

A month of focus on 'Sattwic' Food – The Purest Sustenance for body & soul

The Maryadas, if followed thoroughly, ensure power and safety in our way of life. The purpose of this to take those guidelines on the preparation of pure food, and suggest a variety of ways in which such invaluable information can be merged into appealing programmes and practical ways to help people adopt these principles and take maximum benefit from pure food.

Here we offer a menu of suggestions from which you can choose to focus on in the month of April, together with some tips and thoughts.

1. A Pure Food day held in the centre
2. A Panel Discussion on the Benefits of Wholesome Healthy Food & offered to God.
3. A Exploration of Virtues in Pure Food – an interactive workshop
4. Food & Soul, a seminar on the connection between what we eat & what we are

1. A Pure Food day held in the centre

When we create something, one of the most important things we should pay attention to is the state of our thoughts and feelings towards this creation. Besides anything else, the way we do something will show through in the result. Everything that we create with our hands, or our minds, hides behind its design the energy of our care and that is the effect that leaves an imprint on others.

Create a day of various activities in which the focus is on pure food.

- Karma yoga in the kitchen, invitation to Brahmins, who don't usually, to have an experience of preparing food in silence and yoga.
- Talk: giving definitions of food ('Sattwic', 'Rajasic' and 'Tamsic'), create leaflet on the benefits.
- Discussion on the benefits and practical tips Brahmins can share.
- Collecting together those practical tips and reports of people's experiences which can be collated and reproduced for others to share – making a Centre booklet of Food for Thought.

SAMPLE CONTENT

Our love and concern for the things we create is hidden, so too are the thoughts and feelings for the ones we are creating something for. So the secret is not only hidden in the kind of food we choose to give power to our body, but also the energy included in the food itself. So, externally, the food could be something very simple, but within this form of matter, we can be aware of the existence of a wealth of calm and clear thoughts. One secret ingredient that flavours and enhances all we prepare is silence. Food cooked without the distraction of unnecessary conversation benefits from our concentration, in taste and in power. Even having background noise like the radio or music (unless it is music created to help our remembrance) is a distraction. Worrying, worldly news items or gossip exchanged in preparation can affect the food itself. Food prepared in a peaceful atmosphere has the finest flavour of all. Similarly, food prepared in resentment or anger cannot have the beneficial effect of food prepared with love.

2. What sustains us: body, mind and soul? A panel discussion

Effect on the body

Nutritional studies have shown that vegetarians are healthier and less prone to: heart disease, high blood pressure, cancer, diet-related diabetes, obesity, arthritis, rheumatism and kidney disease. Medical research supports this.

Effect on the mind

Eliminating foods that tend to arouse anxiety and irritation gives benefit. Calm and clear thoughts can turn something simple into something delicious. Calmness in the preparation, food that is cooked from the heart in a cool, calm and collected way gives power to the minds of those who eat it.

Effect on the soul

The purer one's diet, the more the emotions remain in a state of equilibrium that brings tranquility to the consciousness and greater clarity to the mind and intellect. Fresh, pure food prepared in a state of focus and in loving thoughts gives power to the whole being.

Invite a panel of two or three guests: for example a nutritionist or specialist doctor; someone to speak on spiritual side - a senior sister or a guest; someone to speak on practical angle (e.g. a mother who cooks a lot for the centre or her own home).

An Interviewer/MC to question the guests in turn, bringing out each one's perspective on the effects and benefits of pure food.

Finally a Question and Answer session.

Prepare some questions to put to the panelists:

- Q. Why do some people who enjoy plenty of good food, not enjoy good health?
- Q. Are there some foods that are known to effect our moods and feelings?
- Q. How do we practically change our diet and cooking to healthier habits?
- Q. What are the benefits of cooking in God's remembrance & offering to God?

3. A Exploration of Virtues in Pure Food – an interactive workshop

While preparing food we are able to practise and incorporate many virtues: care and thoughtfulness in the planning, concentration and carefulness in the preparation, skill and experience in the mixing and stirring, creativity in the flavouring and producing, even patience in waiting for bread to rise or foods to be cooked through. Through everything we add calm and loving thoughts.

Design a workshop around virtues in the kitchen.

Start with meditation

Prepare a set of cards with virtues on.

Invite everyone to pick one, and consider how that virtue could be used in food preparation.

Get them to share in pairs, feedback to the whole group.

Facilitator to draw out the qualities from each.

Invite groups to share their findings.

Invite each to consider how they can use these qualities more widely for sustaining their lives.

Provide pens, paper, art materials – so people can creatively illustrate the virtues they've identified

SAMPLE CONTENT – Virtues

Accuracy, too, is a necessary quality. To prepare just the right amount of food for those we are feeding, so that no-one will go without, nor will there be waste quantities to throw away. Because freshness is of the essence, we do not want to be faced with left-overs, with little nutritional value. Old food collects waste thoughts and negative vibrations.

4. Food & Soul, a seminar on the connection between what we eat & what we are

Purity in everything. In every thought, every word and every action. In every moment, every step and even every mouthful of food. That is the aim. 'As a person eats, so he thinks. As a person thinks, so he acts. As a person acts, so he is.' Therefore the purity of the food we eat, how we prepare it, our consciousness and how we offer it to God – all these affect how nutritious the food is for our bodies and how well it gives us deeper sustenance.

A seminar based on the book **Food & Soul** and delivered by a variety of Brahmins – of all ages, young and old bodies, male and female, many who do not usually deliver talks – has resulted in a very enjoyable and powerful event.

- * Quiet reflection
- * Introduction and reading from introduction to the book
- * Six or so live 'demonstrations' from the Recipe book
- * Each demonstrator shows their ingredients, demonstrates the method in front of the audience, mixing, stirring, rolling out etc. Gives personal tips and experience of benefits
- * Each one has brought some samples of their recipe which has been prepared in advance and is shared afterwards with the audience.
- * Each one also gives some aspect of the maryadas or spiritual insight connected with food – preparing in yoga, using certain items to replace egg, to flavour without onion and garlic (and why).
- * At end of session, offer samples of all the food and explain offering food.
- * General tasting session (much enjoyed by audience).
- * Prepare a booklet of the recipes used to give to all attendees.
- * Ask all to complete a feedback form to gauge response. Offer, if people give their email addresses, to send them six free recipes via the internet (this resource is freely available to any centre that wants to do a programme like this).

Examples of information given at such a programme

SAMPLE CONTENT: Offering food

Having prepared our food in thoughtfulness and remembrance throughout the process, when the meal is ready we take a moment or two to offer it, to add the finishing touch – that of gratitude and thankfulness to the One who provides all our needs. Taking a small amount of the food we have prepared and putting it in a small container (reserved exclusively for this purpose) we sit for a few moments in remembrance, giving our thanks, and permitting the purity of our thankful thoughts to purify the food and acknowledge the grace of God. The pure vibrations in this small portion of food spreads through all that we have prepared, so that everyone who tastes it can have the benefit.

SAMPLE TIP: Flavour & Freshness

Sometimes onions and garlic are recommended to non-vegetarians as blood-purifiers and to help counteract the build-up of harmful animal fat and cholesterol. However the healthy vegetarian does not need such protection. ON the contrary, these foods tend to arouse anxiety and irritation, and impede serenity and peace of mind. When the ingredients of meals are fresh and they have been freshly prepared, we get the maximum benefit from them. Stale food loses its value, and food left lying around takes on negative vibrations.

Letter of remembrance from Dadiji

To the extremely lovely children of BapDada who are the instruments for unlimited service through your pure feelings of the mind, to the instrument teachers in this land and abroad, to all brothers and sisters who are the decoration of the Brahmin clan, please accept special sweet remembrance from BapDada and Dadiji.

All of you must have heard the news regarding Dadiji's health. Dadiji had specially gone to Ahmedabad for a check-up and doctors had advised her to have angiography as there was a blockage in one of the arteries of the heart. This blockage has been removed by having angioplasty and Dadiji has now been given permission to return home from the hospital. Dadiji will rest in Lotus House for one or two days and will then return to our beloved home, Madhuban. Dadi Gulzarji has sent a message from our Beloved BapDada which is also being sent to you. Together with this, Dadiji, Brother Nirwair, Sister Mohini, Ishu Dadi and all others have given special love and remembrance to all the Brahmin family by phone and have requested that an e-mail of love and remembrance be sent to everyone now. And so, I am specially sending Baba's message and love and remembrance from Dadiji to all of you.

Dadiji said: Baba sustains all of us children with a lot of love and always keeps us under the canopy of His protection. So every now and again, Baba easily enables us to settle the karmic accounts of the body too. Baba said: This heart belongs to Baba and Baba is sitting in it and so you have to look after it. The check-up and procedure were carried out easily in the Ahmedabad hospital and the blockage that was found was removed through angioplasty. Now, I am absolutely fine. Baba is sitting here and this is also Baba's chariot. In whichever way Baba wants it to do service, I am always carefree. This karmic account was also settled easily. I will soon come to Madhuban and meet you all there. Achcha, lots of remembrance to all.

Many, many thanks on behalf of Dadiji to all of you who specially had yoga for Dadiji, who gave love and remembrance over the phone, from this land and abroad. With Baba's power Dadiji's health is fine. Mohiniben said: Dadiji is receiving blessings from Baba and the whole family and she has everyone's love and so we didn't even know that there was anything wrong. Very good service was carried out of the doctors, nurses and all the staff. Dadiji was a special VIP for everyone, and they all came to Dadiji saying, "Dadima ji, ma ji" and were very happy. Achcha. Lots of remembrance to all.

B.K. Raju on behalf of Dadiji, Brother Nirwair, Mohiniben and Ishu Dadi.

Beloved Avyakt BapDada's divine message (via Gulzar Dadi)

Today, at amrit vela, I especially went to BapDada carrying love and remembrances of our beloved Dadiji. What did I see? In an extremely loving form, in the meeting of amrit vela, BapDada was giving all the Brahmin children the return of their remembrance in the form of love and blessings from His heart. After some time, Baba's drishti fell on me and Baba sweetly said: Come, my lovely child, come! As soon as I heard these sweet words, I came close to Baba under the canopy of protection of Baba's drishti. Baba said: Child, Baba knows that today you have brought love, remembrance and news of my child who is an instrument for the world, God's diamond, the diamond that is even more valuable than the Kohinoor diamond. In front of the Prabhu-noor diamond all other diamonds in the world are like stone. I said: Baba, according to your directions, Dadiji had her angioplasty in Ahmedabad and Dadiji has sent lots and lots of love and thanks. Her health is fine, but because today is the first day after the operation, there is a little weakness.

Baba said: This happens anyway. The child is a special humble instrument in front of the world, a close companion in every task. The child is always ever-ready and says "Ha ji, ji hajir (I am ready and present)" and is powerful. At this time BapDada is the canopy of protection over her and is looking after her. He continues to tour around. It is good that with everyone's courage, the child's accounts became a thorn from a crucifix. It all became very easy in a short time. But even the weakness that is there will be fine soon. I told Baba that all the companion teachers from all the centres everywhere have been telephoning and asking what happened. Baba said: Tell everyone that everything is fine. It has to be fine. Then I told BapDada of Dadi's powerful thought of service that she had in the morning. Baba said: The child is wearing the crown of responsibility for world benefit and so of course she will make plans. Father Brahma also used to have thoughts filled with new zeal and enthusiasm and he used to make everyone dance in service. As the child is now the instrument, she also has that zeal and enthusiasm. All the children everywhere also have good zeal and enthusiasm. Seeing this, BapDada gave all the children of this land and abroad lots of love and remembrance and congratulations for the service. Baba also gave special remembrances to Dadi Janki.

Om shanti.

***Beloved Avyakt BapDada's divine message for Sister Dawn of Australia
(Gulzar Dadi)***

Today, I went to BapDada. From a distance BapDada was smiling and giving love from His heart. I became merged in that love as I came in front of Him. Baba said: Child, what news have you brought today? I said: Baba, today I have especially brought love and remembrance from the brothers and sisters of Australia. Baba smiled very significantly and said: BapDada has special love for the children of Australia because the speciality of the children from Australia is that they have the most number of retreat centres. Blue Mountain has been made so beautiful now. It is the serviceable children with courage who have become instruments for so much service. BapDada remembers in His heart all the special instrument children.

Then I related to Baba news of Sister Dawn from Australia. BapDada was listening to me, but as He was listening to me, although He was looking at me, He was also looking somewhere else. For some time, I too continued to look at Baba and then Baba said: BapDada celebrates a meeting through drishti with the child every day and the child also takes very lovely drishti and becomes merged. From the beginning, the child has had deep love for Baba. This was an account of the past birth that was settled. But the child just remembered "sweet Baba, my Baba, Shiv Baba" and she had become unconscious after a very short time. But even while she was conscious, only the words "Baba, Baba", continued to emerge from her lips. She was a very patient and introverted child. She was also loved by the whole Brahmin family and this is why her future is also very good. She will remain very happy and in comfort there too.

