

Essence: Sweet children, don't sit here and there and *waste* your *time* in useless things. Stay in remembrance of the Father and your *time* will then be used in a worthwhile way.

Question: Which children can glorify the Father's name?

Answer: Those who serve in the same way as the Father. If you perform every deed in the same way as the Father, you will receive a great reward. Baba is inspiring us children to make effort in order to make us equal to Him.

Question: Who would be called introverted? How is your introversion unique?

Answer: To remain *soul conscious* is to be introverted. The soul inside has to listen to everything from the Father alone. To connect your intellects in yoga to only the one Father and become virtuous is your unique introversion.

Song: Salutations to Shiva.

Om shanti. Sweetest, beloved, long-lost and now-found children, you heard the song. You heard the Father's praise. You children are receiving the reward of the Father's praise and you then glorify the Father's name. However, you can only *show* (reveal) Him when you do the same *service* that He does. Such children will receive a great reward. You children now exist in the *practical* form. Devotees simply sing His praise. You know that BapDada is personally sitting in front of you at the confluence age. The Father would definitely tell you this through the body of Dada. You children have the firm faith that you will make effort and definitely become equal to the Father. The Father is the Purifier and the Ocean of Knowledge. You Purifiers, you Ganges of knowledge, have emerged from Him. Why is "Ganges" said? Because all of you are brides, you are all called the Ganges of knowledge. You children have the intoxication that you are following shrimat and that you can give all human beings of the world the happiness that no one else can give. The Father has now come to give everyone salvation and He gives it through you children because He is Karankaravanhar. Therefore, you definitely have to follow the shrimat of such a Father. The Father says: Whatever service someone does and to whatever extent they do *service*, they will accordingly receive a high reward for 21 births. However, if it is not in the fortune of some, they won't do anything. It is very easy. Day by day, the Father continues to give very good *points*. The Father says: Fill your aprons as much as you want. You can tell whether you are filling your aprons very well or whether you are *wasting* your *time*. On the path of devotion you *wasted* a lot of *time* and a lot of *energy*. You even wasted your money and your efforts went to waste. Look how much effort they make! They do so much chanting, tapasya, giving donations, going on pilgrimages etc. All of that happens according to the *drama*. It is now a question of effort. Nothing can be done about that which has passed; it will *repeat* at its own time. The Father says: Now follow shrimat! Don't waste your *time* here and there! Use your *time* in a very fruitful way in remembrance of the Father! There are many children who hear what the Father says with one ear and let it out through the other. Those who imbibe this very well will then also definitely *serve* others. They will not waste their time anywhere. There are many children who remain extroverted throughout the whole day. You children have to make effort and become introverted. The soul is inside. You have to have the faith that the Father is telling you souls: Children, you have to remain *soul conscious*. This is real introversion. Our way of becoming introverted is totally unique. The soul that is inside has to listen to everything from the Father. The Father repeatedly explains to you children with love. You have to learn from the mother and Father and the special brothers and sisters who do very good *service*, even though everyone still has a few defects in them. It is also sung: I am without virtue; I have no virtues. You children now have to become virtuous. You can only become that when your intellects are connected in yoga to the Father. Maya will make you wander around a great deal. Children continue to fall and climb up. Those who remain *body conscious* continue to fall. Those who remain *soul conscious* do not fall. They promise the Father that they will definitely do this task, that they will definitely become completely pure. You should have the firm faith inside that you will claim your full inheritance from the Father and that you will not waste your *time* in useless matters. You children have to do everything for the livelihood of your bodies. To renounce one's home and family is the work of hatha yogi sannyasis. You have to look after your creation very well and also have the faith in your hearts that whatever you see with those eyes is going to be destroyed. By having attachment to those things you harm yourselves. Have attachment to only the one Father. The main thing is purity. It is because of this that there are many upheavals. There isn't as much upheaval because of anger. The Father says: The vice of lust exists in everyone at this time. Everyone is born through vice. You can explain that you are helping to make degraded ones elevated. You children now have to become *soul conscious*. Remember the Purifier Father. You also call out: O Purifier come! So what would He do when

