

Essence: Sweet children, to stay in remembrance of the Father is a very sweet toli which you have to continue to distribute to others. This means you have to continue to give others the introduction of Alpha and beta.

Question: What is the easy way to stay in permanent remembrance?

Answer: In order to stay in permanent remembrance, forget your body and all bodily relations. While walking and moving around, practise staying in remembrance. If, while sitting in yoga, you even remember the red light, your yoga will break; you won't be able to stay in permanent remembrance. Those who ask especially for someone to conduct meditation for them are unable to stay in yoga.

Song: O traveller of the night, do not become weary! The destination of the dawn is not far off.

Om shanti. This is a matter of yoga because it is now the night. The iron age is called the night and the golden age is called the day. You are now going from the iron-aged night into the golden-aged day. This is why you must forget the night and remember the day. Hell has to be removed from your intellects. The intellect says: This truly is hell. No one else's intellect can say this. The intellect is in the soul. The soul knows that Baba has now come to take you from night into day. The Father says: O souls, you now have to go to heaven. However, you first have to go to the land of peace and then to heaven. That is, you are yogis of firstly the home and then of the kingdom. The land of death, that is, the night, is now to end. You now have to go into the day and this is called Godly yoga. Incorporeal God teaches us yoga, that is, He engages us souls to Him. This is spiritual yoga whereas any other is physical yoga. You children mustn't have yoga while just sitting in one place. In whatever way people sit, they teach others to sit in the same way. Here, you are not taught to sit in any particular way. Yes, in a gathering you have to sit with discipline, but you can sit however you like in yoga. You can even have yoga while walking and moving around or even while lying down. *Artists* are able to paint pictures while in yoga. They paint pictures of Shiv Baba with whom they have yoga. They know that that is our Baba who resides in the incorporeal world, the supreme abode. We too are residents of that place. We souls have to go there. This should remain in your intellects as you walk and move around. You shouldn't ask to be especially seated in tapasya or to have someone conduct meditation for you; that is *wrong*. Fools would specially request this. Do children specially sit down in one place to remember their father? They continue to say "Baba, Baba!" all the time; they never forget him. Little children remember their father even more. Their mouths are always speaking. So, why here do you forget the parlokik Father? Why does the intellect's yoga break? You mustn't say "Baba, Baba!" through your lips. The soul knows that he has to remember Baba. If you form the habit of specially sitting in one place to have yoga, that is not yoga. God Himself is teaching you this Godly yoga. He is called Yogeshwar, the Lord of Yoga. God has taught you yoga: Remember Me, your Father! You shouldn't feel that you enjoy yoga a lot more when a didi (senior sister) sits in front of you to conduct meditation. The yoga of such children cannot remain permanent. For instance, when you have the difficulty of a *heart* problem, would anyone ask you to conduct yoga? This is a matter of remembering with your intellect. All the types of yoga that people teach are *wrong*. There are no yogis in this world. In fact, when you remember anyone, that is yoga. If you like mango, your yoga is connected to that. If you like the red light and you remember that, then that is having yoga with the light. However, here, you have to forget your bodies and all your bodily relations and have yoga with Me alone. Only then will you benefit and become conquerors of sin. The Father alone comes and shows you the path to salvation. No one, apart from the Father, can grant you salvation. All others show you the path to degradation. Heaven is called salvation whereas the land of liberation is our home where we souls reside. At this time, it is the dictates of human beings that have made everyone reach degradation. The incorporeal Father comes and grants you salvation and then we stay in salvation for half the cycle. There, no one stumbles from door to door searching for God or to attain liberation or liberation-in-life. It is only when the kingdom of Ravan begins that you begin to stumble from door to door because you begin to fall. Devotion also has to start. You know that you will now shed your bodies and then go to the Shiva Temple. The golden age is the unlimited Shiva Temple. At this time, this is a brothel. You have to remember these things. If you don't remember Shiv Baba, you are not a yogi but a bhogi (someone who indulges in sensual pleasures). When you tell people to come and listen to you, they say that they will only hear two words from you. The two words are very well known: Manmanabhav and Madhyajibhav; remember Me and remember your inheritance. Only through these two versions do you receive liberation-in-life. The Father says: Remember Me and you will become free from disease, and remember the cycle and you will become wealthy. Through these two expressions, you become *ever healthy*

