



Dadi Janki: Develop self respect and free yourself from ego

Baba is changing us from shells into diamonds. By inculcating Baba's teachings we become fortunate. When I inculcate Baba's teachings there is fortune in my every step. My task is to give the proof of my effort by becoming equal to Baba.

Baba is the Bestower of Happiness and The Remover of Sorrow. One who is equal to Him will give only happiness to others. To become complete with spiritual happiness is our fortune. When someone gives only happiness to others they become carefree.

Baba's remembrance gives us the power to perform elevated actions and the sins of the past are absolved. Baba is sitting personally in front of you. Always remember "my Baba". He is personally mine! My actions reveal who I am and whose child I am.

Let your actions be such that others are inspired. If any action goes into the account of sinful actions it affects the soul deeply. Charitable actions take the soul up and allow us to realise our original elevated stage. Vikarma brings the soul down. It is time to remain stable in an elevated stage.

Ego is very subtle; it works internally and affects everything we think and do. I need to do deep internal work to free myself from ego. I have to develop self respect

and then I can naturally remove my ego. I have to keep checking myself in this aspect. I have to realise my own greatness whilst keeping in mind that it is Baba who has made me such. The face of one who thinks high thoughts remains bright and shining.

All the customs and systems we have now are the same now as they were when Baba was in the sakar form. The same sustenance is being given by avyakt BapDada. No one can say that Baba's has changed from sakar to avyakt and so they are missing out. Everything is the same; this is the wonder of faith.

It is Baba who is running the Yagya. My task is to remain in a state of solitude and remember only the one Father. Stabilise your mind now in Manmanabhav and madyajibhav. Avyakt Baba has said that Baba is the Benefactor and the children are master benefactors - world benefactors.

Baba's sakaash and teachings makes us true. It there is a little falsehood we become two degrees less and will be drawn to come in the silver age. Only a short period of time is left for establishment. When destruction takes place we will go back home and then to the Golden Age.

Karma is powerful. Baba is the Almighty Authority and Time is powerful. Time says: I am no less. I am now present in front of you."

Om Shanti

DADI JANKI – 10 SEPTEMBER 2013 - SHANTIVAN MURLI MAKES THE SOUL DANCE...

The soul, in its original stage is like a diamond. This is our birth, which is as valuable as diamonds. Ask yourself; have I become a true diamond? Am I settling my accounts and becoming free, or am I creating more accounts? Dadi remembers when she was young that there was more honesty in the world than there is now. Nowadays, people don't hesitate to lie and they keep lying again and again. Nowadays there is so much falsehood; there is illusion upon illusion - the body is false, the world is false... and people are trapped in illusion.

There is also conflict of nature and sanskaras. It is only Baba who could teach us how to dance in happiness. To be able to dance I need to have realisation and to have realisation I have to keep Baba's versions inside me. I have to read the Murli and revise it again and again. When there is realisation, the soul dances. There is magic in the Murli. It is the Murli that keeps the soul light. The Murli helps us to remain up above like angels.

Remember that maya is a hunter. If you keep your feet down on the ground she will hunt you down... Baba speaks of having faith in the intellect and if you want to keep flying it is essential that you maintain your faith. The one who has a faithful intellect is victorious. Impossible becomes possible for one with a faithful intellect. Dadi has seen this in practical many times. The soul will not even need to think; it just happened as if Baba made it happen.

In the Supreme Region we stay close to Shiv Baba. Now, we are guests in this world and Baba has also come as a guest. We have to stay in remembrance of the home and also in remembrance of Baba. Remembering our sweet silent home helps us to move towards the karmateet stage. It is the time to not only stop perform-

ing negative karma but to destroy all the past sins of previous births. Ask yourself whether you have settled your karmateet stage. If I have not attained my karmateet stage by my final moments then what will be my condition? On the path of bhakti there are two levels of devotion; that which is done from the heart and that which is done for namesake, out of blind faith and that which is done for show. So ask yourself: am I doing all my service from the heart or...

It is only now that the soul can play a part in the drama with God as a direct companion. We have the chance to sit with You, eat with You, dance with You, speak only to You... Do you take this opportunity? Each one of us is playing a wonderful part in this way. Pay attention on your part whilst being the detached observer of the parts of all other souls. There will be differences of position in the kingdom; it is now that I am making a choice of what position I will claim in the future. So how should my sanskaras be? How should my nature be? There should be no shadow of maya on me now. No stress also. Stress affects the body. So ask yourself what are you still stressed about? One who has deep faith does not experience stress because stress comes from worrying about the self, others and what has happened or what will happen. Baba has told us to leave all these unnecessary thoughts. It is the moment to become a carefree emperor. We have to live in this body

but to remain carefree. Rest is the best medicine but it is not only the body that needs rest. The mind also needs rest. Keep your mind peaceful and your body will experience rest. I have to now be liberated from stress. If you liberate yourself from stress then whoever comes near to you will also be liberated from stress.

Now remain happy; may you have a long life, may you never be separated, may you not remember anything... If you practice this in life then you will see how everything becomes good for you. Angels are remembered as those who fly above. If you want to be liberated from everything then remember that you are on the pilgrimage of remembrance. I am a guest just as Baba is. Destruction is ahead and Baba has said that so many people will leave the body that there will be no-one left to cry for them... It is the time to go back to the land of liberation and God has come to take us back. We are all in our stage of retirement. It is time for me to go beyond sound; maintain this awareness. We have to not only give the message to everyone but we have to bring them into experience. They should feel purity, peace, power, love and happiness from us. Feelings have the power to change the impossible into possible.

So now a) practice being a detached observer b) Realise deeply and change instantly. Be determined and consider that you have the power to do this. c) Keep Baba's company and give elevated company to others d) I am a sparkling star who resides up above. I belong to the Sun of Knowledge. Practice maintaining this awareness...

Om Shanti

Dadi Janki Gem:

Someone asked Dadi about the contrast between extroversion and introversion. There is great wonder of silence, but one needs introversion to understand the value of silence. In introversion, we can keep Baba in front of us, and remember all that we receive from Him. We can no longer say we have to make effort to remember Baba, but it is the incognito power of yoga that is working through us. This subtle link with Baba continues to empower the soul. I no longer make effort to be in soul-consciousness and then remember Baba - I live with the consciousness that I, the soul, am moving along with the understanding received from my Baba. It is Baba's power working on me, and helping me carry out everything.

DADI JANKI – 18 SEPTEMBER 2013 – GYAN SAROVAR Q & A: STILL POINT TURNING WORLD (RETREAT FOR HEALTH PROFESSIONALS) AM

Q. What can we do if we get tired of having compassion and giving love? How can we maintain compassion?

Why do we become tired? It's because we remain body conscious. When I stay in a state of soul consciousness, I can take love and power from God and continue to have compassion and give love. If we continue to worry and hurry in life then eventually we become bitter. We need to change this habit of hurry and worry. I have to keep the consciousness of learning all the time. Keep changing the self and take whatever anyone says to you to be a sign; accept it and change. We don't need to point out the mistakes of others. If I change, others will see me and change themselves. My duty is to be loving to all. When I am careful with my own self, others will become careful with themselves.

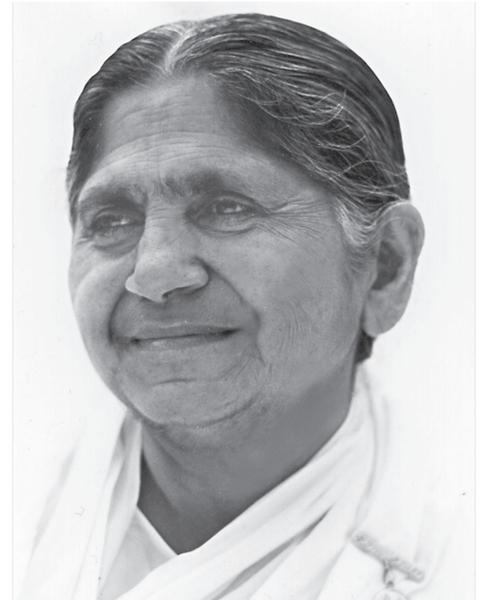
If my main concern is to serve humanity rather than to make money or become well known, I will never become tired. If I say something negative to anyone then the love between us is lost. I don't need to prove that I am telling the truth. I don't need to speak harshly. Everything depends on my voice and how I speak. My tone of voice is very important. For this I have to learn to make myself silent inside. Previously many people had wells at home. The water was very pure because it came from deep underground. So too, in meditation we have to go very deep in order to make the mind and body healthy. Become a still point and go deep. This world is like a quagmire of vices. We have to make sure not only that we don't start drowning in it but that others don't drown either. So be careful and cautious. Let yourself go deep in meditation and you will feel that you are being cleaned in cool and cool water.

