



Brahma Kumaris - Dadi Magazine - March 2013

In this issue

- 2 Pay attention to keep taking from Baba
- 3 Have I invited Baba to sit in my heart?
- 4 Do I remember Baba exclusively?
- 5 Dadi Janki - Meeting Double Foreigners
- 6 Baba is melting me and making me new
- 7 Spread the wonder of peace...
- 8 Baba has given the teachers His place
- 9 Have I recognised who is speaking to me?
- 10 Being a well wisher is healthy for me and my family
- 11 My wonderful divine Double Foreigner Family
- 12 Who can give the soul its true destination?
- 13 Bow down, be flexible, keep learning...
- 14 Revise and realise
- 15 Banish maya by remaining combined with Baba
- 15 Am I paying attention to God?
- 16 Remember: first soul, then body



Dadi Janki - 7 February 2013 - Shantivan The significance of righteousness



Dadi is remembering all of you today, wherever you are. All of us around the world, through our unity, are finishing all the irreligiousness that's there. There is a lot of division within all religions of the world, whereas here we have righteousness. Where there is irreligiousness, there is division - everything gets split.

When you believe in the religion of truth, you then realise who am I and who is mine. Where there isn't the righteousness of religion, you don't realise who you are. When you have that realisation of who I am, you are able to become introverted. When you realise who is mine, who you belong to, you are then able to go up above. It is a wonder how the One who always remains up above, and all of us who are always going around in the Cycle, are able to come together at the Confluence Age. While sitting for bhog, did you have this experience?

Become separate and detached from everyone down here and give your hand to the One who is always up

above. Keep your hand in His hand; stay in His Company. When we are happy, then the whole world is happy. Baba has always said: "You are the light of the world". The whole world is watching who is actually sitting in our eyes. Just my Baba! Baba is the One who takes us beyond all limits.

Dadi loved it when Dadi Gulzar said that we'll come to London in the Golden Age to have picnics. Baba will enable us to visit all the many different picnic places in advance at this time. In the Golden Age we don't have to do anything; whatever needs to happen, whatever needs to be done, it has to be done at this time.

When you make yourself full with God's love, you are then able to see the significance of what Karankaravanhar (the One who is inspiring everyone to do and is getting everything done) has already done and what He is still continuing to do.

Om Shanti

Welcome to the online Dadi Magazine. We also have a Tablet, iPhone or Android mobile phone edition.

For more information or to subscribe to either magazine e-mail us at: dadimagazine@gmail.com

DADI JANKI – 14TH FEBRUARY 2013 – GYAN SAROVAR

PAY ATTENTION TO KEEP TAKING FROM BABA



Today is a day of love (Valentines Day). We are the lovers of God. We listen to the things our beloved says to us and we share those things with everyone. What is Baba's intention when He speaks to us? It is to make us equal to Him. This is the true gift of the true Valentine! Baba is in front of you... are you seeing Him? What is my task then? It is to check myself against what Baba says in the Avyakt Murlis. I then have to be honest with Baba. If we are honest with Baba then He forgives us.

Brahma Baba has become avyakt... he went beyond the physical awareness. He has become Shiv Baba's companion. Dadi Gulzar always inspires us to be combined with Baba. Do you experience being combined with Baba? All of us should have the feeling of being combined with Baba; I am not alone. This takes deep effort. We are on the pilgrimage of life and one does not go on a pilgrimage alone. We are on this pilgrimage with Baba. We have left this world and Baba reminds us that we don't need to worry about the things of this world... Baba has shown us how to stay in spiritual awareness. He has shown us how to stay in spiritual awareness in relationships, how not to be affected by our own nature and sanskaras and the nature and sanskaras of others.

We need to be doing whatever Baba is telling us to do now. These are the type of things Dadi shares with Dadi Gulzar. Keep pausing and reflecting, 'what has Baba told me to do?' We are studying the revision course... Is whatever Baba saying in me and my life? Am I combined with Baba? Am I doing altruistic service? Am I beyond praise and defamation? Check yourself in these aspects.

We remember Baba wherever we are so why do we come to Madhuban? It is the power of the meeting... the love for meeting Baba that pulls us.

Our presence in the gathering is beneficial not only for ourselves but it brings great benefit to everyone in the gathering. The power of the gathering inspires us to do service... When I remember Baba in every breath the whole world benefits. We recharge our batteries here... The soul gets refreshed, fills itself like a cloud fills with water and then showers on all... A car battery gets discharged when the car is not started regularly. If one doesn't switch off the engine regularly, switch off the lights... then it will get discharged... The same happens with the soul. If you don't turn inwards, become silent and refresh yourself you will get discharged. When your battery is low you keep asking what to do and how to do it and your battery gets discharged further. You feel tired. If you keep looking at others then also your battery will be discharged.

So pay attention to these aspects. When one is not content... then one's battery is discharged. If someone is not content with me it is because something is still lacking in me. There must still be some weakness in me. I have to learn to make my own self constantly content. No one can tell Baba that they are not content with Him. Why not? Because He is complete... He has no weaknesses. This is why I need to follow Him at every step. If you miss just one step in following Him there is a great deal of loss.

It is my honour to be able to control the reins of my own mind. I am not a horse rider that I would have to keep pulling hard on the reins of the horse of my mind. I am a maharathi who sits comfortably and is in command. I am one who does not fluctuate. I am Mahavir... who flies... who glorifies God. I am a brave and great warrior...

When the string of our love for God is strong it stops us from coming into

fluctuation. It is not just a matter of becoming a conqueror of maya but I have to become a conqueror of the 5 elements. The influence of the earth, the sky or any of the other elements should not be able to bring me into fluctuation. Nothing is new. Everything will be fine. I should not even have one thought of what is going to happen. The new world has to come so the old world definitely has to take leave. In order to purify the elements my awareness has to remain stable... it should not fluctuate. I should not be attracted to anything... even sometimes. If 'sometimes' comes in between; I sometimes fluctuate, I am sometimes attracted, then it means I cannot be called one who is stable over a long period. Thus, my reward will be affected.

To remain stable is the effort we now need to make. For this I just have to keep taking from Baba. When one makes this one effort from the heart it becomes easy. To remain stable is not hard work and it brings great fruit. Real effort results in the accumulation of a lot of power in the soul. The 'fal' (fruit) brings 'bal' (power/strength). Some get so engrossed in service that they forget to take from Baba.

God is pleased with one who has a true heart... one who has a true heart without thinking...one whose heart is true in every aspect automatically... Remember, God helps one who maintains courage... He is telling us, 'Remember Me at every breath'.

If you wish to experience Baba's regard then become free from greed and attachment. So now become free of greed and attachment, become stable by using gyan to stop yourself fluctuating. Be ever-ready now and let there be such a powerful wave that spreads everywhere. We are not sure what will happen tomorrow so let this happen today!

Om Shanti

DADI GULZAR – 1ST FEBRUARY 2013 – SHANTIVAN

HAVE I INVITED BABA TO SIT IN MY HEART?



Baba has made each child of His sit in His heart. When someone gives their heart to Baba then Baba says, “Wah, child, wah!” If you make Baba sit in your heart then you will remember Him automatically. You may try to move away from Baba’s heart but let me tell you that Baba will never move away from your heart. Remember this and you won’t find it difficult to remember Baba. In fact, if you just remain in the awareness ‘Baba is combined with me’ then everything becomes easy and natural. When you consider yourself alone you will need to work hard to remember Baba. Baba does not move away from us, rather ask yourself: Do I move away from Baba? In fact, Baba is moving around with me. He is moving on the path with me.

When you find something difficult then just say these words in your mind, “My Baba. Sweet Baba”. See then how easy things become. You will then find it easy to remember Baba. The Dilwala Temple has been built in Mount Abu as a memorial that Baba’s children kept Him in their hearts. In fact, Baba knows that His work is to be combined with His child. Do you think He has more important work to do? No, He knows that He is in the bondage of remaining combined with His children. And this takes place when someone’s heart says, “My Baba”. If you are facing a challenge then just think: Baba is sitting in my heart.

