

May 1, 2023

This month we will be thinking, doing and practically seeing the benefit of having pure and powerful vibrations. Baba said, Baba comes in an ordinary body. I think if he comes in a king's body, a saint or great man people will be looking at the body. All their attention would be on the status of the person. We say that Brahma Baba is ordinary. I think he is extraordinary because of his values in his life, his success in his business and his love for the family. There are also unlimited qualities, his charitable heart, his generosity all that makes him extraordinary. Baba said those who are ordinary have a lot of bhavna and what God likes is bhavana. I think that whatever happens, each one of us has to maintain our bhavana. There are different scenes in drama and everyone has different parts to play, but I don't have anything to do with that, just maintain my bhavana. We have to maintain our bhavna because that's where you will have all the attainments.

Vibration has capacity to create and to sustain. There are many projects where they are working from vibrations. We were taught that even when you are watering your plants, do it with love. It happens that some people do things which are not in the favor of yagya, or create a wrong image for Yagya, for family, Organization. What should I think about them? We know that there are many who from time to time whether it is lack of power, temptation or whatever reasons they do wrong things. Practically, what would you do? Baba has come to make impure ones into pure ones. If Baba had this thought for all of us, that we have done so many sins for so many births and are impure and vicious, Baba would not be able to make us pure. Whatever we did and whatever we were and sometimes we are, Baba always looks at us as pure souls, loveful souls, peaceful souls. Baba's vibrations bring transformation in us. If you have to follow Father, your thoughts should be elevated no matter what someone is doing. That means we cannot allow ourselves to think of that person as not good. Even if you have to take action, our attitude and our vibrations shouldn't change. It's a real practice to look at a person and have elevated thoughts and the vibrations for that person. Ultimately, our service is to create an atmosphere which can sustain others and transform others. To make them feel that, I need to also have elevated thoughts.

In practice, I have to constantly have elevated thoughts to create a spiritual atmosphere. I think at present our effort should be that I can say that whatever the part of the soul is, I have elevated thoughts for that soul. Baba had said recently look into the mirror and then you check if all my thoughts are elevated for everyone. Some say what is wrong to see what that person is? Your logic says that, but then what are Baba's teachings? What is the purpose of our life? What is our aim? Everyone in the world, everyone within the family whether it is divine family or lokik, everyone should become elevated. If that is the thought then we can't have other kinds of thoughts. Dadi Janki has good wishes for everyone. They used to say that she's the last person who will give up on anyone and that is why everyone had a lot of love and respect. For us, we look at the way the person is, what that person is doing and all those are really wasteful thoughts. If that person is negative, negative thoughts in your mind will be negativity within your life. I can not allow the thoughts of that person or negativity of any kind get into my mind.

That's the attention we have to we have. Some people have been calling me and asking, how is this practical? What we want is to punish that person or reform that person. You want that person to change and stop doing what is wrong, but how will power come? I have to have elevated thoughts for that soul and create vibrations in the atmosphere, spiritual and powerful for that soul to have realization. Today I was thinking that there are many souls in high positions and cooperative souls. They are in high positions and have so much love for yagya, they cannot see any dispute, conflict or anything wrong happening in yagya. Then they come and they help professionally.

Dadi Prakashmani served because of purity, because of her elevated thoughts for each one. We have to serve the same way. The ocean doesn't stop giving water, sun rays continue, they do what they have to do, they don't give according to what a person does. What is most important is to have elevated thoughts, that is, increase the capacity to create the vibrations in which everything becomes very spiritual and powerful.

Our homework is not just for me to become perfect and complete but for the transformation of the world. Also, to serve the world and in that serving souls and nature. If you keep somewhere in the corner very beautiful flowers, they won't stop giving fragrance by thinking, "this person is not good. I am not going to give fragrance". They are fragrant, their fragrance spreads all the time. You have fragrance and it spreads and everyone can smell it. I am underlining this. Have this consistent, very naturally in an elevated stage where one spreads full vibrations. We will do our homework tomorrow and observe ourselves. Observe and listen to your thoughts. Am I constantly creating spiritual and powerful vibrations for all?

Om Shanti

May 2, 2023

Every word that Baba speaks, we have to implement all those words in our practical lives, and we have to become that. That makes you think. Baba said that I give you the pen, and you can write whatever line of fortune you want. What is drawing the line of fortune? Fortune is created when we use something in a worthwhile way, when you use something for benefit, in the sense of bringing some benefit to others or service of any kind. That means as much elevated, unlimited thoughts as you create, you are drawing the line of fortune longer. So, service through thoughts, body or any resources, specialities or whatever we have, all that has to be used and then we find that our fortune can be created. Without doing actions there cannot be any fruit. Now in one of the Murlis, Baba was asking, "What would you like to become? Are you an ocean, are you a river, or do you want to become the king of a state or a country or a world?" So Baba gives us the title of World Benefactor. We cannot count how many souls, because the world includes souls and nature and animals, every living creature. That service can only be done through vibrations. Even if you go outside and start talking to the trees, you

have to have very loveful vibrations. These trees are beautiful, they bring shadow, they bring fruits. So, when you look at the tree and when you think about the benefits that we get from the tree, then those are the elevated thoughts for the tree, and you are serving through your vibrations of elevated thoughts.

I have been thinking, what is an elevated thought for everyone? Of course for souls we say that we see them in their perfect stage, all the beautiful qualities of the soul. What about nature and everything? Elevated thoughts create the vibrations, very subtle powers, and we know that nothing physical or gross can change anything. For that, Baba is saying that you need to be very clean. If someone is doing something wrong, you will know it is wrong. There is a saying that if you see something wrong happening, and you remain quiet and let that happen, your burden will also increase. Why didn't you at least try to stop it? So, if I hold something for that soul in my mind, like this one always does that, this one is very vicious, this one is. The other person will feel the vibrations, but it is in your mind. If I am holding it, the pollution, impurity, will stay in my mind, and that means the quality of my purity will reduce. When purity reduces, there is a connection of peace and purity. If you want to be peaceful, you have to have purity. Otherwise all these thoughts will create disturbance in the mind. So, this will be our homework, we don't hold anything. What I experience is that when there is purity, a good stage of purity, you don't even remember, you just forget. So, as your stage of purity and perfection is increasing, you will not be able to hold any feeling that is not a right feeling, good feeling, elevated feeling. So we have to work on both levels. If we accept the title, which I think, we all do, that we are World Benefactors. I am a master world benefactor. My Father is a World Benefactor! So, I do what my Father does.

It is best to look at Baba and feel Baba in His eternal stage. That's what Baba said is recognition; who He is, what he does, and how He does it? There are 10,000 Baba's children sitting there and they are talking a little bit, moving because sometimes they have to sit for many hours. Suddenly, as soon as Baba comes, even when Dadi Gulzar comes, the whole place is charged with love and silence, a lot of love for Baba and everyone is silent, why? They want to absorb Baba's vibrations. Baba hasn't started speaking, but we all want to feel Baba's love. So everyone is just keen to take drishti, So all the qualities, like Baba's purity, Baba's love, Baba's good wishes for everyone, everything is invisible. Can you see love? You feel love. Now if as a master almighty, I am not a master ocean of love, no one will feel that love. Love is very important, and then purity, complete silence. So, whatever I experience when Baba comes or I want to experience from Baba, I will have to inculcate all those qualities and then others will be able to experience that. Godly love is unlimited. How do you bring benefit to someone? It is spiritual. It is from your stage, cooperation, and donation of virtues. What one doesn't have, I don't say it or look at it, but how can I help, what way I can contribute? If

we are in a gathering, it requires a little bit of sweetness or patience. What do you do? You keep that quality, you express that quality. More you interact with that quality, you will find that change will happen suddenly. Everything becomes different. We know that everything is so subtle. Look at Baba also, how subtle, incognito He is.

