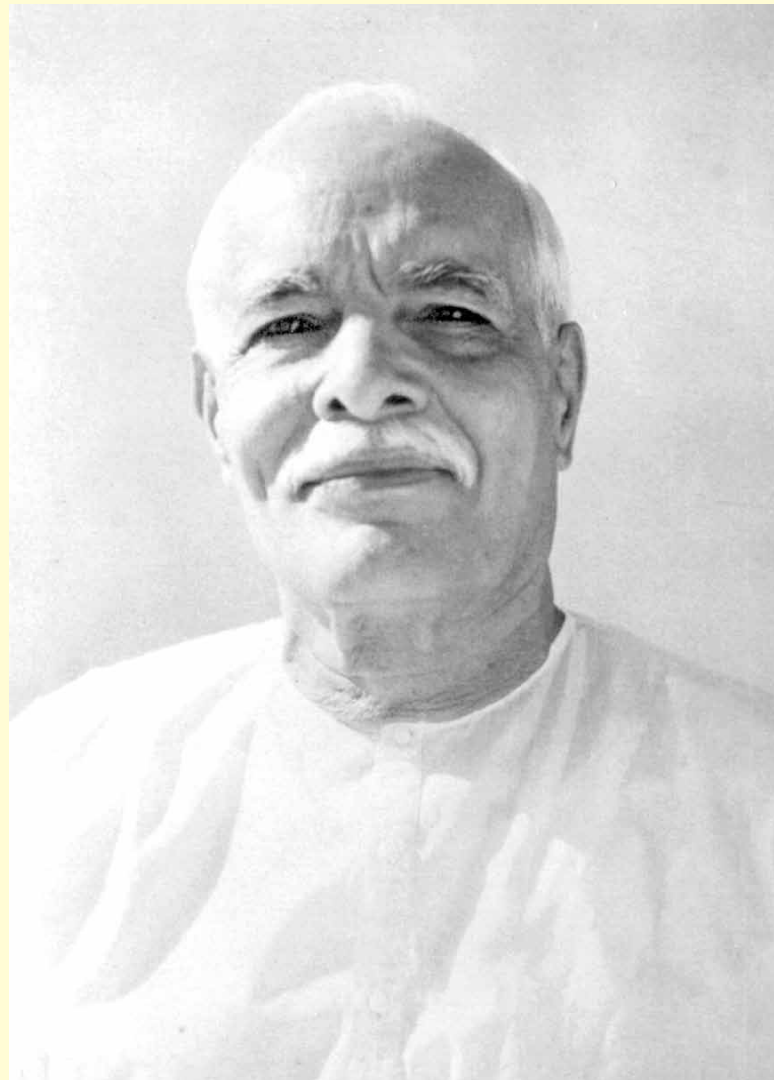




**Brahma Kumaris - Dadi Magazine - February 2013**

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## **Dadi Janki - January 2013**

### **Go into great depth and subtlety**



The whole world now knows why Dadi says 'om shanti' three times. Who am I, what is mine and what do I need to do? There are another three. We have to check the self very well and change and to do this 1) constantly see the Father and 2) follow the Father and 3) whatever it is I wanted to do, let me do it now.

These moments are very precious. If I think that this time for making effort is invaluable then Baba extends the time for this. Whatever effort I make, others watch and see and will also do the same. Go into the depth and the subtlety, just as Baba is subtle. Baba says in the murli that the Aga Khan can be weighed in gold, platinum and diamonds and yet how can we weigh Baba? He is so subtle, tiny, a point of light yet He is the unlimited Ocean of Knowledge, love and peace. He is also the Almighty, the One with all powers. So reflect on how much you receive from such a Father. By realising this, we also become a point. Normally it is said that one can-

not go into the depths of the ocean but we can go into the experience of the Unlimited. As is my Father, so I also wish to become. I keep Sakar Baba's photo in front of me and notice how he is so detached and also extremely loving. Churn in this way and go into the depth of the Ocean of Knowledge and become complete with happiness and peace.

January is the month of blessings. Keep the blessings we have received from Baba in your awareness and you will become the embodiment of those blessings. Whatever we receive, we need to be so accurate, so we can serve the world. My bhavna, my pure feeling, now is that Baba's children become so worthy, just as Baba would like us to be, and so are able to serve throughout the world. There is no hard work in this.

Love and remembrances to each and everyone by name across the world.  
**Om shanti.**

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## DADI GULZAR – 17 JANUARY 2013 - SHANTIVAN I AM BECOMING EQUAL TO FATHER BRAHMA



Do you consider Baba to be yours and thus can say Baba from your heart? Baba tells us that it is important to use the word 'my' when speaking of and thinking about Baba. The feeling of 'mine' creates happiness within.

The thought of each Brahmin soul is to become an avyakt angel like Brahma Baba and to go to the kingdom with him. Do you create this thought, "Baba, just as you became an angel, I will become the same and I will be in the future kingdom with you"? Are you ready? Do you need more time? Baba has told us that we need to be ever ready. Whatever what happens in your life, you need to keep following Brahma Baba. Shiv Baba is incorporeal but Brahma Baba was in a physical body as we are.

You have heard the specialties of Brahma Baba. Dadi also gets the thought to become equal to Father Brahma. The thought to become equal to Brahma Baba has to be revised early in the morning. You have to wake up in the early morning and have a heart to heart conversation, making this promise (to become equal) to Baba; I will become equal to Brahma Baba in my thoughts, my awareness, my actions... When you say 'Good morning' to Baba, create a very determined thought to become equal to Brahma Baba. Don't think about this... it is the time to create that thought and to become. Create such zeal and enthusiasm in your heart!

At night give your result to Baba and then say 'goodnight' to him. During the day check yourself: Am I keeping my aim? Am I maintaining those qualifications? When you pay attention to this then day by day you will move closer to your aim. After giving your result to Baba and saying 'Goodnight' then sleep in Baba's remembrance.

This Brahmin life is a very elevated life. Each one who is living such a life

is highly fortunate. Brahma Baba's sustenance was and still is so great. No-one can be sustained better than we are... You have been sustained by Baba from the time you came to him until now. Brahma Baba used to tour around our boarding school. We would feel that the 'light' had come rather than a human being had come. He would give drishti and then leave. He does the same in his avyakt form.

***So check who is  
in your heart. He  
is such a sweet,  
loving, beloved  
Baba!***

Say 'Baba' and all your sorrow will be removed. You all have love for Baba... You are receiving God's sustenance!

See the people of the world – our brothers and sisters are so distressed. Who then can liberate them from sorrow? We have to become master removers of sorrow. I have to become one who can give them peace and happiness.

Our kingdom is about to come. Do you have this happiness? When Baba comes tomorrow he should see that each of His children has become equal to Brahma Baba... an angel. Baba should say, 'Wah, my angel child, wah!' If you see that you still have weakness then give it to Baba. Finish it today! Baba would be so pleased if you did this. You would see the happiness on His face tomorrow! No-one can have such a life as a Brahmin soul. It is not necessary for a Brahmin soul to experience sorrow. It is not a matter of where you live... you are in Baba's lap and are being sustained by Him. See yourself with honesty and make effort to leave any weaknesses. Take

up this responsibility. Take up the responsibility to become equal to Brahma Baba. It is time for transformation and transformation is the main responsibility of this Brahmin life. You actually know what you need to leave – what needs to be transformed within the self. I have to make my life a yogi life... it is not just a matter of sitting for a couple of hours yoga. Yes, we do need to sit in yoga because sitting in yoga improves one's stage... but I need to bring that power of yoga and the effect of that into my life... Looking at Shiv Baba allows one to stabilise in the incorporeal stage. Following Brahma allows one to become equal to him. Keep the aim!

Keeping Baba in your heart will free you from all situations and from having to labour in any way. It is not a matter of 'sometimes'. I have to remain happy... always... and I have to distribute that happiness. Anyone who comes in front of me should become happy just by looking at me. Live your life as a lotus... in the midst of the murky water maybe... yet loving and detached. Brahma Baba lived his life as we are living... using the same customs as systems. See what he became...

If you remain combined with Baba you will never be defeated. You will never be deceived. You will become the conqueror, victorious, in all challenging situations. Shiv Baba is always with us but we are celebrating the special day of Brahma Baba. Baba experienced everything in life yet he recognised the time and he became detached and yet loving. I have to follow him. Are you ready for this? Now give all your weaknesses to Baba. Just leave them! Let Baba and everyone else see what a great soul you have become.

