
HER LIFE WITH BABA

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ARNAVAZ: There's another problem too and that's. That problem is that during the time of meditation or during the time when one says Baba's prayers or one is in Baba's tomb or one is listening to Baba's stories one's mind is not on Baba but it roams around somewhere else. That's a very very common problem with one and all. To some more and to some less. So naturally the guilt comes in and some think that well what's the point in taking Baba's name? What's the point in meditating Baba's name since I can't meditate upon Baba but I'm thinking of something else. There was one girl who said well when the arti was being sung in Baba's tomb when we were singing Gujarati arti of Baba so she told me that when the arti was being sung I was thinking of something. I couldn't concentrate upon Baba. And I felt so guilty about it. And like that many instances.

So there's one thing I will tell you what Baba said. And that will answer everything. There was one very intimate Baba lover. Close ones of Baba lover from Bombay. She's a married woman. She has two grown up children. The daughter was married and the husband was dead. Of course husband was dead after many years of marriage. She came in contact with Baba for many years and she loved Baba very much. She had intense faith in Baba. But after some time. I think she was in her mid 50's at the time she started getting very nasty, vulgar thoughts. She was a very

sweet woman. Very very sweet. I mean one would never expect that such thoughts would go into her head. And the thoughts never. She never had those thoughts before. And she started getting those thoughts. She started getting dreams. That went on for months and she became crazy. She didn't know what to do. Then she told me that what should she do? I said the only thing that you can do is to take Baba's name for that is the only thing that will help you. She said she has taken Baba's name all the time. She was thinking of Baba more and more and more intensely and yet that doesn't help her. That didn't help her. Well I said there's nothing else you can do about it. Still continue taking Baba's name. And the poor woman suffered for nearly 6 to 8 months.

And then Baba came to Bombay. When He used to come to Bombay sometimes He used to give darshan to the near ones. And sometimes He would just come to Bombay and do His work. Whatever He wanted to do. Contact masts and go away. But on that particular stay of Baba in Bombay He let a few very near ones come for His darshan. And she was, that lady was one of the lovers. One of Baba lovers who also came on that day. Baba was in the mood or maybe you know everyone had something to say and so Baba one day called everyone in the afternoon and he kept them all in the inside room of my apartment and called one by one in the sitting room where Baba was sitting on the

couch. And Baba made me also sit there. Because they were all very near ones and whenever they had their difficulties they would all come to me and ask me so naturally Baba knew about that and Baba said, "You sit here only." So I was sitting there when one by one came.

When that lady came in the room Baba asked her, 'Have you anything to tell me?' And the poor woman was so overwhelmed that she couldn't say anything but she just cried like a baby. And Baba let her cry. Then she told her difficulty to Baba. That she was getting nasty thoughts, vulgar thoughts, funny thoughts. She. I mean she couldn't even describe those thoughts. Baba let her talk for a few minutes. And then Baba embraced her and told her not to worry. Baba said, 'Let the thoughts come. You don't fight them because you will not be able to do anything about it. But you just go on repeating My name as many times as you can. Repeat My name more when those thoughts come to you. Because taking my name is like a mosquito curtain.' You know what is a mosquito curtain? Here in India there are so many. Ah. Mosquito curtain because naturally if you don't have. Here you know you have experience that in Nagar if you don't have mosquito curtain you can't sleep. The mosquitoes will bite you. So Baba said that, 'Repeating My name is like a mosquito curtain. The thoughts will buzz outside but they won't touch you.' Like the mosquitoes they go on buzzing outside the mosquito curtain but they won't sting you. 'In the same way repeating My name is like a mosquito curtain. The thoughts will remain outside but they won't hurt you. They won't harm you.' So this is what Baba said. And it has impressed me so so much because this is what has helped so many later. Whenever anyone came with a

problem of not thinking of Baba at the time of repeating His name I said, 'Don't worry. Baba has said this. You just go on repeating Baba's name.'

So even at the time of serious thinking of Baba or prayers or singing His arti you think of other things don't worry. Try to concentrate upon Baba. But then you go on in any form thinking of Baba. Because one may feel that well what's the point in repeating Baba's name when I can't concentrate upon Baba or what's the point in meditating upon Baba when I can't think of Baba? Still do it. Still go on repeating His name. In fact more and more. Because Baba Himself has explained so beautifully.

