

**JEWELS
FOR
SELF
PROGRESS**

1995 - 96

**Prajapita Brahma Kumaris Ishwariya
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PREFACE

In the Avyakt Murlis of the year 1994 - 1995 BapDada has given many deep, significant, precious and beneficial yuktis for self progress. The more we study these teaching, the better it is. However, it is necessary to make full effort to inculcate them in practical life. By studying them extensively from start to finish you can receive immense power. In order to make our effort easier, here are few jewels of knowledge that have been collected so that those brothers and sisters who are very busy may find it easier to revise them. Al-

though these are not sufficient points, yet they are definitely helpful. Therefore we are putting before you a few of Baba's versions from Avyakt Murlis. By paying attention to them, self-progress is guaranteed.

OM SHANTI

PREPARATIONS FOR
DIAMOND JUBLIEE - 1996

*Jewels for self-progress
(from Avyakt BapDada's murlis)*

Beloved Avyakt BapDada has given signals for self-progress and for the coming Diamond Jubilee which are to be followed.

1. Accumulate the treasures of elevated thoughts, save the waste and make it best. Use the power of the mind in actions through which the world is able to have a glimpse of a sparkling diamond.

2. Give respect to each others' thoughts and by having this value in practice for one another and by making such plans, each one will be seen as diamonds in the Diamond Jubilee.
3. Whatever you say, first do, and then say.
4. Become the incarnations of economy. Become economical in waste thoughts, words, time and all the treasures. If you cannot control a thought, then change it. But save it.

5. Stay in solitude, that is, become lost in the depths of the One Father. Instead of floating on the top of the waves, become lost in One, that is, become lost in all the attainments received from the Father.

6. Mine is only One Baba, no one else. Through this stage become those who economise and accumulate all treasures.

7. Bring the speciality of determination to every thought and every action. Do not have

ordinary thoughts, but make a promise. Even if you leave your body never break a promise. No matter how much you have to tolerate or transform, never break your promise.

8. With the speciality of making your thoughts stable, bring about elevated transformation with a fast speed. To whatever extent there is external tension, to that extent remain stable and free from tension. Do not change into a variety of poses.

9. Have courage, become worthy of receiving help and experience success as your birthright. Always keep this slogan in your awareness - use everything in a worthwhile way and claim success.

10. Adopt the power of divinity and specialities in every thought and become the form of incarnations in a revealed way.

11. The sun of revelation should be visible throughout the world. For this the torch of purity should

constantly burn in an elevated way. There should not be the slightest upheaval. The more stable the torch of purity remains, the more easily everyone will recognise the Father and there will be cries of victory for purity.

12. Hoist the flag of the power of truth. Baba is the Truth, Knowledge is Truth, the soul is Truth and Brahmin life is also the Truth. Hoist the flag of truth beforehand and only then through the speciality of truth will the sparkle of the true diamonds

increase, not only in Bharat but throughout the entire world.

13. Do service through your divine features, through your cheerful features and your unshakeable immovable stage. To serve through the features means to give power in practical life. Because the features talk, they cannot remain hidden.
14. The meaning of celebrating a Diamond Jubilee doesn't mean just to have a programme but to become a diamond and to give

the message of becoming a diamond. To serve through the practical form means to celebrate the Diamond Jubilee.

15. Along with listening and speaking now become those who have the authority of experience. The greatest authority is experience. Bring every virtue, powers and the points of knowledge into experience.

16. Always remain busy in actions. To have yoga with actions is laziness, this is why you must experience

yoga whilst performing actions.
Pay attention to this practice.

17. If you make a mistake, instead of thinking about it become the embodiment of remembrance. The paper is finished and so don't waste time thinking about it. Emerge the sanskar of having the stage free from impure thoughts in one second.
18. Instead of allowing the waste to flow, speedily transform the consciousness of the body into the state of soul consciousness

with the power of transformation. By bringing transformation within a second, time and thoughts will be saved. The waste will accumulate into best.

19. Become cool (gentle) and humble. This is the sign of being real gold. Mine' is an alloy in this. This is the reason to imbibe a gentle nature. If there is anything that causes anger stay in the embodiment of coolness and transform that and you will enter the first number.

