

AMRIT VELA



God awakens you

Prajapita Brahmakumari Ishwariya Vishwa Vidhyalaya

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Prajapita Brahmakumari Ishwariya Vishwa Vidhyalaya

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Preface

This book is a pure English translation of original Hindi Version “अमृतवेला” published by Brahmakumaris H.Q., Mount Abu. All efforts have been made to stick to the aim of original version. It was also an intense will of Dadi Jankiji to publish English version and hence, with the blessings of Bapdada as well as Dadiji, we have collectively put our utmost efforts to make it personified, so as to fulfill the demands of capacious readers class.

It is great pleasure that this book will fulfill the so called gap and definitely be helpful to uplift the state of spiritual understanding.

B. K. Kailash
Sector-28,
Gandhinagar
(Gujarat-India)
Mob : 99790 99922

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My Spiritual Children

The best time for making effort and having easy attainment is amrit vela. At amrit vela, by filling yourself - the soul - with nectar, your actions will be accordingly (full of nectar), throughout the day. Just as the time period is elevated, and the nectar is elevated, in the same way, your actions and thoughts throughout the day will be elevated. But if you move along considering this elevated time period to be ordinary, then your thoughts and actions will also be ordinary throughout the day. So, you should understand that amrit vela is the time for laying the foundation for the whole day. If the foundation is weak or ordinary, then the structure above will automatically be likewise. Therefore, just as you always pay attention to the foundation, in the same way, the time for laying the foundation for the whole day is amrit vela.

If you move along understanding its importance, your actions will also be according to the importance you give. Why is that time called "brahma muhurta"? Is it called "Brahm muhurta" or "brahma muhurta"? "Brahma muhurta" is right, because all of you begin and establish the new day, just as Brahma does. That is also right, but what is the meaning of "brahma muhurta"? The atmosphere at that time is such that the soul can easily experience himself to be a resident of the brahm element. At other times, you have to make effort or labour to detach yourself from the noise and the atmosphere. However, at that time, there is no need to make this effort. Just as your home of brahm is the land of peace, in the same way there is automatic silence at amrit vela. Because of that silence, you are easily able to imbibe the stages of an embodiment of peace, and a resident of the land of peace. If you bring into your awareness at amrit vela the shrimat that you have received, you will then be able to have remembrance at "brahma muhurta" or amrit vela. For instance, those who are studying also try to do their revision in the

morning, so that they are able to remember it, because you are easily able to remember at that time. You have to make your awareness powerful, and become a natural embodiment of remembrance. So, with the help of amrit vela, and by following shrimat, you will easily be able to make your awareness powerful. Just as you value time, do you also value this time? Or, is it that you value it sometimes and not at other times? Is it that the scale pan of value is sometimes high and sometimes low? What happens? This is a very easy method, but you just have to give that much value to this method. As is the shrimat, similarly recognize the time, and - if you do everything according to the time - you can very easily reach all attainments. Then you will become free from laboring. If you wish to become free, and then continue to imbibe the means you have been given for it.

Avyakt BapDada

1. Importance of amrit vela and teachings of BapDada

1.1 The basis of being an example in front of the world:

What is the method to achieve the state of being a natural yogi? You should understand the importance of the amrit vela? If a powerful stage is created in the early morning, this will then help you throughout the rest of the day. The life of that day will be filled with greatness. By filling yourself with power in advance, no matter how difficult a task may be, it will not seem to be difficult, it will seem to be easy. To miss amrit vela means to neglect the importance of the special benefit that can be received at the Confluence Age. Continue to follow the Brahmin code of conduct and you will become an example in front of the world.

1.2 The basis of all attainments and all powers:

At amrit vela, you receive full power from the powerhouse. It is at amrit vela that you receive the greatest injection of all. If you have linked your connection with Baba, you will then remain safe from the unconsciousness of Maya throughout the whole day. There is the deficiency of this injection. There should be an accurate connection. It is not just a question of waking up and sitting. According to your discipline, you get up and you sit for meditation, but together with this, is there any experience of the accurate connection, means, is there the experience of all attainments? If someone has an injection and yet do not have the experience of power, then there would be feeling that the injection has not worked fully. Similarly, the connection of amrit vela means to experience all powers and all attainments. This is the greatest injection.

1.3 **If the beginning is not accurate, the middle and the end will also not be accurate:**

- a. The amrit vela is the beginning of the day. So, first check: is the beginning of the time, amrit vela accurate? If the beginning of time is inaccurate, then the middle and the end will also not be right. If there is not the practice of having a powerful experience at the beginning of the day, then you will not be able to experience all happiness at the beginning of time, that is, at the beginning of the world. As amrit vela is the beginning of the whole day and if you renounce this beginning period and only awaken after some time or after a few hours have passed and link your connection, then, according to the number of hours you are late here, so you will be late there. This is because amrit vela is the time of special appointment that BapDada has given for meeting the children and it is the children who are given the first chance to meet BapDada; later on, it is the time for devotees. So, if you link your connection at the time that has been set aside for devotees, then you will not receive the blessings that would be given to a child. This time at which you sit for meditation is connected with the time at which you will come in the cycle. So only at amrit vela check yourself, "Am I going to come at the beginning of the time, in the AdiKaal, or am I going to come a few births later?" The number of Hours here are the number of births there. The number of hours you miss here will be the number of births you miss there.
- b. Everybody you used to sit for amrit vela. But if you look at the scene of that time you will find it very amusing. It is like that of a museum of hatha yogis in Jaipur in which a variety of hatha yogs have been shown. The same thing is visible at amrit vela. There are some children who are controlling their sleep with force (hatha) or some are spending their time in a state of desperation. Some are sitting upside down that is

they are not doing what they set out to do. Just as some hatha yogis are standing on one leg while others are hanging upside down. Here also, the scene of that time is almost same. Some children spend one second in the correct way but if you look at them a moment later, you will see that they are standing on just one leg and they then fall down. They have the thought that, "Today, we will deposit something." But this doesn't happen. This is also a scene that you should see. There are also some who do yoga whilst they are asleep. As hatha yogis sleep on thorns, here there are some children who are sleeping on their pillows. All these postures are quite amazing. That is why you have been told that you should recognize the importance of amrit vela. Then with this recognition, you can become great by bringing it into your life.

1.4 If amrit vela is accurate, everything will become accurate:

Just as it is said that by drinking nectar, the soul becomes immortal, so too, by successfully using the time of amrit vela you can receive the blessings of being immortal. You will then find that throughout the whole day you will not get disheartened during the obstacles. If you will do accurate Amrit vela, then everything will become accurate. You will be eternal and immortal - you will always be cheerful and powerful.

1.5 Time of receiving the blessings of "be immortal", Time of being immortal:

It is said that the time of amrit vela is a time of getting nectar by drinking of that nectar you receive the blessing of "Amar bhav". If you do not take the blessings of immortality in the morning, then a great deal of effort will have to be made. You do effort and expense both. However, if you take these blessings of being immortal, you will be liberated from effort and expenses both. Amrit vela mean the time of being immortal by drinking nectar.

1.6 The basis of crossing every situation happily:

Early in the morning, remain in the awareness of your angelic form and dance in happiness. No matter what situation may come to disturb you, you will cross it happily.

1.7 Special time for getting the favorite fruit, Best time for getting God's Sustenance:

Amrit vela is the special time of receiving Sustenance from God. Amrit vela is the special time for meeting with God. It is the time for having a spiritual conversation. Amrit vela is the time for easily attaining blessings from the treasure of blessings of the Innocent Lord. The memorial of attaining whatever fruit you desire from the Innocent Lord comes from this time amrit vela. It is the time for attaining treasures from open treasure without making effort. You know this beautiful time from your experience, do you not? Only those who are experienced would know of this elevated happiness and elevated attainments. So BapDada is pleased to see all the spiritual roses. BapDada also says: Woh, My spiritual roses. You sing the song "wah wah" and so BapDada also sings the same song. Do you understand?

1.8 Routine of the whole day- On the thoughts of amrit vela:

You have received so many treasures for having positive thoughts? do you know them? You have limitless treasures, do you not? Pure thoughts mean powerful thoughts. Waste and powerful cannot stay together, just as day and night cannot stay together. Baba has also told you what pure thoughts you should have as soon as you open your eyes at amrit vela. Whatever pure and powerful thoughts of love for the Father you have at amrit vela, such will be the influence throughout the day, because amrit vela is the beginning period? it is the satopradhan time. It is the time for the children to receive special blessings and co-operation from the Father. This is

why the first thought at amrit vela is the basis of the whole day's timetable. It is remembered that Brahma created the world through thought? Thought has been given so much importance. Brahma creates the creation in the beginning period. In the same way, whatever thoughts you Brahmins create in the beginning of the day, the period of amrit vela, accordingly, the atmosphere of routine will be there automatically.

1.9 Give importance to amrit vela for being great:

Baba knows that you make a lot of effort? that you have had renunciation and tolerated a great deal. However, Baba cannot bear to see the slightest weakness in those He loves. He constantly has good wishes for you to become elevated. This is why, whilst seeing and hearing all of that, He is signaling you to become complete. BapDada constantly co-operates with the children at every step and will continue to do so until the end. Baba does not dislike anyone. He constantly has positive thoughts for even those who defame Him. Therefore, constantly take His co-operation and continue to move along. Realize the importance of amrit vela and continue to take blessings from Baba. The end of the season does not mean the end of His co-operation. BapDada's hand and company are with every child in every form and in every relationship. Now, according to the drama, you have been given some time. Therefore, consider this to be your fortune and take benefit from it. You are the hands of the clock of destruction. When you become complete, time will come to an end. Therefore, constantly maintain thoughts of the original self and be a spinner of the discus of self realization. It is the time of amrit vela when you receive blessings and according to how much importance you give to amrit vela, so you will become great.

1.10 The method for being Victorious:

BapDada gives the return of love to the loving souls who remain constantly absorbed in love. At what time does He give this? He does this especially at amrit vela. You receive blessings easily at amrit vela. In fact, you have a right to them throughout the whole day, but that is the special time. You sometimes have special times for certain bargains. Because it is the season, you know that you will pay less for something. So amrit vela is also a special season? Therefore, there is easy attainment. All of you teachers are free from obstacles, are you not? Now, make the fortress of yoga very strong. When you have a particular obstacle somewhere, then just as you have international meditation hour, in the same way, make a program for everyone to have yoga all together at a fixed time once a month. The whole zone should donate yoga through which the fortress will become strong. When a task is first begun, special disciplines are observed in terms of cleanliness. Therefore, all of you most elevated souls should also have just the one pure thought of victory. Because of your cleanliness you are able to use the right method. Make all the walls of the fortress strong at the same time and you will become victorious.

1.11 The whole Confluence age -- amrit vela:

- (a) All moments of the Confluence age are a good morning because the whole of the confluence age is amrit vela. In terms of the cycle, the Confluence age is Amrit vela, isn't it? So every moment of Confluence age is good morning. BapDada comes in good morning and goes also in good morning, because when Father comes, then it change from night time and becomes amrit vela. So He comes at amrit vela and when He leaves then it becomes the day. However, He stays here during amrit vela. When it becomes the day, He leaves and you all rule the kingdom, that is, it is the day of Golden age, the day of Brahma. Father would become detached, would

He not? So in terms of the old world, it is always good morning now but according to the cycle, it is always good and will always remain good. This is why you can say - good morning, good night and good day - everything is good. So good morning to everyone in terms of Iron Age and good morning according to the Confluence age, so double Good Morning.

- (b) This Confluence age is 'Amrit vela'. Because the whole Confluence age is amrit vela, so the greatness of this time is sung forever. The entire confluence age, that is, amrit vela mean Diamond morning. At this time, always the Father is with the children and the children are with the Father, therefore, diamond mornings of unlimited. Bapdada always keeps doing, but according to the corporeal country and being in corporeal form, BapDada is doing to all children Good Morning, Golden Morning, Diamond Morning - whatever you say - for remaining always together. You, yourself are Diamond and the morning is also diamond.

1.12 Lottery of amrit vela ---- If not now then never:

Do all of you experience amrit vela? What would you say to someone who throws away a lottery he wins whilst sitting at home? This too is a lottery that you win whilst sitting at home. If you do not take this lottery now, then you will later remember these days. These are now the days of attainment, but after some time, they will become the days of repentance. Therefore, take as much as you want? Intensify your speed. Always remember, "If not now, then never." Not even today, but now? This is known as being an intense effort maker.

2. Role of BapDada at amrit vela and Responsibilities of Children

2.1 BapDada has fixed the time of amrit vela especially space for Brahmins:

- a) Every child of the Father is very lovely. All are the best. Whether poor or moneylenders, whether educated or illiterate - all are more loving than other. They are all special souls for the Father. Which specialty do they all have? They have the specialty of knowing the Father. The Father for whom the Rishi, Munis and Tapaswis said "Neti, Neti" (we do not know), has been recognized and attained by you. So BapDada gives love and remembrance to such special souls every day, they meet together every day. The time of amrit vela is the special time that has been fixed for children. First children and then the queue of devotees later. The time of meeting to the special souls will also be special, isn't it? So always consider yourself such a special soul and always fly in happiness.
- b) Father gives love equally to everyone from amrit vela onwards, He gives the children number one love. Therefore, amrit vela is kept specially for children because the amrit vela is the beginning of the whole day. Those children who imbibe the Father's love in their hearts, from amrit vela onwards, are not attracted by any other love, because their hearts are full of Godly love. Those who do not fill their heart completely with love, but leave it even a little empty, are still attracted by the many forms of love by Maya, either in the form of other people or in the form of material comforts.

- c) Many children ask BapDada that why does still Maya come to them? When you became the Master Almighty, then there is no question of coming Maya. But the reason is that in Adikal, at amrit vela you do not imbibe Godly love fully in your heart. If anything is half filled or empty, then there will be upheavals. Isn't it ? You use to sit, get up, there is a goal too, and you also say that one Father, non other --do you say this by heart or by mouth only? Then what is the reason for some other attraction in the heart? Surely the love goes towards some other person or splendor only then that attracts you. The heart is not completely filled with Godly love.
- d) BapDada has reserved the time amrit vela, especially for the Brahmin children. It is at this time in particular that BapDada sees the specialties of each child and He sees the virtues of their service. At that moment, do you know what BapDada does? By giving special blessings, BapDada allows the specialty of each child - their virtues and their service - to become imperishable. At, amrit vela, you can receive whatever you wish. So, this is why BapDada has reserved this time, especially for the children. No matter how important a person may be, he will keep a special time reserved for his own family. So, the early morning hours of nectar are reserved especially for the children. Afterwards, come the souls of the whole world, but it is the children who receive the first chance.

2.2 Everyday BapDada turns the beads of the rosary of children at amrit vela:

- a) BapDada is very pleased when He sees the courage of you children to renounce everything and your enthusiasm for tapasya. Devotees sing the praise of Father, but the Father Himself sings praise of you children. For how many births have you been turning the beads of the rosary? Now in return, the Father is turning the beads of the rosary of the children.

Do you all see at what time Father turns the beads of your rosary? (At amrit vela). You don't fall asleep at the time, Baba is turning the beads of your rosary, do you? Shaktis are those who awaken those who are sleeping. So, how can you yourselves sleep at that time?

- b) At amrit vela, BapDada always turns the beads of the rosary of His children. He looks at the specialty of each jewel and bead. Therefore you too can easily check yourself at amrit vela. With the power of remembrance and your relationship, you can very clearly see on the spiritual T.V. the number that BapDada gives you when He is remembering you. However for this, your intellect especially needs a clear line. Otherwise, you will not be able to see clearly. Now, because of the closeness of time, you must bring yourself closer to the Father, that is you must make yourself equal to the Father. To become equal to the Father in your thoughts, words, action, sanskars and service means to come close.
- c) Today, at amrit vela, out of all the children who are the decoration of the Brahmin clan, BapDada was selecting those special souls who have contentment, those who have always been content themselves, and who have always continued to give others the experience of contentment through their vision, attitude and actions. So, today, BapDada was threading the garland with such jewels of contentment who constantly experience themselves being showered with golden flowers of contentment from BapDada in their every thought and word, in their relationship and connection with those in the gathering and in their every action. They also constantly shower others with golden flowers of contentment. Out of all the souls everywhere, only a few such contented souls were visible. The garland that was prepared was not big? it was a small garland. While repeatedly looking at the garland of the jewels of contentment BapDada was pleased because only such

jewels of contentment become the garland around BapDada's neck. They claim a right to the kingdom and also become the beads of the rosary that the devotees turn.

2.3 Special role of Brahma Baba at amrit vela:

- a) Just as a mother is a canopy of protection for her children, so too, from amrit vela, Mother Brahma has been looking after all the children everywhere. It is you children who are the instruments in the corporeal form, but Mother Brahma, as a bestower of fortune, sees the fortune of every child and especially sustains you with special power, courage, zeal and enthusiasm. Father Shiva is with you anyway, but Brahma has the special part of sustaining you.

- b) If you want to offer someone special hospitality, then apart from the normal daily food, you offer them something extra. In the same way, Brahma, the mother, also has special love for the children. He cannot stay in the subtle regions without the entertaining sparkle of the children there. This is Brahma's spiritual, motherly attachment for the children. With his subtle thoughts of love, he invokes the special group of children and he emerges them in the subtle regions. When Baba was in the corporeal form, you remember how he would call the different groups of children with special love and he would then feed them with his own hands and he would entertain them personally. In the same way, now that Brahma Baba has become subtle, this same sanskar of love is still emerging in a practical form. But, for the children to experience this, they must now adopt their own subtle form and they must become like the Father. At amrit vela, Brahma, the mother, calls the children and he feeds them with the special nourishment of all the powers. When he was in the corporeal form, Baba would give the children ghee (clarified butter) to drink and he would also take everyone out together for exercise. In the same way he now gives you ghee in the subtle regions, means he

fills the soul with power and he also inspires you to practise exercise: to increase the power of the intellect, the soul is taken on a journey- at one moment you are in Param Dham(the supreme region), the next moment you arrive in the subtle regions, and then the moment after that, you come to the corporeal world and you experience the elevated Brahmin life. The children are inspired to race through the three worlds and this special hospitality of Brahma Baba becomes merged in your life. So, have you heard in what way Brahma, the mother, looks after you?

2.4 At amrit vela, Baba prepares His children for the whole day:

At amrit vela, Baba prepares His children for the whole day. Just as a mother and father will prepare their child for the coming day in the early morning of hours- they will clean him, make him ready - and they will say to him "Eat, drink and study the whole day". In the same way BapDada also gives sustenance at amrit vela. He fills the soul with power for the entire day. So, this is the time for special sustenance.

2.5 At amrit vela, BapDada congratulates children and gives assurance for coming the auspicious day:

Today, from amrit vela, the loving songs of the loving children, the songs of the equal children who were celebrating a meeting, the sound filled with zeal and enthusiasm of the children who are in contact, the love filled sweet complaints of the children in bondage and the flowers of love of many children reached BapDada. All the elevated promises of powerful thoughts of the children in this land and abroad came very close to BapDada. BapDada is responding to all the children's thoughts of love and powerful thoughts: May you always be loving to BapDada! May you always be powerful and equal! May you always be close with zeal and enthusiasm!

May you be a soul who is liberated and free from bondage with the fire of love! Children's days of becoming free from bondage are now almost here. The sound of love from the children's heart will definitely awaken the Kumbhakarna souls. These same souls who create bondages will themselves be tied in the bondage of God's love. BapDada is giving special reassurance to the hearts of the daughters who are in bondage that their auspicious days are now coming.

2.6 Children's responsibility when Baba goes on tour:

- a) Make a list of your fortune from amrit vela. At amrit vela, the Father Himself wakes the fortunate children and also invokes them. Those who are extremely loving children and they have the experience that even if they wish to sleep, someone is not letting them sleep, someone is waking them, someone is calling them, do you have such experience? Did you see your fortune since amrit vela? In the devotion, the devotees consider deities to be God awaken them by ringing the bell and here, it is God Himself who wakes you. How much fortunate you are! From amrit vela, Baba serves the children in the form of server, and then in voke-- "Come and experience the stage being equal to the Father, sit with me". Where is the Father sitting? In a high place and in a high stage. When you are sitting with the Father, what would your stage be? Why are you laboring? Just come and sit with me, then you will automatically be colored by the color of the company. The stage will automatically become according to the place. The place has its own effect on your stage. Just As the place has an influence over the stage, in the same way, at amrit vela, either go to the Supreme Abode or to the subtle regions. And Sit with the Father. If the amrit vela is powerful, then help will be received automatically throughout the day. So keep your fortune in your consciousness - "Woh, my fortune"!, that my day begins with God !. Then look at your fortune further.

- b) At amrit vela, Bapdada takes a tour all around the world. He has always the apron of blessings with Him. Always you should claim special blessings from the Father at amrit vela. Every day, BapDada opens His apron of blessings for you children. The more you remember Baba, so Baba remembers you all a million times more. Each day, Baba has to go on Tour and He gives you the return of your remembrance. Even if the children are sleeping, Baba still carries out His task of looking after all the children. Whether they catch Baba's help or not, depends on the effort of the children. So at that time, catch the Baba.

2.7 Experiencing a close relationship with Baba:

On the basis of just one second experience amrit vela, It is possible for you to be the embodiment of experience and to have all attainments for the entire day and night that follows. At that time, BapDada is free to speak to each one to their heart's content; He is free to listen to their requests, to erase their weaknesses and to forgive numerous forms of sin. BapDada is free to see both the love and the mischief of the children- He is free for everything. The meeting in the early morning hours is not an official meeting- Baba is there in the form of Innocent Lord who bestows all treasures.....

