

30/11/02 Avyakt BapDada 30/11/02

**Become equal with the awareness of the word “*return*”  
and become an embodiment of awareness of the *return journey*.**

Today, BapDada is pleased to see His children everywhere who are seated on the heart-throne, seated on the throne of the forehead and seated on the throne of the kingdom of the world and who are the masters of the self. Throughout the whole cycle, it is only now that you beloved, long-lost and now-found children attain God’s heart-throne. All souls have the throne of the forehead, but, apart from Brahmin souls, no one has attained God’s heart-throne. It is this heart-throne that enables you to attain the throne of the world. At present, you have become masters of the self. Self-sovereignty is the garland around the neck of every Brahmin soul. Self-sovereignty is your birthright. Do you experience yourselves to be the masters of the self in this way? In your heart, you have the determination that no one can snatch away this *birthright* from you. Together with that, you also have the spiritual intoxication that you are seated on God’s heart-throne. In the body of a human being, it is the heart that is said to be the most important. When the heart stops beating, life has ended. So, too, in spiritual life, there is great importance of the heart-throne. Souls who are seated on the heart-throne are remembered as special souls in the world. These are the souls who are remembered by the devotees as the beads of the rosary. These are the souls who are a handful out of multimillions and a few out of the many. So, who are those souls? Is it you? Are the Pandavas this too? Are the mothers also this? (They were waving their hands.) The Father says: O beloved children, why do you sometimes leave the heart-throne and attach your heart to the mud of the body? The body is mud. So beloved children never put their feet in the mud. They are always on the heart-throne, in the lap, or swinging in the swings of supersensuous joy. BapDada has given you various swings: sometimes swing in the swing of happiness, sometimes in the swing of joy and sometimes swing in the swing of bliss.

So, today, BapDada was seeing such elevated children, of how you are swinging in the swing with such intoxication. Do you continually swing? Are you swinging? You don’t go into the mud, do you? Do you sometimes desire to put your feet in the mud? For 63 births, you have been placing your feet in the mud and you have been playing with mud. So, you don’t play with mud now, do you? Do your feet sometimes go in the mud, or not? They do sometimes go in the mud. Body consciousness is also placing your feet in the mud. The awareness of the body is to place your feet very deeply in the mud. However, *body consciousness*, is also mud. The longer you remain seated on the heart-throne at the confluence age, to that extent, for half the cycle, you will be in the kingdom of the sun dynasty, and in the moon dynasty kingdom you will be in the royal family of the sun dynasty. If you only sometimes remain seated on the heart-throne now at the confluence age, then you will be in the *royal family* of the sun dynasty for just as short a time. You may be seated on the throne *turn by turn*, but you will constantly be in relationship with the souls of the royal family. Therefore, check from the beginning of the confluence age until now, even if it has been 10 years, 50 years, or 66 years, but from the time you became a

Brahmin, from that beginning until now, for how long have you remained seated on the heart-throne and seated on the seat of self-sovereignty. Was it for a long time, constantly or only sometimes? The sign of those who are seated on God's heart-throne is that of being a carefree emperor in their activities and on their face. A physical burden is on the head, but a subtle burden is in the mind. Therefore, they would not have any burden in their mind. Worry is a burden and to be carefree is to be *double-light*. If there is any type of burden, whether of service, of connections and relationships or of physical service; not a burden of spiritual service – “What will happen? How will it happen? Will there be success or not?” – to think and make plans is something different from a burden. The sign of those who have a burden is that they would always have a little or a lot of signs of tiredness on their face. To be tired is a different matter, but to have signs of tiredness is a sign of a burden. However, to be a carefree emperor doesn't mean that you remain careless. You remain careless and yet you say that you remain carefree. Carelessness deceives you a great deal. The same words are used for intense effort and also for carelessness. Because of constantly having firm faith, an intense effort-maker always thinks, “Every task is already accomplished successfully with your own courage and the Father's help”, and the words of carelessness are also, “It will happen, it will happen, it is already accomplished.” Has any task remained unaccomplished? It will happen. So, the words are the same, but the forms are different.

