

### How to create a *powerful* stage of yoga.

You have come to the land of blessings to celebrate a spiritual meeting. Can you have a spiritual meeting by being stable in the stage beyond sound or does it take place through words? Do you love the stage of going beyond sound or the stage of coming into sound? The stage of going beyond sound is powerful and becomes instrumental to serve everyone. Or, do you experience the stage of serving through words to be more powerful? Does unlimited service take place by going beyond sound or through words? Can you achieve the final stage of perfection, in which you have the stage of being full of all powers, a *master* almighty authority and *master knowledge-full* in a *practical* way, by going beyond sound or by coming into sound? Is the *stage* of being a world benefactor for all souls, a great donor, a bestower of blessings and one who fulfils the desires of all souls, the *stage* of going beyond sound or the stage of coming into sound? Have you experienced both stages? Do you know both these *stages*? Out of the two, in which stage are you able to stabilise yourself for a longer period? Which stage is experienced easily? Are you *ever ready* to the extent that, whenever you are given a *direction*, you can be stable in that particular stage in a *second*? Or, does your time pass in you trying to become stable in that stage? The time for becoming perfect is approaching, so do you experience this speciality in yourself before that time actually comes? The most elevated method of putting the final *full-stop* is to be instantly stable in the stage according to the *directions* you receive. Are you making this method and practice your practical experience? Do you practise this? BapDada has been teaching you this practice for a very long time and is still teaching you, but to what extent do you consider yourselves to be accomplished in this practice? Will you be able to make yourself *ever ready* by the end of this year? Are you ready, or, on seeing the time, have you become even more careless in this practice for yourself? By thinking that you don't know when destruction is going to take place, instead of becoming perfect through your efforts, have you become one who loves rest and comfort due to the weakness of wasteful thinking and wasteful thoughts?

Seeing the speed of the children's efforts nowadays, BapDada continues to smile. You give all souls the message, "Become yogi and gyani", time and time again, but do those who give this message also give themselves this message? The *majority* of souls appear to be weak in the *subject* of the pilgrimage of remembrance and the stage of being a yogi. Time and time again, you bring the same complaint to BapDada and the instrument souls: Why am I not able to have yoga? Why am I not able to have constant yoga? How can I create a *powerful stage* of yoga? Although you are often given many types of method, BapDada keeps receiving the same notes. What can one understand from this? Although you are a child of the One with all powers, you are such a powerless soul that you are unable to *control* yourself, so how would you be able to *control* the kingdom of the world? What is the reason for this? You have learnt yoga, but do not know how to use the methods of remaining yogyukt. You continually speak of yoga, but you do not pay *attention* to experimenting with yoga.

At present, Baba is seeing a particular wave. Whenever anything comes in front of you, instead of using the power to face that you have received from the Father, you begin to put the Father in front and say, "You have to take me back home with You! Give me power! It is Your duty to help me, because if You don't, who will? Give me a few blessings! You are the Ocean, so just give me a few drops!" You lose the courage to face the situation by yourself, and, because of lacking courage, you deprive yourself of help. The special basis of Brahmin life is courage. Just as you don't have a life if you are unable to breathe, so too, you can't have a Brahmin life unless you have courage. The Father has promised you children that when you maintain courage, He will help. It isn't just the Father's help alone. Nowadays, you leave everything to the Father and become careless yourself. Now, what do you have to do? The main weakness is that you don't *use* the powers you receive and the many wise methods of knowledge you hear, that is, you simply speak about them rather than practise them. Now, become introverted and use every power in the practice of your dharna. Just as an inventor remains deeply engrossed in his or her *invention* day and night, so, too, you should be totally absorbed in practising every power. What is the power to tolerate and what is the power to face? What do you attain from the power to tolerate? At which time would you *use* the power to tolerate?

What type of obstacles are you influenced by when you don't use the power to tolerate? How can you become victorious when Maya comes to you in the form of anger? In which situations does Maya test your power to tolerate? Prepare yourself *in advance* by making your intellect go into the detail of these test papers. Before going into the *real examination hall*, become your own *master* and give yourself a test *paper* and you will never *fail* the *real* exam. Put each of the powers into practice and expand on it. All of you practise this very little. You have all become Vyas, but you do not practise (abhyas) as much. You don't know how to keep *busy* in this way, and this is why Maya makes you *busy*. If you remain constantly *busy* in this practice, the *complaint* of having waste thoughts will finish. As well as this, the impact of your practising this would be visible on your face. What would be visible? Someone introverted constantly appears to be happy because the opposition from Maya will be over. By continuing to move along while increasing your experience in this way, you will be liberated from making the same complaint time and time again. Just as Baba has told you about the practice of using all the powers, similarly, you call yourselves yogi souls, but do you have the practice of the definition of yoga that you tell others?

