

colour, and then to 'become' means to be constantly like the Father, to follow in every step of thought, words and action.

Then the soul becomes the image of the Father. Let there be the experience that the child's thought is equal to that of the Father. And then let everyone else have the experience that as is the Father, so is the child, both in words and in actions. This is what the stage of equality means and it is applicable to the ones who are the thirstiest. Check all 3 aspects and ask yourselves, "Who am I?"

The children's thoughts which are filled with hope and enthusiasm have reached BapDada. They are very good thoughts, full of courage and determination. The seed of thought is powerful, but after that attention has to be paid first to the land of inculcation, then to the water of the Ganges, (the water of knowledge) and then to the sunshine (the warmth of remembrance). Let attention be paid to the self again and again. For it is in this aspect that the soul sometimes becomes careless.

Even if one aspect is missing, then the seed of thought cannot give constant fruit. For a little while, (perhaps for one or two seasons) fruit will emerge, but not constantly. Then you think, "But the seed was powerful, the promise was firm; there was also clarity, and yet I don't know what happened. For about six months, there was so much enthusiasm and hope, and then whilst going along, I don't know what happened." And so for this reason there must be constant attention to the things that have been just spoken about.

Another thing is, that confusion comes so quickly just because of little matters and because of that, even something which is so small is built-up and made into something so important. It could just be a tiny ant, and yet you make it into an elephant! This is why balance fluctuates. When there isn't balance, your life becomes heavy so that either there is intoxication and you feel "high" or because of a tiny grain of sand you come down. Instead of using knowledge to remove it within a second, you begin to think about the grain of sand.

You say, "Now this has happened; and I have stopped; now I have come down. All this has happened and I have become ill; I have a fever or a pain." If these are the things that you are thinking, and saying, what will your state be? So erase all these little things that come and then you can fly. "Don't become weak by thinking, look what's happening!" Instead take medicine so that you can become strong and healthy. Sometimes BapDada sees the faces of the children and wonders how they were one way a moment ago, then the next moment something has happened to them. He wonders, "Is this the same one, or is it someone else?"

What happens if you let yourself fluctuate so much? Your head becomes heavy. Physically speaking too, if you keep going up and coming down, then your head spins. So transform this sanskar. Don't think that fluctuation is the nature of "we people"; or that it is due to the land in which we live or the atmosphere or our sanskars from birth. Such beliefs weaken you. Your birth has changed, and so now change your sanskaras also. You are the world transformers, and so first and foremost you are self transformers.

Recognise your own eternal nature and sanskaras, because it is these that are original; the others are artificial. It has become accepted now to let Maya influence the soul by saying that what has happened is because of a sanskar or because of one's nature. But this is not the original eternal nature of elevated souls. So you are being reminded of these things so that you can pay attention to them once again. Revision is taking place, but let the transformation be imperishable.

There are many many specialities. You are all number one in love, also in your enthusiasm for doing service. Though physically far away, you are still very close. Your catching power is also very good, also the power of realisation and feeling in general is very intense. You swing in the swing of happiness, and sing very good songs praising Baba and saying how wonderful Baba, the family and Drama all are. Your speciality of determination is also very

good, and recognition within the intellect is also very clear. You are the long-lost and now-found, and so specially loved both by Baba and the whole family. You are the decoration of Madhuban, and create a very good sparkle here.

You are also giving a very good example of how a variety of different branches from different trees can come together and create one Sandalwood tree. How many specialities do you have? There are so many, and out of it all, only one weakness. So it is easy to erase this one thing, isn't it? All problems have now finished, haven't they! Just as you speak very openly about everything, so too you are number one in clearing out the heart and removing everything from it. If a rosary of specialities were created it would be such a long rosary and so BapDada congratulates you. Transformation has taken place 99% but 1% still remains, and so this transformation still has to take place. Do you understand?