*Om shanti*

# DADI JANKI - 12 JANUARY 2013 - SHANTIVAN (WITH DADI RATAN MOHINI)

## JUST AS BABA IS WITH ME, SO THE GATHERING IS ALSO WITH ME.

It is Baba who has taught us the great mantra of Om Shanti. Today I will speak three or four things. We experience this angel life with no desires. Are there any desires? One should be ignorant of desires. One should understand the accurate meaning of this. The youth have written that there should be the royalty of personality. There are many good things that emerge relating to royalty in personality. You have destroyed desires and this is very good. When we use a desire the intellect becomes engaged with it and then we are unable to remember the Father. What is accurate remembrance? What is the practical proof of your remembrance? I love the words Baba spoke a few days back. We were here in the previous cycle and again we are here and we will be here again... no one else could utter these except God. We have so much internal happiness from this understanding. The ones who have been separated from the Father for a very long time will experience the meeting – soul to Supreme Soul. Now we have met the true Satguru in the form of an agent. As a soul who was separated, Brahma Baba is now found by the Father. Once I asked who is Guru Govind... Baba hides himself. Baba wrote that the Guru is Shiv Baba and Govind is the one who takes care of many, Father Brahma. Who is the agent to bring soul and Supreme Soul into a meeting? It is Father Brahma.

In 1975/6 I received a title of 'most stable mind in the world' and when I ask how I received this title, I see it as a detached observer. I did this for the sake of service. From 10am-1pm I sat with wires on my head. I remained peaceful and I knew Baba would get the service done. I never got the thought as to how this would happen and yet it happened accurately and the scientists were very surprised to see the results. They then gave the title in writing and after that many wonderful things happened in the foreign lands.

Mama used to be asked how her mind was so peaceful. I used to see how Mama sat and I would have such good experiences. My feeling is that one should have full attention on four subjects in order to claim full marks. This helps in making effort. Gyan and yoga is then the practical proof, after this is inculcation and this results in service being done. I never think about what service I should do. Whatever Baba gives me I bring to the evening class and distribute. I do not keep anything to myself. You are my brothers and sisters and take the blessings of the Mother and the Father and let the burden of sins be destroyed. God is my Mother and Father. Blessings are only received by the obedient children. No matter what kind of illness there is, it is destroyed and we get the power to perform elevated action. Perform good actions in the present and instantly destroy any waste thoughts. Never speak waste words. Have a constant stage of remaining peaceful for at least one hour and then build up the constant stage. The power of concentration becomes natural as the intellect remains focused and doesn't get diverted or distracted. Make your stage peaceful and be wise enough to copy. Do this in practical form and then there is nothing else to do. Baba is very happy when we do what He wishes.

Your intellect is fine now is it not? The darkness within is dispelled. There is no longer the influence of the iron aged world. Even in the Confluence Age there are some sanskars that come under influence and these need to be destroyed. Ask yourself: If I left the body today what would be my destination? Just as Shiv Baba is with us so the gathering is also with me. This atmosphere is very loving and has its own value. We have to make others equal to Baba and not ourselves. If we have weaknesses within ourselves others will copy them... so make sure you direct others to become equal to the Father. If you have desires or attachment and there

is no remembrance at the right time, you will not receive Baba's subtle help. So let your stage be such that you experience Baba's help and support. Throughout my life I experience Baba's help and support and Baba would say 'now or never'. He is the Doer and He will do through me.

We are aware of the five vices and the small vices of carelessness, laziness, jealousy, and hatred. Baba says He meets each child at Amrit Vela and if you don't do this you will be incurring a loss. If you meet Baba then you will accumulate and can then become the bestower. You will understand that whatever you are giving to others will increase. If there is an extreme interest to change the self one will do whatever Baba says.

Have the vision that we are wonderful stars, equal to the Father and it is the time to go home.

### Dadi Ratan Mohini

Do you remember the points given for the month of January? Dadi especially reminds us about two or three things in the evening class as to how to concentrate the mind and how to experience Baba's help and support. We know that this is the month of January and so celebrate this month with silence. The more we wish to remain in silence the more we can. Everyone in the gathering should have the one practise and the vibration will reach everywhere. In this way the points for January are sent to the centres. For this week we have received the signal that to become an instrument we need to remain humble. There is a lot of understanding in this point. We have to pay full attention to this and churn this point. Then it will be practically implemented whilst performing actions. And we will experience Baba's help and support. Continue to practise this and check and see what benefit you experience from it. It will help in many ways and forms. *Om Shanti*

## DADI JANKI - 9 JANUARY - EVENING CLASS (WITH DADI RATTAN MOHINI) EXPERIENCING THE SPIRITUAL TREASURES

January is the special month for receiving very good treasures. Baba has given us so many teachings, so much understanding and also taught us caution. Note these down. Churn even for a second! Think about these three. Baba has taught us what we need to do and what we mustn't do. One who is obedient lives according to Baba's cautions. In remembrance be faithful and sincere. I would say that through Father Brahma, Shiv Baba has given us teachings, understanding and cautions. We have heard, read and now we know; and in order to develop this life we remain belonging to Baba. Now consider yourself to be a true Brahmin at this time and live your life accordingly; You are of the Brahmin Clan, one who is faithful, obedient and sincere and... you can become number 1.

I feel that I need to churn day and night, morning and evening..... am I obedient, am I faithful? Do I remember One Father and no one else? This is the teaching we have received. Look within to see if you're past sinful actions have been burnt. Ones who do service become fortunate. We do service wholeheartedly according to Baba's directions - not to show off but to do the service of the Yagya. Who can become number one? One who is faithful and sincere. Be sincere in your contacts and connections and make sure there are no upheavals in these. Check this. Baba has given us the blessing to make our time and thoughts beneficial. The song in today's Murli was 'Salutations to Shiva' and in these last three days He has been giving such teachings, going into the depth of knowledge, refining our intellects. Baba doesn't look at whether someone is male or female; all are children to Baba. It's that simple. By hearing the Murli I can remain peaceful. When Baba looks at his obedient child He feels so happy. We need to experience each and every word spoken by Baba. In a lokik family the children

who are obedient are loved by their parents. Sakar Baba would say that if someone has five children, they should say they have six children, to include Baba. What feeling will emerge with this awareness?

Now we are sitting at the Confluence Age. Check your thoughts and time and see if both are being used well and with benefit. Never waste your time. It is guaranteed we will go to the Golden Age but which sanskaras can we carry there? Are there any sanskaras I will not be able to take there still remaining with me? Check this. We have the time for checking others but we have to check ourselves. Internally I have to change myself and become very loving. The happiness we are now receiving is wonderful. We know we are going to the Golden Age but we have to bring the same level of happiness here. Baba has said that He brings Heaven on his palm. If we look behind we forget the Father who is the Redeemer of Sins and the Bestower of Happiness. Your eyes speak to who you belong to. The more you have love for Baba the more you will have love for your family and they will receive Baba's vibrations. Some children have a very good chat with Baba and make the past, past. In this way their present becomes really wonderful.

Baba is called the Magician and he is also the Businessman. Yesterday Baba said that one who has a swan intellect picks up pearls and leaves stones. Swans are satoguni and know what is rajo and tamo. They don't get involved with anything rajo or tamo.

Yesterday I spoke about the kinds of yoga. Who can connect their intellect in yoga? One with a satoguni intellect. If there is even the slightest rajo influence on the intellect, one is unable to connect. With the power of yoga check and change yourself. There is so much importance of yoga.

It is a yogi life. It's not just a matter of a day or two. Create a programme for yoga. Be loving, truthful and use the method Baba has given to become detached...considers everyone's part as their own. We have to unite as beads in the rosary. All the eight are alike. All the beads are joined together and gathered only when the needle threads each bead together. Baba should have no difficulty in creating the rosary. Many times I have asked Dadi Gulzar who has become the eight beads of the rosary and who are the 108 jewels...

We have to make effort to come into the 8. For this we need to imbibe the qualities of both Laxmi and Narayan. The aim and qualification are in front of us. Ask yourself, 'Am I worthy to marry Lakshmi or Narayan'? Baba never says we are unworthy in His Murlis. Keep what and how you have to become in your awareness and you will develop the qualifications. Have love for making effort wholeheartedly. Then Baba will subtly provide power. Our greatest enemy is carelessness. Baba says 'children, save your life'. Learn and develop catching power. Whatever Baba has taught us needs to be inculcated. Now learn to see one another in such a way that you celebrate in happiness. Wah Baba Wah!