He does come? Surely He would make you pure. Here, it is not a question of bathing. The Father says: Constantly remember Me alone; there is no other way. It is only with the fire of yoga that you will become pure from impure. From the *iron age* you will go to the *golden age*. This is the only way. There is no other method. There is only one medicine for all the illnesses: remembrance of the Father. It is through this that all sorrow will be removed. By remembering the Father you will also remember your inheritance. “The Father” means the inheritance. No matter how poor a physical father may be, he would definitely give you an inheritance even if it were only worth a few pennies, or even some utensils etc. Therefore, you first have to remember the Father and then the inheritance. The Father says: “Manmanabhav, madhyajibhav!” The Father is explaining to you the essence of all the Vedas and scriptures. No one else knows this essence. The Father tells you directly: Children, renounce body consciousness. You should understand that the Father is speaking to you souls. The incorporeal Father would speak to incorporeal children: You souls are listening through your ears. It is you who do everything. Under no circumstance must you children become body conscious. Consider yourselves to be souls and remember the Father. Also do *service* because it is with the body that you do everything. You definitely have to do that. Some even become *unconscious* for some time. However, that is not an aspect of knowledge. Here, you only have to make effort to remember the Father and it is in this that Maya causes a lot of obstacles. You know that you have come into the Father's lap and so you definitely have to remember the Father. Even when you are preparing bhog you have to remember Shiv Baba. Previously, when you used to make bhog, you would remember Krishna, Rama or Guru Nanak. You used to study the Guru's versions (Guruvani). Only when you prepared everything while you were in remembrance did it become pure. Then that *practice* was developed. Here, too, the *practice* of remembering the Father should be developed. It is definitely most essential for you to remember the Father as much as possible when preparing bhog and food. However, children don't remember Him. You should remind one another in the kitchen to prepare the food in remembrance of Baba. By doing this, you will become firm. Those who don't have this practice would never remember Him. There is a lot of praise of Brahma bhojan and so there must definitely be something in that. Even deities desire Brahma bhojan. Therefore, by preparing food while in remembrance, you benefit yourself and even those who come. By staying in remembrance, it enters your intellect that you are claiming your inheritance from Shiv Baba. However, children don't remember Him. There is that weakness. As you make progress, such children will emerge who will be completely intoxicated in remembrance of the Father. Only while in remembrance will they prepare food. Just as a drunk person has his own intoxication, in the same way, you children should have this intoxication of remembrance of the spiritual Father. There is a lot of benefit in this. You have to remember the Bridegroom or the Father. The Father is extremely sweet. No one is as sweet as He is. People outside don't know of these things. Only those who belong to the deity religion can understand these things. “You are the Mother and the Father.” This is the praise of the incorporeal Father alone. No one could say this to Krishna. The Father definitely performed such an elevated task. This is why we praise Him so much on the path of devotion. The Father now says: Sweet children, remove your intellects' yoga from everyone else. Remove your intellects' yoga from the whole world, including your own bodies, and constantly remember Me alone and your boat will go across. This is a very inexpensive bargain. However, those who make it are numberwise. This is also predestined in the *drama*. Baba explains to you so well. You listen to Him. Some of you even imbibe it very well. Others simply hear it with one ear and let it out through the other. Children become *refreshed* here by listening to Him personally but then, as soon as they go out, they forget; they don't remember anything at all. Some will *repeat* it very well. They will do *practically* everything that Baba has explained. If you wake up early in the morning and prepare food in remembrance of Baba, that food will have a lot of power. You children should have so much intoxication of having to uplift the whole human clan. This is only for the human clan. It isn't that you will uplift animals etc. That is their *part* of the *drama*. As are human beings, so their *furniture*. There is no rubbish in the golden age. There are so many comforts for you there. Animals and birds there are very *royal*. As are human beings, so all the material around them. What would be the material around those who are poor? The material of wealthy people is so *royal*. You children know that Baba is inspiring you to earn a high income. Then, it depends on how much each one does; the study is the same. Each one claims a status, numberwise. There are kings and queens, subjects, maids and servants of wealthy people and maids and servants of poorer people etc. It is in your intellects that you are establishing your kingdom with the power of yoga. There is no question of weapons here. That refers to this time. You are claiming the kingdom with the power of yoga. At this time you are Brahmins, Shaktis. Deities and goddesses in the golden age will not

