

## Sister Jayanti – 24th December 2023 – GCH

### Transformation of sanskars

We know the real Santa Claus who comes in the darkest night bringing lots of gifts and fortune for all of us. Today's Murli is full of gifts. In particular in the month of January we think a lot about Brahma Baba.

Have you noticed that children will always check with their parent for reassurance when learning to do things. When asked a question, I have noticed before a child will reply, he will look at his parents and then give a reply. It's just an indication of how when a child will want to connect with the parents and accordingly will then be able to give a response. And, so, when Baba says follow the father, it's a reminder of that. Just take a nod from Baba, and Brahma Baba is the one we follow. Shiv Baba, we remember and love and we take our inheritance from Shiv Baba but in terms of following in our life, it's Brahma Baba.

Baba has talked today a great deal about changing sanskars. We have very good thoughts, we have pure thoughts but then when it comes to words it reduces a little bit, to about 75%. Maybe our words are so elevated that people say "wonderful", they clap their hands and appreciate everything yet in particular it is about our actions. It's said actions speak louder than words, so what is the quality of my action? Is the quality of my action as Baba would want it to be? Can I just take a look at Baba in my mind for a moment and see what it is that Baba would like me to do before I do something? Because if I think about Baba afterwards it's a bit late. If I ask Baba, 'is this okay?' Baba will give me a signal. It's not imagination, it's the reality of a relationship. And all of us have a relationship with, not only Shiv Baba, but also Brahma Baba. This is why the other day Baba was saying our surname is BK. Not your first name. Your first name is whatever it is. And you are Brahma Kumar or Brahma Kumari. In that awareness, let me really look at my Father and see what sort of thoughts my Father has... Baba expresses these very clearly in the Murli. The thoughts that Baba has, the words that Baba speaks. We hear those his actions we have heard much about and we'll be hearing a lot more through January. We know what Baba would like and what it is that Baba tells me not to do. When I see Brahma Baba then all the gifts from Shiv Baba are there for me to experience.

Baba has talked about the transformation of actions. And actions change when sanskars change. So which sanskars am I using? Am I using my original sanskars: purity, peace, love and truth? All other qualities are connected with these. Baba has said, if you want to overcome anger then remember your original sanskar of peace as well as remember your original sanskar of tolerance. Peace and tolerance are definitely connected together. Baba is saying to emerge those treasures that Baba has reminded you of, experiment with each one of these qualities and experience it. And if you experience it, see Baba and remind yourself "this is how Baba would do something" then you know you're on the right track. Otherwise, the old sanskars keep emerging. Dadi used to say: "Don't use your old sanskars as, if you do that, they will use you, which means old sanskars will control me instead of me choosing what sanskars I would like to use and have in my life."

The whole subject of this Murli is transformation of sanskars but, in particular, anger. I won't repeat the whole Murli to you as you'll be hearing it. Baba has pointed out that anger is connected deeply with desires. Ego, desires, greed. Baba has used the word "greed". Think of what it was that you used to get angry about – you don't get angry anymore! Is that right? Nobody gets angry? A little bit here and there. Baba has explained everything very clearly. Just thinking about how Baba, the Supreme Psychologist, explains how everything is interconnected and we understand and can see everything that's going on inside ourselves. With this awareness we can start dealing with things. Baba's used the word "greed" but it's desire. It's not just desire for food, objects, clothes and things. The desire I have for something to happen and it's not happening. You begin to feel things welling up inside of you, so that's the moment to ask the question, well what is it that Baba wants me to do now? And the answer will come through clearly and you'll know to change that thought. Why should drama behave in the way I want it to behave? Why should others behave in the way I want them to behave? There's no reason so allow Drama to take its own course. I want drama to go like this and it's going like that and in that moment there's a reaction coming up inside. Baba is saying "Just be aware that whatever is happening is right, it's good. Why desire? If it's a pure one, for sure, it'll be fulfilled."

