

Essence: Sweet children, let there be a lot of love for the Father who purifies you. Wake up early in the morning and say: “Shiv Baba, *good morning*.”

Question: What virtues do you need to inculcate in order to have *accurate* remembrance? What are the signs that your remembrance is *accurate*?

Answer: For *accurate* remembrance, you need 1) Patience 2) Maturity 3) Understanding. Remembrance begets remembrance for those whose have remembrance. On the basis of these virtues, you become able to receive a *current* from the Father. By receiving this *current* your lifespan increases and you become *healthy*, your heart becomes cool and you will continue to become satopradhan.

Om shanti. The Father says: Sweet children, the same applies to you, that is, you souls are also embodiments of peace. The original religion of all of you souls is peace. You come here from the land of peace and then come into ‘*talkie*’. You receive those physical organs in order to play your *parts*. Souls don’t become larger or smaller. It is the bodies that become larger or smaller. The Father says: I am not a bodily being. I have to come to meet you children personally, face to face. For instance, children created by a father would not say that they have come from the supreme abode, taken birth and have come to meet the mother and father. Even though a new soul enters someone else’s body and an older soul enters someone’s body, it would not be said that that soul has come to meet the mother and father. The soul *automatically* receives a mother and father. Here, this is something new. The Father says: I have come from the supreme abode and am now personally in front of you children. I give you children *knowledge* once again because I am *knowledge-full*, the Ocean of Knowledge. I come to teach you children Raj Yoga. It is God alone who teaches Raj Yoga. This Godly *part* is not that of the Krishna soul. Each one’s *part* is his own; God’s *part* is His own. The Father explains: Sweet children, consider yourselves to be souls. It feels so sweet to consider oneself to be this. What were we and what have we now become. Only now do you explain to others how *wonderfully* this *drama* has been created. If you just remember that this is the confluence-age, it becomes firm that you are going to go to the golden age. You are now at the confluence age and you are going to go to your home. Therefore, you definitely have to become pure. Internally, you should have a lot of happiness. Oho! The unlimited Father says: Sweetest children, remember Me and you will become satopradhan; you will become the masters of the world. The Father gives so much love to you children. It is not that He simply teaches you in the form of the *Teacher* and then goes back home. He is the Father and also the *Teacher*. He is educating you and also teaching you the pilgrimage of remembrance. You should have a lot of *love* for the Father who purifies you and makes you into the masters of the world. As soon as you wake up early in the morning, you should first of all say “*Good morning*” to Shiv Baba. When you say “*Good morning*”, that is, when you remember Him, you will remain very happy. You children have to ask your hearts: How much do I remember the unlimited Father after waking up in the morning? People perform devotion in the morning. They perform worship with so much love. However, Baba knows that some children don’t remember the Father from deep within their hearts with that much love. If you wake up early in the morning and say “*Good morning*” to Baba and churn knowledge, the mercury of your happiness can rise. If you don’t say “*Good morning*” to the Father, how would the burden of sin be removed? The main thing is remembrance. Through this, you earn a very important income for the future; this income will be useful to you for cycle after cycle. You have to have remembrance with a lot of patience, maturity and understanding. In general terms, although you say that you remember Baba a great deal, it requires effort to have *accurate* remembrance. Those who remember the Father more receive more *current* because remembrance begets remembrance. There are the two things: yoga and knowledge. The *subject* of yoga is separate. It is a very important *subject*. It is with yoga that souls become satopradhan. Without having remembrance, it is impossible to become satopradhan. If you remember the Father very well with a lot of love, you *automatically* receive a *current* and become *healthy*. Your lifespan also increases through that *current*. When children remember Baba, He gives them a *searchlight*. The Father gives you children such a great treasure. Sweet children have to remember this firmly: “Shiv Baba is teaching us.” Shiv Baba is the Purifier and also the Bestower of Salvation. Salvation means He gives you the sovereignty of heaven. Baba is so sweet. He sits and teaches you children with so much love. The Father is teaching us through Dada. Baba is so sweet and He gives us so much love. He doesn’t give us any difficulty. He simply says: Remember Me and remember the cycle. Your hearts should become cool in remembrance of the Father. You should be harassed

