

**Essence:** Sweet children, the Father's *direction* is: Become introverted. Your lips mustn't speak bitter words or spread peacelessness. Don't make anyone unhappy.

**Question:** What method does the Father show you in order to make the world full of peace and happiness?

**Answer:** Children, it is the evil spirits of lust, anger etc. that make the world poverty-stricken. It is through these that even the urns that were full of jewels and diamonds have become empty. The whole world has become poverty-stricken. These 5 vices, which are present in everyone at this time, are your enemies. There has been so much damage since they came into existence. The Father shows you the way to remove them: Children, become introverted. Only with the remembrance of the Almighty Authority Father can you conquer these evil spirits. When you gain victory over these evil spirits, the world will become full of happiness and peace.

Om shanti. You children have to remain very introverted. Consider yourself to be a soul and remember the Father. The Father sits here and gives this teaching. You children too just have to give this teaching and not say anything else. You have to explain that this is how you have to live at home with the family. This is manmanabhav. This is the first and foremost *point*. You mustn't even become angry at home. The Father has explained: Of anger, it is said that it even dries up earthenware pot of water. Anger spreads a lot of peacelessness, because it is your enemy. This is why you have to remain in peace. As soon as you receive your food, eat it and go to your business or *office*. Everyone says that they want peace. You children have been told that only the one Father is the Ocean of Peace. Therefore, how does He give peace? He gives the *direction* to you children to remember Him. You don't have to say anything in words, but just remain introverted. Remain very sweet and don't speak bitter words. Don't cause anyone sorrow. What is all this fighting etc? They become angry with one another. One person says something and they begin to fight with one another. That is a sign of anger. There is no anger etc. in the golden age. Those who have anger are said to be part of the devilish community. When that evil spirit comes, it causes sorrow to the self and also to others. An angry person becomes heated and also heats others and that causes peacelessness. You mustn't say anything that causes peacelessness. Others don't have knowledge and so they, of course, will become angry. By becoming angry with them, you begin to fight. The Father explains: Children, this evil spirit is very bitter and you have to chase it away tactfully. You must never allow bitter words to emerge through your lips. Anger is very damaging. Battles are caused through anger. Where there is anger, there is peacelessness. When you become angry, you defame the Father's name. Tell everyone to chase away the evil spirits. Once you chase them away, they won't exist for half the cycle. Now, these five vices are very powerful and in *full force*. People's eyes and lips are also criminal. It makes the self heated and also the family. They are very big enemies. Until you chase them away, there cannot be any peace. Those who have anger cannot remain in yoga peacefully. Therefore, check that you don't have any evil spirits in you. There are the evil spirits of greed, attachment etc. because they are Ravan's army. In order for you to become soul conscious, the Father is teaching you the pilgrimage of remembrance. There are many who don't understand fully. They become confused because they have been doing bhakti. Bhakti is body consciousness; they only remember physical images. For half the cycle they have arrogance of the body. They have been worshipping the body. Because of being extroverted, you are unable to consider yourselves to be souls. The Father says: Consider yourself to be a soul. Some say: There is nothing in front of me, so how can I remember Him? It is then explained that the Father is incorporeal. He is the unlimited Father. If you don't remember Him, how would you receive peace? You don't have to say anything through your lips. Internally you know that you are a soul and that all souls are children of the Supreme Father, the Supreme Soul. Only the Father is the Ocean of Peace and only He is the One who will give you your inheritance. The Father says: By remembering Me, firstly, you will receive peace and, secondly, your sins of many births will be absolved. The Father is not such a large lingam image. Just as you are tiny souls, similarly, the Father is also a Point. People say: *Oh God, the Father!* Oh Supreme Father, Supreme Soul! Who says this? The body doesn't say this. Souls are like *stars* and they remember their Father. There is nothing big there. Just as a soul is like a *star*, similarly, the Father is also like a *Star*. The soul doesn't become larger or smaller. Nor does God become bigger or smaller. So, the Father says: Remember Me and don't allow your

