

Letter from Dadi Janki

International Plan for Self-Progress – August 2003

Sweet love filled remembrances to Baba's sparkling jewels of complete purity who are the highest, greatest and holiest souls in the whole world.

Where there is purity, we do not have waste thoughts and nor do we become an instrument to create waste thoughts in others. When we put into practice the significance of purity in thoughts, our every thought is filled with the importance of purity and our every word with the vibrations of purity.

Our brothers and sisters of North America have lovingly prepared this month's International Self-progress Plan on the royalty of purity so that we may receive the crown of the light of purity from Baba.

In loving remembrance of the One,

BK Janki

International Plan for Self-Progress May – October 2003
to Become the Embodiment of Awareness

Please use these points, questions and commentaries for self-reflection, bhattis, workshops and other creative activities during the month.

The basis of Brahmin life is the royalty of purity

Dear Brothers and Sisters,

In order to study the Royalty of Purity, we have taken the ornaments of Vishnu as the basis of our study and practice. We will study one ornament each week. As each ornament corresponds to one of the 4 subjects, the order of our study will correspond to the way in which the 4 subjects build upon each other. The picture of Vishnu below may provide you with powerful visual inspiration.

A general suggestion: As part of your every day practice during all four weeks, we suggest that you pick 4 points from each day's Murli – one for each ornament. For example, had you used a recent Murli (19th June), you could have selected the following points:

Discus:I am a lucky star because of my purity.

Conch Shell:I need to tell everyone: Remember the Supreme Father.

Lotus:I am becoming pure because of my yoga with Baba

Mace:I will not let the evil spirit of arrogance take me over.

Selecting 4 points each day in this way will make Murli points very easy to remember, churn and experience.

ROYALTY OF PURITY



PLAN FOR 1st week of AUGUST 2003- Discus (Knowledge)

"The royalty of Brahmin life is purity"—BapDada 25/10/03

Awareness of Royalty at Amrit Vela – A Seven Day Plan

Begin each day in the awareness that you are a pure, elevated soul and that Baba, who is tied with the string of your love, has personally arrived in front of you and is seeing upon your head the crown of the light of purity, the symbol of spiritual royalty. Then each day you can additionally use a different one of the following suggested points of awareness, which are based on the seven letters making up the word "Royalty".

R as in Respectful

From my Heart Throne of self respect, I see the world through the eyes of my Father- the King of Kings. I maintain the most elevated vision towards myself and others.

O as in Obedient

I honour the directions and disciplines which uphold my dignity. With my hand in the Hand of The Bestower of Fortune, I bend my head in obedience to receive the crown of all rights.

Y as in Yogi

I naturally and easily remain combined with the Ocean of Peace, enabling me to radiate with the nobility of coolness of mind and warmth of heart.

A as in Altruistic

I follow in the footsteps of the One who is truly Altruistic – enabling my generosity to flow from a heart filled with love for humanity. My dignity is expressed through my freedom from seeking name, fame or recognition.

L as in Love

My Father, the Ocean of Love, gently and tenderly molds me into an instrument for healing and empowerment. My sense of purpose is rooted in a pure desire to free all from souls from any trace of weakness, beginning with the self.

T as in Truthful

My Father, Shiva, the Seed of Truth, colors me with the fragrance of truth. With the decorations of integrity and self mastery, I become an example of purity on the world stage.

Y as in Youthful

Stabilized on my immortal throne, I sit in counsel with the Lord of Immortality, Amarnath and reawaken my eternal and elevated qualities of purity, peace, love, truth and happiness. I return to the beauty and royalty of my childhood.

A Seven Day Plan for Daily Murli Study Churning & Awareness. Focus: Discus (Knowledge)

- Before the Murli, read the following point of Self Realization corresponding to the day of the week, and throughout the day experience that point of Self-Realization.
- During the Murli, note down any points related to your eternal and original spiritual royalty. Especially take note of the variety of ways Baba talks about our innate personality of purity.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Day 1- "BapDada is seeing the royalty of purity in every child. The royalty of Brahmin life is purity. So, Baba is seeing on each child's head the symbol of spiritual royalty, the crown of light of purity."

You are keeping this awareness generally every day at Amrit Vela, but today especially, make it a *Point of Self Realization*:
Baba is seeing in my head the symbol of spiritual royalty, my crown of light of purity.

Day 2- " If you remember the beginning period how special was the personality of spiritual royalty in your form of deities? You do remember your spiritual royalty and your personality of purity , do you not? Have you now remembered? "

Point of self realization: In the beginning period how special was the personality of spiritual royalty in my form of a deity?

Day 3- " From the middle period, that is, the Copper Age, when your worth-of worship pictures are made from the Copper Age onwards , are there any other pictures that have that royalty or the royalty of worship? There are many pictures, but are there any other souls who are worshipped accurately in the right way as you are? No other pictures have had such accurate worship or sparkle and spirituality, nor will there be such pictures. Why? You have the royalty of purity. You have the personality of purity."

Point of self realization: In the Copper Age my worthy of worship images have royalty and are worshiped accurately in the right way. No other images have such sparkle and spirituality.

Day 4- " Even at the Confluence Age, out of the whole world, the royalty of purity is the basis of Brahmin life. If there isn't purity, there isn't the experience of God's love, and there isn't the experience of all God's attainments."

Point of Self Realization: The royalty of purity is the basis of my Brahmin life, through which I can experience God's love and all Godly attainments.

Day 5- " Purity is the greatest of all decorations of you Brahmins. This is why they decorate your images so much. That decoration is a memorial of your purity—complete purity, not purity just for the sake of it. Complete purity is the greatest of all property, royalty and personality of your Brahmin life. This is why even devotees hold a fast for a day. They have copied you."

Point of Self realization: Purity is my greatest decoration and this is why devotees decorate my image so much.

Day 6- "Are you firm in your food and drink? This is why devotees also hold a fast of their food and diet"

Point of Self Realization: The devotees are fasting, they are coping me because I am very firm.

Day 7- "The sign of being together is that there is lots and lots of love between you and the Father. And in the terms of occupation, the occupation of the Father and the children is of transforming the world. What is the promise that you have made? That you will go to Paramdham , your sweet home together. Or will you go later? You want to go together do you not? So there is such love between you and the Father. "

Point of Self Realization: I will go to Paramdham, my sweet home, together with my Father.

Additional Practice of Awareness During the Day

At least 10 times during the day, Spin the Cycle of Spiritual Royalty—the four forms of your eternal and original purity— and transform your thoughts as suggested below. (Five of those times could be during Traffic Control.) Experience intoxication!

1. **In the Soul World** (My eternal royalty): When I am living in the supreme abode, my spiritual *royalty and purity* in the form of the soul is special, elevated and unique.
2. **As a Deity** (My original royalty and purity): In the beginning period, I was a special *personality* of spiritual *royalty* in the form of a deity.
3. **Worthy of Worship Form:** When my worthy-of-worship pictures were made from the Copper Age onwards, I had that *royalty, sparkle, spirituality and the royalty* of worship. I picture myself being worshipped accurately in the right way because of my past-elevated actions. *I have the personality of purity.*
4. **Confluence Age Form:** *Royalty of purity* is the basis of my Brahmin life. Because of my purity, I experience of God's love, and Godly attainments. The *personality* of my Brahmin life is *purity*, and my *purity* is spiritual *royalty*.

Awareness During Evening Meditation

I am touring the world in my angelic form. I am giving drishti to all the souls of the world. When everyone looks at me, they only see the Father. This soul is hidden in front of the Supreme Soul. Only the Supreme Soul is visible.

Mirror of My Heart Chart

Check in the mirror of your heart every night before going to bed.

Description	Sun	Mon	Tue	Wed	Thru	Fri	Sat
What percentage of royalty of purity did I inculcate today?							
Was my vision towards everyone constantly in the soul conscious form or the angelic form?							
Was my attitude filled with good wishes and pure feelings?							
Did I constantly give happiness to every soul and receive happiness in my actions?							
Was the sparkle of spiritual intoxication visible in my behavior and face?							
Was I a Devta of tolerance?							

Suggestion: This chart can be graded from 1 to 10 or in percentages. 100% being one did something constantly without any fluctuation.

Additional Exercises for Week One: Review of BapDada's October 25th 2003 Murli

Fill in the following blanks as best you can. You can do this at home, after reviewing the full Murli, or before. Then check your answers against the Murli.

The exercise can also be done in groups. Hand it out and have small groups discuss the answers. The teacher can then read the appropriate passages out loud.

- The 1. _____ is seeing His loving children. Just as they arrive in Madhuban, pulled by that string of love, so, too, the Father, tied by the string of the children's love, has personally arrived in front of the children. Baba is pleased. This spiritual, imperishable love, this love of God, this 2. _____ love, is only experienced now, in the whole cycle.
- If there isn't 3. _____, there isn't the experience of God's love. Then there is no experience of Godly 4. _____.
- Baba is seeing on each child's head the symbol of spiritual 5. _____, the crown of the light of purity. Are all of you seeing your crown of purity? The 6. _____ of Brahmin life is purity. This purity is spiritual royalty. The royal family of the children is so elevated...
- 7. _____ means the royalty of purity. Have you made the promise to always stay in the personality of purity?
- Look in the mirror to check to what extent you have the 8. _____ in you. To what extent is that sparkle visible on your face? In your behavior?
- An attitude of purity is one of 9. _____, no matter what someone else is like. An outlook of purity means to see everyone in the soul conscious or the angelic form. Purity in action means 10. _____. All three are the 11. _____ of purity.
- If someone gives you rubbish, would you take it? Insults, disrespect, disturbances – this is all rubbish. So why do you take it? To take it means 12. _____. Instead, remember your personality of the whole cycle. No matter what anyone does, no one can take away your personality.
- Remember, your duty is to follow BapDada, even if someone gives you a lot of sorrow or insults you a lot. Did Father Brahma give sorrow, or happiness? Don't forget your duty by 13. _____. Always have the awareness that you are a deity/goddess of tolerance. A deity means 14. _____.
- Through your tolerance, the one who insults you will embrace you, even though it may take a little time. Tolerance has that 15. _____.
- Let the soul remain hidden in front of the Supreme Soul so that only the Supreme Soul is visible. Plan together how 16. _____ through your behavior and face.
- Service and self progress should both be together. Such service brings success close. Make a plan for 17. _____ in the self and in service and for what additions have to take place.
- BapDada eternally fulfils the responsibility of companionship. As soon as you say Baba, Baba is present. "I belong to the Father, and the Father belongs to me". Always maintain this spiritual intoxication: 18. _____." You are most dearly loved; you are extremely loved by BapDada.

PLAN FOR 2nd week of AUGUST 2003 – Mace (Yoga)

"All of you are combined—the self and the Father"—BapDada 25/10/03

Awareness at Amrit Vela – A Seven Day Plan

This week we will have powerful points for Amrit Vela time and have the same awareness while moving, walking, eating and doing our karma Yoga.

Day 1- "Remember your eternal royalty. When you souls are living in the Supreme Abode your spiritual royalty in the form of the soul is special".

Amrit Vela experience: I am so special soul and my royal family is so elevated.

Day 2- "All souls are also a form of a light, but compared to the rest of the souls, your sparkle is elevated. Do you remember the Supreme Abode?"

Amrit Vela experience: I am a form of a light but my sparkle is elevated.

Day 3- "From the beginning of time your sparkle and intoxication are unique. You must have seen in the sky how all the stars are sparkling, and how they are all light. But out of all stars, the sparkle of some special stars is more lovely and unique. In the same way, compared to all other souls, the sparkle of your souls, the sparkle of your spiritual royalty and purity is unique.

Amrit Vela experience: The sparkle of my spiritual royal and pure light is unique.

Day 4- "Now create a plan to become complete. Have the deep concern that you have to become karmateet. No matter what happens, you have to become this. You have to do this. This has to happen"

Amrit Vela experience: I have to become karmateet. I am becoming karmateet.

Day 5- "Many are unhappy. BapDada can't bear to see so much sorrow. First of all you Shaktis and Pandavas who are the form of deities should feel mercy. They are calling out so much. The sound of their calling out should be echoing in your ears. Now listen to the call of those who are in sorrow. Now at least listen to a little bit of their call. Poor helpless ones are calling out a great deal. They are calling out from their heart".

Amrit Vela experience: I am bringing time closer.

Day 6- "According to the time, become masters ocean of peace. Have mercy for yourself and for all souls. Now let your form be that of a lighthouse and give the rays of different lights to everyone."

Amrit Vela experience: I am a lighthouse and I am spreading different rays of lights to the souls.

Day 7- "Give the drops of attainments to all souls of the world who are lacking everything"

Amrit Vela experience: Wah Baba Wah! Wah my fortune Wah!

Daily Murli Study Focus: Mace (Yoga)

- Before the Murli, invoke Baba powerfully and experience that He is the one who is making you into a master of the world.
- During the Murli, note down any points related to self mastery and churn about the relationship between mastery of the self and the power of yoga. Also note down points about purification through the power of yoga. What is the connection between purification and self-mastery?
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

Select from the following list things to churn on different days of the week

1. How do I feel when I am at my highest stage of purity?
 - a. What yuktis – if any – can I use to achieve & sustain this state?

2. How much do I use the virtue of purity to clarify and reinforce other virtues?
3. Purity of Thoughts, Words and Actions
 - A. THOUGHTS
 1. What creates obstacles in purity of thought?
 2. What is at the seed of my resistance?
 3. What awareness(es) enables me to enjoy purity of thoughts?
 - B. WORDS
 1. In what circumstances do I abandon purity of words?
 2. What roles do silence, simplicity and patience play in maintaining purity of words?
 3. What is the consciousness of "I" when I speak?
 - C. ACTIONS
 1. What feelings indicate that I am enjoying purity in actions?
 2. Understanding my responsibility as a lawmaker on the world stage, how can I support myself in maintain purity of action?
4. Have I become a master? Reflect on these things:
 1. I have a double kingdom, not just the kingdom of the future. Before becoming a future king, I have to claim the right to self-sovereignty at the present time.
 2. Spiritual royalty at the confluence age means to become the angelic form. Do I experience this form?
 3. In this alokik birth, I am experiencing supreme love and affection. I have become the beloved, royal child of God through this divine affection.

Suggestions for Evening Meditation

Have yoga with a common theme: Remembering myself very well as a deity, being the sovereign of the self. Share experiences.

Have yoga for 15 minutes together with other Brahmins, experiencing a particular aspect of purity. Then write or discuss in small groups what that particular aspect of purity means and feels like for you. Churn and discuss how to sustain this aspect of purity in action and relationships.

"The angelic form should be visible in the features of every teacher"

In a small group (6-8) take turns, in silence, leading the group in drishti meditation. Give each person in the group as many slips of paper as there are people in the group, and, after each person conducts meditation have the rest of the group put that person's name on a slip and write down a special quality experienced through the person who conducted the meditation. After everyone has taken their turn conducting meditation, have the group members distribute their slips to each other. Each person in the group will have slips of paper with the angelic qualities experienced through them by the others.

Points for checking one's chart. Have I become a master in these ways?:

1. Impurity is the external influence and purity is my original religion. Those who have the personality of purity, who have the royalty of purity, will not touch that which is bad, even through their mind or intellect. Have I achieved such purity?
2. The main sign of the spiritual royalty of Brahmins is royalty, that is, honesty. How honest am I?
3. To be simple means to have royalty and greatness whilst being ordinary. Simple means completely pure. No waste. Have I become this?
4. To have waste thoughts or enable waste thoughts to be created, to have waste thoughts yourself or to be an instrument to create waste thoughts in others; is it purity? As a master, have I finished all waste?
5. A spiritually royal soul will not give their time or intellect to the little things about other souls. Do I?
6. Spiritually royal souls will not have the sanskar of asking for anything, whether physical or subtle. Wanting a limited attainment for the self is royal begging. Have I, the master, gone beyond all limited desires?

Additional Exercises for Week Two: Review of BapDada's February 2nd 2003 Murli

Exercise One: Fill in the blanks.

Love

Baba has come to celebrate the anniversary of His own incarnation and also of the children's incarnation. The wonder is that the birthday of the Father and the children is on the same day. The sign that they are together is that there is lots and lots and lots of love between you and the Father. This is why your birthday is together and you remain 1)_____ throughout our life.

