

## Bhog Sandesh | January 22, 2026 via Mohini Didi

Om shanti.

Taking everyone's loveful remembrances, I was with Baba to offer Bhog. Baba was giving us very, very powerful drishti, as if Baba, through His drishti, was removing the subtle obstacles. Clearing. Cleaning.

After a few moments, I said: Baba I have brought Bhog for you. Baba, with a lot of love, accepted Bhog. And then Baba said: Do children find the destination is high, or aim is also very high? When Baba says you are not in a proper stage, you find it high. But one of the methods to feel it is attainable is to always remember that **you have done this many times before**. You have been able to reach the destination, able to fulfil your aim, and able to attain all the attributes. So, sit and internally emerge that form. You will feel, 'yes, this is what I was. This is what I was and have to become again.'

Keep reminding yourself this, a few times a day, or at least at Amrit Vela. That will definitely help you because that form is within you, but merged. **Now you have to emerge it**. And that emerging happens when you remember: 'this is what I was.' Because Baba says that all Baba's children have this nature of serving all the time. Through thoughts, words and actions. And this service is like being a bestower. You give good wishes through your thoughts, knowledge through words, and also serve through actions. Inspire virtue. So Baba says that **this sanskar of service is actually sanskar of being a bestower**.

Also, Baba said, each one of you always internally have felt: 'I want something higher. I want my life to be better. I want my life to be used in some worthwhile task.' You all have those *sanskars*. At Confluence Age you can feel even the purity is very very natural for all of you. So if you look at all the qualities of Confluence Age, you will see how these are *sanskars* of worship-worthy souls, or deities.

Baba says, yes, it fluctuates; sometimes you feel that you are about to reach...and sometimes you feel it is far. And it is far, in the sense you still have to make some efforts. But also, there should be the feeling 'I am about to reach...I am about to become perfect.' **Difficulties, obstacles, and all the tests come to make you stronger. Make you more powerful**. So, all the time, whenever you feel the distance, just emerge that original form – what is your aim and objective. Then you will definitely feel those deity *sanskars* emerging. Now you find old *sanskars* emerging. But **if you pay attention you will find the deity sanskars emerging**. And that definitely will make you very happy and feel successful also.

So Baba gives love to everyone.

Om Shanti.