

Essence: Sweet children, remember the Father and the cycle. There is no need to say anything through your lips. Simply remove your hearts from this hell and you will become *ever* free from disease.

Question: What advice does the Father come and give you children *directly* in order for you to make your reward elevated?

Answer: Children, everything you have is now going to finish. Nothing will be of any use. Therefore, like Sudama, create your future reward. The Father has come *directly* and so you should use everything you have in a worthwhile way. Open a *hospital-cum-college* through which many can benefit. Show everyone the path. Always continue to follow shrimat.

Om shanti. The unlimited Father explains to you children. One explains to those who are ignorant. You know that all are truly impure and that they remember the Purifier Father. Impure human beings would definitely be said to be ignorant. Everyone calls out: O Purifier, come and purify us! The people of Bharat know that Bharat was pure in the golden age. There was the pure household religion. At this time, it is the impure household irreligion. Those who are pure are said to be righteous souls. When it was the kingdom of Lakshmi and Narayan in this Bharat 5000 years ago, it was called the pure kingdom. Both men and women were pure. The Father sits here and explains that the path of devotion has continued for half the cycle. To chant, to do tapasya etc., to study the Vedas are all the path of devotion. No one can attain Me by doing any of those. They don't know Me, the Father. All of them *waste* their *time* and *energy*. The path of devotion begins with the copper age. The deities go on to the path of sin. Hundreds of thousands of rupees are spent in building temples to the deities. The Somnath Temple was so beautifully decorated with diamonds and jewels. At that time, they would not have spent millions of rupees because diamonds and jewels hardly cost anything. If that temple were to be built at this time, it would be a property worth many millions. The Father now explains: Sweet children, to study the Vedas and scriptures is devotion; it cannot be called knowledge. They don't believe in pilgrimages etc. in the golden age. The Ganges and Jamuna rivers exist in the golden age and they also exist at this time. In the golden age there were no rivers on which to go on pilgrimage. The Father is the Ocean of Knowledge. He sits here and gives you knowledge. That devotion continues for half the cycle. At first there is unadulterated devotion. They only worship Shiva at that time. Then they worship the deities. Now, even devotion has become adulterated. They continue to read scriptures etc. in performing devotion. All have become devotees. All the brides remember Me, the one Bridegroom. God is the One who protects the devotees. So, surely, there must be difficulty in devotion because that is why they call out: Come and *liberate* us! Free us from sorrow! Become our *Guide* and take us to the land of liberation! They don't know who God is. They go to the Shiva and Shankar Temple. They have combined Shiva and Shankar, although the two are separate. That One is incorporeal and this one is a being with a subtle body. That One resides in the incorporeal world and this one resides in the subtle region. The Father explains: They show a bull in the temple. They believe that Shiva and Shankar used to ride a bull. They also say of Shiva that He is omnipresent. They would not say that Shiva and Shankar are omnipresent. They call the one incorporeal One, the Supreme Father, the Supreme Soul. The Father now says: Look how I, the Incorporeal, am teaching you! Would anyone be riding a bull? Why have people shown Me riding a bull? I enter an ordinary body when I come. I sit and tell you the story of this one's 84 births. You too have come and become the mouth-born creation of Brahma. This one is called Bhagirath (the Lucky Chariot) because he hears everything first. He is the fortunate one. There are very few people in the golden age. All the rest of the souls will have gone back to their home from where they came. This is the field of action. The cycle of the world continues to turn. The golden and silver ages do not exist in the incorporeal world or the subtle region. This cycle of the *drama* rotates here. For half the cycle, there is knowledge, the golden and silver ages, and then for half the cycle there is devotion, the copper and iron ages. It was the kingdoms of Lakshmi and Narayan in the golden age: the kingdoms of Lakshmi and Narayan *the First*, Lakshmi and Narayan *the Second*, continue. There is the kingdom of the moon *dynasty* Rama in the silver age. In the golden age, you take eight births and in the silver age, you take 12 births. Only the Father explains this story of 84 births to you. The Father only meets His Brahmin children and not anyone else. Only when you become His children does He teach you. The Father says: I am your Father, *Teacher* and Satguru. I grant you salvation and take you back with Me. The method I give you of how to become pure is very easy. What are you doing while sitting here? Children say: Baba, we are remembering You. The Father's order is: Constantly make effort to remember Me and your sins will be absolved through this fire of yoga. You will then become pure and satopradhan. You are now tamopradhan