### **Dadi Rattan Mohini**

It is Dadi's speciality that she asks me to be ready to speak. It is the teaching to be ever-ready. We are following disciplines and when we continue these disciplines there is a lot of benefit. If you don't follow disciplines and something happens you become tired. When we remember the disciplines and continue move with these then we do not experience tiredness. We need to pay attention to the disciplines. Internally we concentrate on being accurate and every day we make our

*Continued on Page 6*

# DADI JANKI - 3 JANUARY - 2013 - EVENING - SHANTIVAN TO EXPERIENCE ALL RELATIONSHIPS WITH ONE BABA

We must all join together to say Om shanti. Let us speak Baba wants us to speak and no one stop us. Take care not to waste the precious time of the Confluence Age. Just looking at each other's faces brings us so much attainment and happiness - and the desire to make more effort. In making effort be tireless, and just let everything happen. Whatever happens is good. Our drishti, feelings and attitude are changing completely. Whatever are our feelings, attitude will reveal them. It is Baba's yagya and service and I am receiving the fruit of unlimited service. Do not come under the influence of anyone's nature or sanskars. Rather, let others benefit from your nature and sanskars. Take responsibility for your own feelings. You all love me, because I maintain such feelings for everyone. Love is not received by asking for it, but through feeling it. By maintaining spirituality in service we will feel no heaviness and remain light and easy.

We need to be clean and clear and act with reality and royalty. There are all attainments in our relationship with the One Father. He Himself is the Mother, Father, Teacher and Satguru. Within one minute get the experience of all these relationships. When you do, others will have that experience through you. Eat in such a way that those around you realise. Do not allow the old weaknesses to emerge again. We have to pay a lot of attention to ourselves. If we do not, then we have no right to blame anyone. Do service with a lot of interest. Practise all these relationships as well as the relationships of the Friend and the Beloved. The Friend is always there for us and Baba becomes our Companion in making effort. Then there is happiness and power in maintaining these relationships; they all work together. If one power is lacking, remember you are the child of the Innocent Lord. Check yourself to see if all relationships give happiness. Do not become subservient or dependent. Some become dependent on new technology but Baba says

have one faith and one power. Make Baba your Saviour. Do not hold anyone's hand for help or become dependent. Give help to others but you do not need to take it. Just as Diamond Hall was built - when the pillars are ready then the roof is ready. Only through cooperation with each other can the building be constructed. The ground, the foundation, the pillars and the roof all need to be good.

Some have become yogi and then cooperative; others become cooperative first and then yogi. We all have our own experiences. Both are interrelated. There is a lot to be inculcated to help us in making effort. 'Cooperative' does not mean we are dependent. All Baba's children are the cooperative ones, the angels - the moths who surrender to the flame. All the people of the world will surrender themselves to Baba, when they understand the connection to the Father.

Here there is no question of violence. Baba has taught us many values. We give and take godly love. Give cooperation whether the other is giving or not. I have read so many of Baba's murlis about cooperation and, because of this, I can share points on this subject. Check yourself: Are you the carefree king? Baba's says these are those are lost in their own intoxication and without any body consciousness. They also have the intoxication of belonging to the Brahmin family. Do not get upset or upset anyone else. Listen and read the murli and pay attention, so that you can churn throughout the day and remember the blessings. We often make things complicated and spicy, and we make others copy this! On the path of devotion some will work the stories in such a way that they make them more interesting and spicy. We should now have the real experience within ourselves and it is this that will make others realise for themselves. This is real service. Whoever is living with me, let their heart also say 'my Baba'. We say 'Om shanti' and also we

need to churn on what Baba says. Dadi Gulzar says 'BapDada'. They are combined and have come together as one. Both are our Fathers. Whatever Baba is giving to us we have to put this into practice in our lives and show this to Baba. Baba then will be very happy seeing our faces. Baba is always saying how happy He is to see us. Why? Because when we do as He says, He is very happy looking at us. We have to personally churn the Ocean of knowledge. BapDada is explaining. So stay light and have faith in yourself; do not create doubt in yourself or in others. Many children say that they have made many mistakes but having gone to Baba's room and reported these and sought forgiveness from Baba, they were then able to feel light. Have the subtle thought to ask Baba for forgiveness, so the mistake doesn't repeat. Through this method we receive a lot of blessings. When we have value for time, we receive blessings from Baba and so we have to save time.

People have external happiness for a temporary period of time but here we receive eternal happiness and can dance. Value what the Father is saying and bring it into practical form and be how Baba wants you to be. Bring shrimat into your mind. Baba said that there are some children who have not finished reading the scriptures. Baba had read so many of the scriptures and done a lot of devotion and yet he would not speak of any of it. It is blind faith and the darkness of ignorance. I, too, used to chant prayers and go and sit in devotional gatherings. Whatever God is teaching, we need to inculcate and imbibe so that it will remain with us for a very long time. Have full faith in whatever Baba is teaching, as the teachings themselves will protect you. Everyone around the world is celebrating New Year and everyone wishes to share their heartfelt good wishes. So experience the medicine of good wishes and become a carefree king.

# DADI JANKI – 29 DECEMBER 2012 – GYAN SAROVAR

## WHAT RETURN CAN I GIVE BABA?



Whether someone has been in gyan for 75 years or 7 days, we all listen to the same knowledge. Having heard Baba's knowledge all have become knowledgeable souls. Listening to and churning knowledge makes the intellect so pure and clean that purity and cleanliness becomes a sanskara. Having come to Baba many souls develop a deep love for purity. Purity just feels so good and right to the soul. When the soul imbibes purity, even the slightest trace of impurity feels wrong. Purity is the mother of peace yet if you are not peaceful you cannot say that you are pure. Peace is my original religion and I need to wear it constantly as a garland around my neck. When you remain peaceful your thoughts become 'wonderful'. In the state of purity the thoughts are very high and elevated. The vision and attitude become one of brother and brother. The vision and attitude become as Brahma Baba's.

It is very important to check our drishti, our attitude, our words... The Age of Truth is about to come and our drishti and attitude need to be made very elevated... completely pure... satopradhan. This is the work I need to do on myself all day, whilst moving around, talking... doing anything. No-one can say they don't have time for this.

What return can we give Baba? To become worthy and to give the proof of that worthiness. Nothing and no-one else should come to my mind except Baba, Murli and Madhuban.

Dadi wishes to tell you about five aspects in particular today. Firstly, in order to remain in the soul consciousness, I have to make great effort to remove body consciousness on all levels. Secondly, I need to establish and maintain all relationships with Baba. Take power from all relationships with Baba. Then your mind, words and actions will become so elevated that Baba can easily give you sakash. You will then experience God as He is and how He is. Fourthly, service. Our service should be unlimited.

Don't compare because you will come into jealousy and there is discontentment. Service has to be very pure and clean. Brahma Baba considered himself as a servant and thus he was egoless. So, in service I need to consider myself as an instrument, as Dadi Prakashmani did. There needs to be humility. Fifth: let there be so much attention that not even one thought of mine goes to waste. If you allow waste then you will miss out on feeling how worthwhile your life has become. Make your thoughts good and your face will be such that anyone who comes into contact with you will become cheerful.

We were blind but thanks to Baba we have become those who are trinetri. Only those who can see can show the path to others. What do I use my eyes to see? To see Father and follow father. It is easy to copy isn't it? See and follow Brahma Baba in his corporeal form... his drishti, his

attitude, the way he stood, the way he walked... To remain co-operative and make others co-operative is a great charity. If someone needs the co-operation of love then give that. Give the co-operation of a few words. Become loving, become co-operative.

### *Baba has asked us to be careful.*

He tells us that if we do make a mistake, we should ask for forgiveness. The biggest mistake is to make a mistake and not to ask for forgiveness. Baba does not tell us to sit in the tribunal of Dharmaraj ourselves. I don't have to judge others. My task is simply to say 'Baba' and to listen to Baba saying 'child' to me. My task is to maintain my connection. Maintain a faithful and loving intellect.

(Many children came in front of Dadi). Oh, see, the children have come! Now, how should children be and how should their parents be? In the early days Dadi Gulzar came with her mother Dadi Allrounder. We couldn't even tell that they were mother and daughter! At the Confluence, we maintain in relationships and taking the power of love from Baba, we remain loving and detached.

Brahma Baba remained aware that these were the last moments of his final birth. He was aware that he needed to stay in remembrance of Shiv Baba.

I have to make such effort that in my final moments nothing from the past and nothing about anyone else should be remembered. Take this vow. Maintain this fast. Keep the awareness that Baba is always in front of me. He is always there for me... Let me take His love and become loving myself. Let me then colour others with my company...

*Continued from Page 4:*

*Dadi Janki - 9 January - Evening Class (with Dadi Rattan Mohini) experiencing the spiritual treasures*

effort according to the time. We have to churn the Ocean of knowledge according to the disciplines. Baba has made our daily routine in this way and we need to be accurate in this. We need to constantly meet one another and continue to experience happiness and love for each other. We are the godly family. Internally we remember Baba, His teachings and what He is making us into. Just continue to follow the disciplines. It is very good to have spiritual chit chat in the evening.