20. The nature of seeing, listening, talking and thinking waste has become natural. Now transform that nature.
21. Now there has to be unlimited distaste in a revealed form in the present atmosphere. This is the foundation of time coming close. The accurate attitude of distaste means the more you come into close connections the more loving and detached you are. There should be the consciousness of being humble and an instrument. Whilst doing

service check if there is the consciousness of being an instrument or if there is attachment. Instead of `Baba', `Baba', `mine' doesn't come, does it?

22. Instead of remarking about others, become your own judge, not a lawyer.

23. Just as you create an atmosphere of service, in the same way now create an atmosphere in which there is an unlimited attitude of distaste. The waves of unlimited

distaste should emerge from the heart not just from the head.

24. In the form of an ancestor, whilst seeing all souls with feelings of mercy, become bestowers of blessings and give the donation of good wishes and pure feelings. The stock of good wishes and pure feelings should be full. Put a full stop to waste.
25. Every hour check whatever words you speak. Was there soul consciousness and good wishes? Was there the feeling of jealousy,

malice or hatred? The meaning of powerful thoughts is that those words should give others an experience of attainment. In every word there should be the feeling of attainment and essence. If there is no essence in the words, then instead of earning, there is loss.

26. Time, matter and Maya are waiting to take leave. Celebrate completion and they will take leave. Become ever-ready. Look at the picture of your fortune in the mirror of knowledge and fix the date of completion.

27. In order to make the soul worthy and yogi, and in order to prepare the land, together with words, create an atmosphere with your attitude. Become the lighthouse and mighthouse and spread such light that everyone can see that I am a soul and Baba is mine.
28. There is the subtle obstacle of body consciousness in front of a yogi in the flying stage. In the doorway of arrogance there is 'I' and 'mine'. The method to finish arrogance is to have the consciousness of karan-

karavanhar. So check that there is no arrogance of the intellect, arrogance of your elevated sanskars, arrogance of your good nature, of your specialities, arrogance of your talents, or the arrogance of success in service.

29. Now give leave to bitterness for ever. There shouldn't be even a trace of bitterness. Your face should be very sweet.

30. Give leave to every trace of Maya and give congratulations to the self and others on being the

embodiment of an angel. No matter what someone is like, transform them with your drishti and consciousness.

31. Make a firm promise that you will not see anyone's weaknesses or defects, hear of them or speak about them.

32. Do not come under the influence of anyone's company. We are world transformers and so the company, vibrations or atmosphere cannot change us.

33. When there is anything impure, you must turn it into pure and make it yours. Even while seeing something impure, see it with pure vision. Change the word 'cause' into 'solution'. Do not see the cause.
34. To get angry with someone, to argue, to bother someone, to prove something - finish these Mickey Mouse games and become powerful.
35. Whoever comes into contact, whether gyani or agyani, give

them a gift of sweet words and words filled with love. Give a gift of one or other virtue or power. No one should leave empty-handed.

36. If no one gives you love, give love and take love. If someone gets angry with you, take that in the form of love. Change their negativity into positivity.

37. The two words 'I' and 'mine' cause disturbance. That is why when 'I' comes, remember your various titles and attainments.

And when 'mine' comes, remember 'my Baba'. With this you will become a constant yogi.

38. Whenever there is anything harmful or disturbing, remember the things that bring benefit. Merge the limited feelings of 'mine' into the unlimited. Keeping the variety of imperishable attainments in front of you, set yourself on the seat of your titles.

39. This is the year for celebrating, the Year of Pleasure. Stay in the

form of an angel. Some angels are flying, some are giving a message and some are on this earth performing actions through their sense organs. The world is changing and the world of angels should be visible.

40. Become child and master. This land and the foreign lands should come together and make such a sound that it can be heard throughout the entire world. Let there be a combined programme of this land and foreign lands in Gyan Sarovar in which there is at

least one representative from the different states. It should be such a programme that has never taken place anywhere in the world before.

41. No matter what the circumstances are, the circumstances can go but the happiness should stay. Always remain happy and distribute dilkush mitthay (the happy heart). If anyone talks to you about things which cause you sorrow, take happiness and give happiness.