The occupation of the Father and the children is also the same: to transform the world. The Father on His own can't do anything nor can the children on their own do anything. Such is the love between you and the Father. This is why He has taken the support of Father Brahma – 2)_____ all of you Brahmin children. Without Brahmins even the Father can't do anything.

Devotees are no less in their bhavna. But they are devotees, they are not 3)_____. Every year, for one day, the devotees celebrate the incarnation of Shiva. However, you celebrate the importance of the incarnation once, for the whole cycle. They take a vow every year. We took it once.

Complete Purity

Devotees take a vow for purity, but your vow is for complete purity: purity of all the 4)_____ – with all their traces and progeny. The devotees also fast, in memory of how you children become firm about our food and drink. They also stay awake at night, in memory of how you vow to awaken from the sleep of ignorance.

You have taken a vow, but your vow is weak, because of the one word 'I'. When this word is used in an arrogant, body conscious way, it makes you weak. You then become disheartened. There has to be total transformation of the word 'I'. You are doing good service, but have you made preparations for 5)_____? Before revelation takes place, BapDada needs to receive a report that 16,000 have become complete with total purity.

We need to have the deep concern to become 6)_____. Not that it will happen, or that we are doing it. Baba doesn't want that. That has gone on for too long. Baba wants a 7)_____.

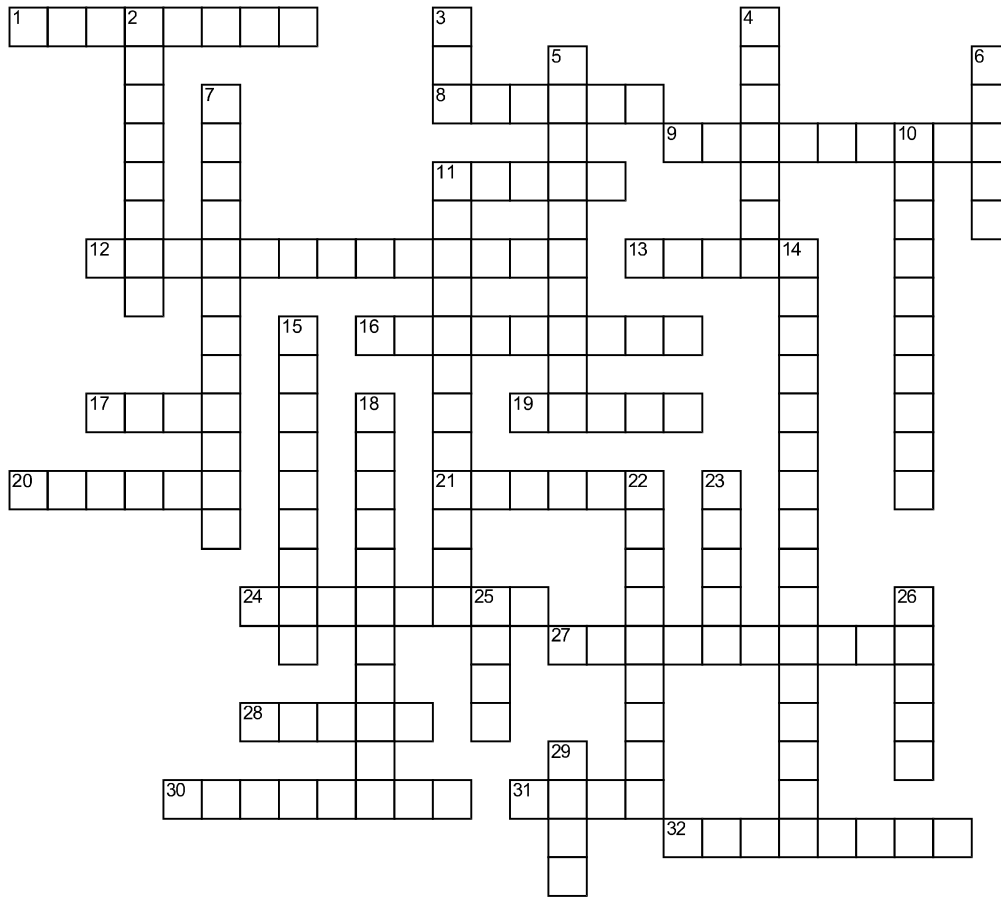
BapDada gives multimillion fold birthday greetings to all the elevated souls who are images of the Father in person, to the children who take every step equal to the Father's, who are 8)_____ of congratulations of Brahmin birth...

Exercise Two: Practise staying in the awareness of your elevated self respect by reading the above exercise again, and changing the vocabulary/grammar so that it is all about Baba and ME.

For example (one): *"The wonder is that the birthday of the Father and of the children is the same day"*, is changed to : *"The wonder is that the birthday of the Father and MY birthday is the same day"*.

Example (two): *"Devotees have been celebrating the memorial of this birthday of yours from the copper age to now,"* is changed to : *"Devotees have been celebrating the memorial of MY birthday from the copper age to now"*.

Exercise Three: Murli Crossword: Try the puzzle on the following page before or after studying the murli again. Either way you will enjoy the extra details on love and complete purity.



Across

- 1 Create a plan to become _____.
- 8 BapDada cannot bear to see so much sorrow. _____ to the call of the devotees. They are desperate.
- 9 We have to do this to the arrogant form of 'I'
- 11 Don't just add one more paper to the 'file'. Make your promise _____
- 12 The power of concentration automatically brings this. And this is the key to success.
- 13 Baba is giving you six months to see from where more _____ and heirs can emerge.
- 16 Another way of saying 'complete with total purity.' (Two words)
- 17 The Father's birthday, that is, His day of incarnation, and the children's, is the _____
- 19 Your mind should become this. This results in the power of concentration.
- 20 To celebrate means to _____
- 21 Hindi word for 'ok'.
- 24 Your vow for purity is not just about this.
- 27 Let your form be that of a _____
- 28 The Advance Party is asking for a date to be _____
- 30 If someone tells an arrogant person, even slightly, that this is not right, become a little humble, (s)he would feel _____
- 31 Baba also wants us to give Him a ____.
- 32 When you fully surrender the consciousness of even the slightest bit of 'I' people will begin to say, 'This is the Father _____'

Down

- 2 The Father has a file of these and it has become very big.
- 3 Have mercy for yourself and for _____ souls.
- 4 The virtue you need so that your promise does not become simply one more paper in 'the file'.
- 5 Give drops of this to all the souls who are lacking everything
- 6 No one except you can have this.
- 7 "I am unable to do this. I am not able to continue. It is very difficult". This is an example of becoming _____
- 10 The sign of arrogance is to be unable to tolerate _____
- 11 _____ is also asking for a date to be fixed.
- 14 Another way of speaking about weaknesses, carelessness and laziness. (Three words)
- 15 When the arrogant form of 'I' is not _____ you become disheartened.
- 18 'I' brings you into body consciousness but it can also remind you of your _____
- 22 _____ will not allow you to tolerate being insulted.
- 23 An example of the wrong use of 'I' is: "What I said, what I did, what I understood, that alone is _____"
- 25 In celebration of Shiv Ratri, don't just cut the _____ but end the 'I'
- 26 Take the initiative. The sparkle of personal service and service through the mind can make these emerge.
- 29 Some children are very clever. They say, "I wasn't angry. Someone _____ me angry."

PLAN FOR 3rd week of AUGUST 2003 – Lotus (Dharna)

"The attitude of purity is good wishes and pure feelings. No matter what someone is like, a pure attitude means good wishes and pure feelings. And, a pure vision means to see everyone constantly in the soul-conscious form or the angelic form. Therefore, attitude, vision and the third is actions. So, in your actions, too, constantly give happiness to every soul and receive happiness. This is the sign of purity. Let there be this dharna in your attitude, vision and actions.—Bapdada 25/10/03

Awareness at Amrit Vela

1) Sing the song of congratulations to the Father about this alokik Brahmin birth.

"Are you able to do anything without the Father? The Father too is unable to do anything. This is why he has taken the support of Father Brahma to create all of you Brahmin children... This is why on the birthday of this alokik incarnation, the Father is giving you and you are giving the Father multimillion fold congratulations and greetings." Bapdada 28/02/03

2) My occupation is the same as the Father's occupation, that of transforming the world.

"The sign of these (the children and the Father's birthday) being together is that there is lots and lots of love between you and the Father. This is why your birthday is together and you also remain combined throughout your life, that is, you are together. Have you ever seen such love? And in terms of the occupation, the occupation of the children and the Father is of transforming the world." Bapdada 28/02/03

3) I am a pure divine jewel. The purity I receive from Baba transforms the world and is remembered throughout time.

"Therefore, purity is the greatest decoration of you Brahmins. This is why they decorate your images so much. That decoration is a memorial of your purity-complete purity, not purity just for the sake of it. Complete purity is the greatest of all property, royalty, and personality of your Brahmin life. This is why even devotees hold a fast for a day. They have copied you." Bapdada 28/02/03

4) I am the right hand of the Father and we are engaged in transforming this old world. With our hands we are holding the earth, healing it with the drishti of purity, peace and love.

"All the teachers are BapDada's right hands. The Pandavas are not left hands. Panadavas are also right hands... All of you are right hands. Teachers now have to become images that grant visions." Bapdada 28/02/03

Daily Murli Study Focus: Lotus (Dharna)

- Before the Murli, invoke Baba powerfully and experience that He is the Purifier and the Transformer of the World.
- During the Murli, note down any and all dharna points or points about living a lotus life.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

1) As a detached observer, notice when you are being influenced, when your mood is changing, or when there is the feeling of arrogance or insult. What "I" is creating these feelings? Then ask the self which "I" will transform that form of Maya. Which "I" can I become aware of to create happiness?

The word "I" is used in the form of arrogance and also in the form of making you weak. 'What I said, what I did, what I understood, that alone is right. That is what should happen'. This is the "I" of arrogance. When that "I" is not fulfilled, then you also become disheartened: 'I am unable to do this. I am unable to continue. It is very difficult'. The "I" of body consciousness should change. "I" reminds you of your self-respect and "I" also brings you into body consciousness. "I" makes you disheartened and "I" also brings happiness in your heart." Bapdada 28/02/03

2) Whilst moving about, I emerge the form of a lighthouse spreading the different lights (peace, purity, power, compassion, wisdom . . .) to all souls of the world.

"Now let your form be that of a lighthouse and give the rays of different lights to everyone." Bapdada 28/02/03

3) As I come into contact with individual souls, I become quiet. I listen to their unspoken needs and send out whatever light they are seeking.

"Give the rays of the drops of attainment to all the souls of the world who are lacking everything." Bapdada 28/02/03

Evening Meditation

Develop the power of concentration and experience silence of mind.

"Your mind should become still and then the power of concentration will be able to make very good decisions. This is why they portray a set of scales in court. The scales are shown as a symbol for judgment, for the needle becomes totally still. Therefore, at that time when there is upheaval everywhere, with the power of concentration, you can stabilize your mind on whatever you want. You can judge which power to use in a particular situation. The power of concentration automatically brings determination and determination is the key to success." BapDada 28/02/03

Points for checking one's chart

1. **Is my attitude of purity one of constant good wishes and pure feelings?**
 - a) Do I have a determined thought to transform my attitude?
 - b) Have I taken a firm vow to change my attitude?
 - c) Am I the one who is stable in the stage of self-respect and who is a bestower who gives respect to others and does not have an attitude of ego or insult?
 - d) Am I the one who has the personality of purity, the royalty of purity and I will not touch that which is bad even through my mind and intellect?
 - e) Am I a deity of tolerance?

2. **I am an example in the showcase of the world. Is the sparkle of purity visible on my face?**
 - a) Are my eyes, with the spirituality of purity, constantly visible as clean and pure?
 - b) Is there constantly the experience of the sparkle of the spiritual soul and spiritual Father in my eyes?
 - c) Does my face show the virtue of tolerance and constantly reveal contentment?
 - d) Am I constantly cheerful in my heart and also in my features?
 - e) Do I have both a cheerful heart and cheerful face?

3. **Is the sparkle of intoxication visible in my behaviour?**
 - a) Is the decoration of purity experienced by others through my activity?
 - b) Does my speaking, walking, eating & drinking, sitting & standing, and
 - c) every action automatically reveal divine manners and the truth?

4. **Has my mind become still such that I am able to make very good decisions?**
 - a) Does the dharna of my purity automatically bring me accurate thoughts, words, actions, and dreams filled with wisdom?

5. **Does the power of stability enable me to have a constant attitude of benevolence for all?**
 - a) Do I see everyone in the soul-conscious form or angelic form?
 - b) Is my vision ever drawn to anything insignificant or negative?
 - c) This power naturally creates the vision of brotherhood towards all. Do I experience love, regard and respectful behaviour in my relations with every soul?

6. **What is my duty? The occupation of the Father and the children is of transforming the world.**
 - a) Through the power of purity can I transform the vision, the attitude and the activity of any soul?
 - b) Is the sign of pure love, the relationship of pure love, and the pure vision and attitude of a pure life are sparkling on my forehead?

Additional Exercises for Week Three: Royalty of Purity—A Creative Commentary

In Avyakt BapDada's murli of October 25, Baba invited us to look at ourselves in the mirror of our hearts:

All of you have a mirror, do you not? Do you have a mirror? Can you see in that? Then, look and see to what percentage you have the royalty of purity within you. Is the sparkle of purity visible on your face? Is the sparkle of intoxication visible in your behavior? The sparkle of intoxication means – intoxication. In your behavior too, is the sparkle of intoxication, is spiritual intoxication, visible? Have you seen yourself?

Commentary Suggestions

Using the commentary and attached diagram (below) and some creative materials if you choose (example: felt pens, virtue words, glitter, crayons, etc), create the mirror of purity for self. To use the diagram with the commentary, you can include the following points, as prompts. Each numbered point of the commentary corresponds with a line on the diagram.

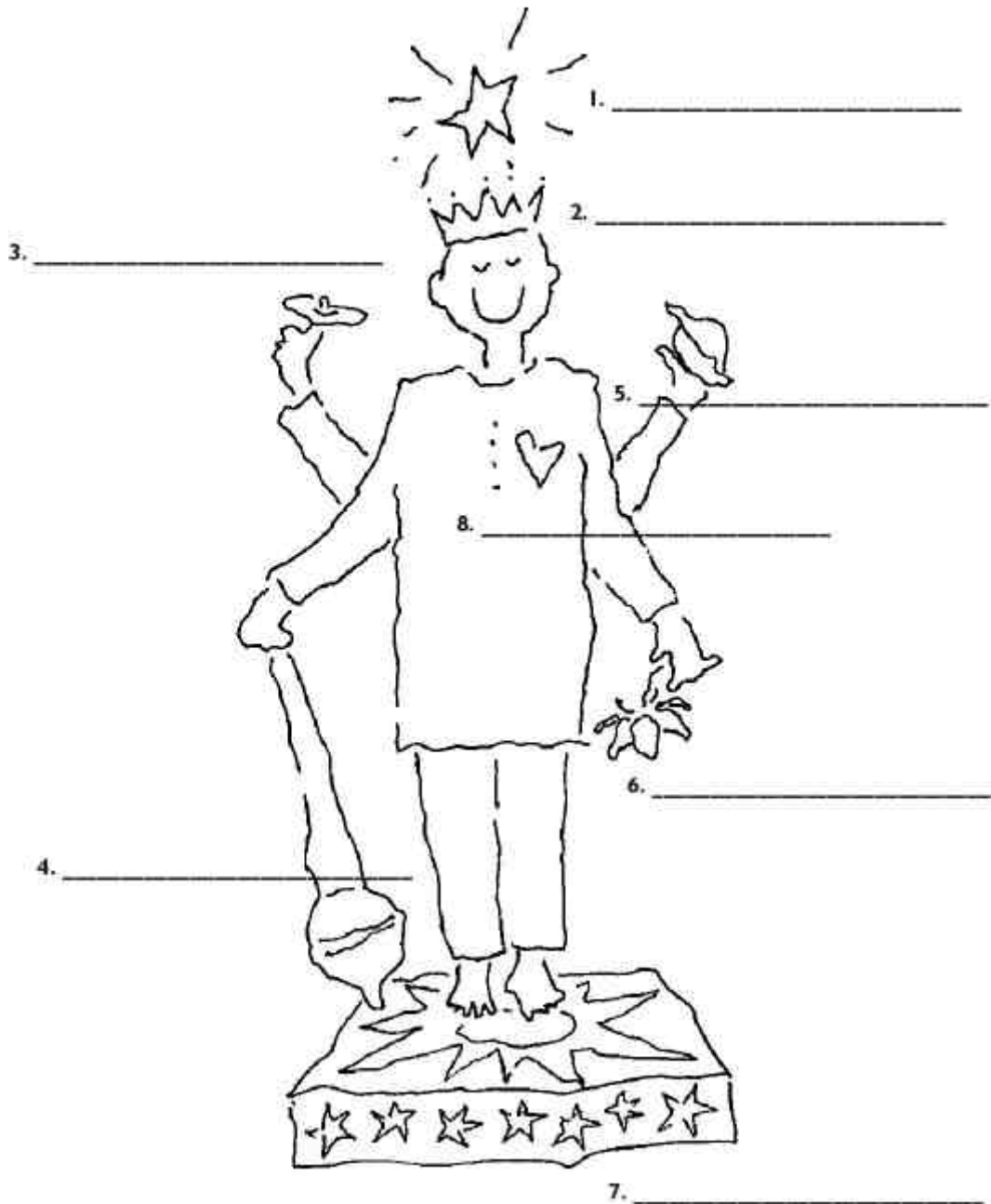
BapDada sees the royalty of purity of every child. More importantly, He inspires me to see my own royalty of purity. Using the diagram as a mirror, let me touch those experiences that will open my eyes to see me as Baba sees me.

