

Essence: Sweet children, body consciousness means a devilish *character*. Change that and imbibe a divine *character* and you will be liberated from the *jail* of Ravan.

Question: How does each soul experience punishment for his sinful actions and what method should you use to be liberated from that?

Answer: Each one experiences punishment in the *jail* of a womb for his sins and, secondly, he also receives many types of sorrow in the *jail* of Ravan. Baba has come to liberate you children from these *jails*. In order to be liberated from them you have to become *civilized*.

Om shanti. The Father sits here and explains according to the *drama plan*. The Father alone comes and liberates you from the *jail* of Ravan because all are *criminal*, sinful souls. Because all human souls of the whole world are *criminal*, they are in the *jail* of Ravan and when they shed their bodies, they go into the *jail* of a womb. The Father comes and liberates you from both *jails*. Then, for half the cycle, you will not go into either the *jail* of Ravan or the *jail* of a womb. You know that the Father is gradually removing you from the *jail* of Ravan and the *jail* of a womb according to the effort you make. The Father tells you that, in the kingdom of Ravan, all of you are *criminal*. Then, in the kingdom of Rama, all are *civilized*. There is no influence of any evil spirits. It is when there is arrogance of the body that the other evil spirits also come. You children now have to make effort to become soul conscious. Only when you become like them (Lakshmi and Narayan), will you be called deities. You are now called Brahmins. In order to liberate you from the *jail* of Ravan, the Father comes and teaches you and also reforms everyone's *character* which has become spoilt. For half the cycle your *character* was spoilt and it is now completely spoilt. At this time, everyone's *character* is tamopradhan. There is truly the difference of day and night between a divine *character* and a devilish *character*. The Father explains: You now have to make effort and make your *character* divine for only then will you be liberated from the devilish *character*. Body consciousness is *number one* in the devilish *character*. The *character* of those who are soul conscious never becomes spoilt. Everything depends on your *character*. How does the *character* of the deities become spoilt? Their *character* becomes spoilt when they go onto the path of sin, that is, when they become vicious. They have shown such dirty images of the path of sin in the Jagannath Temple. That is a very old temple and the *dress* etc. they are shown wearing is that of the deities. They show how the deities go onto the path of sin. That is the first *criminality*. They climb on to the pyre of lust and then, whilst gradually changing, they become completely ugly. At first, when they are in the *golden age*, they are absolutely beautiful. Then there are two degrees less. The silver age cannot be called heaven; it is *semi-heaven*. The Father has explained that it is only when Ravan comes that rust begins to accumulate on you. You become completely *criminal* by the end. You would be said to be 100% *criminal* at this time. You were 100% *viceless* and have become 100% *vicious*. The Father now says: Continue to reform yourself. This *jail* of Ravan is very big. Everyone would be said to be *criminal* because this is the kingdom of Ravan. They don't know anything about the kingdom of Rama and the kingdom of Ravan. You are now making effort to go to the kingdom of Rama. No one has become complete as yet: some are in the *first*, some in the *second* and others in the *third*. The Father is now teaching you and inspiring you to imbibe divine virtues. Everyone has body consciousness. The more you remain engaged in *service*, the more your body consciousness will be reduced. It is only by doing *service* that body consciousness will be reduced. Those who are soul conscious will do a lot of *service*. Baba is soul conscious and does such good service. He liberates everyone from the *criminal jail* of Ravan and enables everyone to attain salvation. Neither *jail* will exist there. Here, there is the *double jail*. In the golden age, there are no *courts*, no sinful souls and no *jail* of Ravan. The *jail* of Ravan is unlimited. All are tied up with the ropes of the five vices; there is limitless sorrow. Day by day, sorrow continues to increase. Satyug is called the *golden age* and Tretayug is called the *silver age*. The happiness of the golden age cannot exist in the silver age because souls will have decreased by two degrees. When the degrees of souls decrease, the bodies also become like that. You should understand that you have become body conscious in the kingdom of Ravan. The Father has now come to liberate you from the *jail* of Ravan. It does take time for the body consciousness of half the cycle to be removed. You have to make a lot of effort. Those who have already shed their bodies can come here again and take knowledge after growing older. The later you shed your body, the less possible it is for you to make effort: when someone dies, he can only make effort again when his physical *organs* become big. He can only do something when he becomes sensible. Those who go later will not be able to study anything. They will only study as much as they have studied already. This is why you should make effort before you die. They will definitely try as much as possible to come