42. In order to come close in the rosary, keep a close relationship with the divine family. Do not move away. By having faith in the intellect in the Brahmin family under all circumstances, you will become the ones who have a right to the kingdom.
43. Have faith in the intellect in the self, the Father, drama and the divine family and experience a stable stage. The sign of faith is to have a constant stage of being worriless. No wasteful thoughts such as `how', `what', `why'

should emerge in the intellect because this weakness of waste thoughts will come in front of you like the messenger of death. Even the sanskars of being hopeless will confront you in the end.

44. Just as one with the nature of anger will get angry, in the same way you will make your nature that of giving love. The entire world can get angry with you and tell lies, but the Master Ocean of Love will not mind. There should not be a trace of other feelings in

your eyes, attitude or drishti. Don't take any notice of that which is waste but follow that which is powerful. Don't have the attitude of not caring about the maryadas.

45. Become those who imbibe the virtues of others, give regard, see their specialities but follow the father Brahma. God is only one Guide. Brahma is a corporeal example. No brother or sister can become a guide.

46. Now complete this service and bring about completion. Service will be completed when the rosary of at least nine hundred thousand is ready. You have to bring the time closer through your complete stage. There should be no disturbance in your meditation when there are no facilities.

47. If you have love for Brahma Baba, then your actions and speech should be like Brahma Baba. To follow in the footsteps means to follow the father. Just as Brahma Baba took the first step in being

obedient, in the same way from amrit vela until night, whatever directions Baba gives, follow them obediently and take blessings from the Father and the family. Remain double light yourself and make others light.

48. Just as Brahma Baba became a No. 1 example in renunciation, become total renunciates. A total renunciate means to renounce the old relationships and the old nature and sanskars. Become a renunciate even of the consciousness that 'I am a renunciate'.

- 49 Now check, close and finish all the files of causes and crying. To get angry is also crying. To get annoyed is also crying of the mind. Finish both these files.
50. Where there is a problem the power of solutions finishes. That is why you should finish the problem and become the embodiment of solutions. Don't let reasons or excuses deprive you of blessings. Sit on the throne of being an observer and become your own judge and judge yourself because the accurate throne of discrimination

is the stage of being the observer. By not being an observer you see other people's affairs and activities more than your own.

51. Whatever takes place in the drama has a lot of sense because whatever comes goes, but children have less sense because they continue to hold on to things. Some say this matter has been going on for two days or continuing for two hours, so how much loss there is. That is why you should become sensible, understand the problem and finish it.

52. Become faithful to the Father, Teacher and Satguru. Become obedient to the Father, Teacher and Satguru and use all the treasures of the self, knowledge, powers, virtues, the importance of elevated time, and elevated treasures of thoughts, in this way use all the treasures in action at all times. Not even one thought or breath or second should be wasted. Never use your thoughts anywhere else without the Father's orders.

53. Sadhana (deep meditation) is the seed and the facilities (sadhan) are its expansion. So don't hide the seed in the expansion. Reveal the seed. These facilities are for service not to make you those who experience comfort. Now remove the Dunlop pillow and the bedding and become the queens of the floor. OK, sleep on the bed but your stage should be that of kings and queens of the floor. Your effort should be that of hope and enthusiasm and of attention.

54. According to the present time, now, in the timetable of your service centres and service, create an attitude of unlimited disinterest. Now your timetable has become that of rest. You make little sicknesses of the body an excuse for laziness. Before, there used to be illness but the enthusiasm of service would merge the sickness. Now renounce the excuses for laziness and emerge the merged unlimited attitude of distaste.

55. Brahma Baba, though old and clearing the accounts of the body, revealed the stage of unlimited disinterest and never accepted any facilities for himself right to the end. Follow the father in this way. This year, all those at the centres, the companions of the centre and the students, should become No. 1 in this and BapDada will give such service centres a special prize.

56. The proof of love is to become a complete angel. As you move and as you walk, you should be

visible to everyone as angels. Your speech, activity, life should all be those of an angel. The meaning of angel is double light. Do not become light in your timetable. You should not do whatever comes. No, tighten your timetable and adopt a state of lightness in your relationships. Instead of copying one another, copy the father. Give BapDada the proof of love in this way, then Maya and matter will clap the hands of wah, of victory.

