

Essence: Sweet children, the biggest illness is body consciousness. It was through this illness that there was the *downfall*. Therefore, become soul conscious.

Question: When will you children reach your karmateet stage?

Answer: When you gain victory over the suffering of karma with the power of yoga and when you become completely soul conscious. This illness of body consciousness is the biggest illness. It is through this illness that the world has become impure. Become soul conscious and you will have happiness and intoxication and your behaviour will be reformed.

Song: O traveller of the night, do not become weary! The destination of the dawn is not far off. Om shanti. You children have heard the meaning of "traveller". No one, apart from you mouth-born creation Brahmins, can explain this. When you were deities, you were also human beings and your character was very good; you were full of all virtues and 16 celestial degrees full. You were the masters of the world. No human being knows how you changed from shells into diamonds. You also completely change, numberwise, according to the effort you make. You haven't yet become deities. You are being *rejuvenated*. Some have changed a little; the character of some has changed 5% and 10% of others. The world doesn't know that Bharat was heaven. They say that deities existed in Bharat 3000 years before *Christ*. They had such virtues that they were called gods and goddesses. They don't have those virtues now. People don't understand how the *downfall* of Bharat, which was so wealthy, took place. Only the Father sits and explains this. Those of you whose character has changed can explain this. The Father says: Children, when you were deities, you were soul conscious, and then, when the kingdom of Ravan began, you became body conscious. This body consciousness is the biggest illness you have. In the golden age you were soul conscious and very happy. No one knows who made you become like that. The Father sits here and explains why your *downfall* took place. You forgot your religion. Bharat has become *worth not a penny*. What is the main reason for this? Body consciousness! This *drama* is predestined. People don't know how Bharat, which was so wealthy, has now become so poor. We belonged to the original, eternal deity religion. So, how did we become corrupt in our religion and actions? The Father explains: When it became the kingdom of Ravan, you became body conscious and this therefore became your condition. The ladder shows how the *downfall* took place. Body consciousness is the main reason why you became *worth not a penny*. The Father sits here and explains this too. In the scriptures they have shown the duration of the cycle to be hundreds of thousands of years. Nowadays, the sensible ones are the *Christians*. They too say that 3000 years before *Christ* there was *Paradise*. They cannot understand that it was ancient Bharat that was called *heaven*. Nowadays, they don't know the *full history* and *geography* of Bharat. A few children have a little knowledge, but they also have body consciousness because they think that there is no one like them. The Father explains why Bharat has reached such a state of degradation. Bapu Gandhiji also used to say: Purifier, come! Come and establish the kingdom of Rama. Souls definitely received happiness from the Father at some point. That is why they remember the Purifier. The Father explains: My children who change from shudras into Brahmins don't become completely soul conscious too; they repeatedly become body conscious. This is the oldest disease and it is through this that your condition has become like it is. It takes a lot of effort to become soul conscious. The more soul conscious you become, the more you will remember the Father. Therefore, there should be limitless happiness. It is remembered: You were concerned to meet the Supreme One who lives in the element of brahm, the element beyond, and you have now found Him. You receive an inheritance of 21 births from Him. What else do you need? Simply become soul conscious and constantly remember Me alone. You may live at home with your family. The whole world is body conscious. The *downfall* of Bharat, which was so elevated, did take place. No one can tell you what its *history* and *geography* is. These things are not mentioned in any of the scriptures. Deities were soul conscious. They understood that they had to shed their bodies and take others. They were not God conscious. The more soul conscious you remain and the more you remember the Father, the sweeter you will become. It was by becoming body conscious that there was fighting, quarrelling and monkeyish behaviour. The Father explains all of this. This Baba also understands all of this. Some children become body conscious and forget Shiv Baba. Even very good children remain body conscious; they don't become soul conscious. You can explain this unlimited *history* and *geography* to anyone. There definitely were the sun and moon dynasty kingdoms. No one knows the *drama*. Bharat has now fallen so much and the root of the *downfall* is body consciousness. Some children too become body conscious. They don't understand who is giving them *directions*. Always consider it to be Shiv Baba who is telling you. It is because of not remembering Shiv Baba that you become body conscious. The whole world has become body conscious

