

Essence: Sweet children, you do not have to say anything through your lips; just constantly remember the one Father with a true heart. The Lord is pleased with those who have honest hearts.

Question: Which *manners* are the best? Which divine *manners* do you have to imbibe?

Answer: The best *manners* are to remain constantly cheerful. Deities always remain cheerful; they never laugh loudly. To laugh loudly is also a vice. You children should remain in the incognito happiness of remembrance. The sanskar of *familiarity* also causes a great deal of damage. In order to be successful in *service*, you need to have an attitude that is free from attraction. There should not be the slightest odour of being trapped by anyone's name or form. You need to have a very clean intellect. Your face remains cheerful when you have imbibed these things and you do *service* and make others similar to yourself.

Song: Neither will He be separated from us, nor will we experience sorrow.

Om shanti. You children understand, numberwise, according to your efforts. It is said that the Lord is pleased with those with honest hearts. The heart too is within the soul, is not? Therefore, remember the true Lord and you will receive happiness. Remembrance means to remember the Father internally. Chant the name of the Lord. To chant does not mean that you have to continue to say something; no. Just continue to have remembrance and you will receive a great deal of happiness. You also have to make others similar to yourself. It is very easy to explain to others. Just as a truly faithful wife does not *love* anyone except her husband, in the same way, you souls have to remember the unlimited Father from beyond with honest hearts. It is just as a lover and beloved love each other. They are attracted to each other's name and form; it is not a question of vice. The lover remembers the beloved and the beloved remembers the lover, that's all! Their intellects are not drawn anywhere else. Even though they are engaged in their business etc., their hearts are connected to each other. That is pure remembrance. Their bodies and intellects do not become impure. Such souls are also praised, but there are very few of them. Even in this knowledge, there are very few such true lovers. Maya is such that she gets hold of you by the nose. The example of Angad has been given. Ravan said: See if he can be shaken or not. Maya tries to make the powerful maharathis fall. Just as a mouse blows on you and then bites you in such a way that you don't even feel it, in the same way, Maya is so powerful that if anyone behaves badly and unlawfully, then she locks that one's intellect in an incognito way. You need a deep intellect to understand these things. You need to practise remembering Baba a great deal. There has to be full *love* for the Father. You have to do *service* without becoming attracted. No matter how good some child may be, you mustn't become trapped in his name or form. This causes a great deal of damage. The Father says: Consider yourself to be a bodiless soul and remember Me. Keep yourself very clean and pure. You belong to Shiv Baba and He is making you clean and pure. You have to remove the vices from within you. Your very name is Shiv Shaktis; you receive power from the Almighty Authority. Therefore, you have to have very good yoga with Him. The Father says: To have constant remembrance is not like going to your aunty's home! So much effort is made to stay in remembrance at the time of eating, yet He is still forgotten. While eating, a great deal of effort is made to remember the Father the whole time. As He is our Beloved, why should we not eat in remembrance of Him? He would then remain with us. However, remembrance is still forgotten again and again. Even on the path of devotion, the intellect continues to wander in different directions. These are aspects of knowledge. Some children are also not able to understand these aspects properly and are still crawling on the floor. If your yoga were to be constant, it would be understood that your karmateet stage is coming close. However, remembrance doesn't remain, and so a great battle takes place within. Baba sees that there are many whose intellects wander. It takes effort for them to become bodiless. There are very few who speak the truth; they are ashamed to speak the truth. Maya is very powerful. She doesn't take long to scalp you. You shouldn't say: "We are His children anyway." You have also been shown methods. Firstly you have to reach the karmateet stage and then a status is received, numberwise. Baba knows that Maya harasses the children a great deal. She doesn't allow remembrance to remain. It has been observed from the stages of many that they become trapped in someone's name and form. You have to practise considering yourselves to be bodiless, because for a very long time you have not considered yourself to be bodiless. In the golden age, you will have the full knowledge that you are a soul and that you have to shed your old costume and take a new one. You also receive a vision at that time. Whether you have a vision (in a practical way) or invisibly (just through feelings), you will understand that the lifespan of that body is about to end. When someone is about to die, he says: I feel that I am about to die; I am unable to live any longer. There, when your body has become old, you will understand that you have to shed it. They shed their bodies happily when it is their *time*. They

