

Sister Jayanti – 17th December 2023 – GCH, London.

Let go of the 'I' and 'my' of body consciousness and accumulate through having pure uplifting thoughts and being an angel of light.

Om shanti. Good morning. Baba has remembered us all with a lot of love and has a little complaint about us. Baba says: *'You say you're going to stay with Me forever and you'll go Home with Me and then, you leave Me alone in the Home'*. A very sweet comment from Baba. But yes, of course, Baba's not alone in our Home; there are billions of souls but the souls that He has a deep connection with, the ones who've loved Him and surrendered to Him, are the ones He loves also. It's a Murlis of Shivratri and Baba gives children love when it's a birthday. Baba is giving us love; This was 1997, so we would create a little excuse to not just walk in front of Baba in a line to take Drishti, but to give something. The something would be sometimes very beautiful, exquisite, or sometimes it would be just a little paper thing. But it was a reason to stop for a moment in front of Baba and put something on a table and Baba would see it and acknowledge it

Baba said there's a museum of love in the Subtle Region and you don't have one like that in your world. Is there a museum of love in the way that Baba has in the Subtle Region? It's a lovely expression of love that Baba was sharing and you'll hear the full Murlis. Baba has love and law. When Baba's telling us what the law is, even that is actually part of the love because Baba wants us to become complete and perfect. Baba doesn't want any child to be left behind. It's an expression that people use in the lokik world today; 'not to leave anyone behind'. But of course 75% of the world has already been left behind and nobody's doing anything about bringing them up to equality or equity.

Baba truly, truly wants every single child to become a king, a ruler, and to claim the full inheritance. And so Baba's asked for a gift. Can you imagine, God asking for something? God has everything. He gives us everything and our treasure store gets filled for the whole Cycle. And so what is it that Baba's asking for? Something that would help us move forward; nothing for Himself but something for us. The gift Baba wants today is, whatever is waste. Baba's saying that most negativity in its gross form has finished but there's still a lot of waste and although Baba said this in '97, I'm just thinking that it's still absolutely applicable today. Yes some souls have moved on and become karmateet and angels but the vast majority, and especially those who haven't heard these Murlis are hearing them for the first time, but the gift that Baba wants from us is for our benefit. It's nothing that God wants and where is God going to keep all the rubbish that we give Him any way? It's going to be finished in the fire of Kali Yuga and that's the end of it. But Baba wants us to give our waste thinking, our waste speaking and our waste doing. It's three gifts but Baba is putting it under one canopy - waste. To what extent is Baba just sharing love with this when He says that, mostly negativity has finished. There are some who are still struggling with negativity but for the most part is it Baba's expression of love or is it a reality? Each one has to look at their own mirror of the heart and see what is there. Dadi Janki used to say that when I hear the murlis, the murlis is my mirror. I check it to see what is Baba saying and what am I doing; where have I come to? Looking at the mirror of the murlis I can see whether I've moved beyond that stage of negativity, and not just sometimes. One of Baba's favourite words is 'sadar', always...always.

If you think about the terms we use for angels; the feet of the angel doesn't touch the ground: angels are light and are able to fly. Angels are God's messengers and able to give the message of God's love, and peace. Baba has told us that all of us are the angels. When it comes to deities it's 8 or 108. Baba said that instead of 108 if all of you truly become conquerors of Maya, a necklace can have not just one strand; two strands, three strands, five strands even. Baba can create extra strands. When it comes to angels there's never any specific figure. There's a few archangels and we can see that that's the Dadis. Then there's a host of angels – many, many angels. And so it's a beautiful memorial of Sangam Yuga when at the end of the Cycle all of Baba's children become angels and fly.

If I want to experience the angelic stage today, then the key word is 'light'; to stay in the awareness of the soul, a being of light. When I practice yoga, experiment not just with going Home. Going Home I can leave behind my costume here and just be the soul but when I come back from Paramdham down here, Sangam Yuga has a special gift for us which won't happen through the rest of the Cycle not even in Satyuga; we can take a stop along the way in the Subtle Region. And so, go to Paramdham and then come down to the Subtle Region and take on your costume of light. Then you can bring that costume of light down here with yourself and use it more and more. You can visualize it. Baba has said that there's a shining dress waiting for you in the Subtle Region, a sparkling dress. And so why do I want to come down to a dress made of the five elements, made of earth and mud and everything that's heavy. And so let me take that sparkling costume and be down here. To be light, not just thinking about the form of light in Paramdham or the form of light in the Subtle Region, I need to have my thoughts very, very light; nothing that's going to pull me down here.

