

Essence: Sweet children, churn the ocean of knowledge every day and your mercury of happiness will rise. Whilst walking and moving around, remember that you are spinners of the discus of self-realisation.

Question: What is the easy way to make self-progress?

Answer: In order to make self-progress, keep a daily chart. Check yourself: Throughout the day, did I perform any devilish actions? Just as students keep their register, in the same way, you children should keep a register of your divine virtues and you will then continue to make self-progress.

Song: The Resident of the faraway land has come into the foreign land.

Om shanti. You children know what the faraway land is. Not a single human being in the outside world knows this. No matter how great a scholar or pundit someone may be, he would not know the meaning of this. You children know that the Father, whom all human beings remember as God, is definitely up above in the incorporeal world. No one else knows this. You children now understand the secrets of this drama. Everything that has happened from the beginning and all that is still to happen is in your intellects. Your intellects have to keep the knowledge of how this world cycle continues to turn. Amongst you children, all of you understand, numberwise. It is because you don't churn the ocean of knowledge that your mercury of happiness doesn't rise. Whilst you are sitting and walking, let your intellects remember that you are spinners of the discus of self-realisation. I, a soul, know the whole world cycle from the beginning to the end. You are sitting here, but your intellects remember the incorporeal world. That is the sweet silence home, the land of nirvana, the land of silence, where souls reside. This enters the intellects of you children very quickly. No one else knows this. Although they study and listen to so many scriptures, they do not benefit from that at all. All of them are on the path that goes down whereas you are now climbing up. You are making your preparations to return home. We have to leave these old clothes and return home. There is happiness in this. For half a cycle you have been performing devotion in order to return home. You have been continuing to come down the ladder. Baba now explains everything to you very easily. You children should have the happiness that God, the Father, is teaching you. You should have a great deal of happiness about this. The Father is personally teaching you. Baba, the Father of all, is now teaching us once again! He has taught us many times. It is when you have been around the full cycle that the Father then comes. At present, you are spinners of the discus of self-realisation. You are making effort to become deities of the land of Vishnu. No one in the whole world can give you this knowledge. Shiv Baba is teaching us. You should have so much happiness! You children know that all of those scriptures etc. belong to the path of devotion; they are not for salvation. All the paraphernalia of the path of devotion is also needed. There is limitless paraphernalia. The Father says: You have continued to come down through all of that. You have been wandering around for so long and you are now sitting here in silence. All of your stumbling is now over. You souls know that very little time remains to purify yourselves. The Father is now showing you the way to do this. He says: Remember Me and, from tamopradhan, you will become satopradhan. You will then go and rule in the satopradhan world. The Father has shown you this path every cycle, many times. You also have to examine your own stage. Students make effort to make themselves clever. There are registers of their studies and their behaviour. Here, too, you have to imbibe divine virtues. By keeping a daily chart of yourself, you will make a lot of self-progress. Did I perform any devilish actions today? I have to become a deity. The picture of Lakshmi and Narayan is in front of you. It is such a simple picture! Shiv Baba is at the top. He gives you this inheritance through Prajapita Brahma, and so there must definitely be the Brahmins at the confluence age. The deities exist in the golden age, the Brahmins exist at the confluence age and the ones who belong to the shudra clan exist in the iron age. You should also keep the variety-form image in your intellects. We are now Brahmins, the topknots, and we will then be deities. The Father is teaching us Brahmins in order to make us into deities. Therefore, you also have to imbibe divine virtues. Become very sweet. Do not cause sorrow for anyone. Just as you do one type of work or another for the livelihood of your body, in the same way, here, too, you need to serve the yagya. When someone is ill and is unable to do any service, others have to serve him. When someone becomes ill and leaves his body, there is no question of experiencing sorrow or crying. You have to remain totally silent, in remembrance of Baba. There shouldn't be any noise. When they take a corpse to the cremation ground, they make a lot of noise, saying, "The one whose name is Rama is with you." You don't have to say anything. You gain victory over the world through silence. Theirs is science whereas yours is silence. You children also know the accurate meaning of gyan and vigyan; gyan is understanding and vigyan is to forget

