

# Cheerfulness

## Part 1

- 😊 What will be visible on the faces of those who stay in front of Baba even in the corporeal form? You can easily experience being in front of Baba in the corporeal form. It is a very old word. You are revising your course again, and so the old words are also being revised. This is also a drill for the intellect. Your intellect will develop the power to churn. Achcha, firstly, on their faces there is the sparkle of being introverted. Secondly, there are all the types of intoxication of the stage of the self-respect of the confluence age and of the future. Do you understand? For instance, one is a sparkle, and the other is the intoxication which is visible. So, not only should intoxication be visible, but there should also be a sparkle visible. And, as well as being cheerful, there

should also be introversion. Such souls are called “those with loving intellects who are constantly in front of the Father”.

- 😊 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.

😊 Do you realise how fortunate you are? Or, do you only realise it sometimes? Do you constantly have this intoxication? When the people of the world see you they ask what you have received. What do you reply? We have attained everything we wanted. Have you attained it? If so, raise your hands! Have you attained it? Achcha. Have you attained it? With spiritual intoxication you say that you lack nothing. You have this intoxication, do you not? So, how did you get it? You simply came to know the Father, you accepted him, and you made him belong to you, and you received your fortune. The more you make yourself aware of this fortune, the more cheerful you will be. 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.

😊 BapDada wants each and every child to be visible as one who is happy, and has the fortune of happiness, through your face and activity. Because, according to the time, your face will do a lot of service. There will be a need for this. BapDada wants you to keep the aim for this from now. As it is now the Platinum Jubilee, everyone has the zeal to do service. In the same way, you should have the enthusiasm to serve through your face, because, day by day, delicate times are definitely going to come. At such a time, your face should make souls cheerful.

😊 The sign of someone remaining content is that that one will always be seen to be happy hearted. 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 fourth subject is service. All of you experience that, whenever you serve through your mind, through your words, or through your actions, the attainment of that is spiritual happiness. Therefore, check to what extent you have experienced happiness through service. If you did service, and didn't experience happiness, that service was not accurate service. There is something or another missing in the service, and this is why you don't experience happiness. The meaning of service is that you, the soul, experience yourself to be a cheerful, spiritual rose in bloom, swinging in the swing of happiness. check yourself: you served throughout the day, but in comparison to the service done in the whole day, did you experience happiness or continue to have other thoughts? "Not this, but this... not this but this...". Your happiness influences the place of service and your service companions, and the atmosphere of the souls you serve becomes one of happiness. This is the treasure of service: happiness.

😊 Do you know your treasures? While keeping all the treasures in your awareness, constantly remain cheerful: that is, constantly remain beyond the attraction of the elements, and the five vices. Together with these treasures of happiness, do you experience your complete and perfect form, of belonging to the one Father and none other?

😊 How fortunate is the birth that takes place through the Bestower of Fortune. Do you constantly keep this elevated fortune in your consciousness, and remain cheerful? Always keep it emerged in your mind: it should not be that it is only merged in your head. On the contrary, in every activity of yours, and on your face, you should experience yourself as the embodiment of remembrance, and it should be clearly visible to others. They should see the line of elevated fortune clearly visible in your activities, and on your face. How many varieties of fortune do you have? The list of them should constantly be clear on your forehead. The list should not be only in your

notebook, but the line of fortune should be visibly sparkling in the centre of your forehead.

😊 The Father is constantly co-operative with those who maintain courage. Therefore, never let go of your courage. Always maintain courage, and remain enthusiastic. With courage, you will remain constantly cheerful.

😊 Constantly have the awareness of being a hero player, and perform action in this consciousness. If there is the awareness of being the hero player there is such great happiness. The others' part is only the limited part, but yours is the unlimited part. With whom are you playing a part? With whom are you co-operating? In whose service are you the instrument? Let there be this awareness, and you will be constantly cheerful, constantly complete, and constantly double light. At every step there will be progress. What were you before? And now what have you become? "How wonderful am I, and, how wonderful is my fortune": constantly sing this song, and teach this song to

others. Now you are drawing the long line of fortune for five thousand years, and so dance with happiness.

