

**Essence:** Sweet children, you have met the Father once again after a long time. Therefore, you are very dear, long-lost and now-found children.

**Question:** What is the method to make your stage constant?

**Answer:** Always remember that every *second* that *passes* is the *drama*, that it also happened like that in the previous cycle. Praise and defamation, respect and disrespect will all now come in front of you. Therefore, in order to make your stage constant, don't think about the *past*.

Om shanti. The spiritual Father explains to the spiritual children. What is the name of the spiritual Father? Shiv Baba. He is the Father of all spirits. What is the name of all the spiritual children? Soul. Bodily beings are given names; all souls have the same name. You children also know that there are many spiritual gatherings (satsangs). This is the true Company of the Truth where the true Father teaches Raja Yoga and takes us to the golden age. There cannot be any other spiritual gathering or school like this one. Only you children understand this. The whole world cycle is in the intellects of you children. Only you children are spinners of the discus of self-realisation. The Father sits here and explains to you how the world cycle turns. Whenever you explain to someone, bring him in front of the picture of the cycle: Now, you will go in this direction. The Father says to the living beings: Consider yourselves to be souls. This is not anything new. You know that you listen to this every cycle and that you are now listening to it once again. You don't keep any bodily father, *teacher* or guru in your intellects. You know that bodiless Shiv Baba is your Father, *Teacher* and Guru. They don't speak like this in any other spiritual gathering. There is only this one Madhuban. Those people show one Madhuban in Vrindavan. People on the path of devotion have created that. In fact, this is the *practical* Madhuban. It is in your intellects that you have been taking rebirth through the golden and silver ages and have now come to the confluence age in order to become the most elevated beings. The Father has come and reminded us. You now know who takes 84 births and how. People simply speak about this without understanding anything. The Father explains to you very well. There were satopradhan souls in the golden age and they had satopradhan bodies. At this time, it is not the golden age; this is the iron age. We were the only ones who existed in the *golden age*. Then, while gradually moving along and taking rebirth, we came into the *iron age* and we definitely have to go around the cycle again. We now have to return to our home. You are the long-lost and now-found children. The long-lost and now-found children are those who were lost for a long time and were then found again after a long time. You come and meet Baba after 5000 years. Only you children know that that is the same Father who came and gave you the knowledge of the world cycle 5000 years ago. He made you into spinners of the discus of self-realisation. The Father has now come and met us again in order to give us our birthright. The Father makes you *realise* this here. The *realisation* of the soul and of 84 births is included in this. The Father sits here and explains all of this, just as He explained to you 5000 years ago, in order to change ordinary humans into deities, those who are poverty-stricken into those who are crowned. You understand that you have taken 84 re-births. Those who have not taken 84 re-births will not come here to study. Some will only understand a little; it is numberwise. You have to live at home with your family. Not everyone will come and stay here. Only those who want to claim a very good status will come here to be *refreshed*. Those who are to claim a low status will not make a lot of effort. This knowledge is such that even if you only make a little effort, it does not go to waste. Souls will go there after experiencing punishment. If you make effort well, there is less punishment. Your sins cannot be absolved without you staying on the pilgrimage of remembrance. Repeatedly remind yourself of this. First of all, explain to anyone you meet: Consider yourself to be a soul. A name is given to the body later; you are only able to call someone by using his or her bodily name. It is only at this confluence age that the unlimited Father calls you the spiritual children. You say that the spiritual Father has come. The Father calls you "spiritual children". First is the spirit and then the name of the child. You spiritual children understand the things that the spiritual Father is explaining to you. Your intellects understand that Shiv Baba is present in this lucky chariot and is teaching us the same easy Raja Yoga. There cannot be any other human being in whom the Father comes and teaches Raja Yoga. That Father only comes at the most auspicious confluence age. No other human being can say this or explain in this way. Only you understand that these teachings are not given by this father. This one didn't know that the iron age is to come to an end and that the golden age will come. This one doesn't have any physical guru now. All other human beings say that so-and-so is their guru, that so-and-so merged into the element of light. Everyone has a physical guru. All the founders of religions are also bodily beings. Who established this religion? The Supreme Father, the Supreme Soul, Trimurti Shiv Baba established it through