everything, to go even beyond gyan. So, there is gyan as well as vighyan. You souls know that you are residents of the land of silence. Then, there is also gyan. You are rup and basant (embodiment of silence who showers jewels of knowledge). Baba too is Rup and Basant. He is Rup and He also has the whole knowledge of the world cycle. They have named a building "Vigyan Bhavan", but they do not understand the meaning of that at all. You children understand that, at present, science causes sorrow as well as happiness. There, there is happiness and only happiness. Here, happiness is temporary. All the rest is sorrow and only sorrow. People are so unhappy in their own homes. They feel that the sooner they die, the sooner they can be liberated from this world of sorrow. You children know that Baba has come to make you into residents of heaven. You should have so much internal happiness. Baba comes every cycle to make us into residents of heaven. Therefore, you should definitely follow the directions of such a Father. The Father says: Sweet children, never cause sorrow for anyone. Become pure whilst living in your household. We are all brothers and sisters. This is a relationship of love. There mustn't be any other type of vision. Each one's illness is unique to that soul. Therefore, each one receives advice according to that. Some ask: Baba, such and such a situation has come up. What should I do in this situation? Baba explains: The vision between a brother and sister must never become bad. There shouldn't be any fighting. I am the Father of you souls. Shiv Baba is speaking through the body of Brahma. Therefore, Prajapita Brahma is the son of Shiv Baba. He enters an ordinary body. Vishnu belongs to the golden age. The Father says: I have come and entered this one in order to make the world new. Baba asks: Will you become the emperors and empresses of the world? "Yes Baba, why not?" Yes, but you then also have to remain pure. This is difficult. Oh! But God is making you into the masters of the world! Can you not remain pure? Are you not ashamed of yourself? Even your physical fathers tell you not to perform any dirty actions. It's due to that vice that there are obstacles. From the very start, it has only been because of that vice that there has been so much upheaval. The Father says: Sweet children, you have to gain victory over that vice. I have come to make you pure. You children have now been given intellects to judge for yourselves whether something is right or wrong, whether it is good or bad. Lakshmi and Narayan are your aim and objective. The people of heaven have divine virtues. The people of the iron age have defects. No one understands that it is now the kingdom of Ravan. They burn an effigy of Ravan every year; he is the enemy. They continue to burn an effigy of him, yet they do not know who he is. All of us belong to the kingdom of Ravan, and so we are all definitely devilish. However, no one considers himself to be a devil. Many say that this is a kingdom of devils: as are the rulers, so the subjects. However, they don't even understand this much. The Father sits here and explains that the kingdom of Rama is separate from the kingdom of Ravan. You are now becoming full of all virtues. The Father says: Give this knowledge to the devotees who worship Me and to those who worship the deities in the temples, but do not beat your heads with such people. You will find many devotees in the temples. You also have to feel each one's pulse. Some doctors can instantly tell what illness you have just by feeling your pulse; there was a very well-known homeopath in Delhi called Ajmal Khan. The Father makes you ever healthy and wealthy for 21 births. Everyone here is diseased, unhealthy. There, there is never any illness. You are becoming ever healthy and ever wealthy. You conquer your sense organs with the power of yoga. Your sense organs must never deceive you. Baba has said: Stay in remembrance accurately. Remain soul conscious and your sense organs will not deceive you. It is here that you gain victory over those vices. You never have bad vision there. Ravan's kingdom doesn't exist there. That is the non-violent deity religion. There is no question of war etc. there. This will be the final war and the gates to heaven will then open through this. Then there will be no more war. This is the last sacrificial fire and there will then not be any sacrificial fires for half a cycle. All the rubbish is to be sacrificed into this. The flames of destruction will emerge from this sacrificial fire and everything will be cleansed. You children have had visions. The fruit juice there is very delicious and first class. You are now establishing that kingdom and so you should have so much happiness. Your name is Shiv Shaktis, the mothers of Bharat. It is only by having remembrance that you take power from Shiva. There is no question of stumbling around. Those people think that anyone who doesn't perform devotion is an atheist, whereas you say that those who do not know the Father and creation are atheists. You have now become theists and you have also become seers of the three aspects of time. You now know the three worlds and the three aspects of time. Lakshmi and Narayan received their inheritance from the Father. You are now becoming like them. Only the Father explains all of these things. Shiv Baba Himself says: I enter this one and explain to you. How else could I, the incorporeal One, explain? Can a study take place through inspiration? One needs a mouth in order to teach. This one is the Gaumukh (mouth of a cow). This one is the senior mother; he is a