Brahma Baba had very many powerful thoughts about service; to uplift different communities and in Sakar Baba's days it didn't happen. For example, Baba used to say, find a shop in a city centre and do service through that and a lot of people will come. We used to have exhibitions in city centres in Bharat and outside. Finally a moment came when Dadi had a thought – and I can tell you exactly when she had the thought, or when she expressed it and in 1991 we got GCH. In 1993 we got GRC and at the opening of the retreat centre, Dadi Gulzar and Dadi Janki are walking around the garden, just below the balcony where Dadi Janki's room is, and she suddenly stops and holds Dadi Gulzar by the arm and looks at her and says "There's one more thought I have, to have a centre in the city, right in the heart of town. Can you ask Baba?" And Dadi Gulzar said, wait, I'll ask Baba later but you've just started the retreat centre now, give it full attention for at least a couple of years and then we can think about a centre in the city. Literally, two years later we found a place in Regent Street. Yesterday Baba said, in the revision that we're doing, the Murli of 1972 "*your pure thoughts will be fulfilled and take practical shape but if you have too many thoughts then the quality of your thoughts can't be so pure*"

*as it'll be diluted as it will be mixed with other things".* Whether it was Brahma Baba or Dadi Janki, their powerful, pure thoughts manifested in a very real way, practically. But not at the time necessarily that they wanted it, so they had the patience.

If it's a pure thought for Baba's service, it'll happen at the right time. Sometimes when things – I say, but it wasn't for me, it was for service – so why isn't it happening? It's okay, it's happening to teach me patience and more tolerance. Maybe others are not yet ready to serve there. Anything requires teamwork. It requires many to come together and only then something can happen. I alone can't make things happen but if there's others who share that thought then together we can make things happen. So, can I be very aware of the difference between 'my' desires and pure desires and differentiate? Is it really that my thought is coming by a touching from Baba or is it my thought? I've seen this happen many times. Somebody will come and say, I really had this touching from Baba. I want to do this. It's for Baba. And, as I hear it, I'm thinking Baba has not said this. Once a person said to me, I had the thought of serving in such and such a place but it's not possible for me to manage this service on my own. I need to have somebody else with me and it's better if it's a particular bother... I heard warning bells.. She needs this brother to make service happen. This is while we still had lots of countries where we didn't have centres. Now there's very few countries where we don't have centres. I listened to her and held back my judgement and said, okay, we'll discuss it with Dadi when Dadi comes. Of course, Dadi came and she shared this thought and Dadi had the authority to say to her, that's your thought, it's not Baba. Now, I don't think I can say that to anyone but yet still there are warning bells and maybe what you say is, wait and let's see how drama unfolds. Meanwhile drama will show the course in the right way anyway. My point was that when it's my desire and I'm impatient then I get angry, but it shouldn't be that things happen that I want. When things take time, that time is always, always well spent to fulfil whatever is the need. For nine years, winter, summer, whatever it was, Dadi would leave Baba Bhawan precisely at 6.15am and the driver would come to pick us up very promptly, to come to Dudden Hill to be able to take class there. During that period of nine years we must have visited so many different places looking, looking, looking, but we wanted a place with two big rooms, for Hindi class and English class and we weren't finding anything. Dadi was always patient, it'll happen at the right time. And, I look back and that time taught us, the whole family, many, many things and I won't go into the detail of that.

If something isn't happening it's okay. Have patience, peace, tolerance and learning, all of that. And, where it is my desire, have you ever seen that, if it's my personal desire and I want something to happen and it does happen, it brings with itself many other problems. Have you noticed that because it's my desire – okay, it happens, according to drama, my sanskars push and I make it happen – but the repercussions of that create a lot of complications and so it's very important to see what's going on inside of me.

Baba has mentioned, of course, the other reason for anger is ego and we've seen how that works anyway. I am older than you, I am bigger than you, I am cleverer than you. The I, I, I come in, and I expect someone else to do what I want them to do. Baba is reminding us to be introverted, go inside and see what it is you need to do for yourself. And, if you can do what is needed for yourself inside then your vision of others will change very much and you'll be able to see each one with that vision of love and respect. Because, externally, I don't always know what somebody is doing; I don't need to know because their string is in God's hands and God is responsible for them and whatever it is that is needed God will provide for them. Whether it's teachings at the right time, whether it's realizations at the right time. I don't just mean external things. God provides that also. But all the inner things they need for transformation will happen for them at the right time. I don't need to think and give it time and energy. If I'm really looking inside myself then I'm focused on that. I don't have time to be looking at others and wasting time thinking of others. Thoughts are precious, my time is valuable and there's a lot of work I still need to do inside. Let me get on with it and do whatever is needed. Baba's answer to the transformation of sanskars is introversion. Go inside and see what you need to do and change your sanskars accordingly