However, according to the atmosphere of the time, children should not remain so innocent. The innocence of the child became the cause, but till the last moment, she was merged in love. BapDada continues to give drishti to the child. Give all Australia residents special greetings and blessings. Om Shanti.

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**Especially celebrate this year as the year for being liberated-in-life.
With unity and concentration, reveal the Father.**

Today, the Ocean of Love is seeing all the loving children everywhere. The Father has imperishable love in the heart for the children, and children too have imperishable love in the heart for the Father, the Comforter of Hearts. Only the Father and the Brahmin children know of God's love and love in the heart. Only you Brahmin souls are worthy of God's love. Devotee souls are thirsty for God's love. They are calling out, whereas you fortunate Brahmin souls are worthy of the attainment of that love. BapDada knows why children have special love. It is because it is only at this time that you attain all the treasures from the Master of all Treasures. These treasures do not last for just this one birth of the present time, but these imperishable treasures remain with you for many births. All of you Brahmin souls will not go back empty-handed like the souls of the world do. You will take all the treasures with you. You do have the intoxication of the attainment of these imperishable treasures, do you not? And, all of you children have accumulated the imperishable treasures, have you not? Do you always have the intoxication and happiness of having accumulated them? Is the sparkle of having accumulated these treasures visible on each one's face? You know which treasures you have attained from the Father, do you not? Do you ever *check* your account of accumulation? The Father gives all the children each of the treasures endlessly. It isn't that He gives a little to some and more to others. Every child is a master of the endless, constant and imperishable treasures. To become a child means to be a master of the treasures. Make these *emerge*. How many treasures has BapDada given to you?

The first treasure of all is that of the wealth of knowledge. So, have all of you received the wealth of knowledge? Or are you still going to receive it? Have you also accumulated it? Or have you only accumulated a little and the rest has been used up? To have the wealth of knowledge means to perform actions whilst sensible and trikaldarshi. It means to be *knowledge-full*, to have *full knowledge*, to understand the knowledge of the three aspects of time and to use this wealth of knowledge for a task. By using this wealth of knowledge in every task in your practical life, you achieve success by using it in the right way; so that you receive liberation from many bondages and also liberation-in-life. Do you experience this? It isn't that you will only receive liberation-in-life in the golden age, because even now, in this life of the confluence age, you receive liberation from many limited bondages. Your life becomes free from bondage. You do know how many bondages you have become free from, do you not? You have become free from so many different forms of distress (Hai! Hai!— worries). "Hai, hai!" has now finished for all time, and instead, you sing songs of "Wah, wah!". If there is a trace of "Hai! Hai!", - it may not be in words, but even in your thoughts or dreams, if it enters your mind, then you are not liberated-in-life. Is it, "Wah, wah, wah!"? Mothers, you do not cry out in distress, do you? You don't, do you? Do you sometimes do this? Do the Pandavas do this? You may not do it in your words, but if there is the slightest trace of "Hai! Hai!" in your mind in any situation, then you cannot *fly*. Hai (form of distress) means bondage and *fly* means the flying stage, that is, it means to be liberated-in-life and free from bondage. So *check*, because until you Brahmin souls yourselves are free from bondage; whilst there are any golden or diamond chains still tied, the gate of liberation for all souls cannot be opened. When you become free from bondage, the gate of liberation will open for all souls. So you have the responsibility of opening the gate and of freeing all souls from their sorrow and peacelessness.

Check to what extent you have fulfilled your responsibility. All of you have taken the contract of carrying out the task of world transformation with BapDada. You are the contractors, you are responsible for it. If the Father wants, He can do everything, but the Father loves you children. He doesn't want to do it alone by Himself. As soon as He incarnated, He also incarnated all of you. You celebrated Shiv Ratri, did you not? Whose Shiv Ratri did you celebrate? That of BapDada alone? You also celebrated the Shiv Ratri of all of

you too, did you not? You are the Father's companions from the beginning to the end. Do you have the intoxication of being the companions from the beginning to the end? You are God's companions!

So now, in playing the *part* of the end of this year's *season*, this is what BapDada now wants from all the children. Should Baba tell you what He wants? You will have to do it. You won't just have to listen, you will also definitely have to do it. Is that OK, *teachers? Teachers*, raise your hand! Teachers are waving their fans; you are feeling hot! Achcha, will all of you teachers do this and also inspire others to do it? Will you inspire others? Will you do it? Good! You are feeling the breeze (from the fans) and also waving your hands. This scene is very good. Very good. So in the closing ceremony of this *season*, BapDada wants to create a new type of Deepmala (rosary of lights). Do you understand? Baba wants to celebrate with a new type of Deepmala (rosary of lights). So, are all of you ready to celebrate this Deepmala? Those who are ready, raise your hand! Do not just say "Yes" for the sake of it. Do not raise your hand just to please BapDada, but do it from your heart. Achcha. BapDada wants to see the ignited lamps who will fulfil His hopes. BapDada wants to celebrate the Deepmala of the lamps of BapDada's hopes. Do you understand which Deepawali? Is this clear? Pandavas, is this clear?

So, who are the lamps of BapDada's hopes? Will they be here next year? This year's season has also now ended. Baba had told you, and all of you also had the thought. Do you remember? Some of you have fulfilled that thought just to the level of thoughts. Some of you have only half fulfilled that thought, and some are still thinking. And, their thought is just to the level of their thinking. What was that thought? It is not anything new. It is something old: To bring about transformation in everyone through self-transformation. Put aside the world for now, because **BapDada now wants to see transformation in the Brahmin family through self-transformation.** This is what BapDada wants to see. Baba doesn't want to hear any more, "If this happens, then this will happen. If this one changes, then I will change. If this one does this, then I too will do it." In this, Father Brahma is especially telling every child: Become 'Hey Arjuna' like me. In this, let it be, "I first", not "You first". Let it be, "I first." This "I" is a benevolent "I", for the limited "I" is one that will make you fall. There is a saying, "The one who takes the initiative is Arjuna", and Arjuna means to be number one. Not numberwise, but *number one*. So, do you want to become *number two* or *number one*? BapDada has seen something amusing in many tasks. Baba will tell you something that happens in the family, because it is the family that is sitting here. When there is a certain type of task, BapDada receives news. There are some tasks and programmes that are especially for special souls. So the thought reaches BapDada and Dadis – because Dadis are instruments in the corporeal form. Your thoughts reach BapDada. What thoughts reach BapDada? "My name should also be included in this. Am I any less? Why is my name not mentioned?" So the Father asks: Why is your name not mentioned in "Hey Arjuna"? It should be in that, should it not? Or, should it not be included? Should it be included? Those sitting in the front, the maharathis are sitting in the front, should it be in that? Should it be? Father Brahma demonstrated this practically. He never looked at anyone as to whether he was doing something or not. No. "I first". You also were told earlier, that there are many types of the *royal* form of "I". All of those types of "I" finish with this "I". So, BapDada's hopes for the completion of this season are that every child, who calls himself or herself a Brahma Kumar or Kumari; who know themselves as, and who accept themselves as BKs; all you Brahmin souls should become free from limited bondages that you have even just in the form of thoughts. Become free from bondage and liberated-in-life, like Father Brahma. Become liberated in Brahmin life, not in ordinary life. Celebrate this year especially as the elevated Brahmin life of liberation. Others cannot know the extent that each of you Brahmin souls knows your own subtle bondages. BapDada knows because BapDada has a TV, a TV of the mind. Not a TV of the *body*, but a TV of the mind. So, in the next season - and there will be a season, will there not? Or should we put an end to it? Should there be leave for one year? Should we take a break for a year? Pandavas, should we give it a break for a year? (Dadiji was saying that there should be 15 days leave in one month.) Achcha. Very good. Is everyone saying this? Those who don't want there to be leave for one

year, raise your hand! Those sitting in the gallery are not waving their hands. Achcha. Very good. The Father always says, “Ha ji, ha ji” to the children. That is fine. Now, when will the children say, “Ha ji” to the Father? You made the Father say, “Ha ji”, did you not? The Father says: The Father is also putting a condition. Will you agree to this? Will you agree? All of you, should at least say, “Ha ji”. Sure? You won’t make any excuses, will you? Now, take a picture of everyone’s face on the TV. It is good. The Father is also pleased that all the children are those who say, “Ha ji, ha ji”.

BapDada wants that no one should make any excuse such as, “it is because of this or because of this, and this is why there is this bondage.” Do not become a problem, but become an embodiment of solutions. You also have to make your companions this because you are seeing the condition of the times. Sounds of corruption are increasing so much. Corruption and assaults are going into the extreme. So the flag of greatness (becoming elevated) should first be hoisted in the mind of every Brahmin soul. Only then will it be hoisted in the world. You have celebrated so many Shiv Ratri. At every Shiv Ratri, you have the thought that you will hoist the Father’s flag in the world. Before hoisting this flag of revelation in the world, in your mind, each one of you Brahmins, will have to hoist the Father’s flag on your heart-throne. In order to hoist this flag, you simply have to use two words in every action, in your actions. Not in your thoughts, not in your head, but in your heart, actions, relationships and connections. They are not difficult words, they are *common* words. Those words are 1) To have unity in all relationships, connections and amongst yourselves. Even though there are many sanskars, there should be unity in the diversity. 2) Whatever elevated thoughts you have - BapDada likes it very much when you have such thoughts, and seeing and hearing these thoughts, BapDada is very pleased, “Wah, wah, children, wah! Wah, elevated thoughts, wah!, But! There is a but. There shouldn’t be a “but”, but there is. The majority of you, that is, about 90% of you children have very good thoughts. BapDada also thinks that today, this child’s thoughts are very good and that there will be *progress*, but they are reduced by 50% when it comes to words and reduced by 75% when they are put into actions. They become mixed. What is the reason for this? There isn’t concentration and determination in your thoughts. When there is concentration in your thoughts, concentration is the means of success. Determination is the means of success. There is a difference in that. What was the reason? BapDada only sees one thing in the *result*. You look at others a lot. All of you show this, that when you point a finger at someone, four fingers are pointing back towards yourself. So, you don’t see the four fingers, but you see the one a lot. Therefore, there has to be determination and concentration. There is fluctuation in the unity. “If this one does it, then I will do it”. Those who take the initiative become Arjuna. You become the second number in this. Otherwise, change your *slogan*. Instead of “World transformation through self transformation”, let it be “Self-transformation through world transformation.” “Self-transformation through the transformation of others.” So, should we change the slogan? Should we change it? Should we not change it? BapDada is also putting one condition. Do you agree to this? Should Baba tell you this? BapDada will see the result in 6 months and will then come. Otherwise, He will not come. When the Father has said, “Ha ji”, children too should say, “Ha ji”. No matter what happens, BapDada says: For self-transformation, you have to die to the consciousness of the limited “I”. Die to the consciousness of “I”, not die physically. You don’t have to die physically, but die to the consciousness of “I”. “I am *right*”. “I am this. Am I any less? I am everything.” Die to this consciousness of “I”. You will have to die too. So this death is a very sweet death. This is not dying, but it is living with the fortune of the kingdom for 21 births. Do you agree? *Teachers*, do you agree? *Double foreigners*, do you agree? Double foreigners have courage in fulfilling whatever thoughts they have. This is their speciality. And the people of Bharat have *triple* courage. Double foreigners have *double* courage and they have *triple* courage. So this is what BapDada wants to see. Do you understand? This is the lamp of BapDada’s elevated hopes, that BapDada wants to see ignited in each child. So, this year, celebrate this Diwali, even if you celebrate it after 6 months. When BapDada has seen the celebration of Diwali, He will then give His own programme. You have to do it. If you don’t do it, will those who come after you do it? Your rosary is of 16,000. Only you older ones are to come in the rosary of 108. The new ones will come later. There will be some who have come *last* and will go *fast*. There will be some examples who have

come *last* and will go *first*, but there will be few of those. Otherwise, there are just all of you. You have become this every cycle and you will become this. It doesn't matter whether you are sitting abroad or in this land, those who have firm faith in the intellect over a long period of time have all rights anyway. BapDada has love for you and so, those who have been here for a long time, those who are good effort-makers - not full effort-makers – but good effort-makers, BapDada will not leave them behind. He will take them with Him. So have this firm faith: We were, we are and we will remain together (with You). Is this firm? Sure? Simply bring out the feelings of being one who has pure and positive thoughts for others, one who has pure thoughts of the original self, one who has pure feelings, feelings of transformation, feelings of giving co-operation and feelings of mercy. At present, you keep them *merged*. Now let these feelings emerge. Do not give many corrections, but forgive them. Each one is cleverer than the next in giving corrections, however give corrections with forgiveness. You can give teachings & corrections in the form of reading the murli, giving courses, holding programmes, but when it comes to interacting in your work, then give teachings with forgiveness. Do not just give corrections. Give corrections whilst being merciful. Then your mercy will work in such a way that the weaknesses of others will be forgiven. Do you understand?