Once Baba said that if someone is inspired to become pure from impure, that is the greatest benefit. Even other qualities, someone could feel happiness, love, peace but without purity they cannot be very lasting. That means if there is purity you will remain peaceful whatever happens. Baba came and Baba said that all the children have to be pure. For some of us it's so natural, but there was so much conflict and at that time there was so much opposition, because of purity. No one will be angry or upset if you are peaceful. When you want to live a life of purity, there is a problem. So keep looking at Baba, keep looking at His qualities and inculcate those qualities and then you will become a master world benefactor. Whatever you will do, you will think the world will benefit. So, do not hold anything, because that subtle impurity of holding an impression about someone, holding someone's wrong actions, it's like something dirty, and as soon as you touch it, you throw it. You don't hold the dirt. Then we will be able to sustain our purity. So, our homework for tomorrow, the whole day, is don't hold anything that is wrong. Don't hold anything towards anyone. It is elevated thoughts that create elevated atmosphere, vibrations, and bring benefit to the soul.

Om Shanti

May 3, 2023

Okay, very well? That's great. We have to keep well, right? When we listen to Baba, Baba reminds us of what we have, but also we need to use it in a proper way, with a proper method. All the knowledge Baba has given is in our intellects. Any knowledge, when it is changed into techniques that's where it is useful. So we have to remember this. We listen to Baba's Murli, then look at the method, find the method and use those methods. Baba always says that when you use the method, 'vidhi' then you get 'siddhi', or everything is successful, or everything is then accomplished. If you don't use the right method, then you won't be able to have accomplishment. A lot of people would ask, "How do you all do it?" We say it's through knowledge but it's the method from the knowledge, right? Then by using that method, there is achievement. Baba is reminding us that fast effort is required at this time to create the atmosphere. It's interesting right, we have to experiment with whatever qualities you have and if it's really that's what you are, your presence will create that kind of atmosphere, whether atmosphere of love, it could be enthusiasm, or it could be courage.

I was remembering that when Dadi Janki was with us, even though they are with us in subtle form, but when she was there, there was some kind of inner courage. I don't think Dadi had any kind of fear. Many times we used to ask her why don't you bolt the door of your room? She said, "No, let it be open, anyone can come or go anywhere. We travelled together many times, and I know once or twice we would be stopped at immigration in a Spanish country, we don't know the language. Dadi was sitting with so much confidence that all the officers would look at her and also for me, Dadi is there, so it's like courage, and a lot of enthusiasm. As soon as she enters the room, you feel something, the room is charged with enthusiasm, with love, or readiness. So, whatever qualities we have, we are able to create that atmosphere. Baba is saying this is effort because sometimes it could happen that your own state of mind or your mood is not very much of enthusiasm or of peace or love. That energy spreads and then everyone becomes a little sad. At this time especially, there can be an atmosphere affected by outside the mind, and the vibrations of different people. We have to be careful, and instantly I should create an atmosphere through our vibrations. That's what Baba is calling fast effort. Baba says that what is important is not to have any kind of rubbish in your attitude and vibrations. Rubbish definitely is something from the past. Maybe we didn't notice that the vibrations from other souls have gone very subtly in me.

Each one has to think of not only the philosophy of thoughts, but of karmas too. It is very easy to copy and start following someone's actions. A kind of energy, atmosphere that everyone started doing the same thing, but why should I do it when it's not right? It's wrong, but this one did it so I also did it. That influence shouldn't be there. Let everyone do, I will still not do. Many times some conversations happen and everyone participates but I have to be careful, because I don't want to make that atmosphere. Atmosphere is also created by conversations, by thoughts. Baba wants our vibrations and attitude to be completely pure. Baba tells us many different ways for that. Of course, we have to serve all the souls. Whenever you look at someone, always look at the speciality, not only a soul but very stable, look at the intellect, there is so much concentration and such elevated thoughts. All the time, I am sharing knowledge, and I think every soul has specialities. When I look at the specialities, it helps that soul very much. At that time, my attitude is very pure because when you think about the specialities and qualities of others, you will be able to imbibe them too. If I see someone is so peaceful or quiet or accurate, I'm looking at the quality and it's coming inside me also. Not only do I have elevated thoughts of someone's specialities, but because they are practical so the atmosphere becomes like that, Baba says. Someone wrote about an experience the day before yesterday, where she realised that even in a subtle way, when there is some attitude towards someone, you cannot take care of that person. Care for that person is only when you are looking at the speciality of that soul. It's very

subtle, and she immediately said, “Oh, I need to bring changes, I need to bring some transformation to make my attitude pure.”

So, Baba is saying that this is actually the most important service that should be done, and there should be fast efforts. Listening has a lot to do in our life. If someone says something which is not right or negative, you let go, but if that person thinks like this for me, I start thinking that way towards that person. This one said like this, but what about himself? Whatever people have to say, I always say that it's their mouth but the ears are mine. There will always be different opinions, different comments, but Baba reminded us to look at the specialities, don't look at anything else. So, no negativity, no other waste, nothing from the past should have a place in my attitude, in my vibrations. That is why cleaning is important. Sometimes you don't see anything, you will never see this room as dirty, but whenever you clean there is some dust, actually a lot of dust in the corners. Whatever we have we have to dust, we clean it properly, regularly, but someone can just say, “Oh, it looks so clean.” So, they call it deep cleaning, regular cleaning. It is the same with our attitude, we have to check it very regularly. Am I holding this from yesterday? Yesterday something happened, am I still thinking about that, or did I completely erase it?

So this is the homework for tomorrow, we have to look into that and so you all increase your capacity to create an atmosphere. The kind of atmosphere you create is very important.

Om Shanti

May 4, 2023

Happy Satguruvaar to everyone! Satguru Baba. It's a very good relationship between Guru and follower. Many tell me that I can relate to the relationship of Father and Teacher, but not Guru. Guru and follower is a very close relationship because Guru takes the responsibility that I have to teach the follower, and follower also feels that I have to follow the Guru properly. I have experience of Gurus because when I was young, at our home, my grandparents would invite different Gurus from time to time. Not only that, but they would take us to Haridwar, different ashrams, and to different Gurus. I could relate to some, but not to everyone. One Guru in Delhi used to give very good talks. He was from Vivekananda ashram and was very known for his talks, so I used to listen to him. The part of Guru teaching is very good, but not when you have to touch the feet and wash the feet and drink the water and all that, which I could never do.

One of the meanings of forgiveness is living for giving. If you are living for giving then you can't feel bad about anything. Whatever is lacking in any person, I need to share, I need to give. In a lokik way also, if we look at someone, doesn't have enough food or

doesn't have enough clothing, what do we do? We give. We don't just notice and keep talking about it. When you see what a soul needs, just give. Giving is not necessarily teaching through words, it could be through our good feelings, good vibrations, and our very pleasant smile. A smile is also good communication and acknowledgement. I remember that when we used to say, "Om Shanti", we prepare ourselves, just smile, be in Baba's remembrance, then say, "Om Shanti". I am a peaceful soul, deep within, I am a peaceful soul, and from there the vibrations of peaceful soul will help the soul. Our homework is to give by having elevated thoughts through our attitude and vibrations. Teaching is not the only way to give. Be a good example. If a situation comes up, what did you do? What was your stage at that time? Did you blame the situation? Did you talk about situations, or did you use a good method, the right method and resolve the situation in a proper way? Baba says that whenever anyone makes a mistake, we should never get upset, because at that time, the soul is under some influence. Many times, we have seen someone do something, even if it is not right, but you have seen that, and you never know one day you could start doing that. You may have heard some words, somebody spoke, even if you didn't like it, but you heard, and you didn't take care of that, so you start saying the same words. So, very subtly, I think the soul is very sensitive, has all the powers, and one of the powers is to absorb everything.

