

The Soul Flies

Timely Bhog Messages Through Mohini Didi

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Forward

This book will be an immense comfort to the BK family, who in less than a year had to accept two of our most precious Dadis becoming *avyakt*. Dadi Janki, beloved for her ability to guide and inspire, was active through her 103rd year. She became *avyakt* on March 27, 2020, at the age of 104. Many had predicted that when Dadi Janki becomes *avyakt*, her close spiritual friend, Dadi Gulzar, would soon follow. And in fact, less than a year later, on the festival of Shiv Ratri, Dadi Gulzar, who had been the chariot of BapDada since 1969, also became *avyakt*. These powerful and trusted voices were now silent. We knew they had to go, and we were grateful for their long lives and their loving service, but the quiet thought came, who will guide us now? Who will keep us close to God and close to these ancestor souls?

Dadi Janki becoming *avyakt* coincided with the onset of the global COVID-19 pandemic, a phenomenon that brought everything to a halt. With the arrival of COVID-19, a hush fell over the world. Traffic on highways reduced; airplanes stopped flying and many businesses closed indefinitely. Life everywhere was interrupted, and we were suddenly isolated in our homes, wearing masks whenever we ventured out.

On the day after Dadi Janki became *avyakt*, Sister Mohini of New York, a trance messenger from her teenage years, felt a pull to offer *bhog* for Dadi Janki. As a trance messenger she had the gift of natural access to the subtle spiritual world, and when she would go to the subtle world to offer *bhog*, she would invoke BapDada for a special meeting. So that evening and for the 12 days that followed, she offered *bhog* and shared a message from Baba and from Dadi on Zoom.

For some time previously, Sister Mohini had been reading murli and offering class online on Zoom especially for those who weren't near centers. She called it Avyakti Parivar, subtle or angelic family. Because of COVID-19, many Brahmins had become familiar with Zoom as a way to meet online.

As word spread that Sister Mohini was offering *bhog* for Dadi and sharing spiritual messages in the evenings on Zoom, hundreds began to join. Eventually there were well over a thousand from all continents, sitting together in the evenings, and Sister Mohini continued to come on screen every evening that followed. It was as if Dadi Janki had willed some special power to Sister Mohini so that she could appear nightly sharing messages of love and encouragement with the family. Though COVID-19 was raging outside, this subtle angelic family was gathered together in happiness. These evenings were magical.

Almost a year later, on March 11, 2021, Dadi Gulzar, God's humble and tireless chariot became *avyakt*. Because of COVID-19, few could go to Madhuban to honor Dadi, but over a thousand gathered online to hear the *bhog* messages brought by Sister Mohini for thirteen days. Through her gentle voice, we heard messages from Baba and the Dadis, reassuring us, guiding us, and encouraging us to become powerful and fulfill the task of this time. The book that follows

contains the bhog messages brought over this year, beginning with the days following Dadi Janki's becoming *avyakt* and ending with the messages brought for Dadi Gulzar.

At this time, when the world has become so fragile, we find here the love and encouragement we need to maintain our happiness, become powerful, and serve the world.

The Magic of Trance

My Part as a Trance Messenger

I'm taking my mind back to 66 years ago, when I was introduced to the Brahma Kumaris in India. I used to take my mother to the BK center, and when she would finish class, I would bring her back. I was a bit hesitant to come close, as I was just starting university and was not ready to accept the BK life at that time.

One place that I connected with the BK lifestyle though, was around the early morning hours. The BK's wake up very early and I too used to wake up early as a student. I had the habit of waking up at three in the morning. So, at that time I would sit for a few minutes. Though I didn't know anything about spiritual knowledge or meditation, I would experience being beyond this world. Occasionally I would have this experience for as long as two hours. I felt connected with God who I understood as the Divine, as purity. This was before I took the Brahma Kumaris' knowledge.

Once I took my mother to the center for class at six AM and was sitting there in the classroom in meditation. When I opened my eyes, there no one was there, and it was eleven o'clock. The sisters were asking, "What happened to you?" and saying, "Baba must have called her." I had been having visions, mostly of shri Krishna -- holding hands, looking at him and feeling very attracted.

Didi Manmohini, who was in charge of the Delhi centers, told Baba that I was having trance experiences. So, when I went to Madhuban sometime later, Baba called me and said, "Come to me at *amrit vela* every morning. He would call those who were thought to be having trance experiences. I would sit on the other side of the room, across from the bed and Baba would give *drishti*. Santri Dadi was always with Baba and she would be sitting on that cushion as well. So, Baba said to me, "When you see *Brahma* there, you come and tell me what the difference is between seeing me here and seeing me there." Then Baba gave *drishti*, and I became absorbed in the trance experience. The first time this happened, I was quite new and young. I didn't know much. After a little while, when my eyes opened, Baba smiled and said, "Child, what did you see?" Baba used to be very sweet. I said, "Yes Baba. There was a difference in the light. Your form in the subtle regions is surrounded with a lot of light."

Experiencing the Three Worlds

When I finally did study the BK knowledge, I came to understand that there are three worlds, corporeal, subtle and incorporeal. These three worlds are experienced as one space, a space of light. In the corporeal world, there are five elements, earth, fire, water, air, and sky. Beyond the corporeal world there is a sixth element, the element of light.

Beyond the five elements, above the sky, there is an unlimited space, a place where there is no sound. I experience it as bright white pure light. It's not sparkling. Then beyond that is the incorporeal world, golden light that sparkles like fire or a sunrise. As soon as I started going into trance, I could see those colors. You can see the incorporeal world, but you can't go there.

The Most Subtle Journey

There are 3 stages of the trance experience. In the first stage you get visions. We call it “divine vision” (*divya drishti*). You see different beautiful scenes and you feel so light that you’re pulled to dance (*raz*). You experience supersensuous joy. In the second stage you see Brahma in the *avyakt* form as if you are in front of him. The third stage is the complete stage of trance, when Brahma Baba could send a message and the trance messenger could bring a message back. We saw this clearly with Dadi Gulzar.

As I began to go into trance more, the Dadis would ask me for the message. In the beginning, I didn’t understand much. I would say, “I saw this or that”. So, I started paying attention and communicating clearly. If you want a message to be understood accurately, you must keep your intellect very pure and divine. It used to take me three to four hours before I could come out of the experience. I didn’t even feel hungry. Now I can immediately switch, but even when I have to share Baba’s *bhog* message, it’s not so easy, because I really don’t want to speak.

What Baba has shown me over time has changed. At first, I saw the forms of Brahma, Vishnu and Shankar. After them I used to see Baba and Mama both there. Then after some time I didn’t see Mama. Baba could invoke Mama, but they did not appear together as Baba and Mama. Often, I have seen the ancestor souls. Baba emerges them in their form of light, as beautiful angels.

Baba’s Guidance on Trance

Over time I have come to understand my experiences in trance in three ways: as a gift, a part, and a blessing. I have learned to approach the experience of trance with a lot of care and respect. When I began going into trance, I would offer *bhog* and do *raz* for 20 to 30 minutes. Baba would guide us, “Go and come. Don’t get lost in different activities.” Baba also told us never to go for personal things, saying that when people know you go to Baba, they might ask you to go for personal things. Baba said, “This is a Godly gift. It should only be used for service.”

I learned to pay attention to my intellect. At the time I started going into trance I had just started university. I was studying journalism and history, and so I was assigned a lot of books to read that involved knowledge from the outside world. I came to understand that my power to discern these messages from the subtle region should only be influenced by Baba. This awareness is very helpful even today, because as we play our parts in the body, we listen to the world news and hear so many things that can pull our attention.

When you’re going to offer *bhog*, you first have to create the stage. You can only merge in Baba’s love if you develop very good *dharna*, like a royal person. You hear what’s going on with others, but you don’t get involved in anything because that creates a very subtle energy that’s not clean. Baba explained that you can’t have a desire to have a vision, because then your mind could create things. If you have a desire, you will start doubting whether the message is from

your own mind or from Baba, because your mind also is thinking. If you have some desire in the mind, you may be vulnerable.

You have to be conscious that when Baba pulls the intellect to connect there, you may encounter different energies. Baba guided us to be careful not to be influenced by other energies, souls. You have to keep your presence connected here with the body, otherwise some other soul could come use the body. It's a very subtle awareness, how we can be pulled to Baba and still be connected here.

Generally, when you sit in *yoga*, you have at least a few thoughts of Shiv Baba or you remember "I'm a soul". But when I sit to offer *bhag*, there is no thought. I merge in silence. My mind and intellect become completely silent. The attitude I hold for everyone is clean. There is so much love in my heart for every soul just as they are. After that, I start feeling like I am being pulled. It's not my effort that initiates the trance experience. It is Baba who pulls, and it's not that I feel Baba's pull every time I sit.

For those who want to experience the Subtle Region

At this time everyone wants to experience the subtle region. For this, you have to have a subtle intellect through which you can feel Baba's love. Before I begin, I merge myself in Baba's love until I am completely pure, part of that divinity. Then I have the feeling that I am very far from here. To experience this, you have to have good habits of the mind and intellect and never get into anyone's stories or allow any subtle influences on the intellect.

Even without going in trance, you can still have an experience of the subtle region. Within each one of us we have a body of light. As soon as you go beyond body consciousness and beyond the five elements, your form of light emerges. What you are attempting is not to "go" there, but to be there with Baba. Just as Baba invokes me, He can invoke you and we all can have that experience.

Keep your mind, intellect, and heart very pure and clean and Baba will give you those thoughts so at the right time, you will get the right direction and know what to do.

By BK Mohini

Mama's Elevated Versions on Trance

How do people go into trance?

The philosophy of going into trance is very subtle. They go with the vehicle of the subtle inner being and then come back, just as someone would go on a tour somewhere outside. It isn't that when you go on a tour like that, you die, but you go there and then return from there, do you not? Similarly, the soul leaves her body and goes on a tour with the vehicle of the subtle inner body. For some time, that soul is like a flying bird. It is God's duty to pull that one's string and grants a divine vision to that one. For instance, at night, when our souls become detached from our bodies and go onto the path of happiness or into the stage of a dream, the bodies are peaceful at that time, so we forget our bodies and the religion of our bodies. However, it isn't that our bodies have died: when we awaken again, we remember our stage in the night, during the dreams, and speak about them. In the same way, by having yoga with God, He takes a soul in trance on tour. Then, you remember the vision you saw; you relate it and say what you saw there. A dream can be *rajoguni* or *tamoguni*, but this trance is also a *satoguni* stage. The body does not die in trance, but all awareness of the body is lost. When someone is given chloroform, he forgets all consciousness of his body. For instance, when doctors make a person's part of the body "dead," they do so by giving an injection, but all the other physical organs still work. So, trance is also the same in that the soul flies away and then comes back, but the body does not die. God, and not any human being, has the power to pull the strings of awareness. Achcha. Om Shanti!

By Jagadambha Saraswati

Day 1 Bhog Message for Dadi Janki Sustenance, Blessings, and Subtle Service

March 27, 2020

Everyone was sitting in love-full remembrance of Baba. While sharing *drishti*, I also took lots of love and gave love and remembrances to Baba. Then, I was offering *bhog* to Baba, and Baba was giving very loving *drishti*. I said to Baba, "Today we have specially brought *bhog* for Dadi Janki." Baba invited Dadi Janki to come and told her, "They have brought *bhog* for you." First, Baba accepted *bhog*, and then, with a lot of love, Baba made Dadi accept *bhog*. A few moments later, Dadi Gulzar also was there. So, Baba made her accept *bhog* too.

There was silence for a few moments. Baba then asked about all the children, if the children were doing okay. As I was looking at Baba, I wondered why he was asking this. I said to Baba that His blessings and the blessings of the ancestor souls are keeping all of us well. Baba looked at Dadi Janki and he asked who we all love more, Avyakt BapDada or the Dadis? I answered that we love Baba more than the Dadis. I knew that Baba was smiling. These days we have been thinking more about the Dadis, but of course, we hadn't forgotten Baba.

We always kept remembering Baba, but we also had admiration and respect towards the Dadis. Baba said that Dadi Janki had a very strong foundation. Her first foundation was from her recognition of Baba, and based on that recognition, she had unshakeable faith in Baba. She never had any doubts. Another aspect of her foundation is that of renunciation. As soon as she recognized Baba, she renounced everything. Baba said, "Renunciation is included in *tapasya* and in *seva*. If there is a lack of renunciation, then there are obstacles in *tapasya*, so one cannot move forward in service. Renunciation brings fortune and helps make *tapasya* free of obstacles, allowing one to progress in service constantly." Dadi always had only one thought, and that was to serve. She felt that she was receiving from Baba and the *yagya*, so she thought she must constantly serve.

Dadi was looking at me, and she said, "You are being sustained by blessings." I agreed that her blessings are always with me. Then Dadi asked me, "Are you doing service, or is service happening?" As much as I could understand, I said, "Both." Dadi said, "It should be happening more, rather than just doing. How much can you do? Even if you speak the whole day, or do karma yoga all day, it wouldn't be enough."

Dadi said, "Every thought should be of such a quality that it serves. When there is a pure thought of love and peace, it serves. The vibration of every breath you exhale in pure thoughts goes to nature. It makes nature peaceful, *satopradhan*, and pure." Dadi also said, "Every moment should be used in a worthwhile way. In this way, natural service should happen all the time. When your thoughts, breaths, and moments are used in remembrance or purity in a worthwhile way, then you are consistent servers and consistent yogis." Dadi was saying that those who are consistent and in remembrance have to do service. She was looking at all of us and sharing this. Then Baba said, "You are all thinking of Dadi because you want to follow her

example." So many of you haven't seen Brahma Baba, but at least the Dadis are a good example. We can see what they did and how they did it.

Dadi said, "We must remember Baba's blessings, Baba's protection, and Baba's love are always with all of us." We still feel that the Dadis are with us. Physically, they could only be in one place, but they can be with us all the time in their angelic form. With the Dadis' blessings, always remain embodiments of remembrance, *yaad swaroop*, *smriti swaroop*. Then, you will never be deceived, nor will there be sorrow. When you are in *vismriti*, then you forget. Then Maya, karmic accounts, or something or another, makes you sad and makes you feel deprived or lost. At this time of the confluence age, your protection is to be *smriti swaroop*.

Then, all of them gave *drishti* and lots of love and remembrances to each of us. We all had this *bhavna* to offer *bhog*, so we all received special love and remembrances.

Om Shanti!

Practice: I am Baba's beloved, serviceable child. I constantly feel sustained and protected by Baba and the Dadis. I turn my attention to the quality of my thoughts. Let every second of this Brahmin life be filled with pure power, *bhavna*, and elevated service.

Day 2 Experiences of Dadi Janki Two Powerful Inspirations from Dadi

March 28, 2020

Our respected Dadi Jankiji has become the resident of the subtle region in an angelic form and in her *avyakt* stage. At present, she is a companion of service with BapDada. We all feel grateful to be with Dadi and to be with BapDada.

As we pay attention to our angelic stage, our *avyakt* stage, we can experience the celebrated meeting with Dadiji and BapDada. While so doing, beautiful memories are emerging in everyone's heart. I am sure that each of you must also be thinking about the teachings. The teachings were *maha* mantras (great mantras), helping us in our dharna. This also enabled us to make greater efforts with more speed.

I will tell you two things, that is two teachings. The first one is that Dadi always said that everyone is alone on a spiritual journey. However, secondly, everyone is also with the big family. Many of us are traveling together, but each of us has an individual, personal journey of remembrance, of *dharna*. Dadi often encouraged everyone, increasing everyone's enthusiasm, but not waiting for anyone.

Once I was sitting in front of *Shanti Stambh* (Tower of Peace) in the Indraprasth building in front of Dadi Janki's room. That evening there was world meditation hour. So, Dadi came out at 6:20 pm to arrive at Om Shanti Bhavan for 6:30 pm. Dadi looked at me and said, "Are you not coming?" I looked at Dadi, but before I could answer, Dadi was walking away very fast. In those days, Dadi, with her tiny feet, used to run. She moved very fast. It inspired me so much, and as I said, she asked me, but she didn't wait.

Generally, when we were together, as friends in effort making, I would say, let's go! Someone would be taking their time, and so you say okay, I will wait for you. In this way, not only one person misses or becomes late, but two are doing that. Since then, I have always remembered that our duty is to inspire, offer, and ask everyone, in *loik* and *alokik* relationships, to join us in our efforts, to join us in this journey. However, if someone is not ready for any reason, I should not be waiting for them, but I should continue on my journey. In this way, you have done your duty and, as you are not waiting, you will not miss what you should do.

I remember another story that is significant. Dadi would often say that what you have to do, you should do now, don't delay it. Don't leave it for tomorrow! Once I went to Dadi's cottage, and she offered me something for dinner. She said, "Mohinibhen, it is very nice that I was remembering you." I said, "I just had my dinner, and I won't eat again now, so maybe tomorrow." Dadi answered, "Who knows about tomorrow?" Generally, that is a common saying. But it was true because it never happened. Tomorrow never came. Every day, I would say, okay, we will make it tomorrow, but tomorrow never came! So, since then I have understood that whatever elevated thought comes to mind to be done, do it now. Don't postpone it until tomorrow, because no one has seen tomorrow, and generally tomorrow doesn't come! So

always remember that whatever I have to do, let me do it now. If a thought has come, let me implement it now, but don't wait for tomorrow.

These are just two stories about Dadi. There are many more beautiful stories connected with her teachings, her practical life, and her example. We can always remind ourselves of these stories and move forward to our destination of our angelic stage!

Om Shanti!

Practice: I am on a spiritual journey alone and with the Divine Family. Baba has made me both sensible and benevolent. Remembering Dadiji's words of wisdom, I practice; invite everyone but wait for no one, and whatever elevated thought comes to mind to be done, do it now, for no one has seen tomorrow.

Day 3 Experiences of Dadi Janki
Close Friendships through Sharing of Efforts and Spiritual Knowledge

March 29, 2020

Dadi Janki was a great soul and was also very humble. She has shared many different teachings and directions from Baba with us. Dadi often told me that the greatest happiness at the confluence age is a very friendly, loving, and close relationship with each soul.

Dadi was a great example, as everyone felt very close to her. They also had a feeling of belonging to Dadi, because her love and her friendship were for everyone. She always said that when there is an understanding between us, then that understanding creates a very close relationship. Here, close doesn't mean intimate or with only a few souls and not with others.

Dadi said, "One of the ways to create spiritual relationships not only with those who live with us but with everyone anywhere is that we share our churning of knowledge, our current effort, and our experiences of Baba." Her relationship with Didi Manmohini was that they both would sit, and whenever they sat, they were like friends. They would share the latest points, churning those points, the depth of those points, subtle aspects of knowledge, and many deep experiences of relationships with Baba.

When the two of them met every morning after *amrit vela*, there was a great kind of joy as they sat and shared something that Baba had been sharing. Whenever anyone would go to Dadi and start sharing points about service news, what was happening, what we were planning, and the many programs, Dadi would listen for a little bit. She would say, "Wait. First I want to know about yourself, your current efforts, and your aim. First, we will share that."

Then of course, when it was time to share the news, Dadi would be listening, but she was very detached. She was always very interested to hear our churning of knowledge. A relationship based on sharing the depth of knowledge and our present experiences of Baba, creates such a bond between the souls.

We always sat and talked about what service I had done and what I was planning. That was good, but it doesn't create a relationship. It is just sharing, whether we were sharing news of the world or news of service. Dadi always thought that service is important, but more important is to keep sharing amongst each other the deeply spiritual aspects of knowledge which creates closeness in spiritual relationships. Having a spiritual bond created by sharing like this makes for a great friendship. Dadi always said that she didn't have any particular friend but that all were her friends.

When I went to meet Dadi, and there were many of us together, Dadi would give *drishti*. When we were ready to get up and take *tolli*, Dadi would say "you haven't shared anything," and then she would sometimes spend up to 20 minutes just sharing the depth of knowledge, and sharing what Baba wants from us.

I remember how Dadi's relationships with each one of us were based on that spiritual connection, spiritual *drishti*, and spiritual sharing. I was reminded that now for all of us, it's a big lesson to learn that whenever we meet, we should take *drishti* and share something spiritual and then start sharing news or the day's task or what has to be done or talk about programs. Generally, when souls meet, we talk more about service programs. Although it is important to do service, it is essential to create joy and happiness in a spiritual relationship which is the foundation of our life at the Confluence Age.

I have been thinking a lot about this lesson that Dadi taught us. She kept reminding me, whenever I went to see her, that at the confluence age, joy and happiness and closeness of a spiritual relationship as God's children is very important, and that it can only happen now at the Confluence Age.

Om Shanti!

Practice: I am a dedicated, effort making soul. I recognize that relationships at the Confluence Age are unique and special. I will share my efforts, churn with my divine siblings, and enjoy listening to them as well. Like Dadiji, I am so happy to experience this spiritual closeness with each soul.

Day 4 Experiences of Dadi Janki
All Relationships with Sweet Baba

March 30, 2020

Om Shanti!! Om Shanti! Om Shanti!

Dadi always used to say Om Shanti three times. Then she would say, "My Baba, lovely Baba, sweet Baba." We all have to be lovely like Baba, and also very sweet. Sometimes, when we want to convince someone or emphasize something, then we become a little strong. However, sweetness has more power than anything else. So always remember Dadi's three words for Baba, "My Baba, lovely Baba, and sweet Baba."

I was thinking about how disciplined Dadi was, and how discipline always brings a lot of benefits. For instance, at *amrit vela*, Dadi would always go and sit in Baba's room. Actually, in this Avyakti Bhavan, our Baba's room is up quite a high flight of stairs. When Dadi used to come, of course, she would go up and sit with Baba. She asked me, why don't you create this room, where we are all sitting now, as Baba's room? I agreed, so we had Brahma Baba's picture hung there. That might have been about ten years ago. Today, I am thinking about how much service is being done in this room. Hundreds of us have sat here. Even if you are at your place, we are all together here in a subtle way. So, what Dadi created for us enables us to have a beautiful experience together.

Dadi also used to say that evening meditation is so important. In the morning, you take blessings from Baba, take powers from Baba, directions from Baba, on how you will spend your day. In the evening, you sort out your chart, what you might have done better, and how we used our time. We keep charts, and then sort the day out. However, Dadi used to say that we should have all relationships with Baba. When you wake up, you say good morning to Baba as the parent. Then Baba is the teacher, as we read the Murli, listen to the Murli, and study it. Throughout the day, Baba is our *Satguru*, and we follow His instructions. He is also our boss, whether we do *lokik* or *alokik* work. Also, He is our companion, a good friend, or whatever relationship we want during the day. We can have all these experiences with Baba. Dadi used to say, "Always experience all relationships with Baba. Then you will never miss anything in your life because these relationships are very important." Thus, Baba gives us all the qualities and all the powers that are required. Dadi always reminded us that one of the most important practices is accumulating the practice of a bodiless stage. Separating the soul from the body and being detached from worry is also very important. In certain situations, Dadi demonstrated that when you have the energy of the bodiless stage, then your body starts working in a beautiful way. There are many stories about that, and I know that this practice of the bodiless stage is what Dadi always used to teach us. We will keep sharing these stories about some of the beautiful practices. They show such an excellent example of Dadiji.

Om Shanti!

Practice: I am a close companion of Baba. At *amrit vela*, Baba is my Father. Then, in Murli class, He is my Teacher. Throughout the day, Baba is my *Satguru*, Companion, Friend, and Beloved. All my needs are met in relationship with my Sweet Baba.

Day 5 Experiences of Dadi Janki
Fearlessness, Faith, and Self -Trust

March 31, 2020

We are all having beautiful memories of the times we spent with Dadi Janki. I know each one of you must have learned a lot from Dadi, as she was such a good example.

One of Dadi Janki's special qualities was that she was fearless. This was because one of the foundations of her life was faith in God. She also had self-trust. Dadi was so fearless that whenever there was a situation, she never had thoughts about why this happened, what's going to happen, or what she should do. Dadi was free from these thoughts of "Why? What? and How?" She had no inner disturbance of any kind.

I remembered when we traveled from Guyana to the United States. Dadi and I were both invited here, and one family was hosting us. The two of us came on a plane, landing at JFK Airport. The airport was so big with many people. Of course, at that time, Dadi was able to walk. I was looking around for the couple who were to be our hosts. We took the baggage, and I made Dadi sit on a chair with all the luggage, telling her to keep an eye on everything while I went to find them. I wondered whether they had come or not and how will I find them. But when I looked at Dadi, she was sitting in remembrance of God, free from any concerns and using her very elevated and pure thoughts to clear any obstacles away. When there is a lot of traffic in the mind, you want to clear it. Through her mind, through her positive thoughts, through her pure thoughts, Dadi was clearing the way. This was my experience at that time. I learned so much from her. So instead of having thoughts of "Why? What? and How?," we should only have thoughts with very clear remembrance of God, so that all the obstacles in our path are cleared very naturally.

Of course, I found the couple, and we came to their home. It was all very new to us. One of our principles is to cook food with our own hands in remembrance of God, then to offer it to God, and only then to eat. So, I cooked something and offered it to the family. We made very good friends with them. Dadi of course, is loving and very friendly. She also cooks very well, so she was helping.

Once we were in Miami when there was a massive earthquake in Mexico. In the news, we saw images of buildings falling. Dadi said that we should go to Mexico. She insisted that we should go even though we weren't in touch with anyone there and hadn't informed anyone. So, we bought the tickets. We went to the airport, only to find that we needed a Visa. So, we went to the Embassy, which was about to close. We told them that we had to go, as we have many family members there, and we wanted to see them, to give God's love and power to those who are suffering. They gave Visas to the two of us and we arrived in Mexico not knowing who was going to receive us.

I don't know Spanish, and I didn't know the address of the center. So, I didn't even know what to tell a taxi driver. From the Miami center, they informed Brother Ernesto, and he came and

received us and took us around. Dadi saw all the fallen buildings, and the damage the earthquake had done and felt good that she had come. Whenever there was any challenging situation, disaster, or calamity, because of her pure and clean mind, loving nature, and merciful and generous heart, Dadi would want to go there to support and see what could be done.

One of the lessons I learned from Dadi was about being fearless. This quality came from her faith in God. She had self-trust and no waste thoughts. We traveled together to many countries. In every country, there was a different story. She didn't know English at that time, so she would sit and wait for me. What we were doing through the body, Dadi was doing through the soul, through the mind, and the combination of what we were doing with our physical presence and our words and what she was doing with her subtle presence and her mind, made our journeys to these many countries easy. We started centers in many new places, creating a big divine family. We all learned to be fearless, not to worry, but to totally trust and have faith in God.

Om Shanti!

Practice: I am Baba's faithful child. Stories of Dadiji inspire me to increase my faith in Baba and in myself. I practice being calm and detached in all situations. I know that I can help remove obstacles by staying in Baba's remembrance.

Day 6 Bhog Message for Dadi Janki
Subtle Stage and Connecting to Baba's Power

April 1, 2020

Everyone has now received blessings from Dadi in her angelic form. We also have to adopt our angelic forms. You all know how to adopt your angelic form. There are two steps: 1. Very gradually, you go beyond the elements of your body, beyond the sun, moon, and stars, and then you get into the stage where you are connecting with your angelic form. Our home is light, so very gradually, you feel light and then think of yourself in this body of light, and you connect there in the subtle region. 2. You stay connected with your body. You do not disconnect from your body, but you move further in very subtle thoughts.

When I go to offer bhog to Baba, everyone is thinking that Baba will give a message so all the thoughts are really about getting a message. When you have these kinds of thoughts, you cannot see what Baba says because you are still thinking. You need to be silent in the angelic stage, then you can experience Baba and experience Dadi. Only then can you listen to what Baba has to say. This will not happen if you are still connected with your thoughts, with what you want, or with what you want Baba to tell us.

With subtle thoughts, you actually go beyond wanting to be there with Baba. You become free from any thoughts. Then, you move into an angelic stage of total silence. You feel Baba's pure energy. You experience Baba's love. Only then are you able to feel what Baba wants to say. This should be our practice now.

Baba is giving us this opportunity to practice when we are offering bhog for 13 days. Generally, I have done four days or six days, or even a week. This time we are all sitting together for 13 days, and it's giving us a chance for this experience. So, we all should sit in such a way that we can create our angelic form and connect with Baba and Dadi.

Baba is also inspiring us to be in that incorporeal and angelic stage. Dadi always used to say that we have to inherit fully from Baba. We have to become Baba's heirs. How do we become heir quality? We take fully from Baba.

One time, Dadi Janki said that she was using God's energy, not her own energy. She was saving her energy for herself to be used whenever it's necessary. She said that we should all be using God's power, not our own power, the power of yoga. So, we asked, what is the difference? When we are doing yoga for its powers, we acquire powers through yoga, through practice and connection to Baba. We then use those powers, like we use the power of tolerance or the power to adjust.

There may be circumstances when you find that the powers are not enough, even when you are using them correctly. Then it's Baba's task, and that's when God gives power. However, if you don't use your powers but keep asking Baba to give you more power because you want to be powerful, then Baba will say, "No." Have the power of yoga so that through yoga you acquire

these eight powers. There are even more than eight powers. There is also the power of truth, non-violence, and love, to name a few. There are many extra powers that we have to accumulate and use. Baba gives us His powers. When the powers we've accumulated are not sufficient, and when Baba gives His powers, you really feel it. Then, they become your powers. Then you will say that it was God's power, not me. There will be this whole feeling that it was His power because, firstly, it is something important. Secondly, whenever there is this proper connection with Baba, the intellect is very clear, and with this, there is contentment. When you are connected with Baba, you experience a very subtle kind of complete contentment. However, if you are struggling even a little bit in connecting, there can't be that same feeling of contentment. It will be okay, but that feeling of being complete and contented only comes when there is a proper connection with Baba.

Every morning at *amrit vela*, we should practice going beyond, being free from thoughts, and connecting with Baba. Then the *sakaash* will come to you, and begin working on you. You always think of giving *sakaash* to others, but first, you have to receive *sakaash*. This happens when you know there is a current of connection. This is like turning on a switch to turn a light on. If everything is functioning, then the light comes on, but if one light is not functioning, you know there is something wrong with the connection with that lamp. The connection with the Almighty Power is like this. When all links are working, there is this feeling of fullness and contentment inside. Dadi always drew our attention to staying connected with Baba, to being Baba's companion, doing His service, and sharing subtle secrets.

We also need companions, and Dadi used to share how Baba is our companion, but Baba also wants us to be His companion. We used to hear this example, that when a trade merchant goes for business to sell his goods, he takes a briefcase or a bag and puts the best samples in there to show to the client so that he gets their business. The client then says that it's an excellent piece, and that he would like to get two hundred like it. If your life is a good example and you are a true diamond, then Baba will travel with you, and take you with Him on service to show you as an example. Once Baba told me, "You have to be such a good example that I can display you in front of the world." At that time, we didn't know that there would be world service or that we would go all around the world. I always remembered that we had to be such a good example that Baba can show us to the world and say, "This is what I have created. This is my new creation." In this way, always remember that your thoughts, your words, and your practical life should be such a good example wherever you are. We always have to remember that Baba is our companion, and we are Baba's companions.

Dadi is giving us this opportunity, with the situation that everyone has to stay home. It never happened before that we needed to stay home. Baba is putting us in a *bhatti*. Dadi did 14 years somewhere. We wanted 14 weeks or at least to try for 14 days. We all are still busy with our routines but have the thought that "I got these 14 days to stay home." This also means that your intellect stays at the home of the soul in the incorporeal soul world. Dadi was not only connected with Baba, but she also used God's powers. Recently, she traveled to Bengal, then she was in Pune, and many other places. She said that Baba was taking her, and He would make it happen. She always kept Baba not only in her mind and intellect but also in her remembrance.

Remembrance creates the presence of God, and through remembrance, you get God's power. Keep an aim to have more and more remembrance, so you settle karmic accounts and get powers from Baba. The soul also becomes *satopradhan* through this effort.

We got this opportunity to be with Baba and also to serve the self and the whole world.

Om Shanti!

