



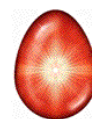
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*BapDada is coming 18th October*

## **Dadi Janki – 7 October 2012 – London (by phone) Make a promise to finish weakness forever**



Pay great attention to staying in remembrance. If someone says something that isn't useful, that isn't worth listening to, then don't listen to it. If someone does say something, just merge it within yourself but don't repeat it and spread it.

Mama's Day is approaching and today is a Thursday and so on this special day have a determined thought, make a promise and Baba will definitely help you. It shouldn't be that you make a promise and then you make mistakes. If you make a mistake once, Baba will forgive you for that but He won't, if you do it a second time.

Baba is so sweet and lovely and when we have just the lovely things He shares with us in our heart, then nothing else remains there. There's just Baba, the Comforter

of Hearts, sitting in our heart. Check for yourself: have you made Baba, the Comforter of Hearts, sit in your heart or is there something else there? When there is just Baba, Baba is able to fill me with love, peace and happiness. All I have to do is remain ever healthy, wealthy and happy.

Baba has taught us how to do service. We just have to keep engaged in that service and shoot the arrow. The arrow will only hit the target if we have no weaknesses within ourselves. If any weaknesses remain, then today, on the day of the Satguru, finish them forever.

It is wonderful that you have made the effort to transform. Now spread that wave.

***Om Shanti***

## DADI JANKI - 18 SEPTEMBER 2012 - CAMBRIDGE FEELING GREAT... NO MATTER WHAT (PUBLIC PROGRAMME)

Feeling great is a wonderful feeling. If you're not feeling good inside, you feel like you do when you're getting flu. It's very easy to catch flu from someone – it's infectious. So let me look after my feelings, so that I'm not infected by anything. Let my heart and my head be completely free from any influence. My head is cool, my heart is happy and my nature is easy. That's a very good feeling. If my heart isn't happy and there's some pressure inside me, imagine what my face will be like!

Some of you are perhaps studying at the University. I've never been to university myself; but the education I'm getting from the Brahma Kumaris University is very good. I still see myself as a student even now – not a teacher. My job is to imbibe those teachings, bring those teachings into my practical life and inspire all of you.

There is a book 'Feeling Great' and another one called 'Good Wishes & Pure Feelings'. Feeling not good is a very long and complicated affair. But for a few minutes I'd like to share my experience with you as to how to have good and pure feelings all the time. All my life I've never been involved in anything long or complicated. Not listening to anything, thinking about anything, seeing anything in that way and not speaking anything that is not useful. I've just paid attention to maintain good feelings. My feeling now is that all of us are the children of the One Father and I've come to meet all my brothers and sisters. Generally speaking, when we meet one another, we ask: 'How are you' and get into questions around that. But when I meet my brothers and sisters, I simply say: 'Om shanti'. No other action is required – just the exchange of feelings from the heart. The feeling is of sharing peace and love and joy

with each other. When I came into this hall, before sitting down, I felt that I wanted to meet you all first of all with the eyes and share that feeling through the eyes.

### *'Before, when I wasn't aware of myself as a soul, there were always questions'*

Before, when I wasn't aware of myself as a soul, there were always questions: inside: I don't know myself, I don't understand myself. But becoming aware of myself as a spiritual being and understanding my feelings, then the feeling inside was: 'Yes, now I know everything about myself that I need to know'. The young and the old are constantly saying: 'I don't know...' and have a feeling all the time of not knowing. What kind of feeling is that?

Where are the feelings stored? In the heart. Where do we experience peaceful and loveful feelings? It's inside the heart. Peaceful, loveful and blissful. When you have the knowledge of the self, it feels very good to remain peaceful. As you speak of being peaceful, you go into a state of peace and that's when you experience love – and you feel the self to be loveful, powerful, successful. Then whatever work you do is successful, because you are doing it with peace and love. You don't ask 'how' or 'why?' you will do it. These two questions spark off conflict and confusion inside. Young or old, student or teacher – the feeling is the same when these questions arise. How, why, what, when... You know the feeling when you are in

the state of unknowing and have such questions in your mind. When there are questions in the mind, you can see it in the sign language of the hands. I enjoyed seeing the sister play the cello, creating such beautiful music - and beautiful feelings - through her hands.

My thoughts, my words and my actions should be filled with good feelings inside. Being a BK, I've always kept good feelings inside myself and good wishes for everyone that everyone should always have good feelings. This evening you will have such a lovely experience being in this gathering that you won't forget it. I have always had very good feelings inside for herself and for everyone else. Recently I spent six months checking my feelings to see that there is no other feeling inside. I can honestly say that I'm honoured to have passed in the subject of having only pure feelings for the self and for others.

We talk a lot about humanity. It's necessary for humanity – human beings – to have humility. How wonderful life would be if humanity had humility inside. And then consider what life would be like if there were no humility. When there is humility, there is maturity and sweetness too (the words rhyme in Hindi). We go deep inside the self and check our feelings and we discover there truth and honesty and, within that, humility.

Inside the feeling is of being very safe and secure and clean and pure – this is our safety. There's no fear, no worries, no sorrow. I'm sure you will have experienced some kind of worry or sorrow at some point in your lives. We all can imagine what it feels like. I can see all your faces. This evening realise why you experience sorrow. Once you do, you'll see that there's no reason to experi-

*Continued on next page*

*Continued from page 2:  
Dadi Janki - 18 September 2012 - Cambridge  
Feeling Great... no matter what (Public Programme)*



ence sorrow. It's because we have a sensitive or delicate nature that we do so – or in a subtle way they're some jealousy or envy of others.

In reality there is no reason for us to experience any sorrow. That's why we say: learn meditation in order to become free from sorrow. Learn how to listen to God and put into practice what God is telling us to do. When you do something good, many will criticise you or talk about you behind your back and few will praise you but you have to make sure that your pure feelings are not influenced by anything.

Human beings have the intellect and the wisdom to understand and distinguish between true and false, sin and charity, right and wrong, good and bad. So, let each one of us ask ourselves: what do I have to do now? Focus on the self. I just want to be honest and truthful and not do anything wrong. People sometimes give excuses but I don't want to do anything wrong. If someone else is doing wrong, even if they are telling a lie, it's wrong of me to point it out.

I need to understand three things:

- 1) who am I?**
- 2) who do I belong to and**
- 3) what do I need to do now?**

Go into the depth of these questions. I don't allow myself to get involved in any thoughts about what other people are doing. The knowledge of these three things keeps my intellect, my conscience, very clean and pure. In order to do the right thing at the right time, I need three things: courage, faith and honesty. They give me very good feelings. No matter what, I mustn't tell any lies; I mustn't try to prove myself. Then my feelings will be pure. Whatever thoughts and feelings I have create the atmosphere around

me. So let there be honesty and love in my feelings, then, no matter what the circumstances are, I'll be successful in what I'm doing.

***'I'm not so educated – I'm not a writer or a speaker – so what am I? Just an embodiment of truth and love'***

The feeling of honesty and love within the self brings humility. Humility doesn't mean bowing down to anyone; it's just having a very pure feeling. Listening to and experiencing honesty, love, courage and faith will make you free of those questions of why, what and how? 'Don't worry – no problem!' Constantly remain happy and share that happiness with everyone else. You are able to stay happy when you don't engage in worry, sorrow and fear. Free yourself from these. We study these teachings but we also have put them into practice in our lives – and give that experience to others.

