Sweet children, remember the Father with every breath during these invaluable moments of the Essence:

confluence age. Not a single breath of yours should be wasted.

How is your human birth at this time very valuable? **Ouestion:**

In this birth you belong to the Father and become His child and claim your full inheritance. Answer: You make effort in this human body and from being like a shell you become as valuable as a diamond. You change from beggars into princes, from being insolvent to 100% solvent. This is why you must not waste this time. Make every breath you take worthwhile by staying in remembrance of the Father. Let your hands do the work whilst your heart remembers the Father.

This time is passing by... Song:

Om shanti. The life of human beings at this time is said to be invaluable. You children understand, and the Father too explains that this is your last birth as a human being and it is very valuable. No one can place a value on it. In the same way, this time is also very valuable. You children know that you are changing from shells into diamonds, from beggars to princes and from being insolvent to 100% solvent. That human body of yours is very valuable for you have become children of the Father. The body of other human beings is not as valuable. You children must not waste your breath at this time. The Father is explaining to you how you should use it in a worthwhile way. Remember the Father with every breath. Human beings on the path of devotion remember many different things. That is the adulterated remembrance of many. You children don't remember anyone except the One. You realise that your breath shouldn't be wasted. Try to remember the Father with every breath. You receive such directions. There is no need to chant anything. Our original religion is to remain beyond sound. We are playing our roles through our bodies. The soul is originally a resident of the land of peace. No one, apart from us, can say that we are originally residents of the land of peace. If someone asks you where you are a resident of, you should reply: we souls are residents of the land of peace, but since you are asking about this world, we reside at such-and-such a place. We have to come here from the land of peace, adopt a body and play our part. This is the last birth in this land of death and so your breath should not be wasted here. Those people hold so many fasts. Tell them: Why do you waste your time? Instead, remember the highest-on-high Father. That is like committing suicide (fasting to death). It cannot be called suicide of the soul because the soul never dies. It is said: Those who commit suicide are the greatest sinners. To give difficulty to your body at this time is also a great sin. You can tell others: At this time, by making effort, you can become great charitable souls. Those people don't know that the Father has come here or that this is BapDada: Shiv Baba and Brahma Dada. Prajapita Brahma is very well-known. You can at least say this much: Why are you committing suicide of such a valuable body? It would be better to be manmanabhav and remember the Father and you will receive liberation-in-life. That is, you can also send a message through anyone. The children in Delhi can also send a message saying that the world is changing at this time. By making this effort, you can receive liberation-in-life. You can see the Mahabharat War is in front of you and you children should therefore not waste a single breath. You have become completely tamopradhan whilst coming down the ladder through the whole cycle. You now have to become satopradhan and this requires effort. This is not like going to your aunty's home! How did Janak receive liberation-in-life in a second? You know this and you can also write: Liberation-in-life can be received in a second without spending a penny. This is the last birth in the land of death. In the land of immortality, you have liberation-in-life, whereas in the land of death, you have bondage-in-life. This is also remembered in the Bhagwad. They have made up a story about Janak not being able to find anyone to give him knowledge. The Supreme Father, the Supreme Soul, gives knowledge through Brahma. This is Brahma's knowledge. Someone must definitely have given it to Brahma. The Supreme Father, the Supreme Soul, is the Ocean of Knowledge and He comes and gives you knowledge through Brahma. You can explain very well using the picture of the Trimurti. When anyone comes in, ask him: Did you read what is written on the board? BKs are the children of Prajapita Brahma. Would Prajapita only have kumaris? He must definitely have kumars too. This is our BK family. Brahma is the father. Whose child is Brahma? Shiv Baba's. He is carrying out establishment through him. This is a family and also a school. Only the one Father is the Bestower of Salvation for All: He is establishing this world. Therefore, the devil world

