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God's DNA

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'*You are the keeper of my heart.... You are the place where I belong*' – the sweet sounds of music dedicated to God sang out, setting the atmosphere to explore many eternal questions with yogi Dadi Janki.

A powerful video flashed images of people of different religions and cultures in acts of devotion and worship – from the Wailing Wall in Jerusalem to the Whirling Dervishes of Mesopotamia - expressing their intention to become close to the Divine.

Neville Hodgkinson, medical journalist and author, conducted the conversation with Dadi, opening with the meaning of DNA – 'the mechanism of physical inheritance' from parent to child, and questioning, 'Is there then a mechanism of spiritual inheritance that God can give us?' He noted that when scientists discovered DNA, they thought they had reached the essence of life and yet now they are coming to the understanding that something else is going on as well - beyond the physical.

Neville: Who is God?

Dadi: In order to know God we need to free the mind of whatever it is usually filled with. When we create space within, then we can receive something from the Divine. Every one prays to God, because there is a memory of Him deep inside. Dadi noted that in her years of devotion she always wanted to know God directly and experience Him – to experience truth and power - and yet this didn't happen until she let go of devotion and began to *know* God.

God is the Truth and the Almighty Authority, the One who destroys falsehood and who is Light. God finishes all our negativity and weaknesses and those who experience this will accept it. When we create silence within, it is easy to understand these things. Human beings have a head and a heart; a mind and an intellect that can feel, experience and understand.

There are four different types of species,

- 1) Human beings - who will only ever create human beings,
- 2) Animals – amongst these there are huge varieties
- 3) Birds
- 4) Insects



It is only human beings, who can become divine or devilish. What do we mean by a deity? The divine in human form, the angel; one who protects. Angels are never shown with parents because the angel is the one who takes support from the Supreme. It is when human beings know God that they are able to transform - when they renounce negativity and weakness, then there is the ability to become angelic.

In the early mornings people of all religions perform rituals for God for three reasons:-

- to ask forgiveness for sins performed
- to ask for peace
- to ask for strength

Dadi's experience is that angels have taken the power of truth and purity from God and at dawn and dusk there is the feeling of God's protection and angels circling around. When we see angels, we see how they have a vision of purity for everyone. How have they become like that? Through detachment from the physical body and the development of an elevated consciousness.

We need to realise the ways in which we use the senses, she continued. When we master the mind and physical senses, we become angels. In the Bhagavad Gita, God says: '*In order to know Me, you need a divine intellect and divine eye*'. God explains that for many births souls have been primarily conscious of the body, thus becoming distanced from God and no longer have spiritual power.

Today the condition of human beings is such that:

- 1) We become impressed or insulted very easily.
- 2) We are suppressed by the self and others and therefore do things we don't want to do.
- 3) We bow down to the senses; physical indulgence causes us to lose our natural royalty and reality.

In order for us to transform, the third eye has to open, so that the intellect can understand and become attracted to the truth. We need to disconnect internally from everyone and be with God.

Dadi speaks of angels as ones who are free from the pull of the body. Is becoming an angel available to us as human beings?

Firstly, human beings need to realise themselves, to recognise what they are doing in life and what the purpose of life is. God needs human beings who are able to fill themselves with His virtues and power. He is the One who is full of love, knowledge and bliss. When we begin to know God, then we begin to understand His qualities.



Do we have to change our consciousness, in order to know God or does he give us something even in our fallen state?

When God works on someone, He enables them to become elevated. A human being cannot make another human being elevated. God is so good. God is our Mother as well as our Father. God knows the things of my heart and gives to me. The Mother understands the child; Her strength and power take away all the child's pain. When there is this recognition, we can never feel alone or unsupported. God is also like the jeweller, who recognises the value in each one and works with this.

Then the 'I' with ego starts to transform and to say 'I' with the understanding of the spiritual self. We become angels, when we recognise that nothing here belongs to 'me'.

Is there a special time when God comes to do special work or could this take place throughout history?

Who am I? Who is God? This is a time when religion is being defamed; today there is irreligiousness, sin, lying and corruption. Human beings are afraid of what is going to happen; elders are worried about the children; people can see no help or support in sight. Human beings have attachment to such a world...*Now* is the time for God to dispel the darkness, to awaken us. The ones who wake up do not want others to sleep. There is a lot to be done.

When we have courage, God helps. When we yearn for truth, watch how God works. Now is the time to experience God, feel His wonder and feel how He transforms us. When our intentions become free from desires - clean and honest - then it happens. Let each one look in the mirror of the heart and see how much sin there is and go to God for forgiveness.

A lot of people avoid the truth and pretend. What can be done to get people to act on the basis of truth and have courage?

It is said that truth is light – when we develop truth all those in contact with us realise what truth is. We need understanding, company and practice to move towards truth easily. Time is indicating - and so is God – that this is what we now need to do. We have become subservient to bad habits and do not realise what harm we have been doing. I need so much power and truth from God that my truth starts to influence others. The whole world is one family, we belong to the same Mother and Father. It is a mother's natural responsibility to nurture the children and give them strength and power.

God says that the first thing you have to do is conquer the mind and the senses: "Whoever has yoga with me over a long period of time comes close to Me." Without



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an understanding of spiritual knowledge, we remember everyone else. God says: forget everyone else. Free yourself from the bondage of actions. By performing elevated actions we become divine.

Neville wound up the evening noting that God's DNA is thus available to every one of us when we 'die' to the consciousness of the body and recognise ourselves as spiritual beings – and so start to experience the help, power and truth coming from God.

Sister Denise concluded with a meditation commentary.

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