Everyone has done many types of service and each one is doing it, but BapDada is giving a signal: *Quantity* and *quality* – Serve the *quantity*, but also make the *quality* co-operative in service. Bring those with *quality* in front. Bring them onto the *stage* of service. *Quality* and *quantity* – serve both simultaneously. Not that serving the *quality* is left behind when your attention is on serving the *quantity*. Because time is coming close. The revelation of the Father will take place when those of *quality* reveal the task and the Father. To give the message is essential, but to make them the carriers of the message is also essential. Even now, those of different wings have come. BapDada has heard that people from many different wings have come. All those who have come from the different wings, raise your hand!

(BapDada made all the different wings raise their hand, group wise from the following groups: Sports, Administrator, Youth, IT Group, etc.)

Whichever wing you have come from, you have had meetings, but none of the wings have shown BapDada your number one IP in that particular wing. Tell Baba, have you made any “*mike*” ready from any wing? Have you prepared any such “*mike*” from any wing who can be the “*mike*” and you become the *might*? Which wing has done this? Raise your hand! Who has done this? Whatever wings’ programmes you have now, each wing should bring a group of their smaller “*mikes*” in the front to Madhuban. You can do this, can you not? BapDada should at least also see which children are ready. Do not bring them in front of BapDada. First of all bring them in front of the Dadis. They will certify (*pass*) them and then bring them in front of BapDada. It is good. Achcha. You have heard a great deal. Achcha.

Now, to listen means to accommodate. To accommodate means to put into your practical form. Now in the Brahmin family of 600,000, be constantly loving and co-operative with one another and become those who increase courage. Achcha.

This time, it was the turn of Rajasthan to serve and U.P. also helped. It is good, is it not? Rajasthan has received many chances of accumulating a lot of charity. To the extent that the numbers have increased, to that extent, the charity received by souls was accumulated in the account of the servers. So Rajasthan received a *golden lottery* of charity without even thinking about it. It is good. Rajasthan received this and so everyone is happy. It is good that all of you gave your time and fulfilled your responsibilities and achieved success in service. Congratulations for this. Achcha. (Today, there are more than 25,000 brothers and sisters in the gathering.) All of you give congratulations to the Dadis and the servers. You make them work so hard. You may applaud a lot. Sit down.

Now, are you able to become a master of your mind in a second and stabilise it for as long as you want? Are you able to do this? Are you able to do this? So now perform this spiritual *exercise*. Let there be total concentration of the mind. There shouldn't be any upheaval, even in your thoughts; unshakeable. Achcha.

To all those everywhere who are the masters of the imperishable, constant treasures. To the elevated souls who remain stable in the stage of being free from bondage and liberated-in-the confluence-aged life. To those who fulfil BapDada's hopes; to the master almighty authority souls who are always full of the power of unity and concentration, BapDada's love, remembrance and namaste. To all the children in all four corners who are sitting far away and who have sent love and remembrance and letters, BapDada is also giving them lots of love and remembrance from the heart. As well as this, many children have sent very good letters of their refreshment in Madhuban, so special love, remembrance and namaste to those children too.

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

Essence: Sweet children, this life of yours is even more elevated than that of the deities because by accurately knowing the Creator and the creation, you have now become theists.

Question: What is the speciality of the confluence-aged family of God which will not exist throughout the rest of the whole cycle?

Answer: At this time, God becomes the Father and looks after you children. He becomes the *Teacher* and teaches you. He becomes the Satguru and makes you into beautiful flowers and takes you back with Him. In the golden age, there will be the deity family, but not such a family of God. You children are now unlimited sannyasis and also Raja Yogis. You are studying for a kingdom.

Om shanti. This is a school or pathshala (place of study). Pathshala for whom? A pathshala for souls. A soul can definitely not hear anything without a body. When it is said that this is a pathshala for souls, it should be understood that souls cannot understand anything without a body. Then, you have to say, "Living beings". All pathshalas are for living beings. This is why it is said that this is the pathshala for souls and that the Supreme Father, the Supreme Soul, comes and teaches. That is a physical study and this is the spiritual study that the unlimited Father teaches you. So, this is the *university of God, the Father*. There are the versions of God. This is not the path of devotion; this is a study. One studies at *school*. Devotion is performed in temples etc. Who is teaching you here? God speaks. God doesn't speak at any other pathshala. It is just this one place where God speaks. Only God, the Highest on High, is called the Ocean of Knowledge. He alone can give you knowledge. All the rest is devotion. The Father has explained to you about devotion that there cannot be salvation through that. Only the one Supreme Soul is the Bestower of Salvation for All. He comes and teaches you Raja Yoga. The soul listens through the body. There aren't God's words in any other *knowledge*. It is only in Bharat that the birthday of Shiva is celebrated. God is Incorporeal, so how can they celebrate the birthday of Shiva? Only when He enters a body can there be a birthday. The Father says: I never enter a womb. All of you enter a womb. You take 84 births. Lakshmi and Narayan take the maximum number of births. They take 84 births and then he becomes the ugly one, the village urchin. You can call them Lakshmi and Narayan or Radhe and Krishna. Radhe and Krishna are the childhood form. When they take birth, they take birth in heaven, which is also called Paradise. Theirs is the number one birth and so he is also the one who takes 84 births. Shyam and Sundar, Sundar who then becomes Shyam. Krishna is loved by everyone. Krishna takes birth in the new world. Then, whilst taking rebirth, he comes into the old world and becomes ugly. This play is like that. Bharat was at first satopradhan and beautiful. It has now become impure. The Father says: All of these souls are My children. Everyone has been sitting on the pyre of lust and has now become ugly by being burnt. I come and take everyone back home. This world cycle is like that. The garden of flowers then becomes the forest of thorns. The Father explains: You children were such beautiful masters of the world. You are now becoming that. Lakshmi and Narayan were the masters of the world. They took 84 births and are now becoming that again, that is, those souls are now studying. You know that there is such limitless happiness in the golden age that there is no need even to remember the Father. It is remembered: Everyone remembers God at the time of sorrow? Whom do they remember? The Father. You don't have to remember all of those. People remember so many on the path of devotion. They don't know anything. They don't know when Krishna came or who he is. They don't even understand the significance between Krishna and Narayan. Shiv Baba is the Highest on High. Then, below Him are Brahma, Vishnu and Shankar. They are called deities. People call all of them God. They say that God is omnipresent. The Father says: It is Maya, the five vices, that are omnipresent and in everyone. There are no vices in the golden age. In the land of liberation too, souls are pure. There is no question of impurity there. So, the Father, the Creator, comes and gives His own introduction. He explains to you the secrets of the beginning, middle and end through which you become theists. You become theists only once. This life of yours is more elevated than that of deities. It is sung that human birth is invaluable. Then, when it is the most auspicious confluence age, your life becomes like a diamond. Lakshmi and Narayan would not be said to be like diamonds. Your birth is like a diamond. You are God's children whereas they are deity children. Here, you say that you are God's

children and that God is your Father. He is teaching you because He is the Ocean of Knowledge. He is teaching you Raja Yoga. Only once, at the most auspicious confluence age do you receive this knowledge. This is the age in which you become the most elevated beings, but the world doesn't know about it. All are sleeping in the sleep of Kumbhakarna, the sleep of ignorance. Destruction of everyone is just ahead and this is why children mustn't keep a relationship with anyone. It is said: Whatever you remember in your final moments.. If you remember Shiv Baba in your final moments, you will go into the Narayan clan. This ladder is very good. It is written: We were deities and then we became warriors etc. At this time it is the kingdom of Ravan. We have forgotten our original eternal deity religion and become trapped in other religions. This whole world is Lanka. There wasn't any other golden Lanka. The Father says: You have defamed Me even more than you have defamed yourselves. You say of yourselves that you take 8.4 million births whereas, of Me, you have said that I am in every particle. I come and uplift even those who defame Me in this way. The Father says: You are not to be blamed. This is the play of the drama. This is a play from the beginning of the golden age to the end of the iron age and it has to turn. No one except the Father can explain it to you. All of you are Brahma Kumars and Kumaris. You Brahmins are God's children. You are sitting in God's family. In the golden age there will be the deity family. In this family of God, God is looking after you, teaching you and making you into beautiful flowers and will then take you back with Him. You are studying to change from human beings into deities. It is written in the Granth that it didn't take God long to change human beings into deities. This is why God is also called the Magician. To make hell into heaven is magic. It takes 84 births for heaven to change into hell and then it changes from hell into heaven at the snap of your fingers (in just a second). Liberation-in-life is received in a *second*. I am a soul. You know the soul and you know the Father. No other human beings know what a soul is. There are many gurus, but only one Satguru. It is said: The Satguru is Immortal. The Supreme Father, the Supreme Soul, is the only Satguru, but there are many gurus. None of them are viceless. All of them take birth through vice. The kingdom is now being established. All of you are studying here for a kingdom. You are Raja Yogis, unlimited sannyasis. Those hatha yogis are limited sannyasis. The Father comes, grants everyone salvation and makes everyone happy. I am called the Satguru, the Immortal Image. There, we do not repeatedly shed a body and take another. Death doesn't come there. You souls are imperishable, but you become impure and pure. Souls are not immune to the effect of action. Only the Father explains the secrets of the drama to you. Only the Creator would explain to you the secrets of the beginning, middle and end. That one Father alone is the Ocean of Knowledge. He is changing you from human beings into deities and double-crowned. Your birth was like a shell and you are now becoming like diamonds. The Father has also explained to you the meaning of the mantra, "Hum so, so hum". Those people say that the soul is the Supreme Soul and that the Supreme Soul is the soul - hum so, so hum. The Father says: How can the soul be the Supreme Soul? The Father explains to you. It is: I, the soul, am a Brahmin at this time and then, I, the soul, will become a deity from a Brahmin and then a warrior, then a Brahmin from a shudra. Your birth is the most elevated of all. This is God's home. With whom are you sitting? With the Mother and Father. All are brothers and sisters. The Father is teaching souls. All of you are My children who have a right to the inheritance. This is why everyone can claim an inheritance from the Father, the Supreme Soul. Old, young and little ones, all have a right to claim an inheritance from the Father. This is why you have to explain to the children: Consider yourself to be a soul and remember the Father and your sins will be cut away. Those who are on the path of devotion will not understand these things. 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.

Night class:

Children recognise the Father. You do understand that the Father is teaching you and that you are to receive your unlimited inheritance from Him, but the difficulty is that Maya makes you forget. She causes one obstacle or another which children become afraid of. In that too, the foremost number Maya is that of

falling into vice. Your eyes deceive you. It is not a question of removing your eyes. The Father gives you the eye of knowledge. There is war between knowledge and ignorance. The Father is knowledge and Maya is ignorance. This war is very strong. When someone falls, he doesn't even understand that, but he then realises that he has fallen, and that he has brought great loss to himself. Once Maya defeats you, it becomes very difficult to get up. Many children say that they go into trance, but Maya interferes in that too. They aren't even aware of it. Maya makes them steal and tell lies. What doesn't Maya make one do? Don't even ask! She makes one dirty. Whilst becoming flowers, you become dirty. Maya is so powerful that she repeatedly makes you fall. Children say: Baba, I repeatedly forget You. It is only the one Father who inspires you to make effort, but if it is not in the fortune of some, they are unable to make effort. No one can be favoured in this nor can they be given extra tuition. In other studies, a *teacher* is specially called to give extra tuition. Here, you are all taught to the same extent in order to create your fortune. To what extent could each one be taught individually? There are so many children. In other studies, some would be children of eminent people, and because they are able to spend a lot of money they are given extra tuition. A *teacher* knows when someone is dull and so he teaches that one to make him worthy to claim a *scholarship*. This Father does not do that. This Father teaches everyone to the same extent. Other *teachers* inspire you to make *extra* effort. This One does not make anyone make *extra* effort. To inspire someone to make *extra* effort means that the teacher has mercy, even though he gets paid for that. He especially gives time and teaches the students so that they are able to become clever by studying more. Here, there is no question of studying more. This One says the same thing to everyone. He only gives the one mantra of manmanabhav. You children understand what happens through remembrance. Only the Father is the Purifier and you know that by remembering Him you will become pure. Achcha. *Good night*.

Essence for dharna:

1. The whole world is now to turn into a graveyard. Destruction is just ahead. Therefore, do not have any relationships with anyone. At the final moments, remember the one Father alone.
2. This is the confluence age to become beautiful from ugly and pure from impure. This is the time to become the most elevated human beings. Always have this awareness and make yourself like a diamond from a shell.