Whether you are in Madhuban or in your own place take advantage of the company of Baba. Make Him combine with you! Keep His company. Who is this Baba... think about Him deeply... Go to Baba in the plane or train of love and you will always feel happy and content. Where there is happiness there is life... Remember this aspect of happiness: As much as I give happiness away, it increases. It is a fact that if you seat Baba in your heart you will never ever experience

unhappiness. Thus, you have the chance to be the luckiest soul in the world... one who is constantly happy.

***‘So don’t forget
Baba at any
cost. He is with
you as soon as
you call Him’***

From now keep the determined thought, to be constantly happy. It doesn’t work if you don’t put the word ‘determined’ in front of the word ‘thought’. Secondly, keep a powerful aim to become a conqueror of maya for all time. If you feel that any weakness is remaining with you give it directly to Baba and become free. You have claimed the blessing of all powers from Baba then how can you think it difficult to finish any weakness still remaining? We come to Baba to make the self full. It is those weaknesses that stop the soul becoming full. So leave them!

It is not a matter of ‘knowing’ these things intellectually. I have to make them my own. For example, if you think, ‘Baba is the Remover of Sorrow, He has to remove my sorrow’, then it won’t work. You have to put your rights on Baba and, from your heart, make Him yours. He can then work His magic on you. You have to make Him sit in your heart through your remembrance. Don’t just think, ‘Oh yes... it will happen’. No, it has to happen now. Why? Because Baba has said that anything can happen at any time... suddenly... Now please finish negativity. Finish your own wasteful thoughts. Don’t think in such a way that you make yourself depressed. I am combined with Baba, don’t remain alone. If you are alone then maya will take her chance. If you are with Baba then maya can’t interfere

with you. So have the courage to leave all weaknesses and you will become sweet. Remember; Baba is here to help me.

Think: I am free from obstacles. I am Baba’s helper. Do Yagya service at every chance you get. Now, take two minutes... see your own weaknesses and leave them right now! Will you leave them or will you put them in your pocket and take them with you?

Congratulations! You have left all weaknesses! Now, make your heart into a temple for Baba to sit in. Baba again and again takes your photo. Do you not know He is looking at you! Let me be such that on seeing me Baba says, “Wah, my child, wah”!

Madhuban is Baba’s home. Having come to their home a family receive very good food. Here in Madhuban you can become a continuous yogi. There is only one responsibility here and that is to remember Baba. Baba gives all of us this responsibility.

Do you wish to accompany Brahma Baba to the kingdom? Brahma Baba is sitting in the subtle region and we are all preparing ourselves to go with him to the kingdom! So now leave the words ‘sometimes’ and ‘but’... I am ok... but... In Sindhi ‘but’ means rubbish... So now leave all that is waste and remain combined with the One who is waiting to sit in your heart.

Om Shanti

Dadi Janki Gem

I am in Baba’s arms and I am Baba’s arms. Baba is making me His hand and getting work done. I am Baba’s right hand, so I must always do what is right.

DADI JANKI – 19 FEBRUARY 2013 – GYAN SAROVAR

DO I REMEMBER BABA EXCLUSIVELY?



In this life it is important for us to 'feel' Baba and to feel what He is saying. For this, don't think too much. Allow yourself to feel Baba when you are listening to the Murlis. When you feel Baba then your heart will be cool and peaceful. There is no need to take notes, allow yourself to feel. Feel Baba and you will feel good towards everyone. Your vibrations will spread far.

There are hundreds of thousands of Brahmins but if you become one who makes very good spiritual effort you will become one who is beloved of Baba. You will stop fluctuating and you will become sweet. You will be internally happy. If you are faithful, loyal and obedient to Baba He will become your servant. If you remember Baba exclusively then He will give you everything He has. So check, because there is a lot of difference; am I just remembering Baba or am I remembering Baba exclusively?

In *sakar* Baba used to say that it was better to sit with our eyes open. We have received the divine eye to see Baba and to see the self. The divine eye allows us to see our minds and our hearts clearly. Keep your eyes open yet go beyond the physical. Your eyes will then reveal your spirituality.

Make sure that there is no type of germ or worm inside you because it is these that reduce the value of the soul. Ask yourself: Do I have the worm of attachment or any other type of *maya* inside me? Baba sweetly buzzes and buzzes in such a way that He frees us from all types of negativity. He colours us with His company. Remember; when you serve yourself you are serving everyone. If you remain in balance, that is if you serve yourself, everyone will be served. Many lose balance and put all their energy into service without serving the self. They then get into conflict and everything is destroyed...

Don't do this. What is service? It means to remain egoless and viceless by practicing the incorporeal stage. It means to have *tyag* and *tapasya*. To renounce all types of arrogance of 'I'. This is the type of service Brahma Baba did and it is what took him to the *avyakt* stage. Baba's love drew souls to him and it was that love that removed the arrogance of body consciousness of souls.

It is essential that we pay attention to our stage. You may be doing a great deal of service but if you allow yourself to become tired your face will wither. When your face withers, service will also wither. It is through our faces that we can do so much service. The face of someone who is introverted does so much service. When you are extroverted then neither do you really enjoy the noise, nor does anyone else. Baba used to explain these things to us so well that we would move around in this stage all day.

What are we doing now? We are sitting at the roots of the tree. The Golden Age is coming... It is the end of one age and the beginning of another... We are sitting at the foundations... How was I before when I was in *Kaliyuga*? How am I now – at the beginning of the new age? One has to completely give up the old, otherwise it is not possible to be part of the foundations of the new. It is time to go home.

I am sitting here but I am remembering those who are sitting far away on service. Wherever you are, pay attention. The capacity to remain quiet in every situation is very important. Even if someone reacts, remain quiet. Don't try to make someone else quiet – be quiet yourself. This will definitely have an impact. Rehearse your smile! A server has an *avyakt* fragrance like *BapDada* has. It has Godly attraction. Pay attention to having the awareness of being an

instrument for service. Make deep internal effort to become as Baba is. I have to become like Baba and the impact of that will help others become like Baba. If you make this effort Baba will become visible through you.

I have to be combined with Baba - no relationship should be missing. If I am drawn to any soul through either attachment or subservience then I will not be able to get the power of even one relationship from Baba. Do you understand this? The result of attachment or subservience is that you will become completely depleted. Baba has told us that we have to manage our relationships – that He cannot do anything about our karmic accounts. We are responsible for them. He adopts an official form on this. Yes, He gives knowledge of what to do and pays attention to us but He cannot make us do what we know to be right. He doesn't want us to do that which will make us repent. There is now no time for repentance. Some pay great attention so that they don't do what they know they will have to regret. So that they don't do anything under the influence of their *sanskaras* – greed or attachment etc. Even something small is a big thing for Baba's children. Therefore, according to time, we have to be very careful. We have to leave everything aside and accept the *Shrimat* of the One Father. Keep your head cool... Let there be humility and sweetness inside you... Bring everyone in contact with you close. The time for going home has come; I have to make the atmosphere around me such that even though people realise that the old world has to close down, they also realise that the new world is coming and they don't feel sorrow on leaving their bodies. They are going back home to God. To create such an atmosphere and such awareness is the task of the Brahmin family now.

Om Shanti

DADI JANKI – 12 FEBRUARY 2013 – SHANTIVAN

DADI JANKI - MEETING DOUBLE FOREIGNERS



Dadi Janki: The feeling to constantly want to look at Baba and the awareness that He constantly wants to look at me will lead me towards my destination. What do I have to do now? Whatever Baba says is what I have to do. What I have to do is to be honest; if I do what Baba tells me to do then He becomes responsible for me. If you are honest when you make a mistake then half of that is forgiven. If you hide the mistake then there will be double negative return. Having come to Baba we don't want to make any mistake that would mean I have to see Baba in His Dharamraj form. I don't want to do any action that will go into an account of sin.

In this birth we have to really take care of ourselves. I have to make sure that none of my actions go into an account of sin. When I have accumulated in my account of charitable actions then other actions go into my account of neutral actions. If you allow yourself to have even one waste thought that waste thought would not leave you. It will keep coming back to you again and again. We have understood deeply the philosophy of karma and thus we are multi-million fold fortunate. You have accepted what you have heard haven't you. You have received so much love from Baba. There isn't an avyakt murli in which Baba doesn't speak about His love for the Double Foreigners.

