

Dadi Janki Q&A 3.5.09 pm – UK Teachers Retreat – GRC, Oxford

Dadi said recently "Pain comes from peacelessness and sorrow from deceit." Can Dadi speak more about this?

Many have left that world but haven't let go of experiencing peacelessness and sorrow. Are you always happy, peaceful and loveful? I, the soul, belong to Baba. Baba has made me belong to Him. There is so much deception in the world that Baba has freed me from. All those we used to consider good are the ones who started to deceive us. This much we understand: we don't want to deceive or be deceived by anyone. Out of greed, attachment or dependency we become deceived because we want some kind of support. When there is peace as a result of gyan and yoga, there is power inside me and I know that no matter what I must not let go of my religion: peace. When someone deceives me – insults or defames me – we feel a lot of pain. Now we understand. Let me live with everyone with truth and selflessness.

Sometimes the schedules we follow make it feel like dancing on a tightrope, and there is a fear of losing co-operation. How do we stay balanced, whilst creating space for others, whilst fulfilling our obligations and responsibilities?

The problem is: we do less and think a lot. In my timetable I do very little, right? Am I busy? According to drama one service task is finished and another comes in front of me – that's good, isn't it. If I'm heavy, thinking I've got so many programmes..., who is going to come in front of me? It's amazing how I may be doing something and something else needs to be done and I need someone for that – that person appears in front of me. This is the co-operation I receive. We become busy, thinking, "I've been working since this morning and haven't had time for a rest." Someone wrote to Dadi how she does so much and yet doesn't think she's doing that much, where as we do very little and think we are doing so much. When people come to see me, no matter if there are others there, I say 'Come!' I have three sitting rooms. Sometimes people say, "Dadi, you are busy; you don't have time." But I say, "Don't complain about me like that." If you have an honest heart, I have time for you – I'm available any time. Stay light with bodilessness. Sometimes heaviness is due to conflict of sanskars, nature and personality and then there's heaviness in your voice and you end up saying to people, "I don't have time for you now." I like the murli very much in which Baba spoke about being double-light.

Dadi once said that there is a difference between shrimat and God's directions. Please could she explain?

Dadi was clarifying yaad, yoga and yatra (pilgrimage) this morning. In once sense they are all the same but when there is remembrance, when nobody else is remembered, you will be able to have good yoga. I have to check myself very well that in my remembrance there should be no complaints. My remembrance should please the Lord. Such a person would not complain that they are not able to have yoga, but people see that their face is wonderful and they have a relationship and connection with Baba. When there is yoga, there is connection and as a result there are all

relationships with Baba. No need to say anything – Baba does everything Himself. Baba's directions are: don't speak of wasteful things, sit accurately in murli class every day. Dadi has flown to various places in a helicopter and once a pilot was talking to Dadi whilst flying the helicopter, going above the mountains and got Dadi accurately to her place – because he was absolutely clear about his directions – how to get there. The traffic control system is another direction: red light means silence; green light means 'move forward'. Some don't stop at the red light, they drive recklessly – and the Police catch up with them. Those who are always hurrying and impatient do not follow directions and this causes a lot of damage and nobody will have faith in them: they can crash at any time. When you are following shrimat, there is deep regard for Baba. It's as if I recognise the value of Baba's shrimat – it is sacred - and I honour it. God has made my mind so well, so how can I possibly use the dictates of my own mind. In the murli there are straight directions, which are shrimat. In the old days, we would talk about the different kinds of 'mat' (directions): manmat, parmat, directions from the scriptures, directions from the people of the world... Baba used to joke about this and the expression is: the child of a donkey will always be a donkey. The child of God is the child of God. A donkey follows others' dictates; it does what it is told to do. In the world outside there is no shrimat in people's own ideas. When I became Baba's, and again when Dadi became avyakt, Baba put His hand on my head. Let Baba's hand be on your head, too.

How do we get rid of deep-rooted beliefs?

