- **Essence:** Sweet children, don't sit here and there and *waste* your *time* in useless things. Stay in remembrance of the Father and your *time* will be used in a worthwhile way.
- **Question:** Which children can glorify the Father's name?
- **Answer:** Those who serve in the same way as the Father does. If you perform every action in the same way as the Father does, you will receive a great reward. Baba is inspiring us children to make effort in order to make us equal to Himself.
- **Question:** Who would be called introverted? How is your introversion unique?
- **Answer:** To remain *soul conscious* is to be introverted. The soul inside has to listen to everything from the Father alone. To connect your intellect's yoga to only the one Father and become virtuous is your unique introversion.

Song: Salutations to Shiva...

Om shanti. Sweetest, beloved, long-lost and now-found children, you heard the song. You heard the Father's praise. You children are receiving the inheritance of the Father's praise and you then glorify the Father's name. However, you can only glorify (show) Him when you do the same service as He does. Such children will receive a great reward. You children now exist in the *practical* form. Devotees simply sing His praise. You know that BapDada is personally sitting in front of you at the confluence age. The Father would definitely tell you this through the body of Dada. You children have the firm faith that you will make effort and will definitely become equal to the Father. The Father is the Purifier and the Ocean of Knowledge. You Purifiers, you Ganges of knowledge, have emerged from Him. Why is "Ganges" said? Because all of you are brides all of you are called the Ganges of knowledge. You children have the intoxication that by following shrimat you can give all human beings of the world the happiness that no one else can give. The Father has now come to give everyone salvation and He gives it through you children because He is Karankaravanhar. Therefore, you definitely have to follow the shrimat of such a Father. The Father says: Whatever service someone does and to the extent that he or she does service, accordingly they will receive a high reward for 21 births. However, if it is not in their fortune, they won't do anything. It is very easy. Day by day, the Father continues to give very good *points*. The Father says: Fill your aprons as much as you want. You can tell if you are filling your aprons very well or if you are wasting your time. On the path of bhakti you wasted a lot of time and a lot of energy. You even wasted your money and your efforts went to waste. Look how much effort they make! They do so much chanting, tapasya, giving donations, going on pilgrimages etc. they do! All of that happened according to the drama. Now it is a question of effort. Nothing can be done about that which has passed. It will *repeat* at its own time. The Father says: Now follow shrimat. Don't waste your *time* here and there. Use your *time* in a very fruitful way in remembrance of the Father. There are many children who hear what the Father says with one ear and let it out through the other. Those who imbibe this very well will then also definitely serve others. They will not waste their time anywhere. There are many children who remain extroverted throughout the whole day. You children have to make effort and become introverted. The soul is inside. You have to have the faith that the Father is telling you souls: Children, you have to remain *soul conscious*. This is real introversion. Our way of becoming introverted is totally unique. The soul that is inside has to listen to everything from the Father. The Father repeatedly explains to you children with love. You have to learn from the mother and Father and the special brothers and sisters who do very good service, even though everyone still has a few defects in them. It is also sung: I am without virtue, I have no virtues. You children now have to become virtuous. You can only become that when your intellect's yoga is connected to the Father. Maya will make you wander around a great deal. Children continue to fall and climb. Those who remain body conscious continue to fall. Those who remain soul conscious do not fall. They promise the Father that they will definitely do this task, that they will definitely become completely pure. You should have the firm faith inside that you will claim your full inheritance from the Father and that you will not waste your *time* in useless matters. You children have to do everything for the livelihood of your body. To renounce the home and family is the work of hatha yogis and sannyasis. You have to look after your

^{*} Words that Baba spoke in English are shown in italics. 1/4

creation very well and also have the faith in your heart that whatever you see with those eyes is going to be destroyed. By having attachment to those things you harm yourself. Have attachment to only the one Father. The main thing is purity. It is because of this that there are many upheavals. There isn't as much upheaval because of anger. The Father says: The vice of lust exists in everyone at this time. Everyone is born through vice. You can explain that you are helping to make degraded (corrupt) ones elevated. You children now have to become *soul conscious*. Remember the Purifier Father. You also call out: O Purifier come! So what will He do when He does come? Surely He will make you pure. Here it is not a question of bathing. The Father says: Constantly remember Me alone. There is no other way. It is only with the fire of yoga that you will become pure from impure. From the *iron age* you will go to the *golden age*. This is the only way. There is no other method. There is only one medicine for all the illnesses - remembrance of the Father. It is through this that all sorrow will be removed. By remembering the Father you will also remember your inheritance. The Father means the inheritance. No matter how poor a physical father may be, he would definitely give you an inheritance even if it were only worth a few pennies, or even some utensils etc. Therefore, you first have to remember the Father and then the inheritance. The Father says: Manmanabhav, madhyajibhav! The Father is explaining to you the essence of all the Vedas and scriptures. No one else knows this essence. The Father tells you directly: Children, renounce body consciousness. You should explain that the Father is speaking to you souls. The incorporeal Father would speak to incorporeal children: You souls are listening through your ears. It is you who are doing everything. Under no circumstance must you children become body conscious. Consider yourself to be a soul and remember the Father. Also do *service* because it is with the body that you do everything. You definitely have to do that. Some even become *unconscious* for some time. However, that is not an aspect of knowledge. Here you only have to make effort to remember the Father and it is in this that Maya causes a lot of obstacles. You know that you have come into the Father's lap and so you definitely have to remember the Father. Even when you are preparing blog you have to remember Shiv Baba. Previously, when you used to make blog, you would remember Krishna, Rama or Guru Nanak. You used to study the versions of the Guru (Guruvani). Only when you prepared everything in remembrance would it become pure. Then that *practice* was developed. Here, too, the *practice* of remembering the Father should be developed. It is definitely very essential for you to remember the Father as much as possible when preparing blog and food. However, children don't remember Him. You should remind one another in the kitchen to prepare the food in remembrance of Baba. By doing this, you will become firm. Those who don't have this practice would never remember Him. There is a lot of praise of Brahma bhojan and so there must definitely be something in that. Even deities desire Brahma bhojan. Therefore, by preparing food whilst in remembrance, you benefit yourself and even those who come. By staying in remembrance, it enters your intellect that you are claiming your inheritance from Shiv Baba. However, children don't remember Him. There is that weakness. As you progress, such children will emerge who will be completely intoxicated in remembrance of the Father. They will prepare food just in remembrance. Just as a drunk person has his own intoxication, in the same way, you children should have this intoxication of remembrance of the spiritual Father. There is a lot of benefit in this. You have to remember the Bridegroom or the Father. The Father is extremely sweet. No one is as sweet as He. People outside don't know of these things. Only those who belong to the deity religion can understand these things. "You are the Mother and the Father." This is the praise of the incorporeal Father alone. No one could say this to Krishna. The Father definitely performed such an elevated task. This is why we praise Him so much on the path of bhakti. The Father now says: Sweet children, remove your intellect's yoga fom everyone else. Remove your intellect's yoga away from the whole world, including your own body, and constantly remember Me alone and your boat will go across. This is a very easy bargain. However, those who make it are numberwise. This is also predestined in the drama. Baba explains to you so well. You listen to Him. Some of you even imbibe it very well. Others simply hear it with one ear and let it out through the other. Here, children become *refreshed* by listening to Him personally but then as soon as they go out they forget. They don't remember anything at all. Some will *repeat* it very well. They will do *practically* everything that Baba has explained. If you wake up early

