

Om Shanti

**Priceless
Knowledge Jewels**
(Gyan Ratna)

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Priceless Knowledge Jewels (Gyan Ratna)

Ability

Ability; is a speciality in the form of aptitude, capability, capacity, skill, power, cleverness and virtue. Each day put into action some of your vast array of qualities and actively contribute your abilities to the World around you. Discover your amazing breadth and depth as a person. Recognize the variety of qualities that are within you, right now. Acknowledge the valuable abilities that are intrinsic (belonging naturally, essential) to your uniqueness. In the `World Drama`, `Time Cycle` (it doesn't have a start or an end, it just goes on and on), the part and features of one individual can not be the same as another's, it is separate and unique. Understand, that is the wonder of all the wonders.

Acceptance

To accept is to recognize and receive as true (with pure, positive response and feeling). Accept yourself first (being unique spirit, soul, *atma*). Secondly, recognize and accept your Godly Father (Shiv Baba, Supreme Spiritual Father of all Souls) and also accept your spiritual relations with other souls (spiritual brothers/ *atma-atma bhai bhai*). Accept your role as a human being in the `World Drama`, `Time Cycle` (*Shrishti Chakra, Kalp Chakra*). Accept your relations with the Nature (Matter Elements) through which, in body form, you are playing different roles (either Male or Female, different positions, social and inter-personal relations). Realize that more your awareness and acceptance to positivity, more will be your happiness.

Act or React

Always choose to act and do not react. To act is positive (since your actions are based on soul consciousness) and to react is mostly negative (since your reactions are because of your past negative *sanskar*). To act means do something, work, perform, proceed and take action in the righteous way. To react means respond, reply, counter act and act in response normally with certain perceptions. In situations where you must react, remember to apply water while there is fire. Remain in your positive, firm and stable state while performing your actions, or responding to others, or circumstances you face. First visualize the result of your actions or reactions and, if positive, then only implement it. In dance, action and reaction is positive.

Adaptable

Adaptability (flexibility or adjustability), power to change easily to suit new (unknown) conditions, relations and situations, is beautiful virtue by which you will become favourite of all souls and comfortable with everything, everyone and everywhere. Adaptability is not only with the souls with whom you come in contact, but also with the nature elements and seasons. Just as Brahma Baba adopted different forms according to the situations and people he came across with, so too, you have to be one who is adaptable enough to adopt different forms. *Shiv Baba kahate hai ki sada ap ki yog-ukt sthiti aur ukti-ukta chalan honi chahiye*. Be truly adaptable and sit on the God's heart throne in this auspicious confluence age.

Alter or Avoid

To alter is to change (become flexible). You must alter/ modify/ change your way of living, through your thoughts-words-deeds, if you want to succeed. To avoid is to keep/ stay away from the negativity of the souls, places and surroundings. Become knowledgeable of the consequences (results of the influences of the negativity), and either you must alter or avoid your relations with others/ such negativity. Now, don't create new karmic accounts, else it will be very painful (hurting). Use these virtues effectively, accurately and you will experience stress free relations. Life in golden age (*Satyug*) is ever loveful and ever happy. Constantly emerge this scene.

Ancestor Soul

Ancestor souls are those who decent at the beginning of the 'Time Cycle' (in Golden Age). They are the deity souls and are praised for their virtues (*16 kala sampurn, sampurn nirvikari, sarve gun sampann, maryada purushottam aur ahinsa parmohdharma*). It is important to consider and accept yourself as an ancestor soul (*purvaj aur pujya atma*). You will realize the importance of your influence on the whole 'Soul Tree' (*Kalpa Vruksha*) and feel that every single soul is a member of your family. Then, your behaviour with other spiritual souls will be very loving, caring, sharing, inspiring and strong. You will experience deep subtle respect whenever you come in contact or in connection with other souls.

Angelic Stage

Angelic stage of souls, is the stage of being complete and perfect (*farishta yane sampanna aur sampurn sthiti*) beyond the influence of matter elements and illusions (different forms of *Maya*). Baba says, without becoming an angel, you can not become deity. So practice, being in the awareness-'I am an angel (in the carb of light body)' as often as you can during the day. Detach yourself from physical matters and worldly thoughts. Position or visualize with your mind and intellect, being in the subtle form (body of light) for few minutes and spread peace vibrations to the souls. Sometime you must experience, being a cupid angel or a lady angel or a warrior angel or a guardian angel.

Anger

Anger is the expression of discontentment. When we don't get what we want or when people don't do what we expect them to do, we experience discontentment. When there is discontentment, when our desires aren't fulfilled we experience anger (*krodh*). Then trying to do away with anger without knowing the actual reason, doesn't work. So, we need to first check and also realize what is the true reason for our anger. If it is some expectation of ours, we will be able to work at overcoming it. When we get rid of discontentment, we will get rid of anger. Play your roles without expectations and you will be free from anger/ discontentment.

Arrogance or Ego

Arrogance or ego is unnecessary and false great pride or feeling of self-importance or superiority (*abhiman, magruri, ghamend*). Awareness of soul consciousness is a freedom from arrogance or ego or false image. In doing God's service, you should not have the slightest arrogance or ego and anger. These subtle vices become very big obstacles in the collective service. Then, illusion (*Maya*) enters and makes some children have doubts in their intellects. Shiv Baba said; speciality of souls is the God's gift for which you should not have royal subtle arrogance, thus direct children to check and finish these vices forever through intense efforts during dawn (*Amritvela*).

Assertive

Be assertive, that is be confident and be positive, in your attitude (*Vritti aur Kriti*). Neither say 'I am Everything' nor say 'I am Nothing'. Instead say 'I am what I am' and continue to love yourself. That is to emerge or have strong and positive loveful feeling of the soul consciousness. One, who remain in constant awareness of the Self and that of beloved Shiv Baba is truly assertive. So, remain assertive or positive and your self-confidence will increase for making intense efforts towards self development or purification from the vices. You will automatically gain power from the Supreme Father.

Avyakt Angel

An *avyakt* (subtle, non-physical, body of light) stage is created and experienced when there is not even a subtle attraction to the corporeal. Clean intellect and pure feelings of being soul in the soul consciousness works as a lift for experiencing an *avyakt* angelic flyer and a server of God. An angel is always with gifts and without burden. Shiv Baba said true angel is one who remembers the Supreme Father only, and doesn't remember other souls even for a second. Now, check yourself and change your attitude immediately and permanently. *Avyakt* angel is a messenger of God. *Avyakt* angel has no relations with any souls or with nature elements or even with past lives or past *sanskar*.

Awareness of Fortune

The awareness of the fortune means realization of the importance of the auspicious confluence age (*sangam yug*) and the relations of souls with the Supreme Soul (relation as child and father). Remain in the awareness of your fortune at this time. There is nothing unattainable in the treasure store of *Brahmins* (adopted children of Father Brahma). Remain combined with the Father, Shiv Baba and you will realize that everything is already within. Constant awareness of the fortune will make your mind and intellect strong, and you will experience constant intoxication. Fortune is the inheritance of the golden age from God Father.

Baba is Doer

(Karan-karavanhar)

Baba (Supreme Father, Shiv Baba) is doer, go-getter (*karan- karavanhar*) and he gets everything done through me. This awareness is safety to keep the self untouched from subtle illusions (*Maya*). Always be thankful to Baba for the service coming in your way, of the *yagya* or of other souls or of the nature elements. At the confluence age, Baba provides me an opportunity to serve the World with him and guides me accurately for accumulating my merits (*punya*) treasures. There will not be heavy feelings/ burden in service if you remember that through you Baba gets things done and it is his responsibility.

Begin a Step

To begin a step means start on, set in motion, initiate, commence activity and tread on. To make a beginning is courage and positive mind set leads to successful results. Long journey will be completed with just a single step at a time in that direction. Almighty Baba promises that, my dear fondly child show courage, then Father will give thousand fold help (*Ek kadam ap ka aur hazar kadam bap ke sahayog ke, yeh bap ka vayda hai aur rahega*). Remember, make courage your companion and you will continue to succeed in everything that you do. Your spiritual mind frame and efforts in the spiritual attainments would be treated as a step in the right direction. Do realize that your initiative and attainments could become inspiration for others to follow.

Bodiless, Egoless and Viceless (*Nirakari, Nirvikari and Nirahankari*)

Always remember, the last keywords of Brahma Baba- (*Nirakari, Nirvikari and Nirahankari*) that is, being bodiless or incorporeal in your thoughts, being egoless in your words and being viceless in your actions or deeds. Practice these teachings (*mantra*) and you will automatically reach the state of being complete and perfect (*Sampurn aur sampann sthiti*). Brahma Baba attained the complete stage and number one status by obeying and abiding himself with the elevated directions (*shrimat*) received from Shiv Baba. Also remember your promise made to Father- that 'I will become like Brahma Baba (*Bap saman banunga*)'.

