

Essence: Sweet children, make effort to remain introverted for whatever time you have. Only when you stop becoming extroverted can your sins be incinerated.

Question: What effort does the Father teach you to make in order for your stage to ascend?

Answer: Children, if you want to make your stage ascend, fix your intellect in yoga with the one Father and no one else. You must no longer go into such matters as "This one is like this and is doing something in this way". Turn your face away and don't see anyone's defects. Never sulk with this study. Only when you imbibe the good points from the murli can you attain your flying stage.

Om shanti. This class is of knowledge, whereas early in the morning the class is of yoga. You should explain to people what type of yoga this is, because they are trapped in the hatha yoga taught by human beings. This is Raja Yoga and can only be taught by God, the Supreme. It is not that there is a king here teaching Raja Yoga. Lakshmi and Narayan are called a goddess and god. They studied Raja Yoga, which is how they later became a goddess and god. This knowledge is explained at this most auspicious confluence age. This is the most auspicious age; it is the confluence of the old and new worlds. Human beings have now become old, whereas, the deity souls in the new world are new. They are not called human beings there. Although they are human beings, they have divine virtues and so are called deities. They are also pure. Children, Baba says: Lust is the greatest enemy! This is the foremost evil spirit of Ravan. People say to someone who is very angry "Why are you barking like a dog?" These two vices are your biggest enemies. The word "barking" is not used for greed or attachment. Some people have so much anger due to their arrogance of science that a great deal of damage is caused. The evil spirit of lust causes sorrow from when it begins, through the middle of it, to the end of it. They use the sword of lust on each other. First understand these things and then explain them to others. No one, except you children, can show anyone the path to claim their inheritance from the Father. Children, only you can show this path where such a huge inheritance is given. If you can't explain how you can claim such a large inheritance from the unlimited Father, it means that you haven't been paying attention to this study. Your intellect must surely be stumbling around elsewhere. This is a battlefield; don't think it's something easy! Even though you don't want it to happen, storms of Maya and many wasteful thoughts will enter your mind. Don't be confused by this. It is only when you have the power of yoga that you can chase Maya away. You need to make a lot of effort for this. Children, some of you get tired at your business or work etc. because you have body consciousness. It is also due to this body consciousness that you talk too much! Baba says: Be soul conscious! When you become soul conscious, you will only explain to others what Baba explains to you; that you should consider yourself to be a soul and remember the Father. Children, Baba teaches you to stop being extroverted and become introverted. Although, sometimes, you do have to be extroverted, try to become introverted for whatever time you have. Only then will your sins be absolved. If not, neither will you be able to stop committing sin nor will you attain a high status. The burden of sins from your many births is on your heads. Brahmins have performed the most sins, and they are also numberwise in this. Those who become very high also go very low. Those who become *princes* also become *beggars*. Understand the *drama* very well. Those who come at the beginning, will come at the end as well and they will again become pure. They become pure first and they become impure first. Baba says: I enter in this one's body in the last of his many births and when he has retired stage. In fact, at this time, all of you, young and old, are in your stage of retirement. Baba is praised as the One who grants salvation to all. You are granted salvation at the most auspicious confluence age, so, you must remember the auspicious confluence age. Others remember the iron age. Only you children are aware of the confluence age. However, amongst you, awareness is numberwise. Many of you only remember your mundane business. Once you turn your face away from external things you become able to imbibe this knowledge. There is a saying "Your next birth is according to whatever you remember in your final moments". Good sayings that apply to our knowledge are worth keeping. For instance, there is a song that goes "Now you must leave this dirty world" and another song that goes "Show the path to us who are blind". You should keep these songs. Human beings compose these songs, but they are not aware of the

