

1. Sweet Children, to make your sanskaras completely pure, forget your body and forget all bodily relationships; have faith in yourself as a soul. Practice this: "I am a soul, my relationship with others is brotherhood."
2. The comforter of your heart is only the one Father, therefore tell the inner matters of your heart only to the Father, not to any bodily person. Have true and honest love with only the one Father.
3. Sweet Children, in order to become satopradhan (completely pure) like the Djinn (genie), go continuously up and down the ladder of remembrance. Do not get tired while traveling on this pilgrimage of remembrance.
4. Practice not to look at the world while you are seeing it. Let the intellect remain aware that nothing of the old world is useful for me. Shrimat, God's directions, for you are: "Children, erase your attachment with these things. Have no desires of this polluted world."
5. To preserve yourself from the deception of Maya, finish off all varieties of your desires. Become ignorant of all desire. Do not wish for anything. Finish off needing to be especially well-dressed and to eat extra good food.
6. The best character trait of all is purity. Therefore give full proof of your purity. For your progress make a promise of purity for the rest of this, your last life.
7. To fulfill the implications of relationships and obligations of the material world, conduct yourself tactfully and with strategy. Maintaining the practice of the brotherly eye, finish off the viceful eye.
8. Sweet Children, always be truthful with the true Father. Do not hide anything that has happened in this life from the Father. Be clean and straight inside and out.
9. To make the soul satopradhan, perform each action as a Karma Yogi. Through the day make the effort to remain in Baba's remembrance for at least eight hours. While working to maintain the physical body, connect the yoga of the intellect with the Father. Let the hand be at the task and the heart be with the Father.
10. Children, do not get enmeshed in the name or form of any bodily person. This is a very severe illness. This is the anesthetic net of Maya the Rat. Never get caught in that web.
11. Children, when you come into body consciousness the other vices come along with that. Fighting, quarreling and bossiness are all aspects of body consciousness. You are given this pure direction: Be soul conscious.
12. Do not blame Maya, become subtle enough to recognize your own weaknesses and remove them. Make sure the light intoxication of lust is not present within you. Lust is your great enemy and by conquering it, you will become the conqueror of the world.
13. Sweet Children, be clean and straight with Baba internally and externally. It is said that the Lord is pleased with a clean heart. Make sure that you have true spiritual love with the Divine Family also. Do not create a new karmic account with anyone. Your purpose is to settle all old accounts.

14. This Godly life is invaluable and worth diamonds. In this life you are to make both body and soul pure. Therefore, you must never cause harm to your body. Take care of it but have no attachment with it.
15. Sweet Children, at the time of taking food, do not get into conversation unnecessarily. Always take your food in the remembrance of the Father, having given drishti to it. They say, "As is your food, so is your mind." Therefore, be very particular in following all the rules and restrictions of diet.
16. While you are taking a walk, race with one another in remaining in the silent remembrance of the Father. Internally churn the ocean of knowledge and you will never feel tired.
17. Sweet Children, by the power of yoga pacify and cool the organs of sense. Be very careful never to let any type of negative karma occur through these sense organs. Do benefit for yourself and for others.
18. To make the soul satopradhan, maintain a chart or journal of your remembrance. As much as the habit of remembrance increases, so much will the negative karma be destroyed.
19. Sweet Children, become internalized and remain in spiritual royalty. Do not become extroverted. Maintain very royal thinking. Do not allow the intellect to dwell in the waste matters of the old world.
20. Become truly devoted to the Supreme Father, Supreme Partner. Join yourself in all relationships with the one Father. The Father is the concentrated sweetness of all relationships, therefore, take the essence from each relationship. Depend entirely on the one Father. Destroy the sanskaras of being independent of Him.
21. Sweet Children, develop the habit of rising early in the morning. Rise at Amrit Vela (4:00 a.m.) and with great love sit in remembrance of the Father. Enjoy sweet conversation with Baba. When you enter automatically into His remembrance in the early morning, the soul will become pure.
22. Children, let your eyes not fall upon anyone's body. Recognize yourself as a soul, and talk with others as souls. Become soul conscious. Do not keep photographs of bodily people with you.
23. Sweet Children, to make your eyes civil (civilized) look at others with a spiritual eye. While seeing the body do not look at it. Think, "I am a soul and I am speaking with another soul, my spiritual brother." Make this practice very firm.
24. Do not write private, personal letters to each others. Through this you create special involvement with each other, and then there is an accumulation of inverted karma, which leads you in a downhill direction contrary to where you want to go.
25. Sweet Children, do not watch suggestive films, because it is the way to hell. The intellect is over-shadowed by that atmosphere, and it constitutes an obstacle in your purity.
26. To look upon another with the evil or lustful eye is a very serious sin. So make an inventory of the whole day and ensure that no such sin occurs.