When the Double Foreigners first came to Madhuban and Baba came in Pandav Bhavan's Meditation Hall, He said, 'Vishnu's four forms are now going to be revealed to the world'. All of you caught Baba's vibrations and He could pull you towards Himself. You felt that you were the one who had been with Baba 5,000 years before...

It doesn't matter where you stay; your awareness is that 'I am Baba's child and I belong to Baba'. Baba is telling us to forget all relationships of

the body and He will then give us the experience of all relationships. Have you experienced the power of all relationships with Baba? If you have, you will never remember bodily relationships. If you remember bodily beings you will not experience the power of all relationships with Baba. In this we need to be cautious and alert. Don't think that you only remember one or two people and that too only sometimes so it's ok... no.

'My remembrance should be such that no one comes in my mind when I sit in meditation'

When we see the transformation that is happening in all of us, it brings a lot of happiness. We have a spiritual connection and that spiritual connection is due to our connection with Shiv Baba. It is our spiritual connection that allows us to call ourselves Brahma Kumars and Kumaris.

Because of Dadi Ji's remembrance and service we used to call her Rajyogini Prakashmani. She was unique in every aspect. We did not call her 'BK Prakashmani'. So many souls have received attainment through her. The way she used Raja Yoga in her life made her into a rajyogini. Ask yourself: Can I not become like Dadiji? It is the time to forget my name, my form, my language, my country and become such that others remember Baba on seeing me. My relatives should feel that I belong to God rather than belong to them. Even if you are with someone then you should not feel that this one is my relative. No, ours is a spiritual connection filled with spiritual love. When one is de-

tached from all physical relationships then we receive extra love from Baba.

Once we spoke to Baba about the fact that a huge number of souls will be in the soul world in the future. Baba said that there will be many, many souls there but that we will be near to Baba. We are not just going to be with Baba for a few births in the future but in every birth. If I stay together with avyakt Brahma who is now in the subtle world that will create the sanskara of being with him for a long period. Are you making such subtle effort? Or are you still staying on a gross level... using your intellect in a gross way. Are you able to move when Baba just raises a finger? Is He moving you along with His subtle directions are you struggling along alone? I should feel that Baba is right near me at every moment. That He has come for me? To think about others and their mistakes is a big mistake in itself. To think 'this one is like this' is the biggest mistake in the lives of many at the current time. Do you have the habit of describing what others are like and what they are doing? Very few are able to leave this habit.

Mohini Bhen (NY): One is that I remember bodily beings because of attachment and the other is that there is service merged in my remembrance of someone. Dadi sometimes says she remembers me but it is not out of attachment but rather closeness. If you remember someone then send them pure vibrations and create a good atmosphere of love and closeness.

Jayanti Bhen: Some of Baba's murlis have been so strong recently – emphasising on purity and letting go of anger. However, at the same time Baba has been reminding us that He is the sweetest Dad who wants to tell us the absolute truth so that we can follow the path that takes us to perfection. Out of love we want to do what Baba is saying. We love both Shiv Baba and Brahma Baba...

Om Shanti

DADI JANKI – 15 FEBRUARY 2013 - SHANTIVAN BABA IS MELTING ME AND MAKING ME NEW



The thread of love pulls us to Baba. He pulls us towards Himself. No matter which corner of the world we may be in, we are pulled to be in Baba's home. The second we say the word 'Baba', we are immersed in loving feelings. Throughout my life, I have always had the feeling of looking only at Baba. Pay attention to looking at Baba: don't look at anyone else. This is why we have received the third eye. Baba has made us Trinetri and Trikaladarshi. So how many of you have truly become this? With the third eye, we are able to see ourselves, Baba and the whole family. It isn't that the other two eyes are now closed; all three are open and alert. In bhakti, we had the habit of closing our physical eyes while remembering God. But having come to Baba, our physical eyes remain open, but what do we actually look at in yoga? How is, I the soul, looking outwards? Have Trinetri, Trikaladarshi become my natural stage?

Dadi would be pleased if in these 4-5 days before we welcome BapDada you practice this stage of being Trinetri, Trikaladarshi. In the Trinetri stage, I look at myself, then Baba, and then in that vision look at others. I am not able to see anything else. Experience the silence of the Trinetri stage. When we did not have the Third Eye, how did we look at and perceive everything around us? How did we think and speak and talk? When we become Trinetri, our ways of thinking, speaking and talking all change. Once we are Trinetri, we can become Trikaladarshi, one shown as holding up the discus balanced on the right index finger. The discus will not spin if it's held up by the left index finger... Knowledge of the entire cycle is now in our intellects. We will only be able to share understanding of the cycle when are stabilized in the consciousness of Trinetri and Trikaladarshi, Hum so... I am that same one. I belong to Baba, Baba belongs to me. Baba spoke about the Dilwala Temple; we have our memorial in front

of us. There are memorials for the Kumari and Adhar Kumari in Mt Abu. So awaken that consciousness of 'who you are'. It's Baba's wonder - how He has changed Adhar-Kumaris into Kumaris. He has removed our body-consciousness by sharing good aspects of knowledge everyday and touching our hearts. Nothing else remains in our hearts. When we talk unnecessarily about others, we come into feeling and emotions and express accordingly. If I continue to keep the feeling in mind that so-and-so is like this and that, that soul too will always feel, this one never thinks well of me... If I have practiced Trinetri, Trikaladarshi stage over a long period of time, everyone will have faith in me.

If we practice the incorporeal, bodiless stage periodically, our consciousness and costume will mirror that. Dadi Gulzar had once said, "Don't do anything else apart from wearing a transparent costume". Wear your sparkling angelic costume, and then you won't have the question of 'how should I remove this old impure body'... When you wear your sparkling costume, one will only see that in others and the self which is of use. One is free from worry and attachment. So look at yourself.

Baba has given us a white outfit to wear - we have to keep the honour of the white costume. While eating, drinking, walking, talking I need to check my vision and outlook. As is the attitude, so is the vision (drishti). With a broad attitude, we can change the vision towards the body. Though Brahma Baba has become Avyakt, he is doing a lot more through the avyakt form. Baba is helping change our attitudes. So look at yourself... What is my inner attitude like? According to the spiritual law, renunciation comes first, followed by tapasya and service. There is a lot of interest of service these days, but not many are focused on checking their renunciation and tapasya. How is that

going? One's fortune opens through renunciation, and only then can you have deep tapasya. Renounce the entire old world, the old teachings and understanding, all that is old (purani) and does not belong to me (paraayi).

What do you feel when you experience the Dadis' attitude and drishti? Do you see anything old or that which does not belong? I am the master of the new world, but I have to at least be present in front of Baba in order for Him to work on me.

What would you do with old jewellery? You would need to give it to a jeweller and ask him to make it new. We cannot say, I want to keep the old and yet receive new... A jeweller would ask you 'what do you want?' So tell him you want that which is new. Baba melts within us all that is old, to the extent that we don't even remember what was old in us... Baba is making everything new. I just have at least that much sense to allow the One who is making me new to do His job. I just have to 'be' and do as He asks. I want to experience the real, true and new feeling of being an angel. Baba tells me to simply sit quietly. Baba has come to fulfill our desires.

We earlier had impure desires which never allowed us to be calm until and unless they were fulfilled. Impure desires have died. Put an end to them internally if they haven't already. Become one who is ignorant of desires... We always had the desire to meet God and that has been fulfilled - what more is needed? With faith in the intellect, remain in your royalty by staying firm on the understanding of drama or that which is meant to be. It is the Confluence Age, these hours are precious and I have to use them in a worthwhile way.

Don't look for peace outside; realize that it is the garland around your neck.

Om Shanti

DADI JANKI - 7 FEBRUARY 2013 - SHANTIVAN SPREAD THE WONDER OF PEACE...