I've never lied. Those who are weak tell lies. I've never stolen a penny from anyone. People laugh at me for not carrying a handbag. I don't need to carry money; I don't need to follow any fashion for which I would need money. I'm free. I do eat food and what I eat is simple food. Having pure feelings means that I don't need to go shopping for things to keep me happy. To keep good feelings I mustn't tell lies, steal, cheat and or defame anyone else. To criticise others means there are very bad feelings for the

self inside. So let me maintain pure and peaceful feelings for myself and everyone else. To defame anyone or listen to anyone else defaming another is a great sin. It becomes a habit that stops us from doing what is good and right and we end up wasting our time gossiping and criticising others.

That doesn't allow us to have pure feelings. Day and night I maintain pure feelings for myself and I never allow myself to think: what's going to happen? A variety of scenes will come in front of me but I make sure that my feelings don't change because I am the master of my own self.

So what if others are defaming me? If I don't accept it, I won't get affected by it. I still consider those who defame me to be my friends. My feelings are not affected; the stay pure. This is the deep effort we have to make within ourselves. When you think about knowing the self and who you belong to, the feeling inside is very pure – knowing that God is my Mother, my Father, my Friend, my Guide - and you want to keep that feeling.

People in the world are feeling either lonely or empty. I'm not alone; I am with That One. Combined with Him, we are living as one. Two fingers make 'V' for victory. Then the third one is there, the 'W' of three fingers is not for 'why' but for wisdom. Then, when the soul, the Supreme Soul and knowledge are all together, you become first class! When I am together with the One above, there's determination and we can achieve a lot – and that's what life is all about. Stay light and draw might from the Supreme, then you'll be able to be a lighthouse and show the path to everyone. Let go and let's go!

## DADI JANKI – 18 SEPTEMBER 2012 AFTERNOON – CAMBRIDGE

# THE SIGNIFICANCE OF SERVICE

- In Baba's houses the atmosphere is very powerful. How long does it take to make a powerful atmosphere in a particular place. What do you need to do to make that. Is one person needed or many?
- When people win an ordinary lottery, they never forget it. Why do we forget?
- Has Dadi more to say about Dadi's message to the world – the three things she would say?
- People seem to be able to take less knowledge but need an experience. How to serve essencefully to give that experience. Do I just have to work on myself?
- If we are to serve we are to keep the mind free and the heart clean. Is that not the method for fast effort?
- I want to return home now. How can I do that?

We can only return home after becoming karmateet. We can't become karmateet by being on our own; we have to be with the family. Some who haven't been so long in gyan have created a very good stage for themselves. When people win a lottery they realise the value of it and their fortune to have won it. Some lottery winners get confused, wondering how they're going to look after it all. In every murli Baba gives a little knowledge then tells us we have to imbibe that.

There's a difference between remembrance and yoga. Baba's says: Stay in remembrance. He says you are lacking in yoga - he doesn't say you are lacking in remembrance. Yoga means: connection, relation, communication. You become light with Baba and receive His might. Baba's might helps me with all four subjects. If I study well, Baba is happy with me. To have accurate yoga means to have love for the Father, love

for the study and love for the family. Service is when someone benefits from our company and experiences truth. Many have love for God but we are no longer searching for God, because we have a relationship with Him. We are His children, part of His family now.

What I have received from Baba all these years, I give to others. That's really what service is. No laziness, no carelessness, no excuses. I could easily say, 'I'm old now and I'd like to rest; I'm coughing a lot and that stops me sleeping at night... But I can't not do service. Baba has given us such sustenance, such teachings and so many attainments. I've never thought, 'How will I be fed tomorrow?' My lokik relatives wondered how I'd manage when I became a BK. I was happy to prepare food, clean, whatever, I just knew I did not want a lokik life. Whatever I eat I count, because I know I have to serve according to how much I eat. Some don't know the importance of service. How do we spend our time? If there were accurate yoga, you would be touched and service would be waiting in front of you. Keep connected with people in order to serve them. Serve your neighbours – give them mangoes, give them love, give them knowledge. Go to the park for a walk and there'll be someone to serve there.

Yoga is essential, knowledge is essential and dharna is essential too – if my dharna is good, I won't make any mistakes, I won't get angry or upset. Service isn't just sharing knowledge; sometimes it's just giving people the benefit of your company. I can't create an atmosphere sitting on my own - walls have ears, they hear and absorb everything so a gathering such as this is very good. Knowledge means to have yoga. Your dharna is the practical of proof of knowledge and yoga – preparing and eating food in remembrance, for example. How can you do service, if you just cook something and eat it? When friends

and relatives visit you, they give you so much love, because of how you look after them. When I travel, airhostesses come and sit beside me out of love. I may not be able to speak English but I teach them 'Om shanti' and how to smile with love. People in the world don't know how to smile and laugh. Baba says: Whatever your health is like, there's no reason to stop smiling. Baba gives us the gift of a lift. We do our work here and then go up above. If you don't speak or listen to others too much, you'll find you have lots of time. When I pay attention to knowledge, yoga and dharna, service is automatically there in front of me. When your intellect isn't planning service, something is wrong.

The soul came alone and it has to remember Baba alone but in service you cannot stay alone. You need to have someone to whom you can buzz the knowledge. The buzzing moth buzzes the knowledge and makes others like itself. You can only colour people, when you give them your company. We win such a huge lottery at the confluence age. We've received so much knowledge, which increases when we share it with others. If I don't share, it won't increase. Baba asked me once: Are you having breakfast without having shared knowledge? Service is to stay in good company and give your company to others. Have the intoxication of what company you are with!

The first Om shanti is – I, the soul, am a being of peace. So you can't experience peacelessness, no matter what happens. Then you say Baba and there's the feeling of love. Without that love we are very dry. Baba gives us so much out of love – purity, peace, love. Where there's benefit, there's automatically love. Baba says: Have patience. Drama is teaching us patience. Drama says: Everything is fine and will be fine. Baba is in charge; I don't need to do anything.

*Om Shanti.*

## 8 & 9 OCTOBER IN AHMEDABAD HOSPITAL CHITCHAT OF DADI JANKI WITH DADI GULZAR

Dadi Gulzar: Some will have a question, there will be a test paper and eyes will open. The practical result of what Baba is teaching us is to have peace and happiness in our life and attention on ourselves. At such a time, our attention should be very natural. This is like a small test paper for me. Every now and again, Baba brings such tests suddenly, in which we have to pass.

Dadi Janki: You were given a test paper because of us. This is our paper. It is our paper all together.

Dadi Gulzar: I too cannot understand. My stage should be such that I have no worry about anything. Dadi, I am not afraid. My part is wonderful. For us to be meeting each other in this way for this many days, and then our part of service and then this part – Baba is giving us both experiences. And I can also see the internal power that Baba is giving of being a companion. I always simply remember that Baba is testing me.

Dadi Janki: Dadi, if you were to suddenly go to Madhuban, it would be a wonder and then Baba would come on the 18th. You have the good wishes of all of us. This is a test of our patience. I simply say: let the soul remain peaceful. Baba says: Take power. Drama says: Have patience. Do not say anything. If Baba doesn't come then I will sulk and then Baba will have to try and make up with me.

### **9th October**

Dadi Janki: It is my fortune to read the murli to the Dadi who speaks the murli.

Dadi Gulzar: The confluence age means that every moment is great fortune for us Brahmins.

Dadi Janki: The remembrance that we have at the confluence age, the

power of this remembrance of Baba will be useful to us through the whole cycle. Of course it will be with us for half the cycle, but it will continue to give us power through the whole cycle. Dadi, my intellect will not become weak through the whole cycle because Baba has forged my intellect with Him in such a way.

Dadi Gulzar: The experience of collective yoga of every moment that passes makes me feel as though we are not here, but that we are angels. That we have become angels and are flying with Brahma Baba.

Dadi Janki: We are Baba's direct creation and so we do not have the awareness of the body.