# Cheerfulness

## Part 2

- ☺ Check yourself as to whether you are a right hand, or a left hand. Are you a lawyer, or lawful? Both cooperate with BapDada. By constantly considering yourself to be cooperative (sahyogi) , you will become an easy yogi (sahaj yogi) . By considering yourself to be an instrument - a karanhar of Karavanhar BapDada - you will remain carefree and cheerful.
- ☺ BapDada is seeing the constantly cheerful avyakt angels who are constantly beyond all limited attractions. This is a gathering of angels. BapDada is seeing today to what extent a crown of light is visible around each angel - that is, to what extent each angel has become a light-and might- house.

😊 Today, through the searchlight, Baba was seeing the love-filled faces, and hearing the songs of love, of the Brahmin children from all four sides. BapDada gives you blessings in return. May you always be fortunate. May you always be cheerful. May you always be healthy, by eating the nourishment of happiness. May you always be full of the treasure of happiness.

😊 When you forget these two words - “fair” (mela) and “game” (khel) - you cause distress to yourself, because you let go of that awareness - that is, the seat of a detached observer. What would be the state of someone who watches a play after having let go of his seat? So, having set yourself on the seat, and having the awareness of the variety drama, if you observe every part of every actor, you will always remain cheerful. You will say “Wah! wah!” through your lips, and say: “Wah! sweet drama!”. You will not say “What happened?”, or “Why did this happen?”, but you will instead say, “Wah! wah!”. That is, you will constantly dance in happiness. You will constantly experience yourself to be a master almighty

authority. Do you experience yourself to be this in a practical way?

- 😊 You should not be sometimes happy and sometimes unhappy. When you are unhappy, take a photograph of yourself at that time. Also take a photograph of yourself when you are happy. Then put both of these photographs together, and see which one is better: “am I this one or that one?”. So, no matter what happens - no matter how much someone may try to steal your happiness - constantly dance the dance of remaining happy and cheerful. Because, Maya will do this through someone, will she not? No matter in how many ways someone may try to take away your happiness, you must remain happy for as long as you live.
- 😊 Stay in the angelic stage the same as Father Brahma, give everyone the experience of happiness through your cheerful face and give away your remaining waste thoughts to the Father as a birthday gift.

😊 On this day, whatever waste thoughts you still have remaining in you, give them to the Father as a gift because waste thoughts make you waste a lot of your time. So, can you give this gift? Can you give it? If you can give it, then raise your hands! Because waste thoughts waste a lot of your time. They do not allow you to experience happiness. The Father wants the faces of all of you to remain constantly so cheerful that whoever sees you is inspired to become the same.

😊 The Father is always with you. When the Father is with you, there is nothing to be afraid about. It is good. It is great fortune that you have been saved in your kumari life. To go on to the wrong path, and then have to return from there, is also a waste of time. So your time and powers have been saved. You have been liberated from the effort of wandering around. You have benefited so much. Simply: “wah my elevated fortune!”. Seeing this, always remain cheerful. Don't be deprived of your elevated service due to any weakness.

😊 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.

😊 Become a judge, but do not become a lawyer. Do not become a lawyer of Maya. You enjoy yourself a great deal when you are advocating. All of you are experienced in this: either in doing this, or in listening to this. All of you are experienced in this. You do have this experience, do you not? You have many experiences. You listen to it, and - as a detached observer - you remain cheerful.

😊 The flag of the Father's revelation has been hoisted in the hearts of all the children, and the flag hoisted in the hearts of all of you will be hoisted in the world. The sound that will emerge through everyone's lips is: "Wah the Shiv Shakti Pandava Army! Wah!". BapDada is very pleased to see everyone's face full of happiness. You have the fortune of happiness, and you always have a cheerful face, and continue to feed

others Dilkhush toli. At amrit vela, if all of you take this sweet through remembrance, you will feel the power of this sweet throughout the day, and you will remain happy.

