

# Contentment – Part 1

1

Create a programme of experimenting with any virtue or any power within a gathering. So what will happen through that? An atmosphere of that virtue or power will be created, and that vibration will spread everywhere, and of course the influence of the vibrations and the atmosphere will fall on many souls. So, become such souls, who experiment. First of all, experience contentment within yourself, and then it will become easy for others, because you will know the method. Just as an instrument of science is first experimented with in the form of a sample, and then they create it on a larger scale, in the same way you should first of all use yourself a sample. Then this interest in experimenting will increase, and your mind and intellect will remain busy in that. Then the time and powers that you use in trivial matters will be saved.

2

Are all of you contented with the self? Contented with each other? Baba gives those who are contented with the self, with service, and with others, the title of jewels of contentment. Such jewels of contentment always keep the crown shining. The jewels of the crown means those who always keep themselves in the elevated stage. So, keep this stage constant and imperishable.

3

The internal inheritance of Brahmin life is to be the constant embodiment of happiness and peace and contentment. BapDada sees that sometimes children deceive themselves by considering themselves to be happy through external facilities, or through service. Sometimes your service is not yuktiyukt, but mixed - some of it is accomplished with remembrance, but some is accomplished on the basis of your happiness with external facilities. It is not from your heart, but from your head. Then you are not able to remain powerfully yogyukt (in accurate yoga). You deprive yourself of this

experience. You do receive practical fruit of your service, but you are unable to accumulate anything. You eat and finish whatever you earn.

4

BapDada wants to see the jewel of complete purity sparkling on each one's forehead. He wants to see purity sparkling in your eyes. He wants to see the stars of both eyes sparkling with the sparkle of spirituality. He wants to hear sweetness and speciality in your words. He wants to see constant contentment and humility in your actions. Let there be constant good wishes in your feelings, and in your motives - a constant attitude of brotherhood. The halo of an angel's light should be constantly visible around your head.

5

According to the present time, the speed of your effort should be in the form of concern for effort, rather than just thinking about making that effort. Of course you make special programmes for service, and you are concerned day and night as to how to

make them successful, and for this you make your day and night equal. However, this concern is a concern that takes the form of happiness: it is a concern that finishes all other concerns, just as you tie yourself in one pure bondage in order to free yourself from all other bonds. Although it is called a bondage, it makes you free from bondage. In the same way, although you may call this a concern, in fact, it brings you the attainment of the inheritance from the Father. Similarly, through this concern, you are easily able to create the stage of being constantly content, cheerful, and like a lotus flower.

6

BapDada is checking every child's account of accumulation. All of you should also check your account of accumulation at every moment. The method to check whether you have accumulated or not is: whatever actions you performed, you yourself should be content, and whoever you performed that action with should also be content. If there is contentment in both, then you can understand that

you have accumulated in your account. If there isn't contentment in yourself, or in the one with whom you performed that action, then you haven't accumulated.

7

BapDada is also pleased that the children are increasing their account of charity with a variety of methods. BapDada has already told you: accumulate three accounts. One is the account of accumulation through your own efforts. The second one is the account of charity of making other souls content. Contentment accumulates in your account of charity. The third is the account of loving relationships in service with your mind and words. So check all three accounts. Nothing should be lacking in all three. So, will you claim number one?

8

The face of a fortunate soul is constantly cheerful. It is not that it will be, but it is always so. The vision, attitude, and activity, of such souls will

always be content, and they will inspire others to be content. Are you all intoxicated with your contentment? The basis of contentment is to have all attainments. Discontentment comes from a lack of attainment. What do you experience? Is anything lacking or have you attained everything? Are you intoxicated with your attainments? Are you? All the time, or only sometimes? In fact, you claim you have attained what you wanted. Where you have all attainments, there is no mention of discontentment.

9

The more content you are, the clearer you will be. And those who are clean and honest are always clear. When there is cleanliness, everything is clearly visible.

10

When you ask others if they are content with themselves, their efforts, their service, and their connections with the Brahmin family; they start to think about it. They do say “yes”, but only after thinking about it, and not instantly with that

intoxication. You should receive a certificate of contentment from all souls in three subjects: your own efforts, your service, and your connections with others. The certificate you receive will not be some writing on a piece of paper, but you will have the experience of it from each one. In this way, someone who is victorious in keeping the self content, and in making others content - when coming into connection with all souls - becomes one of the eight deities, a victorious jewel. In two aspects, you are okay, but in the third aspect, you are number-wise according to your capacity. You are number-wise in every aspect, but to a greater extent in this aspect.

If you are not content in any of the three, then you cannot come in one of the eight - that is, one of the elevated souls. In order to pass with honours, you should receive this passport of contentment from all souls. There is something lacking in the aspect of coming into connection with others. In order to pass in the subject of being content and

making others content, when coming into connection with them, what main aspect should you have? On the basis of your own experience, see why there is discontentment in your connection with others. In order to make everyone content, or in order to make your connections content, or in order to make those in connection with you elevated, the main thing is to have the power to tolerate and the power to accommodate within yourself.

The reason for discontentment is that - when you discover, according to your own reasoning, that someone else's words, sanskars, or deeds are not accurate - then your own words and deeds also become like that, and the other soul becomes discontented through this. Seeing someone else's sanskars or words or deeds, you think that it is not right, or that it should not be like that. However, in spite of that, if you were to imbibe the power to tolerate, and the power to accommodate, then these powers of yours would automatically give that soul

the vision of his inaccurate behaviour. However, what happens is that - in order to grant him a vision, or to make him realise through your words and your features - you also come under the influence of your own sanskars. Because of that, neither are you yourself content, nor are others content.

If, at that time, you have the power of accommodating, then - on the basis of this, or on the basis of the power of tolerance - you can avoid his actions and sanskars for a little time, and then your powers of tolerance and accommodation can shoot an arrow of contentment at that soul. Because of not having these, there is discontentment. So, when coming into connection with everyone, in order to make them content - and in order to remain content - these two virtues and powers are very essential. It is through these that your virtues will be praised. Although you will not appear to be victorious at that time - in fact you will appear to be defeated - the defeat of this time will put a garland around your

neck for many births. So, you should consider this defeat to be a victory.

Because of having this weakness (lacking in the powers of tolerance and accommodation) , you do not have as much success in this subject as you should have. While having knowledge in your intellect, you should also have the understanding of what knowledge to give someone, and at what time and with which method. Sometimes, you think that you have given some instructions (correction) to someone, but - if it is not the right time, if that soul does not have the power to listen to it - then those instructions do not work like instructions. You generally sow a seed, having seen the ground and also the time, and then there is success. If it is not the time, or the ground is not right, then, no matter how good the quality of the seed may be, it will not bear fruit. In this way, if you want to give points of knowledge, or an instruction, or to suggest a method, then first see the ground and the time.

Check the ground - that is, the power of the soul - but also see the time; and then the seed of teachings can give fruit. Do you understand?

# Contentment – Part 2

1

Some children experience freedom from bondage through having all relationships constantly, and some children link a relationship only occasionally, that is, for their own reasons and motives. This is why they experience both together: sometimes bondage, sometimes relationship. And this is why they also remain divorced from the alokik, spiritual happiness of the Brahmin life. In this state they are neither able to stay content with themselves, nor are they able to claim the blessings of contentment from others. The Brahmin life is a life of the most elevated relationships, the life in which to claim blessings from Baba and the entire Brahmin family.

2

Today, BapDada is seeing his jewels of contentment everywhere who remain content. The sparkle of contentment is visible on the face of each

one. You yourself love jewels of contentment, BapDada loves them, and the family also loves them, because contentment is a great power. Contentment can only be imbibed when you have attained all attainments. If there is little attainment, there will be little contentment. Contentment also invokes other powers. According to capacity, the atmosphere of contentment also gives others vibrations of contentment. The sign of someone remaining content is that that one will always be seen to be happyhearted. That one's face would always naturally remain cheerful. No adverse situation that comes in front of a contented soul will make that one fluctuate from his original stage.

No matter how great the situation may be, for a contented soul it is seen as entertainment, in the form of a cartoon show. This is why that soul does not get distressed by situations. The situations cannot attack that soul: the situations become defeated. This is why that soul experiences his life to

be entertainment filled with supersensuous joy. He doesn't need to labour, but experiences that as entertainment. So, each one of you should check yourself. You know how to check, do you not? Do you? Those who know how to check yourself, not check others, if you know how to check yourself, raise your hands. Do you know how to check yourself? Achcha.

3

Service means there is co-operation with the self and co-operation with others, and that the fruit of contentment is visible. So check - what is the reason - why is the fruit not received? Check the method and change it. This is true service - service should be from the heart.

4

Are you ever ready? Don't count the years ahead: just think that it is going to happen now. Baba knows about the time, and how much service is to be done. Are you contented with the service that you do? Okay, for a moment leave the service of the

world, and first just see the service of the self. Are you contented with the state of the self? Are you contented within your own free kingdom? Are you able to run your kingdom accurately and skillfully? Are your workers and your ministers under your control, or is there an influence somewhere? Do your ministers and secretary sometimes deceive you? Is your kingdom, your court, running alright? Do you check, or do your workers sometimes become secret companions of Maya?

5

There are two types of maharathi. The first become maharathis on the basis of effort made to attain blessings or the inheritance - they always swing in the swing of supersensuous joy in the mind, in the swing of contentment, and the swing of being the embodiment of love received from everyone's heart. The second variety are maharathis on the basis of their speciality in service, who superficially, through their bodies, appear to be the embodiment of the fruit of contentment - their minds are content

through the support of service - there will always be love from everyone, due to the speciality of service, but not constantly - not constantly either from their minds or their hearts - it will sometimes be superficial and sometimes from the heart. However, speciality in service makes them a maharathi - they are counted in the line of maharathis.

6

When some children sit in remembrance, and when they practice remembrance as they move along, although they experience peace, they do not experience happiness, and so do not have hope and zeal. Even whilst having yoga the soul is not content with itself - the soul remains tired. This is because you only think "I am a soul, a dot, the embodiment of light, and Baba is the same" but not "what sort of soul am I - what are my specialties? I am multi-million times fortunate. I am a soul of the original creation. I am a soul who claims Baba's heart-throne". You don't think of those specialties which bring happiness. To simply think "I am a dot. I am light. I

am peace” takes the soul to the stage of nil (emptiness) and the head becomes heavy. So think about the elevated stage and your specialties. Transform your consciousness, form, attitude, and drishti. See yourself in this form and see others in this form. Fill the space - do not leave it empty. Do not think about whether others are going to change, but ask “Have I changed?”. Self transformation will bring about transformation of others in front of you.

7

BapDada’s special desire that everyone should at least come to know that their constant (eternal) Father has come. But the children have desires out of love. The rest of the limited desires are fulfilled, but their desires out of love still remain. Each one of you wants to come onto the stage. Do you have this desire? (Now, Baba himself comes to everyone). Has this desire also been fulfilled? You are contented souls. Congratulations, because all the children are sensible. You understand that, according to the time you have to make your form the same. This is why

BapDada too is bound by the bonds of the drama, isn't he? Therefore, all of you children are constantly content, according to the time, and you constantly continue to sparkle as jewels of contentment. Why? You yourselves say: "We have attained everything we wanted". These are the words of Brahma Baba's first experience. Therefore, the words of Father Brahma are the words of all the Brahmins. Therefore, BapDada is making all of you children revise: constantly stay in the Company of the Father.

8

Today, Dilaram Baba - the Comforter of Hearts - is seeing his souls, who constantly remain content, and who are the jewels of contentment. The sparkle of the spiritual jewels is making the entire court sparkle. Contented souls are loved by the self, they are loved by everyone, and of course they are loved by the Father anyway. So, it is like this, is it not? In this Brahmin life, there is no mention of any lack of attainment. You souls are full with all attainments. So, where there are all attainments, contentment

exists automatically and naturally. The natural nature is of contentment. The form, nature, and original sanskars, of contentment, are so elevated that - through the contented environment - the vibrations and atmosphere of contentment are able to transform a discontented soul into a contented one. Contentment is the special gift from BapDada at the Confluence Age.