Careful and Cheerful

Careful means attentive, alert, cautious and vigilant towards himself. Cheerful means jolly, happy, smiling and joyful. Cheerfulness is the brilliance of being/ soul (stage close to perfection/ completeness). To remain easy, light and cheerful while performing any actions, be alert, careful and attentive at every stage. Before undertaking any task, remember beloved Shiv Baba (Supreme Father) for receiving His inspirations and powers, and then you will experience success without obstacles. One, who is pure and real heart, focused, attentive and careful in doing things, can only be cheerful and happy. Shiv Baba said; always remain cheerful and do not allow your moods to change because the Father has taken all your worries and tensions.

Caution Mind

Sometimes the state of the mind fluctuates and only later do you catch hold of it. To allow this to become a habit is a stain on the soul. Caution or warn your mind and intellect soon you realize or observe the wandering. Sit in the seat of power (that is soul in soul consciousness state) and order the mind to obey your directions, thus a positive and most favourable change will be observed. Make proper efforts and learn through experiments. This will automatically reduce the waste thoughts and thus save time and energy.

Churn Knowledge

Learn to churn ingredients of knowledge (points) after listening to the Supreme Father's elevated versions (*daily Murlis*). The nourishment you get from churning this knowledge will give you lot of powers and intoxication. Remembrance of the Supreme Father, Shiv Baba will be automatic and without efforts or hard work. Once you churn and imbibe knowledge within, you will find no difficulty in donating it to others. You will become 'master knowledgeable'. Shiv Baba directs us to churn the Ocean of Knowledge and remove human beings from the quicksand (sinful world). Awaken those who are sleeping in the sleep of *Kumbhakarn* (ignorance of knowledge of the Self and that of Drama).

Company and Companion

In today's world two things have become very valuable for individuals: one is the Company and other is the Companion. They strive for good and stable company, and the best and faithful companion (partner). Shiv Baba, the Supreme Father said; God's company (association) with different relationships is the best company to work with in the auspicious confluence age. He offers to make Him your true and faithful companion who will never deceive, insult or divorce you. Only once in the entire "Time Cycle" this golden opportunity is available to the spiritual children. Many *Brahma Kumar* and *Kumaris* have already established this lovely bond with Supreme Father. How about you ? It is now or never.

Compassionate

Compassion is a pure and loveful feeling in the form of sympathy, pity, kindness and mercy for others. A compassionate person develops an eye for spotting the qualities that make each person special. Even when others are at their lowest ebb, it is possible to help them restore their self-belief by keeping a firm, clear vision of their goodness and specialities. Taking a gently encouraging approach, I must never give up on anyone. It is a charity towards human souls. Supreme Father is the Ocean of Compassion and He directs us to be compassionate with every soul.

Complete and Perfect Soul

To become complete soul means, be full with all attainments and, to become perfect soul means, be without any defects (*sampurn aur sampanna atma*). It is the aim object for Brahmins (adopted children of Father Brahma). The children who remain constantly merged in the love of one Shiv Baba, remain full with all attainments and remain content every moment. They follow Shiv Baba's elevated directions (*shrimat, shresht mat*) accurately and easily remain defect free (become perfect). For them, one God Father is their whole world. In order to please the true Lord, have a very honest heart.

Concentration Power

To concentrate is to bring towards one point. Focus your mind and intellect on the Supreme Soul, Supreme Point of Light (Shiv Baba). It is easier to increase your power of concentration, awareness and attention by meditation. Practice going into solitude and experience deep silence (*Jwalamukhi sthiti*) for few seconds every hour while you are awake. Best time for remembrance of Shiv Baba and also for increasing the power of concentration through meditation, is during the dawn (*Amritvela*) when you will find nature elements at its best of forms or quietest and are very cooperative. At *Amritvela*, you can also finish the Sins of your past lives or past births through remembrance of the beloved Father.

Confluence Age

The auspicious confluence age (*sangam yug*) is very short but extremely valuable of all the ages. It is dwan (*Amritvela*) of the 'Time Cycle'. It is true *kumbhmela*. It is the age wherein impossible becomes possible. Remain constantly in the awareness that, this is the only time to make efforts to claim your imperishable fortune. The bestower of fortune, Lord Shiv Baba, is present in the role of "Father-Teacher-Satguru-Friend-Brother-Beloved-Server" for we *Brahmin* children. Remember, deity world sovereignty is your God Fatherly birthright. Must you claim ! If not now then never (*abhi nahi to kabhi nahi*). Understand very well that your destiny is in your hands.

Conqueror of Attachment

In order to attain your elevated status/ destination (*satyugi unchya pad, rajya bhagya*), become conqueror of all the attachments (*nastomoha/ mohjeet/ mayajeet*). Where there is even slightest subtle consciousness of 'mine' there is bound to be upheaval (*halchal*) and attainment of elevated destination/ status is impossible to reach. Shiv Baba says; become unlimited and transform 'mine' into 'yours'. With the awareness of 'My Baba', 'Lovely Baba' and with the knowledge of the drama, you will have an unshakeable and immovable stage (*angad saman, achal aur adol sthiti hogi*) of 'Nothing New' and become a conqueror of all the attachments.

Contentment and Happiness

The speciality of contentment (*santushtata*) and happiness (*khushi*) gives you the experience of the flying stage or light-might stage (*santushtata aur prasannata ki visheshta hi udati kala ka anubhav karati hai*). So, always remain contented in whatever you have got or achieved, so far in your Brahmin or spiritual (*alokik*) life or in ordinary (*lokik*) life and automatically the degree of happiness will increase. You will become example before others. Shiv Baba said; those who receive blessings (*duaye*) from everyone are 'Jewels of Contentment (*santushtamani*)'. Do something everyday with altruistic or unselfish motive and have experience of happiness. This is the secret to remain contented and satisfied in all circumstances.

Create Unity and Harmony

Unity (harmony, unanimity, concord) is a collective force. To finish all limitations and adopt an unlimited attitude and vision is the basis of unity (*hadon ko samapt kar behad ki drishti aur vrutti ko apnana hi unity ka adhar hai*). Shiv Baba said; To create unity amongst Brahmin clan (adopted children of Brahma Baba) at service centres is to take the name of one Shiv Baba (*Eknami*) and to remain economical in your thoughts (free from waste thoughts). Then, there will be no conflicts (*Nirvighnata*). The atmosphere of the centres will be charged with positive vibrations and automatically souls will get attracted to receiving their inheritance from the Supreme Father.

Delete Key

To delete is to erase, remove permanently from the memory of soul, your present as well as past *karmic* stains/ sinful actions, through the remembrance of Beloved Supreme Father (Supreme Cleanser). Through out the 'Time Cycle, Confluence Age' is the only period during which souls can get purified with loveful remembrance of the Shiv Baba. Learn to finish, overcome and settle everything quickly. Apply delete key to unconcerned, unwanted, stressful and unfortunate concerns or situations coming your way. Do not keep wrong actions and waste things of the past in your thoughts. It is a burden. Else, you will not have that special sparkle (*experience being point of light/ shining star*) when you sit for meditation.

Desires/ Expectations

Desire and expectation means creation of need, hope, wish and requirement. To be peaceful is to be free from all the desires and expectations, and to want nothing from anyone or anything. In this Iron Age (*kaliyug*) desires and expectations for the wordly attractions including possession of materialistic things (money, estate, goods) and non materialistic things (power, position, status) have occupied place of pride and became first priority or objective. This is infact a addiction leading to unrest and peaceless living. Supreme Father, Shiv Baba directs us to reduce our desires and expectations by which our problems will be reduced automatically. Instead, have a desire to become pure, loving and peaceful soul. Also have an elevated and pure expectation to become like Brahma Baba.

Destroy Obstacles

Obstacle is a perception of mind and not a fact or reality. When you stay in the loveful remembrance of the Almighty Authority (Shiv Baba), obstacles may otherwise look like a mountain, will become as light as a cotton wool. Become knowledgeable of the situations, problems, obstacles and with the understanding and courage face it and destroy it forever. Become authority of experience. More you handle an obstacle, more experienced and strong you

will become. While doing Godly service, accurate service is to remain constantly obstacles free and make others also free from obstacles. Remember not to create obstacles for *yagya* and also for others, else punishment is intense/ strict (*Yagya me vighna dalne aur auron ke liye vighna dalne ki kathor shiksha milegi*).

Detached Observer

Detached observer means seeing things or events as if standing apart, remaining isolated and disconnected. To be strong is to watch situations with detachment. Practice, being detached observer and loving in your relationships, like lotus flower. You will become absolutely filled with God's love and powers, when you remain detached and then observe the roles of others. Stage of the detached observer is equal to the stage of Shiv Baba, who observes scenes of 'Time Cycle' without absolute interference. *Sakshi drishta sthiti hi Bap saman sthiti hai*. Detached observer also means mentally without any dependence or attachment.

Determination

Determination means firmness, will power, resolve. Determination brings the strength to continue, the steadiness to succeed, and the wisdom to slip past difficulties undisturbed. Determination is the key for success. Shiv Baba has given us blessing that where there is determination there is success. With determination, experiment with any virtue or power and you will experience the contentment in yourself. Shiv Baba says; you are my special and extraordinary children, who have recognized Me and who are obeying My directions (*shrimat*). This determination of yours will make you deity from human (*yeh nischay hi tume manushya se devata banayega*)

Easy Yogi

Yoga means remembrance or connection. The basis of easy yoga is love. The basis of love is relationship. It is easy to remember Supreme Father with a relationships. It is true, with a relationship you experience all attainments. Therefore, let the treasures of the powers, knowledge, virtues, happiness and peace, bliss and love that the Father has given you and different attainments that you have gained emerge in your intellect and you will experience happiness and become easy yogi. This is also a pilgrimage (*yatra*) of mind and intellect to our sweet silence home.

