

## Respect in Action

By Sudha behn, Moscow, Russia

Baba has been explaining to us the importance of Amrit Vela, Murli Class, Rajayogi way of life. We all do understand this. However, the question is that how much this understanding is visible in our practical actions.

When head of a country or any organization organizes a meeting, the participants of the meeting reach before the arrival of the head and take their seats. Arriving late is a sign of absence of respect for the one who is heading the meeting.

Every day at Amrit Vela Baba (God, the Highest Authority, the Supreme, the Almighty, the Purifier) comes to meet His beloved children. He comes from His Home, Paramdham to charge the children for the whole day and to apply on their forehead the tilak of victory. Baba comes exactly at the right time, not even one second late. Should I not sit before Baba's arrival, ready to be connected so as to get fully charged and get the tilak of victory? I should...

At Amrit Vela, Baba gives special sakash, blessings and inspirations to His serviceable children. Should I not come to meet Baba as a child who is worthy of receiving Sakash, blessings and get inspirations? I should...

Before filling my intellect with pearls of wisdom through His sweet Murli, Baba does very good massage on the heads of the children, who are close to Him and who value these pearls. This is why Baba asks the children to be in yoga before the Murli begins. Should I not reach before Baba comes to give me a good massage? I should...

Murli is the spiritual conversation of the Spiritual Father with His spiritual children, the souls. The souls who know themselves as souls. Only they understand Baba's language. I want to understand Baba, is it not? Should I not sit in the awareness of being a soul and with full concentration? I should...

Baba compares us with army. Why? One of the special characteristics of army men is DISCIPLINE. Discipline of body, Discipline with respect to time and with respect to following the orders of the commander. We are Spiritual Army. Our special characteristics is also Discipline. We are Rajyogis. We learn to discipline

our mind, discipline our sense organs, discipline in our every action during the day and discipline in relation to time.

Let us remind ourselves every day as often as possible -who am I, who is mine, what I am supposed to do. This is what our sweet Dadi Janki Ji kept on repeating every day in her every class...

Thank you Dadi for your wonderful teachings...