Knowledge frees a soul so what work does yoga do? Yoga allows a soul to experience peace. Wherever you are sitting the wonder of peace should also be present. The wonder of yoga is the wonder of this loving gathering. Yoga is magic. Our Baba tells us that there is no need to chant anything, but rather to have constant remembrance. Baba uses the word 'Manmanabhav'. This word is full of wonder. On the path of devotion I used to think that when sitting in front of the idols, my mind should be absorbed in God's love and remembrance but no-one could teach how to absorb the self in God's love. It is only Baba Himself who could reveal this to us. Now our minds can be totally connected with the Father. I feel like singing... I can share knowledge that has been given by God Himself whilst being absorbed in love... whilst being 'absorbed' in that knowledge myself. Doing this makes the soul smile internally. Baba has told us to sit in the swing of knowledge and swing ourselves. Swing in yoga.

In the corporeal form, Shiva Baba first explained everything to Brahma Baba. Charity begins at Home.... Baba loved us and spoke with love so it touched our hearts. It is only at this time Baba becomes the Father, Teacher and Satguru. We have to become clever in taking benefit from all three. My father is also my friend and my beloved. He is my husband as well as my gather. It is Baba's wonder that He makes us so worthy and able to take benefit from all these relationships. At each moment pay attention to experiencing one or another relationship with Baba. Let the yoga of your intellect move upwards and listen to the Shrimat of the Satguru who says Manmanabhav.

Baba tells always to remain in zeal and enthusiasm and bring others into zeal and enthusiasm. Do not look at anyone's nature or sanskars. Never ask what to do or how to do it. Don't

waste your time and energy in labouring. Baba doesn't like to see labour. He likes to see everything happening with love. Whatever task Baba is getting done through you, only love should be visible in that task.

Forget all wasteful things. No one is my enemy. Do I have any enemies? My enemy is the past and anything negative. A person who gossips cannot sit in front of Baba. He or she may try to sit in front of Him but He won't feel he is sitting in front of God. So how can I feel that I am in front of God? Pay attention to two aspects only: 'Who am I' and 'Who is mine'?

Now is the time to return Home. We need to become pure and peaceful before the return journey. The body will be left behind here. In every birth the soul enters the body in order to lie, but this birth is to die to the body... whilst alive. Now we belong to Baba. This is special life and it is invaluable. God is making His children equal to Himself. We never had the thought to become equal to God and it can only happen in this birth. There should be no difference between me and Him. Baba says be lost in peace, power, happiness and bliss.

Baba has also said that we have to become carefree emperors. Be free from worry and have only God in your thoughts. Let there be nothing else in your intellect. Who am I and who do I belong to? Have this practice and others will follow. Then there will be accumulation of charity. Maintain enthusiasm and keep away from the fluctuation of nature and sanskars. Become free of all forms of fluctuation.

See what kind of Brahmin you are. I am of the Brahmin clan, the mouth-born creation of Brahma. Let there be no difference between the mouth of Brahma and our mouths! When people see us it should be clear who we belong to. We are His children, the mouth born progeny of Brahma.

Brahma doesn't have just one child. There are hundreds of thousands of children being adopted and sustained by Baba. What is lacking in God's Home? Nothing. To create a Baba's home is to accumulate great charity.

So what is left to do now? Just to sing the praise of the Father and eat two rotis. This is our beautiful, clean and simple life. Do service and you will receive the fruit in the future. Baba has taught us what and how to eat. We sit peacefully and take Brahma Bhojan. Whatever has happened is good and whatever is to happen will be good.

The Kumbha Mela is now taking place. So many saints and sanyassis are there. They are making so much effort to meet God. They are taking a dip in the Ganges and yet they do not know the Father the Purifier. They imbibe purity but they don't have the power of yoga. It is through the power of yoga that we transform and the world is transformed. Before knowledge I too went to Haridwar and attended the Kumba Mela and too would take a dip. I worshipped Ganga and would chant 'Sita Ram, Raja Ram'. Now we know it is all blind faith. Baba has given us knowledge and made everything clear. Thus, we sing His praise. However, Baba doesn't just want us to sing His praise but to also imbibe His virtues. For this there are many teachings in Baba's Murli: Speak sweetly – never loudly. As a deity you won't need to make effort to be virtuous. According to how much we imbibe now, we claim a future status.

Om Shanti' has become well known. If I am greeting people with 'Om Shanti' then how should my face be when I am saying it? See your face in the mirror of soul! Practice 'Om Shanti' even for a minute.... I am pure... I am peace... it is time for me to go home with my Baba...

Om Shanti

DADI GULZAR – 3 FEBRUARY 2013 - SHANTIVAN BABA HAS GIVEN THE TEACHERS HIS PLACE



Meeting Teachers: Seeing how many teachers there are makes us realize how much expansion must be taking place at your respective service places. Baba holds so much regard for the teachers. Baba says, these teachers are my Guru-Bhai. Baba has given the teachers His place. Guru-Bhai is equal to the Guru. So why has Baba done this? Just as Baba speaks the Murli, you have the chance to share Baba's Murli. . So Baba's duty is to speak the Murli, and since you have the chance to read Baba's Murli, you are known as Guru-Bhai. So you keep this awareness of being Guru-Bhai, don't you? You not only have the zeal and enthusiasm to be like the Father, but are putting this into practical, aren't you? Baba has given you such a high and elevated seat. Baba has given you the seat from which you can read His Murli. So Baba has given all of you such a high status! Each one ask yourself: Am I conducting myself according to the high status Baba has given me? Baba has given you a seat equal to Himself. You conduct classes and at that time you have the consciousness that Baba has given you His seat. So what do we have to become? We have to become Bap-Saman don't we?

What is the easy method that Baba has given us to move ahead? Follow Father Brahma. One brother once told Dadi that we may not have seen Brahma Baba in corporeal form, but while you have seen him with your physical eyes, we have seen him with the intellect. You can never forget that which you have experienced with the intellect, can you? You have understood Baba as Merra Baba. This sound of 'Merra Baba' emerges from your heart, doesn't it? When you say 'mine', it gives you so much intoxication. When we say we are Brahma Kumaris, we always have Brahma Baba in front of us. There needs to be this intoxication of who we are.

You have heard and read about Baba's life and his daily routine. It's wrong if you haven't read or heard about Baba's biography as yet. If you don't know about him, how will you follow Brahma Baba? How did he become Brahma Baba? He became this by following Shiv Baba. We call ourselves Brahma Kumaris, not Shiv Kumaris, so we need to know what he did in his life. Dadi will share with you one speciality about Brahma Baba, that was not seen in anyone else. Even on the last day of his life Baba conducted class in the evening. Till his last day, Baba never needed back support while sitting as we do. The majority of our Dadis and seniors have left their chariots while being on a bed... But Baba gave class, then went to his room, and then became Avyakt while sitting upright on the bed. Look at his photos – did Baba ever need any kind of physical support for his legs or back? Till the final moments, he remained bodiless and a conqueror of matter. Today health issues are different for each one, but we have to aim to follow such a Father. How was Baba able to renounce everything?

When Baba renounced his business, he took half of what the business was worth. It wasn't even the total worth of the business and yet Baba looked after the Yagya with just that. Baba created the Yagya on the basis of courage. If anyone had a question about what would happen, Baba would say, "Shiv Baba is there to look after..." There was a time when there was no money in the Yagya. It was time to ring the bell for lunch, but there were no vegetables for the meal. The main sister of the servery came to Baba and asked how can I ring the bell when there is no food? The mail (post) used to arrive at around 11am. Baba replied, "Come to me at 12noon". These days when one has to look after 2-4 family members, one keeps thinking about how to manage.... but even though Baba had a large family to feed, he

had so much faith in Shiv Baba. Baba had the belief that something would arrive in the post, and this actually happened. A sister secretly sent some money for the Yagya by letter. There were chances of people opening the envelope if it looked bulky but the envelope was thin and so was delivered safely. Baba then called the sister in charge of the kitchen and asked her to buy the supplies and feed the children. Who else could maintain such faith? Do you have such faith no matter what may happen at the Centre? Are you those with such faith in the intellect?

Brahma Baba has now given us teachers this title; You are my Guru-Bhai. He hasn't called you just his children but Guru-Bhai. Each teacher holds this status! So just follow Brahma Baba.