Dadi Gulzar: It feels as though the days of this bhatthi are very special. Those in Ahmedabad have got a very good chance. They are serving and also having wonderful experiences. I and Dadi have never before stayed together like this. This is also a new scene in the drama.

Dadi Janki: We have to remain cheerful by saying drama. Whatever is in the drama, it was never even in our dreams.

Dadi Gulzar: Children have come from such far away places.

Dadi Janki: (Speaking to Dr. Khandelal): Do you feel that you are very fortunate? How have you been coloured by being with Dadi? What is your feeling? Of course you have been coloured with Baba's colour. Previously, you were meeting as a doctor and now you are meeting as a family member. There is no feeling of you being a doctor. The service of being a doctor has made you fortunate.

Dadi Janki: Dadi, we were sitting in remembrance and it was such a beautiful feeling. The Bestower of Fortune is sitting here with us. I

asked: Is He creating our fortune or distributing fortune? Whatever fortune we have received, we are sharing that among ourselves. Just as anyone who came in front of Baba would just sit down there and not have the desire to leave. Where would I go? I would just sit with Baba.

Dadi Gulzar: So much income is accumulated through this atmosphere of yoga. One is our own individual effort, and the other is the power of the gathering – there is help and co-operation received from Brahmins.

Dadi Janki: Dadi, on the path of devotion, we will build the memorial temples. Now, we are becoming the idols of the temples.

Dadi Gulzar: When we first came to Abu, Baba would take all of us with him to Dilwala temple.

Dadi Janki: Baba had gone to Dilwala temple, but I hadn't gone and so Baba asked me to also go and I felt: I will build the Dilwala temple on the path of devotion. Brahma Baba will build the Somnath temple.

Dadi Gulzar: It is like that in the pictures too. They are sitting together in pairs or threes.

Dadi Janki: In the picture of the tree, there are four on either side of Baba and Mama. I wasn't in that picture and I felt that I should also do such tapasya that I can also sit with Baba in tapasya under the tree. So now I am doing such tapasya.

Dadi Janki stayed with Dadi Gulzar for a couple of days and then went back to Madhuban. Now, the Regional Co-ordinators meeting is taking place in Gyan Sarovar with the foreign brothers and sisters. It is now the season for the double foreign brothers and sisters to come.

## DADI JANKI – 7TH OCTOBER 2012 – GYAN SAROVAR WITH POM GUESTS



The first seat we have to sit on is in the centre of the forehead. God is up above. I am a soul – that one above is in my Father. When I stabilise myself in the centre of the forehead, the feeling comes that this one is my father. This feeling removes all the past feelings of sorrow and regrets. He forgives us and tells us not to remember that any more. What do I have to do now? This is what I now have to pay attention to.

The essence of these teachings is: who am I and who I belong to. Remaining in this awareness and having this experience allows us to finish the consciousness of the body. My natural state is incorporeal. I am the child of the Father. This is the awareness to move into now. When I understand these things and practice them, I can become an easy yogi. This is not hard work – rather one enjoys making this spiritual endeavour.

I would then enjoy doing my work, as I am free from negativity and waste. With determined and elevated thoughts there is happiness and power. That happiness and power works for the self and for others. It finishes my weaknesses and defects and thus I can develop self respect. The aspects of who I am and who I belong to are essential for self respect.

Each relationship with the Supreme has its own power. He is my mother, my father, my friend, my teacher, my satguru. Many souls have not received love from their physical parents and this has resulted in some type of weakness. Baba is now available as the spiritual mother and father. A mother is especially beloved to her child.

The Supreme Soul has so much love for His soul children. Without love the soul became empty and dry. Because of dryness the soul became like a thorn. Through the spiritual

love of God the soul becomes like a flower. When the child does what the parents want, the child becomes obedient and trustworthy and is loved more. When the child follows the teachings accurately he receives love from the teacher. God is also our friend – situations will come but that friend is available as my companion constantly.

***‘Having realised  
all this we  
feel we have  
to change  
ourselves. This  
study teaches  
us how to think,  
how to talk,  
what to eat,  
what to wear’***

Be aware – each soul has his own part to play. This is the awareness I need to have. Spiritual knowledge and yoga is to be used to create this vision. Look at the people of the world as a detached observer. No matter how someone is, he is God’s child.

This actually is the world of sin. However, we now don’t want to perform any more wrong actions. We want to move away from the world of sin. We have come to such a place that shows us how to create positive actions that allow us to accumulate for the future. Don’t allow negative thoughts to come which could eventually come into action. Don’t now allow yourself to defame anyone. God praises me and I praise God – this is enough. Only God can make a

soul worthy of praise. How? Because He is praiseworthy. He is the Ocean of Mercy and Forgiveness. He is the Ocean of Love and Truth. I have to also make this my praise –

***‘as is the father  
so is the child’***

This Confluence Age is the only age where will be able to share each other’s company in this way. We share spiritual happiness. What is it that I have to forget? God is teaching us this. He is also teaching us what to remember. Things have to be remembered at the right time. The world has become corrupt, violent, impure and false. This is the time to remember God.

When Shiv Baba entered Brahma we saw so much change. His thinking, his lifestyle and his activity changed. He showed us how to draw our attention to God. By the knowledge God gave through him we were able to focus our attention on remembering incorporeal God.

Yoga enables me to develop wings with which to fly. I have to now leave any branches I was hanging on to. I have to move into the ascending stage because it is this which brings benefit. Allow God to take you into the ascending stage – don’t think you have to move alone. Let yourself fly with God. Don’t allow yourself to falter due to circumstances.

Always say ‘yes’ to spiritual service. It is the time to return home. Remember this. Don’t get stuck somewhere due to attachment. You may live with someone but let your mind be in love with God. When you remember the Father in the early morning hours, your whole day will go well.

# DADI JANKI – 11 AUGUST 2012 - GRC – EUROPEAN TEACHERS RETREAT

## YOU ARE SPECIAL

Seeing this beautiful gathering, I had the thought: if the creation is so beautiful then how beautiful must the Creator be? This is the essence of gyan. A sensible soul is one who knows the creation and the Creator and has the feeling that each one is a special soul. You don't consider yourselves to be as special as you really are. For one minute just go into the feeling- I am a soul ... so special in God's vision.

I have spent my whole life in this feeling - I am a special soul. I don't say it out of arrogance; I have been made this way. The One who had to make me like this has done His task, and the one who has been made this accepted it with love.

I surrendered myself to the One who made me like this. I feel that none of you are that surrendered! Baba has made me like this. This is so subtle. There are a few souls who are catching what I say in a subtle way, away from the gross and close to the feeling of being near the soul world. Then your intellect can go into the unlimited. I have this feeling that you can all rise to this state.

See the specialities of each soul and see how they have reached where they are. I have only the desire (icchha) to become good (acchha). In devotion they say that wherever I look I see God. So now Baba has explained the reality to us. Now, whoever you see just remember each soul has his/ her own part and is Baba's child. Have this feeling for everyone you see. Don't use your intellect to question or criticize others. Just create a habit of remembering Baba at amrit vela with love.

Who can speak knowledge? It's easy to speak about other things but not about gyan and yoga. Gyan means- who am I? Yoga means

- who is mine? Once I have understood this then the knowledge of the drama will fit in the intellect so well. Whatever has happened is good and whatever is to happen will be good too.

***'I don't keep anyone's mistakes in my mind. If I make a mistake, please tell me!'***

I don't keep anyone's mistakes in my mind. If I make a mistake, please tell me! To speak about the mistake of someone is a great mistake in itself. Baba's children have been created all around the world. Baba had this plan to emerge His children from all these various countries. This play of God that has been created is amazing.

What is yoga? We have been given the knowledge of how to have yoga. So Baba has made us belong to Him through gyan and yoga and now what is it that we have to do?