1. *Remember your eternal royalty. When you souls are living in the supreme abode, your spiritual royalty in the form of the soul is special. All souls are also a form of light, but compared to the rest of the souls, your sparkle is elevated. Do you remember your supreme abode? From the beginning of time, your sparkle and intoxication are unique...out of all the stars, the sparkle of some special stars is more lovely and unique.* The depth of my eternal royalty enables me to dive into the Ocean of Purity, such that I am eternally touched and imprinted with the power of pure intention, pure feelings and pure light. This real experience of my true self activates a sparkle that time and space cannot touch. As I sit in the brilliance of my eternal form, I feel _____.
2. *BapDada is the Companion of all of you and He eternally fulfills the responsibility of companionship. As soon as you say Baba, Baba is present. It is said that the Lord is always present. Therefore, you remain in pleasure, do you not? There is nothing but pleasure. "I belong to the Father and Father belongs to me."* Seated on the throne of Baba's Constant Companionship, I am free and light to fulfill my responsibility as a true friend of humanity. With one hand of the intellect holding onto Baba, and the other hand bestowing love to my fellow man, I recognize the unique and royal sparkle of my purpose on the world stage. As I put on the crown of my benevolent form, I give to others through my vision and attitude the gift of _____.
3. *Remember your eternal royalty of purity and your personality of the whole cycle. No matter what anyone does, no one can take away your personality...Simply remain immortal in this. Never forget the blessing of being immortal.* I spin this blessing in my intellect, and it protects my self respect. As a deity, I have the special personality of spiritual royalty. As an image of inspiration in the middle period, I provide an accurate focus of spirituality for others. And, in the confluence age, as a Brahmin, I have the incomparable experience of being sustained, taught and guided by the Ocean of Purity. With my own unique story of unwavering purity, my mind remains untouched by any thoughts of degradation. I spin this powerful tool of self-realisation, allowing feelings to bubble up in the form of a word or phrase. These become the basis of a personal "mantra" that I can spin in a second, enabling me to constantly honour my personality of purity. That "mantra" is _____.
4. *I am a deity of tolerance.....a deity means a bestower who gives. If someone is insulting you and not respecting you, then that is rubbish, is it no? Or, is it something good? So, why do you take it? Is rubbish to be taken from others? If someone gives you rubbish, would you take it?* I am heir to the King of Kings – a child of the most Powerful Soul. My power as a ruler is determined by my internal ruler – or standards - of purity. Claiming direct power from my Father, the Bestower, I naturally and easily maintain self respect and regard for others. I have the power to transform rubbish into respect. Holding the mace of such integrity, I consider the virtue that supports my power of tolerance. That virtue is _____.
5. *Whilst you are living a Brahmin life, you definitely have to remain completely pure. Have you made such a promise? If your promise is firm, wave one hand....remain very strong.* Let the strength of my commitment dictate the expression of my purity. Only if there is a sincere promise deep inside, borne from a sense of self worth, will there be natural spirituality in my life. I will become a spokesperson of purity in every breath I take. As I sit in the quiet solitude of re-affirming this promise, I consider the realization which is key to maintaining my commitment. In a few words, that realization is _____.
6. *You are those who issue a challenge, are you not? All of you are those who challenge...you are not a little afraid, are you – that perhaps, when you challenge them, you don't know what will happen?* I maintain the sparkle of purity in even the darkest moments. At especially those times, I dare to shine with the decoration of truth. I busy my mind in planting seeds of reality. The world may challenge my purity, but my sense of destiny conquers any doubts. Any time a weed of impurity threatens to overwhelm my mind, I use the following point of knowledge to transcend: _____.
7. *The attitude of purity is of good wishes and pure feelings. No matter what someone is like, a pure attitude means good wishes and pure feelings. And, a pure vision means to see everyone constantly in the soul-conscious form or the angelic form. Therefore, attitude, vision and the third is actions. So, in your acts, too, constantly give happiness to every soul and receive happiness. This is the sign of purity.* Baba places me on the world stage as a sample of purity, revealing the feelings, attitude, vision and

actions of true royalty. There is the feeling of this not being a duty, but a rare and unique honour. I take a moment to consider my fortune of playing such a heroic role. The quality which transforms my ordinary actions into extraordinary is _____.

8. *BapDada is seeing the children who are personally in front of Him and also the children sitting far away and is pleased with them. This spiritual imperishable love, this love of God, this soul-conscious love is only experienced now throughout the whole cycle. I sit in Baba' Heart, and experience the purity of His vision on me. He sits in my heart, and awakens the capacity to bravely decorate my world with pure love. This subtle heart to heart connection can never be broken or destroyed. If I had one word or state to express my love for God, that word or state would be _____.*

My Sparkling Image of Purity



PLAN FOR 4th week of AUGUST 2003 – Conch Shell (Service)

"Together with doing service, also make plans to become complete. Be deeply concerned to become karmateet." BapDada 28/02/03

Awareness at Amrit Vela

At the time of nectar, experience the attainments of the being a world server. Select a point to establish the foundation of your day:

- "Let the soul remain hidden in front of the Supreme Soul so only the supreme Soul is visible".
- "If you now fully surrender the consciousness of the slightest bit of "I", people will begin to have visions. This curtain of the consciousness of "I" sometimes come in-between. When this curtain is removed, everyone will have visions of BapDada in each of you. Then these drums will beat: The Father has come in person. He has come, He has come. The visions will not be through divine vision, but they will be in practical form".

Also take this time to churn on the depth of the service through the mind.

- "The sparkle of personal service and service through the mind can make heirs emerged. Sustenance is needed. Take the initiative".
- "You have made very good plans for service because it is only when service is complete that your kingdom will come. Therefore, methods of service are also essential. However, there should also be service through the mind as well as through words. They should go together. Service and self-progress should both be together. Such service brings success close".
- "Until you fix a date, you are unable to accomplish any task. First of all, maharishi should fix a date, and then everyone will follow. Those who are to follow are ready. And with your courage, they will receive extra power".
- "Therefore, create a plan to become complete. Have the deep concern that you have to become karmateet. No matter what happens, you have to become this. You have to do this. This has to happen".

Daily Murli Study Focus: Conch Shell (Service)

- Experience the intoxication of sitting among the royal family during the pre-murli meditation as well as during the murli and spread your elevated vibration.
"BapDada is seeing the royalty of purity of every child. The royalty of Brahmin life is purity. So, Baba is seeing on each child's head the symbol of spiritual royalty, the crown of the light of purity. Are all of you also seeing the crown of purity and the crown of royalty? Are those sitting in the back seeing it? This is such a beautiful gathering of those who are crowned. It is, isn't it, Pandavas? The crowns are sparkling, are they not? You are seeing such a gathering, are you not? Kumaris, you are Kumaris with a crown, are you not? BapDada is seeing that the royal family of you children is so elevated". BapDada 25/10/02
- During the Murli, note down points about service.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

Traffic Control

With the power of concentration, stabilize your mind on BapDada's powerful words while doing the following service through your vibrations during traffic control.

" Now let your form be that of a lighthouse and give the rays of different lights to everyone. Give the rays of drops of attainments to all the souls of the world who are lacking everything."

Karma Yoga

During the day, sustain the following points of awareness while performing actions:

- ❖ *"So, in your actions too, constantly give happiness to every soul and receive happiness."*
- ❖ *"No matter what someone is doing, even if he is giving sorrow or insulting you, what is your duty? Do you have to follow the one who is giving sorrow or to follow BapDada? You have to follow the Father do you not? Did the Father Brahma give sorrow or happiness?"*
- ❖ *"Don't forget your own duty by looking at the duty of others".*
- ❖ *" I belong to the Father and the Father belongs to me. The Father will co-operate with you in service". (...)* The Father on is own cannot do anything nor can the children can do anything on their own".

- ❖ "Always think that you are the messengers who give God's message".
- ❖ "Therefore, always remember the Father and continue to do service".

Evening Meditation

1) I emerge the final form of being free from the consciousness of "I". I am a clear instrument allowing other souls to have visions of the Supreme.

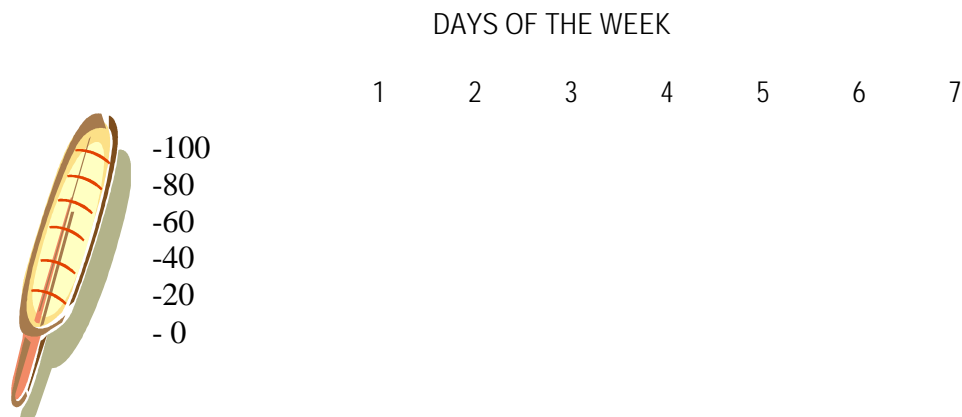
"If you now fully surrender the consciousness of even the slightest bit of "I", people will begin to have visions. This curtain of the consciousness of "I" sometimes comes in between. When this curtain is removed, everyone will have visions of Bapdada and each one of you. Then, these drums will beat: The Father has come in person. He has come. He has come." Bapdada 28/02/03

2) I emerge my deity form. I listen to the call of the devotees and with Baba, fulfill their wishes.

"Many are unhappy. Bapdada can't bear to see so much sorrow. First of all, you Shaktis and Pandavas who are in the form of deities should feel mercy...Now listen to the call of the devotees." Bapdada 28/02/03

Points for checking one's chart

While reviewing your actions at the end of the day, "Then look and see to what percentage are you do you have the royalty of purity within you"? Place a dot every day and trace a graph at the end of your week.



Have the intoxication of the royalty of Brahmin life and observe the mercury of purity rising!

Additional Exercises for Week Four

Hold a public of BKworkshop on the theme: Be truthful to yourself (using the word TRUE for royal)

- Interact with everyone with the attitude of good wishes & pure feelings.
- See others' best through your own best. Never allow yourself to be drawn to anything insignificant.
- In your actions constantly give and receive happiness.
- Make your words powerful, true. Words that bear fruit, accurately filled with significance.
- In your connection your company should work like a touchstone which makes everything elevated.

Hold a public of BKworkshop on the theme: The Power of Tolerance

- What are the qualities of someone who has the power of tolerance?
- What is it about the power of tolerance which allows those who insult you to embrace you?
- Who do you know that is an example of having the power of tolerance'? Why?
- Give examples of when you have used the power of tolerance in your life.

Today, on behalf of our sweet Dadis, I carried the love and remembrance of all of you instrument teachers to BapDada. What did I see from a distance as soon as I reached the subtle region? BapDada was sitting on a dias of light. From His eyes and forehead different lights were emerging, like a light-house revolving around, the light reaching all souls of the world. The scene appeared to be like a unique umbrella spinning around, and the rays of light that were falling on all souls seemed as though a canopy was forming around each one. I was seeing this scene from a distance, and was very happy as I continued to move forward. As I came closer BapDada made me sit on the dias of light with Him. I also felt as though together with BapDada, I had become a lighthouse and was giving light to all souls. This unique experience was very lovely and powerful. After some time, Baba said: Child, did you see what BapDada is doing?

All the instrument teachers also have to keep their mind busy in doing subtle service with the power of the mind. You have to use your time in a worthwhile way, and then you will easily attain very elevated success in all the types of physical and subtle service. At present, BapDada sees that all His sweet daughters continue to make effort to have yoga and attain success, but they are unable to achieve the results that they want. They make a lot of effort, but in comparison, the success achieved is according to capacity. BapDada feels a lot of love in His heart for those who look after the centres and those who are their companions in this group: Why should the daughters have to make even this much effort? My children who have a right to be a master of the self, who are seated on the heart-throne, with the double power of the mind and words, you can easily achieve success and you have to achieve it. So tell My children, My lovely service companions: Daughters who will fulfil the hopes of the Father's heart, BapDada now wants that each one of you children use your time, thoughts and powers in a worthwhile way and easily attain success. Now, let this special determined thought remain constantly in an emerged form in your heart and on your forehead: I have to become a lighthouse and give sakaash. By bringing about world transformation through self-transformation, I have to become an avyakt angel and go home with Father Brahma. I have to go home. Let there be this deep concern day and night and let this wave spread that transformation has to take place, we have to bring about transformation. Then, you will become free from labouring and in this Brahmin life, experience the sweet stage of liberation-in-life. You will automatically experience unlimited disinterest and you will become free from the many types of attachments and subservience to Maya. Always remember this mantra that disciplines the mind as a blessing.

Seeing the courage of all the young and old children, BapDada has a lot of love that the children have had courage for so long and have become the instrument teachers and service companions. BapDada wants to see them as: The ones who constantly keep on flying, the ones who are the embodiments of success, the ones who are seated on the heart-throne, the ones who don't even step foot in the mud of body consciousness. Tell Me, sweet daughters, you will fulfil this hope of Baba, will you not? You are the deepaks of BapDada's hopes, are you not?

Truly, Baba is feeling a lot of love for the teachers today. Saying this, BapDada remembered all our Dadis and all the teachers and made them emerge there. The scene at that time was like it is when BapDada comes in Madhuban and both Dadis are sitting on either side of BapDada and all the other Dadis are also sitting around them. This is what Baba made emerge in the subtle region. Baba made all of you emerge in the form of a half-moon and BapDada was giving everyone very sweet drishti. Both Dadis placed their heads on Baba's shoulders and became merged in Baba's arms. All the Dadis were also lost in the Ocean of deep Love. BapDada was also lost in the love of all of you. The waves of everyone's love was being merged in the Ocean. For some time, everyone was just absorbed in love.

Then this scene came to an end and Baba said: Child, what gift will you take for all the sweet teachers? I smiled and saw a table with gifts on it appear in front of me. I opened the gift and saw that it had a crown and chindi (a tilak that hangs on a chain from the crown of the head to the centre of the forehead). I saw

that it was a very beautiful new type of crown. The different lights of the eight powers were sparkling in the middle of the crown in the form of a half-moon and in the middle of that was sparkling a beautiful golden red diamond, our sweet Baba. Baba said: Give everyone this crown and tell them: Always remember Baba and become the Shakti who has imbibed all the eight powers and let the chindi of pure and positive thoughts and elevated thoughts always be in your mind and on your forehead. Giving this gift of remembrance, BapDada gave everyone lots and lots of remembrance and I came back to the subtle region. Om Shanti.