Practice: I am Baba's serviceable angel. I practice detaching from my body, and going beyond time, space, and sound. I feel light, and I adopt an angelic form of light. In silence, I connect with Baba, where I receive and use His power. In Baba's remembrance, I continue to become pure and powerful.

Day 7 Experiences of Dadi Janki One Strength and One Support

April 2, 2020

Each of us has received so much love from Dadi, and we keep thinking of her with a lot of love. Today is the day of *Satguru* Baba. You all must have offered *bhog* to Baba this morning, and definitely would have felt the presence of Dadi in the angelic world. If we stay connected with Shiv Baba, the One who is an incorporeal point of light, then Baba will give us teachings through Brahma Baba.

Brahma Baba was an example for all of us. However, many of us were not with Brahma Baba, unlike the Dadis, who were with Brahma Baba for 14 years. Many days over those years were spent together in solitude. Most of us who have met Dadi Janki were able to see all the qualities of Shiv Baba expressed through her thoughts, words, and actions. But even if our intellects are with Shiv Baba, we learned a lot from Dadi Janki.

One of the qualities I admired in Dadi was the way she embodied what we call in Hindi, "*Ek bal Ek barosa*" (one strength and one support). We saw evidence of this quality in Dadi in so many different situations in Drama. We know the Drama, so we accept every scene and repeat the words that Baba has taught us. Baba used to say as soon as a situation had passed, "Nothing new, accurate Drama." He never had any extra thoughts or any wasteful thoughts. Dadi was the same in this.

In the beginning, when Baba asked these Dadis to go out to serve, they mostly had some contact or relationship through whom they did the service. Dadi used to share so many stories, like a time when she was sent to Bombay. She didn't have even one rupee for a bus ticket, and whatever little she had, she didn't want to spend on a bus ticket, because she would use it for food or whatever was necessary. She would walk from one place to another, sometimes in the dark at night, but she always had Baba with her, as one strength and one support.

They also went to Delhi. There were so many stories about sitting on the banks of the Yamuna when somebody would bring them a half kilo or two pounds of flour *atta* and some salt. They would make wheat chapatis and eat them with whatever was available at that time. She said they never felt anything other than that they were *alokik* and very wealthy. Everything was in abundance. They had only this one thought, "We are Baba's messengers, and we have to give a message." So whatever physical difficulties there were, did not even bother them. Dadi never had the thought of "How long was it going to take?" or "What will happen. "

Dadi was always free from "Why? What? How?" When these questions come into the mind, then not only is there heaviness, but somewhere inside, we feel some disturbed, or we get confused or nervous. Dadi had the quality of faith in BapDada and never had even a few wasteful thoughts. This gave her strength, thinking of Baba as her support. Dadi was really a role model.

There are so many stories where she faced adverse situations. As you all know, Dadi loved to travel. Service began in the Caribbean; then there were three places, Guyana, Trinidad, and Suriname. We started from London and then went to Guyana, then on to Trinidad. I asked her whether we should go to Suriname or not. At first, she said that no, we wouldn't go, but then suddenly when we reached Guyana, she said, "Yes, I want to go to Suriname also." So, we arranged whatever way we could to get there. There was no direct flight, so we had to go by boat. It was a very old kind of boat. First, we had to go by bus, then take the boat across the river. From there, we were going to Trinidad. Somehow or another, we both had to travel separately. Dadi got to Trinidad but to cut a long story short, we couldn't find her. She was lost, or at least we had lost her, or she had lost us. When we found her, she was sitting on a chair like a *tapasvi*, remembering Baba.

I thought at that time, that if it were me instead of Dadi, I would have been looking around for somebody to help me. I would have been wondering what would happen to me, but here she was sitting with Baba because she knew that we would find her. She knew inside that somebody would come. She knew that if she was sitting here, through *mansa seva*, spreading vibrations, we would find her. Wherever Dadi was, immediately she would think that is where she is needed because the Drama and Baba were putting her there to serve and spread vibrations. So, when we finally found Dadi, she told us that she was sitting with Baba, and to her, sitting with Baba means serving. Often, we want to serve but not sit with Baba.

This is why I liked today's Murli when Baba said that "be yogi" means to always remember Baba. This is Baba's task. We are doing Baba's task. If you remember whose task this is, you will always remember Baba. Generally, we are busy with the task, and yet we are not remembering Baba, so there are difficulties. And there are always obstacles in the Drama. You know all the scenes cannot be the same as we are not in the Golden Age but still in the Confluence Age. This may mean Golden Aged scene may come, but different scenes from *Kaliyug* will also come.

Dadi was not only a detached observer, but she also served at the same time. So, if you looked at her when she was doing *mansa seva*, you could see that she was really unshakeable. If you are unshakeable, then you are just like a lighthouse and mighthouse, unshakeable. If there is no light on in the tower, it can't serve its purpose. So, we have to be unshakeable. We have to serve while being stable. When you spread the light well, they call it a searchlight or lighthouse light, from which every wandering soul can get direction. Just imagine, how, at times, even we get lost. Then suddenly, when we find the path that we have to take, how happy we feel! So, we have to remain stable and not be disturbed, but instead do *mansa seva* so that we can serve as a lighthouse and mighthouse. It is one thing to get support, but in order to get power all the time from Baba, we have to be in remembrance of Baba. So, always remember that we are instruments of Baba, and we have to serve as a lighthouse and mighthouse. Although many big waves hit the lighthouse, it is so stable that it just keeps guiding. So always remember, *Ek bal Ek barosa*, one strength, one support.

As all those in the *yagya* would have heard, there was a time they called the beggary time, which meant that they had nothing, not even food to eat. Even Baba says we all should have a

stock of food. We should stock everything needed for living simply at this time. It is very important that we make simple food to offer to Baba and eat with a lot of love and in remembrance of Baba. It seems like the situation will change in a big way very soon so that things will become very scarce. There are people today who don't even have the basics. So, at this time, don't waste food. Make it as simple as possible and make it in Baba's remembrance so that no other vibrations from anywhere touch the food. Then offer bhog.

When we eat, it is important to eat in remembrance of Baba. Otherwise, we may pick up disturbing vibrations of those who don't have food. There are so many in the world with bad vibrations. It's important that we aren't affected by the vibrations of the many souls that are suffering. So, we really have to become completely stable and have Baba's light and energy around us. We continue serving through the mind, sending *sakaash*. When you are a lighthouse and mighthouse, you are in the stage of serving, and any kind of outside vibrations will not touch you.

You know that many of us thought this situation with COVID-19 would pass in two weeks or a month. It doesn't seem likely that it will pass soon. There will be many consequences that we are now hearing about in the news. A lot of industries, companies, big organizations are at a standstill. We must remember that we are Baba's children! We are in the Confluence Age.

I always say that Baba has guaranteed that the children will have *dal roti*, but there has to be remembrance. Whatever Baba's guarantee is to us, it can only be experienced when we are remembering Baba. If we have wasteful thoughts or doubts or experience difficulties, we won't feel that protection, and we won't have what we really need at that time. So, for Baba to take care of us, we have to pay more attention to remembering Baba as much as we can. Today Baba said to always remember - Baba's instrument, Baba's task, Baba's service. Always remember Baba. I am in His company and in doing His task, I am at His service. So, keep saying "Baba Baba," or as the devotees say, "God, God." Then remembrance will be very natural.

Dadi used to like gatherings, so I'm very happy that we could be together sharing this experience in the company of Baba and the company of Dadi.

Om Shanti!

Practice: I am a fortunate soul, together with Baba throughout this Confluence Age. I experience God's protection in all situations. I am an embodiment of remembrance, stable and unshakeable. As a lighthouse and mighthouse, I guide other souls to Baba.

Day 8 Experiences of Dadi Janki Dadi's Pure Wishes for the Family

April 3, 2020

Baba is the Ocean of Love, and Dadi also was an ocean of love. All of us experienced a lot of love from Dadi. Her *drishti* towards each of us was very elevated. She looked at each one's stage of perfection, each one as Baba's child.

Today we are in the midst of a big gathering. Dadi used to love many things, but two things especially. First, she loved to have spiritual chit-chats. I remember times when I went to take *toili* and wanted to leave and she would say, "Oh! But we didn't talk; we didn't chat, we didn't go into more deep churning." She always felt this to be an important part of any meeting. Second, she liked gatherings. So now both are happening! It was not planned. It just happened. A few of us sat together, and we wanted to offer *bhog* to Dadi. We were reflecting on some of Dadi's teachings and examples. Then, how the word passed! A few of us knew, and we sent a letter to everyone saying that they could join us. Everything went so quickly and easily. Everyone suddenly got Zoom, so everyone could connect. All of our region, Latin America, Caribbean, USA, Canada, etc. is together. We will call it the magic of Dadi! It was not our planning, but Dadi's. We could feel the presence of Dadi in this way so that whatever is happening now was Dadi's wish for the family.

To see Dadi as an angel, to see Dadi in the subtle region is different. Whatever the power, the wish of the pure soul, the wish of Dadi, you can see it happening. We will observe many beautiful scenes emerging in the Drama. Still, it is also a good lesson to learn that when we are within the family and in our bodies, our thoughts should be elevated, and our vision should be elevated. Dadi created these experiences. She kept a big container of almonds, and when anyone would come to see her, she would give each one two almonds. This was her love, her way of sharing. So, this is Dadi's soul still bringing the family together.

One of Dadi's very important lessons was that she didn't speak in a loud voice but always whispered to me. This kind of closeness in a relationship gives joy. When Baba spoke to us this morning, He talked about four types of faith: faith in Baba, faith in the Drama, faith in the self, and faith in the family. When Dadi was asked to take the assignment to be head of the Brahmin Kumaris family, after Dadi Prakashmani, Dadi said in Shantivan, "If, because for any reason, anyone is not happy with me, not content with me, please come to me. I will ask for forgiveness, because I want a very clean atmosphere of lovely relationships." So, it was interesting when someone said yesterday that if for whatever reason, there is distance in a relationship, then it's a kind of toxin in the air. When energy is not harmonious, it will not create what we want, the new world, the Golden Age.

Dadi's words of closeness in a relationship are important because we communicate through words, and sometimes words can get us into little arguments. We try to defend and prove a point, but with Dadi, she had *bhavna*. One time she was sitting with us and started saying some things. There were a few souls we thought might not interpret it in the right way. So, we said to

Dadi, "Be careful what you are saying." Dadi said, "Whatever I am saying, I am saying from my heart; I am saying what Baba asked me to say. Now they have to take the pure feelings, understand my *bhavna*, and why I am saying it." She put a lot of emphasis on the importance of *bhavna* or pure feelings in relationships. Good wishes come from the intellect, so we should give good wishes. We have good wishes and have to have a very love-full kind of understanding. We all know that we have purity; we have love for Baba; we have good intentions. We have all these beautiful qualities, but how do we organize them?

Baba was saying that, of course there will be different *sanskars*, and differences are always good. There is no harm in being different. Then, when we start understanding, this requires the quality of listening. As we listen, understand, and trust, this energy is created. This morning, Baba said that He thought of something very important. He said we will talk about Dadi's three words in the next few days - honesty, cleanliness, and simplicity.

Two things are important in life. One is one's character, and the other is money dealing. There needs to be honesty in relationships and honesty in any kind of transaction and honesty with Baba. Everything belongs to Baba, but then how do we use it, where do we use it? Whether it's time, thoughts, or money, we have to use it in a worthwhile way and with honesty.

Om Shanti!

Practice: I am a pure and honest soul. While I am in this body and in the family, my heart is full of *bhavna* and elevated good wishes for everyone. In this, I am helping to create a powerful loving atmosphere.

Day 9 Bhog Message for Dadi Janki
Faith, Fearlessness, and Freedom

April 4, 2020

Om Shanti! Om Shanti! Om Shanti!

Did you say Om Shanti 3 times? Yes, you said Om Shanti 3 times. We are offering *bhog* to Baba for Dadi every evening to create Dadi and Baba's presence. We also express our love and gratitude. Dadi, as you saw, was very light and joyful. Although there are many beautiful scenes in the Drama at this time, there are also many challenging scenes. Dadi never had any worries or subtle thoughts about what was going to happen. Internally she was very stable with faith in Baba. Still, she also had determination, so that whatever happened, she would remain peaceful, light and joyful.

I have seen Dadi in many situations, but I never saw her get worried about anything. She had faith, and she always remembered these words: faith "*nischay*," and fixed "*nischit*." Every moment in the Drama, whatever is happening, is fixed, so we should have faith and remain carefree. When there are very subtle thoughts of worry, it demonstrates a lack of faith. We always remember two sayings from Dadi's teachings; Dadi used to say, "Use the power of faith." and "There's victory in faith." If I have faith, there's power, energy, and I will be victorious.

So, subtle questions make our energy decrease because they are actually forms of doubt in the self. We may be thinking, "What's going to happen?" "This might happen, that might happen." So, a lot of thoughts are going on. However, Dadi changed that faith into being very light and used the power of determination to keep moving forward. She was never afraid of any situation, even at the age of 104, when she had to board a plane, whether from London to New York or any other place. Many of us might be anxious: "Will I get on board in time?" "Will I manage such a long flight?" There was a time when I was not physically very energetic. When they closed the door of the plane, I would say, "Oh, my God, now for 15 hours I won't be able to get out." So, there can be anxiety of some kind or other, and it is not good, because it lowers our energy.

Baba would say, look at Dadi that she internally has that total faith, without any subtle thoughts. You might say, "But, I have faith in Baba." However, we have faith in our intellect, but in the mind, we are still a bit subtly anxious or questioning: Why? What? How? Surrender it to Baba. You're an instrument of Baba, so whatever is in the Drama, Baba will take care of us. We use a lot of points of Knowledge to remain stable.

Looking at the life of Dadi, her mind was stable because she was very carefree. She was very light. She was totally surrendered, feeling that her body belongs to Baba, and Baba is the one who has to use it for service. There was a lot of energy and power from this faith. Because of that, Dadi continuously accepted the challenges when traveling from place to place. Not only that, but, any service she was given, she would never think, "What will I say to these VIPs?" "How am I going to talk to them?" "What am I going to say in the lecture?" She would just sit with Baba, and she would start speaking. Some of us create an outline for our talks, but with

Dadi, she would just sit there and start speaking, whether or not this was what people liked, and with no heed to their language.

She had so much self-confidence. She would use her faith, changing it into different qualities. Some of us have faith, but we are not able to use it to create different qualities, such as ever-readiness or self-confidence, determination or patience, as Dadi was able to do. She never got disheartened. So, we have to look at Dadi's example and change our faith, "*nischay*," to a stage of lightness and joyfulness. In this way, it helps a lot of souls, because every soul, in some way or another, is sitting with some burden. It may be some heaviness or maybe a subtle problem, concern of one's own yoga, or concern of one's own efforts. When Dadi enters the hall, as you saw, so subtly, she was able to help everyone forget everything and start singing and dancing.

I have been feeling Dadi's presence, not just in the form of feelings, but what she is enabling us to do, and what she's making happen. She's making a lot of things happen and enabling us to do a lot of things. We should benefit from this. We should take advantage and feel Dadi's presence, see how she is performing magic and miracles in her angelic form. We all have to be a part of it. That is why we decided to offer *bhog* to Dadi for 13 days to look at her, get inspiration from her, and see her presence in action. When I say action, it is in this physical world, for as I mentioned yesterday, this room where we are sitting, Dadi said we should make this Baba's room. Since then, we have been meditating in here. Even when my body was not well, Sister Gayatri and some of us would do meditation for one hour in here. Until this time, many souls have come, and we regularly meditate in here. At today's spiritual gathering, a few hundred of us are present here, and all because of Dadi. She created this room, and we are all present here together today, thinking about Dadi.

Our hearts are full of gratitude, and we remain carefree, but also careful, right? Carefree doesn't mean careless. I remember in the beginning that many drivers would go from Mount Abu to Ahmedabad and would have some accident or another. They thought that Baba would protect them. But if you violate the speed limit, or if you are talking a lot while driving, or if you do not have complete focus, then although Baba will protect us, why should we invoke Him and then do something which is not right? So, we can't be careless; we have to be very careful and have the total faith that Baba is with us. We have to be very kind and have a compassionate heart, like Dadi. She helped everyone. Whatever people wanted, little things, big things. She would provide them and try to make everyone happy. Baba has given to us, and we have to share with others, the way Dadi shared.

Om Shanti!

Practice: I have full faith in Self, Baba, and Drama. I ask myself, "Have I put my faith to use, like Dadi Jankiji?" "Do I use my faith to create a stage of ever-readiness and self- confidence? Let me practice today, being fearless and self- confident, on the basis of my faith."

Day 10 Bhog Message for Dadi Janki
Tapasya is True Service to the World

April 5, 2020

I was offering *bhog* to Baba. Baba accepted *bhog*, and then also Dadi was there and accepted *bhog*. Suddenly, I had this thought, and I asked Baba, "Why did Dadi just leave as she did? We weren't able to say goodbye to her, and it has never happened like that before." I was saying to Baba that when Brahma Baba left his body, I was there. The same when Dadi Prakashmani left, and when Didi Manmohini went as well. So, why is it that we couldn't all be there with Dadi at that time? Of course, Baba was smiling as we spoke. I said, "Baba, many of us feel this and so I have to ask you, why couldn't we be there to say goodbye to Dadi?" Then Baba said, "There is great significance in that. At this time, what is happening all over the world is very critical. It's very serious, and you children all need to have yoga of the intellect with Baba." He said, "You also have to emerge your angelic form. Now to meet Dadi, you have to be in your angelic form."

Baba said there are two important practices at this time: yoga of the intellect with Baba and being in an angelic form. Baba said, "It's going to become more and more intense. It will be much more serious on many different levels." This is the time you children, whether at your home or a center, will need to do much more *tapasya*. What you are all doing at this time will not be enough for the future. Baba said that more hours of yoga are needed, not only when walking and moving around, but it needs to be in the form of a *bhatti*. You have to increase the morning *amrit vela*, then again during the day, many times a day. You all need to sit properly and connect, so that you receive power from Baba. He said that at this time, when you are thinking of *mansa seva*, you don't really have to think about it because when you are doing *tapasya*, others will be receiving the vibrations of love. They will receive that power in a very natural way. Now, many think that they have to do *mansa seva*. But doing *mansa seva* is like lighting a candle. The candle doesn't have to think that it has to burn and spread the light; it happens automatically. You all stay ignited. So today, Baba gave very clear directions to have more yoga *bhattis* and sit for a longer time.

The practice of a bodiless stage is very important, and the angelic stage is very important, and also to have yoga of the intellect with Baba. Don't let the sense organs pull you towards anything, Baba said, not even for service because, He has really given you all this time to accumulate power for yourself. Naturally, others will also receive that power from you. Baba said that this is the significance of Dadi leaving at this time. I said, "But we're not happy; I'm not happy." Baba said, "Well, you all have to see what is required at this time." The way Baba was talking, He was indicating that more serious situations will be happening in many different ways. We have enough time, but we need to take it more seriously.

Baba said that we have to sit in yoga, create a bodiless stage, an angelic stage, and practice remaining merged in Baba's love. Otherwise, when there is so much sorrow, the energy of sorrow, of sadness, and of suffering has a great influence. Very suddenly, it spreads waves all over, and you have to protect yourself from getting even a little bit affected. Baba said that we should not even let a little bit touch us when there are these waves. That is only possible when

you are merged in Baba's love, in your bodiless stage, in your angelic stage, having yoga of the intellect with Baba. You should be aware that it is not pulling you because sometimes actions also pull your sense organs. Service is always needed, but at this time service is to be in *tapasya*.

More sitting and doing *tapasya* is the true service to the world. Baba said that your sitting will automatically serve souls. As much as possible, Baba said stay away from actions, or even talk, for the next few days. You should all be doing more yoga *bhattis* and more *tapasya*. When you do this at the centers, it inspires others to do this in their homes. Sit in yoga and create a *bhatti* as often as you can. Baba said this has great significance, and it is very important at this time.

Baba was giving directions today for us to follow. At this time, we should do whatever service, not through words, but without sound, with no action, but total silence, not speaking. It should be complete silence of words, and silence of actions. This is very important. Baba of course, was looking at me because today I was questioning why it happened. Baba was saying that it is very significant for Dadi to go at this time because of the situation in the world. So, each of you now has more responsibility, which means doing more *tapasya* and contributing that to the *yagya* and the world.

Om Shanti and good night everyone!

Practice: I am a peaceful, yogi soul with *bhavna* for all souls and nature. Taking Baba's signal, I will spend more and more time in *tapasya*. Keeping the image of the ignited light, I give time and energy to keeping my light bright and powerful for world service.

Day 11 Bhog Message for Dadi Janki
***Mansa Seva* through the Incorporeal and Angelic Stages**

April 6, 2020

Today, when I offered *bhog* to Baba for Dadi, and Baba offered it to Dadi, it was a very beautiful scene. Dadi was sitting next to Baba, but, it is more likely that she was sitting very comfortably in Baba's lap, as she was very deeply merged in Baba's love. Dadi accepted *bhog* and as always, we were having a lot of churning and sharing with each other. This makes our relationships very spiritual and very close. Although Baba says that we should be close, we should be at least six feet apart from each other with social distancing. It's so interesting that at this time in the world, Dadi's ascent to her angelic stage shows us so much of what we are deprived of here. We are provided for spiritually, so we are experiencing closeness amongst ourselves. However, physically there has to be distance. We all have to contemplate more on the significance of both these things happening at the same time, the world situation and Dadi's ascent, Dadi becoming an angel. There is a deep connection between them.

Of course, we have to follow what is told to us, to remain clean, wash our hands, and drink hot lemon water to keep our immune system good. On the other hand, also enough time has to be given to the self. Baba talks of remembrance, and today He said we need to have remembrance so many times. So, when Baba said 12, I thought that's good, we can easily do 12. I started saying we can do 4 in the morning, then every hour. However, then He said 24. So, we have to see how we will have remembrance at 24 times during the day.

It's incorporeal then angelic. So, this will be in our consciousness, incorporeal and angelic. We use the body to do actions with that consciousness. While we are at home, we can practice as much as possible. We are not going to work. We are not going out to do service. Of course, there is a lot of *mansa seva* and online service, but we don't have anything physical. So, practice, "I am a soul; my eternal quality is love and peace." Then I am in an angelic form. Then, of course, I am doing karma yoga. There is consciousness and action in karma yoga. This is the practice that Baba gave us this morning. We should pay attention because for the next scenes that will come, we will need this kind of consciousness, not only for ourselves, but also for those we are in contact with. We will need that power. Baba has clearly given us the signal that the children should practice this. Otherwise, the mind gets consumed by what's happening in the world.

Baba wants us to create power, the stage of being incorporeal and angelic. Then the next scenes will be there, where we will have to live on the minimum, which we should be happy to do. There shouldn't be any fear. In the next scenes it will require this stage, and those of us who practice will realize that Baba has prepared us for these next scenes in the Drama. This practice is essential. People say that prevention is better. By preparing our stage, whatever scenes may emerge, not only will we not be affected, but our stage can also do service through our thoughts. *Mansa seva* means you are serving through your thoughts, but your thoughts will be from your stage of incorporeal to angel and from angel to incorporeal, and from angel into

action. The awareness of being incorporeal and angelic while doing actions is most important, and will be needed.

We are very happy that we are all together, and we will be together for a few more days, of course, for offering *bhog*. Then we will continue meditation until the end of April. They have extended physical precautions until the end of April so that things can be better. Then, we should be able to mobilize ourselves more.

So, for everyone, Baba sends His love. He took us through a drill: I am a point of light; I am in my eternal image of light; I am an image of peace and image of power. I now adopt my angelic form, a body of light totally detached and beyond. I remind myself that I am an angel. I have to share God's message with everyone. I have total awareness of being a soul in an angelic form. I am a soul, eternally love-full, peaceful, and in my angelic form.

Om Shanti!

Practice: I am Baba's angel. Practicing the incorporeal and angelic stages, I create pure and powerful thoughts. Then, while doing actions, these thoughts are the basis of *mansa seva*, world service.

**Day 12 Bhog Message for Dadi Janki
Combined Form, Self- Care, and Service**

April 7, 2020

Om Shanti! Om Shanti! Om Shanti!

Did you all say Om Shanti 3 times? Yes! Dadi brings so much joy, so much lightness. Today while offering *bhog*, it was as if Dadi was combined with both Bap and Dada, which was one of her specialties. Once, we asked her, "Who do you love more, Shiv Baba or Brahma Baba?" She said, "They are not separate, they are together, so I love both of them."

Today we can ask ourselves this question: "Whom do we love more? Dadi Gulzar or Dadi Janki?" We have been thinking a lot, looking at, and listening to so many different stories from so many of Baba's children, and they are very enlightening. We learn a lot. When we think of Dadi, though, we can't separate her from BapDada. She was in the combined form. When we ask ourselves how much we remember Baba, then we also ask, how much did Dadi forget Baba? I don't think ever, because even if she was sleeping or eating, she was always with Baba, never separate. Her love for Baba, her faith in Baba, her dedication and commitment were really amazing. Is there anyone who saw Dadi separate from Baba? How many of us saw Dadi combined with Baba? When you looked at Dadi, you were reminded of BapDada.

Dadi's success was that she always found time to stay connected with Baba. And she was always prepared. Because the thought to serve was constantly in Dadi's mind and heart. She didn't plan, let's do this or let's do that, but she prepared herself so that Baba could use her as His instrument at any time. We know that she did unlimited service, whether it was meeting thousands of people, meeting VIPs or world leaders. Whether it was Mother Teresa or the Pope, Dadi met all of them and served them. She used to say of Mother Teresa that she served the poor ones. However, Dadi wanted to serve both the poor and rich because poor ones might be poor in wealth, but rich ones, famous ones, leaders, are also poor because they don't have spirituality. They don't have that love for God.

It's so interesting when you think of her character and her life. It's amazing as she was combined with BapDada, but she also dedicated her time. We never heard, as we hear from many serviceable children of Baba's, I was so busy that I couldn't remember Baba, or I was too tired for *amrit vela*. Especially in the evening, whatever was happening between 5-7 pm, if anyone were sitting near her, she would say, "Let's sit in Baba's remembrance. Let's meditate." Wherever she was seated, she would get everyone sitting with her into meditation. She was able to maintain that discipline. If people knew that you wouldn't be available at 7 pm because that's your time for meditation, they wouldn't call you then. That's also the time for class, so some would have some reason to miss evening meditation. However, Dadi wouldn't even give a class at 7 pm, or attend an important meeting. It was as if 7 o'clock was like a call from God. That was the time to sit for the self and also for the world.

To serve oneself enables us to serve the world, and Dadi was always able to find time for herself. As soon as we start thinking about how to serve the world, we get so busy with all types

of service and giving courses. Our thoughts come from Baba, so these days we should do more *tapasya*. Dadi keeps inspiring us to do this service. Prepare yourself because if you are prepared, then you will become instruments for the souls that need Baba's introduction.

Dadi Janki had been talking about both in our small meetings and in large gatherings was giving an introduction to God. We used to give the course, and she would say, "Let me give the course." Then she would explain in one lesson what is a soul; then God is the Supreme Soul; then on karma; then on meditation. Within 20 minutes, she gave all the knowledge. Dadi called it original *gyan* and in Hindi they call it *nij gyan*. She said that God was speaking the truth and that truth is power.

Of course, we can't do that. We take two months, giving a little bit of knowledge in each lesson. We feel that people won't understand, so we give examples and stories in each lesson. Then what happens, people remember the stories and the examples, but they forget what the knowledge is. At this time, our aim is to connect with the souls by making them aware of soul consciousness. Everyone is a soul and is related to the One source. Dadi gave the introduction to God so beautifully. We heard this in Hindi, but we were also reading in English. Dadi had been saying for so many years that you should give the original *gyan* because that is the truth, and you should tell the truth. In many ways, people are not ready to accept this, or we think they won't understand, or they won't relate to it. So, we keep explaining, and often the explanation is remembered, and the main points are lost.

We are also aware of what is happening today in the world. People can't concentrate or sustain an interest in listening to long talks. However, our main aim should be connecting them with their true self and connecting with God. Whenever we speak, whatever means we adopt, it should be short, and it should be given to as many people as we can.

The aim is to become complete and perfect and to serve in an unlimited way. But, if I don't have time for myself and don't have time for yoga, how will I become perfect? We need to integrate both of these things. I won't call it balance because they are so connected. You may have the experience of very good yoga; you were with Baba; you kept a good chart; and did very good quality service. From this you receive very good invitations.

Suddenly one night at 9:30, we got a call from a national television channel, TV Asia. They heard that Dadi Janki had passed and wanted a short message. They had clippings from videos etc. but wanted somebody to talk a little bit about her. Recently, on a Sunday, all the leaders of different religions had come together. When the High Commissioner of India had heard about Dadi Janki, they decided that people needed meditation. They asked me if I would speak for about 10 minutes about Dadi in a guided meditation for everyone. Next, the Doctors Association and someone from another big association wanted our help because people are so stressed. They asked if you would guide us in meditation. These were all invitations that we had not planned. Also, from one island, they said that the government wants an official message from the Center. In this way there will be a lot of unlimited and quality service.

There is no need to rush into planning for service, but be prepared, and you will see how Baba makes you an instrument for unlimited service, for the right kind of service. I am really enjoying this half an hour of merging in Baba's love every two hours. We can do more, but I thought we should be practical. Some are doing so much more, and it's very good. If you can stay merged in Baba's remembrance, just imagine such a deep change happening in your heart. It is so full, and you make yourself so free from any kind of influence. Of course, there are no wasteful thoughts in this bodiless stage when we stay connected with Baba in the combined form. These practices prepare each of us to serve with few words but a big impact. So now is not the time for lectures. Instead, we will offer meditation for 10 minutes for peace and inner power. We also have to remain peaceful the whole day in a stage of spiritual power. If we waste our thoughts or words on little matters and lose our energy, how will we be good instruments? Dadi is the perfect example of becoming perfect and serving in an unlimited way. If you went to Dadi while she was meditating, with a finger, she would say, "Sit. Come and sit." I remember many times I went at 7 pm because I liked to meditate with her and with Dadi Gulzar in their cottage. It used to be an open house, but not everyone would know. They didn't want large numbers. When I came to know about it, I requested to join at 7:00 pm, and they always said yes.

It's so interesting to see her with Baba. We have to be constantly combined with Baba. *Tapasya* is needed because we have to create a clear atmosphere for ourselves and the whole world. So, *Tapasya* is very important to create our stage. That is the most important lesson that Dadi left with us, to stay combined with BapDada, for He is our strength; He is our support; He is the source. He is everything for us. Just as we receive this from Baba, others can also receive from Baba, just by following Dadi's example of becoming a perfectly combined form. Then you are automatically available for unlimited service, not because you desire it and have pure wishes, but because you are ready to serve. Baba and the Drama provide you with unlimited opportunities.

In the last two years or so, I have been more interested in helping the BK family: Brahmins and the Yagya. Because I am not very keen on being in public and doing all that. Many opportunities come where one has to do public service, and one does it, so the self and then our family, and then, of course, the world also has to be served. Those are my feelings and my thoughts.

Om Shanti!

Practice: I remain in the combined form with BapDada as much as possible. To help me stay in this elevated awareness, I make time for self-care, *tapasya*. In this way, I am preparing myself for unlimited service.

Day 13 Bhog Message for Dadi Janki
Protect Ourselves from Negative Vibrations through Two Stages: *Loveleen* and Bodiless

April 8, 2020

We are all still enjoying a few moments with Dadi Janki every evening as we offer her *bhog*. It was a great opportunity to enjoy her presence, her lightness, and her ever-readiness. Offering *bhog* is really just an excuse to be with Baba and Dadi in the subtle region. Sadly, there's just one more day, and my heart feels heavy. So since yesterday, I have been telling Baba how much we will miss her. We are missing her already. Baba knowingly smiles because it's the Drama, and she had to be in an angelic form. However, Baba said that as they accepted *bhog*, you would feel Dadi's presence more and more. It is comforting to get these thoughts from Baba.

