

Essence: Sweet children, have true love for the one Father and Baba will take you back home with Him. He will liberate you from all your sins and make you into the masters of heaven.

Question: What main dharna is required in order to keep yourself happy?

Answer: You will be able to keep yourself happy when you know how to have a heart-to-heart conversation with yourself, when there is no desire for anything. If the stomach receives two chappatis that is sufficient. If you have the dharna of an attitude that is free from desires, you are able to remain cheerful. Churn the knowledge and keep yourself cheerful. You are karma yogis: whilst performing actions in the home, whilst cooking and eating etc. remember the Father. Spin the discus of self-realisation in your intellect and you will experience a great deal of happiness.

Song: Neither will He be separated from us, nor will we experience any sorrow....

Om shanti. The sweetest children heard the song. This is the spiritual love of the children, that is, of the souls, for the Supreme Father, the Supreme Soul. Only you Brahmin children have this spiritual love. You have the faith that you are souls. So then, for whom would the soul have love if someone says that the soul is the Supreme Soul? Children have love for their father, the father doesn't have love for the father. You now understand that you souls have developed love for the Supreme Father, the Supreme Soul. It is this love which takes you back with Him. You have spiritual love for the Father, and so you have to tolerate many difficulties. All the world, including members of your own family, become your enemies. It has been explained to you children that the Ganges is not the Purifier. With the thought of becoming pure, human beings go to the banks of the Ganges and the Jamuna at Haridwar and Kashi. These are the two main places. They say that the Ganges is the Purifier, but the rivers don't listen to them. Only the one Baba, the Purifier, listens to them. You are now sitting personally in front of that Father. Baba is telling you how you can become pure. The Ganges of water cannot say: "By remembering Me alone your sins will be destroyed." Baba says: I promise you that if you remember Me, your Father, your sins will be destroyed. He *guarantees* this. The Ganges cannot give a *guarantee*. Baba has explained that they burn Ravan year after year, yet Ravan doesn't die. In the same way, they have been bathing in the Ganges birth after birth, but no one changes from impure to pure. They go and bathe again and again. Once they have become pure, why do they then go and bathe again? So many melas take place; none of those can be called the confluence (meeting) between the soul and the Supreme Soul. On the path of bhakti, a large crowd gathers at the time of a mela. The yoga of your intellect is now with the Father. You understand that you souls have become the lovers. It is the soul that remembers God through the body. Baba says: I am teaching you through this body and therefore, you must constantly remember Baba. When you say "Baba", you will definitely remember heaven and you will also remember your home, the land of mukti. The land of liberation is also called the land of nirvana. This is the corporeal world. Until souls come down, how can the population of the corporeal world increase? Souls come down from the incorporeal world and the human world grows. Some people think that it grows naturally. You understand that the souls come here and then expansion takes place. You children have understood that the land of peace is the *sweet home*. Many people like peace. You understand that your land of peace is the *sweet God-Fatherly home*. When the people of Bharat return from abroad they say that they are going to their *sweet home*, Bharat. Wherever people take birth, they will have great love for that place. They say: Let us return to the *sweet home* (Bharat). Achcha, supposing someone dies abroad, the soul has left and the body is brought back here for cremation. They think that the ashes of Bharat should mix with the ashes of Bharat. When Nehru died, they took his ashes to so many places. They scattered them over farms, thinking that the crops would grow better. However, no matter how much respect is given to anything here, everything has to become old. The poor helpless sannyasis don't know this. To you, all of them are poor and helpless people. They tolerate so many difficulties, yet they don't know about the Father. You understand the Father and you are claiming your inheritance from your Father, and so you have the desire to make your friends and relations etc. into residents of heaven. If you told someone to become a resident of heaven, he would say: "Do you wish to kill me?" You children understand that we are becoming the elevated residents of heaven on the basis of shrimat. It takes a great deal of effort to become soul conscious. Souls come into body consciousness again and again and forget the Father. You are now sitting personally in front of the Father. You understand that