Elevated Directions

(*Shrimat or Shrestha Mat*)

Shrimat is the elevated directions given by the Supreme Father, Shiv Baba. He decent on the Earth as per His role in the 'Time Cycle' (during confluence age) and impart the spiritual knowledge to we children. *Shrimat* is received only in the auspicious confluence age and to the Brahmin (adopted children of Father Brahma) clan only. Now, become Brahmin and follow the *Shrimat* in daily activities and enjoy stress free living. Stay within the boundaries of *Shrimat* and you will experience the safety of Shiv Baba's canopy of protection. Others (non brahmins) will also benefit from your enlightenment (*Shresht sthiti*) when they come in your contact and receive positive vibrations .

Embodiment of Love

Embodiment means the personification, form, picture, quintessence, incarnation of all the inner qualities and virtues. Constantly remain an embodiment of love at every moment with every soul

and in every situation. Never leave aside or forget your loving image, your face of love, your loving interaction and your relationships and connections of love. Create a world of love with your vision, attitude and actions of love. Face the fearsome storm of volcanic from person, matter and illusion (*maya*) with the coolness of love. Learn from bloomy rose flower which stays amongst thrones. *Shiv Baba kahate ki aisi sthiti hogi to sabhi apko khushnuma, sneh swaroop aur sheetalta swaroop anubhav karenge.*

Embodiment of Total Success

Embodiment of total success (*sada sidhdhi swaroop atma*) means whatever you think or plan becomes practical. The accurate and easy method of making effort is to transform the many forms of 'Mine' into 'My Baba (Supreme Father)' and remain in this awareness. You may forget everything else but never forget 'My Baba'. You don't have to make effort to remember the one who is yours, as you automatically remember that one. When you say 'My Baba' from your heart, your *yog* (connection) becomes powerful. Move constantly forward with this easy method and become an embodiment of success.

Emerge Original Traits

Original (*Anadi*) qualities of the soul means the virtues embedded in the soul when it stays in the Incorporeal World (*shantidham, paramdham*) in the 'star-like' form. Now, emerge your original traits (*sanskar*)- being pure, loveful, peaceful and blissful. And, merge the old traits or vices acquired since the middle of the 'Time Cycle'. More often you recall or emerge your original traits (*sanskar*), the old vices will get merged forever. Shiv Baba said; Virtues are the property of the Father, where as, Vices are the property of *Ravan*. Make a note with a underline that, there is neither a need nor a place for vices in the Viceless World, Golden Age (*Satyug*).

Equal to Father

As your thoughts, so is your attitude and this is why souls who are responsible for world benefit can't allow their thoughts or attitude to go towards waste for even a second. No matter what the circumstances are or what people are like, your feelings and your attitude should be for benefit. Have pure feelings and good wishes even for those who defame you and only then would you be said to be free from waste thoughts and equal to the Father (*Brahma bap saman gun murt aur Shiv pita saman nirakari*). .

Essenceful

Essence is abstract, thus most valuable. It is a refined quality (seed form) and not a quantity (tree form). Remember that, being essenceful is very powerful and therefore always successful. Coming into expansion is a waste of time and energy. Therefore, when you come in contact with others, speak little sweet words of encouragement (*vardani bol hi bolo*) and listen only to, what is brief, extremely essential and useful to you. Make it your habit and nature, then your words will be taken or received as blessings (*mahan atmao ke jaise sat vachan lagenge*). Your attitude, words, actions should also be accurate and royal like the enlightened personalities.

Eye of Wisdom

Eye of wisdom is also called (ordinarily) third eye of knowledge. Infact, it is the special gift from the Supreme Father (Ocean of Knowledge) when He descent on the Earth during the Confluence Age (*sangam yug*) for spiritual purification of we vicious souls. Through His teachings, that is the knowledge of three worlds; *trilok*, time cycle of the past, present and future; *trikal*, the cycle

of births and rebirths of souls, and through His elevated directions (*shrimat*) we souls get a eye of wisdom, divine insight (*divya netra and divya budhdhi*) for performing elevated, righteous actions (*shrestha karm karne ki budhdhi*). Through this divine insight, we can do divine pilgrim to our soul world, while remaining in this body.

Facial Expressions

Face is a mirror of your inner feelings. Face is the most observed, noticeable important body organ. Pay attention to your face as well as to your inner feelings. State of your inner awareness is clearly visible on your face (*Chehara dil ka darpan hota hai*). Your face will reflect and spread the fragrance of inner beauty if it is filled with purity and happiness. When you come in contact with others, lot of things they read or receive love through your eyes, positive facial expressions and that subsequently imprints on their mind and intellect. Which is, then automatically reflected through their relations or actions or response you receive in return. Shiv Baba said; always your face should be serene, blossomed rose, *khushnuma*. Looking at your cheerful face, others will receive bliss and happiness.

Filling and Spilling

Filling myself and spilling, giving (overflowing) it onto others with invisible treasures is wonderful quality. It is just that each time I give or donate a quality from my inner ocean with a positive intention to someone; it flows from inside me and then gets transmitted to others. Before the person experiences and benefits from the quality, I experience getting filled with myself. Also, each time the person benefits from or even remembers the benefit in the future, he or she sends me in return positive energy, which, according to the law of karma fills me with the quality that I had donated. The saying goes, 'what we give is what we receive'. Lesson: just to give/ donate like the Nature.

Food for Body

Food and drink is valuable energy for body. Maintain and take precaution (be very careful about) with your food and drink. Every ingredient of food and drink has either positive or adverse effect on our body. Shiv Baba says; '*Jaisa anna (food) vaisa man (mind)*'. So prepare, sort, cook and eat food in Shiv Baba's love with powerful vibrations. Offer food (*bhog, prasad*) to beloved Shiv Baba before you accept it. Shiv Baba will fill food and drink with His love and energy/ power. Such food and drink thus consumed, will nourish both your mind and body. You will experience healthy and holistic life style like deities.

Food for Intellect

In the confluence age, daily *Murli* is the food for mind and intellect. The elevated and invaluable knowledge received from the Supreme Teacher through daily *Murli* is the nourishment and purification for the souls. In *murli*, Bapdada gives the knowledge of World Drama, teaches methods for meditation, gives homework for inculcation (*dharna*) and also gives direction for the service. Shiv Baba says; churn the Ocean of Knowledge to become knowledgeable and powerful. Powerful soul is one, who finishes all the waste thoughts with one method or other.

Forgive and Forget

To forgive and forget is to reflect love. To forgive means absolve, let go, let off the past unpleasant feelings created by the mind. Forgive is to forgive the Self (One self) first. Once you forgive yourself, then only you will be able to forgive others. To forget means to stop thinking

about and not to bring into memory. Remember, one who forgive is the one who forget. Situations pass, they cease to exist, but they continue to be alive in the mind. Open your heart and be generous, free yourself from that sorrow and you will live every moment in peace and happiness. Shiv Baba is the Supreme Forgiver. Follow Father.

Fragrance of Love

Love is the powerful energy and a delicate feeling that no one ever resist to receive and experience its vibrations. It is an aroma, a scent or a fragrance which refreshes even to those, whose moods are off and refreshes, recharges the atmosphere or surroundings. No matter how someone may treat you, continue to give them spiritual love (*atmik pyar, ruhani sneh*), kindness and compassion. Just as the Supreme Father, Shiv Baba is an 'Ocean of Love', I am 'Master Ocean of Love', stay in this awareness and remembrance of Shiv Baba, others will then automatically receive and enjoy the powerful pure feelings and experience fragrance of love.

Fresh Intellect

Intellect (*budhhi*) is one of the three faculties of soul (*atma*) and it is an interface between mind and memory (impressions or traits). Always keep your mind and intellect fresh, unoccupied and clean. Keep it free for the remembrance of Beloved Shiv Baba. Pay attention to your daily timetable (physical and mental engagements), understand the need of your body and give it sufficient good rest, sleep. Remember that, only fresh, clean, unsullied, bright, focused mind and intellect can absorb, imbibe love and powers from the Father, Shiv Baba an 'Ocean of Love' and 'Ocean of unlimited Powers', when you sit for meditation.

Full Stop

Full stop means in the form of absolute point. In other words, simply not to remember the action that is performed or a thing happened. Apply a full stop to waste thoughts, negativity and subtle actions in your mind, thus you will find freedom from its causes and effects. Remain in the awareness- being a 'Dot (point of light) and belongs to Dot (Supreme Point of Light)', (*Bindu hun aur bindu bap ka bachya hun*). Full stock of all powers is the key to exercise full stop. Shiv Baba says, apply a full stop (dot) to every action, event, situation, service performed and become multi-millionaire. Just as, to add a zero after number one and the number increases in multiples (1,10,1000,10000,100000..),dot or full stop does the same.