I especially feel her loss because she used to be our guide and inspire us. When I look at how much Dadi gave to the family and to *lokik* people, I can visualize the next step in our efforts. I have always looked up to Dadi for learning or deciding when to go to Madhuban or when they should come here. It made everything very clear, seeing my next step of transformation, of improvement, of what I have to do next. We all had different kinds of relationships with her. For me, she was definitely my inspiration, and I happily took instructions from her. She would say, "You can do this." Then I had nothing to think about after that but to start getting into whatever she wanted me to do.

Of course, we all do service, but Dadi gave us special instructions or directions for a particular service. Even if we felt that we didn't have the skill for a particular job, we were able to do it because of Dadis' trust. I have been with Dadi my whole life, a 60-year relationship. In a very playful way, she encouraged me to do so many things. Of course, we received direction from Baba, and we all had our own reflection and churning. We received blessings from Dadi as she showed us what to do next. She made it so lovely and easy.

Last time I talked about having this inspiration from Baba that we should all do *tapasya*. It seems that worldwide we are all doing that half-hour every two hours, which is helping. Although Baba did not really give the timings, we looked at it practically, and we figured out the best way to incorporate it into our routine. There are four thoughts about creating a powerful environment within our BK family, our Brahmin family, which now extends worldwide.

First, we have to protect ourselves from the effects of the influences of the outside atmosphere. For that, there are our two stages of *loveleen* (merged in Baba's love) and the bodiless stage. These two stages of being in Baba's company will protect us from the influences of the storm of anger and sadness and the suffering that are happening worldwide. We have to keep our minds and intellects very secure, and very safe from the influence of such negative and sorrowful energy. Spirituality is very important, and Godly love or spiritual love is *atmic pyaar* (soul love). That means that we are all souls seeing each other as eternal and in the perfect stage. We are all children of one God. The bond which we have with each other is as brother and sister. This love is not so much in our hearts but in our practice. Our attitude and our *drishti* should always express that spiritual and Godly love with powerful vibrations.

The second quality that is very important is respect. We need to respect each other's ideas, each other's presence, and respect each other in all different ways. This is very important because when you have respect, it's the kind of care experienced with love. So, where there is love, there is respect. The third important quality is cooperation. We all cooperate with one another. The fourth important one is courage because everything that we do in life requires courage. Even to maintain love, we need courage.

In Hindi, they say "*Sneh, samman, sehyog, aur saahas*," affection, respect, cooperation, and courage. We have to keep remembering these four words to keep the family united. There shouldn't be any conflict or competition between us. We should not comment or criticize each other but love in a very pure way. The powerful vibrations created with this practice will make everyone feel that they belong to one family. We should always be willing to share, always willing to help. Baba said that this kind of energy will keep the family together. We have a common purpose: we are all at the confluence age, chosen by Baba to establish the new world, the Golden Age, with affection, respect, cooperation, and courage.

I was so much with Baba and Dadi today that I thought that I would like to stay. I didn't want to leave them, but when the soul has a part to play, then the soul has to come into awareness of the body. There was so much love, so much pull to be in the subtle region with our angelic parents and angelic Dadi. I talked to Baba with the mind and asked Baba whether I could keep coming to meet Dadi. Baba said, "It's as Hansabhen was mentioning to keep Dadi's cottage open so that anyone can go and sit in Dadi's room." The sitting room has now been changed into Baba's room, and there is little Baba's room. So, my thoughts were coming from Dadi, that we could go there now. We can also go to the subtle region to be with Dadi and to sit next to Dadi

I was looking at Baba and feeling like we should be remembering Baba, but here we are remembering Dadi. Baba said that it's okay even if you are thinking of Dadi because they were always thought of as Baba Dadi. She was never separate from Baba. Baba said: Baba is with Dadi and Dadi is with Baba. So, they were combined. I was thinking that Dadi always wanted to glorify Baba, but Baba respected her. Dadi never thought that her name should be glorified or be in books, or that she would be famous. She was always very humble. She was an example of the slogan of "Father shows son or daughter, and daughter shows father."

Everyone loved Dadi. She believed that you could do anything, if you have the aim to glorify Baba, because then Baba will glorify you. You can be a very good instrument of Baba's by serving others. You may even become beloved by everyone. So, sharing with Baba does not necessarily have to be in the subtle region. We may think of Dadi during the day, and we chat with Baba, and Baba replies. Even if He doesn't respond, at least you can say what you want to say. Talking to Baba, He gives us a lot of love. You may get some answers, not necessarily because Baba said it, but you could feel that this is what Baba's response would be.

Dadi's love to all of you and Baba's love to all of you!

Om Shanti!

Practice: I am merged in Baba's Love. In order to protect myself from the negative vibrations of the world, I practice the *loveleen* and bodiless stages. I have pure love and respect for every member of the Brahmin family.

Day 14 Bhog Message for Dadi Janki
You Hold Baba's Hand, Baba Holds your Hand

April 9, 2020

Our hearts are full of love for Dadi. We are all in remembrance of Baba, but also thinking about Dadi. I went to offer *bhog* to Baba, and I saw Baba and Dadi as companions. He was holding Dadi's hand, and I gave remembrances to Baba from His big family. We were all sitting together, as one big family to offer *bhog*. Baba accepted *bhog* with a lot of love. Then he offered it to Dadi.

I told Baba again that we all really love Dadi. He said that Baba knows that. I was taking *drishti* from both of them, and then I said that we all understand that Dadi had to change her part from corporeal to angelic form. On the one hand, my feelings and in my heart, I will miss Dadi because she was a guide every step of the way. She was a good example and tried to communicate with me through thoughts more than words. On the other hand, I realize that she wants us to ascend to our higher stage. In angelic form, she is inspiring us to follow Baba's directions to become complete and perfect.

As I was sharing my feelings and emotions with Baba, Dadi listened, and they both were smiling. I think that they were looking at all of us that were present. Baba said that Dadi, in her angelic form, will be guiding all of us. Baba then said in a very light-hearted way, "I also need company in the subtle region." When I told Baba that we are all His companions, he reminded me that we still have our parts to play in the corporeal region, but Dadi will play her part in the angelic form. As they looked at each other, Dadi was holding Baba's hand.

Here, I would like to mention that there are two different things: One is when Baba holds your hand, and the other is when you hold Baba's hand. I want to share with you that I had the fortune to host Brahma Baba and Dadi for about a week or two. I won't go into details. Baba used to teach me and show me how to do many things, and He would hold my finger or hold my hand; this was His guidance. If the child is looking for help, the child will hold His hand. I still have the sensation in my hand of Brahma Baba holding my hand to show me around. So, we all also have to keep in mind that I hold Baba's hand and Baba holds my hand.

Baba then said that one of Dadi Janki's specialties was that she understood and recognized Baba, and based on that she followed His directions. She was very obedient in following *shrimat*, not just through consciousness but by practical implementation. Thus it became a blessing, and she passed that on to others as they felt the power from her words. It was inspiring us, so that as she understood the knowledge from Baba, then followed Baba's *shrimat* to become obedient, then based on that implementation or dharna that Baba gave, it became a blessing in her life. From that blessing, Dadi became an image of blessings and was then able to pass the blessings on in our lives also.

Dadi said that there were four steps. The first step was to understand knowledge. That means that you become sensible. The second step is to recognize Baba. He is God; He is the Almighty; He is the Purifier. He is the Liberator. Third, when you recognize all of God's qualities, then you implement them and bring inculcation into your personal life. Finally, you do actions of service towards others, based on that inculcation so that they become blessings in your life. When you have blessings, you have the capacity to do whatever you say, and whatever you do also becomes a blessing for others.

Dadi said, "You now all have to be an image of blessings." At this time people won't listen much to knowledge, but everyone wants your good wishes. People say bless us, pray for us, meditate for us, talk to God for us. This is an image of blessings, and Dadi said that's what you all have to become. Baba then said, "Another specialty of Dadi was that her faith was unshakeable." It did not matter what the situation was, whether it was a test about the body, whether it was many kinds of test papers, Dadi had the faith that Baba was with her, and she passed with honors. Looking at Dadi, I remembered a few situations where there were some challenges for the *Yagya*. We would talk to Dadi, explaining our concerns. Then Dadi would say, "*Abhi tak bohot accha. Hua hai, isi tarah ant tak hoga.*" (Everything until now has gone very well, everything will continue to go well until the end). I mention this now because most of us have this question, "What will happen to the Centers? How long they will be closed? What will happen to resources?"

Remember her faith and her words, and we will continue to keep going because it is Baba's *yagya*, Baba's task, and Baba's instruments. Dadi's *maha mantra* all the time was "Baba, my Baba." It was never "I and mine." It will go well providing that we don't have this thought of "I and mine" because that would create some kind of subtle obstacles or cause difficulties. The foundation of Dadi's life was trust, total trust. Not only did she have faith in Baba, but whatever Baba was doing, that task had to be accomplished.

I was looking at Dadi because we can keep meeting Dadi every day in her angelic form, but this is the last day of offering *bhog*. However, every day we cook food, and we can offer it to Baba and Dadi. Additionally, we will keep offering *bhog* to Dadi every Thursday evening. Today, *bhog* was on behalf of many of us, and so lots of love and remembrances from BapDada and Dadi.

Om Shanti and good night!

Practice: I have trust and faith that all will be well, according to the Drama. While holding Baba's hand and Baba holding my hand, I face every scene with courage and love. Baba's task will be accomplished, and all will benefit.

Serve Yourself and the World as a Master Seed

April 16, 2020

Today is the day of *Satguru* Baba. There is always so much pull to go to Baba in the subtle region. This is where we meet Baba, share news with Baba, and also offer *bhog* to Baba.

We cook food every day, and we always offer, but Thursday is a very special day! It's the day that we call *Brahaspati*. It could be the Seed of the tree or Father of the tree. So, it is about *Satguru* Baba, Baba's day. When I was able, I would go to Harmony House on Thursday mornings to offer *bhog*. As that has not been happening, I thought that we would offer on Thursday evening with all of us together. We will go to Baba.

Today, when I was sitting in remembrance, there were so many special experiences because Baba is invoking and pulling the soul. So, it is like going beyond the body. Not in a bodiless stage, but in an angelic stage. The difference is that, in the bodiless stage, the soul is separate from the body. Here, the soul is in angelic form. You really feel that when Baba is pulling the soul, you are getting the costume of light, or form of light. Then you go to the subtle region, and you get connected to the subtle region.

Because it is a day of offering, Baba is there to meet me and all of us. First, Baba shares very lovely, very love-full and very powerful *drishti* with all of us. He is like a searchlight, moving His *drishti* on all of us. Then, Baba looks at each one of us in turn. It could be thousands or a few hundred, but He looks at everyone. It's like personal *drishti*, and it doesn't take long. When that was finished, I looked at Baba, and He also gave me *drishti*. That's when the meeting and communication actually began.

So, smiling, I just looked at Baba as He was giving *drishti* for quite a while. Then, I said, "Baba, I have *bhog* for you," and I gave everyone's love and remembrances. I said, "We call this Avyakti Parivar." Baba smilingly accepted *bhog* on our behalf. Then, I started sharing with Baba. "You know what is happening in the world, but you also know what is happening with Baba's Brahmin family." Of course, Baba knows everything, but this is always how we communicate and Baba acknowledges it. I said to Baba that we are all sitting here together, and, of course, Baba saw all of you in a gathering in the subtle region. Baba said that it is a very love-full feeling when you are all together and Baba gives *drishti*. Then, I asked Baba if he had any special directions for us. Baba didn't say anything. Then, I remembered, and said, "What about Dadi Janki?" Baba said, "Yes, she is my companion." So, I asked Baba if we could offer her today's *bhog*. Baba said, "Why not?" And, then He invoked Dadi Janki. They were both there together taking *bhog*.

I told Baba that we are all aiming to make good efforts, to remain stable and unshakable. Baba replied, "This is a very valuable time, and you have to all understand the importance of this time. This time is both for the self and also for the world. For the self, stay in remembrance of Baba, and stay connected with Baba. It is very important to have a clean and clear mind and intellect. When they are both clean, then it follows that they will be clear. In this way, you can get signals from Baba. You will come to know internally, maybe not exactly what is going to

happen, but you will feel when it is the time.” Baba is indicating that you prepare yourself in a certain way, practice, or be in a certain stage. Baba said that by having a clean and clear intellect and mind, every pure thought you create will have a lot of power. This will enable you to serve the world. You will create an atmosphere where everyone will feel very safe, very content, and will be free from sorrow. What you are doing is for the self, but actually, while serving yourself, you are also serving the world.

Baba said that all you children should take time for yourselves and not rush into planning for service because there will be unlimited service. This is the time to put your intellect and mind into a deep silence. This will empower you in such a way that even when there will be a lot of physical service, you will be able to do it tirelessly.

Some souls, some children, have a lot of enthusiasm, and they get themselves very engaged in service. But, this is the time to use for yourself and remember that when you are using this time for yourself, it is not only for the self. Every pure thought that you create, in remembrance of Baba, will form vibrations that will serve the world. This creates the presence of God, the presence of peace, and the presence of love. Not only that, but these vibrations will touch many who you are trying to help, whether they are scientists, religious leaders, or those who do research. Your thoughts will help them. They might not directly feel the presence of God, but they will feel the help. They will feel that something is being revealed to them, and they will be able to get some relief from their suffering.

Baba was sharing this and saying that He is even more invisible at this time. This is because He is the Seed, serving the whole world, and the Seed is always incognito. The branches and trunk are visible, but not the Seed. Remember Baba as the Seed of this tree of humanity, in which there are all religions and the whole of creation.

Baba said that one of the practices you should do to serve the world is to be a master seed. When you are a master seed, whatever thoughts you create, they get merged in you as a seed. These same thoughts emerge and also serve the world. So, actually, every thought, every moment, you are serving both the self and serving the world.

Then, Baba was silent and started giving *drishti* to all of us. Some souls offered *bhog* to Baba. Then, I gave love and remembrances. Baba said that the children have a lot of love for Baba, and they always have a lot of *bhavna* while offering *bhog* or whatever they are doing. Baba was really remembering and giving lots of love to all of us.

Om Shanti!

Practice: I am a master seed. Every thought I create is merged in me and then emerges to benefit myself and the whole world. Throughout the day, I continue to create pure, benevolent thoughts.

Baba's Method (*Vidhi*) and the Attainment (*Siddhi*)

April 23, 2020

Today is the day of *Satguru* Baba. You all must have offered *bhog* in the morning, or maybe during the day. Now, as I was offering *bhog* to Baba, I felt that there was a great pull as Baba invoked me and all of you, depending on how much pull we feel. He was giving lots of love-full *drishti* to each child.

Baba accepted *bhog* and then said, "No one should ever feel lonely, for not only is Baba with you, but so are all the ancestor souls." Those of us who are on the spiritual journey are all together. This should be in your awareness. Baba is our Supreme Guide and we all follow Baba. Always remember that it should remain in your consciousness that we are all always together on this spiritual journey. In this way, we can help each other to move forward.

Then, Baba said that through teachings, He gives us clarity. In Hindi we say "*vidhi vidhata ki vidhi*." The law is the law of the Creator. Baba gives us the method. As we accurately adopt *vidhi* (law), then there is *siddhi* (accomplishment). *Siddhi* is not just accomplishment, but something more than that. If you tell that *vidhi* or method to others, they will also get *siddhi*. You will not only be known for giving knowledge, but also they will have attainments in life. With the experience of attainments, efforts become very easy and they will move forward. When there are difficulties, it means that they haven't understood or taken that method or *vidhi*. Then, they do not have attainments. It is difficult to conquer Maya.

Baba said that every morning, as you are all listening and reading the Murli, you have to understand what method Baba is giving, what *vidhi* Baba is telling us today. Then, you must adopt it, implement it, practice it, and then share it with others. In this way, not only are there attainments, but Baba says it's like experiencing blessings that have been given by Baba. So today, Baba was saying that *vidhi* not only will give you *siddhi* but also help you to progress in this spiritual life. In this spiritual life, you are on a spiritual journey of remembrance. The aim should now be to maintain your purity, inner peace, and inner power. Remembrance also has to be consistent. By paying attention to remembrance, you will become obstacle free. Obstacles come when there is no remembrance. So, pay particular attention to make your remembrance consistent.

Baba said that some children might say that it is difficult. They must just pay more attention. When you pay attention to other things, you get them done, right? So, in the same way, if you pay attention to remembrance, you will definitely be able to succeed, just like Dadi Janki, Dadi Gulzar, and all the ancestor souls. They are able to be in Baba's remembrance consistently. This remembrance is in many different ways; in the form of yoga, in love for Baba, in having all relationships with Baba, receiving attainments from Baba, and thinking of Baba's teachings. So, by having consistent remembrance, your life will be free from obstacles.

At this time, you are all instruments, serving in different ways. Everyone wants to give and receive good wishes and to help people. Especially, within the family when anyone is not well,

or with the aged, or even for unlimited souls in the world. Every one of you wants to serve. Baba said that your capacity to serve will become unlimited the more that you remember Baba. Baba said that many souls will come to you and ask you to give good wishes for someone, whether for health, or sometimes for wealth, or for any kind of disputes or whatever is happening in their lives. Baba said that first you have to connect them with Baba so that their sins can be destroyed. You also have to connect, so that you can receive power from Baba and use it to remove the suffering, the sorrows, the loss, or anything.

Today, offering *bhog* was a really lovely experience being with Baba and I know that we would all want to come back. It was so beautiful, and although I knew that I had to go, I really felt that maybe I should just stay. However, Baba said that it isn't yet the time to remain there. He gives us the experience so that there can be more and more pull to be in that state of mind. This is the state of supersensuous joy, the carefree stage, of just feeling as light as an angel and sitting next to Baba.

Baba has love and remembrance for everyone. As Baba said, we must all stay together so that every evening we can invoke Baba together and feel His magic. Together we offer *bhog* to Baba. This is our collective love, and this offering definitely has a big impact on the whole family, the unlimited family of the world. So, sharing lots of love and remembrances from Baba!

Om Shanti!

Practice: I am always with Baba and the spiritual family. I listen every day for Baba's method, I practice and experience all attainments. I am happy to stay in remembrance and connect others with Baba.

Keep a Calm Mind, Connection to Baba, and *Bhavna* in your Heart

April 30, 2020

Today is *Satguru* Baba's day, So I took *bhog* to Baba with everyone's love and remembrances. Then, I offered *bhog* to Baba, and Baba accepted *bhog* with a lot of love. Baba was giving very, very love-full, powerful *drishti* to each one of us. We shared *drishti* with Baba and took *drishti* from Baba.

Then, Baba said that children always have this love for making efforts. They have love for Baba and for making efforts. The children had been paying attention to their efforts, especially yoga, to keep their minds clean and clear. So, Baba had been observing and sharing whatever the needs are of the children. Then, Baba said, "At this time, you have to maintain your mind as very peaceful, whatever is happening around you. Baba said, don't get upset or disturbed, because that energy is not good energy. So, just be very peaceful. But also, your intellect should be with Baba; that connection should stay. These are very two important needs of this time. You will need that connection with Baba and a peaceful mind.

Then Baba said, "Baba is your Supreme Guide, and you are also guides for the souls. So Baba is Supreme Guide, and you have to follow Baba. If intellect is connected with Baba, then you will be able to follow Baba; in the sense that you will go in the right direction. You will know exactly what to do, whatever the situation is. Baba will guide you."

Then Baba said, "At this time, your heart and mind should be full of *bhavna*. Baba said when there is *bhavna*; then you can serve through your thoughts, words, and actions. If there is lack of *bhavna*, you won't be able to serve. So, Baba said, "In your *bhavna*, there has to be love; God's love, God's love for everyone. It is also important at this time to give cooperation of courage, for any reason. Baba said, "For anyone, whether it is in a spiritual relationship or lokik relationship, it will be necessary to always speak words of courage. Courage is most important at this time, because many, many children and, of course, many lokik people will be going through a lot of different settling. So, you have to give them the cooperation of courage. So, when there is this *bhavna*, you will be able to serve them, even with your thoughts and few words."

Then Baba said, "You all are Baba's instruments, everyone. It is not a question of the instrument of a center; that is different, but each one is an instrument. There are so many souls in the world who would want to hear or get the vibrations of love and courage. So, it is a peaceful mind for yourself and connection of the intellect with Baba. Just look at Baba every time, follow Baba, but have *bhavna*. Not thoughts of service, but *bhavna*. When there is *bhavna*, you will be able to serve in a very natural way. You won't have to plan much, and service will come to you." Then, I said, "Baba, we were together for two weeks, almost a month, first for Dadi Janki's thirteen days, and now we are also together doing tapasya, we all paid attention." Baba said that this is a family, and you will need more and more connectedness. The more you stay connected, you will feel inner strength, and you won't feel as if you are alone or lost. It is the time to remain connected and just keep pure *bhavna* for each other." Then Baba also gave lots

and lots of love and remembrances to each one of you. Did you feel Baba's love? Everyone who felt Baba's love, show me hands? Baba gave everyone not only love but also congratulations for making good efforts.

Om Shanti

Practice: I am a master ocean of peace. I keep my mind peaceful and my intellect connected with Baba. I also pay attention to my deep feelings (*bhavna*), making sure all my thoughts, words, and actions are full of *bhavna*.

Remain in Sweet, Love-full Silence and Listen to Baba

May 7, 2020

It is a very happy day, the day of *Satguru* Baba. In remembrance of Baba, and also taking remembrances of all of you, I was offering *bhog* to Baba, and Baba accepted *bhog* with a lot of love. As it is Thursday, Baba pulls our intellects, and then we are with Him. Baba was giving lots of love-full *drishti* and I felt as if I was getting merged in Baba's *drishti*.

After a few moments, Baba asked: "Children, do you have any questions? Do you keep thinking, what will be the future? What should we do? How should we plan? What should we plan? Or, are you in silence?" Then Baba said, "This is the time to be more in silence. When you are in silence, then you will be able to listen to Baba. If you have subtle questions all the time, then you are very engaged, and then you won't be able to listen to what Baba is saying."

Baba said that this is very important. If you are a hundred percent trusting and you say, "Baba, I am yours, and everything belongs to You." Then, if that is true, you will know that Baba will use everything in a worthwhile way. Nothing will go to waste or be destroyed because whatever is Baba's is imperishable. At this time, I was taking *drishti* from Baba and I was thanking Him that I am able to be an instrument to serve. Baba really helps me to think properly and to connect properly. He said that you can give your example to others. Our body, our belongings, intellect, mind, everything belongs to Baba. So, it is necessary to have not 90% but 100% faith. Internally, when you are carefree, then you are able to get in touch. Baba said that there are so many scenes of Drama that He cannot tell you what will happen.

Baba was also giving the example of Dadi Gulzar, who for 2 ½ years had been in silence and just kept giving *drishti*. Now we know that she had to be in the body because she played the role of the head or main leader of our organization. Now her part has been played. Baba will not tell what is next because the Drama has to unfold.

Baba will say that this is the time that everyone must look internally, truthfully and honestly, and understand that everything belongs to Baba. Everything will definitely be used in a worthwhile way. There are many karmic accounts to settle, as individuals and within the family. Because they have to be settled, there will still be a lot of situations that will happen. But you children have to remain very stable, free from questions, in very sweet, love-full silence and listening to Baba.

Baba has also given *shrimat* for us to follow, which makes it very easy to prepare our stage. Always remind yourself that, "I have to be with Baba," "I have to return home," and "I have to become an angel." This is your aim, which Baba is giving you now. Keep reminding yourself. It is not the time to be careless. It is the time to be consistent, not just in the morning and evening, then during the day we forget. No, try to be consistent in remembrance. If you are busy, or at work, or your intellect is busy, then every hour just be with Baba, invoke Baba, stay in deep silence. It's only when you are in total silence that you can hear Baba's signals. Baba has given

everyone a divine intellect, so maintain that stage, in soul consciousness, always staying connected with Baba.

So, it was a very beautiful experience for me. Then Baba gave lots of love and remembrances to all of you. Many of you offered *bhog* to Baba and gave lots of love from those souls to Baba. I am sure that maintaining the stage will help you to feel Baba's love, presence, and of course, clear signals.

Om Shanti!

Practice: I am Baba's obedient child. I will remain stable in sweet silence and stay in Baba's remembrance. Everything belongs to Him and will be used in a worthwhile way. I feel carefree and content.

Feeling Close to Baba and Serving through Our Stage

May 21, 2020

On this day of *Satguru* Baba, we are offering *bhog* to Baba. You probably have done so in the morning, at Baba's home, or in your own home. Here, we do it all together as a big family, on Thursday evening. With *bhavna*, we have been preparing *bhog* and then offering *bhog* to Baba.

As I offered *bhog* to Baba, first He gave *drishti*, which He gives to all of us. With as much *bhavna* as we have, and with that much love, Baba accepted *bhog*. Today Baba, with His angelic hands, was putting both His hands around our head and face and giving a lot of love. It was as if Baba was creating the rays of light of protection for each one of us.

Then, Baba gave me *drishti* and said that this is the time that you have to stay very close to Baba. I told Him that is the aim and shared how I was remembering Baba in different relationships with the aim that I have to be on this journey. Baba said that to feel and to create Baba's presence; you have to create a likeness in your stage. So, to experience Shiv Baba as incorporeal, you have to be in that incorporeal stage. When you yourself are in that incorporeal stage, then you are able to experience Baba, feel Baba's presence, and feel that closeness with Baba in the incorporeal form. It is the same as when you are in a very subtle stage, an angelic stage; you can experience Baba in the *avyakt* form, in the angelic world.

Baba said that as a karma yogi during the day, you feel Baba as a companion when there is remembrance of Baba while doing actions. So, depending on your stage, your experience is in that same form. In Baba's presence, there is the experience of inner strength, inner power, happiness, and lightness. When you are really and truly very close to Baba, then that is your experience.

So now is the time to serve from your stage, and for your own self, it is very important to be detached and to be loving. When you are detached and loving and you serve souls, they will also experience Baba's love, His true love. Not only through words is one giving *gyan*. Yes, it is very important and necessary to complete the seven days course giving *gyan*. But, before starting, you should create a stage, so that you will speak while maintaining that stage. Then they will get power and they will understand the Truth. It will take less effort. You will be able to say less, and they will understand in a very true way. Now is the time for preparing and also for serving, but with your own stage. So, if you are determined to do service, then think about having to create this stage first and then serve.

Be like Brahma Baba, and take a few minutes in solitude to become soul consciousness before meeting other souls. Thus, he was able to do in a short time what would maybe have taken a few hours. In this way, you will also be very happy, and it is less effort with more results. Especially at this time, all souls are seeking something, so it becomes easy for them to experience inner power and also happiness.

Baba gave lots of love and remembrances to everyone.

Om Shanti!

Practice: I am a powerful and love-full soul. I feel close to Baba while in the incorporeal, angelic, and karma yogi stages. I take time to establish my stage before doing service, this makes everything easy. I prepare and serve through my stage.

The “Wave” of Dadi Janki and Becoming Complete

May 28, 2020

Today, it has been two months since Dadi left us to become an angel. We started being with Dadi for thirteen days during her transition time. Since then, we have all been together. So, today, on this day of *Satguru* Baba, I went to offer *bhog* to Baba. Baba gave *drishti*, and he gave love to all of us. Then, I said to Baba that we are also remembering Dadi Janki. So, Baba invoked Dadi in the subtle region, gave her *bhog*, and gave her our love and remembrance.

Baba and Dadi were looking at each other, then Dadi started giving us *drishti* and Baba was also giving *drishti*. After some time, Baba said, “Dadi they all love you.” Dadi replied, “It is because You love me, that’s why they all love me. I have that love in me and I share that love with everyone.” After a few moments, I said to Baba that it’s a wonderful Drama, it’s not our plan, but it must be Your plan, that we are all able to meet every evening and feel very connected. There is a lot of love and harmony. Baba said that, actually, whichever soul leaves the body to become an angel, leaves that kind of wave, a wave of yoga, of chitchat and meeting, and being together. Since Dadi has become an angel, it’s a new kind of wave, completely different from the wave of fear and uncertainty in the outside world. Dadi has created this wave for all of you to be together, to sit and to churn on different topics. Your thoughts don’t go to the outside world and are not affected by the energy outside. Everyone is only talking about the world, so there is a lot of fear.

I was looking at Baba when I answered, “We really know that it is Your plan and Dadi is supporting us.” Looking at Dadi, I said, “I have been remembering you because you have so much love, not only for me but for all of us.” Again Dadi smiled, and I continued, “Dadi, you were a very good example for all of us, showing us what God’s love is and what is God’s power. Also, you showed us what it is to respect the treasure of knowledge and all the jewels of knowledge.”

Then, Dadi said that now is the time to be ever ready, to think of being complete and of returning Home. Baba has given you all this time according to the Drama so that you can prepare yourselves. Baba was giving us *drishti* as he said, “It is not something temporary, you all have to be completely ready. Each child has a sincere desire at this time to become complete. So, make that effort. Dadi created the wave, but Baba also has planned for the children who have determination and a very sincere desire to complete this journey.”

Then, Baba gave lots of love and remembrances to each and every one.

Om Shanti!

Practice: I am happy to be in the “wave” of yoga and spiritual chitchat every evening. My mind and intellect are protected and nourished all day with remembrance and love. I have determination to become whole and complete again.

How to Become Free from Desire, Complete, and Cooperative

June 11, 2020

Taking everyone's love and remembrances on this special day of *Satguru* Baba, I went to offer *bhog* to Baba. Baba accepted *bhog* with a lot of love. Then, I also gave lots of love and remembrances on behalf of all of you. Baba was an immense ocean of love, looking at all of us, and through His love, making us feel not only that we belong but also safe. Baba was giving the rays of love and different powers as He accepted *bhog*.

Then, I was sharing with Baba that we are doing this *adi* self, *adi swaroop*. Baba was smiling as He said that the children have very sincere feelings and a lot of determination to do what Baba wants them to do, to become complete. Baba said that all the children have very good *bhavna*, that is, pure feelings and pure thoughts, with determination. This is not only *bhavna*, but they also have what is called *chahna*. *Chahna* means that they really want to do it; they are not just thinking about it. *Bhavna* is our pure feelings, and *chahna* is our pure desires.

Baba said that the children are making great efforts and everyone must be feeling some progress and seeing an increase in percentage towards becoming complete. Baba then asked, "Are you are all satisfied with your efforts?" He can see how sincere the desire is. I didn't reply, as I cannot respond on behalf of everyone else. Everyone sees their own chart.

Baba was then saying that now, for your sincere desire to be fulfilled, it is very important to have three things. One is to make a budget, not for money, but for your words, your time, your energy, and your thoughts. In that budget, you have to see where to spend what and how much. So this budget is created to know how much I should speak today. How much of my energy should go towards thinking about service.

Secondly, Baba said that a timetable is very important because it will give you some kind of discipline, like, "When will I sit in yoga?" "When do I have to do karma yoga?" If you are working, then, "How many hours of work?"

Thirdly, Baba said to keep a chart, in which you write a little bit on your self-transformation or realization or remembrance of Baba. You write something on your chart every night. When you do this, you will practically be able to feel the transformation. Not only that, but you will be able to know your progress and to what percentage you have moved towards becoming complete.

Then, Baba said there are two areas. One is the self, and the other is the world. You want to serve the world at this time because you know that is what Baba wants you to do. But you have to remember that you have to become complete. There is a deep connection to your becoming complete and world service. So, as much as there is a need for world service, that need can only be fulfilled when you are moving towards your stage of perfection.

Baba said, "That is why it is very important that you create a budget. Then you can see how much you have to do for the world and how much you have to do for yourself. Keep it for one

week and then look at it, and you will find it very helpful. Those who have time-tables and budgets are internally kind of carefree. It will be okay when there is an emergency, or when there is a time of need or a time to spend. Having a budget, a time-table, and a chart, will make it very clear about how much you need to do for yourself in the form of powers of yoga, or improvement, or moving towards making your virtues 100%."

I said, "Baba, we are working on this aspect of *devta* or *levta* (give and take)." Baba said, "You are all *devta* (deities), right?" I agreed, "But sometimes the *sanskars* of *levta* also emerge. *Devta* is one who bestows, and *levta* is one who still has certain expectations of either support or whatever." Baba said, "You children have to have that real experience of not only knowing, but you practice during the day, you have to practice a few times to be in your *adi rup*. Not only will very beautiful divine *sanskars* emerge but also, you will create them."