57. Never become disloyal to the Father with the mind or in the intellect. The meaning of loyalty is One Father and no one else. Nothing should attract you, even in thought - not the body, bodily relations, objects of the body or any bodily beings. The attraction of material objects and facilities also becomes the instrument in breaking your loyalty.

58. There should not even be the slightest trace of being impressed by anyone. If you are impressed by a particular person, whether

on account of their virtues, their service or their good sanskars, you cannot be called the ones who are loyal. To be attracted by everyone's specialities in an unlimited way is one thing but to be especially attracted to one individual or facility, is to be disloyal.

59. The breath of Brahman life is zeal and enthusiasm. That is why under no circumstances should you allow zeal and enthusiasm to diminish. This is why you should see, hear and think about every

individual and matter with a positive attitude. If anything comes in a negative form, change it into positivity. Your mind and intellect should become such that no negativity can touch them. When scenes of distress come in front, change them into scenes of wah, wah.

60. Till the end Maya will become one with many forms and will show many forms. Maya knows very well how to become one with many forms very quickly. Whatever is your stage, Maya will

adopt that form of obstacle. That is why you should become trikaldarshi and trinetri in order to see and recognise Maya.

61. Any severe difficulty which comes does so to teach you a lesson; that is the teacher to teach you. This is why you should not be afraid on seeing it. No matter what the circumstance, whether good or that which shakes you, adjust yourself every time within that circumstance. The power of adjustment will make you constantly victorious.

62. The condition of the world is becoming serious. It will become more serious and will continue to do so. Even though the time may be sensitive, your nature should not be so. Your final paper will take place at a sensitive time. To whatever extent you have the power of adjustment within you, so you will be able to pass with honour at a sensitive time. Whenever circumstances arise, at the time make yourself a student, become your own teacher and give yourself the positive thinking course.

63. While seeing circumstances, always say wah, wah, not why?, why? If `why?' comes, the pressure of zeal and enthusiasm lessens. If, in place of `why?' you fly, then all the circumstances will decrease and become like small toys. When there are any scenes of distress, transform them into wah, wah and they will change and you will also change.

64. Always remember that I am a Brahmin soul who has the authority of the power of religion

and the power of ruling. This is the faith and intoxication of this consciousness. If there is faith then there is intoxication. If there is less faith then there is less intoxication. And so check - do all these powers remain with me constantly or do they get lost and come only sometimes?

65. Throughout the entire day, do you set yourself on the seat of having a right, or do you get upset very easily? Does it happen that you get upset over small matters, your face changes and your mood

changes? You celebrate Shivratri so what do you give to the one whose birthday it is? You give a gift, don't you? So what gift do you give to Baba? `To become upset' - give this gift and you will not become upset. Baba does not like that face. BapDada wants to see every child's face as a constantly blossoming spiritual rose. Not a wilted one, but in full bloom. You only do that which the one you love likes. Do you have love for the Father? Now no one's news should come saying "It was like this, that is why

I got upset, the situation was such."

66. When circumstances or matter come in the form of upheaval, remember two words - 'Not and 'Dot'. If anything is wrong then think 'not ' - it should not be done. Not to think, not to do and not to speak. So do not apply question marks, exclamation marks or a comma, apply a full stop.

67. The forms of body consciousness are becoming very subtle. Now they don't come in a gross form,

but in subtle and royal form. Just as you give your suggestions with happiness, in the same way accept other people's suggestions with happiness. Have as much regard for other people's advice and ideas as you do for your own. If you don't like their ideas, to give your own is something different, but to be affected by them and for the stage to fluctuate - this service is not service. To adjust and to understand and consider their thoughts as your own is to give regard to the ideas of others.

68. If you are very busy in action, the mind and intellect are engaged in karmic relationships, not in bondage but in relationships. But if you receive directions for a full stop, would you be able to apply it? Practise this for even one second and continue to practise because the last certificate you receive will be on applying a full stop within a second. Ones with such practice will pass with honour.