Even at times when Baba was unwell in Mumbai, he would write the Murli himself and send it to Mama in Madhuban, who would read it to all of us. This was the extent to which Baba loved the Murli. And Baba has given us that same Murli to share with others... So Baba has kept such faith in the teachers.

To become a teacher means to stay in self-respect, swamaan. You have become Guru-Bhais to Brahma Baba. This is not a small thing! Stay in your status and self-respect and you will experience pleasure. It is not small thing to become a teacher. Don't think, "Oh I am a junior teacher, there are so many other seniors before me..." But you have received the name of a teacher isn't it? So maintain the honour of being a Guru-Bhai always.

Some say, we are in the corporeal and so are not always able to follow incorporeal Baba, but Brahma Baba had lived in a corporeal chariot and so we can follow him. Baba is sitting in the subtle region, waiting for

Continued on bottom next page

DADI JANKI – 18 FEBRUARY 2013 - SHANTIVAN

HAVE I RECOGNISED WHO IS SPEAKING TO ME?



Baba speaks the Murli in front of hundreds of thousands of people. Yet, if you don't feel that He is speaking to you then you cannot take benefit from the Murli. Whatever Baba speaks in the Murli has to be churned throughout the day. He fills power in the soul through His versions.

We need to recognise who our Baba actually is. It is God Himself who is speaking to me. Baba has recognised me but have I recognised Baba? I need to have the feeling and the realisation.

Check yourself for a second; who am I? Who is mine? Do I keep thinking of myself as someone's sister, someone's son or daughter, someone's wife or husband? This is not the awareness Baba wants us to keep.

I have to be detached from this body and all bodily beings. You may have created a family but on coming to Baba you have to remember only Him and create all relation-

ships with only Him. He gives the experience of all relationships.

The feeling of familiarity is very dangerous. Familiarity is such that if you don't speak to the ones you are familiar with they will get upset. And what will you keep speaking to the ones who are familiar with you? Those with familiarity cannot speak to Baba. If you have any attachment to anyone then finish it today.

***'Whatever is
past has passed.
It was in the
drama'***

Remember that this is the birth for earning an income. My effort should be such that I have experiences. That I have wonderful feelings. What interferes in this is my old sanskaras and nature. My sanskaras and nature should not trouble anyone.

I should not feel the need to prove anything. Never talk about anyone else's lack of transformation. Such thinking and speaking will draw you into darkness. I have to check myself deeply.

I have to make my intellect very subtle in order to be able to see myself clearly. I need to now change any grossness in my intellect and make it refined. Check yourself in a subtle way and fill yourself with peace and happiness. Think: everyone is good! Stop complaining about others - even internally.

What has Baba taught me? To speak sweetly, speak softly and to speak less. It is a very simple matter! Be simple in your thoughts, words and actions. Don't keep too many clothes with you... be simple. How many items do I actually need?

Baba is coming very soon. Therefore, check to see if you still have any weaknesses and instantly finish them.
Om Shanti

Dadi Gulzar – 3 February 2013 - Shantivan Baba has given the teachers His place

us to become complete. So always ask yourself: what Brahma Baba did in the corporeal chariot and do the same. Baba was in an elderly form, and looked after such a large household. He was experienced in every aspect. Despite having to do everything, he became No 1. To be a Brahma Kumari means to follow Brahma Baba under all circumstances.

Have you noticed how many times the Sakar Murlis mention, 'Baba says, Baba says' which is actually Brahma Baba speaking. We just have to copy Brahma Baba. Ask yourself am I really following the Father?

Whenever there is any confusion, just bring Brahma Baba in front of you: what would he have done? He

too conquered the vices, didn't he? He received knowledge from Shiv Baba and shared that with us, he made us worthy too. So all we have to do is to follow Father! Isn't it easy? There is so much difference between following someone and trying to do things on your own. Baba always tells us that it's alright to copy here!

Do you have the deep intoxication that you are becoming like Father Brahma? So always bring Brahma Baba in front before you do anything. I just have to follow Brahma Baba.

Baba took care of such a variety of people: some young, some old, rich, poor and he treated all of them with equal regard. He never compared the children - whether they were million-

aires or those with just 10 rupees... We have to become like him.

Let your chart be such that if Baba were to suddenly ask to see it you would be proud to show him your marks. That is - I have to be constant. Don't see yourself as a junior, or that it's fine to be a little slack, or to just eat, drink and be merry. The younger ones are instruments for great service. You are the ones to truly prepare and nurture the students. So understand your status and always keep Baba in front of you.

Baba gives us our duties based on our qualifications. If Baba gives us a seat or a role, He will surely give us the qualifications too.

Om Shanti

DADI JANKI – 30 JANUARY 2013 – SHANTIVAN

BEING A WELL WISHER IS HEALTHY FOR ME AND MY FAMILY

Baba showers infinite blessings and mercy on each one of His children. Baba has true mercy and compassion for us. This is an aspect of his love. My part however, is to make sure that I don't make any mistakes which would block me from experiencing Baba's love. We are on the pilgrimage of remembrance. We have to move forward. Any slip will prevent me from moving forward and from experiencing God's love and mercy.

Baba has told us the disciplines and our task is to follow those disciplines of the Yagya. Our task is to walk on the path of the codes of conduct. Shrimat is on our heads; we are not following the dictates of our own minds. Look at your chart and see how accurately you are following God's Shrimat. From the day I came to Baba I have walked on the path He has given. I have never moved according to my own wish. I have always followed Shrimat. When we move according to our own wishes then we stop following Shrimat. The power of Shrimat does then not work in our lives. Following my own manmat or parmat results in a huge loss to the soul.

Pay attention to remain introverted; go deep inside yourself. Be combined with Baba. Make Him your companion and be combined with Him. To become combined means to become like Him... as He is. I should be a detached observer as He is. He sees everyone and everything yet He remains detached. I have to be the same as my companion. If you remain as a detached observer then even if you see others doing something wrong then you will not be affected. In fact, by doing something wrong they are accumulating in their negative account and that has nothing to do with me. My task is to be a detached observer, it is not to go into thoughts about that. If you go into that then you will also

accumulate a burden on your own head. Don't go deep into matters but rather become a well-wisher. To be a well wisher is healthy both for the self and for this family. This one is doing this, that one does not do that...if you keep seeing and thinking about these things your own energy will diminish. Your own strength will decrease. Does Shrimat tell me to get involved in such aspects? No. If you follow Shrimat you will not have tension. You will be free from worry and free from getting upset. You will never get depressed. It is following Shrimat which frees the soul from all these negative aspects of life.

'How can we make our thoughts determined? I need to have a deep interest in creating high quality thoughts'

Let there be thoughts of purity. Let me have elevated feelings. If someone is determined then they can do anything. Don't allow yourself to create weak thoughts. Create the thought that the Almighty Authority is my father... He is with me. Create the awareness and enjoy the feeling of this whole family being your brothers and sisters. Many don't maintain this attitude and thus they lack the feeling of love in relationship. There is a vast difference between physical connections and spiritual connections. Baba; everything that is Yours is mine and everything mine is Yours. In fact, this is the very essence of knowledge.

Learn to remain quiet. Many BK's can't even be quite for a moment! Have good wishes for the self and create good wishes for others. Sit and practice this. Be patient and God will become a stick to support you in every challenging situation. Let your intellect be connected with the unlimited... Do unlimited service as much as you can.

Remain free from the influence of your own and anyone else's nature and sanskaras. Leave all sorrow. Don't give sorrow and don't take it. For this, change your thoughts, your nature and your sanskaras. We have to now perform the dance of sanskaras in this, God's family. If you become a child now then God Himself will make you into a master of the world in the future.

It is the time to move into intense effort. It is the time for the flying stage. It is the time to spread good wishes into the atmosphere of the whole world... The Iron Age is breathing its last breath. The world is full of violence and corruption. Destruction is just ahead. I have to remain aware of who I am and be in a yogi stage. The more you go into the depths of drama, the more your stage will become unshakable and immovable. Whatever has happened is drama. Whatever will happen is drama.