Finally, Baba said, "At this time you have to have cooperation amongst yourselves and that cooperation is that you share your churning and your efforts as much as possible. You know that to sit and create a very spiritual atmosphere and also just remind each other through even *drishti* of their *adi rup* is the practice you all have to do. Cooperation for this kind of effort is very important in relationships within the Brahmin family.

Then, Baba gave lots of love and remembrances to each one of you.

Om Shanti!

Practice: I am Baba's beloved, pure child and a deity soul. In this confluence age, I will follow Baba's directions and fulfill my deepest desire to be complete. I will share my churning and efforts with others in the divine family.

Using the Powers of Yoga, Purity, and Elevated Actions on this Spiritual Journey

June 18, 2020

Today is *Satguru* Baba's day. You must have offered *bhog* in the morning, but we offer *bhog* together in the evening so that we can go to Baba, and He can meet us. When I go to offer *bhog* to Baba on Thursday, it is a very special meeting.

Baba, as Father, as Teacher, and as *Satguru*, gives us *drishti*. In each relationship, Baba gives different blessings. As Father, Baba's blessings are to become heir souls, to inherit all Baba's qualities and powers. As Teacher, Baba makes us sensible. As *Satguru*, Baba gives us the mantra of *Manmanabhav*; to be successful, he gives many other mantras. Then, Baba accepted *bhog* and said that the children know their destination, which is to reach the stage of perfection and to return Home with that stage.

One should have the thought that "I have to reach my destination," but it is also about my journey. When you know where you are going, then you prepare for the journey, but it depends on how long of a journey. Sometimes Baba makes the journey of one second to be an angel or to be a deity. However, we know that we are on a spiritual journey, with the final stage of perfect purity. So, how do we prepare for this journey, and what do we have to take with us that could help us to be comfortable?

Baba said that on this spiritual journey, what you actually need is the power of yoga and the power of purity. You also need to do elevated actions because elevated actions are your fortune. Then, you are able to overcome all the obstacles which come along the way at the confluence age. If there is purity, then we have to use that purity in creating pure thoughts, pure words, and pure actions. It is the same with the power of yoga. Then, whatever situations will arise, because of purity, the power of yoga and elevated actions, you will find that those situations are changed completely in your favor. They will not pose a challenge or create difficulties. So, Baba said that whatever journey or part of the journey is left, keep reminding yourself that you have to have these powers to make the journey easy.

At the confluence age, you children also have the destination of going to the subtle region or going Home to meet Baba. The children come to Baba, but also Baba comes to the children. For this, what is needed is love in your heart for Baba. Love has a great pull. A love-full heart is very important. So when there is love for Baba, He is pulled to come and meet you.

Baba was saying that in the *lokik* world, everyone is thinking about their safety, and they put a lot of money into stocks. That is what you all need, to accumulate stocks, that is, to accumulate all virtues and all powers. It is very important to have full stock so that whichever power or virtue is required, you can use it and pass with honors.

Then, Baba asked if the children are doing this, or are they only listening? I answered that I thought that we are all making efforts. To which, Baba said that it is the right time for all of you to practice and to achieve so that you will feel that you are close to your destination.

Then, Baba gave lots of love and remembrances to everyone.

Om Shanti!

Practice: I am making effort everyday towards my complete and perfect stage. The powers of yoga, purity, and elevated actions support me on my journey. My genuine and powerful love for Baba pulls Him to me.

Drama is Accurate and Baba is Taking Care of the Children

June 25, 2020

Today is *Satguru* Baba's Day. You all must have offered *bhog* in the morning, as we generally do with the family. So, I took everyone's love and remembrances to Baba. I said, "Baba, I brought *bhog*." Baba smiled and accepted *bhog* with a lot of love. Then, Baba was sharing very loving *drishti*. The feelings were so beautiful and empowering. Baba was looking at all of us, fulfilling everyone's desires.

Then, Baba said, "The Drama is accurate; wherever you are, whatever is happening, Baba is the One, who takes care of children. He is the Protector of children, and He also keeps the children happy and busy." When Baba said that, I answered, "Yes, I think that we are all happy. Yes, I can say for myself that I am very happy. You have brought us together in one room, even though we are all in different countries. We certainly feel that we are all in one room. Baba, thank you for whatever you are doing for us. Even though you are very incognito and invisible, you are actually present and we can feel what you are doing for us." Baba answered, "You are my children, and to take care of the children, to sustain the children, to provide for them, and give them what they need, is what parents do. This One is Father, Teacher, and *Satguru*, so He takes care of His children in all different ways."

When Baba spoke about fulfilling the pure, subtle desires of each child, I couldn't stop myself, and I said to Baba that I just wanted to stay close, to be with Him and travel together with Him. He is our companion, and I know that it is through remembrance, but I need that companionship. Baba said that this is a very good, pure desire. Everyone will have some very subtle desire to be perfect, to be with Baba, to be a good instrument. Before the end of the *Kalpa*, all these desires will be fulfilled.

Baba then said that these are the days of invoking ancestor souls. They are also very actively playing their parts to sustain the *yagya* in a very subtle way. We were with Mama for so many days. Wherever Mama is, this is not a question of which body she has, but what she was for the *yagya*, so we feel that sustenance. This whole week, although many of us haven't seen Mama, it was as if Mama was sustaining us, Mama was present. Baba was saying that is the reason that whatever you plan, it's not really what you plan, but Baba and the Drama makes you think that way. Baba wanted everyone to experience Mama and to feel her presence. So, for these 10 days, we were with Mama and had memorials for Mama so that each one of us could ignite and invoke Mama's qualities and powers in us.

Baba gave lots of love and remembrances for all of us.

Om Shanti!

Practice: I am a knowledge-full soul. I understand the secrets of the Drama. My mind and heart are full of peace and gratitude, knowing that Baba is with me and taking care of me, always.

Incognito Service Through your Stage

July 2, 2020

Today is *Satguru* Baba's day, so I was taking everyone's remembrance when Baba called me to offer *bhog*. It was very lovely there, with very powerful *drishti* from Baba. Baba was looking at all of us and sharing *drishti* with us. I reminded Baba that I had brought *bhog* today and He accepted *bhog* with love.

Then, I said to Baba that it feels like we should stay with You now, or You should stay with us. Baba was smiling as He said that all you children have been given some special places. I said, "Baba, we don't want to be in this world now." Then Baba was saying: "Is it every one of you?" I said, "No, we have more attraction in the subtle region in a subtle form." Then Baba said, "Yes, you can stay with Me.

Then, Baba was saying that He has been giving all of you this drill of five forms, and especially, eternal form. You can come and be in *paramdham* or the subtle region. Also, with your original deity form, you can be in the Golden Age. So, Baba says that you children are special souls. I said, "These days they must be calling You all over the place, and you have to take care of so many children." Baba said, "Yes, and everyone receives according to their effort. Because you children have recognized Baba and also because you children are living the life of purity, and also following Baba's directions, you are all instruments. So Baba has special love and special service for all of you." It was so interesting.

Then very lovingly Baba said, "But you all have to reach your *karmateet* stage, your stage of perfection." I told Baba that we all have that aim and we are all making effort. Baba said that there are lots of different kinds of service happening. As you are becoming perfect, even if you are not aware of it, actually it is creating a lot of different kinds of service. Baba showed us that when we sit in meditation or when we create the vibrations of peace, there are many souls who receive peace. They feel the current of God's love. They feel the light is coming. As you keep increasing your power to remain in one stage and spread the vibrations, Baba says that very incognito service will keep happening. Of course, you all always have plans, you are all serving, sustaining, but from your stage, a lot of incognito service is happening. I was looking at Baba and He knew it, and He was saying it, but we have to keep doing service from our *avyakt* stage, from our perfect stage. Then, Baba said that he gives lots of love to each one of you.

Om Shanti!

Practice: I always want to be with Baba in my heart. Baba is always there to give love, support, and power. I realize that when I am peaceful and silent, the vibrations of peace reach many souls. I practice this incognito service with Baba as my Eternal Companion.

"I Have 1000 Angels with me"

July 9, 2020

Today is the day of *Satguru* Baba, and you all must have offered *bhog* in the morning or sometime during day. Here we gather together to offer in the evening. When I went to offer *bhog* to Baba, He was giving *drishti* to all the children. I also started taking *drishti* from Baba and then I told Him that I brought *bhog*. Baba looked at the *bhog* and then with lot of love He accepted it.

Then, I told Baba that we are practicing trying to become jewels of contentment. Baba said that is very important. Pay attention that internally your intellect remains unshakable. When you are connected with Baba, if your stage is shaken because of any situation or because of any *sanskars*, you will not be able to take power from Baba. Baba wants you all to have a very unshakable and stable intellect.

Then, I said Baba, "We feel like we are merged in your love. You are the Ocean of Knowledge." Baba said: "As you are merged in me, you also have to keep me in your heart. It's not just the intellect that has a connection, but you have to give Baba a place in your heart." I was looking at Baba, and I said, "Then Baba will you be with us? He said, "That's where my place is, in your heart." That means stay so close to Baba, and it was as if Baba was showing me how I am with Baba and Baba is with me. Day by day, the situation will become more and more uncertain, but when you are with Baba, then you will always remember that victory is with us. Baba is with us. Thus, you will have courage.

Baba was then giving the example of how Brahma Baba, from the very beginning, had so many challenges. There were many different circumstances, even within the family, among the children, there were many situations. But Brahma Baba was 100% unshakable and stable. Now is the time to follow the example of Brahma Baba. Baba said that situations or anything comes and it goes, so you should always remember this.

Then, I told Baba that there are over 1000 of us and that we are all together and we are all making effort together. We are practicing. Baba said that seeing 1000 angels together in the sky is like when you see thousands of birds, you pay attention. So in the same way, you all stay together. Whoever needs help within the family, they should know that "I have 1000 angels with me." So, not only Baba, but 1000 angels are with me. Baba today gave us the title of angels and Baba said, "You all stay together and towards the end, many will have the vision of more than a 1000 angels together. It will be a beautiful scene. Anytime anyone feels that they don't have anyone near, just emerge 1000 angels." Baba today was really encouraging us. Of course, we have to create the stage of an angel, but Baba was saying that you all are angels. Always remind yourself, at every step, that "I am a jewel of contentment." "I am Baba's right hand," "I am a jewel of contentment," "I am Baba's right hand." So, you merge in Baba as the Ocean and also keep Baba in your heart.

Then I said, “Baba, there are many children who are not visible. I have not acknowledged them before, but especially today I give love and remembrances to all the translators. They are incognito, invisible, and we don’t see them, but they have been translating for three and a half months. So, we give a big hand to them. The translations are in Hindi, French, Tamil, Spanish, and Portuguese. These five languages have translations every evening. So, Baba gives lots of love to them and of course to the whole team who put together everything for the evening, for the videos and of course, the children.

Baba gave lots of love, remembrances, and special blessings for all of you. Baba said that every moment, He just gives blessings to the children.

Om Shanti!

Practice: I have a stage that is unshakable and immovable. I feel Baba’s presence with me at every step. I am also aware of the unlimited Divine Family. I have 1000 angels with me.

Play your Part, Look at the Benefits, and Remain Detached

July 16, 2020

Taking everyone's love and remembrances, I went to offer *bhog* to Baba as it is actually the day of *Satguru* Baba. Usually, you all offer *bhog* in the morning, but as we want to do it together, we do it in the evening.

When I was offering *bhog* to Baba, through his *drishti*, He was taking everyone in His arms. With His arms around each one of us, Baba was giving us the feeling that we were in His arms. After a few moments, I also took *drishti* from Baba and offered Him *bhog*. He accepted the *bhog* with a lot of love.

Baba then said, "Children always have to remember that Baba is with every one of you." Baba is your Guide, and when the journey begins, the Guide knows how many pilgrims there are, how many are traveling. Every moment, He will keep an eye on each traveler, each pilgrim. Even if once in a while, if anyone feels that they are not sure whether they are with Baba or they are lost, Baba wants to assure all of you that Baba's eye is on each one of you. So you can never get lost. The Guide has taken you all on a journey. The Guide will be with all of you until the end.

Baba said that He has kept the children in a very safe space, even if some have to go out, or some have to do certain things, Baba has kept you all at your homes, even if you are working from home. According to the Drama, this is a scene that is very beneficial for all of you. Of course, it depends on how much benefit you are taking! You are completely away from the vibrations of the Iron Aged world, the world full of vices and corruption and all of that. Baba has kept you away, but now is the time to be very careful that you accumulate all the powers and do not waste anything.

When it comes to your karmic account, we create or do elevated actions, and it is important to pay attention that whatever you do, whether it is *lokik* or *alokik*, you have to be detached. If you are not detached, then you have a lot of energy in the form of wasteful thoughts, sometimes wasteful words, or even actions. In the form of bondage, that becomes wasteful. However, when you are detached, then you will immediately know Baba's signals. You might realize after doing it, but you need to realize it before you do anything. Baba said, be careful at this time, remaining detached because when you are not detached, your power to discern doesn't work in a perfect way. Thus, it is very important to be detached so that you will always follow the right directions. If not, then sometimes the mind will be pulled, intellect can be pulled, and time and energy can be wasted. Now we have to be very careful.

Baba the Guide is with you. Be careful! Be detached! So not only the power to discern works but also, Baba said that you can remain very happy and feel the benefit in the Drama at every moment. You will always feel that every scene in the Drama is beneficial. You won't ask, "Why is this happening?" When you are detached, then you see the benefits. Don't have expectations.

Now you cannot and should not plan for a long time, and you will see how the Drama unfolds. So, play your part, look at the benefits, and remain detached.

Baba was saying that you are all aware that outside in the world, time is very critical. The children are making good efforts, having to remain detached and very light, no burden, no heaviness, but also very joyful. Now, do it more in a practical way, like creating awareness, and making good efforts. That awareness now has to change into your attitude, your *drishti*, and your actions. Increase that percentage, so that awareness to action are equal. And always keep Brahma Baba as an example in front of you. Then you will know how he was able to be perfect on his journey. He accomplished all the tasks within the Brahmin family.

Baba was giving *drishti* as He said that the children, since morning today, are looking at their specialties. Then Baba was asking me, “Did anyone tell you your specialty?” I was smiling as I said that I was thinking that it is because of Baba that we are whatever we are today. It is not just me, but because of Baba. So Baba is saying that whenever anyone looks at their specialty, they will think of Baba. Did you all think of Baba when your specialties were told? Or you felt that yes, I am so happy. Whatever all of you are doing, keep reminding each other of Baba’s presence in our life.

Then, Baba gave lots of love and remembrances for each one.

Om Shanti!

Practice: I stabilize myself in the stage of detached observer. I understand that actions done while attached cause loss of energy and waste. I practice remaining detached throughout the day, so I can properly discern and catch Baba’s directions accurately.

Fulfillment of Elevated Thoughts

July 23, 2020

I gave love to Baba, everyone's love and remembrances. I offered *bhog* to Baba, and then He was giving very loving *drishti* to all of us. His heart is just full of love for the children and those who are obedient students. Baba's love is power for us.

After accepting *bhog*, Baba said that whatever elevated thoughts the children have, whether it is one thought or two thoughts, Baba and Drama cooperate to fulfill that thought. Baba has come here to fulfill. He used the word thought, "*sankalp*." So, it's not a desire, it's not a wish, but it's a thought, elevated and pure.

Baba was looking at me and asking me, "What thought do you have?" I answered, "I have only one thought, that my thought, my word, my breath, every moment, has to be used in a worthwhile way." Baba said that Drama will always create opportunities so that you are able to use everything in a worthwhile way. Both Baba and Drama will cooperate. When that elevated and pure thought is fulfilled, every time you think everything has to be used in a worthwhile way, you are able to do it, and power gets accumulated. So your stock, your treasures, which are accumulated in the soul, become more and more full. You always carry those treasures throughout the whole cycle.

Baba said that some children have elevated thoughts, but internally sometimes they have doubts. Baba said to have 100% faith that your every elevated thought, not your desires, will be fulfilled.

So, I asked Baba, "What is your one thought for us?" He said that He wanted everyone to become the image of Baba. All of you get your inheritance from Baba. Some got an inheritance of a good intellect, some got the inheritance of abundance. Everyone has received a different kind of inheritance, and the more that you use it, then you become the embodiment. At this time, Baba says that as a Brahmin you have to be an example and an angel. As I was looking at Baba, He said, "Now you have become an angelic Brahmin, and also you have to inspire others to be likewise. As a Brahmin you will be an example and as an angel you will glorify Baba."

I kept taking *drishti* and asked Baba, "How do we become your image?" Baba said that the time will come when everyone will say that you are like Baba. They will feel that from your qualities, you are a bestower of love, that you give love as Baba gives love. Every time that you are using your inheritance, your image will be like Baba, and you will be an example. Automatically, they will feel that you received similar qualities from Baba. The time now is also to become angels, and so what is the difference? Angels mean unlimited; angels mean beyond. So keep that pure thought that I have to use everything in a worthwhile way, and if anyone has any other thoughts, remember that thought and with Drama and Baba that thought will be fulfilled.

Baba then gave lots of love and remembrances for each one of us, and of course there are many who have been offering *bhog*. So, I gave Baba everyone's love again, especially those who offered *bhog*.

Om Shanti!

Practice: I understand and value the power of pure thinking. Baba has promised that all elevated thoughts will be fulfilled. Baba and Drama will cooperate in this fulfillment. I pay attention to use everything, including my thoughts, in a worthwhile way.

Consistency is the Key to Creating a Stable Stage

July 30, 2020

Today is *Satguru* Baba's day. On this day especially, Baba gives special blessings to the children. On this special day, we have love in our hearts for Baba. We offer *bhog* to Baba, and with a lot of love, He accepts it. Baba was giving *drishti* to all of us and I was taking *drishti* from Baba. I said to Baba, "It feels so good to be with you! I have been bringing *bhog* for you so many times."

Baba said that whatever part each one of you is playing, each one is so important. Every Thursday evening we offer *bhog* with all of Avyakti Parivar, but today, it is actually a special day. We are offering *bhog* for Uncle, Gayatribhen's *lokik* father. I think we showed you this Uncle and Auntie when we were taking you to all the countries and centers. So, I explained to Baba that these sisters, Gayatribhen, Juliabhen, and Madhavibhen have come from Queens and are offering *bhog* to Uncle. I said that it is Raksha Bandhan time, so, I brought a beautiful *rakhi* for You and also one for Uncle. I tied Baba's *rakhi* as Baba accepted *bhog*. Then Baba made Uncle to emerge there, and Baba very lovingly gave him *drishti*. It was as if He had also taken him in His lap and also tied *rakhi* on him. Baba then told him that they all have brought *bhog* for you, and he smiled as he had a lot of love and respect for Brahma *bhojan*.

After a few moments, Baba said that Brahma Baba was an example, and we all have to follow him. His journey was 100% successful, even though there were a lot of obstacles in the beginning. There were also a lot of obstacles in the middle, but Brahma Baba remained unshakable and always remained so cheerful, always smiling. He knew that all these obstacles would come, but victory was certain. So, Baba said that even for Uncle, one important virtue or attainment was that he had recognition of Baba. As soon as you recognize God, it is really amazing because that brings love in the heart, then faith. I am not sure whether he believed in God or went to temples (before Baba), because I generally never ask too many questions about people's history or past. However, this recognition that Baba or God is here, brings a very natural feeling that my life and everything that I have belongs to God. That's how the *yagya* is created.

Baba said, when you surrender, then you expect a lot of sustenance. For him, he took care of his family, and he took care of a *lokik* job. He also had this thought of having a very beautiful home or center for Baba, and so we got one. The quality of efforts depends on recognition, love and faith. Baba said that those who have really good yoga or remembrance and follow their timetable, they get power from Baba. Reading the Murli every morning after *amrit vela*, and living a life based on Baba's principles, gives you power.

When you get power, how do we know we are getting power? Baba said that there is consistency and stability. It is only when there is a lack of power that if a situation or an obstacle comes then your stage, or your faith, or even your love is shaken. At this time Baba would say, it's not a question of being unshakable in a physical way, but internally love and faith are unshakable. If it is unshakable, then it will only increase. However, if every time something happens, your stage goes up and down, then how will you ascend? In order to ascend, it is very

important to be consistent. All the children should pay attention that from today, everything I have should be in remembrance of Baba. This consistency of remembrance might not be that you remember all the time, but there is only one Baba in your heart. Your intellect is pulled by Baba. Baba says that because the time will come, it's not only ascending in efforts but also, when the world is in a very bad situation, you will all have to come to me.

I said Baba, "I feel so good when I come to offer *bhog*, and I want that feeling all the time." Baba agreed that He will definitely create such experiences for all of you children. You will find that you are with Baba. You will feel His presence, and also because of your consistent effort, you will experience your angelic stage, your stage of perfection. You will feel very light, like angels and as if you are flying. Baba said that He will help you to receive all those experiences. You only have to be stable and consistent.

Then Baba looked at Uncle and said that he was receiving his power because of his remembrance being consistent. This is power from faith, power from love, and power from Baba. I also looked at Uncle and told him that we remember a lot of beautiful experiences. Then I said that Gayatribhen is here, and she also sends love and remembrances, so do Juliabhen, and Madhavibhen. Turning to the sisters, I told them that I gave lots of love and remembrances to Baba and to Uncle on their behalf. Uncle was also smiling and he was detached and lovely, and remained so. Baba was looking at him and said. "Do you want to know where he is now?" I said, "No I don't want to know." Baba suddenly said that wherever this soul and other ancestor souls are, you all are always connected, so look at them as angels. You will see that they are helping the *yagya*, just as you are helping the *yagya*. You are all doing everything together.

Baba said, "Just have this thought all the time; that we are all angels and we are working towards the establishment of the new world. We are all together, creating this new world. In the end you have to be very sensible, because at this time what you need is simplicity in food, shelter or whatever is important. Be conscious of this all the time, 'I completely surrender myself to Baba so that nothing will go to waste.' Everything will be used in a worthwhile way." That was the kind of signal Baba was giving internally, that nothing will remain of everything which belongs to you.

Baba gave lots of love and remembrances to all of us, and to all of you.

Om Shanti!

Practice: I, the soul, have clear recognition of God. My heart is filled with love and faith. I check myself and the consistency of my efforts. Baba is helping me every step of the way as I prepare to go Home.

World Service through Elevated Thoughts

August 6, 2020

The Day of *Satguru* Baba is always a very special day! Baba keeps invoking us, so at this time, it was my duty to offer *bhog* to Baba. I am sure that you all had the same thought.

When I was with Baba in the subtle region, Baba kept giving *drishti*. It took me into a really deep silence and lightness that was very beautiful. Baba was also giving *drishti* to everyone else. I said that I had brought *bhog* on behalf of Avyakti Parivar. Baba accepted the *bhog* with a lot of love.

Baba was then asking after all the children. I answered that whenever I ask, they are all okay. Baba said that the world is in a big crisis '*sankat*', and you children have been given a special time to have all attainments and to increase your light and might because you will have to serve the world. Even if you are sitting in a corner of your room, you can still serve the world. Baba was explaining how their vibrations will become very powerful. Although there will be the vibrations of fear, hopelessness, and a lot of anger, you children will send rays of love and hope and praise of God's power; light and might. That will be doing service because there might not be the time to have any devices to give knowledge or to teach meditation, but you can still do it online. So the time will come when you will have to serve through your thoughts. That time is coming very soon.

Baba said that is why, whenever possible, every thought should be elevated and very light in remembrance of Baba. At this time, Baba is constantly helping the children. He helps by giving them whichever power they need. He is also giving them many blessings. His children are all very sincere and honest. Everyone is making an effort in a good way and moving forward. Baba has to constantly give blessings.

Baba also said that at this time, make yourself full and reach your stage of perfection. Every one of you has to become complete and perfect. You are all on a journey to reach that stage of perfection. It is the time for creating the *sanskars* of all attainments because there won't be anything. People won't have anything because there will be nothing available. But, with your attainments, you can share with them. The attainments are very subtle, but they will also create everything externally.

I mentioned to Baba that it is the birthday of some souls, and they especially wanted to offer *bhog* today. They are in young bodies, but they are enthusiastic about doing service with Avyakti Parivar. Baba said that His hand of blessing is always on every child. As Baba was looking at me, He said that you cannot just make effort on your own. Baba's help and Baba's blessings enable you to take one step; then Baba comes forward to take ten steps. Always remember that Baba is helping us and that His hand of blessing is on our head. Baba made us feel so full of attainments. Every moment of the Confluence Age is very valuable. Baba has not only given you the time and space so that you can take care of yourselves spiritually, but is giving His help and blessings in your efforts.

Then, He gave lots of love and remembrances to all of us.

Om Shanti!

Practice: I am Baba's beloved child. I hold His hand every step of this Confluence Age and prepare myself for subtle service. I practice creating elevated thoughts, knowing that the vibrations of these thoughts reach the whole world.

Five Forms Awareness while in Karma Yogi Stage

August 13, 2020

Satguru Baba's day is always a very special day. I think that you all feel that Baba is pulling us, right? So, I gave Baba everyone's love and remembrances. Then, Baba was looking at everyone, and everyone should be thinking today, "Which form was Baba looking at?" "Was Baba looking at me as a Brahmin?" "Was Baba looking at me as a deity form or an angelic form?" Which form were you when Baba was giving *drishti*? Now, next time when you sit in front of Baba, create one of these forms. Then, Baba can nurture that form through *drishti*, and it will be a very beautiful experience.

For me, yesterday, while celebrating *Janmashtami*, I instilled this little divine image. I don't think that in the Golden Age, everyone's name would be Krishna. Everyone would have a different name, but everyone would be in a divine form. So, I had instilled this, and then I thought that when you instill a divine form, you have to worship it. For the first time I experienced the worship worthy form in a different way. When Baba talks about the five forms, He gives the example of a worship-worthy form. I thought, "But that's in the copper age and that will be in the temples, the idols." I realized yesterday that all five forms are of the Confluence Age, and I really understood what it means to have a worship-worthy form. So, this morning I woke up and I said that I have to give a *tilak* to this worship-worthy form. I have to offer some sweets. Some ceremonies have to be done. For the whole day, there was attention on this form. Also, I was taking *drishti* from Baba in that form.

You know that whatever Baba says to do, we do it. Baba was really very pleased and is giving us extra marks. One is the marks we get for what we do, how we do it, how well we do it? The other marks are for when we do it. Baba really gives us a lot of blessings, extra blessings. Today Baba was saying that time is very valuable. Always remember one thing; that it is an eternal law that time will only move forward. You never notice that time goes backwards. It is always the next moment. Baba says that even the children should always remember that it is an ascending degree. Then, in the next moment something very beautiful, something very elevated will happen. Every moment your enthusiasm should increase.

Also, whatever is happening in the world, according to that, what is important is that if we have love for God in our intellect, then there will be victory. This is the last time that you claim victory because of your love-full intellect or love of Baba in your intellect. Otherwise towards the end, Maya will definitely try to defeat you. So, in this way, Baba has given you a chance to be victorious. He had been indicating that the energy, which is not visible, is really there. Like *kaal* or death, it is kind of circling around the whole of humanity. Whatever the cause, or from wherever it started, at this time the entire human race has this great death, *mahakaal*, circling around. But we have been blessed. That's only possible at this special time.

All the children always do good actions and speak good words, but very few children practice karma yoga. That means while doing actions, have some awareness or remembrance of Baba.

So, that is why you need to practice these five forms. Sit and practice, so now your thoughts, your words, and your actions are all with the awareness of these five forms. You will feel the difference and you will see the difference in yourselves. Your thoughts will be different, and the words that you speak will be different.

So, Baba said, in your timetable, from morning until night, you start first with your eternal form, your eternal image as a point of light. So in the morning may be for 3 hours, just practice being in the eternal form. At *amrit vela* first thing in the morning you emerge in your original form after that. Baba said, "You will see the difference with that awareness in your thoughts then in how you speak or do actions." Two things will be happening, actions create our fortune, but also your stage will become higher and higher, towards the stage of perfection.

Baba keeps giving indications that you will not get much time. So, now that you have the time, you should be doing that. Then as the day progresses, in between, whenever, just emerge your deity form, emerge your divine form. So, did you all instill your divine form? Krishna's form, in each one of you? How many of you did? Let me see hands, many of you did, many didn't, right! You can still do it. Emerge that form and then Brahmin and then angelic form. Create a timetable while doing actions, not just when sitting for traffic control only. Experiment, because this was the main qualification or specialty of Brahma Baba when he did actions. Whether he went in the kitchen or sitting and eating with children; any action he did, Baba was in remembrance. He was a lighthouse and a detached observer. His stage was very much visible because awareness and action were combined. The majority of children, when they are in action, they are only in action. Then when they sit, sometimes actions pull their intellect. While doing an action, you should create the awareness that you also sit with Baba; then your intellect will not be pulled anywhere. It is very important to create this awareness, so while doing an action, have an awareness of the five forms.

Baba said, "Because when it's really the time of destruction, this practice will take you beyond everything. You know that when destruction is happening, you will be in supersensuous joy or you will be in intoxication, or you will be a bestower. So when that time starts, and if you have created that stage, you will be able to serve from that stage. Not only will you be able to serve, but you will also live with that experience. So, creating a timetable with the five forms is very important. While doing actions, which then become elevated actions, create your stage towards perfection in all of these forms.

It is so interesting every time Baba reveals something to us. That is, you have to be perfect, in your eternal form, your original form, your deity, and worship-worthy forms. Baba is really beautifully sharing these signals with us, and we have to follow. Once we follow the signals, we are following Baba and we all want to go with Baba. How many of you want to go with Baba? Or will you go on your own? Everyone would want to go with Baba, so do it now, stay with Baba by following Baba's signals.

So, lots and lots of love and remembrances for Avyakti Parivar, for each one of you. Now you are *avyakti* brothers and sisters, right? Because we are Avyakti Parivar!

Om Shanti!

Practice: I am a soul with a clean and clear intellect, easily picking up Baba's signals. I emerge my deity, angelic, and worship-worthy forms while doing actions. Then, I watch how this awareness changes my thoughts, words, and behavior. I am constantly ascending.

Time to be Angelic and Receive Baba's Help

August 20, 2020

Taking everyone's love and remembrances, I went to Baba, or Baba invoked me. I offered *bhog* to Baba on *Satguruwar*. Baba always celebrates at first by sharing *drishti* with a lot of love and power. After giving *drishti* to everyone, I also shared *drishti* with Baba. Baba accepted *bhog* with a lot of love. Many children also offered *bhog* today. So I gave special remembrances to Baba.

Then Baba said, "As all you children are making good efforts, so Baba is giving special help and special blessings to you, which you all must be experiencing. With this help, you will find it very easy whenever you want to go beyond the body and the physical world." Baba was then smiling. Then He asked, "Is it your effort or is it my help?" I didn't say anything at first. Then, I said that it must be a combination of our effort and your help. If it is only my efforts, then it depends on how much I have been practicing. However, Baba's help makes it very easy.

Baba said that this is the time Baba wants children to be angelic, to be perfect. Those who sincerely are making effort, are receiving extra help and also blessings from Baba. I was looking at Baba as I said that we are definitely feeling that help. I couldn't say on behalf of all of you, but, I said that I am feeling that help and how nicely we can go beyond the body. So, others must be feeling that help also.

After that Baba said that it is now the time that you have to remain very light because your aim is to serve as an angel. So, when you are light, you can fly all the time. If there is any kind of heaviness, any burden, or anything from the past, just surrender it to Baba. Then I said to Baba that today I am also offering *bhog* for Sister Chandra, from Mauritius, because it had been specially requested to offer *bhog* on her behalf. Baba said that she was a true yogi and a true server.