and the alloy will only be removed by your having remembrance. There is no question of difficulty. This is such an easy way to become *ever* free from disease. Deities never fall ill. Only by having this remembrance will you become free from disease. When your sins are absolved, you will become pure. This is such a big income. You may go on tours, but simply remember Me. First of all, *practise* this. By having remembrance, you will become free from disease for 21 births. There is no question of difficulty. Simply constantly remember Me alone. The Father says to souls: O souls, are you listening? The Father says through His mouth: Remember Me and remember your home. This hell is now to end and you have to return to your home. Also make effort to stay in remembrance when preparing meals. Even though you are karma yogis, you must definitely at least reach the stage of having eight hours of remembrance. Continue to increase your *chart*: five minutes, ten minutes, half an hour, etc. Continue to check for how long you remembered the Father from whom you receive the sovereignty of Paradise and become ever free from disease for 21 births. This is such an easy method! The *knowledge* of the cycle has been explained to you. You have to remember the cycle of the Brahmins, the topknot, the deities, warriors, merchants and shudras. Remember the Seed and the tree. You now know that the one religion is being established and that the other religions are to be destroyed. In the golden age, there is just the one religion. It is this that requires your efforts. The Father says: Remember Me, the Seed, and the tree. Establishment, destruction and sustenance; this is very easy. This is very easy yoga and easy knowledge. Your intellects have the knowledge of how the tree emerges from the Seed. You may live at home with your families, but you do have to remain pure. This is good, is it not? The Father says: You have been choking in hell for 63 births. You have been committing sins and have now become absolutely sinful souls. You have been following the dictates of Ravan. Gandhiji too wanted there to be the kingdom of Rama. This means that he was in the kingdom of Ravan. The intellects of human beings have become so dirty that they don't understand anything at all! They don't know at all when it was heaven. No one knows that it is now 5000 years since Lakshmi and Narayan came into existence. They say that the duration of the golden age is hundreds of thousands of years. For half the cycle there is knowledge and for half the cycle there is devotion. Then, when the world becomes old, you have disinterest. This enables you to remove your hearts from this hell. You are earning a lot of income while sitting here. The Father says: You are becoming rulers of the globe. This is the last of your 84 births and destruction is just ahead. The land of death is being destroyed and the land of immortality is being established. We are listening to Baba, the Lord of Immortality, telling the true story of becoming true Narayan. There is just the one religious story, but they have created so many scriptures etc. They spend millions and billions on them, but they are all lies. The Father tells you the truth and establishes the land of truth. Everything is explained to you so well. Innocent women, those without virtues and those with stone intellects can also become the masters of heaven. What do you have now? What does America have? There are big palaces there. All of them are now about to fall. In heaven, there is plenty of wealth. Here, there is no wealth. What would they loot from the *White House of America*? There isn't anything there anyway. In the golden age, even the palace of the poorest person would be better than here. It would be covered with silver and gold. There, everything is very cheap. They all have their own land. There is the example of Sudama. On the path of devotion you have been giving two handfuls in the name of God. Some would donate five, ten or a hundred rupees and receive the return of that in their next birth. That is why people make donations and perform charity. Those who open *hospitals* receive good health in their next birth; they wouldn't have any illness. Some open *colleges* and so they study in their next birth and become clever; they receive the fruit of one birth in their next birth. The Supreme Father, the Supreme Soul, the incorporeal Father, is the Bestower. The Father says: Children, open a *hospital-cum-college* and many will benefit from that. You will receive the fruit of that for 21 births. That is *indirect* for one birth and this is *direct* – you receive a reward for 21 births because the Father is now sitting here *directly*. He explains: Everything you have is to be destroyed. All the palaces etc. are to turn to dust. This is why you should earn for the future. That will then be useful to you. Show the path to anyone who comes. Remember the Father and the rust on you will be removed. The Father is from beyond this world. The Father says: By following *shrimat* you can become the masters of heaven, those with divine intellects. He also continues to explain so many methods to you. The account of each one's actions is individual to that one. The Father sits here and explains to you the philosophy of action, neutral action and sinful action. If you have any difficulty, come and take *shrimat* from the *Surgeon*. Show this path to the innocent ones and those with stone intellects. There has been continual upheaval because of vice. When they are not given poison, they begin to beat them and throw them out of the house. They create so much upheaval. Baba says: There will be many

obstacles from devils in this sacrificial fire of knowledge. Many innocent ones will be assaulted. There is never any assault in other satsangs. Here, there are obstacles. Baba says: People have become so impure! You are now becoming pure in order to become the masters of the pure world. The Father's order is: Become pure in this last birth and remember Me and your sins will be absolved. This is called easy Raja Yoga. This method is not mentioned in any other scripture. In the Gita, it says: Renounce all bodily religions and remember Me, your Father. Krishna is not God. God, the Father of all souls, is only the One. He has taken this body on *loan*. This is His Lucky Chariot. This one has the happiness that God uses his body. The Father enters this body and benefits everyone. However, there isn't a bull etc. What would a new person understand about these things? 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 completely pure in this final birth, and stay in remembrance of the Father alone. Remove your heart from this impure world.
2. Become a spinner of the discus of self-realisation. Open a *hospital-cum-college* and benefit many. Take shrimat from the *Supreme Surgeon* at every step.

Blessing: May you be aware of your title of "A spinner of the discus of self-realisation" and thereby become a conqueror of Maya and free from looking at others.
At the confluence age, the Father Himself gives you children different *titles*. Keep those *titles* in your awareness and you will easily be able to stabilise in your elevated stage. Your intellect should not just speak about it but you should set yourself on that *seat*. Let your stage be according to your *title*. If you have the *title* of a spinner of the discus of self-realisation in your awareness, then you cannot look at others. To be a spinner of the discus of self-realisation means to be a conqueror of Maya. Maya will not then even have the courage to come in front of you. No one can stay in front of the discus of self-realisation.

Slogan: Experience the stage of retirement and give others this experience and all games of childhood will finish.

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