

Essence: Sweet children, the Father feeds you the nourishment of knowledge and yoga and gives you great hospitality. So, remain constantly happy and content and continue to offer hospitality to others according to shrimat.

Question: What is the most invaluable thing that you have with you at this confluence age which you should look after?

Answer: In this most elevated Brahmin clan, that life of yours is most invaluable, and you therefore have to look after your body very well. Do not think that it is just a puppet of clay and that it should finish! No; you have to keep it alive. If someone is ill, do not become fed up with that one. Just tell that person to continue to remember Shiv Baba. To the extent that you have remembrance, accordingly your sins will continue to be cut away. That person should continue to serve. He should stay alive and continue to remember Shiv Baba.

Om shanti. The spiritual Father, who gives you the third eye of knowledge, sits here and explains to you spiritual children. No one, except the Father, can give you the third eye of knowledge. You children have now received the third eye of knowledge. You now know that this old world is about to change. The poor people don't know the One who will change it or how He will change it, because they don't have the third eye of knowledge. You children have now received the third eye of knowledge through which you now know the beginning, the middle and the end of the world. This is the *saccharine* of knowledge. Even one drop of *saccharine* is so sweet. There is just the one expression of knowledge 'Manmanabhav': this expression is very sweet. Consider yourself to be a soul and remember the Father. The Father is showing you the path to the land of peace and the land of happiness. The Father has come to give you children your inheritance of heaven and so you children should have a great deal of happiness. It is said: There is no nourishment like happiness. It is as though it is nourishment for those who remain constantly happy and in pleasure. This is the powerful nourishment for staying in pleasure for 21 births. Continue to serve each other with this nourishment. This is very powerful nourishment for one another. No other human beings can offer this hospitality to other human beings. You offer spiritual hospitality to everyone on the basis of shrimat. To give someone the Father's introduction is also the true state of well-being. You sweet children know that you are receiving the nourishment of liberation-in-life from the unlimited Father. In the golden age, Bharat was liberated-in-life; it was pure. The Father gives very great and elevated nourishment. This is why there is the song: If you want to know about supersensuous joy, ask the gopes and gopis. This nourishment of knowledge and yoga is *first class* and *wonderful* and it is only the one spiritual *Surgeon* who has this nourishment. No one else knows about this nourishment. The Father says: Sweet children, I have brought a gift on the palms of My hands for you. These gifts of liberation and liberation-in-life remain with Me. It is I who come to give you these every cycle. Then, Ravan snatches them away. Therefore, how high your mercury of happiness should rise in you children! You know that it is only the one Father, *Teacher* and the true Satguru who takes you back with Him. You receive the kingdom of the world from the *most beloved* Father. This is not a small thing. You should always remain cheerful. "*Godly student life is the best.*" This saying applies to this time. Then, in the new world, too, you will continue to celebrate in happiness. People of the world do not know when true happiness is celebrated. Human beings don't have any knowledge of the golden age. So, they continue to celebrate it here. However, where can happiness come from in this old tamopradhan world? People here continue to cry out in distress. This is the world of such sorrow. The Father shows you children a very easy path. Stay at home with your family and remain as pure as a lotus. Remember Me while at your business. There is a lover and beloved; they continue to remember one another. That one is his beloved and he is her lover. However, here, it is not like that. Here, you are lovers of the Beloved for birth after birth. The Father does not become your lover. You remember that Beloved in order to call Him here. You call out to Him even more when there is lot of sorrow. This is why there is the remembrance: Everyone remembers God at the time of suffering and no one remembers him at the time of happiness. At this time, the Father is the Almighty Authority. Day by day, Maya is also becoming a tamopradhan almighty authority. Therefore, the Father says: Sweet children, now become soul conscious. Consider yourselves to be souls and remember Me, your Father, and, together with this, imbibe divine virtues and you will become like Lakshmi and Narayan. The main aspect in this study is remembrance. You have to remember the highest-on-high Father with a lot of love and affection. That Father is the One who establishes the new world. The Father says: I have come to make you children into the masters of the world. This is why you must remember Me so that your sins of many births can be cut