Blessing: May you be an embodiment of remembrance and become full of happiness and attainments by remembering your fortune according to the time.
On the path of devotion, in memory of you souls who became embodiments of remembrance, devotees still remember the speciality of your every action and become lost in unique experiences. Therefore, you must have gained so many experiences in your practical life. Simply experience being an embodiment of remembrance in an emerged form according to the time and actions, and you will become a treasure-store of unique happiness and attainments. Then the soundless chant emerging from your heart will be: I have attained that which I wanted to attain.

Slogan: In order to become *number one*, simply continue to place your footsteps in the steps of Father Brahma.

*** OM SHANTI ***

Essence: Sweet children, this play is predestined. Not a single soul can be released from this play. No one can receive eternal liberation.

Question: How is the highest-on-high Purifier Father the Innocent Lord?

Answer: You children give Him a handful of rice and claim a palace in return and this is why the Father is called the Innocent Lord. You say: Shiv Baba is my Child. He is such a Child that He never takes anything from you, but always gives to you. On the path of devotion, they say: Whatever actions someone performs, they receive the fruit of that. However, on the path of devotion anything they receive is for a temporary period. On the path of knowledge, you do everything with understanding and this is why you receive for all time.

Om shanti. The spiritual Father is having a heart-to-heart conversation with you spiritual children. Or, you would say that the spiritual Father is teaching you children Raja Yoga. You have come to study Raja Yoga with the unlimited Father. This is why your intellect should go to the Father. This is God's knowledge for souls. God speaks to the saligrams. It is you souls who have to listen and this is why you have to become soul conscious. Previously, you were body conscious. The Father only comes at this most auspicious confluence age and makes you children soul conscious. You have now understood the difference between being soul conscious and being body conscious. The Father has explained to you that it is the soul that plays his *part* through the body. It is the soul, not the body, that studies. However, because of being body conscious, they think that So-and-so is teaching them. The One who is teaching you children is the Incorporeal. His name is Shiva. Shiv Baba doesn't have a body of His own. Everyone else would say: This is my body. Who said this? The soul said: This is my body. However, all of those are worldly, physical studies and there are many different *subjects* in those. There are so many different titles such as BA etc. Here, there is just the one name and it is only the One who is teaching you. Only the one Father comes and teaches you. So you have to remember the Father. The unlimited Father is teaching us. What is His name? His name is Shiva. It isn't that He is beyond name and form. Names are given to the body of human beings. It would be said: This is the body of So-and-so. However, Shiv Baba does not have a body. Human beings are given names for their body, whereas it is only the one Incorporeal Father whose name is Shiva. When He comes here to teach you, His name is still Shiva. This body does not belong to Him. There is just one God, not ten or twelve. He is just the One, and yet people say that He has 24 incarnations. The Father says: You have made Me stumble a lot. You have said that God is in the pebbles and stones. Just as you have stumbled a lot on the path of devotion, in the same way, you have made Me too stumble a lot. According to the drama, His way of speaking is so cool. He explains: Everyone has defamed and insulted Me so much. People say that they do altruistic service, whereas the Father says: No one apart from Me can do altruistic service. Whoever does something definitely receives the fruit of that. You are now receiving the fruit. It is remembered that God gives the fruit of devotion because God is the Ocean of Knowledge. You have been performing rituals on the path of devotion for half the cycle. This knowledge is a study. Only once do you receive this study and from the one Father. The Father only comes once at the most auspicious confluence age and goes back having made you into the most elevated human beings. This is knowledge and that is devotion. You have been performing devotion for half the cycle. Those who do not perform devotion have doubts that perhaps So-and-so died or became ill because they haven't been performing devotion, but it is not like that. The Father says: Children, you have been calling out to Me to come and make everyone pure from impure and grant everyone salvation. So, I have now come. Devotion is separate from knowledge. Through devotion, there is the night for half the cycle and through knowledge, there is the day for half the cycle. The kingdom of Rama and the kingdom of Ravan are both unlimited. The *time* of both is equal. At this time, because people are bhogis (those who indulge in sensual pleasures), the world population is greater and people's life-span is shorter. They try to create ways for it not to increase too much. You children know that it is the duty of only the Father to make such a big world small. The Father comes to make it small. You have been calling out: Baba, come and destroy irreligiousness, that is, make this world smaller. The world doesn't know how small the Father makes it. Only a few human beings remain. All the rest of the souls will go back to their home and then come down here numberwise to

play their *part*. The later their *part* is in the play, the later they will come here from home. They finish their business and then come here. Those who are in a play carry on with their business and then come to play their *part* at their time. It is the same for you. Those who have a *part* to play later will come later. Those who are actors at the beginning of the play come here at the beginning of the golden age. If you look, you will see that those who were to come later still continue to come. The branches and stems will continue to come till the end. The things of knowledge are explained to you at this time. When you sit in remembrance in the morning, that is *drill*. The soul has to remember his Father. Forget the word "yoga". People become confused with that. They say: I am unable to have yoga. The Father says: Oh! Can you not remember your Father? Is this good? If you don't remember Me, how will you become pure? The Father is the Purifier. The Father comes and explains to you the secrets of the beginning, the middle and the end of the drama. This is the tree of the *variety* of religions and the *variety* of human beings. All human beings of the whole world are actors. There are so many human beings. People make a calculation and say: In one year, there will be this many million born. However, there isn't that much space here. This is why the Father says: I come here to make the *numbers limited*. When all souls have come from up above, My home becomes empty. Those who are still there also come down. The tree never completely dries up. It continues to grow. At the end, when there is no one left up there, everyone will then go back. There were so few people in the new world and now there are so many. Everyone's body continues to be changed. Only those who took that birth every cycle will take the same birth now. No one apart from the Father, can explain how this *world drama* continues. You children also understand this numberwise according to the effort you make. The unlimited play is so big. There are so many things to be understood. The unlimited Father is the Ocean of Knowledge. All others are *limited*. They write the Vedas and scriptures, but they are not going to be able to create that many. If you were to continue to write from the beginning, it would become such a big Gita. If everything were to be printed, the Gita would become even bigger than this building. This is why they have given it the greatness: If you were to make the ocean into ink... Then they also say that the sparrows swallowed the ocean. You are the sparrows who are now swallowing the whole ocean of knowledge. You have now become Brahmins. You have now received knowledge. You now know everything through knowledge. You come here to study every cycle. There is no question of anything being less or more. The more effort you make, the greater the reward you create. Each one of you can understand how much effort you are making and to what extent you are becoming worthy. Students *pass* an examination at *school* numberwise. Both the sun and moon dynasties are created. Those who fail become the moon dynasty. No one knows why Rama has been shown with a bow and arrow. They have made *history* violent. At this time, there is nothing but violence. You know that whatever actions each one performs, accordingly he receives the fruit of that. For instance, when someone builds a hospital, he will have a long life and be healthy in his next birth. Those who build dharamshalas or schools receive temporary happiness. When you children come here, Baba asks: How many children do you have? You say: Three physical children and One is Shiv Baba, because He gives you an inheritance and also takes an inheritance. There is the account. He doesn't really want to take anything, because He is the Bestower. He is the Innocent Lord because you give Him a handful of rice and claim a palace in return. He is the Purifier and the Ocean of Knowledge. Now the Father says: I explain to you the essence of the scriptures of the path of devotion. The fruit of devotion lasts for half the cycle. Sannyasis say that this happiness is like the droppings of a crow, and this is why they leave their home and family and go away to forests. They say that they don't want the happiness of heaven because they would then have to go to hell. Instead, they want eternal liberation. However, you have to remember that this play is unlimited. Not a single soul can be released from this play. It is predestined. This is why it is remembered: That which is destined is happening. That is why they worry on the path of devotion. Whatever happened in the past will happen again. You go around the cycle of 84 births. This cycle never ends. It is predestined. How can you stop your effort in that? You cannot come out of it just because you say so. To receive eternal liberation, to merge with the light and to merge with the brahm element are all the same thing. There are innumerable opinions and innumerable religions. Then people say: Only You know Your ways and means. We receive salvation through the

shrimat You give us. Only you know that. When You come, we can know these things and also become pure, we can study and receive salvation. When you have received salvation, no one calls out to Me. At this time, mountains of sorrow are falling on everyone. They have shown bloodshed without cause and they also show the Goverdhan mountain, and that the mountain was lifted with a finger. You know the meaning of this. Only you few children remove this mountain of sorrow. You endure sorrow. You have to give everyone the mantra that disciplines the mind. They say that Tulsidas rubbed sandalwood to give a tilak.... You children receive the tilak of sovereignty through your own efforts. You are studying for a kingdom. It is only the one Father who teaches you Raja Yoga through which you receive a kingdom. You are now sitting at home. This is not a court. A court is where kings and emperors meet. This is a pathshala. It is explained that no Brahmin teacher should bring anyone vicious here. Those who are impure will spoil the atmosphere. This is why they are not *allowed* to come here. When they become pure, they can be *allowed*. Now some people have to be *allowed* to come. If you go from here and become impure, you won't be able to imbibe anything. This is cursing yourself. Vices are the directions of Ravan. You stop following the directions of Rama, follow the devilish directions of Ravan and become vicious and stone-like. There are many such fearsome stories written in the Garuda Purana. The Father says: A human being only becomes a human being; he would not become an animal etc. In a study, there is no question of blind faith. This is your study. *Students* study, *pass* and earn money. 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. Give everyone the mantra that disciplines the mind. Claim the tilak of the kingdom by making effort in the study. Give your finger to remove these mountains of sorrow.
2. At the confluence age, make effort to become the most elevated human beings. Perform the *drill* to remember the Father. Do not become confused by speaking of yoga.

Blessing: May you be one who has great fortune and become an embodiment of remembrance by having different relationships with the Father in every action. Throughout the day in every action, sometimes remember God in the form of the Friend, sometimes in the form of your life Companion, sometimes as your specially beloved Child. Whenever you become disheartened, remember Him as the Almighty Authority and let the awareness of your being a *master* almighty authority *emerge* and your heart will become happy and you will automatically have an experience of the Father's company. Then, this Brahmin life will always be experienced as invaluable and one in which you are greatly fortunate.

Slogan: To become equal to Father Brahma means to reach the destination of perfection.

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

Essence: Sweet children, the Bestower of Salvation for All is the one Father. No one else can do altruistic service like the Father.

Question: Which effort does the Father have to make in order to establish the *new world*?

Answer: He makes the effort to make souls who are sinners like Ajamil into worthy-of-worship deities like Lakshmi and Narayan. The Father makes effort to make you children into deities and all the rest of the souls go back to the land of peace. Each one of you has to settle your karmic accounts, become worthy and go back home.

Song: Take us away from this land of sin to a place of rest and comfort...

Om shanti. Sweetest, spiritual children heard the song. You children know that this is the world of sin and that the new world is the world of charity. There is no sin there. That is the kingdom of Rama and this is the kingdom of Ravan. Everyone is impure and unhappy in this kingdom of Ravan and this is why they are calling out: Oh Purifier! Come and purify us! Those of all religions call out: Oh *God, the Father*! Come and *liberate* us. Become our *Guide*! That means that when the Father comes, He takes souls of all the religions there are in the world back with Him. At this time, all are in the kingdom of Ravan. He takes those of all religions back to the land of peace. Everyone has to be destroyed. The Father comes here and makes you children worthy of the land of happiness. He benefits everyone. This is why that One is called the Bestower of Salvation, the Benefactor of All. The Father says: You now have to return home. Those of all religions have to go to the land of silence and the land of nirvana (beyond sound), where all souls reside in silence. The unlimited Father, who is the Creator, comes and gives everyone liberation and liberation-in-life. So praise should be sung of that one *God, the Father*. The One who comes and serves every one should be remembered. The Father Himself explains: I am the Resident of the supreme abode, the faraway land. The original eternal deity religion that existed at the very beginning no longer exists, and this is why people call out to Me. I come and take all of you children back home. There is no Hindu religion. In fact, it is really the deity religion, but because they are not pure, they call themselves Hindus instead of deities. No one established the Hindu religion. The Gita is the jewel of all scriptures. It is spoken by God. Only the One is called God. *God, the Father*. Shri Krishna and Lakshmi and Narayan cannot be called *God, the Father*, or the Purifier. They are the king and queen. Who made them like that? The Father. The Father first of all creates the new world and this one becomes the master of that. How did he become that? No human being knows this. Very wealthy people build big temples etc. You should ask them: How did they claim the kingdom of that world? How did they become the masters? No one will be able to tell you. What actions did they perform that they received such fruit? The Father now explains: You have forgotten your own religion. Because of not knowing the original eternal deity religion, everyone has been *converted* into other religions. They will now *return* to their own religions. Those who belong to the original eternal deity world religion will come back to their own religion. Those who belong to the *Christian* religion will once again go back into the *Christian* religion. The *sapling* of the original eternal deity religion is being planted. Whatever religion everyone belongs to, they have to go back to it. This is a tree and it has three *tubes*, and then expansion takes place from it. No one else can give you this *knowledge*. The Father now says: You have to come back into your own religion. Some say: I am going to go to the sannyas religion. I am a *follower* of Rama-Krishna Paramhans. They are those of the path of isolation whereas you belong to the family path. How can those of the household path become *followers* of those of the path of isolation? At first, you were pure on the family path. Then you became impure through Ravan. The Father explains these things. You belong to the household ashram. You have to perform devotion. The Father comes and gives you salvation as the fruit of your devotion. It is said: *Religion is might*. The Father establishes *religion*. You become the masters of the whole world. You receive so much *might* from the Father. Only the one Almighty Authority Father comes and grants everyone salvation. No one else can give salvation or receive salvation. Expansion continues to take place here. No one can return home. The Father says: I am the Servant of those of all religions. I come and grant salvation to everyone. The golden age is referred to as salvation. Liberation is in the land of peace, so which is the greatest of all? The Father says: O souls, all of you are *brothers*. All of you receive an inheritance from the Father. I come and make everyone worthy to