That is why it is very important for us to pay attention to two words, attention and practice. If I have attention and I practice, and then if I sorted with my own self whatever I needed as a soul, then others will have some good experience when they come in front of me. One experience is love. Everyone should feel love. Love could solve the problems or difficulties that the soul is facing, because in love there is so much mercy, there is so much feeling of helping. They should also feel cooperation. I am not looking at anyone's mistake, I am not looking at the weaknesses of that soul. One of our foremost duties is to encourage everyone, give them courage. We can do it, we can manage it, it's possible, nothing is difficult, it's easy. One brother comes from Madhuban. He helps in the Peace Village kitchen, and every time I tell him, "It's so much to cook." He says that it's easy. Every time he just says, "It's easy." So, when he says it, you feel good that we're not giving too much work. He very lovingly makes a very big quantity of food for the big retreats. So, when he says that it's easy, the others feel courage. So, how do I create a kind of atmosphere where everyone feels more courage, but also increases the percentage of enthusiasm? When enthusiasm goes down, then everything looks not only difficult, but a lot of subtle questions arise. When there is enthusiasm, we just fly. When we are flying, we don't see little things. Baba keeps saying, 'flying stage.' Otherwise, the whole day, there's so many scenes of Drama. Just imagine, every minute my act, someone's acts, another scene of Drama, a lot of scenes. A lot of things keep happening around us. What do I see, what do I take? It's up to us. You might have to not see many things, otherwise they get accumulated also.

So, I really like when Baba said, "Just pay attention and keep busy in your practice." That is why we take homework for the day, and I will be practicing this. Actually, it's really with me, I'm finding that it's so important to have this Avyakti signal and homework,

otherwise intellect gets so much full with actions, actions of others, sanskars and sanskars of others. We know that they are there, it's everyone's part, it's all Drama. So, remind yourself, I have to live for giving, and that is forgiving.

Om Shanti

May 5, 2023

Everyone is ok. When we say, "Baba is with us", it means we are creating the presence of Baba as Almighty, and that is remembrance or smriti. So, I find that the biggest form of Maya is to make us forget Baba, that means the mind or the intellect is busy or occupied in other things. Let's say there is a situation, and the mind really gets busy and very occupied in the situation, then the weakness emerges. What will I be able to do when weak thoughts start coming? Let's say you have the sanskar of being fearful, or you have the sanskar of having doubts, or too much thinking? If we have all those sanskars, then what happens? All these kinds of thoughts come in the mind, and when thoughts come in the mind, it's Maya. Maya is weak thoughts. So, when Maya comes, she makes us forget, or separates us from our companion, Baba. I think it's really a good point to understand. If I have the company of Almighty Baba, then I am conqueror of Maya. That means my weaknesses will not emerge and I will remain strong. This is a good point to practice. Tomorrow's Avyakt signal will also take this point to make sure that Almighty Baba is my companion. It's not only a question of circumstances or situations, Almighty means all powers. So, if my nature is to use the power, then also the Almighty will be with me.

I think the biggest power that Baba mentioned was tolerance. We are tolerant of each other. That means allowing everyone to be different and do whatever their part is, just be tolerant. If you love everyone, you might not need tolerance. You will always be ready for whatever happens, and ready to face the situation, not runaway or be scared. I think as much as we use the powers of the Almighty, then you feel you are master Almighty. Especially during these times, you will really feel that Almighty Baba is with me. Murli is our source, and Baba is my companion. These two mahamantras are very, very important. Then we will not be influenced by any soul. If you listen, you are attracted. So be very attentive. Baba said to have attention and practice. Also, you need to think of the Almighty to go beyond your limits. You need the companion Almighty Baba to help you go beyond limits of everything. Unlimited service is service through the mind of the whole world, because Baba says that you are a world benefactor, and the world is big. How can I be a world benefactor, without being master Almighty? I am master Almighty. The Almighty is my companion. We will go beyond boundaries and limits, but also bring benefit to everyone. We have to say something to someone with love and patience, and something that can help them in their practical life.

Traffic control has helped me so much, not only not to have wasteful thoughts, but my state of mind feels very elevated. We listen to knowledge and from there we take very

small practices. Like waking up early in the morning and saying Om Shanti, good morning to God, even children remember to do that. I say 'good morning' to Baba in the morning, like you would say good morning to your father or your elders at home. So now, it's so important to remove our limits. Someone said, "Oh I needed at least seven hours of sleep, but I took Baba's knowledge and then I started sleeping in time, remembering Baba, and I woke up in the morning naturally at 4 o'clock." So, he started having trust that I can do it, and before that, he thought it was impossible. Thinking of one's own limit that I cannot wake up, it's my limit. So, how we see souls, how they do certain things up to a certain point, and then they say, "I cannot do any more." I have to bring benefit to all, so why do we only think of the world and limited relationships, limited contacts? Keep the world in mind. I have to bring benefit to the whole world. When your vibrations are powerful, they will spread.

You must have heard that the Pandavas and Kaurvas were fighting with bows and arrows. So as much tapasya one has done, that is how much the arrow destroys negativity or the arrow of the enemy. Today, Baba is saying not only do you think about bringing benefit to all, but you have to change one who is negative into positive. At least in your presence or creating a powerful atmosphere, others will not be able to do anything negative or say anything negative. That also means not to think anything negative. That is where power is required. I think one of the important practices is to look at every soul in an elevated way, everyone has some speciality. Even subtle negative thoughts will create distance, and also lack of trust. If I always think positive, there will be more and more trust, trust will grow. Baba always says elevated, unlimited, and benevolent things to us. Anything taught with love to souls will bring maximum benefit. Many sisters came to New York to stay with me in the beginning, and most of them now are senior sisters. They now say, "I used to stay with sister Mohini, so I learned how to cook so many things." They learned not only knowledge, but cooking by observing me. In life, we learn by doing. A lot of people learn how to use the money of Yagya properly, and how to do charity with this money. I plan things in a way that everyone gets a drop of what we have. I always think of how and what to give, how to use it in an unlimited and worthwhile way. Tomorrow's homework is to make the Almighty your companion and become conqueror of Maya. Don't allow any weakness of your sanskars to emerge, but instantly emerge one of the powers to face it, use it in whatever way necessary. So, whatever you touch, whatever you churn, you will find it very useful.

Om Shanti

May 6, 2023

Everyone is okay? Good, yes, that's very good. When there is a divine image, or the idols of gods and goddesses, deities, and that little space where we put them, we call it a temple. So, today Baba is drawing our attention to the place we live, that means the space that I occupy. It could be one god or two goddesses in a room or whatever, but the space should have such powerful vibrations that anyone who enters there just feels

peace, and light. I think of going into the rooms of Dadi Janki and Dadi Gulzar, whether it was a living room or bedroom or dining room, wherever you go, the vibrations are very powerful and very unique. It is a very clean place, very powerful. Everything is perfect in the sense that nothing is around in the room, completely organized. So that is physical, but then also there are subtle vibrations. So we all have to start thinking about that and keep our space very clean, very organized, very peaceful, and have very powerful vibrations. I was thinking our sisters walk from Avyakti Bhavan to Harmony house, so they walk the whole day, they come, they go. So, it is just like Brahma Baba walking from the room up to the tower of peace. That used to be his walking space, so it's an action, walking is an action but how tapasya an action? I remember many times we used to go for or walk outside, and Baba used to say to go in silence so that anyone who sees you will look at you and feel these are angels. These sisters are not from this world, they are beyond. So, Baba used to tell us while walking to just be in soul consciousness. These days we have less attention on these things. So then the impact is also less. People look at us in white clothes but not necessarily as angels.