by remembrance of only the one Father because you receive such a huge inheritance from the Father. Each of you should check yourself: How much *love* do I have for the Father? To what extent do I have the divine virtues in me? You children are now changing from thorns into flowers. To the extent that you stay in yoga, you will accordingly continue to change from thorns into flowers and become satopradhan. Once you have become flowers you will not be able to stay here. The garden of flowers is heaven. Those who change many thorns into flowers are said to be truly fragrant flowers; they never prick anyone. Anger is a big thorn; it too causes sorrow for many. You children have now stepped away from the world of thorns. You are now at the confluence age. Just as a gardener puts flowers in separate *pots*, in the same way you flowers of the confluence age have been placed into separate *pots*. You flowers will then go to heaven and the iron-aged thorns will be burnt. You sweet children know that you are receiving an imperishable inheritance from the parlokik Father. Those who are true children, who have full *love* for BapDada, will have a lot of happiness: We are becoming the masters of the world. Yes, it is by making effort that you become a master of the world, not just by saying it. Those who are special, beloved children will always remember that they are once again establishing those same sun and moon dynasty kingdoms for themselves. The Father says: Sweet children, the more you benefit many others, the more return you will receive. If you show the path to many others, you will receive blessings from many. You have to fill your aprons with the jewels of knowledge and then donate them. The Ocean of Knowledge is giving you platefuls of jewels. Those who donate those jewels are loved by everyone. Children should have so much happiness in themselves. *Sensible* children would say: We will claim the full inheritance from Baba. They cling to the Father completely. They have a lot of *love* for the Father because they know that they have found the Father who gives them life. He gives you such a blessing of *knowledge* that you completely change from what you were. You become *solvent* from *insolvent*. He fills your treasure-store to this extent. To the extent that you remember the Father, accordingly, there will be that much *love* and there will be a pull. When a needle is clean, it is pulled by a magnet. The rust will continue to be removed by your having remembrance of the Father. Remember no one except the one Father. Just as a wife has so much *love* for her husband, so you too are now engaged. Is the happiness of being engaged any less? Shiv Baba says: Sweet children, you are engaged to Me, not to Brahma. Once your engagement has become firm, you should be harassed by remembrance of that One. The Father explains: Sweet children, do not become careless and make mistakes. Become spinners of the discus of self-realisation and *lighthouses*. When you have very good *practice* of being a spinner of the discus of self-realisation, it is as though you will become an ocean of knowledge. Just as *students* study and become *teachers*, so this is also your business. Make everyone into a spinner of the discus of self-realisation for only then will you become a king and queen and rule the globe. This is why Baba constantly asks you children: Children, are you sitting here as spinners of the discus of self-realisation? The Father is also the Spinner of the discus of self-realisation. The Father has come to take you children back home. Without you children, even I feel restless. When the time comes, I become restless: I should now go! Children are calling out a lot and are very unhappy. Baba has mercy. You children now have to return home. Then, from there, you will go to the land of happiness by yourselves. I will not be your Companion there. Your souls will go back according to your own stage. You children should have the intoxication that you are studying in this spiritual *university*. We are *Godly students*. We are studying in order to change from human beings into deities, that is, to become the masters of the world. Through this, we *pass* through all *ministries*. We receive all *degrees* of *health*, of *education*; we study this knowledge to reform our *character*. *Health Ministry*, *Food Ministry*, *Land Ministry* and *Building Ministry* are all included in this. The Father sits here and explains to you sweetest children: When you are giving a lecture or explaining to people in a gathering, repeatedly say: Consider yourselves to be souls and remember the Supreme Father, the Supreme Soul. Only by having this remembrance will your sins be absolved and you will become pure. You have to remember this again and again. However, you can only tell others this when you yourself are in remembrance. Children are very weak in this aspect. When you children experience internal happiness and stay in remembrance, what you then explain to others will be effective. You should not speak too much. If you explain even a little in a state of soul consciousness, the arrow will strike the target. The Father says: Children, the past is the past. Now, first of all, reform yourselves. If you yourselves do not have remembrance but you continue to tell others to have it, this cheating cannot continue. Your conscience would definitely bite you