Q. How should we be with people who are dying?

We should help people to leave the body in God's remembrance. Brahma Baba used to come to see a patient I was looking after before amrit vela and then go and conduct meditation. I was with her when she left the body. I put her head on me and she left. I have been with many souls when they have left the body. Baba loved me for this... We have to think about what state we will leave the body in. Brahma Baba conducted class and came back to his room. He quickly and easily left his body. If I live in happiness, I will die in happiness. We have to be very easy because any movement can be our last. How will you leave the body if you feel you are always busy – in what state will you be? This is why I have to be careful to be easy rather than rushed, confused and stressed... I have to control my very breath... Dadi looks after her body. I have to also be careful that I don't do any actions that create negative karmic accounts because that will also affect my mind and body. If someone tries to give me sorrow I should not take it. Anyone can say anything but I should not take sorrow. I should live in joy and die in joy. My hands should be always giving, always bestowing. Let this be natural.

Q. Dadi, you are Administrative Head of this organisation. What is your advice for good leadership?

I used to look at Mama. She was a very powerful and peaceful soul. She inspired me. She made very inspirational spiritual effort. She was younger in age than me but she became the mother. She was careful with everything. She considered herself an instrument and paid attention to make everyone content and happy. Everyone had their own duties. Mama was so caring and lov-



ing. I asked her how she could be like that. She said that we should always have the power of realisation within. If we do anything wrong we should accept that. Many only watch others and see what they are doing. Realise means 'real eyes'... the eyes to see the self. When we look in a clean mirror of understanding with honesty we can realise and change.

I asked Mama how she was so silent and cool. Mama said that her mind was her child and she looked after her child very well. When a child is small the mother looks after the child very well. The child then appreciates the mother when he/she is older. If the mother doesn't look after the child then later the child will complain. In the same way, my mind is my child – why can't I look after it well and make it behave? If I don't, my mind will become a vagabond. I should have self-respect. For this, I have to make my foundation strong. I need to have self respect and respect others. Baba gives us so much understanding and makes things very clear.

To elders give regard and equals give respect. Make younger ones enthusiastic and help them to improve. We have to know how to behave with every type of person.

Q. How do you remain free of burden whilst taking care of so many things?

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DADI JANKI – 17 JULY 2013 – SHANTIVAN THIS IS MY YOGI LIFE...



Each one of us needs to pay attention on the self. It is not enough to say one is following Shrimat but what type of zeal and enthusiasm do I have? Do I remember Baba at every moment; even whilst bathing?

There are so many advancements in the field of science but it is silence which is important now. If someone moves even a little into extroversion then they cannot experience silence. In silence there is Baba and Shrimat.

The attention when need to pay when coming onto the field of action is, 'Who am I?' and 'Who is mine?' This really needs to be our main focus. Whilst doing any type of service, we get the company of the Companion. We don't do anything alone. In my life, I feel that I have not done anything... My task is to simply pay attention to myself. Baba has an eye on me... I

am in Baba's eyes. Baba's drishti is extremely beautiful. Our drishti should also give great happiness to others. Baba's drishti is what gives true happiness to the soul.

Stay in Baba's drishti and neither will you get upset with others nor will anyone get upset with you. I just have to remain content and make others content. If a matter is not worthy for me to speak of, then I should not speak of it. We have a yogi life... we are not those who are making effort to become yogis. Now is the basis of the future, so one should pay attention on one's every word because we are to become deities. At every moment remember; I am living my yogi life. Mama and Baba are in front of you and they are with me too...

I have to pay attention that no shadow is cast over me. After all,

I am living under God's canopy of protection. I have to make my stage so powerful that not even one thought of dislike emerges. If you allow a thought of disliking something or someone to emerge and you then speak about that then what will be your stage? What solution is there for this? This is my family! The vibration should be so powerful that these things don't happen. If you allow waste to remain inside you then how can you say that you are living a yogi life?

We receive a great deal of power by following Baba's systems and by paying attention to ourselves. Baba speaks about the importance of amrit vela and if we pay attention to it then we receive a lot of love and power. Now pay attention to yourself – I am God's child - and you will automatically become an example.

Om Shanti

*Dadi Janki – 18 September 2013 – Gyan Sarovar
Q & A: Still point turning world
(retreat for health professionals) AM*

***'We have to make sure we
don't develop ego'***

Some people have the habit of doing little but showing they are doing a lot. Thus they become tired. They also become heavy; when we are tired we can't share love. If you see other's mistakes you will become heavy. You will make others distant from you. If we give respect and regard to everyone then we receive a lot of co-operation. If someone is a true yogi they will receive co-operation without asking for it. If you become an instrument to benefit others you will see how you receive help even if obstacles come. We need truthfulness, love and faith. These things make everything easy. For this one needs practice over a long period of time. I have to keep a chart of my yoga very honestly. I should not let my yoga wander anywhere else. Nothing should attract me, nor should I be repulsed by anything. When there is attraction there will be a pull towards that thing. When there is repulsion, I will push the thing away. I should not spoil my record. One is my behavior with people and the other is my connection with God. I have to make sure that both are very good. For this I have to check myself. We have to communicate with souls and we also have to communicate with God. In an instant

keep going to the Father and coming back. Your relationships with souls will then become good. I don't have to comment on what others are doing. My task is to make the atmosphere good. We have to give others good company. Others should feel that I have something to give. How does someone person reach a top position? It takes time, it happens step by step gradually. We have to make sure we don't develop ego while we are climbing up. I have to become a good person, without ego so that when I reach the top people will continue to love and respect me.

Q. How can we free ourselves from asking the questions, 'why, how, who, what, when?'

Don't say 'how' say 'now'. When you say 'now' then all these 'w' questions finish. We need introversion, the power of concentration and realisation. Realise that you can leave the body at any moment so finish all these questions now. If you have the aim to bring all you hear into practice then it becomes possible.

Om Shanti

DADI JANKI – 16 SEPTEMBER 2013 – GYAN SAROVAR STILL POINT TURNING WORLD (RETREAT FOR HEALTH PROFESSIONALS) PM

When we say 'Om Shanti' we become peaceful and the intellect goes up above. When the intellect goes up above this physical world we become clear enough to realise what is right and what is wrong, what is truth what is falsehood, what I should be doing and what I shouldn't be doing, what is charity and what is sin. Secondly, in the state of 'Om Shanti' I become aware of what I should do and the fact that I should do it right now. There will be no need to think, everything will become clear. In body consciousness the soul asks how to do something but in the state of soul consciousness there is the awareness and the experience that God helps.

The realisation that I am soul residing in this body brings true happiness. This body is made of five elements and I the soul reside in this body. When we realise this then we can then start working on making the intellect still. Only when the soul enters the body (of a child) can the body grow. The body is made of five elements; there is the sky, air, fire, water and earth. If we don't have air inside, we cannot operate. The soul is imperishable while the body is perishable.

The soul has three faculties; mind, intellect and sanskaras. Many say they want peace of mind but the mind cannot become peaceful until the intellect understands and 'holds' the knowledge of the soul. Just as we say 'my eyes' so too, we say 'my mind'. I have a mind... When someone stays only in the awareness of the body there is ego of the body. The thoughts are then according to that; filled with ego. Moving into a state of soul consciousness answers the age old question 'Who am I'?