You are definitely worthy of being praised but not worthy of being worshipped. You are not yet that pure. Look at yourself and ask yourself if you are this. What we now need to become is worth of worship. Even angels are not worshipped. Yet to become a worship-worthy deity you have to first become an angel. This is a matter of feeling and realizing it.

The vibrations of the fire of feelings to help others reach souls who are in sorrow and give them the experience of peace. Then they will bless you. I didn't know how

to give knowledge in the early days but people just felt good vibrations from me which touched them.

No matter what service you do here, you are creating good karma.

The place is good, the company is good, the food is good. Sometimes Baba says you are an ostrich (in Hindi it is called a camel-bird). When you are asked to fly you say you are a camel and if you are asked to pick up a load you say you are a bird!

***'God loves me. He is my Mother, father, Teacher, Satguru, Surgeon, Partner and even my child. He is everything for me'***

Don't say too much and don't ask anyone to speak too much to you. Just remain flexible and adjustable in your nature. One who sacrifices his own weaknesses to Baba, Baba sacrifices Himself to those children. Baba has so much mercy for all of us. So today is the day to let go of any manmat that you have. Baba is making us move so what is there to think about. You just need to control yourself, not others. Then everything becomes easy. Then you make less effort and get more results. Your thoughts, words, deeds and the money you give become fruitful.

## DADI JANKI 16 AUGUST 2012

# Q & A – GRC, EUROPEAN TEACHERS RETREAT

**Q. In the process of working together in harmony, individually we are good, but, when we get together, we come from different places (feelings, perception, organisation) and so we miscommunicate with each other. We imagine that everyone thinks the same way I do, but it's not true. We need an extra instrument or sense perception to be able to capture where the other person is coming from, so we are able to connect.**

Well, when the intellect is clear, you are able to understand them and they are able to understand you.

**Q. Some are intellectual, some are heart people, some see things through their eyes but are unable to interpret them, some are artistic, some are more scientific. We don't necessarily consider those differences and this becomes a reason for not being able to work together in harmony. Have you experienced this through your journey in the yagya and how did you manage it, say from India to England?**

Question is a bit complicated, but it's actually a very simple thing. If, in the whole world, so many souls have come together, then if I had a complicated nature... What creates the complication is our sanskars. But even while there is a variety of sanskars, we have to finish the differences – this is my bhavna. In the differences, souls have become separate and distant from each other. You can come close when you have the aim of finishing that difference, then automatically your words, attitude and vision will follow. But if you don't have the pure wish to finish the difference, you become trapped in situations. Catch the pure wish and move along with that. Instead of expecting others to understand you, make the effort to understand others first.

**Q (JB). Let's say someone is highly intellectual. They will share on the basis of their intellect and what they have studied. But another person may be very full of bhakti and their language will be different. A 3rd person may be very innocent; they don't know much about bhakti, they're not intellectual and they haven't studied much. If the three of them have to get together to work, there will be a bit of difficulty. Baba has all 3 varieties of children. If these 3 people are coming from 3 different angles, how do they understand what each other is saying and move forward in unity?**

Even then, I have to make the effort to harmonise the sanskars. If I have the aim to be in harmony and harmonise, then this aim is something I must never let go of, regardless of sanskars, and then nothing feels difficult.

**Q. If I must meet someone and all three have to leave their existing positions, how do they find a 4th position, which is suitable for all three, when none of them have that position naturally.**

I know there is a difference, but its taken time to finish that difference. Each one should look at themselves. How long has it taken each one of you to change yourself internally? How long for the aim to understand yourself and each other? And to that extent, you've come close to each other. Within my sanskars are old sanskars that bring me into duality. They polarise me and don't enable me to remain concentrated in what is the right thing for me to do. People might not accept my efforts to harmonise, but subtly, even in my dreams, I will send them those vibrations, because they are under the influence of their sanskars and

their intellect, and they consider themselves to be right. That's why they are fixed in their position. Those who consider themselves to be right, you can't even tell them that they are wrong. But, with lots of feelings of love and in order to enable them to realise what is truth, I never reduce my bhavna for them, no matter what position they take. I must never reduce it. Pure feelings, and the quality of that pure feeling, even if someone does not catch it, should not reduce. A soul may not accept my bhavna, but it is my loss if I reduce my bhavna. My bhavna is personal and must always be good, because the inheritance I have received from the Supreme is to keep good bhavna. God has had trust in me. Another person may not have trust, but on the basis of developing understanding, trust is eventually instilled. Trust makes many things happen. Keep trust in Baba, the self and each other, and it's possible to harmonise and come together. Whatever is going to happen will happen, but I have to have trust even in my own nature.

**Q: What does it mean to keep trust? Somebody says, "If I am trustworthy, then they can trust me, but if I'm not trustworthy, then how can they trust me?" So what is the form of trust? Do I have to be trustworthy to be trusted?**

Sometimes we have good experiences that we don't have regularly. It's on the basis of those special experiences that I became a BK. I move along because of attainment. Have value for your attainment. When I value my attainment, then I can instil that trust in myself. We have to have deep value for the sustenance that we have received through the Supreme Father. No human being can make a plan like God has for our sustenance. I have to have value for that sustenance and it is through that suste-

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nance that we are able to instil faith in others, to say, “Don’t worry.” Who is the one who is studying? Who is teaching us? The study is so elevated. I don’t use my own intellect in this. It’s Baba’s study, but you use it in such a way that you have ego about it, “I speak good knowledge, I have good yoga.” So then, how can trust be instilled? How can somebody have trust in you when you take it for yourself in a subtle way? You still have the consciousness of having to do something yourself. Appreciate what Baba is giving you, “Baba is giving us such a wonderful study.

Baba’s jewels of knowledge are so great.” When you churn deeply and contemplate on this, it feels so elevated and so good, and that is how trust is increased. In practical life, the sustenance we’ve received is from Baba. Trust in the Father, in the study, in the attainment and in the sustenance. In 75 years, nobody has died of hunger. Eat with happiness. Cook with happiness. Don’t think that I can’t eat this and make a face at it. Many souls left because they didn’t like the food. Somebody corrected them and, because they had a sensitive nature, they left. A sensitive nature creates a great loss. It doesn’t let you do something good, it doesn’t let you become good and it doesn’t let you see good in anyone.

**Q. Earlier, you said that we are fragile, we can’t manage pain. Yet pain helps us to overcome our limitations. What do we need to understand, in order to value the deep messages that come from different kinds of pain, so that we do become adequately strong to carry Baba’s message.**

Become introverted, with the power of concentration. Along with knowledge-full, you have to become peaceful and loveful. You’ve taken on knowledge, you’ve heard knowledge

and you’ve shared knowledge. But there’s still pain or discontentment inside, so you make yourself busy and avoid your pain. First, become peaceful inside. “I am a pure soul.” Make yourselves into pure souls. Accept purity and make effort, “I am a pure soul.” Within purity, there is peace, love, happiness, power. We have to be practical and keep this inner effort continuous – a constant yogi, then you can have trust in yourself. You have a lot of trust in Baba, because you experience attainment from his words, and it will be a constant experience. Those, who don’t maintain this constant effort, might be sitting physically in front of Baba, but they won’t experience any attainment. Baba has made a lot of effort on the children, whilst playing games with them, putting them in front of him and encouraging them to remember Baba.