At present, two special forms of Maya test the children. Do you know them? You do know them. One is wasteful thoughts – not sinful thoughts, wasteful thoughts. Should Baba tell you the other form? The other is, “I alone am *right*. Whatever I did, whatever I said, whatever I thought was no less, I am right.” According to the time, BapDada now wants you to always have one word in your awareness. To give a *return* of all the attainments, the love and co-operation you have received from the Father. To give a *return* means to become equal. Secondly, it is now our *return journey*. Always remember just the one word “*return*”. A very easy method for this is to *tally* your every thought, word and action with that of Father Brahma. What were the father's thoughts? What were the father's words? What were the father's actions? This is known as *follow father*. It is easy to *follow*, is it not? There is no need to think of anything new or do anything new. Whatever the father did, just *follow* the *father*. It is easy, is it not?

Teachers? Teachers, raise your hands! Is it easy or difficult to follow? It is easy, is it not? Simply *follow* the *father*. First of all check yourself. As is the saying, “First think and then act”, so first weigh your words and then speak. So, what will all the teachers do this year? It is now the last month of this year. The old will go and the new will come. So, what will you do before the New Year comes? Make preparations for that. Have the thought that, apart from placing your footsteps in the father's footsteps, you will not take any other step. Simply follow in his *footstep*. It is easy to place your footsteps on his steps, is it not? Think of plans for the New Year from now. Just as, Father Brahma always remained an instrument and humble, similarly, let there be the awareness of being an instrument (nimit) and having humility (nirman). Not just the awareness of being an instrument, but together with the awareness of being of instrument, let there also be the awareness of being humble. Both are necessary, because teachers are instruments, are they not? You are instruments, are you not? So, in your thoughts, in every word, in relationship with anyone, and in your actions, let there be humility. Only those who are humble have the awareness of being an instrument. Those who are not humble will have to some extent, in a very subtle way – it may not even be a gross form of arrogance – but there will be bossiness. This bossiness is also a trace of arrogance. Let your words and language always be

pure, serene and sweet. When you have the awareness of the soul conscious form in your relationships and connections, you always remain incorporeal and egoless. Do you always remember the last three words of Father Brahma? Only those who are incorporeal and egoless are viceless. Achcha. *Follow the father*. You will remain firm in this, will you not?

The main aim of the coming year is the awareness of these three words: incorporeal, egoless and viceless. There shouldn't even be a trace. The gross form is fine (is finished), but there shouldn't even be a trace, because it is the trace that deceives you. The meaning of "*follow the father*" is constantly to keep these three words in your awareness. Is this OK?

Double foreigners, stand up! A good group has come. BapDada is pleased with one aspect of the double foreigners. Do you know what that is? Do you know? Look, you come from far-away, from a far-away land, but you were given a direction that you have to come in this *turn* and so you arrived here. No matter how, you all made effort and a big group has arrived here. You accepted Dadi's directions very well. Congratulations for that. BapDada is looking at each one of you. He is giving drishti to each one. Don't think that it is only on the stage that you receive drishti. From a distance, you are visible even better. The double foreigners have learnt the lesson of "Ha ji", very well. BapDada loves the double foreigners and He is also proud of them, because it is the double foreigners who have been the instruments to make the message reach all corners of the world. Are there any special countries abroad left to be served? Is it just towns or special places? Are there just small villages and towns that are left or are there any special places still to be served? Which places still remain to be served? Nevertheless, of this group that has come, how many countries are represented? Have you counted? You haven't counted these. Nevertheless, BapDada knows that you souls have been instruments in many different countries of the world. BapDada always says that it is the double foreigners who have revealed the Father's title of The World Benefactor. It is good. Each of you is moving forward at your own place, in your own efforts and service, and you will continue to move forward. You are stars of success. Very good.

**Kumars:** Also the kumars from Madhuban are present. Look how many kumars there are! Half the class is of just kumars. You are kumars, but you are not ordinary kumars. Now, what is the title of you kumars? Which kumars are you? You are Brahma Kumars anyway. But what is the speciality of Brahma Kumars? The speciality of kumars is to be a messenger of peace and spread peace where there is peacelessness. There is neither peacelessness of the mind, nor external peacelessness. The duty of kumars is to do the difficult things. You are *hard workers*, are you not? So, today, the *hardest work* of all is to end peacelessness, to be a messenger of peace and spread peace. Are you such kumars? Let no name or trace of peacelessness remain. Are you such messengers of peace? Neither in the world, nor in those who come into connection or relationship with you (should there be peacelessness)? You are messengers of peace. Just as the fire-brigade would put out a fire wherever it may be, so the duty of messengers of peace is to transform peacelessness into peace. So, you are messengers of peace, are you not? Sure? Are you sure? Sure? The scene from here is very good. BapDada is very pleased to see so many kumars. BapDada gave you a plan earlier. In Delhi there are the maximum number of kumars. The Government thinks that kumars means those who fight. The Government is afraid of kumars. The Government that is afraid of kumars should welcome you kumars with the title of