Baba has also taken up fear in the blessing. Baba is saying how the world is very, very afraid, and in particular, afraid of untimely death. Now, just cast your eye over the planet and you realise that Baba's talking about today. It was bad whenever it is that Baba spoke the Murli, and we don't know which date it is because it's just the blessing, not the full murli, but today we see that it's anxiety, whether it's climate anxiety and the fear that young people have about the future. Old folk, they can see what's happening now because they've seen what's gone on in the last few years, the heat, the storms, all of this, but yet still, in a way, maybe they think that whatever the scientists are saying still has 30 years to go and I won't be around at that time anyway. Definitely, the people dealing in oil are not thinking about 30 years from now. People in government are not thinking about 30 years from now. That's not part of their vision at all but for young people it's the reality. Now whatever happens in drama is whatever but for them 30 years is not far to go. If I'm ten years old, twenty years old, and in 30 years what will I be doing, where will I be, what will the world be like then?

So, whether that's there or whether it's the wars that are going on, every day there's fear that I might die any minute. It's the reality for many, many people on the planet. And Baba is saying, people out there would say that the opposite of fear is love and definitely Baba gives us a huge amount of love and that ameliorates our fear definitely. When a child is scared, what does a child do? Run to the mother or the father. And so if I feel fear coming and I go to Baba, Baba's love, Baba's power, calms me down. It's instant, it's immediate. But the thing that Baba's mentioned today is to share with them the things of happiness and I was again thinking that how true this is. If you share something that can make a child happy the fear dissolves. I'm speaking about children because you see the immediate response of children, very transparent. And you see that if they're scared, yes, you give them a hug but also if you just tell them nice things and make them happy, and once they're happy the fear has gone away. So Baba is saying, tell them

good things, not just children, but everyone's a child at heart and we are all God's children. So tell them the happy news of eternity, or immortality, how the soul is eternal, but also the story of the future. That Baba has come to give us long life, immortal life as deities. And as you share that good news with them they'll also be able to experience happiness

So, it's beautiful to see how Baba's Murlis are alive and relevant for us today, the sakar murlis as well as the avyakt murlis. So when Baba says, I am the One who is teaching you, it is very much the present. It's not that Baba used to teach me in the past and now today I'm just reading a paper, but Baba is very much with us and teaching us at every step. And, the experience that I think many of you have and I think that today's murli, many of you will say, I was just thinking about it and Baba's giving me the answer, so you'll find that Baba's murli has many, many answers also.

Baba has asked the question, how is it that Baba has to keep saying 'but'? You children are really lovely children ... but... You children have a lot of love and faith ... but... So, when is the time going to come when Baba doesn't have to say 'but' anymore, at all? The reality will be as Baba wants it to be, and as we all want it to be. So we have to remove 'but' from our language. You know how we say, well, everything was okay, *but* this thing happened, so the list of short words that Baba has said we must never use, when? If? How? All of these words but we have to add this word 'but' to our dictionary of what we have to be careful of and eliminate. So, is there a situation when I say, well I was actually managing very well ... but .. It's such a common expression in our language because it happens, it's reality. Baba also has to use the word 'but'. So, make myself free from 'but', but make Baba free from also using 'but'.

I'm also very aware that all the things that Baba is teaching us now are for now, in the sense that the times have changed and there are more and more challenging situations that are coming. And, whatever it is that I haven't managed yet, let me do it now, in this space of time that still remains for me. And, if I can do it now I'll reach my destination.

One last point How often is it that you've had the thought, so and so's supposed to be a senior, so and so's supposed to be a maharathi and if they're doing this it gives me the permission to do that. Or, why are they doing this? They shouldn't be doing this. A word of comfort for those who are seniors, which means long-term in gyan, 30 years, 40 years, 50 years plus. Baba's saying, don't see their faults, see their plus points, see all their good qualities but also remember that whatever service they've done through those long years, whatever effort they've made through these long years, whether it's renunciation, whether it's tapasya which isn't visible today, but all of that is there in their account and even though there's a weakness there, because of that background they will be able to pass with honour. And so a word of comfort for those over 30 years in gyan. But also a reminder, it's not here my vision has to focus but my vision has to focus truly on the Father, and if I'm seeing the father, Brahma Baba, then I know what it is I have to do.

London's very lucky. We not only constantly get Madhuban toli but we get Madhuban residents who come bringing us that toli and we now have three brothers from Madhuban and I'm going to ask them to come up on stage and say hello to all of you.

OM SHANTI