and this is why the Father says: Constantly remember Me alone! Consider yourself to be a soul! The soul listens through this body and plays his *part*. The Father explains so well. Although some of you give very good lectures, good behaviour too is required. Because of becoming body conscious, some *fail*; there isn't that happiness or intoxication. Then they perform very sinful actions due to which there is a lot of punishment experienced. There is a lot of damage caused by being body conscious. A lot of punishment has to be experienced. The Father says: This is the *Godly World Government*, is it not? The *right hand* of Myself, the *Godly Government*, is Dharamraj. When you perform good actions, you receive good fruit from that. By bad actions being performed, there is punishment experienced. Everyone also experiences punishment in the *jail* of a womb. There is a story about this. All of those things refer to this time. The praise is only of the one Father. There is praise of no one else. This is why it is written: Trimurti Shiva Jayanti is *worth a diamond*. All the rest are *worth shells*. No one, apart from Shiv Baba, can purify you. You become pure and then Ravan makes you impure due to which everyone becomes body conscious. You are now becoming soul conscious. This soul-conscious stage lasts for 21 births. So, the greatness is of the One. It is Shiv Baba who makes Bharat into heaven. No one knows when Shiv Baba comes. His *history* should be first. The Supreme Father, the Supreme Soul, is called Shiva. You understand that there was the *downfall* because of body consciousness. It is when this has taken place that the Father can come to make it *rise*. *Rise and fall*, day and night, the Sun of Knowledge rises and dispels the darkness of ignorance. The greatest ignorance is that of body consciousness. No one even knows about souls. They simply say that the soul is the Supreme Soul and they have therefore become such sinful souls! This is why there has been the *downfall*. You have taken 84 births and continued to come down the ladder. This play is predestined. No one but you children knows the *history* and *geography* of the *world*, how there was the *downfall* of the world. They believe that there has been a great deal of improvement through *science*. They don't understand that the world has become even more impure and hellish. There is a lot of body consciousness. The Father says: You now have to become soul conscious. There are many very good maharathis. They speak knowledge very well, but their body consciousness hasn't been removed yet. Because of body consciousness, there is a trace of anger in some, a trace of attachment in others; there is one thing or another. The character has to be reformed. Become very, very sweet. This is why the example of the lion and lamb drinking water from the same stream is given. There, there are no animals that cause sorrow. Hardly anyone understands these things. They understand things numberwise. It is with great difficulty that the suffering of karma is finished and they become karmateet. Many become body conscious. They aren't aware of who is giving them these directions. How could you receive shrimat from Shri Krishna? Shiv Baba says: How could I give you shrimat without this one? This one is fixed as My chariot. Don't ruin yourself for nothing by becoming body conscious and performing wrong actions! What would the consequences of that then be? A very low status would be received. The uneducated ones will have to bow down in front of the educated ones. Many people say that the *history* and *geography* of Bharat is not as complete as it should be. This has to be explained to them. No one, apart from you, can explain this. However, a soul-conscious stage is required. Only such ones can claim a high status. As yet, none of you has reached your karmateet stage. This one (Brahma Baba) has many responsibilities. He has so many worries, even though he understands that everything happens according to the *drama*. Nevertheless, different methods have to be created in order to explain to you. This is why Baba says: You can become much more soul conscious. You don't have any burdens on you. The father has many burdens. This one, Prajapita Brahma, is the *head*, but no one knows that Shiv Baba is sitting in him. Among you too, hardly anyone keeps this faith. You have to know this *world history* and *geography*; when there was heaven in Bharat and where it then went to. How did its *downfall* take place? No one knows this. Unless you explain, no one can understand. This is why Baba gives you *directions*. Write to those in *schools* and tell them that they should show the *history* and *geography*. You should give lectures about the *downfall*. Bharat used to be a like a diamond; how did it become like a shell? How many years did this take? We can explain all of this. You can drop leaflets from *aeroplanes*. Those who explain have to be very clever. The *Government* wants this. Therefore, you should invite everyone to the *Government Hall*, Vigyan Bhavan, in Delhi. It should also be printed in the newspapers. Also send everyone invitation *cards*! We are explaining to you the *history* and *geography* of the whole *world* from the beginning to the end. They will come and go by themselves. There is no question of money. For instance, if you meet someone who wants to *present* you with a gift, you cannot accept it. You could use it for *service*, but you couldn't accept it for yourself. The

Father says: What would I do with a donation from you? I would have to give you the full return. I am the very clever Stockbroker. 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. Don't perform any wrong actions by becoming body conscious. Make full effort to become soul conscious. Continue to reform your character.
2. Become very, very sweet and cool. Remove the evil spirits of anger and attachment from within you.

Blessing: May you be one with elevated self-respect and remain set on your *seat* of self-respect and make Maya *surrender*.

The most elevated self-respect of the confluence age is to have the awareness of being a *master* almighty authority. When a chief *officer* or a king sits on his *seat* of self-respect, others too then give them regard. If they are not on their *seat*, no one would obey their *orders*. Similarly, you too must become those who have self-respect and remain *set* on your *seat* of elevated self-respect. Maya will then *surrender* herself to you.

Slogan: Only those who maintain the stage of an observer and experience the company of the Comforter of Hearts are souls who are absorbed in love.

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