in the morning and prepare food in remembrance of Baba, that food will have a lot of power. You children should have so much intoxication that you have to uplift the whole human clan. This is only for the human clan. It isn't that you will uplift animals etc. That is their *part* in the *drama*. As human beings, so their furniture. There is no rubbish in the golden age. There are so many comforts for you there. Animals and birds there are very *royal*. As human beings, so all the material around them. What would be material around those who are poor? The material of wealthy people is so *royal*. You children know that Baba is inspiring you to earn a high income. Then it depends on how much each one does; the study is the same. Each one claims a status numberwise. There are kings and queens, subjects, maids and servants of wealthy people and maids and servants of poorer people etc. It is in your intellect that you are establishing your kingdom with the power of yoga. There is no question of weapons here. That refers to this time. You are claiming the kingdom with the power of yoga. At this time you are Brahmins, Shaktis. Deities and goddesses in the golden age will not have any weapons etc. All that they have shown refers to the present time: the sword of knowledge, the weapon of knowledge. They have then taken all of these physically. Your features and your character are now both changing. You are becoming beautiful from ugly. You are becoming full of all virtues, 16 celestial degrees full. It depends on how much effort each one makes. There cannot be any lies here. If there is something ugly inside, that would also be visible externally. Baba says: Children, become so sweet that everyone wonders who made you as you are. You have the *knowledge* of the beginning, the middle and the end of the whole world. It is only by knowing this cycle that you will become rulers of the globe. Put up a *board* saying that the Father is the Creator and that He is giving us all the knowledge. You are Brahmins. Your caste is unique. The Father is giving knowledge to you Brahmins who are the mouth-born creation of Brahma. Therefore, you should have so much *love* for Shiv Baba. However, even very good *first-class* children *fail* in yoga. Knowledge is very easy. They even speak the murli very well, but yoga requires effort. It requires effort to have your sins absolved through remembrance. It is in this that many *fail*. God speaks: I have come to change you from human beings into deities, pure from impure. Only through knowledge is salvation received. Therefore, the Ocean of Knowledge definitely has to give *knowledge*. Neither the water of the ocean nor the rivers can purify you. You children now understand that you are establishing a kingdom for yourselves. You are becoming soul conscious. You claim your inheritance of knowledge from Baba and become masters of the world. There is a vast difference between their intellect and your intellect. All of those people do everything for destruction whereas you are doing everything for establishment. You mustn't forget these things. However, those who don't have it in their fortune don't imbibe these things. You should make effort to claim a high status, to pass and claim a high number. You do desire this but you aren't able to make that effort. This study is unlimited. The Father gives you the sovereignty of the world. It is a *wonder*. He explains with a lot of love. Children, remember Me. You have to remember Him right to your bones (deeply). The Father has come once again. We will definitely follow the Father's directions and claim our full inheritance. Baba, we now know You. Some haven't even seen Baba and they receive *touching* just while sitting at home. Some become intoxicated by hearing just a little. Their fortune also accompanies them. Some are influenced by bad company and so they stop studying. Those who are following Ravan's dictates are separate from those who are following God's directions. You children know how the kingdom is being established with the power of yoga. There are many types of physical power. There is only one type of yoga power. 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 introverted and listen to only the one Father. Connect your intellect's yoga to only the one Father and become virtuous. Don't become extroverted.
- 2. Remain in intoxication of remembrance of the spiritual Father while preparing and eating food. Become a firm yogi.

Blessing: May you be powerful and healthy by constantly eating the instant or fresh fruit of the confluence age.

The speciality of the confluence age is that you receive multimillionfold attainment of one thing and you also receive instant fruit. You do service and the next moment you receive the fruit of happiness. Therefore, those who eat instant fruit, that is, fresh *fruit*, are powerful and healthy. No weakness can come to them. Weakness comes when you become careless and fall asleep in the sleep of Kumbhakarna. Remain *alert* and all the powers will remain with you and you will remain constantly healthy.

Slogan: *Follow* the one Father Brahma and pick up virtues from everyone else.

OM SHANTI