Brahma. The name of this one's body is Brahma. *Christians* say that Christ established their religion. However, he was a bodily being. There is his image too. What picture would you show of the Founder of this religion? You only show the image of Shiv Baba. Some make large images of Shiv Baba and others make small ones. However, He is just a point. He has a name and form, but He is subtle; you cannot see Him with your physical eyes. Shiv Baba departed having given you children your fortune of the kingdom and this is why you remember Him. Shiv Baba says: Manmanabhav! Remember Me, the one Father! Don't defame anyone! You souls should not keep any bodily being in your intellects. This is something that has to be understood very clearly. Shiv Baba is teaching us. Continue to *repeat* this throughout the day. God Shiva speaks: First of all you have to understand Alpha. If you haven't explained Alpha properly and start explaining beta theta etc. to others, nothing will sit in their intellects. Some say that what you are saying is *right* whereas others say that they want *time* to understand these things. Some say that they will think about it. So many different types of people come. These are new things. The Supreme Father, the Supreme Soul, Shiva sits here and teaches souls. The thought arises: What should we do so that people can understand these things? Only Shiva is the Ocean of Knowledge. How can a soul who doesn't have a body be called the Ocean of Knowledge? He is definitely the Ocean of Knowledge. Therefore, He must have spoken this knowledge at some time. This is why He is called the Ocean of Knowledge. Otherwise, why would they call Him that? When someone has studied the Vedas and scriptures a great deal, he is called a scholar of those. The Father is called the *Authority*, the Ocean of Knowledge. He definitely came here and then departed. First of all, you should ask people whether it is now the iron age or the golden age. Is this the old world or the new world? Your *aim* and *objective* is in front of you. If Lakshmi and Narayan were here, it would be their kingdom. It wouldn't be the old world and there would be no poverty. Now there are just their images. They show *models* of them in temples. Otherwise, if they were here, their palaces and gardens would be so huge. They wouldn't just live in temples. The house of the *President* is so large. Deities live in huge palaces; they have a lot of land. There is no question of fear there. There, there are constantly flowers everywhere; there are no thorns there. That is the garden. There, they don't burn any wood etc. Smoke created by burning wood is uncomfortable. There, we live in a very small area. Later, expansion takes place. There will be very good gardens filled with fragrance everywhere. There won't be any *jungles* there. Though you can't see it, you can now *feel* it. You see huge palaces etc. in trance, but you cannot create them here. You have a vision of them and then they disappear. You have had visions, have you not? There will be kings, *princes* and *princesses*. Heaven will be very beautiful, just as Mysore here is very beautiful. There will be very good air there. There will be many waterfalls. The soul thinks of making very good things because he remembers heaven. You children *realise* what will exist there and where you will live. You have this awareness at this time. Look at the images and see how fortunate you are! There will be nothing of sorrow there. We were in heaven and have now come down. We now have to go to heaven again. How can we go there? Will you hang on to a rope and go there? We souls are residents of the land of peace. The Father has reminded you that you are now becoming deities and are making others the same. So many have visions while sitting at home. Those who are in bondage have never seen Baba, but look how those souls dance! Souls experience happiness as they come closer to their home. You understand that Baba has come to give you knowledge and to decorate you. One day, this will eventually be printed in the newspapers. Now praise and defamation, respect and disrespect, all come in front of you. You know that the same thing happened in the previous cycle too. You mustn't worry about what happened a *second* ago. It was also printed in the papers in the same way in the previous cycle. You have to make effort. Whatever upheaval took place, it has happened. At least your name has become known. You *responded* to them. Some study and others don't. They don't have the time; they remain engaged in other work. It is now in your intellects that this is a huge unlimited *drama*. It continues to *tick* away as the cycle continues to turn. Whatever happens this *second* will *repeat* again after 5000 years. You think about whatever happened a *second* after it happened. Any mistake that happens becomes fixed in the *drama*. The same mistake also happened in the previous cycle, and that has now become the *past*. Then you tell yourself that you will not do that in the future and that you will continue to make effort. You have been told that it is not good to make the same mistake over and over again. That action is not good. Your conscience would bite if you performed a wrong action. The Father tells you what you must not do because it would cause someone sorrow. You are forbidden to do that. The Father tells you that you mustn't do that. If you take something without asking, that is called stealing. Don't perform such actions! Don't speak bitter words!