When you are a good yogi, whatever way you serve, even if you are sitting somewhere, you are serving. Even when you are eating or any action that you are doing, you are serving through vibrations, through setting good examples, or by inspiring others. Her Brahmin life was always very humble and constantly serving. All the children from Mauritius are very much together, as they continue to make good effort, with harmony and unity. Baba not only offered *bhog* to Chandrabhen, but actually in the subtle region, I saw the same physical form, but with a lot of light, like a transparent form of light. So, Baba showed me and offered her *bhog* and then also gave lots of love and remembrances from all the children of Mauritius and of course, to everyone else. Then, I came back.

Om Shanti!

Practice: I am a double light angel. Remaining in this stage, I feel Baba's presence and support. I am constantly making effort to reach my stage of perfection.

Three Indications from Baba

August 27, 2020

I went to offer *bhog* to Baba, and Baba was sharing *drishti* of love with us, *drishti* of belonging, *drishti* of power. We kept sharing and receiving Baba's *drishti*. Then I offered *bhog* to Baba, and with a lot of love, He accepted it.

Then, Baba was just quiet but also smiling. He said that today, Baba wants to tell you some of His indications. You children have to be very light so that there should be a body of light around your body. The vibrations of your own pure and elevated thoughts should surround you and form energy around you, as you know. There should be this light of love, of purity, of all the peaceful vibrations, so that whatever energy there is in the outside world, it doesn't reach you and doesn't touch you.

Every thought that you children have creates some energy, some vibrations, especially at this time. There are a lot of worries, fear, and sickness. So many things are happening. Baba wants the children to remain very safe. On this spiritual journey, the energy from outside creates obstacles. Our spiritual journey is through our intellect and through our mind. Today, Baba very clearly said that it should be for your safety, that you have to wear this 'costume' of light and very pure vibrations.

Baba said that although you children are loving, peaceful, and charitable, and you have very good, kind hearts; you have to be very detached. When others experience that from you, they experience a lot of love and peace. Of course, they will want to come close, but also, many souls will internally say, "How come they have this?" You know that subtle jealousy could emerge. So, that energy may not be good energy. You have to be very loving but also very detached. You have to be very peaceful and giving, but also very firm and determined. You have to really have these qualities in balance of giving but also, internally, do not have expectations. We say that everything is for Baba. It is Baba's *yagya*, but I don't need anything, and I don't accept anything.

Then thirdly, Baba said as it is also the time to serve the world. You will hear the opinions of others many times. They surmise what is or isn't going to happen in the world. There is a lot of news, but sometimes just opinions about what you should do with your money or what you should eat, etc. Baba said that you must follow *shrimat* accurately. Follow *shrimat* for everything; for your food, for your body, for your rest, for your money, for everything. If you are not clear, then discuss it with seniors, but don't listen to the opinions of people, because they have their own influence. They may be influenced by fear or by worrying about the future.

Baba has told you children that your future is very good. You are fortunate, but you still have to be very careful. Even Baba says that the children should be carefree kings. If you are careful, you can be a carefree king, but if you are not careful, some mistakes could happen. Then some of the karmic accounts can also emerge.

So, Baba really very clearly gave these three directions. Then Baba said that the children are sensible, and through the Murli they study properly, so that their intellect is always in spiritual practice. Whether it is for their practical life, as we are living in the world, or how to interact with others; use everything through your subtle intellect. Those are directions from Baba, and Baba gave lots of love and remembrances.

Om Shanti!

Practice: I am a good spiritual student and a carefree emperor. I take Baba's three directions and begin to incorporate them into my life. My attention is on being light, detached, and careful; so I can be carefree.

A Love-full Intellect is Victorious

September 3, 2020

I gave everyone's love and remembrances to Baba and also offered bhog. I said to Baba, "We are thinking a lot about our ancestors, our family, and so our love and remembrances go to them also." Then Baba gave *drishti*, and He said that first of all, He would like to offer congratulations to all the children. As I was looking at Baba, I asked, "For what are the congratulations?" Baba said that it is for courage. All the children have courage and determination. With courage, they are moving forward, and with determination, they can remove obstacles.

Baba said today, one of the most important practices that will help you now and in the future, when there are more challenging situations in the outside world, is when there is love in the hearts of the children. Baba said that we especially need to have a love-full intellect. Then He said that the way the intellect will guide you, it will help you to discern, and you will always be victorious. There is a saying: At the time of destruction, when the intellect is against (not in remembrance) of God, then there is defeat. Thus, the saying: *vinash kale viprit buddhi*. Victory is when the yoga of intellect is with Baba. So, when there is love, there is also victory.

I said to Baba, "But we are always under Your canopy of protection. You are the canopy of power, of love." Baba said that although the canopy is for everyone, not everyone comes under the canopy. Those who come under the canopy definitely remain protected in all different ways.

Then I said to Baba, "Our hearts are really full of love for You. I also want to say how much I feel thankful every moment. You have given us not only love and knowledge but a beautiful family. There is the *lokik* family, but the *alokik* family, the spiritual family, is such a beautiful family. My heart constantly keeps saying, "Thank you, Baba." Baba is taking care of us every moment, giving us strength, courage, and providing us with everything. So, we are all thanking Baba from our hearts.

Baba said, "Definitely take care of the children. The children are making good efforts. This is also that time to give cooperation, in whatever way you can, to keep creating those elevated actions." Then, it was as if we were merged in each other's love, Baba's love today, and our love for Baba. I was merged in Baba's love, and Baba was merged in the children's love. Baba gave lots of love to everyone. He remembered everyone and also gave lots of love and blessings to each one of you.

Om Shanti!

Practice: I am a powerful and loving soul who understands the significance of time. I continue to use my intellect lovingly, so I can properly discern and be victorious. My heart is constantly merged in Baba's love.

Baba and Time are your Friends

September 10, 2020

The day of *Satguru* Baba is always very special. We feel that Baba is pulling us and giving us lots of love. Since this morning, we had been thinking of Baba as *Satguru* Baba. So, now, with a lot of love, I took bhog to Baba, and Baba, with great love, accepted it. I experienced so much love from Baba and was merged in Baba's love.

Then Baba said, "Baba and time are your friends." They always take care of you; Baba as Father, Teacher, and *Satguru* fulfills all your needs and provides you with everything. As parents, Baba protects you; Baba takes care of you. As a Teacher, whatever teachings are important, Baba gives those signals. Then as *Satguru*, Baba always helps you through blessings to remove whatever obstacles come in the way.

So, Baba said that the children shouldn't think, "What will happen?" "How will it happen?" Baba said that you think about this, even at the present time, how Baba is taking care of all of us in all different ways. Whatever way, whether it is emotionally, physically, or spiritually, Baba is taking care of us. He said that Baba always will give you signals, and time will also constantly cooperate with you. So, think about this. Some children do realize, and then they remain carefree. But some children, in a very subtle way, still have some concerns. Instead of concerns, you should actually just stay with Baba and stay with this trust that Baba and the time are with us. This means that whatever has to happen according to the Drama will happen.

Today, Baba said that Brahma Baba did not announce that he had to go, but internally he knew a few days before. He had the feeling that he might have to go to the *avyakt*, to the subtle region, and be with Baba. He did whatever he had to do. He completed it in a proper way. He handed over everything. He wrote all the letters, and he had to give directions for certain things. He did everything, but without even giving the signal that I am doing it because I have to go. Until the last moment, he fulfilled what he had to do. You all must have heard the story, which I will tell later. It was the same with Mama, even though she was physically not well at all, but internally she was aware of the Drama. She had that energy with no sign of "I have to go." Until the last moment, Mama stayed with that trust, and that was the way she left. So, all of us children have to be prepared both spiritually and also physically. Spiritually, one needs to have the unshakeable stage, but that is only possible when you have taken care of the physical things. That means that your intellect won't be pulled anywhere. You have done whatever you have to do if anything needed sorting out. I am a little bit concerned in the sense of who will take care of things. I haven't created it to become the trustee of everything because when you are the trustee of everything, you are responsible for the *Yagya*.

Following Brahma Baba, he knew accurately, but he didn't tell us that he had handed everything over to Dadi Prakashmani. Dadi Prakashmani went to Madhuban for a couple of days in January. When she went and asked Baba if she should go because she was in Bombay. He said, "No child, stay." Everything worked out so accurately, which is what is meant by physical. If I am responsible for the *Yagya* here, then everything should be done properly. Someone always

knows what to do even in a material way. So, it's not that something hasn't been done, or "I left this there, what will happen to it?" You know, very subtly, that I haven't completely finished the task if I don't become a trustee. So, this way, you know, very clearly, in a physical way, material way, everything is very clearly sorted out, so that when the soul is leaving the body, not even one thought pulls the mind or intellect towards anything physical, anything material.

So, when Baba says be ever-ready, it is in both ways. Ever-ready for returning home with the stage, and ever-ready, yes, "I am free to go." No thoughts like, "I was supposed to complete something," or "I was supposed to tell this one to do that." Suddenly, thoughts can come at the end, which means you won't be able to reach your *karmateet* stage.

Today Baba said, that even if Baba and time are with you, you have to catch signals and directions and don't follow the dictates of your own mind. Keep following Baba's *shrimat* accurately. Baba said that you should be very trusting, both in Baba and the Drama. Those powers are your companions. I said: "But Baba, my body is old, in the sense of years, right? There are some who are young." Baba answered that in these days old and young are all the same; all are *vanprasthi* (in retirement).

So, everyone, this is the practice that you have to do. Don't say, "I will do it at another time." This should be the practice, where your mind is not scattered, but everything is sorted out and planned. Then you can feel as if you are in Baba's lap, and you are merged in Baba's love. Baba was really telling us just to be always ever-ready for anything. If your stage is good, then you are ever-ready for any type of service. Baba will, through the Drama, provide you with everything that is needed, even service. He said that service will also come at the right time and in the right way. There won't be any struggle for that.

Then Baba gave lots of love and remembrances to each one of us.

Om Shanti!

Practice: I am an ever-ready child of Baba. Catching Baba's signals and looking at the example of Brahma Baba, I prepare my stage and my circumstances for the end. Let it be that nothing is left undone so that I can reach my *karmateet* stage.

Four Types of Contentment and Freedom from Desires

September 17, 2020

Taking everyone's love and remembrances, I offered *bhog* to Baba. I saw and then experienced that Baba gave a lot of love to everyone by putting His hand on their heads and through His arms. He was expressing His love in many different ways. Baba has a lot of love for every child. Then, I said that I brought *bhog*, and He accepted it.

Then, Baba said, "Love is the same for everyone, but when it comes to powers, then it is numberwise. Not that Baba gives a number, but power is according to your yoga and according to your elevated actions. Now is the time to accumulate a lot of powers. Many circumstances will come to a climax, and there will be many different kinds of challenges. Even though Baba's children are protected, they will also require powers. Keep on aiming for tolerance and patience, and keep your mind very strong."

Today Baba wants to know if all the children have contentment. Are all the children satisfied? He said that there are four things; first, satisfaction with your own parts that you are playing. Second, satisfaction with your own progress. Thirdly, are you becoming free and ever-ready for whatever service Baba needs or for attaining perfection? Finally, do you have contentment in all relationships, whatever, and wherever you have relationships in the world?

If you continuously maintain pure feelings, no matter what anyone thinks of you or whatever anyone says about you. In that case, you will feel very content because you have good wishes and pure feelings for everyone. Also, if there is any wasteful energy or subtle negative energy, you will not be affected by it because you have pure feelings. You will be able to settle it in a very subtle way. No doubt that it will happen that some things need settling because things can always happen in a relationship. Providing that you continuously have pure feelings for everyone, and just don't have waste thoughts.

Then Baba said that this is the time to look at the importance of freedom from all desires. If you have any particular desire, it hampers your pilgrimage or your journey, so you get stuck and won't progress. That thought or desire will keep coming back, so remembrance of Baba will not be consistent. Since your aim is to be consistent on the pilgrimage of remembrance, you have to become free from desires. Baba also said that, at this time, you have to adopt more and more the angelic form so that you will reach where you need to be. Where you don't need to be, you can fly away. The angelic stage is a flying stage so that you can just appear or disappear very quickly. In other words, the angelic stage is very important.

Then I told Baba that many had offered *bhog*, and they are all asking Baba about their personal situations. They want to know about their karmic accounts? Baba answered: tell everyone to take *drishti* from Baba and become free from the thoughts of situations. Baba can then take care of it, and He can help. If you hold onto the situation in some form of thoughts, you will not experience Baba's help. At that time, you won't feel that you are becoming free from sorrow or pain or any habit.

Baba said that with the power of yoga and the help of Baba, you would be able to settle everything. At this time, you have to live a life of blessings. So how do we receive blessings? Baba said, "Always, when you have elevated thoughts, or you are doing service, the energy is elevated, and so you are able to receive blessings from everyone and also from Baba. Your life will become a life of blessings because elevated thoughts bring blessings."

Om Shanti!

Practice: I am a peaceful and contented soul. I check to what extent I am satisfied with my part, progress, availability for service, and all relationships. If I experience any difficulties in situations, I take drishti from Baba and become free of thoughts about the problem. Then, Baba can help.

Being with Baba and Being Like Baba

September 24, 2020

I was offering bhog to Baba on this day of the *Satguru*, and Baba gave exceedingly loving *drishti* to each of us. Then, I offered *bhog* to Baba, and after accepting it, He said, "Children, what you need to do, is to come and sit in front of me and just be with me."

When you are with Baba, then your self-respect is very elevated. Baba makes you feel and experience that, in your self-respect, you are like Baba. It's very interesting the way that Baba was saying, when you are with me, there is *swaman*, and then you really feel like someone so elevated, like Baba, in that self-respect. I was looking at Baba, as He said, "Yes, when you remember Baba, Baba will pull you, and then you are in Baba's company. So your self-respect also makes you feel like Baba. When you are with Baba, there is contentment because the children like to be with Baba. Not only contentment, but you experience the stage of being complete. So, I thought it is very beautiful to be with Baba, experience contentment, and that stage of completeness. I agreed that is what we want, to be like Baba and to have a complete stage and to be completely *karmateet*. Baba again said, "At this time, that is what you all need, to come and sit with Baba." In other words, that is remembrance, and when you remember Baba, it reaches Him, and then He will invoke you. Then, you experience self-respect and the *bapsaman* stage, contentment, and completion.

Baba said that whatever efforts you make will never be sufficient, but when you come and sit with Baba and have these very deep experiences, there will be very deep healing inside. This means that you feel very full, accomplished, and complete.

Then, Baba said that there are two ways of experiencing all attainments. One is through efforts, and the other is actually when you sit with Baba. So, Baba said that is why Baba keeps saying to the children, Children, remember Me, remember Me. It is easy effort. Then, I have to respond by invoking you because you are remembering."

So, it was very lovely to hear that we are making efforts, and then what Baba does for us and then, in the end, Baba said, "The simplest effort actually is to keep remembering Baba." It's like gaining credits. Baba has to invoke you, and He will help to bring you in front of Baba. At present, what is most important is to be with Baba. Whatever is happening in the world, so many karmic accounts are being settled. Baba will invoke you and make you sit with Him. He will give you all these different, beautiful experiences, right?

Then Baba gave lots of love and remembrances and said, "Children, just make effort to be on the pilgrimage of remembrance."

Om Shanti!

Practice: I am Baba's joyful and grateful child. Hearing Baba's message, I realize that the easiest effort is to simply be with Baba. When I remember Baba, He will invoke me to be with Him. In this sweet meeting, I experience deep healing; Baba is making me complete again.

While Settling Karma with Love, Protect Yourself from the Negative Energy of the World

October 1, 2020

We are all experiencing Baba's love. Baba loves all the children. He fills our hearts with His love. So, I was offering *bhog* to Baba, and Baba was creating this whole kind of light of love around us. It was like He was on our head, then all over us, just the light of love. Then, I offered *bhog* to Baba, and He accepted it with a lot of love.

Baba asked, "Why is Baba filling your hearts with love today? You should always have love, but Baba is especially filling you with love because this is the time that being full of love and light is not only for yourself, but that's actually what you have to give to everyone in your attitude. Don't just look at anyone, but have love in your *drishti*, in your words, very love-full words, and in your thoughts of love. Each one of you should just completely become an image of love. Your love will give the experience of God's love. There are so many who cannot directly experience God's love. When you share love, then they definitely experience God's love.

Especially at this time, Baba wants to say that it's really the time because it's coming towards the conclusion of the Drama, there will be a lot of last-minute settling. Baba wants you to go completely free, with no burdens of the past karmas. So, settling will happen. And in settling, anything can happen. It could be with the thoughts, or it could be in relationships. Baba said that although on one side settling is happening, on the other side, you all have to be carefree but careful. All the vices, each one, are in full force. When the vices are in full force, the energy in the world will be very negative and very vicious. So, Baba said that if all of you are full of love, Baba's love, and always thinking with love and light, then those vices, and their influences, will not affect you.

So, you have to conquer lust, then anger, in the subtle form of frustration or disappointment. Sometimes you get disheartened, and very subtly, anger emerges, sometimes through *drishti*, sometimes through words. But Baba says that you are now invoking a kind of collective energy of love towards each of you. Then, you have to be very careful that there is no attachment or greed. If you still have even a small percentage, it is so powerful that it could create new negative energy very strongly. So, if you see in someone that energy is emerging, there is subtle anger or frustration, and they are throwing it out at you. Then, what you have to do is to be merciful. Forgive that soul, and bless that soul. In that way, the effect that the vice has on the soul can be removed.

Baba says that in true love, there is cooperation. In cooperation, you always help to uplift everyone. Suppose someone gets angry, but you know that it's not good for you. You have to help that soul by having very pure feelings and love-full feelings until it is settled. Maybe there was an eclipse that had to be settled. The situation was then settled. So don't continue to think about it, because once it got settled, then you are free.

Baba said that there will be full force, and you have to keep yourself very safe. As much as you try to keep yourself physically safe and you take many measures for this, it is also important to

keep your mind and intellect very safe. Even the air, negative vibrations in the air, shouldn't affect you. That's what Baba means by carefree but also attentive, no tension. Be attentive like you are now. You have all experienced how careful you are. Not fearful, but you are very careful, right? We do social distancing, we wear masks and sanitize, and all that. So what we do with the mind and intellect also, every night, just filter it, clean it. Anytime you find that there is any subtle *sanskar* emerging, it is not because of you but because of the vibrations from outside. It could be greed because this is the time to use everything in a worthwhile way, not like some that could become even greedier. There is also so much greed in the outside world.

Baba said that because of His love, He is giving signals and blessings so that there is success at every step in your life. So, children, every step will be successful, but just remain attentive. Then Baba gave lots of love, which you all must have experienced, for each one of you.

Om Shanti!

Practice: My heart is full of love for my sweet Baba, who always teaches me and protects me. I understand the delicacy of this time, and I am prepared to settle all karmic accounts with love and with Baba's help. I also remain cautious and protect myself, my mind and intellect from worldly vibrations.

“Baba has made me an Instrument and also Humble”

October 8, 2020

I was experiencing closeness with Baba when I was offering *bhog* to Baba. It was a very lovely, beautiful experience. It was as if, when Baba is sharing *drishti*, I just want to keep taking *drishti* and sharing *drishti* from Baba. It is through *drishti* that Baba gives us all powers and all the blessings. So, this went on for a few minutes, and then I told Baba, “Today is *Satguruvar*, so I have brought *bhog*, but also on Thursday, we celebrate ancestors day, so I am speaking to you and all the ancestor souls.”

Baba accepted *bhog* with a lot of love and then I said to Baba, “These days, we are all feeling the presence of ancestor souls, and I can say for myself that I am really feeling their presence very strongly.” Baba was smiling as there is definitely some significance of feeling their presence. He didn’t say anything at that time. Then Baba said that according to the signals of the time, you prepared yourself physically. You keep a stock of food, water, and whatever is needed. In the same way, it is important to accumulate the stock of all the powers and blessings at this time.

Baba is Almighty, and He is your Companion, but you also have to become master almighty. So take powers, accumulate powers, and create that good stock of powers because it will be much needed. Also, Baba said that whatever blessings you have received from Baba, you have received personally, and you are still receiving blessings through Baba’s Murli. Every blessing has to be used because when you use blessings, you will really feel that it’s like miracles are happening. Lots of beautiful things will happen. Blessings are the treasure that Baba gives at the Confluence Age. So, keep using them and create the awareness of blessings through your thoughts, words, and actions. See it happening when you experience the power of blessings. Then share this with others, and you will also become a donor of blessings -- This is very important.

Then Baba said that everyone has to stay very light and very happy; no burden, no heaviness. Remain very light with the awareness of *nimit bhav* (being an instrument). Ancestor souls can only use or get a task accomplished through those who have an awareness of *nimit bhav*. *Nimit bhav* is the awareness; “Baba has made me an instrument and also humble.” Baba said that whatever you are achieving, there shouldn’t be any ego. So, no thoughts that I am able to do it or I am special in that. Baba said that humility at this time is very necessary, and always remember that I am just a humble instrument. Then Baba, as Karankaravanhar, and all the ancestor souls, will be able to make you an instrument to accomplish Baba’s task. The world is moving towards a very critical time. In the same way, you children also have to move fast towards creating and establishing a new world.

Baba said that service will happen because you will be an instrument for service. But attention should now be more on the awareness that “I am an instrument” and also be very humble.

Baba said you need to have a pure intellect and clean heart, nothing adulterated in the intellect. He also said that feelings and thoughts, and everything, should be very pure and very generous. This kind of energy is very important for the children, for their own safety and well-being, and enables them to become donors. You have to give to everyone because everyone is seeking, so you have to share with them.

Again today, I was really thinking, just stay with Baba, but then Baba had to send me back, and so I came back. And Baba gave lots of love and remembrances to all of you.

Om Shanti!

Practice: I am Baba's pure and generous child. Baba has made me into an instrument for world transformation and also humble. I watch myself and remove any subtle ego that may remain. I am becoming a donor who gives to everyone.

As Time Moves Forward, You also have to Move Forward

October 15, 2020

I was offering *bhog* to Baba, and there were many of you who also offered *bhog*; I gave everyone's love and remembrances, and Baba, with a lot of love, accepted *bhog* and also said to give special love to every child. Then Baba was sharing *drishti* with all of us, and through *drishti*, a lot of love and a lot of power.

Baba said that all the children, each one, are under Baba's canopy. You will feel how Baba is protecting you at every moment in remembrance. So, always remember that you are under Baba's canopy. I said, "Baba, these days, I see a lot of presence of ancestor souls." Baba said that this will happen more and more. As you move forward towards a new world; that means establishment is happening, so they will be more and more together with all of you. They are sustaining you in many different and very subtle ways. Also, Baba said that because they are in their angelic stage, they are also inspiring you all to be in that angelic stage.

Baba said that time always moves forward, and you all also have to move forward. Your stage should be such that whatever scene in the Drama comes in front of you, you should be able to say, "Nothing new." "It has all happened before." Remain very light, and this is how you will know that you are moving forward. The Drama is moving forward, and you are also moving forward. However, if you just feel, "Why did this happen?" or "I didn't know this would happen." Then, that means you are not ready.

As time is moving forward, you also keep moving forward. There are two qualities that are important for that. The first one is courage. Never, for any reason, lose courage or get discouraged. Baba is with us, and He will make it happen. Sometimes some souls do not remain courageous. They lose courage in the sense of losing hope. Keep being courageous and trust in Baba, in the Drama, and in yourself. Also, trust in others.

As I am changing, so others are also changing. Baba was saying that the speed of your efforts shouldn't be less than the speed of time. Time really moves very slowly. But as it changes, so you children also have to change, be transformed, from this moment to the next moment. Moment by moment, like a clock, bringing the change in you. So, when your scene comes, and Baba says that many circumstances will come, your karmic account will be settled in many different ways. If your effort of transformation has been consistent, gaining more powers and stability in your stage, you will very easily pass with honors.

As much as possible, use the power of silence and the power of yoga. Baba says that when there is the power of silence, everything will become clear. Whether it is internally or externally, whatever test or obstacles, you will pass with honors. Baba has that trust in the children. He will say, now just move forward and make your treasures full. Again, Baba gave lots of love and remembrances to each one of us.

Om Shanti!

Practice: I am a powerful and courageous soul. My efforts keep me moving forward and ahead of time. I remember the slogan "nothing new" when facing every scene of the Drama. Keeping Baba in my awareness, I feel His canopy of protection.

Everything will be Good, because Baba is with Me.

October 22, 2020

I was offering *bhog* to Baba and, while offering, also sharing *drishti* with Baba. Baba was looking at all of you, each one of you in turn, and then Baba accepted *bhog*.

Baba said that, first of all, He wants to give congratulations to the children because they are making good efforts. They are aiming to accumulate powers and to stay close to Baba.

I said that we had been thinking a lot about our ancestor souls. Baba said that all of you are together now, you children and the ancestor souls, sustaining the *Yagya*. Baba said that it is the time to have all attainments from Baba and that there could suddenly be some test papers at this time. The test papers would be in the sense of settling some of the karmic accounts. Baba said, "Remain unshakeable in your faith and use the quality of peace and the power of yoga." That could be just going into deep silence, or it could be remembrance of Baba. The power of silence can burn a lot of those obstacles or challenges. Also, always remember that Baba is with you. Never ever feel alone and never think about what is going to happen. So, internally, when your mind wanders, or you feel insecure, keep repeating that everything will be good because Baba is with me.

Then Baba said that situations are extreme and they will become more so. Because of these extreme situations, some very subtle thoughts of doubt, like, "How will I manage?" or "What will happen?" could come. Keep remembering that "Baba is with me" and "Baba will take care of me." Baba has also said that He will take all of us home. So, your journey is not only ascending but also reaching your destination.

Baba doesn't forget any child as the Father, nor as the Guide. If the Guide starts the trip with say, 20 children, he will count every time that all 20 are there. Every child is part of that. Baba is your Father, but also He is your Guide, so just remain very stable and unshakeable. This will help you to be moving forward and with pure, elevated thoughts every time.

So, Baba gave lots and lots of love and remembrances to all of us.

Om Shanti!

Practice: I am Baba's content and happy child. With every breath and every second of this Brahmin life, I am with the Father. Baba is remembering me and taking care of me. There is no need for fearful or doubtful thoughts. Let me use the power of silence to burn all obstacles and challenges so I remain peaceful and stable within.

Silence First: Creating your Angelic Stage

October 29, 2020

I gave everyone's love and remembrances to Baba; while offering *bhog* to Baba. Baba accepted *bhog* on behalf of all of us, Avyakti Parivar, and everyone else, with a lot of love. Then, there was deep silence as Baba was sharing *drishti* of love and silence. It was very deep and very lovely.

Then, Baba said, "At this time, there are two qualities that are very important; one is trust, and the other is courage." Trust, self-trust, is very important; because you are on a journey, and the journey is easy, but it is also ascending. So, never lose self-trust. Always remember that you have to continue to maintain self-trust and take every step with courage. Think or remember that if you take one step of courage, then Baba's help will be there all the time. He will come forward and be with me and guide me.

So, Baba is the Guide. Trust Baba. There will be many scenes in the Drama for yourself and many others. Always remember that Drama is beneficial. So, have trust in Drama also. Trust and courage are both very important at this time. Just maintain total trust. Don't allow any subtle thoughts to even come into your mind.

It is also very important, at this time, to create a timetable in such a way that there is silence and then actions, or whatever you have to do. Baba said that first is the silence of listening, then the silence of speaking, and then the silence of eyes; so as not to see images or anything. So, silence of the eyes, silence of the ears, and silence of words. Then, silence to stop actions for a while.

Then, Baba said that you have to balance this; and then accumulate the power of silence. When there is the power of silence, your subtle energies and your subtle abilities will grow. This will not only keep you light, but you will feel like an angel. You will feel your angelic stage. Then when you have to speak or do actions, it will be angelic. Through the angelic stage, you will be listening, speaking, seeing, and serving through actions.

At this time, you children have to reach that angelic stage; then, you will feel very close to angelic BapDada. To feel close to Avyakt BapDada, you have to be angelic. When you are angelic, you will feel His presence or company, day or night. Baba, in the end, was really saying what we have to do now. So, as time is approaching for service and for your own self, you need to be in the angelic stage. Also, to be a true server, you can serve through the angelic stage. Baba was taking me through that experience.

Then Baba gave lots of love and remembrances. Then, He said that there will be certain tests and certain situations in your personal life, in the family, all over, but this angelic stage will definitely take you beyond. You will be able to do more service than what you are doing now. Then, Baba gave lots of love and remembrances.

Om Shanti!

Practice: I am a silent, benevolent soul. I use the power of silence when using my senses and before performing actions. In this way, I am accumulating the power of silence. I am creating my angelic stage in preparation for my own journey and unlimited service.

How to Experience Baba's Pull and Baba's Love

November 5, 2020

We were all sitting with Baba's remembrance, with a lot of love, and with the thought to offer *bhog* to Baba. Baba was invoking us. That invocation was like Baba was pulling our mind and intellect or pulling all of us into the subtle region to be with Baba. It was a very beautiful pull. It made us feel very close to Baba, that we were receiving lots of love from Baba. While offering *bhog* to Baba, He was sharing *drishti* with all of us. There was lots of love from Baba's *drishti* and also a lot of power. Then, Baba accepted *bhog* with a lot of love.

Baba said that the children will feel more and more pull from Baba. As you are practicing silence and practicing different stages and forms, this will definitely help you feel Baba's pull, Baba's help, and Baba's company. Baba said that He is the One. He is the Bestower, and "You are My children." Although Baba will bestow, it is only possible to receive that experience when we maintain a good stage. When you maintain your soul conscious or bodiless stage, you feel that Baba is just invoking you, making you sit next to Him. Also, when you are in silence, Baba will pull you towards not only the subtle region, but you will also experience your sweet Home.

Whatever way that you practice and create the stage, you will be experiencing not only Baba's pull but also a lot of power and love from Baba. Baba said that the Bestower is giving all the time, but how you receive it depends on all of you. Then, Baba said that everyone is making such good effort, keeping cheerful and happy. The children are not making effort because of fear. They are making effort because of love for Baba. The children also know that time is very valuable, and they have to reach their final stage. There are some that are making effort because of sorrows, or difficulties, or fear. However, all of you are making effort with a lot of love. Baba could see that everyone's heart is happy, and their faces are cheerful.

So, keep receiving from the Bestower, and as much as you receive, try to become the embodiment of that. This means that if you have experienced Baba's love, you become the embodiment of love as soon as you experience it. So, not only are you happy that you are receiving, but you are experiencing, and that experience changes into your dharna or the embodiment.

Baba said that He loves every child. So, I said, "Baba, many have sent lots of love for you and are offering *bhog*." Baba said again that He loves every child. Baba is sending love for every child, but also to those who have sent love and remembrances. Baba said, "You also give them my special love and remembrances." With such a beautiful experience, I came back.

Om Shanti!

Practice: I am a bodiless soul. Throughout the day, I practice soul consciousness and bodiless stage. I experience Baba invoking me and pulling me into the subtle regions and the sweet Home. While the world is moving, I am safe and still; sitting in silence with my sweet Baba.

To Have Godly Love for Everyone is the *Karmateet* Stage

November 8, 2020

With a lot of love, I went to offer *bhog* to Baba. Baba was in the subtle region and was giving *drishti* to all the children. After a few moments, I also shared *drishti* with Baba, who kept giving very loving, powerful *drishti*.

Then, I told Baba that I had brought *bhog* from Avyakti Parivar. Also, today, I have brought love and remembrances from the group of NC/CC's, who are doing their annual silent retreat. So, after a few seconds, Baba looked at the *bhog* and accepted it. Then Baba again was giving *drishti* to all of us.

Baba said, "All the children are *loveleen*, that is, they are merged in love. So, they are lovely, and they are lucky. They are very light, happy, and full of contentment. Baba gave them all these qualities. Baba said to those in the silent retreat that you are all very sincere in your efforts, committed to accumulating and then serving. Baba was looking at the commitment of all of you, and then He asked, "Did you do this retreat to gain experience, or to accumulate the power of silence, or for serving?" What would you reply? I would think your answer would be that the aim should be for all three. Anyway, that's what I said on your behalf.