## DADI JANKI – 15TH JANUARY 2013 – SHANTIVAN USE YOUR LIFE IN A WORTHWHILE WAY

Baba pulls us to Him, and we pull Baba on to earth in Brahma Baba's chariot. We say My Baba, Sweet Baba, Lovely Baba, and Thank you Baba from the heart. People call out, 'O God, show the way to the blind... I am stumbling at every step'. Now we have found Baba who lovingly addresses us as 'children'. We recognize Him know: He is our Mother, Father, Teacher, Friend, Satguru... having known Baba in all relationships, we are claiming all powers, and changed us into elevated beings to enter the Golden Aged world. Forget what you were in the past; let that be forgotten. We no longer see ourselves through lokik eyes of being a child, parent etc. The lokik family are also Baba's children; I am His child now. Baba has freed us from that inner attachment. Lust is the greatest enemy but as soon as we belong to Baba, we see other souls as our sisters and brothers. Baba is the Father and we are one family. Shiv Baba says as His children you are souls, and as Brahma Baba's children, we are sister and brothers. Are you able to strengthen and experience this perception and vision as Dadi speaks of it? Our parents are One. Moreover, He is our Teacher, Companion and Friend.

Baba has given us the entire knowledge, and seated us at the base of the Kalpa Tree. Your desires have been fulfilled, but now you are those who fulfill others' desires. You don't need to listen or share too much knowledge, but stabilize the self in the awareness of being souls, children of the one Father, which is the essence of spiritual knowledge. This ensures that there is no lust, anger, greed, attachment or ego.

The soul had been enveloped by the five vices, but Baba has freed us from their trap. They always show Ravan with 10 heads: the five main ones, and five subtle ones of jealousy, laziness, hatred, carelessness, and making excuses. Unless we remove the

subtle ones, the main ones will also linger on. We have become Brahma Kumaris and Kumars, but subtle efforts are now required. Check: is there the slightest feeling of jealousy and hatred for another? This means the soul is not content. To be a jewel of contentment, I should not be subservient to any desires while coming into action, relationships or living in the old world. Desires are a big form of Maya. We should not even know what desires are. What do we need in life? Our attire is white, and our pockets are empty... or do I still want this and that? You won't even really need a watch on your wrist, if you are using your time in a worthwhile way all the time! So remove all the subtle vices. Some don't realize the impact of laziness: for instance they will come to class, but not be punctual or alert at all. They do it for the sake of going. You are leading a student life, so develop introversion.

What do you need to destroy the 10 heads? The strength of Yoga. When your yoga is not connected up above, to the One, and you are still just on the surface level, you don't experience strength. Shiv Baba entered chariot of Brahma Baba, gave us drishti, fed us Brahma Bhojan, related knowledge through his mouth and made us Brahmins... isn't it a wonder? This is the power of yoga and gyan, when Brahmins come together to prepare and cook bhojan, and that bhojan inspires others to become Brahmins.

Baba has often shared a powerful point: Mujhe apne chintan me le lo which translates into 'Take me into your contemplation/churnings... and then you will never have worries'. Where there is worry, there is sorrow and fear too. We do not have any worries any more, since there is trust, truth and love. With these three, one develops the eight powers and 12 main virtues. Those who have studied and incorporated the 8 powers into their Brahmin lives become angels.

In the early days we served every corner of Bharat, and then served different corners of the world. Now sitting in one place, Madhuban, we meet souls from all over the world. The world has to come to us; we don't need to go anywhere. Isn't this a fortune? There have been souls who have had great love for Baba and study, but faced bondages. Their love transformed the relatives and made them cooperative. Even if things take time, allow the love to increase internally. Make your love very firm. Let there be no desire or attachment. We are happy because Baba has liberated us from sorrow, fear and worry. In bhakti, we used to ask for liberation but now we have experienced practical liberation from the vices. One doesn't leave the body and attain liberation, but while living in the body, be free from sorrow, fear and worry.

Live the pilgrimage of your life with trust, truth and love. We are not alone on this pilgrimage. We have to return home – this is the only sound resonating from our heart – so we have to create a good stage for ourselves and be instrument to colour others with our company.

- Continually buzz knowledge in other's ears like the buzzing moth, and make them equal to yourself.
- Come into action like the tortoise: do and then detach. Do a lot but don't have the awareness of having done a lot.
- Then be a pigeon: listen to Baba's murli and nod in agreement.
- Be the parrot and share only that which Baba speaks. So will you become a parrot or a pigeon? Whether in Bharat or abroad, people consider it a charitable act to feed pigeons as they are loving and gentle.
- Don't become a crow that complains all the time... No one likes the sound of a crow.

Use your life in a worthwhile way.

*Continued on bottom of page 8*

## DADI JANKI – 19TH JANUARY 2013 - SHANTIVAN BECOME FREE FROM ALL DEPENDENCY AND FLY...

It is time to say 'Baba'; to get absorbed in the experience of Baba and to become detached, to go beyond, all other things. Baba has made us belong to Him. We have become free by leaving dependence on all other things in this world. If you are still dependant on anything or anyone it means you are not free. If you are still dependant on someone it means your life is not as valuable as it could be. It means that you can't do true, true service in the name of God, from your heart. If you are subservient it means you can't have accurate yoga.

In fact, this Brahmin life is an invaluable life. Only through realisation can one leave all dependency. If one is subservient to nature or to matter it means one cannot also have full yoga with the Father. What is yoga? Yoga means to die. Yoga means to be absorbed... Baba wants us to be carefree – not careless. If you are not experiencing peace then it means you are not having yoga. Yoga means to shift one's awareness into being a sparkling star: I am a sparkling star. If you are having accurate yoga you will experience this. A star always shines. It does not shine sometimes but always.

In Pandav Bhavan's History Hall there is a picture of the world cycle. It shows that we come in to the cycle,

move around it, spend time transforming the self at the Confluence Age and then go back home. We need to now stay in the awareness that it is actually time to go back. It is time to leave this Iron Aged world. We have to wind up everything and withdraw from this world. We are sitting and transforming ourselves; settling everything in order to go back. It is not time to look either behind or around. If you are looking at the past, looking at the side-scenes or worrying about the future, it means you are not having yoga. It is not only Krishna who can be shown with heaven on the palm of his hand. Brahmins also have heaven on the palms of their hands. Thus, it is the time to prepare. It is the time to have only Baba and the Murli inside the self. Baba should be in my heart. If only Baba is in your heart you will feel that your feet don't touch the ground. Baba used to tell us to pay attention to our feet! Our feet our very precious as we can create multi-millions at every step through them... Our feet should be such that they can be worshipped! Thus, keep your feet very well – keep them clean and nice...

Be careful. If you want to really free yourself then you have to leave the awareness of 'I'. I have done this, I will do that. This thinking keeps one

in bondage. I have to be ever-ready. Ever-ready means free. If there is the awareness of I it means you are not free... you thus can't be ever-ready. It is Baba's name I am here to glorify – not my own name. It is Baba who sings the praise of His Brahmin children. Don't expect or accept the praise of human beings. On seeing me, others should see Baba. They should feel that I am the child of God. They should feel that I am like God Himself. I don't have to make effort to fulfill anyone's desires except my Father's. If you fulfill His desires you will be able to fulfill the spiritual desires of all souls.

We are not just sitting here waiting for the Golden Age to come. We have to practically usher that age in... Bharat is an ancient land and we will rule in Bharat. We are seeing the rehearsals for destruction but when there is total destruction will my stage remain high? Therefore, Baba now wants us to have the practice of our feet being above the ground. I should now be flying above everything.

In the Sakar Murlis Baba used to say that this knowledge would go overseas. That we should travel overseas and do service. Originally no-one wanted to travel overseas but Baba said it would happen... Jagdish Bhai made a plan and we started traveling. What Baba said came into practical. I should also feel that I have made Baba's Murli practical. That I have done and I am continuing to do what Baba has said. You will then feel that wherever you set foot there is income... You will feel that you are highly fortunate.

A great deal of service has happened each year in January... Let me play my part and co-operate in Baba's task with love. I am playing my part in God's play. He is the Director and He has sat me with great love on His head so that I can play my unique part...

