

**Essence:** Sweet children, constantly move along considering yourself to be a Raj Rishi and all your days will pass in happiness and you will remain safe from being choked by Maya.

**Question:** What *chance* do you have now, but will not have again later?

**Answer:** You now have a little time in which you can make effort and claim a high status by studying. You will not receive this *chance* again. This life is invaluable and this is why you should never have the thought of dying soon so that you can be liberated. Only those who are troubled by Maya or have the suffering of karma have such thoughts. You have to become a conqueror of Maya by having remembrance of the Father.

**Song:** Have patience o mind! Your days of happiness are about to come...

Om shanti. You children heard the song. Who said this and who heard it? The unlimited Father said it and the children at all the *centres* heard it. Look how the Father's yoga of the intellect goes towards the all the children. At all the *centres*, all the children who are the decoration of the Brahmin clan, spinners of the discus of self-realisation and Raj Rishis, should have the awareness that they are Raj Rishis. You are making effort for the kingdom in which all your days will be spent in happiness. In the iron age, your days are not spent in happiness. You Raj Rishis should spend your days here in happiness. Only when you consider yourselves to be Raj Rishis and have unshakeable and immovable faith all the time, is this possible. Otherwise, when you repeatedly forget, Maya makes you choke a great deal. You children know that you are studying Raja Yoga with the Father and claiming your inheritance of constant happiness, that is, you are changing from an ordinary man into Narayan. No one, apart from the Supreme Father, the Supreme Soul, can make you this. When you say "Supreme Father, Supreme Soul" your intellect doesn't go towards a corporeal or subtle being. You remember the incorporeal Father at that time. The Father gives you patience: Children, there are only a few more days. This iron age, hell, will change and become heaven. The establishment of *heaven* and destruction of *hell* have been remembered. God Himself sits here and teaches you Raja Yoga. No human being, whether of *hell* or *heaven*, can teach you Raja Yoga. You children know that you mouth-born creation of Brahma, decoration of the Brahmin clan, are spinners of the discus of self-realisation. We souls have the *knowledge* of the world cycle. Deities don't know this. Why have they given the discus of self-realisation to Krishna and Vishnu? Because you Brahmins have not yet become perfect. You continue to fluctuate. The discus of self-realisation is a symbol of the *final* stage. Today you spin the discus of self-realisation and tomorrow you would be defeated by Maya and fall. Therefore, how could those ornaments be given to you? The discus of self-realisation has to be permanent, and this is why it is given to Vishnu. These are very deep matters. You can go and explain at the temples to Vishnu or at the temples to anyone portrayed with the discus of self-realisation. They even give the discus of self-realisation to Krishna. They don't show the discus of self-realisation in the combined picture of Radhe and Krishna. In fact, Krishna is not a spinner of the discus of self-realisation. The decoration of the Brahmin clan are the spinners of the discus of self-realisation. The Supreme Father, the Supreme Soul, makes them into spinners of the discus of self-realisation, or the seers of the three aspects of time. When they become deities, they cannot be called trinetri, trikaldarshi or trilokinath, because it is now that they are ascending the staircase to heaven. From the golden age, we will be coming down the ladder. This knowledge doesn't exist there. If you were aware of this there, you wouldn't be able to rule the kingdom because you would be worried. The Father gives you children patience: Don't be afraid. You have to conquer Maya. Storms of Maya will definitely come and there will be obstacles. The cure for this is to stay in yoga. Maya will break your yoga. However, you have to make effort to stay in yoga. The lifespan of those who stay in yoga will increase. The longer your lifespan is, the more you will be able to have yoga with the Father till the end and claim your inheritance from Him. By having yoga, you improve your health. This is why the Father says: May you be yogi. "Constantly remember Me alone." The more effort you make, the more the reward you will receive in heaven. The Father says: Children, stay in yoga so that your sins are absolved. There is very little time left. You mustn't say that destruction should take place soon so that you can go to heaven, because this life is invaluable. It is not that you will shed your body now and

