

Essence: Sweet children, have true love for the one Father and He will take you back home with Him. He will liberate you from all sins and make you into the masters of heaven.

Question: What main dharna do you need in order to keep yourself happy?

Answer: Only when you know how to have a spiritual conversation with yourself can you remain happy. Let there not be attachment to anything. Your stomach only needs two chapattis, that's all. Only when you have the dharna of an attitude that is free from attraction can you remain cheerful. Churn knowledge and keep yourselves happy. You are karma yogis. While working, while performing your household chores and while you eat, remember the Father. Let the discus of self-realisation continue to spin in your intellects and there will be a lot of happiness.

Song: Neither will He be separated from me, nor will the love in my heart disappear!

Om shanti. You sweetest children heard the song. This is the spiritual love of you children, of you souls, for your Supreme Father, the Supreme Soul. Only you Brahmin children have this spiritual love. You have the faith that you are souls. However, when they say that each soul is the Supreme Soul, whom would the soul love? It is the children who love their Father. It isn't the Father's love for the Father. You understand that you souls are now connecting your love to the Supreme Father, the Supreme Soul. It is this love that will take you back with Him. You have spiritual love for the Father and so you also have to face difficulties; the whole world and members of your family all become your enemies. It has been explained to you children that the Ganges is not the Purifier. People go to the banks of the River Ganges and the River Jamuna with the thought of becoming pure; they go and sit at Haridwar and at Kashi; those are the two main places. They say: O Purifier Ganges! However, that Ganges does not hear them. It is only the one Purifier Father who hears them. You are now sitting in front of that Father. The Father is telling you how you can become pure. The water of the Ganges does not say: Constantly remember me alone and your sins will be absolved. The Father says: I promise you that if you remember Me, the Father, your sins will be absolved. I *guarantee* this. The Ganges cannot *guarantee* this. Just as people have been burning an effigy of Ravan every year but he doesn't die, in the same way, people have been bathing in the Ganges for birth after birth, but no one has become pure from impure. They go to bathe there again and again. Once they have become pure, why do they go to bathe there again? There are so many melas. No one would call those the meeting of souls with the Supreme Soul. On the path of devotion, there are huge crowds at the melas. You now connect your intellects in yoga to the Father. You know that you souls have become His lovers. It is souls who remember God through their bodies. The Father says: I am also teaching you through this body. This is why you constantly have to continue to remember Baba. When you say "Baba" you would definitely remember heaven and also your home, the land of liberation. Liberation is also called the land of nirvana. This is the corporeal world. How could the corporeal world's population increase unless souls came here? Souls come from the incorporeal world and the human world continues to increase. Some think that it continues to increase *naturally*. You know that souls come here and that the world population continues to increase. You children now know that the *sweet home* is the land of peace. Many people like peace. You know that the land of peace is your *sweet Godfatherly home*. When the people of Bharat are returning from abroad, they say: We are going back to our *sweet home* of Bharat. They love the land where they took birth. They say: Take us back to our *sweet home* of Bharat. OK, if the person dies and the soul has departed, they bring the body here and finish it off here. They believe that the soil of Bharat should come back to Bharat. When Nehru died, they scattered his ashes in so many places. They scattered them on the fields. They thought that the land would become fertile. However, no matter how much respect someone gives to anything, it definitely has to become old. They are facing so many difficulties. They don't know the Father. You know the Father and are claiming the inheritance from Him. Therefore, your heart's desire is to make your friends and relatives into residents of heaven too. When you tell them to become residents of heaven, they say: Do you want to kill us? You children know that you are becoming the elevated residents of heaven by following shrimat. It takes a lot of effort to become soul conscious. You repeatedly become body conscious and forget the Father. You are now sitting personally in front of Him. You know that you have come to your Supreme Father, the Supreme Soul. Baba asks: Have we met before? So, you instantly reply: Yes, Baba, we met 5000 years ago. These are your incognito words. No one else can *copy* you. Although some adopt the costume of Krishna and say that they have come to establish heaven, they cannot say that they also established heaven 5000 years ago. You alone say: Baba, we also came 5000 years ago to claim