There are three aspects through which I have attained success in my life. What is the reason service has increased so much? Courage, faith and honesty. Keep courage at every step and God will help you. Nothing is new. Let there be honesty with the self and the Father. Let there be honesty in my thoughts, words and actions. Keep your stage high. Do your work and then go up above... Realise the value of this life of yours. Go into the depths and come up with jewels.

Om Shanti

BROTHER NIRWAIR – 30TH JANUARY 2013 - SHANTIVAN

MY WONDERFUL DIVINE DOUBLE FOREIGNER FAMILY

Special warm greetings to everyone from different parts of the world... far and wide. When I start thinking of you coming from all over the world I become very sentimental. In India we are used to the family feeling in alokik and lokik life. Whenever someone comes from a far distant place there is so much happiness on seeing each other. I don't know whether you have ever heard a song of a child whose father has gone far away to America for business and she writes to her father: Oh Papa come back soon. When you come back bring me a doll; even if you don't bring me a doll don't worry but come back soon. So we have such feelings.

Now we all know to which family we belong to and that we stay together for 5,000 years, playing our different roles right from the beginning of the Golden Age until the end of the Confluence Age. Although it is only at the Confluence Age that we become aware of ourselves and become aware of our near and dear ones who we are so close to spiritually. We meet only when Baba comes and this again makes us feel very sentimental. He doesn't stay with us through the Golden Age, or Silver Age, or Copper and Iron Age..... it is only at this time...do you feel happy about this? How happy?! Sometimes Baba would ask, 'How happy do you feel...this much or this much?!

Baba's season is the time when the whole divine family comes together. There is a purpose in this - nothing happens without purpose. The purpose is to refresh ourselves spiritually and to empower ourselves so we progress more and more to fulfill Baba's hopes for us. We would love to live up to Baba's expectations but we all need a lot of inner strength to conquer so many obstacles from outside and within, and the many very subtle feelings that come up.

We conquer these obstacles slowly and it is a wonderful feeling of spir-

itual and emotional freedom when most of these are conquered. When real inner freedom is experienced this Confluence Age makes it the most enjoyable age. Whilst you are here, you can enjoy this as in Madhuban there are no other responsibilities; cooking, shopping etc. So what else to do! We say that when we are here we do only two things: enjoy our glass of tea and class of meditation and knowledge. So please enjoy this. Once you enjoy divine life there is automatic self-empowerment and when there is self-empowerment we become more and more confident to be able to conquer all that is not needed or wanted. Then we enjoy Baba's company and the beauty of spiritual life and the depth of spiritual wisdom we receive. We can sing songs in our hearts. Whatever had to be achieved has been achieved and nothing else is needed except Baba's love and company and the company of the divine family. This is the most precious thing in life to experience. Baba has provided this especially whilst we are in Madhuban.

The second thing that comes to mind are Baba's signals regarding time. Did you notice this in the recent murlis? In each one His signal has been to make effort to the best of your ability, as time is short. What does this mean? Why is Baba saying that time is short when everything is fixed in Drama? Baba's sensible children always think that we have to be the best in the whole world and have to be the best even amongst the divine family. There are many rosaries. The first one of 8, then 108, then 16,108. If everyone was all alike why should there be a difference and three kinds of rosaries? This is a need to ponder over this and do something. What is there to be done? To experience and enjoy as well as celebrate being carefree children of God. Check for how long you can do this. We also have to understand Baba's wisdom in the right

way and put it into practice in the right way. On the basis of this practice gain we experience and become experienced souls. We then do things because of our first hand experience not because others are telling us to. We know the beauty of Baba's wisdom and the understanding we need to have at this Confluence Age. This makes us feel very confident internally. Obstacles may come from time to time. But there is a feeling from within that this is nothing new. This was crossed a kalpa ago and will be crossed again. Success is our godly birthright. When Baba is with us our power multiplies a million fold and this power makes us successful in conquering all of our weaknesses. What is required is very clear understanding. Sometimes we lack this. On one side we need clear understanding and on the other side we need 'the will to be well'. This means the will to live by Baba's standards, expectations and vision for us.

Take up any of this season's murlis; Baba praises each one of us, without any type of judgment. More than half the murli is for praising the children. What is to be done? Just think do I really deserve this? How can I become worthy of Baba's inspirations for me? We need this kind of approach and vision towards the self. We need to see what Baba's vision is for us; to be inspired and to use determination. Determined effort is the master key to get results. This is what I have found. Regularity is also important. Just as Baba never ever became tired of giving. Sakar Baba spoke the murli until the last day when he became avyakt. From then on avyakt murlis have continued. What is the reason? It is Baba's vision regarding all of us. He has a very high vision. Once, in a personal meeting I asked Baba why He praises us so much when we know we are not that great. Baba's answer was that the children have

Continued on bottom of page 12

DADI JANKI – 16TH FEBRUARY 2013 - SHANTIVAN WHO CAN GIVE THE SOUL ITS TRUE DESTINATION?



Manmanabhav is such a simple aspect. I have to keep my intellect so light that it can be pulled up to Baba in a second. For this I have to become a detached lotus flower... staying in the water yet above it, untouched by it. I have to be a charioteer, the master of this large body made up of the five elements. Whilst living in the world, our Father has ordered me to be detached from it, to be detached from my own body and all bodily relationships and to remember Him alone. We have developed the negative habit of remembering many and thinking of all sorts of things. Baba is teaching us to remain silent – internally. To remember Him alone. If you practice this you will then feel the benefit of remembering One alone. No-one but Baba can give the soul its true destination. Remember many and your intellect will wander all over the place. Baba teaches us to connect our intellects to Him only through yoga. It is the yoga of the intellect that enables the soul to fill with power. Am I taking support only from Baba or am I looking for support from here and there?

Check: Are my eyes getting attracted here and there? Or do I look only at Baba and thus experience an easy life? If you look only at Baba then any storms which may try to pull you

to them will simply pass you by. You will have no fear, no worry... We know everything now. What is there for me to worry about? We know the world is old... It has to change. It is not our world now... It belongs to others... We are leaving this world through our intellects.

Baba has told us never to become hopeless. It is Dadi's experience that when one has a true heart, it doesn't matter how high the destination may be, it can be reached. Never forget your days of childhood; we should move along whilst singing and dancing. We have to remain as children... God's children. The way Baba's children sing and dance is totally unique. Speak less, speak slowly, speak truthfully, speak sweetly and after considering all aspects... Speak slowly and others will be able to catch what you say. You will appear to be a deity. Now is the time to become royal and deity like. In the future everyone will be like that.

These are the last moments of the last birth. I have to earn enough income to carry with me. I have to make my sanskaras such that they are suitable to take with me if I were to leave this body. Keep remembering: I the soul am working through these organs. The important aspects

are of the soul. If you lose your soul awareness then you become a slave to your senses, a slave to the vices. None of the vices should remain in me now. I have to burn them all away... If you don't consider yourself as a soul then you cannot accumulate power. If you allow others to influence you then you won't have complete faith in Baba.

Remember; the Father is giving to me. It is my job to take. This Giver never gets tired but do I the receiver get tired? A soul who is weak gets tired. Yes, maya may come but if I keep taking Baba's support then I can keep moving along.

Baba came and gave so much value to women. It was Baba who made our lives as valuable as diamonds. Previously our lives were worth pennies. I should have such value for my life that I pay attention to taking power from the Almighty and thus my thoughts, words and actions become invaluable. If I think, speak and act according to what Baba is telling me then I will earn multi-millions at every. If we move with the power Baba is giving then He becomes happy and fills the soul with even more power. Baba's love makes the body move and lets us use our thoughts, words and actions in a worthwhile way. If I give my time to Baba then He can use it for service. This allows me to earn my income.

Get up at amrit vela and Baba will fill you with all powers. Dadi is not able to sleep after 3am or 3.30am! It's an automatic body clock which wakes me up. At amrit vela I get the power to do whatever I need to do throughout the day.

Make Baba your beloved and you will not need to make effort to remember Him again and again. Baba's mind and your mind will automatically be pulled to each other.