you have come to your Supreme Father, the Supreme Soul. Baba asks: Have we ever met before? And instantly you say: Yes, five thousand years ago. Your words are incognito. No one else can copy them. Although they may even adopt the costume of Krishna, and say that they have come to create heaven, they cannot speak of this aspect, that they became that five thousand years ago. Only you say that you came to Baba in order to claim the inheritance five thousand years ago, that He taught you Raja Yoga. The soul says this through this body. Have the faith that you are a soul and remember the Father. There is no question of the concept of omnipresence in this. They don't even understand that Brahma, through whom the Supreme Father, the Supreme Soul, creates the world, is definitely needed in the corporeal form. Baba, the Purifier, comes and creates pure deities. Baba is the Creator of heaven, and so human beings are definitely needed in heaven. Now Baba comes and shows you the gates to heaven. You try to change the residents of hell into the residents of heaven. If you tell an important person: "You are impure, you are a resident of hell," he will become upset. You now understand that you are coming out of hell and going into heaven. At present, you are the residents of the confluence age. Your souls are now returning. You shed this body and return to Baba's home. This is your spiritual pilgrimage. You must stay in Baba's remembrance. You understand that as long as this body exists, this pilgrimage continues. You have to perform actions. You may eat and drink and prepare food but, whatever time you have, you must definitely remember the Father. When sitting in the office, if you see that you have some time, then sit in Baba's remembrance. There will be a great deal of income. At the time when you are travelling on a train, you don't have any work to do, so then sit down and continue to remember Baba. Now you are returning to Baba. Baba has come from Paramdham to take us with Him. Achcha, in the evening when you are preparing food in the home, remind one another: "Come, let us sit in remembrance of our Father." Give points to one another. We are swadarshanchakradhari. Baba says: You are the lighthouses; you show the path to others. Whilst sitting, whilst walking, whilst moving, you are a lighthouse; there is mukti in one eye and jeevanmukti in the other. Heaven used to exist here, but it no longer exists. Now it has become hell. Once again Baba is establishing heaven. Baba says: I am making you very beautiful and then you will become empresses and princesses. Don't become an ordinary, poor queen. You must become sixteen celestial degrees pure, not fourteen celestial degrees pure. Krishna was sixteen celestial degrees pure. You children used to take vows and make promises etc. You used to go without water for seven days. You used to make so much effort, but you were not able to go to the land of Krishna. Now, you are making effort in a practical way to go to the land of Krishna. Because they have taken Krishna into the copper age, no one knows about heaven. What is meant by the seven days? You children now understand this. You must not remember anyone except Baba, there is no question of going without water etc. By remembering Baba, you will go to Baba and then Baba will send you to heaven. People fast for so many days after taking a vow. You have been making effort birth after birth, but there was no attainment at all. Now you have been liberated from that by being shown the path to salvation. You say: Baba, we met You a kalpa ago as well and claimed the inheritance of heaven. Baba says: At every step, continue to take advice. Ask about all the accounts and Baba will continue to give advice. You may continue with your business etc., but Baba will still continue to advise you. If Baba sees that someone has become too involved in his business, he will advise him: Why do you beat your head so hard? How long are you going to live for? The stomach only requires one or two chappatis. Poor ones are able to live on that and so can the wealthy ones. Wealthy ones demand good food and yet they still become diseased! Look how strong the natives are! Look what they eat and how much work they do. They remain very happy in their little huts. And so, at this time, you must let go of all desires. Eat two chappatis and fill your stomach, that's all, and remember the Father. You are the spiritual children, the lovers of the Supreme Father, the Supreme Soul, the Beloved. The more you remember Baba, the more your sins will be destroyed and you will meet the One you remember. Some say that they would like to have a vision. Baba says: It is possible for you to have a vision whilst sitting at home. By remembering Shiv Baba, you will have a vision of Paradise. You will see the land of Krishna. Here, Baba is making you into the masters of Paradise. It is not just a question of visions. Remember Me because I have now come to take you home. You must remember Shiv Baba. He is the One who makes you into the masters of the land of Krishna. Krishna will not make you this. By remembering Shiv Baba you receive the