* * * * *

Today, carrying the love and remembrance of all the Kumars from everywhere, I reached Baba. And just as Baba always does, standing at a distance, meeting with the eyes and welcoming me, in the same way, Baba met me with the eyes today and while giving drishti was welcoming me. Today, I was not alone. I had gone carrying the love and remembrance of all of you, and so all of you were with me too. As I reached Baba, Baba said: Child, what news have you brought? I replied: Today, I have brought love and remembrance from all the Kumars everywhere. So Baba said while smiling: Child, the Kumars group means the group of Mahavirs because Kumars have double power, one is physical strength and second, they also have God's power. So, today, you have brought love and remembrance of my Mahavir children. I too smiled. After that Baba said: Look child, Baba has lots and lots and lots of hopes in the Kumars. I continued to listen.

Baba then said: Today, Kumars (youth) everywhere are a problem to the world because of ignorance. However, My children are those who solve problems. This is why Baba also has a lot of love for the Kumars. I said: Baba, Dadiji has a lot of love for the Kumars. Dadiji is very pleased on seeing the Kumars. Baba then asked: So what response are the Kumars giving? I replied: Baba, they too are very pleased. This is what I have seen, but whatever is inside them, the Kumars know that. Then Baba said that He wants each of His Kumars to go back from this bhatthi with such transformation that their face has changed. I asked: Baba, how will their faces change? Baba replied: Baba has the hope in each Kumar that their face, eyes and features change and they become the form of an exhibition. Anyone who sees them and looks at their eyes and face should experience the personality of purity. For instance, it is not written on the forehead of the child from a royal family that he is from a royal family, but his face, his eyes, his way of walking and interacting proves that he belongs to a royal family, to a grand family. In this way, Baba has the hope that it is experienced through each one's eyes that this one is a Kumar with the personality of real purity. Everyone should receive vibrations of purity. You must have seen that from the faces of great souls you experience that they are truly great souls. They have one or another speciality. But My children are greater than those great souls. This is why Baba's hopes are that the personality of purity should be experienced through each one's eyes. There should be the sparkle of such a spiritual smile on each one's lips that any soul, no matter what their sanskars are, or however peaceless they may be, with your smile of God's love, you make others happy from experiencing sorrow. Even if it is just for one moment, make them experience the sparkle of happiness. Baba said: Just as you are attracted towards pictures in an exhibition, in the same way, the face of each of My Kumars should become a living exhibition so that anyone who sees you becomes happy and repeatedly has the desire to see you, because by seeing you, they are transformed. So when all of you return to your centres and come into connection with others, they should feel that truly, there is the experience of the personality of purity in your eyes, that they can see the sparkle of happiness in your smile.

Baba then asked: Child, have the Kumars brought about such transformation in the bhatthi? So what response should I give? I just continued to smile. Baba then said: Achcha, Dadi should ask everyone the result. After that Baba said: Baba loves and is proud of one thing about the Kumars. What is that? All the Kumars who have come have kept courage. Even though you are effort-makers, you have kept courage and belonged to Baba. You have at least had the courage to renounce all the things of the world – the company of the world, the attractions of the world. This is why each Kumar has this blessing from Baba: When you children have courage, you always have the special help from BapDada with you. Simply use this blessing and experience it in a practical way.

After that, Baba said: Dadi offers a lot of special hospitality to the Kumars. She is feeding them everything and entertaining them. I said: Baba, she has even the thought of giving them the best gifts. Baba, whatever hopes and requests the Kumars have made, Dadiji is fulfilling them. Baba said: Dadi is giving them lots of gifts. Today, Baba is also giving all of these Kumars four special gifts:

1) BapDada's heart-throne 2) The flying carpet (Udan Khatola). With the flying carpet of the mind you can reach the subtle region, the supreme abode or Madhuban whenever you want. 3) A crown. The crown is of the responsibility of world benefit. However, in order to adopt this crown, you have to become double light and only then will this crown fit, otherwise it will continue to fall off. In the same way, for the flying carpet, you need controlling power and ruling power for the mind, and for the heart-throne you need a clean heart and an honest heart. 4) The rosary of success. Baba said: Success is the garland around the neck of My children. Baba is giving these four gifts to all the Kumars. Look after these gifts very carefully, and by using the right method, you can attain success.

Saying this, Baba made Dadiji and Dadi Janki emerge in the subtle region. Baba said: These two are not separate from each other, and this is why Baba emerges both of them. I just continued to watch as a detached observer. Baba said: These are My extremely loving, detached jewels of BapDada's forehead, equal to the Father. Just as a sparkling jewel on the forehead is very shiny and bright, in the same way, these two Dadis become the jewels of Baba's forehead and are giving light to the world. They are making it sparkle and with their method, the world has to sparkle. Saying this, Baba also met Me and then I came back to the corporeal world. Achcha.

***** Om shanti *****

MURLI NOTICEBOARD – 18/07/03

☪ UPDATE ON THE SELF-MANAGEMENT LEADERSHIP (SML) COURSE ☪ TRAINING 6-12 OCTOBER 2003 – GYAN SAROVAR

Dear Centre Co-ordinators,

The demand for the SML course has increased since its start in 1993. An estimated 100.000 people have been through the program and a recent survey amongst Brahmins shows that during the past 2 years many thousands have taken the course in BK centres and at BK programs in more than 40 countries. In order to manage the scale of the program and because the requirements of individuals and organizations vary, a new system of management and governance of the SML course is being developed. This includes an improved, streamlined SML course for centres and also a version of the SML course for organizations, which has a different name – Oxford Leadership Program (OLP) and governance structure.

To serve at the professional organizational level, a separate company has been set up, called Oxford Leadership Academy (OLA). It will offer the new Oxford Leadership Program, and it will charge for the course. For more information about this contact info@oxfordleadership.com.

The BK centres will continue to offer the basic SML course without fee at the centres to individuals as a course for personal and spiritual development. However, all those SML facilitators must undergo a refresher training to keep up with the latest developments. There will be a short course given by Br Ken and Br Brian for facilitators about the improved SML, which is less organisational, more easy and personal.

This training is designed for those BKs who have given the SML course or for those who took the training but have not given the course. Participants will receive a new manual and guidelines. The training will take place in Gyan Sarovar during Peace of Mind Retreat, 6-12 October 2003. Please note that all accommodation for the trainees will be in Raj Rishi Bhawan, Gyan Sarovar only. Those who are interested can apply through their NCO. The NCO can collect applications and contact Sr Sonja, Copenhagen at sml@brahmakumaris.dk.

Some points to remember:

- Fees will not be charged for SML (exception to cover costs). SML trainers never receive fees for conducting SML. SML cannot be conducted in outside organisations, without special permission and never as a commercial training.
- All commercial programs are conducted by OLA. If a commercial (in-company) training is required and requested, OLA will do this and it is not called SML.
- Those BKs who wish to conduct the SML course must have suitable background and skills and be accredited to run the course. This accreditation will be provided only to those who have undergone the new training.

Om Shanti

Essence: Sweet children, you have now become like diamonds from shells. To claim God's lap means to become like a diamond. Shrimat makes you like diamonds.

Question: What is the reason that some receive a royal status in the golden age whereas others receive the status of a servant or a subject?

Answer: Those who study the knowledge of the Ocean of Knowledge very well and imbibe it, those who donate the jewels of knowledge to others and make them similar to themselves at the confluence age receive a royal status in the golden age. Those who are careless or create conflict by coming into body consciousness claim the status of a subject. Those who do not pay attention to this study become servants.

Om shanti. Those who are becoming like diamonds from shells, who are My long-lost and now-found effort-making children, know that they can be attacked by storms of Maya. You children are making effort to become like diamonds from shells. However, by not following shrimat, you are attacked again by the storms of Maya, and your light is blown out. There is also a song about this. You children have now come to know that you used to be worship-worthy deities. The soul hears this from the *most beloved*, unlimited Father. It is His praise of being God, the Highest on High that is sung. Everyone throughout the world remembers Him because there is definitely nothing but sorrow in this world. Don't think that all human beings are senseless. They understand that ancient Bharat was very elevated and that there were no other lands or religions at that time. This is why Bharat is called the ancient land. They understand this much, but how and when that happened, or how and when Bharat will become like a diamond again, they do not know. You children are now sitting personally in front of Baba and those who live abroad or at other *centres* are also listening. The unlimited Father, who makes you like a diamond, says: This is your last Godly birth in which God sits here and teaches you to become like diamonds. Therefore, you should have so much *regard* for such a Father. *Regard* is given to the true Father, the true *Teacher*, and the Satguru. Baba says: I am the One who gives you children happiness. I come at this time and give you children instructions to make you happy. The shrimat that God gave was later written by human beings in the Gita. However, it was not written accurately. He is now making you the highest on high, like diamonds. Although all souls of the whole world are children of the Father, it is only you who go into the golden age. There is also Brahma, the Father of Humanity. At this time, you are called the grandchildren of Shiv Baba, and you are also called the great, great-grandchildren. Expansion continues to take place. In fact, I, the Father, am the Creator of everyone. If you ask people who created you they would reply: Allah or Khuda (God). They do understand this much, but how He creates them or how the population increases, they don't know any of that. It is you who understand that the creation is very small in the golden age. There must surely be the Creator who creates the new world. He enables you to attain a deity status in the new world, and so He must definitely have the old world destroyed. No one knows this. People write many books and scriptures. They think that those are scriptures of *philosophy*. Knowledge is called *philosophy*. However, no one knows that only the one Supreme Father, the Supreme Soul, is the Ocean of Knowledge. You attain *knowledge* through this one and become like diamonds. To attain God's lap means to have a birth like a diamond. The Father who makes everyone like diamonds is making us like a diamond. His greatness is remembered. There is no question of greatness in the golden age. This thought doesn't even arise there. You now understand that, at this time, you are neither shudras nor deities, but that you are Brahmins. You are called spinners of the discus of self-realisation. You become spinners of the discus of self-realisation here and then you go and rule in the kingdom of the clan of Vishnu. It is here that you have to become spinners of the discus of self-realisation and like a lotus flower. Here, there is effort whereas there, you have the reward. No one in the world knows about these things. The Father says: Maya has made you into those with a degraded intellect. You were deities, like diamonds. At first, you didn't know this. There are many opinions in the world; some say one thing and others say something else. Some say that when human beings die, they are reborn. Others say that whatever your thoughts are, that is what you become. There are people with many different opinions. You are the ones who follow shrimat. By following shrimat, your

ideas become elevated. Only you understand these aspects, not everyone can understand them. Although someone may be a millionaire or billionaire, he finds it difficult to accept this knowledge. Hardly any come because the wealthy have a lot of complications. It is fixed in the *drama* that only the poor come into God's lap. This chariot belongs to that One. Bap and Dada are both together. Only you know this. Incorporeal God does not have a body of His own, and so He surely has to take a body on *loan*, for only then can God speak. There cannot be the versions of God Krishna. People would instantly recognise him. This One is incorporeal; that is why no one knows Him. Nowadays, many human beings change their clothes and dress up like Krishna in order to earn money. They have all become the followers of Maya. You have now become the followers of God. Some become 100% followers of God and seek asylum with Him, whereas everyone else is trapped in asylum of Maya, Ravan. Baba has explained that the people of Bharat in particular are all in the cottage of sorrow. The whole world is Lanka. People have only written limited things in the scriptures. The unlimited Father speaks unlimited things. You understand that you are now in the lap of God. Then you will become deities, masters of the new world. Maya does not exist there. Those who belong to the sun dynasty and the moon dynasty are very wealthy. Then, when you go into the merchant clan, you build temples of gold and diamonds. The first ones to build such temples of gold and diamonds previously used to live in such palaces. This is why it is remembered that Bharat was like a diamond. Now it is like a shell. This is an impure world. Bharat was the pure land of truth. Bharat is now an impure land; we couldn't call Bharat pure now. We are now becoming pure. That world was completely viceless. Krishna's praise is very high. People swing his image in a swing, but they do not know his *biography*. You understand that it is now the iron age. Bharat was the golden age. It is only the people of Bharat who can take 84 births. People accept these things when you explain to them properly. People of Bharat become like a diamond by going into God's lap. As the king and queen, so the subjects. The subjects too are said to be like a diamond. Now kings, queens and subjects are like shells. The Father who makes you like a diamond has now come, and so you should make full effort. You have to have complete yoga with the Father who makes you into a diamond. You understand that you are being made into the masters of Paradise by Shiv Baba. Everything depends on study. Everyone should have the thought of studying. Even whilst doing work at home, consider yourself to be a *student of God*, the *Father*. Your study is very easy. It is necessary to come and listen even for a moment. Such very good *points* continue to emerge so that someone can be struck by an arrow at any time. Therefore, no matter what happens you definitely have to listen to the murli. If you cannot listen to the murli, you should study this knowledge in whatever way you can. Arrangements can be made. First you should spend a week understanding these things very well. After that, you have to study in order to understand the new *points*. Baba continues to teach you. Many *points* continue to emerge. You should also write on the *board* outside: Brothers and sisters, come in and through this easy knowledge and easy Raja Yoga we can enable you to become like a diamond. You have all the posters. It is very easy to explain them, just as little children are shown toys and taught that this is an elephant, this is what an elephant does, and this is a camel etc. Human beings don't know the Supreme Soul or what He does. If they don't know what tasks He performs then He has no more importance left. Therefore, you have to use the pictures to explain to them: This is the Supreme Father, the Supreme Soul, Shiva. He is the One who makes everyone become like a diamond. We receive our inheritance from Him through Brahma. Shiv Baba teaches Brahma Kumars and Kumaris and makes them into deities. It is because you have been taught, that you can explain to others. Previously you did not know that the Supreme Father, the Supreme Soul, comes and teaches. The explanation of how Bharat was like a diamond and how it has now become like a shell is very easy. Therefore, why do you chase after shells? All of that wealth etc. is going to turn to dust. You should now earn a true income for the land of truth. If you don't earn a full income, you will become ordinary subjects. You will become servants of the subjects. You belong to the Father and then divorce Him. Therefore, Baba explains: Children, you can ask for a murli and read it at home. You will continue to receive murlis. Wherever you are, you definitely have to study the murli. Study and teach others. Even whilst living abroad you can do *service*. You have to give the Father's introduction. It is only at the end that your influence will spread. They will understand that

ancient Bharat used to be *heaven*. A great deal of wealth was looted from here. In the golden age, you become the living masters of the world, that is, you rule the kingdom. Then, on the path of devotion, you keep non-living images in a little corner of a room and create a memorial. Equipment for worship is also needed. You have now come to know everything about how you were worthy of worship and how you have now become worshippers. How long does it take us to become worthy of *worship* from worshippers? How were the temples created? We are the ones who built those temples. We created non-living images of ourselves and started worshipping ourselves. These are such *wonderful* things. Baba says: Children, now don't be careless! It is by becoming soul conscious that you will become like a diamond. Don't become body conscious. By becoming body conscious you create a great deal of chaos and you not only destroy yourself, but you also destroy others. By studying with just the one Ocean of Knowledge, some claim a peacock-throne, whereas others become maids and servants. Just look, Lakshmi and Narayan were the emperors of heaven. They are praised and worshipped a great deal. Temples are built to them. You understand that you are now once again becoming Lakshmi and Narayan of the sun dynasty. Then, from the sun dynasty, you will go into the moon dynasty. To claim a kingdom means to attain such a high status. You have to make such effort and inspire others. If you do not know how to inspire others, it means you have not learnt to make effort yourself. You cannot become a king or queen if you cannot make others similar to yourself. You have to donate the imperishable jewels of knowledge. Very few have this intoxication. By remaining soul conscious, your degree of happiness will rise. Just look how much concern Mama and Baba have. Baba feels compassion when a daughter is being beaten; he ponders on how she can be saved. There is a great deal of chaos created when *asylum* is given. Bharat receives a *lottery* from the Almighty Authority Shiv Baba, in order to become like a diamond. You are now listening personally, and you enjoy it. Baba continues to inject a *dose* into you. Children should follow shrimat at every step. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Definitely have *regard* for the Father, the *Teacher* and the Satguru, who gives you happiness. To follow His instructions means to have *regard* for Him.
2. Whilst doing your housework consider yourself to be *God*, the *Father's student*. Pay full attention to this study. Never *miss* a murli. Earn a true income for the land of truth.