Waste thoughts start with two words. If you think about so many Murlis that we've been hearing recently, one of the keywords that Baba told us last week which is the cause of waste thoughts; two words - 'I' and 'my'. Have you checked it? We hear Baba say something and then experiment with some of the things and some of the things that Baba's saying. There's things that Baba's telling us to do, and I have to experiment with, and there are things that Baba's saying don't do. And one of the big 'don't dos' is; don't have waste thoughts. And so what is the cause of waste thoughts? Anything or a thousand things can be a trigger for waste thoughts. Baba's said remember two words and you'll realise all waste thoughts are connected with these two; 'I' and 'my'. You can convert

these. Instead of 'I' of this body, 'I' the soul. Instead of 'my this'; (body) and everything here; 'my Baba', 'mera Baba'. The Dadis used to make us repeat; 'mera Baba, mithe Baba, pyari Baba': 'my Baba, sweet Baba, beloved Baba'. We used to repeat the words, for the Dadis it was their life. Truly, nothing but God. My Baba. Not just God far away but God absolutely belonging to me and I belonging to God. Baba said these two words of 'I and My' create storms of waste thoughts. When you're churning spiritual teachings, the thoughts come slowly. Have you noticed? You have to consciously create the thoughts: 'OK now I'm with Baba, what are my relationships with Baba? What is the cycle?' Whichever topic it is you take up but the thoughts will come slow and steady. They won't come as a storm. But when it's waste thoughts one little thought, 'why' or 'how' or 'if' or 'but' and that one little thought opens the door and there's a storm of thoughts that rush in.

Baba used an interesting expression; the time that you have in silence, not just when you sit down for yoga, but when you're walking maybe it's a time for silence, when you're peeling potatoes maybe it's a time for silence. Whatever it is you're doing that doesn't require your intellect to be absorbed. And there's a lot of things through the day, 60%, 70%, all the things that happen through the whole day I'm not using my buddhi, my intellect, for those things. And so can I use my mind for accumulating Baba's love, Baba's power, Baba's purity, whatever it is I choose. Baba's just used that simple expression; 'time that could be used for accumulation', you're wasting that time in thoughts that are taking you just around in a circle and not leading anywhere. Because when the question why comes, they'll be another why, another why? Some of you still have little children and little children start asking questions; why? You give them an answer; another why, another why, another why? So internally when we're complaining about something and we're asking God the question why, then I'm not waiting for God to give me an answer. I've got another question ready: Why? Why? Why? Why this? Why that? And they all stem from this consciousness which is pulling me down and causing me to have all this waste.

Waste is heavy, have you noticed? You're shelling peas and weigh the peas on their own and weigh the shells of the peas. And the waste - it's heavy; the peas - it's not so much. And that applies to my thoughts also. The pure thoughts, the good thoughts, the thoughts that are going to be uplifting for me and be invaluable through my experience of helping others and uplifting them also, they are very light. But the waste thoughts are pulling me down.

We don't have to work very hard to stop the waste. Again God's love for us and Baba doesn't like to see His children labour. You don't have to work hard. Use the simple alternatives that God has given. Instead of this 'I' (body) which again is heavy, come back to this 'I' (soul), which is totally weightless. Come back to this 'I, the soul' and look at the same situation from this perspective and it will be very easy to change your thinking. With 'I' of the body, I'm really, really stuck down here. But with 'I' of the soul, I look at things from here and it's going to look very different. It makes life very simple and easy. I don't have to struggle with all the other thousands of things that keep happening: 'Why is this one like this? Why is that one like this?' Can I change someone? I can't. And so, what can I do? I can change my thinking - about them, about a situation, about Drama, whatever it is.