Full Stop Or Question Mark

Full stop means accurate end. The essence of all the points (opinions, views, actions, arguments) is to give point, full stop. Become a point (original form of the spirit- point of light). Almighty Father, Shiv Baba said; remain stable in the point form (spirit form, soul form) and the queue of all question marks will end. Whenever there is a question mark (doubt) in any situation, simply put a full stop and finish it. Remember that, whatever has happened, whatever is happening and whatever is to happen will be 'Good' for you. When you say 'Good' with the firm belief, everything becomes good. That is, the adversity or the negativity gets converted into positivity, once this trick of saying and feeling 'Good' is exercised. Do experiment this in your life every moment and enjoy the power of God.

Generous Soul

Generous soul is the big hearted, noble minded, liberal and unselfish soul. Just as the Supreme Father, the treasurer of all the powers and virtues, donating everything to us at this confluence

age, we should follow Father and always donate the treasures to others and become holder of the title 'generous soul'. Constantly donate these (Godly) unlimited, infinite and invaluable treasures for the world benefit. Take the initiative instead of becoming follower and always be generous, charitable. Lead the way and do something with altruistic and unselfish motive.

Gift of Virtues

More valuable than the things we give to each other are the gifts of virtues, innate qualities (*gun*) we pass on quietly to others through our selfless and noble actions. These gifts are truly precious because they are imperishable and they multiply the more we share them or pass them onto others. All materialistic gift either perish or exhausts. Happiness (*Ruhani Khushi*) is one of the best ever gifts, Shiv Baba has given to us in this auspicious confluence age to share with others. *Shiv Baba said; khushi ki khurak khao aur khushi bato to sada khus rahenge, aur Bap ke sath khushi se ghar challenge.*

God Loving (Parmatma Snehi)

The power of love makes hard work easy. Where there is love, there is no hard work. Hard work becomes a form of entertainment. Souls who are tied in various bondages have to work hard, whereas souls who are merged in God's love easily become free from efforts. Always keep this blessing of love in your awareness and then, no matter how great a situation may be, with love, the mountain of the situation will transform and become as light as water vapours.

Gratitude

Gratitude is thankfulness, appreciation and gratefulness. More we practice to express our gratitude, more we get opportunity to do so. Express gratitude at every opportunity to Beloved Shiv Baba, the Bestower of Fortune, Supreme Source of Spiritual Energy (for providing us an opportunity to become His direct children in this auspicious confluence age), Human souls (for their support and co-operation) and the Nature Elements; Earth, Sun (*agni*), Sky, Air and Water (being in the body form enabling we souls to perform actions, *karma*). *Saying-Dhanyavad karo aur dhanvan bano.* To remain content, learn to be grateful. Constantly review the stock of all attainments of your Brahmin life (being brahma kumar or brahma kumari) and automatically you will feel grateful to the Supreme Father and to Godly Family.

Healthy Soul

On the path of knowledge (*Rajyogi jeevan*), healthy souls are those who constantly churn the Ocean of Knowledge and experience a form of entertainment (*Ramanikta*). Their spiritual lives are filled with zeal and enthusiasm. It is just like a cow that eats grass, then she chews (Ruminates) it all day (her mouth continue to work). Also, in order to remain healthy, have broad intellect, unlimited vision and do the service of making the whole world into the land of happiness (*Sukhdham*) from the land of sorrow (*Dukhdham*). Take intence efforts to make other souls pure (*pavitra*) from impure (*patit se pavan*). You will automatically receive God's blessings.

Happiness and Pleasure

The auspicious confluence age is the age of spiritual happiness and pleasure. So, constantly stay in that pleasure and happiness, and continue to share that happiness with others whenever they come in your connection and in contact. More you share it, more you will receive in return. You

have found the Father, the Ocean of Happiness, Ocean of Bliss and so found everything. To give happiness and pleasure to others is a great act of charity. The happiness you give makes you more happy than the happiness you receive. Remember that your stock must always be full and unlimited then the service will be unlimited. Happiness and pleasure is the inner feeling of delightful.

Holi and Holy

Holi in *Hindi* has double meaning; one is 'already passed, happened, over' and other is 'I have become yours'. Holy means pure, divine. God's descent in this auspicious confluence age is very important with the purpose to liberate and purify the souls. He does it with his elevated teachings and loveful sustenance. Shiv Baba said; like in the festival of *holi* they first kill effigy of *Ravan* and then burn it to completely finish the traces. Likewise, you *Brahmins* must kill and burn all your vices of the past lives and different habits and traits (*sanskar*) through Shiv Baba's loveful remembrance in the form of volcanic fire (*jwalamukhi yoga*) and become holy like the Father. He gives us title 'Holy Swans'. Accept and live the title to its true and full form.

Humility

Humility is greatness (*Namrata hi mahanta hai*), humbleness, meekness, modesty and unassuming nature. Just as a fruits laden tree bows down for others to take its fruits, one who is humble will always live in self-respect and deal with others with respect and love. Humility is simplicity as well as openness. In spirituality, one who is knowledgeable and spiritually elevated can only experience true humility. Brahma Baba's personality is the proof of humility for we Brahmin clan. Imbibe this powerful virtue in your intellect and you will also experience other unlimited treasures.

I am an Instrument

An instrument is just a medium, a tool, a gadget, an appliance, mechanism and a device. On the path of knowledge or spirituality, always remember, I am an instrument. It is the light might state, enlightenment of the soul. Shiv Baba said, to have the subtle consciousness of 'I' is called the arrogance (ego) of the knowledge (*mai bahut gyani hun*), the arrogance of the intellect (*meri budhdhi achhchhi hai*) and the arrogance of service (*meri sewa best hai*). Surrender this subtle vice 'I' and 'Mine' to Shiv Baba (the doer through the human souls) forever and become truly pure, viceless soul.

Illusion Free

In the present period (at the end of the time cycle/ drama), force of illusion, false impression, fantasy (*Maya*) is at its peak level. One can easily come into the grip of illusions without even realization for a long period until you actually experience sorrow/ suffering. Easy way to remain free from all illusions (*Maya*) is to remain loveleen (in soul consciousness) with one Shiv Baba, Ocean of Love. Seeing your engagement with the Almighty Father, Shiv Baba, *maya* doesn't dare to interfere and thus you experience safety. Follow elevated directions (*shrimat*) throughout, during the day and night, then you will remain free from attacks of *Maya*.

Imperishable (Tilak) Mark

Auspicious mark or sign or *tilak* or *tika* applied on the forehead by the men or women has special significance and importance. On the path of knowledge, the *tilak* of awareness has great importance. As is your awareness, so is your stage. If your awareness is elevated, your stage will

also be elevated and this is why Shiv Baba has given us *tilak* of three types of awareness: the awareness of the self, the awareness of the Father and the awareness of the drama for performing elevated actions. The stage of those who apply the imperishable *tilak* of these three types of awareness at *amritvela* remains constantly elevated.

Inner Peace

Harmony of mind-intellect-traits is inner peace. It is original quality of the Soul in the incorporeal world (soul world). To experience inner peace, become introvert and explore deep silence within. Stabilize yourself in the soul consciousness and remember the Supreme Father (point of light) in the incorporeal world. Then the power of inner potential will be felt. When you maintain inner peace under all circumstances and with all people, you will be able to draw benefit to yourself and to others. Practice this, and the tendency to get upset, disturbed, displeased and disappointed will be finished.

Jewel of Contentment

Those who have the treasure of contentment have everything. They remain content with just a little. They experience all imperishable attainments (*avinashi praptiya*). While having everything, those who are not content have nothing. Because a discontented soul is always influenced by desires. When one desire of such a soul is fulfilled, ten other desires will arise. Therefore, become one who is ignorant of the knowledge of desires (*ichchya matram avidya*) for only then will be said to be a jewel of contentment (*santushtmani*). The stage of contentment is same as 16 celestial degrees complete, perfect or full moon stage.

***Karma Yogi* (Spiritual Person)**

Remain connected to beloved Shiv Baba, Supreme Father with the awareness of soul consciousness; perform actions through body organs rather than paying attention to the task, job or duty. You will experience that the work will be accomplished easily and nothing will seem a burden. (*Yogyukt ho kar karma karna, yehi karmayogi jeevan hai*). It is observed that many individuals say, we are *karma yogi*, means our attention is to our work or profession. Infact, it is not a *karma yogi* life. True *Karma yogi* means doing every action/ work in the remembrance of the Supreme Father (being doer through me soul) and in the awareness of spirit (doer through body). In this confluence age, Brahmin clan are true *karma yogis*.

Karmic Accounts

Body conscious (incorrect) action create *karmic* account. The activity of making each and every one settle his and her *karmic* accounts is very wonderful and incognito. Sins can't be hidden however hard one tries, punishment definitely has to be experienced. Someone who steals a straw is the same as someone who steals a hundred thousand. Similarly, one who express anger receives anger in return either immediately or at later stage and may not be in the same style and form but in different forms and with varying magnitudes. Shiv Baba, now warns every soul to understand the law of karma and have your actions/ deeds free from bondages/ punishments.