Blessing: Whilst living at home may you remain free from bodily relations by remaining *combined* with the one Father.

In order to play a *part* of living at home in a pure household, remain free from your bodily relations. You should have no consciousness of someone being a man or woman, even in your dreams. Since all souls are brothers, there can be no consciousness of man or woman. You and the Father are in the combined form. Although you stay together for the sake of playing your part of serving as instruments, you are really only *combined* with the Father alone. Only when you move along in this consciousness will you be called a courageous, victorious soul.

Slogan: Only those who constantly have the fortune of happiness and contentment are intense effort-makers.

*** OM SHANTI ***

Essence: Sweet children, you can climb the steep ladder of remembrance when you have true love for the Father. It is only through the race of remembrance that you will be able to enter the rosary of victory.

Question: What are the visible signs of your having true love for the one Father?

Answer: If you have true love for the one Father, your love for the old world and the old body will finish. To die alive is a sign of love. Let there be no love for anyone except the Father. Let it remain in your intellect that this is your final birth and that you now have to return home. Baba says: Children, you have completed the play of 84 births. Now forget everything and remember Me and I will take you back with Me.

Song: Oh Dweller of the forest, Your name is the support for my life...

Om shanti. Sweetest, beloved, long-lost and now-found children heard the song, that this is the false world. The term "land of falsehood" refers to Bharat. Everyone is concerned for his or her own *birthplace*. You children say that now you have no connection with this land of falsehood because there is a lot of sorrow here. There is now no name or trace of happiness. A very short time for the land of falsehood now remains. In this final birth it is called the land of falsehood, the land of death. That is the land of immortality. Death eats you in the land of death. Then you take rebirth in the false world. You children know that you have now completed your 84 births. We now have no connection with this world. The Father has come to take us back and so we have no connection with this old world. Your love is connected to the Father and so you receive an inheritance, whereas the Yadavas and Kauravas have an intellect with no love, that is, they don't know the Father. You children now have a loving intellect for the Father. The Father says: You may live at home with your family, but remember the Father. The *part* of all *actors* is now coming to an end. Everyone is to shed his or her body. Baba has to take everyone back home. People don't want to die, whereas you have died alive. You don't have love for anyone in this world, not even for this body. The soul has received enlightenment: I am a child of the Father and I have now completed my 84 births. The play is now ending. We were deities and then became warriors, merchants and shudras. We have now become Brahmins once again. You have to remember this cycle fully. The soul says: Whilst taking rebirth after rebirth, this is truly my last birth. The Father has come to take us back. We have been around the cycle of 84 births many times. You have become spinners of the discus of self-realisation. It is explained that you have been around the cycle of 84 births in this way. It would not be said that all the people of Bharat take the full 84 births. Only those who become Brahmins understand this. It was also explained to you 5000 years ago: O Children, you don't know your own births. No one can speak about 8.4 million births. You now know about the cycle of all religions. Those who are clever in calculating would quickly understand that those of such and such a religion truly have to take so many births. You now have full faith that you have completed 84 births. Baba has now come to take you back. There is to be the great war for this. All of those people have a non-loving intellect at the time of destruction. The task of destruction takes place at the confluence of the end of the iron age and the beginning of the golden age. The confluence of the golden and silver ages is not called the period of destruction. There, growth still continues. Now there has to be destruction of everyone. This is called the time of destruction. This is now your final birth. If the Father came prior to this you couldn't say that that was your final birth. I come when the play comes to an end. You souls know that you truly take 84 births. It is remembered that a kumari is one who uplifts 21 clans. They don't understand what the 21 clans are. In Bharat, there is a lot of importance given to kumaris; they are worshipped. Jagadamba is also a kumari. There has to be a meaning to calling a kumari Jagadamba. When there is Jagadamba, Jagadpita is also required. Together with the World Father, a mother is also needed. There are many mothers who are also called world mothers. It was written in the newspapers that a particular mother was called the World Mother. The world means the whole world. So, would there be one mother of the world or 10 to 20? The Father, the Creator, is only one and so there has to be one mother too. All of you mothers are the masters of the world. There is the one World Mother, Jagadamba. So you children now have love for one Shiv Baba. Amongst you also, those who have full love are numberwise. You brides should have love for the one Bridegroom and children should have love for the one Father. You

have to break your love away from everyone else. Become a destroyer of attachment. Destroy your attachment to the old world. When a home has become old, the father builds a new one. When the new one is completed, the old one is demolished. The Father says: I create heaven, the new world, for you. There is New Delhi in the new world. It is this same bank of the River Jamuna where you rule the kingdom. You know that there is a huge expansion of bhakti (devotion). Knowledge is very short, of just one *second*. By knowing the Seed, you know the whole tree. There is the tree of the *variety* of religions and the *foundation* of that is the deity religion. For half the cycle, there are no religions except that one, but look how many religions are established in the other half. It is said: The Supreme Father, the Supreme Soul, establishes the deity and warrior religions through the mouth of Brahma. You can see that. You are Brahmins. Amongst you too, some will become the sun dynasty and others will become the moon dynasty. The Brahmin religion is the highest on high. People of Bharat do not know their own religion. It is said: *Religion is might*. The Father is now establishing a religion and so you are claiming so much strength from the Father by belonging to Him. This means that only the Almighty Authority Father makes you children powerful through yoga. The Father is so incognito. He doesn't have a body of His own. He is called the Almighty Authority and so He would definitely give you might. Your name is Shiv Shaktis. You are those who take power from Shiva. You change hell into heaven. You are receiving power. You conquer Ravan with the power of yoga. Therefore, you now love the Almighty Authority Father, numberwise, according to the effort you make. Many have an intellect with no love because they don't remember the Father. Those who remember the Father a great deal have a lot of love. For those who have less love, you can understand that they don't remember the Father. They say: What can I do? I repeatedly forget. Ah, but can you not remember your Bridegroom? Can you not remember the Father from whom you receive the inheritance of heaven? Tell Baba the reason for this. A child says that he can't remember the Father! How would you then receive your inheritance? The more you remember the Father, the more power you receive. Don't think that you can remember Shiv Baba and also continue to dirty your face at the same time. In that case you won't be able to receive your fortune of the kingdom. Some say: Baba, I forget You. I wilt. Ah, you have become a child of God therefore you should be very intoxicated. You should remember such a Father constantly. Become one with a loving intellect. If you don't have love for Shiv Baba, you won't have love for Brahma. Such children will just continue to fight and quarrel with everyone. If there is no yoga, how can you claim your inheritance? You cannot become a *Godly* nightingale. You have to become a nightingale. Baba has *Godly* nightingales (male and female), parrots, and even some crows who continue to fight and quarrel with everyone. Some are even *pigeons*. They cannot make any sound. There are different types of flower in a garden. Each of you can ask yourself: What kind of flower am I? Am I a rose flower or a spiritual rose? Am I doing *service* like Mama and Baba? Can I marry Shri Narayan or Shri Lakshmi? You have to ask yourself: How much do I remember the Father? How much service do I do? You definitely are to receive an inheritance from the Father. The incorporeal Supreme Father, the Supreme Soul, came in Bharat. Therefore, He must surely have made Bharat into heaven. It would definitely be when Shiv Baba comes that He would create the golden age. People celebrate the birthday of Shiva. There is the *birthplace* of Shiva and also the *birthplace* of Krishna. People celebrate the birthday of Krishna with a lot of pomp and splendour. Now they don't even have a public holiday for Shiv Jayanti. This is the city of darkness. Here, the people rule the people. There should really be the kingdom of kings and queens. According to the *drama*, that doesn't exist now. You know that Bharat will become the pure land of kings. Therefore, those people have to be woken up. The divine land of kings is now being established once again. It has now become the land of devilish kings. At first, people of Bharat were pure and they have now become impure. This is why people worship those (pure) beings. There is now *no* land of kings. You can write a letter or even print in the newspaper: 5000 years ago, Bharat was the divine land of kings; it is no longer that. You are Godly brothers and sisters. There are very few of you. It is sung: Rama went and Ravan went. You should understand that you are only here for only a little while longer. Continue to claim your inheritance from the Father and also think about the future. Do this business and also do business for your livelihood. This is for the future. There is no labour in this. It is very easy. You receive liberation-in-

life for 21 births in a *second*. You have to remember the Father and the cycle. Only by remembering the Father will you become pure. Impure beings cannot return home. A lot of punishment will have to be experienced. So the time of destruction is now. The Yadavas and Kauravas have an intellect without love. Pandavas who were victorious had a loving intellect. It is now that same period of time. The Father explains: Simply remember that you now have to return home. However, very little time remains: the play is coming to an end. Whilst living at home, simply continue to remember Baba. The ladder of remembrance is very steep. The rosary of Rudra has to be created and then you will receive a prize. You have to claim your fortune of the kingdom and you have to churn the ocean of knowledge for that. This is the pilgrimage of the intellect's yoga. You have to race to the Father. Check: How much did I remember the Father throughout the day? How many did I change from thorns into flowers? If you don't create subjects, over whom would you rule? Therefore, first, there are the 8 main ones, then there are 108, and then 16,108. Reasoning also says that expansion will definitely continue to take place. The kingdom will continue to grow. Hundreds of thousands of people will come even now. Keep this firmly in your intellect: We now have to return home. There is a lot of sorrow in this old world. Simply continue to remember the one Father. The pilgrimage is very long. Those who come at the end will be unable to claim such a high status. So much effort has to be made. There is so much suffering of karma. Then, how could those who come at the end make sufficient effort that their sins are absolved? King Janak went into the silver age. He couldn't become a sun-dynasty king. He was a king, he was *surrendered*, but he came *too late* and so he went into the moon dynasty. Only Brahmins can understand these things, shudras cannot understand these things. Yes, some like *purity*, but they have to demonstrate it by living in the state of *purity*. Some are called *followers* of sannyasis, but they don't become pure. Therefore, how can they be called *followers*? That is a lie. In no other spiritual gathering do they have an *aim* or *objective*. There are so many spiritual gatherings. Only the Father comes and changes human beings into deities. You become the masters of the world by having remembrance of Shiv Baba. If you don't remember the Father, how would you receive an inheritance? It is your duty to make effort and constantly remember Baba. The stage where you have constant remembrance will be at the end. You don't have that stage now. At the end, only 8 *win*. It is through remembrance that they go ahead of everyone. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. This is the time of destruction. Therefore, break your love away from bodily beings and have true love for the one Father. Destroy your attachment to this old home.
2. Become a nightingale of knowledge and do the service of making thorns into flowers like yourself. Run the race of remembrance.

Blessing: May you become a powerful Mahavir and make those who have become unconscious conscious with the life-giving herb.

Just as the sun is powerful and able to spread light everywhere with its power, in the same way, become powerful and continue to do the service of giving the life-giving herb to those who have become unconscious and make them conscious again. Only then would you be called a Mahavir. Always have the awareness that you have to remain victorious and make everyone else victorious. The way to become victorious is to keep remain *busy*. Keep *busy* in the task of benefitting the self and the world, and the atmosphere will then continue to become free from obstacles.

Slogan: Let your heart always be attached to the one Comforter of Hearts – this is true tapasya.

*** O M S H A N T I ***

Essence: Sweet children, you have to accumulate your account of charity for 21 births and burn your account of sins with the power of yoga. Therefore, become introverted.

Question: By following which shrimat will you easily be able to make the effort of going beyond sound?

Answer: Shrimat says: Children, become introverted, do not say anything. When you follow this shrimat, you will easily be able to go beyond sound. The more you stay in remembrance and spin the discus of self-realisation, the more income you will accumulate. The time of amrit vela is very good for remembrance. Wake up at that time, sit down and become introverted, stabilise yourself in your original religion.

Song: You spent the night in sleeping and the day in eating.

Om shanti. Who is telling you to become introverted, not to say anything, but to sit stabilised in the form of the soul? The Father says to the children: Don't say anything. You have been saying, "Rama Rama" a great deal, but human beings haven't been able to become pure by saying that. Human beings can become pure from impure when they follow the shrimat of the Purifier Father. By saying Purifier, you remember the Father. The Father says: You truly were impure. You are now becoming pure. There is no one impure in the golden age. 5000 years ago when Bharat was pure, there was just the one religion. The Father would only create a world of happiness. Bharat was the land of happiness. The temples to Lakshmi and Narayan, Rama and Sita are signs of the golden and silver ages. In the golden age, there truly was the *dynasty* of Lakshmi and Narayan. There was this Bharat in which there was the kingdom of the sun and moon dynasties and they are now being established once again. This is called *world history* and *geography*. Only human beings would know this. When human beings don't know this they are said to be worse than animals. They stumble around so much in order to know the Father, but they can't know Him. You have become the children of the Father and so He gives you His introduction. At first, you didn't have His introduction, and so what was the consequence of that? You became *orphans*, atheists without a Lord or Master. You now belong to the Father and so you are claiming your inheritance from the Father. The inheritance you receive is huge: you receive a sovereignty for 21 births. Is this a small thing? It is 5000 years since Lakshmi and Narayan used to rule the kingdom. *History repeats*. The Father explains: Follow My shrimat, become introverted. Do not become extroverted. At this time, there is extreme darkness. This is called the night. The dawn is now coming. The end of the iron age is called extreme darkness and the beginning of the golden age is called extreme light. The Father says: I only come at the confluence age when all human beings are impure. I have now come to give you children the inheritance of constant happiness. Destruction is just ahead. A lot of time has gone by and only a little remains. Therefore, now make effort quickly and claim your inheritance from the unlimited Father, as everyone is doing. All are effort-makers. Everyone now has to go back to the *sweet home*, beyond sound. That is the home of souls, the land of nirvana. There wouldn't be just one person living in a land. All the living human souls (embodied souls) that exist now will all shed their bodies and go to their home, to Baba. That is the incorporeal tree. The tree has been shown in the picture. That is the home of us souls, the land of peace. Then we will go to the land of happiness. The cycle of 84 births is now coming to an end. After the iron age, the golden age will definitely come. After the copper age, the iron age will definitely come. The Father says: I come at the confluence age of every cycle. I inspire the destruction of the old world. Until the new world is established you have to stay in this old world. Until the new building is built, you still have to live in the old one. Then, when it becomes new again, the old one is demolished. These are also old things, are they not? There is this Mahabharat War for the destruction of it. The Father sits here and explains to you children. It is the soul that understands. It is the soul that studies worldly *knowledge*. The soul says: I am a *principal*, a *surgeon*. Because of not having *knowledge* of the soul, there is body consciousness. It is the soul that carries the sanskars. You children understand that Shiv Baba is explaining to you souls. We souls will shed our old body and take a new one. From being ugly we will now become beautiful. You are now once again becoming beautiful from ugly. We take 84 births, and then Baba removes us from the pyre of lust and sits us on the pyre of knowledge and makes us into the masters of the *golden age*. The unlimited Father would surely give you an unlimited inheritance. The Father is the

