

**Essence:** Sweet children, shrimat will make you elevated. The dictates of others (parmat) and of your own mind (manmat) will curse you. Therefore, never ignore shrimat.

**Question:** Who are satopradhan effort-makers and who are tamopradhan effort-makers? What is the difference between the two?

**Answer:** Satopradhan effort-makers make effort to keep their promise of claiming their full inheritance from Baba. They race to stay in remembrance and have the aim of claiming the first prize. Tamopradhan effort-makers say: Whatever is in my fortune will be OK. If I become a subject, that will be OK. They experience such obstacles of Maya that they withdraw from the race.

**Song:** My heart says thanks to the One who gives me support....

Om shanti. When children are sitting personally in front of Baba, they understand that they are human souls. There are only human souls here. When the soul doesn't have a body, it is naked; bodiless. This costume is called the body. You are sitting here in your body. Neither you souls nor the Supreme Soul can speak until you enter a body. You human souls understand that you are sitting personally in front of Baba in the same way as you did five thousand years ago. Children would surely claim an inheritance from their father. You understand that you are sitting personally in front of your Supreme Father, the Supreme Soul, the unlimited Father. Why are you sitting here? In order to claim your unlimited inheritance from Baba. Students in a college understand that they are studying with a teacher to become an engineer or a lawyer; they have that aim and objective. You children understand that the Supreme Father, the Supreme Soul, is teaching you Raja Yoga through the body of Brahma. God speaks to you children and explains that God is the Incorporeal One, whereas human souls definitely take rebirth. If you ask any sannyasi whether human beings take rebirth, none of them will deny it. Otherwise, how could they speak of 8.4 million species? Ask them whether they believe in rebirth. Tell them that it is true that souls shed their body and take the next one according to their sanskars. In this way, you can prove to them that human beings don't take 8.4 million births, but that they take eighty-four births. This also proves that a soul in its first birth must be very good and satopradhan and that in its last one, it is dirty and tamopradhan. From sixteen celestial degrees the soul reduces to fourteen celestial degrees and then to twelve celestial degrees. Therefore, the soul definitely has to take rebirth. You should ask them: Achcha, does the Supreme Father, the Supreme Soul, take rebirth, or is He beyond birth and rebirth? This is a very subtle point. If they say that He is beyond birth and rebirth, they are saying that there is no birthday of Shiva. However, they do say that the birth of Shiva has to be celebrated. You can then explain to them: Yes, the birth of Shiva does take place. However, after He is born He doesn't die. If He died, then He would have to take rebirth also, but Baba never takes rebirth. Only once does He come into this body, that's all. He does not take rebirth afterwards. The Supreme Father, the Supreme Soul, is beyond rebirth and never changes from satopradhan to tamopradhan. All other souls become tamopradhan. Whilst they are taking birth and rebirth they gradually become impure. Then Baba comes to purify them. This proves that it is the soul that becomes impure. When a soul first comes here, it is pure, but Maya then makes it impure. Baba never gives children dirty instructions. It is impure human beings who give impure directions. The pure Father now says: Do not become impure! This means not to indulge in vice. By following the instructions of Ravan, Bharat has become the land of sorrow. Previously, this same land was the land of happiness. It doesn't mean that Baba is the One who causes sorrow for you as well as giving you happiness; no. The Father can never give directions that would cause you children to suffer. It is Maya that causes sorrow. By conquering this Maya, you win the world. People don't understand the meaning of Maya. They say that wealth is Maya. They say that so-and-so has a lot of intoxication of Maya. But it is the five vices that are called Maya. When a soul is intoxicated by the five vices, that soul is completely swallowed by Maya. There is no intoxication of Maya in the golden and silver ages. They do not create an effigy of Ravan there and burn it. An effigy is only created of a very bitter enemy. The kingdom of Ravan begins half-way through the kalpa. When body consciousness comes, all the other vices follow it. These things are not written in the scriptures. It is written that the deities fell onto the path of sin, that is, they indulged in vice. By being influenced by Maya they became subservient to others and followed their dictates. You now follow shrimat. The dictates of others means the dictates of