Do you recognise who you eat with? You need recognition of Baba. Recognise the self and then you can recognise each other. Don’t waste time any more. This is the time to change, to transform. Recognise the time, Baba’s task. Apply a dot and accumulate hundreds, but if you don’t remember the One alone, then you’ll never be able to be peaceful and you’ll never be able to be pure. If you let even a drop stain you, then you can’t become pure, and you won’t remember and be peaceful. Look after the honour of your white clothes. Ordinariness and carelessness don’t let you ascend high, become elevated or let you catch things with trust. There isn’t the thought, “Oh, this is a good thing that I should put into practice.” Go into the depth of this word vishwas (trust), then a lot of transformation can happen, because you have trust. Many have transformed with my bhavna, so this one can transform. These are God’s children. Baba has not let go of any child, so why should I? Let this voice of trust emerge from inside.

You can’t let go of hope in yourself or in anyone else. There are one or two souls in whom nobody has any hope, but I won’t let them go. I may come in front of them, they may find another road and go round the back way, but I won’t let them go. This is the thread of love, on the basis of truth. The thread of love draws souls towards the Supreme, not towards me. But let me become such an instrument that they feel Baba’s pull and then, in Baba’s pull, they become Baba’s child and they draw all that they need from Baba. And in return for what they take from Baba, I get good wishes for being in-between – not that I did it. Have deep value for blessings. Your mind, words and actions have to be elevated. Such a soul will always be tension-free, able to keep complete attention. Sometimes the ‘a’ drops off attention, and we’re left with tension and then we don’t experience any attainment. Check, do I have any tension inside? Check it and release it with attention. You have tension, because you think too much. If your life is filled with tension, what will others receive? Those who are in tension, who will receive inspiration from their life?

**Q. In order to live together in harmony, we still have karmic accounts to settle with yoga, but what exactly is the mechanism and how can we tell to what extent our karmic accounts are melting?**

In terms of our karmic accounts, one is the account of sinful actions from previous births, that happened through being in the body. We settle those through separating ourselves from being in the body and bodily relationships, and recognising the One. In that kind of remembrance, we finish that vikarma. If you have even the slightest attachment towards bodily relations, bowing down to them,

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being suppressed by or dependent on them or they are dependent on you, this is an account of karma. Never become dependent nor make someone dependent on you. Let's say we've settled the accounts with the bodily relations, even now, when we become a BK, some even start forging these karmic accounts again, either because they're influenced or suppressed by each other; that then becomes a very severe karmic account.

The precious karmic accounts with your relations finish quickly, but the karmic accounts you make in the Brahmin family, you don't realise so quickly that you have to be free from it. Then the karma you perform, by being dependent or suppressed, becomes a sin. Mixed in that is falsehood. Falsehood is sin, sin is falsehood. If there is the slightest bit of falsehood, it means there is sin. With true elevated action, realise your karmic accounts and cut them immediately. I have never come under the influence of, or bowed down to, someone, never been dependent on anyone, but always put Baba in-between.

It's my duty in service to give co-operation, in effort to caution each other, for progress or self-progress. Whether they accept it or not, to inspire them to accept it. I have had the bhavna that they should stay close, not disappear. I have this tub of almonds, so that, whoever comes in front of me, I can feed them with love. For many, even to smile is difficult. If somebody is smiling at you, at least nod your head. Some are so dry that they can't accept a smile. This is subtle incognito effort. What is it that's real? I have to grasp the reality of effort, understand it and bring it into my life. I mustn't be artificial. I mustn't do anything for show. When I make effort, I mustn't have the desire for someone's attention or praise. But at least I am becoming

one who has the quality of becoming praise-worthy, so that praise emerges from people's hearts for me. Up until the time that you are still in a karmic account, you won't make this kind of effort. You might make effort, but you won't get success in your effort because it's mixed in with the karmic account that you've created. Let's say you've done something wrong and I tell someone else about it. What karma is this? And they relate to other people. What kind of karma is this? Understand the depths and secrets of karma. Even to see someone's mistake is a mistake. Baba doesn't see someone's mistake. Baba forgives them by giving them good company, relating good things to them and making them good. Sinners, like Ajamil, used to come in front of Baba and I have seen how he practically uplifted them. He never talked about their sins and he changed them to such an extent that they became a good servers. Let go of a sensitive nature, because your sensitive nature makes you make mistakes and it doesn't let you realise your mistakes. One who is sensible immediately recognises his mistake.

**Q. What is the mechanism of how yoga destroys karma?**

This doesn't happen by yoga only. You might think your yoga is very good. I have to give someone the power to realise that they want to change. First, I have to change and then I keep the bhavna that others also can change. That yoga, with this aim and effort, inspires transformation in many others. The power of yoga means that I am a peaceful and pure soul. My enthusiasm never reduces, no matter what happens, because I have the power of yoga. Through this, I accumulate strength. I have to stay in my karmateet, avyakt and complete stage, whilst coming into relationship with everyone. I don't generate thoughts about anyone else, I can't change

anyone else, so I save time and my power of yoga will do its work on them automatically. The power of yoga is doing its work - that's what's making service happen throughout the whole world, that's how souls are being moved. The power of yoga, trust in each other, trust in Baba, trust in the self; go into the depth of trust and then the power of yoga will work for you. If you keep someone's weakness in front of you, then your yoga does not work, because you cannot accumulate for yourself or the other. But, with peace and love, transform something that is wrong. It will transform when you bring souls close. The power of yoga will enable it to happen. If this trust is there, if the bhavna is there, transformation will happen. When there's trust in that transformation, then the power of yoga can work. If I don't have my bhavna and trust, then how can my power of yoga work for myself and others?

All of you are the creation of Brahma Baba's power of yoga. He had such power that he gave us children so much strength that he made us instruments and made us present in service in front of all of you. Brahma Baba did service. Brahma Baba did not make followers; he wanted us to understand and accept what Baba is saying. If you offer something with feelings of friendship, people accept it, there is no force. Many come and go, but it is our choice what we want to be. Present what is right, don't hide anything away and the one who has courage to follow it will receive help from Baba. To show others the path is an act of great charity. To understand these things, have no interest in other things. What is not necessary, I don't give time to. I see those making food and washing pots before I eat, because they make so much effort. There should be the quality of being harmonious, not that you appear busy.

*Om Shanti.*

## DADI JANKI – 3 OCTOBER 2012 – GYAN SAROVAR WITH POM GUESTS

When I am soul conscious what type of thoughts will I have? When one considers the self as a soul, one starts to think in a very logical way. I understand that I am working through this body. I am making my body move. I am the ruler of my sense organs. It is not a matter of worldly education in order to understand this. It is a unique study. You can look in any place in the world but you will not find such a study... who am I and who I belong to? If you truly understand these aspects then there can be transformation.

In order to know God one needs divine vision and a divine intellect. I need a divine vision to see with and a divine intellect to understand. Once one starts to know the self they can start to get to know God. I am a soul from beyond this world and I need to experience this. We are those souls from beyond the world but we have forgotten that.

Think of how much the world has changed in the past 100 years. Everyone is stuck... looking at the world and getting stuck in the way it is moving and what is going on. So check yourself; your intellect should be very light. Turn on the internal light and you will feel that you have stopped stumbling and that the darkness has been dispelled. When your third eye opens then you will be able to see clearly.

The important aspects of life are; who am I? Who do I belong to? What do I have to do now? Understanding these things fills the soul with power.

When I sit in true remembrance of God the vibrations become very powerful and beautiful. He is the One above who purifies the impure. He has mercy and He forgives us. No human being can be such. He gives so much love. It is that love that enables to soul to sacrifice to God. The soul wants to emerge itself

in that love. His love cleans the soul. This experience is very useful in life. When you have that experience then you can help others a lot. When I have a connection with God, no-one can interfere with that connection. I receive power from Him. I have to only see Shiv Baba and follow Him. Brahma Baba saw Shiv Baba and learned from Him.