Baba's ways are such that He doesn't allow any suppression. We have unconscious mind and there are so many things lying dormant there of which we ourselves are not aware of. But they come out in some form or the other. And when there are psychological problems one goes to a psychiatrist or a psychologist to sort the problem. And the psychologist brings out the inner self. So in the same way there are so many things that's lying deep inside us and maybe that's my idea of interpretation. It's not what Baba has said remember. What I feel, what I think is that Baba never allows anything to lie down inside us. So He brings it out. In some form or the other. And maybe when we are taking His name or thinking of Him Baba takes the opportunity of bringing out our inner problems or inner things or inner thoughts on the surface and throws them out. And Baba's name helps us because to bring out our inner self there should be an outlet. Suppose I have a very hot tempered nature. Then my anger comes out on someone or the other. But Baba doesn't

like anger to come out. In the sense that anger should come out but Baba says, 'Let the thoughts come but don't put into practice.' So if we get angry on someone else that means we have put that thing into action. So maybe to tone us down when we take Baba's name Baba brings that thing on the surface in some other way and throws it out. This is what I think. This is my explanation.

There was a time when Baba wanted us to meditate for half an hour in the ashram and outside the ashram. Those who stayed in the ashram also there was a fixed time. At the time there were about 35 women. Easterners and Westerns. And there were all staying at Meherabad. So a bell would ring and everyone would be ready within five minutes would take their respective places and meditate upon Baba for half an hour. And then there would be a second bell and then everyone would get up. So that was how it was. Now again the same problem was with most of them. Most of them even in the ashram I'm talking about. Most of the women also had the same problem. So for some time they bore it up and then one day it came out from one of the [inaudible] said, 'Baba it's really very funny. I'm busy all day long and I can't think of anything. But when I sit and meditate upon you I think of Hitler and Mussolini.' Because at that time the war was going on. 'I mean during the day time I won't even think of them but I when I sit and meditate I think of those silly leaders Mussolini and Hitler and I don't know what to? I can't control them. I can't control my thoughts.' Baba would just smile and say, 'Don't worry.' So it's like that.

But then at that time they were thinking of such funny thoughts. I mean thoughts

which had no concern with one's personal self. And yet like where I talked about that lady. I mean she was such a sweet lady, such a loving lady. I would call her a pious lady because she led her life. She devoted her life to God and when she came in contact with Baba and she devoted herself to Baba and then to her husband and children and one would not even dream that she could ever have those nasty thoughts. And they started coming to her and mind you even after Baba embracing her and telling her not to worry the thoughts continued for nearly two more years.

There are some who just say that God does everything. So whatever we do and all our actions is because God wanted us to do those actions. So we naturally put the whole thing on God. I mean God means Baba that well. Like one boy who said that, 'Well if I take drugs I want to love Baba and I want to take drugs as well. Because what I feel is that it is Baba who wants me to take drugs. How can? I can't stop taking drugs. So naturally it is Baba's will that I should take drugs because I can't help myself.' So there have been many such questions. That whatever God does. I mean everything happens according to Gods wish and will. And of course Baba has said that. That everything is done according to My wish and will. And He has also said that, 'Not a leaf can move without My wish and will.' So some do misunderstand. Misunderstand is this way that as far as they say that everything is God's wish and will is right. But then Baba has also said that, 'Hold on to my Daman. Do what I say. Have faith in Me. Surrender to Me.' Why would He say all these things if it was only? If it was only due to? I mean if it was only God's wish and will?

So once Baba was sitting in a small group and He was in a good mood. And somebody brought a jar. A big plastic jar of sweets. So Baba took that jar and kept that jar on His lap and He opened the jar and He gave sweets to all. Distributed sweets to all and then the jar was empty. Then He was explaining something. That reference I don't remember but then He said. He opened the lid. That was the red lid of the jar. So He opened the lid and He said, 'To open the lid is in your hands. To fill in the jar is in My hands.' So you see when God Man is in physical body He wants us to give our hand in His hand. If we just stand straight not lifting our hand and we want Baba to help us Baba said, 'I cannot help you.

You must give your hand in My hand.' So we must extend our hand half way and then Baba takes our hand. And takes us along wherever He wants to take us.

He wants to help us more otherwise we go on our destiny way. Destiny is there. I mean the world is run on destiny. Everyone has their own destinies. So what is the purpose in God-Man taking the physical form? There should be a purpose. And the purpose is that He wants His close ones to take on a short route. On a short cut. But we go on our destiny way. Then how can we go on a shortcut? But He knows it. So if we give our hand in His hand He takes us on that shortcut.