Look at what the world is like today! If someone becomes angry with his servant, he creates enmity. There, lion and lamb live together like milk and sugar. There is salt water and there is milk and sugar. In the golden age all souls live together like milk and sugar, whereas in this world of Ravan all human beings live together like salt water. Even father and son are like salt water. Lust is the greatest enemy. People use the sword of lust and continue to cause one another sorrow. This whole world is like salt water whereas the golden-aged world is like milk and sugar. What does the world know of these things? People say that heaven is thousands of years old. Therefore, nothing can enter their intellects. It only enters the intellects of those who were deities. You know that those deities existed in the golden age. Those who took 84 births will come again to study and will become flowers from thorns. This is the only *university* of the Father and its *branches* continue to emerge. When God comes, you become His helpers with whom God Himself establishes a kingdom. You understand that you are helpers of God. Those people do physical service whereas you do spiritual service. Baba is teaching us souls spiritual *service* because the spirit (soul) has become tamopradhan. Baba is once again making you satopradhan. Baba says: Constantly remember Me alone and your sins will be absolved. This is the fire of yoga. The ancient yoga of Bharat is remembered. There are many types of *artificial* yoga. This is why Baba says that it is all right to call this the pilgrimage of remembrance. By remembering Shiv Baba, you will go to the land of Shiva. That is the land of Shiva, the other is the land of Vishnu and this is the land of Ravan. After the land of Vishnu, it becomes the land of Rama. After the sun dynasty, there is the moon dynasty. That is a *common* thing. For half the cycle, there are the golden and silver ages. Then, for the other half, there are the copper and iron ages. You are now at the confluence age. Only you children know this. Those who imbibe this very well will also explain to others. We are at the auspicious confluence age. If they were to keep this in their intellects, the whole *drama* would also enter their intellects. However, they continue to remember their iron-aged bodily relations. The Father says: You have to remember the one Father. The Bestower of Salvation for All, who teaches Raja Yoga, is only the One. This is why Baba has explained that it is only through the birth of Shiv Baba that the whole world is changed. Only you Brahmins know that you are at the most auspicious confluence age. Only those who are Brahmins have the knowledge of the Creator and creation in their intellects. Achcha.

To the sweetest, beloved, long-lost, 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. Don't perform any actions that would cause others sorrow. Don't speak bitter words. Remain very much like milk and sugar.
2. Do not defame any bodily being. Keep it in your intellect that Shiv Baba is teaching you. Praise that One alone. Become spiritual helpers.

**Blessing:** May you be introverted and conduct new *research* by staying in the laboratory of the depth of experiences.

When you have all experiences in yourself in a practical way, revelation will take place. For this, be introverted, stay on the pilgrimage of remembrance, go into the depth of every attainment and conduct *research*. Imbibe a thought and then look at its result and its success as to whether the thought you had was fruitful or not. Stay in the laboratory of the depth of experiences in this way so that it is felt that all of you are lost in love and beyond this world. Increase the practice of staying in *powerful* yoga while performing actions. Just as you have the practice of coming into sound, similarly, instil the practice of staying in your spirituality.

**Slogan:** Only those who sit on the seat of contentment as they watch the games of adverse situations are jewels of contentment.

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