When I am connected to God, I receive power and I become internally clean. My character then becomes one, which is respect worthy. In order to become pure internally, I need to have good wishes and pure feelings for the self and for everyone else.

Never become disheartened in yourself. When you realise something needs to change then transformation can take place. When you receive the method to do something then consider that God is there to help you and you will be able to do it. Take one step of courage and God will help you. Have courage and trust! Be clear and honest and you will practically see the result.

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### DADI JANKI – 4.10.12 – LONDON (BY PHONE) MY FORTUNE AND THE BESTOWER OF FORTUNE CONSTANTLY IN MY AWARENESS

Dadi's feeling for all of you is: don't think too much about anything. Don't worry about the future. It's good that many of you will be coming soon to Madhuban.

Never forget the One who has made us trinetri, who is Trikaldarshi and Trimurti. The Trimurti is not just Brahma, Vishnu and Shankar but also the three forms of the Father: Father, Teacher and Satguru. Keeping Baba in front of you brings such a lot of happiness. We have so much attainment – really, it's a wonder. Just open your treasure store and see how much you have attained and your mercury of happiness will rise so high! These days all we have to do is stay in that awareness, so that anyone who is sitting with you also becomes an embodiment of awareness.

Last night Dadi was sitting with a small group and in the period of a few minutes we went into silence three times. It is so essential for all of us that we make a point of going into silence regularly. The experience of being in that silence was so beautiful we weren't able to express it in words.

On one side is our fortune and on the other side is the Bestower of Fortune and He is inspiring me constantly to create that fortune. Let me check myself: where am I? To what extent am I creating my fortune? *Om Shanti*

Remember; when I change the world changes. What do I have to change? My feelings... Create pure feelings and have good wishes. If someone has hurt you then create good feelings about them. If you have hurt someone then have good wishes for them. Keep on creating good thoughts whilst you are walking around. God's hand is on my head – how can I have waste thoughts? Dadi wishes all of you to be free from waste thoughts. Don't allow yourself to have a sensitive nature. Leave the old nature of coming into feelings quickly. Make your nature easy and light. Don't be temperamental. Check whether you have any ego and then finish it. If you think anyone or anything is yours it is a type of ego. I now have to become egoless and viceless. Only then can you be incorporeal; in the state of detachment.

You are all fortunate. You have received fortune from the Fortune Maker – now share it. The nature of happiness is such that when you have it you want to share it. God is working hard on me to make me perfect. It's time to become an angel... work on becoming an angel. Whatever you need to do, do it now.

*Om Shanti*

## DADI JANKI – 11TH OCTOBER 2012 – SHANTIVAN WHAT IS TRUE CHARITY?

It's the time to look at self clearly, to know Baba as He is, and to recognise the time. In both the sakar and avyakt forms Baba has given us so much, so much... See yourself and your life and see how much Baba has given you. We have all seen and heard Baba a lot. It is now time to give the return.

Have you recognised the importance and significance of time and thoughts? Time and thoughts allow us to understand what truth is. Go into the depth of what is important. Clarify knowledge in your intellect. What is clear in your intellect can easily and naturally be brought into your practical life. Who do I belong to? See in a second and you will become intoxicated. He is MY Baba... personally. Make this awareness natural.

The drama is completing... By taking powers from the Almighty Father, we merge and finish everything off. By remaining busy in service that which is useless does not even enter the intellect. Take benefit of the company God is giving you and you will become worthy.

I am a Brahmin of the Brahmin clan. I belong to the Brahmin clan and am of the dynasty of Shiva. Ask yourself: am I a real Brahmin? All are BKs but to be a true Brahmin requires deep cleanliness. A true Brahmin is visible. A true Brahmin is such a server through which God gets His work done. A true Brahmin is a true instrument. He or she sees only the father and follows only the father. There is then no question of asking what to do or how to do it. As a Brahmin my character is very elevated and my face is good. On seeing me, others should understand what Baba is like. I am then an angel – one who has no relationship of dependency on anyone; empty pockets and white clothes. ... I am an angel - one who is becoming a deity.

In every corner of the world there are Baba's centres and so it is as if the whole world is changing into a world of charity. In the early days we used to play the song, 'Take us away from this world of sin to a world of rest and comfort' but we didn't dream of how the world would become a world of charity. Baba has actually taken us away from the world of sin and the whole world is now changing. We stop performing sins and we show others how to stop performing sins. This is what true charity is.

Who am I? There should be no ego trace of ego left inside. If someone insults you and you react, it is because there is still ego inside. Some people feel bad for years after others insult them. I have to remain in self respect.

Now forget where you come from; Germany, Iceland, the UK... Punjab. I am now sitting with Baba and I should feel that I belong wherever I go. I belong to Madhuban, I belong to Baba. Have this awareness. Go beyond all your

limitations. We have to go beyond the element of ether. The whole globe is in our hands. We are Baba's arms and we are in Baba's arms. Check and see – do I have Baba's blessings and love? Some run on the basis of Baba's blessings and love from the moment they come to Baba. Others do service and become worthy of Baba's blessings and love.

Now leave all types of defamation. Never defame anyone even slightly. We are still in the physical form but we have to move now into the avyakt stage. Keep jewels of knowledge on your lips and look with love at everything you see...

*Om Shanti*

## SELF RESPECT, INDEPENDENCE & THE POWER OF BHAVNA

Dadi Janki's sharing based on today's Avyakt Murli – 7th October 2012 Do I have true self respect for myself and in my relationships? It is so important to stay in self respect, then we feel that nothing is lacking and we have intoxication and so there is no room for doubt. Doubt comes because we do not pay full attention to maintaining the intoxication of my stage constantly. We get too caught up in service. When Dadi was sitting on the stage yesterday for the felicitation, she did not wish to sit in an ordinary way. She sat with the intoxication that 'I have played a part with God for 75 years and others do not even know Him!' It is important to pay attention that in our relationships for service that I do not become dependent on anyone and I do not make anyone dependent on me. If I am taking service from someone, they may have the bhavna that they are serving for Baba, but in reality I am dependent on them, so that is not really service. I have made them dependent on me.

Baba was not dependent on anyone, even on Mama. Mama left the body so suddenly. She did so much service and yet she went away. Baba did not want anyone to express sadness at Mama leaving. While Mama was in the corporeal when we would say Mat Pita, Baba would say - this one, Mama is the mother and this one, Baba is the Father. Baba was the mother as we took birth through his mouth and then Mama was the mother to sustain the children. However, when Mama left the body we would say Mat Pita for Baba himself. After that time, Baba inculcated all the qualities of a mother and gave us so much sustenance practically as the Mother and Father. He played both roles. Baba has such pure feelings (bhavna) for us. Dadi has such bhavna for us. Do we use the bhavna to the maximum extent? Dadi uses the bhavna Baba has for her to the maximum. Everything happens through bhavna. The whole expansion of the Yagya after Baba left has been through the bhavna that Dadiji had. Bhavna has brought the Yagya forward. We are eating the fruit of the bhavna of the Dadis. Once Dadiji and Dadi Janki were having a spiritual exchange and appreciating each other. Dadiji was appreciating the part that Dadi Janki has played in service abroad. They were experiencing intoxication and faith. Dadi was

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so pleased that the new complex was named after Didi Man Mohini - she was very clever at inspiring others to plant their seeds in the Yagya. One also gains marks through this. We also give great, great importance to the Avyakt role that has been played over these years. If I have bhavna then everyone who comes in front of me will also have the enthusiasm to serve. We say 'Haji' to Baba and Baba say 'Ji Hazoor', Baba becomes present in front of us. This is the blessing that Baba gave Dadi that she wishes to share with all of us. Each one has their own special role.