69. Baba has given the inheritance of all attainments to every child. The soul that is complete with all attainments will always be known as content. Their face will always appear happy. No questions will arise in their mind. They will be constant jewels of contentment and will spread the vibrations of the sparkle of contentment to others.

70. Seeing and speaking of other people's weaknesses when coming into contact and relationship, you are influenced and say `This one did it and that

is why I did it. Baba, you should understand to what extent I will continue to tolerate! I am still an effort-maker so a little waste will come.' These wasteful matters are very tasty. By these wasteful matters, wasteful thinking , listening and speaking and also doing, as you move along the interest increases. The sanskars of waste finish the power of discrimination of the intellect. That is why the easiest method to remain content is to always keep one or other special attainment in front of you.

71. In the world, the main thing everyone wants to attain is name and fame. Here also you want the fame but on an unlimited scale. If for any reason your name is incognito and you want your name to be mentioned, it is accurate but still, because of your karmic account with another soul or because of their sanskars, your name is not mentioned, you are right and that one is wrong, and still that one's name is mentioned and not yours, then your name is fixed in the rosary of victory so do not worry about it. The more

you run after limited regard the more like a shadow this limited thing is. These shadows are visible in the sun of Maya but are nothing.

72. Remain alert in every dharna. Don't become lazy because time is coming close and what is the news that time is giving? Become equal and become complete. See the challenge of the time. Don't waste time. Time has the greatest value because the praise for time is 'If not now, then never.' In fact, while walking

along the road you listen to two things and you do two things, time has also gone in that way.

73. The time of completion is for the new ones as well as for the old ones. Do not think we should also get 60 years. No, you have to make up that time. If you came last you have to go fast. The time for becoming complete and for completion are the same for everyone so whether you are new or old, consider yourself a soul who has the right to the kingdom. Always apply the tilak of

awareness. It should never finish. Or it is applied only sometimes? Those who have a right to the kingdom means the ones who wear the tilak. The tilak of this awareness should be imperishable. I am not ordinary but the one who wears the tilak. I wear the crown of the responsibility of world benefit. Baba alone is not this but you are all this together with the Father.

74. Practise this - in one second the soul goes beyond the body and becomes ever-ready. Because

everyone promises we will live together and go together so you have to be ready to go. There are no golden, silver, copper or subtle chains, are there? You try to fly and those ropes bring you down? So check and experience becoming bodiless in one second.

75. Keep the spiritual personality in your consciousness. The eyes of those with a high personality will not be drawn to anyone - this one is doing this, that one is doing that, this one is like this, she is

like that, why should I not do it? I can also do it. Their eyes will not be drawn to other people's attainments because the one with spiritual personality is complete with all attainments. They are complete in their nature, they are complete in their sanskars, full and complete in their relationships and contacts. Such a person will not experience anything lacking in their treasures of attainment and because of being full in the mind they will remain content.

76. In order to become the conqueror of Maya, always keep the personality of purity in an emerged form. You understand that you are this but don't merge it, keep it in your awareness. In whomsoever's intellect this remains in the emerged form, this consciousness is the basis for a powerful stage. Maya cannot come where there is power. It is impossible for Maya to come to a powerful soul. There is no need to make effort. Maya comes and you chase it away. No, your duty

is to always remain the conquerors of Maya.

77. Purity is the spiritual personality. The sign of purity is cleanliness and truth. In fact, if throughout the entire day, whether sitting or speaking or doing physical service or subtle service, it is not done according to the right method, if there is the slightest difference in using the right method, then that is not cleanliness or purity. Waste thoughts are also impurity. Why? Because time is wasted and the

contentment also finishes and there will be a difference in the degrees in the final stage of purity. You cannot become the one with sixteen celestial degrees. So from amritvela, check deeply your thoughts, words, actions and service and see that it is according to the right method.

78. Now in this year the season is finishing and so BapDada has one thought. Everyone has observed the vow of celibacy so easily but in the next season only those who

don't get angry should come. Is this possible or will you fail? You will tell the truth, won't you? So don't write on the form for how long you have been celibate but for how long you did not get angry. Keep a stern eye on anger. With introvertedness keep your mouth closed. Anger will come when the mouth opens. So in the next season there will be the mela of souls who become free from anger. Is this acceptable?

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