To recognize the value of amrit vela - recognize that this is the time for easy attainment. Take full benefit from this time. Fill your apron with all rewards from the treasure-store. Take whatever fortune you choose from the Bestower of Blessings and the Bestower of Fortune. Baba is ready to draw for you the lines of destiny; so allow the Bestower of Blessings to draw for you the most elevated lines of fortune. At that time, God is in His Innocent form. He is love full and so, on the basis of love, take from Him the lines of elevated fortune. For however many births you choose, whatever you choose to

be in the eight jewels, or in the rosary of one hundred and eight- BapDada is giving you an open offer. So what more do you want? Become the master and claim your right. At that time, there is no lock on the treasure at all. It is not even necessary to use the key of labour, otherwise, this key of labour would be needed throughout the whole day. There should simply be the one thought: "Whatever I am, as I am - I am yours"

2.8 Children should give the proof of their love:

There are very few children from all over who have given the proof of love. Baba had so much love for the children. For how long did he give the practical proof of love? What did he give you? Do you remember? Even not considering his own health, what proof did he give? Not considering his own physical state, for how long did he continue to give a searchlight? For how long did he give the proof of love? You used to say that there will be an effect of this on the body, but did Baba stop to consider his body? This was the proof of his love. Now in return, children also have to give the proof of love. You have to perform the actions that Baba demonstrated to you. Just as Baba showed you about amrit vela whilst in the corporeal form, children should also do the same. For until now, the result has been that children try and satisfy their own heart and just wake up and sit there. There isn't that intoxication or awareness of being the embodiment of power. Instead of your being the embodiment of power, what has been mixed in? Laziness. So although children have a meeting, because laziness is mixed, and because the line is not clear, they are not able to have the experiences that they should have in the meeting. There is a mixture. If you start this here, when everyone sees the Madhuban niwasis, everyone will start to do the same. Madhuban niwasis specially love and so they should specially sacrifice themselves. One always sacrifices oneself out of love.

2.9 **Remain in the remembrance of Baba in gathering:**

Wake up early in the morning and remain in the remembrance of the Father because at that time Father remembers all of you. At that time some children are not visible. He has to find them. Well, you remember in solitude, but you have to go with the gathering as well. The more you remain in remembrance, the more you will come near to the Father. You get confused by forgetting the Father. If you keep the Father always with you, then you cannot forget.

3. At amrit vela, the awareness of your Fortune, Intoxication and Happiness

3.1 The fortune of belonging to Baba:

- a) In Satyug (the Golden age), the natural music of nature will awaken you to commence your day, but in Sangam yug (the Confluence age) just see how great is the elevated stage at amrit vela and how great is the beginning of time for the Brahmins of Sangam yug. There, there are things of nature but at the confluence age, who awakens you at the beginning of time? Who awakens you in the morning hours of nectar? It is God, the Master of nature Himself, who awakens you. What is the sweet music that you hear? Each day Baba calls you by saying, "Child, sweet child". This natural music is much greater than the music of nature in Satyug because this is the music of God. You have experienced this, have you not? And so which is greater, the music of Satyug or the music of sangam yug.
- b) Keep one thing in the memory that at amrit vela that wake you up! The Father's love awakens you. The beginning of the day is so great. And the Father calls himself to meet you, do the spiritual conversation, fills with power. So how great is the beginning of everyday! You always wake up by the love of the Father or sometimes you get up with compulsion? In reality, the songs of love wake you up. Since amrit vela the Father calls you with so much love -- Sweet children, dear children, come... So whose beginning is so great, how will be the middle and the end? Will not it be the great!
- c) At amrit vela, since you get up, you remain merged in God's love. Spiritual love wakes you up. Your daily routine is started by God's love. If there is no love, then you cannot get up. God's love is the alarm for you. The alarm of love awakens

you. Throughout the day, every action is performed by Godly company. How fortunate you are that the Father, Himself comes all the way from Supreme abode to teach you. Did you ever heard that God comes every day to teach from His Abode. The souls may come from very very far, but there is no country far from ParamDham. Is there any country - America, Africa, far away from Param Dham? Param Dham is the highest abode out of all. From the highest Abode, highest God comes to teach the highest children. Do you feel that how much lucky you are? He gives the shrimat for every action in the form of Satguru and also gives the company. He doesn't give the advice only but gives the company too. What song do you sing? Are you with me or far away? If you listen something, you listen by God-teacher, and if you eat, then you also eat with BapDada. If you eat alone, it's your fault. The Father always says--eat with me. You children also have done the promise- we will live together, eat together, drink together, sleep together and walk together. You have not to sleep alone even. If you fall asleep alone, then bad dreams or bad thoughts in dreams will come. But the Father has so much love that He always says, "Don't sleep alone, and sleep with me". So you wake up, wake up with Father, you eat, eat together, you sleep, sleep together, even if you walk, walk together.

- d) Celebrate the feast of having all relationship with Father at amrit vela. The entire world is full of beggars whereas you, children, are enjoying all relationships with the Father. Can there be any greater joy or happiness than this? So, from amrit vela use this treasure of happiness. To use of this treasure of happiness is the key of all treasures. Think about it and talk to yourself about happiness. The moment you first open your eyes, who comes in front of you? Whom do you meet with your first thought? You meet the Creator of the World, the Bestower of all Blessings, and the Bestower of all

Treasures --the Seed, in which the entire tree is contained. All the souls of the world are begging and they follow many difficult paths just to obtain a glimpse of Him for a second. In comparison to this, you great souls have all the rights of celebrating the meeting with all relationships with Father and experiencing all His treasures.

- e) At Brahma-Muhurta of confluence age, at amrit vela you opened your eyes to your elevated birth and what did you receive? How many gifts did you receive? You opened your eyes, you saw the old Baba. You saw the white Baba. You also saw the red in the white! Did you not? So, to whom did you see? You saw the Father, the Bestower of the peace and how many gifts did He give to you? He gave you so many gifts that you will continue to be sustained by these gifts birth after birth. You won't have to buy anything. The biggest of all, He gave you the bracelet of love which is even more valuable than diamond. He gave you the bracelet of God's magic. With this you can attain whatever you want, as soon as, you have the thought and you invoke it. There is nothing lacking in the treasures-store of Brahmins. All of you children received such a gift as soon as you opened your eyes. All of you have received it. Have you not? Is there any one left out?

3.2 See your Fortune and share Happiness with others:

- a) Nowadays, the whole world is in one form of worry or another form from the moment they wake up. They have one worry or another about themselves, their family, their business, their friends and relatives etc, whereas all of you begin the day, at amrit vela, by becoming Carefree Emperors and you carry out every task as a Carefree Emperor.
- b) From amrit vela, BapDada sees the fortune of each child and He sees how many varieties of fortune are fixed within each soul. The early morning hours of nectar bring a fortune with

themselves. It is the amrit vela time that the fortune of the spiritual meeting comes to you and your fortune then lies in each and every action throughout the day. When you look, you see Baba--you have been given these eyes only for the purpose of seeing Baba. You use your ears only to listen to Baba. So, this is your fortune. Each and every physical organ has a fortune. You have been given feet to follow the footsteps of Baba. So each one of your physical senses has its own fortune. Then make a list that how many fortunes do you receive in the whole day? You see Baba, listen to Baba, sleep with Baba and eat with Baba- you do everything with Baba. When you do service, you give Baba's introduction and you inspire other souls to experience the meeting with Baba. So, how great your fortune is !

- c) At amrit vela BapDada does singing the praise of the fortune of the children. Do you experience yourself to be the lucky star shining within the whole world? You are such lucky stars that God Himself sings your praise. Can there be any higher fortune of someone than this? Do you always stay in such intoxication that by seeing your intoxication, the clouds of sorrow of others disperse; they should forget their sorrow and experience happiness -- they should swing in the swing of super-sensuous joy. Do you experience yourself like this? It is said that " in the company of the philosopher's stone, iron would be transformed into gold". Have you become such an alchemist's stone so that in your company, the iron-aged souls may change into gold. Do you experience such a stage? If the soul comes in the form of a beggar, then he should leave having become filled with all wealth. Do you see such picture of fortune in the mirror every day? At what time of the day do you see it? Is it only in the early morning hours that you see your fortune in the mirror, or do you see such fortune throughout the day, as you are walking and talking? Nowadays people see their face again and again in the mirror. They see

their features and you look your future. Your attention is not towards your features, but your attention is towards to make your future high all the time. So do you see the picture of your future that how much it is filled with spirituality? Do you see to what extent there is a spiritual glow?

- d) At amrit vela, do you always eat the sweet that bring happiness to the heart? If each day, you, the server souls, receive this nourishment that brings happiness to the heart, then you will always be able to feed this sweet to others. You will then find that the seekers will not come to you with stories of hopelessness. Otherwise, you would have to spend time listening to these stories. In this way, the time will be saved and in the time that has been saved, you will be able to feed these sweets to others.
- e) As there is no one like the Father, so, no one is lucky like you. Father's love certainly brings you near to Him. At amrit vela, do a spiritual conversation with Father, then the solution for all circumstances will be clearly seen. Whatever the matter is, its response will be found in the spiritual conversation. Take this special blessing from the land of blessings, Madhuban, and then you will get more lift. When the Father is there to carry burdens, then why do you carry yourself? As light as you be, the more you will fly. You will experience that how your stage becomes higher and higher by remaining light.
- f) From amrit vela, you begin to sing songs. In your daily timetable you wake up with the song. So sing the songs of Baba's praise and songs praising your most elevated life. Sing songs of knowledge and songs of all attainments. Do you not know how to sing these songs? You know. Isn't it? So sing the songs and dance with happiness. Every action should be performed by dancing in happiness. So, throughout the whole day, sing songs and move forward by dancing with happiness.

3.3 Merge within the waves of Ocean:

- a) What is your experience throughout the day? There is the experience of waves of love emerging constantly and automatically. According to the extent that the rays and light of the Sun of knowledge increase, so the waves of love also arise. What is the work that the Murli of knowledge from the Sun of knowledge begins to do from the time of amrit vela? There are numerous waves that begin to surge. All of you have had this experience. You know how the waves of knowledge, the waves of love, the waves of happiness, the waves of peace and the waves of power- surge up and you then merge within these waves. This is the unique, alokik inheritance that you have already attained. This is the Brahmin life: to be merged within the Ocean to such an extent that you become equal to the Ocean.
- b) Since amrit vela, with which special wave have you been moving along? You have been moving along with the waves of BapDada's love. Did all of you souls remember anyone else except the one Father? You had easy remembrance, did you not? Or did you have to make effort? So, how did it become easy? It was because of love, was it not? So, is just today the day of love? The Confluence Age is the age of experiencing the love of the Supreme. So, realize the importance of the age, and experience the different experiences of love. The Ocean of Love is giving you trays full of pearls and diamonds of love. So, constantly make yourself overflowing. Do not become happy with just a little experience of this love. Become full. In the future, you will be decorated with physical pearls and diamonds. These pearls and diamonds of supreme love are priceless. Therefore, constantly remain decorated with them now.

4. For powerful amrit vela keep Attention throughout the day

4.1 Make companion to the Father:

As soon as you awaken, the first thing you must do is talk to the Father with great sweetness. Throughout the day also, you should check yourself from time to time- "Am I with the Father?" Then, at night, you should sleep with the Father - do not sleep alone. You will then constantly experience Baba's company and you will be able to give Baba's message to all.

4.2 Remain within the lines of the code of conduct:

- a) Do you consider yourself to be a true Sita? A true Sita means one who follows shrimat at every step, one who keeps herself within the disciplines and who always remains inside the line of the code of conduct. Do you always stay within this line of the code of conduct? Rama is one God and all of you are the Sitas. Sitas are supposed to sit within the boundary line of the code of conduct, that is, the soul should always stay in the remembrance of the Father and should always be following Baba's shrimat. Are you such true Sitas that not even a single step is taken against Baba's directions? Just as when a train is on its rails, it will move automatically, so too, every morning, at amrit vela, you should set yourself on the rail of remembrance. Amrit vela is the time for laying the foundation. If Amrit vela is accurate, then the whole day will be accurate. Those who are living with their families should also pay attention particularly in the early morning hours and you should make the foundation strong. You will then receive natural, automatic co-operation throughout the rest of the day. Whilst living in your family, always remain in the consciousness of being a true Sita of the Father. Sita means a soul who remembers only Rama - a soul who remembers God; there will be the remembrance of Rama in each nerve. Are you

such true Sitas? That one said to be detached and loving. As much as you remain detached, that much, you will be loved by Father.

- b) Always be accurate in each action, each thought and word since amrit vela. You should not speak a single word which is waste. Do you spend your whole day according to the shrimat which is given by the Father from amrit vela till night? How to get up, how to walk, how to eat, how to behave - you have been given shrimat for everything. Check in every action from amrit vela, whether you perform a pure action, a wasteful action or a sinful action. A pure action means an action performed on the basis of shrimat. An action performed on the basis of shrimat is automatically accumulated in the account of pure actions. So this is the easy way to check pure actions and sinful actions. Constantly continue to check yourself according to this method. You have been given shrimat for every action, from the action of waking up for amrit vela to the action of going to sleep at night. You have been told how to wake up, how to sit, how to do everything. If you don't wake up at that time then, accordingly, you cannot create an elevated reward of elevated actions from amrit vela. This means, you cannot become a renunciatory of wasteful and sinful actions. Therefore have renunciation of this connection. You also have to renounce everything wasteful. Some think that they haven't performed any sinful actions, that they haven't made any mistakes or that they haven't spoken any such words. However, wasteful words don't allow you to become powerful, that is, they don't allow you to become greatly fortunate.

4.3 Adopt different-different forms throughout the day:

- a) Your five forms to keep in awareness :--
- Firstly, I am a child.
 - Secondly, I am a Godly student.

- Thirdly, I am a spiritual pilgrim.
 - Fourthly, I am a warrior.
 - Fifthly, I am a server or the helper of God.
- Constantly remember these five forms.

b) Baba has three main forms, and although you experience all relationships with Him, yet there are still these three main relationships (the Father, the Teacher, and the Satguru). In the same way, you should always remember your three main forms. There are three stages - the stages of childhood, youth and old age; then follows the death and so the cycle continues. In the same way, what are the three forms that you should remember throughout the day so that you are able to experience easy remembrance as well as great success? Just as Baba's three forms are remembered, so too, what are your three forms? When you awaken at amrit vela and sit on the pilgrimage of remembrance - when you sit to have a spiritual conversation with Baba what is the form that you adopt at that time? You adopt the form of one who is a child and so also a master. When you sit for a spiritual conversation, it is the form of a child that you remember, is it not? And when you become the form of remembrance of pilgrimage, then your form is that of master.

- So at amrit vela your form is of child as well as master.
- After that the second form is of Godly student life.
- And the third form is the form of server. Throughout the day, do you adopt these three different forms and perform these different tasks? Then after which is the form that you adopt at night?
- At the end of the day, when you go to sleep at night there is a stage of checking yourself and, together with this, there is also the stage of going beyond sound. You stabilize yourself in the stage beyond sound; you finish one day and the next

day will begin. When someone is fast asleep, as if there is nothing of the world remaining, and so, your stage at night should be the same as this - there should be no attraction at all.

4.4 Remain in the pilgrimage of remembrance in the evening:

The time from 7.00 pm to 7.30 pm, in the evening, is specially a good time. Just As the hours of amrit vela are satoguni (very pure), in the same way, this time of evening is also satoguni (very pure). People also go out for a walk at this time.

4.5 Check your account at night every day:

From amrit vela until night, you write an essay of your accounts through your practical thoughts, words and actions, that is, it is recorded in the drama through your actions. Every night, check everything that was recorded or written as to how impressive and powerful it was and check how much was wasted.

5. Preparations for meeting at amrit vela

5.1 To Experience having all the rights:

Do all of you do good morning as soon as you wake up in the morning? Do you sit in the remembrance? Sit in the remembrance, immediately after waking up, at amrit vela. At amrit vela, as soon as your eyes open, in a second, take a jump and sit down with Baba. Then because of the companionship, you will experience that all the Baba's treasures are your treasures. Not simply on the basis of knowledge, but on the basis of attainment and sitting on the throne of rights, you will have feeling of having rights. Baba, in the form of a friend, is now offering you the throne of all rights. As soon as you awaken, sit on the throne. Just as those who have the right to the throne which lasts for only a limited period of time, just as a king who has the right to the throne which lasts for only a limited period of time and within that short period he is able to do whatever he seeks - so, too, at the present moment, there is the golden opportunity for you to claim the unlimited throne. You can very easily claim the consciousness of your golden stage and it is this that will also be your elevated stage in the future golden-aged world. Do you understand that this is the time for easy effort and this is the easy method?

5.2 Soul conscious stage and Relationship with Baba:

As soon as you awaken the first thing you must do, talk to the Father with great sweetness. From the moment you open your eyes, the first transformation should be, "I am a soul; I am not this body". This is the first thought of the first second when you awaken. It is on this very first thought that the routine

of the entire day is based. If there is no transformation in this first thought then, throughout the day, you will not be successful in the work of having authority over the self and in the work of being the world benefactor. The power of transformation should be used from amrit vela. At the beginning of the world cycle, the divine souls descend from the Brahm element and they come to play their roles. In the same way, the amrit vela is the beginning period of each day. At this time, when you awaken, your first thought should be, "I, the Brahmin soul have come to meet BapDada". This very powerful thought will be the basis for elevated thoughts, words, and actions. So the first transformation is in the awareness of "who am I?" It is a transformation in the awareness that forms the foundation for your entire day and it is upon this that everything else is based. The second transformation is: "To whom do I belong? With whom do I have all relationships? From whom do I receive all achievements?" So the first transformation is of the body, and the second transformation is in the relationships of the body. With this transformation there is a relationship with the Father and this is the basis for all achievements. This transformation is called easy remembrance or easy yoga. At the beginning of the day, on the basis of transformation, you can be the authority - the ruler.

5.3 At amrit vela create the thought - 'I am an Angel':

As soon as you wake up at amrit vela, bring into your awareness: "Who am I? I am an angel". You have the thought that you are an angel, and you wish to become that. However, when you see your own result, or when you write to Baba, the majority of you say that you weren't able to do it to the extent you wished to do it. You were able to achieve it by 50% or 60%. Double foreigners or Indians: if you pass fully - not to a percentage - then do you know what Brahma Baba

will do? He will pat you on the back and say: "Well done!". What else would he do? Every day at amrit vela, he will embrace you in his arms. You will feel that you are swinging in super-sensuous happiness in Brahma Baba's arms. You will receive a big hug from him. Brahma Baba has a lot of love for the children, and so, at amrit vela, you will receive a hug from him. And what will you receive throughout the day? It is shown in a picture of Krishna that a storm came, and the flood water overflowed, so a snake became a canopy of protection. They have shown the physical aspect about Shri Krishna, but, in fact, it is a spiritual aspect. So, if any situation arises, or any obstacle comes in front of those who become angels, then the Father himself will become your canopy of protection. Just try it and see. BapDada is not just saying this for the sake of it.

5.4 Receive the blessing of "Be equal"

- a) What is the first thought of Brahmins? What is your stage at that time? When you meet the Father, you meet Him in the stage equal to His, do you not? As soon as you open your eyes, what thought do you have? Can you see anyone other than the Father? When you say, "Good morning", you say it to your Father, considering yourself to be a child, do you not? So, a child is a master. And what response does the Father give the children? My children who are the masters. You are the children who are the crown of His head. So, the first thought is a powerful one. The first meeting is with the Father, and in that first meeting, Baba gives you the blessing of, "May you be equal", every day. All blessings are merged in this one blessing. What would the entire day be like of someone whose beginning of the day is so great? Can it be wasteful?

- b) Who is constantly able to have such an elevated meeting? Those whose thoughts are of Baba and whose whole world is Baba. Such close children have a close meeting with the Father. Otherwise, they are not able to have a close meeting? they have a meeting from a distance. All the children definitely have a meeting, but the number one children meet Him in an equal form. To be close means to experience the Company, and the companionship is such that it doesn't feel like two beings, but just one. The second type of children meets the Father with the pure desire to become equal to the Father in His love, His blessings and in having a meeting with Him? not in the form of already being equal. To have the experience of being face to face means that you are experiencing attainment from Baba. So, the first number children meet in the form of being equal and the second number children meet with the thought of becoming equal. Don't even ask about the third type of children! The divine games of the third type of children are completely unique. One minute they will meet Baba as His children, and the next minute they will be begging for something. They are those with many forms? sometimes they will have one form and sometimes another form. So, even amongst the children, celebrating a meeting is number-wise.

5.5 Face should be of happiness, not of dryness:

Now, even the scene of amrit vela is very amusing. Some become tired whilst trying to reach their goal. Some swing in a double swing. Some sit down as hatha yogis. Some simply sit as a discipline. Some are even absorbed in that love. Now pay special attention to becoming the form of the meaning of the word "remembrance". The sparkle of a yogi soul should be visible on your face. Whatever is in your mind definitely sparkles on your forehead. Don't think that you have a lot on your mind. The mirror of the power of the mind is your face.

No matter how much you say that you are dancing in happiness, no one who sees your unhappy face will believe you. You know the difference between the face of someone who is completely lost and someone who has attained everything, do you not? The sparkle of the happiness of having attained everything should be visible on your face. Your face should not be visible as dry, but as a happy face.

5.6 Become Merged in Love:

- a) At amrit vela, all the children have a heart-to-heart conversation with BapDada. In what ways does the sweet conversation experienced by the maharathi souls differ from that experienced by all other souls? In what way does their meeting with BapDada differ? There is a phrase: "The soul merges into the Supreme soul." In one way, this expression is incorrect because there is one word that has been omitted. One is merged, another is merged in love. It is one thing to simply say "merged", whereas it is another thing to say "merged in love". When there is a meeting of extreme love, then what expression is used to describe this? When there is such a meeting, then it seems as though the two souls have merged into each other - both have come together and become one. These words of love have been adopted in this form and have been remembered in the expression that "the soul merges into the Supreme soul". However, this is a reference to the meeting with Baba and maharathi souls. These souls merge into Baba - that is they become like Baba and their forms become the same as Baba's form. Maharathi children are able to have such powerful experiences. There are some children who try to draw Baba's love - they attempt to pull the power of love; but as they continue to battle, time finishes. However, the experience of the maharathi children is that, as soon as they sit, they merge. Their love is so powerful that

they are able to merge Baba within themselves. The form of the child is then at the stage of being equal to the form of the Father. Just as the Father is incorporeal, so too the child is incorporeal; as are the qualities of Baba, so are the qualities of maharathi children - they have become the masters. So, the meeting of maharathis is one in which the soul becomes merged in love. To be completely lost in Baba - to merge - means to have the experience of having an equal form. At that moment there is no difference experienced between Baba's form and the form and qualities of the maharathi children. Even though they still have a corporeal form, yet they are lost in the love of the Sakar instrument and their form also becomes equal to Baba's form. In a practical way, they remember their own incorporeal form. If the form is the same as Baba's, then the virtues will also be the same. So, to meet Baba as a maharathi child means to become merged within Baba. Just as rivers flow into the ocean and merge within the ocean, in the same way, all of Baba's qualities come within the soul. The experience that Brahma had in the corporeal form will also be the experience of the maharathis. Do you have such an experience of being merged? To merge within the ocean means to experience one's own complete, perfect stage. You should be able to have much more experience of this.