😊 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.

😊 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.

😊 If the sanskars are tight, the circumstances also become tight, and there is struggle. Always remain cheerful - do not be drawn by the side scenes - good or bad.

# Cheerfulness

## Part 3

😊 When there is truth, the soul dances continually. True souls dance constantly in happiness. Their happiness will not fluctuate, but will increase, day by day. The cheerfulness will be in the heart, and not just on the features, not just external. Both the face and the heart should be cheerful. The royalty and reality of purity means that both the heart and the face will be cheerful eternally. Check yourself - do not begin to check others. Such royal souls are much loved by BapDada and the entire Brahmin family. According to the systems of today, you become attracted towards someone for whom you have a lot of love. In your language you call this attachment. Because you have love there is attachment, is there not? However, if someone is truly loved, the sign of such real and royal

love is that, the more love you have, the more detached you will be. So you do not develop extra attachment, and nor do others develop attachment for you. This is real love, perfect love. You will be cheerful and will attract others, but there will not be any limited attraction. So what is the sign of that which is real and royal? Deep love and great detachment.

😊 You become happy when you listen to this, but when it comes to fulfilling this responsibility, some of you are compelled by your sanskars. Since you experience so much happiness in just listening, how much happiness would you experience in becoming the form? At this time, everyone's face is happy and cheerful, so remain constantly cheerful in this way, and you will save your own time, and also the time of the instrument souls. At present, the 25% of your time that is spent falling and getting up, looking after your own self, or fixing your intellect in one place, will be saved and accumulated in your income. Now learn how to save. Do you understand?

😊 You were wondering previously what would happen in 1999 - it is already February. Did anything happen? Even if something happens, what does that matter to you? Would there be any loss to you? Are you afraid? It will all be good. Everything for you will be good. No matter what happens in the world, you simply have to remain fearless and cheerful, and watch the drama. In a drama, as well as love they also show blood - as well as good things, they also show fighting. So continue to sit and enjoy watching the drama. This too is an unlimited play.

😊 All of you are spiritual roses, roses in bloom. You are not wilted, you are roses in bloom. Therefore, always remain fortunate and cheerful. Anyone who sees your face should ask you what you have received, because you look very happy. Each one's face should give the Father's introduction. Just as a picture gives an introduction, in the same way, your face should give the Father's introduction, that you have found the Father. Achcha. Is everything OK?

😊 Today the spiritual flame is seeing his spiritual moths. This spiritual attraction makes the various attractions of Maya seem impure and without essence - and frees you from them, and makes you constantly cheerful for many future births. The signs of pure love, pure relationships, pure vision, pure attitude, and a pure life are sparkling on everyone's forehead - the crown of light is a symbol of these times - purity is the speciality of the Brahmin life of the confluence age. The crown of light is attained from Baba, and is the sign of a great soul, a Godly, fortunate, and most elevated soul.

😊 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

😊 The Master of the Garden is pleased to see the garden. Wherever you look, whatever you hear, and whatever you speak, is all filled with speciality. Fill yourself with the speciality of everything. What will you become when you make everything special? A special soul never becomes trapped in the mud. Such a soul always remains cheerful.