Maya. The highest, that is, the most elevated instructions are those of Baba. Dictates of others are the dictates of Ravan. This is why Baba has said that those of the devilish community are unhappy and bound by the chains of Ravan. People think that the duration of satyug is hundreds of thousands of years. You explain to them the calculation of five thousand years. It is said that it has been two thousand years since Christ came. It has been two thousand, two hundred and fifty years since Buddha was here and two thousand five hundred years since the religion of Islam started. Putting all of them together, it has been half a kalpa. Before they came, there was the kingdom of the deities. Then, how can they say that the deities existed for hundreds of thousands of years? If they had existed for that long, there would be far more human beings now; but there aren't! There are five to six billion souls within five thousand years. Some also say that three thousand years before Christ, there was the original eternal deity religion. When the five thousand years are over the play comes to an end. No one knows these things. No one knows Me as I truly am, nor does anyone know how this cycle turns. Only Baba explains this Gita. It was given the name Gita because Baba came and taught easy Raja Yoga. The book of the teachings that Christ taught has been given the name Bible. These original names repeat each time. Baba explains to the old mothers: This is very easy: just remember Baba and your inheritance. If a son is born, it means an heir is born. You understand that you are Baba's heirs. You have come to meet Him again after five thousand years. Five thousand years have to be mentioned again and again. Even though people come after two or three years, they would say that they have come once again after five thousand years. These are very deep matters. Baba asks you, "Have we met before?", and you reply, "Yes, Baba!". The soul speaks through that mouth and says, "I met You five thousand years ago when You came to give directions through that body". The children whose faith is very firm understand that they are sitting here to claim their unlimited inheritance from Baba, that they belong to the unlimited Father through Brahma. When Baba asks, "Do you recognise Me; I am your Father?", they reply, "Yes Baba, You are the Supreme Father, the Supreme Soul! You are our Father, the Father of all souls." Baba says: I am the One who sent you to heaven; I gave you back your inheritance and then Maya snatched it away. I am now returning it to you again. Maya snatches away your inheritance and Baba returns your inheritance. This play has been played innumerable times before and it will continue to take place; there is no end to it. After belonging to Baba, some become real children whereas others become step-children. Some are strong and some are weak. Maya conquers even the strong ones. Children say: Baba, for as long as we live we will continue to claim our inheritance from You. There is a huge burden of sins on your head, and so the more you stay in remembrance, the longer you remain in that fire of yoga; the more you will change from a sinful soul into a pure, charitable soul. Fire purifies things. Your fire is the fire of yoga. This is the unlimited sacrificial fire of yoga that has been created by the unlimited Businessman. Usually a sacrificial fire doesn't last for sixty to seventy years. A yagya usually lasts for five to seven days or a month. Your yagya lasts for sixty to seventy years during which time Baba continues to give you knowledge. Baba says: Don't forget this. Simply remember Me, and your burden of sins of innumerable births will be cut away. No scholar or pundit would tell you this. God speaks: Remember Me, your Father. It is surely because He has come that He can say this. Baba says: You now have to return home. You souls by this time have become very impure. You now understand that you become pure through yoga. Baba says: Imbibe the nectar of knowledge and become the pure masters of heaven. This Bridegroom has come to purify you brides. He says: Remember Me constantly. You promised: When You come, we will break all other connections and form a connection with You alone. We will sacrifice ourselves to You. A wife and husband surrender to each other. Here, you surrender yourselves to Baba. When people get married they surrender themselves to one another. Baba says: You must no longer surrender yourself to any human being. You promised: We will sacrifice ourselves to You and You must sacrifice Yourself to us. Here, Baba says: When you sacrifice yourself, I make you constantly happy for twenty-one births. This is such a huge inheritance! No sage or holy man could give you such an inheritance. They can't give you blessings. Now Baba says: I bless you with this inheritance. Just remember Me constantly. By following shrimat, you will become elevated. Don't forget this! Keep a picture of Lakshmi and Narayan to remind you that you are claiming this inheritance from Baba once again.