- b) BapDada sees the closeness of each child. To be completely close means to be merged. It is particularly at amrit vela that you will be able to have such powerful experiences. The effect of such experiences will then last throughout the day. If there is someone that you find extremely beloved, then you will keep him constantly merged within yourself. So this is the meeting of the maharathis at amrit vela. BapDada checks the closeness of each one. Just in temples, curtain will be parted so that everyone is able to receive a glimpse of the idols, in

the same way, the scene of amrit vela is that of first meeting. At amrit. vela, every child begins to race in order to celebrate this meeting with Baba. Baba is the Magnet and so, automatically, the soul that is clean is able to come very close. No matter how much external effort a soul may be making on a physical level, yet, it will only be by being clean and pure that the soul will experience the pull of the Magnet and so will experience itself to be merged.

6. Powerful remembrance at amrit vela

6.1 Instead of being Bhagat, make your stage powerful:

When you sit at amrit vela, you should become either a point of light or an angel. But you have to do labour to stabilize in this stage. What is the reason for this? However, what tends to happen is that you just look at Baba and you do not change your own form. You try to see Baba as a point of light or as an angel but without becoming equal to Baba in your stage; you are unable to experience the meeting with Him. If you simply look at Baba in His high stage and you yourself do not become equal then the experience will be the same as that in Bhakti (devotion) where the devotees see the idols as having a very high stage and they see themselves as being very low. Because there is love for the Father, there will be temporary happiness, but such souls will not be able to bring about a powerful effect in the atmosphere. So, first of all you should practise how to change your own stage. Only then you will experience a very powerful stage.

6.2 Sit out of love, not out of discipline:

When there is the sweet meeting with Baba at amrit vela, when there is a heart-to-heart conversation with Him - most of the children observe this out of force or out of discipline. The majority is only fulfilling their promise, they are fulfilling a discipline but they are not fulfilling the system of love. At that time, if you were to come on tour with BapDada, you would find that all around there were some amazing scenes - scenes that would make you smile. If, at that time, you were to take a film, it would be very entertaining. In trying to please Baba, the children play many games. Some change from being children and they become devotees. And those devotees play

a very good game. A game in which they are making Baba like a human being who will do something only if he is asked. In Bhakti, God is considered to be omnipresent, but the gyani - devotees changes the Supreme soul into a human soul. Now, just consider, what is your own pose and position out of these? Check yourself by seeing in the mirror of the knowledge. Each day, you should look at yourself and check to see what is your pose and position. Out of love, all the children adorn Baba regularly, everyday with the garlands of love and remembrance. Copying this activity of yours, the devotees also garland their special, favorite deities every day. Every day at amrit vela, without fail, those children who are really lost in Baba's love adorn BapDada with the best garland of jewels - with the most love full purest thoughts - and with the garland of spirituals roses. BapDada is always adorned with such garlands that have been presented by all the children. Just as the first task of the devotees is to adorn their favorite deities and to present them with flowers, so too, the knowledgeable and love full children present to BapDada the flowers of enthusiasm and high spirits. In return for their love, such lovefull children are adorned by BapDada multimillion fold with the garlands of love, blessings, and power.

6.3 Decorate yourself with the dress of different titles and with the jewelry of different virtues:

- a) Do you know the dress and decoration of amrit vela? You children have received a variety of titles from BapDada for the whole day and so, the dress is the consciousness of these different titles and the decoration set is the different virtues. How many different varieties of dress and decoration do you have? As is the dress, so also should be the decoration set. You should constantly remain seated on the seat that is always decorated. Count how many dresses you have. To wear a

dress means to be stable in the consciousness of a particular title. Sometimes, you can wear the dress of being the world benefactor, sometimes the dress of being the Master Almighty Authority And sometimes you can wear the dress of the one who spins the cycle, the Swadarshan- Chakradhari. According to the moment and the task, you should wear the appropriate dress. Together with the correct dress, there should also be the decoration of the virtues. Let your hands, your neck, your ears and your forehead be decorated. On your forehead, you should imbibe the remembrance that "I am the embodiment of bliss". This is the chindi that sparkles on your forehead. Around your neck - That is on your lips - let there be such decoration that give bliss. In this way, you will have necklace, a garland, around your neck. With your hands, you should perform such actions that stabilize you in becoming the embodiment of bliss. These are the bracelets on your wrists. Through your ears, always listen to those things that make you the embodiment of bliss. These are your ear- rings. Let your feet take you towards service that will make you the embodiment of bliss; every step that you take should make you the embodiment of bliss and it should also inspire others to become the same. This is the decoration of your feet. So, from amrit vela, throughout the whole day, you must wear your set of elevated jewelry. Constantly wear your dress of elevated titles and decorate yourself with virtues. Then, just as in the golden age the maids carry the train of the dress of the world emperors and world empresses, so now, when you stabilize in your stage of dress of the titles "Conquerors of Maya" and "Confluence--aged Self Sovereign", then the five elements and the five vices will carry the train of your dress? They will be subservient to you.

- b) Just as you wake up at amrit vela and decorate the body, in the same way, decorate the soul with all the powers received from the Father. Those who are decorated will become images

that can destroy evil. You are the most elevated souls out of the whole world, are you not? The decoration of elevated souls is also elevated. Your non-living images are constantly decorated. The images of the Shaktis and goddesses are portrayed as the decorated images that destroy evil. So, every day at amrit vela, be a detached observer and decorate your soul. You are the ones who have to put on the decorations, and you have to put them on your own selves. Then you will not fluctuate in any situation, but will remain unshakeable. From amrit vela onwards, wear your dress of the first number. Baba is only going to take such beautifully adorned brides back with Him? He is not going to take anyone else. Those who come first in this competition of remaining with the Father will return home with the Father. Those who don't remain with the Father will not return home with the Father either. So, constantly remember this slogan? Constantly keep this tilak on you: "I will remain with You and return home with You."

6.4 Apply different - different types of Tilak

6.4.1 Tilak of Victory:

Do you constantly experience yourselves to be souls with the tilak of victory? Is the tilak of victory always fixed? Can this tilak be erased? Does Maya sometimes erase it? Each day at amrit vela, by having the correct awareness, freshen the tilak of victory and it will remain with you throughout the whole day. It will then be impossible for Maya to influence you. Always refresh this tilak of victory and emerge on your forehead at amrit vela. Look at this tilak always on your forehead since amrit vela. Don't think that I am always there. No, don't think like that? And if you are there, then check - did you remain victorious throughout the whole day or not?

6.4.2 Tilak of the Combined form:

Every morning, at amrit vela, apply yourself the tilak of the awareness of Brahmin life. Just as the devotees always apply a tilak, so too, you apply the tilak of this awareness. Generally when mothers apply the tilak on their forehead, it is a tilak of accompaniment. A married woman will apply a tilak whereas a single woman will not apply the tilak. This is a tilak of the accompaniment. So constantly have the awareness of being combined that is, constantly apply the tilak of the accompaniment. Do you apply the tilak of this awareness every day or do you forget? Sometimes you forget to apply it and sometimes, it is erased. But the company of husband is never forgotten. So constantly keep your companion with you. Always keep in the awareness that we are combined. So apply the tilak of the awareness of combined form.

6.4.3 Tilak of three Dots:

- a) At amrit vela, do you always apply the tilak of three dots to yourself? What is the meaning of tilak? Tilak of consciousness. Tilak is also a symbol of the kingdom. At the time of giving the kingdom, when a tilak is applied, it is called Raj-Tilak and in devotion also the tilak is applied as a symbol of it. And the symbol of being married and that of fortune is also a Tilak. So there is the importance of Tilak because Tilak is also a symbol of awareness. As is the awareness, as will be the stage. If the awareness is elevated, then the stage will also be elevated. If the awareness is waste, then the stage also becomes waste in place of being powerful. So, the Father has given the tilak of three dots i.e. the tilak of three consciousnesses because all are necessary and to apply all the three dots are easy too. If you say to a little child to put a dot, then he can put, isn't it! So I am the soul - it is the awareness of the self, after that the awareness of the Father, and for doing the elevated actions, the awareness of the drama is also given. Drama is going on

and it will be passed. What is present now, will become past in next moment. Therefore, past is past, Full Stop (.). So this became the point! Therefore, if all the three consciousnesses are always there, then the stage is also elevated. Not only the consciousness of the soul, the consciousness of the Father is always there with the soul and the consciousness of the drama is also very important with the consciousness of the Father. If there is no knowledge of drama, then there will be ups and downs in karma. The knowledge of drama is very important to cross the different- different situations. Do you not have this experience? What is the awareness at that time? It has to be done like this, Nothing New. If you already know that this is going to happen then you will not be distracted. Every morning, apply the tilak of the awareness of these three dots to yourself, then not even a single treasure will be wasted. Every time, every treasure will be accumulated. When at amrit vela, you sit and sit in a good stage, then you do a lot of promises in your heart - we will do this, we will do that. We will do the wonders. It's a good thing that you create the elevated thoughts but BapDada says that bring all these promises into action. Do not make promises only, but whatever promise you do, bring into thoughts, words, and actions.

- b) BapDada always says that apply the tilak of three dots at amrit vela. You are a dot, the Father is a dot, and whatever has happened and whatever is happening, it is nothing new and so full stop is also a dot. To apply the tilak of three dots means to maintain your awareness. The forehead is the place of consciousness; therefore the tilak is also applied on the forehead. To apply the tilak of three dots means to keep in the awareness. Then throughout the day you will remain unshakable and immovable. This 'why' and 'what' are the only reasons for the upheavals. So the only method to remain unshakable is - apply the tilak of three dots at amrit vela. Don't forget this. Whenever anything happens, put the full

stop immediately. If you do not apply break in the car at proper time, will it not be harmful? So, apply the full stop - the break on your thoughts - as soon as possible. 'Nothing new' whatever had to happen, whatever is happening, observe it as a detached observer and continue to move forward. So Trikaldarshi is the one who has the knowledge of the beginning, middle and end of the world and with this knowledge keep yourself safe according to the time. Don't say that this problem was very big. I would have been passed through it if it was small. No matter, the problem as much as big may be, but you are the master of all powers. Then who is bigger? In front of you, the master of all powers, the problem is not a problem, but it is a game. This is called 'Trikaldarshi'. The soul who is trikaldarshi always remains carefree because there is the faith that victory is certain. So every morning at amrit vela, check whether the tilak of the awareness of all the three that you have put on, is imperishable. Then, Maya will not have the courage throughout the whole day to try and rub it off. To be an embodiment of the awareness of all three means to be an embodiment of power. This tilak is power. Your form of power will destroy any wasteful form of Maya that comes in front of you. Then, the five forms of Maya will become your five servants, and your transformed form will be visible.

6.4.4 Tilak of Master Almighty Authority:

At amrit vela, apply to yourself the tilak of the Master Almighty Authority, the dot of sovereignty. If, throughout the entire day, you always keep this tilak with you, then Maya will not threaten you. The tilak is the sign of your victory.

6.4.5 Tilak of Consciousness:

According to their discipline, devotees or those who decorate the idols apply a tilak on their forehead after first bathing or

washing. So, in the same way, at amrit vela, you bathe yourself in knowledge and decorate yourself with knowledge, and so you should also give yourself the tilak of this consciousness. However, at amrit vela, you forget to give yourself this tilak of consciousness. If someone puts a tilak on you, you wipe it off. Many have the habit of rubbing their forehead and wiping off the tilak. One moment a tilak would be applied and the next moment they would rub it off. It is the same here. Some forget to put on a tilak, and others put it on and then rub it off. They do both the tasks of applying it and then rubbing it off. So, constantly keep with you at all times the tilak of the consciousness given at amrit vela, the decoration and of being a yogi will constantly be visible on your forehead.

6.4.6 Tilak of Success:

Each day, at amrit vela, Baba, the Bestower of fortune, puts the tilak of success on the foreheads of the obedient children. Baba goes on tour every day. He goes to all service centers to put the dot of success on the forehead of obedient children. But if the children are asleep, then that is their mistake. At the festival of Diwali, a flame is lit at each and every place, cleaning is also carried out. There are cleanliness and light and then there is the invocation of Laxmi. There, there is the invocation of Laxmi whereas here you invoke the creator of Laxmi. So sit with the flame ignited with cleanliness, and then Baba will come.

6.5 Claim all the blessings from Father

6.5.1 Be worthy to claim blessings from Father:

From amrit vela, BapDada remembers in particular the children who have special courage and enthusiasm and at that time He gives them special power. You should consider yourself to be worthy to claim the power that Baba gives at this time and you will have many good experiences. Each day

at amrit vela, Baba gives blessings. If, every day, you continue to take these blessings, then weaknesses can never come. However, the soul has to be worthy to claim these blessings: it is simply by having love for Baba that the soul becomes worthy of taking all blessings.

6.5.2 Bring the blessings in your awareness since amrit vela:

Whatever blessings you receive by the Father, repeatedly remember those blessings from your heart at amrit vela and in your karma yogi stage. Then, these blessings will become permanent. Don't become disheartened. You have received the blessing. What constantly sparkles in the centre of physical eyes? What sparkles in the centre of everyone's eyes? A point sparkles, does it not? So is the point in your eyes constantly sparkling? Or, does it only sparkle sometimes? It is constant, is it not? In the same way, constantly keep the Father, the point, in your eyes. You are able to do this, are you not? Is it difficult? Is it not difficult? Is it easy? So, just as the physical point is constant, in the same way, let the Father, the point, also be constantly merged in your eyes. Have you merged Him? Is it difficult? It is easy. Isn't it? If the Father, the Point, is constantly merged in your eyes, then your eyes cannot be attracted to anything else. You will become free from labor. Your vision will not go in any other direction. You will become completely safe. No matter what happens, let the Father, the Point, be constantly merged in your eyes. If He is constantly merged in your eyes, then it will only be He who is constantly merged in your heart.

6.6 Experience all relationships with Baba

6.6.1 The Innocent Lord----Baba

Especially at amrit vela, BapDada is the Bestower for the children and, in order to celebrate a meeting, He adopts the form of the love of all relationships and also the form of the

Innocent Lord of all Treasures who fills the aprons of the children with all treasures. At that time, you can do whatever you want with the Father. If you want to persuade Him, cajole Him, fulfill a relationship with Him or experience an easy method, you can easily attain all these methods and the success of that. You can easily attain the treasure of attainments and also the Bestower who bestows everything. The mines of all virtues and all powers are open for the children.

6.6.2 Experience the happiness in every relationship and become the destroyer of attachment:

Have you made the Father belong to you in all relationships? Not just in the relationship of the Father, but you now belong to Him in all relationships. To make Him belong to you means that you belong to Him. So, all your relationships are only with the one Father and none other. What special virtue should be seen in those who have all relationships with the one Father? They are constantly free from attachment. When you have no attachment and are not subservient to anyone, you cannot be defeated by Maya. To become the destroyers of attachment in this way means to be a constant embodiment of remembrance. Each day at amrit vela, remain aware that you will experience the happiness of all relationships with BapDada and donate that to all souls. Experience the happiness of having all relationships with the Father. Become one who has a right to the happiness of having all relationships with Baba and make others the same. Those who have a right to this relationship will always move along with the Father as their Companion. Whatever work you do, you should not remember your physical companion, but should remember BapDada. After all, Baba is your true Friend. Therefore, stay in the company of this Companion and you will easily become detached from everyone else and loved by all. When you love the one Father alone, you are able to become a destroyer of all attachments.

6.6.3 If you deprive yourself of experiencing even one relationship, then you remain deprived throughout the cycle:

What is the reason that the flag of victory does not fly constantly or at the right time? What is the reason that the flag that you hoist at functions does not fly at the right time? It is because you don't rehearse beforehand. The main thing you need in order to fly the flag of victory is realization. Start the realization course at amrit vela. All of you speak of all these things, but it is one thing to speak about something and another thing to realize it, to experience it. There is a difference in this. It is one thing to hear or say that you have all relationships with the Father. However, if you were to remain absorbed in the experience of or attainment of each relationship, you would easily remain beyond the atmosphere of the old world. You would then experience a different relationship for each task you carry out, and, on the basis of the co-operation you received from each of those relationships, you would remain in the experience of constant yoga. To have yoga means to take co-operation from the Father and experience the different relationships with the Father at every moment. Why do you not become such easy and constant yogis? Baba is bound to fulfill His duty of any relationship at any moment. Since Baba is giving His companionship, why do those who should take it not take it? Experience how taking co-operation is also a form of yoga. Have you experienced what the relationship with the Father is? What the relationship with the Mother is? What the relationship with your closest Friend is? And what the experience of the constant company of the Bridegroom is? If you deprive yourself of experiencing even one relationship, then you remain deprived throughout the cycle, because this is the only time of the cycle when you can receive the mine of all experiences. If not now, then never! So, examine yourself to see which relationship you have been unable to experience.

6.7 Use your divine intellect

6.7.1 Make practice of using the divine intellect:

All of you children have received the gift of a divine intellect from BapDada. Everyone has been given this gift, but it depends on each one how much they use it. This gift is a very powerful and easy lift. You can reach wherever you want to within a second. This lift can go to all three worlds. As soon as you switch on your awareness, you can reach there within a second. By taking this lift, you can stabilize in whatever world you want to for as long as you want to. The special way to use this lift is to be careful to set your switch accurately at amrit vela, so that it continues to work automatically throughout the day. You know how to set your switch, do you not? Have you been practicing this very well? The lift of your divine intellect doesn't get stuck anywhere throughout the day, does it?. The lift of the present confluence age is the lift of a divine intellect and it can be received at Confluence age only.

6.7.2 Do the practice of Spiritual drill:

At amrit vela, have the special practice of having incarnated. Sometimes, consider yourself to be a bodiless resident of Param Dham or that you have incarnated in the avyakt form, and sometimes consider yourself to be incorporeal. You should practise having these three stages in such a way that it feels like you are going from one room to another. So, at amrit vela, there should be the special experience of claiming the blessing of being bodiless. Do such practice that wherever you want to take your intellect, it gets stabilized there. You created the thought and it got stabilized. Always do this spiritual drill by your intellect. Whenever you wish, become a resident of Soul world; whenever you wish, become the angel of subtle world; whenever you wish, become a karma yogi

with the help of corporeal sense organs. This is said - to control the thought power. Thoughts are the creation and you are the creator of that. As long as you need a thought, it should remain with you. Wherever, you want to fix your intellect, it should be fixed there. This is said -- One with all rights. However, the practice of this is less. Therefore do this practice, make your program by yourself and check too that as much as time you fixed for one stage, did you remain on that stage for the same amount of time?

6.7.3 Check and correct the divine intellect at amrit vela:

Your flying vehicle of divine intellect is powerful, is it not? You just have to know how to use it. You need the facility of the refined elevated directions of BapDada. Nowadays, instead of just refined fuel, you even have double refined fuel. So this is the double refined facility of BapDada. What would happen if there is the slightest rubbish of the influence of your own dictates or the dictates of others? Would you go up above or would you come down? Therefore, check: Do you always have double refined petrol in the flying vehicle of the intellect? No rubbish comes in between, does it? Otherwise, this flying vehicle is one that gives constant happiness. There can never be any accidents in the golden age because you have the elevated reward there for your elevated actions. There are no such actions performed for which you would have to experience sorrow as a result of the suffering of karma. In the same way, the confluence aged Godly gift of the divine intellect is always free from any sorrow or deception. Those who have a divine intellect can never be deceived, they cannot experience sorrow. They are always safe. They are free from calamities. Therefore, know the importance of this Godly gift and constantly keep this gift with you. Did you understand the importance of this gift? Have all of you received this gift? Or have some of you been left out? All of you have received it, have you not? It depends on you whether you know how

to look after it or not. Always check this at Amrit vela. If there is the slightest weakness, then by putting that right at amrit vela, the whole day will remain powerful. If you are unable to put it right yourself, then get it done by someone else. However, put it right at amrit vela.

6.7.4 Become powerful by the power of churning:

At amrit vela, if you remember one title in the memory every day and keep churning, this title, then with this power of churning, the intellect will remain always powerful. A powerful intellect cannot be invaded by Maya. That means the soul cannot be overpowered by anyone. So the main reason is the weakness of the intellect and the solution to finish the weakness is -- the power of churning.

7. Foundation for the whole day-- amrit vela

7.1 Descended from the soul world for doing elevated actions:

Each day, at amrit vela, you should not think that you have emerged from sleep, but instead, you should think that you have incarnated from Shanti Dham(the world of peace, the soul world) in order to do your work. Then, at night, having done your work, you should return to Shanti Dham Having incarnated, you come as Avatars (souls who incarnate in order to establish a religion). Avatars incarnate to perform an elevated task; they are not said to have taken birth but they are said to have incarnated. From an elevated state, you come down. This is an incarnation. When you perform work in such a stage, ordinary actions become unique, spiritual actions. Just as other people eat, so too, you also eat, do you not? But they are said to eat food whereas you dine on Brahma Bhojan. There is a difference, is there not? You move, but you move like angels; you move in the state of being double-light. So you move in an unique, spiritual way and your work is also unique and spiritual.