Highest on High. He says: I have brought the gift of Paradise for you children. I have brought heaven on the palm of My hand. You have a vision of that in a *second*. There are so many Brahma Kumars and Kumaris. They are definitely the children of Brahma and the grandchildren of Shiv Baba. You say: We are claiming our inheritance from Shiv Baba. He is the Bestower of Salvation for All. He is teaching us Raja Yoga. How would the Incorporeal One teach us Raja Yoga? This is why He teaches us through these *organs*. He gives us the *knowledge* of the world cycle. All the praise is of the One who is called the *Supreme Soul*. He is the Ocean of Knowledge and the Purifier and so He definitely has to come. He makes you *master supreme* and pure. He is the unlimited Father to whom everyone calls out. The Father of all the devotees is God, the Supreme Father, the Supreme Soul. If He were omnipresent as they say, how would you receive an inheritance? Human beings cannot be called God. Krishna is also called a human being with divine virtues. He is the *first prince*. Everyone rocks him in the cradle. No one ever rocks Shiv Baba because He never becomes a child. He just grants a vision to explain to you that He is your Child, and that if you make Him your Heir and surrender to Him, He will also surrender Himself to you. When you surrender to Him, it is as though He has become your Child. Human beings have so much blind faith. They continue to bow down here and there. That is called the worship of dolls. On Navratri (nine days festival of worshipping the goddesses), they make many dolls. No one knows about their *occupation*. There cannot be a goddess with 4 or 6 arms; they even put a sword in her hand. Deities are not violent. Scholars of the scriptures have portrayed them as violent. They worship Kali in Nepal, but she isn't like that. Mama is not like that Kali with a long tongue. Human beings are human beings. Brahma, Vishnu and Shankar are residents of the subtle region. That's all. There is nothing else. So, how could there be anyone with 8 or 10 arms. They made all of those ornaments on the path of devotion. They need some means of earning money. Therefore, they sit and create so many types of image. In the one place they have a temple to the beautiful Krishna and also a temple to the ugly Krishna. There has to be a reason for that. There is so much blind faith. The path of bhakti is coming to an end and the path of knowledge is becoming victorious. There is very little time and everyone definitely has to die. Your children and grandchildren won't become your heirs. There, you won't even have the knowledge that you made effort for the kingdom at the confluence age. There, the pure world continues. Here, you know that you are truly the ones who have a right to Baba's kingdom. There, you won't know what actions you performed or how you became that. You forget all of that. There are no impure ones there that they would need a guru to become pure. A father washes the children's feet and sits them on the throne. A guru is needed for salvation. There, there is already salvation and so there is no need for a guru. The Father says: Consider yourself to be a soul. Do not stay in body consciousness. I, the soul, am a *doctor*. I, the soul, am a *magistrate*. Then, I don't know what I will become after shedding this body. We are studying through these bodies. The soul studies through these *organs*. It is the soul that listens. These matters have to be understood; they are not tall stories. The Father says: The whole world has to become a graveyard. Now, awaken. Otherwise, at the time when the haystack is set on fire, there will be cries of distress. However, you won't be able to do anything then. Death will eat you up. You will just remain there crying out in distress. There will also be a lot of punishment. We now have to end our account of sin and accumulate in our account of charity. We have to accumulate anew everything for 21 births. It will be accumulated by remembering the Father. Your old account has to be settled. Knowledge is so easy. You earn such an income every day. To the extent that you remember Baba and spin the discus of self-realisation, so you accumulate plenty of income; it is countless. There, you don't count anything. You are now sitting in huts whereas later you will sit in palaces. There is a difference, is there not, between a hut and a palace? When the new world is established through Brahma, the old world will be destroyed. This refers to the present time. When the kingdom is established, whatever effort each one of you is able to make is made and destruction will take place. Therefore, you mustn't make any mistakes now. Wake up early in the morning and sit in remembrance. The more you keep a *chart* of remembrance, the better it will be and then you will claim a high status. You will become a garland around Shiv Baba's neck. Look in the mirror of your heart to see if you have become worthy to marry Lakshmi or Narayan. Am I doing *service* like Mama and Baba? There are different types of flower. This is the *human*

garden of Baba, the Master of the Garden. It would be said: Look, Kumarka, Manohar are such good flowers. This one is a ratan-jyot. Baba sees this garden and then goes into the other garden and looks at the flowers. The Master of the Garden checks the flowers and so the children should *follow* Him. Who are the *number one* and *two* flowers? You have to become like them. To claim a royal status for 21 births is not a small thing. There is plenty of happiness. You have to become a master of the world. This is a *school*. Together with a worldly education, study this spiritual education. *Teachers* always have good *manners*. They are *honest*. In *schools*, there is no question of blind faith. There, they study to become a *barrister* or an *engineer*. Here, you are studying to become kings of kings. Sannyasis say that God is omnipresent. The game ends there. The unlimited Father explains to you children: Children, remain pure in this final birth. You can do a lot of *service*. There is an *education department* in schools, and this too is an *education department*. You children are Raj Rishis. Those people leave their home and family. You live at home and renounce the whole world. You have the new world, which only the Father creates, in your intellect. This is why the Father says: Remember Me. This old world is to end. This spiritual *college-cum-hospital* through which you become *ever-healthy and ever-wealthy* is very large. You can open this *hospital-cum-college* in every home. There is no expense in this. You simply need three square feet of land. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Wake up early in the morning and definitely sit in remembrance. Don't be careless about this. Accumulate your account of charity.
2. Whilst keeping your *aim* and *objective* in your intellect, imbibe good *manners*. Definitely study the spiritual study and become introverted.

Blessing: May you be a master of the self and remain *safe* from iron-aged *vibrations* whilst living in that atmosphere.

One who is a master of the self is not attracted by any of the physical senses. He always remains attracted to the one Father. Let there not be any attraction to any person or object. Only such sovereigns are tapaswi souls. They are the swans who, whilst living in the iron-aged atmosphere of storks, always remain *safe*. They are not even slightly attracted by the *vibrations* of the world. All *complaints* then end.

Slogan: To transform bad into good is the elevated power of the highest Brahmins.

*** O M S H A N T I ***

Essence: Sweet children, become victorious by having faith in the intellect. Only on the basis of faith can you become worthy of the kingdom of heaven. The first faith you need to have is that God has become the *Teacher* and is teaching you.

Question: Although the Father is the Almighty Authority, why does He not do everything through inspiration?

Answer: Baba says: I am the Ocean of Knowledge. I have to come to speak knowledge. If a *professor* were to sit at home, how would he be able to teach? I have to educate you children and make you worthy and give you the inheritance of heaven. This is why I come and take the support of a body. Children should not have the slightest doubt about this.

Song: The rain of knowledge is for those who are with the Beloved...

Om shanti. The Father is called the Beloved. The Father would not a shower rain of water. This is something to be understood. When someone doesn't understand anything, it is said: You have a stone intellect. Now, the Lord of Divinity is very well-known. The Lord of Divinity makes you divine. Who makes you into stone? Ravan is called the lord who makes you into stone. You belong to the community of Rama. From having a stone intellect you continue to become lords of divinity, numberwise. How do the king, queen and subjects all become those with a divine intellect? There must definitely be someone who made you into those with a divine intellect. However, some will go into the sun dynasty, some into the moon dynasty, some will become maids and servants and some will become wealthy subjects. It all depends on effort. It is surely the Supreme Father, the Supreme Soul, who is called the Lord of Divinity. No human being is called the Ocean of Knowledge. This praise is only of the Incorporeal Father. He is the Ocean of Knowledge and He therefore definitely needs a body to speak the knowledge. A soul definitely needs a body to perform actions according to the sanskars that he carries. However, the Father is the Incorporeal Supreme Father, the Supreme Soul, and He is praised a great deal. He too is just a soul. A soul says through these *organs*: These are my children. The Father has explained that human beings feed a brahmin priest. They invite that soul to come into the brahmin priest and ask that soul questions. Even if they don't ask questions, they at least feed the brahmin. When someone's husband has died, his widow would say: I am feeding the departed soul of my husband. Achcha. Your husband has died, so whom are you going to call? The soul or the body? It is a matter of understanding that you would definitely call the soul; the body is no more. They feed the brahmin priest, that is, the departed soul enters the brahmin and eats the food. What is the proof that that dead person's soul comes? He definitely comes. The soul comes and speaks. When you ask that soul where a particular thing has been placed, the soul tells you. Therefore, she definitely believes that she is feeding the soul of her husband and that she is bowing down to her husband. She doesn't see the brahmin at that time. It is as though she sees the name and form of her husband and bows down to him. That name and form (of the husband) has been burnt, but she still remembers that body. Souls enter brahmins. It can be felt that another soul has entered. The soul has come and so they definitely have to have that faith. It has been explained to you children that the Supreme Father, the Supreme Soul, is incorporeal. He doesn't have a body of His own so, how can He give an inheritance? Therefore, He surely has to take the support of a body. First of all there definitely has to be the faith that there is the Supreme Father, the Supreme Soul, and that He has come to give the inheritance through this one. He would not do that through inspiration. He has to come and teach you. He is the Ocean of Knowledge. These matters have to be understood. Those who don't have the future elevated reward in their fortune won't be able to understand. This one's soul says: I am not the Ocean of Knowledge. That Supreme Father, the Supreme Soul, says: I am the Ocean of Knowledge. However, how could I, the Incorporeal One, sit up above and teach through inspiration? Study never takes place in that way. If a *professor* were to sit at home, would he be able to teach through inspiration? He would definitely have to go to the *school*. The Supreme Father, the Supreme Soul, too would not teach you whilst sitting at home. Pictures can't be explained through inspiration. Shiv Baba has had these pictures made. He Himself then comes and says: I have had these pictures made. This one (Brahma) didn't even know this. I had them made by giving divine visions to the children. The Father is Karankaravanhar. First of all, the Father

explains: I am the Father of you souls. How else would you children receive an inheritance? There are temples. There is also the temple to this One's soul. All the rest are temples to living beings (embodied souls) because living beings come into birth and death, whereas God doesn't. Therefore, He has only been shown as incorporeal. The Father says: I teach you Raja Yoga. This Baba also says: I am also learning. Now, there is no question of inspiration or power in this. If someone says that there is some power, how could he receive an inheritance? This Father says: I teach you Raja Yoga. If God speaks, He definitely has to enter a body. It isn't that this one has some power in him. Here, it is a question of study. I am your Father and I also have to become your *Teacher*. How could I inspire everyone? I have to teach everyone in the same way. However, a kingdom is being established. Some have to become maids and servants and others have to become subjects. If any of you want to ask, you can ask Baba to what extent you have become worthy, or whether you will become the sun or moon dynasty or maids and servants. What status would I claim if I were to shed my body at this time? If you come and study with Baba, Baba can tell you that according to your study. Would a student in a *school* ask his teacher: Masterji, with how many *marks* will I *pass*? The *master* would tell you approximately: You have not studied fully and so how can you claim many marks? You yourself can understand that you are not truly studying fully. Each one's heart would tell them. The unlimited Father can also tell you. To some, Baba would say: You are a very good flower. You can come in this *number* in the rosary of victory, according to the present time. This is because, whilst moving along, some also fall. Many of Baba's children are no longer here today because they didn't follow shrimat and are now influenced by lust and body consciousness. Some are influenced by greed or attachment. Maya is such that she even makes you steal. Maya makes you do all of that. It is said: One who steals a straw can also steal a hundred thousand. Some have bad habits. Those who have the habit of lust would run away from here. They wouldn't be able to remain here. Some would even steal under the influence of greed. Maya makes them steal. Maya enters them. They don't let go of the first *number* body consciousness. Baba says: Have the faith that you are a soul. The soul is *immortal* and the body is *mortal*. Become soul conscious. Some become soul conscious in two to three months and some don't become that in even 25 years. This one *course* is very long and it continues for 50 to 60 years. If you don't know the *course* of the study and the *Teacher* who teaches you, what would you study? By knowing this Baba, you can also know Shiv Baba, the One to whom you have to connect your intellect's yoga. We have to become masters of the world, and it wouldn't be a human being who makes us that. Until you have faith, you haven't understood anything. Even some of those who have been here for 20 to 25 years don't have full faith. They continue to fluctuate. One minute they have faith and the next minute they have doubt. Baba explains: You speak of *God*, the *Father*, and so you souls are His children. He is your Father. Everyone should write: Yes, He is our one and only *God*, the *Father*. You received your inheritance of the kingdom of heaven from the *Father*, and He would therefore have definitely taught you Raja Yoga. Only the Father would teach you that. Until someone has firm faith in the Father, you can understand that that one is not worthy of heaven. They don't know the Father so how could they receive an inheritance? The Father comes to give the inheritance, but some don't take it because it is not in their fortune. Those who have faith in the intellect become victorious whereas those who have doubt in the intellect are led to destruction. First of all, know the Father. The incorporeal Father is the Supreme Father, the Supreme Soul. He comes and teaches you. You receive an inheritance from Him. He has to teach you Raja Yoga. There is no question of inspiration in this. It is *impossible* that a *teacher* would teach you from his home. Baba says: I come. There is also a temple built to Me. The Incorporeal One cannot do anything alone and this is why He has to take a body. Otherwise, how would I teach you the knowledge that I have of the world cycle? I definitely have to enter a body. The number of children continues to grow. They continue to bring one another. The *sapling* of those who belong to the deity religion will be planted. The sapling is planted of those who come and become Brahmins. The Father of Brahmins is Brahma and Shiv Baba is the Father of Brahma. So, there is the spiritual Father and also the physical father. You are the spiritual children of Shiv Baba and the soul of Brahma is also a child of Shiv Baba. Then he is also the father of the physical Brahmins through whom the Brahma Kumars and Kumaris emerged. You are the children of Brahma and the grandchildren of

Shiv Baba. You receive an inheritance from Him. This is also something to be understood. If any child asks Baba what status he would claim, Baba would tell him. Some bring new ones, don't even ask! Sometimes, the arrow strikes the target when they meet the first time. Children write very good letters: Baba, So-and-so related such good things that I had firm faith that You have now come. I will definitely claim my full inheritance from You. When children who have never even met Baba write such letters, it is understood that they are the long-lost and now-found children, that that one is a good *sapling* and able to understand quickly. When the Shrinagar *centre* opened, the new children there wrote letters: Now, there is the *attraction* to meet You, but there are these bondages. They even write their reasons. Only those who belong to the deity religion will come. Only those who are to come into the land of Shri Krishna will come into the land of Brahma, not the land of brahm (brahmpuri). Some people write, "Brahm Kumaris", but that is *wrong*. Brahm is the element of light. How could there be a kumari of the element of light? Prajapita Brahma is well known. The Father of Humanity would exist here, would he not? The children of Prajapita Brahma, the Brahma Kumars and Kumaris means the Shaktis of the Supreme Father, the Supreme Soul, Shiva. You receive power from Shiv Baba, not from the soul of this one (Brahma). Therefore, you have to remember Shiv Baba. It is through this that we will become pure from impure. At this time all are sinful souls. Everyone takes birth through vice. Some understand these things very quickly whereas others don't understand these things at all. This *knowledge* is very *wonderful*. God has to come to give you the fruit of your devotion. He teaches you children. He says: I am your Father, *Teacher* and also the Satguru. I have come to take all of you back home. Therefore, He is also called the *Liberator*. He will not *liberate* anyone through inspiration. Growth takes place in *schools* too. However, if you remember the old world, you forget the Father. By gradually forgetting, you will eventually go back to the old world. Then, nothing of knowledge remains. The deal is *cancelled*. That's it! They take back whatever they gave to the Father. The intellect becomes completely locked. The Father is the Intellect of the Wise. He explains to you so clearly. You can tell from the eyes and features of those listening to what extent they are imbibing this and whether they will be able to claim a high status or not. Baba quickly understands whether they will understand or not or whether their intellect's yoga is wandering somewhere. Their pulse is felt. Someone who feels the pulse of others has to be clever. The destination is very high. You will quickly understand whether someone will be able to be uplifted or not. It is numberwise. Although this one (Brahma) is brahmaputra, he will not praise himself. Saraswati is also clever. In that study, the examination is held here. The examination of this study will not take place now. Continue to drink the nectar of knowledge for as long as you live. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Don't be influenced by any old habits and thereby perform wrong actions. Renounce the habit of body consciousness and do the full *course* of remaining soul conscious.
2. Never fluctuate in your faith. For as long as you live, you have to study and teach others.

Blessing: May you be a Brahmin and so an angel and so a deity and transform yourself with remembrance of an intense volcanic form.

When something is put in a fire, its name, form and quality change. In the same way, when you are put in the fire of love of remembrance of the Father, you are transformed. You change from a human being to a Brahmin and from an Brahmin to an angel who then becomes a deity. Just as when raw clay is moulded and put in a furnace a brick is formed, so this transformation also takes place in the same way. This is why remembrance is said to be of an intense volcanic form.

Slogan: A powerful soul is one who is able to adopt the form of coolness or the form of an intense volcanic fire, whenever he wants.

*** OM SHANTI ***

Essence: Sweet children, whilst paying attention to the philosophy of action, neutral action and sinful action, don't perform any sinful actions with your physical sense organs. Make a donation and the bad omens of the eclipse will be removed.

Question: By *following* Father Brahma in which respect do you children become seated on the throne in the future?

Answer: Father Brahma surrendered everything he had including his body and gave everything to serve the children in the name of God. He *insured* himself *directly* and thereby received the kingdom of the world. In the same way, *follow the father*. You have to claim the *certificate* of being worthy. Become real children and serve with your body, mind and wealth. Become the Father's true helpers. By *insuring* everything you can claim a right to a kingdom for 21 births.

