

Essence: Sweet children, to cause sorrow to one another is the work of *ghosts*. You mustn't cause anyone sorrow. These *ghosts* don't exist in the kingdom of Rama.

Question: In which aspect should you children not become unconscious, but remain in happiness?

Answer: When illness etc. comes, don't become unconscious. If you are caught up in body consciousness, if you don't consider yourself to be a soul, if your attention is on your body throughout the day, it is as though you are dead. Baba says: Children, stay in yoga and your pain will be reduced. Your sorrow is removed with the power of yoga. You remain very happy. It is said: When you grind your own ingredients, your intoxication rises. With yoga, remove the suffering of karma.

Song: You wasted the night in sleeping and the day in eating...

Om shanti. These things are also in the scriptures. They also explain them to one another but, nevertheless, they don't stop wasting their *time*. Gurus give many types of direction. Very good devotees go and sit in an alcove, keep their hand in a small bag called Gaumukh and turn the beads of a rosary in that. This too is *fashion*. The Father says: Now renounce all of this. The soul has to remember his Father. There is no question of turning the beads of a rosary in this. The best song is: Salutations to Shiva. It is in this song that it is sung: You are the Mother and the Father. God alone is called the Creator. What does He create? Those people think He creates a new world. They sing: You are the Mother and Father. However, they simply sing it, they don't understand anything. God is the *Father*, and so a *mother* is needed. He cannot *create* without a *mother*. They just don't know how He *creates*. Since you call Him the Mother and Father, you must be brothers and sisters. Therefore, there can be no vision of vice. Then the question of remaining pure doesn't arise. It is not a question of brother or sister; you are then all brothers. Very good *points* are explained to you. However, Maya is such that she instantly makes you fall. When storms come, trees fall right over. Only the banyan tree never falls in a storm. It is easy to explain this. Everyone sings: You are the Mother and Father. They sing of the *past*, the path of bhakti. The Mother and Father creates the world. Since you become His children, He must definitely give you a lot of happiness. No one knows that He is the Mother and Father, the *Teacher* and also the Guru. People sing the praise: You are the Mother and Father. Therefore, you are brothers and sisters. So why do you indulge in vice? We have become His children once again and we know that although we live at home, we only remember Him. We children of Brahma are brothers and sisters. We are even called Brahma Kumars and Kumaris. He is the One who also created Brahma. The Mother and Father comes and gives us happiness. We are now studying Raja Yoga in order to attain a lot of happiness from the Mother and Father. It is only in the golden age that there is a lot of happiness. It is when we are in sorrow that we receive a lot of happiness from the Father who establishes heaven. It isn't that He will come and give us teachings in the future when we are in happiness. We receive teachings for going into happiness when we are in sorrow. That same Mother and Father comes and gives us happiness. Adam and Eve are very well-known. They are definitely children of *God*. So, then, who is *God*? Did they take birth through *God*? What happened? Why is Mary said to be a *virgin*? Someone had some leaflets printed saying that a *ghost* killed Christ. They don't understand how a *ghost* can kill. *Ghosts* are the five vices in the form of Ravan. It is these that killed him. People feel sorry thinking: Why did God create such a creation that He had him killed by a *ghost*? What was the purpose of creating such a world? Who had such leaflets printed? We can now write to them: Come and we will explain to you what is referred to as a *ghost*. Who killed Gandhiji? It was anger, was it not? That means Ravan, the *ghost*, killed him. This is the kingdom of Ravan, the *ghost*. However, they don't know what Ravan is. The *ghost* (vices) is in everyone. It is his kingdom now. It isn't just the ghost of anger. There are the ghosts of all the vices. When those people have something printed, Baba draws your attention to the fact that this is the kingdom of the devilish *ghost*. Similarly, you children should also pay *attention* and create yuktis to explain. You know that the *knowledge* Baba is giving is for those of all religions. However, the intellect's yoga of everyone is broken away from the Father. *Ghosts* don't allow your intellect to connect in yoga. Instead, they break the intellect's yoga even more. The Father comes and inspires you to conquer the *ghost*. Nowadays, there are many people in the world who have occult powers. They continue to cause one