7.2 At amrit vela, Pay attention for the whole day, and do your checking:

- a) Do you always experience your star of soul consciousness to be shining forever? When this star is shining through knowledge - once it has been lit by the Father - then it cannot be extinguished. However, the percentage of its shininess may increase or decrease. Why does this happen? The shininess decreases because there is lack of attention. Just as with oil - lamp, if oil is regularly poured into it, then the lamp will remain steadily alight; if less oil is added, then the lamp may flicker. So too, if less attention is paid to the star of the soul

consciousness, then the percentage of its shininess decreases. This is why, Baba gives the Shrimat, the elevated direction, for you to get up at amrit vela and lit the lamp of soul consciousness. Then, through the rest of the day, you should pay attention to it. It may be that you are paying attention. However, if proper attention is being paid, then, underlying this, it will not be possible for there to be any form of tension. When it is the day, it cannot be the night. Day and night cannot occur together at the same time; here, in the same way, attention is the day and tension is the night and it is not possible for these to occur together. If there is any tension, then this proves that there is lack of attention. There is difference between attention and full attention. Full attention means that the virtues and the powers of the Father must be with us.

- b) From amrit vela, begin the pure churning of the self and together with this, again and again, check the stage of the self. There is not checking; there is not churning. Take this up as a powerful thought for your life. If you do not make all these an intrinsic part of your life, then carelessness comes. Just as eating is an essential task - are you able to forget that? To take rest is also an essential task. If, for even one day, there are two or four hours less rest, then thoughts will move in that direction and you will think, "There has been less sleep". So you consider food and rest to be essential. However, you do not consider churning of the self and checking of the self to be essential task and this is the reason why carelessness then comes. Do you consider these to be essential tasks, or do you not? So, at amrit vela, refresh yourself, remind yourself of these essential tasks and you will then receive the power of this throughout the day. If carelessness still comes, then punish yourself. Separate yourself from that which you love the most, the task that you most enjoy. There will then be repentance. If you repent now, then you will not have to repent later on. Each day, at amrit vela, revise your praise, baba's

praise. Baba's task and your task: make this an essential discipline. Carelessness comes when you consider something to be only a direction and you have not yet made it into a personal discipline. Just as going to work is a discipline of life and so you go, so too, any essential task should be made into a personal discipline. From amrit vela, revise your disciplines, run over them and remember them: "What are the specialties of my life? What are the disciplines of Brahmin life?" Every hour, you should check: "To what extent have I observed these disciplines?" You should carry out such checking at all times and not just at night. Let the guard of attention be constantly on duty. The method to become free from carelessness is to pay attention again and again. You think it is an easy path and so there is carelessness. But have a bitter, strong discipline for the self. On the path of Bhakti., bitter pledges and vows are made; in the same way, it will only be when you take up a bitter discipline that carelessness will end. Just as sarak Baba was tireless, so too, you should follow the father - firstly, in the efforts of the self, and secondly, in your efforts for service. Only then will it be possible for you to change. Do not have the thought, "It will happen in the future", but rather, "I must do it now." Let there be this slogan constantly on your forehead. Then, there will be transformation.

- c) From amrit vela onwards, check whether you are fulfilling the vow you have taken: what thoughts you should have? What words you should speak? How you should have the stage of being a karma yogi whilst performing action. This is the vow you have taken, is it not? You have taken the vow of remaining like a lotus flower whilst living in the household, have you not? How can those who are like a lotus flower be under the influence of external situations? They should be loving and detached. If you stabilize yourself in your elevated attitude, can any atmosphere or vibration etc. make you fluctuate? The atmosphere is created through your attitude. If your

attitude is elevated, then on the basis of your attitude, you are able to make the atmosphere pure. Do you have this much power? Or, is the power of the atmosphere more powerful? When you come under the influence of any type of atmosphere, you should be able to finish any weakness the moment it enters your mind. But you even speak of it, saying: What can I do? The atmosphere is like this. It was because of the atmosphere that my attitude became mischievous. What do you consider yourself to be when you speak these words? What soul are you at that time? A weak soul. You have forgotten yourself at that time. In a lokik way also, does anyone forget himself? Who am I? Whose child am I? What is my occupation? If anyone forgot this, then everyone would laugh at him. At that time, look at yourself: Have I forgotten myself? Have I forgotten my Father? Have I forgotten my position? Now, make this vow firm. Then see how you become victorious at all times. Nothing will be able to make you fluctuate. Revise this vow in your intellect again and again. What promise have I made to the Father? What vow have I taken? Then that vow will be refreshed, and it will remain in your awareness. The more it remains in your awareness, the more power there will be. Now, make yourself this powerful.

7.3 Use the power of transformation:

From amrit vela until night time, change whatever you see, hear, think or perform from lokik to alokik. This practice is very easy but you need to pay special attention to it. Just as you do all things for the body such as eating, drinking, walking etc. very naturally and easily, so too, whilst on the spiritual path, together with these physical activities, you also need to think about food for the soul, progress of the soul, leisure for the soul, seeing and thinking as a soul. If you continue to do all of this, then you can easily experience a life transformed from lokik to alokik.

7.4 Follow the Discipline:

- a) Continuous increase in service and in the spiritual effort of one's self --what is the easy method for that? The easy method of growth is to move forward with right discipline since amrit vela and then the life will become useful. If the work is done according to the discipline, only then it becomes successful. Brahmin, means, one with a systematic and disciplined life. Any task is successful when it is done by the right method. If there is no progress in any situation in terms of your effort or service, then definitely you are lacking in using the right method. So check that from amrit vela till night time, your thoughts, words, deeds and connections are disciplined, that is, check whether there was any growth. If not, think of the reason for this and find a solution. Then you will not be disheartened. If your life is disciplined with the right method, then there will definitely be progress.
- b) You wake up, amrit vela, as a discipline, so the images of your memorial are also awoken as the right discipline. People awaken them with so much love. They are non-living images, but yet people awaken them with so much love in their heart. They awaken them, feed them and also put them to sleep because you do all of this with remembrance as a discipline at this time. You eat with the discipline of the right method too. You eat after offering bhog, do you not? Or, do you eat it just like that? It isn't that because you have to feed someone quickly, you don't offer bhog. If you have to feed someone (before time), then you must definitely take out a share first. It shouldn't be that you feed someone first and then offer bhog. By eating with the right method, you attain success, you become happy and you easily have constant remembrance. So, from amrit vela till night, whatever actions you perform, perform them with the discipline of remembrance. Only then will you be successful in every

action. Success means you will continue to receive the instant and practical fruit of every action. The greatest success of all is to experience super sensuous joy in the form of instant and practical fruit. You will then constantly continue to move along in the waves of happiness and joy. You first receive instant, practical fruit "and then the future fruit. The instant and practical fruit of this time is more elevated than the fruit of your future births. If you don't eat the instant and different practical fruit now, you will not receive instant fruit throughout the whole cycle. You do something now and you instantly receive the fruit of it - this is known as instant and practical fruit.

- c) This is the specialty of the blessing that the one who receives the blessing has never been made effort. When devotee-souls get tired by doing labor, then they ask the blessings from God. Even, when the people come to you and they do not want to do labor for making a connection with God, then what do they say? They say-- Give us the blessings only, put your hand on our forehead. But, there is always the hand of the Father, bestower of Blessings, upon you --Brahmin children. The elevated directions given by Him are His hands. The physical hand cannot be kept for 24 hours. The hand in the form of the blessings of elevated directions of Father is always above the children. From amrit vela till night, for every breath, every thought and every action, there is always a hand of the elevated directions. If you use this blessing according to discipline, then you will never have to do labor.

7.5 **Obey the code of conducts:**

- a) From amrit vela, you are aware of disciplines you have to follow from the early morning until nightfall. It is by observing these disciplines that you become an elevated human being, one who is following the highest code of conduct. Your title is "Purushottam", that is one who is the highest amongst human being; check and see - is your consciousness elevated? The

consciousness of an elevated soul will be elevated. If the consciousness is elevated, then both the attitude of mind and the vision will be elevated; the stage will then also be likewise. Do you know what the code of conduct is for the consciousness? "I, the soul, am elevated, and other souls also belong to the elevated Father; different souls are playing their different roles" - let this first lesson be remembered in a natural way. While looking at the body, you should see the soul. At every second, there should be this powerful remembrance. You should become the embodiment of remembrance. It should not be that you simply remember the knowledge of the soul; in addition, there should be the consciousness of being a soul, "I am a soul, and the person next to me is also a soul" - this consciousness is the principal foundation of the code of disciplines. It is through this practice that the soul becomes free from obstacles and with this elevated, powerful remembrance; you will become the instrument to spread powerful vibrations. Through this, others will also become free from obstacles.

- b) Today, BapDada was checking the personality of purity of the children everywhere. You know the definition of purity very well. Purity is not simply the vow of celibacy. Nowadays, many people who do not have any knowledge lead a celibate life according to circumstances. Not because of knowledge, but because of their situation. Even many devotees remain celibate. That is not a big thing. But check your purity throughout the day. The sign of purity is cleanliness and honesty. Throughout the day, in sitting, standing, speaking, doing service, whether physical or subtle, if it is not done according to the system, if there is the slightest difference in doing it according to the system, then that is not cleanliness, that is, it is not purity. Waste thoughts are also impurity. Why? You would have a waste thought, but you would not think that you have committed any sin or that you have given sorrow to

anyone. However, if you did have waste thoughts, and your time was spent in that, if your thoughts were wasted and you lost your contentment, then there would be a slight difference in the degree of your purity in your final stage. You would not be able to become sixteen celestial degrees complete. You would either be fifteen celestial degrees, fourteen or fifteen and a half degrees? you would be number wise. Impurity is not simply giving sorrow to someone or committing a sin, but if you experience cleanliness and honesty within yourself according to the system, then you are pure. If words just emerge when you do not wish to speak them, what would you call this? Are you the masters then? Therefore, from amrit vela until night, check your thoughts, words, actions and service. Do not check the gross form. If you only check the gross form, then the sign of this is the moon dynasty with the huge bow and arrow, whereas the sun dynasty sign is just a little flute. The flute is so light, and the bow and arrow takes so much labour. First of all, you have to aim at the target and you also have to carry a burden. And look at the flute: just dance, sing, laugh and play. Therefore, do not adopt the gross form of effort nor in your checking. Now, have a refined intellect, because the time is going to finish suddenly? it will not warn you in advance. BapDada has already told you in advance that you must not complain and say: Baba, why did you not tell us in advance? Baba will never make you time conscious.

7.6 Have a determined thought to be obedient:

To place your footsteps in father Brahma's footsteps is known as following the father. So, what was the first step that father Brahma took in following the Father's shrimat? The first step is that he became obedient? he put the instructions he received into practice. So check: Are you following the father in the first step of being obedient. From amrit vela until night, are you moving along according to the instructions you have

received for your thoughts, words, actions, connections and relationships? Or, are you able to fulfill some instructions and not others? Are your thoughts according to the instructions received or are they mixed? If they are mixed, are you fully obedient or half obedient? You have received clear instructions for your thoughts at every moment. Are you clear about what thoughts to have at amrit vela or not? Are you able to follow in this? Or do you sometimes go to Param Dham and sometimes the land of sleep? So what are your instructions? To go to the land of sleep? At every moment, and in every moment, are you placing your every footstep in Baba's footstep? Or, are the footsteps of the father one thing and the footsteps of the child something else? That would not be called obedient, would it? Whether in connection with God, or in your interaction with others, check the percentage of how much you are following the instructions you have received for both. Do you know how to check? The first step is that he became obedient, and this is why those who are obedient automatically receive blessings from the Father. Together with this, you also have blessings from the Brahmin family. So check: Whatever thought you had, whether for the self, for service, for physical actions, or for many other souls, if you remained obedient, the sign of that is contentment within the heart. Because of the blessings you received, or did not receive, the effect of the blessings is that the mind will constantly remain content and the heart will remain content.

7.7

Goodbye to all weaknesses by determination, zeal and enthusiasm:

On seeing children's determined thoughts to bid farewell to whatever weaknesses are still remaining, BapDada is giving congratulations to them.

Each day, at amrit vela, by having powerful remembrance, let this farewell remain powerful and constant. Together with

attaining a powerful form for the self, let there also be a powerful form in service. In this New Year, every day at amrit vela, make this slogan emerge: "I constantly have to fly with zeal and enthusiasm and make others fly also". And, from time to time, check this again and again. It should not be that you check yourself at amrit vela, then merge everything throughout the day, and then at night, think that today was just ordinary. So, check yourself from time to time. Check that you did not go onto another path instead of having zeal and enthusiasm. Check that you did not allow yourself to be pulled to any stage other than the flying stage. BapDada says that at amrit vela, emerge the thought that we have to remain free from obstacles. And after amrit vela meditation revise this determined thought that the help of the Father is always there. In the early morning hours, when you get up, you should bring in your mind a powerful point so that you are able to fill yourself with power. Just as you have a sweet conversation, in the same way, you should pay particular attention to keeping one powerful point in your mind so that your efforts become powerful. Let there be determination, zeal and enthusiasm at amrit vela to say 'Goodbye' to all weaknesses.

7.8 Make yourself Self-Sovereign:

a) Whilst having a heart-to-heart conversation with the Father, some children ask: What will I become in the future? Will I become a king or a subject? BapDada responds to the children: Check yourself for even one day and you will know whether you will become a king, a wealthy subject or a subject. First of all, from amrit vela, check your three main workers, your co-operative companions. Who are they?

1. The mind, that is, thought power.
2. The intellect, that is, the power to decide.
3. The elevated sanskars of the past and the present.

These 3 are the main workers. In the world nowadays, a king has a chief minister or a special adviser, and the kingdom functions with his co-operation. In the golden age there won't be any advisers, but there will be close relatives and companions. Consider them to be whatever you want - companions or advisers - but check: Do these three functions under your control? Do you have self-sovereignty over these three or do you work under their control? Does your mind control you or do you control your mind? Are you able to have whatever type of thought whenever you want? Are you able to focus your intellect wherever you want or does your intellect make you, the king, wander around? Are you controlling your sanskars or are you influenced by your sanskars? To have a kingdom means to have a right. Does the power that you, the sovereign, give an order to, carry out that task accurately in the right way at the time that you ask it to, or is it that you ask it to do one thing and it does something else? The special means to be a constant yogi, that is, a self sovereign is to use the mind and intellect. The mantra you have received is, "Manmanabhav". Yoga is said to be yoga of the intellect. So, if these main pillars of support are not under your control, or if they are sometimes under your control and not at other times, if they are under your control one moment and not the next, if even one of the three is under your control to a lesser extent, then you can check from that whether you will become a king or a subject. The sanskars of being a sovereign over a long period of time will enable you to have a right to a kingdom in the future over a long period of time. If you sometimes have control but are sometimes influenced, then you won't be able to receive a full right to the fortune of a kingdom for half the cycle.

7.9 Remember your occupation:

- a) At amrit vela, and every now and then throughout the day, remember your occupation --- 'Who am I'? Whilst carrying

out your activities, the awareness of being a Raj yogi becomes merged. Therefore let it remain in an emerged form. Make this a discipline. Don't think that I am a Raj yogi for sure. But remain seated on the seat of Raj yogi. Otherwise when you are busy in doing actions, you remember only actions and you forget about the yoga. But you are the combination of both-- karma and yoga means Karma yogi. A Raja yogi means a king who has the ruling power as well as the controlling power. Then, the Raj yogi having double powers can never allow his thoughts to go to waste. So, never say, even don't think that a Raj yogi can do anything waste by his thoughts, actions or deeds.

- b) From amrit vela until night, let there be no love for anything except the Father and service. You found the Father and became a server because to the extent you distribute what you have received it accordingly increases. Give one and receive multi millions. Simply remember that you are masters of all the treasure stores. The treasure stores are overflowing. You have become children of the One whom the world is seeking. You stepped away from the world of sorrow and merged yourself in the world of happiness. Therefore, constantly continue to move along in the waves of the Ocean of Happiness and make everyone full of the treasures of happiness.

7.10 Become Trikaldarshi:

What is the easy way for every task, whether lokik or alokik, from amrit vela till night time, to become constantly easy and successful? Whenever you perform any action, first of all become trikaldarshi and then perform the action, because by performing actions in the trikaldarshi stage - by having knowledge of all three aspects of time in your intellect - there won't be any ups and downs in any of the actions. In any case, to be gyani means to consider carefully the before and

after of any action and then to perform the action? to know the result of the action before you perform the action. It should not be that in a rush you quickly did whatever came to you? there cannot be success in that. First of all think of the result and then perform the action and the result will always be elevated. Only elevated results are said to be successful. It should not be that you were too busy, and that you simply began to perform whatever task came in front of you? No. BapDada has given you shrimat: Before you eat food, first of all offer bhog and then eat. If you don't perform the action of offering bhog, and simply eat quickly, then what will the result of that be? Firstly, when you forget to have remembrance, you are not able to have the effect of Brahma Bhojan on your mind, and, secondly, there will be a loss due to not following the Father's shrimat because that is disobedience. That also brings wrong fruit. If you develop the habit of thinking of the three aspects of time before performing the action, and you perform the action while stable in the trikal darshi stage, then none of your actions will be wasteful? They will not be ordinary. You will attain success in worldly actions and in alaukik life also? There will be success and only success. So, sit on the throne of the stage of the awareness of being trikal darshi, then decide what you have to do, what you don't have to do and how you have to do something. Then, it will not be possible for any of your actions not to give fruit. If the seed is powerful, you will definitely receive its fruit. However, when you perform weak actions in a rush, you receive very little fruit? you don't receive as much as you should? you don't receive as much as you would like to receive. So, the basis of success in every action is the trikal darshi stage. It should not be that you simply remember that you are a master trikal darshi and you forget it at the time of performing actions but you must use this awareness. Never become careless about this practice. Practise this because you have to accumulate for 21 births. You have to accumulate for 21 births in one birth

and so think about how much attention you should pay. Do not have tension, but always pay attention. Now transform the carelessness. Since the Bestower is giving, take fully. The Bestower is giving but if those who are taking become happy with just a little, what would the result be? You will not receive it again. So, pay full attention.

7.11 Set a time-table for the soul:

- a) Today, the powerful Father is seeing His master powerful children from everywhere. One are those who are always powerful and the other are those who are sometimes powerful and at other times get attracted towards waste even against their desire. Where there is the powerful stage, there cannot be waste? waste thoughts cannot even emerge. BapDada was seeing that some children still complain to the Father that sometimes their waste thoughts change remembrance (yaad) into complaints (fariyaad), that they do not want these thoughts to come, but that they do come. The majority have finished the stage of vicious thoughts for the majority of the time. Yet you have not fully passed in not looking at waste, not hearing waste, not thinking waste and not wasting time. It is because you do not set a program for your mind and intellect to be in a powerful stage from amrit vela throughout the whole day's timetable that you get upset. For instance, just as you make a program for a physical task, according to the daily timetable, in the same way, if you set your program for the powerful stage of your mind, you will automatically never get upset. The busier you keep your mind with powerful thoughts, the more the mind will not find the time to get upset. In today's world, the greater someone's position is, the greater the I.P. or V.I.P., the more he will set the activities according to the daily timetable. So, who are you? They are V.I.P.s but in the context of your being the children of God, in the context of your Brahmin life, compared to the world outside, no matter

how many 'V's are put for you, they are not enough, because the world is transformed on the basis of you. You are the images of support for the renewal of the world. In the unlimited drama, you are hero actors and you are the ones with a life as valuable as a diamond. So, how great are you? This pure intoxication makes you powerful, whereas intoxication based on body consciousness brings the soul down. You have soul conscious spiritual intoxication and this is why it doesn't bring you down? it constantly takes you into the elevated flying stage. So, the reason for being attracted towards waste is that you do not set a timetable for your mind and intellect. You do not constantly and fully use the art of keeping your mind busy.

- b) The second thing is that BapDada has given Shrimat for everything since amrit vela till night-- for thoughts, words, actions, and for contacts and relations. Even smaller disobedience is that you only half follow the discipline of amrit vela. You get up and sit down, but do you attain success through the method given by the Father's instructions? Do you have a powerful stage? Together with sweet silence, the silence of sleep also becomes mixed. If BapDada were to show you your weekly television, you would enjoy it a great deal. So you follow half the instruction? You become the lord who follows the discipline, but you do not become an embodiment of success. What would you say to this? There are such small things of disobedience. You have been given the instruction: Do not cause sorrow for another soul and do not take sorrow. Within this too, you do not cause sorrow, but you do take sorrow. The reason for having waste thoughts is that you take unnecessary sorrow. You hear something and so you experience sorrow. Whatever you hear continues to work in your mind against your conscious wish: "Why did he say this?" "What he said was right." "This should not happen." The mind has had the habit of listening to and looking at waste

for 63 births and this is why it becomes attracted to that even now. This is why disobedience in little things makes the mind heavy and, because of being heavy, you cannot fly to a high stage. This is a very deep philosophy. The burden of the sins of the past does not allow souls to fly. Similarly, disobedience in little things in this one birth does not allow you to experience the stage that you want.

- c) At amrit vela, you should set yourself a timetable for the day. Just as you set a program for physical activity, so too, you should set a program for your spiritual development. By working according to a timetable, you will be able to accomplish numerous tasks in a single day. From early morning hours you should keep a point in your consciousness. Set a timetable and become the teacher of the self. Set your homework. Be the observer of the self -- "Am I busy in doing homework?"

7.12 Check your stage whether powerful or not in each karma:

Make yourself powerful. For that, at amrit vela, pay more attention on checking your stage whether it is always powerful in each and every karma or not. When you are busy in doing service for others or make plans for service, check at that time from where the weakness comes. Due to that weakness, the atmosphere does not become powerful. Service is there but the atmosphere is not powerful. For that, more attention should be given on yourself -- Karma and Yoga. The powerful stage along with the karma --there is a little deficiency of this balance. Because you remain busy in service, so your own stage does not remain powerful. The time you spend in service and mind, body, wealth everything you use in service, according to that you should get multimillion fold, but you are not getting that. The reason for this is that there is no balance of karma and yoga. As you make the plans for service, do

print the pamphlets, give advertisement in T.V., Radio, as you make outside material for service, so before that, you should make and use your thought power as a powerful tool. The attention on this is less. After that you say we were busy that's why something was missed. Then you cannot take the double benefit.

