

Those people attain occult powers, whereas here you attain powers through yoga. You have to learn what the powers of remembrance are. The thoughts, words and actions of those who attain success are successful. They will not have a single waste thought. They will only have thoughts that are successful. Those who are serviceable will not have any thoughts that are not successful, and they should not have any thoughts that are not going to be successful. Each thought of yours has value. But only when you give value to yourself will others recognise the value of your jewels.

**06/12/69**

There will also be such a stage in which whatever thought arises in someone else's mind, it will reach you in advance. There will be no need to speak or hear that. But it will only happen like that, that you can read the thoughts of others, when you fully apply a brake to your own thoughts. The brake should be powerful. If you are not able to merge your thoughts, you will not be able to understand the thoughts of others. This is why you were told to continue to finish the expansion of thoughts. The greater your power to merge thoughts, the greater the power will be to understand the thoughts of others. Because of going into the expansion of your own thoughts, you are not able to understand yourself. So how will you be able to understand others? This is why you will continue to reach this stage numberwise according to effort. This is also the sign of the perfect stage. You must check yourself in these aspects to see how close you have come to your perfect stage.

**25/12/69**

If you have the practice of catching thoughts, you will easily be able to become free from thoughts. You have to create extra thoughts when you cannot discern someone else's thoughts. But if each of you has the practice of being able to read someone's thoughts, there will not be too many wasteful thoughts, and you will also easily be able to stabilise yourself in a stable stage with one thought, in one second. So, to be able to read someone's thoughts is also a sign of perfection.

**07/06/70**

What is the difference in just passing and passing with honour? To pass with honour means that you do not experience punishment in your mind, even through your thoughts. The question of punishment from Dharamraj is something far later. However, you should be free from the complications of even your own thoughts, that is, to be beyond that punishment. This is called 'pass with honour'.

**17/10/70**

Always remember just two things whilst performing actions, and you will develop the practice of catching the thoughts of someone else's mind. Just as you can easily catch something spoken through the lips, so you will easily be able to catch the thoughts of the mind. But this will only be possible when you come close to being the same as the Father. When two people are similar in their nature, they are easily able to catch the feelings of one another. So, here too, by coming close to being the same as the Father, you will be able to catch the thoughts of someone's mind, as though

they are words spoken through the lips. But your own thoughts should not be mixed in that. It is essential to have controlling power over your own thoughts. Just as people have different levels of controlling power over external things, in the same way, it is numberwise in being able to control the activity of the thoughts of the mind.

**01/02/71**

There will be no need to say anything through your lips; you will be able to carry out a task successfully through your thoughts. In the beginning, you had to speak a great deal through your lips in order to prove your tasks, for only then did you attain success. Now, you are even able to carry out your duty by speaking less. Later, you will have this practice: your thoughts will carry out a task. You will be able to call anyone through your thoughts. You will be able to inspire someone for a task through your thoughts. You have these powers also, but you have to use them considering it to be your duty. You received this attainment through following shrimat. Just as you press a button and have an entire scene on a television, in the same way, you would have a thought here and the entire picture would be clearly drawn in the other person's intellect. You will have such a connection. You will have the attainment of all these powers.

**08/06/71**

At the present time, what illness of weakness is in the soul? That of wasting time in wasteful thoughts. This is the weakness of the soul at the present time. Because of this illness, you are not constantly healthy. Sometimes you are healthy and sometimes you become weak. So, perform every task by keeping the Incorporeal and the sakar form in front of you and having them verify the task first. This is the means of remaining constantly healthy. Through this, your time will also be saved. You will experience it as though someone is verifying it in the physical form. It is a common matter, but you do not put this common matter into practice so much.

**14/06/72**

when your souls are in your perfect, powerful form, then it will be like when someone comes and turns on the switch in one second, that is, there is a pure thought, a pure feeling that this soul should also be benefitted. This is the switch of thoughts. By turning it on, by your creating a thought, that soul's desires will be fulfilled and he will melt internally, because souls who come at the end will become satisfied with even a little. Because their part is only of taking a few grains, they will think that they have attained all attainments. According to them, that is everything for them. So, every soul should receive the fruit of their desires; none of them should remain deprived. And, for this, you need to have such a powerful stage now, that is, you have to accumulate all the powers within yourself. Because it is only with the powers you have accumulated that you will be able to give someone the power to accommodate and someone else the power to tolerate, that is, you will be able to give each one whatever he needs.