here. Many will come in this condition. The tree will continue to grow. The explanation is very easy. There is a very good *chance* to give the Father's introduction in Bombay: That One is the Father of all of us. You definitely need the Father's inheritance of heaven. It is so easy! Your hearts should bubble inside with happiness as to who it is teaching you. This is our *aim* and *objective*. Previously, we were in salvation and we then became degraded and we now have to go into salvation from degradation. Shiv Baba says: Constantly remember Me alone and your sins of many births will be cut away. You children know that when it is the kingdom of Ravan in the copper age, the five vices of Ravan become omnipresent. How can the Father be omnipresent where the vices are omnipresent? All souls are sinful souls. The Father is personally in front of you and this is why He says: I never said that, but they have understood it wrongly. By their understanding it wrongly, by falling into vice and by being insulting, this has become the condition of Bharat. *Christians* too know that, 5000 years ago, Bharat was heaven and all were satopradhan. The people of Bharat speak of hundreds of thousands of years because their intellects have become tamopradhan. They (Christians) neither become as elevated nor as degraded. They understand that heaven truly did exist. The Father says: They are right when they say that I came to liberate you children from the *jail* of Ravan 5000 years ago. I have come to liberate you again. For half the cycle there is the kingdom of Rama and for half the cycle there is the kingdom of Ravan. Whenever you children have a *chance*, you should explain. Baba also explains to you children: Children, explain in this way. Why are you experiencing limitless sorrow? At first, when it was the kingdom of Lakshmi and Narayan, there was limitless happiness. They were full of all virtues. This *knowledge* is for becoming Narayan from an ordinary man. This is a study through which you make your *character* divine. At this time, everyone's *character* in the kingdom of Ravan has become spoilt. It is only the one Rama who can reform everyone's *character*. There are so many religions at this time. The number of human beings continues to grow so much. If it continues to grow in the same way, how will there be enough food for everyone to eat? Such things do not exist in the golden age. There is no question of sorrow there. This iron age is the land of sorrow where all are vicious. That is the land of happiness. All are completely viceless. You should repeatedly tell them this so that they can understand something. The Father says: I am the Purifier. By remembering Me, your sins of many births will be cut away. How would the Father say this? He would definitely speak by adopting a body. Only the one Father is the Purifier and the Bestower of Salvation for all. He would definitely have entered someone's chariot. The Father says: I enter the chariot of the one who doesn't know his own births. The Father explains: This is a play of 84 births. Those who came in the beginning will come again. They are the ones who will take many births and then there will be those with fewer births. The deities came first of all. Baba teaches you children to give lectures: You should explain in this way. If you stay in remembrance very well, if there isn't body consciousness, you will then give good lectures. Shiv Baba is soul conscious. He continues to say: Children, may you be soul conscious! Let there be no vices! Let there not be any devilishness within! You must not cause anyone sorrow! You must not defame anyone! You children must never trust rumours you hear here and there. Ask the Father: That one is saying this; is it true? Baba will tell you. Otherwise, there are many who don't take long to tell lies: So-and-so said this about you. They will say this and finish that one off. Baba knows that these things happen a lot. They tell wrong stories and then spoil the hearts of others. Therefore, you must never listen to false stories and burn inside. Ask: Did So-and-so say this about me? There should be cleanliness within. Some children develop enmity based on the rumours they have heard. You have found the Father and so you should ask Him. Many don't have any faith in Brahma Baba either. They even forget Shiv Baba. The Father has come to make everyone elevated. He uplifts everyone with a lot of love. You should take God's directions. If you don't have faith, you won't ask and you won't receive a *response*. You should imbibe what the Father is explaining to you. You children have become instruments to establish peace in the world. Except for the one Father, no one's directions can be elevated. The most elevated directions are only from God from whom you also receive such a high status. The Father says: Benefit yourself and claim a high status. Become maharathis. If you don't study, what status would you receive? This is a matter of every cycle. The maids and servants in the golden age are also numberwise. The Father has come to make you elevated, but if you don't study, what status would you claim? There is a high status and a low status amongst the subjects too. This has to be understood with the intellect. People don't know where they are going, whether they are becoming elevated or degraded. The Father comes and explains to you children: Previously, you were in the *golden* and *silver* ages and you are now in the *iron* age. At this time, human beings eat human beings. Only when people understand all of these things can they then understand what knowledge is. Some children listen with one ear and let it out through the other. Good children at good *centres* have *criminal* eyes. They don't care

about benefit, loss, honour etc. The main thing is the *criminal eye*. The Father explains: Lust is the greatest enemy. You have to beat your head so much in order to conquer it. The main thing is purity. There is so much fighting because of that. The Father says: Lust is the greatest enemy. Only when you conquer it will you become conquerors of the world. The deities are completely viceless. As you progress further, you will understand everything. Establishment will have taken place. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and *good morning* from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Never allow your stage to be spoilt by believing the rumours you hear. Have cleanliness within. Don't burn inside on hearing lies. Take God's directions.
2. Make full effort to become soul conscious. Do not defame anyone. Whilst paying attention to benefit, loss and honour, completely finish the *criminal eye*. Listen with one ear to whatever the Father tells you, but don't let it out of the other!

Blessing: May you be co-operative with everyone and with your elevated awareness, create an elevated stage and an elevated atmosphere.

Yoga means to stay in an elevated awareness. I, an elevated soul, am a child of the elevated Father. When you have such awareness your stage becomes elevated and an elevated atmosphere, which attracts many souls towards you is automatically created through an elevated stage. Wherever you souls stay in yoga and perform actions, the atmosphere and environment there will help others too. Such co-operative souls are loved by the Father and the world.

Slogan: You will receive the throne of a kingdom by sitting on the seat of an unshakeable stage.

*** OM SHANTI ***