within. If you don't have full *love* for the Father, you don't follow *shrimat*. No one else can give the teachings that the unlimited Father gives. The Father says: Sweet children, now forget this old world. At the end, you have to forget all of these things. Your intellects are then connected to your land of peace and land of happiness. You have to go to the Father by remembering the Father. Impure souls cannot go back because that is the home of pure souls. These bodies are made of the five elements. So, the five elements pull you to stay here because it is as though souls have taken that *property* and this is why there is attachment to bodies. You now have to remove that attachment and return home. These five elements do not exist there. In the golden age, bodies are created with the power of yoga and matter is *satopradhan*, and this is why there is no pull or any sorrow. These are very refined things to understand. Here, the power of the five elements pulls souls and this is why souls do not have the heart to leave their bodies. Otherwise, there should be even greater happiness. Having become pure, you will leave your bodies just as a hair is pulled out of butter. So, you have to finish completely your attachment to bodies and everything else as though you have no *connection* with any of it. Simply: I am now going to Baba. You have prepared your *bags and baggage* in advance to send on. They cannot go with you, because souls have to return home and the bodies have to be shed here. Baba has already given you visions of the new bodies. You will receive palaces studded with diamonds and jewels. You should make so much effort to go to such a land of happiness. You must never become tired. Day and night, you have to earn a lot of income. This is why Baba says: Children who are conquerors of sleep, constantly remember Me alone and churn the ocean of knowledge. By keeping the secrets of the *drama* in your intellects, your intellects become completely cool and serene. Maharathi children would never fluctuate. If you remember Shiv Baba, He will look after you. The Father liberates you children from sorrow and gives you the donation of peace. You too have to give the donation of peace. This unlimited peace of yours, that is, the power of yoga will completely silence others. You will instantly know whether someone belongs to your home or not: That soul would quickly be pulled: This is our Baba. You also have to feel the pulse. Stay in remembrance of the Father and then see whether that soul belongs to your clan or not. If he does, the soul will become completely quiet. Only those who belong to this clan will experience the sweetness of these things. When you children remember the Father, He loves you. It is souls that are loved. You also know that only those who have done a lot of devotion will study the most. You will continue to see from their faces how much *love* they have for the Father. Souls see the Father and the Father is teaching us souls. The Father too understands: I am teaching such tiny souls, points. As you progress further, your stage will become like that. You will understand that you are teaching your brothers. Even though the face may be that of a sister, your vision should go to the soul. For your vision not to go to the body at all requires a lot of effort. These are very refined things and the study is very elevated. If you weigh it, the side of this study would be very heavy. 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. Fill your aprons with jewels of knowledge and then donate them. Those who donate are loved by everyone and they experience limitless happiness.
2. Remember the Father who gives you life with a lot of love and donate peace to everyone. Spin the discus of self-realisation and become an ocean of knowledge.

Blessing: May you be one who performs pure and elevated acts and thereby reveals the highest-on-high Father.

Just as you always perform pure and elevated acts with your *right hand*, in the same way, become the children who are *right hands*, the ones who always perform pure and elevated acts. Let every act of yours be one that reveals the highest-on-high Father because it is your practical activity that reveals the proof of your thoughts and words. Everyone can see your activity and they can have an experience through your activity. So, with your spiritual *drishti* and the happiness on your spiritual face, reveal the Father, this too is karma.

Slogan: The meaning of spirituality is to have a sparkle of purity in your eyes and a smile of purity on your lips.

*** * * O M S H A N T I * * ***

Notice: In order for all Brahmin children to experience the avyakt stage especially from the 1st January to 31st January 2020, note down these points and churn them throughout the day. Become images of experience and stay introspective and continue to tour around the subtle region.

Special homework to experience the avyakt stage in this avyakt month. Just as Father Brahma in the sakar form, while having many other responsibilities, gave the experience of the subtle and the incorporeal stages, similarly, you children while being in the corporeal form, experience and give others the experience of the angelic form. Souls who come into connection now are able to glimpse Godly love, elevated knowledge and the elevated activities, but now let them have a vision of the avyakt stage.