

Essence: Sweet children, first of all, grind this mantra very firmly into everyone: You are a soul. You have to remember the Father. It is only by having remembrance that your sins will be cut away.

Question: What is the real service that you now do?

Answer: To make Bharat that has become impure pure is real service. When people ask how you are serving Bharat, tell them that, according to shrimat, you are doing spiritual *service* of Bharat through which it becomes *double* crowned. You are establishing the *peace* and *prosperity* that used to exist in Bharat.

Om shanti. The first lesson is: Children, consider yourselves to be souls, that is, become “Manmanabhav”. This is a Sanskrit word. When you children do *service*, first of all, teach them about Alpha. When anyone comes, take them to Shiv Baba's picture, not to any other picture. First of all, take them in front of the picture of the Father and say: Baba says: Consider yourself to be a soul and remember Me, your Father. I am your *Supreme* Father, the *Supreme Teacher* and also the *Supreme* Guru. Teach everyone this lesson. This is where you have to begin. Consider yourself to be a soul and remember Me, your Father, because you have become impure and you have to become pure and satopradhan once again. Everything is included in this lesson, but not all of you do this. Baba says: First of all, take them to the picture of Shiv Baba. This is our unlimited Baba. Baba says: Constantly remember Me alone. Consider yourself to be a soul and your boat will go across. While remembering Me, you will reach the pure world. Every three minutes, repeatedly make this lesson firm: Did you remember the Father? Baba is Baba and also the Creator of creation. He knows the beginning, middle and end of creation because He is the Seed of the human world tree. First of all, you have to inspire them to have this faith. Do you remember the Father? Only the Father gives you this *knowledge*. We too received this *knowledge* from the Father which we are giving you. First of all, make this mantra firm for them: Consider yourself to be a soul and remember the Father and you will belong to the Lord and Master. You just have to explain this. Until they understand this, you mustn't make them move from there. There should be two to four pictures giving such an introduction of the Father. So, when you explain this very well, it will enter their intellects. We have to remember the Father because He alone is the Almighty Authority. By remembering Him, our sins will be cut away. The praise of the Father is *clear*. First of all, definitely explain: Consider yourself to be a soul and constantly remember Me alone. Forget all relationships of the body. I am a Sikh, I am so-and-so: forget all of that and remember the one Father. First of all, make this one main thing sit in their intellects. That Father is the One who gives you the inheritance of purity, peace and happiness. Only the Father reforms your *character*. So, Baba was concerned that you don't make them understand the first lesson firmly in this way. However, this is absolutely essential. The more you grind this into their intellects, the more they will remember it. Even if it takes five *minutes* to give the Father's introduction, you must not move away from that. They will listen to the Father's praise with a lot of interest. This picture of the Father is the main one. There should be a *queue* in front of this picture. Give everyone the Father's message. Then there is the *knowledge* of creation and of how this cycle turns. Just as you grind spices and make them very fine, so too, you are the Godly *mission* and so you have to make each of these aspects sit in their intellects very well. Because they don't know the Father, they have all become orphans. You have to give the introduction: Baba is our *Supreme* Father, the *Supreme Teacher* and the *Supreme* Guru. By your calling Him all three, the idea of omnipresence will be removed from their intellects. Make this sit in their intellects first. You have to remember the Father, for only then will you be able to become pure from impure. You also have to imbibe divine virtues. You have to become satopradhan. When you children remind them of the Father you too will benefit from that; you will also remain “Manmanabhav”. You are messengers and so you have to give the Father's introduction. Not a single human being knows that Baba is our Father, *Teacher* and also our Guru. When they hear the Father's introduction, they will become very happy. God speaks: Constantly remember Me alone and your sins will be cut away. Only you know this. Together with the Gita, they have also shown the Mahabharat War. Now, there is no question of any other war. Your war is in remembering the Father. The study is separate, but there is a battle in remembrance because all are body conscious. You are now becoming soul conscious, the ones who remember the Father. First of all, make it firm for them that He is the Father, *Teacher* and Guru. Should we listen to Him or to you? The Father says: Children, in order to become elevated, you have to follow shrimat fully. This is the service that we do. Follow God's directions and your sins will be absolved. The Father's directions are: Constantly remember Me alone. The world cycle that He explains to you is also in His directions. If you become pure and remember the Father, then He says: I will