definitely has to end. Rise and fall is of Bharat. It is Bharat that changes from heaven to hell, from the highest to the lowest. Heaven means the new world. Those who are intelligent will understand that the original eternal deity religion really did exist. You write: Come in and understand how deityism is being established. Come in and understand how you can receive liberation-in-life in a second. This is now the old world and it is changing and becoming the new world. Therefore, this last birth is very valuable and important because it is now that we claim our inheritance from Baba. Souls of the original eternal deity religion will come and claim their inheritance. If someone doesn't claim it, then you can understand that he doesn't take 84 births and that he will not become part of the sun dynasty, that he will come later. Those whose light becomes fully ignited will go to the golden age. Later, day by day, there will be those with less power. Only those who are greatly fortunate will enter the new world accurately. You should live in a new building. Why should you make weak effort so that you would then go to the new world after 10 or 12 years? Mama and Baba become the empress and emperor in the new world, and so why should you not become that? Children should think about how to increase service. The Father says: I am telling you very deep things today. As soon as you know the Father, you claim a right to liberation-in-life. Knowledge is never destroyed. Some human beings understand very well, whereas others don't understand anything. They simply look at everything and go away. Some say that they will definitely come back again, but Maya then makes them forget everything. Maya, the cat, is no less. They show a play about a cat and mouse (gul bakayli). This example refers to you. Only the Father explains this. You have come here to conquer Maya and to become conquerors of the world. A story has been written about this. You maintain the power of yoga in order to conquer Maya. However, Maya, the cat, displaces the chess pieces. The story of gul bakayli and of Alladin and his magic lamp refers to this time. Allah establishes the first deity religion. The game of hatamtai (the bead in the mouth) is of this time. When you don't remember the Father, Maya comes. They make up stories about things that have already happened. They can't tell you anything about what is yet to happen. They create dramas about whatever happened in the past. They create plays of the beheading of Kans, of the churning of nectar etc. etc. Those poor people don't know that this drama is unlimited. You know that this is the eternal imperishable drama. Human beings don't know anything about the duration of this drama. Although they say that history repeats, they don't understand. The Father tells you many different secrets so that it sits in your intellect that this last birth of yours is very valuable. You mustn't waste your time in this. Let your hands do the work whilst your heart is in remembrance. The heart is in the soul. The soul says: Don't distress me! Don't make my heart suffer. The intellect understands and judges: This brings me happiness and this causes me sorrow. A soul cannot say anything without a body. The soul learns everything. Sanskars are recorded in the soul. The Supreme Father, the Supreme Soul, is now teaching you. You know that the Father is the Ocean of Knowledge and the Purifier. He brings the gift of Paradise for Bharat. This is why it is remembered that He is the Bestower of Salvation for All. His birthplace is Bharat. The Somnath temple is also here. Shiv Baba came and this is why the temple was built as a memorial to Him. They don't know when He came or what He did when He came. Lakshmi and Narayan existed, but where did they go? People don't understand that they are here in this impure world. They were satopradhan and, having gone round the cycle, they have become tamopradhan. Their name and form change. Their features change in every birth. This drama is predestined and there cannot be the slightest difference in it. The features of one cannot be the same as those of another. Baba feels merey for His children that they should know their Father. You can tell that the number of BKs will continue to increase, and the day will come when people will come when everyone will come to your exhibitions. Your name continues to be glorified day by day. Baba has had a book of people's opinions printed. That will also be useful. You will have to send it to many others. Children who are serviceable have to think throughout the day. They would instantly stay: A BK may come and visit. Those who go on hunger-strike become weak after 10 or 12 days. Then they are unable to talk for long. People will understand what you say and they will say: This really is the right path to attain liberation-in-life. The Bestower of Salvation for All is truly the one Father. All others are gurus of the path of devotion. There are many gurus. A wife's husband is her guru. Those who relate religious stories are also gurus. All of these matters have to be understood. Children's brains should be very unlimited for service. Remember the Father and gain victory

over Ravan. Don't waste your breath. Those who waste their time are said to be senseless. The Father would say: You are not doing the service to make someone's life as valuable as a diamond! There is so much waste of time and waste of energy. You don't understand anything and this is why you are called those with a stone intellect. Here, everything is a question of yoga. Remember the Father and claim your inheritance. No one else can understand the meaning of this. Those people remember the brahm element. The Father says: Remember Me and your sins will be absolved. Is the brahm element the Purifier? The Supreme Father, the Supreme Soul, is the Purifier. How can the brahm element be that? The poor people have forgotten everything and are totally confused. The Father still says to the children: Children, don't waste your time. Remember Baba. Baba knows that some children waste their time a lot day and night. They don't make any effort throughout the day. Baba gives you his own example. Even when he sits down for a meal he remembers Baba. Both of us eat together. There are two souls in the body. Whilst remembering Him, I then forget Him. I have many other thoughts. This one has many responsibilities. He has many thoughts. This is why Baba says: You can stay in remembrance more; this one has to make effort. Always consider it to be Shiv Baba who is explaining. Remember Him. By remembering Brahma, you will forget Shiv Baba. You children first of all have to benefit yourselves and then others. Some are such that although they continue to benefit others, they don't benefit themselves at all. Whilst making others similar to themselves, they themselves become lost. It is a wonder. You understand this. You share your experiences. People don't explain like this in other gatherings. Here, you imbibe numberwise. knowledge is imbibed in your intellect. People sing: Fill my apron. Would this knowledge be filled in your intellect or your apron? "Divine intellect" and "stone intellect" are remembered. This life of yours is invaluable. Effort is very much needed in this life. Do everything whilst living at home. The circumstances of each one are seen. Although someone may be a kumar, when it is seen that he can do very good service, he is made free from his work. Advice is given on seeing each one's circumstances. A surgeon cannot give advice without feeling the pulse. This One is the imperishable Surgeon. He gives the injection of manmanabhav to the soul. He has just this one injection which makes you ever-healthy for 21 births. Prajapita Brahma has so many children. He is such a big householder. This is the unlimited household. Yours is limited. This one is Shiv Baba's chariot, is he not? He does receive an income. The Father says: I give you knowledge whilst sitting in this chariot. How else would I give it? Krishna only exists at the beginning of the golden age. That same soul has become ugly and so I enter his body in the last of his many births. This is why "The Lucky Chariot" has been remembered. Acheha.

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. Continue to serve to make your own life and the lives of others as valuable as diamonds. Don't waste your *time*, *money* or *energy*.

2. Together with benefiting others, also benefit yourself. Imbibe the jewels of knowledge in the apron of your intellect and also donate them.

Blessing: May you have an angelic form and keep the foot of your intellect beyond the attraction of the five elements.

Angels are always shown with a body of light. Those who have a body of light also remain beyond the consciousness of the physical body. The foot of their intellect remains above the attraction of the five elements, that is, it remains beyond. Such angels cannot be touched by Maya or anything of Maya's. However, this is only possible when you are not dependent on anyone. Move along whilst having a right over your body, a right over Maya and not being dependent on worldly or spiritual relations.

Slogan: Since you have the habit of seeing the body, see the body of light and remain stable in the form of light.