***Cont. from page 7: Dadi Janki – 15th January 2013 – Shantivan  
Use your life in a worthwhile way***

Catch Dadi's bhavna, and conduct the pilgrimage of your life in a way that it appears to be Baba working through you. Check the self: do I have any arrogance which will prevent me from being a ruler of the globe? An egoistic person comes into extroversion, talks excessively and doesn't realize the loss incurred in coming into extroversion. Pay attention to the image of the 3 monkeys, but more importantly, do not think badly. This will make you give and take sorrow. Some souls say we try to stay in total remembrance for one hour... so Dadi says, what will you do for the rest of the hours? We should reach a point that we remember Baba for at least 12 hours, if not all the time! Yoga means one Father and none other. Yoga means having all relationships with One. No one else belongs to me. I don't need anything else. Baba has made us so simple after becoming Brahmins. Baba has saved us from the unnecessary, wasteful habits of the old world. It's a wonder how many children the yagya looks after! Yoga means to keep Baba's words and matters related to Baba in our mind and intellect, churn on the same and share only that. ***Om Shanti***

***Om Shanti***



# NIRWAIR BHAI – 31 DECEMBER 2012 - SHANTIVAN

## BECOME A HUMBLE, PURE AND SERENE INSTRUMENT

On the day Brahma Baba left his mortal coil, he spoke of what needs to be the effort in Brahmin life. He told us that there are the aim can be summed up in three words; incorporeal, viceless and egoless. Many philosophers and yogis have written about how to find self-realisation. Brahma Baba was the corporeal chariot of Shiv Baba and, on the basis of experiences in the corporeal form, he made spiritual effort. Until we stabilise ourselves in our original stage, until we become 'incorporeal' we cannot have yoga of the intellect with Shiv Baba. What is the effort to experience the incorporeal stage? Until the mind stops stumbling on the vices one cannot attain this stage. Therefore along with 'incorporeal' Baba used another great mantra: 'viceless'. After entering into Brahmin life Baba makes us realise that the basis of a happy life is a viceless life. This life is full of worth only whilst it remains viceless. On the basis of the enlightenment of knowledge we understand that in our original stage we are completely viceless and hence do become deities. When we came down from that original stage we developed sorrow. We have now made a lot of effort to become liberated from sorrow. At that time the main reason for sorrow was not understood. A sign of a viceless life is that there are no kinds of ego or body consciousness. God, The Bestower, has given us this elevated and beautiful life and in this life we need to shed arrogance and ego. Ego is the grandparent of the vices. Sakar Baba explained these Supreme versions on the last day whilst conducting evening class. After this he became avyakt. If you take your mind into these depths and accordingly inculcate the same, then you will become the jewel of the eyes and Baba's hope. Therefore maintain this most elevated aim of how to make your life.

Before Baba became avyakt, he gave the responsibility of this Yagya

directly to Dadi Prakashmani. Baba willed all his powers to Dadi and made her the head. Dadi's great mantra was: nimit (instrument), nirman (humble), nirmal (pure and serene). Those who stayed close to Dadi Prakashmani saw how Dadi never showed that she was the head of the Institution. She always thought of herself as an instrument. She said it was 'Karankaravanhar' Baba Himself doing everything and she only an instrument. As an instrument she offered herself in all types of service with the awareness of being a detached observer. Someone once asked Dadi, how many followers do you have? Dadi replied that there are no followers! All are my companions - Baba's children, my brothers and my sisters. Dadi always had this feeling and everyone experienced this from her same. If we make these things belong to us, we would become such fortunate children. Have this attitude and He can make you a great instrument in His task. No matter where we are living, we are Baba's children, whether in the household or staying in the centre. No matter who it is, we are all instruments for a very big task. I remember when there were just a few of us, 50-60 years ago. At that time there would only be 5 or 6 sitting in front, and the versions would go via telephone, yet Baba would speak as though He was speaking to the whole world!

When every home becomes heaven then the world will become heaven. In order to make this, do as Dadiji did: accept everyone wholeheartedly. When Baba became avyakt there were only 40-50 centres. Whilst Dadi was living, 8,000 centres opened all over the world. There are now 140 countries where there are centres. Yet there is one culture in the Brahmin family. It has become a 'world culture'. This happened on the basis of Dadi's great mantra of being an instrument. If we make this our mantra then nothing will be difficult.

I count myself as very fortunate in belonging to Baba at that time of all the Dadis, Mama and elder brothers. We used to get inspiration from each and every soul at that time. No one used their ego. Worldly people have their own intoxication of position etc. But Baba's children were very simple. Everyone had the feeling of belonging. Everyone felt that they were part of the godly family. We experienced this too at the Platinum Jubilee. It is not possible to find this kind of atmosphere anywhere else in the world. The basis of this atmosphere is the feeling that 'I am an instrument'. Dadi would make everyone a companion. In meetings Dadi would present her ideas and then listen to the ideas of others and then come to a conclusion. There would be no orders. Because of this everyone had very great love and respect for Dadi. The culture of the godly family is this. We do not need to ask for name and fame here. Just maintain the feeling of being an instrument and you will be automatically honoured. Dadi was head of the institution and whenever we ever had a conference for the jurists or MP's etc, Dadi would welcome everyone and make sure they were comfortable in Baba's home. Dadi became the conqueror of everyone's heart.

Today is the last day of the year and on this auspicious day we will see what Baba will say and what newness will come. Maintain your effort on yourself and see what 'I have to do'. This godly gathering is the greatest power. The Almighty Authority Himself says He wants His children to help complete His task. By meeting Baba children, will increase in zeal and enthusiasm and the power of the gathering will grow as we maintain the feeling of being an instrument. Humility is such a great inculcation and it allows us to experience joy in action. When we are performing karma, if we are humble then there

*Continued on bottom of page 10*

## DADI JANKI'S MESSAGE OF LOVE AND REMEMBRANCES ON 18 JANUARY 2013 OM SHANTI. OM SHANTI. OM SHANTI.

My sweet Baba has filled our every vein and every breath with the mantra of 'om shanti' and made us powerful. He is such an Almighty Authority Father. What praise can we sing of Him? How much can we thank Him?

Baba says: The sakar, avyakt and incorporeal – all three together are in front of you. They are present in front of us and we remain in front of them. Do we stay in Baba's remembrance or do we stay 'with Baba'? Remembrance, yoga and tapasya – to be an embodiment of remembrance. Baba has instilled such a habit of remembrance in us that we don't remember anything else. In yoga our connection with Him has filled the soul with power. In this way, the soul becomes a conqueror of sinful actions and karmateet and is ready to return home

with the Father. Day and night, when we do not have anything else in our intellect, then we are able to remain an embodiment of remembrance and give sakaash to all souls who come in front of us, and even those who do not come in front of us. Just as Baba has enabled us to move along by giving us sakaash, so everyone should automatically receive that sakaash too. Baba resides up above and we also reside up above with the Father, and are becoming world servers.

As a detached observer, I am seeing how our wonderful Father, God, has played His part. If I were to look at the condition of my body, I would feel I am not able to do service, but Baba says: 'You don't have to look at the body,' and, really, I don't. Keeping the whole world in front

of me, having made me an instrument for service, He has made me full with His blessings. May all of you also have these blessings. Many have written news to Dadi. The pull that there is in exchanging news, in putting everything in writing, enables us to fly towards Baba.

Please accept love and remembrance with lots of love. Remembrance and love: For those who remember Baba: we don't remember Him, but His love enables us to go with Him. See what Baba's love is like. Through the whole cycle, we will not receive such love again. The love that we have received now will be with us for every cycle and we will then come to Baba once again.

Om shanti and love, remembrance and Namaste from our sweet Baba.

### ***Cont. from page 9: Nirwair Bhai – 31 December 2012 - Shantivan Become a humble, pure and serene instrument***

will be the feeling of peace and happiness in the mind and this vibration will reach everyone. The selfless feelings by being an instrument and humble allow one to remain light. Your mind will never become heavy; your heart will continue to be happy. Your face will blossom and smile. Automatically there is then the feeling of belonging.

There are many great souls yet we can become Baba's most obedient servant. Dadi would always listen to whatever problems people were experiencing. The power of the mind does not increase by taking any medicine except the powerful medicine of remembering God. Those who feel they belong will not give excuses but will offer themselves. When one has this kind of feeling their words will be pure and sweet. Dadi was always transparent with sweetness, humility and power. She was filled with truth. Dadi's speciality was that she always spoke truth. Dadi was also clear and when asked about food she would say that non-vegetarian food is not fit for human beings. She said that when one eats Brahma Bhojan then their mind will become pure. She would ask new people who would come to eat vegetarian food and the gathering would all raise their hands. The power of truth is such but one needs to remain very humble whilst speaking it. The more we remain humble whilst speaking the greater the effect on others. False things come up quickly and easily and there is a lot of loss from this. To speak sweetly with determination will be effective. In order to for world transformation virtues are essential.

Humility is also a divine power. So have the feeling of being an instrument and become world transformers.

Today we are celebrating with happiness. If you have broken any godly disciplines and want to be free from worrying thoughts, then write to Baba with an honest heart. You will then become light. Write it today, keep it to yourself and hand it over to Baba with your mind, and then tear it up. Write comfortably. Give all your thoughts to Baba. Maintain the intoxication of 'Wah my fortune' and 'Wah my Baba'. Until the Confluence Age finishes we will continue to meet Baba.

