerged in lovely Baba's love. Time now is giving us a warning for the final moments. After all, how much longer is this old world going to continue for? Baba gives us a signal everyday, but you don't think to yourself that Baba has been speaking like for years though, do you? "Destruction still hasn't happened yet. When it is time then we will see what to do at that time. In any case, whatever effort we are destined to make according to the drama that is all we will do anyway. Anyway – there is plenty of time left till destruction. We don't have to be forceful hatha yogis. Ours is easy yoga." Eat, drink, go out, watch TV, laugh, play, be entertained, dance.... I don't think this is why we have become Brahmins! Absolutely not! You will have to pay for this burden in the land of Dharamraj.

Other than Baba, there is no other entrainment in our lives. Go to Baba's Room. Have a heart to heart conversation with him. Have sweet, sweet chit chat about gyan. Revise the Murlis, ask questions, churn knowledge – this is our entertainment. Again, and again the thought that keeps arising in my heart is that each one should definitely take a fast in which they say "Dadi for at least 101 days we will now take the fast of being in silence." So, I am requesting each and everyone that for at least 101 days each one ties this bracelet.

Now let everyone go into the cave of introversion. Go underground. Have the feeling that, now our anchor from the old world has been lifted; it is time to return home. This is why for the next 3 months everyone should specially stay in a silence bhakti, completely lost in the pilgrimage of remembrance. Let each one, individually, do this bhakti for themselves. Through this you will remain content with yourself and seeing you others will receive inspiration.

\*\*\* Om Shanti \*\*\*