The main specialities of yoga are that it is easy yoga, karma yoga, Raja Yoga, constant yoga and yoga with God. Have you put into practice all the things that you speak about? Why is it called easy yoga? Do you know the answer to this very clearly? Have you also put it into practice? You are *knowledge-full* about this; now put it into practice. You need to practise all the specialities, for only then can you become a complete yogi. If you practise easy yoga but not Raja Yoga, you cannot *pass fully*. Therefore, practise every speciality of yoga, every power and every main *point* of knowledge. Due to weakness in this, the *majority* of you become weak. Due to lacking this practice, you become weak souls. No type of obstacle can come in front of a soul who practises this, and one who is lost in love. The obstacle is burnt away from a distance with the fire of love. You have created *models* of a Shakti burning Ravan, the five vices, and of Ravan running away from the Shakti. Whose *model* have you created? What will you do now? Engage yourself in experimenting with every aspect. Sit in the laboratory of this practice and you will experience the support (sahara) of the one Father and all the obstacles of Maya will move away (kinara) from you. At present, you are only moving along on the surface of the waves of the Ocean of Knowledge, the Ocean of Virtues and the Ocean of Powers, and you therefore only experience *refreshment* for a short time. Now go into the depths of the Ocean and you will attain jewels and have many unique experiences. You have to become powerful yourself. Do not write the same notes to Baba any more. The Father is just amused by them. They are trivial matters and you write the same things time and time again. You even give the Father the job of a physical *doctor*. You give the Father the *duty* of breaking the karmic bondages that you have created. They are your creation. Is the Father's *duty* simply to give you a method or to do it for you? Is He simply instrumental to show you or should He even do it for you? You become very mischievous. Mischievous children leave everything to their father. People say: The child is not listening; you put him right! However, the Father is telling you the way to put everything right. If you do it, you will receive the reward. You want to leave everything to the Father because He is the *World Servant*. Therefore, pay great attention to putting all the *directions* you receive into the *practical* form and you will become free from all obstacles. Do you understand? Achcha.

To the obedient children who constantly follow all of the Father's directions, to the faithful children who make firm the lesson of belonging to the one Father and none other, to those who keep themselves constantly *busy* in this practice, to such special souls who put the specialities of knowledge and yoga into their lives, BapDada's love, remembrance and namaste.

### **BapDada meeting Dadis at the time of leaving:**

The *speed* of you maharathis is the *fastest* of all, but your ability to apply your *brakes* quickly should also be just as *powerful*. You should have such *practice* that at every *second* and in every thought you are able to bring, not just the world, but the cycle of the three worlds in front of you, and even tour around the three worlds. If you need to *stop*, then you should be able to absolutely stabilise your intellect in the seed stage

within a *second*. You should be able to go to an extreme point and then also be able to *stop*. Your *brakes* should be so *powerful* that it shouldn't take you any *time* to stop. In the *military*, when someone running as fast as he can is given a *martial order* to *stop*, he has to *stop* in that instant. Anyone who takes longer than a *second* is *shot*. That is a physical *practice*, and this is subtle *practice*. The speed of effort of the maharathis should be intense and the *brake* should be *powerful*. Only then will you be able to *pass with honours* at the end. Situations will be such that they can bring thoughts about in your intellect, so, at that time, you need the practice of going beyond all of those thoughts and of stabilising yourself in one thought. The adverse situations will pull you. If your *brake* is not *powerful* at that *time*, you will not be able to *pass*. Therefore, the maharathis should *practise* this. *Practise* applying a full-stop when the intellect is scattered in many directions due to the expansion of thoughts. When someone is learning to drive, he is deliberately taken on certain roads so that the examiner can see his ability to avoid *accidents*. In the same way, you need to *practise* this in advance: to *stop* as soon as someone says, "*Stop*". This is the gift for the eight jewels. Not even one *second* should be wasted anywhere else. This is why there are only eight who pass. Do you have such *practice*? There should be the experience that just as you have the practice of *controlling* your physical hands, so, too, your subtle powers and your thoughts should be under your *control*. In fact, this is about *controlling* the expansion of thoughts, whereas people have taken it to mean *controlling* breath. Here, instead of going into expansion, you have to stabilise yourself in one thought, whereas those people have begun the practice of *controlling* their breathing. The maharathis have to have such a stage of the pilgrimage of remembrance. Those who imbibe one thought should be able to stabilise their intellect for as long as they want. Achcha.

**Blessing:** May you be an avyakt angel the same as Father Brahma by performing every action while remaining stable in the angelic form.

Children say that they have a lot of love for Father Brahma, and the meaning of love is to become equal. Just as Father Brahma is in the angelic form, similarly, you have to perform every action by stabilising yourself in the angelic form, like the father. An angel means a form of *light*. Perform actions while staying in the form of *light* and see the body of *light*. Nothing can create any obstacle to this angelic form. Your thoughts, attitude and vision will all become *double light*.

**Slogan:** Only those whose thinking, speaking and doing are equal are the most elevated effort-makers

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