Now remember Baba....give all your thoughts to Baba with the power of yoga.....now colour yourself in Baba's company and experience easily being equal to the Father....then become an angel and come to the subtle region and then move towards the incorporeal world in the incorporeal world. Have a powerful experience of being the master Sun of Knowledge. Stabilise yourself in this stage....when I the soul, was in the incorporeal world I was so light...I was a divine and sparkling star...I was coloured in God's light and with godly powers....I was experiencing myself in the complete stage just as my Father is....completely full...of peace, love and power...filled with divine light.... Now I am becoming the sun of divinity.... and being the sun of divinity I am spreading the rays to the world.....

*Om Shanti*

# DADI JANKI - 2 JANUARY 2013 - SHANTIVAN HUM SO, SO-HUM



Thank you to the whole Brahmin family. We congratulate and greet each other with a lot of love. Baba is wonderful and Baba's knowledge is wonderful. Before Baba came, we all invoked Him so much. We all have so much love for Baba. We are pulled to Baba's drishti and words. We receive a lot of power and love. The confusion of 'what to do?' and 'how to do it?' has gone. We have celebrated the New Year, 2013 has come and we have the intoxication that 'Baba is mine' and 'I am Yours'. I, the soul, am detached from this body. Some of Baba's words need to be imprinted on our hearts, so we can emerge them naturally. Have the feeling of dedicating yourself to Baba. Have full faith in this. Keep courage and Baba is there to help out. In order to bring transformation within, we need to realise that this life is a pilgrimage and it is time to withdraw and accommodate everything before returning Home.

This Confluence Age is very valuable. We have the recognition of the time we are in. Baba gives the recognition of who He is and who we are. Baba spoke today of 'hum so, so hum'. Before we would say that I, the soul am the Supreme Soul and now we understand the correct meaning of this: we are the ones who go round the cycle from Brahmins to deities to warriors to merchants to shudras and back around to Brahmins again. We are becoming what we were. There is a connection between the heart and the head. At the Confluence Age we need to perform elevated actions and do service through mind, body and wealth. I should consider myself to be a soul again and again, in every breath. When I do this, it becomes firm that I belong to Baba. The first lesson is 'Who am I? A soul'. The second lesson is 'Who do I belong to? To Baba.' The soul-conscious stage needs to be natural for me. Do I still need to make effort to remember myself? Feel fortunate and don't look at anyone's negativity or react to anyone. Maintain this record properly. Keep

the chart of remembrance and the record of divine virtues, whilst coming into contact and relationship with each other. God's virtues are given to us in the form of an inheritance – He is the Ocean of knowledge, love, peace, and bliss and we have to become the embodiment of these. We have to be clouds: soak up knowledge and virtues from Baba, then be the cloud and shower on everyone.

Refresh yourself, charge your battery and then return to your service place. Check yourself to see whether your battery is completely charged and you are ready to run. The battery discharges, when we become careless. We must give the cooperation of love and help to others. The ones who remain refreshed do not become tired. If you are even a little tired, it will affect you and the battery will discharge throughout the day. Baba says: Be cautious and don't get tired. Finish tiredness in order to conquer the five vices. Never get angry; instead keep your attention on the self. Baba says: Speak sweetly, and let your drishti be spiritual. With the soul conscious stage and the drishti of love, continue to smile. How do you feel when you see Dadi Gulzar? Baba's supreme versions are spoken through Dadi's mouth and yet Dadi speaks very little. Looking at her, we instantly get the feeling of spiritual love. Baba has given her the blessing to remain in spirituality.

This New Year Baba gave us the gift of always being content. Those who have self-esteem and contentment will remain safe. Baba has asked us to check ourselves and using the power of tolerance not to allow any worries to come. We will have the power of tolerance when we have patience within the self. There is the song, 'Be patient, oh mind, do not become weary'. If we remain content, all the powers will work automatically.

Many have given me gifts on my birthday and what return can I give you? To

stay in the intoxication of the 'carefree emperor'! I will give you this blessing as a gift. Baba has given me all blessings and I have the power of contentment. I received this divine birth and I am very content with this life of happiness and no one can snatch this away. Baba has given you the gift and yet where will you keep it? We receive a lot of treasures here in Madhuban and how do you keep them? In a suitcase? Keep them in your heart very carefully. Have determined thoughts, remember Baba and keep quiet. I am Baba's baby, and I don't know why everyone calls me Dadi! Baba is doing everything and I am a baby! I have been made an instrument to benefit the lives of others. My life is full of benefit.

Have the value of time and the value of the jewels of knowledge, which make our time so successful. Think: 'I definitely have to do it now' with determined thoughts. Baba is the 'doer' - we just do and everything is done! We are the ones who are becoming what we became a cycle ago. Please do not have any doubt about this. Baba is giving us the methods and is making us become what we were.

I have the feeling of love and regard for everyone. Take care not to let yourself get upset or become absent. Whatever Baba teaches us, bring this into your life without any tension or doubt. Never lack courage, then victory is guaranteed. Baba is giving so much and what do we give in return? To remain simple and become a sample is all we have to do. To follow the father we have to maintain simple. It is Raja Yoga and God Himself is teaching us only at this time. On the path of devotion they have made the stories so interesting and spicy but Baba comes and speaks the truth and teaches us easy Raja Yoga. You will receive the return of having the feeling of a faithful intellect. Maintain good feelings for those who come into your connection.

*Om shanti.*

# DADI JANKI - 4 JANUARY 2013 - SHANTIVAN FAITH AND BHAVNA (FEELING) IS ALL WE NEED



Baba likes sweet children and we like sweet Baba. Why do we feel that Baba is very sweet? Because we have to become sweet too. What is there in my grasp? Once, Baba was holding the picture of Krishna and Mama was holding the picture of Lakshmi and Narayan and Baba was speaking about the iron age and the confluence age and the contrast between the old world and the new world. Today we have to check where we have reached. On the basis of the murli we are turning our backs on the old world and letting our eyes fall on the picture of Lakshmi and Narayan. In the Gita it says: be 'manmanabhav' The first is 'manmanabhav', meaning the mind is connecting to the Father and the intellect thinks accurately, at the right time. Today, Baba said to churn the Ocean of Knowledge very well and remain in the awareness of 'manmanabhav' and 'mahajabhav' (remember the one in the middle – Vishnu). Then there is nothing to think about and everything is clear.

In Karachi we didn't use 'om shanti' so much but we did use it with a lot of love to support someone who was not feeling stable. We would use 'manmanabhav' in the same way. Today Baba has spoken about spinning the discus of self-realisation. Worldly people say they use the discus of self-realisation to cut off heads but here there is no question of that – it is to see, with our intellect, how we have played our part throughout the cycle. Sages and saints want to escape from the world and attain eternal liberation; they believe that the happiness of the old world is like the 'droppings of the crow'. But we say we are the ones who will attain the happiness of heaven.

There is the praise of Bharat as well as the praise of the Father. Baba sees how it is not easy for double foreigners to forget their culture and language, yet just focus on how we receive our inheritance from the

Father, just like we did in the previous cycle. Establishment is through Brahma and destruction through Shankar. Apply the power of yoga. Shiv Baba has entered Brahma and we need to keep a deep connection with Shiv Baba, eat Brahma Bhojan and become deities. On the path of devotion we didn't know we would become this. It is only now Baba is telling us this highest knowledge. So what will you do now – chant prayers like you used to do on the path of devotion? Or say 'om shanti' 3 times: Who am I, Who is mine and what do I have to think and do? Baba says, it doesn't matter if you are illiterate and uneducated. Baba likes such children and the old mothers say 'my Baba' from the heart.

To be on time is part of our self-respect in this life. Baba is sitting in front of us and teaching us. There is incognito power in this. He is cleaning me and my intellect becomes clear. Dadi never took notes, because, if Baba is giving drishti at that time, how would she receive power? So don't just write it down - first listen and understand. You may not have seen Sakar Baba but you experience the feeling and attainment that Baba is here with you. As a detached observer, I have seen that I have not taken or given sorrow throughout the whole cycle. The world has become tamopradhan and we have passed from satopradhan to rajo to tamo but I feel that we have not given or taken much sorrow throughout the cycle.

Baba says He does not adopt children through the womb. Many have not seen Him in the corporeal form but have the feeling 'He is with me'. It is a matter of understanding this time and what I have to do. Baba teaches us to follow shrimat and has given us the timetable accordingly. In whose remembrance do you eat and serve? We would take our meals in Pandav Bhavan, in the History Hall, and Baba would sit opposite the four lines

and give drishti. The sister who was serving was taught how to do this. We used to eat with Baba and Mama and we would never comment on the food -good or not good, too much salt, not enough salt or whatever. In the beginning we didn't use too much spice or chilies. We were preparing food for hundreds then; now it is for thousands. Everything happens according to the directions - the cooking, serving, and eating. Then one naturally becomes beautiful.