“Messengers of Peace”. Only then can you say that the kumars have performed wonders. It should spread throughout the whole world that Brahma Kumars are the messengers of peace. Is this possible? Do this in Delhi. You will do it, will you not? Will the Dadis do this? There are so many kumars. If there are so many in one group, how many would there be in all the groups. How many would there be in the world? (Approximately 100,000.) So, kumars, perform wonders! Put right the wrong impression that the Government has of kumars. However, there shouldn't be peacelessness even in your mind. Let there be no peacelessness amongst your companions. Let there be no peacelessness at your places. No peacelessness even in your cities. There is no need to put up a board on the faces of you kumars, but let the experience automatically be written on your forehead that you are messengers of peace. Is this OK?

Kumaris, stand up! There are also many kumaris. Not the kumaris who are living at the centres. Only those kumaris who are not living at the centres, stand up! So, what is the aim of all of you kumaris? Do you want to have a job or do world service? Do you want to place a crown on your head or a basket (a burden) on your head? What do you want to place on your head? Look, all kumaris have to become merciful. Let all the souls of the world benefit. It is remembered of the kumaris, that kumaris are those who uplift 21 clans. So, half the cycle will be 21 clans. So, are you such Kumaris who will uplift 21 clans? Raise your hands. Not just of one family but of 21 clans. Will you do this? Look, your names are being noted, and then it will be checked as to whether you are merciful or whether karmic accounts still remain. Now, time is giving a warning to become ready before the time. If you continue to look at the time, time will pass by. Therefore, keep the aim that all of you are merciful children of the World Benefactor, Merciful Father. Is this OK? You are merciful, are you not? Become even more merciful! Become this with a little more speed. Kumaris receive the Father's throne very easily. We shall see what new wonders you perform in the New Year. Achcha.

Mothers, stand up! Half the class is of mothers. Wave your hands! This scene is beautiful. There are mothers even amongst the *foreigners*. What wonders will the mothers perform? Mothers, there is a song composed for all of you. Do you remember the song: What does the song say? That the Shaktis have come. Have you heard the song? If you haven't heard it, let them hear it tomorrow. The group of Shaktis has spread everywhere in the world. So, what is the duty of you Shaktis, you Shakti mothers? To awaken the children, to sustain them and to make them worthy. So, mothers, now awaken all the children of the Father in your country and in your Bharat. Awaken all of your sisters who are still sleeping. You sing the song a lot: “Awaken, awaken!” So, now quickly awaken the souls who are sleeping. Enable them to claim at least a drop of the inheritance now, because as yet, the *board* of “*too late*” has not been put up. It is *late*, but not *too late*. Therefore, before it is *too late*, awaken your equals who are still sleeping. You will awaken them, will you not? Awaken them at your places, wherever you are serving, and awaken them in such a way that they become complete moths and reach the Flame. Is this OK, mothers? Now, in next year's result, every mother should get another mother ready in one month. Is this possible? Not in one day, but in one month. Achcha, OK, if you are unable to do this in one month, do it in two months. You do have the results: There were this many mothers last year, and in the next year, there are this many. So, then BapDada will see that since so many mothers have come here now, by how many will you increase the numbers in the New Year. Do you have a list of how many mothers have come? Do you not have a separate list? (Approximately 4000 mothers.) OK, 4000 mothers have come now. Therefore, we shall see how much growth

there is. Do you have this courage? Those who feel that this is possible, raise your hands! Don't raise your hands just like that. Your photo is being taken by the TV. Baba has special love for the mothers. Therefore, look, because of the mothers, the Father has been given the name Gopal (cowherd). Very good. There are also many mothers.