have any weapons etc. Everything that they have shown refers to the present time: the sword of knowledge, the weapon of knowledge. They have then taken all of them to be physical. Your features and your characters are now both changing. You are becoming beautiful from ugly. You are becoming full of all virtues, 16 celestial degrees full. It depends on how much effort each one makes. There cannot be any lies here. If there is something ugly inside, that would also be visible externally. Baba says: Children, become so sweet that everyone wonders who made you as you are. You have the *knowledge* of the beginning, the middle and the end of the whole world. It is only by knowing this cycle that you will become rulers of the globe. Put up a *board* saying that the Father is the Creator and that He alone is giving us all the *knowledge*. You are Brahmins; your caste is unique. The Father is giving *knowledge* to you Brahmins who are the mouth-born creation of Brahma. Therefore, you should have so much *love* for Shiv Baba. However, even very good *first-class* children *fail* in yoga. Knowledge is very easy. They even speak the murli very well, but yoga does require effort. It requires effort to have your sins absolved with remembrance. It is in this that many *fail*. God speaks: I have come to change you from human beings into deities, pure from impure. Only through knowledge is salvation received. Therefore, the Ocean of Knowledge definitely has to give *knowledge*. Neither the water of the ocean nor of the rivers can purify you. You children now understand that you are establishing a kingdom for yourselves. You are becoming soul conscious. You claim your inheritance of *knowledge* from Baba and become the masters of the world. There is a vast difference between their intellects and your intellects. All of those people do everything for destruction whereas everything you do for establishment. You mustn't forget these things. However, those who don't have it in their fortune don't imbibe these things. You should make effort to claim a high status, to *pass* and claim a high *number*. You do desire this but you aren't able to make that effort. This study is unlimited. The Father gives you the sovereignty of the world. It is a *wonder*. He says with a lot of love: Children, remember Me! You have to remember Him deep in your very bones. The Father has come once again. We will definitely follow the Father's directions and claim our full inheritance. Baba, we now know You. Some haven't even seen Baba and yet they receive a *touching* while just sitting at home. Some become intoxicated by hearing just a little. Their fortune also accompanies them. Some are influenced by bad company and so they stop studying. Those who follow Ravan's dictates are separate from those who follow God's directions. You children know how the kingdom is being established with the power of yoga. There are many types of physical power. There is only one type of yoga power. 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. Become introverted and listen to only the one Father. Connect your intellects in yoga to only the one Father and become virtuous. Don't become extroverted.
2. Remain in the intoxication of remembering the spiritual Father while preparing and eating food. Become a firm yogi.

Blessing: May you become free from attachment and receive God's love by remaining detached and not worldly while living at home with your family.

While staying at home with your family, have the aim that you are at a service place for service. Wherever you live, let the atmosphere be like that of a service place. The meaning of a household is to have an attitude of being beyond, that there is no consciousness of "mine". Everything belongs to the Father and so it is an attitude of being beyond. Anyone who comes should experience you to be detached and loving to God. Let there not be attachment to anyone. Let the atmosphere not be worldly, but spiritual and let your speaking and doing be the same and you will then receive *number one*.

Slogan: When you remain constantly full of treasures and are content any adverse situations that come will be transformed.

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