It is good to be accurate and on time. In Karachi, Baba would come from his room and, before He reached the class, Mama would come. Mama also fixed her time of eating. Now, if we have a good meal we eat more and if it is not so good we eat less. Mama never did this. Guests have to be given seats first. If we are accurate we do not make lame excuses. Seeing you, Baba should have feelings of love that this child is very honest. In school an unworthy pupil is made to sit at the back of the class. Baba never says that if you don't have faith, go to the back! Baba loves us all so much and we children need to follow His directions fully, understanding it is the Confluence Age and it is only at this time that we receive God's love. This love will make us attain the karmateet stage and become conquerors of Maya and the vices. Maya sneaks in like a rat. You've spent many years becoming faithful and sincere; if you then make lame excuses, it means you don't have love for Baba.. We need to become worthy to sit on Baba's heart. Those who are honest will be in Baba's heart. Where does God stay? In my heart and where do I stay? In God's heart. Make special time to check this. Do not look for name and fame, just seat Baba in your heart and you will experience great attainment.

Check your chart. Follow the directions in such a way that it is easy

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# DADI JANKI & DADI GULZAR – 14 JANUARY 2013 – SHANTIVAN

## WHAT DO YOU HAVE IN YOUR HEART?

### Dadi Gulzar

What do you have in your heart? Who do you remember? Do you say, 'My Baba, sweet Baba, lovely Baba'? Say these words internally and you will get lost in the Ocean of Love. Is there only one in your heart? Because Baba is the one who transforms us. Think of what Baba is making you into and how you were before! Baba is filling us with treasures of happiness! Are you ever happy? Or are you only happy sometimes? What happens when Baba is remembered? The feeling of super-sensuous joy emerges. The method to remain happy and content all the time is to stay combined with Baba. Maya is waiting for you to be alone! This is her trick! If you place Baba in your heart then maya can't come to you. Maya only comes if you are alone. Is Baba in your heart all the time or only sometimes? Do you let Him out sometimes and thus give maya a chance to come? If you keep Baba in your heart then He can keep giving you strength. When someone is alone they are afraid of being attacked. But your companion is very strong!

Check yourself: Do I remain combined with Baba? He tells us to remember Him because to remember Him means to allow Him to sit in your heart. So check how long you keep Baba in your heart each day. You will be able to feel Him in your heart. The most important thing in Brahmin life is to check that Baba is sitting in your heart. If Baba is not in your heart then you will need to work hard – you will have to keep working hard – it will be like a labour to remember to Baba. If something is lacking in any relationship with Baba then you will be pulled into that relationship with a human being. Each person has their own favourite relationship. Whatever relationship you love the most, see and experience Baba in that relationship. Forge your personal relationship with Baba. In one second Baba will

give you the feeling of that relationship. If you think of Baba as father, Baba will come in front of you in that form. Relationship is very important. In the world, people remain conscious of their relationships. They remain in that awareness. But do you remember your relationships with Baba all the time?

The relationship as Satguru means to listen to His Shrimat and to take that Shrimat and follow it. This is to fulfill the relationship with Baba as a Satguru. There are so many obstacles in this world and who will you remember when you have a problem? The one who can guide you. It is important to maintain the relationship with the Satguru because sometime a guru can give help when a father or teacher cannot. Baba does speak of the importance of the relationships of Father, Teacher and Guru. We have to pay attention to and experience these. A guru advises, gives blessings, gives grace...

A teacher gives the study. A father gives advice about life but a guru can give the type of advice even a father cannot. A guru gives blessings and those blessings can be used to transform one's life. Do you allow Baba to shower blessings on you? Each relationship gives a different type of strength. The father creates and then brings up his children. A teacher's teachings allow students to move forward. A guru's advice helps the soul spiritually... makes a soul move forward on the spiritual path. Enables a soul to attain salvation. At every step the teachings give one a source of income.

In order to use Baba's blessings, listen to them without attention. Don't allow any interference or disturbance at that time. My aim has to be very clear in myself. I have to focus on my own aim and pay attention to fulfilling it. I have to concentrate! Each one does have time for this.

### Dadi Janki

It is the time to make whatever effort one needs to make right now. We have to become perfect by the end of this month! Baba sees us with great happiness. Do you have such happiness on seeing each other?

Many find it difficult to let go of the habit of following manmat. One who follows Shrimat receives a great deal of love. The life of one who follows Shrimat becomes wonderful – they have wonderful experiences. The fruit of tapasya is that one can say 'Baba' from their heart. The love they experience is filled with happiness, blessings and all goodness. This love comes to one who follows Shrimat.

When we make deep effort, Baba sees that effort and gives the soul love. The soul then receives love and good wishes of the hearts of others. Let go of ego and see how much love you receive... Baba is doing His work. What do I have to do? Each one has full freedom to make complete effort. Am I following everything He says? It is easy to follow.

The ones who came in the early days (our ancestor souls) had a natural stage and a powerful stage. They did service without ego. They had the feeling that it was their fortune to do service. We wore white clothes and had empty pockets. Yet, we were happy. Ask someone who is rich if they are also happy. We need to have renunciation and disinterest. The basis of disinterest is to realise that nothing has value. What value will property be to me when I leave my body?

On the basis of the sakar Murlis service has expanded and thus you are all here today. So, what bhavna have the Dadis and Dadas had? Whatever we received from sakar and avyakt Bap-Dada should be received by everyone. On the basis of that bhavna you

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## DADI JANKI – 10 JAN. 2013 - SHANTIVAN GO INTO THE DEPTH OF FEELING

It is now the time to have keep just two things with the self: Baba's remembrance and service. Nothing else. When coming into connection with the family, be very generous. One who has very elevated thoughts, words and deeds would be called multi-million times fortunate.

Good feelings, values and the seed stage should all be clearly experienced in life. If you have good feelings you will enjoy the study and you will say, "Yes my Lord," to any service that you receive. When you say "yes" to each and every service you are given, then whenever you call the Father, He will be in front of you. Now make Baba your companion, be a detached observer and play your part.

Just as Baba attained the seed stage, the silent stage, it is time for each one of us to become equal to the Father. Remain in the seed stage and then if any circumstances come in front of you, you will find you can merge the situation in a second. Values should be merged in my life. The seed stage will merge unwanted thoughts while values emerge good thoughts. It is from the seed stage that the soul sparkles. A seed is so tiny. If I am in the seed stage everything can be merged in a second naturally.

What I gain through yoga is not only for myself. It is for donating. It is the same with knowledge; the Father gives us the knowledge and it is for giving to others.

Secondly, at amrit vela we should sit and meditate in that same room and then everyone's yoga gets connected automatically. These three things are inter-connected: Listen to the teachings, create good feelings and never neglect the self. The fruit of feeling is power - service is done with feeling.

Go into the depth of feeling. The power of your faith will shake if there are not good feelings for the self and for others. Baba has enabled us to go beyond this body, bodily relationships and bodily connections. We need this type of elevated stage.

Baba said recently that our final thoughts lead us to our destination. It is not a matter of where one sheds the body but how. This point touches the heart. He has given us all elevated directions; elevated knowledge and our destination will be very good if we are accurately following shrimat throughout our lives. Even if you don't get anything you should not be disheartened. Whatever hopes Baba has in you will be fulfilled. You have to have courage, a faithful intellect and follow what the Father says.

Each one is planting saplings through his or her actions. Who else can be blamed then if the fruit is not visible? Bad company spoils anyone quickly and so let only Baba's teachings be in your intellect. Keep courage and have faith.

*Om shanti*

## DADI JANKI - 30 DEC. 2012 - SHANTIVAN AS IS THE FATHER SO IS THE CHILD

Baba is the Innocent Lord and as is the Father so are the children. Day and night I need to remember 'as is the Father so is the child'. Now Baba wants us to become equal to Him. Only after Baba became avyakt did he tell us to become equal. In sakar, Baba would tell us to become nightingales of knowledge. Sakar Baba would say, 'Son shows Father and Father shows son'.

The path of life is long. We have to walk on the path whilst singing and dancing. In 75 years Dadi has never got bored of study. If you give Dadi a minute, she will dance in front of all of you! Dadi never thinks 'Oh, I have heard this Murlī before'. No, there is something new all the time.

We have received the love of God and He has made us all one. We are from so many places, with so many backgrounds but He has made all of us one... This is a type of magic.

How does Dadi see the picture of Brahma Baba? Shiv Baba is looking through him to us. Shiv Baba resides in the Supreme Abode. He is the Purifier. Through Him the stone becomes gold. The diamond becomes flawless. Let there be no flaw. Understand the value of life. I the soul in am the family of God and this life is invaluable.