😊 What is the easy method to remain cheerful? Which image is the memorial of remaining constantly cheerful - one in which they have shown the speciality of being cheerful? They show the image of Vishnu lying down. He is churning knowledge and is cheerful. They have shown this image especially as a memorial

of being cheerful. Vishnu means the dual form. All of you are also the form of Vishnu. Are you also going to change from an ordinary man into Narayan, and from an ordinary woman into Lakshmi? Or will only the father become that? Both men and women - those who churn the knowledge - remain cheerful in this way. So, what is the method to remain cheerful? To churn knowledge. To the extent that you churn knowledge, you accordingly remain cheerful. What is the reason for not churning knowledge? You engage yourself in churning waste. When there is wasteful churning, there cannot be the churning of knowledge. If you keep your intellect constantly engaged in the churning of knowledge, you will remain constantly cheerful, and there will not be any wasteful churning. In order to churn knowledge and constantly remain cheerful, you have received many treasures. Nowadays, when someone is very wealthy it is said that "that one has countless wealth". In the same way, are you able to count the treasures of knowledge that you have received? Since it is countless, then why do you let go of it? It is only when you think that you lack something that it seems that you do not have that thing. However, if you do not

lack anything, then it cannot be that you do not have that thing. Do you prefer those other things more than the treasures of knowledge? Is it because you have developed that habit over a long period of time, that it happens even against your conscious wish? So, how long is it since you started churning knowledge? How much time is even one year of the Confluence Age equal to? Even one year of the Confluence Age is very long. If you look at it in this way, then this is something that you have been doing over a long period of time, is it not? So, as that is a sanskar over a long period of time, and you remember it against your conscious wish, then why does this awareness of a long period of time not remain naturally in the same way? Whatever is new or fresh should remain in the awareness even more, because it is something of the present. The other is something of the past. This is something of the present, so why do you remember the past? When you remember the past, do you also remember what the attainment was through that? When there was no attainment of happiness through that, then why do you remember it? Why do you remember it, when you have the result of it in front of you? You also understand that it is wasteful, and

that the result of something wasteful will also be wasteful. When you understand that the result is wasteful, and yet you continue to do it practically, then what would you call that? Weakness! The real sanskar of the Confluence Age is in those who constantly receive and give knowledge: they constantly have knowledge in their awareness and they remain constantly cheerful. The special sanskar of Brahmin life is that of remaining cheerful. So, why do you become distant from that? Do you ever renounce something that is your own? This is your possession of the Confluence Age, whereas defects belong to Maya. You have taken those by keeping bad company. Your own possessions are divine virtues. You let go of your own possessions.

# Cheerfulness

## Part 4

😊 You can only bring benefit to others when you yourself are full. Unless you yourself are full, you cannot bring benefit to the world. Your vision should be constantly unlimited. When you have the unlimited intoxication of unlimited service, you will be able to claim the unlimited kingdom. A successful teacher is one who remains constantly cheerful, and makes others happy.

😊 No matter where you are living, your happiness cannot disappear. You say this with such intoxication. Or, do you think that it can sometimes be possible? You know very well that it is impossible for happiness to go away from Brahmin life. So, the face of each one should be cheerful, and sparkling with the fortune of

happiness. The fortune of happiness is sparkling on each one's forehead. There are never any clouds, are there? Clouds hide anything they come in front of. So, there cannot be any clouds. May you constantly sparkle.

😊 Just as your face remains cheerful, the soul should always remain cheerful. You have to bring about this natural virtue in the soul. If you remain cheerful constantly, there will be no attraction to Maya. This is Baba's guarantee. When you keep the soul constantly cheerful, Baba will keep the attractions of Maya away from you.

😊 You will only be able to become attractive when you have specialities in yourself. In order to become attractive (akarshit), you will also have to become cheerful (harshit). To be cheerful means to swing in supersensuous joy. You have to remain cheerful by churning knowledge. Experience the avyakt stage and swing in supersensuous joy: this is being cheerful. You have to remain cheerful in mind and body. Those who remain cheerful in this way attract others.

😊 The Confluence Age is the age for receiving multi-million return for one. Use your body in service and receive a totally healthy body for 21 births. No matter how sick or weak your body may be, even if you are not able to do service through speech, you can do service through your mind, even to your last breath and last moment. You can reflect the power of supersensuous joy through your face and eyes, so that people say “this is a wonderful patient”. Even the doctor is cheered on seeing the patient. Usually the doctor has to cheer up the patient, but here instead of giving happiness they receive it.