Whatever thoughts we have create a vibration and further... an atmosphere. What we talk about also affects the atmosphere. When people come here (to Madhuban) they feel the atmosphere

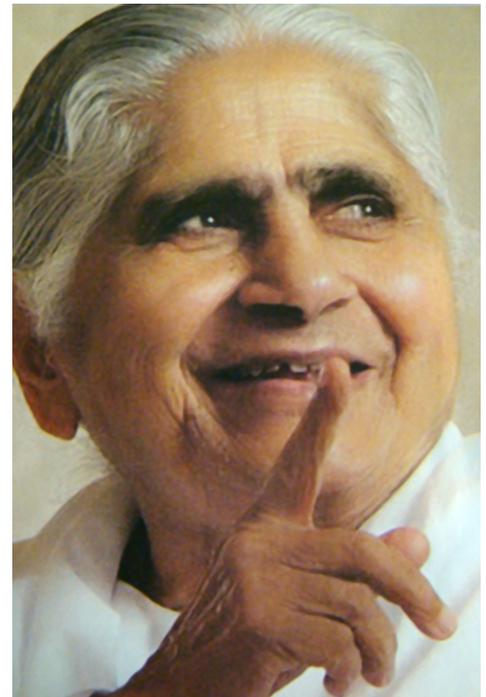
and through the atmosphere their hearts are touched. The soul is in the body but there is also the heart...

There are four types of thoughts: -

- 1) Positive Thoughts. Positive thoughts bring a great deal of power to the heart and the experience of true happiness. There is so much power in being positive.
- 2) Ordinary thoughts. These are thoughts based on body consciousness; I am this, I look like this. These thoughts are based on the ego of the body.
- 3) Wasteful Thoughts. Those thoughts, which are 'extra', that is they are not necessary. When we have waste thoughts we waste a great deal of energy.
- 4) Negative Thoughts. Those thoughts which are based on vices or subtle vices (such as jealousy). Nowadays people are caught up in the vices; they can't stay without them.

There is a vast difference between positive and negative thoughts. Dadi pays a great deal of attention to having clean and pure thoughts. For this, it is essential to keep the intellect clean. There is great benefit in this. The mind is the subtle organ that stumbles around and when I keep my intellect clean it has the power to order the mind to be peaceful. The intellect keeps the mind in order. Whatever may happen, Dadi keeps her feelings pure. There is a great deal of satisfaction in being able to maintain pure feelings no matter what happens on an external level. When we then sit to remember God, we can feel the cleanliness of our thoughts and meditation feels easy.

The mind has two main ailments; desire and attachment. There are three



levels of desire: the first is a craving – I must have this. The second is the deep feeling of wanting to have something. People ask God for what they want in their prayers – not usually for peace or love but for physical things. The third is the subtle hope of getting something...

Desire is the reason that people cannot experience peace. Where there is desire there will also be attachment. This is why we need to finish desires and attachment. When we finish them then the sense organs, the eyes, ears, mouth, nose, come under our control. When they are under our control the head becomes very cool. You will feel that you are wearing a crown of light with a garland around your neck and a tilak of victory on your forehead. It is faith that leads to victory. When there is faith the quality of thoughts becomes very good.

Through the mind and intellect, subtle sanskaras (character traits) are created. These can be both negative and positive. Through the intellect we realise and we can start to transform any negative character traits. You are starting to understand this but in order to change you need to keep good company and to practice on a personal level. There is no greater happiness than realising you are freeing yourself from negativity for all time.

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**Dadi Janki – 16 September 2013 – Gyan Sarovar
Still point turning world
(retreat for health professionals) PM**

Nowadays subtle vices such as laziness and jealousy are prevalent. Jealousy will never allow a soul to experience peace. It does its constant but subtle work on the soul. Through understanding we can free ourselves from these. If you free yourself from these you will become an example in front of many people.

To become an example pay attention to three things: -

- a) Keep the awareness 'I am a child' of God. I am a child of The Bestower of Fortune. Keep this awareness and you will have wonderful experiences. If you are honest and courageous God will help you at every step. It will be your one step and God's 1,000 steps. The Lord is pleased with an honest heart. When I do something good, God becomes my companion.
- b) I am a student. Dadi has been studying at this university for seventy seven years but always considers herself as a student; there is always much to learn. Every day there is something new to study. By studying well I can become God's good example and thus an example in front of the world. People find it very inspiring when they see a good example. They want to change and become like that themselves. This is how service has expanded throughout the world. To become an example in front of the world I don't need to follow what society is telling me but rather those spiritual teachings which can be found here. To get caught up in ego and trying to show oneself to have material success is a waste of time in this invaluable life. Use your time in a worthwhile way and you will be a true ruler.
- c) I am an instrument. I do my duty with responsibility yet without ego. In the awareness of being an instrument there is no question whether there will be success or not.

Another five useful things for life Dadi would like share with you are:-

- 1) **Purity.** When one pays attention to imbibing total purity in life then if even a little impurity remains inside it becomes obvious. That little impurity that remains does not allow the mind or body to become healthy.
- 2) **Truth.** Through purity one is able to realise what is truth and to imbibe truth in life. Truth brings strength; there is a great deal of power in truth. Through purity everything internal gets cleansed and truth does its work in life.
- 3) **Patience.** Nowadays people are becoming more and more impatient. Everything has to happen quickly or they lose patience. If you become impatient you cannot possibly have a peaceful mind, a still mind.

- 4) **Humility.** Humility is very useful in life. Humility allows us to stop trying to prove ourselves to be right. Humility says that whatever you say is right. I do not need to show myself to be right. Humility allows one to be like a tree laden with fruit that bends down so that other people can share its fruit. In silence I know that the truth will automatically reveal itself eventually.
- 5) **Sweetness.** Where there are the qualities of purity, truth patience and humility, sweetness is always present. The words of a soul who has these qualities will always be sweet. They will be filled with meaning and will touch others...

Om Shanti

DADI JANKI – 17 SEPT 2013 – GS STILL POINT TURNING WORLD

I have received a great deal of love and I can't remain without sharing that love. In India there are different words for love. Pyar is usually love between two people. Prem is the love felt in attraction to God. Sneh, the subtle link of love with God, allows one to spread the vibration of love out into the atmosphere.

How, why, what, when and who... these are the five words people keep using that are often unnecessary. What has happened? Why did it happen? Asking such questions is a waste of time. To get nervous, scared and confused are also types of internal illness. Dadi never feels scared. We have learned how to take strength from God. One who plays the part of a hero actor will never look at anyone and ask why they are doing something. I am a hero and I am like a diamond (hera). You have all studied a great deal and you have learned how to benefit others in your professional life.

We should now become full of all qualities – those who are full of everything, not just professional skills. When we care for others they feel a great deal of happiness. People cannot forget the care they are given when they are sick. The vibrations we create through meditation and good wishes reach others and help them to heal. So pay attention to your own inculcation and ask yourself: What do I have to do in my life now? The Almighty gives all powers so I don't really have to think; He gets everything done.

In fact, the first thing is not to think and the second is never to lose hope either with yourself or with others. To become disheartened is such a negative aspect. Keep the slogan 'courage from the child and help from the Father' and 'the Lord is always pleased with an honest heart' with you at all times. Dadi has found these two slogans very useful in her life. Don't allow yourself to become displeased and don't displease others because these things go into our negative account of karma. We want others

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DADI GULZAR - 8 SEPTEMBER 2013 - OM SHANTI BHAVAN AM I LIVING A YOGI LIFE?

We used to meet Avyakt BapDada in this hall (Om Shanti Bhavan). Today the early days of meeting sakar Baba in Pandav Bhavan came in my mind. Those days were so sweet and these days are also very sweet. Look at the philosophers of the world; none of them have the fortune you have. We have the great fortune that Baba has chosen you alone. There are so many people in the world but why did Baba choose you?

You searched for Him but He found you. He found you wherever you were in the world. Never forget this fortune of yours! You may be old in gyan but realise your fortune. Have you merged Baba in your heart? Is this firm in you? Now that He is merged in your heart where can He go? Baba has love for each child. It isn't that He has so many children so He can't love all. No, He loves all. You may be simple but you are not ordinary for Baba. Each child of Baba's is a great soul.

So seeing you, the words 'Wah, wah, the fortune of all of you' emerge from my heart. You may do routine work but whose work are you doing? Whose home are you in? How great the fortune is that you have! After shifting to Pandav Bhavan, service began in Bharat. So never forget 'Wah my Baba and wah my fortune!'