Never have the feeling that your name should be glorified, that people should sing your praise. No, rather let there be the wish that the One who has made me like this be glorified. He is doing everything and He has hidden Himself. It is Baba who gives us everything and continues to shower us with gifts. My task then is to give co-operation. Those who are co-operative become yogis and those who are yogis automatically become co-operative. Some become co-operative first and then become yogis. Others become yogi first and then become co-operative.

Now check your heart. Have I made my heart honest and big? Keep the aim to maintain your own happiness and to make everyone else smile. It was by belonging to Baba that we learned to smile. He is the One who taught us to smile and we have the duty to teach even those who are stumbling to smile. We don't need to cry or worry any more. Dadi Prakashmani was an instrument; Om Shanti Bhavan and Gyan Sarovar are the results of her being an instrument. Now look at Diamond Hall. Even Diamond Hall has become too small. Whose wonder is this? It is the wonder of yogis and sahayogis (co-operative souls).

Now practice: I am sitting on the globe with Baba and I am giving sakash to the world. Take light and might from Baba and give that to the world. It is time to become worthy of praise. Have no desires but become worthy. Let me become such that on seeing me everyone praises my Father.

*Om Shanti*

## DADI JANKI - 7 JAN. 2013 - SHANTIVAN MY TASK IS TO BECOME AN EXAMPLE...

Who in this gathering only remembers Baba and His versions? It is said: See but don't see. Hear but don't hear. Our feet and hands move according to our thoughts. Now we are becoming angels and we need to move accordingly. To become an angel one needs to shower blessings on everyone. Shower blessings on everyone and your own feet won't touch the ground. There will be nothing but peace, love and happiness internally. If you don't become this now then you will never become it.

### *'I am a true Brahmin who has been adopted by Father Brahma'*

In order to become what I have the potential to become, I have to follow him. There are 4 types of Brahmins in the world: first are those who narrate stories, second are those in whom a departed soul enters and is fed by the relatives, third are those who explain horoscopes, fourth are those who remove eclipses from others. If you allow bad omens to remain over you then how can you call yourself a true Brahmin? If you don't churn knowledge and relate it to others then how can you uplift others? How then can you give others experiences?

Always remain aware of your activity because, as is mentioned in the Gita, a soul is its own friend and its own enemy. Dadi pays attention to many aspects so that she doesn't make mistakes. A Brahmin is one who uplifts others. He has to become an example; there has to be a lot of purity. There needs to be purity and cleanliness with food also. Don't just quickly eat whatever comes in front of you. Pay attention to how you eat, drink, walk, talk, sit... It is not a matter of looking at others. I have to pay attention to myself and know how to uplift myself and others. I have to become such an example that others become examples on seeing me. A Brahmin is one who has good thoughts... good wishes... a well wisher of all. A true Brahmin is filled with peace and purity. We are not Brahmins in name only. Imbibe total purity in your life and see how you feel... Fill yourself with purity and all negativity will finish.

Baba has told us that if we do service now, at the Confluence, we receive the instant fruit in the form of power and love. If you don't do service then how can you really be happy... you will be fooling your own self.

Our bodies can run well with purity and Baba's power. This is Dadi's experience. If you ask how to do something then what will happen to you? Remember, your final thoughts will lead to your destination. We have to follow

God's directions because this is the final birth. Keep Baba in your eyes and in your heart. Keep Baba in your eyes and you won't be pulled to look at anything else. People used to say that BK's have magic in their eyes.

Learn how to smile... Pay attention to keep smiling. What is a life without happiness? There is now no question of being dissatisfied. If you bring yourself in front of Baba then you will feel that all your desires are constantly fulfilled. God is the One who has taught us how to smile. Even if challenges come, keep smiling; keep looking at Baba.

*Om Shanti*

*Continued from Page 12:*

*Dadi Janki - 4 January 2013 - Shantivan  
Faith and bhavna (feeling) is all we need*

and no effort. The children ask Baba many questions and Baba responds each one. Wherever we are working we should be colouring people with our company, not the other way round - they should be learning from us. The good method is to become soul consciousness and remove body consciousness. Let there be no negative feeling towards others. If someone is making a mistake and I keep this mistake in my intellect, who will feel sorrow? It is me! Let others progress well and move ahead and never have jealousy.

Spiritual relationships bring a lot of happiness and cooperation. We have faith in Baba, when we have the feeling of the power received from Him. You have caught the feeling and so you experience power. You will feel how Baba changes your life totally through faith and feeling and nothing else. Your intellect will not be diverted by worrying thoughts about the future. Have the constant happiness that whatever we receive from Baba we distribute to others. Baba is making us into deities worthy to sit in temples. Now the only effort we need to make is to glorify the Father.

*Om Shanti.*

*Continued from page 13:*

*Dadi Janki & Dadi Gulzar - 14 January 2013  
What do you have in your heart?*

have been able to forget your land and your language and we have all become one. On the basis of the maryadas we can become simple and so samples. Baba wants to make us equal to Him and thus able to make others equal.

We all have our own karmic accounts and if we don't move forward on the power of truth, we have to suffer because of them. If we are true then we settle those accounts automatically. When I remain aware that Baba is the Almighty Authority then I am able to remain in a powerful awareness. We receive power from Baba which allows us to transform our thoughts and actions. Let my actions, my service, be such that others can create a life for themselves on seeing my life.

*Om Shanti*

# Dadi Janki – 25th March 2012 - Karachi

## Faith in the Intellect of the Wise

You have to become praise-worthy now, later you will become worship-worthy. In devotion great importance is given to being praise-worthy and worship-worthy. Devotees spend whole nights singing praise of the deities. We are now at the confluence age and we should always have the picture of cycle and tree in front of us. The cycle is telling us: we are now at the top; it is time to go home. In the picture of the tree we are sitting at the base of it and doing tapasya to return home.

I have had a Brahmin life for 75 years and these are now the final moments for us to go fast. Today's murli is such that you have to sit in solitude or in a gathering and revise the whole murli. You have realization by revising the murli. To what extent have I become gyani yogi, raja yogi, sahaj (easy) yogi? With realization the reality becomes part of my life. Knowledge is very good. Let truth penetrate inside me. Let me not lie. We are going fast but for that we need to be mature and sincere and then we will be able to claim number one. Think less and do not think – I have come so late. A lot of time is wasted in just thinking. Go deep inside when thinking, then I will be able to make accurate effort, otherwise, my time is wasted. The quality of my thoughts should be – powerful, elevated and determined.

Don't think! But will you think about this? What is there to think about? We are only sharing, so that whatever thoughts we have, we can fulfill them. Start having these conversations from now on. Think less and do more... An actor remains active. Do not waste time in thinking; the quality of your thoughts should be high. For this remain silent; order your mind to stay quiet. Then the intellect will have the right thoughts and no waste thoughts. Simply have faith. Today, finish the habit of wasting time in unnecessary thoughts.

Know, accept and recognize. Baba is also now not going to leave you alone. If you know Me, you accept Me, then why are you sitting here? Baba has shown such easy methods. Do not think, but just see how everything happens. Children say: 'Baba, You have made us die alive.' God makes us die completely, so that nothing of 'mine' remains. When you are accurately in yoga, you have fragrance of those vibrations. If yoga is not accurate, there's no fragrance. Baba used to say: 'A yogi is one whose every limb sends out fragrance. You can't stand in a place where there is a

bad odour, but, if there is fragrance somewhere, you just want to stay there longer.

Let there be no sign of the sins I have committed in the past, but instead let the fragrance of the good that I am doing spread all over the world. People will have visions: Where is this fragrance coming from? Is there a garden of flowers there?

When there is happiness and enthusiasm, there are no questions. You all simply want to work together. No one can say: 'I am tired, having done so much.'

God is the Almighty Authority and the Intellect of the Wise. I am not that. When God says something to someone, that person does not have to think about anything. God just touches everyone's intellect and makes everything possible. When a person tells someone something, they have to think and consider everything. If I use my intellect, I am creating a disturbance. You have the key of faith in your hands - do not lose that. I will get done whatever I have to get done. If you don't do everything with faith and trust, what can I do? Do not become one with a foolish intellect. The Intellect of the Wise has done a lot of work. There is faith that victory is guaranteed. When you have such faith, your stage remains unshakeable and immovable. You don't need anything either. People bring me so many toys. I am not a baby that I have to keep those toys. However, I am Baba's toy and Baba is my toy. Service is a toy. We are God's toys. Service is a toy which God winds and then we just have to see how it moves.

In order to be constantly cheerful I have to remain unshakeable and immovable. If there is slightest fluctuation I will not be able to remain cheerful. When my stage is unshakeable, I have the power to face everything and my actions are very powerful. Baba has taught me such actions that no one can create any fear in me. Baba has given me so much that my vision cannot be drawn to anything. I have such intoxication of becoming Narayan that it enables me to imbibe those qualifications. Let me perform such actions that everyone benefits.



*Om shanti.*