😊 What are the sanskars and nature of Brahmin life? All of the divine virtues are the nature of Brahmins, and this is referred to as “a divine nature”. Therefore, the divine virtues are naturally the property of Brahmins. That is, the nature of Brahmin life is all of the divine virtues: maturity, to be entertaining, cheerful, tolerant and content - these are the qualities of the nature of Brahmin life, and they are the sanskars of world servers. Since these are the sanskars and

nature of Brahamin life, then to adopt any virtue, or to renounce the consciousness of “I” in order to become a server, or to be a constant tapaswi and an embodiment of remembrance, is an easy and ordinary thing, is it not?

😊 Relationship gives a unique and lovely experience - however the relationships of all souls today have been transformed into a form of bondage, and give distress in one way or another. One who is karmateet never becomes disturbed. You have to perform karma, but not by being under it's influence - be the authority and master. One who is karmateet will be a karma yogi, while settling the suffering of past karma - will cheerfully change the suffering from a crucifix into a thorn, with yoga, and will burn it, and finish it. Even if it takes the form of sickness, that soul will not cry out, but will move along with it - the experience of being bodiless now and again takes him beyond takes him beyond the sickness, like a spiritual injection - the crucifix becomes a thorn. He also receives help from Baba, as the instant fruit of obedience. The suffering of karma is transformed into karma yoga.

😊 Are all of you stabilised in your unshakeable, immovable and constant stage? Are you stabilised in the stage of great souls(mahavirs) , that is remembered from the previous cycle? Are you coming close to your final stage of being a detached observer, cheerful, detached, and extremely loving? Or, is that stage still far off?

😊 The fortune of the mind is that it always remains cheerful, and ignorant of all desires. Your mind is neither attracted by, nor bows down to, any individual or object. The mind easily remains in the world of Baba's love.

😊 Are you continuing to become intense effort-makers, whilst receiving all blessings from the Bestower of Blessings in the land of blessings? The transformation that you have brought about in the speed of effort: is this eternal, or for only a short time? No matter what situation comes in front of you, or what obstacles

come to shake you, what are obstacles in front of one who has the company of the Almighty Father? What will an obstacle be transformed into in front of such a soul? An obstacle will become a means for deep love. So, you will remain cheerful, will you not? if any person or any situation becomes instrumental in creating an obstacle, there should not be a vision of dislike, nor any waste thoughts created for that one; but there should be “Wah, Wah” emerging for that one. If you have this vision, then your vision becomes very elevated. No matter what others are like, your vision and attitude should always be filled with good wishes and benevolent feelings. Benefit should be visible in every aspect.

😊 Many children experience all the powers in themselves, and also understand that they have these particular powers in themselves. However, even while having these powers, in some cases they are not able to experience success. Even while considering themselves to be embodiments of knowledge, bliss, love, peace, and happiness, they are not constantly content with themselves. Even while being effort-makers, they are only sometimes able to experience

the practical fruit: the reward or the attainment. They follow all the disciplines, but, in spite of that, they do not experience themselves to be constantly cheerful. They make a lot of effort, but they experience less fruit. Even in spite of making Maya their servant (dasi) , they sometimes experience unhappiness(udasi) . What is the reason for that? They have all the powers as well as the knowledge, and they are even following all the disciplines: so what are they lacking, that they become confused with themselves? The aspect that is missing, is that they do not know how to use - at the right time, and in the right way - the powers and the points of knowledge that they have attained. They have love for the Father, they have love for knowledge, and they also have love for a life that is full of all divine virtues. However, together with that love (preet), they do not know the method (reet) . Or, if they know the method, they don't know how to have love. Therefore, something invaluable becomes the basis of only ordinary attainment.