So, Baba is talking of action and then tapasya, but also renunciation. We look at Brahma Baba and his renunciation. Renunciation here is more of the mind and intellect. The mind and intellect do not get entertained by wondering, in the sense of getting connected anywhere. The mind and intellect should have concentration, whenever we want to withdraw, it should take just one second. Renunciation means that nothing belongs to me, I belong to Baba, Baba belongs to me. In the beginning, we come to Baba and we renounce whatever in a physical way, we become spiritual, our system costumes, our dress everything changed, that was renunciation. Renunciation is attention on the self, there is no influence on me, my mind doesn't have wasteful thoughts, because wasteful thoughts come only when there is lack of renunciation. It is okay if you renounce, but there is also tapasya, taking the mind and intellect towards Baba, just have a very stable mind. So the combination of action, tapasya, and renunciation is Brahma Baba's example. I find that is really powerful, we are paying attention to doing tapasya while doing actions. Just imagine, whether you are working in the kitchen or anything you are doing, the whole place will be charged with complete vibrations of purity, love, and peace. Many of us live at Baba's homes. So naturally, the vibrations have to be very peaceful and powerful in Baba's homes.

I remember one time Baba said, "I have only one child who is consistent and stable." So we thought, let's see which child that is. Baba said 'Museum', because they never change mood, they are very stable. Anyone who comes is served. Baba was actually saying that each one of us should become moving museums. That means we keep serving. Just looking at us some kind of feelings come in them, experiences come in them. Whatever you are embodiment of at that time, whatever is your awareness, instantly others will have that experience. They will know, People don't know about purity, but then there is pure and clean energy. It's very peaceful and also very powerful. Many say, How do you serve through the mind? I say it's not a separate subject to serve through the mind. Let's say you are serving with a lot of love for Baba. I am cooking or serving Baba's Brahma Bhojan, not serving lunch, serving Brahma Bhojan, there is a difference. When the thought is elevated, then others' bhavana towards the food will also be different. That means you are serving through actions. The awareness you have

while doing action could be your tapasya. I think we want to do combined tapasya and action. Renunciation is visible when there is no desire. I look at something, it is so beautiful, yes, you can appreciate it, you can admire it, but I don't want it. So, when you are free from desires, when you are a renunciate, you are not attracted by anything. Any time there is body conscious drishti whether it's for people, whether it's for material things, there is not complete renunciation.

It's so interesting to think about renunciation. Awareness has vibrations, and light, so awareness while doing actions is tapasya. You are getting double. Elevated action will bring the result, but then if you have awareness and action, it is serving in a double way. That's what is called 'Mansa seva' also. I remember one sister used to cook a lot in peace village. She said, "Whenever I cook, I keep remembering Baba, so that whoever eats the food should get more connected to Baba, and should have more Bhavana to serve the Yagya." She would always have these kinds of thoughts. Concentration is important in whatever you are doing, you want to do it in a perfect way, but there is another level of that perfection, it is from your awareness. Now Baba is saying through this avyakti signals, that we have to use that perfection to serve from that stage of tapasya. That's where we will become perfect. Someone came to peace village and said that when the sisters were serving, our attention was not on the food but we were looking at them. They were so loving, cheerful, and in silence, the way they were serving. Even here at Harmony House, I remember a few people came, they use to look at the way Bhog is served, and they really appreciated it. We are a hundred plus people, and how quietly everyone gets their Bhog. So it's an action, but what is impressing them is not the way you do it of course, but the way you are a being. So being and then doing is called being a karma yogi or a tapaswi in action. Baba has given us a new responsibility for creating a new awareness in us, to make our places as temples, as pilgrimage places, sacred spaces, not something ordinary. So this way we glorify Baba and reveal Baba, his virtues, his actions, his tapasya and his renunciation, we follow that.

Om Shanti

May 7, 2023

Baba loves all of you because of your constant presence and doing the homework. Baba is very well pleased with us, and of course, our Dadis must be very happy to look at all of us being together also. We can see our lines of fortune on the forehead, and it's so powerful. The first line of fortune is God's sustenance. There is a beautiful song "Palanhar - God is the One who sustains the whole world." We have heard this before, but now at the Confluence Age, we experience it. Baba creates an unlimited family, unlimited Yagya, and from the very beginning, I got sustenance from Sakar Baba for about 11 years. I did not stay all the time in Madhuban, but I did go there to spend a little time, then I returned back to the center, because I was still a student at that time. I never had a desire to get a position or anything else in the Yagya. When I was in Shantivan, we were thinking we never had to ask for anything. Whatever was the need before, you will think it and you will get it, because it's your need, it's not desire. Actually

we can think a lot about the contrast between need and desire, because need can keep increasing and can become greedy. When it's a true need and you get it, and there is contentment. So, look at yourself and you will know, "Do I still have desires or do I have contentment? Is there greed or contentment?" There is a very clear way to know if it is greed. For example, you will take more and justify it by saying "Let me keep it, I don't know if I will get it in the future, I will keep it for emergencies." There is little or no trust in God and in His sustenance. Knowing that Baba will provide, Baba will take care. The more you trust God, the more He fills your apron, but if you have desires and I don't trust, then you might never have enough.

There is a very deep connection between our Avyakti signal and Murli. The first line is, "Fortune of God's sustenance where my all needs are being fulfilled". Baba says, the atmosphere in the world is one of greed and desires. So, souls are very distressed because of desires. Sometimes people like to eat something, so they eat as much as they can, then they say, "Oh I want to eat this tomorrow again." So they wrap it in foil paper, take it in a container to their room to eat tomorrow. It is better to eat as much as I can eat, then just be detached. Having a lot but still being distressed is because of greed or desire. They say that most fortunate people get a higher education whether their parents can pay for it, or they themselves claim a scholarship, or they will work and study. Education is for your whole life, it's useful until the end of life. That education could be a talent, a skill, it could be very useful.

What God teaches us is the highest education. Every Murli that we hear there is so much wisdom, makes us sensible, deeply within us, it brings a lot of fulfilment. Baba is teaching us, this is the third elevated line of fortune. Baba's directions, advice, most elevated advice is our fortune. Anyone can guide you up to a certain extent, and then they say, "Oh, you decide." Baba gives us Shrimat at every step on how to use our time, our thoughts, and how to use our body. What to do about bondages and relationships? How much we understand, how much we do, depends on our intellect, but definitely He gives. Baba's sustenance is all attainments. If there is greed or desire, then even Baba's children can make mistakes.

I always say that whatever you have to do, do it within limits. Be satisfied with your quota. If you are eating salt or sugar or anything, eat like Dadi Janki. She used to say to eat everything but just a little bit. Too much of anything and one day your body will reject it, get some sickness and then the doctor will say that you cannot eat it. I remember some souls, they had accumulated a lot of things and they got very distressed about what to do with that. So, he stopped accepting more things from others. There is a saying that whatever extra you have, you should do elevated actions by giving to others, and those who use them, will give you blessings. Even for little things, if people get it at the right time and they use it, they give blessings to you, but if you hoard it, you don't

give and when you leave your body, then others start giving, it will be different. I've seen so many examples come in front of me of some who never kept anything extra and then there are some who kept more and more. I see both of them when they leave, then we become caretakers too.

So, that is why they said "unlimited distaste", then you remain happy, content, free from desires, no greed. Baba is saying that when there is unlimited distaste, there is happiness, power, and peace. One atmosphere is that we want, we want, we want. We have to change that atmosphere into "we have everything". We have, we don't want, it's like unlimited distaste. I always tell everyone, all the souls around me, not to want anything, everyone has contentment and they feel they have more than enough. In other words, they are experiencing the sustenance of God. Since childhood, I used to say, "Why should I ask God for anything, because He had a plan for me and He will give what I need, and that will be better than what I would ask for." He is my Father. I saw how Brahma Baba, at various times, would call me and say, "Baba has kept this for you, you use it." It is the same experience with Sakar Baba and Avyakt BapDada. He appreciated our unlimited distaste. So why do we need to have desires? So from today everyone should ask themselves, "Am I free from desire? Do I have unlimited distaste?" Do I feel the Father's sustenance and all the attainments we have? Check all that, then you will be peaceful, happy, and help to change the atmosphere of the world, make it peaceful and happy, no distress.