Key to Attainments

Key to all attainments in spiritual life is to simply say from your heart 'My Baba' or 'Mera Baba', 'My Beloved Baba' or 'My Sweet Father' or 'My Shiv Baba'. And, you will receive key to all attainments and unlimited treasures of the Supreme Father. (*Khajano ki chabi- dil se 'Mera*

Baba' kaho aur sarve praptiyon ki anubhuti karo. `Mera Baba'; isi chabi ko use karo aur dhanvan bano). Shiv Baba has gifted us, in this auspicious confluence age, with a special key of self-respect (*swaman*) on our spiritual birthday. Father directs us to remain in the self-respect and then come in actions or in connections for performing your deeds. Constantly follow the *Shrimat*.

Knowledgeful Soul

Even in general terms the information transformed into understanding is said as knowledge. However, Shiv Baba says true and accurate Knowledge means, is the understanding and awareness of Soul, Supreme Father and a `Time Cycle' (World Drama) and the role played by the souls (*atma, parmatma aur shrushti chakra ke adi-madya-ant ka gyan aur samajh hona ise gyan kaha jata hai*). Knowledgeful soul is a master ocean of knowledge and master ocean of love. Nowadays, love is even more essential than money. So, become a master ocean of love and uplift those who defame you. Just as the Father has feelings of mercy and benevolence for all children, in the same way, the children who are ocean of love, forgiveness, merciful and equal to the Father can not have any feelings of dislike (*ghruna bhav nahi rakho*).

Lawful

Elevated directions (*shrimat*) of the Supreme Father, Shiv Baba are the laws for divine family (*Brahmin clan*). Shiv Baba said you are the master law maker and master peace maker. Don't take law into your hands (mind and intellect). Don't tell anyone off or insult or even give ill feelings and negative energy. Instead, have mercy, big heart and you will then transform the heart of other souls. Be double non-violent in your thoughts, words and actions on the path of knowledge (*Rajyogi jeevan*), other souls will then change. Even in ordinary civil life, nobody is allowed to take law into their hands. In spirituality, punishment to the law breaker is subtle and automatic.

Liberation-in-Life

To be Brahmin means to be liberated from the bondages of the body, relations and facilities (goods). Relationships with relations of the body (relatives) are not based on the body (*karma bandhan*) but are based on the relationship of the soul (*karma samand*). If someone is influenced or controlled by someone else, that is bondage, but to be a Brahmin means one who is liberated-in-life (*jeevan mukt*). While you have the support of the physical senses, you have to perform action, but you do not have bondage of karma, but relationship of karma. Those who are liberated in this way are always embodiments of success. The easy method for this is- `I and my Baba'. This remembrance makes you an easy yogi, an embodiment of success and liberated -in-life. In order to experience the stage of liberation-in-life, become free from sinful thoughts and sinful deeds.

Lottery

Auspicious confluence age (*Sangam Yug*) is a wonderful and unlimited lottery in the whole `Time Cycle of 5000 years' or `World Drama' for human souls. Now, renunciate your Iron Aged (*Kalyugi, shudhra*) life and become adopted child of Father Brahma or become a brahmin soul. Being Brahmins, we souls have a golden chance to uplift ourselves and become multimillion times fortunate and extremely valuable like flawless diamond (*Sangam yug me kavdi-tulya se hire-tulya banane ki lottery milti hai*). In ordinary life, one who get lottery (money), his fortune and behaviour does change. With the awareness that you have got a Godly Lottery, there must be constant intoxication and your life must change permanently. You will become diety in golden age only after you become a Brahmin in confluence age.

Love or Punishment

No one can return sweet home without becoming pure. There are two ways to become pure; either through loving remembrance of the God or through punishments by the supreme judge Dharamraj. Choice is yours! A sensible soul will use wisdom in making correct choice and will tread on the path of knowledge. Baba has given warning for Brahmins/ Rajyogis that going through punishment means losing a chance of golden age and arriving in silver age. Punishment will be in the form of sufferings and pains.

Loveful and Lawful

Balance between love and law is the key to success. Don't inter-mix love and law. Learn where to be loveful and where to be lawful. Shiv Baba has given elevated directions or *Shrimat* for we Brahmin clan to exercise. In Brahmin life as well as in ordinary (*lokik*) life, balance of love and law are wonderful tools for healthy and cordial relations. One who serves with the balance of the head (lawful) and the heart (loveful) is the one who is successful. In order to practically understand and experience the balance of love and law, join Rajyoga Meditation of Prajapita Brahma Kumaris World Wide Spiritual Organization.

Loveleen Stage

Loveleen stage is the awareness being bodiless in the original seed form, sparkling finest point of light (*anadi chamakta sukshma sitara swarup*), and to remain merged (absorbed/ soaked) in the Love of one Shiv Baba, Supreme Father. It is subtle sweet feeling of love (*sneh*), an indescribable thrill and a consummating bliss. Loveleen stage is a tool for receiving effortless profits (attainments/ treasures). It is truly a supersensuous and blissful stage. Don't let your mind and intellect step out of the circle of Shiv Baba's love and you will always be safe. You will never experience any difficulties if you remain loveleen in the remembrance.

Loving

A loving soul is a loved soul. Those who have ability or quality of easiness and tolerance are able to be loving souls. Despite the variety of individuals and their cultures (*sanskar*), love for Shiv Baba (Godly Father of all Souls) and his divine family (Brahmin Family) makes it easy to have love for one another and develops the power of tolerance. Loving means having the nature to accommodate and also providing support, care, affection and help wherever possible but according to the elevated direction, *Shrimat* of the Supreme Father. Love has no boundaries and limits of any kind. Pure loving feelings and elevated attitude towards other souls is beautiful inner quality. Love need not be limited to souls but must also be given to nature elements in abundance.

Manmanabhav and Madhyajibhav

"Manmanabhav; man mujh ek me lagao...Gita gyan data".

Belong to One Supreme Father (Shiv-Baba) with your Mind and you will experience all His treasures- true knowledge, unconditional love, purity, unlimited happiness, bliss and peace. Remember to remain in the affirmation of soul consciousness and then remember the Supreme Father to have accurate and wonderful experience.

“Madhyajibhav; budhdhi me vishnupuri/ satyug/ varse ko yad karo... Shiv Baba”.

Remember golden age/ paradise/ heaven; your God Fatherly gift/ inheritance/ birthright. More you emerge it in your intellect very closer you will find it (as if your next step will be in the heaven). There will be great intoxication and your behaviour will be extremely royal.

Master Bestower

Supreme Father is the Bestower of Fortune. Being His child, you are a master bestower. Master bestower means one who remain constantly full and complete. He has the intoxication that the Father's treasures are his treasures. Become generous hearted and continue to give everyone with infinite treasures (happiness, love, peace) received from the Father and make them full. Don't be miser in donating the infinite treasures. Baba said; to take something from someone and then give is not real giving, that is business. Your business, occupation in this confluence age is to donate the treasures of the Father.

Murli

Murli is Godly versions of the invaluable knowledge pertaining to 'Soul, Supreme Soul and World Time Cycle'. These versions are read out every day early in the morning at a fixed time on the centres of 'Brahma Kumaris', world over. Listen to the *Murli* daily, very attentively and carefully for the purification and enlightenment of the soul. *Murli* is your personal letter from Beloved Shiv Baba through human medium Brahma Baba. The Supreme Father says; *Murli* is a nector (*amrit*). He directs us to extract important and precious points from the *Murli* in the morning and churn them throughout the day. You will then experience intoxication, love for the knowledge jewels and love for Baba. Through daily *Murli*, you will receive directions for *Dharma* (inculcation of values), Service (*sewa*), Godly Blessing, Slogan and practical solution to your all problems.

Observe Virtues

Virtues are the original qualities of soul. Therefore, see and note only virtues (merits, qualities, specialities) in others (*Gun ko hi dekho aur gungrahi bano*). Then, you will free yourself from the negativity (*vikarm*) and experience your own inner beauty. Great virtue is to observe only the Father Shiv Baba all the time and follow Father Brahma Baba, by which you will automatically become virtuous soul without much efforts. Observing the defects or weaknesses of other souls is impurity. Therefore, pay full attention on your eyes and intellect. One who constantly observes the virtues of others, is truly virtuous soul.

Opportunist

Opportunist means one who spot and take full advantage of time and facilities. Learn to be an opportunist in this auspicious confluence age. Respect time and the most invaluable teachings of the Supreme Father- Supreme Teacher-Supreme *Satguru* (guide) and you will return sweet silence home flying with Shiv Baba without facing Supreme Judge (*Dharamraj*). In order to pass with honours, make no mistakes (*vikarma/ pap karma*) in your thoughts, words or deeds. Don't waste your precious time of *sangam yug* in comparisons, criticisms and corrections of others or the events passed. Don't waste your time either in gossip or listening to gossips.

Pack-up

Supreme Father, Shiv Baba said, it is the last phase of World Drama (5000 years), time to pack-up (withdraw and converge to pure soul conscious form) and return to sweet silence home, incorporeal world. *BapDada ne kaha hai ki, dhoon lagao ki ab ghar chalna hai.* Constantly remind to yourself that your eternal journey is nearly completed successfully and only attraction left now is to go home with the Father. At the end of the 'Time Cycle' (World Drama), only assignment left is to pack-up, close-up the expansions successfully with the help from the World Almighty, that is to become purified soul and fly with the Father. The power to pack-up is very important. Exercise and experiment this power to withdraw from everything.