*Om Shanti*

## **DADI JANKI – 10 SEPTEMBER 2012 – GCH REMAINING SILENT INSIDE, KEEPING SPACE FOR BABA**

When I am speaking, I have to use my mouth and you have to use your ears but otherwise sitting in silence together is very good. You don't have to use any of the physical senses for that! You all will have experienced how you accumulate power through silence. First of all experiencing power through peace and then experiencing Baba's power. If you are not able to accumulate power through silence, how is it possible to accumulate Baba's power?

We need the power to remain silent; Baba needs that space to be vacant so that He can fill it with His power. That power is then useful for me in everything I do; it helps me in many tasks. When you are engaged in your activities, there's no question of how will it happen? The power of remaining silent helps us to be detached in everything we do. Even while we are speaking, we need to be maintaining that silence. That power is automatically working from inside. Whatever happens automatically makes good whatever was otherwise going to waste. If there was waste, even that is put right and is finished. It's the power of remaining silence that makes that happen.

First there is the power to remain silent within, then there is my original power – the power of the soul – and when that is working Baba fills me with His power. Then it feels like everything is happening naturally, automatically. Once I've accumulated that power of remaining silent, I don't like spending it. It may sound miserly but I don't like to spend unnecessarily what I've put a lot of effort into accumulating.

Because we are karma yogis Baba helps us, because it's His work – not my work – that we are doing. Continue to accumulate that power of silence within. My old habits shouldn't pull me. I shouldn't be weak when it comes to staying in silence, because when I am pulled into sound, Baba will stop giving me His power and I won't be able to do any of His work.

In last night's class I was sharing that you don't need to think. If someone does have a thought – something needs to happen or someone needs to go somewhere – there's

no need to rush into planning mode and ask for all the details immediately. Just be patient and maintain that silence, and the details will emerge in good time. Was it my thought or my bhavna to have this intimate gathering today? Spending this one hour together – my one hour and all of your one hour – in a useful way, mostly in silence, will make Baba very happy with all of us.

Baba gives us His own power but we have to make sure our own weaknesses don't cause any fluctuation. Baba doesn't allow our fluctuation to interfere; He just continues to give. He gives us the thought to carry out an unlimited task.

**We don't need to say anything, except: 'Baba!'**  
*Om Shanti.*

## **DADI JANKI – 24 AUGUST 2012 – SHANTIVAN THE CONSCIOUSNESS OF BEING AN INSTRUMENT**

Today, everyone is specially remembering Dadiji. Dadiji is in everyone's heart. Dadiji has created such a memorial of herself of revealing Baba – whether it was being an instrument in the expansion in the task of establishment. I stayed abroad from 1974, but there was such a subtle connection with Dadiji of being in the unlimited such that there was equality. This was a wonder. Dadiji enabled the part of avyakt Baba to be played in a very good way that today; even the avyakt part is doing so much service.

Baba had said that we have to revise the murlis. Today, the whole creation is receiving sustenance through the revised murlis. Dadiji carried out all the task as an instrument, and so I ask myself: What am I doing? Dadiji, Didi and Mama did what they all did. But what did I do? Why has God, the Father still kept this soul in this body? Baba has made me move along as His companion, making me an instrument. Success has been achieved with honesty, love, courage and faith. Now, perfection is standing just ahead of us.

Stay in silence and have deep experiences of remembrance. On the one hand is the karmateet stage and on the other hand is the angelic stage. Later we will become deities. However, in order to become karmateet, the foundation should be so strong that none of your karmic accounts pull you back, nor should I be pulled. When you have the experience of this stage in a practical way, then you will be able to do the service through the angelic stage that Baba wants. Together with Baba, you will also be able to give sakaash to the globe, to the world and to all the souls.

There is so much service in Madhuban. Each soul has received their own part. Each one is free to make as much effort as they want. Baba gives His company to every child. However, some children wish to move ahead with

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comparison. They cannot let go of this body consciousness. Where body consciousness is used, there cannot be the godly attraction.

I have never used the dictates of my own mind when Baba has given shrimat or directions. Those who use the dictates of their own mind spend their own energy. There is no expense of your own in this and so your energy never finishes. "This is my experience, this is my idea.." – I think about even saying this; there is a lot of safety in this.

Baba said that he had given this body to Shiv Baba on loan, but that he was not going to claim the kingdom on that basis. He definitely had to make his own effort. Though there was one body, both were together. We also have to serve in the same way. Baba gave his body on loan, but we have surrendered ourselves. We have become His children and so we have become equal to the Father. So neither this body nor this mind is mine. The main thing that was good was that the body and mind were used in a worthwhile way.

The sustenance, study and attainment were all valuable. Look at the whole day: who is sustaining us even today? Who is teaching us? We are dancing with the attainment through that. Always have this intoxication.

*Om Shanti.*

**DADI JANKI – 3RD SEPTEMBER 2012 - SHANTIVAN  
SEE ONLY GOODNESS**

Baba is truth. He gives us true knowledge. It is because He is true that what He teaches touches our hearts. Where there is truth and cleanliness there is always simplicity. For this purity is essential... the creation of pure thoughts is essential. If you maintain zeal and enthusiasm you will receive Baba's help and support. We cannot measure the amount of support and help Baba has available to give a soul who is willing to take it. Baba has taught us the importance of maintaining courage. It is my task to maintain courage no matter what the situation. For this, it is necessary to remain as a detached observer in every situation. This is God's task – no scene should make me lose my courage. It is Godly service we are doing and there is a great deal of income to be earned.

The more one does service with love, the more power one receives. Coming into sound a great deal tires the soul. One who remains in silence can be tireless. Control the number of words you speak. Remain in silence and you will be able to do service through your mind. When you pay attention to serving through the mind, your mind will become busy and thus you will be freed from all other types of thought. You will be sending sakash to many souls... such service is unlimited.

It is time to move into the karmateet stage. When you listen to the words 'karmateet stage' how do you feel? In

fact, we should keep the aim to become karmateet firmly in front of us. Don't look at anyone else in this aspect. One who remains as a karma yogi over a long time can achieve the karmateet stage. The sanskaras of one who remains in remembrance and pays attention to moving towards the karmateet stage actually work to help them perform elevated actions. When the mind is peaceful, the sense organs work very well.

We are now in the 'unlimited' stage. Our study and our awareness are unlimited. The kingdom we are going to receive is also unlimited. All of you have your own specialities, virtues and arts. You can use those to do service but keep the aim to become karmateet. For this I have to first move into my avyakt stage. It is time to become a complete angel. Don't wait for others to become this first. I have to do it and then others will definitely do it. Time is cautioning us very clearly... I have to now pay attention to developing all virtues in myself and use those in my life. The main hindrance to this is looking at the negative character traits of others. Look at those negative things and they will enter into you. I have to see only virtues and I have to imbibe those virtues in my own self. Are you doing this? Brahma Baba saw the qualities in everyone.

Keep giving donation and you will see how your apron remains constantly full. See your account: how much charity have I performed today? Have I become an unlimited bestower? It is only at the Confluence that we can become this. Instant donation is the highest form of charity.

Churn the ocean and knowledge and you will see how your intellect becomes happy. Don't allow your intellect to create negative thoughts! See your own face, your own behaviour and activities. Check your own self: Baba has made us religious souls whose original nature is peace. I am a charitable soul – performing the highest charitable actions at this auspicious Confluence Age. There is only benefit in being a charitable soul. Staying in remembrance and performing charitable actions absolves the past negative karmas of the soul.