Continued from Page 11:

***Brother Nirwair – 30th January 2013 - Shantivan
My wonderful divine Double Foreigner Family***

limited vision.... we only think of our present but Baba looks at our final stage and keeps this in His vision when He speaks to us. Since then I have been trying my best to keep what Baba thinks about me in mind. The more this remains in my consciousness the more I remain light and happy, and feel easy in doing everything. Even in effort making there is no difficulty. I wish this for all of my brothers and sisters. Whether you started on this path early on or yesterday, it doesn't matter. Just accept you belong to this great family. You belong to the Highest and the Supreme. You belong to the most respectable, divine and royal family. Accept yourself and see how all the virtues and values become inculcated in your life. This is very easy, helpful and essential.

When you go out, walk with the consciousness of setting an example for the whole world and giving visions to others.

Thank you so much and Om Shanti.

Om Shanti

DADI JANKI – 1ST FEBRUARY 2013 – SHANTIVAN (WITH TEACHERS)

BOW DOWN, BE FLEXIBLE, KEEP LEARNING...

Having belonged to Baba we have been shown how to die alive. After dying alive Baba has given us a new birth. Such is our Baba. Who is sitting here? Those who have died alive. The mother of Didi Manmohini, Queen Mother, would say that bowing down is to die and to learn new things everyday. The more we die and bend down, the more we learn. Some ask: How should I die? To die is to learn to bow down, to bend, to be flexible, to learn new things everything day. This is a very beautiful aspect of life and in fact, we don't just die alone... When a soul dies in the way Baba shows us to, it is threaded in the garland around His neck.

Some ask: Is it only me who has to die? Should the other person not die? It is not a matter of thinking what the other person should do. Let me die first and others will change automatically. First become a friend of the self and then make Baba your friend. Make Baba combined with yourself and everyone will become your friend. Don't have animosity towards anyone. Never make anyone into an enemy even slightly. I (Dadi) have never broken a relationship with anyone. I have never kept a feeling of animosity with anyone. No one is my enemy. This attention has helped me to be my own friend, to make Baba my friend and then to make the whole world my friend... I should not complain about anyone and no-one should have a need to complain about me. I know that truthfulness and the feeling of bhavna will work on us all. We are all becoming deities. We cannot become deities directly. First we have to become Brahmins. Our thoughts, words and actions have to be of Brahmin quality. Maintain the intoxication of being the mouth born progeny of Brahma; a Brahmin becoming a deity.

Baba spoke through Brahma's mouth then he fed us Brahma Bhojan. In the company of Brahma, whether in

his sakar or avyakt form, we started to imbibe godly values in our life. How do Brahmins remain content? Our aprons are filled so much from Baba that contentment is not such a big question for us. Brahmins are important as they do a lot of service. However, sometimes maya enters in the form of a little mouse; sometimes in the form of a cat or even as a dog barking! I must not forget that I am a Brahmin and I have to bring benefit to others. I am an example for others. How had the number of the Brahma Kumaris increased?

It is time to give the proof of the sustenance you have received. Anyone can claim number one! Dadi says everyone can become number one! If you wish to become number one pay attention to one particular aspect; stop thinking about others (parchintan). In Sindh I was in the bondage of marriage. When I went to Om Mandali the sisters would tell me to understand for myself and not to think of others. Baba has told us to remain alert ourselves and to remind each other of what He says. By spinning the cycle of self-realisation we remember the self, Baba and the whole kalpa. Pause for a second and spin the cycle of self-realisation.... Were you able to remember Baba? Keep spinning the cycle of self-realisation and you will carry the sword of wisdom inside you and the lotus flower in your hand. You will be loving as well as detached. It is out of love for each other that we bring these aspects to each other's attention. However, before I can bring this to anyone else's attention, I have to pay attention to myself. As soon as we speak or think of the name 'Baba' we receive strength from inside. .

The role of a teacher is a good but one needs to maintain the honour of such a role. A teacher has two bondages. Firstly, everyone notices the actions a teacher performs. Secondly, everyone is affected by how a

teacher thinks. Thus, every thought and action must be according to Baba's wisdom. If my attention is on my thoughts, words and actions then I will not do anything that will bring me down from my self respect. When I step down from my seat of self respect it is difficult to stabilise myself on it again. To remain on the seat of self respect is to remain on the seat of glory given by God. Therefore, pause... remain peaceful in the moment. Maintain your self respect. Give respect to everyone. Dadi Prakashmani gave respect to everyone.

My life's desire is to know that you all receive the same love from Baba that I have received. According to the Drama, wherever you are when Baba comes, Baba's drishti reaches you. Wherever you sit in Diamond Hall remain content. Sometimes souls complain that they did not receive Baba's drishti... this is a weakness within us. At the time of drishti you were looking at others. Don't compare where you sit with where others are sitting. Baba's drishti is not physical. He can give drishti to you wherever you are. Don't go into negativity. Don't create thoughts which are the quality of 'dust' for yourself and don't accept them from others. No trace of dust should be visible in my life. I do not wish to be a dustbin and accept dust coming from others.

If you want to become truthful then become it now. If you want to become sweet then become it now. One who is truthful automatically becomes sweet. Don't allow any type of depression. Do you still come into tension? From today make the past the past. You will then leave hopelessness and depression. Keep asking 'why' and you will keep bringing yourself down. Ask why, what, when, where or how and you will lose your self respect. You will then get tired. Make a determined thought from

Continued on bottom of page 14

DADI JANKI – 11 FEBRUARY 2013 - SHANTIVAN

REVISE AND REALISE



This is a student life. We love the study and we revise whatever Baba is teaching us in the gathering. Baba has said that only when we revise will we have realisation. True effort makers have very good realisation.

Our Baba has made us belong to Him and has trained us to smile. People in the world today feel happy when they get a glimpse (darshan) of the deities in the temple. On the path of devotion I never worshipped but when I went to the Lakshmi and Narayan temples I would feel very good taking a glimpse of them. Now we are the image of a glimpse.

Our drishti is automatically changing. At the Kumbha Mela there is a great crowd meeting the sages and saints, yet we are the souls who are to become deities. Whenever we sit here in remembrance we are the image of the 'glimpse'. We have to look inwards and towards Baba - and then look at others. It will be visible then who I am and who I belong to. That inner feeling will be conveyed.

Baba would never remember names; he would always call people, saying 'My child, come here'. This is happening to me too; I don't remember names, but I know each one is Baba's child. When I say that this one is Baba's child, it is actually much better than calling them by their name.

We experience happiness only when we feel that ours is a student life. When I came to this path of knowledge, many asked me how long I would study for. I told them for as long as I live. I feel very happy saying this. What happens after the study? Baba says we attain our angelic stage. What are angels like? They always remain up above. When we are very young, we have the feeling of renouncing everything, whilst some things we are still

Continued from Page 13:
Dadi Janki – Shantivan (with teachers)
Bow down, be flexible, keep learning...

today never to create such thoughts. Are you willing to leave your weaknesses today or are you going to keep holding on to them?

Now pay attention to being introverted and maintain internal intoxication. Keep an aim for yourself. Maharis always keep an aim and object in front of their eyes so that when they shoot an arrow it reaches the target accurately. I have very good chitchats with Dadi Gulzar. I tell her that she is here to give visions now. She doesn't have any other work to do. What Dadi Gulzar speaks is matched by what.

attached to. When we are older, we have the feeling to leave everything. We have attained our fortune through sacrificing. We have become the conquerors of Maya and now have to be the conquerors of matter. All the 5 elements will bring upheaval, as it is now the tamopradhan world. What are we doing here? We are the masters of matter.

Once Dadi said that God is our Father and matter is the Mother. If this Mother Earth did not live, where would we play our part? This body is made up of the 5 elements and the 5 elements play their part. We now know who our Father is and what and where the Supreme Abode is. Before we did not know any of this, and so came under the influence of Maya. Maya is the 5 vices and matter is the 5 elements. This knowledge is so wonderful as we go more into the depths of it, we learn about everything. Baba then makes us His instruments. Throughout the day we churn the ocean of knowledge. If I don't do this, I feel that something is dry within me. I have to use myself in Baba's task.

Instead of thinking of others, have self-realisation. If you don't see the self and the Father before looking at others, what would be the consequence? For example, someone may come and want to say a lot of things to Dadi, but I am not a dustbin to hold these things. Mice come, when there is food left here and there. Wherever we go, we imbibe and inculcate good things and then we become good.