Pack-up and Accommodate

In spiritual sense, to pack-up is to cleanse the intellect and sanskar from the rubbish, waste thoughts and impurity. Use the power to pack-up your thoughts and you will have the power to accommodate your own weaknesses and the weaknesses of others too (*Sametna aur samane ki shakti hi sambandho me madhurta lati hai, ab ise use karo*). It is very difficult to tolerate or accommodate the behaviour of other individuals if you do not develop the power of co-operation. When you accept others as they are, then you can easily co-operate with them. Noticing your help, others will respond to you the way you expect them to your favour.

Past is Past

The past can not be changed. In other words; whatever has happened until this moment can not be repeated and can not be changed. Now, learn from it and move on. However, you can review or check and change your thoughts, words and deeds in order to make any improvement possible. Instead, remain in the present and live every moment fully with righteous actions, and rest assure that your future will be bright and will be automatically secured. Don't ever relive (remember) the past, instead leave it behind and you will be free from all pains and agonies. Shiv Baba said when you apply this trick 'past is past' during this auspicious confluence age, then you actually benefit and becomes multimillionaire. That means you will attain all the virtues and powers by which you will be entitled for scholarship of golden age.

Patience

Patience is a virtue and a power too. Patience teaches us not to rush, knowing that there is a reason and a season for everything. Patience, enables us to smile at the challenges or crisis and realizing that there is solution to every problem. Patience teaches us slowing down of our expressions and give us time to assess the situation with greater clarity. Patience is endurance, tolerance, persistence and fortitude. Patience is staying power and without complaints. One who exercise patience will never be patient. You can develop patience through *Rajyoga* meditation.

Plain Intellect

Plain intellect is pure, simple, clear, clutter free, powerful and viceless situation or stage of the soul. It is observed that *Brahmins* (adopted children of Father Brahma) are used to making a lot of plans, but now, according to the time, practice making your intellect plain. Plain intellect is like a plane. Experiencing flying stage in spiritual attainments is possible with plain intellect. Remain in the awareness that it is time to return to sweet silence home with Bodiless Father (*nirakar shiv parmatma*) and automatically your intellect will become plain and powerful. Constantly remain in the remembrance of Shiv Baba and experience plain intellect.

Power of Cooperation

To have the power of cooperation means to have the ability to see and use the specialities of others in any task that is to be done. It is the ability to respect and use the suggestions and ideas of each and everyone which contributes for the success of the task. So the one who is able to use this power is able to be successful in any task that he takes up. When you give cooperation you get cooperation in return. Everyone is at ease knowing that with cooperation everything is possible. In the process you earn respect and give respect to others.

Power of Gathering

Even in ordinary life, the power of the gathering (group of individuals) is great. Similarly, realize that the power of Godly Family of *Brahma Kumars and Brahma Kumaris* is very great, as the spiritual power of collective vibrations through meditation spread quickly and positively all around the centres. Therefore, always remain united and practice meditation together. As a result, all individual and collective achievements will become easy. *Maya* will attempt to break you from the gathering if you are not alert, soon you will become powerless and become victim of vices.

Power to Judge

The power to judge between right (righteous) and wrong (unrighteous) is very important to become successful. In order to improve the power to judge or discriminate; remain in the elevated stage of being formless, egoless, viceless, detached and thoughtless for few seconds or as much as required. Then, very clear and right decision (correct choice, option or alternative) will automatically emerge in your mind and intellect. More you do this exercise, more power will be gained.

Priority

Now is the time to awaken and realize 'Who Am I' or 'Self'. In this auspicious confluence age (*Sangam yug*), give your first priority to remember Beloved Shiv Baba. In order to become sinless soul, there is no other method than to have remembrance of the Almighty Father. Also remember that there is no other time than '*Sangam Yug*' to finish 'Sins' (*Pap Karma*). Remembrance, particularly at 'Dwan' (*Amritvela*) and at evening (*numasham*), never say, I will finish my work first and then have remembrance of the Father. Set your spiritual timetable and enlist the priorities, and follow it accurately to remain intoxicated and enlightened.

Pure Soul

Soul without impurities or free from trace of vices is a pure soul. Practice awareness of 'I am a pure soul' and 'You are a pure soul'. This is a basis of changing your attitude, your vision and therefore the world. In purity there is royalty. Don't allow your mind to think waste, eyes to see worthless things, ears to hear worthless talks, mouth to talk worthless words and organs to do sinful acts. In other words, easy method to become pure soul is to practice: think on evil, see no evil, hear no evil, talk no evil and do no evil. Also emerge your original stage of Incorporeal World (Soul World).

Purity

Purity means perfect original Being (Seed Stage, Pure Soul). Shiv Baba is Ever Pure. We souls lose our purity through births and rebirths in the 'Time Cycle' or 'World Drama'. The most

elevated power in the world is the power of purity. Consider purity as your original religion (*Swa-dharma*). Awareness and remembrance of original quality and religion, you will find it easy to imbibe purity in your practical *Brahmin* life. Purity is the foundation for perfection. In terms of complete purity, even waste thoughts is a seed of impurity. *Shiv Baba said; Mansa-vacha- karmana ki pavitrata hi sampurna pavitrata hai. Vyarth sankalp bhi apavitrata hai.*

Real Brahmin

Being *Brahmin* is considered a highest character (*purushottam*) in ordinary life and remembered for their purity. Infact, it is a memorial (*yadgar*) of the adopted children of Father Brahma in the confluence age. In order to be a real *Brahmin* (*Brahmachari*), follow in ditto, the footsteps of the Father Brahma Baba in thoughts-words and deeds. One who do everything with purity, cleanliness and in the righteous way is true and real *Brahmin*. Behaviour of true *Brahmin* is elevated and selfless.

Real Gold

Real gold in general terms means pure and genuine (24 carat) original quality. In spirituality, stay in true and loveful remembrance of the Beloved Shiv Baba, then the alloy of impurity will vanish and you will become true, real gold. Quality of real gold is- soft and flexible; it moulds to any form, feature and thus very valuable. Similarly, pure soul is adjustable and viceless. Soul, in order to shed impurities or vices or sins of the past lives, must remain in the volcanic stage (*Jwalamukhi yog sthiti*) at dwan (*Amritvela*) in the remembrance of the Supreme Power, Almighty Shiv Baba.

Real Power

Real power and authority is not the power and authority over others, but over the self (soul/ self organs: mind, intellect and Traits/ *sanskars*). When the self organs are in order then the body organs will automatically fall in order. Shiv Baba says; sit on the seat of self-respect and then order your mind and intellect to follow your instructions/ directions and you will then experience the self power (power of soul). In order to accumulate self real power, experiment and exercise with your thoughts, words and actions as often as possible. Tally your thoughts, words and deeds, that with Father Brahma Baba's, and a noticeable progress will be experienced.

Remain Stable

There are always two things (either favourable or against), just as- praise and defame, loss and gain, respect and insult...Being on the path of knowledge (*rajyog*), you have to be stable in the face of both (*Yogi ko ek saman aur ek ras sthiti me hi sthit rehana hai : chaye koyi bhi apaki ninda- sthuti kare, man de- apman kare, fayda ho- nuksan ho*). Stability, is the highest state of mind. The basis of stable stage is the remembrance of the Father, Shiv Baba. Make intense efforts to maintain your stage unshakeable and immovable (*sada achal aur adol raho*) only then, you will be able to see the final scenes of destruction.

Respect

'Command respect and not to demand it' as the proverb (saying) goes in the society. But, Shiv Baba said; remain in the self-respect, high esteem (*Swaman me rehkar samman do*); first give respect to others and in return others will respect you. Appreciate as well as admire others for what they are and for their speciality. Remember, respect is a positive feeling you exchange or initiate, thus it returns to you in multifold from the recipient/ respondent to whom you sent these

vibrations. When you respect others, you experience good feelings within you and the Supreme Father, Shiv Baba loves you for this virtue.

Role of Child and Master

In spirituality through `Easy Rajyoga` mediation, understand when to be a child and when to be a master. Shiv Baba said; be a master with your own self while giving an opinion, making an intense efforts and a child in following orders, *shrimat*, doing service (*Rai dene me aur purusharth karne me malik bano, aur niyam palan, maryadao me aur sewa karne me balak bano*). Intermixing of the roles could create tensions in the relations, and it can result into disservice of the `Rudra gyan yagya` of the Father, Shiv Baba. It is our responsibility to abide by the directions of our beloved Shiv Baba who is our Supreme Master.

Self Progress

Self progress is the progress of all (*Swa ki unnati me sarve ki unnati samai hai*). Key for self progress is to check and change. On the path of easy *rajyoga*; tally, whether my thoughts, words and actions are as Brahma Baba's would have been? Brahma Baba has set an example before us and we just have to follow his footsteps. Look inward and make efforts continuously to change and finish old unwanted patterns by replacing them with more desirable ones. Shiv Baba has given all the treasures for us to experiment. More we experiment with them, more will be our progress.