Om Shanti

May 8, 2023

Baba wants our level of purity to be 100%. Not only purity in actions or of words, but purity of thoughts, attitude and drishti. We start our day with Baba in the morning. Baba wakes us and we sit with Him. Just sit with Baba and there will be an experience, there will be feelings. I am with Baba.

Many in their lives have had to struggle in the family. In society the normal way of living is to get married, have children and live with the family. As soon as we come to Brahma Kumaris, everyone knows that they have to live a celibate life. Then within the family there's a lot of conflict, a lot of pressure from society, how will you live your whole life alone? Luckily we have such a big, unlimited family. It is true, it's not difficult to live pure, but to live alone and not have a family was a very big issue. We are in an unlimited family, but Baba says that is not enough, if you are celibate, your purity should be purity of attitude and purity of drishti.

In Hindi we always say vritti and drishti. That means, in our attention there shouldn't be any kind of attraction towards your own body or the body of others. "I look very good in

these clothes...in these kinds of ornaments...I look great in that.” Our attention shouldn't go to making the body attractive. When that is in my attitude, then others will look at the body. That's body consciousness and when you have body consciousness, then others also look at you in body consciousness. It is a very subtle attitude of body consciousness, Baba is calling it impurity. Whatever Baba says, we immediately check ourselves. Baba also says you should always have pure thoughts because that's the foundation and you should have pure feelings in your attitude for every one. Your intellect and attitude should be knowledge full.

We listen to knowledge but need to churn it, have conversations of knowledge, become an embodiment of knowledge. I think we still need to do that and whenever we see each other we share points of murli. We are becoming the embodiment of knowledge and that knowledge is actually power. Then mind, intellect and attitude, nothing will remain in there, there will be complete purity. Knowledge is power, knowledge is light. Baba wants our feelings towards everyone to be that everyone lives a good life all the time, good feelings, good thoughts for others. This comes from compassion, it comes from love and in a very natural way in soul consciousness. Be knowledgefull and be powerful. It's not that we just keep everything pure and clean, but we have to make it full also. How many of us remember points of knowledge from murli the whole day? Then you have to do karma yoga. Our intellect is in action, but because there is not knowledge in the intellect it goes in many directions and then it affects us.

I was thinking of the dadi's, they really had that life in Yagya. When I came, everywhere there were people and the dadi's were sharing points of knowledge. I wish we could create that again. The whole day we only talk about that. We can become an embodiment of knowledge and embodiment of power. I'm really happy that you're getting these Avyakt signals. When we look at every word and reflect together on those words at least for many, experiences emerge and then it is so easy to be free from wasteful thoughts. I know at work it might be difficult but many of us are at home, working from home or full time in Baba's service. That means anyone who calls us or talks to us, we will share a point of knowledge. As Baba said, you don't have to be an embodiment of thoughts, but you have to be embodiment of awareness. Not sochta swaroop, but simriti swaroop. Even the smriti of little things, that Baba is my teacher, Baba is my satguru, Baba is my friend, Baba is the Ocean of Knowledge, any thought about effort or about Baba. That means that knowledge, revision of knowledge and conversation of knowledge will definitely help us. We are making effort to make ourselves clean and pure, our attitude and drishti clean and pure, but it has to also be elevated. Sharing knowledge is important. It's not that you have to give the course all the time. Amongst yourselves or as I said if anyone calls, you share a point of knowledge. We should maybe try from tomorrow that our conversation is of knowledge and we are embodiments of power. The attitude and thoughts we have with the power

of purity will bring benefit to others, that others should feel. We always think good of others, that gives the feeling of belonging.

Om Shanti!

May 9, 2023

So lovely to see all of you everyday. Everyone looks so full, so much absorbed in learning and attaining your eternal stage. Baba wants us to make fast effort. Many people ask, "What is fast effort?" Baba wants that awareness to always be in the emerged form. It is not just about thinking that I am a peaceful, loveful soul, but I actually have to be in my original stage. Baba says that there is a difference between embodiment of thinking and embodiment of awareness. Sochna (thinking) and smriti (awareness). Today, I was listening to Avyakti BapDada Murlis of 1970. That awareness emerges the right kind of sanskars. Baba gave the example that there are two kinds of evil spirits, one is souls entering into the body of other souls, but the second is the sudden overpowering of a sanskar from the past. Either it is a desire, sometimes old frustration, anger, sometimes you start remembering the past all the time. Now that's what Baba also is calling evil spirit. What Baba is saying is that on the basis of awareness, the quality of sanskar will emerge. Baba is calling this the power of awareness. So what do I want? What kind of sanskar should emerge? The attention we all need to pay again and again is to be the embodiment of awareness.

Don't complain that this or that happened. See what kind of sanskars emerge. Always remember how many good things have happened to you. I was given help, I was protected, all good things happened in your life. Even though there were some difficult situations, you learned from those difficult situations. You became mature, you became more sensible, you gained a lot of experience. Generally we say to be positive, think positive, but always think about how people have been so good to you. Everywhere you went, you received so much love. Your thinking, energy, and power of love is because of your experience of love. Some always think of what didn't go right for them, or how people didn't cooperate. I went there but I was not given that respect. So why should we remember the things that we didn't like? Generally, you should remember what you like. At least I should keep underlining the positive and don't allow any kind of awareness from past memories that are not good, because life is always like that. When there is darkness, you just turn on the light. Sometimes it does happen in life that you are settling some karmic accounts, but how do I make the best of that. Even if the body is not well, see how nicely doctors took care of it. How much the family cared has for me. You can think of those things that can bring happiness to you. I am saying it because it is very important for all of us.

That is what I liked yesterday when Baba said that you have to be knowledgeable and powerful. Be knowledgeable in the sense that past is past, some settling had to happen, but what should I remember? Awareness is like remembrance. Focus on what gives me powers, and when you have all the powers, that is fast effort. Even if you say that it is Maya, Baba says that we should not have questions like, "Why did this happen? Why this is happening? Why this is not happening?" Don't think like this all the time. Instead you should be saying, "I am so fortunate, Baba came into my life, I am so fortunate to have such beautiful and lovely family." So, always of think about creating the awareness of all the best you have in life. Make sure you write down all these points.

Baba comes and tells us so many good things. You were deities, you are fortunate, you are at the Confluence Age. Your life is most valuable. Keep thinking like that, feel that. This is how you create awareness and then the sanskars will emerge in you of joy happiness, love, and belonging. All good sanskars emerge because we have those sanskars in us. If you keep thinking about what didn't go well, or nobody loves me or I was not treated well. What kind of sanskars emerge? That of sorrow, and weakness. Somewhere that shift in thinking is needed. How you think makes life completely different. The homework that Baba is giving us is also very good. Make fast effort and from there, your image, your attitude, your drishti, everything will change. Baba talks about transformation in the habit of thinking. Immediately change it, because all that emerges, all that experiencing, feeling, will again become a sanskar. Then again you will think. So, why not just change it at that time? When you change your thoughts, awareness will change, and then everything around you changes. Baba says that even if someone comes with distress, let them go back very happy.

So fast effort means to transform quickly in the moment. Yesterday, Baba said, "let knowledge be in the intellect, only talk about knowledge, be knowledgeable and powerful." That is called fast effort. So with determination, love for Baba, keeping our aim of becoming world servers, we can bring transformation, and have many beautiful experiences by becoming the embodiment of awareness of my original self.