Then Baba said that to be in spiritual love, to have Godly love for everyone is the *karmateet* stage. It's very simple to check your chart to see if you have Godly love, that is, spiritual love, for everyone. The love you experience from God is in soul consciousness; you share that love with all the souls. That is spiritual love. Having spiritual love means that you are very loving to each other. If you find that other souls experience love from you, or it is easy to be with other souls and express your love, you are very loving. There are always some souls who might not be so very loving or maybe don't have that much *bhavana* for you as an instrument. To be loving is to have good wishes and pure feelings for everyone. By maintaining good wishes and pure feelings, you will be able to settle whatever karmic account is left from your account of body consciousness. The *karmateet* stage means that there are no more karmic accounts from the past. It has been settled completely.

You have to accumulate elevated actions. That also means love-full relationships with everyone. When you all have this aim to keep silent for a few days, then it is like having a very clean, white paper, or just a plain sheet of paper. It's very easy to see a few dots here and there on the paper, as they are very visible. That means that you see the points where you need to be stronger; this helps you realize and transform. So, from time to time, to have silence during the day or even to arrange a few days is always very good for self-transformation. Those who do such programs together also bring love and harmony within the group. So, Baba said lots of love and remembrances to all those who are part of the retreat. Of course, as you are committed, and you are all together, you must be writing or journaling the changes. Also, noting where a little more attention and effort is required.

Today, I also gave Baba love and remembrances from sisters from the UN. Baba remembered them, as they have been very consistent in serving for so many years. Very soon, the results that Baba had said in the beginning will be visible, not only the results that they see now.

Baba gave lots of love, and remembrances to Avyakti Parivar, *avyakti* team, and to everyone. He said that everyone is very loving and very committed. So, lots of love to every one of Baba's children. To be lovely is to be *karmateet*. Baba simplified this today.

On my behalf, a lot of good wishes to all those who are participating in this retreat. I know every year, when there is a retreat in ORC, the team always wanted me to be part of it, but it never happened. It seems like it is happening now, and I could be part of it. At least a little bit, with the time difference. Actually, Baba's message is for all over the world. We are divided according to time into four groups, four regions. Baba's love and message is for the global family. My good wishes. As Baba said, it is a commitment to run this retreat in four time zones and must have required a lot of effort. So, to the host team and to all Baba's children in the retreat, my love and Baba's remembrance to everyone. Of course, you are all very connected. It's a kind of special bond that's created when we do something together in a gathering, and Baba always loves gatherings.

So, lots of love and remember the titles that Baba gave you. Revise them, create that awareness, maintain that self-respect, and keep moving forward.

Om Shanti!

Practice: I am a love-full server. I practice emerging good wishes and pure feelings for everyone. I understand that this is the time for settling karmic accounts. I hold the aim to settle all accounts completely as I radiate pure, Godly love in every relationship.

The Stable and Still Flame

November 12, 2020

Baba was giving all of us very love-full *drishti*. Then Baba also looked at me, and I shared *drishti* with Him. I told Him that today is *Satguruvar*, and so I have brought *bhog* from Avyakti Parivar. Baba always gives *drishti* to *bhog* and accepts *bhog*.

Then Baba said that actually, it is the love of children, the *bhavna* of children, that Baba takes from the *bhog*. You all make it with such a lot of love. When there is *bhavna*; that is what Baba takes; everyone's very love-full feelings. The children like to share everything with Baba because He shares everything with the children.

As I was looking at Baba, I said, "What you share is unlimited. You are not only sharing, but You make us your heirs so that we can claim our birthright from You." Baba said that the children also share from the heart, and internally, always think that everything belongs to Baba.

After this, I said to Baba that there are these two scenes happening in the Drama now. Outside in the world, there is a lot of fear and a lot of worries. But, Baba's children, especially those who understand, are celebrating the festival of Diwali with much enthusiasm and love. Baba said that this will always happen because Baba's children, even though they are aware of what is going on in the world, will keep very happy and very light and will always be celebrating. It is not because you all want to be happy just for yourself. At this time, when there is so much sorrow, so much pain, so many worries, you spread the energy of lightness, of happiness, and you send out those vibrations to everyone. Thus, they can also become free from worries and sorrow as they experience these vibrations.

Today is the day (*Dhanteras*) when everyone all over are buying some new pot. Baba was looking at me. So, I said, "I have been asking everyone what pot have you bought today?" They answered, "No, we don't shop. We don't go anywhere." Baba said that actually you don't need to shop because Baba has given you the golden vessel of your intellect. This is your gift from Baba. Always think that Baba has given me my golden vessel of intellect. He is also constantly giving you the nectar of knowledge, so your vessel is full.

Whatever the *lokik* way, Baba celebrates with you spiritually. However, it is up to you to maintain this golden vessel and to keep it full by drinking the nectar of knowledge and through remembrance of Baba. So, remain enthusiastic, which is very important. Also, feel the inner joy and happiness because now you are ignited. You are an immortal soul, so you can never be extinguished. But, sometimes the flame is very small, so Baba has to come and awaken you and re-ignite you. Then, you keep growing and growing. At this time, your flame is not only a full flame, but it is also very still and not flickering. This is because you are not affected by the storms.

So, always look in the center of the forehead and create this vision of a flame that is completely stable and still. That means that your mind and your intellect cannot be disturbed and shouldn't

fluctuate. Keep your mind and intellect very calm, very stable, very cool, and very still. That's the gift Baba wants to give you today. That flame is your inner peace, and it should constantly be there. Baba will keep giving drishti to this flame to keep you protected from the storms of different situations or different forms of Maya. Then Baba said, "Maya doesn't come to you children anymore, right? Keep your flame ignited, and Maya will not come to you." Baba gave this blessing and lots of love to everyone!

Om Shanti!

Practice: I am a stable and still flame; ignited by Baba. The mind and intellect remain calm and peaceful. I am not affected by the storms of situations or the many forms of Maya. I am lost in love and happiness.

Discerning and Deciding for your Self

November 19 2020

While offering *bhog* to Baba, we were also sharing lots of love from everyone; especially on this day of *Satguru* Baba. Everyone is thinking of Baba with a lot of love and staying close to Baba. I was sharing how much love everyone has for Baba, and He was giving *drishti* to all of us; the *drishti* of love, the *drishti* of power. Then, Baba accepted *bhog* with a lot of love.

After accepting *bhog*, Baba said that the children have a lot of love and *bhavna* in each thought. They prepare Baba's *bhog* and offer it with a lot of love and *bhavna*. So, Baba accepts it from the children with a lot of love.

Then, Baba said that this is the time that you all have to be closer together with the family; because this will give you strength, and a feeling of togetherness and unity. So, it is good to be in a big family. Then, I said to Baba, "In our world now, the corporeal world, we can't even meet each other regularly anymore. We can't invite anyone to stay with us." Baba said that's why Baba has created *Avyakti Parivar*; so that you can all meet at least once a day, if not all the time.

Then, Baba said that every action that the children do is elevated action; because it is an action of service. The children have created elevated actions, so it is a very good account. However, what is needed more at this time is the stock of powers in each thought. Just as there is the power of love, there is also the power of *bhavna*, the power of determination, and the power of faith. So now, we have to use these powers in each thought; so that you can accumulate and have a stock of powers.

Baba said that because of love, you are all feeling the support of each other; but the power or the strength will come from Baba. We cannot give power to each other. We can give love, as all of us connect together with Baba. But, you can only get power or strength from Baba. Even if there is collective effort when there is a big family; still, everyone personally will need to have a very clear power to discern and power to decide for the self. You can do this properly if you pay attention to the study and also follow *shrimat*. Look at *Brahma Baba* every time and see how he did it. He followed *Shiv Baba*.

So, you can all use your power to discern in that way. Everyone is responsible for their own actions. But, before action, there needs to be the power to discern. This will be very individual. Remember that, "My intellect should be connected with Baba; so that strength can come from Him. At the right time, I can decide what is accurate and what is right." The time will come when it will be very important to decide what is right for your own self.

So cooperation, support, family feeling, and being together is very good; but also individual efforts are needed more and more. You have support, but you are still very independent. As I was in front, so Baba was asking me; but actually it was like asking all the children if they were sure that their intellect is connected with Baba; so that whenever they needed to decide

something, they would be able to discern and decide in an accurate way. So, let BapDada emerge in front of you and He will guide you.

I gave Baba lots of love and remembrances that many had sent. Baba said that as soon as someone says, "Give my love to Baba," it reaches Him. Then Baba said, "Of course, everyone's love and remembrances reach Baba, and He is pleased to see that everyone is paying attention to making good effort. Everyone has the aim to move forward and become like Baba. He is very pleased and sends lots of love and remembrances to each child.

Om Shanti!

Practice: I am Baba's independent and beloved child. I am so happy to be part of Baba's unlimited family. I also realize that Baba is the only One who can give me power and strength. While staying with Baba and taking power from Him, I am able to discern and decide properly for myself.

“I am your Companion, and you are My Companion”

November 26, 2020

Taking everyone's love and remembrances, I was offering *bhog* to Baba. Of course, everyone had such feelings of being thankful that our love was reaching Baba. Then with great love, Baba accepted *bhog*. Then Baba was giving *drishti*, and I saw Baba open His arms and take all of us in His arms. Baba doesn't give us flowers, but His arms are the arms of love and protection. After that, Baba accepted *bhog*.

Then, I said, “Baba, we all have love for you, and also, we are very thankful to you. Baba smiled and said, “You are my children, so I have to do this for my children. And, Baba should be thankful to you children because you recognized Baba, and you have become yogi and *sahyogi*, yogi and cooperative, (*sahyogi*).” All the children are making good efforts; because everyone has thoughts to reach the final stage. Many of you have been on the journey for a long time, but even those who have started new know their aim and their destination. Everyone is making efforts to get there.”

Baba said that actually, He is very thankful that whatever is happening in the world, or whatever are your personal circumstances, because of your love, a lot of bhavna, and also faith in Baba, you are all able to serve. You are Baba's companions in this transformation task of uplifting the souls, and changing the world from old to new. Baba said, “You are all my companions. You are all renunciates, sacrificing, and making efforts. You are all doing whatever is required.” Baba said that every step you take with love and *bhavna*, Baba gives you many fold returns.

Then Baba showed that when you are using your hands for karma yoga, that actually it is Baba's hands doing it. Baba gives a hand in your hand; because otherwise, how long would you be able to do? If you are serving through thoughts, then Baba puts in a lot of energy; so that you have more and more elevated thoughts. It is the same in your words; because I am your Companion, you are also my companion. It works both ways. He was showing me how, as our Companion, He constantly does everything with us. So, I said to Baba that I will have to ask karma yogis if that is what they feel. Baba said that they should be feeling it. He said, “Always remember that you have taken this offer from Baba to be *sahyogi*. So, based on that offer, Baba creates your worthiness; and He helps you to reach your final stage.

Baba was really giving lots of love and said that He is also very pleased with the love and harmony within the family. Even when Baba is not here, we all know that Baba can easily see everything from His region, right? Baba is watching us, and He is very pleased with us, so I am sure we all must be getting some extra bonuses. Then, Baba gave lots of love and said, “Thank you” to the many children that had flowers and expressions of love in all different ways. Baba looked at everyone and gave *drishti* to everyone.

Om Shanti!

Practice: I am Baba's faithful companion. Baba said," I am your Companion and you are My companion." I observe myself throughout the day while performing actions. To what extent do I feel Baba doing everything with me? More and more, I invite Baba to be with me at every step.

All the Children are Special and Deserving of Baba's Blessings

December 3, 2020

On this day of *Satguru* Baba, as always, it is very beautiful. There are such feelings of pull from Baba. When I was taking love from all of you and then offering *bhog* to Baba, He was giving lots of love and love-full *drishti* to all of us.

Today, for a few moments, Baba showed me that His hands were around our heads. Then, He was smiling. He said that on the path of *bhakti*, you used to worship Me. After worshipping, they have *aarti*, a tray or plate with *diya* and different things, and they circle it around the deities' images. Baba said that He is doing the same to the children, moving His hands to circle around their heads.

Then, Baba said that the children are very lovely, and each one is also very special. Some of you already know your specialty; some of you are still trying to find it. Baba said that you all are special. Each one of you had a lot of *bhavna* for Baba and also for *seva*. Then, I was telling Baba that today, I am offering *bhog* for one of the ancestor souls. Baba was looking at me, giving *drishti*. Then, Baba said that you know that soul very well. He invoked her and fed her *bhog*, and she was smiling.

Then, Baba said that each one has a very special role to play. Not only are you special, but you have a special part to play. Each one of you are a special actor. Whenever the children do something, such as good efforts or good service or good transformation, then Baba always blesses those children. They are able to move forward because of Baba's blessings. I was telling Baba, "But, you say we should not ask for blessings," and He said, "You are not asking, but Baba is giving blessings." Then, Baba said that you do some service and get it accomplished. Then, you go to any senior so that you can receive blessings from them. In other words, it is not only appreciation but also giving strength to continue to do service. It took me a moment, but then I remembered how as young *sevadharis*, if we got a big *seva* to do, we would do it, and then we would go to the seniors. Or, if we had planned something, we would go to a senior, and they would look at us, listen to our plans, and give their good wishes, which we considered as blessings. That is one of the reasons that we always shared what we had to do with the seniors.

Baba said that you are all worthy of blessings. You don't have to ask for them because you are making efforts and because you are doing service. Even now as you are studying, you are progressing. Some tests will always come, but always remember that everything will be okay. Just keep reminding yourself. If someone asks you, say, "*Acha ho jayega*," it will be good. Baba says that through your thoughts, your *drishti*, your words, and in your awareness, keep this strongly in your intellect; the Drama is benevolent, it is accurate, and everything will be okay.

Then Baba said that Brahma Baba had reached his destination. You saw him come into his angelic stage, a true server, unlimited. You saw all those qualities. So anytime that you think, "What has to be done? or "How is it to be done?," look at Brahma Baba. The slogan is "Follow

Father,” so remember Shiv Baba, but follow father Brahma. Baba says that by looking at Brahma Baba’s life, your intellect will always remain very clear, and you will also feel that you understand Baba’s directions.

Then Baba gave lots of love to everyone, especially those who offered *bhog* and brought beautiful flowers for Baba. He gave lots of love and today of course, blessings as well.

Om Shanti!

Practice: I am Baba’s blessed child. As I make daily efforts and do Baba’s service, I feel Baba’s hand of blessing on my head. I look at Brahma Baba and all questions disappear as I continue to “Follow Father.”

Time to be Consistent

December 10, 2020

With a lot of love, I took *bhog* for Baba, and Baba, also with great love, accepted *bhog*. Baba was sharing *drishti* with lots of love and also power. Baba kept giving us *drishti*; then after a while, He said that the children are making good efforts. This is the time that you can make effort, and also you need to accumulate everything; all the treasures in the self. There will be, from time to time, circumstances, situations, and also personal karmic accounts to settle. The children who have all the treasures of knowledge, powers, and virtues will keep using them. Then, Baba said that when you use them, they accumulate more. By using anything, you are not going to lose it or waste it. If you do waste it, that means that you are not able to use it. So, then it won't accumulate. This is a very subtle point.

Baba said that you should use whichever virtue is required; if you require patience, then use it; if you require love, then use it. Baba said, "You have all been practicing how to be *nirsankalp* (without any thoughts), right?" Baba explained to us that *nirsankalp* means the habit to not keep thinking. Similarly, there is something called *akarma*. *Akarma* really means that you are not creating any more bondages. So, like neutral thoughts, these are neutral actions. Whenever anything happens, don't use your old *sanskars*. You have to completely come out of the past because the past will always try to block your progress. You have to move forward; you have to create your future. For that, Baba said, "One of the greatest lessons or mantras is that you have to remember that you have to be consistent, you have to be constant. The children make efforts, but then they become careless. When they become careless then the old *sanskars* emerge again."

Then, Baba said, "This is not the time for these kinds of games or to waste our time. What you have to do is just remain consistent in your efforts and in your remembrance. When you are consistent, you are not only stable, but you are also constantly progressing. Progress is important, just as improvement is important, and moving forward is important. All this can happen when you are consistent." I told Baba that we are all aiming to be consistent although fluctuation still happens. Baba asked, "When will it stop?" I answered that I think that we all want to stop it. Baba said, "Look at Brahma Baba; he did not fluctuate." So, Baba said that is what you always have to do; keep *BapDada* in front of you.

Don't look at any other soul for effort because it is your own effort that will get you to your destination. No one will take you there. Although Baba is with you, you have to reach your destination yourself, and that destination is that you have to be *sada* or consistent. Today, Baba wants to give children this blessing, to be consistent, don't be careless, and don't fluctuate. Baba said that the children are all good. They are making effort, except for two things: one is carelessness, and the other is the past. You have to say goodbye completely to the past because you don't want to live in the past, right? You want to go to the future. So, the future means progress. So, Baba is giving you blessings and again reminding you of what you have to do. Baba still has a lot of love for the children because the children are making efforts. Then, He gave lots of love for each one of us. So in between, I was asking Baba why the intellect is pulled

anywhere, whether to a situation or to a person? Baba said that one reason that the intellect is pulled, is that your intellect is not constantly engaged in churning the knowledge to be with Baba, or creating different experiences. It's very important to keep your intellect very busy.

Om Shanti!

Practice: I am a consistent effort maker. With courage, I say goodbye completely to the past. I pay attention throughout the day, making sure that old *sanskars* are not operating. I remember Brahma Baba, who was always consistent and always moving forward towards his perfect stage.

We are the Roots of the Unlimited *Kalpa* Tree

December 17, 2020

I was offering *bhog* to Baba. After accepting *bhog*, Baba was giving very love-full *drishti*, and we were also taking *drishti* from Baba. It was as if Baba was really merged in love, and we were also merged in love.

Then after a few moments, as I took *drishti* from Baba, He said that every child is a special child. Baba was then asking if each child has this awareness that, "I am a special child?" Baba said that everyone is cooperative in God's task. Baba said that cooperation is something very unique and very special in today's world. I was just looking at Baba when He said that according to the Drama, you have to see the benefit in whatever happens or whatever scenes are playing. You all meet every evening, which is helping you to be consistent, otherwise, there wouldn't have been any chance to be consistent. Every evening you all sit together and you share. Then, the next day you experiment on it.

The main benefit is to be consistent, and secondly, to have the feelings of being together as a family. Baba said that the experience of being in the family is also very helpful to all of you. Then, Baba said that actually, each child has had so much experience since spiritual childhood: taking knowledge, use of knowledge, transformation, experiences of yoga, and *dharna*. So many experiences that you should start writing about them, and if you write, it will become a book. For every child, there can be a book on the spiritual journey.

Baba was encouraging the children on their spiritual journeys. What were their experiences? What were the obstacles on the journey? Where was more effort needed? Baba said that by writing these things, it will help you to see your achievements, where you started, and where you are today. Then Baba said that one of the most important awareness at this time is that we are all the roots of this unlimited *Kalpa* tree. We show in the picture eight Dadis sitting under this tree, but actually all of you are also the roots.

Baba said, "Sit under this tree as roots and see how you feel. When we are roots, firstly, you are so connected that you emerge from the Seed of the Tree. Roots always emerge from the seed of a tree. Secondly, it is through the roots that the whole tree gets nurtured. When you recognize and experience and keep the awareness that we are the roots, you will always stay connected with the Seed, and always nurture the whole tree. Thus, you receive and then you nurture others. This is a very important incognito role. So, maintain this awareness all the time that I am part of the roots, and this awareness will help you to stay connected with the Seed. Then, through your thoughts, words, and actions, you will nurture the tree. All the souls of the world will receive from you. Once you are aware of your part, then Baba said that efforts will be natural."

So today, Baba inspired us to write about how we began our journey and also to maintain awareness of this connection as roots with the Seed. It is such a beautiful experience! I had been sitting with Baba when He said that everything is so incognito, invisible, that sometimes

the children forget. I answered that everyone has so much to do with actions. So, Baba said that you are also nurturing. It will be necessary to take one awareness per day, then while doing action, maintain that *smriti* or awareness. Tomorrow you will maintain the awareness that my part is as the roots, and this will do so much service. First, you are served from the Seed, and then you are able to serve others. In this way, you will never feel that, "I am not connected." You are connected with the Seed, and you are nurturing the tree. Baba says that you will feel how much unlimited service can be done through that awareness.

Then again Baba looked at us and gave *drishti* to everyone in their angelic form. Then, Baba gave love and remembrances to everyone.

Om Shanti!

Practice: I am part of the roots of the unlimited *Kalpa* tree. Baba has said that each child is special, that we are all making efforts and doing service. Let me take on this unlimited awareness: "I am part of the roots, I am connected to the Seed, and I am nurturing the whole tree."

The Qualities of *Bhavna* and Offering *Bhog*

December 24, 2020

Today in Baba's remembrance, when I went to offer *bhog* to Baba, I had the feeling that we are so much with Baba, and Baba also pulls us. So, it was with a lot of feelings of love and taking your remembrances also, that I offered *bhog* to Baba. I said that all the children have sent lots of love, and Baba was smiling. Then He was giving us *drishti*, giving *drishti* to all of us. The way Baba gives *drishti*, as He gives *drishti* to everyone, each one feels Baba's rays of light separately, and His rays of might are experienced by every one of us.

Then, as Baba was giving *drishti*, He said that when Baba is accepting *bhog*, actually, He is accepting the *bhavna* of the children from the *bhog*. It is the love of the children, and also, all the children have feelings of gratitude at this time for Baba. So, the children have these three qualities of *bhavna*, love, gratitude, and thankfulness. As much *bhavna* as you children have in Baba or in offering *bhog* to Baba, He also has that many beautiful feelings for each child. Then Baba was looking at me, and I felt that everyone must be feeling Baba's pure feeling towards each one of us.

Then, Baba said that the offering of *bhog* is actually feelings of being thankful or gratitude. Baba said that especially food, the grains, fruits, and the flowers are given to us by nature. It isn't really about the money, but it is the five elements that are needed for farming. For growing, they need sunlight, air, water, everything. So, the five elements give us all; then from our feelings of gratitude, we offer all this to Baba. It's not really bhakti, but it is the feelings of gratitude. Then, I was saying to Baba that there are many people now invoking Christ, as it is Christmas Day here. You know those who believe both in Christ and also in Baba. There are so many children that celebrate the birthday, and there is also a memorial service happening for your beautiful child, hero child, Om Prakash. They are also on an onward journey. Baba was listening as I was sharing this, and then Baba said that it's a journey. But Baba has connection or relationship with souls only. Whether they are on an onward journey or whatever they are celebrating at present. Baba has a relationship with all souls, but only souls, not with anyone's body.

To all those who were offering *bhog*, Baba gives not only love but a lot of power. At this time, you should all have this thought. Just as the gardener will look at the flower, that it should blossom properly, and be in full bloom, So, Baba said, in the same way, each child should think unlimited thought, and as much as your thoughts are unlimited, you will blossom. You will find that, whatever you have, whether you have any specialty or you have elevated thoughts, or your bodily energy or whatever other resources, let it be used in unlimited ways. Let it blossom completely, and keep this thought that, "I have to use it in an unlimited way." Baba will make you instruments so that everything of yours is used for unlimited service. You have to have this thought and such an unlimited intellect. Then you will see how Baba makes you instruments. Always remember that Baba is a world server, and you children are also serving the world with Baba.

Then, Baba said that because one has to become complete with virtues and powers, also it is through your thoughts, words, and actions, that 'blossom' means to use it in an unlimited way. So, Baba then gave lots of love and remembrances to all those who offered *bhog*. To each and every one of you, Baba's love and remembrance.

Om Shanti!

Practice: I am Baba's grateful child. I understand the connection between the food we eat and the five elements. With my heart full of *bhavana* and gratitude, I offer *bhog* to Baba. I continue to create unlimited thoughts of service, so I will continue to grow and 'blossom'.

Serving From Your Final Stage

December 31, 2021

I gave love and remembrances of everyone to Baba and then offered *bhog*. Then Baba, with a lot of love, accepted *bhog* and was sharing *drishti* with each one of us. Each one of us, through *drishti*, was communicating by saying something to Baba, and Baba was also talking personally with each one.

It is through *drishti* that Baba communicates because Baba's language is a language of silence. So, everything works through *drishti*. Then, I also shared *drishti* with Baba. And I felt like Baba not only loved us but was giving a lot of assurance that everything is good and will continue to be better and better.

Then, Baba said that children are making a lot of efforts. I said, "Baba, everyone is thinking they have to reach the final stage, the stage of perfection." Baba said, "Yes, time also is giving a signal to all of you to be prepared. One is for your own final and perfect stage, but also, you have to serve from that stage." So, I was looking at Baba, and I said, "In what way will we serve? Baba said, "Actually when you have that stage, even some percent might be less, then, whatever you think, whatever you speak, and whatever actions you do, will reach and touch many, many souls." So, I said Baba, "Even if we don't do, like we say we have to do *mansa seva*." Baba said "Whatever *mansa* you have, it is serving. So, it's not like you have to say okay now let me do *mansa seva*. No. Always remember that your every thought is serving." So, I said Baba, "That means we have to be very attentive."

Baba said, "You children are the roots of the Tree. So, whatever are your thoughts will reach the whole Tree." So, baba said that it's really not just a question of feeling that I am responsible. When you think that way, you might become heavy. Then Baba said, "Actually every thought reaches the world. That is why you are a constant server. It's only by paying a little attention, your thought, every thought, will be elevated and full of good wishes and pure feelings. And that's what everyone needs these days, all the souls. They all want to experience the feelings, pure feelings, and good wishes. Naturally, you all do that. But once in a while you get caught up in your own little situations or *sanskars*. Now, always remember, "I am an unlimited world server. I am an unlimited world server." So, as soon as you find that your thoughts are going in a direction that is not necessary, you will immediately change your thoughts. Remind yourself that, "I am an unlimited world server."

Every child, in their heart, has the thought, "I want to serve the world." Baba said, "You are doing world service. You sow the seed through your thoughts. Then of course, from there, whatever you speak and any action you perform benefits the whole world."

So, today baba was saying that this is how we are -- all unlimited world servers. Then, after a few moments, I said to Baba, "In our world, *lokik* world, physical world, we are ending 2020 and starting a new year. Baba said, "In the subtle regions, there is no new year or old year. But Baba knows that children are preparing to end the old and to start the new. So, Baba wants to give

congratulations because children were very brave, very stable, and their aim is to be consistent.” “So, all the children did very well this year. In the New Year, you will all be better; you will think newly and differently.” Baba is giving good wishes that all of you use all the blessings you have received. Baba said, “You have the entire treasure of blessings with you, which you all know. But now is the time to think based on those blessings.” “Also speak and share those blessings and use those blessings for the success of each action you do.” So, Baba said that this is not only a new year, but now you are moving towards a new age. So, Baba gave lots and lots of good wishes.

Baba said, “You all are stars of success; you will always be successful. Just emerge the awareness that ‘I am a successful star’, and you will be successful.” Baba gave lots of love remembrances and there was *bhog* for many but especially the youth group who had been doing one hundred and eight hours of yoga *bhatti*. Baba said that Baba always loved the young ones because Baba knows that young ones will glorify BapDada’s name and reveal BapDada’s name. So, Baba was giving *drishti* to the youth group and also lots and lots of love remembrances to all of you.

Om Shanti!

Practice: I am part of the roots of the Tree. Every thought I have reaches the whole Tree. I practice paying attention to my thoughts in this way, making every thought elevated and full of good wishes for all.

Two Special Powers of the Children

January 7, 2021

Today in the subtle region, I was taking *drishti* from Baba. His *drishti* was so beautiful, it was kind of expanding, and taking the shape of a big canopy, with very beautiful rays. It looked so beautiful, with the rays of love and light above all of us, in the form of this big canopy. We were all very happy when we saw this canopy above us, golden in color.

Then Baba personally shared *drishti* with me, and I told Him that I had brought *bhog* on behalf of the family. Baba then gave *drishti* to the *bhog* and accepted it with a lot of love. Then, Baba said that He is the World Benefactor, and the children are master world benefactors. I was looking at Baba when he said this, and then He said, "Yes, tell all the children that they are world benefactors. Some of them might not have had the thought that I have to serve the world, but everyone is doing so because of their love for Baba."

Baba also said that the children have two special powers. One is the power of purity, which is in every child and it is this power that is bringing benefit to the world. Even now, in preparing for the new world, this power of purity is already bringing much benefit. Every thought, when it is from purity; as in a pure heart or pure feelings; gets accomplished and can never go to waste. So, use the power of purity until purity becomes your nature; so that every thought is a pure thought. A pure thought has *siddhi*, meaning it will get accomplished. Secondly, you have the power of yoga, soul consciousness, and remembrance of Baba. The power of yoga keeps you free from obstacles. So, both powers are bringing benefit to the world.

Baba is very pleased to see that each child is making such good efforts. Then I said, "Baba we are also doing some homework for 31 days to follow in the footsteps of Brahma Baba." Baba was smiling and looking at all of us. Yes, He agreed, the children want to be like Brahma Baba, so they want to follow him. There are some children who are making effort to become *bapsaman*. Some of them still think it is possible for us to become *bapsaman*. There is a relationship with Baba to receive blessings and they want blessings. Baba definitely gives blessings to every child even when they want to remain close to Baba but don't think that they can be like Baba."

Baba said, "Brahma Baba had authority of knowledge. He was very detached and lovely. You children also have knowledge, so when you change knowledge into practical life, then the authority is very natural. You will then also become detached and lovely." Then, Baba was saying how the children should always remember that they are world benefactors. Every scene of the Drama brings benefit to you. As you experience those benefits, you should write them down. Just like before, many children thought that they have to run around, doing this and that, and sometimes even going out for class. However, now Baba has given you time, so use it for your study, and for preparing yourself, and of course all the children love to do service. Continue to do service in whatever way you think and by whatever methods you have. Thus, the children are actually preparing themselves to be both worthy and *bapsaman*.

As you all know, it is through Avyakt BapDada, that the meeting takes place in the subtle region. Baba is there with Brahma Baba. It is so very interesting how Baba opens His arms and says to the children, "Each one of you is always safe in Baba's arms. You are very cooperative souls. You are always thinking about Baba's task. Baba wants to give not only blessings but also congratulations! Always remember to keep your courage. Keep courage and be consistent. When you have courage, and you are consistent you will find that you are very near to accomplishing your aim, which is to become like Baba."

Then I said, "Baba, it is someone's birthday, and there are many other reasons that these souls gave lots of love to You. Also, we are offering *bhog* to You." Baba said to give love and remembrances to everyone. Tell them that when they think of Baba, they should think of offering *bhog* to Baba, so that their thoughts will reach Me. I said, "Even so, I have to tell You, because they asked me to." Baba said, "Tell everyone; Baba's love, remembrances and blessings to everyone."

Om Shanti!

Practice: I am a pure and yogi soul. With the powers of purity and yoga, I am constantly doing world service. Just like Brahma Baba, I change knowledge into practical life and am naturally an authority of knowledge, detached and lovely.

Three Aspects of Our Spiritual Journey

January 14, 2021

I went to offer bhog to Baba, and while offering, I gave Baba everyone's love and remembrances. Baba also, lovingly accepted love and remembrances, and He was giving *drishti*. Baba really has a lot of love for you all. So many roses have been sent for Him, with love and *bhavna*. I said, "Whatever they are celebrating in life, they all want to celebrate with You." Baba said, "The fragrance is artificial, but my Confluence Aged children actually have a lot of spiritual fragrance of purity; of all beautiful qualities." Then Baba paused for a minute or two.

Baba said that in the month of January, we are all celebrating Brahma Baba. Today, Baba was asking, "What should we look for at the beginning of Brahma Baba's life? Look at the chapters of the middle and then the last closing chapter. Look at all parts of his spiritual journey. What he was becoming was visible from the beginning, then the middle, then in the end, what he became. Also, look at what the external situations were in the world at that time. When Baba started giving messages, Baba's *yagya* began. So, look at both his inner spiritual journey, and also what was happening in the world outside." Baba then continued, "Also compare this to your spiritual journey, each one of you, and to the circumstances and situations in the world outside."