This is a big gathering. There will be situations, however we don't need to see them - we just need to keep seeing our fortune. See how comfortably you are living your life now!

Baba tells us to become yogis. This is the main aspect Baba is teaching us. Through yoga we experience super-sensuous joy. We experience this for 21 births. Those 21 births will be full of fortune! Do you play the song in your heart 'Wah, my fortune'? When the Supreme Soul belongs to us, what more is there to attain? When we talk about what belongs to us,

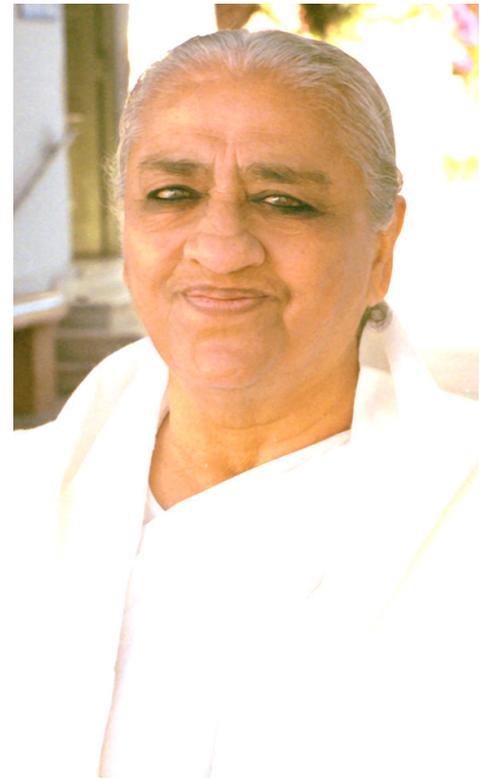
there is great intoxication. So Baba belongs to me! I wouldn't say that He belongs to you and not to me... no, He belongs to me!

While the people of the world are still searching for Him, He has become mine. Baba is not in the sakar form now but he definitely responds to the children. Do you experience this... or do you just keep thinking of what work you have to do and you carry on with that in a mundane way? Learn to maintain your intoxication. Understand and experience that you have been chosen by Baba. Baba loves me! Isn't it your fortune to be chosen by God Baba's vision has fallen on me. Now Baba wants each one of us to have a yogi life.

Ask yourself if you are leading a yogi life. Has my life become a yogi life? There needs to be great interest to stay in yoga. Baba has told us how to stay in yoga whilst performing actions. Do you have so much attention on yoga? If you didn't have anything to do, you would feel bored so it is fortune to remain active in service. However, it is now very important to pay attention to yoga.

See Brahma Baba; the moment Shiv Baba entered his chariot, his life of yoga started. He remained active but he kept remembering Baba. Whatever he was doing he remembered Baba. So check yourself; whatever work I am doing, am I remembering Baba or is my intellect wandering here and there?

Do you remain happy constantly now or are you sometimes happy? If your intellect goes here and there you will only be happy sometimes. If you remember Baba in all relationships you will stay free from everything else and you will remain happy. I have to stay in yoga with One. I am the child of the Supreme; never forget this. Baba has taught us everything.... There is now no need



to experience sorrow. If any paper comes don't ask questions about why and how it came. In order to pass an exam, one definitely has to take a paper. My duty is to pass. Keep Baba in your heart constantly and you will remain powerful.

If your heart is full the space is occupied and other people and situations cannot enter. So check carefully; is there anything else in my heart? If there is then you cannot have easy remembrance and this is the age in which Baba wants us to experience an easy yogi life.

Maya will try to enter your heart but we have understood this. Why should I forget Baba in the midst of the games maya play? So all of you are those who reside in Baba's heart and you have seated Baba in your hearts. Always keep Baba in your heart and no situations will be able to sit in your heart. If you sometimes want a companion it is because you forget that Baba wants to sit in your heart. Have a conversation with Baba throughout the day and you will experience how He is in your heart. It is time to sit with Him, to eat with Him, to talk with Him... He can give each one personally the experience of belonging to Him.

DADI JANKI – 15 SEPTEMBER 2013 – OM SHANTI BHAVAN WHERE THERE IS BABA THERE CAN BE NO ISSUES...

We greet everyone with 'Om Shanti' because it reminds us of our original religion of peace. We say 'Om Shanti' three times; firstly, who am I? Secondly, who do I belong to? The third 'Om Shanti' is to remind us of drama. On one side is Baba and on the other is drama. We don't just let everything happen according to drama. We do what Baba says and we create that which is good. When I keep saying 'Ha Ji' to the Father, Baba remains present in front of us.

Baba gave directions for world meditation hour many years ago and since then Dadi has never missed world meditation hour. Can we experience peace when we come into sound? The power of peace gets accumulated so much in Pandav Bhavan. You all live in harmony and do service together! Each one of us has our own wonderful parts!

Nowadays many souls have a lot in their minds and they don't know who to share it with... Now, remember that where there is Baba there can be no issues. When you keep an issue inside, Baba cannot stay. When Baba is inside your heart then issue cannot stay. We are studying Raj yoga but if we change the j to a z then it is full of secrets (raz). Those who know all secrets can never be upset.

There is Shrimat and there are rules. There are also codes of conduct (Marayadas). Check whether you are following all of these in your practical life. Today Baba spoke of karma philosophy. If you are slack or lazy in following the rules there will definitely be a negative effect. If you want to create a good fortune, you will definitely have to pay attention to your actions. We have come with our fortune awakened but by paying attention to doing what Baba says now we create more fortune. It is unlimited. No matter what the body is like, we have to remain aware of what we have to do and just do it.

There are four subjects and we need to pay attention to all of them. Baba tells us everything very clearly. We are not alone; we are with Baba. We came alone but Baba has come to take us back with Him. He is with us at every step.

'When one has good thoughts they act as a medicine. Your mind and body will always be strong when you create pure thoughts'

You will also be able to give and receive good wishes and blessings. Don't allow yourself to become weak through waste. If you keep creating weak thoughts you won't be able to accept what Baba says or to change. You will give many excuses. If you have waste thoughts they will come so fast that you won't be able to stop them. So consider your own self as powerful and you will become powerful! Now just do what Baba says and you will become free. Dadi is folding her hands in front of you and asking you to do this today.

We have to now create such good sanskaras that we don't experience any punishment from Dharamraj at the end. Baba has told us that there will be so much transformation in us that those who come in front of us at the end will have special experiences. Every aspect here is subtle... Let there be only subtle vibrations of peace between each other. I need to have mercy on myself and then I can have good wishes and pure thoughts for others. I will then receive only good wishes. Mercy is the foundation of religion.

I need to have compassion... Baba has shown us a great deal of mercy. He has compassion for us and thus shows us how to live a life of happiness. There is no need to try and prove myself; I just have to remain peaceful. I have to continue to smile and give others good vibrations. If I don't have compassion for myself, how can I progress? One very important aspect of this is to have good amrit vela every day...

Today take the multi vitamin injection of a... atma, b... Baba, c... I am a child of God, d... drama and e... I am eternal and the drama is eternal.

Now remember, we belong to One and we are one family. We have to keep others ahead – this is the method to progress. These are all easy aspects so don't make things complicated.

Om Shanti

***Continued from page 8: Dadi Janki – 17 SEPT 2013 – GS
Still point turning world***

to receive strength from their charitable actions so we have to remain positive and inspire others for positivity.

God is our friend and He is also a surgeon. In a second He can understand the soul and He gives help accordingly. My task is to maintain courage. When one places the self in front of God all thoughts finish; there is nothing to say. So now give co-operation to your own self and through that you will automatically give co-operation to all others.

Om Shanti

DADI JANKI - 7 AUGUST 2013 - EVENING: Q&A - GCH LONDON

MY ACTIONS MUST BE ACCORDING TO BHAVNA AND TRUTH

Q. If we do every action in soul consciousness is every action equal whether it is mopping the floor or giving a lecture?

A sensible child of Baba, whether they are moving, sitting or physically doing something never forgets who they belong to. A soul conscious stage is created when we keep in our awareness 'who I am' and 'who I belong to'. This awareness brings a lot of happiness. Whatever the task, see if your actions are according to gyan and yoga. Am I doing every action with understanding? It's God's task, its God's home and I am God's child.