Om Shanti

May 10, 2023

Okay, well? Yes, lovely to see all of you and meet all of you. Baba has given us Avyakti Parivar so that we can meet as a family everyday for clarification, understanding and then to do it in practical. We go deep into every aspect of knowledge and I've been connecting unlimited distaste and being detached and loving. If I do not have unlimited

distaste, I cannot be detached and lovely. That means deeply within there could be many different ways to look at it. When there is an aim in life then I need to have a good chart. I want you to be in a stable stage or as Baba said, one stage, and not fluctuate. I look for certain dharnas to practice so that I am able to be in that stable stage. That means I should be free from the waste, no interest in any negativity or waste. So when I have no interest, I will remain detached, and when I remain detached, I will be lovely. I start seeing the connection between unlimited distaste and being detached and lovely. Detachment is the foundation, it's not temporary, but very natural in us. There is no desire or longing for anything. Brahma Baba had interest in everything, but distaste. Baba loved nature, he loved fruits, cows, birds, everything. Baba loved because it is important to be loving, that's where nurturing happens, and that is when I can serve properly.

Baba used to get some good fruits. Some of you must have seen red bananas. They only come from Bombay, very nice, they are big and also small sized. When Baba gets special mangoes and bananas, he would display them in such a decorated way. There was a time they used to hang bananas, because if you put it flat it gets dark spots. He would check the mangoes everyday and when they were ripe, they could be distributed. We look at Baba's loving way of taking care of these mangoes. So there is distaste and interest. If you are not interested in anything, you will lose your enthusiasm. We need to have interest, both for the sustenance of the soul and sustenance of the body. So this makes us lovely. Distaste then interest and then being lovely because the energy within us has to remain very joyful. I shouldn't be attached in such a way that if I don't get to eat this or that, then I'm not happy. It's quite a balance between three: distaste, detached, and lovely. Baba wants us to be happy with it, that means you have everything but you don't have greed or attachment. Being lovely comes from deep contentment. If you don't have anything and you are detached, it is a little different from, if you have everything and you are detached, because that's royalty.

Brahma Baba was very royal, he had everything in life and he decided to offer it, surrender it to Baba, use it for service to make humans into deities. He did it with a lot of love and joy. He kept surrendering everything, but then was very creative when deciding which house should be used for which purpose. One of the sisters was talking about a house which Baba said He will divide and give as inheritance to his lokik children. Later, he decided to make it into the children's place. When there is true detachment, then also think what is the best way, and how to use everything in a worthwhile way. Internally there is a little confusion, lack of clarity between unlimited distaste, detached, and lovely. The outcome actually is being lovely, because you are detached and you are detached because you have unlimited distaste. Today, I was thinking, I really like the way Baba keeps saying unlimited distaste, but connecting it with being detached and

lovely. It's becoming more clear for me that we can have not only a balance of being detached and lovely, but a balance between having unlimited distaste, detached, and lovely.

So, tomorrow we will practise and see how it works. All scenes are according to the Drama. Everyone has a part to play, but still be very detached. If somebody asks us something, you go and play your part, do it with love. If there is no love, then it's because there is not yet true detachment. Practise starts with unlimited detachment, unlimited distaste, then detachment, then practise being lovely. Then start all over, check yourself, "Am I lovely all the time? Am I sweet and gentle?" Today I was thinking sweet, gentle, humble, respectful, these are all qualities connected with each other, and they are deeply coming from your love. Love for everyone. Sometimes we don't have love, we have contact, a relationship but not true love. That means there is no true detachment. Somewhere, you are expecting a person to be like this, or speak to me like that, but here again, it's a lack of unlimited distaste. Start from being lovely, this is important at this time. Also, be very humble and lovely. Never create an argument or a conflict or distance in a relationship. We have to remember to give and receive blessings. Blessings are very important. Not only does it fill the apron, but it removes the obstacles also. If I do not get blessing from someone, I won't be able to be free from obstacles. So reflect, churn, practice, experience, experiment, and then you can share with us.

Om Shanti

May 11, 2023

Happy Satguruvaar! Baba constantly sustains us and today Baba reminded us that we belong to the highest clan. We think of how everything began in the Yagya, and then we were all spiritually born, we are adopted. Those who belong to this clan or family, they come, and they just feel that they belong to this family. Baba is drawing attention towards our purity. Baba is saying that when there are strong waves in the ocean or river, you cannot stop yourself. When you are in the midst of that, you will just be carried by that wave. I have seen such big waves that were so strong in Kashmir, I used to look at them and enjoy them. Some people get pulled under the waves, most of them will reach the bottom. So, waves can be very strong. Waves are like the atmosphere. For example, you find everyone is talking about some theme, theme in the sense of something is happening and everyone starts talking about it. That is the time I shouldn't become part of that. If there is quite a strong wave now, think, whether I flow with it or I stand aside and say, "No, I cannot do that, I shouldn't be doing that." I think we all have the experience of flowing with the flow or taking control of the self, our thoughts, our words, our attitude. When Baba is talking about waste, then He talks about purity, especially about not flowing with the waste. One person is talking and then everyone becomes part of that. We don't neglect or it's not that we don't believe the person, but

what is the remedy, what's the solution? What can I do so that not only souls are not affected, but I could be of some service there? It's very subtle.

The majority of us want to live with whatever the waves are, but when it's quite strong, we have to be very careful. I like this thought but then also for every task to be accomplished, of course power of purity is important. Baba is talking about the power of yoga. Just be in yoga, nothing is big, sometimes we get concerned, sometimes we get a little bit of waste thoughts. Just be in yoga, remember Baba, let that pass. What is current will pass, can't be forever. So, that is Baba's signal, but also, Avyakt Baba's signal is to also make others worthy and also yogi. True yoga is with Baba, and my intellect is with Baba, you are becoming worthy, your value, your worth is increasing. Also, your capacities will increase. Very subtle capacities, where you can achieve what you want, you can help souls with light and might. That means my own mind and intellect become very subtle. They are subtle, but they get more refined, more pure. So, Baba is saying to prepare the land, especially with words, and also have an elevated attitude. So, I kept thinking that with different timings it will be a different attitude. Let's say one of the most important attitudes is the response to God's love. I can share with others, instead of only talking about Baba, who He is, what He does. We have one lesson on God, God's activity, God's divine virtues, but I can create that feeling through my experience and through my attitude. How will they feel God's love? It has to be in my attitude. So, when it is in my attitude, Baba is calling it full service. One service is through words, and the other is through attitude.

I'm sure you are all trying to create that experience within you. That when you are talking about something, your attitude is the same. So it does double service. Baba is saying that when you serve in a double way, it is fast speed. When there is this attitude, it has a strong current of atmosphere. So, what should be my attitude? Baba is saying that not only does our attitude create the atmosphere, but also it affects nature, the elements. With attitude, every cell of our body connects. We don't realize it, but all that is going into nature. Nature is not necessarily outside, but it could be one's own five elements, that is the body, very subtly. We definitely have to be careful that my attitude should sustain my matter, the body, in such a way that there is healing, there is health, there is power. Every thought affects our cells. They say when you hear something very fearsome, your mouth gets dry and your body starts reacting in a different way. So that is the kind of discipline, control, I have to maintain an elevated attitude, because through this elevated attitude when atmosphere is created then it affects the body. We also have to take care of the body, Baba's instrument to serve. So, Baba is saying that this is not only service for others. Even when someone has an attitude of some kind towards me, I should protect myself. I maintain an elevated attitude so that it doesn't affect me. So, I think it's a very subtle effort, and you can keep using the power of transformation and enjoy it. See what atmosphere I maintain, and how it also helps nature. So, Baba said that our worthiness has to increase, and also yoga has to increase. So, that's the homework for tomorrow, our practice of attention on our attitude.

Om Shanti

May 12, 2023

Knowledgefull Baba, Fortune Maker, the One who has taken our responsibility at confluence age says He will take care of everything. One method Baba has given is to remember Me. Instead of being concerned, having wasteful thoughts or worrying, remember Me. Remembrance is invoking Baba and Baba becomes Companion. Whatever is needed in that relationship, Baba just plays that part with us. I don't think we will have this fortune in any other age. In the copper and iron ages there was so much bondage of karmas we constantly kept descending, because of no support and no strength.