The one speciality of contentment easily brings other specialities close to you, but you must be constantly content. No matter how much the situations change, the stage of contentment must not be changed by the situations. The external situations are going to change anyway, but the stage of contentment of the self constantly brings progress. For contented souls, no matter how much a situation may try to shake you, it will be experienced as though it is a puppet show. Have you seen that? You enjoy that, do you not? There is everything there, but only in puppet form. So, no

matter what the situation is, it seems like a puppet show. Or like a cartoon show, which is the fashion nowadays. You enjoy those, do you not? That is also a lion or a cat, but what is it? It is a cartoon character. It is a full story, but it is only a cartoon story: it is not real.

Whenever any situation comes up, then just think that a cartoon show, or a puppet show, is taking place on the unlimited screen. So, what will happen when you see that? Will you be distressed? Or will you be entertained? Let it come. It is good to watch the show, is it not? So, this is also a show of Maya - or nature - which you should continually observe as a detached observer, whilst being the embodiment of contentment. See everything whilst being stable in your own dignity: "I am a jewel of contentment.. I am a contented soul". This is the elevated dignity of the Confluence Age. So, do not be distressed, but maintain your dignity.

So, you know how to stabilise yourself in your dignity, do you not? Or, do you enjoy being distressed? Should you become distressed sometimes? So, constantly keep the speciality of contentment emerged in your awareness. To have all attainments, relationships and wealth are essential. If one relationship is missing, there will not be complete contentment. You need all relationships, all of the time. If any relationship is perishable, then there is automatically a lack of attainments, and thus discontentment. It is only at the present Confluence Age that you can experience all relationships, all of the time, with the one Father. In the Golden Age you have very few relationships: you do not have all relationships. However, at the present time, whatever relationships attract you - whatever relationships you wish to experience - you can experience it through God at this time.

9

In wealth, if it is only physical wealth then you will not be able to remain content all of the time. IF,

together with physical wealth, you do not have the wealth of virtues, the wealth of all powers, and the wealth of elevated complete knowledge, then contentment cannot remain for all of the time.

# Contentment – Part 3

1

Royal souls remain always full and complete. The sign of being complete is that the soul remains constantly satisfied. A satisfied soul always remains content in every situation, and whilst coming into connection and relationship with other souls, will know everything about them. No matter what situations of discontent come in front of such a complete and satisfied soul, he will give as co-operation the virtue of contentment, even to those who bring about discontentment: he will show mercy, with pure feelings and good wishes, and will try to transform them. These are the elevated actions of such spiritually royal souls. Just as the physically royal souls never give their intellect or their time to trivial matters - whilst seeing something they do not see it, and whilst hearing about it they do not hear it - so such spiritually royal souls will never give their intellect or their time to any soul in trivial matters which are not royal.

2

The reality is: “I, the soul, in my original and eternal form”. By having this awareness, you become powerful. The royalty is that you yourself have your self-respect, and you move along giving respect to everyone. The personality is to have constant contentment and happiness: you yourself are content, and you make all others content.

3

The Lord is pleased with a true heart. The soul with a true heart always experiences satisfaction and contentment, and will be successful in service.

4

The Father’s virtues should always be visible on your face; the Father’s shrimat should be visible in your activity. Your face should always be smiling. Your way of moving should be of remaining content and making everyone content.

5

If I am complete with all wealth, the sign of that would be contentment. The basis of all attainment is contentment. Discontentment is the sign of lack of attainment. So check: there shouldn't be even one speciality missing. Do you check yourselves to this extent? Do you?

6

Even if you don't give lectures, and don't read the murli at the centre, to be an example is the greatest service. To give everyone an experience of contentment is very great service.

7

Because of your being co-operative in service, BapDada also has special love. Together with co-operation and love you now have to fill yourselves with power. You now have to become the embodiment of power. Out of all the powers, which special power does this group have to fill themselves with? Tolerance power. The souls who are fulfilled have the special virtues of fearlessness and contentment. Those who remain content and keep

others content automatically have all the virtues within them. The more you become the embodiment of power, the less the weaknesses will remain in front of you. So you must return having become the embodiment of power.

8

Today, Baba was threading the rosary of the jewels of contentment. At amrit vela, BapDada was selecting out of the Brahmin clan those special souls who have remained constantly content with the blessings of their spiritual birth, and who have constantly given the experience of contentment to others through their drishti, attitude, and actions. How long was this rosary? A few contented souls were visible in all directions, who constantly experience BapDada showering them with golden flowers of contentment in their thoughts, words, actions, and relationships within the gathering - and who through their actions constantly shower golden flowers of contentment on everyone.

It was a small rosary. BapDada was pleased on seeing this rosary and held each jewel of contentment against his heart with great love - such jewels become the garland round BapDada's neck - they claim the right to the kingdom - and this is how the rosary that the bhagats recite is created as well. BapDada also saw other children who are sometimes content and sometimes under a light shadow of discontent they come out from under the shadow again, and don't get trapped. The third variety of children were sometimes discontent in words, sometimes in relationships, sometimes in actions, and sometimes discontented with the self. There was discontentment through situations, sometimes through the upheaval of the elements, and sometimes discontentment with small or large matters. They continue to spin these cycles - they come out and are trapped again. Such a rosary was also seen.

All are jewels but you can understand the difference between the sparkle of the constantly contented jewels and the other two varieties of jewels. BapDada was seeing all three rosaries again and again and was smiling. He also was trying to make some of the jewels of the second rosary become part of the first - some had only a very slight shadow of discontentment - there were approximately 25 to 35 jewels like this whom Brahma Baba had a heart to heart conversation about. Why are Brahmins discontent when they have access to all attainments? Souls do not know how to use the treasure store - they do not remember it. There is happiness on the face but there isn't happiness in the heart. There is happiness in the head but not in the heart. There is awareness but not the embodiment of that awareness.

The desire for limited attainments impose limitations in the heart. Then there is discontentment, because there isn't the fruit of the

limited desires. But this is limited fruit which would only bring limited attainment - contentment one minute and discontentment the next. Limits do not allow the experience of unlimited intoxication. So check, is there contentment in the mind, contentment with the self, contentment with all others? The wave of satisfaction should be constantly visible in mind and body, no matter what the situation might be - whether a soul keeps coming to oppose, whether it comes to settle karmic accounts, or even if suffering of the body comes to oppose. The soul who is free from limited desires is visible as a sparkling star of satisfaction - constantly selfless. The mind which is satisfied will not question any aspect. They will never put blame on others: they will not blame the Bestower of fortune, they will not blame drama, they will blame no individual, they will not blame nature, they will not blame karma. The speciality of the confluence age is contentment, and the sign of contentment is satisfaction. Without contentment there is no benefit in becoming a

Brahmin. You have the right to contentment and satisfaction. Samja? Which rosary are you in?

# Contentment – Part 4

1

Some children are very clever. They have limited desire, but they twist it and turn it, and say it is a pure desire, or it is connected with service. Baba smiles and sees this cleverness, but does not give any indication of it. However they receive a signal, in the form of confusion in the mind - when one limited desire is fulfilled, the form is one of attainment, but internally that one desire continually gives rise to other desires. Internally the mind is not fulfilled or content. Because of “I want.... I want...” there is not fulfillment or satisfaction. Until all of you are free from all desires, you will not be able to fulfil the desires of others.

2

You have seen the world outside - with love, even a tiny gift brings pleasure - but in a selfish relationship, the greatest gift does not bring contentment, but the souls will still find fault in one

way or another. Love brings closeness - lack of love creates distance. When there is love in the heart then there is no calculation involved. Love of the heart is able to settle all past accounts. Love is such a special experience. If there is any trace of attachment, that is not true love. The sign of attachment is that thoughts, words, and actions are subservient to that one, or that object. This weakens the heart - power is lost, and the soul becomes unable to remember Baba. Then there is discontentment - the heart shrinks and loses hope. Only when there is no attachment to any individual or possession can the soul become a constant easy yogi.

Use possessions by all means, but be a yogi and keep the mind detached from them. As time passes, by belonging to Baba, matter and nature will become the server - the attainment of material possessions will continue to increase - this is the instant fruit of your attainments. So, as you eat the fruit, do not

forget the Seed. Keep yourself safe from attachment, and do not be subservient to individuals or possessions. Otherwise there will be complaints, rather than contentment. Others may think you are happy, but inside you will be sad. Like a gas balloon, as soon as the soul is filled it becomes very elevated - it will go very high - but when it becomes empty it falls completely. When you first look at it, it is flying, and it is very beautiful, but all this is temporary. Such a soul is never content with his own fortune - he will blame others - but that is an excuse, for in fact it is the Bestower of Fortune who enables you to make your fortune - and the power of a human soul can never shake the fortune of Godly power.

So play the game of ascent, not the game of making excuses. If there is jealousy or distaste for someone, that is also subservience, because that one will be remembered again and again. Subservience in either direction pulls the soul down. If you create an account, don't ask Baba to settle it. Baba cannot

settle your accounts. He can inspire you to settle them: He is in bondage to give you inspiration, but you are the ones who have to do it. So what is the essence? Do not just have dry, intellectual knowledge, but let there be knowledge within the heart. Have love, and don't lose any to subservience.

3

The names of those with a lokik personality are mentioned in the special books, while your activities, praise and stories are in the scriptures that have been created from the beginning. They look after the scriptures very accurately, and have so much praise for them. They see them as very worship worthy. True bhagats keep the scriptures according to the system, and read them. They do not keep them like ordinary books. So, keep the personality of your purity emerged in your awareness. Having this awareness emerged in the intellect is the basis of power. Maya cannot come where there is power, and so there is no need to chase her away. You have had her friendship for half a kalpa, but now you must

conquer her - you need to practice this over a long period of time, as this will not be possible at the end.

BapDada often relates the story of the parrot: the parrot was told not to sit on the tap, and so he repeated this whilst sitting on the tap! Practice being a conqueror of Maya from now, so that when you try to stabilise yourself in the stage of a soul, there is not her influence preventing you. The easy method for this is to keep your spiritual personality in your awareness. The vision of those with such a personality will never be drawn towards anything or anyone. They are complete with all attainments - complete in their nature, complete in their sanskars - complete in their relationships - they are overflowing, and they remain content. Your vision is drawn towards others when you lack something in your own self. So, do you lack anything?

4

Become a constant yogi and a constant server, and be content.

5

To fulfil “I want”, give what you want, to the greatest extent. Give respect, don’t take respect. Give regard, don’t take regard. If you want name, donate the name of the Father, and your name will become famous automatically. Giving is the basis of receiving. Finish lokik hopes and desires - anyone with a limited want can never confront Maya. The destination cannot be reached by taking the wrong path. Don’t say “mine, mine”, but say “yours, yours”, then everyone will say “yours”. If you say “mine” then whatever is coming your way will also go away. Where there is discontentment, achievement seems like non-achievement. Where there is contentment, a little achievement seems like everything. By saying “yours”, you will become the embodiment of attainment. If you make a sound in a dome, the same sound comes back from all directions. In the same way whatever you say comes back from all directions: if you say “mine”, they will also say “mine”, but if you say “yours” they will all say “yours”. By this method you can change the limited

into the unlimited, and become master bestowers.  
Achcha.

6

Can you all know your features and your future at this time? The closer you come to time, do you also experience the signs of perfection in yourself, according to the time? What are the main signs of perfection? In which main aspects would you all experience the soul coming close to perfection? The main aspect is that such souls would experience themselves to be constantly content in all subjects and, together with that, other souls would also be constantly content with them.

So, contentment is a sign of perfection . The more you receive the response of blessings from all souls, at every moment, as well as their subtle love and cooperation, you can understand from it, that you are moving that much closer to perfection. The wonder is that - no matter what type of sanskars a soul has, or how discontented a soul who comes into

contact with you is - when in contact, those souls should realise that their discontentment is because of their own sanskars, and that you special souls constantly have eyes filled with love, co-operation, and pure feelings of mercy for them: that is, those souls should realise their own weakness. They should not complain that the instrument souls are not able to make them content. You should receive from all souls the certificate of being such a jewel of contentment, for only then would it be said that you are close to perfection. The more you fill yourself with that perfection, the more the contentment of other souls will continue to increase.