Q. Some people think they wish to be at the front and give a lecture not just at the back?

Never do actions just for show. The Kauravs want position and money. The Pandavs are loved by God and don't chase these. The work they do is always successful. Their natural nature is beyond desire for name, position and money.

When there is introversion there is constant happiness. The eyes, ears and mouth can all become introverted. Then we develop rulership over the self and senses. Our sanskars are becoming ones of a ruler. God has chosen us and I feel so intoxicated to see how Baba has found his children, especially in the foreign lands.

Q. Sometimes we have a sanskar that just doesn't change and we know it isn't right and so tension develops within - why doesn't it transform?

Don't make hard work of it. But see how the sanskar causes harm and see the new sanskar you wish to develop, then it will happen in a day. Recognise the self and time and that Baba is with you. If I haven't recognised my true self then the old nature will hang on and I don't

have the aim of letting go of it. Then I move along according to the old nature of likes and dislikes. This is the state of the world. We are part of the new foundation, knowing that this world is decaying and has lost both strength and power. If the eyes are attracted to this old world then this is harmful.

I think to myself that things are neither good nor bad but hold the nature of not being drawn. Knowing this world is finishing and has nothing left in it; we prepare and become ready for the new world. The method of effort is simply One Baba and a determined thought. Whoever I am, I belong to Him and this should be visible on my face, in my actions and in my relationships. Does everyone accept this! Or will you still make hard work of it. Put your hand on your heart and console and comfort yourself that you will make the right kind of effort?

Q. Do you have any challenging situations?

Is it God's blessings or the mercy I have had on myself! For I don't remember any difficult situation coming to me or how I may have crossed that situation. Nothing is too big. From the beginning, I stayed in the thoughts and churnings of what Baba said. Some people would even come to kill Baba yet he remained unshakeable and immovable. Nothing can be too big.

Dadi knows that there will be tests and they come in order to help us move forward. We make things big ourselves and then that becomes a test for us. I have not studied much at school but I have seen when there are exams, the pupils receive a paper and the teacher becomes a detached observer. Some know what to write and others don't know what to do at all. This is because the day was lost in eating and the night in sleeping.

Would someone become a Raja Yogi if one does not study? When someone comes to our house they should see that we live in simplicity. Change oneself to be completely simple. Be simple and make effort easily. Then those who live with you will become like that too.

Q. Did you ever have a sanskar you felt you had to overcome with some effort?

Even before coming into knowledge I had seen Baba and I really liked him because he was very simple and sweet. Baba's vision was so equal and feeling Baba's love the attachment to my lokik family finished. After a year my happiness reduced a little and I asked Baba. He said that child you have left your attachment to them but they have not left their attachment to you. With these powerful words their attachment ended. If they remembered me it would only be to realise and appreciated how far I had moved forward.

I have spiritual love for everyone. Understand one another and help each other move forward. When Dadi meets people she smiles and inspires each one to move forward. The soul is in the body just think of oneself as the soul, a child of God. What is the spiritual connection with each one? Understand each one is playing their part and be detached from the relationships of the body.

Go into the depth of this subtle Godly love and then others will experience spiritual love through you. Without this love we can become dry, even with the self. Keep interest to bring change internally through Baba's remembrance. Baba, with his Godly love, wants to make us complete and perfect beyond the physical and to stabilise us in the angelic and incorporeal stage. He gives us sakaash to be able to achieve this.

Continued on page 12

Dadi Janki :

7 August 2013 - Evening: Q&A - GCH London

My actions must be according to bhavna and truth

Q. Can you explain exactly how sakaash works?

When we would go to Madhuban, Baba would say we have come to be refreshed and have the batteries charged, to fill the clouds and then go and rain. From the sun we receive rays. When we go into the depth of the ocean we would find jewels. God's sakaash is enabling me to move along and many are experiencing this too. The sun is serving 24/7. It is unlimited. Make sure your intellect is not wandering but is pulled to Baba and the vibrations we receive others will also feel. Think about Pandav Bhavan, Madhuban and you will experience Baba's sakaash. There has to be deep love and interest to draw Baba's sakaash. What do you feel in Dadi's room? It is subtle love. Subtle love helps us to do very good service. Baba says be master oceans of knowledge. When we become master suns of knowledge, Baba can supply this love to others using me as an instrument. Baba says: Child, be Baba's helper. And I think to myself: I can be Baba's helper! It is my pure bhavna that everyone receives what I have received and places of service have opened with this pure feeling. I am requesting all of you to not get immersed in your own weakness but with pure feelings free yourself from this weakness.

Q. Is it that our weaknesses will come out due to your pure feelings or will we have to make effort ourselves?

God is establishing a Godly kingdom. Let there be so much elevated feeling in our bhavna. Dadi feels as if Baba is making her say something. Make God your companion in this way. Whilst living in the world, be detached from it so that you are not touched by it.

Q. What is the difference between karma and drama? When would you say something is karma or it is drama?

Has everyone understood the question? Has something happened because of drama or karma? Baba says that when we have remembrance our sins are incinerated. If we do not do this then it is karma, according to the drama. It is our part to remember Baba so powerfully that any account of karma will be cleared and there won't be any more suffering. Baba has given us knowledge of the drama and told us to use our time in a worthwhile way and not to think too much.

Q. When we have an influence over something then is it our karma but when it is not in our control is that then drama?

I must have a lot of attention and my actions must be according to bhavna and truth. If someone doesn't

catch this and someone sees it in the wrong way I would still continue to maintain good bhavna so someone else's sorrow does not cause me sorrow. Dadi will not let go of the feeling that the other person should not experience any sorrow. If not today then sometime in the future knowledge will be useful, so keep giving it. This knowledge is simple and, whatever happens, we say: OK, it is drama.

Baba is our Protector as well as Teacher, so take great benefit from this. Dadi has bhavna for the effort we could all make! Dadi had the thought yesterday to have this Q&A and this bhavna is fulfilled. Faith and bhavna have enabled Dadi and the yagya to move along. I see whatever is destined will happen in a good way... God is inspiring it to happen in the best way. If we don't do anything, it means I am not creating my fortune. Baba is Karankaravanhar and enabling it all to happen. It is fortune to be present here today. These are things of the heart and mind and a stamp is imprinted on the soul for good when we listen.

Om Shanti.

DADI JANKI – 28 AUGUST 2013 – SHANTIVAN BABA SHOWS US HOW TO MAKE OUR MINDS BEAUTIFUL...

One who doesn't worry about anything is a carefree emperor. In the golden age we will have no work and no worries. Here we have the evening gathering but what will we do at 7pm there? We will dance and enjoy ourselves. There will beautiful coloured clothes, jewels, palaces, gardens... everyone will be together, meeting each other.

Baba had told us not try to annul or suppress the mind but rather to make the mind beautiful... This is the easy method. We don't want tie the mind. We want to make it naturally beautiful and pure. In devotion, we used to ask for a pure mind. There is so much darkness today. The task of Baba's children is to both remove the darkness and give sight to those who are blind. If one is blind yet there is light, it is of no use. If one has eyes but there is darkness, again it is of no use. One is to bring light into darkness and the other is to give sight to those who are blind. This is the service to be done now.

Before hearing gyan we did not even know what body consciousness was. Brahma Baba said that in the beginning he did not understand what the full knowledge consisted of. Watching Baba speak the Murli, it would be visible when He was relating something new. We would then go beyond seeing his body; the body would become invisible. When Baba used to chant 'om' we would become quiet. There would be so much peace in the atmosphere.

We have now received understanding. Baba is the Ocean of Peace, the Ocean of Love, the Ocean of Knowledge. Baba taught me how to speak. Let it become natural for me to assimilate what Baba says and to adopt my original form and then to relate to others. This knowledge is so good and sweet. To give water to someone who is thirsty is a great act of charity.

Times are getting worse; ask yourself now 'What do I have to do'? See every person and watch every scene as a detached observer. Don't waste your time looking at others. Baba tells us to recognise the time and the self. There is no need to get confused or keep asking what you have to do. Baba tells us what we need to do in each Murli.