go back to their own *section*. If souls don't become worthy, they have to receive punishment. The karmic accounts have to be settled and then they can return home. That is the land of peace and the other is the land of happiness. The Father says: I come and establish the new world. You have to make effort for that. I come and make souls who are complete sinners like Ajamil into deities. Ever since you went onto the path of sin you continued to come down the ladder. This ladder of 84 births is for coming down. From satopradhan, you go through the stages of sato, rajo and tamo and this is now the confluence age. The Father says: I only come once. I do not enter the body of Abraham or Buddha. I only come at the most auspicious confluence age. It is now said: *Follow the Father*. The Father says: All of you souls have to *follow Me* alone. Constantly remember Me alone and your sins will be absolved in the fire of yoga. This is called the fire of yoga. You are the true Brahmins. You come off the pyre of lust and sit on the pyre of knowledge. Only the one Father explains all of this. Christ, Buddha etc. all remember just the One. However, no one knows Him accurately. You have now become theists. You have now come to know the Creator and the creation from the Father. Rishis and munis all used to say, "Neti, neti" (Neither this nor that). Heaven is the land of truth where there is no mention of sorrow. Here, there is so much sorrow and the life-span is also very short. The life-span of the deities is so long. They are pure yogis. Here, there are impure bhogis (those who indulge in sensual pleasures). As you continue to come down the ladder your life-span becomes shorter. Untimely death also continues to take place. The Father makes you such that you will never become diseased for 21 births. So, you claim your inheritance from such a Father. You souls should become so sensible. Baba is giving you such an inheritance that you won't experience any sorrow there. Your crying and shouting out all end. All of you are actors. Souls shed a body and take another. This too is the drama. Baba explains to you the philosophy of action, neutral action and sinful action. The Krishna soul experiences 84 births and is now at the end listening to this same knowledge. "The day and night of Brahma" have been remembered. The day and night of Brahma are also the day and night of Brahmins. Your day is now about to come. They speak of Maha Shiv Ratri. The night of devotion is now ending. Knowledge is now dawning. It is now the confluence age. You are now once again becoming residents of heaven. You stumbled in the dark night, wore out your forehead and used up all your wealth. The Father now says: I have come to take you to the land of peace and the land of happiness. You were residents of the land of happiness. Whilst taking 84 births, you came into the land of sorrow and are now calling out again: Baba, come to this old world. This is not your world. You are now establishing your own world with the power of yoga. You now have to become *doubly* non-violent. You must neither use the sword of lust nor must you fight or quarrel. The Father says: I come every 5000 years. This cycle is 5000 years, not hundreds of thousands of years. If it were hundreds of thousands of years, the population here would be very much larger. They continue to tell lies and this is why the Father says: I come every cycle. I too have a *part* in the drama. I cannot do anything without having it in My *part*. I too am tied in the bondage of the drama. I come at My accurate time. Manmanabhav! However, no one knows the meaning of that. The Father says: Renounce all the religions of the body, constantly remember Me alone and you will all become pure again. Children continue to make effort to remember the Father. This is the World Spiritual University. There cannot be any other university like this one. God, the Father, comes here and changes the whole world. He changes it from *hell* to *heaven* which you then rule. The Father now says: Remember Me and you will change from tamopradhan to satopradhan. This is Baba's lucky chariot which the Father enters. No one knows about the birth of Shiva. They simply say that God is beyond name and form. Oh! There cannot be anything existing that is beyond name and form. They say: That is the sky. Therefore, that is a name. Even though it is just empty space, that is what it is called. The Father's name is the Benefactor. Then He is given many names on the path of devotion. He is also called Babulnath (Lord of thorns). He comes and liberates you from the sword of lust and makes you pure. Those of the path of isolation only believe the element of brahm to be God and they only remember that. They call themselves yogis who have yoga with the brahm element or the element of light. However, that is a place of residence which is called Brahmand. They consider brahm to be God. They believe that they will merge with it. That means they make the soul perishable. The Father says: I alone come and grant everyone salvation. This is

why the birth of Shiv Baba alone is worth diamonds and the birth of everyone else is worth shells. Shiv Baba alone grants everyone salvation, and so He is like a diamond. He alone takes you into the *golden age*. Only the Father comes and teaches you this *knowledge* through which you become deities. This *knowledge* will then disappear. Lakshmi and Narayan do not have knowledge of the Creator or creation. Children you heard the song. They say: Take us to a place where there is peace and comfort. That is the land of peace, then there is the land of happiness. There is no untimely death there. The Father has come to take you children to that world of happiness and comfort. 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.

Night class: Now, both your sun and moon dynasties are being created again. No one else can know as much or become as pure as you do. When they hear that the Father has come, they will begin to remember Him. You will see all of this as you progress further. Hundreds of thousands and millions will continue to understand this. The atmosphere will be such. Everyone will become *hopeless* in the war at the end. Everyone will be *touched*. Your sound will also spread. Heaven is being established, but everyone's death is also ready. However, that time will be such that there won't be time to even choke. As you progress further, many here will understand a great deal. It isn't that all of you (who exist now) will be here at that time. Some would even have died. Only those who were here in the previous cycle (at this time) will be here then. At that time, you will all be in remembrance of the one Father. There won't be so much sound (noise). You will then just continue to consider yourself to be a soul and remember the Father. You will observe all of this as detached observers. There will continue to be many painful calamities. Everyone will come to know that destruction is now to take place and that the world is to change. Reason says that destruction will take place when the *bombs* are dropped. They now continue to say to one another: Promise that you won't drop *bombs*. However, all of those things have been invented for destruction. You children should remain very happy. You know that the new world is being created. You understand that only the Father establishes the new world. There will be no mention of sorrow there. That is called Paradise. Just as you have faith, in the same way, as you progress further, many others will have faith too. What happens is that those who are to have an experience will have many experiences as they progress further. At the end, you will stay on the pilgrimage of remembrance a great deal. Now there is still a lot of time left. If you don't make full effort, your status will be destroyed. You receive a good status by making effort. At that time, your stage will be very good. You will also have visions. Destruction will take place again as it has taken place every cycle. Those who have faith and have knowledge of the cycle will remain happy. Achcha. *Good night* to the spiritual children.

Essence for dharna:

1. Become *doubly* non-violent and change this *hell* into *heaven* with the power of yoga. Make effort to become satopradhan from tamopradhan.
2. *Follow* the one Father fully. Become a true Brahmin and burn your sins away in the fire of yoga. Remove everyone from the pyre of lust and make them sit on the pyre of knowledge.

Blessing: May you be a soul who is full and who experiences being entertained through the *variety* of experiences of Brahmin life.

Every human soul likes there to be *variety* in his life. So, throughout the whole day, experience the different relationships and forms and you will experience life to be very entertaining. Brahmin life is the perfect life in which you can experience all relationships with God. Therefore, don't let even one relationship be missing. If even a tiny or slight relationship with a soul is *mixed* with that, then the word "all" finishes. Where you have "all", there will be fullness there. Therefore, become an embodiment of remembrance through all relationships.

Slogan: Become one who has adopted an avyakt form, the same as the Father and observe every scene of matter and you will not come into upheaval.

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

Essence: Sweet children, break away from everyone else and connect yourself to One. Look at one another with the vision of brotherhood and you will not see the body. Your vision will not be spoiled and there will be power in your words.

Question: Is the Father in debt to the children or are the children in debt to the Father?

Answer: You children are those who have a right and the Father is indebted to you. You children make a donation and the Father has to give you a hundredfold return of one. Whatever you give in the name of God, you receive the *return* of that in your next birth. You give a handful of rice and become the masters of the world and so you should be so generous-hearted. Never have the thought, "I gave to Baba."

Om shanti. You have to explain at the *museums* and exhibitions that this is the most auspicious confluence age. Only you are sensible, and so you have to explain to everyone so much that this is the most auspicious confluence age. The place of greatest *service* is the *museum*. Many people go there, but there are very few good *serviceable* children. All the centres are *service stations*. At the centre in Delhi, it is written: *Spiritual museum*. There is no correct meaning to this. Many people ask you the question: What service are you doing for Bharat? God speaks: This is a *forest*. At this time, you are at the confluence age. You neither belong to the *forest* nor the *garden*. You are now making effort to go to the *garden*. You are changing this kingdom of Ravan into the kingdom of Rama. People ask you how you are able to cover your expenses. Tell them: We BKs cover the expenses ourselves. The kingdom of Rama is being established. You can come for a few days and understand what we are doing and what our *aim* and *objective* is. Those people don't believe in *sovereignty* and this is why they have finished the rule of kings. At this time they too have become tamopradhan and this is why they are not liked. According to the drama, they too cannot be blamed. We are playing the *part* of whatever happens in the drama. The *part* of the establishment continues every cycle through the Father. You children cover the expenses yourselves. By following shrimat, you meet the expenses and create your own kingdom and no one else knows about it. Your name "*unknown warriors*" is very well-known. In fact, there are no *unknown warriors* in that army. A *register* is kept of the soldiers. It is not possible that someone's name or *number* is not *registered*. In fact, you are the *unknown warriors*. Your name is not mentioned in any *register*. You don't have any weapons etc. There is no physical violence here. You are conquering the world with the power of yoga. God is the Almighty Authority and you are taking power from Him through remembrance. You have yoga with the Father in order to become satopradhan. When you become satopradhan, you need a satopradhan kingdom. You are now establishing that by following shrimat. Those who exist but are not visible are said to be *incognito*. You cannot see Shiv Baba with those eyes. You are *incognito* and you are claiming power from Him in an *incognito* way. You understand that you are becoming pure from impure and that only pure ones have power. All of you will be pure in the golden age. The Father tells you the story of their 84 births. You claim power from the Father, become pure and will then rule the kingdom of the pure world. No one can conquer the world with physical power. This is a matter of the power of yoga. Those people fight, but you will receive the kingdom in your hands. The Father is the Almighty Authority and so you should receive power from Him. You know now the Father and the beginning, middle and end of creation. You know that only you are the spinners of the discus of self-realisation. Not everyone has this awareness. You children should have this awareness because only you children receive this *knowledge*. Those people outside cannot understand this. This is why they are not allowed to sit in this gathering. Everyone calls out to the Purifier Father, but no one considers himself to be impure. They simply continue to sing: The Purifier is Rama who belongs to Sita. All of you are *brides* and the Father is the *Bridegroom*. He comes to grant everyone salvation. He decorates you children. You have received a *double engine*. A *Rolls Royce* has a very good *engine*. The Father is also like that. You say: Oh Purifier, come! Make us pure and take us back with You. All of you are sitting here peacefully. You don't play musical instruments etc. There is no question of any difficulty. Continue to remember the Father whilst walking and moving around. Continue to show the path to whoever you meet. The Father says: Donate to the devotees of Me, Lakshmi and Narayan and Radhe and Krishna whom you meet. Do not waste it. Donations are given to those who are worthy of them. Impure