What is the main method to keep everyone content? (Many people replied) . All these things are also necessary. You have to do all these things practically, when situations arise. The main thing is that you should be able to mould yourself according to the time, the situation, and the soul in front of you. You should not be under the influence of your

sanskars or nature. Just as you adopt a physical form according to the time, or you dress according to the country you are in, so you should experience your nature and sanskars in a similar way. Do you experience it to be as easy as that? Are you able to transform your sanskars and nature according to the time? Anything that is hard cannot be moulded. You are not able to mould even your strong harsh sanskars according to the time. Therefore, your sanskars should become so easy that you are able to mould them according to the time. You should have this practice. You should not even think that you have any sanskars or nature. Only your original and eternal sanskars should be your form.

Transformation of sanskars exists from the beginning of time: that is, transformation continues to take place from the moment you enter the cycle. So the soul automatically has the practice of transforming sanskars. The sanskars are constantly changing according to the time: sometimes they are

satopradhan, sometimes sato, sometimes rajo and sometimes tamo. Now, you are knowledge-full, and playing a part as an actor on the highest-on-high stage. And you are also powerful, blissful, and have a right to the inheritance from the Almighty Authority. So, since you are these things, it should be extremely easy to transform your nature and sanskars, either for your own progress, or for the benefit of others, according to the time, or according to the service. This is the final special effort of special souls.

# Contentment – Part 5

1

When you make others content, the waves of contentment from them reach your heart, and this brings a lot of happiness. So, you have received a lot of happiness, have you not? You did physical service, and all the brothers and sisters gave you the gift of happiness. Contentment is the greatest nourishment of happiness.

2

Do you not know how to maintain an accurate balance? What is the speciality of tightrope walkers? That of keeping their balance. It may be an ordinary thing, but the wonder is of keeping one's balance. You have seen the act of tightrope walking, have you not? Here, too the wonder is of maintaining an accurate balance. However, you do not keep an accurate balance. When you hear praise, you

become even more intoxicated; and when you hear defamation, you have dislike. In fact, there should neither be intoxication through being praised, nor dislike through being defamed. If the two are well balanced, then - when you look at yourself as a detached observer - you will experience wonders. You will experience contentment in yourself. And others will also be content with your actions. However, because you are lacking in this effort - because of a lack of balance - you do not have the blissful life you should have. So, what should you do now? Keep an accurate balance.

3

Since you can have all attainments from all relationships, don't become content with the meeting and attainment of just one or two relationships. Those who become content with just a little are called devotees. The children have a right to all relationships and all attainments.

4

To belong to the Father means to transform the self. To become a Brahmin means to become the embodiment of remembrance. By stabilising in this original form of yours, you will be content with your own self, and will also enable others to experience the speciality of contentment. So, are all of you the jewels of contentment? Or do you have to become that? The reason for disappointment is some lack of attainment. Do you lack anything? What is your slogan? “We have attained that which we wished to attain”. So, have you attained everything? Or do you still have to attain some things? To belong to the Father means to claim a right to the inheritance (attainment) .

5

If in the name of service you are disturbed, and disturb others, then BapDada asks you to be free from that service. It is better not to serve in that case. The special virtue of service is contentment, either with the self or with those who are in contact, so first become a jewel of contentment, and then come into

service. If there is any burden, it is better to remain in solitude, and pay attention to self transformation.

6

People are wandering around so much in order to attain temporary success. They are spending so much of their time and money on that. At present, all souls are tired of making effort. They want success. They become content with temporary attainments. However, when they become content with one thing, many others situations arise. A crippled person begins to walk, but he also has many other desires: “this should happen”, “that should happen”. So, according to the present time, the method of the service of you children is that of becoming an embodiment of success. Show imperishable, alokik, and spiritual success, and spiritual miracles. Is this miracle a small thing? 99% of the souls of the world are dead on the pyre of worry. Revive such dead ones. Give them a new life. They have one leg of attainment, but as for innumerable other attainments, they are crippled.

Give such souls the legs of all imperishable attainments. Make the blind ones trinetri. Give them the third eye. Give them sight with which they can see the elevated present and future of their life. Are you not able to grant this success? Can you not show this spiritual miracle? Can you not make a beggar into an emperor? Have you not attained from the Father the power to do service that accomplishes such success?

7

Always pick up virtues. You have to be content in praise and defamation, benefit and loss, victory and defeat, and you also have to be merciful.

8

Are you content with yourselves in your efforts? Or, is it just as you tell devotees: that their desire is elevated; but, because they lack the power, they are not able to do what they want? In the same way, you wish to become that elevated, and your desire is elevated, but yet your effort is lacking. Then, on the basis of your contentment, your aim seems very

distant. What would you call that? Greatly knowledgeable souls?

9

The authority of religion (dharma) means having constant elevated happiness, and having the art of living a life of happiness. The authority of ruling means to be a bestower and to give the experience of all attainment, and to give the right of contentment to oneself and to one's companions in action, through having the balance of love and power. To be a king means to be a bestower - this is the real authority of ruling - the art of conducting oneself and of interacting with others.

10

The sign of a worthy ruler is a shower of flowers of contentment, and songs of his praise, from everyone. Have you claimed such an authority of ruling? Are your close companions in action, your physical senses, always working in order with me, the soul, the king, with love and power, that is with love and law? Are you making them work by

compulsion, or are you making them work with love? Are you only superficially working with them, or are you working with them with your heart? In the same way check your whole day's timetable, and your relationships of karma, and your companions in karma. Together with that, check all the souls who come into connection with you - do they remain contented and cheerful through you, the soul, who has the authority of ruling? This is the accurate experience of having the authority of ruling.

11

Check throughout the day that you are not performing any ordinary actions. Did you perform elevated actions? The sign of performing elevated actions is that you yourself will remain content, and others will also be content. It should not be that you yourself are content, but that you don't care whether others are content or not. Those with a yogi life naturally influence the lives of others. If you are discontented, or others are discontented with you, then you should understand that your yoga is lacking

in accuracy. So, are all of you content? Or do you just please yourselves, thinking that you are completely fine? Are all of you content? Or are some of you content whilst others are not content? Do you remain content within yourself? Or do you become discontented when any weakness emerges? Do you feel this sometimes, or have you become complete?

Contentment is the main aim of those who have a yogi life. So, should we ask your companions whether or not they are content with you? Will they say yes? Or will they spoil their face!? Those who have a yogi life should have three certificates: one is to be content with the self, the next is that Baba should be content with you, and the third is that your lokik and alokik family should be content with you. Do you have all three certificates, or do you have to claim them? Just as the instruments of science can influence the atmosphere - for instance, when there is air conditioning to bring coolness into the

atmosphere - so too there is an influence of a yogi life. Do you create such an influence? Yoga means the power of silence. This is called a yogi life, or a life with the power of silence. So, are you truly like this? Or do you just say “yes” for the sake of it? Let there be checking every day. If you check, then change can take place.

# Contentment – Part 6

1

A charitable soul is overflowing with the instant fruit of God's blessings, and the blessings from souls. The vision and attitude of a charitable soul gives others the experience of his blessings. The sparkle of satisfaction and contentment is constantly visible on the face of a charitable soul - because of the fruit he has claimed, he is beyond arrogance and insult, a carefree emperor. A charitable soul, with the power of his charity, uses every every thought, moment and action in a worthwhile way - waste finishes. Such a charitable soul claims the throne of the kingdom of the world.

2

Laziness comes with all of its companions: it does not come alone. Just as the Father does not come alone - but is revealed with his children - in the same way, these vices do not come alone, but come with their companions. Therefore, when the vices come

into existence - because you disobey many instructions - then what does your stage become? You desire one thing or another. By cutting out just one word, you are neither content in yourself, nor are you able to make others content. Therefore, when you are making effort for self-progress, or when you put any plan for service into a practical form, then - before you make the plan, or put it into practice - first stabilise yourself in your stage of self-respect, and only then make plans and put them into practice. Do not make plans whilst letting go of your stage. If you create plans, having let go of your stage, then what will happen? There will be no power left in these plans. And, without power, what would the impact of those plans be in practice?

3

Today BapDada, the maker of fortune, is looking at the portraits of elevated fortune of all of the children. All are fortunate, but the splendour of each individual portrait of fortune is unique. Some portraits are worth millions while others are

ordinary. To portray the fortune that BapDada has given you means to apply it in your life practically - it is in this the the difference arises. The speciality of any portrait is revealed by the eyes and the smiling expression. The portrait is valued on the basis of these two specialities. If the eyes express spiritual drishti filled with world benefit, mercy and benevolence - if there is the spiritual smile that comes from constant contentment and cheerfulness - if the face sparkles with these two specialities - then the portrait of fortune is elevated.

4

You are the ones who are constant embodiments of blessings. They ask for different blessings from the different deities through your images. Someone is a deity of power, someone is a goddess of knowledge. You have become an image that grants blessings, and this is why the systems of bhakti have continued from the beginning until now. Through BapDada you have become a constant embodiment of happiness in your heart, and an

embodiment of contentment. This is why, even now, in order to make themselves happy, they make the gods and goddesses happy, with the belief that they are the only ones who will make them happy for all time. All of you have attained, from the Father, contentment, the greatest treasure of all. That is why, in order to be content, they worship the goddess of contentment.

All of you are contented souls: Santoshi Maa, the goddess of contentment, are you not? All of you are content, are you not? All of you contented souls are images of contentment. You have attained success from the Father as your birthright, and this is why they ask your images for a donation, and blessings of success. However, because they have a weak intellect, and because they are weak souls - because of being beggar souls - they ask for temporary success. For instance, a beggar would never ask for 1000 rupees. He would only say: "give me a few paisas - give me one rupee or two rupees". In the

same way, those souls who are beggars of happiness, peace, and purity, will only ask you for temporary success: “this task of mine should be accomplished - let there be success in this”. However, they ask for this from you souls, who are embodiments of success.

5

Always let this spiritual intoxication be with you. You are such elevated souls. You are so great. Your every thought, word, and deed is becoming a memorial. It is becoming a law. Do everything in this elevated awareness. Do you understand? The vision of the whole world is on you souls. “Whatever I do will become a law, and a memorial for the world... if I come into upheaval, the world will come into upheaval... if I remain happy and content, the world will remain happy and content”. All the souls who are instruments for the creation of the new world have this much responsibility. However, to the extent that the responsibility is great, it also makes you light, because the Almighty Authority Father is with you.

6

To be sometimes cheerful and sometimes sad, to sometimes make intense effort and to sometimes be slack, is not the sign of a special soul. That is the sign of an ordinary soul. Now, there should be something especially unique in all of you, so that you are able to make the stage of weak souls powerful with your own powerful awareness. They are still waiting, because you are not content. So, now remember the slogan: "I have to remain content, and I also have to make others content". Do you understand?

7

How can one recognise whether one has surrendered with one's intellect or not? The meaning of surrendering with the intellect is: Whatever the intellect decides will be according to shrimat, because the work of the intellect is to decide. Therefore nothing but shrimat should enter your intellect. Because of constantly having the awareness of Baba in your intellect, that will be the decision-making power. The practical sign of that is

that one's judgement will be correct and filled with success. Whatever such a soul says, he himself will like it, and others too will accept it as a very good thing. Everyone will feel that that one's intellect is very clear and surrendered. They will be content with their intellect. There won't be any question whether that one is right or not.

8

Today, BapDada is seeing the spirituality of contentment, and the smile of fulfilment, of children in all corners. Some were very close, even though they were far away physically. Contentment is the easy method for spirituality, and fulfilment is the natural outcome. The one who is constantly content is clearly seen to be always the embodiment of fulfilment. To be content means to have reached the stage of being complete with all achievements. Contentment is the easy method which enables you to inculcate all specialities. This treasure automatically attracts all other treasures to itself. Contentment is the visible proof of the study of

knowledge. Contentment makes the soul the carefree emperor. Contentment is the method which enables you to keep yourself constantly on the seat of self-respect.

Contentment makes you a great donor: it easily makes you a world benefactor, because you are constantly able to bestow blessings. Contentment liberates you from the limited cycle of “yours” and “mine”, and makes you the one who spins the discus of self-realisation. Contentment gives you the right to sit firmly on the throne of victory, in a state that is constantly free from all evil thoughts. It is the state that gives you the awareness of always being seated on BapDada’s heart-throne, and, by wearing the tilak of this constant consciousness, you become the one who wears the crown of serving the world: of transforming it. Such consciousness stabilises you in the state of being complete with all rights. Contentment is the breath of life for a Brahmin. It is the easy method for progress in Brahmin life: that is,

to be content with the self, and with the family, and to ensure that the family is content with you, the soul.

