

## **SWAMAAN / SANKALP / SLOGAN: SWAROOP BANO**

July 04, 2013

हम आत्माएँ, प्रकृति को दासी बनाकर उदासी दूर भगानेवाले, अधीन बनाकर विजयी बननेवाले, दिलतख्तनशीन हैं...

By making the elements subservient and our servants, we, the souls, become victorious, make unhappiness run far away and become seated on BapDada's heart-throne...

Hum atmaayen, prakriti ko daasi banaakar udaasi door bhagaanewale, adheen banaakar vijayi ban newale, dil takht nasheen hain...

Dear Family

Please see a blog piece that our friend Liz Edmunds (Founder and Organiser of *Just This Day*) has written about the BKs. You can see the blog itself by clicking on the link

Media Dept, UK

### **[you can meditate too](#)**

**Tuesday, 11 June 2013**

#### **BK's best friends and best at discipline**

Have you met the Brahma Kumaris, they are the best! You may have seen BK centres in different cities, often called Inner Space. They dress in white and they smile all the time. You may wonder why they manage this and I can tell you the secret now. They meditate, and they do the job properly, rising and meeting at 4.00 am every morning and then discussing the traditional teaching given through their founder Brahma Baba and all this before going to work! Many of them give up all their worldly lives and fully participate in spreading the word that meditation and kindness are needed in the world today. They get my highest marks for commitment and kindness. I am more of the householder type of disciple and whilst my admiration for their self discipline is a source of inspiration, householders also traditionally have a really important place in the spiritual scheme of things.

Keep your eyes open for the Brahma Kumaris, you will know them by their qualities first and you will want them to be your best friends, they certainly are mine.

Om Shanti Divine Angels!!!

Points to Churn from the Murli of July 04, 2013

***Praise of Baba:***

The Ocean of Knowledge, the Incorporeal Purifier, the Supreme Father, and the Supreme Soul Shiv Baba is.... My Baba...Sweet Baba...Lovely Baba...Kind-hearted Baba...Compassionate Baba...the True Father...the True Teacher...the Unlimited Father... the Almighty Authority...the Truth, the Living Being, the Blissful One and the Seed... the Bestower of Salvation... Knowledge-full...

***Points of Self-Respect and Soul Study:***

***Slogan: Subservient***

Those who accept success disregard God's miracles...We, the souls, do not accept any position or any object from any person...we do not accept any success that we have achieved through knowledge and yoga in the form of regard and honour...we become the embodiments of renunciation by renouncing praise, renouncing respect, renouncing nature, the servant and by using the right methods...by not having the thought of accepting success, by staying in the love of the one Father, we become the constant embodiments of tapasya ... by performing every action in a trikaldarshi stage, by putting less effort and achieving greater success, by being perfect in all subjects, by making dust gold, we become the servers who are embodiments of success...

The Lord is pleased with an honest heart...We, the elevated souls, are truthful, honest, clean, clear and transparent in our relationships and connections, thoughts and words, and are successful by being beyond wasteful and the ordinary...in our every step, every moment, and in every vision, we only see altruistic service for all souls...we do service while awake or asleep, while walking or moving around, and even in our dreams, and fulfill all the desires of all souls... we become victorious by making the elements subservient and our servants...by being tireless and unshakable servers, we become seated on BapDada's heart-throne, with a guarantee of claiming the throne of the kingdom of the world...

ॐ शान्ति दिव्य फरिश्ते !!!

विचार सागर मंथन: July 04, २०१३

### **बाबा की महिमा:**

ज्ञान के सागर पतित पावन निराकार परमपिता परमात्मा शिव बाबा हैं...मेरा बाबा... मीठा बाबा...प्यारा बाबा... दयालु बाबा...कृपालु बाबा... सत बाप...सत टीचर...सत गुरु... बेहद का बाप... सर्वशक्तिमान...सत चित आनंद स्वरूप...बीजरूप...सदगति दाता... नॉलेजफुल...