and *ever wealthy*. If something is *right* you have to follow it. Otherwise, it would be understood that you are a fool. Alpha and beta are two expressions. Alpha is Allah and beta is the creation. Baba is Alpha and beta is the sovereignty. Some among you receive the sovereignty and others become subjects. You children should keep a chart of how long you remembered the Father and your inheritance throughout the whole day. Only the Father gives this shrimat. The Father teaches you souls. People beat their heads so much for wealth. Brahma had a lot of wealth. When he saw that he was going to receive the sovereignty from Alpha, he thought, "What am I going to do with this wealth? Why should I not give everything to Alpha and claim the sovereignty?" Baba had a song composed based on this: "The first one found Allah and the second one received the sovereignty." At that time, it entered his intellect that he was to become Vishnu, the four-armed image. What would I do with this wealth? That was it, because Baba opened the lock on his intellect. Baba was *busy* accumulating wealth, but when one is receiving a sovereignty, why should one do donkey work? Nevertheless, Baba did not starve. Whoever comes to Baba is sustained very well. At home, they may starve. Here, those who follow Baba's shrimat receive very good help from Baba. Baba says: Show everyone the path: Remember the unlimited Father and also remember the *knowledge* of the cycle and your boat will go across. The Boatman has come to take your boat across. This is why they remember the Purifier and the Boatman. However, no one knows whom they have to remember because they have said that God is omnipresent. They only refer to the image of Shiva as God. In that case, why do they also call Lakshmi and Narayan, as well as Brahma, Vishnu and Shankar, God? If everyone were to become the Father, who would give the inheritance? By God being called omnipresent, neither the One who gives nor those who receive remain. It is written that establishment took place through Brahma. Shiva is standing at the top. Shiv Baba creates deities through Brahma, and so Brahma too would become a deity. This is the duty of the Father alone. It is His praise that is sung as the one incorporeal One, the Image of Immortality. A soul is an image of immortality. Death doesn't come to any soul. Therefore, the Father, too, is the Image of Immortality. Everyone's body is destroyed. Death never comes to a soul. There is never untimely death there. There, you understand that you have to shed a body and take another. If you are in heaven, you definitely take rebirth in heaven. Here, all are residents of hell. They say, "So-and-so went to heaven." Therefore, he was definitely in hell prior to that. They don't even understand such an easy matter! Even sannyasis don't know this. They simply say that the light merged into the light. Devotees who are residents of Bharat remember God. Devotees are householders because devotion is for the household path. Those people (sannyasis) have knowledge of the element of light. They believe that they will have yoga with the element of light and merge into that. They believe souls to be perishable. They can never tell the truth. Only the one Supreme Soul is the Truth. You now have the Company of the Truth and so all other company is false. In the iron age there are no human beings who speak the truth. No one speaks the truth about the Creator or creation. The Father says: I am now telling you the essence of all the scriptures. In the main scripture, which is the Gita, they have put the name of a human being instead of that of the Supreme Soul, even though Krishna is ugly at this time. You should now create a picture of Krishna so that people are able to understand. You should show him in two *shades*. On one side, show him to be dark blue and on the other side show him to be fair. Then explain to them by saying: By sitting on the pyre of lust, he becomes ugly and by sitting on the pyre of knowledge, he becomes beautiful. You have to show both paths: the path of isolation and the family path. The *iron age* then becomes the *golden age*. After the *golden age*, there are the *silver, copper* and *iron* ages. The soul says: Previously, I was sitting on the pyre of lust whereas I am now sitting on the pyre of knowledge. You children now know that, from being impure, you are becoming residents of the land of angels. When you create something while you are in yoga, that thing will never go wrong. When your intellect remains still, you receive help. However, it is difficult. Baba says: I too forget. This is a very slippery game. You need to practise very well. You are unable to have permanent remembrance. Practise staying in remembrance while walking and moving along. You can even remember Baba when you are on the *lavatory*. You receive strength by staying in remembrance. At this time no one knows true yoga. Apart from the Father, all those who teach you to have yoga are *wrong*. When God taught yoga, heaven was created. When human beings taught yoga, heaven became hell. When someone has even the slightest wrong activity, his intellect becomes locked; he is unable to stay in remembrance for even 10 to 15 minutes. Otherwise, it should be very easy for old women, children and those who are ill. It is a very good *toli*. Even though someone may be deaf and dumb, he too can understand through signals, "Remember the Father and you will receive your inheritance". When people come, tell them: I will show you the path by which you can receive the inheritance of constant happiness of heaven from the unlimited Father, the

Creator of heaven. You should continue to distribute the small leaflets etc. There should be a lot of zeal and enthusiasm in your hearts to explain to those of any religion who come here. The Father says: Renounce all bodily religions. Remember Me and your sins will be absolved and you will come to Me. First of all, have this faith and then go into other matters. You mustn't move on until then. Consider yourself to be a soul and remember the Father. This is the most *first-class* aspect. There are just the two terms: Alpha and beta, the Father and the inheritance. 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. Surrender everything you have to Alpha and claim the sovereignty. Keep your chart of how long you remember the Father and the inheritance.
2. Don't perform any wrong actions. Practise staying in permanent remembrance.

Blessing: May you be loving to God and transform effort into love by experiencing the Father's company.

BapDada sits you children in His lap of love and co-operation and takes you to your destination. You children simply have to be loving to God and remain merged in His lap and effort will be then transformed into love. Perform every task while merged in love. BapDada is with you at every moment in every relationship. He is with you in service and with you in your stage. He *offers* Himself to be with you in every relationship. You simply have to be loving to God and remain with Him with that relationship according to the time and you will not *feel* lonely.

Slogan: A *balance* of self-progress and service is the means of success.

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