No matter what difficulty there may be, even if there are the vibrations of upheaval in the atmosphere, the soul should be content even then. A soul who is the embodiment of contentment is an elevated soul: one who has claimed the right to the certificate of being a victorious jewel. In fact you must claim three certificates: firstly, for being content with yourself; secondly, for being always content in your relationship with the Father; and finally, for being content within your relationship with the Brahmin family. With these you can make both your present and your future elevated. There is still time to claim this certificate (of being a victorious jewel) . It can still be taken now, but there isn't a great deal of time remaining. Now it is late, but it isn't yet too late. Even now you can move forward by inculcating the speciality of contentment.

Even now there is still a margin of time in which last can go fast and so become first, but soon last will have to remain last. And so, today BapDada was checking each one's certificate. But you can check this for yourself also. Is the state of mind fulfilled, or is it still full of questions? Are the double-foreigners fulfilled and content? If all questions are finished then there is fulfilment.

9.

The Confluence Age is the time to experience contentment. The knowledge of how to be content is available only now. There, you will be beyond even the knowledge of being contented or discontented. So this is the treasure of the Confluence Age. All of you are the souls who, with contentment, must give others the treasures of contentment. The children of the Bestower are the master bestowers, and so you should store so much within yourself. Is your stock full, or is there still something missing? If there is

something missing in your stock, then you cannot be a world benefactor: you can only be a benefactor. But you must become like the Father.

# Contentment – Part 7

1

The one who experiences the love of all the relationships according to the time, is so lost in these experiences that he remains merged in love - no obstacle makes him bow towards it - he is automatically an easy yogi. This is a number one accurately loving soul. Such a soul receives cooperation from Baba in each task, and so experiences contentment with immovable, unshakeable and imperishable love.

2

Just as Father Brahma became an instrument, so you too are all instruments. So, all of you should follow Brahma Baba. He had the balance of both responsibility and lightness. Follow the Father in the same way. The slogan for the teachers is: "Follow the Father". If you are not following the Father then you are not a successful teacher. The first certificate of a teacher is to remain content, and to make others

content. The sign of a first number teacher is to remain content and make others content. Why would a teacher not remain content? A teacher receives so many chances. The first chance is to surrender. The second chance is to serve. The third chance is to be an instrument, and so the chance to pay attention to the self. And the fourth chance is that, however many she makes similar to herself, she has that chance of success in her effort.

3

True service constantly gives the experience of the unlimited stage, of unlimited happiness. If there is not this experience, then such service is mixed service, it is not true service. When there is great contentment, there will be eternal attainment. To do service means to bring the garden of flowers into blossom, and not to become trapped in the jungle of thorns. Upheaval, lack of attainment, confusion of the mind, fluctuation: all these are thorns. To experience happiness, move away from these thorns, even if some limited attainments have to be

renounced. You may let go of other things, but no matter what happens, do not let go of happiness. And don't be fooled by temporary happiness - the side scenes may be very attractive, but do not consider them to be the destination. Don't let the happiness of temporary attainment draw you away from the eternal fortune of happiness. You are not the ones who become happy with little things, are you? You don't just make yourself happy do you? Don't think "I am all right, but the others don't know it". Can the light of the sun be hidden? The fragrance of truthfulness can never be erased. Don't be deceived. Keep this lesson firm. First there is your unlimited eternal happiness, and then there are other things. Those who are constantly happy are the ones with a happy fortune - all the attainments come easily, without labour and without desire, that is without asking.

4

A lighthouse remains constantly engaged in its task. Those who are lighthouses never experience

the darkness of weakness. Another name which brings awareness of your task and virtue is 'Jewel of Contentment'. Those who are content can make others content. You must discern the desires of those who come, and make them content. This requires discernment.

5

There is no need to ask you teachers if you are content. To ask you teachers this question would be to insult you! This is why BapDada cannot insult you. You are instruments equal to the Father. To be an instrument means to be constantly an embodiment of the awareness of Karankaravanhar. This awareness is a powerful awareness: "I am karanhar~(one~who~is~made~to~act), but only on the basis of Karankarvanhar... I am an instrument, but I must not forget the One who has made me an instrument...". There should not be the consciousness of "I". Constantly have BapDada's name on your lips, in your mind, and in your actions. This lesson is firm for you, is it not?

6

BapDada is giving very very powerful love from the heart, and blessings from the heart, to each resident of Madhuban. Seeing the maharathis, those who have come for the meeting, he constantly sings the song in his heart: “wah children! wah!”. All those who have come for the meeting have to make progress in one thing. Whoever they are, and however many service companions you have, always keep them content with your happiness and attainment. If you have to give them teachings, then, together with the teachings, also give them love, so that, on the basis of that love, they are able to move forward. Do not give them such love that they take advantage of that love, so that it doesn't matter what they do, they will be forgiven. Do not give such love. BapDada is pleased that you have become instruments. You do pay attention, but pay attention, and make them content, and let the rays of contentment reach the world.

7

The daily checking in the chart of the special children should not be whether they became angry with anyone, or whether they made someone discontent. To check on such a gross level is the work of the infantry and the cavalry. The effort of the specially beloved children should not be on that level at this time. The present effort should be to fill the self with all powers. To have any one power missing means to come out of the list of specially beloved children.

8

The basis of all attainments is the power of transformation. Because of not being able to transform yourself, you are not able to reach the elevated aim that you have for yourself. Because of not having the power to transform - even while wanting something, and adopting the means for that - although you have the right company, you follow the disciplines according to your capacity, and even though you call yourself a Brahmin, you are not content with yourself. Just the power of

transformation alone becomes the means for coming close to the Almighty Authority Father, and to all the elevated souls. If you do not have the power of transformation, you will constantly experience yourself to be standing aside, and deprived of all attainments. You will then experience yourself to be one who sees and hears everything from a distance. You will remain thirsty for the experience of love, co-operation and power. The expansion of many types of desires, hopes and wishes will constantly appear in front of you like storms. Because of these storms, the destination of attainment will constantly seem far away.

9

Obedient children experience special blessings from Baba in the form of fruit - their actions are powerful and they achieve contentment and success. A number one obedient souls will experience contentment with the self, with the result of actions, and in relationships with others. If

there is a lack of contentment in any of these three aspects, then that soul is not number one obedient.

10

BapDada has seen that very good plans are made, but if service and self-service are not simultaneous, then there is less success in the service plans than there should be. Therefore, seeing the closeness of time just ahead, keep service and self-progress combined. There mustn't be just self-progress: there also has to be service. But it is through your stage of self-progress that there will be greater success in service. The sign of success in service and self-progress is that you will be content with yourself in both of these, and that whoever you serve will also experience contentment. If you yourself, and those who you are instruments to serve, do not experience contentment, then there is less success, and you have to make greater effort.

## Contentment – Part 8

1

Know yourself to be an instrument, and continue to spread the wave of contentment to everyone. Contentment gives you the experience of closeness to the Father. So spread the wave of contentment everywhere very well.

2

Devotees will never experience themselves to have all rights. They will have the sanskars of devotees until the very end, and they will constantly keep begging: “Give me blessings, give me power, have mercy on me, give me strength or give me drishti” etcetera. Such sanskars of begging and being dependent, will be visible in them till the very end. They will constantly be seekers. Even though they are being inspired to have the intoxication of being a child, of being a master, or of being a master almighty authority, they will not be able to have this intoxication. They will be content with just a little: this is a sign of devotees. From this, now see how

many subjects and how many devotees have been created. Devotees never have the power to come into a direct connection with the Father. They are always content with just coming into connections with souls.

3

The sign of the stars of success is that they will have determination in their every thought: that they have had success many times, and that success is guaranteed. Even in their dreams, they will not have the consciousness of whether there will be success or not, or that there should be success, but they will have 100% faith that their success is guaranteed. Their every word will have the speciality of being spoken with faith, and their words will reveal the spiritual intoxication of being the children of God: that is, Godly intoxication will be visible in them. The arrogance of body consciousness will not be visible in them. Through their words, even those who have doubtful intellects will develop faith: because, firstly, they have spiritual Godly intoxication, and secondly,

every word of theirs is very powerful. Their words are not ordinary or wasteful. And, of course, every action of theirs is elevated. Their speciality is that many souls will be able to find the right path through every action of theirs. Through the saying “Whatever deeds I perform, others who see me will do the same”, every action of theirs will become a lesson: every action of theirs will be a form of teaching for many souls. This is known as powerful actions.

Only those who have such thoughts, words and deeds will be content with themselves. Because of being content, they will remain happy; they will not take any effort to be made happy, but they will be naturally and constantly happy. Other souls will also remain content with such souls who are embodiments of success: that is, the success of contentment in others will be visible as the practical, instant fruit. This is not the future fruit, but practical, instant fruit. Seeing such constantly cheerful souls,

other souls will also be influenced by them, and the waves of their sorrow and confusion will be transformed, and they will become happy. That is, by coming into contact with such souls - by coming close to such souls - others will be influenced by their happiness.

The sign of the stars of hope is that because of not constantly attaining success, such souls have hope that they will definitely do something: that they will reach their destination, or that they will definitely become something. However, they stop somewhere in-between: they get trapped somewhere, and they sometimes even become disheartened. Because of experiencing many different types of obstacles, they sometimes become afraid, and sometimes they become great warriors (mahavirs) . Sometimes, they get the chance to celebrate a meeting with the Father easily, and sometimes they make that connection only after having worked hard. This is why they are called the third number. They will

neither remain constantly happy, nor will they be constantly content, but they will never let go of their hope. They will never fluctuate in the faith that they belong to the Father. But, because of being weak, they sometimes become disheartened. These are the stars of hope. Do you understand?

4

BapDada has the elevated aim that all children become equal to the Father. Be content and make others content. First be content with yourself in terms of your real, original form, and then give this contentment to others. Contentment includes many things. Don't be disturbed and don't disturb others. Protect yourself and move a way from the fire. Do not look at others, but see yourself.

5

Check these three methods yourself. 1. To accumulate the treasure of your reward through your own efforts, to accumulate the treasure of attainments. 2. To remain content – add the word 'always' to this too. To make everyone content,

because by doing this you accumulate in your account of charity. And this account of charity is the basis of the reward for many births. 3. To remain constantly tireless and altruistic and to serve with a big heart. Whomever you serve in this way, you automatically receive blessings from that one. These are the three methods – effort of the self, charity and blessings. Have you accumulated in all these three accounts?

6

Today, happiness, peace, and contentment are decreasing in the world. So now, you souls - who are worthy of receiving God's love - now need to give souls a drop of love, contentment and happiness. You have to give a drop of happiness to the unhappy souls. Firstly, give sakaash by serving with your mind, and secondly, reveal the Father through your face and your activity.

7

For those who give a donation through words, firstly, they experience happiness, because there is

happiness when one sees wealth; and secondly, they will never become discontent. Because they are full of all treasures, and because they do not lack anything, they remain constantly content and cheerful. Each word of theirs will be like an arrow. Whatever they say to anyone will touch that person. Their words are very effective. By donating through words, their speech is filled with many virtues. They easily have the attainment of happiness in their stage. They will not make effort to attain anything, but they will automatically attain everything. When something emerges from a mine, it is limitless. In the same way, happiness will automatically emerge from within. This is attained in the form of a blessing. You did not make any effort for happiness. You only made the effort of giving a donation through words, and you received the attainment of happiness

8

If you have to make effort, check the love in your heart - is there a leakage anywhere, attachment to a person or a person's speciality, or to any facility - if

there is a leakage there will not be constant contentment. Where there is contentment you will be constantly smiling like a spiritual rose - you will not have an off-mood - you will remain always double light. So save yourself from labouring - Baba does not like it when the children have to labour - you have laboured for half the cycle - now enjoy yourselves. Remain absorbed in love. Experience the pearls of love at the bottom of the Ocean of Knowledge - do not just take a dip and come out again, but remain merged in it.