away. The Purifier Father says: You have become very impure therefore now remember me, and you will become pure and become the masters of the pure world. People call out to the Father, the Purifier. Now that the Father has come, you definitely have to become pure. The Father is the Remover of Sorrow and the Bestower of Happiness. The golden age was definitely a pure world and so all were happy there. Now, once again, the Father says: Children, continue to remember the land of peace and the land of happiness. This is now the confluence age. The Boatman is taking you from this shore across to the other side. There is not only one boat; the whole world is like a big ship. He takes that across. You sweet children should have so much happiness. For you, there is nothing but happiness. Wah! The unlimited Father is teaching us! You have not heard this before nor have you studied this. God speaks: I am teaching you spiritual children Raja Yoga, and so you should study it fully. You should study and also imbibe it fully. Everyone is always numberwise in studying anyway. You should look at yourself: Am I the highest, average or the lowest? The Father says: Check yourself: Am I worthy of claiming a high status? Am I doing spiritual *service*? The Father says: O children, become *serviceable* and *follow* the Father. I have come for the sake of *service*. I do *service* every day. This is why I have taken this one's chariot. When this one's chariot becomes ill, I sit in this one and write the murli. I cannot speak through the mouth, and I therefore write it down instead so that you children don't *miss* a murli. Therefore, I am also on *service*. This is spiritual *service*. The Father explains to you sweetest children: Children, you too should engage yourself in the Father's *service*. *On Godfatherly Service*. Those who make good effort are called mahavirs. It is seen who the mahavirs are who follow Baba's *directions*. The Father's order is: Consider yourself to be a soul and see others as brothers. Forget that body. Baba does not see bodies either. The Father says: I only see souls. However, there is the knowledge that a soul cannot speak without a body. I have come into this body. I have taken it on *loan*. Only when a soul is in a body can he study. Baba sits here (middle of the forehead). This is the immortal throne. The soul is the immortal image. The soul does not become smaller or larger. The body becomes smaller or larger. The middle of the forehead is the throne of each soul. Everyone's body is different. The immortal throne of some is that of a man and the immortal throne of others is that of a woman. The immortal throne of some is of a child. The Father sits here and teaches spiritual *drill* to you children. Whenever you talk to anyone, first of all consider yourself to be a soul. I, the soul, am talking to this brother. Give the Father's message to remember Shiv Baba. It is through remembrance that the alloy will be removed. When *alloy* is mixed with gold, the *value* of the gold decreases. When alloy becomes mixed into you souls, you even become *valueless*. You have to become pure again. You souls have now received the third eye of knowledge. See your brothers through that eye. By having the vision of brotherhood, your sense organs will not become mischievous. If you want to claim your fortune of the kingdom and become the masters of the world, make effort. Consider everyone to be your brother and donate knowledge to them. Then this habit will become firm. All of you are true *brothers*. The Father has come from up above and you too have come from up above. The Father, together with the children, is doing *service*. The Father gives you courage to do *service*. You then have courage. Therefore, you should *practise* this: I, the soul, am teaching my brother. It is the soul that studies. This is called *spiritual knowledge* which you receive from the spiritual Father. The Father comes and gives you this *knowledge* at the confluence age: Consider yourself to be a soul. You came bodiless and adopted a body here and played a *part* of 84 births. You now have to go back again. Therefore, consider yourself to be a soul and have the vision of brotherhood. You have to make this effort. You have to make your own effort. What concern do we have with others? *Charity begins at home*, that is, first consider yourself to be a soul and explain to your brothers and the arrow will strike the target well. You have to fill yourself with this force. Only when you make effort will you claim a high status. You also have to tolerate a few things. Just remain silent when anyone says anything wrong. What can others do if you remain silent? Clapping takes place with two hands. If the first one claps with the mouth but the other one remains silent, then the first one will automatically become silent. Only when there is the clapping of two hands is there noise. You children have to bring benefit to each other. The Father explains: Children, if you want to remain constantly happy, become "Manmanabhav" consider yourself to be a soul and remember the Father. Look at the soul, the brother. So, you children have to instil the habit of staying on the spiritual pilgrimage. This is for your benefit. You have to give the Father's teachings to your brothers. The Father says: I am giving you souls this knowledge. I only see the soul. When a human being talks to another human being, he sees the face. You speak to souls and so you have to see the soul. Although you give knowledge through your bodies, you have to break the consciousness of the body. You souls understand that the Supreme Soul, the Father, is giving you this knowledge. The Father also says: I too look at souls. Souls also say: We are looking at the

