

Sister Jayanti – 31st December 2023 – GCH am

Increase the power of the mind (*manobal*) and with Baba, in the Unlimited, do service through the mind (*mansaseva*)

Good morning and wishing you a very happy start to the New Year, and hopes that Baba gives you all that you seek in the New Year. Baba's Murli today feels like an end of year report! Baba is telling us what is going on, and also His vision for us in the immediate future in Sangamyug. It was spoken way back and not at the end of the year, but it feels it is especially for today. Many beautiful things Baba has said and one is how He turns everything into a beautiful idea and image. It is said 'beauty is in the eye of the beholder' and definitely in Baba's eyes there is nothing but beauty. Baba doesn't see the wrinkles but the line of fortune on your forehead! Baba says that in your eyes He is seeing the light of love and power. On your lips Baba is seeing the sweetness of the versions you share and also happiness. On your face the beauty of spirituality. Baba is seeing your hands full of treasures and where your feet touch the ground there is multimillion times fortune. He sees and looks with beauty and eternal truth, not the superficial truth of today. He has told us also what we need to do. He is saying that if we emerge the awareness of our fortune...we have new sanskars and new awareness. If your old sanskars and awareness are emerging it is because you are not emerging your fortune in a clear way. It is there but merged in the back of the mind. We need to keep simply, our new awareness of our fortune at Sangamyug clear, and our new awareness and new sanskars will emerge. Baba makes what could be challenging, quite simple. Just remember your fortune, no need to do anything else.

Baba has also explained in detail what it is He wants from us. He is reminding us today that Baba doesn't like us to work hard. Our spiritual effort today needs to be natural and easy, without obstacle. If we are experiencing the fruit of our efforts in Sangamyug now then we have access to all the different powers that God wants us to receive. As well as all the wisdom and knowledge that He wants us to have. The third sign that is the proof of our effort at Sangamyug is that we become obstacle free. If we are facing obstacles can we take the powers that He wants us to have. Can I see the obstacle in the light of knowledge and truth and then it will become not even become a mustard seed, which is hard, but cotton wool, which is very light. So it will change from a mountain, into a mustard seed, into cotton wool and you can deal with it easily.

What does Baba want from us this New Year. It's this to firstly the fruit of Sangamyug and our effort, because Sangamyug is running out. He also says when are you going to experience this, as He wants us to experience it today. Let effort be so easy and natural that it isn't labour. If I am following srimat it is natural and easy. When I stray from srimat then there are struggles, challenges, problems, issues arise. Srimat starts in the mind and if I keep it in the way Baba wants me to do then the rest will flow automatically. Baba has made it clear that He wants us to do and experience. A word that many use in the world, yet they don't know the secrets to make that happen. Baba says increase the power of the mind. Many say they would love to do it, but they don't know how. This is because neither do they know what exactly the mind is nor how to increase the power as they don't have the knowledge that Baba has given us. If you think about all the Murlis you have been hearing: Baba has been talking about eliminating waste thoughts; saving energy by not using our energy on a mundane level. Even with service, if it is simply on a level of actions and words it is very limited. It is still down here somewhere and not above in the way Baba wants. So take the mind into the unlimited. Do this with Baba, as He is unlimited. And then with Him where do I stand? Baba says 'you are standing on top of the globe, and as Baba you see the whole globe down below'. (When astronauts first went to outerspace and circled the planet, they reported back how they felt. At first after lift off they identified with the place they left, then the continent but as they circled around, their awareness changed and they ceased to identify with the place but were seeing the whole planet as 'my' home, 'my' world. further on they were even able to distance themselves from the consciousness of 'my'. We don't need to spend time on expensive training! Baba simply tells us 'come into the Unlimited where I am'. Baba the Unlimited, my Home the unlimited, and from up above I look down and I can see the whole planet. Baba is saying practise this: Be up above with Me, above this planet, and you will get away from the 'my' of my duty, my place, my this and that. This takes up too much time and bogs us down. Baba is not saying throw away your responsibilities, but don't get caught up in the little questions of how, why, what. Baba is saying stay focused in the present and you will see clearly what the situation is and what you need to do. Then there is no wastage of time, thoughts or energy. In this way, when you are up above with Baba, you are able to give God's light to the whole planet, the whole world.