# Cheerfulness

## Part 5

😊 Just as it is said about donations - “Wealth never finishes by giving it”, that is, to give it means to increase it - in the same way, by experiencing the Godly attainments in this way, instead of a little attainment, you will experience yourself to be an embodiment of all attainments. By using these again and again, you will be able to make your form into that which is needed according to the time. And you will be able to use whatever power is needed at that particular time in the right way. You will be saved from being deceived at any time of need. To be saved from being deceived means to be saved from sorrow. So, what will you become? You will become constantly cheerful - that is, constantly happy - and

you will have the fortune of happiness. So, now have mercy for yourselves, and - by using all the attainments, and by knowing the method, together with having love - become those who are constantly master oceans of knowledge. Become oceans of powers, and oceans of all attainments.

- 😊 Where there is purity and power and peace and happiness, there can be no wave of sorrow or anxiety even in dreams. Sorrow and anxiety cannot remain in the face of a powerful soul. Pure souls will always be cheerful.
- 😊 The mood of Brahmin life is to be constantly cheerful and careful: your mood should not change. However, in royal words you say: “today I want solitude”. Why do you need this? You desire to step away from doing service or being with the family, and instead you say you want peace or solitude: “Today, my mood is like this”. So, do not change your mood. There may be any reason, but are you those who change the reason into a solution, or those who get caught up in the reasons? You are those who find solutions.

😊 By remembering God (Bhagwan, the Creator of Fortune) and fortune (bhagya), your face will remain constantly cheerful, and anyone who sees your cheerful face will become even more cheerful. Today, BapDada is reminding all the children: always remain cheerful and make others cheerful.

😊 You are Brahmins at present, are you not? Do you have the experience that nothing is lacking? As all these attainments are imperishable, not temporary, what speciality would someone who has all attainments in his life have? If someone has all attainments, and not a single attainment is lacking, then what speciality would be visible in his activity and on his face? Constant happiness and cheerfulness. No matter what happens, someone who has all attainments cannot let go of his happiness. Whenever there is unhappiness, check whether you are experiencing a lack of attainment or whether you have all attainments.

😊 The mothers are multi-million times fortunate. The Father sees you with that elevated vision. Not just a hundred times fortunate, but multi-millions times fortunate. To be a hundred times fortunate is an ordinary matter, but you have become multi-million times fortunate. Always remain happy. Churn the treasures you have received from the Father, and stay constantly cheerful. You will not receive such a huge treasure in any other birth throughout the entire cycle. So, you should fly with so much happiness!

😊 BapDada wants each child to become full, not to be any less because it is only now that you have a chance to accumulate in the imperishable account through the Father. This is why it is said: “if not now, then never!”. This is the praise of the time of the confluence age. In the future you will attain the fruit of whatever you have accumulated, but the time to attain it is just now. So, each one of you has to check your account. The extent of fullness each one’s treasure-store is visible through their eyes, their activity, and their face. Their face and activity will be like a rose in bloom. BapDada continues to see, from each one’s activity and face, how cheerful and happy

they remain. Spirituality through the eyes, a smile on the face, and from their actions everyone experiences all the virtues. So each of you should check yourself.

- 😊 You are surrendered anyway, but now the stage of surrender must become even higher. Surrender means to have remembrance in every breath. Each breath should be a remembrance. What would be the sign of someone who does this? Yes, he would be cheerful... but will there be anything else visible on his face? Whatever is the extent of someone's tolerance, his power increases accordingly. Those who stay in remembrance in their every breath have the virtue of tolerance. Because of being tolerant, their cheerfulness and power will be visible: there won't be any signs of weakness on their face. Sometimes words of weakness emerge from your mouth: "How can I do this? ", "What will happen?". Only when they come into the mind do they emerge as words - but they should not enter the mind. Be mine with your mind (manmanabhav), and mine with your acts (madhyajibhav)! The meaning of manmanabhav is very deep. Just as the drama continues to move second by second, in the same way the stage of the

mind should move in a straight line, following the rails of the drama. It should not fluctuate even a little bit. Whether in thoughts or in words, your stage should be like that. Sometimes whilst moving on the rails of the drama, you come to a halt. Sometimes the mouth says something. Sometimes the stage of the mind fluctuates, and only later do you catch hold of the stage. This also becomes like a stain.