our inheritance from You. You taught us Raja Yoga. The soul says this through the body. Have the faith that you are a soul and remember the Father. There is no question of omnipresence in this. They don't even understand that the Brahma through whom the Supreme Father, the Supreme Soul, creates the world, would surely have to exist in the corporeal form. The Purifier Father comes and makes you into pure deities. The Father alone is the Creator of heaven. Therefore, surely, human beings are needed in heaven. Baba comes and shows you the gates to heaven. You try to change the residents of hell into residents of heaven. If you told an eminent person directly that he was an impure resident of hell, he would get very upset. You now know that you are coming out of hell and going to heaven. We are now residents of the confluence age. Having renounced our bodies, we souls are now going to Baba's home with Baba. This is your spiritual pilgrimage. You have to stay in remembrance of Baba. You understand that the pilgrimage will continue for as long as your body remains. You also have to perform actions. Although you may eat, drink and cook, you definitely have to remember the Father whenever you have time. While you are at work, when you see that you have some time, sit in remembrance of Baba. There is a lot of income in that. When travelling by *train*, you don't have to do anything at that time. So, while sitting there, continue to remember Baba. We are now going to Baba. Baba has come from the supreme abode to take us back. Achcha, when you are cooking for your family in the evening, remind one another of Baba. Come and we will sit in remembrance of our Baba. Tell these *points* to one another. We are spinners of the discus of self-realisation. Baba says: You are also *lighthouses* who show the path to others. You are *lighthouses* while sitting, standing and moving around. You have liberation in one eye and liberation-in-life in the other eye. Heaven used to be here, but it is not here now. This is now hell. Baba is once again establishing heaven. The Father says: I make you into very beautiful flowers. You will then become empresses and queens. You mustn't become a coarse, hand-spun cotton queen. You have to become sixteen celestial degrees full, not fourteen degrees. Shri Krishna was sixteen celestial degrees. You children used to have so many fasts and disciplines etc. You even used to stay without water for seven days. You used to make so much effort but you did not go to the land of Krishna. You are now making effort to go to the land of Krishna, heaven, in a *practical* way. Because Krishna has been shown in the copper age, no one knows about heaven. In fact, you now know what the seven days mean. You must not remember anyone except the Father but there is no question of staying without water etc. By remembering Baba, you will go to Baba. The Father will then send you to heaven. You starved yourselves by observing fasts and disciplines etc. for so many days. You made so much effort for birth after birth! There was no attainment through any of that. You have now been liberated from all of that and brought on to the path of salvation. You say: Baba, we met you in the previous cycle too and claimed the inheritance of heaven. The Father says: Continue to take advice at every step. Ask about all your accounts and Baba will continue to advise you. You may continue with your business etc. and even then Baba will continue to advise you. When He sees that you have been caught up in your business too much, He will advise you: Why do you beat your head so much with that? How long are you going to live for? The stomach only asks for one or two chapattis. The wealthy as well as the poor can live on that. Wealthy people eat very well and yet they still become diseased. Look how strong the natives are, and look what they eat! They work so hard. They remain happy in their huts. Therefore, at this time, you should renounce all other desires. Take two chapattis and your stomach will become full. That's all. You then have to remember the Father. You are spiritual children and have become lovers of the Beloved, the Supreme Father, the Supreme Soul. The more you remember Baba, the more your sins will be absolved and you will go and meet the One whom you remember. Some of you desire to have visions. Baba says: You can have visions while sitting at home. By remembering Shiv Baba you will have visions of Paradise and you will see the land of Krishna. Here, Baba makes you into the masters of Paradise. It is not a question of just visions. Remember Me because I have come to take you back. You have to remember Shiv Baba. He alone is the One who makes you into the masters of the land of Shri Krishna. Krishna would not make you that. By remembering Shiv Baba, you receive the sovereignty of Paradise. He has now come from the supreme abode. He definitely did come at some time; that is why the temples have been built as memorials. There is the Shiva Temple and people also celebrate the birthday of Shiva, but no one knows how He comes in Bharat. He doesn't enter the body of Krishna. Krishna only exists in the golden age. There is a very big temple to Shiva, but the temple to Krishna is not as big. The Somnath Temple is so big. In the Krishna Temple, they show Radhe and Krishna wearing many ornaments. You will never see ornaments in the Shiva Temple. Shiv Baba doesn't reside in huge palaces. It is Shri Krishna who resides there. Baba says: I don't stay in palaces. However, on the path of devotion, they built such a grand temple studded with

diamonds and jewels. It was those who received the inheritance of heaven from Shiv Baba who built such a big temple. They built such a big temple as a memorial. Therefore, they themselves would also have been so wealthy. Very good temples are still built. In Bombay, there is a temple to Shiva, Baburinath (Lord who changes thorns into flowers). There is a temple to Lakshmi and Narayan in Madhavbaag. The Father says: I make you into the masters of heaven, and so you build such a big temple on the path of devotion and look how I am now sitting in a hut! Your name will also be glorified. You know that your temple will be built again. It is a wonder that there are also many temples to our Father Shiva. Those who built the Somnath Temple would have been so wealthy. I am now so incognito that no one knows Me. You now know how the temple to Shiv Baba will have to be built once again. You will then have gone on to the path of devotion. Mama and Baba, who become the most worthy of worship and the masters of Paradise will then become the first worshippers, and they will be the ones who have to build the temple. So they would say in their hearts: We will become worshippers and build the temples. By entertaining yourselves with these things, you will forget the old world. You should talk about such things among yourselves and you will remain very happy. Each of you should have a spiritual conversation with yourself. The *Supreme* Spirit sits here and consoles you souls. He makes you cheerful with this knowledge. You say: We have come once again after a cycle. We have met the Father many times and received our inheritance. You should talk among yourselves in this way. Then, you are also karma yogis. You may prepare food at home, you will remain happy. You know the *history* and *geography* of 84 births. We have now become Brahmins and will then become deities and rule the kingdom. From being worthy of worship, we will become worshippers and then build palaces etc. Continue to relate your own *history* and *geography*. How our *history* and *geography* continues around the cycle is called the discus of self-realisation. You are the ones who know all three worlds. The eye of knowledge of each of you has now opened. By remembering this cycle, you should have a lot of happiness. The Father too is pleased. You are now engaged in service. Temples to you servers will be built later on the path of devotion. I have now come to serve you children. I have come to give you the full inheritance of heaven. The more effort each of you makes, the more you will accordingly become a master of heaven. 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. While walking and moving around be *lighthouses* and show everyone the path. Renounce all desires and stay in remembrance of the one Father. Continue to take advice from the Father.
2. Entertain yourselves with things of knowledge. Talk to yourself. Spin the discus of self-realisation and remain constantly cheerful.

Blessing: May you be seated on your seat of self-respect and give respect to all and thereby be respected by all.

Always remain stable in your elevated self-respect. Be humble and continue to give respect to everyone for this giving will become a form of receiving. To give respect means to put zeal and enthusiasm into other souls and enable them to move forward. By constantly staying in your self-respect you will automatically have all attainments. Because of your self-respect, the world will respect you and you will become worthy of receiving elevated respect from all.

Slogan: The *record* of those who give *regard* to everyone automatically becomes good.

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