Have the determined thought to drink nectar (to listen) and give it to others to drink (to relate). There is no other work. Knowledge is nectar, knowledge is also jewels. There is a lot of income to be accumulated. We are sitting in a gathering of swans. Swans pick up good things and do not see anything else. Let your intellect develop the power to discern. A drop can be made into a pearl.

According to how good you make your confluence aged life you will experience happiness during the entire cycle. You will not become so impure even in your last birth. Some have not had to make effort to eat pure food. As is the food so is the mind. We are all influenced by the quality of the company we keep. By realizing the value of the confluence age, our lives have become worthwhile. To remember that one is on a pilgrimage is helpful in practical life.

Pilgrims don't carry burdens and they don't give burdens to other pilgrims to carry. Pilgrims don't wait for others or remember their friends and relatives. Who is taking us on this pilgrimage? The Pandavas show the path. Each one should check themselves, who am I? Become such that others seeing you also want to join the pilgrimage. One who goes on a pilgrimage does not keep looking behind.

Sometimes when I cannot sleep, I say 'My Baba'. I stay with Baba in the subtle region. He makes us ones with the third eye and those who see the three aspects of time. Those who keep spinning the cycle of self realization can live like lotus flower. When one keeps the light of knowledge inside, waste thoughts cannot come close. Spread beautiful vibrations.

This is the direction of Dadij, to do service through the mind. During Sangamyug, Baba creates many methods to make us moiré aware, attentive and to help us move forward. Now use Baba's knowledge and yoga power to take benefit yourself and to benefit others and you will feel that you are living a life that is not only as valuable as a diamond but that is also highly entertaining.

DADI JANKI – 3RD APRIL 2013 – SHANTIVAN I HAVE BEEN OFFERED A WORRY FREE, FEAR FREE LIFE...

The time of the Confluence Age is very valuable. We should not waste even a second of it. Sit in silence for a minute and think about this. Some people ask how I get so much energy. It is because until now in my life, I have never wasted my time, money or energy. Our lives should be filled with virtues and values. We have received the eight powers from the Almighty Authority as a gift. I have to bring the 12 virtues and the 8 powers into my life in a practical way.

Beware, because this is not the time to come under the influence of human beings. I have to remain on the path of Shrimat as given by God. Of what benefit is it to me or another if I let my remembrance 'hang' with them? I have to take care of my own self. Be careful; do not come under the influence of another's sanskaras. Don't forget Baba also has the rule of Dharamraj, so I should not commit any mistakes. My task now, in these last moments of the Confluence is to finish all my old accounts.

There is great benefit in doing the things Baba says and in performing elevated actions. I receive power when I perform elevated actions. In fact, in order to perform those elevated actions, one does need power but then one also receives power by performing them. The three essential qualities in life are peace, patience and love. The mind definitely needs patience. If there is no patience, the soul needs to prove itself. Patience makes a soul sweet. Patience enables us to remain peaceful. This is Dadi's experience.

Ask yourself honestly; does my mind keep going here and there? It doesn't need to go here and there now because it has received its destination. Our first destination is the supreme abode, while the second is heaven. Heaven is our physical world – the supreme abode is our incorporeal world. In this corporeal world, at this time, we are instruments in this body. We used to see Brahma Baba in the sakar form, appearing to be avyakt. We also have to now become like this. This is the call of the time. No situations or people should affect me now. It is up to me to apply this...

So now each one of us should check: Is the yoga of my intellect stuck anywhere? Is my intellect 'hanging' in anyone's remembrance? We have been offered a worry free, fear free world to live in. I have the chance to live in that world as a carefree emperor. Why would I not choose to live in that world? If you choose to live in the world Baba offers, with Him as your companion, then you will be in the worry free, fear free world. All I have to do actually is to keep the company of Baba and keep experiencing his sweetness. In this way you will keep swinging in the swing of supersensuous joy...

DADI JANKI – 25 SEPTEMBER 2013 - SHANTIVAN OF WHAT QUALITY ARE MY THOUGHTS?

The first lesson Baba teaches is 'I am a soul and my original religion is peace'. If one stays in the consciousness of the body one cannot stay in one's original religion of peace. It is by staying in one's original religion of peace that one can experience and accumulate power. How does the soul receive power from Baba? When the soul is peaceful, Baba can fill the soul with power.

We have learned that our original religion is peace. Baba is telling us that in order to experience that original state of the soul we have to forget the body and bodily relations and remember Him alone. The Supreme Soul is one. Souls are many. All are the family of one God. Some follow Baba's Shrimat. Others are co-operative but may not follow everything. Others are in connection whilst others still have no recognition of the Father. Now we have to do service of all four types of souls.

Every day we hear news of calamities. However, we can't do anything about that. What I can do is to recognise what I have to do right now. We have the recognition of time and so we have to value time. We have to now take full benefit of the time by having fewer thoughts, yet good quality thoughts. Baba has told us to do service through our thoughts, words and actions. Doing service through the mind means to do service with pure feelings. It means to have spiritual, loving feelings whilst doing actions and whilst coming into relationship with others. Another level of service is to do service with subtle desires. So I have to check to what state my mind is in; what quality my thoughts are. Baba has made us understand and thus He can give us teachings. He tells us to maintain good company. He teaches us with a great deal of love.

No one can say that they don't have time to read the Murli. I once ask Baba the method to uplift the self. Baba told me to read the Murli 10 times a day. Dadi keeps the Murli near here and often picks it up to look at the points. Through knowledge we get connected to the Father and can have yoga. If we don't have knowledge, how can I connect the yoga of my intellect to the Father? If I don't pay attention to yoga how can I burn my sins?

For some time everyone was speaking of volcanic yoga. Now we don't hear this expression! What is volcanic yoga? When a volcano erupts, it can be seen from a distance. When we have volcanic yoga we are easily able to destroy our sins. But this can only happen when there is an interest in sitting and meditating. If not now then when? We have to do what we get the thought to do right now. Many BK's do pay attention to themselves but often don't carry out what they have the inspiration to do. Don't now make excuses or give reasons. Baba has given us the foundation and told us clearly what we have to do. I have to now do it without making excuses.

We now have to make such effort for yoga that souls who are sitting far away receive the vibrations. This will only happen when I remove desires from my mind and become altruistic. Some become well known and then become slack in their spiritual effort. Having name and fame can be a very big maya. This name and fame issue only occurs after coming onto the path of knowledge. If you don't make spiritual effort now you will get left behind. Don't think that you will be able to do it in the future.

Do you still waste time in petty things; thinking that this one is doing this, that one is doing that? This shouldn't have been done, that should have been done. Your feelings will be visible on your face if you continue to get caught up in pettiness. Think about bhavna... with great love Shiv Baba entered the body of Brahma and created the Yagya. The Yagya has now become huge so take your chance and do as much service as you want through your body, mind and wealth. Do everything with the highest feelings. Don't leave anything that you have the thought to do undone. Create an angelic stage and do unlimited service as Father Brahma is doing. At amrit vela I am Baba's baby, His companion. In the evening I am an angel. At amrit vela Baba is in the form of Baba... after that He becomes the Teacher. It is my task then to churn knowledge the whole day. The points that touch my heart will automatically allow me to serve. If you allow your mind to wander there will be a lack of power in your service.

Om Shanti

DADI JANKI - 29 AUGUST 2013 - SHANTIVAN PAY FULL ATTENTION TO THE STUDY AND YOU WILL NEVER FEEL BORED

When we don't remember Baba in the morning the whole day feels dry. Does everyone listen to the Murli in the morning? Some say they have their own plans and they want to read the Murli whenever they wish. I suggest that everyone listen to the Murli before getting involved in other activity. This works very well – there is more effect on the soul. To listen to the Murli in the morning and the evening is very good.

Baba has told us many times to be ever ready as anything can happen at any time. Remember 10 points of gyan and you will automatically increase your effort 100 fold. Let remembering and churning on points be your natural nature. Let go of tension and just pay attention. Attention allows us to accumulate a huge income. When there is full attention it is impossible to be bored. When there is tension the soul becomes tired and heavy. Maintain attention when you face situations that come up again and again. Keep the awareness that Baba is in the form of Father, Teacher and Satguru and that you are sitting in front of Him.