7.13 Give blessings and receive blessings:

Who can receive blessings? Those who remain content and make others content. Wherever there is contentment, there will be blessings. If you do not know anything else, it doesn't matter. If you don't know how to give lectures, it doesn't matter. If you find it a great effort to imbibe all the virtues, if you find it an effort to control all the powers, put that aside, but just imbibe one thing: I have to give everyone blessings and receive blessings. You will not have to make any effort. Just try it and see. One day, from amrit vela until night, just do this task: I have to give blessings and receive blessings. Then, at night, check your chart and see whether it was easy effort, or whether you had to labor. Do not do anything else but give blessings and receive blessings. Everything is included in this. The divine virtues and powers will come automatically. Even if someone gives you sorrow, you have to give him or her blessings. Then you will have the power to tolerate, and the power to merge automatically.

8. Problems experienced at amrit vela and their solutions

8.1 Not experiencing the Bodiless and the Powerful Stage

8.1.1 Remove the grossness of the intellect and do spiritual drill:

- a) Today, at amrit vela, BapDada was watching the drill of the children. What did He see? When the whistle of time was blown, the children practiced this drill. Many children were arriving one after the other. There were three categories of children:
1. Children who were sitting just letting the time pass by.
 2. Children who were sitting because they were following the code of conduct.
 3. Children who were fulfilling the bond of love.

Each child was different. There were very few children who were trying to take their intellect beyond, very few were trying to be with Baba and were aiming to become like Baba. The children, who want to do the spiritual drill, were not able to do the same. Nowadays, in order to practise a physical exercise or a physical drill, one should be light in weight. If someone is fat, then there will be an extra burden. In the same way, when this spiritual drill is practiced, there are various kinds of burden on the soul - that is there is grossness in the intellect. Just as the body can become overweight, so too, extra weight can come onto the soul in different ways. If you were to use alokik camera to take a photograph of the different poses that the soul adopts, and if you were to then look at these photographs in a gallery -- you would laugh.

Some children were trying to take up their position, but, because there was extra weight on the soul, they were unable to be successful. Instead of going up, they would come down again and again. Instead of experiencing the seed stage, they were experiencing the expansion of the tree - that is they were entangled in the tree of a variety of thoughts. This was the pose of the children with a gross intellect. The purpose of sitting in meditation is to have a sweet, spiritual conversation but, instead of this, they open a whole file of complaints about the self or about others. The aim is to experience climbing up but, instead they show Baba the art of giving many excuses. The purpose of coming in front of BapDada is to remove their burden but, instead of doing this, they continue to increase their burden. They do not follow shrimat, they are disobedient and so, their burden increases. There were many scenes like this.

- b) The scene of those who were sitting simply because they were following a discipline was also very entertaining. Do you know what that scene was? Instead of singing Baba's praise and instead of experiencing all the powers from Baba, these souls were attracted to the intoxication and attainment of sleep. They were waiting for the time to finish. Their love for sleep is greater than their love for the Father. It is because there is extra weight on the soul. Just as, nowadays, doctors always advise people to reduce their weight and become light, so too, the Brahmin souls who are carrying this extra weight - that is those who have gross intellect - should now remove their burden and acquire an intellect that is subtle.
- c) The most effective method to reduce weight is -- a controlled diet and exercise. Here also, you should exercise your intellect again and again to become bodiless. You should give your intellect the food of controlled thoughts. When it is the time to have the food of thoughts you should only have those thoughts

that are necessary. You should not take the food of extra thoughts. You should take precautions so that you do not eat the food of waste thoughts. Self-control is needed for this. Without self-control, you will not be able to take effective precautions. Self-control means to be able to fix your intellect wherever you wish, whenever you wish only then your intellect will become subtle. This is called greatness. Just as lightness and slimness are characteristics of the body, so too, a subtle intellect - that is the lightness of the soul - is the characteristic of Brahmin life. So, you should remove the various kinds of weight that are on the soul and having the aim of removing the burden make yourself an angel - that is making yourself very light.

8.1.2 Give aim to yourself, sit in open air:

There is weakness in the pilgrimage of remembrance. That is why there is not so much realization; there is not so much experience at amrit vela. Therefore, just as in sakar days, when you used to go for walks in the fresh air, and you were given the aim and experiences of yoga, in the same way, the teachers who are the instruments for the kumaris should also take them out for half an hour, for a walk in solitude. In the beginning, you used to go and sit separately. Some would go to the shore of the ocean; some would go and sit in one place, and some in another place. Let them practise this.

8.1.3 After recognizing the subtle sin, finish them:

Nowadays, the majority who call themselves maharathis put forward this complaint or ask the question in their heart to heart conversation at amrit vela: Why am I not able to experience the powerful stage that I should? Why does this stage only remain for a short time? The reason for this matter, which does not allow you to become equal to the Father, is subtle sin. Actions performed under the influence of the five

vices are said to be sinful actions or sin. They are a gross form of sin. In the same way, the five elements also attract the deep and subtle effort makers, the maharathis, towards themselves and become instrumental in making them commit sin. It is easy to understand and conquer the five vices, but to remain beyond the attraction of the five elements takes special effort for the maharathis. Only when you know these ten things and attain victory over them will then be able to celebrate the true Dussehra (burning of ten-headed Ravana). The tenth day of victory (Vijayadashmi) is a memorial of this stage.

8.2 The problem of sleepiness and laziness

8.2.1 Check your stage at amrit vela:

- a) Is amrit vela always powerful? If amrit vela is powerful, then the whole day will also be powerful. If amrit vela is weak then the whole day will be weak. Do you sit in meditation at amrit vela simply because you are following the discipline? In fact, this is the time for receiving the blessings. Do you always remember the importance of amrit vela? Does sleep ever come at that time? Do you become drowsy and nod off? Sometimes, the stage of sleep is mistaken for the stage of peace and when someone is asked, "How were you sitting?", they reply, "Very peacefully". So check this: Does Maya ever come between you and the powerful stage? If the soul is powerful, then Maya becomes weak. So check, "Do I know the importance of amrit vela?"

- b) If any action is not accurate or not constantly according to the timetable created for Brahmin life, then, because of that difference, there will be a difference in the way that you are worshipped. For instance, if someone is not disciplined in waking up at amrit vela, then, in their worship too, their worshippers will also fluctuate in worshipping them, that is, the worshippers will also not wake up at the right time in the

right way. If you do not experience amrit vela in an awakened stage - sometimes out of compulsion or sometimes laziness, then the worshippers will also worship with laziness or out of compulsion. They will not follow the discipline. In this way, every action of the timetable affects becoming worthy of worship. Not to move along in the right way, to fluctuate in any part of the timetable is also counted as a trace of impurity.

- c) Everyone's vision is on you stars of the world, you lights for the world. Everyone is waiting? waiting for what? On the path of Bhakti, in referring to a thought, they have said that transformation took place when Shankar opened his third eye. However, this praise belongs to you lights of the world who belong to the clan of Shiva. When you eyes for the world reach your perfect stage, when you open your eye of perfection, transformation will take place in a second. So, lights of the world, when will you open your eye of perfection? Your eye has already opened, but every now and again, the dust of Maya enters it, and continues to make it flicker. You can imagine in what condition your eyes would be if any dust were to enter them. You wouldn't be able to give stable drishti to anyone. The whole world is waiting for you eyes for the world to give them one second's drishti. They are wondering when the drishti of their specially loved deities will fall on them, when they will be given just a glance so that they can go beyond. If those who should be taking others beyond with their glance are constantly rubbing their eyes, how would they be able to take others beyond? There's a long queue of those who want to be taken beyond with a glance. This is why your eye of perfection should always remain open. BapDada watches the wonderful scenes of the lights for the world, and sees how the lights for the world cannot even keep their eyes open steadily. Whilst you take others beyond with your glance, some of you even nod off slightly. How could those who are nodding off take others beyond with their glance? Nodding off is as your mind is choking. Your devotees are looking at

you, and you images, the ones who should be granting them visions, are nodding off! So, in what condition would your devotees be? Therefore, only when you stop rubbing your eyes and nodding off will you be able to become an image that grants visions.

- d) BapDada looked at you lights for the world at amrit vela to check whether you were flickering or sitting steadily. He saw many different forms and poses? All of you know them, so what else could He say about them? The past is the past! From now on, understand how important you are and how important your task is and constantly remain ignited. You can transform the world within a second through your own transformation. Practise becoming a karma yogi at one moment and experiencing your karmateet stage the next. People outside give the example of how a tortoise, your creation, is able to withdraw all its physical organs within a second. Even your creation has the power to pack up. On the basis of your power to pack up, are you master creators able to merge all thoughts and, in one second, stabilize yourselves in one unified thought?

8.2.2 Having enthusiasm for amrit vela meditation:

To renounce sleep means that you yourself become gold. BapDada was smiling as He saw the double-foreigner children awoken in the early morning hours and get themselves ready. In the past, you used to rise with great comfort and how are you awakening now? Do you feel sleepy now? Have you renounced sleep? Before the renunciation, you first saw the fortune. After having experienced the alokik, unique, spiritual experiences at amrit vela, how does sleep then seem? Does it seem difficult to renounce your sleep or are you happy to do this? So, pay proper attention for waking up at amrit vela. The atmosphere at that time is very good. This alaukik experience of amrit vela will drive away all tiredness.

8.2.3 **Don't forget your disciplines:**

If you do not feel like reading the murli or you do not like to sit in remembrance, even then keep on listening murli and practicing yoga, - everything will be fine because Maya does the trial. Maya, always try to come near you and she will take the chance, if you go a little far away from the study or yoga. Therefore, never move away. Never leave the disciplines. The study, the amrit vela, and the service whatever timetable has been created, even your mind can not focus on it, sometimes, do not miss anything of the timetable. In India it is said -Who follows the code of conduct, takes the benefit from every direction and the law of the Father. So, continue to follow every discipline which, never miss them. Look, your devotees are still following your rules. If they do not feel like going to the temple, even then they will definitely go there. From whom did they learn to do so? You taught them, did you not? You should always realize that we are the ones who made these rules. Have you made those rules or were already there? Are you the law makers or not? You yourselves are the law makers. To wake up at amrit vela --is it accepted by your mind or you are following only because this is a rule? Your mind accepts all the disciplines. Isn't it? So, the thing, which is accepted by the mind, is made by the mind itself! You are not following the rules out of compulsion that you have to do it. You obey the rules because your mind like it, does it not? Because the work which is done happily does not seem to be the bondage. Here the Father has given the knowledge of the beginning, middle and the end of the cycle. So, whatever you do, you do with the knowledge of the whole cycle and you do everything with the same happiness.

8.2.4 **Bring variety in meditation to remove laziness:**

When you sit for yoga, you should go on a tour. Sometimes go to the soul world, sometimes to Madhuban, and sometimes

to the subtle regions. You can churn points for service. There should not be the stage of mere silence, but you should go on tour. If there is laziness, then walk around so that you become fresh.

8.2.5 Gaining new experiences every day:

- a) Just as you experience the depth of each point of knowledge, in the same way, you should go into the depths of experience of each virtue. The more you go into the depths, the more you will find that each day you are gaining a new experience. Every day you experience that, "I, the soul, am the embodiment of peace", however, this should be experienced with newness. It will be possible for you to have new experiences when you are in solitude. To be in solitude means that there should be the awareness of going with one, and going into the depths of one.

- b) You yourself, become the instrument to experience newness and also give this experience of newness to others. Then there will be great interest to get up at amrit vela, otherwise you will sometimes find that there is laziness. Whenever new things are being received, there is never any laziness. However, if you are listening to the same thing every day, then laziness will come. The double-foreigners like variety. When there is picnic, both salty and sweet food is needed. In the same way, when you sit for meditation you should understand that, "We are going for picnic!" As you hear the word "picnic!", you become very active and laziness runs away. Otherwise too, you like outings and picnics. So, now let us go to the supreme abode - sometimes you can go to paramDham sometimes to paradise, sometimes you can go to Madhuban, sometimes to the London Centre and at other times, you can reach Australia. In this way, variety will create interest.

- c) At amrit vela, have a variety of experiences by having a powerful stage. Set out to experience the knowledgeable stage, sometimes become the embodiment of the experience of love. By maintaining a variety of different stages of experience, firstly, your experience will increase and secondly, because there is something new in the experience each day, there will never be laziness or tiredness in remembrance. So, you could have a variety of experiences. Sometimes experience the karmateet stage, sometimes the form of the angel, and sometimes of sweet conversation. There should be variety of experiences. Sometimes you can become the server and circle around in your subtle form. Continue to increase your experiences, awareness that we are the ones who eat the sweet of happiness and feed others too. Because as much as happiness we give, it will go on increasing. You know that everybody likes the happy face. But on the other hand, if somebody has a frightened face due to sorrow or unrest, nobody will feel good. So, when you do not like the others face in such condition, then you should not even like yours. So always keep on serving with the face of happiness.

8.2.6 Make the remembrance entertaining:

Knowledge is entertaining, and entertaining experiences will automatically chase away laziness. Some say: Normally, sleep wouldn't come, but when I sit in yoga, I feel sleepy. Why does this happen? It is not that you are tired, but that you don't set your intellect on its seat in an entertaining and natural way. So, don't just set it in one way, but set it in various ways. If the same thing is used in a variety of ways, by being transformed, your heart is happy. No matter how delicious something may be, if you keep eating that same thing again and again, or if you keep looking at the same thing again and again, what would happen? Similarly, be the seed form but sometimes also experience the form of the lighthouse,

sometimes the might- house, sometimes be the seed on top of the tree, sometimes stand on top of the world cycle and give power to everyone. Experience the different titles that you have received in different ways each day. Sometimes, experience the form: I, the jewel of Baba's eyes, am merged in Baba's eyes. Sometimes, be the jewel on the forehead. Sometimes, be seated on the heart throne. Experience the different forms. Let there be variety and you will be entertained. BapDada gives you a variety of titles every day in the murli. Why does He do this? So that you can set yourself on those seats. Just simply check this from time to time.

8.2.7 Churn the points of happiness:

Every day, at amrit vela, do you eat the sweet of happiness? Those who eat amrit vela the sweet of happiness every day, they remain happy throughout the day and others also become happy to see them. It is such a dose that any situation may come, but this dose of happiness makes the situation small, making the mountain cotton wool. There is so much strength in this dose! As according to the body, if the person, who is healthy or powerful, will pass through every situation smoothly and the one who is weak will be frightened even in small things. The situation becomes bigger in front of the weak and the situation in front of the powerful becomes a cotton wool. So to eat every day the sweet of happiness means to remain always happy. How less are the days this alokik happiness! There is also a difference between divine happiness and the happiness of the Brahmins. This Godly happiness of Brahmin's life and the experience of super sensuous joy will not be there even in the divine life. So celebrate this happiness as much as you want. Think everyday - today is a day to celebrate happiness. The flying stage is right now, after that as much as you receive, will be consumed accordingly. So always keep this in the

8.2.8 **Recognize the importance of attainments, take full advantage and imbibe the jewels of knowledge:**

- a) Today, the holy gathering of swans, that is the gathering of spiritual swans, was being seen all around. The holy swans always imbibe the jewels of knowledge and they inspire others to do the same. The food for swans will always be valuable pearls, and in the same way, the food for the holy swans will be the jewels of knowledge. You begin to imbibe these jewels from the time of amrit vela when there is a spiritual meeting and you have a heart-to-heart conversation with BapDada. You also imbibe the powers. Then, throughout the rest of the day, with the power that comes from churning the jewels you have received, you are able to imbibe the powers in your life in a practical form and you are also able to inspire others to do the same. During amrit vela, there is the power to experience the meeting, the power to accept and to imbibe and the power to catch the pure thoughts of special inspiration from Baba each day. These powers are most essential. During amrit vela, each one imbibes and become the image of inculcation by the power of inculcation.
- b) Some children take advantage of this golden opportunity, but, even though such a golden chance is available, there are some children who step aside and simply watch as others take the chance. Why do they do this, since they also want to take advantage of the opportunity that has been given? What is the obstacle that interferes? Do you know? Maya is also very clever and especially at that time, she comes to draw you away from Baba. In particular, Maya uses the game of many excuses to tempt you. Just as a juggler will use his juggling tricks to attempt people's attention, so too, Maya sways the children with numerous forms of carelessness and laziness and with excuses in the form of wasteful thoughts. It is through this that the golden opportunity is lost. Then because the

chance has not been taken at the time of easy attainments - because there has been this slight separation - this then means that the foundation for the entire day is weak, and, no matter how much effort the soul may make for the rest of the day, there will be very little return and a great deal of labour. So, the reason for this is that the beginning of the day - the foundation for the day - has been weak. Then, because of this lack of attainment, two different stages are experienced:

Firstly, whilst going along the path, there is the experience of tiredness.

Secondly, whilst going along, the heart loses hope. What are the thoughts that then arise? "I am not sure if it's possible for me to reach the destination or not", "I do not know whether the final moment is close by or whether it is still a long way off, " when will there be the revelation?." "When will we go to the world of satyug?" "How much longer is the bondage of the household going to continue?" Because the attainment of the present has been renounced, the vision of the soul is then drawn to the future. You should always keep in front of you a list of attainments of the present time. The thought of "When" will then finish and you will be able to have an experience of the present. Instead of the heart losing hope, the heart will become happy. So, do not step away from the present. Learn to recognize the juggling tricks of Maya. Maya makes you content with many excuses so that you are unable to sit and play with Baba. That is you are unable to take up the easy method. Instead of taking what is available in the form of blessings, you begin to labour to have the same attainment. So recognize the value of the amrit vela that is the time for easy attainments. Take full benefit from this time.

8.2.9 **Practice surrendering your mind and the intellect to Baba:**

At amrit vela, there should simply be the one thought: "Whatever I am, as I am -- I am yours." In order to go beyond the games of Maya, just come and sit down with Baba: that is all. The games of Maya are only a side-scene, so, do not stop for them. Come and sit down and let your mind and your intellect be surrendered to Baba. Are you not able to do this? The mind and intellect have been given to you by Baba, so, why should it be difficult for you to give these back to Him? What happens is that, at other times, you say, "This is yours", and then other times, you say, "This is mine", and so you come into the spinning of "yours" and "mine".

8.2.10 **Key of all treasures ---- Baba:**

- a) The Fortune-maker never gives fortune number wise. You are not asked to stand in a queue to receive the fortune. The stores of fortune are so huge and this fortune can be claimed whenever you like. You have the right. There is no lock on the store and there is no queue. At the time of amrit vela, the children come from this land and from abroad at the same time to meet the fortune-maker. There is the meeting with Him and, at the same time, there are achievements. The children do not have to ask for anything; simply by coming to meet the Highest Father, fortune is received. There is the meeting between the Father and the children and, at the same time, the children are also given something. Together with the meeting, fortune is also received. Even the important people in the world will never send anyone away empty-handed. The Father is the Bestower of Fortune and the Bestower of Blessings. His stores are overflowing, so, how can He send anyone away empty-handed? However, there are some children who simply receive fortune whereas the fortune received by others is a hundredfold; for some children, their

fortune is hundred thousand fold, whereas the fortune of others is infinite. Why is this? The Giver is one and the treasures of fortune are overflowing. This is also the time to receive blessings and you are aware of all these things. You understand all this; you are not naive or ignorant. So, why then is there such a difference? (According to drama), drama also has the blessing, so, you cannot say 'drama'. Just see, the method is so simple. Baba is not asking you to work hard. He does not make you stumble. He does not ask you to spend any money. The method is of one word. What is this word? Do you know? This one word is the key of all treasures or the key to an elevated fortune. This word is the key as well as the method. What is that? It is the word "Baba". This is the key and the method. Does everyone have this key? Why then does each one differ in the fortune that they receive?

- b) Nowadays, valuable things are kept in a certain type of safe. There is a particular method to open such a safe - a double key is used and the key has to be turned twice. If you will not use both the keys, you cannot receive the treasures. You will have one key and the banker will have the other key. It is only by using both keys that such a safe can be opened. If you try to unlock the safe by using only the key in your possession, then the safe will not open; both keys are required. In the same way, you have two keys - the key of remembrance of the self and the key of remembrance of the Father. Some children, because of their intoxication, say, "I have come to know everything. I can do whatever I want; I can also make others do whatever I want. Baba has made me Master." With this wrong intoxication, they forget about the relationship with the Father and they begin to think that they themselves are everything. They want to open the treasure-store using just the one key; they want to experience the treasure. But, without the cooperation and the companionship of the Father, the treasure cannot be received. The double key is needed.

8.2.11 Recognize the role of Brahma Baba:

- a) Some children want to open the treasure through only the one Father that is with the remembrance of only Shiv Baba. Due to that also they remain deprived of attainments. They think, "We have a direct connection with the incorporeal. The corporeal father has also received the fortune through the Incorporeal. This is why we will also receive the same through the Incorporeal. Why is it necessary to remember the corporeal one?" But this key becomes one that is broken and souls using such a key are not able to be successful. It is amusing that they still call themselves B.Ks. and yet they keep a connection with only Shiv Baba. Why do you then not call yourselves Shiv Kumar and Shiv Kumaris? Why do you call yourselves B.K.s? Your very surname is Shiva-Brahma Kumars and Kumaris and so, there is a relationship with both Fathers. Shiv Baba also glorified Himself through Brahma.
- b) In your memorial, there is a well known saying that "when Brahma distributed the fortune, where were you? Were you asleep or were you lost?" This is why you should not use the wrong key, use the double key. The double key means to remember the two Fathers together and also to remember the self and the Father. With this easy method, you can receive an unlimited fortune. So, now remove the excuses and you will become accomplished forever. Do you understand what you have to do?

8.3 Waste Thoughts

8.3.1 Leave begging, Complaining, and Pleading:

- a) The spiritual conversation of Amrit vela is very humorous. At that time, the children are in two forms. One form of the children are those who meet with full rights and do conversation with Baba and the others are those who talk to Baba in the form of distressed and complaining souls.

- b) Check within yourself the power to pack up and the power to face. Are you accomplished in both of these powers? The power to pack up needs to be practiced for a long time in order to bring it into action. Do not begin to pack up at the last moment or the time will have passed by whilst you are still packing. By now, the work of packing up should be complete. Then with one power and one faith, you will be able to fulfill the promises to Baba of-- "To eat only with you, to speak only to You, to listen only to You". It should not be the case that you speak to Baba and you listen to Him for 8 hours and then, for the rest of the time, you speak to and listen to souls. The promise to Baba is an eternal promise. You must not be disobedient in fulfilling this. Do not become a lawyer and use in front of Baba the points that Baba Himself has given you. At amrit vela, some children come as lawyers. In the Golden Age there will be no pleading. So instead of being a lawyer, become a judge. You should be a judge for yourself, not for others. Throughout the whole day, amrit vela are the only time for BapDada to be amused seeing the wonderful games of the children. At this time, it is worthwhile to take a photograph of the poses and positions of the children. Only for one day, become an observer and look, then you will laugh very much. Some children come as warriors and they use on Baba the weapons that Baba Himself has given: "You yourself said that . . .," "The knowledge says this...." Baba smiles and He continues to see the play. Now, instead of being a warrior, you should become the ones who are victorious.