human beings continue to donate to impure human beings. The Father is the Almighty Authority. You take power from Him and become the most elevated. When Ravan comes, there is a confluence at that time too – of the silver and copper ages. This is the confluence of the iron and golden ages. You have to understand everything such as for how long knowledge lasts and for how long devotion lasts. You then have to explain these things to others. The main thing is to remember the unlimited Father. When the unlimited Father comes, destruction also takes place. When did the Mahabharat War take place? When God taught Raja Yoga. You can understand that the beginning of the new world and the end of the old world means destruction has to take place. The world is in extreme darkness. It now has to be awakened. It has been sleeping for half the cycle. The Father explains: Consider yourself to be a soul and look at others with the vision of brotherhood. Then, when you give knowledge to anyone, there will be power in your words. It is the soul that becomes pure and impure. When a soul becomes pure he receives a pure body. He cannot receive it now. Everyone has to become pure; some will become pure through the power of yoga and others through punishment. The pilgrimage of remembrance requires effort. Baba continues to inspire you to *practise* this. Whenever you go anywhere, go in remembrance of Baba, just as priests go everywhere quietly in remembrance of Christ. They continue to remember Christ. The people of Bharat remember many. The Father says: Do not remember anyone except the One. We claim a right to liberation and liberation-in-life from the unlimited Father. Liberation-in-life is received in a *second*. In the golden age, everyone is liberated-in-life, whereas in the iron age everyone is in a life of bondage. No one knows these things. The unlimited Father explains all of these things to you children. Then you children have to reveal the Father. He continues to tour around everywhere. It is your duty to give human beings the message that this is the most auspicious confluence age. The unlimited Father has come to give the unlimited inheritance. The Father says: Constantly remember *Me* alone and your sins will be absolved. Your sins will be cut away. This is the true Gita which the Father teaches you. You have fallen by following human dictates, whereas by following God's directions you claim your inheritance. The main thing is: While walking, sitting and moving around, continue to remember the Father and give His introduction. You have the *badge* with you, and it doesn't matter if you give it away free. However, only to those who are worthy. The Father complains to the children: You remember your physical father, and yet you forget *Me*, your parlokik Father. Are you not ashamed? You belonged to the pure family household path and you now have to become that again. You are those who make a deal with God. Check within yourself: Is my intellect wandering anywhere? For how long did I remember the Father? The Father says: Break away from everyone else and connect yourself to the One. You mustn't make any mistakes in this. It has also been explained to you: Look at others with the vision of brotherhood and you won't see the body. Your vision will then not be spoilt. This is the destination. Only at this time do you receive this knowledge. All speak of brothers – people say that this is a *brotherhood*. That is fine. We are the children of the Supreme Father, the Supreme Soul. So why are we sitting here when the Father is establishing heaven? Continue to explain in this way and continue to make progress. The Father wants many *serviceable* daughters. Centres continue to open. Children are interested in bringing benefit to many others. However, the *teachers* who look after everyone also have to be good maharathis. *Teachers* are also numberwise. The Father says: Where there is a Lakshmi-Narayan Temple, where there is a Shiva Temple, where there is the River Ganges, where there are lots of people, you should go and do *service* there. Explain to them: God says: Lust is the greatest enemy. Continue to do *service* according to shrimat. This is your Godly family. You come here and stay in a bhatthi for seven days and stay with the family. You children should have a lot of happiness. You are being made multimillion times fortunate by the unlimited Father. The world doesn't know that God can teach you. You are studying here. So you should have so much happiness. We are studying to become the highest on high. You should be so generous-hearted. You are making the Father create a debt with you. Whatever you give in the name of God, you take the return of that in your next birth, do you not? When you give everything to Baba, Baba also has to give you everything. You should never have the thought: I gave to Baba. Many people think: I gave this much, so why am I not being offered special hospitality? You give a handful of rice and claim the sovereignty of the world. Baba is the Bestower. Kings are *royal*.

When we first meet a king, we give him a gift, but he would never take that in his own hands. He would indicate that you give it to his *secretary*. Shiv Baba is the Bestower, so how would He take from you? This One is the unlimited Father. You give Him a gift. However, Baba would give you a hundredfold *return*. So you should never have the thought that you gave to Baba. Always think that you are taking. You will become multimillionaires there. You are becoming multimillion times fortunate in a *practical* way. Many children are generous-hearted whereas many others are even misers. They don't even understand that they are becoming multimillionaires. We are becoming very happy. When God, the Father, is absent He gives you fruit *indirectly* for a temporary period. When He becomes present, He gives to you for 21 births. It has been remembered that Shiv Baba's treasurestore is overflowing. Look, there are so many children, but no one knows who gives what. The Father knows and the bag in which the Father stays knows. He is absolutely ordinary. Due to this, when children leave here, that intoxication disappears. When there isn't knowledge and yoga, complications continue. Maya defeats even good children. Maya makes them senseless. Maya makes them turn away from the Father. Can you not remember the Father whom you come to? There should be a lot of internal happiness. The day has come about which you had been saying: When the Father comes, we will belong to Him. God comes and *adopts* you, and so you are said to be so fortunate. You should remain so happy. However, Maya makes you lose your happiness. 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. God has *adopted* us. He becomes our *Teacher* and teaches us. Remember your multimillion times fortune and remain happy.
2. Make the vision firm: We souls are brothers. Do not look at the body. After making a deal with the Father, do not allow your intellect to wander.

Blessing: May you be an embodiment of success who co-operates in God's task and thereby receive everyone's co-operation.

Where there is everyone's zeal and enthusiasm, success automatically comes close and becomes a garland around your neck. In any unlimited task, everyone's finger of co-operation is needed. Each one of you has a *chance* to serve. None of you can make the excuse that you cannot do something or that you don't have time. Whilst walking and moving around, you can do service for ten minutes at a time. If your health isn't good, do service whilst sitting at home. With your thoughts, with your attitude of happiness and with your stage of happiness create the world of happiness. Become co-operative in God's task and you will receive everyone's co-operation.

Slogan: Remain set on the seat of a master of the elements and you will not become upset by any situation.

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

Essence: Sweet children, the Father loves all the children, but those who instantly follow the Father's advice are pulled by the Father. Virtuous children draw the Father's love.

Question: Which *contract* has the Father made?

Answer: Only the one Father has made a *contract* to make everyone into beautiful flowers and take them back home. There is no other *contractor* like the Father in the whole world. He alone comes to grant everyone salvation. The Father cannot stay without doing *service*. So, you children also have to give the proof of *service*. You mustn't ignore what you have heard.

Om shanti. The spiritual Father explains to the spiritual children: Children, sit here considering yourselves to be souls. Only the one Father explains this. No other human beings can explain to others to consider themselves to be souls. Only the Father comes and teaches you this after 5000 years. Only you children know this. No one knows that this is the most auspicious confluence age. You children should remember that you are at the most auspicious confluence age. This too is manmanabhav. The Father says: Remember Me because you now have to return home. Your 84 births are now ending. You now have to become satopradhan and return home. Some don't remember Baba at all. The Father knows each one's efforts very well. In this too, there are some who are here and others who are outside. Baba knows that although I see the children sitting here, I remember the sweet serviceable children. I look at them and think: What type of flower is this one and what virtues does he have? Some are such that they don't have any virtues at all. What would Baba do looking at such children? The Father is the Magnet, a *pure* Soul, and so He would definitely have that pull. However, Baba knows what is inside. The Father shows you His whole chart and so you children should also show this. The Father tells you: I have come here to make you into the masters of the world. Then it depends on whatever effort each one makes. One should know about the effort each one is making. Baba writes: Write down everyone's *occupation* and send that to Baba. Or get them to write it and send it to Baba. Those who are alert and sensible Brahmin teachers should get everyone to write what business they are doing and how much their income is. The Father tells you everything about Himself and also gives you the knowledge of the beginning, middle and end of the world. He knows each one's stage. There are a *variety* of flowers. (Baba showed various types of flower.) Look, this is such a *royal* flower. So it has such fragrance, and when it blooms it will have *first-class* beauty. You too will become worthy like Lakshmi and Narayan. So the Father continues to look at everyone. It isn't that He gives everyone a *searchlight*. Each of you draws to yourself according to what you are like. How could those who don't have any virtues draw anything from Baba? Such ones will go there and claim a status worth a few pennies. Baba sees the virtues of each one of you and also gives you love. His eyes become moist from that love. These *serviceable* children are doing so much *service*. They cannot rest without doing *service*. Some don't even know how to do *service*. They don't even sit in yoga. They don't imbibe any knowledge. Baba feels: What status will they claim? No one can be hidden. Children who have a good intellect and are looking after a centre should send their charts. Then Baba would understand to what extent each one is an effort-maker. Baba is the Ocean of Knowledge. He gives knowledge to you children. How much effort each one makes and how virtuous he becomes is quickly known. Baba loves everyone. There is a song about this: I love Your flowers and also Your thorns. It is numberwise. So you should have so much *love* for the Father that you instantly do what Baba tells you to do. Then Baba would also understand that you *love* Him. He would feel that pull. The Father has such attraction that you completely cling to Him. However, until the rust is removed, there won't be that pull. I look at each one. Baba wants *serviceable* children. The Father comes here for service. He makes impure ones pure. You know this, but the people of the world don't know. There are very few of you now. Unless you have yoga, there won't be that pull. Very few of you make that effort. You become trapped in one or another thing. This is not a spiritual gathering where you just continue to say, "True, true," to everything you hear. Only the one Gita is the jewel of all scriptures. Raja Yoga is mentioned in the Gita alone. Only the Father is the Master of the World. I continue to tell you children that your impact will spread through this Gita, but there has to be that strength too. There has to be very good strength of the power of yoga and you are very weak in this. There is now little time left. If you become sweet, others will also be sweet to you. If you love Me, I will also love you. This is *love* of the

soul. Stay in the remembrance of one Baba. Only through this remembrance will your sins be absolved. Some don't remember Baba at all. The Father explains: There is no question of devotion here. This is Baba's chariot and Shiv Baba teaches you through him. Shiv Baba doesn't ask you to wash His feet and drink that water. Baba doesn't even allow you to touch His feet. This is a study. What would happen by your touching His feet? The Father is the One who grants salvation to everyone. Only a handful out of multimillions understand this aspect. Only those who came in the previous cycle will be able to understand this. The Father, the Innocent Lord, comes, gives knowledge to the innocent mothers and uplifts them. Baba takes you very high up into liberation and liberation-in-life. The Father simply says: Renounce the vices. There is upheaval because of this. The Father explains: Examine yourself. What defects do I have? Businessmen look at their accounts every day to see their profit and loss. You too should keep your accounts of how long you remembered extremely beloved Baba who makes you into the masters of the world. If you see that you have been remembering Him for very little time, you would be ashamed of yourself: Did I not remember such a Baba? Our Baba is the *most wonderful* of all. In the whole world too, heaven is also most *wonderful*. Those people say that heaven is hundreds of thousands of years, whereas you say that the cycle is 5000 years. There is the difference of day and night. Baba surrenders Himself to those who are very old devotees. They have performed a lot of devotion. Baba used to take up the Gita in this birth, and he also used to keep a picture of Narayan. He liberated Lakshmi from being a maid, and so he had so much happiness. Just as we will shed our body and take another one in the golden age, in the same way, Baba too had the happiness that he will go and become a beautiful *prince*. He also continues to inspire you to make effort. How can you become this just like that? If you remember Baba very well, you will claim the inheritance of heaven. Some neither study at all nor do they imbibe divine virtues. They don't even keep their account. Only those who are to become elevated ones will always keep their chart. Otherwise, they simply *show off*. They stop writing their chart after 15 to 20 days. Here, all the examinations etc. are incognito. The Father knows the *qualification* of each one. If you instantly obey the Father's orders, you would be called obedient and one who follows all orders. Baba says: Children, you now have to do a lot of service. So many very good children divorce the Father and go away. This One never *divorces* anyone. According to the drama, this One has come to take on a huge *contract*. I am the biggest *Contractor* of all. I will make everyone beautiful and take them back home. You children know that it is only the one *Contractor* who makes impure ones pure. He is now sitting in front of you. Some have so much faith and some don't have any faith at all. Today they are here and tomorrow they would go away, because their behaviour is such. Their conscience would definitely bite them inside: What am I doing for Baba whilst living with Baba? If you don't do any service, what will you receive? To make chapattis and cook vegetables – you also used to do that before. What have you done that is new? You have to give the proof of *service*. I showed the path to so many. This drama is created in a *wonderful* way. You are seeing in a *practical* way whatever happens. In the scriptures, they have written about the divine activities of Krishna, but they are in fact the divine activities of the one Father. He alone grants everyone salvation. No one else can have activities like this One. You should have good activities. However, to abduct someone etc. are not really activities worth remembering. Only the one Father grants everyone salvation. He comes and establishes heaven every cycle. There is no question of hundreds of thousands of years. So, children, you should renounce your dirty habits. What status will you claim otherwise? The Beloved would fall in love seeing your virtues. He would fall in love with those who do His *service*. Of what use are those who don't do any *service*? These matters have to be understood very clearly. The Father explains: You are greatly fortunate. No one else is as fortunate as you. Although you will go to heaven, your *position* would be lowered. You should create an elevated reward. This is a matter of cycle after cycle. You should not be happy with whatever you receive. You have to make very good effort. You also have to give the proof of *service* as to how many you have made similar to yourselves. Where are your subjects? The Father and *Teacher* inspires everyone to make effort. However, it has to be in someone's fortune. The greatest blessing is that God leaves His home of peace and comes here to the impure world in an impure body. Otherwise, who would give you the knowledge of the Creator and creation? It doesn't enter anyone's

intellect that there is the kingdom of Rama in the golden age and the kingdom of Ravan in the iron age. There was just the one kingdom in the kingdom of Rama, whereas in the kingdom of Ravan there are innumerable kingdoms. This is why you ask: Are you residents of hell or residents of heaven? However, people do not understand where they are. This is the forest of thorns. So you now have to *follow* the *mother*, *Father* and the special, beloved children for only then will you become elevated. The Father explains a great deal, but only those who are to understand will understand. Some hear this and then churn the ocean of knowledge very well. Others simply ignore whatever they heard. It is written everywhere: Do you remember Shiv Baba? Then you would definitely also remember your inheritance. If you have divine virtues, you will become deities. If you have anger or devilish defects, you won't be able to claim a high status. There are no evil spirits there. Ravan himself doesn't exist there so how could the evil spirits of Ravan come there? Body consciousness, lust, anger, greed etc. are great evil spirits and there is only one way to remove them. The remembrance of Baba. It is only through having remembrance of Baba that all the evil spirits will run away. 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.