intellect to wander anywhere. It is said: Why do you wander around outside? The Father also says: Why do you not become introverted? Why are you wandering around? Simply stay in remembrance of the one Father. Whatever you are seeing is to be destroyed, but the soul is imperishable. The soul has to go to the land of peace. Only when you remember the Father will your sins be absolved. Then you will be able to go to the land of peace. Otherwise, you won't be able to go to the land of peace. Everyone keeps asking: How can I receive peace? Some also come and sit here just for a little peace. They don't have any peace at home and so they come and sit in the ashrams. At their home, throughout the day, there is so much expansion of everything, so how could there be peace there? If a kumari remembers a kumar, her mind will never be peaceful and her intellect will continue to work. She will continue to remember him. The Father explains: The 5 vices are no less. It is said: Evil spirits have entered this one. There isn't just one evil spirit, but five of them have entered. It is the evil spirits that have made you poverty-stricken. When the evil spirits are removed, you become masters of the world. People call out to the Father to chase away these five evil spirits: Baba, come and give us peace. Evil spirits have entered me. The first *number* is lust and second is anger. There are exorcists. They don't gain anything. Perhaps they chase away one evil spirit, but here, everyone has 5 evil spirits in them. You sweet children know that the Father comes and removes the evil spirits that have entered the whole world. Those deities don't have evil spirits in them. The evil spirit of lust and the evil spirit of anger are so big. The evil spirit of anger is no less. You know in your heart that you truly have this evil spirit. When the evil spirit of body consciousness enters, all the income you have earned is lost. This is also the condition of those who have anger in them. You have *semi*-anger. People have so much anger! They kill one another. A wife would kill her husband; a son would kill his father. You can go to the *jails* and see many such *cases*. You can truly understand what the condition of Bharat has become because of the presence of the evil spirits. Bharat, that was such a big urn full of jewels and diamonds, has become completely empty. The earthenware pot becomes completely dry because of anger. No one knows this. The Father comes to remove these evil spirits. No one else can remove them. These 5 evil spirits are very powerful. They are present for half the cycle. Don't even ask! The evil spirit of lust is still there because even though someone may stay pure, he or she is still born through vice. Therefore, use your intellect for everything. Everyone has evil spirits in them. The Father explains to you into what condition the 5 evil spirits have made Bharat. Bharat is so poverty-stricken! It doesn't have grain to eat. Bharat was the "Golden Sparrow". The Father is now once again giving you children so much wealth. This study that the eternal Father teaches you is imperishable. Only at this time do you understand this. It is truly these evil spirits that have made the condition of Bharat what it is. This is also the *drama*. These evil spirits are called Ravan. Look at the stories they have made up in the scriptures! It is those stories that have destroyed all truth. The Father now says: Remember Me, I am the Purifier. You will become pure by remembering Me. You have been calling out: *Oh God, the Father*, come! Become our *Guide*. For where would He give you *guidance*? It would be for liberation and liberation-in-life. Where else would it be *guidance* for? Only the Father shows you the path to go to liberation and liberation-in-life and enables you to have disinterest in for the old world. However, when someone sees someone beautiful, don't even ask! They don't understand that the face is pretty, but the soul is ugly. The soul is tamopradhan. Nowadays, when someone looks for a girl to marry, he wants someone pretty, although he may not be that handsome! You know that, at this time, the whole world is atheist. Atheist means not to know the Creator or the beginning, the middle and the end of creation. The Father explains to you children: Ask your heart to what extent you consider yourself to be a soul and how much you remember your *most beloved* Father. It is only the Father who enables you to gain victory over the evil spirits for half the cycle. You need introversion and the power of remembrance for this. Who is powerful at this time? America. It has a lot of wealth, prosperity, *bombs* etc. That is physical power. It has all the weapons to gain victory over anyone. You are conquering Ravan. By conquering Ravan you become the masters of the world, so that no one can conquer you. The Almighty Authority Father gives you the kingdom that no one can snatch away from you for half the cycle. You receive so much happiness! You have to remember such a Father with a lot of love. Become spinners of the discus of self-realisation. No one in the world knows what the discus of self-realisation is. They consider that to be a sign of anger. They believe that deities killed people with the

discus. However, there is no question of violence in this. Therefore, you children have to understand that it is the evil spirits that you have had in you for half the cycle that have made you fall. You say: Baba, You are the same One. You gave us the kingdom. The Father also says: You are the same children to whom I gave the kingdom. Look at your condition in this birth and also in your other births. No matter how much bhakti people do, they are unable to remove these evil spirits. The evil spirit of lust is so great! They desire to hug someone and talk to that one. Baba doesn't even like to see the face of such children. They are like untouchables. The Father says: You have to die from your body. You belong to the Father. Therefore, consider yourself to be a soul. Let there not be the slightest evil spirit. You are becoming deities. Check yourself to see that there is no anger in you. The *majority* have anger in them. They wouldn't be able to stay without insulting someone. Some remain peaceful and some talk back or even use their hands. Anger is so bad. Now, you children have to become completely perfect and pure. Only when you don't even remember your body will you be able to claim a status. You are now changing from stones to jewels. You are receiving jewels of knowledge to become such jewels. Although they speak of 330 million deities in Bharat, there would be the special 8 jewels amongst them who *pass with honours*. They would receive a *prize*. You understand that the destination is very high. While moving along, you fall and there is the presence of evil spirits. Then, you say: OK, if not the sun dynasty, then the moon dynasty kingdom is also fine. Subjects, maids and servants also have to be created. The approximation is of 330 million. In fact, the population of Hindus should be greater because they were the true deities. So reason says that their number should be greater. However, the number of Christians has increased because they have a lot of wealth. People want happiness and so they become *converted* and this is why their number is greater. Your number should be greater because you have existed here from the beginning. The Father explains: Sweetest children, somehow or other, you have to chase away these evil spirits. These evil spirits have destroyed all truth for you. This is the corrupt world. There is no corruption there. No one understands Ravan. Ravan is a great enemy. You are conquering him. You are Shiv Shaktis, for whom it is said: Salutations to the mothers. You are the ones who conquered him, numberwise, according to the effort you made. Although they have spiritual gatherings on the path of bhakti, no one is able to show you the way to chase away the 5 evil spirits. Only the one sweet Baba shows you that. You sing: Baba, when You come, I will surrender myself to You. So, you should do that, should you not? This one truly surrendered himself and this is why it is said: When there is truth, the soul dances. You will have a lot of happiness inside you. This is why you have to put the Father's teachings into practice. You must never fight or quarrel. 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, check yourself and chase away the evil spirits that are within you. Don't become extroverted. Remain peaceful.
2. Let your lips speak sweet words. Let only jewels emerge through them. Don't speak bitter words. Forget everything including your body.

**Blessing:** May you be loving and detached and, with the awareness of being a *trustee*, experience a constant and stable stage in every situation.

When you live considering yourself to be a *trustee*, your stage will remain constant and stable in every situation, because a *trustee* means one who is loving and detached. When you are in a household, there are many interests and there is a lot of consciousness of "mine". Sometimes you say "my home", sometimes "my family" etc. To be a householder means to wander around with many interests. To be a *trustee* means to be constant and stable. A trustee always remains light and in the stage of ascent. He does not have attachment to the consciousness of "mine". Waves of sorrow wouldn't come to him.

**Slogan:** Spiritual roses are those who spread the fragrance of spirituality into the atmosphere with their spiritual attitude.

\*\*\* OM SHANTI \*\*\*