Supreme Soul, the Father. We are receiving *knowledge* from Him. This is called the give and take of *spiritual* knowledge of one soul with another. Knowledge is within the soul. The knowledge has to be given to the soul. This is like power. When your knowledge is filled with power and you explain to others, it will instantly strike the target. The Father says: *Practise* this and see if the arrow strikes the target. Instil this new habit and the consciousness of the body will be removed and fewer storms of Maya will come. You will not have any bad thoughts. The *criminal eye* will not remain either. We souls have been around the cycle of 84 births. The play is now about to end. You now have to stay in remembrance of Baba. From tamopradhan, become satopradhan by having remembrance and you will become the masters of the satopradhan world. It is so easy! The Father knows that it is His *part* to give teachings to the children. This is not a new thing. I have to come every 5000 years. I am bound by this bondage. I sit here and explain to you children: Sweet children, remain on the pilgrimage of remembrance and your last thought will lead you to your destination. This is the final period. Remember Me alone and you will receive salvation. The pillars will become strong by having pilgrimage of remembrance. You children receive these teachings for becoming soul conscious only once. This is such *wonderful* knowledge! Baba is *wonderful* and Baba's knowledge is also *wonderful*. No one else can tell you this at any time. It is now time to return home. This is why the Father says: Sweet children, *practise* this. Consider yourself to be a soul and give knowledge to souls. You have to use your third eye to see others as brothers. This is the greatest effort. This is the most elevated clan of you Brahmins. At this time, your lives are invaluable and you therefore also have to look after those bodies. Because of being tamopradhan, the lifespan of those bodies has continued to decrease. To the extent that you stay in yoga now, your lifespan will increase. In the golden age, it will have increased, your lifespan will be 150 years and you therefore have to look after your body. Do not think that it is a puppet of clay and so it should finish. No; you have to keep it alive. This is an invaluable life. If someone is ill, do not become fed up with that person. Tell that person to remember Shiv Baba. To the extent that you have remembrance, accordingly your sins will continue to be cut away. That person should continue to serve. He should stay alive and continue to remember Shiv Baba. There is the understanding that he is remembering Baba. It is the soul that is remembering in order to claim an inheritance from the Father. 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. Check yourself: In my effort, am I the highest, average or the lowest? Am I worthy of claiming a high status? Am I doing spiritual service?
2. With your third eye, see souls as brothers. Consider everyone to be a brother and give them knowledge. Instil the habit of staying in the stage of soul consciousness and your physical organs will not cause mischief.

Blessing: May you be a charitable soul and with your sanskar of Godly *royalty* speak of everyone's specialities.

Constantly consider yourself to be a special soul as you perform every action and continue to see and speak of the speciality of everyone. Having good wishes for making everyone special is Godly *royalty*. *Royal* souls cannot take into themselves things that others have renounced. Therefore, always pay *attention* that your eyes are closed to seeing anyone's weaknesses or defects. Sing praise of one another and exchange flowers of love and co-operation with one another and you will become a charitable soul.

Slogan: The power of a blessing can change the fire of a situation into water.

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Special homework to experience the avyakt stage in this avyakt month.

If any type of obstacle is disturbing your intellect, then with the experimentation of yoga, first of all finish that obstacle. Let there not be the slightest disturbance in your mind or intellect. Let there be such a practice of remaining stable in the avyakt stage that the soul, the spirit, is easily able to know what another soul, spirit, is saying and know the feelings in anyone's mind.