Night class:

Many children want to do the service of making others similar to themselves and create their subjects. Just as their older brothers are doing service, they want to do the same. There are more mothers. The urn has been placed on the mothers, but this is the family path. Both are needed. Baba asks you how many children you have. He sees whether you answer correctly or not. I have five children of my own, and another one is Shiv Baba. Some say this just for the sake of saying it. Some truly make Him their Child. Those who make Him their Heir will be threaded in the rosary of victory. Those who truly make Him their Heir also become heirs themselves. The Lord is pleased with an honest heart, but all others simply say this for the sake of saying it. At this time, only the parlokik Father gives an inheritance to everyone. This is why you have to remember that One from whom you receive an inheritance for 21 births. You have the knowledge in your intellect that all of these are ~~not~~ going to stay here. The Father sees the stage of all of you as to whether you have truly made Him your Heir or you have thought about doing this, and whether you understand the meaning of making Baba your Heir. Many don't understand this, and are unable to make Baba their Heir because they are influenced by Maya. At this time, you are either influenced by God or by Maya. Those who are influenced by God will make Him their Heir. There is a rosary of eight, and also 108. The eight must definitely be working wonders. They must truly have made Baba their Heir. Although they make Him their Heir, they also claim their inheritance. Those who have made such an elevated Heir would also be performing actions which are just as elevated. You shouldn't perform any sinful actions. All vices are sinful actions. To forget the Father and remember someone else is also a sinful action. The Father means the Father. The Father says through this mouth: Constantly remember Me alone. You have received this direction. Therefore, you should remember Him fully. This requires a lot of effort. If you remember the one Father, Maya would not harass you so much. However, Maya is also very powerful. You understand that Maya makes you perform sinful actions. She even makes the great maharathis fall to the floor. Day by day, the number of centres will continue to grow. Gita pathshalas and museums will continue to open. Human beings of the whole world will accept what the Father and also what Brahma says. Brahma alone is called Prajapita Brahma. Souls would not be called subjects. Who creates the human world? The name Prajapita Brahma is mentioned. This one is corporeal and the other One is incorporeal. That One is eternal. This one would also be called eternal. The names of both of them are the *highest*. That One is the spiritual Father and this one is Prajapita (the Father of the People). Both of them sit here and teach you. They are the *highest* beings. Children, you should become so intoxicated. You should have so much happiness. However, Maya doesn't allow you to remain happy or intoxicated. If such *students* continued to churn the ocean of knowledge, they could do *service*, and they could also remain happy, but perhaps that will still take time. Only when you reach your karmateet stage can you remain happy. Achcha.

Spiritual BapDada says love, remembrance and good night to the spiritual children.

Essence for dharna:

1. Check your account every night: How long did I remember extremely sweet Baba throughout the whole day? Do not keep your account just to *show* off, but make incognito effort.
2. Churn the ocean of knowledge that the Father gives you and give the proof of *service*. Do not ignore what you have heard. Check if there are any devilish traits and if there are remove them.

Blessing: May you be a constant server, free from obstacles, and remain lost in the Father and service. Where there is enthusiasm for service, you are easily able to step away from all situations. Remain lost in the one Father and service and you will easily become a constant server who is free from all obstacles and a conqueror of Maya. From time to time, the form of service changes and will continue to change. Now you won't have to speak a lot, but people themselves will say that this is an elevated task and will also want to co-operate in this. This is a sign of the closeness of time. So continue to move forward whilst serving with a lot of zeal and enthusiasm.

Slogan: Remain stable in the stage of perfection and experience the upheaval of matter to be like passing clouds.

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

Essence: Sweet children, put into practice the teachings that the Father gives you. After making a promise, you must not turn away from it. Do not disobey orders.

Question: What is the essence of your study? Which practice should you definitely have?

Answer: Your study is to go into the stage of retirement. The essence of this study is to go beyond sound. The Father alone takes everyone back home. You children have to become satopradhan before going back home. For this, go to a place of solitude and practise being soul conscious. Only the practice of being bodiless will make the soul satopradhan.

Om shanti. By considering yourself to be a soul and remembering Baba, you will become satopradhan from tamopradhan and in this way, you will become the masters of such a world. You become satopradhan from tamopradhan in this way every cycle, and then by taking 84 births, you become tamopradhan. Then the Father gives you the teachings: Consider yourself to be a soul and remember the Father. You used to remember Him on the path of devotion too. However, at that time, your intellect had gross knowledge. Your intellect now has deep and refined knowledge. You have to remember the Father in a practical way. You also have to explain that a soul is like a *star* and that the Father is also like a *Star*. It is just that He doesn't come into rebirth whereas you do. This is why you had to become tamopradhan. Now you have to make effort to become satopradhan once again. Maya repeatedly makes you forget. You now have to become free from making mistakes; you mustn't make any mistakes. Because of this mistake you have become tamopradhan and if you continue to make more mistakes you will become even more tamopradhan. You receive the *direction*: Consider yourself to be a soul and remember the Father. *Charge* your *battery* and you will become satopradhan and the masters of the world. A *teacher* teaches everyone. *Students pass* numberwise. They then also earn numberwise. You also *pass* numberwise and you then claim your status numberwise. There is a difference between the masters of the world and the subjects, maids and servants. Students who are good, worthy, obedient, faithful and trustworthy definitely follow the directions of the *Teacher*. The better your *register*, the more *marks* you will receive. This is why the Father repeatedly explains to you children: Do not make any mistakes. Do not think that you failed in the previous cycle. It enters the hearts of many that because they are not doing service, they must have *failed*. The Father continues to caution you. You have become tamopradhan and iron-aged from being satopradhan and golden-aged. *World history* will *repeat* once again. The Father shows you a very easy way to become satopradhan. Remember Me and your sins will be absolved. You will become satopradhan whilst climbing up. You will climb up slowly, and this is why you must not forget Baba. However, Maya makes you forget. She makes you disobedient. You accept the *directions* that the Father gives you, you make a promise but you then don't follow those directions. The Father would then say that you are those who disobey orders and turn away from your promise. After making a promise to the Father, you have to put it into practice. No one else will give you the teachings that the unlimited Father gives you. There definitely has to be a *change*. The picture is so good. You are the Brahmin clan and will then become the Vishnu clan. This is new Godly language. You have to understand this. No one else gives this spiritual *knowledge*. There are some organisations who call themselves a spiritual organisation. However, there cannot be any spiritual organisation other than yours. There is a lot of *imitation*. This is something new. There are very few of you. No one else can understand these things. The whole tree is standing, but it doesn't have a trunk. Later, there will just be the trunk. There won't be any branches or twigs. All of them will end. The unlimited Father gives you an unlimited explanation. There is now the kingdom of Ravan over the whole world. This is Lanka (an island). That Lanka is beyond this ocean and the unlimited world is also in the ocean. There is water all round. Those things are limited whereas the Father is teaching you unlimited things. Only the one Father explains to you. This is a study. You remain engaged studying until your *results* are announced and you then get a job. Your intellect works just in that. It is a *student's* duty to pay *attention* to the study. Whilst sitting, walking and moving around, you have to stay in remembrance. This study remains in the intellect of you *students*. Students work hard during examinations so that they do not fail. They especially go to the park to study in the morning, because the vibrations of noise in the house are dirty. The Father has explained: Instil the practice of being soul conscious and then you won't forget.

There are many places for solitude. In the beginning, you used to finish *class* and go to the mountains. Now, day by day, *knowledge* is getting deeper. *Students* remember their *aim and objective*. This is the study to go into the stage of retirement. No one apart from the One can teach you. Sages and holy men all teach you devotion. Only the one Father shows you the way to go beyond sound. Only the one Father takes everyone back home. This is now your unlimited stage of retirement which no one knows about. The Father says: Children, all of you are in the stage of retirement. The whole world is in the stage of retirement. Whether someone studies or not, everyone has to return home. All souls will go to the incorporeal world and will go to their own sections. The tree of souls that is created is *wonderful*. The cycle of this whole drama is absolutely *accurate*. There cannot be the slightest difference. There are *lever* and *cylinder* clocks. *Lever* clocks are very *accurate*. Here too, the intellect's yoga of some is like a *lever* clock whereas that of others is like a *cylinder* clock. Some are not able to have yoga at all. It is as though the clock is not working at all. You have to become like a complete *lever* clock for only then will you go into the kingdom, whereas those who are the *cylinder* will become part of the subjects. You have to make effort to become a *lever* clock. It is said, "A handful out of multimillions." This refers to only those who are to claim a royal status. They are the ones who become threaded in the rosary of victory. Children understand that this truly takes effort. They say: Baba, I repeatedly forget You. Baba explains: Children, the stronger you become, the more powerfully Maya will fight you. They have to be very cautious in wrestling. Strong ones recognise the strong ones. It is the same here. There are mahavir children, and they too are numberwise. Maya brings very strong storms to very good maharathis. Baba has explained: No matter how much Maya troubles you and brings storms, you just have to remain cautious. You must not be defeated in any situation. Let storms come in your thoughts, but you must not perform those actions through the physical organs. Storms come to make you fall. If there were no battle with Maya, how could you be called strong wrestlers? You must not be concerned about the storms of Maya. However, whilst moving along, you become influenced by your physical organs and immediately fall. This Father explains to you every day: You must not perform any sinful actions through the physical organs. If you don't stop performing unlawful actions, you will claim a status worth a few pennies. Internally, you yourself understand that you will fail. Everyone has to return home. The Father says: If you remember Me, that remembrance is never destroyed. By remembering Me even a little you will go to heaven. You understand what status you will receive by remembering Me a little and what status you will receive by remembering Me a lot. What each one will become cannot remain hidden. You yourself can understand what status you would attain if you were to have *heart-failure* now. You can even ask Baba. As you progress further, you will understand this by yourself. Destruction is just ahead. Storms, rain, natural calamities etc. do not first ask you before they come. Ravan is already sitting here. This is a very big examination. Those who *pass* claim a high status. Kings have to be very wise so that they are able to look after their subjects. Only a few *pass* the ICS examination. The Father teaches you and makes you into satopradhan masters of heaven. You know that you have become tamopradhan from satopradhan and that you now have to become satopradhan through remembrance of the Father. You have to remember the Purifier Father. The Father says: Manmanabhav! This is the same episode of the Gita. This Gita is for becoming double-crowned. It is the Father who makes you that. You have all the knowledge in your intellect. Those who are intellectual are able to imbibe well. 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.

Night class. (5/1/69)

Children are sitting here in *class* and know who their *Teacher* is. *Students* remember all the time who their *teacher* is but, here, you forget this. The *Teacher* knows that the children repeatedly forget Him. You have not found such a spiritual Father before. You only meet Him at the confluence age. In the iron age and the golden age you only have physical fathers. This One reminds you that it should be firm for you children

that this is the confluence age in which you children become the most elevated human beings. So, by remembering the Father, you should remember all three. When you remember the *Teacher*, you should remember all three and when you remember the Guru, you should remember all three. You definitely have to remember this. The main thing is to become pure. Those who are pure are called satopradhan. They reside in the golden age. You have been around the cycle and it is now the confluence age. The Father comes every cycle and teaches you. You reside with the Father, do you not? You also know that He is the true Satguru, and that He truly shows you the path to the lands of liberation and liberation-in-life. According to the *drama-plan*, we make effort and *follow* the Father. We receive the teachings here and follow Him. Just as this one studies, so you children also make similar effort. If you want to become deities, you have to perform pure actions. There shouldn't be any rubbish remaining. The main special thing is to remember the Father. You understand that you forget the Father, His teachings and also the pilgrimage of remembrance. By forgetting the Father, you also forget the knowledge. You even forget that you are a *student*. You should remember all three. If you remember the Father, you would also definitely remember the *Teacher* and Satguru. When you remember Shiv Baba, you also need the divine virtues. There is magic in remembrance of the Father. No one else can teach you children the magic that the Father teaches you. We become satopradhan from tamopradhan in this birth itself. It takes a whole cycle to become tamopradhan, and we now have to become satopradhan in this one birth. It depends on how much effort each one makes. The whole world doesn't make effort. Those of other religions will not make effort. Children have had visions of how religious founders come. They have played their *part* in such-and-such a dress. They go into the tamopradhan stage. Your understanding also says that just as you become satopradhan, so everyone else will also become this. You take the donation of purity from the Father. Everyone calls out: *Liberate* us from here and take us back home. Become our *Guide*. According to the *drama-plan*, everyone has to return home. You have returned home many times. Some do not stay at home for the full 5000 years, and some stay in the home for the full 5000 years. They will come here at the end, and so it would be said that they have stayed in the land of peace for 4,999 years. We would say that we have been in this world on this earth for 4,999 years. Children have the faith that you have taken 83 or 84 births. Those who are very clever would definitely have come first. Achcha. Love, remembrance and *good night* to the sweetest spiritual children.