9

Ever-ready means that if time suddenly gives you an order, then, in your thoughts, words, deeds, and relationships, you are ever-ready. And it will happen suddenly. For instance, you saw your Dadi. She was ever-ready for “suddenly”. She was easy in her nature in every way, and in every task. She was easy in connection, easy in her nature, easy in service, easy in making everyone content, and easy in remaining content. This is why BapDada is

repeatedly giving you the signal of the closeness of time. The time for making effort for the self is very short. Therefore, check your account of accumulation. Baba has already told you earlier three methods for accumulating in your account of accumulation. Baba is telling you once again. Check these three methods yourself: 1. to accumulate the treasure of your reward through your own efforts: that is, to accumulate the treasure of attainments 2. To remain always content, and to make everyone content: by doing this you accumulate in your account of charity, and this account of charity is the basis of the reward for many births. 3. To remain constantly tireless and altruistic, and to serve with a big heart. Whomever you serve in this way, you automatically receive blessings from that one.

# Contentment – Part 9

1

Today BapDada is seeing his jewels of contentment from all four directions. The confluence age is the age for remaining content and making others content. Contentment is the speciality of Brahmin life. Contentment is the greatest treasure of all. Contentment is the personality of purity of Brahmin life. With this personality you easily become a special soul. The basis of contentment is to be complete with all the attainments that have been claimed from Baba - that is to say, the soul is overflowing. As soon as you took Brahmin life, BapDada gave you the inheritance - the inheritance is all the attainments. All the powers are included in this. All the virtues are included, and gyan is also included - the complete knowledge. The inheritance is everything - that is, it is complete - there is nothing lacking.

Every Brahmin child receives the full inheritance. Where there are all attainments there should be contentment. So BapDada was seeing to what extent each Brahmin child has developed the personality of contentment. This is the life of pleasure, of enjoyment - the personality of contentment should be visible in your eyes, in your face, in your expression, and in your activity. A jewel of contentment means a jewel without any flaw. A contented soul will experience the self to be satisfied, and others will be satisfied with that soul. In the stage of being satisfied, the heart is not asking questions. Do not ask what or why, but put a dot. Change the detail into the essence in one second. One who is satisfied to such an extent always remains carefree.

So check - are there such signs of contentment in you? Are you content? (haji). Are you always content with yourself - with your effort, with the

transformation in your sanskars, in the percentage of your effort and your stage? You don't say "haji" in this - you don't say "haji" when the aspect of "always" comes. Achcha. Second question - are you always content in service, with your mind, words, and in actions, that is, in service which takes place through relationships and connections? Third question - are you always content with yourself and with others when coming into relationship and connection with all souls? Are you? Or are you thinking about it? Because during the year of tapasya, this is the fruit of tapasya that you have to attain. There should be contentment with the self, with service, and with others, with everything.

You have had yoga for 4 hours - that is very good. You will reach 8 hours from four hours - this is also good. Yoga is the method to achieve attainment. Just as you have had the aim to have 8 hours yoga, in the same way keep a clear and elevated aim to achieve

the result of these three types of contentment. The sign of contentment is that others will consider you to have that personality - it is not just a case of considering yourself to be content. One is when your heart accepts and the other is when your head accepts. To consider yourself to be content with your head is not contentment. You have to become a contented soul with accurate experiences. Contentment means that the heart and soul will always be at rest - in the stage of comfort and happiness. There will not be restlessness. Such jewels of contentment will always sparkle as the jewels of Baba's forehead. Check yourself. Contentment enables you to receive blessings from Baba and all others. A contented soul will consider himself to be flying on the viman of the blessings of Baba and all others, from time to time. These blessings are the flying vehicle for that soul. He will not ask for blessings, but blessings will come automatically. Such contentment is eternal and spiritual success. BapDada was seeing such jewels of contentment. Let each one ask the self "who am I?".

2

Today, happiness, peace, and contentment are decreasing in the world. So now, you souls - who are worthy of receiving God's love - now need to give souls a drop of love, contentment and happiness. You have to give a drop of happiness to the unhappy souls. Firstly, give sakaash by serving with your mind, and secondly, reveal the Father through your face and your activity.

3

Shaktis are specially called bestowers of blessings. So now, at the end, there will be greater service done through the power of a bestower of blessings, than through being a great donor. Because of your final stage being powerful, and because you are full, such subject souls will become very happy with even a little attainment in a very short time. Because you have the stage of contentment, those souls are quickly able to become content. They will become very happy, and will repeatedly sing praise of you great souls. The sound emerging from

everyone's lips will be: "It is a wonder." "Thanks to the Father and thanks to the instrument souls" is the song that will echo in all directions. On the basis of what they have attained, everyone will shower flowers of praise from their heart. In order to become such an image that grants blessings, you need to pay special attention to one aspect: remain constantly content with the self and with others. A contented soul can become a special deity soul for many other souls. Whether you call it the greatest virtue, donation, speciality or greatness, it is contentment. A contented soul is loved by God, loved by others, and loved by the self. A contented soul can be recognised by these three aspects. Such a contented soul would be known as an image that grants blessings. Check to what extent you have become, from being a contented soul, one who grants blessings. Do you understand?

4

A soul who has all rights, and is full with all attainments, and who stays in the intoxication and

experience of all attainments from amrit vela until night, will be content, and will spread the sparkle and vibrations of contentment to others. Their face will be satisfied. They will be free from all questions. So, are you the embodiment of satisfaction, or the embodiment of questions? What are you? You are laughing! You are not saying yes. Achcha. Discontentment come from a lack of attainment. You have to become complete now, not at the time of destruction. There are many souls who think they are already constantly contented, with no questions about any aspect of the self or others. Who thinks that they are constantly satisfied, that no matter how much Maya tries to make them fluctuate, they will not fluctuate, but will make Maya fluctuate? Always remember the word "constantly". You are not those who are something only sometimes. There are very few of you, a few out of multi millions. There are question marks, are there not? The question mark should be removed from your dictionary. Your intellect should be able to apply a full stop. You should be constantly satisfied and able to finish the

question marks of others. If there are question marks in the self, you do not make others satisfied, but in fact increase their questions. The vibrations of having questions spreads more quickly than the vibrations of being satisfied. If you support others in their questions, you use the exclamation mark, and not the full stop. Everyones aim should be to be complete and satisfied.

5

The easiest method to remain constantly content is to always keep one special attainment or another in front of you. You may forget points of knowledge, but you will never forget attainments. What have you received from the Father? How much have you received from the Father? You like a variety, do you not? So look at the treasures of knowledge you have attained, the powers you attain through yoga, the divine virtues you have. It is a long list of attainments is it not? The vices have a very deep relationship with each other. If you have anger externally, then check within and you will find greed

and ego. Some are in emerged form and others are merged. In the same way, virtues have a connection with one another. You may keep one virtue in an emerged form, but others would also be merged with that one. So, every day, experience being the embodiment of one or another attainment. If the attainment is in an emerged form, then all lack of attainment will be finished, and you will be constantly content. Everyone wants to attain a good name, regard, and honour. You want this also - not of the limited, but of the unlimited.

6

Whatever you are, wherever you are, may you constantly remain happy. Those who remain content with little, have the experience of all attainments. Contentment is the greatest treasure of all. Those who have contentment have everything. Those who do not have contentment do not have anything even whilst having everything, because a discontented soul is always under the influence of desires: one desire will be filled, and ten more desires will

emerge. So what are you? You are those who are totally ignorant of any kind of limited desire. Are you like this? Or do you sometimes have a little desire? Are you contented? Constantly sing the song: "I have attained that which I wanted to attain". Achcha. All of you are jewels of containment, are you not?

# Contentment – Part 10

1

All of you have to note your bank balance. Do you use up all that you earn, or do you accumulate some. Have you made a total of how much you have accumulated? Are you content with this accumulation? No! Is there going to be another time for accumulating? How much time is there? There isn't time, and you are not content. So what will happen then? You should all pay special attention to this. You have to increase your balance. You should at least have enough so that you yourself remain content. If you yourself are not able to remain content with your earnings, then how will you make others content? Each one of you has to accumulate that much. Do you want to accumulate enough just for yourself, or for others also? Do you not have to accumulate enough to donate to others? You have to accumulate for yourself. But, together with that,

such a time will come that others, in the form of beggars, will beg from you.

So, will you not give them anything? You will have to accumulate that much. All those, who today consider themselves to be full, will come in the form of beggars, and will beg from you. Such a scene will come in front of all of you. How will you be able to give them something? Only when you have accumulated that much. The children of the Bestower are all bestowers. Those people will be thirsty for a second's drishti, and a few invaluable words from you. Make effort to keep in front of you such a scene of the final moments. A hungry soul that comes to your doorstep should not go away empty-handed. Not a single soul should go away discontented. No matter what kind of a soul someone is, he should go away contented.

2

Whenever you meet anyone - whomsoever you meet, whether it is amongst yourselves or with other

souls - give them the co-operation of contentment. You yourself remain content, and make others content. The self-respect of this season is: jewel of contentment. Always a jewel of contentment. A brother is also a jewel (mani – feminine tense), not a masculine jewel (mana – masculine tense). Each and every soul is a jewel of contentment at every moment. If you yourself are content, you will also make others content. Remain content and make others content. Is this OK? Do you like this? Do you kumaris like this? Those who like this and will do it – not those who simply like to hear it, but those who like to do this – all of you, raise your hands! Seeing all the hands, you have pleased BapDada's heart. Very good.

3

Remain content and make others content. Don't just remain content; you also have to make others content. Only then will you remain free from labour. Otherwise, every day, one or another situation of burden or labour will emerge in your language in the

form of “What?” “Why?” Now, you are seeing the closeness of time. Just as time is coming close, in the same way, the experience of closeness to the Father should now increase. Your closeness to the Father will bring an end to the closeness of time. Can all of you children not hear the sound of the sorrow and peacelessness of all souls echoing in your ears? All of you are ancestors and also worthy of worship souls. O ancestor souls, O worthy-of-worship souls, when will you complete the task of world benefit?

4

To be an angel means to remain content, and to make others content. Do you remain content? Or do you become discontented in some matters? If there is any upheaval, then do you become discontented? Would you remain content even if someone were to insult you? Would you remain content when someone else tries to cause fluctuation? Are you sure? If anything is lacking, would you still remain content? Think carefully before you reply. If a teacher doesn't speak to you so much, or doesn't ask

about you, do you remain content, or do you become discontented? Shall we ask for your record? No matter what happens, the children of the Bestower are bestowers, and so you cannot become discontented in any situation. Contentment is the special quality of Brahmins: to remain content with the self and with others.

To remain content with the part you have received, is to move forward. Are you content to this extent? The mothers are the goddesses of contentment, are they not? The goddesses of contentment are worshipped. Who are they? You are those, are you not? No matter what happens, constantly keep your specialities with you. If you have the determined thought, then where there is determination there is definitely success. Keep the determined thought that you must never let go of contentment, and then success will always stay with you. There should be determination in your

thoughts, words, and actions. It should not be that you had a determined thought, but that there was fluctuation in your actions: no. This year, to constantly remain content means to remain successful. Do not let go of your success. No matter how difficult the paper that comes may be, you have to remain content and make others content, because your title is that of “world benefactors”. This day is called the day of remembrance, and so the day of power. And so, throughout the entire year, celebrate the day of power. All wastage should be finished. To have a determined thought means to have an intense thought. So do not just be an effort-maker, but an intense effort-maker.

5

You must now become more introverted, and check yourself in an even more subtle way: · I didn't upset anyone, but have I accumulated happiness in myself, and did I make anyone else happy? · I didn't have any waste thoughts, but did I accumulate elevated thoughts in their place? · Whether

someone changed or not, did I remain content with that person? Did I maintain good wishes for everyone? Check yourself like this.

6

To be content is the special virtue of Brahmin life. Contentment is the mirror for seeing the special transformation of Brahmin life. This transformation becomes the instrument responsible for the transformation of many other souls. Where there is contentment there is also happiness. Everyone will try to co-operate with a contented soul. Contentment enables a soul to mix amongst the sanskars and natures of all others. A contented soul will never be disturbed by anyone's nature or sanskars. Have you become contented souls in this way? God came to you, you did not go to him, so fortune automatically came your way. As you sat at home you received the key to all treasures.

A contented soul constantly receives the love of everyone's heart - not external love, but love from

the heart. Maya is able to recognise the obedient children who stay within the line of the code of conduct shown by the Father. If there is delay in recognising, or if there is a mistake, Maya catches the soul. Instead of being a yogi in union, they become divorced - instead of being the embodiment of attainment, they become a souls who is crying out. Maya comes through the path of weakness. A very easy method to conquer Maya is to experience the constant companionship of the Father. The colour of the company influences you automatically. Keep the seed form with yourself, and the seed of Maya will be burnt. Stay in company, remain content, and Maya will surrender.