then take a new body and be able to study. You would still be in your childhood stage and destruction would have begun. You wouldn't even be able to reach your youth stage because here, everyone, young and old are to be destroyed. Only those who are troubled by Maya or who have the suffering of karma would say that they should die soon because they want to be liberated from all of that. However, you will not receive this *chance* again. This is why you should occupy yourself in making effort. When the time comes, then, even against their conscious wish, everyone will have to go back because the Father will take everyone back on the spiritual pilgrimage. It isn't that He will take only 1 or 2 million souls back with Him, just as 1 to 1.5 million souls go to the Kumbha mela. This is the mela of souls with the Supreme Soul. The Father Himself has become the Guide and has come to take you back. Countless souls will follow Him. However, it is not that everyone will go back soon. If annihilation were to take place, the land of Bharat would not remain. However, this Bharat is the imperishable land. Many still remain here. Then, there will just be the one sun-dynasty kingdom established in the golden age. You have a little *time* in between establishment of the golden age and destruction of the iron age when a few people remain to create their kingdom anew. However, there is just this little time for making effort and this is called the benevolent age. The other confluence ages cannot be called benevolent at that time because you continue to come down. You have now come from complete happiness to complete sorrow. No others have this *knowledge* in their intellect. Previously, we too didn't know anything. We used to worship everyone with blind faith. Now we receive all kinds of shrimat. You are doing the business that is rarely done by other businessmen. It is like learning an art. This is the art of changing human beings into deities. You have to pay attention to this. The Father comes at amrit vela every day and teaches you, and so, at that time, the children of all the *centres* are in front of Him. The Father says: I remember all of you children. Maya doesn't cause Me any obstacles in this. You children repeatedly forget Me because Maya creates obstacles for you. Some children write to Baba: Baba, do not forget us children. However, I never forget you. I have to take everyone back home. I give you love and remembrance every day. I send treasures to you children. I continue to challenge all of you: Follow the Father's shrimat and make effort to claim your unlimited inheritance. Don't be careless or make excuses about this. Some say that they have karmic bondages. Those are your karmic bondages, so what can the Father do? The Father says: Stay in yoga and your karmic bondages will continue to be cut away and you won't commit any sin. You will be liberated from sin for half the cycle. You also have to do *service* to claim a high status. Look how well Mama and Baba explain! Some children do very good *service*. When someone asks you what your *aim and objective* is, put this *card* in their hand. From that, everyone will know what business you are engaged in. They will say: These are great businessmen. You have to feel each one's pulse. The best thing to explain is the cycle. No matter what a person is like, seeing the cycle he would understand that this is truly the iron age and that the golden age is now about to come. You can even explain to Christians that this is *hell* and that *heaven* is being established. Surely, *heavenly God, the Father*, would do that. However, people's intellect has become such that they don't even consider themselves to have become residents of hell. They say that So-and-so has become a resident of heaven, and so they should understand that they definitely are in hell. It is now the iron age. So rebirth will also definitely be in the iron age. Where is heaven? Baba tells you to go and explain at the cremation grounds. However, children become tired very quickly. You should explain that it is now the iron age. If you want to take rebirth in heaven, then come and understand this. We are also making effort so that hell will no longer remain. Do you want to come to heaven? You won't find poison there. You will have to renounce that here. How? Baba is showing you tactics. In Nepal, on the day of Vijaya Ashtmi (festival of the goddesses), all, young and old, go hunting (conquering the animal instincts, the vices). You too have to explain to everyone. There definitely have to be pictures of Shiva and Lakshmi and Narayan in every home. You have to explain to your servants, carpenters etc. that death is just ahead. Remember the Father and you will receive your inheritance. The Father fulfils everyone's desire for heaven. When you have yoga, the Father can even grant you visions. The Father is the Benefactor, and so you children also have to become as benevolent as He is. Only the poor benefit themselves. The wealthy hardly do this. Well-known sannyasis will come at the end. Now, it is the poor and ordinary ones who take knowledge. The Father too comes in

an ordinary body, not in a poor person's body. If he were poor too, he wouldn't be able to do anything. How could a poor person look after so many? Therefore, look at the tactic that has been created. It is only the ordinary ones who are able to surrender themselves and also be able to sustain so many. Together with this one, many others also surrendered themselves and became heirs. 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. Engage yourself in the art, that the Father has taught you, of changing human beings into deities.
2. Don't make mistakes or make excuses about following shrimat. In order to be liberated from your karmic bondages stay in remembrance.

**Blessing:** May you be a constantly contented soul and remain free from illness of the body and mind through blessings and medicine.

If your body is ill, your mind should not be *disturbed* by that illness. Constantly continue to dance in happiness and your body will become fine. Make your body function with happiness in your mind and both types of *exercise* will be performed. Happiness is the blessing and *exercise* is the medicine. Therefore, with both blessings and medicine you will become free from illness of the mind and body. Because of happiness, you will forget your pain. If you want to remain constantly content in your body and mind, don't think too much. By thinking too much, *time* is *wasted* and happiness disappears.

**Slogan:** To maintain the awareness that "The Father is my world" is easy yoga.

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