Essence for dharna:

1. In order to become satopradhan, *charge* your *battery* with the pilgrimage of remembrance. Become free from making mistakes. Keep your *register* good. Do not make mistakes.
2. Do not perform unlawful actions. Do not be concerned about the storms of Maya but become a conqueror of your physical organs. Make *accurate* effort like a *lever* clock.

Blessing: May you be a worthy-of-worship soul who easily imbibes purity as the original and eternal special virtue.

The special basis of becoming worthy-of-worship is purity. To the extent that you imbibe all types of purity, to that extent you become worthy-of-worship in all ways. Those who imbibe purity in the right way as their original and eternal virtue are worshipped in the right way. Those who come into contact with gyani and agyani souls and fulfil accurate relationships and connections with their pure attitude, drishti and vibrations, who never break their purity even in their dreams, are the ones who become worthy-of-worship according to the right method.

Slogan: Whilst remaining in the corporeal form, do service like an avyakt angel and the task of world benefit will be completed at a fast speed.

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

The method to forget the old world and the old sanskars.

BapDada is seeing the form of the practical life of faith of the children who have faith in their intellect. All of you have heard the specialities of children who have faith in the intellect. Such victorious jewels, who are full of specialities and have faith in the intellect, would always be an example in this Brahmin life, in the most auspicious confluence-aged life. They would have this intoxication. Spiritual intoxication is the mirror of faith. Faith in the form of awareness isn't just in the intellect, but it will be experienced in every action in the form of spiritual intoxication. It will be experienced in your practical form and others too experience it because this is a gyani and yogi life. It is not just for listening and speaking, but for making your life. Awareness - thoughts, words, actions and relationships - is all included in life. To have faith in the intellect means to have a life of intoxication. Every thought of a soul who has such spiritual intoxication would be filled with intoxication. The intoxication of faith would be experienced in all three: your thoughts, words and deeds. As is your intoxication, so the sparkle of happiness would be revealed on your face and in your behaviour. The proof of faith is intoxication and the proof of intoxication is happiness. There is a lot of expansion of the different types of intoxication. However, in essence, the first type of intoxication is of the bodiless, soul conscious form. Do you know the detail of this? All of you are souls, but spiritual intoxication is experienced when you have in your awareness what type of soul you are. Go into the detail of this amongst yourselves or churn it by yourself.

The second form of intoxication is of the alokik confluence-aged life. In this life too, think about the detail of what type of life you have. So, first is the intoxication of the soul-conscious form. Second is the intoxication of your alokik life. Third is the intoxication of the angelic stage. Also go into the detail of whom you would call an angel. Fourth is the intoxication of the future. Of these four types of alokik intoxication, even if you have one type of intoxication in your life, you will automatically continue to dance in happiness. If you have faith, but don't have happiness, what is the reason for that? It is because you don't have that intoxication. Intoxication easily makes you forget the old world and old sanskars. In this effort-making life, it is these two that especially become an obstacle - either the old world or old sanskars. Both bodily relations and possessions of the body are included in the world. Together with that, even more than the world, it is the old sanskars that become a greater problem. The world can be forgotten but sanskars cannot be forgotten. So the method to transform sanskars is to have one of the four types of intoxication in a practical form, not just in thought-form. By having this (intoxication) in the practical form, they (sanskars) will never become an obstacle. This is the reason why sanskars have still not changed. Because you have imbibed this intoxication in thought-form, that is, in your intellect in the form of *knowledge*, when any old sanskars emerge, you use this language: "I understand everything." You even understand that you have to change. However, it doesn't just have to be up to the level of understanding, but it has to be in actions, that is, it has to be in your practical life. Transformation should be experienced in life. This is called putting it into the practical form. At present, it is just in the intellect in the form of *points*, just in terms of thinking about it and speaking about it. However, when transformation is visible in your every action and relationship, that is called having alokik intoxication in the practical form. Now, put every type of intoxication into your life. Anyone who looks at your forehead should experience an attitude of spiritual intoxication through your forehead. Whether you speak about it or not, your attitude spreads into the atmosphere and in the *vibrations*. Your attitude should give others the experience of the *vibrations* of happiness in an atmosphere of happiness. This is called being stable in intoxication. In the same way, spiritual intoxication should be experienced in the corporeal form through your drishti, through the smile on your lips and through your words. Only then would you be called a victorious jewel with faith in the intellect who stays in intoxication. You mustn't remain incognito in this. Some become clever in this and say that they are remaining incognito. There is a saying that no one can ever hide the sun, that no matter how thick the clouds may be, the sun will still give its light. Does the sun move or do the clouds move? Clouds come and go, but the sun remains stable in its form of light. Similarly, those who have this spiritual

intoxication cannot hide their spiritual sparkle. The sparkle of their spiritual intoxication is definitely experienced in a visible form. Their *vibrations* automatically attract others. The *vibrations* of those who stay in spiritual intoxication work like a canopy of protection for themselves and for others. So, what do you have to do now? Put this into the practical form. In terms of knowledge, you have become *knowledge-full*. However, by putting *knowledge* into your practical life, you will experience yourself to be *successful* and *blissful* as well as *knowledge-full*. Baba will tell you at some other time what the form of someone who is *successful* and *blissful* is.

Today, Baba is telling you about spiritual intoxication. Everyone should experience this intoxication. Out of these four types of intoxication, use any one of these four types of intoxication in different ways. The more you use this intoxication in your practical life, the more you will accordingly remain constantly free from worry and become a carefree emperor. Everyone will see you in the form of a carefree emperor. So, now go into the detail of this and put it into practice. Where there is happiness, Maya cannot play her tricks. Maya cannot enter the empire of someone who is a carefree emperor. She comes and you then chase her away, and she comes again and you chase her away again. Sometimes Maya comes in the form of the body, sometimes in the form of bodily relations. This is called Maya sometimes coming as an elephant, sometimes as a cat, and sometimes as a mouse. Sometimes you chase the mouse away and sometimes you chase the cat away. Your time is spent just chasing her away. Therefore, always stay in spiritual intoxication. First of all reveal yourself and then you will reveal the Father because the Father is to be revealed through you. Achcha.

To those who reveal the Almighty Authority through themselves, to those who reveal the speciality of spiritual intoxication in the mirror of this practical life, to those who always become carefree emperors and bid farewell to Maya, to those who always put *knowledge* into the practical form, to such children who have faith in the intellect and who maintain their intoxication, to those who always swing in the swing of happiness, to such elevated souls, to such special souls, BapDada's love, remembrance and namaste.

BapDada meeting *serviceable* teachers:

Servers means those who make others powerful with their own powers. This is the real speciality of servers. To fill those who are weak (powerless) with power is real service. To receive a part to do such service is a *hero part*. So, *hero* actors, how much intoxication do you have? You can take your *number* ahead as much as you want through the *part* of service because service is a means to move forward. By becoming busy in service, you automatically step away from everything else. Each service centre is a *stage* on which each soul is playing his *part*. There are many facilities, but the facilities should always have that power. If you use the facilities without power, you don't get the *result* in service that you should. Warriors of the old days always used to offer their weapons to the deities to have them filled with power and then use them. So, when all of you use any of the facilities for a task, then, before using it, do you put it to use in the right way according to the method? Whatever facilities you use now, people are attracted to that for a short time. They are not impressed by it for all time because the powerful souls who show that transformation through the powers are all numberwise. All of you do service, all of you are called *teachers*. Whether you are a server or a *teacher*, what is the difference in service? You make the same *programme*, you make similar *plans*. Your customs and systems are also similar. So, why is there a difference in your success? Lack of power. So, fill the facilities with power. For instance, if a sword doesn't have the power of sharpness, that sword won't do the work of a sword. It is a sword, but it doesn't have the strength of sharpness. The more you fill yourself with power, the more success you will automatically continue to receive in service. So, become powerful servers. Always attain success using the right method. This is not a big thing. However, pay special *attention* so that the powerful souls grow in number. Let there be *quality*. There will be even greater *quantity* who come. Pay *attention* to the *quality*. You will receive a number upon the *quality*, not upon the *quantity*. One soul of *quality* is equivalent to a 100 of *quantity*.

To the Kumars:

What wonders do kumars perform? You are not those who cause chaos, are you? In order to perform wonders, become powerful and make others powerful. In order to become powerful, always keep your *title* of being a *master* almighty authority in your awareness. Where there is power, you will be liberated from Maya. According to the *attention* you pay to yourself, you will be able to pay that much *attention* to service. If there isn't *attention* on the self, there won't be any power in service. Therefore, in order to make yourself into a constant embodiment of success, you should create methods of powerful practice. Make some special *programme* through which *progress* continues to take place all the time. When there are first *programmes* for self-progress, then service will be accomplished easily and successfully. A kumar life is a fortunate life because you have been saved from many bondages. Otherwise, in a household life there are so many bondages. So, souls who are to become so fortunate, you don't sometimes forget your fortune, do you? Always consider yourselves to be souls with an elevated fortune; you are those who draw the line of fortune for others. Those who are free from bondage automatically continue to move forward through the flying stage. This is why BapDada always loves the Kumar and Kumari life. A household life is one of bondage whereas a kumar life is one of being free from bondage. So, become a soul who is free from bondage and also make others free from bondage. A kumar means one who constantly maintains a balance between remembrance and service. If you have this *balance*, you are constantly in the flying stage. Those who know how to keep a *balance* will never fluctuate in any situation.

To Adhar kumars:

All of you are those who do service through the practical example of your life, are you not? The greatest practical proof is the transformation of the lives of all of you. People have seen many who speak and listen. Now, they all want to see, they don't want to hear. So, whenever you perform any actions, keep the aim that whatever actions you perform should be so transformed that others who see those actions are also transformed. Through this, you yourself will remain content and happy and you will also benefit others. So, perform every action for the sake of service. If you have the awareness that your every action is for service, you will automatically perform elevated actions. Remember: The transformation of others is to happen through self-transformation. This service is easy and also elevated. To give lectures with words and also through your life is called being a server. You are servers who change the drishti of others by giving them drishti. The more powerful your drishti is, the more you will be able to transform others. Become instruments who always serve others through your drishti and elevated actions.

Do you always have in your awareness what you were and what you have become? By having this awareness, old sanskars can never *emerge*. As well as this, also remember what you are going to become in the future and then, because your present and future are both elevated, there will be happiness and, by remaining happy, you will constantly continue to move forward. The world of the present and the future are elevated and so, in front of the elevated, you will not remember the world that gives sorrow. Seeing this unlimited family of yours constantly continue to remain happy. You would never have even thought in your dreams that you would receive such a fortunate family. However, you are now seeing this in a practical form and experiencing it. It is the family that is united with one direction and it is such a big family. It is only at this time in the whole cycle that you receive such a family. Even in the golden age, it will be a small family. So, there is happiness on seeing BapDada and the family, is there not? Do you love this family? Because here, there are no selfish motives. Those who belong to such a family will be close to one another even in the future. Constantly continue to move forward whilst seeing the specialities of this family of God.

Kumaris: Are all of you kumaris moving forward considering yourselves to be world benefactors? This awareness always makes you powerful. A kumari life is a powerful life. Kumaris are those who become

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powerful and who also make others powerful. You are those who bid farewell to waste for all time. Continue to move forward whilst keeping the fortune of a kumari life in your awareness. It is also great fortune at the confluence age that you have become a kumari. A kumari is one who makes the lives of others through her own life. A kumari is one who stays with the Father. A kumari is one who always experiences the self to be powerful and who also make others powerful. A kumari is one who always belongs to the one elevated Father and none other. A kumari is one who takes every step forward with such intoxication. So, you are such kumaris, are you not? Achcha.

Blessing: May you be completely viceless and renounce even any trace of laziness and carelessness. To fluctuate in any action of the daily timetable, to become lazy or careless is also a trace of vice that obstructs you in becoming worthy of worship. If you don't experience yourself to be in an awakened state at amrit vela, if you simply sit because of compulsion or with laziness, then your worshippers too will worship you with compulsion or laziness. So, renounce even laziness and carelessness for only then will you be able to become completely viceless.

Slogan: You may do service, but do not have wasteful expenditure.

*** OM SHANTI ***