

## **Madhuban Newsletter - July 2013**

### **Letter of remembrance to the instrument teachers and all brothers and sisters, the decoration of the Brahmin clan from Dadi Janki**

BapDada's deeply loving instrument teachers of the beloved Mother and Father, who constantly imbibe the qualifications according to the aim, the ones who attain the birthright of the wealth of divine virtues, Godly happiness and powers in your Brahmin life and who maintain spiritual intoxication, all the lucky and lovely brothers and sisters from this land and abroad, who are the decoration of the Brahmin clan, please accept Godly sweet love-filled remembrance from your home, Madhuban.

After the pilgrimage of six weeks abroad, I comfortably reached our lovely home of Madhuban. This time, I had the opportunity of meeting Baba's new and old children in London, Canada, America - Peace Village and Dubai. Everywhere, Baba's children are staying in zeal and enthusiasm and as well as doing tireless service to reveal Baba; they are also racing ahead quickly in their intense efforts. June is the month of our sweet Mama. Just see how Mama became Saraswati, goddess of knowledge and then, by imbibing all qualifications, how she became Shri Lakshmi. Baba just had to say something and Mama would do it. She always paid attention to doing everything as per Baba's orders. With the great mantra of seeing every moment as the final moment, Mama became number one. When we remember Mama's life story, Mama's sweet smiling face, her character and her image of maturity and sincerity instantly comes in front of me. Yesterday, sweet Baba reminded us of our aim and gave us the signal to imbibe qualifications according to our aim. Baba says: Children, instead of making effort, become an embodiment of the birthright of your Brahmin birth. We now know what we had to know, we have attained that which we wanted to attain. Now is not the time to be caught up in trivial problems or being afraid of anything. Now it is time for us to become master creators and remove souls from their problems. Tell me, my sweet brothers and sisters, while doing this type of service, you are constantly hearing the subtle sound "Wah my fortune! and wah the Bestower of Fortune!" in your mind and constantly dancing with that zeal and enthusiasm, are you not?

This time, in Pandava Bhavan too, very good silence bhatthis are taking place. Now, in Shantivan, the service of the yoga-camps has just finished and there will now be group-wise bhatthis, honouring ceremonies etc. Wing programmes are taking place in Gyan Sarovar. Now, during the monsoon season, all of you must be having very good tapasya at your own places. Baba says: Children, now let your sanskars of a bestower emerge. Give everyone love and respect and keep them ahead of yourselves. For this, even the slightest nature of body consciousness is dangerous. Therefore, you will only become free only when you let go. If you hold onto anything, you will remain trapped in that. If there is the slightest rubbish in your mind, if there is any dependency on any type of nature or sanskars, remove that and become clean internally and externally. While having relationships and connections with one another, move along with that recognition of one another. It also requires wisdom, patience and spirituality to move along in harmony with one another.

Our sweet Baba is such a powerful mirror in front of us that we are able to change as soon as we look into it. The main thing is the natures we have created in ourselves in the past. In order to change those, we need to have that deep inner love for only then will transformation take place. So, a bhatthi means transformation. Now, bring about such transformation that no karmic bondages remain, no karmic accounts remain and there is no worry. Each one should claim from Baba the blessing of remaining carefree and to be unshakeable on the fixed destiny. Each one should have an easy nature, be an easy yogi, not be dependent on anyone or make anyone dependent on you. Each one definitely has to become such an example. Achcha.

Lots of love and remembrance to all.

**In Godly service,**

**BK Janki**

## **Avyakt Signals - July 2013**

### **Experience the bodiless stage.**

1. Just as it is essential to know the Father in all His forms and in all relationships, in the same way, it is also essential to know the self through the Father. To know means to accept. If you move along while considering yourself to be as you are and how you are, you then create a stage where you are able to remain bodiless while in the body, be avyakt while in the avyakt (physical body), be an angel while walking and moving around and karmateet while performing actions.

2. Just as bodiless BapDada has to take support of the body in order to make you children bodiless, in the same way, all of you, while in this life and in those bodies have to be stable in the stage of the bodiless soul, in soul consciousness and as karavanhar (one who gets things done) enable that body to perform actions. That body is karanhar (one who does) and you are the bodiless karavanhar. This stage is known as the bodiless stage. This is known as following the Father. The stage of following the Father is to constantly be bodiless, beyond the awareness of the body and to be incorporeal.