😊 First of all, do you have the courage to make the promise? Or are you still trying to maintain that courage? What is the sign of courageous children? They will never be defeated. If all of you are courageous, then from today you will definitely not experience defeat. Those who are victorious over a long period of time will become the beads of the rosary of victory. If you wish to be threaded in to the rosary of victory, you will have to bring about the transformation of being victorious. You have to check the main aspects of your transformation. It is very easy. Just remember two aspects. Firstly become the image that attracts, and secondly, remain cheerful. It is the spirit that attracts. You will be able to attract others only with the spiritual stage. If you have

imbibed these two aspects, then you are completely victorious anyway.

😊 Today, BapDada is looking at his museum of pictures. Do you know which is BapDada's picture museum? Today, BapDada was looking at the picture of the divine activity of each child in the subtle regions. He was noticing the picture of divine activity of each child, right from his beginning up to now. Just imagine how big the picture museum must have been! Three specialities were noticed in the picture of each child: 1. the personality of purity 2. the royalty or reality 3. the closeness of relationships BapDada saw these three things in every picture. The personality of purity was visible in the form of sparkling light all around the picture. The reality of royalty was visible in the form of a sparkling, cheerful, clean face. The closeness of relationships was visible in the form of a sparkling star with rays of light spreading all around. Some rays of light were radiating very far, and some were not radiating that far. Those souls who were close to the Father(BapSaman) , had rays radiating into the unlimited: they are BapSaman in both light and might.

# Cheerfulness

## Part 6

- 😊 Just remember that you have attained whatever you wanted to attain in life. You have now received all the attainments that you wanted. You have the overflowing treasures of all attainments. Where the treasure-stores are always overflowing, all sorrow and suffering end. Always remain cheerful while seeing your fortune: “Wah my elevated fortune!” Always continue to sing this song in your mind. Your fortune is so great. People of the world receive children, wealth and prosperity as their fortune, but what do you receive here? You receive the Bestower of Fortune himself as your fortune. When the Bestower of Fortune belongs to you, what else remains?

😊 What is the reason for anger? What is the seed of anger? Constantly keep your future form in front of you. Your future form is so beautifully decorated and cheerful. See BapDada, and in that too, bring Father Brahma in front of you. Why? Father Shiva is incorporeal anyway, but Father Brahma is a corporeal being like you. Like you, he also has the crown of responsibility, and yet he constantly has a smiling and cheerful face, because he conquered these vices, and while having a body and doing everything, he was an example. Is your responsibility greater than that of Father Brahma? In front of the responsibility of Father Brahma, your responsibility is nothing. And you saw him till the end: with the vibrations of the karmateet stage, he became an avyakt angel. So, you will now not take back from BapDada the gift you gave him, will you? BapDada understands that while being engaged in activities, sometimes there are circumstances where their voice becomes a little loud, or their mood becomes a little sharp. However, It is only when such situations come in front of you that you have the chance to become victorious. It is the duty of the situations to come, but you have knowledge to overcome the situations, and to

become victorious. So, do you like this? Will you bid farewell to anger for all the time, or for three months? BapDada wants to see each and every child like a blossomed rose for all time from now. Fortunate and cheerful. Understand that it is the duty of the situations to come. Situations will come but you have to develop the qualifications of your aim.