27. Sweet Children, develop a liking for solitude. When you go for walks and tours, sit in solitude and be in the remembrance of the beloved, spinning the Cycle of Self-Realization. As much as possible practice to be bodiless.
28. Children, now you are in retirement. You must go beyond sound to the world of Nirvana. Set aside your body and bodily relations and be in the remembrance of the one Father. No matter how beloved a relative is, do not get caught in attachment. This is the compassion to yourself and others.
29. Sweet Children, become Arjuna, the one who conquer sleep. Praise the Father from the depths of your heart. Before sleeping at night, sit in remembrance and spinning the Cycle of Self-realization. You will have good dreams and automatically wake up early.
30. To become satopradhan, remember Shiva Baba, but it is necessary to follow Brahma Baba. As Brahma Baba makes accurate spiritual efforts and maintains his intoxication, so must you do likewise. Stay in Godly intoxication.
31. Sweet Children, always speak sweet words. Listen to and speak of the jewels of knowledge. Never use harsh words, or throw stones from your lips.
32. Unobtrusively contemplating the knowledge, remain always internally happy. To become worship worthy as a deity, inculcate divine virtues.
33. Do not waste your valuable time gossiping and discussing waste matters. Aisde from being a waste of time, this causes a bad atmosphere. Seeing anyone doing wrong, tell Baba, do not talk about it here and there.
34. Children, develop a stage of equilibrium. Be equal whether you are defamed or praised, respected or insulted, in happiness or in sorrow, in heat or in cold.
35. Sweet Children, always remember this slogan: "Thinking about other people is falling into the abyss. Whereas to think about the soul is the ladder of progress." Therefore, renounce thinking other people and get on with thinking about your own soul.
36. Children, hear no evil, see no evil, talk no evil. Whatever you hear that is not for your ears, let it go unheard. Stop spoiling your stage of consciousness.
37. Sweet Children, never utter the words of sorrow: "Oh Baba or Oh God." Always appreciate Baba, appreciate drama, singing songs of appreciation, stay happy. Stop moaning.
38. Children, do not defame anyone. If anyone defames you, consider that person your friend. Remember the saying, "Whoever defames me is really my friend."
39. Sweet Children, maintain regard for everyone. Learn the correct ways to address one another. Be considerate when you are addressing others. It is your duty to be respectful, regardless of whether someone is your senior, junior or your equal.
40. You Children can not be hostile to anyone. Your greatest enemy is Ravan (evil) which you must conquer. No human being can be considered as your enemy.
41. Sweet Children, the sapling of the sweetest tree is being planted now, therefore you must be very sweet. Be as sweet as the Deities.
42. Children, become Soul Conscious on this unlimited theater and perform a heroic role.

Do not be jealous of anyone else's part, but race ahead with your own.

43. Knowing everyone's part is as it must be, be ever free from concern. Do not worry about anything. Be very firm in your awareness of Drama. Remember always that everything is predestined, predetermined, and in the process of being created.
44. Sweet Children, now that you belong to the Father, no matter what the circumstances are, you may not become angry. Anger is a very reprehensible evil spirit which causes harm. You must attain victory over it.
45. Sweet Children, do not try to hurt anyone's feelings. Conduct your affairs with great royalty. You are the royal children of the Royal Father, therefore, your eating and drinking, way of life, speaking and behaviour must all be royal.
46. Do not give anyone any sorrow through your mind, words or actions. Do not take the form of an obstacle in this sacrificial fire of knowledge.
47. You children must be very particular about the company you keep. Try to be with good students. If anyone discusses inappropriate things rather than gyan and yoga, or gossips rather than speaking jewels, or defames anyone, then stay away from them.
48. You Children are Roop and Basant, the form and the essence. Let there be always jewels emerging from your mouth, not stones or pebbles.
49. Both the Father and Grandfather are filled with humility, have no arrogance, and live simply. They say: "I am the obedient servant of you children", so also must you children be humble. Take no personal service from anyone.
50. Sweet Children, live together as milk and honey, very sweetly. Do not be sour with each other.
51. Never trust hearsay matters. If someone says something wrong, let it in one ear and out the other. Do not allow your intellect to be influenced by your own self-will (manmat), or the ideas of other people.
52. Never hold on to the desire to take revenge on anyone. Instead, show your own personal transformations.
53. Sweet Children, at each step take advice from the Spiritual Surgeon. Whatever is your inner most disease, speak about it truthfully with the Father. If any mistake occurs, go and take His forgiveness straight away. Promise not to do it again.
54. You children are to become fragrant Spiritual Flowers. Remove any internal thorns of negative characteristics. Do not prick anyone.
55. To become a deity from an ordinary person, make your eating, and drinking pure, and become a true Vaishnav (vegetarian). Eat pure vegetarian food. No meat, fish, fowl, garlic, onion, eggs, alcohol, cigarettes, drugs. Eat food prepared and offered to Baba by yourself or another pure Brahman.
56. Whatever the Benefactor Father tells you, recognize it is beneficial for you and accept it. Do not doubt anything. Never become confused.
57. Sweet Children, the present time is very delicate, therefore, do not do any wrong karma. Bear in mind the deep consequences of pure, neutral and impure karma, and

always perform elevated karma.

