



### *From Baba's Heart to Yours*

#### **Baba's Message**

Radiant Spirits! Thank you so very much for welcoming us on our 19th annual tour to the UK, Germany and the US. It was a wonderful visit and gave us a chance to *pause* with you for a while. I wish to share with you this humble reminder about the *power of a pause*.

When you rush to do something, you may attain success or you may not attain success; but no matter what, it is going to affect the state of your mind. However, if, before you go to do anything, you create a *pause* for a few seconds, if you just meditate for a few seconds, connecting yourself to that Higher Intelligence, Higher Force, Higher Power, Higher Energy, then when you move there will be a *pause* between your two tasks.

No matter whether success comes or failure comes, if you, at some point, offer it to that Divine Intelligence in prayer, you will find that the Divine Intelligence definitely does its job! If it is true that what you did was not a success that means something *better* is waiting for you. Your conditioned mind may have thought it was doing something good for you, but the Unconditioned Universal Mind may have a different thought!

By pausing and surrendering all outcomes to the Universal Mind, claiming credit only for your effort, you will not be so deeply hurt, so deeply distressed, so deeply frustrated. The *pause* will create that particular connection between you, the individual, conditioned mind, and the Universal, Unconditioned Mind. As a result your movement will not be jerky; your movement will be very smooth. And that smooth movement is the Flow of Life! As you learn to *pause*, you will grow to trust that the Divine Intelligence knows what is ultimately best for you, and you will be happy and at peace.

#### **Q&A**

Q. When bad things happen, how do you continue to think positively, to breathe correctly, to meditate? How do you continue to have a peaceful mind, body and Spirit during a really bad time?

A. In a trying time, in a very difficult situation, it can no doubt be a challenge. But one thing is very sure; the challenge could be like a mountain! But if you have faith in yourself, in your power of your Spirit, in the power of your inner strengths of positive light, if that is very strong, then the mountain cannot be just a mountain. It could be the mountain of cotton, not rocks. You can flow through it

provided you have the strength in your Self. Any external situation cannot be superior to our inner strengths. Any circumstance and situation of life cannot be more powerful than the power of our Spirit, the power of our Soul, the power of our inner light, the power of our positive strengths, and the power of the infinite power of mind. Only a weak mind will bow down before a situation which is really a threat.

The whole process of mind training is to replace that feeling of littleness in you, that feeling of limitedness, confinement, and constriction in you. You replace it with the conviction that you are not limited, you are not constricted, you are not somebody who has this weakness. You may be weak in your mind but not in your Soul! You are weak in your mind because you have certain conditions or belief systems due to certain situations that happened in your life. At some point in time you started to believe they are stronger than you.

You can develop your mind through a connection with some positive person who can guide you, who can lend you a hand when you are in distress. If this is not possible you can always be in the company of very good, inspiring, positive books.

Negative things happen in our lives not to just make us negative but to let us experience what is yet another facet of life. Those experiences only give us strength not weakness, because we eventually learn what entraps us. Once you know where the entrapment is, the next time you don't repeat it. The obstacles in life are not only obstacles; they are also opportunities for you to move into higher zones of light. You have passed through the dark times, but the light will awaken you.

Any those of us who go through any turbulence in life, we should not see only the turbulence; we should see behind the turbulence. There is a greater, more subtle purpose, more subtle teaching, more subtle message waiting for us to accept. When we do accept and surrender to it, we are transformed.

### **Current News**

Baba and Maa are back in Calcutta, India. Baba Lokenath's Mahasamadhi Utsav was celebrated all over the world by devotees and followers of Baba. In Calcutta, Thygraja Auditorium overflowed with thousands of devotees who came to offer their humble tribute to Baba, partake in the blessed food (prasad), and participate in the all day long Divine Chants. Baba Shuddhaanandaa presented a discourse on the Life and Teachings of Mahayogi Baba Lokenath.

Lokenath Divine Life Mission inaugurated a new Free Medical Clinic in one of the slums of Calcutta at Dover Lane Bastee. This will cater to thousands of very poor slum dwellers.

### **Your Feedback:**

Most inspirational reading. We are very much heartened by Baba's analysis of the current Global situation and the remedial guidance for all of us to follow for saving us from self-destruction. Uma

### **Baba's Blessing**

*Blessings, Peace and Joy!  
Just be silent, close your eyes,*

*feel your breath.  
Allow the energy to soak you with Divine Love.  
Feel the dance of  
Be Aware, Be Awakened!  
Baba*

If you are interested in scheduling Baba to do a REGENERATION seminar in the future, please contact him at [susan@feelinghearts.org](mailto:susan@feelinghearts.org) Also, Baba would love to have you submit questions about your Spiritual Journey and he will answer them in this e-bulletin. Please submit questions to [susan@feelinghearts.org](mailto:susan@feelinghearts.org)

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