And so 'I'. And the other? 'My'. Baba's asking us to sacrifice this. This Murlis is connected with Shivratri. And those of you who were into bhakti will remember that usually at Shivaratri people spend the night awake, a lot of tapasya, and think about something they can offer as a sacrifice to God. Even in bhakti you don't think about something nice that you can give to God, you think about what it is you want to get rid of, such as anger or jealousy, whatever it is. I have the determined thought and love for God and I truly want to sacrifice something, then I'll do it. When I know God and have experienced God's love then can I not make this sacrifice of actually giving up waste thoughts? Start with thinking, then it's speaking and then doing. With speaking, it's a reaction that we have. Somebody says something and I react without actually pausing to ask myself the question; 'is it useful to say something now?' I'm not looking at that. I'm looking at just what's going on inside and I'm reacting. And so to remember, take a pause come back to soul, and then just think about what is it that will be useful here. How many times have you said, 'I could bite my tongue off for having said this, that or the other?' But the arrow has left the bow and the arrow has hit the other one and you can't take it back. The arrow has gone and the wound has been created and how long will it take to repair that wound? Six months, at least. If someone has been hurt by my words it's going to take a minimum of 6 months before they forget. But in fact sometimes they never forget. Ten years later they still tell you about it; 'that you said this and caused me a lot of pain': their face changes and you can see the sorrow come over their face again. Sometimes wounds just can't be healed if they've hit the heart deeply. And so can I stop my reactivity?

One of the reasons why we react so quickly is because we've always put value on high speed at the end of Kaliyug. Before, when cooking, the food would go in the earthenware pot and left on a fire. You didn't have gas to switch on: you could just leave it and a few hours later the dhal would be ready. Dhal cooked slowly in an earthenware pot tastes very different to dhal cooked in a steel pressure cooker. Whether it's slow cooking or just reflecting and slow speaking and slow thinking. We speak too fast. We think too fast and we want to react quickly. A car that has high speed, a computer that is high speed, is more expensive. We put high value on speed. And Baba's saying; slow down, go the other way. Slow down your thoughts. Why? In between the pure thoughts, in that space of silence you experience it. Say 'Om Shanti Om Shanti Om Shanti' fast and you're not Om Shanti! Say 'Om... Shanti slowly and you will feel the Om Shanti. Baba's saying; pause, take a moment. The traffic control in GRC has been extended to 3-4 mins to allow this time to go deeper into the silence. And so Baba's created different techniques for us to incorporate silence within our day-to-day work and activity.

So use these techniques that Baba has taught us in the best way possible, and will make a difference. If you're at home or at work and you want to make your personal traffic control longer, you can do that. But the whole point is that, can I bring more and more experimentation of what Baba's saying into my life so that I'm able to benefit from the days of Sangam Yug. If I can experience the

lightness in my thoughts, in my words, in my actions, then my connection with God is going to be stronger. Heaviness....and Baba's giving me love and power but I'm not connecting and so my lightness allows me to come closer to Baba and take more benefit from Baba, even if it's just in the 3 to 4 minutes of traffic control or whatever it may be. The checking is at what point is there this 'I', the soul, and at what point is there this 'I' of the body. And then the 'my' is going to follow on very easily because the biggest 'my' is of the body. Think about it; connected with this 'my' (the body) is everything here: people, possessions, everything. But if I can learn this one aspect of detachment. People sometimes say that detachment causes others sorrow – Baba is not telling us 'detach, cut'. Baba's saying, internally be detached from the body and it's going to work very easily on the external level also. If I say: 'No, you're not my child'. In this world, in this birth, it is my responsibility. God has given this child to me. Yes, the child belongs to God but it's my duty to take care of the child, spiritually, emotionally, physically - on all levels.

Detachment from the body is the biggest detachment of all. Which is why within every single Murli Baba reminds us not only of who is God but who am I. To know God is easy because God tells us who He is, He explains who He is. But how long does it take to know yourself? It's a journey. And definitely for me, I think about it and I think it might have been when I was 60 or 65 when I deeply understood some of my sanskars. It's a long journey and we don't have sixty - sixty-five years now. But if I want to go deeper and deeper into myself and I put that as a priority in my life, to truly know myself in terms of all the good that I carry but also all the things that are not so good that I carry. I need to be able to understand both. So working on this aspect of silence and not saying, 'I'm not going to do my duties because I want silence'. If you cut yourself off from service and sit in silence, how much silence do you genuinely experience? The mind isn't silent; the mind is still racing. When anyone had Maya, Mama would say to them: 'Go clean the bathroom cobwebs'. Do something, get into action, something that's going to be of benefit for others. So, let me do what I need to do in this awareness of soul and in silence. While I'm doing other things, a silent mind means closeness to God. A silent mind means I can understand myself deeply. In today's Murli Baba's asking us for a gift. You can decide when you hear the full Murli whether you're ready to give that gift or not.

Om Shanti.