have full knowledge of the soul but they don't have the slightest knowledge of the Father because that is not in the *drama*. Why should you remember the Father there? There would be no need. Here, human beings remember Him in sorrow whereas you have to consider yourself to be a soul and have yoga with the Father. This body is old. You should have total dislike for it. No matter how beautiful someone's body may be, everyone is ugly because, according to the *law*, every soul has become ugly. This is something for the intellect to understand. Therefore, the Father explains: Let your intellects' yoga be connected to the One. Just as people have *love marriages*, so this is also a *love marriage for* you souls. Then there is no *love* for this body. If there isn't *love* for your own body, why should there be *love* for the bodies of others? Everything in the world functions on the basis of beauty. Some couples get engaged without seeing each other; then, when they do see each other, they don't like each other and there is quarrelling and fighting: "What would I do with money? I want someone beautiful!" You understand that you are souls. You should have no attachment to your old bodies. All of those relationships are vicious. Your things are different from those of the people of the world outside. You ugly souls have now become engaged to the beautiful Traveller. You understand that every soul in this world has become totally ugly. Make the soul beautiful by forging a connection with the Beautiful One. The one Traveller makes multi-millions beautiful. Very good yoga is needed in order for ugly souls to be made beautiful. If you remain ugly, you will firstly have to experience punishment and secondly, your status will be destroyed. Here, you must not get caught up in the name or form of anyone. A great deal of *disservice* takes place when that happens. This is why Baba explains: Remain cautious. You get caught up in the web of Maya and yet you don't even understand. That destiny will not leave you. You destroy your own status. The Father says: With the power of yoga, you have to make your souls pure. This is a furnace (bhatthi). Have yoga with the Father. However, if your intellects wander elsewhere your remembrance becomes adulterated. Then, neither will you be able to do *service* nor will you claim a high status. Alloy can only be removed with the fire of yoga. If you have yoga, knowledge will also remain in your intellects. Baba is Rup (the Embodiment of Yoga) and also Basant (the One who showers knowledge). The more rup (the embodiment of yoga) you children become, the more you will be able to imbibe knowledge. Firstly, souls have to be made pure. You continue to speak of yoga, but, even among you, there are many who don't understand the meaning of yoga. You cannot purify yourselves or Bharat without yoga. Even though you do *service* and open *centres*, Maya catches hold of you by your nose. Some become arrogant and say that they have opened this many *centres*; they become body conscious. The Father explains: Consider yourselves to be souls and have yoga with the Father. No sinful action should take place. If you forget Baba and then become trapped in someone's name or form, a great deal of damage is caused. The destination is very high. It's not a small thing to become a master of the world! The Father is praised a great deal. Many temples are built in His name. You know who built the Somnath Temple and when he built it. Temples too are built numberwise. After the Somnath Temple was built, the Lakshmi and Narayan Temple was built, and then the Jagadamba Temple. Human beings don't know who created the temple to Somnath. God is the Incorporeal. Although worshippers of the Incorporeal worship incorporeal Shiva, they don't understand anything. You children are also numberwise. Day and night, you should be concerned about *service*. Only when you stop being body conscious and become soul conscious will you have this concern. Have full yoga with the Father. To have total *regard* for Him is not like going to your aunty's home! The evil spirit of Maya breaks your yoga. Only the Father knows these things. There are some who are so sensitive that if they are told anything they become upset and quickly become *traitors*. They then destroy their own fortune. When they come to Baba, they become amazed, they belong to Him and then run away and begin to do *disservice*. It is also mentioned in the Bhagawad that while drinking nectar, some became *traitors* and caused harm. The Father has great concern that so-and-so is weak and can become a *traitor* at any time and cause harm. It has been seen how some become *traitors* and create a lot of harm and then innocent ones are beaten a great deal. Are there assaults in other spiritual gatherings? Here, the first aspect is of renouncing poison. Some don't renounce it at all. People say that so-and-so has left for the heavenly abode, but no one knows what *heaven* is. It is as though they just speak without knowing the meaning of what they say. You have now received so much understanding. The Father knows who the good flowers are. There are some who don't have any odour of being trapped in anyone's name or form. They have no other interest apart from knowledge. You also need to have accurate yoga. Although some are already ugly, they become even more ugly. Within this army, there is an army of elephants, lions and lionesses and also horses and mares. There is a flock of sheep as well; there are all types. It is understood from the activity of some that they are goats; they don't understand anything; nothing