kingdom of Paradise. He has now come from Paramdham. He must definitely have come; that is why the temples and the memorials have been created. There are temples to Shiva. They also celebrate the birth of Shiva, but how does He come in Bharat? No one knows this. He does not enter the body of Krishna. Krishna only exists in satyug. There is a huge temple to Shiva. There isn't such a huge temple to Krishna. The temple to Somnath is so huge. In the temple to Krishna, Radhe and Krishna are shown with many ornaments, but they do not show any ornaments in the temple to Shiva. Shiv Baba does not reside in any huge palace, it is Krishna who resides there. Baba says: I do not live in palaces, yet they have created such a beautiful, huge temple of diamonds and jewels on the path of bhakti. The ones who received the inheritance from Shiv Baba are those who created such a huge temple as a memorial, and so how wealthy they must have been. They created such a beautiful temple. In Bombay, at Baburinath, there is a temple to Shiva, and at Madhavbhag there is a temple to Lakshmi and Narayan. Baba says: I make you into the masters of heaven, and then you build such a beautiful temple on the path of bhakti. Now look, I am sitting in a hut. Your name will also be glorified. You understand that your temple will be created and the temple to our Father, Shiva, will also be created. It is a wonder! How wealthy those who built the temple to Somnath must have been! I am now so incognito that no one knows about Me. You have understood how the temple to Shiva must have been created, and how you will go onto the path of bhakti. Mama and Baba become the first worshippers. They become the masters of Paradise, and then they are the ones who first become worshippers and build temples. And so, in your hearts, you say that you will also become worshippers and build temples. By remembering such aspects, the old world will be forgotten. Sit together and converse in this way and you will experience a great deal of happiness. Have a heart-to-heart conversation with yourself. The *Supreme Spirit* sits and melts your spirit. He sits and makes you cheerful through this knowledge. You say that He has come once again after a kalpa. You have met Baba innumerable times before and received your inheritance. You should talk amongst yourselves in this way. You are also karma yogis; you may prepare food etc. at home. You will experience happiness knowing that you understand the *history* and *geography* of your eighty-four births. You have now become Brahmins and then you will become deities and rule the kingdom. You will change from worshippers into worship-worthy ones and build palaces etc. Just continue to speak of your *history* and *geography*. How does the cycle of *history* and *geography* repeat? This is known as becoming swadarshanchakradhari. You have also understood about the three lands. Your third eye of knowledge has opened. By remembering this cycle you will experience a great deal of happiness. Baba also experiences happiness. We are now present on service. The temples to you, the servers, will be created later, on the path of bhakti. Now I have come to serve you children. I have come to give you the complete inheritance of heaven. To whatever extent you make effort, to that extent you will become the masters of heaven. 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. Whilst walking and moving, become a lighthouse and show the path to everyone. Let go of all desires and remember the one Father. Continue to take advice from the Father.
2. Only churn the aspects of knowledge. Converse with yourself. Constantly spin the discus of self-realisation and remain cheerful.

Blessing: May you be *double-light*, and by completely surrendering yourself to the Father, also surrender your intellect.

Surrender yourself to the Father and give Him all your responsibilities. Give all your burdens to the Father and you will become *double-light*. By surrendering your intellect to Him, nothing else will enter it. You will feel that everything belongs to Baba, that everything is merged in Baba and nothing else remains. Since there is nothing else, where else would your intellect go? Only to the one Father. There is only one path of remembrance. By following this path, you will easily reach your destination.

Slogan: Only when you remain seated on your throne of stability and play your part as a detached observer can you become an elevated actor. * * * OM SHANTI * * *