

Now is the Time
Global Cooperation House
7th January 2010, 6-9pm

REPORT

With temperatures below zero and London covered in snow and ice, Global Cooperation House lit up for a special evening of warmth, belonging and inspiration with Dadi Janki, Administrative Head of the Brahma Kumaris, and Sister Jayanti, the European Director.

Dadi addressed a small gathering of close friends of the BKs prior to the main programme and gave these pointers for a powerful 2010: Consider yourself to be on a journey. Now is the time to be on a pilgrimage of connection with the Father because it is time to go back to the Father. With this awareness we become free of attachment to people and things. This enables us to go deep inside the self and experience knowledge, peace, love, bliss and power, so that we can live in this world with ease. When asked by a plastic surgeon what is Dadi's secret for staying so young physically, emotionally and intellectually at the age of 94, Dadi replied that, when we keep very quiet and peaceful inside, we can allow the 'spiritual surgeon' to do His work and our face will automatically shine. Dadi invited everyone to visit Mount Abu, the Father's home.

The severe weather conditions didn't deter many who were pulled to hear spiritual truths – some 400 people in all. The programme was dedicated to the founder of the Brahma Kumaris, Brahma Baba, who understood the value of time and the significance of *this* time, completely, and so was able to totally surrender himself to the Supreme directions of the One above: He became detached and loving to all, and reached a state of consciousness free of the vices and ego, complete with all virtues and full with spiritual power on 18th January 1969.

Introduced by Neville Hodgkinson, the main programme was a conversation between Dadi Janki and Sister Jayanti, punctuated with meditation commentaries, so that the audience could reflect on the truths shared. Dadi answered questions on:

- **The challenges of this time** – Whatever happens, learn to stay peaceful, 'Om Shanti'. See this life as a game, like a Mickey Mouse show; keep the intellect stable and think of challenges as small and insignificant and they will pass.
- **The nature of time** – time keeps an eye on us and we need to keep an eye on time and work *with* it.
- **How we can learn to work with time, making time our friend** - Dadi delighted the audience by requesting they get rid of the word 'busy' as this creates tiredness like a punctured tyre. Instead, she said, learn to create your fortune by performing good actions. When we value time and use it well, it becomes available to us.
- **Use time in a worthwhile way** - Understand pure thoughts are like clean oxygen for the soul. Time is pleased, when we use it in a worthwhile way. Time helps and so does God, so what else do we need to do except take benefit from it. When we make excuses, time slips away.
- **How to stay focused in the present time** – Forgive and forget the past; let go of it and don't worry about the future, knowing that good actions now will bring a bright future. See the present as a present. Don't think about unnecessary or unhelpful things and you will be able to remain present.
- **How not to waste time** – We will do this when we have a sense of direction and when we are aware of the elevated directions that God is giving now. When we follow these, and drop human directions, we can experience God's company and our journey becomes easy. The intellect becomes elevated and we are able to catch God's signals: this brings us safety in our life. When we act from attachment or ego we waste time.
- **How to keep your New Year resolutions** – Connect with the Supreme Soul and take spiritual power from Him. Say goodbye to the past and congratulate yourself for the new things to come. When our thoughts are not pure or elevated towards the self, we create doubt within. So for 2010 have courage, a true heart and faith in God and it is guaranteed that newness will happen. Royalty is to think that God is with me and it is now time just to pay attention to what I need to do and remain tension-free.
- **How to stay positive about the future** – Hear no evil, see no evil, speak no evil **and** think no evil! Create the personality traits of an angel now, with lots of happiness within and the power to perform elevated actions... then God is able to tell us that the future is in our own hands. Our fortune is in God's hands, so remain carefree and don't waste time ; keep enthusiasm and inspire others to do so too and God will help you with His companionship and good wishes and your future is created on the basis of this.

- **A powerful vision of the future**– There is an image where we see Krishna holding the future world globe in his hands. Krishna is a soul who has made such spiritual endeavour that he himself becomes the master of this world. This age of darkness, ignorance, sin and corruption is now going to finish. Recognising the value of truth, peace, love, happiness and power we can create this. God gives us the understanding of how human beings have corrupted the world and yet how they can transform the world. These are all inner things yet whatever is going on inside each mind reaches out into the world. We have to be the ones to create this bright world and bring others with us.
- **How did the Founder Brahma Baba remain free from worry, with such responsibility on his shoulders?** – Brahma Baba never had the awareness that he doing anything; he was always inspired by God. He kept the awareness that God is mine, and I belong to God - this was the seed in his foundation, which has enabled the tree to stand. Dadi has the awareness every 18th January that everyone should know what God is like, what His task is and how He is doing it. The Supreme Soul is the father of all souls. Brahma Baba is the one through whom I received this recognition and so he is my father too. He became the Supreme's instrument to enable the yoga of our intellect to be linked with God, acting as the guide, so that we can be liberated from here and return to the One up above. The first lesson of the Gita is to let go of ego and the last lesson is to become the conqueror of attachment and we learned this from Brahma Baba who demonstrated this. Dadi called on everyone to practise this lesson to experience the self as a soul without a body, viceless and egoless.

Sister Gayatri and Sister Judy, who had just arrived from New York, concluded the event by sharing a few words: Dadi's pragmatic advice works wonders... just keep good thoughts in the mind. Spirituality is simple. Keep the awareness of the Seed, the Supreme Soul, in your life, then in a world of increasing meaningless we will find meaning within our soul.