8.3.2 The method to overcome the wasteful thoughts:

- a) Today at amrit vela, BapDada went for the round. What did He see? The children had reached Madhuban, the land of blessings. They were so intoxicated that they had forgotten everything about this world. Each one had the enthusiasm that they would receive blessings. The majority of children

were present with their bodies at their own places yet, through their love, they were traveling to Madhuban with their minds. In their subtle form, these Yogyukt children, children saturated in yoga, were experiencing themselves to be in Madhuban. From all sides, there was the feeling that each child was a chatrak, that each one was drinking the special rain of knowledge that comes from the Father.

- b) What did Baba see in the chart of remembrance? There was the game of position and opposition. Each one was trying to stabilize themselves in their position and yet Maya was creating opposition and was trying to prevent them from reaching their stable stage. What was the reason for this? There were several reasons:
1. Firstly there was lack of attention during the chart of the whole day. The soul was not storing the treasure of pure thoughts and most of the time was spent having waste thoughts.
 2. Secondly, there was less power of churning. The soul was making small matters seem to be very big and was then having to waste time in removing these things.
 3. Thirdly, from time to time, yuktis (methods) are given to overcome difficult circumstances. The soul listens to these but, when Maya comes, the soul becomes so afraid that the yuktis are forgotten.
 4. Fourthly, even though the soul realizes that it should no longer keep its old nature and sanskars, yet, again and again, it still becomes influenced by these. The old sanskars deceive the soul. The soul calls itself the creator and yet it is still influenced by its own sanskars. The soul is not able to remember again and again its original, eternal sanskars and this is the reason why there is not the power to remove the old nature and sanskars. In this way, on all sides, these four kinds of warriors were seen. When you hear yourself called a warrior, you laugh.

BapDada has mercy and benevolence on seeing the children playing such games.

- c) Up until now, the majority of children complain of waste thoughts. Due to waste thoughts, their mind and their bodies both become weak. What is the reason for these waste thoughts? BapDada has already explained that the children do not know how to set their daily chart. At amrit vela, set the daily time-table for the mind and body. Just as you plan the day's activity, so too, in the same way when you perform any activity, you should also set your state of mind. The time of amrit vela is set aside for remembrance. It is at this time that you can receive co-operation in the form of a satopradhan(completely pure) intellect. This is also the time when the mind is most powerful. Powerful means the seed stage - a stage that is equal to the Father. Just as the time if amrit vela is elevated, so too, the stage should also be elevated. An ordinary stage can be experienced even whilst doing ordinary work but this period is the special time to receive blessings. If this time is not used accurately, then remembrance throughout the whole day will be affected. So, the first step towards overcoming waste thoughts should be set a powerful stage at amrit vela.
- d) The second reason for waste thought is that when you listen to the deep points of knowledge, you enjoy listening, but you do not listen in the consciousness of being the embodiment of each point. You already listen as a knowledgeable soul. But you should now listen as an experienced soul and you should become the embodiment of each point. To listen means to become the embodiment, that is to experience that particular point. Even though the children listen, yet they do not know how to become the embodiment of experience. Even though there is the feeling that, " This is a very deep point.", even though there is happiness and they say, "We are receiving

treasures"--yet, there should also be the practice to become the embodiment of that point. For example, you have heard the point, "I am a soul, I am incorporeal," but now listen to this in the state of being incorporeal. Become an experienced soul. As is the point, so should be your experience. When you hear the point of ParamDham(the Supreme region), you should make yourself a resident of ParamDham. Similarly, when there are points about the Golden Age, you should stabilize yourself in that stage; you should experience that stage and then listen. This is called listening and merging. To merge means to become the embodiment. If you listen to the Murli in this consciousness, then you will be able to store the treasure of pure thoughts and by remembering and revising the points of experience again and again, your intellect will remain busy and you will be able to make yourself free from waste thoughts. If you do not listen with experience, then you will not be able to make the treasures of the Father your own treasures. Thereby, You feel empty and you, yourself give the place to waste thoughts.

9. The effect of the previous day on amrit vela and Checking of the self

9.1 To remain awake till late night:

- a) Those of you in a household also stay in pleasure, do you not? Are you those who get confused or the ones who remain in pleasure? In Brahmin life there is pleasure of mind, body, wealth and with people at every second. You sleep comfortably, you eat comfortably, you live, eat, sleep and study comfortably. What else do you need? Do you like studying, or do you sleep at amrit vela? Some children say: We were awake all night, and so we fell asleep in the morning. Or, if they are doing a particular type of service, they forget about amrit vela. So what was accumulated at that time? Nothing extra was accumulated. On the one hand you did service, and on the other you missed amrit vela. So then, what happened? However, you must not sit simply as a discipline and be drowsy. That television is very good. Those yogis sit in different yoga postures. They would sit like this, that or the other. This happens here too. You think that, because this is easy yoga, you can allow yourself to sit comfortably. BapDada also listens to the tunes of some. BapDada has that cassette too. So Baba would now doubly underline this, would He not? Then BapDada will tell you what the difference is in the result.
- b) The time for service should be fixed. Some children think that if they awaken late at night and do work, then the quality of work will be better. But you experience something taking longer because of a tired intellect. And amrit vela are also not powerful. So there will be the limit of time for service because you have to study in the early morning hours. You sometimes use more time for service than for yourself. BapDada is pleased

to see the children's service and He surrenders Himself to your courage. However, you have to decide the limits, isn't it? If the intellect is fresh, then with a fresh intellect you can do two hours of work in one hour. The time for the service that becomes an instrument for the slightest obstruction in your remembrance and progress should be cut down. For instance, when you stay awake till midnight or 1.00 am, then amrit vela will not be fresh. You sit according to a discipline but if amrit vela are not powerful, a difference is created in the remembrance and service throughout the day. It takes time to make plans for service and to put those plans into a practical form. So, then, instead of going to sleep at midnight, cut that down and go to sleep at 11.00 pm. The one hour you cut down that gave rest to your body will enable you to have good amrit vela, and your intellect will also remain fresh. Otherwise, your conscience will bite you: that you are doing service, but that your chart of remembrance is not what it should be.

9.2 **Disadvantages of not giving the Chart of the whole day to BapDada before going to sleep:"**

- a) Remember--- If you have the slightest attachment or selfish motive about anyone, even in your dreams, and then finish it. If you have any wasteful or vicious dream, or a dream of attachment, then you must definitely have been careless before you went to sleep. So, check that you went to sleep having given BapDada your chart of the whole day, and having made your intellect free. To come home tired, and immediately go to sleep, is carelessness. The Father's direction is to always make your intellect clear before going to sleep. Give everything to the Father, whether it was good or bad, and empty your intellect. Just give it to the Father, and go to sleep with the Father, not by yourself. When you sleep alone, you get dreams, and wake up in the morning with a craving for purity in your heart, because your purity was broken in your dream.

When you sleep with the Father, you never get such dreams. So do not become careless. Do not fall sleep talking of news - interesting news is always wasteful. This is disobeying an order. You can talk about it another time, in another room, if it is something essential, but not in your bedroom - do not share this whilst in bed. Many children have this habit, and BapDada can see how every child goes to sleep. Through his T.V., BapDada tours the world in one second, and sees everything of how you go to sleep, and how you talk. He tours every centre and every household. Everything of your home appears on the T.V. So, BapDada spoke of amrit vela, the beginning of the day, and of the end of the day, the time of going to sleep. When the beginning and the end are all right, the middle will automatically be alright. If you stay up until after midnight totally absorbed in talking about things, then when you wake up at amrit vela, you spend half the time in the land of sleep and half in yoga. Those who go to sleep with carelessness will be careless at amrit vela also. BapDada is watching you. Because sleep gives you a lot of peace, it also gives you a lot of happiness, and so it becomes mixed. Go to sleep in time, and you will get rest and will awaken refreshed, and will feel very fresh in yoga. The businessman will always try to clear and settle their accounts so that they can be carefree. If there is an account that is only half settled, then this will pull the intellect of the businessman even though he does not want this to happen. In the same way, each night, the children do not become light by keeping in front of Baba everything that has been done. For every good action, Baba will reserve for you one hundred thousand fold. If there has been any waste, then by speaking of it, the burden will be removed from the self and Baba will save the soul from building up a stock of waste for the future. If there has been sin, then on the basis of truth and honesty, merciful Baba will forgive half the punishment and He will clear the path for future.

- b) Before going to bed, exchange the news of the entire day with your companion, or with the Father. Each day, you should take special intention - inspiration - for the following day. By giving to Baba the news of the entire day, you will become light. Just as when you go to bed, the dress what you put on will be very light, so too, you should also be very light in your intellect - this is your light dress. You should go to bed with Baba wearing such a dress. Do not sleep alone. If you are alone, then Maya will take a chance. You should remain constantly in Baba's company. If you are alone at night, then there may be some fear; but by being in Baba's company, you will be fearless. When you yourself are fearless, then Maya will become afraid of you.

At the end (of the cycle), the sanskars that the soul has taken will be merged, and then, later on, these same sanskars will emerge. In the same way, when you finish the day your sanskar becomes that of being detached and loving, is it not? If you go to sleep with this sanskar of being detached and loving, then, the following day, you will receive help from this sanskar. So, when you go to sleep at night, you should finish off any old accounts that are remaining with the fire of yoga and with a powerful state of consciousness. You should settle these old accounts.

If a businessman does not settle his accounts, then he goes into debt. The debt is known as disease. In the same way, you should settle the account of actions, the account of thoughts, and the account of everything that has happened in the day. Do not keep anything for the next day in the form of a debt, otherwise, this debt or disease - will make the intellect weak. Each day, you should settle your accounts, and then you can begin the new day. Let there be a new consciousness each day. By keeping your account of thoughts and actions very clear in this way, you will become complete and you will

be the image of success. If you are not able to settle your own accounts, then how will you be able to inspire others to finish their bondages and settle their accounts?

And so every night, let your register be clean. Finish off whatever has happened with the fire of yoga. If someone wants to completely removed all traces of thorns, then they will burn the thorns, will they not? So, in this way, using your power of knowledge and your power of yoga, with will power and controlling power, you should always keep your register clean. There should be nothing that is allowed to accumulate. The waste thoughts that you have had one day should not be carried forward so that they effect the next day. There should be no connection between one day's wasteful thoughts and wasteful actions with the next day - that is, the debt should not have remained. Past is past - full stop. Those who keep their register clean and always settle their accounts become the image of easy success.

9.3 Laziness, Carelessness and Disobedience:

- a) As soon as amrit vela begin, children from all sides try to dial their number - they try to link their connection. But what happens? For some, their line is clear, and they are able to get through quickly. For other children, a certain amount of time has to be spent trying to link their connection before they manage to achieve success; and there is a third group of children who find it impossible to get through, and so, they become depressed. Some children try to dial the number of Baba, but, in between, their connection gets through to Maya -- Maya interferes in this way. They try to cut off this connection with Maya but they are unable to do so. As in your world, sometimes you get a crossed telephone line. You ask the other person to cut off, but he will reply, "No you cut off first". The same thing happens here with Maya. Maya does not want to cut off first and so she breaks the connection

of the children who are weak. Maya troubles such children. The reason for troubling them is that throughout the previous day, the children have been under the influence of laziness. They have been paying less attention, and so, for such careless, disobedience souls - because they do not follow Baba's directions. Maya takes revenge at the time of blessings. At that time, the scene of such souls is amazing.

- b) At amrit vela, even in such a short time, the children adopt a variety of different forms. There is one form in which the children try to receive Baba's love and co-operation by putting an application. Sometimes, to please Baba, they praise Him and remind Him of His duty: "Baba you are the Almighty Authority, you are merciful, the Bestower. You have come especially for us children". Sometimes, because they are tired of the influence of Maya, they try to use force - they try to use the weapons of all the powers. Sometimes they used the sword of knowledge and sometimes they use the shield of drama. But, because they have not been obedient and faithful, and because they do not constantly practise the things that Baba tells them to do - this then means that their force does not hit the target.
- c) Some children are so innocent that they are unable to discriminate between the achievement of Maya. They are sleepy and they consider that there was a very peaceful stage - the seed stage, they receive limited rest through sleep and they consider this to be super-sensuous-joy. So variety children show variety scenes.
- d) You have a list of children you consider to be maharathis (powerful souls in the spiritual army, the elephant-riders) and you count the number. However, in Baba's list of maharathis, the number is less than in your list. You feel that at least eight are ready - there are less than this in Baba's list. Up until now, right jewels are receiving the right special powers and they

are approaching the stage of becoming the embodiment; they are reaching the stage of being equal to the Father - the stage of being the embodiment of all powers in their thoughts, words, and actions. According to drama, these right special jewels have a special right to meet with the Father - a right that is latent in drama. It is only souls who are viceless who are able to have such a wireless connection that they simply create the thought and there is the meeting; it takes them less than one second. Such bestower of Blessings children is very few. So this was the scene of the amrit vela.

9.4 Lack of Churning throughout the day:

- a) The reason of sleepiness at amrit vela is that there is less churning of the points of happiness. If, throughout the day, you were continue to churn, then, at amrit vela you would see the treasures of happiness coming in front of you and you will not feel drowsy. Because there is less churning throughout the day, this then means that when you try to churn in the early morning hours, you are not able to be successful, you are not able to churn. The reason for this is that your intellect is not fresh at that time. Then, because there is no churning taking place, there is also no experience and so there is then drowsiness. In order to make Amrit vela powerful, it is necessary for you to act according to Shrimat during the day. Throughout the day, you should continue to churn, you should play with the jewels of knowledge and then in the early morning, by remembering these things of happiness, sleep will disappear and you will experience great happiness. The feeling will be as if a mine of all achievements has opened up for you. And where there is the experience of achievement, you will neither able to sleep nor even feel sleepy. It is where there is no achievement, that there is the tiredness, sleepiness or laziness. So, always stay in the experience of achievement. It is, in fact, the things that you churn during the day that affect you in the morning.

- b) Which things and how many things have you been reminded of from the beginning until now? Do you remember that? If, from anrit vela until the night, you recall all the things that you have been reminded of, could they be completed in one day? There is a long list, is there not? Even if you celebrated a Week of Remembrance, there would still be a lot of detail, because you do not only have to revise it, but you also have to realize it. This is why you say, "the embodiment of remembrance". To be an embodiment means to experience every type of awareness? You become an embodiment of awareness whereas devotees simply speak about it. So what awareness have you experienced? There is a lot of expansion in all that. Just as the introduction of the Father is so vast, and yet you give the essence of it in five aspects, in the same way, put the expansion of all the things that you have been reminded about into the essence of five aspects: From the beginning until now, BapDada has reminded you of so many titles. How many titles would there be? There is a great expansion, is there not? Remember each title, become an embodiment of it and experience it. You must not simply repeat it. The bliss of becoming an embodiment of remembrance is unique and lovely. Baba reminds you children of the title, 'The light of the eyes'. You are the light of Baba's eyes. What is the specialty of the eyes? What is the task of the eyes? What is the power of the eyes? Experience all of these, that is, become an embodiment of this awareness. In this way, continue to experience the awareness of each title. This was told to you just as an example. In the same way, think of 'the elevated form'. How many facets of this can you remember? How many forms do you Brahmins have? Whatever is the form of the Father is also the form of you Brahmins. Experience the awareness of all those forms. Become an embodiment of the awareness of everything - title, form, virtues, eternal, original and of the present. Become an embodiment of the awareness

of all virtues of Brahmin life. In the same way, think about your tasks: you have become instruments for such an elevated task. Let the awareness of all those tasks emerge. And the fifth aspect BapDada reminded you of is your original and eternal home. Through having awareness of your own home, you received the power to return home, you received the courage to become one who has the right to a kingdom, in your own kingdom and you also became aware of the art of living a life of happiness in the Brahmin world at the present confluence age. You now know the art of living very well, do you not? The world is moving fast in the art of dying, whereas you Brahmins are flying in a life of happiness filled with joy. There is so much difference! So, the Day of Remembrance means experiencing the spiritual intoxication of all types of awareness.

9.5 Attention on Daytime Activities and preparation for oneself in advance:

Do you remember the tricks/methods, the directions that have been given for the different times of the day? At amrit vela, you should become the embodiment of remembrance; you should then become the embodiment of being a Godly student. Whilst performing action, you should be a karma yogi -- the one who is the embodiment of remembrance and whilst you are earning your livelihood, you should keep the consciousness of being a trustee. Whilst you are in the company of vicious souls, you should remain as the embodiment of remembrance and whilst living in the impure, devilish atmosphere of the Iron age, you should remain both detached and loving; you should be the embodiment of remembrance. You should stay free from the vicious atmosphere and, in this way; you will be able to transform the impure vibrations. In the future, (in the Golden age), according to whatever the occasion may be, so will be the dress and decoration that is worn. This should be practiced

now so that the same thing will happen in the future in the form of achievement. There, you will simply change the physical dress but here, according to the time and according to your activity, so should be your consciousness. Do you have such a consciousness or do you forget? On the path of devotion in the famous temples, there is the memorial of the present time. There also, according to the time, the dresses of the deities will be changed. Each time a vision or a glimpse is given, and then it will be with a different dress. Whose images are these? These are the images of those who practice to become the embodiment of remembrance at the Confluence age.

BapDada keeps a check on the entire days routine. There is remembrance and awareness but, as yet, you do not become the embodiment.

There is the time of amrit vela, which is the time to receive all blessings from the Bestowed of Blessings. It is the time to experience all blessings and to become the Master Almighty, to become a Lighthouse and Might house like the Father; it is the time to make less effort for great achievement. You should use the time of the early morning hours to become the Master Seed. There should be the remembrance of being the Bestower of Blessings. However, instead of becoming the embodiments of all powers like the Father, which form do you adopt? Most of the children are sitting in the form of being depressed or they are complaining to Baba about the self. Instead of becoming World Benefactors, instead of having the stage of being the Bestower of Blessings - the children becomes beggars and they ask for blessings. They complaint either about others or about themselves. Because there is no practice of being the embodiment of "according to time", they are unable to become the embodiment of all powers. In the same way, through the whole day, because of not adopting

the virtue of "according to time", they do not become successful and they are unable to experience achievement. Then they say, "Why can I not feel happy?" "Why can I not remain happy?". The reason for this is that the mantras and the methods have been forgotten. So you should first check, "Did I maintain a form that was appropriate?". If your form is not accurate according to the situation, then you should check and change immediately. Before you perform any action, you should check the form of your remembrance - it should not be afterward that you carry out the checking. If you have to go somewhere to perform a particular task, then you will prepare yourself before you leave - not after reaching there. In the same way, before you perform any action, you should prepare yourself so that you are stable in the appropriate stage. If you check yourself only after the action has been performed, then this becomes dependence instead of achievement. From the Copper age, you have been praying and repenting instead of achieving. But now it is the time of achievement. What is the basis for all achievement? It is to become the embodiment of remembrance, "according to time".

9.6 To remain in the avyakt and introvert stage throughout the day:

The children who have a desire to meet avyakt BapDada can do so. How can you do that? The method for this is simply to sit in remembrance at amrit vela and have the thought that you are now going to have a meeting with avyakt BapDada. Just as when you knew the time for meeting sakar Baba before and you never used to feel sleepy, instead your intellect would keep that awareness before the meeting, in the same way, if you want to have the experience of an avyakt meeting, a very easy method for this is to become stable in the avyakt stage and have a heart-to-heart conversation. You will then experience as if you are truly talking to the Father. And in this

heart-to-heart conversation, just as the trance messengers are shown some scenes, in the same way, you will have the experience of deep, entertaining, significant aspects through the yoga of the intellect. But one thing is essential in order to have this experience. What is that? Do you know? Only those who are stable in the avyakt stage and introverted throughout the day will be able to remain stable in the avyakt stage at amrit vela. Only they will be able to have this experience at amrit vela. If you have love and the desire to meet BapDada, this is a very easy method.

10. To catch Baba's inspiration at amrit vela

10.1 Fitting and setting of God's Disciplines:

Nowadays, BapDada is busy with a special task. What is that task? Are you not aware of this activity -- an activity that is connected with you? When you say, "Good morning" to Baba at amrit Vela, when you have a heart-to-heart conversation, are you unable to have an experience at that time, or are you too busy in taking? Is your intellect touched? At the present time, the period for the end is very close. In the end, there will be a vision in a clear form of those who have come last and who are going fast. BapDada is seeing to what extent each child brings about "setting and fitting" each day. Sometimes, someone will try to set themselves on their seat but, because there is not an accurate fitting, it is not possible for the setting to take place. To observe the Godly disciplines is the fitting and so, it is on the basis of this code of conduct that there is stability in the setting. When BapDada sees the Mahavirs number wise, or when seats are set for the Maharathis, then what is the qualification needed to set oneself on a particular seat? If in one or another of the disciplines, there is not the correct fitting, then the soul will not be able to set itself on the seat. At one moment, the soul may be set on the seat; however at the next moment, the soul will be visible on the sidelines. So this is the task in which BapDada is busy. There are many who seem to be hopeful ones. There are very long lines of such souls but there are only a few who becomes examples in front of others.

10.2 Clearing Confusions:

At amrit vela, be particularly alert and have the thought of

asking Baba for advice. If you sit in remembrance in this way, you will see that you do receive a reply. As yet, you have not experienced this. Just as you would run straight away to Sakar Baba, so too, in the same way, bring avyakt BapDada close to yourself. You will then have the same experience as you had when Baba was in Sakar form. Just as you used to experience with Sakar Baba that your intellect would arrive at a decision with ease, so too, you will find that there is the same experience with avyakt BapDada. You have not yet had much experience of the avyakt form in this way. It is not simply with one or two attempts that you will be able to have such an experience. It is with a long-term practice that the experience will become natural but, at the present time, this experience is lacking.