human mother. The Father says: I explain to you children the secrets of the beginning, the middle and the end of the world through this one. I show you clever methods. There is no question of blessings in this. You have to follow My directions. You are given shrimat. It is not a question of mercy. Some of you say: Baba, I forget You again and again, so grant me mercy. Oh! But it is your task to remember the Father. What mercy would I have for you? For Me, all of you are My children. If I were to have mercy, everyone would then be seated on the throne. However, all of you claim a status according to how much you study. You are the ones who have to study. Continue to make effort. Remember the most beloved Father. Souls cannot return home impure. The Father says: To the extent that you souls remember Me, you will accordingly become pure through that remembrance. A pure soul cannot remain here. Once you become pure, you need a new body. It's against the law for a pure soul to receive an impure body. Sannyasis too take birth through vice. Deities do not take birth through vice that they would then have to take up renunciation. They are elevated ones. They are the true mahatmas who are constantly completely viceless. The kingdom of Ravan doesn't exist there. That is the satopradhan kingdom of Rama (God). In fact, you shouldn't even say Rama. It is Shiv Baba, is it not? This is called the imperishable, sacrificial fire of the knowledge of Rudra in which the horse is sacrificed. Whether you say Rudra or Shiva, they are one and the same. Krishna's name is not mentioned. Shiv Baba comes and speaks the knowledge. When people create a sacrificial fire, they create a lingam and saligrams of clay. They worship them and then break them up. Baba gives the example of the deity idols. They adorn the idols of the deities, they offer them food and water, they worship them and then they sink them! Similarly, they worship the images of Shiv Baba and the saligrams with a lot of love and cleanliness, and then they break them up. All of that is the expansion of devotion. The Father now explains to you children that, to the extent you stay in remembrance of the Father, you will accordingly have that much happiness. Check your chart every night to see whether you have made any mistakes. Pull your own ears. "Baba, I made this mistake today. Please forgive me!" Baba says: If you write the truth, half of the sin will be forgiven. The Father is sitting here. If you want to benefit yourself, continue to follow His shrimat. You will make a lot of progress by keeping a chart. There is no expense in this. If you want to claim a high status, do not cause anyone sorrow through your thoughts, words or deeds. If someone says something wrong to you, listen but do not hear it. Make this effort. The Father comes in order to remove all the sorrow from you children and to give you constant happiness. Therefore, you children, too, have to become like this. The best service can be done in the temples. You will find many religious-minded people there. There are many who come to the exhibitions. The service done at the fairs and exhibitions is better than that done with projectors (slide-shows). The fairs require expenditure, and so there would definitely also be benefit. 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. The Father has given each of you an intellect to understand the difference between right and wrong. Therefore, imbibe divine virtues on the basis of understanding with your intellect. Do not cause sorrow for anyone. Let there be true love of brother and sister amongst you. Never have bad vision for one another.
2. Follow every direction the Father gives you, study well and have mercy for yourself. Keep a chart for your self-progress. If someone says anything that could cause sorrow, listen but do not hear it.

Blessing: May you be tireless and a destroyer of obstacles who experiences all relationships with the one Father.

The children who have all relationships with the one Father experience all other relationships just in name. They constantly dance in happiness and never experience tiredness; they are tireless. They would be lost in the love for the Father and service. Instead of being stopped by obstacles, they are destroyers of obstacles. Because they experience all relationships with the one Father, they remain double light and do not have any burdens. All their complaints have finished and they experience the complete stage. They have become easy yogis.

Slogan: To be attracted to any bodily being even in your thoughts is to be unfaithful.

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