Baba has come from Paramdham. However, Maya, the eagle, is no less. This does not apply to everyone; everyone is numberwise. Some completely forget that they are claiming an inheritance from Baba. When sitting here their intoxication rises, but when they leave here, they forget. In the morning, they become refreshed and then for the rest of the day they forget. There are some who stayed here for four to five years and did good service, but are no longer here. If you are disobedient, Maya slaps you hard and makes you leave. Baba tells you: Children, Maya is very powerful. If you disobey Me, Maya makes you fall completely. This is why there is the saying, "Those who climb up taste the nectar of love, whereas every bone of those who fall is crushed. You see how every bone of theirs is crushed. Certainly, they do come to Paradise but the status there is numberwise. Even though everyone is happy there, each one's status is different. Efforts are made in a school to claim a status. Do not have the consciousness that to be a subject is all right or that whatever is in your fortune will happen; no. That is called tamopradhan effort. Satopradhan effort-makers are those who make effort to keep their promise of claiming their full inheritance from Baba. This is a horse race; not everyone will come first. This is the human race. Maya brings such obstacles that she makes you withdraw from the race completely. Yours is the human race. The soul says: I have become very unhappy. Having taken body after body, I have become distressed. I now have to go to Baba. Baba has already shown many different methods to stay in remembrance of Him. The more time you can make to stay in remembrance, the better it will be. People work for the government for eight hours a day. So, too, stay in this service for eight hours. The service of changing the world into heaven is very important. Simply remember Baba and the land of happiness. If you do eight hours service a day, you can claim your full inheritance. If you stay in remembrance in this way, your sins are destroyed. Give eight hours to this service. You are free for the other sixteen hours. To whatever extent possible, remember Baba again and again. You can stay in remembrance whilst sitting anywhere. The best time of all is the early morning. There is a saying in Sindh: Early to bed, early to rise.... This virtue enables a person to become great. Non-gyani people sleep for eight hours. Your sleep should be for half that period; four hours sleep is sufficient! You are karma yogis. Go to sleep at ten o'clock and wake up at two o'clock in the morning. You will earn a great income by remembering Shiv Baba. Achcha, if not two o'clock, wake up at three or four o'clock in the morning. That is a first-class time of absolute silence when everyone is bodiless. There is dead silence at that time; it is as though everyone is dead; it becomes like the supreme region. If you remember Baba at that time, your remembrance becomes very firm. You can gain power by having remembrance at the time of amrit vela. Baba stays awake most of the night. By becoming engaged in physical tasks one's head becomes heavy. There is no tiredness in subtle service. Earning an income doesn't make you tired. You become happy when you are earning an income. You can earn a great income by staying in remembrance early in the morning. Achcha.

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

#### Essence for Dharna:

1. Wake up early in the morning and practise becoming bodiless and remembering Baba. In order to claim your full inheritance, race in the race of remembrance. You should have at least eight hours a day of remembrance.
2. Sacrifice yourself completely to Baba. Don't follow manmat (the dictates of your own minds) or parmat (the dictates of others), but follow the one Father's shrimat (elevated directions).

**Blessing:** May you be a true server and do subtle service at a fast speed by paying attention to remaining in solitude and remaining stable.

In order to serve souls of the world from a distance, your mind and intellect have to remain free at all times. Do not engage your mind and intellect in trivial matters. In order to do subtle service at a fast speed, pay special attention to remaining in solitude and being stable. Even

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Morning Murli    Om Shanti    BapDada

Madhuban

though you are busy, make time every now and then for one or two moments to experience solitude. Even though the external situation is in upheaval, stabilise your mind in the depths of the One within one second. Only when you are able to do this whenever you want will you be a true server, an instrument for unlimited service.

**Slogan:**

A knowledgeable soul is one who understands every secret of knowledge and does everything in a raazyukt, yuktiyukt and yogyukt way.

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