10.3 Become Vice less:

If any child remembers Baba with love, then the thought will reach Baba. But the time that is taken for this to happen will be determined by the degree to which the soul has become vice less. The thoughts arise, and then the greater the power of being priceless, the faster the message reaches BapDada. BapDada, at that moment, gives a reply to all matters as immediate fruit. And, at amrit vela, Baba touches the intellect with special elevated thoughts of greatness.

10.4 Do not mix your own thoughts into Baba's inspiration:

You are given all the instructions. The instructions are very clear or do you sometimes get confused? "Shall I do this if not?" "What should I do?". Do you get confused?. If you do get confused sometimes, then verify it with the instruments responsible or at amrit vela stay in your powerful stage and you will receive accurate touching. At amrit vela, do not mix

the thoughts of your mind. Sit with a plain intellect and then the touching will be accurate. Some children sit in meditation when they have a problem but, at that time, they plant the thoughts of their own mind. There is the thought, "I should do this", "This must be done", "According to my thought, this is accurate." The touching will not then be accurate because they receive the reply from their own thoughts. It is for this reason that they become failures. There is confusion and they say, "This was the direction I received at amrit vela. I do not know why I did not succeed". The reason for the lack of success was that you mixed the thoughts of your mind and you then received the fruit of that. By mixing in the dictates of your own mind, what will be the fruit that you receive? Confusion. That is why, it is said that you should also make a will of thoughts of your mind. It should not be "my thought", "Whatever I think should be" but "What does Baba says about it?".

10.5 Catch new plans for service from Baba:

- a) At amrit vela, you should keep your intellect clear. You will then receive a touching to help you plan. If you take the support of bodily beings, then you cannot have a planning intellect. When Baba sees that you take limited support, why should He help?
- b) You must invent something new. A new invention which brings newness both in the self and in the field of service. You should make a practical plan for this. Both planning and effort should be made. Make it a race. Everyone should think deeply about the new invention. If you come and sit close to Baba at amrit vela, then there will be a natural, automatic touching. Sit at amrit vela and think about plans and there will be very good touchings. Everything is already fixed. Whatever was fixed in

the last kalpa has to repeat again, but someone has to become the instrument responsible. The main souls, who have the planning intellect, BapDada make them an instrument for His task. At amrit vela, they will receive the touchings for service. They will get new plans for service. So sit after surrendering your intellect to the Father. Then the intellect of intellectuals will touch your intellect. This is the blessing which is already received by the children who have a good planning intellect. Needs to become the instrument.

11. Amrit vela and Subtle Service

11.1 Service news from all service places:

Today, at amrit vela, BapDada went on a tour of all the service places, and so he will relate the news of that tour. What did he see? In order to give comfort to the souls, and in order to celebrate a meeting, and in order to have a heart-to-heart conversation, and while putting the things in their hearts in front of Dilaram Baba - the Comforter of Hearts - all the spiritual children were giving themselves the blessing of remaining double-light, and they were also receiving this blessing. Some children were stabilized in the stage of world benefactors, and were giving blessings, and the great donation of all the powers received from the Father, to all souls. Baba saw three types of result. First were those who take. Second were those who were celebrating a meeting. And third were those who received and then gave: that is, those who were earning an income. He saw three types of children everywhere.

11.2 Recognize the importance of amrit vela to be a special server:

What is the speciality of the server? One who is a server will, as soon as their eyes open, have the experience of constantly being with the Father and experience equality with the Father. Those who recognize the importance of amrit vela are the ones who are the special servers and the praise given to one who is a special server will be that the soul recognizes and experiences the time of special blessings that can be received at that time. If there is not this experience, then the soul remains an ordinary server and cannot be called a special server. If you wish to become a special server, then claim this special right of early morning hours and become special. Those who have recognized the importance of amrit vela, the importance of thoughts, the importance of time and the importance of

service - those who understand the aspects of the things that are important - it is such souls who become the special servers. So, recognizing this importance, become great. A soul achieves greatness by understanding the significance of the important aspects. If the soul then explains all this to others, then they can also be inspired to gain similar experiences and become great.

11.3 Having Zeal and Enthusiasm for service:

- a) As soon as your eyes open, experience the happy meeting, and immediately step onto the field of service. Service begins from the moment you say "Good Morning" to Baba and, up until the time of saying "Good Night", let there be service - only service. Just as you can be Constant Yogis, so too, you should be constant Spiritual Servers.
- b) Firstly, there is donation through the mind, secondly there is donation through words, and thirdly, there is donation through actions. Through the mind, there is the donation of all the powers. Through speech, there is a donation of knowledge, and, through actions, there is the donation of all virtues. Always, as the day begins, you should first make a plan, "In what way will I give donation today in these three ways?" And then when the day finishes, you should check, "Was I a Great Donor? Did I give these three types of donation?" Each one of these forms of donation rings its own attainment and reward.
- c) Are you the powerful souls in listening and in becoming the embodiment simultaneously? Every day always has the thoughts of zeal and enthusiasm for the self and for others. Just as nowadays, in newspapers and other places, they have a special section for the "thought for today", so too, every day, let there be the emerged thought of zeal and enthusiasm in some way or other; become the embodiment of that thought

and then use it in the service of others. What will then happen? You will then find that there is always new zeal and enthusiasm - "Today, we will do this, today we will do that". For example, when you have a special program, why is there zeal and enthusiasm? It is because plans are created - "We will do this after that we will do that"; these plans then bring special zeal and enthusiasm. So, every day, at amrit vela have special thoughts of zeal and enthusiasm. Then if you check, you will find that your life is constantly full of enthusiasm for the self and you will also find that you inspire enthusiasm in others. Just as there are entertainment programs, in the same way, each day let there be this program of entertainment for your mind.

11.4 Sharing with others the gift received at amrit vela:

Each day just see what are the treasures that Baba has given? You should then share these treasures - even a single treasure can be shared. You do not need a platform of a program to do this. Whatever gift you experience at amrit vela should be shared with others throughout the day. Simply allow yourself to become an instrument to give this gift and then, as well as creating a routine for yourself, you will also make possible for other souls to receive a fortune. By becoming the Bestower of Fortune and by sharing your treasures with others in this way, you will receive fortune not only in the present but you will be guaranteeing fortune for yourself for the entire cycle. This is the time when by sharing with others, you create fortune not just for today, but you guarantee that there will be fortune forever.

11.5 Cast your vision on the souls who come in contact with you:

To do Godly service through your thoughts is a new and elevated form of service. Every morning, as soon as a jeweler

opens his shop, he checks that all his jewels are clean and sparkling and placed in their correct place. In the same way, every day at amrit vela, cast your vision on the souls who are to come into contact with you. The more you keep them in your thoughts, the more your thoughts will reach them and they will say that they also remembered you for a long time. Continue to move forward by adopting new forms of service. This month, have a special program for the souls you have connections with. Have a warm and friendly party (sneh-milan). Hold a program of sharing experiences with a little bit of entertainment. Find a reason to call them and strengthen your connection with them. Don't think that two or three have to emerge? it is good if even one emerges! The flame of one deepak (lamp) can light the flames of a whole garland of deepaks.

11.6 The tool of making yourself and to the center, powerful and obstacle-free-Service through the mind:

- a) The specialty of an intense effort maker is of being an ever ready and all-rounder. Whenever you receive a chance to serve, whether through your thoughts, words or deeds, you must be number one in every method. It should not be that you are number one in serving through words, number two in serving through deeds and number three in serving through thoughts. You must be able to serve through your thoughts with as much love as you serve through your words. Now increase your practice of serving through your thoughts. Even householders can give the seven days' course and serve through words. Your duty is to make the atmosphere powerful. Make the atmosphere of your place, your town, of Bharat and the world powerful. Check whether you are successful in serving through your thoughts. When you are successful in serving with your thoughts, then your own stage and the stage of your centre will remain obstacle free and continue to ascend.

For its stage to ascend doesn't just mean that its number increases. The stage of ascent means that its number grows in quality as does its atmosphere and that the stage of you yourself and your companions is also in ascent. This is known as the stage of ascent. Do you experience this? Is your amrit vela powerful? It should not be that obstacles come because you are careless at amrit vela. Do you have such powerful amrit vela that you are able to give light and might to the world? Are you yourself content with your remembrance at amrit vela?

- b) The main subject is remembrance. When BapDada goes on a tour at amrit vela, He sees a lack of powerful vibrations. Some of you sit there like lords of discipline. You must now become embodiments of experience. You force yourself to sit there because of your discipline. Once you have an experience of love, you will sit there again with that deep love. When you have experienced something that pulls you towards itself even against your conscious wish. When serving through words, if you experience happiness, you run to do that even against your conscious wish. Make amrit vela just as powerful so that you become able to increase your experience of serving through your thoughts. At the end you will not have a chance to serve through words. The certificate you receive will be based on how much you served through your thoughts.

11.7 Become Master seed and serve to transform the attitude and the atmosphere:

Each day, from amrit vela become cooperative. Keep your main aim in just one word during your timetable of the whole day: Co-operation! I have to give co-operation. I have to remain co-operative. Celebrate a meeting with the Father at amrit vela, become a master seed and world benefactor and use the powers you have attained to become co-operative in transforming the attitude of souls and the atmosphere. Be

co-operative in giving spiritual water to the whole tree through the Seed. By your doing this, all souls, who are all leaves, will experience receiving the water of attainment. Similarly, keep the aim of simply remaining co-operative for every task you carry out from amrit vela onwards.

11.8 Spread the Spiritual fragrance:

Every day, at amrit vela, you should become the embodiment of the Bestower of Blessings for the world. You should experience the combined form with Baba, the World Benefactor, so that you, the Shaktis, the Bestower of Blessings and Shiva, the World Benefactor, are together. Stay in the combined form of the Shiv Shakti, and then, through the thoughts of your mind, and through your attitude, you will be able to spread the fragrance of those vibrations in the world. Just as nowadays there are many physical ways a variety of physical fragrances - some use the fragrance of roses, others use the fragrance of sandalwood - so too, the different fragrances of happiness, peace, power, love, and bliss should radiate through you. Each day, at amrit vela, you should be like a fountain of a variety of elevated vibrations and you should spread these vibrations to all other souls. You should sprinkle all souls with these qualities in the same way that water is sprinkled from a rose-water sprinkler. All you have to do is switch on your thoughts. You know how to do this, do you not? Nowadays, there is a very bad odor of unclean thoughts within the world and so you have to fill the world with fragrance.

11.9 Giving visions by your Angelic form:

You should now make a special plan of doing very powerful service through your mind. Together with serving through words, also serve through your mind because that service can reach much further. Just as people see flying saucers

nowadays, in the same way the angelic form of all of you will be seen everywhere. The sound will spread as to who you people are who are touring around everywhere. They will investigate this. People will have a vision of all of you coming down from up above and they will realize that it is you Brahma Kumaris who are giving them visions of your angelic form. Now spread this wave. Practise touring around with your subtle form. The practice of traveling through your subtle body is very essential. Practise this in such a way that it is as though you go there and meet everyone in a physical way. They should also experience you angels coming to meet them. Then they will go to search for you angels. What will happen when so many angels go on a tour? Everyone's attention will automatically be drawn to you. So now, as well as doing physical service, you must also do this subtle service. Achcha. Now, at amrit vela, detach yourself from your body and go on a tour. It is most essential that you practice traveling your internal subtle body. You should practice this so that everyone is able to see this in a practical form and everyone comes together. Others should experience that, "These are the same angels who came to us." They should start searching around to these angels. If so many of you all begin to circle around like angels, then what will happen? Every one's attention will automatically be drawn. So now, together with the corporeal form, it is essential to serve in the subtle form. At amrit vela you should become detached from your body and circle around in this way.

11.10 Bestowing blessings:

Amrit vela is the time for remaining beyond any tamoguni atmosphere and vibrations? any influence of impurity is submerged. At such a time, you are easily able to hear their call and benefit them. It is easy to hear their call at that time and it is also easy to benefit them. It is easy to take blessings

and easy to donate them, because the atmosphere at that time is such that it can transform one's attitude. At that time, the stage of all of you blessed souls is equal to the Father's stage. Because of the special canopy of Baba's blessings, you can become a completely full bestower. The Father who is the Sun of Knowledge and Resident of Brahm Lok especially gives His light and might to His special children as a blessing. This is why that time is called the time of auspicious omens (Brahmmuhurta). At that time, you should be able to see the auspicious omens of your elevated stage and deeds for the whole day ahead. You can choose whatever omens you want. As well as this, father Brahma, who resides in the subtle region, becomes a bestower of fortune and distributes the nectar of fortune at amrit vela. You can take as much nectar of fortune as you want. However, the urn of your intellect should be capable of holding this nectar. There should be no obstacle or obstruction. At this time, receiving and giving take place simultaneously? the role of receiving blessings and the role of a great donor are enacted simultaneously. Souls who have such a stage would be able to hear the call of all other souls very clearly and also be able to benefit them. They would be able to hear it as clearly as if it was being spoken directly into their ears. So, do you know what everyone is calling out for at present? You will be able to hear the sound of the devotees. You will feel that they are calling you personally. If you listen to the call of the devotees and to the cries of sorrow of the unhappy souls; if you hear the sound of the prayers of the thirsty souls - will never feel sleepy.

12. Amrit Vela and Elevated Version of Sakar BapDada

12.1 When is the time of amrit vela?

- (a) The time of amrit vela is very good. Therefore, Baba says that wake up early in the morning, sit in solitude and have a sweet conversation with Baba. Remember Baba. This time is very beautiful for remembrance. It is called dawn. In the path of devotion, it is also said: O My mind, Remember Rama in the early morning hours. Father also says that remember the Father at early in the morning, then you will enjoy with a great deal. The atmosphere of amrit vela is very pure. There is a lot of other activities during the day. Sages, holy man and devotees all perform devotion in the early morning. They can remember throughout the day too, but at amrit vela, it is good to remember the Father. The early morning time is very good. At that time no storms of Maya will come. Till midnight the atmosphere is very bad. So, you should leave until one o'clock. After 1:00 am the atmosphere remains good.
- (b) Amrit vela is considered to be the most auspicious time. Those people celebrate Krishna's birth at midnight, but that is not the time of dawn. Dawn is around 2.00 to 3.00 am. It isn't that someone would get up at midnight after indulging in vice and remember God; not at all! Amrit vela is not at midnight. At that time, human beings are impure and dirty. The atmosphere is very bad at that time.
- (c) The time of two to three o'clock is called amrit vela. Father's order is that wake up early in the morning and remember me constantly. You might not be able to have remembrance throughout the day, but it is easy to make effort at night. Then

you will receive a great deal of help. If you want to claim the unlimited kingdom, stay awake throughout the night and go on a pilgrimage. I only come in the depths of darkness of the night when the night of Brahma is about to end and the day have to begin. I come at the confluence of the unlimited night and the unlimited day. Therefore, you too should conquer sleep and practise staying in remembrance throughout the night. Between two or three o'clock in the morning is known as the auspicious time of Brahm. The Father gives this teaching through Brahma: Stay awake throughout the night and remember Me and you will become strong.

- (d). Father says to the children--- The time of early morning is very good. It is very enjoyable. Atmosphere is very good. So, sleep early at night and wake up at two or three o'clock. Sit comfortably and talk to Baba.

12.2 Specialties of amrit vela

- a) Sweet children, awaken at amrit vela and pour in the oil of remembrance of the Father, then the light of the soul will remain constantly lit. The morning time is very good for pouring the oil. To remain alight the flame of the soul, you should sit in the pilgrimage of remembrance early in the morning. By remembrance only, the rust of the soul will be removed and then the soul will become a real gold.
- b) Sweet children, Shiv Baba's number one shrimat is: Awaken in the early morning hours and remember Me, the Father, and your boat will then go across. When business people open their shops in the morning, they first vow their heads. They vow in front of their shops before entering, so that they may earn a good income. In order to earn a good income, they say: O Lord, send me a good customer to enable me to earn a lot, first thing in the morning. You children know who

that One is. We souls recognize Him. He is our Baba. He is our Sai (Lord) Baba, the One who changes the night into day. The sai of the night is Ravan. There is only one Sai Baba who changes the night into the day and He is very innocent. His name is Bhola Nath He places the urn of nectar on the innocent mothers and Kumaris. He gives them the inheritance and makes them masters of the world. You should wake up early in the morning and remember your Father so that your boat can go right across.

- c) The Father says that stay awake at night. Your health will not be affected. Rather, you will get power from yoga. Spin the discus of Swadarshan chakradhari. Hi, my beloved children, the conqueror of sleep, your sins will be absolved only by the remembrance. The main thing is that wake up early in the morning and remember Alfa. This time is not for sleep. This is the only method from which your sins will be absolved. There is no other method. How much faithful the Father is with you children! He will not leave you. He has come to transform you and then to take with Him. You will become satopradhan only by the pilgrimage of remembrance. Devotees wake up early in the morning too. They turn the beads of rosary. You children should wake up early in the morning and remember the Father. The fire of yoga is needed for absolving the sins.
- d) Sweet children, everyday, at amrit vela, light the incense stick of knowledge and yoga, then the evil spirits of vices will run away. At amrit vela there is a good remembrance of Baba. It is said that experience happiness as you repeatedly remember God. Devotees also say 'O, my mind, remembers Rama in early morning hours'.
- e) Hi, Spiritual warriors, you should always follow shrimat. Be soul conscious and remember the Father. Wake up early in the morning everyday and make a practice to stay in

remembrance, then you will get victory over Maya. The sweet method of remembrance will make you victorious over Maya. To become pure, there is no other method except remembrance.

- f) Sweet children, wake up at amrit vela and have a sweet conversation with the Father, then the consciousness of body will finish. By constant remembrance, the final thoughts will lead to your destination. You should practice in a way that there is no consciousness of the body in the end.
- g) Sweet children, you can do work in the daytime, but remember the Father at amrit vela from 4:00 am to 5:00 am. Then you will feel a great deal of happiness. You have to do a spiritual effort to give happiness to others by thought, words, and action. To experience the super sensuous joy, remain in solitude, especially at amrit vela. The children who want to do the spiritual income, will wake up early in the morning and remember the Father with great love. The soul will remain fly. Such souls will be kind hearted like Father and will do mercy on themselves as well as on others. Such children will give the introduction of the Father to everyone. So many new children may come who will go fast than the older ones. There is a margin. If you instill the habit of staying in remembrance at amrit vela, then you will enjoy very much.
- h) Father has explained that the mercury of your happiness will remain high only at amrit vela. The atmosphere is very bad during the day and at night. At that time it is difficult to stay in the remembrance. The time of amrit vela is remembered. At that time all souls are tired and so they become detached from their bodies and go to sleep. This time is an auspicious time. Rishis, munis, and devotees also wake up at amrit vela and sing devotional songs because at that time the atmosphere is very pure. Therefore, remember the Father with a lot of

love at the auspicious time of amrit vela, and let the mercury of your happiness rise. In fact, you should have remember the Father in your heart while walking and moving around. If you wake up early and remember the Father, then it's intoxication will remain throughout the day.

- i) Baba says that wake up early in the morning and remembers the Father and the time of amrit vela is very good for churning the knowledge. By the churning of knowledge, a lot of butter comes out. You should churn the knowledge about how to give people God's introduction?
- j) Sweet children, amrit vela are the special time of receiving sustenance from God. Know its importance and take full benefit. If you become confused anywhere, then take advice from the Father. You can ask by letter, telegram or on phone. The phone lines are clear in early morning. You can get connection very easily because at that time all are sleeping except you children. The Father gives the shrimat---Sweet children, wake up early in the morning and sit in the remembrance of the Father then you will receive the full inheritance.
- k) The main direction of the Father is: Children, wake up at amrit vela and remember the Father. So follow this main direction, freshen up early in the morning and sit in the pilgrimage of remembrance at the fixed time. Be worthy and the obedient child, only then you will become the king in the future. Unworthy children will end up sweeping the floor. The fortunate children will wake up early and remember the Father with great love. They will have the sweet conversation with Baba. They will make effort to pass with honor and make themselves worthy for the kingdom. To the extent that they have loving intellect for the Father, to the extent they will get the high position. Therefore you have to wake up early in the

morning and remember the Father. The tears of love may come because you have found the Father after a long time. Now the speed of remembrance should be fast. The child, who remembers fast, will get the higher status and will become the bead of the rosary of victory.

- d) Children, remember the Father and the inheritance at night. Spin the discus of self realization and when you feel sleepy, go to sleep. Then the final thoughts will lead to your destination. And when you wake up early in the morning, the same points will come in the memory. By doing practice in this way, you will become the conqueror of sleep. As you do, so you receive. The one, who does, is visible. This is a famous saying. Become the conqueror of sleep then you will come nearer to the Father.
- m) It has been explained to the children that if you want to give others a current, you have to stay awake at night too. To the extent that you remember the Father in the morning, accordingly, there will be a pull and Baba will also give you light.

12.3 Teachings of BapDada for amrit vela.

12.3.1 Make a habit to wake up early in the morning:

- a) Sweet children, morning time is very good. Wake up early in the morning and sit here then the remembrance will stay. When it becomes the habit, the remembrance will become firm. You use to see that some children cannot wake up early in the morning. They have been making effort for 10 to 15 years, in spite of that, they are unable to wake up on time. At least wake up at 3:00 or 4:00 am. Even devotees wake up early and sit in meditation. They chant something in the name of Hanuman or Shiva. So instill the habit of waking up early in the morning and remembering the Father with love. Sleep

early at night and try to wake up at 1:00 or 2:00 am. You have to accumulate a lot. You are famous as the conqueror of sleep.