We share Baba's light and good wishes for anyone who needs, and this practise is important. But think of them/ that place for 15 seconds and then with Baba, for no more than 30 seconds. You are then with Baba and let Baba give the light, to the whole planet. Baba says even if we do this for a short while the results will be visible. This is *manobal* (power of the mind) and *mansaseva* (service through the mind). Then Baba's service will take on a new level. The heir quality souls are waiting, and the way we find them, is by sending out that light, so they know where to come. We don't have to go chasing after them. They will find that light and come. Just as in the early days, Shiv Baba was doing at most of the work I think, as Brahma Baba was marvelling at what was happening and didn't fully understand what it was. But Shiv Baba was very engaged and sending that light, so the original souls were pulled. We still have Dadi Ratanmohini with us, who will be 100 years old on the 25th March. She is still with us and we see the quality of her faith and love, even today. Most of us here too had interaction with Dadi Janki. Baba is saying that the foundation souls had so much power, and the foundation of their faith was immovable and unshakeable until the end. They are the instruments of course, who have made the rest of service happen across the world. As we approach the final period, it is the time now for all of us to do

that same mansaseva. But we need to increase our inner power to be able to do this. We use the term 'mansaseva' lightly, but it requires a lot of focus, purity and awareness of the unlimited. Can I bring the mind to that level so that I can, more and more, stay up above. Then I will do whatever I need to do here. I won't be careless or neglectful but I will save time and energy. It will be done fast and I will have space to do something else.

Baba wants us to be the master bestowers. Yesterday I was hearing Dadi's one minute message and she was speaking about the 'master bestowers'. This means able to give donation. On one level mansaseva is global and it can be local. But with the Brahmin family we can never give donation as they are taking from Baba. However sometimes they may need a bit more cooperation and power so if you can share and support, yes you are the master bestower. We have heard from Baba, that there isn't need to take, because if we are taking from The Source, this is unlimited and is always available. With the situations of human interaction, Baba last week was talking about 'wanting respect and regard' and due to lack we have expectations. Today Baba is going deeper and explaining what it means to take. 'If you change, or he or she changes, then I can do that' is also taking, as we are waiting for them to give and fulfil my need. I want them to change...this is taking. It is limited and also business. On an inner level what do we need to be aware of? Just my fortune and the possibility that whatever I need is available from Him. So keep going with that, keep taking and then remember to give in terms of human interaction and through the power of the mind.

Today is a summary of all the things that Baba would like for us, and what we need to do. It is a beautiful vision for the coming year. The year it was spoken Baba said that whoever comes in the next season, had to be free from anger, and the Madhuban forms were adjusted accordingly to ask that question. We did have some souls who said that they wished to go, but they hadn't been free from anger and volunteered to wait until they had done more effort before going to Madhuban. Anger is very much connected with the whole subject of wanting and expect. Baba is saying he will talk about this another time. Baba also said that every centre should serve 900,000. Media is one way, but maybe there are other ways too. Dadi Janki introduced the notion of mega programmes, of 100,000 or more. Ahmedabad did this in two weeks (most were Brahmins). I was there and it was an amazing scene. However Baba then said ok not a centre, but a zone take care of 900,000. That didn't happen at that time but now with social media it is definitely possible. When Dadi came back 2019 we managed to make this happen with her words going out to many many via media. So nevermind media, prepare your mind, with the right awareness and sanskars, and be up above with Baba. You won't know but you will see later as you will see souls coming. Baba also says that souls who come last, come fast. I know this is happening already and we can see they are totally motivated to reveal Baba to the world.

Today's Murli is very special. Tomorrow is January when we practise silence so can we take our social interaction to the level of acknowledgement through drishti, so we create this atmosphere collectively. If we all pay attention it can happen. Everyone feels they need more yoga so we are returning to the system of yoga from 7am-7.30am (at GCH) on Sunday mornings. Also on Wednesday mornings, after the Murli, we will have personal reflection and sharing in pairs on the day's blessing.

Om Shanti