Self Respect (*Swaman*)

Self-respect is the understanding of the self in its original form (*Anadi sthiti ki smruti*) that is the tiniest point of light. Always remain in your self-respect (*Swaman*) instead of running after limited respect and honour, specially when you meet different persons or come across different situations. Shiv Baba has given us innumerable titles of self-respects. Remember and emerge any one *swaman* at a time and you will get empowered. No matter how much someone defame you, don't loose self-respect. Instead, use opportunity to check and change your habits and past performances to better on or improve on, for the self progress.

Self Transformation

Foundation of world transformation is self transformation (*Swa parivartan se hi vishva parivartan*). Transformation means changes in the traits of souls from vicious to viceless (from impurity to purity). In this, I am the first (leader) and others are at second number (follower). Brahma Baba said `jo karma mai karunga, mujhe dekh aur karenge`. Remember, with every one step of your efforts, there will be thousand steps of help from Shiv Baba (*Himmate bachche madade khuda hai hi, yeh anubhav karo*). Be knowledgeable of your vicious traits, accept it and with determination bring about change in it, with powers from the Almighty Father.

Service is Fortune

Remember that, service of the unlimited sacrificial fire (*Behad rudra gyan yagya*) is a golden chance to create your fortune for 21 births. Beloved Shiv Baba has started this auspicious *rudra gyan yagya* for world transformation (purification of souls) and has chosen us as His right hands or spiritual army. Become a true server and continue to do altruistic service with the mind-body-money (*tan-man-dhan se sewa karo*) and you will automatically receive the fruit of service. In

return, you will derive immediate pleasure and receive the blessings of *Brahmins* and *BapDada*. It is a time to accumulate the blessings from everyone to make the stock full.

Service is Safety

The children who are loving to the Father remain constantly merged in the arms of Father Brahma. The arms of Father Brahma are a safety for you children. Those who are loving and lovely are always in the arms. In service you are Bapdada's arms and you stay in the Father's arms. Experience both these scenes: Sometimes become merged in the arms and sometimes serve as the arms. Have intoxication of being God's right hands. Shiv Baba said; put double lock- one lock that of remembrance of the Father and other lock of service of the souls. It is double safety from the effects of *Maya*.

Silence Power

Supreme Father, Shiv Baba said; the highest power is the silence power (silence is supreme). He has directed us to accumulate this silence power and become an authority of silence for a long time. Shiv Baba also said, silence power is higher or greater than the science power. All those innovations of science have been discovered using power of silence by the scholars. In deep silence or quietness, mind and intellect remain in harmony. Experience the deep silence of the sweet home, *paramdham* in the early morning at *amritvela*. Accumulate a stock of silence deep within and then use this precious stock very wisely and accurately.

Simple and Sample

To be simple means to be completely pure: to have royalty and greatness whilst being ordinary. A sample means exemplary character (*sirat/ charitra/ chalan*). Virtuous personality: to show personality of royalty and reality which could be an example for others to follow/copy. One who is simple, is truly a sample. Father Brahma lived simple life and become sample for *Brahmin* clan to follow. Let us copy him in ditto and become equal to him in every respect. In other words, simple personality means easy going, undemanding, uncomplicated, trouble-free and straight-forward in behaviour. Sample means a model, an example or an illustrious personality.

Soft Power

Love power is soft power, best power and it is a God power. God (Shiv Baba) has given us a gift of love power (*Sneh ki shakti*) for enjoying God's love and also for donating it to others. God, Shiv Baba says: in purity, there is peace; in peace, there is love; in love, there is happiness; in happiness, there is power- love power. Now, in this auspicious confluence age empower yourself with this beautiful power by which self transformation and world transformation will become practical. Soft power or love power is the foundation of Godly divine family in *Sangam yug*. So, remain loveleen in Baba's love and become embodiment of love.

Soul Consciousness

Being (living energy, soul consciousness) is just the awareness of the self. Make constant efforts to remain in soul consciousness and you will experience your original religion (*swa-dharma*), powers and deep profound peace. Practice being soul in soul consciousness instead of soul in body consciousness, is automatic protection from different kinds of illusions (effects of *maya*). On the path of knowledge, 'who am I' is the first and also the last 'lesson' and a 'last paper' we have to clear to become 'pass with honour'. Therefore, accumulate this important experience for long time.

Source of Income

When you learn, understand and imbibe the jewels of knowledge (*gyan ratna*) at this auspicious confluence age, you gain imperishable wealth for full time of the drama. The treasures of knowledge jewels received from Ocean of Knowledge, is the elevated treasure. Even in the practical life of Iron age (*kaliyug*), academic knowledge is considered as source of income and wealth, although it is temporary (being useful only for one life). Whereas, the true knowledge received from the God Father about the Self, Supreme Soul and that of the 'Time Cycle' (World Drama) is the most invaluable and permanent (imperishable) source of unlimited income.

Spin Discus

Vishnu is shown with the ornament of discus in his right hand. It is the discus of soul realization (*Swa-darshan chakra*). Spin the discus (emerge in your memory) of self-realization (*swa-darshan chakra ghumao*) constantly. Remembrance by this method, experience the roles of soul throughout the 'Time Cycle' (*Kal Chakra*), you will experience the wonder of who you were and the beauty of who you will be. Soul will sustain intoxication and you will overcome the shortcomings or weaknesses automatically. Have your sins of the past lives absolved by spinning the discus of self-realization.

Still Mind

When you are able to still your own mind, you will be able to understand the thoughts and feelings of others. To make mind still means to stabilize the mind in quiet state or silent state, with one or two pure and positive thoughts. The best thought during silence (meditation) is to remember 'Sweet Father', Shiv Baba in our sweet silent home (*Param Dham*). Still mind is like clean still water in which one can see any image very clearly like a clean mirror. You can then experience inner peace and happiness. With powerful self-control, you can withdraw and still the mind at any time.

Super Sensuous Joy

Super sensuous joy is the joy of subtle senses (*atindriya sukh*). Only in the confluence age, one gets a golden chance to experience super-sensuous joy from the Supreme Father, Ocean of Bliss. In order to experience it, remain in the awareness of the Self (soul), your fortune (inheritance of Golden Age) and maintain strong faith in the intellect. Constant remembrance of Beloved Shiv Baba will make you intoxicated, thrilled, rejoiced and will fill you fully with imperishable super-sensuous joy (*Atindriya sukh, param anand sukh hi serve shreshta sukh hai aur use pane ke liye deh bhan se pare aur parmatma yad me samane se hi prapt hoga*).

Tension Free

Tension means- restless or uneasy feeling, emotional disturbance or strain of mind. Tension is not a inner quality of soul (Self). It is external thing and also temporary one. In spirituality (*Rajyoga meditation*), follow Father Brhama, Godly elevated directions (*Shrimat*), also keep full attention to your thoughts-words-actions and you will be tension free. In other words, to remain tension free at every walk of life, pay full attention to your thoughts, words and actions. Pure thoughts, sweet words and elevated actions are the foundation for tension free living in today's world. Remain knowledgeable (*trikaldarshi*) while on the battle field (when coming in connections with others) for performing your daily activities.

Technique for Teaching

Have mercy, forgiveness and then give teachings in case of mistakes done by others or happened unknowingly through individuals. When in the role of a teacher, the most elevated method of teaching is not to suggest or give corrections, but to create an understanding first in the form of forgiveness. First appreciate the efforts or the contribution of the service and then give suggestions for improvement. Never ever have ill feelings or disliking for the souls while offering corrections in their actions or attitudes or in character.

Think Less and Be Happy

Usually there is a tendency to think more than normal when there is a challenging and demanding situation or an issue relating to individuals. Thinking more means having lots of waste thoughts along with necessary thoughts. The speed of waste and negative thoughts is very fast and it consumes lot of energy. Recognize the waste thoughts and replace them with something more positive ones. The best way is to get isolated (detached) from the scene and then observe your thoughts. With this practice you will find yourself thinking less and at the same time having powerful thoughts which will easily resolve the matter. This will keep you cheerful (happy) under all the circumstances.

Thought Power

Mind is the generator of thoughts and intellect is the analyzer (provider of reasoning) of thoughts. Allow your mind to constantly think about everything being good and everything will become good automatically. Thought power is the greatest power of the self. It is a double edged sword. Every action we perform is the result of our thinking (thought power) and therefore be very cautious in our thinking/ thoughts we create. It is said that, Father Brahma created paradise on the earth through thought power. So give utmost importance to the thoughts you create and its ultimate result in your practical life.

Time to Merge

Importance of time is well recognized and understood by almost everybody. But, only few have truly understood the importance of time of confluence age (*Sangam Yug*). Shiv Baba said; it is the time to merge the expansion of bodily relations and become the seed or soul (*vistar ko sar me sametne ka samay hai*). Now is the time to return to our sweet silent home (*Param Dham or Shanti Dham*). Therefore, with your mind and intellect, wind-up all the expansions of physical or corporeal worldly things and truly become subtle or incorporeal. Soul can return home with original pure quality or traits only. Therefore, practice and experiment to withdraw from the grossness or expansions. And constantly emerge sweet silent home and sweetest Father.