You see you are all very good, because even now you have changed your "no" into a "yes" This is also a speciality. The answers that you give are very good ones, and so if you were asked: are you powerful? Are you victorious? Then you would say, "I am, as from now" And so this shows that the power of transformation is very intense. There is just one sanskara and that is the sanskar of being confused either by a little ant or by a mouse.

Be the mahavir and crush the ant under your feet and start riding the mouse. Let it be your vehicle, and become Ganesh, that is, become the destroyer of obstacles, and start riding your mouse. Don't be afraid of the mouse. The mouse bites and takes away all powers. It destroys the power of tolerance; it puts an end to lightness and easiness, and it kills love because it bites. And the little Ant goes straight to your head, making you unconscious, because of tension. And so at that moment there is disturbance and distress. Achha.

To those who are always mahavir; to those who stabilise

themselves in a powerful stage of consciousness; to those who in every thought, word and action, follow in Baba's steps and move with the Father; to such life companions, who always keep their own specialities in front of them and so bid farewell to all weaknesses; to those who constantly allow the powerful seed of thought to be able to give constant fruit; to those who at all times, taste the unlimited visible fruit; to those who constantly swing in the swing of all attainments; to such souls who are always powerful, BapDada's love, remembrance and Namaste.

### **BapDada speaking to the group from France:**

Everyone has experienced the meeting many many times, and so, are you experiencing the meeting now like this, as one of many meetings? It is because you experienced the meeting last kalpa, that it is taking place again now. Souls of the last kalpa have come once again to claim their birthright and this is why it doesn't seem new. The memory of recognition is coming back, and there is the feeling that we have met many-many times, so that even the home seems very familiar.

When you meet someone who belongs to you, then you are very happy to see them, and then there is the realisation that past relationships were just relationships created out of selfishness, or one's own benefit. They weren't based on reality. But now you have returned to your own family, and to your own sweet home. BapDada welcomes you and says that it is good that you have come.

Determination always brings success. If on the other hand there is a thought, "Will it happen or will it not?", there cannot be success. Where there is determination, then success is already secured. Never let yourself feel hopeless in service, because service is the imperishable task of the imperishable Father. Success is also imperishable and so it has to be. It is not possible for the fruit of service not to come. And it doesn't matter whether it emerges in the

present, or after a little while. So never have any other thoughts. Always have the awareness that service has to happen.

### **BapDada speaking to the Japanese Group:**

Have you attained all treasures from the Father? Do you have the experience that the souls have been filled with everything? Filled to the extent that the treasure will last you, not just for one birth but for 21 births? No matter how wealthy anyone may be in the world today, there is no one else who has the treasure that you have taken. And so in reality, who are the true VIP's? All of you. The others have the position today, but not tomorrow. No one can snatch your Godly position. You children are the decoration of the Father's home. Just as a home is decorated with flowers, so too you are the decoration of the Father's home. And so always stabilise yourself in an elevated consciousness, with the awareness that, "I am Baba's decoration."

Don't allow yourselves to remember things about weakness. By remembering the things of the past, weakness increases. If you think about the past, then you will cry. So let the past be forgotten. Baba's remembrance makes the soul powerful. For a powerful soul, even labour is transformed into love. The more that you share the treasures of knowledge with others the more they will increase for yourself. So with courage and enthusiasm, let there always be progress, and continue to move forward. Achha

12th March, 1984

### **Contentment is the breath of Life.**

**T**ODAY BapDada is seeing the spirituality of contentment and the smile of fulfilment of children in all corners. Some were very close even though they were far away physically.