7

The power of silence gives experience - mostly the arrow of words only reaches the head. According to time they will become tired of listening and speaking - you will then take them beyond with a glance, through the instruments of the power of silence. With your pure thoughts you will finish the

waste thoughts of other souls. With your pure feelings you will create in them feelings of love for Baba. In this way you will make souls content with the power of silence, and they will sing praise in front of you souls, the living bestowers of peace - because they take these last sanskars with them, they will become the bhagat souls in the copper age and sing the same praise of your non-living images.

8

All of you are contented souls, are you not? If you do not remain content at the Confluence Age, when do you remain content? The Confluence Age is the age of contentment. So, are all of you content, or is there a little conflict? There should not be any conflict either within the self or in connection with others. The self may be content but there is a little difference in contentment when coming into connection with others. You are beads of the rosary. So, how is a rosary created? In connection with one another, you have to remain content and make others content. It is not that you just have to remain

content with yourself, but you also have to make others content. Only then will the rosary be created. All of you belong to the family path, not the path of isolation. Family means to remain content and to make others content.

# Contentment – Part 11

1

Those who are obedient receive blessings from the Father automatically. They also receive blessings from the Brahmin family. If you remain obedient, the sign of that is contentment in the heart and in the mind. You will remain double light. Every souls who sees you should remain happy. When they see you they should become light. Their burden should be finished. So the sign of contentment of the heart, and the blessings of being obedient, is that you yourself will be light, and you will also make others light. Only when you are light can you dance in happiness. If you are worthy of the blessings of the Father and of the family, then you will be worthy of the kingdom also.

If you are not able to make this Brahmin family content, then how would you rule the kingdom? How would you make the kingdom content. You have to

develop the sanskars here. If you keep giving reasons and excuses, there is no power to find a solution. Every souls in your kingdom should be the embodiment of all solutions. Father Brahma found a solution for the reasons, and this is why he became number one.

Do not feel shame when you have done something wrong. Will those who repent become kings? Sit on the throne of being a detached observer, and judge your own self. Be your own judge - do not judge anyone else. While seated on the throne of being a detached observer, you will be able to take an accurate decision. This stage of being a detached observer is your throne - remain seated on it. Otherwise your judgement will not be accurate. Whatever scenes pass by in the drama, although these situations have very good common sense in them, sometimes Brahmins have a little less common sense. When any situation comes, does it stay there or does it go away? The situation passes,

but you do not let go of the situation. So the situation has more common sense than the Brahmin! So take the first step - be obedient - and finish looking for reasons.

2

When you do something from your heart, you receive the fruit of that instantly. When you do something with love, the instant fruit of that is contentment of the heart.

3

In connection and relationship with others, to what extent are you yourselves content - and are others content - in the family, and also in service? A centre is also a family. So, to what extent was there contentment in the family and in service? A minority passed in this subject. The majority is just 50%. They are content sometimes and not at other times. Today, they are, and tomorrow, they are not. This is known as "50-50".

4

All of you have become enlightened souls. Whilst being clever, enlightened souls, why do you become senseless? You have received understanding. The course for understanding has finished. And since the course is finished, it means you have become sensible. So, why are you still senseless? The main reason is that some of you become careless, and this can also be called laziness. The sweet form of laziness is lethargy. There are many forms of laziness. The majority of you have laziness or carelessness in one form or another. There is the desire, and also the effort to do it, but because there is carelessness, you are not able to make the kind of effort that you should be making. When there is greater knowledge in the intellect, there is greater carelessness because of it. Those who consider themselves to be less clever are making intense effort. But those who consider themselves to be very clever become more careless. Previously you felt compelled to make effort, but that compulsion has now finished. You have become content. You have become content

with yourself: “we understand the knowledge... we are doing service anyway...”. You must not become a contented soul in this way. There should be compulsion and zeal in your effort, just as those in bondage make intense effort when they are desperate. However, those who are not in bondage become content, and so also become careless. This is the result seen in the majority of effort-makers. Always think that you are becoming a number one effort-maker, not that you have become that.

5

You have come to the university, have you not? So, you have to claim a certificate for the effort and Godly service you have done up to now. You have to claim a certificate to the extent that you are content with one another and close to one another. First is a medal or a prize for remaining co-operative with the gathering, and for your loving interaction with others. The second prize is for bringing about the maximum glorification through your effort in Godly service. The third prize is for all the souls - wherever

you are instruments - being content with you; and for you being content with everyone else. If you yourself are not content, then that is a weakness. And if even one person out of all those who come is not content, then that too is a weakness. Is everyone content with the teacher? Is everyone content with the teaching and relationship - that is, the handling by the teacher? There is a prize for that too.

6

The sign of being fortunate in relationships with other people - meaning the Brahmin and lokik families - is receiving co-operation according to need. You will receive these from at least 95% of souls - the accounts of the other 5% can be settled - so there will sometimes be examinations, but there should not be this with more than 5% of souls. Gradually continue to settle your accounts with such souls with good wishes and pure thoughts. Fortunate souls settle all karmic accounts easily - you will remain content in the heart while in relationships with people - there will be no questions in the heart.

If you create a queue of questions you have to sustain it with time and energy - so control this wasteful creation. Do not say “this is fixed in the drama” but be master creators of the drama. Be knowledgeable and let each action (karma) be elevated.

7

Scientists today look to computers for answers. They think that which has been created is more accurate than the ones who created it. But for those of silence, the life of Brahma is an accurate computer, replacing questions with answers. Questions mean upheaval in the intellect - the very sign of a question is crooked. Contentment means a dot - there is nothing crooked in a dot - it appears the same from any direction - it is simple. So follow Brahma the father in the corporeal form, or follow Brahma the father in the subtle form, or follow Shiv Baba. The words are the same - follow the father. The corporeal form of Brahma shows the corporeal world the way. None of you call yourselves Shiv

kumars - you are called Brahma kumars and kumaris. It is Brahma who becomes an example of living an elevated life while in corporeal form, as well as being the instrument responsible for the corporeal creation. This is why, although Shiv Baba is called the Satguru, the title 'guru' is also used for one who teaches, and it is Brahma who has been the instrument responsible to teach the entire world. Therefore you have to follow in every action. Brahma is called the Jagatguru because of this. This is why they give salutations to Brahma, the father of the world - they give him the title of Jagatpita. They don't call Vishnu or Shankar the 'Father of the People'. They also use this term 'Pati' in the sense of being the lord and master, because while he is the Father and is loved by the world, yet he is also detached from the world to an equal extent. And now he is teaching you in the avyakt form so that you may follow and create the avyakt stage of consciousness. Do you understand? There is no other soul who has this stage of detachment to the same extent.

Today, BapDada is seeing the personality of purity of all his children: the royalty of becoming the embodiment of all achievements, and the reality of becoming the embodiment of remembrance of spirituality. All children are shining with the personality of purity, and they are wearing a crown of light. On one side Baba is watching his children, who have achieved everything. And on the other side, he is watching the souls who haven't achieved anything. Though they have short-lived attainments, there is not the experience of attainment. They are not content. There is always a desire to gain one thing or another. They always have a deep desire for this or that. They hanker after desires. They are wandering about like thirsty souls, trying to achieve something or other on the basis of the body, such as mental and physical health, wealth, etcetera, from human beings, or from society. Efforts are being made with three particular things in mind:

There is a desire to attain power, power of the mind, of the body, of wealth, of position, and of wisdom. Others have desires of devotion, the desire to have experiences of true bhakti for a moment. Some devotees do have this desire. Having been through the experience of suffering from the Copper Age onwards, and seeing anxiety and sorrow in this world, and seeing the limited achievements as illusory, some want liberation from this sorrowful world of bondage.

The devotees want devotion, others want power, and some want liberation. Who will give the experience of peace and happiness to such discontented souls? You are the jewels of contentment who can give them the experience of purity, peace, and happiness, and a little knowledge as well. You are the children of the merciful Father.

As a Father has mercy on his children, with the thought that “they are children of the Donor, and they are asking for such little, temporary achievements”, in the same way do you have the feeling of mercy and compassion for such stumbling souls? For your brothers who are wandering about in search of the fulfilment of these short-lived desires, have a vision of mercy and compassion. Be great donors and bestowers of blessings. Become shining jewels of contentment to all. Nowadays, devotees worship the Mother of Contentment, because it is this quality of contentment which is the basis of all achievements. Where there is contentment, there is fulfilment (there is no trace of anything lacking) . On the basis of contentment, there is even the experience of having plenty of the perishable wealth. If there is contentment, then even two rupees are like having two million rupees. If someone is a millionaire, but has no contentment, then even millions are not millions. They are beggars of their own desires.

Desires means restlessness. Desires would never allow you to become a good person, because, if a limited desire is fulfilled, then, upon its fulfilment, it gives birth to many other desires. This is why they are trapped in the cobweb of desires. They want to be free, but cannot be free. So, make such trapped brothers of yours free from all desires. Make them ignorant of desires for perishable things. They are restless because they are far from their original glory or position. They are not aware that they are children of God, the children of the Donor, and that all achievements are their birthrights. Because they can't remember this they are restless. So remind such souls of their elevated positions. Do you understand what you should do?

# Contentment Part 12

1

Today, BapDada is seeing his jewels of contentment who always remain content. Such a beautiful sparkle is sparkling everywhere through the sparkle of each and every jewel of contentment. Each jewel of contentment is loved so much by the father, loved by everyone, and loved by the self. Everyone loves contentment. Where there is a natural nature of contentment, there is nothing unattained. The power of contentment spreads contentment, easily and naturally, into the atmosphere everywhere. The face and eyes of such a soul spread the wave of contentment into the atmosphere. Where there is contentment, there are other specialities.

Contentment is the special gift from the father at the confluence age. To be content is to be always victorious. External situations continue to change,

but the power of contentment increases constantly. No matter how many situations come in front of you, nature is seen to be like a puppet show, at every moment - the puppet shows of Maya and nature. Contented souls never become distressed. The show of external situations is experienced as entertainment. To experience this entertainment, the seat of your stage should always be that of detached observation. No matter how much the scene changes, a contented soul who is stable on the seat of detached observation can change every external situation.

So, each one of you has to check yourself: “am I always content?”. Always? Are you always content or only sometimes? All of you are the especially beloved, sweet, lovely, and co-operative. self-transforming children of the father. You are like that, are you not? Do you experience yourself in the same way as the father is seeing you? Look at both the time and the self. Check the speed of the time and

the speed of the self: you have to pass with honours do you not? You do consider yourselves to be royal children, do you not?

The ones who follow the father are the beloved children. And it is very, very, very easy to follow - it is not difficult at all. If you follow in just one aspect, you will be following easily in other aspects. Just consider yourself to be a soul, and remember me, your father. You are the children of the bestower. You cannot stay without giving to others. Seeing all of you, BapDada is pleased, and always sings automatically the song: “wonderful, my children! wonderful!”. It is good. You may have come here on a physical plane, but which plane is BapDada seeing? You have all reached your lovely home in the plane of deep love.

Today, BapDada is giving every child the blessing: “oh, lovely beloved child, be always a jewel of contentment, and spread the light of contentment

into the world. Remain content, and make others content. If someone is discontent with you, you become influenced by their discontentment, to some extent. You do have waste thoughts, do you not? If you keep yourself as an embodiment of the awareness of the mantra that BapDada has given you - the mantra of good wishes and pure feelings - you would not have any waste thoughts. You know that someone is like this or that, but you experience yourself to be detached, constantly, from the vibrations of that one, and always loving to the father. Even if your elevated vibrations do not reach that soul, they will definitely spread out into the atmosphere. If you are affected by that soul into having waste thoughts, then these spread into the atmosphere. So, become detached, be loving to the father, and have benevolent and pure feelings, and good wishes, for that soul too. If you become forceful, with a trace of anger, is that right? Can one wrong put another wrong right? Words emerging from your mouth should be like a shower of flowers. Sweet words, a smiling face, a sweet attitude, sweet

vision, sweet relationships and contacts - these are means of service. Let your thoughts, your words, and your ways of speaking, be always sweet, always great. When others see sweetness, greatness, and elevated feelings, practically, through your activity and face, they take inspiration for themselves. As the situations keep changing in the future, you will all have to do more service through your face and your behaviour. Therefore, check yourself. Is an attitude and vision of good wishes, and pure feelings, towards other souls, part of your nature, and natural?