sits in their intellects. Their intellects are like the intellect of a buffalo. Baba explains in such an easy way that you are souls. Are you not able to remember the unlimited Father? O souls, remove your intellects' yoga from everywhere else and remember Me. Are you not able to remember Me? You remember your friends and relatives etc., so what's so difficult about remembering Me? Some say: Baba, Maya breaks my intellect's yoga. But you will lose your inheritance! If your intellects' yoga is forged completely, you will become the masters of the world. How can the Father ever be forgotten? It is only when you become body conscious that you forget Him. You are repeatedly told to consider yourselves to be souls and to remember the Father constantly. You don't have to chant. You don't need to make a sound. You have to go beyond sound. You come into body consciousness when you say "Rama, Rama" through your mouth. Remember the Father internally. You simply have to take the support of your *organs* and remember that you are souls. Remain in silence and remember the Father. Baba is the Ocean of Knowledge; He is *knowledge-full*. He has full *knowledge* and He also teaches you. By remembering the Father, you will become pure and will receive a *holy crown* (halo) and by knowing the cycle of the world you will receive a crown studded with jewels. You will become those with *double* crowns. It is by having remembrance that your sins will be absolved. Otherwise, you will be punished by Dharamraj and your status will be destroyed. Therefore, remember the Father. Your happiness has to be incognito. You should not laugh loudly. Lakshmi and Narayan are called cheerful. To be cheerful and to laugh are two different things. There is incognito happiness in remaining cheerful. It is bad to laugh loudly. It's best to remain cheerful. To laugh loudly is also a form of vice and that vice too should not remain. Happiness should be visible on your faces. That will be visible when you make others similar to yourselves. Do *service* and more *service*. As soon as you are given *service* to do, you should run; nothing else. You children do *service* in order to transform thorns into buds. Baba continues to give you children very good *points*. You have to have the faith that it is Baba who is saying these things. This one also says: Don't praise me; all the praise belongs to Shiv Baba. By remembering Him, you will become complete conquerors of sin. It is a very easy thing. Remember Baba and spin the discus of self-realisation. It is at the end that you become complete spinners of the discus of self-realisation, numberwise. 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. Create a method to keep the Father with you. Stay in remembrance at meal times. Practise becoming bodiless! Do not *love* your old body.
2. Have total *regard* for the Father. Don't be arrogant! Always stay far away from the sickness of becoming trapped in someone's name or form. Stay intoxicated with knowledge and yoga.

Blessing: May you be a world transformer who comes into contact and relationship with others while wearing the glasses of seeing their specialities.

While coming into connection or relationship with one another, see one another's specialities. Adopt the vision of only seeing other's specialities. Nowadays, it is the fashion and also compulsion to wear glasses. So, wear the glasses of seeing specialities, so that you cannot see anything else. When you wear red glasses, even green things will be visible as red. So, wear the glasses of speciality and do not see rubbish, but only see the lotus and you will become an instrument for world transformation.

Slogan: Constantly stay away from the dust of thinking of others and seeing others and you will become a flawless, invaluable diamond.

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