So, when you look at Brahma Baba's stage, then compare that to your journey's beginning, middle, and now, its end. What is your stage or what should be your stage? Do you think that it is accurate? Even according to the Drama, Baba said that this is a very good way to see if you have all kept your aim to follow in the footsteps of Brahma Baba. Then, you have to look at all three aspects of your spiritual journey and look at what is happening outside in the world. How are you responding, and also, how are you all serving? How did Brahma Baba serve? What was his spiritual journey, what was his stage? The more that you think about it, the more that you will feel yourselves to be very close to Baba. Brahma Baba always said, "Remember Shiv Baba. Then, Shiv Baba will always give you an example." So remembering Shiv Baba, look at Brahma Baba. So, the same will happen to you. You will tell everyone to remember Baba, Shiv Baba. Then, Shiv Baba will say, "Look at this child."

So, Baba was asking if we are ready. When Baba gives us the signal, will everyone be ready in their stage or by our faces, and by our sparkle? So, it was a very beautiful way for Baba to tell us how Brahma Baba signals towards Shiv Baba to remember. Then as you are signaling, then Shiv Baba has to say, look at the child. This is where it says that the son shows the father. You are also like your father. So the Father says, this is my sweet child, and the children say, this is my sweet Baba.

It was a very beautiful and very love-full conversation. Of course, a lot of love and remembrances for all of you, including this time, those overseas, someone's birthday, or someone's celebration. There were so many flowers, that I think are from the USA, but sent by all the different children, out of love for Baba. So, lots of love and remembrances to all of you here, and also to those who sent love and remembrances and offered flowers to Baba. Baba

again gave very lovely *drishti*. In the end, you all will have to remain merged in Baba's love. You will really be like a lotus flower, untouched. So remain merged, and remain untouched by any kind of vibrations from the outside world. That is Baba's blessing for us for today.

Om Shanti!

Practice: I am Baba's sweet child, merged in His love. While remembering Shiv Baba, Shiv Baba tells me to look at Brahma Baba. I reflect on the beginning, middle, and end of Brahma Baba's journey. Then, I look at the three aspects of my own journey. With love in my heart, my aim is to be complete and accurate, like Father Brahma.

Baba Giving Advice while Holding the Children in His Arms of Protection

January 18, 2021

Today we all, as a return of love, are merging into the Ocean of Love. Everyone's heart was full of love for Baba. So, the way I saw in subtle regions, we all were merging in the Ocean of Love. After few moments, Baba was in front and was giving *drishti*. And while giving *drishti*, in a few moments, Baba opened his arms. When Baba opened His arms, some children just ran and wanted to be in Baba's arms. But some children were still standing or sitting, wherever they were, and Baba came towards them as if Baba was asking them to come. But then, Baba gave his hand. So many were holding Baba's hand, and some were just taking *drishti*. Then, Baba very smilingly kept giving *drishti*. Then I said, "Baba, on behalf of Avyakti Parivar, I have brought *bhog* for you. Baba accepted flowers with lot of love and fruits, *bhog*, or whatever you sent for Baba. Baba was still giving us very love-full *drishti*. Then Baba said, "Baba knows that all the children, everyone, has a lot of love for Baba."

So, I kept looking at Baba because I had a subtle discussion, asking why everyone didn't run to come in Baba's arms. Baba was smiling; then, Baba said, "All children are different. Some children come running into Baba's arms, some only want to give a hand in Baba's hand, and some only want to take *drishti*. Baba didn't say anything more than that.

Then Baba said that children have kept a good aim. All the children, everyone, want to be like Brahma Baba and remember Shiv Baba. Baba said, "You all are sincerely making your effort. At this time, all the virtues and powers should be merged in your thoughts. Whatever virtue that is required should be created with one thought. Any power that is needed should also be created. They should be merged in your thoughts."

I heard Baba, and I was still looking at Baba. Then He said, "Because now is the time to merge all the virtues and powers in your thought. Because times will come when you will need to emerge the right virtue or the right power at the right time. You might not get a lot of time to do this. It might be very quick." So, then Baba was looking at me, and I said, "Yes, I think we all have to think about it."

Then, Baba said, "There are two things; one is attention on not having wasteful thoughts. The other is to make each thought virtuous and powerful. You must pay attention that you don't waste even a single thought. Then, which power do I need not to have a wasteful thought? This is the homework you all have to do. Look at your chart. If any waste thought comes, then which virtue at that time do you need? Do you need love? Do you need tolerance? Do you need to adjust? Then pay few minutes more attention to that virtue and power so that it will get merged in you, gradually." Baba said that every thought will be natural, looking at virtues, donating virtues, and cooperating with virtues and powers.

Then, Baba said that, at this time, you have to serve through *sakaash* or give light and might, or rays of light and might. Baba said, "There is a very subtle energy in you, in your attitude." So, Baba said to keep your attitude so clean and elevated that very powerful rays very quickly can

reach everywhere. This is giving *sakaash*." So, *sakaash* is not just through thoughts, but it is through attitude. Baba was saying that it will become very powerful. For example, within one second, *sakaash* will reach wherever and be able to do the work of whatever you are bestowing. Whether you are bestowing blessings or whatever you are bestowing, it is through the attitude. You will be able to do this when your attitude is very clean and elevated. Baba said, "At present, more and more of this kind of service will be required. Baba said that even the words that you will speak will have that power from your attitude and your thought."

Baba said, "One important quality of effort that Brahma Baba had was consistency. He always was ascending and consistent. There was never a gap in his efforts, nor did he even stop for a few minutes. He was always consistent in his efforts. Children also have to keep this aim. Past is past. Whatever quality of efforts you made are now past. Now, looking at the time, for both your journey and in the world, it is very important to be consistent. And also unlimited. Don't get stopped by your limits or otherwise. Don't be limited, be unlimited and very generous. Souls are in need at this time, so you have to be very generous."

Then, Baba said, "Your *drishti* should be of blessings towards everyone. Through your *drishti*, just keep giving blessings to everyone. One of the important aspects is that you have to be very detached and loving. When you are detached, then you will also be very loving. Remain detached from any kind of influence, any energy, but just remain detached and also, very lovely."

Then Baba said, "Everyone at their home or a Center should have one corner or a room. You can call it Baba's Room or whatever name you give. In that corner or room, whenever you sit, you should sit there so the energy there will be full of that power. So, whenever you have few moments, when you want to decide something, to use your power to discern or find some answer, go to that corner or go in that room." So, Baba is giving advice to the children. "You can sit and meditate anywhere, walking, talking, but it is also important to have this special place. Everyone might not have a room, but at least one corner should be just for this. Wherever it is, sit in the same place every time. During the day, when you feel the need to charge yourself, go and sit there."

Then Baba said, "Baba is very pleased and happy to see the sincerity of children. Understanding and capacity are numberwise, but love and sincerity are there. So, because of love and sincerity, Baba is giving lots and lots of love and power and blessings to all the children."

I said, "Baba, everyone had a lot of *bhavna* for this day to send new bhog or flowers." Baba said, "Yes everyone's *bhavna*, everyone's love reaches Baba." Then Baba again opened His arms and said, "Baba gives a very big embrace with both hands in protection of the children. When you are in Baba's arms, you are protected. So, that's why Baba opens his arms every time so that you can remain protected." Then Baba gave love and remembrances.

Om Shanti!

Practice: I am safe and secure in Baba's arms of love and protection. Listening to Baba's advice, I will pay attention to removing waste thoughts and create an elevated attitude. In this way, I will be able to send powerful *sakaash* to those in need. Let my efforts continue to be sincere and consistent, like Brahma Baba.

Become an Angel Before you Leave

January 21, 2021

I gave lots of love and remembrances to Baba, as I said to Him. "I have brought *bhog* for You, on behalf of all the souls of Avyakti Parivar. Baba accepted *bhog* with a lot of love. Baba's *drishti* was, as always, full of love and power. But today, as He was sharing, He was showering a lot of blessings for everyone. Blessing in Hindi is called *Vardhan*. *Vardhan* means that Baba was giving everyone something special.

After that, Baba said that the 21st was the day when Baba from *sakar* changed form to become the *avyakt*. Baba was asking the children whether they were all making efforts. Some of them are making efforts on their own, and some are making efforts based on blessings. Baba then said, "When you make efforts, you get blessings. So, when you get blessings, you still make efforts, but there is a difference. So, how many of you think that you are making efforts based on blessings or only making efforts?"

I was looking at Baba as I said, "How will we know the difference? Baba said, "When you are making effort based on blessings, you will be obstacle-free, and you will find Baba is helping at every step. You will feel as if Baba is giving you a bonus at every step. If you are only making efforts just with the knowledge of yoga but not with blessings, then you will find that it's a lot of effort. Sometimes you would have to labor and struggle. Baba said that now is the time, through Baba's *drishti*, to take blessings from Baba, by following *shrimat*, and making good quality effort."

Then, I said, "I thought everyone gets blessings." Baba said that He gives everyone blessings, but not everyone is aware of their blessings. Baba gives blessings regularly in the Murli. So, create the awareness of the blessings and make efforts, and you will see a complete difference. You will be very light, and you find everything very easy, as you experience Baba with you.

Then, Baba said that you all saw how Brahma Baba accomplished or completed his journey. He reached his stage of completion, the angelic stage, and whatever task he had to do, he also got that accomplished. Baba said, "There are many who leave the body when their stage is complete and ready." Then there are some who leave the body but still haven't reached the complete stage. Each one of you should keep the aim to reach that complete stage because then you will become *avyakt* and reach your angelic state. Then, the expansion and level of service will also change. It will look the same as when Brahma Baba left the body to become an angel. Everyone experienced that suddenly there was a lot of expansion. We say that it was Dadi Prakashmani who actually became the leader. But really, it was Avyakt BapDada, because his service to the souls became completely different.

So keep aiming to complete your journey. Don't only think of being ever ready so that you can leave the body. Pay attention to becoming complete and accomplishing your journey of becoming an angel.

Baba said that all the children have this thought that I can go, but Baba said, "No, that should not be the thought. The thought is that, "I have to be an angel before I leave." So, when you leave at that stage, your part is very beautiful in the sense of the support you will give to the *Yagya*. Even through your stage, the service that will be done will be completely different. That is why, looking at Brahma Baba, you do that.

So, on the 21st, when Baba first came in, it was Dadi Gulzar's first time. Before that, Shiv Baba was coming in with Brahma Baba. Dadi offered *bhog*, she shared the message, and then in the end, Baba came and gave us *drishti*. After that, of course, as many of you know, if you have read properly, how many questions we all had. Who will give the Murli now Baba is not here? What will the call system be? Baba clarified everything in an instant. The Murli would be revised, as Baba will come in Madhuban. Then Dadi Prakashmani would invoke. Also, Baba's box started then; we never had Baba's box during Brahma Baba's time. Many systems were made very clear, and we just had to follow the directions that Baba gave.

Then I said again, "Baba, we have so many of Baba's children sincerely making effort, and they want to be *avyakt*; they want to be perfect. However, today *bhog* is offered on behalf of those who are attending. Since March 27th, when we offered *bhog* to Dadi Janki, there are some children who never missed." Baba said that all the children are special, not only those. But I said, "Baba they have never missed it, so we are calling them special." Then Baba said, "Although they are special, everyone is special. And Baba's love, Baba's *drishti*, and Baba's blessings are towards everyone. So give love, remembrances, and congratulations to them. However, my love, remembrances, and blessings are for all the children. Everyone is special to Baba."

So, Baba gave lots of love and remembrances, not only to those attending but also to the whole team, translators, and whatever else you are doing. Baba wants to say congratulations to them and to give blessings. Baba also said that you have to have courage to continue. If the team had not had courage, then we wouldn't have had this program every evening. So, Baba gave love and remembrances to everyone -- Much love, remembrances, and good wishes.

Om Shanti!

Practice: I am Baba's sweet and powerful angel. I look at Brahma Baba's ascension and how service continued, expanded, and systems changed with Avyakt BapDada. I understand the need to become complete at this time, to allow for expansion of service. With courage, I move forward with Baba's blessings, remembering the thought, "I have to become an angel before I leave."

Become a Practical Example of Heaven

January 28, 2021

On this day of *Satguru* Baba, Baba's love pulls us to be with Him in the subtle region. There was His very love-full invocation, or pull. Our love for Baba and His love for us create a very beautiful feeling as if Baba is invoking us to the subtle region.

When I went to offer *bhog*, I was giving everyone's love to Baba. Then I said, "Baba, I brought *bhog*." While sharing that love, Baba accepted *bhog* with a lot of love. He was giving *drishti*; very love-full and powerful. Baba said, "The children have become *bapsaman*, like Baba, as a Bestower. The children always like to bestow, to give good wishes through words, knowledge, and karma yoga towards the *yagya*. It's a good *sanskars*; to be giving. You all have to become master donors, that is, masters of those who constantly give."

Baba said that as Shiv Baba is the Ocean and Brahma Baba also constantly received from Him, so he was the master ocean. The children also have to remember that they have to be giving constantly to become master oceans. Some of the children pay more attention on giving than receiving. However, Baba said that if you are receiving as well as giving, you never become tired or empty or fluctuate in your stage. So, it is important at this time that you are also receiving.

Baba was definitely congratulating the children for being bestowers. Then Baba was looking at me as if He wanted to know what we are doing these days. I told Him that we are still using some of the root *sanskars* of Brahma Baba and paying attention to our *sanskars*. Baba was smiling as He said, "Yes, Baba hears that you have all been practicing being in the eternal form. But, now you should experience more of your original *sanskars* -- begin to emerge your deity form.

As I was looking at Baba, He was saying, "Because Brahma Baba was moving towards the completion of his journey, he had this experience of the heavenly world, or deity form, which was very divine and very pure. Emerge now in your original *sanskars* of the Golden Age. Do that wherever you are, in your space, in your place. Some have big spaces, some have small ones, even if it is very little; make it heavenly." So, I asked, "How do we make it heavenly?" He answered, "Baba is not saying in a physical way, but in the atmosphere."

Then Baba said, "You know a few things which you all say about heaven. For example, that of a lion and a goat drinking water together. It is harmony. Although different, they have a lot of love and are harmonious. Then, in the memorial of the Golden Age they show *Raasleela*. The children like to do dance, but this is more like harmonizing your *sanskars*. When you harmonize *sanskars*, the atmosphere will become very divine and very heavenly. So, it's love; it's peaceful, it's harmony." Baba said that you will then feel that everything around you is becoming very much in abundance, just like in the Golden Age. You will never have the thoughts, "What will happen?" "How will it happen?" "What will happen to me?" So Baba said, "Why don't you children experience and experiment with this phase? Most of the time you are all in that space now. It was not like that before." So, today Baba was really explaining and saying that we should

experience heaven, right here. In the Golden Age, when you are in heaven, you don't know that you are in heaven. But now you have a contrast, so with your stage first, then your heavenly space, you will be able to share the message with others. When you give the message, not only will your features show the future, but you will be able to inspire others that they can create that kind of atmosphere in their homes or wherever.

Baba said, "The transformation at this time will be a practical example for others on moving towards the Golden Age, moving towards heaven." Baba inspired me very much with what we have to do now. Then, I gave love and remembrances to Baba from the many souls that had offered *bhog*. And, love and remembrances from all of us. Baba gave love-full *drishti* and Baba's gifts of love and *Satguru* Baba's gifts of blessings for today.

Om Shanti!

Practice: I am a Golden Aged, Deity soul. At this Confluence Age, in Baba's company, and with His guidance, I emerge *sanskars* of love and harmony. My face and my surroundings are a practical example of heaven; pure, peaceful, and happy.

Yagya, Family, and Fortune

February 04, 2021

Today is *Satguru* Baba's day. So, I was offering *bhog* and sharing everyone's love with Baba. Baba was giving very love-full *drishti* to each child. All of us were also taking *drishti* from Baba. It was a beautiful sharing of *drishti*. I was looking at Baba when He said, "While sharing *drishti*, Baba is looking at everyone's fortune. All the children are very fortunate. It is based on the efforts and also on whatever the children are doing in a worthwhile way. The children are receiving the blessings that Baba is giving when the children have courage. The children are especially making extra efforts. So, your fortune is based on your efforts; but also on Baba's blessings."

After a few moments, Baba said that some of the children are still thinking about how to create more fortune. Then Baba gave a very good example of Brahma Baba and how, when he had a vision of Vishnu, that he had the faith that, "This is what I am going to become." He knew that there was a big fortune there. It's not just the fortune of the future; Baba wanted the different children and parents to have someplace. So, he bought these five buildings. How many buildings are there now? Baba was looking at me, and I said that I can't count, but there are thousands.

So, Baba said that even at the present time, when you do it with *bhavna* and faith, everything multiplies. Your fortune is not only for the Confluence Age, but this fortune will last you the whole *Kalpa*. Baba has a special love for the children; because all the children have very beautiful thoughts to sustain the *Yagya*. They see it as Baba's place. There is a lot of love in everyone. In whatever capacity they can, they are all sustaining the *Yagya*; while also sustaining and creating their fortune.

So, I was saying to Baba that many of your children are saying that they have a great pull to go to *Madhuban*. I said, "Baba, You call us to the subtle region, but when will you call us to *Madhuban*?" Baba was smiling as He looked at me. Baba said, "Baba will call you all to *Madhuban* when the time is right. Baba won't give an exact date, but remember that He said that He will definitely call you to *Madhuban*. Then, Baba said that the children have a lot of love for *Madhuban*. There is a great pull to go there.

At this time, always think that "I belong to an unlimited spiritual family." Within the family, we give each other every cooperation. Some need cooperation through our good wishes and pure feelings through the mind. Some need cooperation by hearing words that can help them keep their courage or to keep well. In whatever way anyone needs cooperation, this unlimited family is your world. You will all be together in the Golden Age.

So, now is the time to create a very spiritual, cooperative, love-full relationships within the family. Everyone should feel that they belong to such a big family. In their heart, they are comfortable and internally they feel that they have so many brothers and sisters. Baba today was talking about the *Yagya*, family, and your fortune. Baba said that He wants to give love and remembrances to all of you making good efforts. Some of you are doing special, extra efforts, and Baba has given you the time for making these efforts.

So use your thoughts, your time, your breath, and everything in a worthwhile way. Then Baba gave lots of love and remembrances to everyone.

Om Shanti!

Practice: I am a Brahmin soul, part of a worldwide, unlimited family. I feel comfortable, safe, and taken care of. Any time anyone needs cooperation, all my brothers and sisters are there to help. We give, we receive; we sustain, and are sustained by Baba's *Yagya*.

Efforts, Baba's Blessings, and Remaining Full

February 11, 2021

Taking everyone's love and remembrances, I went to offer *bhog* to Baba. With a lot of love, Baba accepted *bhog*. Then, Baba was giving very love-full *drishti* to each child. With His rays of light, it was as if His hands were moving around everyone's head. It was not His hands, but it was through the rays.

Then after giving *drishti*, Baba said, "The children are making a lot of efforts." Then, Baba was giving lots of love; as He said that there is a lot of attention and a lot of efforts. At this time, the aim should always be to remain full. As soon as you find that any degrees or percentages are reducing, immediately make yourself full. Sometimes you could find that even with love, enthusiasm, and peace, you are still not full. You may find that today you are not feeling peaceful. There is peace, but it doesn't fill you. So, Baba said that you should not let it become reduced to such an extent that either obstacles come or that you get stuck. An example is like when some children drive a car, they always keep their tank full, whereas some say that there is still half a tank. Some leave it until the tank is empty, and then they find that they have run out of gas and get stuck. So, remain full. Immediately notice if today you do not have the same enthusiasm. So, use some means to increase it, to make it full. Then, Baba said that actually, the Confluence Age is the age of all the attainments. So, as soon as you do anything, you get instant fruit. That is why you have to be a karma yogi and also do service, *seva*, through the mind or words. Whatever way you serve, you get an instant reward.

I told Baba that we are paying attention to the practice of soul consciousness. Baba said, "Because the soul is in bondage with the body, you now have to create a relationship with the body. When there is bondage, there is sorrow, and you can get hurt. When you are in bondage, you feel limited. However, when there is a relationship, there is a beautiful experience. When you have done actions in body consciousness, the soul uses the body's weaknesses or vices. So, now you change that bondage and make it into a relationship; by using the body with virtues, for elevated actions." So, Baba said that actually, when you do *seva*, you change relationships.

So, not only do you have to make effort to remain full, but Baba's blessings will also keep you full. It is a combination of your efforts and Baba's blessings. Whatever elevated actions you are doing, or if you are having elevated thoughts, you get the reward. So, you become full. So, I was looking at Baba as I asked, "What comes first, efforts or blessings?" Baba said that if there weren't blessings, you wouldn't be able to do what you are all doing in such a *tamopradhan* world. You children are maintaining your purity, your charitable actions, and your pure heart, all because of Baba's blessings. If you were not receiving Baba's blessings, it would be impossible to be free from the bondage. It's the blessings, but the efforts are also important. So, the blessings help you to make efforts; and then when you make effort, you get more blessings.

Then Baba said that you become tireless, and you also become free from bondages. Then you have a very spiritual, love-full relationship with the body, with matter, and also in relationships.

So, lots of love from Baba, from *Satguru* Baba, as you feel Baba's hands on your head. Baba was giving lots and lots of love, through not His hands, but the rays, and makes it feel like His hands. So, lots of love to everyone.

Om Shanti!

Practice: I am Baba's sensible and powerful child. I pay attention throughout the day to keep myself feeling full and powerful. As soon as I feel any less enthusiasm or peace, I use whatever method to make myself full again. I have the awareness of Baba's hand of blessings on me, always. Baba's blessings enable me to constantly make elevated effort.

Remain Double Light with the Awareness, “I am at the Confluence Age”

February 18, 2021

I took everyone's love and remembrances when I was offering *bhog* to Baba. Baba very lovingly looked at all of us, giving us lots of lots of love-full *drishti*. Then He looked at *bhog*, gave *drishti*, and accepted the *bhog*. After *bhog*, Baba was still giving *drishti* to each child. Baba said that, even when Baba speaks, that actually, it is Baba's *drishti* that gives you light, might, and even directions. So, those who take *drishti* from Baba are able to understand Baba's directions. Through Baba's *drishti*, Baba also gives signals to the children. So, *drishti* is important. Take *drishti*. I am sure that each one of you must have exchanged something through *drishti* with Baba. We give something, and we receive something.

Then baba said, “Are the children double light? Are you all double light?” So, I looked at Baba and I said, “Everyone is making effort to be double light.” Baba said that external situations are not connected with you, always remember you are at the Confluence Age. So, your Karma philosophy and the situations for you will be completely different. All that is happening in the world, Baba said, is karmas, the result of karmas of those who are very deeply involved in body consciousness and vices.

You children are at the Confluence Age. You are in soul consciousness and have elevated pure thoughts all the time. You are constantly doing elevated actions, as well. So, Baba said that sometimes the children look at the external situations and circumstances and become heavy because they forget, “I am at the Confluence Age.” “I am not in the Iron Age.” “I am moving towards the Golden Age.” If that awareness is there, you will remain double light. You will also remember that “I have to serve the souls.” If I myself become heavy or influenced, I will not be able to serve. I will not be able to give what the souls are looking for. They are looking for love, belonging, joy, happiness, and hope. So, Baba said, “It is necessary to remind yourself that, “I am at the Confluence Age.” Even if you are living in this old world, you are only living here because you have to serve. You are in the body because you have to serve. So, always remember that, “I am at the Confluence Age,” “I am Baba's child, and I have to serve.” This will help you not only to remain light, but you will be able to give what souls need.

As you take directions from Baba through Baba's *drishti*, in the same way, Baba said that you will be able to give constantly in subtle form and through words, so be double light. Don't connect yourself with external situations. Yes, you have to be careful. So, Baba said that children look at what is physically happening and economically happening. Baba looks at the children, what is happening inside, what is happening in them internally. So, Baba said that He is not concerned with what is happening because Baba knows that children, souls, are getting more into vices. So, there will be more and more *tamopradhan* suffering and sorrow. You are now moving towards the *satopradhan* stage. So, keep reminding yourself that, “I am on my way to the *satopradhan* stage. In the *satopradhan* stage, there is contentment, there is inner joy, and there is purity. So, I am at the Confluence Age. I am here for service and I have to remain full so that I can constantly serve others.” So, Baba paused for a minute and then He said, “Every thought which children have, whether for service or for themselves, reaches Baba. Baba also responds to every thought. Every pure thought of the children will be fulfilled.”

Then, there were many who offered *bhog* to Baba and sent love for Baba. So, Baba said, “Yes, especially to them but for everyone, just tell everyone to remain double light and full, so that they can constantly keep serving through their thoughts, words, and actions.”

Om Shanti!

Practice: I am a double light angel. The foot of my intellect never touches the ground of the Iron Aged world. Baba has explained to me and I understand. I am here for service, so my every thought, word, and action is elevated and filled with pure *bhavna* for all souls.

The *Tilak* of Remembrance is a *Tilak* of Victory

February 25, 2021

Everyone was in remembrance of Baba, so it was very easy to just go to Baba and offer *bhog* to Baba. I gave love and remembrances from all of you. Baba was giving very, love-full *drishti*. While looking at everyone and giving *drishti*, Baba was listening to what is in everyone's heart. Not only listening to what was in your heart, but also helping to remove whatever everyone has in the present situation. So, Baba was giving everything. After this, after *drishti* was shared, Baba said, "Always have a *tilak* on your forehead. You put the *tilak* of *smriti*, and I will change that *tilak* into a *tilak* of victory."

All the children are making good efforts, so Baba puts the *tilak* of victory. Yes, there will be tests, and there will be obstacles; but look at your *tilak* in the center of the forehead. You are not only a point of light but, Baba said you are like an ignited lamp. With awareness, with *smriti*, Baba says, not only ignited but awake. You are very awake. Baba changes this *tilak* and puts the *tilak* of victory. When you have this awareness that, "I have a *tilak* of victory," Baba said that you will have the awareness of being a master. Baba says that especially as a master, you have rights; rights over all the powers of Baba. So, one is of course, with your own practice, with good yoga, you are accumulating powers. But Baba's powers are also with you. Now is the time, in the awareness of being a master, to use all the powers.

Then, Baba said, "It is not only you who thinks of Baba as a companion, but Baba also thinks of all of you as companions. Your thoughts, words, and actions are of cooperation for the *yagya*. While being in remembrance of Baba, Baba said, you are His companions. So, it is not only you who remembers Baba as a companion, but Baba keeps all of you as His companions as well. So, always always have this *smriti*, "I am together with Baba, Baba is with me. I am with Baba; Baba is with me."

Today, I gave lots of love and remembrances from sisters who are taking care of Dadi Gulzar, Baba's chariot. Baba was giving *drishti* to them, and in a very beautiful way, Baba showed Dadi Gulzar sitting in the lap of Baba. She was not in a bed in the hospital, but Baba was comforting her and holding her in His lap. So, it was a very beautiful scene how all of us were sharing *sakaash* and how Baba was holding Dadi. Baba said, "She has done unlimited service. Her chariot, which was Baba's chariot, has done unlimited charitable actions and served the whole world. So, I don't know if the hospital was in subtle region or if Baba was in the hospital, but it was for quite a while; Baba's presence was there."

Then I said, "Baba, everyone sends love and remembrances, and everyone is making good efforts." Baba said, "Time is such now that you have to accumulate, you have to become because you have to serve a lot. There will be a lot of service for each one of you." Then baba gave lots of lots of love and remembrances to each one of you.

Om Shanti!

Practice: I am Baba's Companion, and Baba is my companion. With the *tilak* of remembrance, I accumulate power from Baba and have the experience of being a master, of being victorious.

How to Stabilize the Intellect

March 04, 2021

Taking everyone's love and remembrances, I was offering *bhog* to Baba and also taking *drishti* from Baba. We all were sharing our love and *drishti*. Baba was like an Ocean of Love, and we also were very much merged and absorbed in Baba's love. Baba accepted *bhog*, and Baba was still in deep silence sharing *drishti*. Then Baba said, "At this time, all the children are mostly thinking, 'What will happen? What's the future?' Baba has told you, this is Confluence Age moving towards Golden Age. However, when children look at external situations, this question subtly remains, 'What will happen?' 'How long will this last?' 'What is next?' Right?"

Baba said that at this time, what is important for children as far as efforts are concerned, is to keep their intellect very pure and also full of concentration (we call it *ekagrata*). Baba said, "In this pure intellect, there shouldn't be any thoughts about the past, or even about the future, but the intellect should be with Baba. This practice will be very important and useful." Baba said that for stability of the intellect, you need the power of remembrance, the power of faith, and the power of purity. These powers in the intellect will keep you very stable, and you will find that your guide is guiding you at every step. So, always remember that my guide, Baba, is with me. There shouldn't be any even subtle questions. Always remember that "Baba is with me, and He is my guide."

Baba said. "All of you children have two responsibilities at present. The first one is to give both support and sustenance to unlimited Baba's children or Brahmin children. For each other also, become a support and share in such a way that sustenance happens. Secondly, you also have responsibility for establishment of the Golden Aged new world; to make world *satopradhan*. So, you have to fulfill both responsibilities. Even souls who are in contact with you, the souls who know you, whether they are in *lokik* or anywhere, they are looking for strength and support. Then of course, the task of establishment. So, because of these two responsibilities, it is important to keep the stability of the intellect connected with the thought, 'The Guide is with me. *Satguru* Baba, the Supreme Guide is with me.'" So, Baba said that this way, you will be a good instrument and serve accurately.

This is also a good opportunity for everyone to use your time, specialties, and whatever other resources you have, in a worthwhile way, an unlimited way. This is the time when everyone needs some cooperation. So, whether it is through the body, through wealth, through elevated thoughts, or any other specialties, this is the time to use it to the maximum. And then Baba said, "Don't limit yourself, just be unlimited."

Then, I said, "Baba, today is the birthday of many," and also gave love and remembrances. Gayatribhen gave for Uncle and many others in the family for their birthdays. So, Baba said, "He was a good child, a very good heir child. The whole family has a good quality of having heir souls. I also then gave love, remembrances from all the sisters who are taking care of Dadi Gulzar. Baba was giving lots of love and quite a big hug to everyone. He gave His hand of blessing. Whatever Baba shared, I will share tomorrow.

Baba gave lots of lots of love and remembrances. I felt like I was such a light, like a flower, such a feeling of being very light. I was surprised. Then Baba pulls us and we are with Baba, and there is so much lightness. Then Baba looked at me and said, "Are you ready with such an intellect?" So, I said, "I don't think so." Baba said, "Why?" I said, "Yes, I am stable, I have power in the intellect, but I have to make it that past definitely is past. All the surroundings and atmosphere have to be completely away, and not have any thoughts or influence. Baba smiled and said, "Each one of you always feels the canopy of protection. So put your intellect on this; always remind yourself, "I have this canopy of protection." For each one of us, Baba has given this to us. And then Baba gave lots of love and remembrances for all of you, and also for those who offered *bhog*.

Om Shanti!

Practice: I am a stable and powerful soul. I use the powers of remembrance, faith, and purity, to keep the intellect stable. I maintain the awareness of my responsibilities, using everything I have in a worthwhile way for unlimited service.

Day 1 Bhog Message for Dadi Gulzar
Become Master Benevolent Like Baba

March 11, 2021

I went to offer *bhog* to Baba. It's a very special day. All of us had a lot of love while offering *bhog*. When Baba accepted *bhog*, He looked at all the children and gave very love-full *drishti* to each one. I said, "Baba, the children have a lot of love and *bhavna* (pure feelings), so they have sent flowers, *bhog* and lots of love." Baba said that as much love and *bhavna* as you have, Baba also has both love and *bhavna* for all the children.

I was looking at Baba asking what *bhavna* does Baba have for us? Baba said, "I know that each of you has reached your stage of perfection, divinity, and you are all my heirs, so I have *bhavna*, and with My *bhavna* you can progress and move forward." He said, "Bhavna is a big power, so Baba's *bhavna* is helping you." I was smiling, and I said, "Baba, we have a lot of *bhavna* for you." There were a few moments of sharing, and then Baba accepted the *bhog* with a lot of love. The children prepared it with love, so Baba accepted it.