take you back with Me. Baba is the unlimited spiritual Guide. People call out to Him: O Purifier, make us pure and take us away from this impure world! Those are physical guides whereas this One is the spiritual Guide. Shiv Baba is teaching us. The Father says to you children: While walking and moving around, continue to remember the Father. There is no need to tire yourself out in this. Baba sees that some children sometimes come and sit here early in the morning and so they must definitely be getting tired. This is an easy path. You mustn't sit here by force. Although you may walk and tour around, you can remember the Father with a lot of interest. Internally, let there be a lot of enthusiasm for Baba. Only those who continue to remember the Father constantly would be enthusiastic. You must remove everything else you remember from your intellects. Let there be deep love for the Father and you will continue to experience supersensuous joy. When you become engrossed in remembrance of the Father, you will become satopradhan from tamopradhan. Then, there will be no end to your happiness. All of those things are spoken about here. This is why it is remembered: Ask the gopes and gopis, whom God, the Father, teaches about supersensuous joy. God speaks: Remember Me. You have to tell them the Father's praise. You receive the inheritance of salvation from only the one Father. Everyone definitely receives salvation. First of all, everyone will go to the land of peace. You should have it in your intellects that the Father is giving you salvation. It has been explained to you which places are called the land of peace and the land of happiness. All souls reside in the land of peace. That is the *sweet home*, the *silence home*, the *tower of silence*. They cannot be seen with these eyes. The intellects of *scientists* work on all the things they see with their physical eyes. No one can see a soul with those eyes. They can understand about a soul. They can't see a soul, so how could they see the Father? This is a matter of understanding. They cannot be seen with these eyes. God speaks: Remember Me and your sins will be burnt away. Who said this? Because they are unable to understand this fully, they say this about Krishna. People remember Krishna a great deal. Day by day, they continue to become adulterated. In devotion, they first of all worship Shiva. That is unadulterated devotion and then there is the devotion of Lakshmi and Narayan. God is the Highest on High. He gives you the inheritance of becoming Vishnu; you become part of the clan of Shiva and then become the masters of the land of Vishnu. The rosary is created when the first lesson is studied very well. To remember the Father is not like going to your aunty's home! Remove your mind and intellect from everything else and fix it in one direction. Remove your intellect's yoga from whatever you see with those eyes. The Father says: Constantly remember Me alone. Do not become confused about this. The Father is sitting in this chariot and He is praised as the incorporeal One. He repeatedly reminds you through this one to remain "Manmanabhav", which means that you uplift everyone. Tell those who cook food: Prepare food in remembrance of Shiv Baba and the intellects of those who eat that food will become pure. You have to remind one another. Each one sits in remembrance for some time: some sit for half an hour and others sit for ten *minutes*. Achcha, if you remember the Father with love for even five *minutes*, you will come into the kingdom. Kings and queens always love everyone. You also become oceans of love and this is why you have love for everyone. There is nothing but love. The Father is the Ocean of Love and so you children would also have such love. Only then will you have such love there too. Kings and queens have a lot of love. Children too have a lot of love. The love is unlimited. Here, there is no mention of love, there is just beating. There, there is no violence of the sword of lust. This is why limitless praise of Bharat has been remembered. There is no other land as pure as Bharat was. This is the greatest pilgrimage place. The Father comes here (in Bharat) and serves everyone; He teaches everyone. The main thing is the study. Some people ask you how you serve Bharat. Tell them: You want Bharat to become pure because it is now impure and so we are making Bharat pure by following shrimat. We tell everyone: Remember the Father and you will become pure from impure. This is the spiritual service that we do. We are once again creating the *peace* and *prosperity* that used to exist in Bharat when it was *double* crowned, by following shrimat, exactly as we did in the previous cycle, according to the *drama plan*. Remember these words very well. People want there to be *peace* in the *world* and we are bringing that about. God speaks: The Father continues to explain to us children: Remember Me, your Father. Baba knows that none of you remember Baba that much. This too requires effort. It is only by having remembrance that you will attain your karmateet stage. You have to become spinners of the discus of self-realisation. None of them have the meaning of this in their intellects. They have written so many things in the scriptures. The Father now says: Forget everything you have studied and consider yourselves to be souls. Only this will go with you. Nothing else will go with you. It is the Father's study that will go with you. You are making effort for that. Do not consider little children to be any less. The younger they are, the more they can glorify the Father's

name. When little daughters sit and explain to older people, they will perform wonders. You also have to make them similar to yourself. Prepare them in such a way that when someone asks any questions, they are able to give a *response*. Then, send them to where there are *centres* and *museums*. Prepare such *groups*. This is the only *time* to do such *service*. It will be a great wonder if little daughters sit and explain to older ones. When someone asks you whose children you are, tell them: We are Shiv Baba's children and He is incorporeal. He enters the body of Brahma and teaches us. We have to become Lakshmi and Narayan through this study. There was the kingdom of Lakshmi and Narayan at the beginning of the golden age. Who made them become like that? They must definitely have performed such actions. The Father sits here and tells you the philosophy of action, neutral action and sinful action. Shiv Baba is teaching us. He alone is the Father, *Teacher* and Guru. The Father says: Make them understand the one main aspect to them. If they have first of all understood Alpha, they won't ask so many questions. If you explain all the other pictures without them having understood Alpha, your heads will become spoilt. The first thing is Alpha. We are following shrimat. Many will emerge who will say: We have understood Alpha, so why are we seeing all the rest of these pictures? By knowing Alpha, we have understood everything. As soon as they receive the alms, they will go. You give *first-class* alms. Having been given the Father's introduction, the more satopradhan from tamopradhan they will become according to how much they remember the Father. 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. In order to experience supersensuous joy, let there be the enthusiasm to remember Baba internally. Remember the Father with interest while walking and moving around, not by force. Remove your intellect from everyone else and connect it to the One.
2. Just as the Father is the Ocean of Love, so, become an ocean of love, the same as the Father. Uplift everyone. Stay in remembrance of the Father and remind everyone of the Father.

Blessing: May you become an embodiment of remembrance by being a destroyer of attachment and thereby finishing all name and trace of sorrow and peacelessness. Those who constantly stay in the awareness of One make their stage constant and stable (ekras). To have a constant and stable stage means to experience the sweetness (ras) of all relationships and all attainments from the One. Those who make the Father belong to them in all relationships and remain embodiments of remembrance easily become destroyers of attachment. Those who are destroyers of attachment cannot feel any waves of sorrow in earning money, in looking after their wealth or in anyone becoming ill. A destroyer of attachment means to have no name or trace of sorrow or peacelessness; to be constantly carefree.

Slogan: A forgiving person is one who becomes merciful and continues to give blessings to all.

*** OM SHANTI ***