### **स्वमान और आत्मा अभ्यास:**

#### **स्लोगन: दासी**

जो सिद्धि को स्वीकार करते तो वह करामत खैर खुदाई....हम आत्माएँ, कोई भी पोजीशन को, कोई भी वस्तु को, किसी भी व्यक्ति द्वारा स्वीकार नहीं करनेवाले, ज्ञान-योग से प्राप्त हुआ मान और शान त्याग करनेवाले, महिमा का त्याग, मान का त्याग, प्रकृति दासी का भी त्याग कर विधि पूर्वक चलनेवाले, त्याग -मूर्त हैं...स्वीकार करने का संकल्प भी नहीं करनेवाले, एक बाप की लगन में रहनेवाले, निरन्तर तपस्वी-मूर्त हैं... त्रिकालदर्शी स्थिति में रहकर हर कर्म करने वाले, कम मेहनत से ज्यादा सफलता पानेवाले, सभी सब्जेक्ट्स में परफेक्ट, धूल को सोना करनेवाले, सफलता मूर्त सेवा धारी हैं...

सच्चे दिल पर साहब राजी...हम श्रेष्ठ आत्माएँ, सम्बन्ध और सम्पर्क में, हर संकल्प और हर बोल सत्य, सच, स्वच्छ, साफ और स्पष्ट रखकर व्यर्थ और साधारण से परे, सफल हैं...हर कदम, हर निगाह, वा दृष्टि में सर्व आत्माओं के प्रति निस्वार्थ सेवा देखनेवाले, सोते, जागते, चलते फिरते स्वपन में भी सेवा करनेवाले, सर्व आत्माओं की सर्व मनोकामनाएँ पूर्ण करनेवाले, प्रकृति को अधीन कर दासी बनाकर विजयी बननेवाले, अचल अथक विश्व सेवाधारी बन, दिल तख्त नशीन सो निश्चित विश्व राज्य तख्त नशीन हैं...

Om Shanti divya farishte !!!

Vichaar Sagar Manthan: July 04, 2013

### ***Baba ki Mahima:***

Gyan ke Sagar Patit Paavan Niraakaar Parampita Paramatma Shiv Baba hain...Mera Baba... Meetha Baba... Pyaara Baba...Dayalu Baba...Kripalu Baba... Sat Baap...Sat Tichar...Sat Guru... Behad ka Baap... Sarv shakti maan...Sat Chit Anand Swaroop...Beejroop...Sadgati Data... Nolej ful...

### ***Swamaan aur Atma Abhyas :***

#### ***Slogan: Daasi***

Jo siddhi ko swikaar karte to vah karaamat khair khudaai....Hum atmaayen, koi bhi pojishan ko, koi bhi vastu ko, kisi bhi vyakti dwara swikaar nahin karnewale, gyan-yog se praapt hua maan aur shaan tyaag karnewale, mahima ka tyaag, maan ka tyaag, prakriti daasi ka bhi tyaag karnewale, aur vidhi poorvak chalnewale, tyaag -moort, swikaar karne ka sankalp bhi nahin karnewale, ek baap ki lagan men rahnewale, nirantar tapasvi-moort , trikaal darshi sthiti men rahkar har karm karne wale, kam mehnat se jyaada safalta paanewale, sabhi subjekts men parfekt, dhool ko sona karnewale, safalta moort seva dhaari hain...

Sachche dil par saahab raazi...Hum sheresht atmaayen, sambandh aur sampark men, har sankalp aur har bol men satya, sach, swachch, saaf aur spasht rakhkar vyarth aur sadhaaran se pare, safal hain...har kadam, har nigaah, va drishti men sarv atmaaon ke prati niswaarth sewa dekhnewale, sote, jaagte, chalte firte swapan men bhi seva karnewale, sarv atmaaon ki sarv manokaamnaayen poorn karnewale, prakriti ko adheen kar daasi banaakar vijayi ban newale, achal athak vishv seva dhaari ban, dil takht nasheen so nishchit vishv rajy takht nasheen hain..

In the daily murlis, Bapdada gives vardaana to the entire Brahmin family spread all over the world. *Baba also remarked in the murli, dated 7-1-2012 that serviceable children will make cartoons after listening to the murli.* Visualization makes remembrance of the blessing throughout the day easier and thus makes it more fruitful.

July 4, 2013

आज का वरदान (TODAY'S BLESSING)

सर्व संबंधों से बाप को अपना बनाकर स्वरस रहने वाले नष्टमोहा, स्मृति स्वरूप भव।

May you be a destroyer of attachment and an embodiment of remembrance and remain constant and stable by making the Father belong to you in all relationships.