Then I said, "Baba, today you have a new guest in the subtle region." Baba was smiling as if He was waiting for me to ask. I said, "Baba, we also want to meet and offer *bhog* to Dadi." In a few moments, Dadi emerged, looking very cheerful. I took *drishti* from Dadi. She was also smiling, and I said, "Dadi, I have brought Brahma *bhojan* for you." Dadi kept smiling; then Baba fed Dadi. She accepted *bhog* with a lot of love.

After a few moments, Baba said, "Whatever she has received from Baba, she was an example, and because of that, she inspires you, so you all think of her with a lot of love and respect." Baba said, "One of her many qualities was that she surrendered her intellect and was very simple, with a clean mind, which helped her to be an instrument." Then Baba said, "She became my partner." When *Brahma Baba* became angelic, in the *sakar* form, she was chosen to be Baba's instrument. Baba chose to use her not only to revise the Murli or for the Avyakt Murli, but He also used her to give a lot of sustenance. All the souls of the world, Baba's children worldwide, got a lot of sustenance through Dadi Gulzar.

Dadi said, "I had this thought to serve the *yagya* differently now." Baba said, "She will support the *yagya* and see that the completion of the *yagya* happens through her love, faith, and whatever she can offer." She said, "I also had this thought that now I want to play a bigger role in a subtle form, an angelic form." I said, "Dadi, you were always doing service." She said, "I wanted to do something new, different because time is moving. There are many different scenes in the world, and many different, new, and beautiful things will happen for the *yagya* and the Brahmin family."

I said to Baba, "It's really amazing that You called her on this day of Shiv Jayanti. Baba said, "Her memorial is worshipped on *Shiv Jayanti* with Shiv Baba. So, it's a memorial and it also happens practically. They always show the chariot of Shiva as a bull, but we know that it's the male body they want to show. They also have a tiny bull, and that's Dadi Gulzar's memorial. So, whenever

people worship Shiva, they also worship a big bull and the small one." Dadi was listening and smiling, and you could see that she was very proud of what Baba was saying, and she was smiling sweetly.

I said, "Dadi, lots of love from all of us." She smiled and said, "Lots of love to the entire family too. Baba said, "She has set a good example, and you can all think about that example. Look at her qualities and also look at yourself."

I said, "Baba, the *bhog* and flowers are gifts for you." Baba said, "I also want to give a gift. As Baba is the One who is the Bestower of Blessings, you should all become masters in the same way. As I am known to be ever benevolent, you children should also become master benevolent all the time. Don't look at others, whether they are giving or not, but remain bestowers of blessings and benevolent. That is Baba's hope and gift for your very lucky birthday. Constantly keep moving forward so that you can also come to Baba as Dadi has reached." Then we got lots of love and remembrance from both of them.

Om Shanti!

Practice: I am a loving and humble child of Baba. With a clean mind and surrendered intellect, I step into unlimited service, like beloved Dadi Gulzar. I am becoming master benevolent and a master bestower of blessings.

Day 2 Bhog Message for Dadi Gulzar
Baba has Chosen You- Recognize the Value of your Part

March 12, 2021

I offered *bhog* to Baba and told Baba that this *bhog* is also for Dadi as she has been in the angelic world, in the subtle world, for two days. I had this feeling that why not take *bhog* for Dadi there. Baba accepted *bhog*, and as Dadi was with Baba, He said with a lot of love, "Bhog has come for you too." So, then Baba fed her *bhog* and gave our love and remembrance. Baba was giving lots of love to Dadi, and then Baba was also sharing *drishti* with all of us.

Baba said that since He had chosen her to be the chariot for Baba, for God, she had always remembered the way God or Baba gave her respect, and she maintained her self-respect. She could have thought that as she is the chariot of God and God has chosen her... there was always the possibility that ego would come. However, Dadi Gulzar always felt that Baba gave her this role/part and this respect to her and maintained that self-respect and never changed.

Her soul maintained that purity and serenity, not only in awareness but also in her *drishti* and interactions with others. Even when Baba was not there, she still maintained that dignity and set a good example. When she understood that God had given her the valuable part, she started giving value to her thoughts, words, and actions. Dadi always remembered the value of thoughts, so she never had any wasteful thoughts. She was a very good example of silence and cheerfulness and was connected with Baba.

Baba said that although a virtue is not visible, every virtue has power. Of course, when we are doing actions or the way we speak, there are vibrations. The power of virtue through vibrations can do a lot of service. So, each one of you should look at how God has chosen you and recognize the value of your part. Stay in that mode of self-respect and also be an example for others. Take that gift from Baba and Dadi: value your every thought, value your words because Baba has chosen you. Each one of us has been given a very special part to play. Everyone's part is special and is unique. Then Baba, in deep silence, gave lots of love-filled *drishti* and remembrance for each one of you.

Om Shanti!

Practice: I have been chosen by God. He has given me respect. I maintain the purity and serenity of this awareness, and value my every thought, word, and action. Like beloved Dadi, I practice being an embodiment of silence, cheerfulness, and connection with Baba.

Day 3 Bhog Message for Dadi Gulzar
The Vardani Life of the Confluence Age

March 13, 2021

I took everyone's love and remembrances to offer *bhog* to both Baba and to Dadi, as Dadi is in the subtle regions with Baba. It's so interesting to see Dadi flying. Even though she was sitting, it felt like she was flying and was very happy. She was always happy, but before she would be just cheerful and now, she is very enthusiastic and happy.

Baba accepted *bhog* and offered *bhog* to Dadi. I said to Baba that we all love Dadi. We feel like Dadi is no longer here, even though we know she is an angel. Baba smiled, but He did not respond because those are our feelings. Then Baba said that each one's life at the confluence age is a life of blessings. Those who keep the awareness all the time that this is my *vardani* life (life filled with blessings) will experience those blessings in their lives, and their part will become very special." I said, "Baba if we all have blessings, why did the *Dadis* become so special?" Baba said, "They did not mix their ordinary *sanskars* from the past with their awareness of their life of blessings at the confluence age. They had *sanskars* from the past, but their awareness of a life of blessings was more powerful and was consistent. So ordinary *sanskars* and ordinary ways of living did not influence them. I said, "Baba, maybe you gave something more special to them." Baba said, "No, every child has been given blessings and also has a special part, but not all have an awareness of that special part or of greatness. Baba also said, "That awareness is not powerful or consistent. Your ordinary nature expressed in the form of thoughts, words, and actions take away from blessings and prevents you from becoming an image of blessings."

It was lovely when Baba drew my attention to how Dadi's whole life was a life of blessings. Baba said, "Now pay attention at the confluence age. Just as each Dadi became aware that her part was special and that she could not use any *sanskars* from the past, each one of you should be special, not only in doing service but also your image should be an image of blessings, an image that is great, not ordinary. Baba said, "Of course, Brahma Baba was an example, but Baba said, "Dadi Hridayamohini, Dadi Gulzar, was one of those images." She did not forget even for a moment that she was a chariot of God. She never allowed any ordinary interactions or thoughts throughout her many years of service. She remained that image of blessings and of greatness.

Then Baba said, "All of these *Dadis* and ancestor souls are your backbone, your support. To experience that support means to be busy in *yagya* service, to be inspired to take more sustenance from the *yagya*, and to give sustenance to the *yagya*. You should take sustenance, and you should share that sustenance because the task is accomplished with the *yagya*. That awareness should always be there."

Baba showed how all the ancestor souls are so happy to have Dadi Gulzar. I said, "But Baba, they won't be together because everyone is in a different place." Baba said, "They are together. They all gather together for their planning in the subtle region." I looked at Baba and asked, "When do they gather? How do they gather?" Baba was smiling. Baba said, "Some of these

things are incognito, but all these ancestor souls are planning." So, I said, "We should also be part of that planning." Baba kept smiling and said, "They plan. Now it's time for all the *Shaktis* and *Pandavas* to take care of the *yagya* until the completion of the *yagya*. They played their part, and they will continue to play it in a different way, but now you all also have to feel this responsibility that we have to make this *yagya sampan* (complete). So, collectively as an army, *Shaktis* and *Pandavas* now have to get this task accomplished. Of course, the ancestor souls are there. Never forget for a moment that it's Baba's *yagya*. Baba is with us, guiding us."

Baba gave this very important awareness: "Play your part according to your awareness, not according to what comes in the mind or *sanskars*." Baba said, "Everyone is Baba's special child."

I don't know why I was a little bit emotional about Dadi Gulzar. Baba was looking at me, and He said, "You all are together; nobody has left. You all are together, and you will remain together as a big family until the end. But some now have incognito parts, and you all still have parts in *sakar* (physically). You and the angels are all together getting the task completed." And then Baba asked Dadi Gulzar if she had something to say. She smiled, and said, "They have to follow. Everyone has to follow Baba and become like Baba." She sends love and remembrances to the whole family.

Om Shanti!

Practice: I am filled with gratitude for my *vardani* life of the Confluence Age. I will play my part according to my elevated awareness. I am Baba's special child. I have to follow Baba, and become like Baba.

Day 4 Bhog Message for Dadi Gulzar Integration of the Three Stages

March 14, 2021

Taking everyone's love and remembrances, I went to offer *bhog* to Baba. These days we are especially offering *bhog* to Dadi Gulzar. So, when I was offering *bhog*, after a few moments Baba also invoked Dadi Gulzar. She was smiling and very cheerful. Baba was giving *drishti*, and Dadi was also giving very loving *drishti*. Then Baba accepted *bhog* and offered *bhog* to Dadi Gulzar. Baba was looking at Dadi Gulzar but talking to us.

Baba said that children are making a lot of effort. Dadi said, "Yes, they are making a lot of effort." Then Baba wanted to know if there is contentment with your efforts. Baba was looking at me. I said, "Baba, we all are contented because we are all making sincere efforts and enough efforts."

I said, "Baba, when I come to offer *bhog* or when I am with you in the subtle region, what I experience here is not the same as when I am in the corporeal world." Baba was smiling. "So I want my stage to remain the way it is now." Baba said, "Yes, it will happen. You will have that stage like when you are with Baba in the subtle region. It is a very simple but a very subtle secret."

He said, "There are three stages within each one of you: incorporeal, angelic, and *karmayogi*. You are good at all three stages, but all three are separate. However, when you come to me in the subtle region these three stages are merged. You are in your subtle stage and with your incorporeal form. Only you are not doing actions. Think about this and churn on it. For a few minutes during the day or at *amrit vela* practice so that all three stages are integrated. I said, "We don't do actions at *amrit vela*." Baba said, "That is why you should practice during the day. When you think of Brahma Baba, you realize he was able to integrate all three, while being a *karma yogi*. When you can integrate all three, then there will be very deep feelings of contentment, joy, and lightness." Even though Baba is saying it's a secret, we will all have to practice it. Go deeper and deeper into the experience. Make more consistent efforts and have a more consistent stage. Baba told us what needs to be done, and we have to do it. We can practice this for ten minutes twice a day, sitting with the thought of integrating all three. When there is an attainment, you can feel it and experience it; then you would want to do it more often.

Then Baba looked at Dadi Gulzar. She was smiling because she knew that what Baba said was very significant. She said, "Yes, Baba, that's what they need to pay attention to." Baba asked Dadi Gulzar, "How did you manage? How did you make effort?" Dadi Gulzar said that she always had to remain ever ready. "Firstly, it is invoking You to come, and secondly to be Your image. I always had the awareness that I have to give your vision through my eyes and my face. Because of this, it was easy for me." Baba said, "These children should also think this way: anyone who looks at me should experience Baba. Because why do they come in front of any of us? To experience Baba, to experience God. Service is through words; service is through actions; but

now service is through your image. You all have to create that image, and service will be very fast.” Dadi Gulzar was smiling as she always does to assure us that yes, we will be able to do it one day.

Baba also gave lots of love and remembrances with a deep feeling of Baba's *bhavna* that children will be able to do it – to have this consistent, integrated stage where there is no gap between incorporeal, angelic, and *karmayogi* stages.

Om Shanti!

Practice: I am a powerful yogi soul. I maintain the awareness of myself as incorporeal and angelic while doing actions. As I practice this, I begin to experience unique attainment, and I am inspired to continue this powerful stage throughout the day. My elevated image will then be of service to others.

Day 5 Bhog Message for Dadi Gulzar
The Qualities of an Instrument

March 15, 2021

I took *bhog* to offer to Baba and also for Dadi Gulzar. Baba accepted *bhog* with a lot of love and was very sweetly sharing *drishti* and making us merge in Baba's sweet love. It was a beautiful experience to share *drishti* with Baba. Baba accepted *bhog* and also gave Dadi Gulzar *bhog* while saying to her, "The whole family loves you very much." Dadi was smiling, and she kept looking at Baba. She said, "Baba, it is because of you." Baba looked at her and said, "It could not only be because of me. You are also very loving and sweet." So, there was this little chit-chat.

Baba then said, "Anyone who wants to be a companion or *nimit* (instrument) has to have matching qualities with Baba; otherwise, they cannot be instruments even if they do service. Everyone creates their fortune by doing elevated actions, but for souls to experience sweet love and the feeling of belonging to Baba, it is important to have similar qualities like Baba. Dadi Gulzar has those qualities. Baba is the Ocean of Knowledge. He is ever pure. He is the Ocean of Love and He is the Ocean of Peace. From the very beginning, Dadi Gulzar also held these virtues. She maintained them through her awareness. She expressed all the virtues through her words, her eyes and her interactions with others. This is why Baba could use her. If there were different virtues or no virtues in her practical life, Baba could not make that soul *nimit*. Baba wouldn't be able to work through that soul." It was very interesting when Baba was sharing this. I said, "Yes, it is so important."

Then Baba said, "Another quality of Dadi Gulzar was that she never had any wasteful thoughts for anyone or anything. Because of this, she was able to accumulate all powers, especially the power of thought. With the power of thought, she could be in silence very easily. She could be peaceful yet always have pure feelings towards every soul, every child of Baba's." Baba said that she maintained her pure intention and shared it with everyone. Because of that, the family had a lot of love, respect and trust for her. Whatever she said, or whatever messages she brought, everyone had 100 percent trust because of this inner purity. Baba said, "This is what all of you children have to think: my qualities, thoughts, words, and actions have to match Baba's. If you all keep this intention, then you will find how Baba will give you powers and will also reveal Himself through each one of you. Baba will make you an instrument to do the special service of serving souls. If you all pay attention, then of course, every Baba's child will become an image of Baba, with His qualities."

Then Baba gave lots of love and remembrances to each one.
Om Shanti!

Practice: I am Baba's sweet, cooperative child. I check myself to see if I have the qualities of an instrument. To what extent am I an embodiment of purity, love, and peace? Do I have pure feelings towards every soul? I have the pure desire to become an image of Baba, full of His qualities.

Day 6 Bhog Message for Dadi Gulzar
Always Hold Baba's Hand and Follow Shrimat

March 16, 2021

Taking everyone's love and remembrance, I went to offer *bhog* to Baba. He accepted *bhog* with a lot of love and offered *bhog* to Dadi Gulzar. They were sitting together in a very loving friendship.

Baba said that when He gives you a spiritual birth, He stays with you from the very beginning until the last day. He stays with you to guide you, support you, and take care of you in all different ways. Baba is the Parent, the Teacher, the *Satguru*, *Karan-Karavanhaar*, (One who does through others), and One strength, One support for every child on their spiritual journey. Baba is always with you in all relationships. Some children keep holding Baba's hand from the beginning until the end. But for some children, their yoga of the intellect gets connected with different souls or with material things, status, or something else, so they leave Baba's hand. They don't feel they have left, but they distance themselves from Baba until there are obstacles and difficulties. Then they say, "Baba, you didn't give us help," or "Baba, you were not with me." However, Baba said, "From the first moment that I give you a spiritual birth, from the very first day, I have to take care of you until the last moment."

Looking at Dadi Gulzar, Baba said that one of her main strengths was that from the time when Baba gave her the recognition of her part throughout her whole life of so many years, she held Baba's hand all the time. She was always following *shrimat* and was never influenced by the opinions of others, what they thought or said. She followed pure *shrimat* all the time, which kept her very close to Baba. The two of them became companions. She didn't have any desires, and she always said, "whatever Baba wants, and whatever way Baba wants." Because of this, her mind and intellect were completely free, and she was able to have very deep silence. When there are various desires and thoughts, our stages go up and down. Dadi was very consistent whether in giving *drishti* to anyone or in sharing something. It was all coming from her stage and experience, which became her very special role. Baba said, "You children should also remain like that. As Baba is holding your hand, you should also hold His hand and follow *shrimat*. You would then have a very smooth and very successful spiritual journey with all the attainments."

Then Baba gave everyone *drishti* full of love, helping us to keep to our promise and commitment.

Om Shanti!

Practice: I am Baba's beloved child with a special part. I recognize my own value, always holding Baba's hand and following *shrimat*. My mind is quiet and stable. I feel satisfied and happy to take every step of this journey with Baba.

Day 7 Bhog Message for Dadi Gulzar
Maintain the Awareness of having a Right to all Blessings and all Powers

March 17, 2021

It is so beautiful that Baba invokes all of us in the subtle region. We are very fortunate that every evening we can be with BapDada, and with our ancestor souls. There is such a wonderful feeling with all the ancestor souls together with BapDada. I conveyed messages of lots of love on behalf of all of you. I then offered *bhog* to *Baba*. *Baba* was giving *drishti* and accepted *bhog* with much love.

I said to *Baba*, "All the children have a lot of *bhavna* and love. They want to offer flowers and fruits as well as *bhog*. *Baba* looked at *Dadi*, and she also accepted the *bhog*, and for a few moments there was silence. They were both giving *drishti* to unlimited souls. They were very quiet. Then *Baba* said that He gives blessings and all the powers to all the children. Those children who are heirs feel they have a right, and they take all blessings and all powers as their birthright. They then maintain this awareness of having a right to all the blessings and all the powers. It is their inheritance. Some children know about it, but they only take blessings and powers according to their needs. Others use it in a very limited way, forgetting that they have a right to all the powers and all the blessings.

Baba was looking at *Dadi* and said that *Dadi Gulzar* had this specialty from the very beginning. She maintained the awareness that she had the authority; she had the right to all blessings and all powers. When there is an inheritance, then you use it. One's efforts and the awareness of one's rights that *Baba* has given us are very important. *Baba* then said, "Just as *Dadi Janki's* special quality was *manan chintan* (churning) and that she was constantly churning knowledge and speaking knowledge, *Dadi Gulzar's* specialty was to remain merged. She would remain merged in love and remain merged in the Ocean of Power, Bliss, and Peace. *Dadi Gulzar* had this stage of being merged more and more, and in being merged, she was also becoming like *Baba*. *Baba's* company made her a master. *Dadi Gulzar* knew from watching *Baba* closely, how *Baba* bestows and always has benevolent feelings for the children. So *Dadi Gulzar* also adopted these feelings of benevolence and of being a bestower."

Baba wants you children also to feel your birthright and to be aware of your inheritance of *Baba's* blessings and powers. The more you use them, the more they become yours. So, use that inheritance; use those powers; use those blessings, more and more, and like *Dadi Gulzar*, experience this stage of being merged with *Baba*. *Baba* said, "Then you will have beautiful experiences of being a master, having all the rights, and constantly feeling full, never ever feeling empty, or lacking anything. You will always feel full and complete."

I said to *Baba*, "Many souls keep sending love and remembrances and offering *bhog*." *Baba* said that He knows and gives lots of love for every child.

Om Shanti!

Practice: I am a soul with a right to all blessings and powers from Baba. I practice this awareness and use Baba's blessings and powers with purity and love. I feel full and complete inside myself, and I have benevolent feelings for all.

Day 8 Bhog Message for Dadi Gulzar
Maintain the Awareness of this *Alokik* Birth and Constantly Ascend

March 18, 2021

Taking everyone's love and remembrances I went to offer *bhog* to Baba. Baba gave *drishti* and with a lot of love accepted *bhog* and then offered *bhog* to Dadi Gulzar. Baba then was sharing *drishti* with Dadi and all of us and said, "She was an embodiment of awareness (*Smrithi Swaroop*), and because of that, her efforts were very easy. Dadi Gulzar not only felt this awareness, but everyone could look at Dadi and see that whatever she was doing was natural; there was no struggle, no battling. She was an easy Raj Yogi, and her nature was very serene and simple. One important awareness that Dadi had was that she understood this to be her spiritual and *alokik* birth. When a birth is spiritual and *alokik*, then not only the awareness, but the *drishti*, words, actions and everything must be *alokik* and spiritual. She had this *samarthi* (powers and abilities) because of her awareness (*smrithi*). She was able to serve and sustain whether they were *lokik* people or Baba's children (Brahmin family), especially through the power of sustenance."

Baba said, "She was obedient not only to Baba but also to the Dadis. She had a lot of respect for the Dadis, and she would immediately accept any programs they gave her. Because of this, Baba, as well as the other Dadis, respected her and said 'yes' to whatever way she expressed herself. She was very well accepted by the Dadis because she was an embodiment of awareness and powers; she was an easy yogi and obedient. As you think of her, you should all take this inspiration, so your efforts are easy and there is no struggle anymore. You should constantly be ascending and moving forward."

Baba gave lots of love to all of us and said, "You children are on a journey together, so congratulations and a lot of love to everyone."

Om Shanti!

Practice: I have taken an *alokik* birth. This awareness is expressed in my vision, thoughts, words, and actions. I give respect and receive respect from everyone in the family. My aim is to become completely peaceful, harmonious, and cooperative while constantly moving forward.

Day 9 Bhog Message for Dadi Gulzar
The Specialty of Silent Transformation

March 19, 2021

I went to offer *bhog* to Baba, and then I said, "We also want to offer it to Dadi Gulzar." Baba invoked her, and she appeared in the subtle region. She came and sat next to Baba. Baba fed her *bhog*, and He was quiet for few minutes. Then He was giving us *drishti* with a lot of love.

Baba said, "Dadi Gulzar was very surrendered, so Baba used her chariot as she had one of the special qualities of transformation." Generally, transformation is more in thoughts and words, but her transformation changed knowledge into powers and virtues. Thus, she became an embodiment. Many children have knowledge, but Dadi understood it and absorbed it so that it became powers and virtues. Baba said, "It was a silent way of inner transformation, which is why, whatever the circumstances or situations, or whatever part she had to play for service, she was able to do it properly and well. Whichever power she needed, not only for situations and circumstances but for doing service, she became an embodiment of that power so that she could use that power."

"Baba is also asking the children to change knowledge into virtues and powers. If each one of you stays in your elevated stage, then there will not be any disturbance. We say 'disturbance' in English, but in Hindi the term is *halchal* (upheaval). The elevated stage is a stage of faith and trust. All these qualities take you onto that higher stage, and from that higher stage, you will remain very stable. When you look down at any situation, nothing will shake you.

Dadi Gulzar had this specialty of stability. Neither her stage nor her faith was ever shaken because of any situation. Baba said that some children think that I have more tests to give them. You have to pass exams, and you have to pass the tests, so it's not that test won't come. Tests come to everyone, but for those who study well and change knowledge into virtues and powers, those tests are not big; they are small tests.

Baba became quiet and kept looking at us and giving *drishti*. Then Baba said, "All of you are also getting a chance to come to the subtle region because of Dadi Gulzar."

We have to offer *bhog* every evening, so we are welcome there, and Baba helps us experience the subtle region with Baba. Baba gave lots of love and remembrances to everyone.

Om Shanti!

Practice: I, the soul, am an embodiment of peace and stability. My aim is to upgrade my efforts and change knowledge into virtues and powers. For this, I practice remaining beyond disturbance. As I begin to stabilize myself beyond language and movement, I naturally radiate Baba's peace, love, and power.

Day 10 Bhog Message for Dadi Gulzar The Secret in a Spiritual Smile

March 20, 2021

I took everyone's love and remembrances when I went to offer *bhog* to Baba. He accepted with a lot of love and then called Dadi near and made her accept *bhog*. It has been wonderful going to Baba to offer *bhog* and meet Dadi; it's really very powerful and full of love. Baba was sharing *drishti* with love.

Baba said, "Every child's heart is very pure, very clean and has a lot of love for Baba and the Dadis." He repeated it, "Everyone's heart is very pure, very clean, and there is a lot of love for Baba and the Dadis." Then Baba said, "Because of all that purity in the heart, the children are tireless. They are constantly serving. Through thoughts, words and actions, through their minds and through wealth, all the children are constant servers, tireless and intense effort-makers." Baba keeps the children protected from whatever is happening in the world outside so that nothing from the outside touches the children. Because of constantly being a server through karma-yoga, through silence, through this elevated energy or actions, which children are accumulating, it is also helping the children to feel full of treasures and happy.

I told Baba, "Today in the world, they are celebrating the international day of happiness." Baba was smiling and said that you children know what true happiness is. They want there to be happiness in the world, but they don't have the experience of inner happiness. You children have the experience of true happiness, that is, inner experience and inner happiness. You are also constantly happy.

Baba was looking at Dadi Gulzar. Baba said, "She is always smiling, looking at Baba." I asked, "Baba is there any secret in her smile?" Baba said, "She naturally constantly feels inside like she is passing with honor and honesty in the company of Baba. Also, deep within her heart, there are always good wishes and good feelings for everyone; there are benevolent feelings in her heart. Because of that presence and the vibrations of these three qualities, she spreads very beautiful vibrations around her. This keeps her stable and very powerful."

Baba says her smile is because of her success and her inner treasures and powers. Baba wants all of you to follow Dadi's example and always have beautiful spiritual smiles of success on your faces because in the *lokik* world today, nobody has anything to smile about. They will have a list of sorrows, a list of problems, worries about what is happening in the world. But you children are completely free from all such thoughts. So, looking at the cheerful and smiling faces of the children will bring hope to their lives. Then they would want to know what the blessings are for them. So, your constantly smiling face, like Dadi Gulzar, will be a great method of service.

Baba knows that all the children are very sincere and that their hearts are true. So Baba's blessings are always with the children. Baba will always keep you near him, and you must feel that we are all very near and close to Baba. Baba gave lots of love and remembrances to every child.

Om Shanti!

Practice: I am a joyful soul. My smile shines with peace and spiritual power. I maintain the awareness of my own success, treasures, and powers. I have good wishes and pure feelings for all souls. My heart is full with benevolent feelings. Baba is always with me, and so I feel that I am constantly passing with honor and honesty.

**Day 11 Bhog Message for Dadi Gulzar
Friendship, Company, and Cooperation**

March 21, 2021

I was taking everyone's love and remembrances when I went to offer *bhog* to Baba. With a lot of love, Baba accepted *bhog*, and then Dadi Gulzar, Dadi Janki, and Dadi Prakashmani were also there. All three Dadis were there together with Baba, giving us a lot of love and *drishti*.

Then Dadi Gulzar called me near and gave her hand into my hands and said, "Our friendship, our company, and also our cooperation is the same as it was from the very beginning when we were together." Perhaps she said this because we all feel that the Dadis are now *avyakt*. Still holding my hand, she said, "These three relationships or qualities were always there with you. Although there is no need to promise, I still want to say that you will always feel friendship, company, and cooperation until the last moment."

Then Dadi Janki, as she always used to do, opened her arms fully, even though they are not big, and hugged me. Dadi Prakashmani did the same. I think that what they were saying and giving to us was not only for me, but it must be for all of us. We have to keep remembering Dadi Gulzar's friendly nature, company, and cooperation.

Then Baba fed *bhog* to each one of them and then said that each one of them became the masters of self-sovereignty. They were victorious. Their internal powers of purity, silence, remembrance, Baba's love, all those powers are creating wonders in an incognito way. The Brahmin family, Baba's children, should always remember how they used their subtle powers to get the task accomplished or gave *sakaash* to the whole world. Like them, you now also have to use subtle powers more and more. The power of remembrance, the power of silence and the power of love are very subtle powers. These powers will bring sustenance to the whole family and will also make everyone strong and powerful. Baba was looking at Dadi Janki; as always, she was unshakable, fearless, and full of enthusiasm. She said that they are all like that. She started giving *drishti* to all of us, asking, "Are you all unshakable and fearless?" Then Dadi Prakashmani, while looking at us said, "Are you all enthusiastic and happy?" All three, each one of them, were giving blessings to all of us.

After that, I asked if there are any special directions? Dadi said, "If you all can maintain these stages and always feel that the Dadis are with us all... we all have to glorify Baba together, not just the Dadis." Tomorrow I will know more, but there was this feeling that Baba will keep Dadi Gulzar as His companion in the subtle region. She was His companion and then became the chariot. Brahma Baba was the chariot, then Dadi Gulzar became the chariot. We will see how and what Baba reveals.

Baba said, "Children, always feel the strength of the family and the strength of the gathering. Individually everyone is making effort, but there is a lot of friendship, love and great strength within the family." And then Baba gave everyone lots and lots of love and remembrances.

Om Shanti!

Practice: I am a powerful soul, and part of Baba's divine family. I feel the friendship, company, and cooperation of the family, including the Dadis and the Advanced Party. I practice my subtle powers of remembrance, silence, and love. We will all reveal Baba together.

Day 12 Bhog Message for Dadi Gulzar
Everything is Easy and Everything will be Easy

March 22, 2021

Taking everyone's love and remembrances, I went to offer *bhog* to Baba. There were also some other Dadis there and a few other ancestor souls, because Baba invites other ancestor souls when *bhog* goes for Dadi Gulzar. Today there were many of them, and Baba was first giving *drishti* to them, and then Baba was also giving *drishti* to us. Baba accepted *bhog* with a lot of love. Baba was looking at the ancestor souls and especially at Dadi Gulzar when he said, "All Baba's children have a lot of love for you. Dadi smiled and silently told Baba, "It is because of You." Then Baba looked at her and said, "Not only because of Me but also because of you."

After a few moments, I was silently looking at Baba and the other ancestor souls. Then Dadi Gulzar said, "Everything is easy, and everything will be easy." I was thinking: Why is Baba saying this and why is Dadi Gulzar saying this?

Baba said that many children have mixed feelings and also very subtle questions. Then Dadi again said, "it's very easy because the secret is very simple. The secret is just to follow Baba, always be with Baba, and always remember I am with Baba and Baba is with me. That's what I did my whole life. I had this very simple thought that I am with Baba and Baba is with me." Baba said, "I am the Guide and I got you all started on this spiritual journey." As a Guide, He takes care of every soul, every child. He cannot leave anyone behind.

I was still looking at Baba. He said, "The children have some duty as pilgrims to always keep an eye on their guide and not get lost anywhere." If you become lost, you will be wandering, so always look at the Guide and look at your every step. Brahma Baba became *avyakt* then Dadi. All these steps that are happening are for us to become *avyakt*. That means you have to take another step forward, and you all have to move forward.

Even though Baba and all ancestor souls are taking care of the *yagya*, each of you also has some responsibility. It's a very simple responsibility that each one of you has, as you are also instruments in some way or another. Whatever you're doing, you are an instrument, so you always have to keep certain qualities in your mind. Know that you need to have these qualities so that even if ancestor souls want some tasks accomplished through you, it can be done. It can't be done if you do not have these qualities.

The children are accumulating a lot of income in powers. They are remembering and accumulating powers. Baba gave us a certificate: Children are making sincere and good efforts. Baba said, "Always remember that you have to have total trust in the future. Don't have any subtle doubts about what will happen, who will take care of things, and how will the *yagya* be sustained." Whose *yagya* is it? It is Baba's *yagya*, so Baba will sustain the *yagya*, and Baba will also take care of all the children. You have to maintain trust. Then Baba said, "You will feel that support; you will feel that Baba is guiding you at every step." I said, "Baba, many souls now feel as if we have come to say goodbye." Baba said, "There is no goodbye in the Brahmin family." He

said, "We will always stay together; only our parts change." Many are asking what is Dadi Gulzar's part? Baba said, "You will observe Dadi Gulzar's part. She is with Baba." I asked, "So we are not saying goodbye?" Then Baba smiled and said, "Yes, Baba will reveal everything but not now." Then Baba gave lots of love and remembrances to everyone.

Om Shanti!

Practice: I am a pure soul with simplicity in the mind and intellect. I keep the simple thought, "I am with Baba, and Baba is with me." I feel safe and happy. Nothing ends. The divine family always stays together.