2

BapDada is seeing that you have a lot of attainments. It is a long list, is it not? What would be the sign in the practical life of someone who has all attainments? You know this, do you not? The sign of having all attainments is satisfaction, constantly visible on your faces and in your activity. It is the personality that attracts someone. So the sign of all attainments is the personality of satisfaction, which can also be called contentment. However, the

sparkle of satisfaction that should be constantly visible on their face is not visible. Sometimes, they are satisfied and sometimes they have questions.

4

The speciality of true Brahmins, those with an elevated aim, is contentment. Even if someone is insulting you, your face should not have any waves of sorrow: you should just remain content. Those who are insulting you will then become tired. Is this possible? It should not be that he spoke for one hour and you spoke for just one second. If you speak or think or show displeasure for even one second, you have failed. "I tolerated so much, I tolerated it for one hour, and then the gas escaped from the balloon": do not become gas balloons! What else do you need? You found the Father and you found everything: this is the song that you sing, isn't it? Remember these things at those times and your face will not change. It should not be that you start laughing in front of the person, so that he becomes even more angry. Contentment means a spiritual

smile - not an external smile, but a spiritual smile. So, what was today's lesson? To be constantly free from unhappiness and to remain content. Do you understand?

5

If you have the power to remain content and to make others content, then the praise is portrayed in the form of Mother Santoshi. To remain content means to have the power to tolerate. There is so much praise of you. You have the power to become as light as the wind - that is, of being double light - and so you are worshipped in the form of the wind deity, or in the form of the son of the wind (Hanuman). This is the worship of your being double light. Do you understand?

6

The goddess of contentment is worshipped the most. Why do they worship this goddess? Because in today's world there is a great deal of tension - there are many problems so discontent and tension is increasing. So you must become jewels of

contentment and give the light of contentment to others. First you must remain content with yourself, and then you can be content in service, and then you can be also content with your companions and in all relationships. Only then will you be called the jewel of contentment.

7

All of you consider yourselves to be such special servers, do you not? Do you know what souls of the world need at the present time? Today, the world needs happiness, power and love. They want spiritual love, and so, according to the time, you Brahmin souls have to become bestowers. Through your mind give them powers, through your words give them knowledge, and through your actions give them the donation of virtues. At the end, Father Brahma gave all the children three words as a gift. You remember these three words, do you not? If you use these three words for service, you can make many souls content. These three words are: incorporeal, egoless, and viceless. Be incorporeal

through your mind, be egoless through your words, and viceless through your actions. Use these three words in service. Now, the world has to receive a little bliss in their hearts, and a little happiness through the power of your souls. All are disheartened, whereas you are the stars of hope for the world. BapDada sees all of you children as the stars of the Father's hopes. You are not just the stars in whom there is hope, but you are the stars of hope who will fulfil all hopes.

8

If you are always with Baba, then Maya has been bid farewell. The ones who say farewell are the ones who remain the constant jewels of contentment: content with the self, and content with service; content in all connections; content in all things. So, the jewels of contentment are also the ones who constantly sit on the heart throne. The one who is always seated on the throne is the one who has constant happiness and intoxication. BapDada is seeing the contented jewels - the Mahavirs - the

group that has conquered Maya. All of you seem to be such experienced souls. You are also servers.

9

Selfish motives take you away from your aim. The thought of doing something for the sake of serving easily enables you to attain your aim successfully. When you are an instrument for any lokik or alokik task, you will easily attain success and contentment in your individual task.

10

Those who are obedient receive the Father's blessings automatically, and together with that they also have the blessings of the Brahmin family. So check the thoughts you had for the self, for service, for any physical work, or for other souls: did you receive blessings from those? By being obedient, you receive everyone's blessings. The sign of receiving blessings is that your heart and mind will always remain content: not external contentment, but contentment of the mind. You can tell if your mind is content, or if you are just trying to please

yourself by being “miya mitthu” (no one like yourself). The sign of accurate obedience is that you yourself, and everyone else, will thereby remain double-light, through the effect of the blessings. If you don't remain double light, you can understand that the mind is not content, as you are then not receiving blessings from the Father or the family.

# Contentment

## Part 13

1

Blessings from the family are essential. Do not think that your connection is with the Father, and that you have his blessings, and so it does not matter if you are unable to get on with the family. As you were told earlier, the rosary is not made of just the dual bead. A rosary is not created with just those beads. You have come into the rosary, and you therefore have the full aim that: “all souls should become happy when they see me - they should become light, and their burden should finish”.

So, a content heart, and the blessings from being obedient, will make you and others light. From this, you can understand to what extent you are obedient. You saw Father Brahma: each one, young and old, was content and dancing in happiness. At the time of

dancing, you have to be light, for only then can you dance. Even if some are heavy, but light in their minds, they are able to dance. Whereas, those who are thin, but heavy in their minds, are unable to dance.

So, your words should be such that you are content with yourself, and others are also content with you. Do not say: “that was not my intention or feelings”. Why does that intention or feeling not reach the other person? If they are right, then why do the vibrations not reach the other person? There must be some reason. So check: “to what extent have I become worthy of receiving blessings”. To the extent that you become worthy of receiving blessings from the Father and Brahmin souls, to that extent you will be worthy of the kingdom.

If you are unable to make Brahmin souls content now, then how will you rule your kingdom? The more you tolerate in an unlimited way, the more you receive unlimited blessings, because you are being

obedient to the Father. The Father has asked you to tolerate. So, is following his directions a matter of happiness, or of compulsion? Do not tolerate under compulsion. Some do tolerate, but also say: “no-one has had to tolerate as much as I have had to!”. Then they come to the Dadis and say: “you do not know how much I have had to tolerate!”. However, what was the loss? You only accumulated benefit. If you follow the directions, you receive the Father’s blessings, and everything becomes easy. If you do not follow the Father’s directions, and do not received his help and blessings, then it becomes difficult.

2

The greatest wealth of all is sympathy. Whether rich or poor, today there is no sympathy. Don’t give them anything else, but you can make them content with sympathy. And your sympathy is the real sympathy, because of your relationship of the Godly family, it is not temporary sympathy. Sympathy with a family feeling is the greatest sympathy. And

everyone is in need of this, and you can give this. Do you have sympathy, or do you lack it? Have you accumulated it? Spiritual sympathy brings fulfillment. It can fulfill the needs of the body, mind, and wealth. Baba will tell you more about this later.

3

Swadarshanchakradhari means to realise the self (to see the self) , and to become constantly content. If there is no self-realisation, then instead of being content, it becomes a stage of questions. In the stage of contentment, there are no questions. Therefore, swadarshanchakradhari means a stage of contentment, where one is an heir to all achievements, and not even in dreams is he begging from the Father, “please get this work done for me.. please give me this type of experience.. please free me from this obstacle”. Can there be anything lacking in the court of Master Donor, in the Kingdom where all are experiencing self rule, where all the coffers are full? In a place where all the coffers are full, can there be anything lacking? Is there any need

to ask from the Bestower who gives you the imperishable treasures all by himself, without you asking?

4

Baba saw a few children's accounts of accumulation. They do a lot of service, but the sign of accumulating the fruit of service is when the souls who are doing service claim 100% marks in thoughts, words, and deeds: 100% marks in all three. They did service, but, at the time of doing service, or even after doing service, if they are content with themselves in their mind - and also, if the souls whom they served, and those who were their companions in service, and those who saw or heard the ones doing that service... if they also become content - then you can understand that they have accumulated. If there isn't contentment within the self, and in others, then the percentage that is accumulated is reduced.

5

Those who understand the significance of being detached yet loving are constantly able to remain

content, and to make their households content. They also make BapDada content. They never need to appoint a judge for themselves or for those in their connection, because there is never a case created. If you have a problem then sit with Baba and a decision can be made in one second. The situation should be clarified and merged so that it goes no further. If it were to come to the attention of a third person, it would definitely spread. The more something spreads, the greater the significance that is attached to it. A spreading fire causes greater and greater damage. Fire must be extinguished there and then, and not allowed to spread. There should be nothing which is allowed to spread through the family to other souls. If there is dissatisfaction with the self or with other souls, then it is because the significance of some aspect of knowledge has been missed.

6

In the age of science, there are many facilities of science, but the greater the variety of facilities they have for temporary attainments, the more that true

love - that spiritual love, that selfless love - diminishes. Their love for souls is finishing, and their love for the facilities is increasing. Therefore, because they lack that love, even though they have many types of attainment, they are not content. In fact, day by day, discontentment will grow. You will feel that these facilities will take you away from your destination, and that they will make you wander. You will feel that they cause distress to the soul. It will be the same as the memorial of the previous cycle, where the children of the blind, being blind, remained deprived of all attainments because of only seeing mirages. According to the time, people everywhere will have this type of experience. At such a time, which souls will become instruments to fulfil everyone's desires and give the desired fruit? Those who are embodiments of success, and who are not engaged in using different methods to finish their own obstacles throughout the day and night. They will be souls who are images of the blessings that they themselves have received. They will be the ones who have attained the blessing of instant visible fruit

from BapDada: the blessing of supersensuous joy and all powers.

7

The health of both soul and body is necessary in this alokik life. When the soul is healthy, illness of the body changes from being like crucifixion to like a thorn., and they no longer speak of sickness. Speaking about sickness makes the sickness increase. Healthy souls neither experience pain nor speak of pain and thus do not spread a wave of pain. They transform pain into contentment with the power of transformation. By being contentment they bring about a wave of contentment in others. They are master almighty authorities, and they make use of the powers of tolerance and the power to merge at appropriate times. These blessings are their medicine.

8

According to the atmosphere nowadays, those who have become instruments definitely have to keep themselves content, and also make others content.

There should be no influence of discontentment in the atmosphere because nowadays everyone wants contentment, but they don't have courage. This is why, every now and again, being under an external influence, when they do something wrong, they need some correction, some forgiveness, some mercy and some soul-conscious love.

9

Firstly you must have purity. Secondly you must have unadulterated remembrance, so that no obstacle disturbs your remembrance even slightly. Then you will be constantly content and will give contentment to others. The virtue of contentment is the mirror of inculcation. Constant contentment is a sign of being part of the eight jewels, the special deities.

10

Who can receive blessings? Those who remain content and make others content. Wherever there is contentment, there will be blessings. Even if you do not know anything else, it doesn't matter. If you don't know how to give lectures, it doesn't matter. If

you find it a great effort to imbibe all the virtues, it doesn't matter. If you find it an effort to control all the powers, then leave that aside. But just imbibe one thing: "I have to give blessings and receive blessings". You will not have to make any effort. Just try it and see! One day, from amrit vela until the night, just do this task. And at night, check your chart, and see whether it was easy effort, or whether you had to labour. Do not do anything else, but give blessings and receive blessings. This one thing is easy, is it not? Everything is included in this. The divine virtues and powers will come automatically. If someone gives you sorrow, even then you have to give blessings.

## Contentment – Part 14

1

Today, BapDada, the Master of the unending, imperishable treasures, is seeing the account of accumulation in all his perfect children everywhere. He is seeing three types of account: 1. the account of accumulation of your elevated reward through your own efforts 2. the account of blessings through contentment: of always remaining content, and making others content 3. the account of charity of unlimited selfless service through your thoughts, words, deeds, and relationships All of you must also be checking these three accounts of yours. How much have you accumulated in these three accounts? The key to accumulating all these treasures is to be an instrument: to be humble and selfless. Continue to check. And, do you know the number of the key? The number of the key is three dots, three dots: 1. the dot of the soul 2. the dot of the Father 3. the dot of the full-stop of the drama

2

Today, Baba was seeing the contented souls everywhere. The jewels of contentment are spreading the sparkle of their jewel everywhere. The greatest stage of all is that of contentment. Those who are always content are loved by everyone. You are anyway loved by the Father. Those who have all attainments remain constantly content. The basis of contentment is all attainments, and this is why such souls are loved by all Brahmin souls. To have all attainments means to be constantly content. A contented soul has an impact on the atmosphere, and all attainments are a gift from God. A soul who has received all powers, all virtues, and all treasures from God, always remains content. The stage of a contented soul constantly progresses. Situations cannot influence a contented soul, because where there is contentment there are automatically all powers and all virtues. The one virtue of contentment is able to adopt many virtues. So, each one should ask the self: "Am I a soul who remains constantly content?"