Adhar kumars, stand up! The adhar kumars are no less. Look, the adhar kumars have glorified the name of the Father very much. Do you know why? For a long time, there was a wasteful *vibration* that we break up families, but the adhar kumars have put an end to this wasteful thought. So, congratulations to you because you responded with your practical life in service of the Father. So, this is very good. BapDada calls the adhar kumars and adhar kumaris those who have conquered the mahatmas. They will come to your feet. You have practically demonstrated what the mahatmas were unable to do. Lotus flowers – each one of you is like a lotus flower living at home with the family and having an attitude of being beyond. Therefore, constantly continue to move forward and continue to enable others to move forward. The number of adhar kumars should also now increase. Is this OK? Do you have the courage? Say, “Yes Baba. It is our courage and Your help!” Very good. It is a wonder. You live together and yet you are loving and detached. This is why BapDada gives many, many blessings from the heart to the adhar kumars and kumaris. Constantly continue to move forward. Achcha.

This time, it is Bengal, Bihar, Orissa, Assam, Nepal and Tamil Nadu (Eastern Zone) that is responsible for service. Achcha. Teachers, stand up! As a whole, all of you are called the Eastern Zone and your instrument in charge is Par Dadi (Dadi Nirmal Shanta). You have Par Dadi and so there are so many states. Par Dadi is one who is a senior (Dadi). So, it also has many good states. It is good. Your army is good. Look, have all of you seen Par Dadi? It is good. You have played a very good part from the beginning till now. *Follow lokik father, follow alokik father, and follow parlokik Father.* Very good. Look how good your army is. You have done very good service from your heart. The result is very good. You have served from your heart and you have been co-operative with your heart. Therefore, constantly continue to increase service to its maximum. It will continue to grow and you will continue to make it grow. It is good. There are also many old teachers. You are the teachers from the beginning of service. There are only a few from the beginning of establishment, but there are many good ones who are the original jewels of service. Very good. How can each one be praised individually? Each jewel is great. Each one is a special soul. Achcha. You maintained courage and came. You did very well. Achcha.

Has Baba met each one specially? Is anyone still left? (The young children are left.) Children are always the decoration of every place. So, how can the children be left out? The children are first. BapDada has limitless, countless love for the children. Look, you claimed your right, did you not? You are clever. It is good. This world university was established with the children. It is those children from the beginning who have now grown up. Very good. Children are the crown on BapDada's head. Achcha. So always continue to claim number one in both studies. Claim number one, not two or three, in your worldly education and also claim number one in your alokik study. You have to become such children. Achcha.

(108 jewels from the media wing have come this time.) It is good. Those from the media should perform wonders so that it touches everyone's intellect that they definitely have to claim their inheritance from the Father. No one should remain deprived of this. The duty of the media is to spread the sound. Now, there are also programmes of the media abroad, are there not? It is good. When the programmes are held in different forms, people become very *interested*. They are doing well and will continue to do so. Success is already guaranteed. Whatever service those of all the different wings are doing, BapDada continues to receive news of it. Each wing has its own facilities of service and its own form of service. However, it is seen that because there are the different wings, each wing is racing with the others. It is good. Don't compete, but you may race. The result of each wing is that after the service of the different wings, many IPs and VIPs have come into contact. "Mikes" haven't been brought here as yet, but they have come into contact and relationship. Achcha.

Do you remember the exercise that BapDada gave you to do? One moment, be incorporeal and the next moment, be an angel. Whilst walking and moving around, this is the *return* of the love of Bap and Dada. So, do this spiritual exercise now. Become incorporeal in a second. Become an angel in a second. (BapDada conducted drill). Achcha. Doing this exercise whilst walking and moving around throughout the day will easily remind you of Baba.

The remembrance of all the children everywhere has reached BapDada. Each child feels: Give my remembrance to Baba. Give my remembrance to Baba. Some send it through letters, some through cards and some through words, but BapDada is giving multimillion-fold love and remembrance to all the children everywhere in response to the remembrance, whilst merging each one in His eyes. BapDada is seeing that no matter what the time is, at this time, the majority of you all have Madhuban and BapDada of Madhuban in your mind.

To all the children everywhere seated on all three thrones; to the children who are the masters of the self; to the children who constantly become equal to the Father as a *return* to BapDada; to the children who are constantly an embodiment of the awareness of the *return journey*; to the children who constantly follow the father in their thoughts, words and deeds; lots and lots and lots of love, remembrance and namaste from BapDada.

**To the Dadis:** All are giving very good co-operation and will continue to do so. You are the companions of establishment. The majority of you who are now sitting at the front are the original jewels.

(Everyone has written their chart.) BapDada heard the news, but you have to become elevated from *medium*. Achcha.

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