another sorrow. This is the world of *ghosts*. When they have the vice of lust, they continue to cause one another sorrow from the beginning through the middle to the end. It is the work of *ghosts* to cause sorrow to one another. *Ghosts* don't exist in the golden age. The name of *ghost* continues from the *Bible*. Ravan means a *ghost*. *Ghosts* don't exist in the kingdom of Rama. There are cries of victory. There is a lot of happiness there. The song "Salutations to Shiva" is very good. Shiva is the Mother and Father. Brahma, Vishnu and Shankar cannot be called the Mother and Father. Shiva alone is called the *Father*. Adam and Eve, Brahma and Saraswati exist here. There they simply pray to *God, the Father*. *Oh God, the Father!* Bharat is the village of the Mother and Father. His birth takes place here. Therefore explain: You sing that You are the Mother and Father, and so you are brothers and sisters. Prajapita Brahma has *adopted* you. All the many who have become Brahma Kumars and Kumaris, Shiv Baba has them *adopted*. The new world is created through Brahma. There are many *yuktis* with which to explain. However, you don't explain fully. Baba has explained to you many times to play the song "Salutations to Shiva" and explain it to people everywhere: He sits and explains to us how we are the children of the Mother and Father. The new world was established through Brahma. It is now the end of the iron age and establishment is once again taking place. You have to imbibe these things in your intellect. This *knowledge* is very easy. Storms of Maya do not allow you to sit in yoga. Your intellect goes into a spin. Otherwise, it is very good to explain. First of all you should explain that there is one Creator and everyone calls Him the *Father*. He is Incorporeal, beyond birth and death. Brahma, Vishnu and Shankar have their subtle costumes. Human beings take 84 births. They do not experience them in the subtle region. You know that you are the new children of the Mother and Father. Baba has *adopted* us. Brahma has many arms. They don't understand the meaning of this at all. All the pictures and scriptures etc. that have been created are based on the *drama*. There was the day of Brahma and then the path of bhakti began. That is now continuing. Only the Father comes and teaches this Raja Yoga. This should remain in your awareness. It is said: Grind your own ingredients and you will feel the intoxication. However, the intellect's yoga has to be connected to the Father. Here, the intellect's yoga of many is caught up - they are either caught up with friends and relatives of the old world or they remain trapped in body consciousness. When a slight illness comes, they die. However, if you stayed in yoga, your pain would be reduced. If you don't have any yoga, how can your illness be removed? You should think about this: The mother and father who become pure are the first ones to become impure. They have to suffer a lot too but, by staying in yoga, their illness is removed. Otherwise their suffering would be the most. However, with the power of yoga their pain is removed and they remain in a lot of happiness. We are receiving a lot of happiness of heaven from Baba. Many children become completely unconscious when they have an illness. They don't become conscious at all. Then it is understood that that person is caught up in body consciousness, that he doesn't consider himself to be a soul, that his attention is on the body the whole day. It is as though he is dead. Baba comes and awakens you from the grave and teaches you the details of knowledge. You have to become nightingales of knowledge. The young daughters have been made very active. Outside, young children reveal their parents. They glorify both the parents of this world and the Parents of the world beyond. You will also see how young daughters give knowledge to their parents. Kumaris are respected. All bow down to kumaris. In the Shiv Shakti army, all are kumaris. Although there are also mothers, they too are called kumaris. Young daughters reveal the older ones. Some are very good daughters, but they have attachment which destroys all truth. Attachment is very bad. It makes you like a monkey. You know how much attachment a monkey has. This attachment too is an evil spirit. It turns you away from the Father. The words Mother and Father emerge from here. In fact, although they show Radhe and Krishna in the temples, Radhe's name is not mentioned with Krishna in the Gita. The praise of Krishna is separate - he is full of all virtues, 16 celestial degrees full. The praise of God is separate. They sing a lot of praise of Shiva in aarti (special form of worship with lamps), but they don't understand the meaning. They have become tired carrying out worship. You know that Mama and Baba and we Brahmins became worshippers and carried out the most worship. We have now come and once again become Brahmins. In that too, it is numberwise. There is the suffering of karma which has to be removed with yoga. Body consciousness has to be broken. Remember Baba and maintain a lot of

happiness. We receive a lot of happiness from the Mother and Father. We receive an inheritance from Baba. Baba has taken my chariot on *loan*. Baba would offer special hospitality to this chariot. At first, this one used to think: I, the soul, am feeding this chariot. Now, he says: It is that One who is feeding me. Baba is feeding us and we feed Baba. Baba Himself says: I come and enter this one at the end of the last of his many births. He does not know his own births. I know them. You say that Baba is giving you knowledge once again. He is giving you your inheritance through this one. You receive your inheritance in the golden age. In the golden age there are kings and subjects. You have to make effort to claim your full inheritance from the Father. If you don't claim it now you will *miss* it every cycle. You will then not be able to claim such a high status. This is a deal for birth after birth. Therefore, you should follow shrimat that much. This study is for cycle after cycle. You have to pay a lot of attention to this. You can take the aim (course) for seven days and then study the murli at home. Even if you are going to America etc., you can still claim your inheritance from the Father. Simply imbibe this knowledge in a week and then go. There are difficulties with food and drink. However, there are many things you can take: you can eat chapattis with mango *jam*. You will then develop that habit. You will then not like anything else. All of you are the children of God. You are brothers and sisters. Even the children of Brahma are brothers and sisters. Whilst living at home with your family, if you live as brothers and sisters you remain pure. It is so easy! 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. Become nightingales of knowledge and teach details of knowledge and remove everyone from the grave. Reveal the Mother and Father.
2. Don't allow any ghosts to enter you. Even the ghost of attachment destroys all truth within. So protect yourself from ghosts. Connect your intellect's yoga to the one Father.

Blessing: May you be free from the cycle of remembering and forgetting and make your life as *valuable* as a diamond.

The confluence age is the age of remembering whereas the iron age is the age of forgetting. If you are always aware of your elevated *part* and your elevated fortune, you are as *valuable* as a diamond. However, if you forget it you are a stone. This is the game of remembering and forgetting. Residents of the confluence age can never tour around in the iron age. If your intellect is diverted there, even slightly, you will become trapped because there is a lot of splendour in the iron age. However, that splendour is something that deceives you.

Slogan: Only those who keep their physical senses under *law and order* are true Raja Yogis.

*** O M S H A N T I ***