Song: Do not forget the days of your childhood...

Om shanti. You sweetest children heard the song. You children have now died alive and taken the lap of the Father in order to go from this world to that world. Which Father is He? The Supreme Father, the Supreme Soul, means God. Whenever you explain, you mustn't say that Baba is a jyotilingum, or that He is the form of light, brighter than a thousand suns. To say this is in fact *wrong*. What should you say? The Supreme Father, the Supreme Soul, that is, God, always resides in the supreme abode. The Supreme means the Highest on High, the *Incorporeal Father*. He is the Father of all souls and this is why He is called the *Supreme*. He doesn't enter the cycle of birth and death. He explains: Children, if I too entered the cycle of birth and death, who would uplift everyone? I alone come and take everyone beyond sorrow. I am the Remover of Sorrow and the Bestower of Happiness, but no one knows this. On the path of devotion, people continue to sing: Oh Supreme Father, Supreme Soul! They definitely consider Him to be the *Father*, but they don't know what their Father is like or what He is. He doesn't have the form of a human being. People also remember Brahma, Vishnu and Shankar. They can be seen with these eyes. But who is Shiva? People go to the Shiva Temple, but they don't know why they remember Him. The Father sits here and explains: When the deities go onto the path of sin they build the temple to Somnath. The only thing they understand is that He is Shiv Baba, but they don't know that He is the Creator of heaven and that He is the One who makes us into the masters of heaven. If they knew this, they would tell others the *biography* of Shiv Baba. It is fixed in the *drama* for them not to know. To know means to receive the inheritance. Not to know means to lose the inheritance. The Father says: I, the Creator of heaven, give you happiness and make you pure. Then the five vices make you impure and the degrees continue to decrease. You then become ugly. At first, you were a sixteen celestial degree moon; you were pure, but now you are eclipsed. Baba says: Make a donation and the bad omens of the eclipse will be removed. The five vices are said to be the eclipse of bad omens through which you souls become unhappy and ugly. The Father says: I am the Father of you Brahmins. O Brahmins, donate to Me the five vices you have and the eclipse of the bad omens will be removed. After donating them today, don't do anything with that which you have donated. Many storms of Maya will come, but by becoming angry through your physical senses, sin will be committed. I explain the philosophy of action, neutral action and sinful action. Your actions should not become sinful. I am making you children into conquerors of sinful actions. Those are the omens of Rahu. When you make a donation, the eclipse of the omens will be removed. The Father says: My sweet children, donate those five evil spirits. There is no question of any money etc. in it. He is the Father and you are the real children. The Father surely has to help the real children. You serve with your body, mind and wealth. The Father's duty is also to serve you. The Father says: All of this belongs to you children. You have been giving to God on the path of devotion. However, God is not greedy. You are *insuring*. By giving to God, God will then give to you in your next birth. This is *insuring*, is it not? You receive the fruit of it in your next birth. God is the Bestower. You are now *insuring* yourselves for 21 births. Those people *insure* themselves for one birth. Here, everything is *insured* for 21 births. It is said: *Son shows the Father*. Look, whatever the father (Brahma Baba) had, he used in the name of God to serve the children. He made Shiv Baba his Heir. He gave his body, mind and wealth and because he did everything *directly*, he received in return the sovereignty of the world through his own efforts. By belonging to Me, you become the masters

of heaven for 21 births, but you will receive an inheritance to the extent that you surrender yourselves. You have to surrender everything including your body. Those who *follow* the *mother* and *father* will sit on the throne. The Father says: Make a donation and the eclipse of the omens will be removed. If you take back something after donating it, you will become degraded. You have to make full effort. Effort-making *students* who study well claim a *number*. You too can make effort and claim a high *number*. There is no question of any difficulty in this. You simply have to remain pure. You receive power from Baba for this and the mercury of happiness also rises. We want to become deities and so we mustn't have any defects in us. You have to become 16 celestial degrees full and fully viceless here and so you mustn't have any defects. You have been vicious for half the cycle and so Maya says: You are now trying to become viceless and so I will once again make you vicious. This is the war with Maya that continues. This is the difficulty. You have to conquer Maya. Those people have then shown a violent war and falsified everything. You become the masters of the world by conquering Maya. You children understand that if you don't donate the five vices to the Father, you won't be able to marry Shri Lakshmi or Narayan. Therefore, you children should look into the mirror of your heart: Did I do anything wrong through my physical sense organs? The storms of Maya that come will be stronger than they were previously. When herbalists give medicine, they warn you that all the old illnesses will erupt before you get better. You mustn't be afraid of this. These will come. This One is also the *Surgeon*. He says: When you become My children, you will have a big war with Ravan. Maya will attack you a great deal. Therefore, you mustn't be afraid of storms. You belong to the Father and so don't forget this childhood. This is your Godly childhood. You come into God's lap once and then into the lap of deities for 21 births. You go to heaven after your Godly birth. You have to claim the *certificate*. Baba, am I Your worthy child or unworthy child? Baba can tell you which *number* worthy child you are. Baba can tell you what is still lacking in you. You yourselves can understand: If I am not doing *service*, how can I claim such a high status? Achcha, Baba tells you what to do. Open a *hospital-cum-college*. You may not go there, but when many people receive a cure there, you will receive the reward of that. Human beings build a dharamshala so that many people can rest there and so in their next birth, they would receive a very good palace. Many children come to Baba and say: Open this *hospital* and we will help you. Open a big *hospital*. If you don't have time to take this knowledge, then just take three feet of land and open this *hospital-cum-college*. Through the *hospital* you will become *ever-healthy* and through the *college* you will become *ever-wealthy*. When many people become this, you will accumulate the charity of that. There is not a lot of expense in this. People nowadays earn so much money. They have properties worth millions. Will their sons and grandsons etc. eat from that? They won't even get the dust. Everything is to be destroyed. The poor ones receive a kingdom. Baba is the Lord of the Poor. This Baba was a *number one* ordinary person. Someone who just has one or two thousand, he would be called a poor person. Here, even the poor can claim a high status. What would you do with a hundred thousand or a million of someone? Establishment is carried out with every penny of the poor people. Gandhiji used to receive so many donations, and yet so many people died in that. They endured so much difficulty. You don't have any difficulty. The Father says: First of all study Raja Yoga and you will receive the kingdom. This kingdom here is like a mirage. There is the story of Draupadi inviting Duryodhan to her palace and when he came, he saw a lake and began to take off his clothes. So, Draupadi told him: Blind child of the blind, that is just a mirage. They all think that they have received their independence, but there is so much sorrow. People are so unhappy. Death is standing just ahead. The Father says: All are already dead. This is a graveyard and you have to make it into the land of angels. You will build palaces studded with diamonds and pearls. Here, this is the land of stones, and there, it will be the land of gold. Therefore, the Father explains: When you make a donation, the eclipse of the omens will be removed and you will then become 16 celestial degrees full. You are now impure. Human beings are so unhappy. When war takes place, people lose their sleep. They are unable to sleep. They sleep by taking sleeping tablets. This is the kingdom of Ravan. Now they burn Ravan on Dasher. They will continue to burn it till the end, until destruction takes place. After destruction, Ravan's image will not be burnt. Then, in the copper age, they will again create Ravan in order to burn him. They burn Ravan every year, but he just doesn't die. You

celebrate Raksha Bandhan and tie a rakhi every year and yet you also become impure again. Lakshmi and Narayan had so much wealth. They are worshipped so much. They don't worship Lakshmi alone; they worship the four-armed image. Both are included in that. Together with Lakshmi, Narayan is also needed. They worship both of them. How could anything function without a couple? This is the family path. You become the masters of the world. Children say that other people tell them: If you don't worship Lakshmi at Diwali, wealth will not come to you. Therefore, Baba advises you: Children, just play your *part* as a detached observer. Otherwise, there will be conflict. Simply play your *part* as a detached observer. Similarly, Baba says: If you have to get your daughter married, simply play your *part* as a detached observer. Otherwise, there will be a quarrel. If the daughter doesn't want to remain viceless, then, in those desperate circumstances, get her married. If she doesn't want to remain pure, then just let her go, don't harass her. A kumari is one who uplifts 21 generations. All of you are Brahma Kumaris and your business is to make everyone into a master of heaven. Ask your heart: How many do I make the same as myself? This is a *mission*. Here, you change human beings into deities and so you have to make a lot of effort. You are God's helpers. I liberate you from sorrow and make you into the masters of heaven. I am altruistic. I give you the kingdom and go into retirement. I have no desire to rule a kingdom. I give you the kingdom. You can take your fortune of the kingdom once again. You know that you were deities. You went through the 84 births and today you are part of Ravan's community. People always burn an effigy of Ravan. They never worship Ravan. Those who give happiness are worshipped. They make a image of Ravan and then burn it; he always gives sorrow. How can you praise someone who gives you sorrow? Shiv Baba is the Bestower of Happiness. People go and offer flowers to Him every day, but they don't know His *occupation*. Nowadays, there is a lot of blind faith. Baba says: You mustn't forget the Father who gives you the happiness of heaven. Otherwise, you won't be able to receive a lot of happiness of heaven. Since you say "Mama, Baba" you will go to heaven, but you will become maids and servants. You children have understood the meaning of the song. After belonging to God, don't forget this childhood. You have changed from devilish children to Godly children and you are to become deity children. This is your Godly birth. At this time you are servers. You are spiritual *social workers*. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. After taking a Godly birth don't perform any wrong actions. Become a worthy child. Remove the defects and imbibe divine virtues.
2. Become Godly helpers and make others equal to yourselves by doing spiritual service. Take three feet of land and open a spiritual *hospital cum college*. Become a full helper with your body, mind and wealth.

Blessing: May you be a karma yogi free from the bondage of karma by performing actions through your physical organs as a master.

Brahmin life is not a life of karmic bondage, but a karma yogi life. Be a master of the physical organs and continue to make your physical organs perform actions as you want, when you want and for however long you want and you will change from a Brahmin to an angel. Karmic bondages will end. You have received that body for serving and so the life of karmic accounts of karmic bondage has ended. Relations with the old body and old bodily world have ended and this is why this life is called the life of dying alive.

Slogan: In order to experience the company of the Comforter of Hearts, stay in the stage of a detached observer.

*** O M S H A N T I ***

Essence: Sweet, beloved children, the Father has come to create the new world of heaven for you. Therefore, do not attach your heart to this hell, but continue to forget it.

Question: In which form does the merciful Father have mercy for you children?

Answer: Baba says: In the form of the Father, I become as sweet as *saccharine* and give you children so much more love than any human being could ever give you. I make you into the masters of the world of pure love. In the form of the *Teacher*, I give you such an education that you become queens of heaven. This study is for becoming a deity from a human being. These jewels of knowledge make you into the masters of the world.

Song: Who is the Mother and who is the Father?

Om shanti. The meaning of Om shanti has been explained to you children. The meaning of “Om” is: *I am a soul*. I, the soul, am a child of the incorporeal Supreme Soul. The *father* of the body is the one who gave birth. He is called the father who gives birth to this body, whereas Shiv Baba is the Father of souls. He is always the Father. Millions and billions of souls reside in their incorporeal world where they are constantly viceless. Impure souls cannot reside in Paramdham (the supreme abode). First of all, you have to make the aspect of being a soul firm and that your Father is the Supreme Soul. In the relationship of souls, all are brothers. The father of this body is called the physical father. The Father of the soul is called the spiritual Father. He is the one Father of everyone. People call out: “*Oh God the Father! Oh Purifier! Merciful One!*” It is the soul that calls out to the Father. The soul along with this body is unhappy. Then, in the golden age, the soul experiences happiness in the body, which is why that is called the land of happiness, heaven. This is hell. It is sung that everyone remembers God at the time of sorrow. They remember the Purifier. They understand that the Father, the Purifier, resides up above in Paramdham. The Ganges cannot be the Purifier. The Ganges can be seen with your physical eyes. It is not possible to see the incorporeal Father or a soul. The Supreme Father, the Supreme Soul, who is the Bestower of Life and also the Bestower of Divine Insight, is called *God the Father, the Creator*. Achcha, so where did the *Mother* come from? How can the Father create the world without the *Mother*? The *mother* is definitely needed. *God, the Father, the Creator* of the human world is the Father of all. Since there is the *Father*, there must also be the *Mother*. Baba comes and explains: I am the Incorporeal One. It is only when I come and get married that I can have children. However, I am not going to get married. Children have to be created without My getting married, therefore, I *adopt* you children. For instance, when a man wants an heir to leave his property to, but doesn't have a wife, he would *adopt* someone; he himself becomes the mother and the father. Therefore, the unlimited Father says: I too am your *Father*. How I create children is a matter to be understood. Baba Himself comes and explains: I need a body. Therefore, I take the support of this one. You say that you are the children of God. Everyone is a child of God, but it is at this time that God appears personally in front of you children. He comes and adopts you. You understand that you have become Baba's children. The Father is the Creator of heaven. He teaches you Raja Yoga in order to make you into the masters of heaven. He Himself sits here and explains: I am Incorporeal *God, the Father*. How can the Incorporeal One be the Creator of the human world? He *adopts* you children and He sits and explains to you: I am Shiva the Incorporeal One. You souls are also incorporeal. You go into the *jail* of a womb, whereas I do not go into the *jail* of a womb. For half the cycle, the womb is like a palace for you, and for the other half, it is like a *jail*, because for half a cycle Maya, Ravan makes you commit sin. Maya doesn't exist in the golden age to make you unhappy or commit sin. I give you your inheritance of heaven for 21 births. The new world is called heaven. When a house grows old you leave it and go to a new one. This world is also old. That is the new world, the *golden age*, the pure world. Therefore, the Father says: Beloved children, I am establishing heaven for you, and so why do you attach your heart to this hell? Now forget this hell. Remember Me, your Father, and heaven; continue to forget the old world. This is unlimited renunciation. Remove all your attachment from everything you see, including your old body. Just think that you have given everything to God. Your body, wealth, property and children are all to be destroyed. This is the same great Mahabharat War, through which the *gates* of liberation and liberation-in-life will be opened. It is called Haridwar (Gateway to God). Krishna is called Hari (Remover of Sorrow) and his

gateway leads to heaven. Baba comes and opens the *gates* to heaven. No one impure can go there. This is why He purifies the impure and He *liberates* everyone from sorrow. No one else can *liberate* you. Only the Father is the Remover of Sorrow and the Bestower of Happiness. Baba says: I teach you Raja Yoga. I have come to give you constant happiness. I have brought heaven on the palm of My hand for you. You become deities from human beings by studying Raja Yoga. The intellect also says that this is a matter to be understood. Consider this world to be old and that it is to become new again. Only the one Father is the Almighty Authority who with His power makes you into the masters of heaven. People want to have one kingdom, one *Almighty Authority* kingdom. That was there in the golden and silver ages, when there was the unshakeable, undivided, peaceful and happy kingdom of deities. There were no obstacles then. It was called the undivided kingdom. There was no other religion through which you could become unhappy. Just look, at present, although all the Christians belong to the one religion, there is a lot of conflict amongst them because this is the kingdom of Maya. Maya doesn't exist in the golden age. Now they call out: O, *God the Father* have mercy on us! Baba says: I have mercy on everyone. I liberate all of you children from sin, that is, I *liberate* you from this impure world. I take all of you souls back to the incorporeal world, but your bodies will be burnt here. *Natural calamities* have been remembered. You can see signs of them. There will definitely be *famine*. Now, Baba says: Remove your attachment from this dirty world. The unlimited Father is *Saccharine*. He says: No one can love you as much as I love you. I am now making you into the masters of the pure world. You are now studying for the kingdom. Your *aim and objective* is in your intellect. No one new can understand anything until someone sits and explains to him. He has to sit over a period of one week and understand that he has to become a deity from a human being. This is why the Father is called the Magician. I make human beings into deities with the jewels of knowledge. He is also called the Jeweller, the Businessman and the Traveller. He comes and makes you into the emperors and empresses of heaven. He is such a beautiful Traveller. You were of no use. I now teach you and make you into queens of Paradise. You understand that you are studying in order to become part of the sun and moon dynasties. The Supreme Soul is teaching you. What are you studying here? You would say: We are studying to become deities from human beings, because this world of human beings with a devilish nature is to be destroyed. People even sing that they have no virtue. Therefore, the merciful Father sits here and teaches you. People of all religions will accept the one Incorporeal Father as God. Although human beings say: "*God the Father*", they don't know who He is or where He comes. You now know that He comes into this old impure world, because He establishes the pure world. He makes this old world new. There is nothing but happiness in the new world. Baba says: I have to come every cycle in order to establish the new world. The intellect understands that, after the night, there is the day. There is the iron age in the cycle. After the iron age, the golden age will definitely come. You children are called spinners of the discus of self-realisation. The soul understands how he takes 84 births. No human being can grant salvation to another human being. It is I who comes and explains to you. I enable you to become pure and gain victory over the world with the power of yoga. Baba is the Almighty Authority. You receive an unlimited inheritance from the Father. The earth, the sky and the sea etc. will all belong to you. Just look, here they put boundaries in the sky and the water. They say that you mustn't enter their waters. There, you rule over the whole world. Just imagine what heaven will be like. You cannot forget heaven. When someone dies, they say that he has gone to heaven. But where is heaven? This must surely be hell. This is *hell* itself. All human beings are impure and unhappy. This is the kingdom of Ravan. They continue to burn his effigy but he doesn't die. They make an effigy of Ravan 100 feet tall; they continue to increase its size. Day by day they continue to make him taller, but they don't understand anything. These things have to be understood. Just see, whilst the murli is being conducted, it is also being recorded on the *tape* for the gopikas because they cannot live without the murli. Therefore, this arrangement has been made. Without the murli, they become restless, because this murli is such that it makes your life as valuable as a diamond. Baba teaches you here and then this murli goes to London and America etc. Children become very happy listening to it. It has been sung that the gopikas weren't able to live without the murli. Only *God, the Father* speaks this *knowledge* to you. One main aspect has to be explained: This One is our unlimited Father from whom we