The power of the Almighty Authority works so much. Baba says when you consider yourself to be a soul you

can have a direct relationship with the Father. Relationship with the one Father and service both go together. I have such intoxication of Baba being my friend. He tells us the work we need to do. He is also my Beloved and my Companion When there is even a trace of body consciousness we are unable to forge all the relationships with the Father.

We call ourselves Brahma Kumars and Kumaris so then how should our awareness and activity be? I never use the term Brahma Kumaris World Spiritual University. It is the Godly University. Baba had the inspiration to use the term 'university'. Does everyone have the intoxication of being Brahma Kumars and Kumaris and belonging to, as well as being regular students at this Godly University?

'Sometimes Dadi Gulzar tells us to consider the self to be combined and never alone'

We become fearless and free from animosity whilst experiencing the combined form. There is so much benefit in this. When there are vices within then we cannot be fearless. To become free from animosity with no hateful feelings for anyone is to be free. No-one is bad. Those who are bad become good and become examples in front of many.

Things happen suddenly. When we get news of a soul's departure we need to place great faith in drama. When you create a constant good stage Baba will remain combined with you but if you are busy in making then breaking this stage what can Baba do? Don't forget the aspect of Dharamraj. Baba loves and gives us so much power in the form of Father, Teacher and Satguru but also He pulls our ears and tells us to remember Dharamraj too.

I used to listen to Baba directly and became full of teachings and directions. Once I came from Bombay and told Baba I didn't want to go anywhere, I just wanted to stay in Madhuban and do tapasya because I don't want to come in front of Dharamraj. Baba told me to keep Dharamraj with me. Ordinarity also brings one down so don't waste time ordinarily. Do what you can practically; this is Dadi's feeling.

Now remove all self-doubt, be faithful and keep a loving connection of your intellect with the Father. There is so much benefit in this. It doesn't suit a BK to have a tired face. We have to remain accurate and ever ready. We need to value time.

'If not today then tomorrow the clouds will disperse' is a song I love. There are 12 Baba's songs. By listening to them we experience great intoxication.

DADI JANKI, 31 MARCH 2013, GYAN SAROVAR TRANSFORMATION HAPPENS EASILY WHEN ONE IS INTOXICATED

Why does heaviness arise in the soul? When Baba is in my heart nothing is a big deal. If anything is not useful to you then don't remember it at all. If you remember any situation then you can't also remember Baba. These days, to the extent that Baba is loving, that much He is also detached. He explains to us and then steps back and is totally detached. I need to make Baba my companion and also be the detached observer. Then my intellect will work well and I will be able to play my part well.

People sing songs of praise of God and they will also sing songs of the praise of our experiences. Baba transforms us from worshippers into those who are worthy of worship. This is a point of intoxication. As faith develops in the intellect that faith leads the soul to victory. Just one powerful thought can make something happen. If I create a powerful thought for it to happen then I will create my fortune. Never think that something won't happen; anything and everything is possible. Of course, everything happens according to the drama... but that which has to happen will happen. My task is to create the thought but also to be detached from it.

Baba says such things that penetrate inside our hearts. He speaks such things that enable us to transform. Before many had no hope in themselves but they have now created a very high stage. If you grind your own ingredients your intoxication will rise. As soon as there is intoxication transformation begins. Baba used to tell us that all intoxications (drinking, clothes, hairstyles, shoes etc.) lead to downfall except the intoxication of becoming Narayan. We have to become very simple on all levels. To the extent we become simple, that much we will become samples. Be aware of this; I see many who have different shoes for every occasion. This cannot be called being simple!

Do service and you will receive blessings. It is that simple. We are just instruments to do service. None of my actions should be such that anyone could mention that those who are instruments are doing like this... Neither should I think of or point out the mistakes of any instrument. I should not perform any actions which would cause me to repent. I should accumulate a huge income. Neither should others complain about me, nor should I complain about others. I should not feel upset that anyone is complaining about me. No, I have to learn from that... I have to be more soul conscious and use it for my benefit. However, if I complain or get upset about others then it is my mistake. Baba used to tell us not to comment on what others are doing. He told us that it is nothing to do with us. My internal stage should give

inspiration to others. I need to pay attention to creating my own internal stage.

The type of love we have to develop with each other is a very spiritual love, divine love... the type of love one experiences through drishti. Take that type of love from Baba and give it to others. I have to create my final stage right now. Don't think it will happen by the end. I need to have this concern.

We pay attention to traffic control now. We have to pay attention to having accurate yoga. Those who follow Baba's system and thus experience benefit themselves can inspire others to follow and thus get benefit. In silence souls get captivated. They can be receptive to Baba's vibration.

At amrit vela the time pulls us. Dadiji used to tell us to make sure to go to Baba's room at amrit vela. To follow the disciplines accurately is important for our own safety.

If you pay attention to your timetable then you will find extra time for remembering Baba. Baba gives me might and makes me light. I don't need to point my finger at anyone. If you point a finger at anyone then so many of your own fingers point back at you. I have to do what I know to be right and I have to do it now.

So pay attention not to miss amrit vela, traffic control, evening meditation and goodnight meditation. That is, don't miss out on making any type of effort. Pay attention not to miss out on what is available to you right now. This is Dadi's bhavna for all of you.

Om Shanti

DADI JANKI – 24 SEPTEMBER 2013 - SHANTIVAN DO I REMAIN LIGHT?

What is the effort we need to make according to the time? It is to become a detached observer and to make Baba one's companion. There is a guarantee that Baba will stay as my companion and will give a great deal of power in that relationship. He has made us belong to Him and thus He is bound to stay as our companion.

Pay attention to keeping your intellect satoguni. One who has a satoguni intellect automatically imbibes good things. According to drama, whatever part one has emerges automatically. My task is to remain aware of what Baba has given me. Everything will then seem easy; nothing will be difficult. You will start to realise how everything really happens for the best. I have to just remain quiet remember Baba and do everything peacefully. There is now need to think and no need to speak... I don't have to create intoxication inside myself by speaking a lot. Baba has given us the fortune of doing service but if you think too much whilst being involved in service then you may go into loss.

We are listening to the true story of becoming Narayan. It is the story of immortality. Shiv Baba has spoken everything through the mouth of Brahma. Why? In order to create my life. So keep Baba in your thoughts. When Baba is in your thoughts you won't have the feeling of needing anything else. He is my Baba. Say this! He is sweet. He is beloved. Say 'thanks' to Baba! Whatever we had asked for previously has been given to us. Whatever attainments I receive now will be effective for 84 births.

Do you have the intoxication of being trikaldarshi? One can only become trikaldarshi when one has the knowledge of the three worlds. Baba once spoke a whole Murlī on the three worlds. Now we have to go back to the incorporeal world; the original abode of all souls. Baba has created a region where service is done through the advanced party. When we sit in front of Baba and experience the subtle region, we can see ourselves in a completely different way... When we are emerged in front of Baba we are not in this body costume. The incorporeal world is very close to the subtle world so it is easy to slip between remembrance of the two. This is very enjoyable entertainment. Have you learned to enjoy yourself in this way? To feel good is one thing, to enjoy is another.

We are all just instruments. No matter how much responsibility you may think you have, it is Baba who is actually responsible. He gets everything done through me. This is Dadi's awareness and this is why she never becomes heavy. Never allow yourself to become heavy. The Master is making me move. My task is just to follow the orders Baba gives. Check where you have reached in this. Light means no worry, no burden. If you don't remain light now then the old burdens will not be finished and new ones will be created. They will accumulate... So have mercy on yourself. Baba is merciful but I also need to have the mercy on myself to do what He says. If Baba were not merciful would He come into this world for us? Would He show us how to become pure? To make a human being pure is a great thing. Don't hide anything now. Baba doesn't need anything from you but don't hide anything from Him. He will then show you how to move forward. Baba has so much concern for us. He has a great deal of love and He wants to help us. The soul, whilst in this body, has to become equal to the Father. This is Baba's work. I don't just have to just say 'thanks' to Baba but I have to become the master of the five elements and conquer the five vices. Then I can realise myself.