It's actually connected to never thinking bad of anyone or anything anyone says. When someone says something bad to you. Don't say, "Everyone thinks I'm bad." Has Baba ever told you are not good? Have you become bad, become someone said so? Baba saw each one's speciality and made them like that. What were we in the world outside but Baba saw a tiny little virtue in us. You are sitting in this gathering because Baba has made you sit here by seeing your virtue. On the path of ignorance there was ego about our personality and no recognition of any defect. If someone said they had a defect, they would be cross with them but when they praised them they thought very highly of them. This is how Baba has freed us from ego and taught us how to imbibe virtues. Baba said today how seeing someone's defects is like seeing an eclipse - and you will become eclipsed. Never see anyone's defects and be influenced by them. If I speak of someone's defect to someone else, it's a sin on my part. Would this be an act of charity? To think and speak of someone's defect – which account would that go in? Baba says: I am the Purifier and you have to become the Ganges that purifies. Those who want to become 'Ganga' sit on the head of Bhagirath, the Lucky Chariot – this is the intoxication I have. First I saw Baba at the centre of the forehead – a beautiful light. Baba sat me in His lap and gave me to drink because we are His children and we found knowledge very sweet. Then He gave us drishti and took us beyond and then we sat on His head. It is said that Brahmins are the top-knot. All the impure ones should become pure; I shouldn't be even slightly splashed by someone's impurity. If someone says I am bad, I'll pay attention. I mustn't try and prove myself or lose sleep over it or get angry – such a soul cannot be a yogi. Never consider anything to be bad. To have respect and self-respect is my action and my religion.

What is accuracy – specifically regarding dress and living

Look at Baba, Mama, the Dadis... How does Baba eat, walk, move? You've seen how Avyakt Baba eats, how with silence He makes all souls belong to Him and is accurate in everything,

speaks every word accurately; each word has such significance - when we go into the depth of the word, our intellect becomes very clear and we feel that Baba said the accurate thing at the right time and I received a lot of help. The one who is fortunate will be able to do everything accurately – eating, drinking, dressing, doing yagya service... It is an aspect of honour. There is a feeling of being accurate in Godly service. To be accurate according to time, to reach where we have to go on time... Whether you cook for 50 or 500 it takes the same amount of time. Food is prepared in the right way, at the right time. This is a yagya, so it should be accurate. There are a lot of marks in being accurate. To be alert, an all-rounder, accurate and ever-ready. Those who are not alert say they will get what they need for themselves at the right time. One who is alert is aware that they have to do everything accurately at the right time and inspire others to do the same. In all of this it is the wonder of Baba's remembrance.

Some lokik work involves working with emotionally damaged souls, which can be draining. What do I need to do to look after myself better on a daily basis in dealing with them? A second question, linked to this, how do I sustain new students along with older students who come to the centre?

These are different questions. If others are emotionally unstable and I lose my energy, it's my weakness. Baba praises you a lot. You do lokik work as well as Godly service. A few of you only have difficulties in lokik work but most are able to do good service. They don't find people like you in these places – they receive your good company and the power of Truth. When there is Baba's true remembrance inside me anyway, when I am at lokik work, I have even more. Whenever I go somewhere with lokiks, I remember Baba even more. Inside we know who we are and who we belong to. Do you become influenced by them or do you serve them through your company. Some wear whites in their lokik jobs, some don't and that's ok, but at least your face should be shining! The main thing is at lokik work is to maintain the awareness that the income we earn is not for ourselves but for service – and that is why they are amazed. Whatever you bring, you use in Baba's yagya. Some don't want to do a lokik job but Dadi may say that it would be better if they did, instead of pottering about doing jobs in the centre that others could do. Your mind body and wealth is surrendered and used in a worthwhile way. When you are in your lokik job, you may have to be even more accurate.

The hearts of some long to serve in India, even if they are not in an Indian body. They feel wasted here and need a chance to prove their capacity.

If you have such a thought, you do not have a surrendered intellect. Jayantiben did not want to come to the West. She insisted that she would only go if Dadi Janki came too. The very thought that there is no service here and you will have service there! In service we have to have the attitude of renunciation, no desires for the self and an attitude of being beyond. This attitude will do service, wherever you are. It's not necessary to go to Bharat. Why did I come from Bharat to here? It's wherever Baba gives me service. A true server says: whatever service the Lord gives me... If I say, 'This is not my service.' Well, it's not your service anyway. Service happens when you smile. Remember Baba with a true heart and keep saying, 'Baba, Baba'. Service happens when you walk and move around – waiting at the bus stop. To say that it's not service here and seek it somewhere else is the old habit of making my intellect wander. Please, please make your mind peaceful and your intellect stable. Connect your intellect with Baba so that you receive might from Him. When

my mind is not peaceful and my intellect not stable, all sorts of thoughts come and when they are not fulfilled I get upset. If nobody listens, you sit in yoga and ask Baba to find a method to go to Bharat for service. Baba will say: Did you pay attention that your final thoughts will lead to your destination? Don't allow your thoughts to wander in this way.

Om shanti