Performing charitable actions actually helps us to connect the intellect to God. The old sanskaras automatically change. If I then perform even a little sin then the charitable actions I perform get cancelled out. Therefore, I have to be very careful and cautious. Thus, check your intentions and thoughts. Let me have only pure, elevated and charitable thoughts. Let me create peaceful and determined thoughts. One Baba and none other. This determination will make you truthful internally and will allow Baba to be your constant companion. With Baba as my companion it becomes easy to be a detached observer. Remember: a hero actor is one who keeps Zero as their companion!

*Om Shanti*

## DADI JANKI – 26 MAY 2012– GRC, OXFORD TO REMAIN CONTENT IS WISDOM

People who worry have one problem after another. And by speaking about problems, they themselves become a problem. That's why God says: Child, don't worry! The problem won't ask you if it's ok to come. Don't ask the problem: 'When are you going to go, what are you doing here?' Just ignore it and it will go away. Every morning we look in the mirror and see our face. This is a very beautiful house where there are many windows but just one mirror! The mirror is for looking at myself inside. When I am introverted, then even though I am seeing or hearing things of outside, I am not affected by them at all.

When I meditate I clean my mirror. When we look at God, He forgives our mistakes but He also transforms us. God says to us very clearly: Make your life one that becomes a mirror for others. When you worry, you cannot sort yourself out; you get disappointed. Instead of worrying, just have pure thoughts for yourself and others and allow God to step in and sort things out. Make sure that you never have low quality thoughts.

### **Q: Dadi, if you want to say the truth but you know it is going to hurt someone, should you say it?**

If I doubt the consequences of saying the truth, I won't want to say it. Even though someone may not like what we are going to say, if we really want to benefit the soul, we need to do the work to prepare that person to be able to accept the truth. If I have the impression that someone doesn't want to hear the truth, that won't allow me to speak with humility.

First of all I have to give the vibrations of truth to that soul. In order to practise yoga we have to smile! We also have to give thanks to God. We need to stay peaceful and allow God to do the work that He has to do for me. When God gives the soul an injection, all pain disappears and the face shines. Then I am able to go beyond the consciousness of the body.

Sometimes you have ego but you don't realise it. If you have ego, you will take sorrow and give sorrow. But you won't take sorrow, when you are happy. To stay happy you need: patience, contentment and tolerance. See everything as a game. What has it got to do with me? But if you don't have tolerance, you take sorrow and keep it in your heart. Situations will come - from outside, inside and relationships. But if you have good wishes for everyone, then with tolerance everything is easy. Contentment means that I can be simple and still be happy. If I remain fully content with myself, others will remain content with me. It is wisdom to remain content.

*Om shanti.*

## DADI JANKI'S LOVE AND REMEMBRANCE – 1 JULY 2012 OM SHANTI. OM SHANTI. OM SHANTI.

Today is Sunday – SUN – the day of Baba, the Sun of Knowledge, and the day of us children and the Father. My heart's desire was to meet you for even five minutes. The closer we are to Baba, the more we benefit in celebrating a meeting. We are close to Baba, but we also experience a lot of benefit in meeting the family. No one's nature or sanskar should create any obstructions in between. I should have the power to accommodate and pack up everything in me and then take a jump and go ahead. I have to do two things: I have to have the power to accommodate and pack up. Today, Baba spoke of the power to discern. Each power is such that it takes me into the flying stage. It doesn't allow me to stop anywhere.

I read about an elephant in the magazine – when an ant falls in the ears of an elephant, the elephant goes crazy. It doesn't have as much wisdom as an ant. When a mountain comes in front of an elephant, it will come to a standstill, but an ant will be able to find its path and move on. Each one has to look at their own value. Baba had said to me once: Child, you are a maharathi, are you not? No Maya can come to a maharathi. So have the awareness that you are a maharathi. See no evil, hear no evil, talk no evil, think no evil. If my awareness is of being a maharathi, Maya cannot do anything. She will be defeated and I will be victorious. Now is the time to defeat Maya and become victorious and a conqueror of negative actions. I have to be a conqueror of sins and accumulate in the account of elevated actions. According to the time, God says: Do not give Me anything else, but use your time in all four subjects so that you claim 100% marks and pass with honours in all four subjects.

When you remember Baba, you don't remember anyone else. The nectar of knowledge is so sweet. Go into the depth of it and imbibe it and you become decorated. You don't need to be told anything, but just by seeing and following the Father in your dharna, you automatically earn an income at every step. Service takes place easily through that. Service is taking place in such a way that you become a renunciate, a tapaswi and a world server. These facilities of science are present to enable us to meet, and so let us meet to our heart's desire. I am constantly present in service with all of you.

Call of Time is to take place in Delhi and I met all the participants who have come there. My heart says I must not miss meeting my family. Now I shall be sitting for the 7.00 pm meditation which feels like the amrit vela meditation. Each has its own importance. Amrit vela is the time for the children to meet the Father and in the evening, we experience the angelic stage. Angels who have no connection with anyone else experience everything to be light, receive Baba's might and feel everything to be right.

*Om Shanti.*

# Dadi Janki – Worthing – 10th September 2012

## The Healing Power of Happiness

To be happy is to be free of sorrow, worry and fear. With truth, courage and faith there's a lot of happiness. Truth within brings courage and you will then always experience happiness. Happiness is not a big thing – when you are not performing good, righteous actions, the return of that is that you experience sorrow. The heart is very sensitive and, if you get sensitive about anything that happens, you will feel unhappy. When you worry you are unable to perform good actions. It is with faith you can perform good actions.

If, before coming into action, you have the thought and feeling that you want to do something good, that brings happiness inside; when the intellect is engaged in something good it is automatically healed and you feel good. All you need to do is to remain light and easy. By not thinking too much, the love and truth within us enables others to be light and easy, and we feel good inside that we can do things so easily and naturally.

Have the thought: “I am a soul with a royal personality, so what should my thoughts be like? I am carefree and not careless.” Those who are carefree do not need to think about anything. At one end of the scale are negative thoughts of giving and taking sorrow and at the other there are positive thoughts - thoughts of accepting and giving happiness, peace and love. Let there be a feeling of a connection of happiness between you and others.

Your nature should be detached from everything around you. It is attachment to people and things that causes sorrow. By remaining detached from everything and by renouncing personal desires you will experience Baba's love. Remain loving and cooperative in every instance, stand on your own feet and become an angel. The soul feels happiness when in a state of detachment, whilst being in the body. Detached also means separate. Our two ears work well because they are separate from each other. If there are thoughts of attachment you will not enjoy yourself - there will be the feeling that something is wrong and you will feel confused and afraid.

Those who think too much are always in a state of confusion and easily get disturbed. Keep everything clear within yourself and you will understand everything easily. Keep the intellect clean. The soul needs to refresh itself by thinking: “Who am I and who is mine?” - with no other thoughts than that. Go deep within with the thought: “I am a soul and who is mine” And go up above. To remain light is to be free from other thoughts. Your thoughts will then be still and the atmosphere; the environment and the vibration will be clean and pure. With knowledge of the soul and the Supreme Soul you are able to change yourself. Be in a state of silence in order to have realisation and to know reality. Bring truth into your life and don't speak of or do anything that is false, and you will receive a lot of power. Let there be love and friendship in your interactions with everyone. Have the awareness that everyone is a child of our Father – yourself included.

When you practice yoga and knowledge is this way you become very light. Otherwise you become busy in other thoughts and then you find things difficult, because the intellect is caught up in other things.

Many have the habit of getting confused, disturbed or afraid in a very short time. Instead of that, just get on with what you have to do. Every day we receive answers to our questions in the murli. We receive practical directions for what we have to do during the day.

In order to be a karma yogi come into action but also be in a state of yoga. Internally renounce the vices and be very simple in your interactions with everyone. When you are simple, your time is saved. Wear simple clothes and let your food and diet be simple, as that also saves time and energy



**Om shanti till Next Issue**