confluence age. At this time, all are blind and have no eye of knowledge. It is only when God comes that everyone can be shown the path. He doesn't show the path to one person alone. You are His Shiv Shakti Army. What is this Shakti Army doing? They are creating the new world on the basis of shrimat. You are learning Raja Yoga which no one but God can teach. God is incorporeal. He does not have a body of His own. Everyone else is a bodily being. The Highest on High is only the one Father; He is teaching you. Although you know this, you are all numberwise in knowing it. You should warn people by writing to a big newspaper that human beings can only teach hatha yoga, whereas Raja Yoga can only be taught by the one Supreme Father, the Supreme Soul, and it is through studying this Raja Yoga that you can receive liberation and liberation-in-life. You can receive neither by practising hatha yoga. Hatha yoga has existed since the beginning; that too is an old yoga. Raja Yoga can only be taught by the Father and only at the confluence age. Children, Baba has also told you that when you give a lecture, you should first select a *topic*, but you're not doing this; very few of you follow this shrimat. You should first write out the lecture and prepare it, so that you'll be able to remember everything. However, you must give your lecture *orally*, not just read it from a piece of paper. Those who consider themselves to be souls, and speak in that consciousness, have the power to churn knowledge and give a lecture. There will be power in what you say when you stay conscious that you are speaking to your brothers. Our destination is very high. To accept the beetle leaf of responsibility is not like going to your aunty's home! The more powerful you become, the more powerfully Maya will attack you. Angad and Mahavir were also very powerful; that's why they challenged Ravan to try and shake them. However, this did not actually happen. There are so many tall stories in the scriptures. Those whose ears had become accustomed to hearing the golden versions spoken by God, the Supreme Father, have now become like stone by listening to the tall stories of the path of devotion. By following the path of devotion, you lost all your money and wore your forehead out as you continued to descend the ladder. This is your story of eighty-four births. By following the path of devotion, you continued to come down. However, the Father has now come to teach you how to climb up again. It is now the time to ascend again. If you don't fix your intellect in yoga with the Father, you certainly fall down. If you remember the Father, you climb up. Children, you have to make a great deal of effort for this, but, instead, you become careless. Whilst at your business, you forget the Father and His *knowledge* and so Maya brings you storms in which you think, "This particular one is like this!". "He is doing this". "This teacher is like this". "This one has this defect". But really! None of that concerns you. No one has become all-virtuous and complete yet. Therefore don't look at anyone's defects. Just look at their virtues and imbibe those. Turn your face away from defects and don't see them. Just listen to the murli's you receive and imbibe those. Use your intellect and understand that the things Baba tells you are correct. If a particular thing doesn't appeal to you, just put it aside, but you mustn't sulk in this study. Sulking with a teacher or the study means sulking with the Father. Many children stop going to the *centre*. Whatever someone is like is not your concern, your concern is with the murli. Whilst the murli is being read, just imbibe the points that are good. If you don't enjoy responding to the teacher, just stay quiet and listen to the murli and then go home, but don't sulk and stop coming. Everyone is numberwise. In the morning, it is good to sit in remembrance, because it is then that Baba comes to give a *searchlight*. Baba will tell you his experience. When he sits, he first remembers his special children. Whether they are abroad or in Calcutta, he remembers the special ones and gives them a *searchlight*. You children sitting here are remembered as well, but Baba first remembers the serviceable children. Some good children have left their bodies; Baba remembers those souls and how they did a great deal of *service*. They would have taken birth in a home close to us. Baba also remembers them and gives them a *searchlight*. All are Baba's children, but everyone knows who does *service* very well. Baba has said: Give them a *searchlight*. So, in fact, both of us give a *searchlight*, there are two *engines*. This one attains a high status because this one also certainly has a great deal of power. Although Baba says that Shiv Baba is teaching you and that you should remember Him, you also have to understand that there are two lights. Others don't have two lights. This is why you come in front of two lights to become *refreshed*. The hour of nectar early in the morning is a very good *time*. After taking a shower you can go on the roof and sit in

solitude. Children, this is why Baba had big roofs made for you. Priests also walk in total *silence*; it must certainly be Christ they are remembering; they don't know God. If they remembered God, then the Shivalingum would also enter their intellect. They stay in their own intoxication; you should pick up virtues from them also. Dattatreya (a guru of deities, another name of Brahma in the scriptures) picked virtues from everyone. You children are also Dattatreya. You are also Dattatreya and can also pick up virtues. You can have good solitude here and can earn as much as you want to earn. Outside, you remember your mundane business, but now you have a very good chance, at four o'clock, early in the morning. There is no need to go out; you are sitting in your home and also keeping guard. You have to keep guard over everything in this sacrificial fire because each single shell of this sacrificial fire is *valuable*. Therefore, *safety first!* Robbers won't come here because they understand that you don't have jewellery etc. here and that it is not a temple either. Nowadays, there is so much theft taking place. Antiques are stolen and taken abroad. The world has become very *dirty*. Lust is the greatest enemy; it makes you forget everything. Achcha. Early in the morning you have the *class* to make you become *ever healthy* and then you have this *class* to make you become *ever-wealthy*. Remember the Father and churn the ocean of knowledge as well. By remembering the Father, you'll remember your inheritance as well. This is a very good and easy method. Just as Baba is the living Seed and has the knowledge of the beginning, the middle and the end of the tree within Him, so that also is your job. By remembering the Seed, you become pure and by remembering the cycle, you become the rulers of the globe, that is, you will be given wealth. People have confused the calendar of the time of King Vikarmajeet who was the conqueror of sin with the calendar of King Vikaram who was the first one to commit sin. The calendar of Vikaram started when Ravan came. The calendar then changed. The first calendar dates from the year one to the year two thousand five hundred, and then the later one dates from the year two thousand five hundred and lasts till the year five thousand. Hindus do not know about their religion. Only those of this religion have forgotten their original state and become irreligious. They have also forgotten the Founder of their religion. You can now explain when the Arya Samaj, the civilized society, was really created. Aryan, meaning civilized, began with the golden age; everyone has now become unaryan, uncivilised. Baba has now come to reform you. You have the knowledge of the whole cycle in your intellect. The good effort-making children will understand this very well and will also make effort to make other people understand. Baba is the Lord of the Poor, so you should uplift the villagers. Six posters are enough. The picture of the cycle of eighty-four births is very good. You can explain using this picture very well. However, Maya is so forceful that she makes you forget everything. Two *lights* are sitting here together in this one: the Light of the Father and this one's light. Although both are very powerful, this one says: You must cling to the one most powerful *Light*. This is why everyone wants to rush and come here. They understand that there is a double *light* here. Baba speaks to you in person. There is a song that says, "Let me only speak to You, let me only listen to You". This doesn't mean that you can sit here forever! Eight days are enough! There are far too many for Baba to allow everyone to sit here. Everything continues according to the *drama*. You should have the happiness inside that comes from making others like you are. Only when you create subjects can you become a king. You need a *passport*. If someone asks Baba, he can tell him immediately: Look at yourself and see how many defects you have. You have to tolerate everything: praise and defamation. Remain content with whatever you are given from the yagya. You should *love* the food you are given in the yagya. Sannaysis rinse their plate and even drink the water after eating, because they know the importance of food. Such a time will come when you won't receive a meal. Only when you have tolerated everything, will you be able to *pass*. 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.