Now Baba comes and the knowledge he gives is that we can transform ourselves, because it's important that we transform ourselves. First Baba says you have taken a new birth now, your Father is new, Mother is new, family is new so your image should also be new. That new image is my original form, my eternal form is purity, love and peace. As a soul these are my natural qualities, so I should be an embodiment of 'swaroop', my image. You have to keep reminding yourself who I am. This is my new birth and Baba said based on that will be your nature. Because of body consciousness from so many past births we have developed a nature, but now we have to have trust, we have to have love and self respect. Always think Baba's is with me, Baba is my companion. Then whatever waste thoughts come, no, I have to remember Baba. This way transformation will happen. Third Baba said change the thought, "how will this happen, who will do it, who will help?" Baba will help through someone, so instantly keep changing the thoughts and you see the miracle of those thoughts. If we have weak thoughts or think it's difficult, then mind also becomes very heavy, our energy can become very low. We always say keep ourselves okay first, if we are okay everything will be okay. If I am not okay, nothing will be okay. I like what Baba said about the transformation of three things. Transformation of my image, transformation of my inner feelings, and also my thoughts.

The inner feelings are also very connected with our homework for tomorrow and that is to fill your attitude with good wishes and pure feelings all the time. That energy of good wishes and pure feelings will fill the power in our drishti. They always say vrithi and drishti, as is the attitude so will be our vision towards others. It's not we are giving to anyone but you are doing for yourself. Just imagine if all the time I have good wishes and pure feelings in my mind and intellect, who is benefiting the most is me. Even if we think we are giving, first you are that and then you are giving. Baba said when your attitude is so full with good wishes pure feelings it comes in your drishti and then your heart.

Sometimes we say my heart is very happy today. Not only mind is happy, heart is happy. When heart is happy then heart smiles. When you meet someone with that attitude, with that drishti the smile of heart is like giving a gift to someone. As our Brahman tradition we always give a gift of something or other, toli, blessing, gift from Baba. Baba is saying don't let anyone go without taking gifts. Take an extra minute,

smile and give. So many say they feel so happy. If an external smile can make people happy, how happy will they feel with a smile from the heart? I think what Baba is saying is so beautiful, our heart will smile when it is full of good wishes and pure feelings. Everyone has their part to play, everyone has specialty, everyone has qualities, everyone has Baba's knowledge. What can I give to my family, brothers, sisters and co-travelers? What we give to each other is the subtle gift of a smile from the heart. These days every soul needs that, even those who look very happy, because this is so pure, so internal, so subtle and so real. I really appreciate and thank Baba that He is teaching us something with which we can serve. Just keep sharing the gift, with the easy method. It's not difficult, what we have to do is create that attitude and that drishti.

Om Shanti

May 13, 2023

Everyone well? Okay. Baba is sustaining us, there is so much love and power that keeps us well. In many different ways we are well, physically, in relationships, and being successful, in everything we are well. Baba is talking about the power of transformation, that when it is real gold it is easy to mold. Baba says that if we do anything again and again, then it becomes stronger. Baba is also saying that as much you are accumulating your income, you should also look at the loss. If you're losing, that means that even though you are thinking elevated, sometimes, you think ordinary, so that becomes loss. Baba says it so beautifully, that if you have the power of transformation, then two qualities, two powers increase. You are very cool and you're very humble. With transformation, you are very cool and you are very humble and then the "I" of body consciousness changes into "I" of soul consciousness. If we use that transformation of "I", then other transformations will become very easy. Baba's Avyakti signal is really coming into practice, bringing us back into the field of action, the field of service. We get new ideas to think of new initiatives. All of that happens when there is enthusiasm. With enthusiasm, our love for Baba, our connection with Baba increases. When there is love, you think of souls and serving. When I came from India, I thought we should be unlimited not only unlimited but more visible.

We had to change our timetable because of COVID, maybe. Baba is saying that the timetable should remain set at the center and also for yourself, because if you not do not set it, then gradually you become careless. Just imagine being careless about whether I wake up for Amritvela or not. No, I have to wake up, right? I have seen Dadis even though their bodies are so weak, but they never miss Amritvela. Baba's daughter Nirmala Shanta used to stay very close to my room. At 3:30 her light was on. Not only that, she made herself so presentable to Baba, I used to be amazed. She would get up and sit properly, going to Baba, or Baba is coming to me. You know that enthusiasm has to be there. If you don't keep your timetable properly, then what happens after some time is you become very careless. Your body and mind start giving excuses of sickness. The body gives signals that today I don't think I can get up because I am hurting so much. Yesterday, I did so much that I was very tired. We forget that Amritvela will give

us power, Baba will massage us, Baba will give us strength. At 3:30 in the morning we play beautiful songs. Baba wakes up the bridegroom, we do the same at night time and play some songs. We go to sleep by 10 o'clock, so maintaining the timetable will keep us progressing. It was different in the beginning when COVID came. We did not travel much. We did not do public programs, and we didn't have people coming all the time.

Tomorrow is Mother's Day. We are inviting a lot of people, expecting 300 of them because people want to come. We used to have 400, 500. We did a lot of planning and preparing. So, when there is enthusiasm, then your body also works. Really it's not the body, it's the soul that is making body work to do something. Baba is saying to increase your enthusiasm, maintain your enthusiasm, don't let it down and secondly, have a timetable don't lose your timetable. Baba has created a timetable for us so beautifully. Wake up in time and then yoga then morning class, then everyone has either going to work or take care of the routine activities, karmayoga, then traffic control every hour then lunchtime, dinner time. Baba has really prepared a beautiful life for us and if we keep following it, Baba says that we will remain happy and healthy. When you miss something in the morning, if you miss Amritvela, then what happens the whole day, you know something is missing, you feel it. If you have done Amritvela even if your body is tired or sometimes not feeling well, there is love for Baba, blessings from parents, talking to Satguru, talking to our teacher, all of this gives us happiness, gives us joy, gives us power. I think we have been doing it, the majority of us. We have kept our time table even though in person services haven't happened. So, when we are re-opening, that same energy is coming back. Whether it is doing karma yoga or maintaining Baba's Yagya, doing things for Baba's Yagya.

Everyone is cooperating very well, whether it is cooking, cleaning, or preparing blessings, toli or whatever it is. So, I think that is our homework, Baba wants us to continue with that because a lot has to be served yet. Maybe we could serve them if they do not take knowledge, or at least through our attitude. People who are very restless, people who have anger, people who always have a negative attitude, through our attitude, we should keep serving them. We have good wishes for you, we have pure feelings for you. I have to remain calm. We have to have good wishes, because if someone is even in the lokik world, sometimes people are ignorant about what we are doing. I remember when a few hundred people came and left, most of the neighbors said that they didn't hear any sound. We have told people not to blow the horn because some are sleeping on Sunday morning. So they come quietly and don't stand on the road and start talking loudly, certain things we have to maintain and serve them, serve with love. Even if people don't know what your services are, they could have objections, but that does not matter. We have to maintain good wishes and continue to have enthusiasm. Baba takes care of everything.

Om Shanti

May 14, 2023

Happy Mother's Day to everyone! To all the mothers but also those who have good mothers. Mothers have a caring nature. Mothers are the ones who spend nights awake, take care of children, but we also have experience of the Supreme Mother. I still remember that experience, how Brahma Baba took care of everyone. We were listening to one of the Dadis' experiences, saying that there were 85 children and the way Brahma Baba taught the mothers to take care of them. How to wake them in the morning, make them sleep at night, and during the day take care of their hygiene, their food and everything. I myself have experience with Brahma Baba, caring when you are about to leave, have you taken food, have you taken fruit as your transport. He will ask all the details that he doesn't need, because there were people who had departments or responsibility, they would do it, but Baba did it himself. That left us with the sanskars of caring. Many say, "But you don't have to do it. We will take care." I said, Whatever everyone does, they do it, but I am supposed to be doing it.