Contentment is the easy method for spirituality, and fulfilment is the natural outcome. The one who is constantly content is clearly seen to be always the embodiment of fulfilment. To be content means to have reached the stage of being complete with all achievements. Contentment is the easy method which enables you to inculcate all specialities. This treasure automatically attracts all other treasures to itself. Contentment is the visible proof of the study of knowledge. Contentment makes the soul the carefree emperor. Contentment is the method which enables you to keep yourself constantly on the seat of self-respect. Contentment makes you a great donor, it easily makes you a world benefactor, because you are constantly able to bestow blessings. Contentment liberates you from the limited cycle of 'yours' and 'mine', and makes you the one who spins the discus of self-realisation. Contentment gives you the right to sit firmly on the throne of victory, in a state that is constantly free from all evil thoughts. It is the state that gives you the awareness of always being seated on BapDada's heart-throne, and, by wearing the tilak of this constant consciousness, you become the one who wears the crown of serving the world, of transforming it. Such consciousness stabilises you in the state of being complete, of having all rights.

Contentment is the breath of life for a Brahmin. It is the easy method for progress in Brahmin life: that is, to be content with the

self, and with the family, and to ensure that the family is content with the soul. No matter what difficulty there may be, even if there are the vibrations of upheaval in the atmosphere, the soul should be content even then. A soul who is the embodiment of contentment is an elevated soul and one who has claimed the right to the certificate of being a victorious jewel. In fact, you must claim three certificates: firstly, for yourself to be content with yourself; secondly, for contentment always in relationship with the Father; and thirdly, for contentment always within the relationship with the Brahmin family. With these you can make both your present and your future elevated.

There is still time to claim this certificate (of being a victorious jewel). It can still be taken now, but it isn't a great deal of time that remains. Now it is late, but it isn't yet too late. Even now you can move forward by inculcating the speciality of contentment. Even now there is still a margin of time in which last can go fast and so become first; but soon last will have to remain last. And so, today BapDada was checking each one's certificate. But you can check this for yourself also. Is the state of mind fulfilled, or is it still full of questions? Are the double-foreigners fulfilled and content? If all questions are finished then there is fulfilment.

The Confluence Age is the time to experience contentment. The knowledge of how to be content is available only now. There, you will be beyond even the knowledge of 'content or discontent'. So this is the treasure of the Confluence Age. All of you are the souls who, with contentment, must give others the treasures of contentment. The children of the Bestower are the master bestowers, and so you should store so much within yourself. Is your stock full, or is there still something missing? If there is something missing in your stock, you cannot be a world benefactor; you can only be a benefactor. But you must become like the Father. Achha.

All those from this land and abroad are leaving (Madhuban) full of all treasures, complete as Master Almighty Authorities. If you arrive somewhere then you also have to leave. Baba comes so He

also has to go. Children also come, but then they leave only after becoming complete. You leave here in order to go and make others like Baba. You go in order to increase your own Brahmin family. You go in order to fulfil the thirsty souls. This is why you are leaving. You are not going with your heart, or because of the pull of any bondage, but you are going according to Baba's directions, for the sake of service for just a short period of time. It is with this awareness that you go, isn't it? Not that, "I belong to America, or to Australia"? No, but it is because BapDada is sending you; it is not that you are going with your own mind, that is, not with the thought that, "I am returning to my home, to my land", but that Baba is sending you to a place of service.

The greater your detachment, the greater you experience love for the Father; and then there is no bondage at all, not even the bondage of service. Baba sends you, and so Baba is responsible; you are simply the instruments; you are the instrument; wherever He sends you and for whatever length of time, and so, be double-light in this way. The Pandavs are also detached and loved, are they not? No one here experiences any bondage? To be detached is to be beloved. Achha.

To those who constantly experience the spirituality of contentment, those who constantly experience fulfilment, to those who, with every thought, word and action give others the power of contentment, to those who give treasure to souls who have lost hope, and so make them powerful also, to those who constantly are the world benefactors, to such unlimited and carefree emperors, BapDada's love remembrance and namste.

### **To Dadi Kumarka and Dadi Janki**

This pair of holy swans, rup-basant, (the embodiment, and the one who showers jewels) is a very good pair. This is the one (Dadi Janki) who, by being the embodiment of silence, prefers to do service that way, whilst this one (Dadi Kumarka) has to speak