3. Be Arjuna (the one who takes the initiative) in becoming bodiless. The speciality of Arjuna is: Constantly be the embodiment of the point-form and become victorious. Those who are the destroyers of attachment and embodiments of remembrance are Arjuna. Arjuna is the one who constantly listens to the knowledge of the Gita and churns that. Everyone has to become bodiless in this way and die alive. Those who have such an unlimited attitude of disinterest are Arjuna.

4. In order to be close and equal to the Father, practise being bodiless while in the body. Just as you saw sakar Father Brahma being an example of the karmateet stage, similarly follow the father. While you have that body, while you are playing your part through your physical senses on the field of action, take the support of the physical senses to perform actions and then become detached.

5. In order to detach yourself from the bondages of the body, consider yourself to be an incarnation. Take the support of the body with the awareness that you are an incarnation and then perform actions. Do not become tied in the bondage of karma. Experience the bodiless stage while in the body. According to the drama, you have become instruments for different types of service, but this is not the reward, it is the lift to move forward. The reward of receiving blessings from everyone is the stage of liberation-in-life in which there are no bondages.

6. Whatever circumstances come, or are to come, require a lot of practice of the bodiless stage. Therefore, put aside everything else and even stop thinking, "Perhaps this will happen, perhaps that will happen, what will happen?" Now increase the practice of the bodiless stage. No circumstances or any type of upheaval can influence children who have a bodiless stage.

7. In the final moments, the five elements of nature will try to shake you very well, but souls who have the practice of the bodiless stage will pass with honours by being unshakeable and immovable such that all the situations will pass by and they will give the proof of your passing with honours, the same as Father Brahma.

8. You may think of and create whatever plans for service you want, but do not do this with the wonder of what is going to happen, but do this while being bodiless and a detached observer. Think of something, create a plan and then create a plain stage instantly. There is now a need for that stage. With the bodiless stage, you can very easily overcome all adverse situations, just as clouds come and go. Someone who is bodiless simply watches the game while being unshakeable and immovable.

9. Father Brahma became avyakt and karmateet with the bodiless stage, and you are worthy of special sustenance from avaykt Brahma. Therefore, give the return of that avyakt sustenance by becoming bodiless.

Keep a balance between your service and your stage.

10. Throughout the day, even when you have one minute, practise becoming bodiless again and again. Take out even two to four seconds and you will receive a lot of help through this. Otherwise, your intellect will continue to work throughout the day and then it will take time to become bodiless. If you have this practice, you will become bodiless whenever you want because at the end, everything will come suddenly. The practice of being bodiless will be very essential in the paper of "suddenly".

11. To the extent that you are busy, it is just as essential for you to practise being bodiless every now and again. Then the tiredness that you have in service or the upheaval with one another will not take place. If you have the practice of becoming detached in a second, then, when anything happens, because of that practice you will be able to go beyond whatever has happened in a second. As soon as you think about it, it happens. You will not have to battle.

12. If you do not have the practice of becoming bodiless in a second, then the final moments will be spent in battling and, whatever you are weak in - whether it is your nature, in coming into relationship with others, in your thought-power, attitude, being influenced by the atmosphere - whatever you are weak in, Maya will purposely test you in that particular thing in the last paper. Therefore, the practice of being bodiless is very essential. In whatever form Maya comes, you will definitely understand it. If you become bodiless in a second, you will then not be influenced by Maya. It will be like a dead person who is not influenced by anything.

13. 'Bodiless' means to be detached from the body. Nature, sanskars and weaknesses are all connected with the body and once you are detached from the body, you are beyond all those things. Therefore, this drill will help you a lot and, for this, you need controlling power.

14. There is upheaval everywhere. The upheaval of people and nature is going to increase. At such a time, the means of safety is to make yourself bodiless, beyond the body and soul conscious in a second. So, try this out every now and again and you can stabilize your mind and intellect wherever you want. This is known as spiritual endeavour.

15. The way to become bodiless is to become a point. The method for all of you to become bodiless or karmateet is to become a point and this is why BapDada says: While celebrating a meeting with BapDada at amrit vela, while having a heart-to-heart conversation, when you come into action, first of all apply a tilak of the three dots on your forehead and then check that that tilak is not wiped off due to any reason. The tilak should remain imperishable such that it cannot be wiped off.

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