receive our inheritance of heaven. The soul says: My Father is the Supreme Soul and He is teaching us souls. No one else can say, "I, the Supreme Soul, am teaching you souls", or "I, the Supreme Soul am *knowledge-full*". Everything has been explained to you children very clearly, but not everyone's intellect is the same. Some have a satopradhan intellect, some a sato intellect, some a rajo intellect and some a tamo intellect, and so what can the *Teacher* do? The *Teacher* would say that you didn't pay full *attention* to your studies. *God*, the *Father*, is *knowledge-full*. Just as a *teacher* is *knowledge-full*, and teaches *students* and makes them similar to himself, in the same way, it is only *God*, the *Father* who has the *knowledge* of this world cycle. No one else has it. Only the Father teaches you this *knowledge* and makes you *knowledge-full*. The Father is *knowledge-full*; the Highest on High. His name is the highest and His abode is the highest. Brahma, Vishnu and Shankar are residents of the subtle region. Then, human beings are in the *third grade*. There are still *grades* amongst human beings. The *grades* of human beings in the *golden age* remain high. When the *iron age* is destroyed, you will go to the *golden age*. When it is the *golden age*, the *silver age* doesn't exist, and when it is the *copper age*, the *iron age* doesn't exist. All these things have to be kept in your intellect, and this is why these pictures have been made. There are very few human beings in the golden age whereas in the iron age, there are countless human beings. Children ask: Baba, when will destruction take place? Destruction will take place when this play comes to an end and then all will return home. Baba is the *Guide* to liberation and liberation-in-life. He resides in the supreme abode. You also reside there, but you come here to play your *part*. Baba says: Children, you have to gain victory over Maya. There is no question of violence in this. There is no violence in the golden age. Only totally viceless deities exist there. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Make your intellect have unlimited renunciation. Remove your attachment from all the old things you can see with your physical eyes, including your body, and remember the Father and your inheritance.
2. Imbibe this study very well and make your intellect satopradhan. The murli is your study and so you have to pay a lot of attention to the murli.

Blessing: May you be a flying bird and make your original sanskars *emerge* and overcome all problems. All of you in your original form are already those who fly. However, because of a burden, instead of being flying birds, you have become caged birds. Now, once again, make your original sanskars *emerge* and stabilise in the form of an angel. This is known as easy effort. If you become a flying bird, the situations will remain down below and you will go up above. This is the solution to all problems.

Slogan: Consider there to be benefit in every step and donate the power of peace to every soul. This itself is true service.

* * * O M S H A N T I * * *

Special thought for the New Year – Become a *master* bestower of fortune.

Today, the Father, the Bestower of Fortune, has come to meet His children who are *master* bestowers of fortune. The Father, the Bestower of Fortune, is looking at the *chart* of every child. With all the treasures you have received from the Bestower of Fortune, to what extent have you become a *master* bestower of fortune, the same as the Bestower of Fortune? Have you become bestowers of knowledge? Have you become bestowers of the power of remembrance? According to the time and need, have you become bestowers of all the powers? Have you become bestowers of virtues? Have you become bestowers of spiritual vision and spiritual love? According to the time, have you become bestowers of co-operation to every soul? Have you become bestowers of your elevated company and connection to those who are weak? Have you become bestowers of zeal and enthusiasm to make souls who are lacking in attainment into fully contented souls? Baba was looking at this *chart* of every *master* bestower.

A bestower means someone who gives at every moment through every thought. A bestower means someone who is generous-hearted, who, when it comes to giving, has a heart as big as an ocean. A bestower means someone who has no desire to take from any soul other than the Father; one who constantly gives. If someone gives spiritual love and co-operation, then in return for one, he would give multimillion-fold, just as the Father doesn't take, but gives. If a child gives everything old worth straws that he has to the Bestower, in return the Bestower gives so much that the receiving changes into giving. Such *master* bestowers of fortune means those who give in every thought and at every step. A great bestower means a bestower of fortune. Because of constantly giving, they would be constantly altruistic. They would be beyond any selfish motive and be loving to everyone, the same as the Father. Everyone would automatically have a *record* of giving *regard* to a bestower of fortune. A bestower of fortune would automatically be a bestower in everyone's vision, that is, such a soul would be great. To what extent have you become such a bestower of fortune? A bestower of fortune means someone who is part of the royal clan. A bestower means someone who is a sustainer, one who constantly gives the sustenance of love and co-operation, the same as the Father. A bestower of fortune means someone who is always full. Therefore, *check* yourself: Are you one who takes or a *master* bestower of fortune who gives?

Now, according to the time, you have to play the *part* of being a *master* bestower of fortune because time is coming closer, that is, you have to become equal to the Father. If, even now, you desire to take for yourself, when would you become a bestower? To give now is to receive; to the extent that you give, accordingly it will automatically continue to increase to that extent. Don't become takers of any type of limited things. If, even now, you desire to fulfil your limited hopes, how would you fulfil the hopes of all souls of the world? "I want a little name (glorification), a little respect, *regard*, love and power." If even now you have these selfish motives, that is, if you have these desires for yourself, when would you experience the stage of being completely ignorant of the knowledge of desires? Those limited desires will never allow you to become good. Those desires are a sign of being a *royal* beggar. All of these things automatically come in front of someone who has a right. They don't sing songs of "I want, I want (chahiye, chahiye)". They sing the songs: I have received it. I have become this. For unlimited bestowers, limited hopes and desires stay behind them like a shadow. Since you sing the song that you have attained what you wanted, how is it that there still remains a desire to attain limited name, respect, honour and prestige? Otherwise, change the song! When even the five elements become a servant in front of you bestowers, when you become conquerors of matter and also of Maya, then for you those limited desires are like a lamp in front of the sun. When you have become the sun, what need is there for lamps? The basis of fulfilling whatever you want is to continue to give the maximum of that particular thing. Give respect, don't take it. Give *regard*, don't just take *regard*. If you want your name glorified, give the donation of the Father's name and your name will automatically be glorified. Giving is the basis of receiving. There is a system that has continued on the path of devotion when anything is lacking they make that person donate that particular thing to attain more

of it. Then giving becomes a form of receiving. In the same way, you children of the Bestower are going to become deities who give. People continue to sing praise of all of you as the deities who bestow, the bestowers of peace, the bestowers of wealth. They don't sing your praise as those who are takers. So, today, Baba was looking at this *chart*. How many are going to become givers and how many are going to become takers? Worldly hopes and desires have ended. Now, in terms of the unlimited desires of the spiritual life, you consider them to be desires of knowledge, do you not? And that you should have these, should you not? However, anyone who has a limited desire will not be able to confront Maya. This is not something you receive by asking for it, where you tell someone to give you *regard* or make others give you *regard*. When you receive something by asking for it, that is the *wrong* path. Therefore, how could you find your destination? Therefore, become *master* bestowers of fortune. Then, everyone will automatically come to give to you. Those who ask for honour (shaan) become distressed (par-e-shaan). Therefore, maintain the honour of being a *master* bestower. Don't say, "Mine, mine!" Everything is Yours. When you say, "It is Yours", everyone will say to you, "It is yours". When you say, "Mine, mine", you will lose whatever comes to you because where there isn't contentment, even attainment is the same as lack of attainment. Where there is contentment, even a little is equal to everything. Therefore, by saying, "Yours, Yours", you will become an embodiment of attainment. When you make a sound in a dome, the same sound echoes back to you. Similarly, in this unlimited dome, if you say "Mine" from your heart then the same sound of "mine" will come back to you from everyone. You will say, "mine" and they will say, "mine". Therefore, however much you say with love from your heart that it is Yours (not just for your own purpose), accordingly, everyone will say, "yours" to the one who says it with love from the heart. With this method, the limited "mine" will change into the unlimited. And, instead of being those who take, you will become *master* bestowers of fortune. So, this year, have this special thought that you will be a constant *master* bestower of fortune. Do you understand?

Maharashtra *zone* has come today, and so you have to become great (mahaan), do you not? Maharashtra means to be constantly great and become those who bestow to everyone. Maharashtra means the land that is always full. The land may not be full, but you great souls are full. Therefore, Maharashtra means the great donor souls.

The other group is from UP. In UP too, they give importance to the Ganges, the Purifier. So, you are always the embodiment of attainment and this is why you can become purifiers. So those from UP are also the treasure-stores of purity. You are the *master* bestowers of fortune who give everyone a drop of purity. So both of you are great, are you not? BapDada is also pleased to see all the great souls.

Double foreigners are those who remain in *double* intoxication. One is the intoxication of remembrance and the other is the intoxication of service. The *majority* are those who always have this *double* intoxication. This *double* intoxication will save you from all other types of intoxication. So the *double* foreigners are claiming a good *number* in the *race* of both of these. You also continue to sing songs of Baba and service even in your dreams. So, this is the confluence of the three rivers. You are the Ganges, Jamuna and Saraswati. Madhuban is the true place that has become fruitful (abad) by Allah (Allahabad - City in UP, India). This is the confluence of the three rivers on the land that has been made fruitful by Allah. Achcha.

To all those who are constant *master* bestowers of fortune, to those who constantly desire to give to everyone, the ones who are going to become deities, to those who always sing the song, "Yours, Yours", to those who constantly make souls who lack something full and satisfied, to the full and complete souls, love, remembrance and namaste from BapDada, the Bestower of Fortune and Bestower of Blessings.

BapDada meeting the teachers:

By serving, the servers themselves become powerful and also become instruments for filling power in others. True spiritual service always makes you instrumental for self-progress and the progress of others. Before serving others, you first have to serve yourself. To speak knowledge to others means that you hear it first, because it would enter your ears first. You don't have to speak knowledge to others but you have to listen to it first. So, you have *double* benefit through service: you benefit and others also benefit. To remain *busy* in service means to become a conqueror of Maya easily. Maya comes when you don't remain *busy*. Servers means those who remain *busy*. Servers never have any time. When you don't have any time, how can Maya come? To be a server means to be easily victorious. Servers can easily enter the rosary because they are easily victorious. So, victorious souls will enter the rosary of victory. Servers means those who eat fresh nourishing food. Those who eat fresh fruit remain *healthy*. *Doctors* always say, "Eat fresh fruit and vegetables." Therefore, to serve means to take *vitamins*. You are such servers, are you not? Service has so much importance. Now, *check* these things. Are you experiencing such service? No matter how much confusion some may have, service makes them dance in happiness. No matter how ill you may be, service will make you healthy. It should not be that you became *ill* from doing service. No. Service makes ill people healthy. Let there be such an experience. You are such special servers, such special souls. BapDada always looks at the servers with an elevated relationship because you have become renunciates and tapaswis in order to serve. Seeing your renunciation and tapasya, BapDada is always pleased.

All servers are souls who have become instruments for constant service. Always consider yourself to be an instrument and continue to move forward in service. Check that you don't have the consciousness of "mine", that "I am a server". The Father is Karavanhar and I am an instrument. The One inspiring is making me do it, the One making me move along is making me move. With this elevated feeling you will always remain loving and detached. If I am the one who is doing everything, I cannot be detached and loving. Therefore, the easy way to be constantly detached and loving is: Karavanhar is making me do everything. Maintain this awareness and then there will be greater success and service will be done easily; there won't be any effort. You are not those who enter into the web of the consciousness of "I". If you say, "Baba, Baba," in everything, there is success. Such servers always move forward and also make others move forward. Otherwise, you yourself are sometimes in the flying stage, sometimes the ascending stage and sometimes the walking stage. You will continue to fluctuate and you won't be able to make others powerful. You are not those who always just say, "Baba, Baba", but those who actually do it in practice. Such servers are always close to BapDada and are always destroyers of obstacles.

Teachers means those who are always full. So, you are those who experience fullness, are you not? When you yourselves are full of all treasures you will be able to serve others. When you yourself are not full, what would you give others? Servers means those who are full of all treasures. You always have the intoxication and happiness of being full. Not a single treasure is lacking. It isn't that you have powers but no virtues or that you have virtues but no powers. It is not like that. You are full of all treasures. Whatever power you need, invoke that power and it comes. That is called being full. Are you like this? Those who keep a *balance* of remembrance and service – not those who sometimes have more remembrance or sometimes perform more service, you are equal in both and keep a *balance* between the two – claim a right to the blessings of being full. Are you such servers? What aim have you kept? Full of all virtues. If even one virtue is lacking, you are not full. If even one power is lacking, you wouldn't be called full. You should be constantly full and full in everything. Such ones are called worthy servers. Do you understand? Be full at every step. Such experienced souls are *authorities* of experience. Always experience the Father's company.

BapDada meeting the kumaris:

You are constantly *lucky* kumaris, are you not? Do you constantly experience the sparkling star of your fortune on your forehead? Is the star of fortune sparkling on your forehead? Or is it going to sparkle? To belong to the Father means for the star to sparkle. So, have you become this or are you still thinking about making a deal? Are you those who are going to think about it or those who will do it in practice. Can your deal be cancelled if someone tries to cancel it? What would happen if you made another deal after having made a deal with the Father? In that case, you would have to look at your fortune. No one belongs to a poor person after belonging to a millionaire. Poor ones belong to the wealthy. Wealthy ones would not become poor. Are you so strong that, after belonging to the Father, your thoughts cannot be drawn anywhere else? To the extent that you stay in the Company, to that extent your colour will be fast. If the company is weak, the colour you are coloured with will be weak. Therefore, you need the company of both the study and service. Then you will always remain firm and unshakeable. You will not fluctuate. When your colour is fast, so many *centres* can be opened with so many *hands*. Kumaris are those who are free from bondage. You will end the bondages of others, will you not? You are those who always make a firm deal with the Father. When you have courage, you also receive the Father's help. If courage is lacking, you receive less help. Achcha.

Blessing: May you be an image that attracts and make your home into a temple by transforming the lokik into the alokik.

Whilst living at home with your family, make the atmosphere of your home such that there is no worldly (gross) feeling there. Anyone who goes there should feel that place to be alokik, not lokik. That it is not an ordinary home, but a temple. This is the practical form of service of those who remain pure whilst living at home with the family. Let both the place and the atmosphere serve. Just as the atmosphere of a temple attracts everyone, in the same way, let there be the fragrance of purity in your home and this fragrance will automatically spread everywhere and attract everyone.

Slogan: Concentrate your mind and intellect with determination and burn away weaknesses for only then will you be called true yogis.

*** O M S H A N T I ***