नष्टमोहा, स्मृति स्वरूप भव

(Be a destroyer of attachment and an embodiment of remembrance)

04-07-2013:

**Essence:** Sweet children, sustain one another with knowledge by exchanging jewels of knowledge. Live with one another with great love.

**Question:** On what basis can you maintain limitless happiness while ill or when going through the suffering of karma?

**Answer:** Instil the habit of churning the ocean of knowledge. If any suffering of karma comes or an illness occurs, tell yourself: I have now completed my part of 84 births. This is an old shoe. I have to settle my old karmic accounts and I will then become free from all types of illness for 21 births. There is great happiness when one becomes free from any type of illness.

**Song:** Mata o mata Song: Mother, O Mother, you are the Bestower of Fortune for the world!

गीत:- माता ओ माता.....<http://www.youtube.com/watch?v=HCVnpRv7pZE>

**Essence for dharna:**

1. Consider yourself to be a master seed, withdraw from your sense organs and practise sitting in silence.
2. Churn the ocean of knowledge and remain happy. Settle the old suffering of your karma with happiness. Talk to yourself: I have completed 84 births and am now going to Baba.

**Blessing:** May you be a destroyer of attachment and an embodiment of remembrance and remain constant and stable by making the Father belong to you in all relationships.

In order to become a destroyer of attachment and an embodiment of remembrance, make the Father belong to you in all relationships. Your intellect should not be attached to anyone in any physical relationship. If there is any attachment anywhere, the intellect will wander. You would sit down to remember the Father but you would instead remember that to which you are attached. Some have attachment to money, some to their jewellery, some to their relationships. Wherever your attachment is, your intellect will go there. If your intellect repeatedly goes to something, you cannot then remain constant and stable.

**Slogan:** Make nature your servant (daasi) and unhappiness (udaasi) will run far away.

04-07-2013:

<http://www.youtube.com/watch?v=x21GgkfPaiU>

**मुरली सार:-** "मीठे बच्चे-ज्ञान रत्नों की लेन-देन कर तुम्हें ज्ञान से एक-दो की पालना करनी है, आपस में बहुत-बहुत प्यार से रहना है"

**प्रश्न:-** बीमारी अथवा कर्मभोग होते भी अपार खुशी किस आधार पर रह सकती है?

**उत्तर:-** विचार सागर मंथन करने की आदत डालो। कोई भी कर्मभोग अथवा बीमारी आती है तो अपने आपसे बातें करो-अब हमने 84 जन्मों का पार्ट पूरा किया, यह पुरानी जुत्ती है। इस पुराने हिसाब-किताब को चुकतू करना है। फिर हम 21 जन्मों के लिए सब बीमारियों से छूट जायेंगे। कोई बीमारी छूटती जाती है तो खुशी होती है ना।

**गीत:-** माता ओ माता.....

**धारणा के लिए मुख्य सार:-**

- 1) अपने को मास्टर बीजरूप समझ कर्मेन्द्रियों को समेट शांत में बैठने का अभ्यास करना है।
- 2) विचार सागर मंथन कर खुशी में रहना है और खुशी-खुशी से पुराना कर्मभोग चुकतू करना है। अपने आपसे बातें करनी है कि हमने 84 का चक्र पूरा किया, अब जाते हैं बाबा के पास...।

**वरदान:-** सर्व सम्बन्धों से बाप को अपना बनाकर एकरस रहने वाले नष्टोमोहा, स्मृति स्वरूप भव

नष्टोमोहा, स्मृति स्वरूप बनने के लिए सर्व सम्बन्धों से बाप को अपना बनाओ। किसी भी दैहिक सम्बन्ध में बुद्धि का लगाव न हो। अगर कहीं भी लगाव होगा तो बुद्धि भटकेगी। बैठेंगे बाप को याद करने और याद वही आयेगा जिसमें मोह होगा। किसका मोह पैसे में होता है, किसका जेवर में, किसका किसी सम्बन्ध में... जहाँ भी होगा वहाँ बुद्धि जायेगी। अगर बार-बार बुद्धि जाती है तो एकरस नहीं रह सकते।

**स्लोगन:-** प्रकृति को दासी बना दो तो उदासी दूर भाग जायेगी।