A contented soul is always close to everyone, and has a stage equal to that of the Father. However, in order to remain in this stage, you need to be very detached and trikaldarshi. Such a soul is trikaldarshi in every action - that is, in every situation he will discern its three aspects and then perform that action. For this, two things are necessary: relationship and wealth. Relationship is imperishable, and wealth is imperishable, and they are attained from the imperishable Father. When you have received imperishable wealth and relationships, then the soul is constantly content, and becomes deeply loved by the Father and by all souls. Then, when Maya comes in any form, you do not become afraid. You then feel as though a Mickey Mouse film is being shown on the unlimited screen. You are then not distressed. Seeing the Mickey Mouse film, you are entertained. You experience the game of Mickey Mouse on the unlimited screen as different forms of Maya. All of you have to experience such a stage through the Father, and you have all done that.

3

BapDada sees that, even now, due to one reason or another, the questions, “Why? What? How? Like this?” are visible in some children’s daily chart. BapDada has seen that in the charts of many, a wave of waste thoughts takes up a lot of time, and the speed of waste is so fast – one hour of ordinary thoughts is equivalent to one minute of fast thoughts. Therefore, today, BapDada was seeing who are the contented souls who are loved by everyone and by BapDada. The language of “Why? What?” and so on, will not enter the thoughts or even the dreams of a contented soul, because that soul will be able to use at the right time the three special things - the three dots: the soul, the Supreme Soul, and the drama. Because, at such a time, the treasurestore of powers is essential. A master almighty authority is one who is able to order a particular power at any time, and that power becomes present at that time. You might want the power of tolerance, but, instead of that, if the power to face comes, then although it is a power, that

power is of no use at that time. So, the key to all treasures is the three dots – the self, the Father, and the drama.

4

Can you see the sparkling star of your fortune? If you constantly sing songs of praise of your fortune, and of the Bestower of Fortune, then you will become full of all virtues. Do not sing songs of your weaknesses, but continue to sing songs of praise of your fortune. Go beyond all questions, and remain content within your heart. As long as you still have questions within yourself, such as “How can I do this? What can I do?”, you will not be able to satisfy others. Do you understand? Now, do not think about your own self, but think more of your devotees. Now, do not think of taking but think of giving. Now, do not have any desires for your own self, but think about fulfilling the desires of other souls, and you will then automatically become complete.

5

Be content, with a broad and unlimited intellect, and no desire for the self. Increase the power of the gathering - be subtle and generous, and renounce your own thoughts - do not separate yourself from the gathering. If there is separation the soul cannot enter the royal family or rule the kingdom, but there also you will be separate. To be within the gathering now means to be in close relationship with the gathering for 21 births. So do what has to be done to create the power of the gathering. Do not just pull the quilt towards yourself, but give it to others also, and they will then let you share it too. The more you give to another first, the more they will give to you. So let there be subtlety and generosity. The visible sign of contentment (santosh) and generosity (vishalta) is fullness and happiness (prashanta) visible on the face, with no questions arising in the consciousness. This is then the end of the eighteen chapters. Understood? This is the result that BapDada wishes to see. Let there be tapasya for this result.

BapDada has already told you to accumulate in your three accounts of treasures. What did Baba see? What are the three accounts? You would have remembered them, would you not? Nevertheless, Baba is now revising them. · 1) With your effort, increase your account of accumulation. · 2) Always remain content yourself and make others content too, while knowing the different sanskars, for through this, you are able to accumulate in your account of blessings. Contentment is the key to charity, whether it is to remain content yourself or make others content. · 3) In service too, always be altruistic, with no consciousness of “I” (“I did this”, or “My name should be mentioned”). Where there is the consciousness of “I” and “mine” in service, you are not able to accumulate in the account of charity. You are experienced in the consciousness of “mine”: there is a lot of consciousness of “mine” even in a royal way. The list of the royal consciousness of “mine” is even longer than the list of the ordinary consciousness of “mine”. Whenever there is the selfish motive of “I” or “mine” and you are not

altruistic, very little charity is accumulated in your account. Baba will tell you about the list of “mine’ some other time. It is very long and very subtle.

7

Always remain content and make others content. Create such a life that contentment is always visible on your face. Everyone wants contentment. Your face and image should speak. Not with words, but with your face.

8

You do service, but you should also be content: the fruit of service is contentment and happiness. There is happiness in service when you, yourself, your companions, and the atmosphere, are in the vibrations of contentment. You have been told of three things, in particular, for success in service. Firstly, have the consciousness of being an instrument. Secondly, have feelings of humility. Thirdly, your nature and words should be pure and sweet. Then you yourself will be content, your companions will be content, and those whom you

serve will make progress. Those who have the consciousness of being an instrument will forge their relationship with the Father. If there isn't the consciousness of being an instrument they won't come close to the Father. So, whenever you do service, check whether your intentions, feelings and nature were accurate.

## **Contentment – Part 15 (Last Part)**

1

Maharathis especially experience success in a particular aspect. What is that one aspect? What is the speciality of the maharathis, on the basis of which they become maharathis? What is that? They have the speciality of being a maharathi when they claim the certificate of contentment from everyone: only then can they be called maharathis.

Contentment is elevated and it is great. Subjects are also created on this basis. Souls who have been made content by such a soul would accept that one as a king. If you have enabled them to attain something - through serving them, through love, co-operation, courage, and enthusiasm, or by giving them all powers - you can then be a maharathi.

So, if someone has not made others content, then that soul is just a maharathi in name, but not one who is of any use. Senior brothers and sisters are like a father and mother. Parents make everyone content. So, maharathis should definitely pay attention to this first.

For this, you have to transform yourself. You definitely have to claim this certificate of contentment. You should check to see how many souls are content with you, and what you should do so that everyone remains content with you.

A maharathi should have the power to mould the self. Only those who are able to mould themselves can become gold. Those who cannot mould themselves are not real gold; they are mixed. To be of mixed quality means to be part of the cavalry. A maharathi (elephant rider) is able to mould the self.

To create plans means to sow the seeds, and so the seeds should be powerful. You definitely need everyone's blessings of love and their contentment. You need the blessings and the water of love. Otherwise, even though the seed of the plans may be powerful, because it doesn't receive the water of love and co-operation, it does not grow. Sometimes, the seed grows, but it doesn't bear fruit. Or, sometimes, even if it does bear fruit, it is of second or third grade. The reason for this is that it hasn't received enough water.

A maharathi is one who has all specialities: that is, one who is full of all virtues, and who has all the qualities and specialities. If one or two qualities are missing, then that one cannot be said to be full of all qualities. If they don't have all the virtues, they move out of the list of those who have this title.

Are you content with your own chart, with a true mind and a true heart? Baba should also be content - did your chart remain according to the accurate method of remembrance that BapDada wishes you to have, in thoughts , words, actions, and relationships? Thirdly, is the Brahmin family content with your elevated yogi life? If you experience all three types of contentment, you are worthy to claim a prize. If you follow the instruction of keeping an accurate chart, you will receive marks. For full marks there must be accurate effort and progress. Only those with whom everyone is content are worthy to receive a prize.

3

Do all of you consider yourselves to be jewels of contentment? You never become discontented, do you? The greatest treasure of Brahmin life is to remain content. Where there is contentment,

there is everything. Where there is contentment, there are all attainments.

4

To become such great donors, first of all check your account of accumulation. In all four subjects, what percentage have I accumulated? If you haven't accumulated in your account, how would you become a great donor? And what is the sign of checking your account of accumulation? You served through your thoughts, words, and deeds, but the sign of accumulating is that whilst serving - first of all, there should be contentment with oneself. Together with that, did those souls whom you served have the contentment of happiness? If there isn't contentment on both sides, then understand that the fruit of your service is not accumulated in your account of service. Sometimes, BapDada looks at the children's account of accumulation. In some cases, there is

greater labour and less fruit of accumulation. What is the reason? There is a lack of contentment on both sides. If there isn't the experience of contentment either by oneself or by others, then the account of accumulation is reduced.

BapDada has given the golden key to you children to increase your account of accumulation easily. Do you know what that key is? You have received it, have you not? This golden key is that, whenever you are serving through your thoughts, words, or deeds, then first have the awareness of being an instrument. Have the feeling of being an instrument, the feeling of humility, pure motives, and the feeling of soul-conscious love....If you serve whilst stable in this stage, then, through these feelings the desires of souls are automatically fulfilled.

Today, BapDada is seeing his jewels of contentment everywhere. The light of each one is sparkling very well, because the power of contentment is most elevated. Other powers also come to where there is contentment. The power of contentment easily finishes any type of problem. Where there is contentment, no other power is lacking. The power of contentment easily transforms any type of atmosphere or circumstance. Contentment transforms the upheaval of Maya and matter.

Each one should check the self to see: “Have I become a jewel of contentment?”;” Am I able to transform the atmosphere by changing the situation of any human soul?” Especially today, BapDada is very pleased to see the souls who are his jewels of contentment. BapDada saw that the power of contentment transforms the atmosphere in service, and among companions.

So, do you experience yourselves to be such jewels of contentment?

However, check - when there is any upheaval among companions - whether this power brings about transformation at that time. Is the result of this successful in making your own places powerful? BapDada saw that, even now, there is a need in many places to make them free from obstacles, with the power of tolerance. BapDada gave a task to each place: that is, every centre and zone should give the result of being free from obstacles. Do you remember? Do you remember? According to that, and according to the needs of the time, it is necessary for every place to be free from obstacles. Whether it is a service centre, or your household, each place should be free from obstacles, and filled with the power of contentment. You see the speed of time. Whether it is for the self or for a gathering, BapDada saw that there is a need to pay

attention to the power of contentment. Father Brahma tours around everywhere. Do you know what the easiest way is to become complete? Follow the father! From the beginning to the end, father Brahma gained victory over every situation with the power of contentment.

So, today, BapDada is giving a special signal: Each one should become a jewel of contentment, and specially continue to use the power of contentment. The New Year is now coming and so each of you has to check the power of contentment in this way: “Am I content with myself? Are my companions content in the way that BapDada wants? Were the problems finished with contentment?”

Discontentment in the world is going to increase day by day. Therefore, for that, look at the self: “Did I remain a jewel of contentment

throughout the day?” The easy method for this is to follow father Brahma. Discontentment in the world is definitely going to increase. BapDada has made a plan to give all the children a blessing especially for the New Year, at amrit vela. Everyone is asking: “What is going to happen in the New Year?” Those who have determination will receive special help from BapDada in their efforts. So, everything will become easy with this New Year gift. Do you like this blessing of amrit vela? Do you like it? You do do it, but you will especially attain co-operation, love, and power, from BapDada.

Is that all right? Is it okay? BapDada has seen that everyone has very deep love. You have very good love for having to do something, but especially use the power of contentment this year, for the circumstances that come in-between. Check this, and you will automatically

continue to move forward. Achcha. You have all come from everywhere. Everyone continues to remember Madhuban with a lot of love. So, what will you become? Jewels of contentment. Do you like it? If you like becoming a jewel of contentment, then wave your hands! If everyone remains content, then what will there be everywhere? The songs of “Wah! Wah!” will be played everywhere. So, who are all of you? Who are you? All of you are the jewels of contentment. Are you jewels of contentment? Or only a little? Say: “if we don’t become that, then who else would?” If BapDada were to go on a tour, what would he see? The lights of the jewels of contentment are sparkling everywhere, because it doesn’t take BapDada long to tour around. So, this year, BapDada will see the result of how much the lights of the jewels of contentment are sparkling everywhere. This year, Baba specially wants to

see the result of your becoming problem-proof, and an embodiment of solutions. The majority of all the children everywhere have reached Madhuban with their minds. BapDada is seeing how all the children everywhere have reached Madhuban with their minds, with so much love. All of you have reached here physically, and BapDada is giving special love and remembrance to all the children everywhere. BapDada is giving all the children everywhere the special blessing of the power of contentment. Remain content, make others content, and spread the vibration of contentment into the world with the power of contentment. Achcha.