

**Special Topics for Discussion for Workshops and Yoga Bhattis**

1. **Making the mind and intellect clean.**
  - a) What is the cleanliness of the mind and intellect?
  - b) What are the signs of a clean mind and intellect?
  - c) By paying attention to what aspects can the mind and intellect remain constantly clean?
  - d) Methods to keep the mind free from waste.
  
2. **Accumulate a stock of all powers.**
  - a) How to make the self complete with all powers.
  - b) What are the signs of one who has accumulated a stock of all powers?
  - c) How can I experiment with thought-power? What would be its result?
  - d) What are the thoughts which are elevated and of good wishes?
  
3. **Be incorporeal, egoless and humble.**
  - a) Clarify what these three stages are.
  - b) How can I maintain a balance between being humble and constructive?
  - c) On the basis of which dharna can my stage remain constantly incorporeal and egoless?
  - d) How is humility the basis of the construction of the new world?
  
4. **Good manners - the culture of confluence-aged Brahmins.**
  - a) What are the manners of Brahmin life?
  - b) What things should one pay attention to in order to constantly have a spiritual smile on one's face?
  - c) What are the new sanskars and the new culture of Brahmin life?
  - d) What are the signs of a soul who has good manners?

**Special Questions for Checking the Self**  
**Based on the Five Avyakt Murlis of the Year 2000.**

**Homework given by BapDada for this year.**

1. Do I experience myself to be free from effort having received all powers as a will and blessing from the Father?
2. Do I experience unity in the gathering? Do I ever have questions such as "Why?" or "What?" etc? \*
3. Is there the speciality in the gathering of everyone accepting one another's ideas?
4. Just as Brahma Baba renounced everything whilst having all attainments, in the same way, have I made myself an image of renunciation?

5. Whilst having all facilities, do I remain engaged in making spiritual endeavour?
6. With the practise of concentration of the mind and intellect, do I also do the service of revealing the power of silence?
7. Am I spreading vibrations of renunciation, tapasya and service like Father Brahma did?
8. Do feelings of mercy emerge in my heart that the problems of all brothers and sisters should be transformed?
9. Is my account of blessings full? Do I constantly give and receive blessings?
10. Am I able to make everyone happy knowing the secret of each one's nature?
11. Do I experience light and might within myself whilst remaining stable in the stage of self-sovereignty?
12. Am I able to use the power needed at a particular time?
13. Have I become free from all problems by keeping all powers in my awareness in an emerged form?
14. Is the line of my intellect clear and clean, enabling me to make a quick decision?
15. Have I become free from obstacles, problems and laborious effort?
16. Am I following Father Brahma in my actions and Incorporeal Father Shiva in my stage?
17. Is my mind clean? Are there any small or big marks of anything wasteful or negative in my mind?
18. Do I constantly have pure feelings and good wishes for every soul in my mind?
19. Do I have the attitude of uplifting even those who defame me?
20. Do I have waste thoughts about myself or others?
21. Do I experience the double-light stage or the stage of being equal to the Father on the basis of the cleanliness of the mind and intellect?
22. Just as it has become firm that "I am a Brahma Kumar or Kumari", in the same way, have I made it my natural nature to have the awareness of "I am an angel"?
23. As soon as I wake up at amrit vela, do I remain aware that I, an angel, have come down in this physical body according to shrimat in order to give everyone a message and to perform elevated actions?
24. Am I able to make others into angels through my vision and attitude by remaining stable in my elevated stage?
25. Have I practised becoming an angel, that is, double-light, in one second?
26. Whilst performing any task, do I naturally have a powerful stage of soul consciousness?
27. Do I maintain the balance of service and self-progress? Do I have the stage of being a destroyer of obstacles in service?
28. Do I constantly stay in the company of the one Father? Do I use Him as my Companion or is my mind and intellect pulled to others?
29. Do the words "I have attained whatever I wanted" emerge from you with that experience?
30. Do I know how to use the relationship with the Father according to the task? Have I experienced the happiness of all relationships with One?
31. Do I fly, keeping the one Father as my constant Companion or do I sometimes even have the question "Why? Why?"
32. Does even a trace of anger emerge in any circumstances? Do I become forceful or irritated?
33. Do I have any feelings of dislike of anyone in my mind? Do I step aside from that person?
34. Do I ever have an off-mood? Do I reject the ideas of other people?
35. Do I remember the words "Sweet Baba" in my heart when something that may cause anger comes in front of me?
36. Whilst seeing the happiness of others, do I remain happy or do I become jealous?
37. Is the culture of the Brahmin clan, "Speak less, speak softly and speak sweetly", practically revealed through my life?
38. Do I come into contact with everyone with a smile? I don't remember anything of that person's past, do I?
39. Have I adopted new sanskars of good manners in my life?

40. Do I have a clean and honest heart? Do I experience closeness to BapDada on the basis of having that honesty and cleanliness?
41. Is my heart clean and clear to the extent that all pure desires are easily fulfilled?
42. Have my consciousness, words, attitude and vision become very easy?
43. Are my heart, head and words all equal?
44. Have I become constantly humble, egoless and selfless?
45. Do I maintain the balance of being humble and constructive? Does humility become mixed with arrogance?
46. Do I constantly receive blessings from BapDada and all young and old members of the family?
47. Have I accumulated in the account of charity by being humble and in harmony with everyone in service?
48. Have I learnt how to adjust myself to everyone? Am I able to adjust myself to those who are against me?
49. Is there in my heart any stain of any old sanskars, arrogance or a feeling of having been insulted?
50. Is just the One Dilaram Baba merged in my heart?
51. Do I experience a stage of liberation-in-life and of being free from effort?
52. Does any royal form of Maya attack me even in my thoughts or dreams?
53. In order to serve with my mind, have I made it elevated and clean? Is my time spent in waste thoughts?
54. Am I able to become an angel in a second and experience the double-light form of being in a body of light?
55. Do I follow the one direction, have the one strength and faith in One and is there unity with companions, in service and in the atmosphere?
56. Have I received the certificate of contentment and happiness from everyone?
57. Do I daily perform the exercise of five seconds of remaining stable in the five forms?
58. Is there anything so firmly engraved in my mind like a line on stone that I am not able to forget it?
59. What special sanskar even now becomes an obstacle in Brahmin life?
60. Am I able to use any particular power I want at any moment or do I become aware of it after the time for using it has gone by?
61. Is my heart filled with trivial matters? Have I pleased the Lord with an honest heart?
62. Is the line of my intellect so clear that I am able to experience help from BapDada from time to time in the form of extra power and His blessings?
63. Is my heart constantly clean, the line of my intellect clear and clean?
64. Am I loving to everyone, successful in all relationships, victorious in my thoughts and sweet in my words?
65. Have I made my nature so harmonious that with the power of discrimination I am able to make my form according to the time, person and circumstances?
66. Have I moulded myself to the extent that I am able to be mature with the seniors, young with the juniors, equal with my companions and able to give respect to the elders?
67. Is there any old rubbish in my nature and sanskars, words or thoughts in the mind?
68. Do I have spiritual happiness on my face? Does my face keep on changing?
69. Are my stage, my face and my mood constant? Check that there isn't a lot of tension of service visible on your face.
70. Does my face still have a spiritual smile even when someone who insults me, doesn't give respect or defames me comes in front of me?

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