😊 All those who have come, BapDada loves each and every child. Why? No matter what the soul is like, BapDada sees each child as one in a million. Even if you are weak in effort, you are loved by the Father. You say with your heart “my Baba”, and this is why you are deeply loved by the Father. BapDada is reminding you of one thing once again: Your face should always be cheerful and sparkling with happiness. Situations may go, but your happiness should never go. The happiness of the confluence age is a Godly gift. Holi means that, whenever any such situation comes, then remember that you have come back having celebrated Holi, the Holi in which the past is the past, so your happiness should never disappear. The treasure of happiness is your Godly gift. BapDada always says to always remember this slogan: “remain

happy and share happiness". The more happiness you share, the more it will increase, and a cheerful face as you move along will automatically continue to do service. Whoever sees you will then think: "what has this one received?". So, today's Dilkhush toli is happiness. Did all of you eat it? Always continue to eat this. There won't be any illness through this

😊 Through your divine and spiritual activities, through your pure thoughts and through the image of your cheerful face, what alokik film will you show? Will you only make one film? Or will all of the Brahma kumars who are in the gathering, emerge from Madhuban - the land of blessings - as living and alokik films? If you are able to show people so many films everywhere, then is this not the service of coming last and going fast?

😊 Today, the true Father, the true Teacher and the Satguru is seeing His children everywhere who are embodiments of truth and embodiments of power, because the power of truth is the most elevated. The basis of the power of truth is complete purity. Let

there be no name or trace of impurity in your thoughts, words, deeds, relationships, connections or even in your dreams. What is the practical form of such purity that is visible? Divinity is clearly visible on the face and in the behaviour of such pure souls. In their eyes, they have a spiritual sparkle, on their face there is always cheerfulness and in their behaviour, in their every step, they are karma yogis like the father. All of you are following the path of truth (satyavadi) through the true Father at this time.

😊 The second step is that of tolerance. When he surrendered himself, he received the most elevated inheritance from Baba, but what did he receive from the people of the world? Who was showered with the most insults? In his lokik life he didn't have to hear one bad word, but after becoming Brahmin, he became everyone's enemy. However because of the virtue of tolerance, and his dharna of the power of tolerance, he remained always cheerful. He never wilted. He made huge things very small, heavy things light. He reduced the expansion of difficulties to its essence. He was always unshakeable, immovable, and remaining in pleasure - he didn't labour.

😊 Those of the advance party are asking, and BapDada is also saying: “when will all of you eventually become ever-ready, in your incorporeal and angelic form?”. Nowadays, even nature is calling out a lot. The burden of the mind and of the body is increasing a lot. This is why all of them are invoking you. Now, show even slightly your glimpse of being ever-ready. That glimpse is to reveal in a practical way your angelic and incorporeal forms. You make incognito effort, but now this should be visible in a practical way. The rays of light should be experienced from your forehead. The power of spirituality should be experienced through your eyes. Sweetness and cheerfulness should be experienced through your lips and your face

😊 Simply remain happy, and never let your mood go off. Constantly have a cheerful face like theirs. Anyone who sees you should experience spiritual happiness. This is the way to do service. On your face, there should be spiritual happiness, not ordinary happiness, but spiritual happiness. Your face should not change.

Because your stage is constant and stable, so your face too should always be constant. Is it possible that your mood will remain the same constantly? Is that possible? Or, do you think it will definitely happen in the future? It must be like this from now, must it not? If someone were to suddenly take your photo, then that photo should not be of anything else, but just your spiritual smile. Even if you are busy in some task, even if there is a lot of tension of service, your face should have this cheerfulness on it. You will not then have to work very hard. Instead of speaking for one hour, when your face has this spiritual smile, that will do the work of speaking for over an hour, because there is no need to prove something that is actually visible.

😊 Constantly remain happy, and distribute the treasure of happiness. Spread the wave of happiness to all others. Let there constantly be the sparkle of the smile of happiness on your face. Constantly have a cheerful face in this way. Constantly stay in remembrance. Let there be expansion. Constantly keep this garland of blessings with yourself. Do you understand? This is the gift of the New Year. Achcha