Tireless Mind

Tiredness of mind leads to tiredness of body. Waste thoughts are the cause for tired mind. Do not allow your mind to get tired. In other words, do not create waste or unnecessary thoughts. To finish this, engage your mind and intellect with beloved Shiv Baba. Travel to sweet silent world as often as you can and as quickly as you can with the wings of knowledge and yoga. When you remain on pilgrim your mind will remain tireless. It is said 'an idle mind is a devil's workshop' so, don't keep your mind idle even for a second.

Total Renunciation

Total renunciation means total desertion or abandonment including subtle and physical belongings or possessions. One, who becomes a total renunciate, imbibes all the divine virtues and Godly powers automatically, thus claims imperishable fortune. *Shiv Baba ne kaha hai ki tan-man-dhan ka tyag hi sarvansh tyag hai aur tyag se hi bhagya banta hai.* Brahma Baba did this in a second and became number one. We Brahmins must follow his footsteps in order to claim high status. This time of confluence age is blessed by the Supreme Father, for making elevated efforts and accumulating unlimited fortune with total renunciations.

Tranquility

In today's World, every one wishes or wants to experience peace of mind all the time. They use one method or the other but without much benefit. In order to experience tranquility (quietness, peace of mind), sit on a comfortable seat preferably in an isolated room and let the body relax, make efforts to slow down your thoughts then focus your mind and intellect on the Father Shiv Baba (Supreme Point of Light or Supreme Source of Energy). Play relaxation soft music in the background. Practice it as often as possible and you will enjoy the profound, deep silence and peace. You will definitely become authority by practice.

Transform Waste

To transform waste means to convert waste thoughts into best or negative into positive. It is an orientation of view or attitude towards the event happened or likely to happen. To successfully transform something waste into something powerful and meaningful is to look beyond the situation and see what it has to teach or learn from. When you understand the significance, motive and purpose of everything that happens, you are able to transform in a second. You will remain light when you unburden the waste, and any situations or relations with others will not be a challenge. You will perhaps enjoy the game and find it entertaining thus become an authority. Realize that God is yours and remain in intoxication and sing His songs.

True Self

'Self' means-'Spiritual Energy in Life Form'. 'True Self' means original nature or identity or quality or beauty of the soul. Practice soul consciousness to discover your true Self. In other words, you are a conscient being (living light), a sparkling star just like the Supreme Star (Almighty God). Every effort (by remaining introvert and in solitude) you make to discover yourself, you will experience inner beauty and unlimited treasures of God Father. Soon they will become your own treasures and your title will be 'Master Almighty' (*master serve shaktiman*). Constantly remain in this elevated awareness and feelings, then you will experience God's true company.

Victorious Soul

Constantly victorious soul (*sada vijai atma*) is the Godly blessing for every *Brahmin* (adopted children of Father Brahma in the auspicious confluence age). Remain in the remembrance of the sweet Shiv Baba, make Him your companion (*sathi*), and only then, you will be victorious. It is said that in the *Mahabharat* battle *Padav* became victorious because God was on their side. Emerge in the intellect that "I am constantly victorious soul" in every "Time Cycle" and you will experience the victory at every moment. When you forget "who am I, who you are" then, you are non-victorious. Victory over your own subtle and gross vices and over the elements of matter

(body) is true or imperishable (for 21 births) victory. Victorious souls are worshiped and constantly remembered in the form of rosary.

World Benefactor

Real or true world benefactor is God. God doesn't expect anything in return. To become world benefactor like Shiv Baba, perform every task with soul consciousness (*atma smruti*), have big heart (*badi dil*) and unlimited vision (*behad ki drishti*) in service. Sacrifice consciousness of 'I' and you will experience that impossible becomes possible with the automatic help from the World Almighty. In order to accumulate imperishable benefits and claim full credit, offer each and every service done by you to Shiv Baba (*Jo bhi sewa mili athva ki, sab Shiv Baba ko arpan karo to pura jama hoga*). Just as the Father is the world benefactor, in the same way, children are also instrument souls for world benefit.

World is Stage

It is an elevated subtle feeling (stage) of the soul. Sit on the stage of the world (*Earth, Planet Sphere*) with BapDada's combine form at dawn (*Amritvela*) and give *sakash*. Practice this and you will be filled with love and powers from Shiv Baba. In this confluence age, be aware that you are a special star performer (*Hero partdhari*) on the world drama stage. Shiv Baba said; you are like a mobile lighthouse (an embodiment of virtues) radiating energy and are examples for others to follow. Remember that you are the decoration (*shringar*) of the divine family and performing part in the corporeal world as an instrument. *Ap shresth atmeye sakar shrushti me sada unchi smruti, unchi vritti, unchi drishti aur unchi pravrutti me rahate ho.*

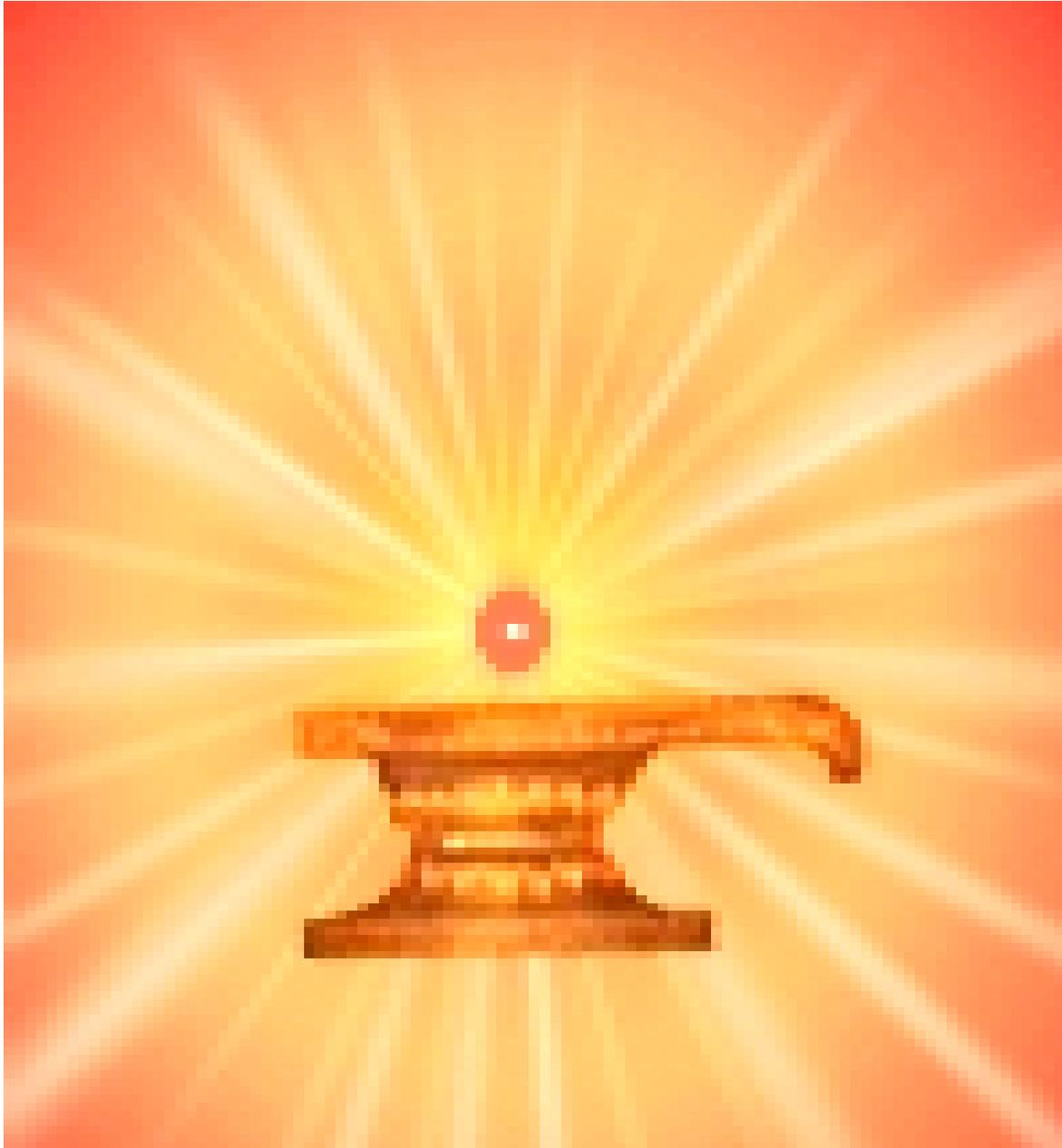
Zeal and Enthusiasm

In the auspicious confluence age, zeal and enthusiasm (*umang aur utsaha*) is breath (*swas*) of *Brahmin* life. With the wings of zeal and enthusiasm, you can fly and experience success in whatever you do. Pay more attention to revive your zeal and enthusiasm by connecting and remembering the Supreme Father, whenever you notice slightest laziness or carelessness. Shiv Baba said; make zeal and enthusiasm your companions in service and you will become successful. Even in ordinary life, a leader with zeal and enthusiasm can bring motivation in his team (co-workers) and a collective goal of service can be achieved in short time and with lesser resources.

Om Shanti



Om Shanti
Supreme Soul



Ocean of Knowledge
(Gyan Sagar)