So there is Baba's care, Baba's sustenance, and today's message was so beautiful. I'm still feeling around me the energy of sustenance. Baba said, it is the whole universe and this capacity, but you know these days, human beings, they just take it, there is no gratitude. Ok, if the money was there, everything you can have air-conditioning, you can have whatever, but natural fresh air is different, or the fresh food that you get, the care. So every element, whether it is heat in the body, whether it is the voice of the person, which is sky, every element actually sustains us. So internally every human being, if you realize that, then what will be my nature and relationship? Let's say with a person you don't get along with, or you have some difficulty, then you have negative thoughts or negative words. Baba had been telling us that the very subtle attitude that you have spreads vibrations and from those vibrations, the atmosphere is created, and many have to live in that atmosphere. Any state of mind spreads, so vast the vibrations, one person gets tension, tension then anger, then fear. A lot of negative feelings emerge. So, what is our duty? What is our responsibility? Baba says that whether it is a person or a situation whatever it is, make it positive from negative. Look at whatever is happening, because there is some kind of karma, and we understand in the universe that whatever one does, the response of that will come in whatever way. You see the detail, if you go into it, see it, and take responsibility and transform yourself whatever negative in you to positive.

Always see some benefit in what is happening. Not seeing one one aspect, but in all aspects. For that, one needs patience, one needs trust. It's going to be ok. There will be something good that comes out of it. Never have fear. They always say that when there is a storm, there's always a gift from that storm. All of us made little mistakes and our Didi Manmohini used to say, "It's all right," In Hindi, they say "bhul mai bhi bhala hoga".

It doesn't mean you repeat it, but not to have wasteful thoughts, keep worrying about it, I made this mistake but it did happen. So, next time you are careful about it. Your thoughts go from negative to positive by seeing the benefit, we call this Drama, and it's so accurate. The calculation of Drama for every situation everywhere you are, whatever people you are with, all of that is beneficial.

So Baba is saying that your listening, your thinking and your seeing everything change from negative to positive. In science, technology or whatever people do, anything that doesn't look beautiful, they try to make it beautiful. So Baba is saying that in the same way, change your attitude. It's so interesting, Baba had been talking about attitudes so much and your presence creates a fragrance, or your presence creates love, or your presence creates fear. You are what your presence creates, and this is through your subtle attitudes. This morning when I was giving toli to the souls, we were a few hundred. You could feel everyone's love to an extent they were very emotional. They look so strong, but there are very loveful tears. So, what is our giving sustenance or our homework for tomorrow? To change every thought from negative to positive.

Om Shanti

May 15, 2023

The revision of Avyakt murli on Sundays had been very powerful and practical. Baba explains to us in this Sunday's murli how important it is to know Maya, because the way it attacks is very unique. If you recognize Maya, then there is influence, especially on our reasoning. One makes a mistake, there is reasoning to prove that it's not a mistake. Every day we listen to a little bit of Sunday's murli. The first part of the murli explains that yoga is actually where you are in harmony, experiencing Baba's presence, taking power from Baba. Sometimes because you're not able to experience it, there is battling. Baba is saying the main attainment is to be merged in Baba's love. That stage of being merged will not allow Maya to have any influence on me. Baba tells us the method with very simple words, "I belong to Baba". As soon as Baba says it, just practice it. The practice is so simple. Let's take this as homework. Many times today I use these thoughts, creating the awareness "I belong to Baba". When you say it, then your stage will be merged in Baba love. When you are merged, then nothing can influence you.

These days there are so many influences, people's ideas, opinions, explanations and sometimes their beliefs. I always remind myself, this is my spiritual journey, my spiritual birth, it was from Baba's knowledge. I have to keep that in mind, I always remind myself of my childhood days. Even on a journey, we have many co-travelers, everyone has their own story. Whether it is karmic accounts or service. Each one of us has our own specialties. I learned from Dadi Janki, you should be very friendly, very loving, close in relationships but not under influence. Dadi Janki would keep us very close, friendly, but

never wait for anyone. On a journey you continue, keep your speed. Sometimes we think people are not able to follow or not able to do so much, so let me also slow down. I'm not supposed to do that. That is why merging in Baba's love, belonging to Baba, creates that stage where our remembrance is becoming more and more natural.

Baba wants us to have unlimited drishti, unlimited attitude so that we create the atmosphere of unity. A dispute of any kind is coming from either arrogance or some kind of insecurity. We should have different sanskars. If everyone had the same features, same everything, how can it be a drama? Everyone is playing their part, so they have to be different. There has to be different roles, different parts. Baba has given us all these points of knowledge about playing your part. You have your own specialty. Have the self respect of what I am. I don't have to be like anyone. We are different, not comparing but complementing, knowing each other's specialties and also limits. I'm not using the word weakness because sometimes you have certain limits. We understand each other's limits and we play our part, then there is no reason to dispute or be in conflict. Baba used to teach us that if someone is getting angry, move away. If you think you have to defend, then there is quarrel, there is anger and an argument. Sensible people don't argue. It is true because it's not fun, even if I prove that you are wrong or I am right. Baba is giving us homework that our attitude and our drishti should be unlimited. When drishti and attitude is unlimited then there can be unity. All the Brahmins should have an unlimited attitude. If we all have unlimited distaste, Baba says our kingdom is right here.

We all believe in the future, but we have to live in the present. We always talk about the golden age, kingdom of God and divine family. If you are not experiencing all that here, forget it, there's nothing in future. Whatever we are creating here is what we will experience. You will be as happy as you are here. That's what Baba meant that if you have an unlimited attitude, if you have those qualities in you now, then you are creating your kingdom. When is the golden age coming? It could be a golden age right here. Sometimes you feel how fortunate you are. You are in super sensuous joy, you work together and a big task is done with unity. In the golden age Baba says, every afternoon you all will meet and do different things. We will meet in the evening for some kind of wise sharing, good experiences, something cultural. Whenever Baba says the kingdom is right here, that means it can be a golden age. We have to believe that it could happen, it's what Baba says. Attitude creates atmosphere and whatever atmosphere you create, it will happen in practical. Internally my attitude, my nature whether it is gentle, sweet or humble, just be an instrument. Baba always teaches us to have an attitude of being a trustee. In the golden age Lakshmi and Narayan will rule as trustees. They don't have the arrogance, we are emperors. Lakshmi doesn't think she is higher than everyone, which she is, but the subjects will be like children to them. That's what we experience from Dadis, sustenance, care, protection and love.

Everything at confluence age, whether it is awareness, attitude or action of any kind creates sanskars. Sankars manifest, create a reality. That is why Baba draws our attention, if you have any weakness, you will be deceived at the right time. This

inculcation of becoming embodiment at confluence age is what reality is. When I am thinking about our homework of creating that kingdom of unlimited and unity, these sanskars of practical life of today are our future. It is very natural, beautiful and very inspiring.

Don't play any games now of forgetting and remembering. We are in remembrance of Baba, even just to think, what did Baba say today? You thought of Baba. Baba is a point of light. I am a point of light. What is within this point? What is the part within this point? What are the specialties of this point? How much is the light of this point? Reflection on all these is remembrance. Didi Manmohini used to tell us just to think of Baba's murli and just say, "Baba told us" is remembrance. We are sitting in the bodiless stage, but the whole day we had to be in soul conscious stage, talking of Father, Teacher, Satguru, Friend, Guide or Companion, any relationship there will be natural remembrance of Baba. Homework definitely helps us because during the day we remember what our homework is. We get points from Madhuban which are very helpful. Doing the same homework for one month of elevated thoughts in the mind, creating unlimited distaste and serving through that. These are very good points to practice.

Om Shanti