We must revise the sakar Murlis. When we came to Bharat from Pakistan, Baba practically taught us how to lead a life like a lotus - being in the family but detached. When we become lotus flowers, we become free from bondage and attain liberation.

Once I said Baba, 'What shall I do?' Baba asked me: What do you want to do? I told him that I just wanted to become sweet and give. These words have always stayed with me. No one can interfere with our relationship with Baba. Whenever there is interference, there is fear. Do not allow anything to go deep inside and create fear and worry, as when there are these, there cannot be happiness. The happiness that God is giving us we have to distribute.

Become such that others are inspired just by looking at you. Baba is also inspiring us to do. He is not forcing, but inspiring us to make effort - to get up and do. I have to become the worthy child of God, so that through me God can inspire others. When we are detached from body consciousness, we can do any type of service.

Baba says. Om Shanti

Om Shanti

DADI GULZAR – 30 JAN 2013 – SHANTIVAN BANISH MAYA BY REMAINING COMBINED

Is there an easy way to make Baba sit in one's heart? Keep Baba in your heart and your face will automatically be cheerful. Say to yourself, "My Baba, beloved Baba, sweet Baba." It is because we have made Baba sit in our hearts that the Dilwala Temple has become our memorial. The easy way is to make Baba sit in one's heart is to be always combined with Him - not sometimes but always. When else will you meet such a Baba in the whole cycle? Baba is sitting in your heart and the one who is in the heart can never be forgotten.

Be combined with Baba and pay attention to never allowing yourself to separate from Him. When you remain in the awareness of being combined you will feel that you are always with Baba. If you separate Baba from yourself you will become alone and this will cause fear within you. Always stay combined. Never allow Baba to be away from you.

Say to Baba, "Sweet Baba, lovely Baba, come to me." See then how Baba becomes your helper. When you have courage Baba will help you. If you have a task to perform and you experience some difficulty with it, say, "Baba come to me. You are always with me. You are in my heart." Baba will then be there to help you and everything will become very easy for you. Baba tells us to make use of Him in this way

God is sitting in your heart and so from now onwards your face should always be cheerful. Maya will see that this one is cheerful because God is with this soul and she will become afraid and not come near you.

When you wake up in the morning the first thing you should do is to look at your face in the mirror and see if it is a smiling face. If it is not, say to yourself, "My Companion is with me, we are combined," and that will then make you cheerful for the whole day.

Go back from Madhuban as easy yogis forever - not only sometimes! Baba is always with you and so you can be an easy yogi. Be combined - don't allow separation. One who is combined will always have a cheerful face.

Baba will take a photograph of you all of a sudden without telling you. He will see what specialities you have taken from here. What are you taking with you? If any small obstacle comes in front of you or any situation arises that is the work of maya. She will come but your work is to drive maya away. Maya doesn't leave her work. She may follow you sometimes but never leave your task of remaining combined with Baba and thus driving her away. Now stay combined with Baba and never be alone.

Om Shanti

DADI JANKI – 20 FEB 2013 – SHANTIVAN AM I PAYING ATTENTION TO GOD?

Ask yourself: Why do I love Baba? Baba loves everyone. He pulls us with so much love. Ask yourself how much you love Baba...

We eat three times a day and that food, when digested, gives us energy. It gives us life... Brahma Bhojan gives us life. Brahma Bhojan makes us strong. A cow chews on its cud and then gives milk. Baba feeds us both physically and spiritually and that sustenance gives us life. We need to churn over what Baba tells us in the same way a cow chews on its cud. This sustenance has a great effect on the soul.

'Baba has told us to let go of ego. Ego is the first vice, followed by anger, greed, lust and attachment'

Thus, I have to finish ego in order to be able to finish the other vices. If you are insulted it is your ego that reacts and upsets you. Some write emails on the basis of their ego; complaining about others, saying how much they have been insulted etc. We have to learn to remain in equilibrium in both praise and defamation.

To think or speak about another's weakness is easy. It takes strength to stop this habit. We need to learn to leave whatever has happened – even what happened a minute ago. If you hold onto it, you will keep thinking about it and you cannot be accurate in the present moment. If you compare the respect others receive with what you are given you will never be satisfied. You will start thinking that you are not appreciated – no one notices what I am doing... You will get into the habit of comparing. What is this? Will this improve your spiritual effort or hinder it completely?

Baba doesn't ask us for our thoughts. He tells us what to think, speak and do. How can I then put what I think in front of Him – in front of God? He knows... How does it look if I try to tell God what I think rather than listen to what He knows? Each one is playing their role in this drama. I have to play my role accurately no matter how others are acting around me.

The whole world is moving on the basis of the facilities they are receiving. We have to move on the basis of our intense meditation. This time is most valuable; I need to use it to understand myself and to connect with God.

Om Shanti

Dadi Janki – 21st February 2013 – Gyan Sarovar

Remember: first soul, then body

Baba gave us the blessing at the end of the last Murlī to finish waste. What is not beneficial for me now should be let go of. Avoid that which creates waste inside you. I have to make myself so powerful that waste does not have the power to come to me. Where there is internal power, there is determination and so waste cannot interfere in-between. These are personal matters. Understand that Dadi is sitting with you personally and speaking these things. The mind has an immediate influence on the body. First we say 'mind' and then comes the body. Do you ever say 'body' first and then 'mind'? If you see your body first then you will not be able to be soul conscious. First God's love pulled the soul and made it go beyond the body. We could then become detached from bodily relationships. It is through the mind that we take care of the body. The mind should not be caught in the body. Sakar Baba has shown us practically how our stage should be during its last moments. My body may be going through anything but I am above with Baba.

Baba has shown us mercy. He made each one His own and freed us. He has given us the ability to make us as much effort as we want. Baba is feeding us but we have to invest for our future. He gave us love and power and enabled us to go beyond personal relationships. I came alone, I will go alone and I have to make my effort alone. No-one can make effort for me. Whether we come under someone's influence is up to us. To be subservient is my own decision.

What is spirituality? How can it be described? In life, we need food and drink water. The body needs these and also needs rest. In the same way the mind also needs the sustenance of the Supreme Soul. The number one aspect in the creation of power is purity. If purity is 100 per cent internally then the power of purity does its work. It works on the mind and sense organs. Ask yourself about your own level of purity...

In 24 hours to what extent do I have remembrance? Think about your spiritual effort on a personal level. To what extent is my remembrance working for myself and how much impact of that is there on the gathering of the BK family? Are my vibrations so powerful that they are

reaching out to everyone in the world? To what extent am I receiving benefit from that for myself? There is enormous benefit in remaining close to this spiritual family. There is a great impact of the gathering. Being in the gathering during remembrance helps us to remain in remembrance. The gathering helps us make our stage firm. Realise the importance of the family and of the gathering. Baba has given us so much to share with this Godly family. Keep your relationships good. Meet each other with love and see how everything becomes easy.

We are alone sitting in remembrance – my yoga is personal with Baba, but we sit alone within the family. We have a relationship of love with the family. What is your experience of this? We are sitting together in different cities, different countries even, but our hearts are together. You have come here from so many countries. Baba is the Father of all the souls. We are not leaving any country left out. 75 years have passed and the total time for the Confluence is 100 years. In that time the old world has to finish and the new world has to come.

How can people recognise us? It is through our awareness, attitude and drishti. Our awareness is of the sustenance and study from the Supreme Soul. This is our unlimited study. When Dadi stayed for 4 years in the UK, she remembered how much Baba had given her. It is on the basis of what we have received from God that there is benefit for the whole world. So ask yourself; what is my internal record like? What are my feelings for the self, for service and for the family? Don't get so caught up in service that you forget what you personally need.

Remain aware that you are a protector of the Yagya which Baba has created. It is Shiv Baba's huge Yagya. My Baba's Yagya. Secondly, remain aware that you are a destroyer of obstacles. Print this on your forehead. I need such a powerful stage. Then, even if someone wants to place an obstacle in front of you, they won't be able to come in your personal life or in service.



Om Shanti