58. To take the status of a King, make sure your way of life and behaviour is right. Make what you say match with what you do.
59. Sweet Children, always take qualities from everyone and learn to develop virtues in yourself. Chew on the pearls that are everyone's good qualities, do not mull over the stones of their negative traits, because you are true holy swans.
60. Give full attention to this study and to the development of divine virtues. Do not talk to anyone angrily or sharply. If there is anyone possessed by the evil spirit of anger, do not face them. Be careful lest that evil spirit enters you also.
61. Sweet Children, talking too much unnecessarily depletes you of your energy. Therefore, do not spend too much time in talk. As far as possible remain silent. Speak less and speak quietly. There is a great income in remaining silent.
62. Children, do not get loud, raucously, laughing and romping. To laugh loudly and strongly is also a vice. Therefore, always be smiling like a deity.
63. Sweet Children, never become depressed. To be depressed means to become the servant of Maya. When depression comes, listen to very good gyan-filled songs and you will feel refreshed.
64. **Do not have hatred or animosity for anyone. Do not scorn anyone. Give everyone Baba's introduction,** this is the greatest love.
65. Sweet Children, stealing, lying, twisting and concealing the truth are all bad habits. They occur due to body consciousness. Erase all these bad habits.
66. When you are talking to people, only talk about meaningful things of one God, do not talk of insignificant things. To talk about other people's business to another person or think about others are all insidiously fraudulent.
67. Sweet Children, make your nature easy-going like the Father. Don't be conceited and haughty. Make your intellect very deep and knowledgeable, but do not have arrogance of the intellect. Do not get into the personality conflicts.
68. You are the royal children of the Royal Father. Your eyes should not sink into anyone with expectations. Do not spread open your hands in front of anyone. It is better to die than to beg.
69. Sweet Children, have total faith in every scene of drama and remain carefree. If anyone leaves the body, do not shed tears of sorrow, you know that the soul sheds one body and goes to play another part. Therefore, there is nothing to cry about.
70. You children must be doubly non-violent. Neither use the sword of lust, nor give sorrow to anyone under the influence of anger. To get angry is also violence.
71. Sweet Children, renounce all limited intoxication and maintain only the intoxication of becoming Narayan, because the damage is caused by all types of intoxication except for that of becoming Narayan.
72. Children, you have to caution one another and progress. You must not perform any actions that is against the law. Constantly remain humble.

73. Sweet Children, stop worrying about others and make efforts to attain high status for yourself. Do not let your head get disturbed by listening to the wasteful things of others. Make full efforts to become karmateet.
74. Children, you must not allow yourself to be disturbed, nor must you disturb others. You must not spoil the hearts of one another.
75. Don't suppress the Godly conscience under the influence of any situation, under the influence of the dictates of the minds of others, or under the influences of bad company. Do not commit suicide. It is the greatest sin.
76. Constantly remain cheerful by remembering your elevated stage and your praise. Be the master ocean of all virtues like Baba.
77. Sweet Children, with the fragrance of gyan and yoga chase away the evil spirits and become worthy. Don't come under the influence of any evil spirit. Don't take back the evil spirits you have donated or you will be cursed.
78. You are the angels of the land of angels. You must dance the dance of knowledge. You must not bring anyone impure here. (to Madhuban)
79. Sweet Children, don't ignore other people's feelings. It is not the task of you children, who are the benefactors, to break anyone's feelings of devotion and give them wrong directions.
80. Don't be like a touch-me-not plant, that is don't wilt due to small matters or lose hope. Always remain conscious with the life-giving herb of Manmanabhav.
81. Sweet Children, study is the source of income. During one birth, you children must accumulate the income for twenty-one births. Therefore pay full attention to the study.
82. Never sulk with one another or Baba and stop studying. Don't ever be upset with anyone. Always remember this slogan: "Whatever actions others see me perform, they will do the same. If I am carefree in study, others will also become careless."
83. Sweet Children, always remain in the study. Don't ever be lazy and make excuses. Come rushing from six to eight miles away to study because there is a great deal of income in this. Laziness is a great vice. It is a great obstacle to your income.
84. Children, in order to constantly remain refreshed, bathe in the knowledge at least twice a day. You must never miss a murli.
85. Sweet Children, listen to the murli in the stage of soul consciousness. Dance the dance of knowledge while listening to the murli. Pay attention so that the intellect does not wander here and there. Don't yawn in class.
86. The early morning hours are the best for studying. However, if because of a desperate situation you are not able to come to class, come in the evenings and listen to the murli.
87. Make your character divine. Imbibe divine virtues and bring benefit to everyone. Give happiness to everyone.
88. In order to become satopradhan, link the intellect with one Baba. Don't allow the intellect to wander.