In the outside world there are only quarrels and fights. Natural calamities are also doing their work but they are waiting for us. Now is a very valuable time. God has come to uplift us. I have to become free from all bondages now. Baba will tie me then in the bondage of His love. Then neither can He be separated from me, nor can I be separated from Him. The times of amrit vela and evening yoga are very good. We should never miss them. It is necessary to do meditation at these times.

Om Shanti

DADI JANKI – 27 AUGUST 2013 – SHANTIVAN SEE THE SELF IN THE MIRROR OF BABA'S HEART

Baba tells us that knowledge needs to be inculcated in the intellect rather than the sanskaras because the intellect becomes pure by inculcating true knowledge. When the intellect inculcates knowledge and becomes pure, the mind becomes peaceful. The sense organs then come into order naturally rather than being forced into order under pressure. The intellect has to understand the mind. The intellect has to understand the desires of the mind and help the mind become free from desires. The intellect should be peaceful, happy and maintain determination. Many wasteful thoughts will do their best to come but my intellect should remain determined and powerful. The intellect only works accurately when there are determined thoughts and when it remains peaceful and calm. It is the work of the mind and intellect to change the sanskaras. Sanskaras don't automatically change by themselves.

When there is faith there is victory. Purity is essential. There should be no type of corruption within. It is important to realise the self as good. Some feel that no one tells them that they are good. If you tell a child he or she is very good then they become happy. If you tell someone that they are doing good service then the service becomes very good. It is important to know the way to win hearts and make people happy and co-operative... They then do service and create their fortune. When one gets involved in service then whatever seemed difficult in life is forgotten.

What work do we do in the morning? We clean our mirrors. If you clean your own mirror you will be able to see yourself clearly. If you don't clean your mirror then you will remember people and situations and you will not be able to remember Baba. I have to clean my own self in the mirror of Baba. Baba's mirror reveals our weaknesses but also removes them. If you say 'Baba' then Baba will immediately start removing your weaknesses. My very life should become a mirror... I have to look at my face in the mirror of Baba's heart. Nothing is difficult for us; we are the children of the Purifier.

We are receiving so many teachings but we have to bring them into our practical lives. My character and life should be such that they serve as an example to others. If I can't do anything else, I should at least become an example. Dadiji was an instrument. She felt that Baba was doing everything. She never said that she did anything. No, Baba does everything.

Now, use the medicine of good wishes. If you have good wishes then not only will they serve others but they will act as a medicine on your own mind and body. To cook and serve food with love is a great service. The body has a deep connection with the mind; therefore, well wishes

are a medicine. Don't think of how anyone is, have good wishes for all. Practice this! People have their own view of what is right and act accordingly. My task is not to judge them but to maintain good wishes and pure feelings. Then, everything that has to happen will be good. God has His plan and He gets His plan brought into practical through His children. My task to maintain patience, peace, love, honesty and cleanliness. Now, look into the mirror every morning and bring about instant transformation. Don't think that transformation of the self has to take time; it can take place instantly!

Om Shanti

DADI JANKI – 2 APRIL 2013 – SHANTIVAN BURN ALL THAT'S OLD TO ASHES WITH YOGA POWER

It is now the last moments of the Iron Age and the Golden Age is about to come. We are in between, at the Confluence. We appreciate this wonderful Confluence Age, because it allows the souls who were stumbling through the intellect to meet the Father. The intellect has been connected with the One Father and the mind has found peace. We have bought maya under control with the power of yoga and we have removed the root of negative dictates. However, if you don't have good yoga then maya can attack at any time. We have to burn everything negative with the power of yoga in such a way that it becomes ash... Having burned something, would one then want to pick up the ash again and carry it around with oneself? In fact, God has made us die alive. We have died to all that is old and have taken a new birth here at the Confluence.

At the Confluence Age we have the unique opportunity of listening to God directly and the chance to follow His instructions. We also have the chance of following Brahma Baba, His number one child. Why then would I choose to do what I have been doing for so many births; listening to other people, seeing what they are doing and following their dictates? We have to rehearse flying away in a second now. Who can teach us this except for Baba?

Neither should I now become upset nor should I be absent. I have to keep my intellect 'set'. My task is to remain aware of who I am, who I belong to and what I have to do now. Go deep inside – become introverted. You will then be always happy. It is very easy to move into extroversion through the sense organs and the body. I have to learn to keep my lips closed... Remember... by remaining in the state of introversion you can easily stop seeing that which is negative, listening to negativity and speaking of negative aspects. When we understand the meaning and significance of each aspect of what Baba speaks then we can remain content. Be aware because you may feel that you have finished the gross vices of lust and anger but attachment and greed can deceive the soul... We have to now use the power of yoga to burn these to ashes.

Om Shanti

Dadi Janki – 23 September 2013 (pm) - Shantivan Am I moving on the basis of God's power?



In Sunday's Murli Baba spoke about three stages; being a bestower of blessings, being a great donor and being a donor. Have you checked which of these stages you are in? The face of one who is a bestower of blessings would definitely be different from the face of someone who is simply a donor. Who am I? When I know who is mine, I would know who I am. When one knows the self, all attractions disappear. I have to now be beyond all desires. There shouldn't now be anything ordinary inside me. Now pay attention to keeping yourself happy. Wherever you stay, you have received a great fortune from Baba. Each one now has to take the benefit of that fortune. I have received the fortune of having the chance to earn an income at the confluence age.

Did you revise Sunday's Murli? To revise means to repeat. When we revise then we realise. In the beginning Baba had visions – there was light everywhere. Since then many have had visions whilst sitting at home. In fact, when we keep looking at Baba the third eye opens. Baba has given us the knowledge of the three worlds and the three aspects of time. This knowledge completely changed the way we look at and think about things. The intellects of the ones who have seen sakar Baba are unique. They don't see three things in the same way as others. In fact, Baba is there to help us at every step in this life but it is my task to maintain a faithful intellect. I simply have to follow in the footsteps of Father Brahma.

Now is not the time to think a lot. Baba has given us the treasure of time, knowledge, virtues, power, so don't waste your time in thinking a lot. Do you keep looking at your treasures during the day? Check how much you are using those treasures. The more you revise Baba's words, the more you will receive power. Dadi is working on the basis of spiritual power. I am not asking for power, I am receiving it and I am working with Baba's power. We are the Shiv Shakti Pandav Army of God, why should we need to beg for anything? We need to realise that it is our right to claim everything from Baba. One who has to keep asking would be considered poor and unfortunate; we are the fortunate ones with all rights.

Do you move along with tact? One who moves along tactfully will also speak tactfully. They may not be totally yog

yukt or yukti yukt but they will be tactful. They may not speak everything openly but they will be tactful. It is important to be move along carefully in life. It is necessary to remain in a soul conscious stage in order to remain tactful. I have to remain tactful but not become cunning. We know that everything that happens for the best and nothing is a big issue. I don't have to exaggerate any issue. I don't have to go too deep into anything... I have to follow Baba.

If you get upset it means you have not gone into the depths and understood the secrets of knowledge. Because some souls repeatedly get upset, they will feel they want to run away from here. What do we need to do when someone is upset? Should I go into the depths of what made them upset and get affected myself? No, I have to see their specialities and remain in my own spiritual stage. Remember: I have to become complete myself. One who is good at finding solutions will not delve deep into the problem but rather will focus on solutions. By not focusing on the problem they can easily and automatically find a solution. What is the use of asking how and why? Baba has given us such deep knowledge; to ask how, why, who, what, when etc. is to take the intellect into a gross form from a subtle form. If you really want to use your time in a worthwhile way then go into the depths of Baba's words and then share them with others. If you don't keep knowledge in your intellect then how can you keep your mind kind and clear. We know that we have to keep our yoga of the intellect with Baba but repeatedly let it wander here and there. If you want to benefit yourself then pay attention to connecting your yoga of the intellect with Baba.

What is the difference between wasteful and powerful thoughts? Wasteful thoughts make us lose power. Unwanted thoughts are those which are not necessary. Powerful thoughts hold power. I now have to pay attention on not wasting energy through my thoughts, my words and my actions. Baba is telling us to see what the time is telling us...



Om Shanti