- b) College students wake up early to study and revise. Why do they sit to study in the morning? Because the soul has rested and is refreshed. You should be fond of getting up early in the morning. Queen Victoria's minister used to stay up at night and study under a street lamp. In devotion, devotees wake up early. In the path of knowledge, you should remember the Father in the early morning too. The Father says that this is your spiritual business and it is very good. Do this service in the morning and in the evening. In the evening, from 6:00 pm to 7:00 pm, the time is good. Religious gatherings are also done in the morning and evening.
- c) Sweet children, the time of amrit vela is very good for remembrance. At that time become introvert and sit in the stage of soul consciousness.
- d) You should definitely wake up early in the morning and sit in remembrance. You should not be careless about this. You have to accumulate the account of charity. Children, do not be afraid of Maya. She may try to make you forgetful but don't get tired. Make a full effort to wake up at amrit vela and stay in remembrance. But if the one who has not this in the fortune, then makes so many excuses. If they do not wake up early in the morning, then where main sleeping, lose everything. Only sleeping

And eating-- this is to lose everything. Therefore in still the habit of waking up early in the morning.

12.3.2 Right method of sleeping at night and its benefits:

- a) Baba says: sit in front of the pictures of Laxmi narayan, you

can sit even at night. And get slept by viewing at the picture of laxmi Narayan. Baba is making us so. You just see with this practice how joyful it is! Narrate your experience next morning.

- b) It is said several times: whenever you sleep at night, you should sit in remembrance of the Father. At least sit for half an hour in remembrance and then after getting up if you remember Him, your stage will be balanced. If you make routine of sitting in remembrance of father at night, it is a good practice. Baba helps also to those who remain in meditation. Eyes will get opened automatically and bed will get shaken. Baba awakens so many children. If you sleep at night in baba's remembrance then in morning, Baba will come and vibrate your bed. This type of much experience has been written. If you do anything with courage, the father is always there to help you, keep attention on yourself. How much merciful the unlimited father is ! To have an experience of baba's help, the most beloved father is to be remembered with too much love.
- c) Sweet children ! It is also said that those who eat too much feel more sleep. If you remain in remembrance, then due to that happiness, you will eat less. The children should have sleep at proper time.

12.3.3 As soon as you wake up, Say "Good morning" to the Father:

- a) In the morning, the first thing you say is "Good morning". You also heard "Good morning". Who comes early in the morning and says, "Good morning"? The Father comes in the morning. This is the unlimited morning and night which no human beings know about. Among the children too, you know this, number wise, according to the effort you make. Although you have become His children, you don't wake up in the morning. If

you woke up in the morning and first of all said: "Good morning" to Shiv Baba, that is if you remembered Him, there would be a lot of happiness. However, many many children don't wake up and remember Baba in the morning at all. On the path of devotion too, people wake up early in the morning to perform devotion. They carry out their worship, turn the beads of rosary and chant mantras. Now you children have to have the faith that you are souls and that you have to wake up in the morning and have a conversation with Father: Baba, "Good morning"! However, Baba knows that none of you have this habit. The Father says: Children, you each have a burden of the sins of half the cycle on your head and that you have to cut from remembrance.

- b) Do the churning of knowledge. Wake up early in the morning and say "Good morning" with love. Then the mercury of happiness will rise. However, Maya does not allow it to rise. If you become disrespectful to the Father, Maya will completely break your intellect's yoga. Your intellect will then remain caught up in useless things. To become a master of heaven is not like going to your aunty's home!
- c) Baba knows that there are many who do very good service at the exhibitions, but that they are very weak in remembrance. They do not have the sense to wake up early and say "Good morning" to Baba. Although they have many thoughts about different topics, that is very common and you can have new topics to explain every day. The main thing is to remember the Father with love so that your sins are cut away.
- d) The Father, Himself comes at this time and makes you the spiritual lovers. You souls know that Shiv Baba is your Beloved and that you have to claim the inheritance of heaven from Him. Wake up early in the morning and say "Good morning" to Shiv Baba and remember Him. The more you

remember Him, the more your sins will cut away, body consciousness will also continue to finish. When you practice this, that stage will become firm.

- e) There has to be a lot of love for the Father. Go to sleep early at night and then wake up early in the morning and stay in remembrance. As soon as you wake up, say, "Baba, Good morning". Let your intellect not to wander anywhere else. Stay in remembrance of Baba as much as possible because you have to become pure.
- f) Bath is always taken at amrit vela. After taking bath in the early morning, either walk or sit in solitude. There is a lot of income in this. It is very enjoying walking and moving around in the early morning after taking bath etc.

12.3.4 Look at the picture of Trimurti:

If you hang a picture of the Trimurti up in your room, your vision can fall on that again and again. Through Baba we will go into the sun-dynasty clan. Then, as soon as you wake up in the morning, your vision will fall on that. That too is a type of effort. Baba advises you: Very good devotees make a lot of effort. They keep a picture of Krishna in front of them so that as soon as their eyes open they remember Krishna. For you, it is even easier. If you're unable to stay in remembrance easily and Maya is troubling you, then these pictures will help you. Shiv Baba is making us into the masters of the land of Vishnu through Brahma. We are becoming the masters of the world through Baba. By constantly remembering this, you can receive a lot of help. Baba gives this advice to the children who feel that they repeatedly forget: Keep a picture in front of you and you will remember the Father and your inheritance. However, you mustn't remember Brahma.

12.3.5 Praise Baba with so much affection that there flows tears of love

Baba says: Be the soul conscious and remember the Father. Do the praise of the Father with love to the extent that you have the loving intellect for Father, to the extent you will receive the higher status. Wake up early in the morning and remember the Father with great love. The tears of love may come because you have found the Father after a long time. Baba, you have liberated us from the sufferings!

12.3.6 Don't be the Hathyogi:

- a) Baba sees that children sometimes come and sit here early in the morning and so they must definitely be getting tired. There is no need to tire yourself out in this. This is an easy path. You mustn't sit here by force. Although you may walk and tour around, you should remember the Father with a lot of interest. Internally, let there be a lot of enthusiasm for Baba. Each one sits in remembrance for some time: some sit for half an hour and others sit for ten minutes. Achchha, if you remember the Father with love for even 5 minutes, you will come into the kingdom.
- b) You should be careful of having friendship with those whose intellect is wandering here and there and have no remembrance of father in their intellect. You should not even touch them because they are contaminating the atmosphere, as being not in remembrance. Maya breaks the connection of intellect. No matter, how you sit, it does not have any concern with remembrance. So many children sit in Hath Yoga for three to four hours and even for the whole night also. It is not that you can constantly remember (Him) now. No. It takes time to attain this state. As such father's remembrance should be in heart while walking, moving here and there.

Whereas if you sit at one place and remember as a hathyogi, it will not last for longer time. You have to remember baba. It is not that you simply sit here, but you have to be in remembrance while walking, moving along. Where ever you sit, remember baba. It requires efforts. To remain in four to six hours remembrance is not your aunt's house. It requires your efforts. You get tired in this too.

12.3.7 Conquer the sleep, don't close the eyes:

- a) Sweet children, you have to remember the Father in the living form. To go into sleep or to go in a stage of numbness-It is not the yoga. You should not close the eyes while remembering the Father. Because the Father, the One who takes you beyond with a glance, is personally in front of you. If your eyes are closed, how can you go beyond with a glance? You do not sit with your eyes closed at school. If you close your eyes while doing meditation, laziness will come. Do not close your eyes, otherwise how will you see the Father? Therefore you have to sit with open eyes. Do not be afraid to keep your eyes open. Keep your eyes open and keep the remembrance of the Beloved in your intellects. Here is not the system to sit with the eyes closed. The Father says: Stay in remembrance. He does not tell you to close your eyes. If you close your eyes or lower your head, how would the Father be able to see you? Never close your eyes. If you close your eyes, there must be something wrong. You must be remembering someone else.
- b) Baba himself says --- If I do not wake up and sit in early in the morning, I do not enjoy. If you remain lying down, then there will be nodding off some times. When you sit for meditation, then some good points will come into the mind and you will enjoy a lot. For example, that only few days are left and we are taking the kingdom of the world from the

Father. If you remember like this, then the mercury of your happiness will rise. If your happiness is not constant then definitely you do not have a love for the Father.

- c) Father says: Connect your intellect's yoga to me being a Genie. In the story of Genie, he says-Give me some work. Father also says-I give you the directions that stay in my remembrance then your boat will go across. But even very good children remain slept until 6:00 o'clock in the morning comfortably. Maya at once holds them from the nose.
- d) The Father says--- Children, if you want to take the unlimited kingdom, then, you should conquer sleep and practice staying in remembrance throughout the night. Although Maya will harass you a great deal, you must still continue to make effort. All the effort in this has to be made by the intellect. Whilst sitting, walking and moving around, stay in remembrance. The Father says: Don't become weary, o traveler of the night! Your fortune is now being awakened, whereas that of everyone else is asleep. Consider the fortune of those whose intellects' yoga is engaged in earning money to be asleep, whereas your true fortune is being awakened. The stomach doesn't need a great deal to eat. What do the indigenous people eat? They eat chilies and chapattis made of ground maize and chick peas. Here, you receive everything. The Father now says: Beloved children, remember Me. My jewels of light, I seat you on my eyelids and take you back. The children who are the lamps of one's hopes are always loved a great deal. By following shrimat, you will always remain safe and sound.
- e) It is good too, to remember while sitting at home. But to remember --- It has become very difficult for the children. The Father from whom they receive the inheritance of 21 births, do not remember Him. The children who give a very good speech, they do not remember the Father, neither they

wake up early in the morning. If sometimes they woke up, then they use to nod off. The Father says that you should not be lazy at the time of study or meditation. But some children think that all will not come in the rosary of the victory, all cannot become the king. Therefore they become lazy. But who will have the full love for the Father, they will study accurately and laziness cannot come to those children. If there is laziness, then it is understood that it is not in their fortune. Some children even nod off and yawn in front of the Father. They should sit in the back. The Father says that you have to be the conqueror of sleep and to accumulate the power of remembrance. There should be no laziness in earning of income. Never nod off.

f) The Father says: You can stay at home and remain awake at night. Each of you can run as much as you want. You may not even sleep at night. You will then go very fast. This is such a nourishing knowledge that your boats are able to go across. And your desires are fulfilled. Now you have received a birth like a diamond, so my dear children, conqueror of sleep, stay in remembrance at least for eight hours. There is a lot of pomp of Maya during the daytime. The atmosphere at amrit vela is very good. Become the conqueror of sleep and earn the income. People who are very keen to earn an income still stay awake at night when they have customers. If they were to earn money 24 hours a day, they would even renounce their sleep. While earning, you don't fall asleep. When you don't earn, you yawn and fall asleep. When earning, there is great happiness.

g) Sweet Children, those who don't have knowledge, sleep for eight hours where as you should have only half of that time for sleeps. Four to five hours sleep is enough. You are Karma Yogis. The remembrance of amrit vela is very effective. There

is a silence at that time. It looks like that everyone is in bodiless stage. Generally Baba stays awake at night. There is not any tiredness experienced whilst doing subtle service. There is happiness experienced in earning an income. So you children should wake up early in the morning and continue to earn your imperishable income. You should remember at least eight hours in a day.

- h) Sweet children, the time at amrit vela is very good. Baba advises you to remember Him at that time. If you feel sleepy, then put oil in your eyes, that is, make effort. You receive shrimat to remember Baba. Even though Maya brings storms, just continue to remember Baba. Remember me and receive the happiness. Experience happiness as you repeatedly remember God.

12.3.8 The practice to be Soul Conscious and Bodiless:

Sweet children, in order to make your stage firm. Wake up early in the morning, sit in solitude and think: I am a soul; I now have to return home. This play is about to end. Wake up at night and do practice: "I am a soul, I have to return to Baba," So it is necessary to do efforts to become soul conscious. Do practice to see only the soul in the centre of the eyebrows. Do not look at body, this is the main effort. And obstacles come in these efforts. To the extent possible, put efforts: "I am a soul. I am a soul." The father gives advice that awakens at amrit vela and remembers the father with lot of love as well as makes an effort to be soul conscious. The time of amrit vela is very well known. At that time consider yourselves to be souls. So that the rust on your souls get removed. Being soul consciousness, sitting with abjectness will not lead to progress.

Sweet children! After awakening up in the morning, do a practice to remain detached from body. Not to recall old

world, old dress, nothing. You have to forget everything. Those who are good effort makers wake up early in the morning and will practice becoming soul conscious. They will make efforts to remember one father. Their aim is not to remember bodily beings but constantly to remember the Father and the cycle of 84 births. This is such wonderful fortune. In order to become a conqueror of sinful action, wake up at amrit vela and stay in remembrance. Practice to get detached from your body. Thae Father says: children. Make efforts to remain introvert constantly. Introvert means to get detached from body in a second: to go up (paramdham) in second and return too. With this practice, even a part of vicars will get finished. Sitting in solitude, now have such a practice that makes you to experience as if you are different from your body. This is called to end oneself being alive. Solitude means to have end of this body being in remembrance of only one:., means by sitting in solitude, have an experience that I, the soul is getting detached from the body and go to the Father. Not to remember anybody. Be detached having in sitting position. Due to this practice, body consciousness will get killed. You are supposed to be bodiless before returning to home. If your being in karmatit, stage, then there will be wars, old world will get destructed and new world will come. For this do intensive efforts.

Father says: children, apply a Tilak of combined form and the awareness of the Brahmin life to yourself at amrit vela. Stay in remembrance of the father just after waking up in the morning. No other one should be in mind at that time. Sweet children! If you want to become an angel of subtle Region resident then after your every bone in Godly service, become angels are in a form, and remembering the Father. Have a practice to forget your body, become bodiless and soul conscious, so that all your sorrows are removed. You will be

satopradhan and then your karmatit stage will be attained.

Father gives you the shrimat: Sweet children, go beyond the sound. Your sins will only be absolved when you become bodiless. So you have to make efforts to go beyond the sound day and night. Ask yourself whether you are doing such continuous practice? Remember: I am bodiless, I am bodiless. I have to remember the Father." Your welfare is in this thing only.

Wake up in the morning at 2 O'clock, 3 O'clock, 4 O'clock, take bath if you like otherwise stay in remembrance. On remembering the Father, burn your vices then only you will attain a Karmatit stage.

Children! Do what the Father says to you and this is the Shrimat. " I am a soul, I am a child of Shiv Baba, I am bodiless. I am beyond the sound. I, the soul have come here to play a role. For that imbibed this body, made a complete circle of Kalpa and now I will return to home. For returning home. I have to do practice for going beyond the sound and being bodiless.

The physical organs will deceive you if you are in body consciousness. You will incur any of the vices in a second. Do efforts to be a bead of Rosary of victory.

The Father says: children ! You are not supposed to spend time in useless matter. If any child does not obey His directive, Baba says that he is atheist. Baba says: "I am saying with weight age, I am also putting efforts and you also do this task. The aim is so high ." If you desire to go Par Nirvan, you definitely have to practice to go beyond. This is your real Van Prastha stage, due to which you will attain karmatit stage. To become Narayan from a man you ought to become Karmatit. Nothing else to remember. Do this lesson. At the end, moment

you leave your old body then being bodiless, you will return to the Father's home. You will recall that you have now completed the cycle of 84 births, now have to return home with the Father. This is the knowledge and Yoga.

Children! If you want your welfare then act according to Shrimat, be in pilgrimage of remembrance and become bodiless- then only you will attain higher.

12.3.9 Talk to yourself:

- (a) Sweet children, continue to talk to yourself as much as possible. You should stay awake at night and also think about this. You must not do this while lying down, but get up and sit down to do this. How such a tiny soul makes such a huge body function? I, the soul, have an imperishable part recorded in me. This old world is going to be burnt. Now we will leave the old body and will take the new one. Baba, we are coming soon in your true lap. That is the spiritual lap. Baba has already come. He comes in every Kalpa and teaches us Raj yoga. Baba has given us a lot of knowledge. It is the wonder of the Father, the bestowed of the happiness.
- (b) The Father gives the direction ---Children, wake up early in the morning and have a sweet conversation with yourself. You should think - To which family do we belong, what is our duty! If it remains in your intellect that we belong to the God's family, we are establishing our new kingdom, then the happiness will remain throughout the day. Always keep in mind that we have to take the inheritance from the Father. Father does not give you any other trouble. Only you have to remember the Father. Forget to everybody else, all are dead. Baba, now we will remember to you only. We will take the inheritance of the heaven from you.

12.3.10 Don't wander your intellect; Remember the Father, Home, and the Kingdom:

Baba gives the teaching --- Those who are sitting in the spiritual fire means in the pilgrimage of remembrance, need not think about this and that, they have to remember the only One, Father. If the intellect wanders here and there, then they will nod off or will do yawning. From this the atmosphere becomes very bad. They harm themselves. Baba's direction is - Remember Me alone. Wake up early in the morning and remember me only, the incorporeal one. Your never-ending chant should remain to continue. It is also said only for one: Salutation to Shiva. Shiva is bodiless. So, wake up early in the morning and remember sweet Father and sweet kingdom. In this time of destruction, you have to settle all the accounts by the remembrance of the Father. The intellect should remain in the home, Paramdham, along with the remembrance of the Father. Whatever aware nesses the Father has given you, by remembering those, you have to do your own benefit.

12.3.11 Do churning of knowledge and Repeat the points of knowledge:

The Father says--- The early morning time is good for the churning of knowledge because at that time the intellect is fresh. Therefore, wake up early in the morning and instill the habit of churning the knowledge. Those having the practice of churning of knowledge will become deserving according to the degree of churning. If not doing the churning of knowledge it means there is churning of rubbish devilish things. Hence my children! Learn churning of knowledge to make progress. At amrit vela, a very good dance of the churning of knowledge takes place. Whatever someone's business is that is what he remains occupied in. There can be very good churning in the morning. The children, who are fond of reading

murli and churning there by, are going to do service. You children, after waking up in the morning, should have churning in mind how to give God's introduction to the people. At that time you should churn about how to give people God's introduction?. You should note down the main points of murli and after this you should repeat those points. Only when you repeat the points and narrate them to others, you can claim the high status. To become a king is not like going to your aunt's house. Hence my children! Whatever knowledge the father has given, go on churning it. Have a habit of keeping your intellect busy in churning of knowledge. Do the business of imperishable jewels of knowledge at amrit vela. Wake up early in the morning and churn the knowledge to finish the waste thoughts. You should remain in the pilgrimage of remembrance. Our spiritual Father is teaching us! This world of sorrow has to transform!... Your churning of knowledge should remain constant in your intellect like this.

12.3.12 Write the Speech and practice to explain:

Children have to churn the knowledge, only then the points will come out. If you want to give the speech, then you should write it in the early morning. After that you should read it. And then you should add the points which are being forgotten. In this way you will imbibe the knowledge better and the intellect will remain busy. By doing the churning of knowledge, you will become free from all worries. You will remain always happy. You should also do the practice to explain the knowledge after waking up early in the morning.

12.3.13 Give the happiness to the world:

Sweet children, wake up early in the morning, be bodiless and sit in the remembrance of the Father. This is the way to give the donation of the peace to the world. The way to donate happiness is to spin the discus of self-realization.

12.3.14 Do race of remembrance with each other, keep the chart:

- (a) In order to make progress, you children should wake up early in the morning and go for a walk in remembrance of the Father. Talk amongst yourselves about who remembers Baba the most. Then, share with others how much did you remember Baba and where did your intellect go for the rest of the time? This is called making progress taking care of one another. Note down how long did you remember the Father? Baba tells you that Sunday is the holiday. So, sit for two to three hours early in the morning. Make up your income for the whole day. Fill your apron completely. You get the time, isn't it?
- (b) Children, ask from your heart: Do we remember the Father? The Father explains this aspect to the children every day: Before going to sleep check your chart internally to see for how long do you remember the Father? You should send your chart to Baba --- I wake up at this time, and remember so much. The children who are careless, they say-we are the children of Shiv Baba. We always remain in the remembrance. But Baba says all of that is a lie. It is carelessness. You have to make effort for this remembrance. Wake up early in the morning, consider yourself as soul and sit in remembrance. Have a heart to heart conversation. You should sit in solitude being introvert.

12.3.15 Who comes late can go fast, how?

Baba says that the children, who come later, can also go very far ahead. The children who come later will be engaged in yoga throughout the day-morning, evening, day and night every time and remain very intoxicated. The Father does not place any difficulty on the heads of children. He simply says

that wake up early in the morning and remember me for an hour or half an hour and spin the discus of self-realization.

12.3.16 Don't get tired:

The Father gives the teaching-Children your name will become famous after some time. Then a number of people will come here. It takes time to cut away the sins. If someone does the effort day and night, only then it is possible. The soul will become pure and then will leave this body too. But there are so many children who do not wake up early in the morning. That is why they do not imbibe the knowledge. If you instill the habit of waking up early, then you see how serviceable you are.

12.4 Methods to have Spiritual conversation with the Father:

- a) Baba gives the advice on how to talk with Baba at amrit vela. "Baba, you are the Father, Teacher, and Sat guru of the unlimited. You can only tell us the history-geography of the unlimited world."
- b) Baba shares his experience too that how he talks to Baba. "Baba, how wonderful this drama is! How you come and purify everyone! How do you transform the whole world! It is a very big wonder!" These types of thoughts which come to Baba should also come to the children that how the boats of the people can go across.
- c) Wake up early in the morning and have a sweet conversation with Baba --- Baba, I have now found you again after 5000 years. You come and liberate us from sufferings. Baba, you have worked wonders. You give us the sovereignty of heaven for 21 births. Baba, you are so sweet! You make us into the king of kings, the master of heaven. We will definitely follow your shrimat. We will not follow devilish directions. We will

surrender ourselves to you. Sweet Baba, I am ready to help you. I will become pure and definitely make Bharat pure. I will definitely follow your teachings. I will not perform any sinful actions. Baba, it is the wonder of you. I never even dreamt that I would become a master of the world. Look what you are making me from what I was!

- d) Wake up early in the morning and remembers the Father with great love --- "Baba, you are very beloved. How wonderful drama is this! Baba, we promise you that we will definitely take the inheritance from you. Baba, you are so sweet! Our sins will be absolved by your remembrance. Now we will definitely become satopradhan from tamopradhan, only then we can receive the kingdom of sat yug. Baba, we will remember you constantly. Baba, when we cook food, goes to walk, and then also we will stay in your remembrance. We have to become satopradhan. Who knows that tomorrow we may leave this body, and whether we will become satopradhan or not, there is a fear of death! Baba, we definitely take the inheritance from you being alive." If you make such promises, then your sins will be absolved.

Om Shanti