**13/04/73**

Those who are extremely close to the perfect stage will have a certain intoxication in their thoughts, words and actions. What is that? Of course everyone has Godly intoxication. As the inheritance of Godly intoxication, you attained God's lap and came into it. That is there anyway. But what is the special intoxication they would have? What intoxication will be in their thoughts and words? The intoxication they have is that whatever they are doing is already guaranteed to be successful. It is not that they will think: It will be successful or it has to be successful, but that it is already successful. There will be the intoxication, even in their thoughts, that their every thought is guaranteed to be successful. In their actions also, they will have the intoxication that success is merged in their every action like a shadow. Success is guaranteed in their words. Success is definitely going to follow me. Success cannot be separated from me. When there is such intoxication in your every thought, word and action, then understand that you are extremely close.

**21/07/73**

The vision of those who are complete in everything is not drawn towards anything. They constantly stay in spiritual intoxication. They will be beyond having any wasteful thoughts; their intellect and vision will not be drawn in other directions and they will remain free from all types of worry. They will constantly be playing with the treasures received from the Father. They don't even have the time to have any other thoughts, because they constantly remain busy in imbibing and distributing to others the treasures they have received from the Father. The greatest business, the greatest donation and the greatest charity is this. What else would you do if you let go of such an elevated task and such elevated donation and charity? Do you have time for anything else? Do you still have time to have thoughts of performing insignificant tasks or have you already finished all tasks? Since you have not finished everything, how can you have time for anything else? Can those who remain busy in such a great task have any aim and object in playing with dolls? Is there any result in that? If someone very important, someone who normally earns multimillions at every step, plays with dolls, would you call him someone who is greatly sensible? Wasteful thoughts are the play of dolls.

**02/05/74**

Nowadays, very clear pictures of any place can be seen in many different places. So Madhuban is also a T.V. station. There are T.V. sets everywhere. Nowadays, scientists are able to measure the speed of thoughts and check the state of someone's mind. Similarly, the thoughts and vibrations of the minds of the residents of Madhuban spread everywhere. Therefore, you should pay attention to every thought you have. You should not be careless about this. If you residents of Madhuban want to spread your vibrations of a special thought whilst sitting in Madhuban, then you are able to sit somewhere and do that. Just as the fragrance of something physical automatically spreads everywhere, similarly, the vibrations of your thoughts should automatically spread everywhere. This is the special service that

the residents of Madhuban have to do. When you have a special bhatthi in Madhuban, those vibrations spread everywhere.

**10/12/78**

Every year, all you children make a promise to BapDada according to your capacity. So what result did Baba see? At the time of making the promise, you promise with a lot of zeal, enthusiasm and courage. For a short time afterwards, whilst putting your promise into practice, you remain an embodiment of success and have good wishes and benevolent feelings whilst facing all the problems that come. However, after a while, instead of paying full attention, you just pay attention so that every now and then that attention changes into tension. The powerful thought that victory is your birthright changes its form so that instead of experiencing your birthright, you sometimes let words such as: "Give me my rights! Give me power!",

**02/01/79**

The special arrow of Maya is that of waste thoughts. She uses this arrow to make your intellect weak. Then, because it is weak, it is easily influenced. When you are weak, you are unable to do what you want. So, even though you want to do something, you are unable to do it. The reason for this is that you don't use the power that you have received from the Almighty Authority. The special power is the power of churning. You don't know how to use the power to churn.

01/02/79

By having thoughts of weakness about yourself, you develop sanskaras of weakness. Once someone becomes weak, and is unable to regain his health in a short time, the germs of that weakness become very strong. Similarly, you should not allow the germs of the weakness of waste thoughts to enter you. Once you do, it is very difficult to remove them.

05/12/79

So, you have received the almighty authority, and on the basis of your almighty authority, that is, on the basis of your treasure of charity and your pure thoughts, you are able to make any soul do whatever you want. One thought of yours has so much power that you can enable souls to forge a relationship with the Father and to become prosperous with all treasures. Those kings would give a commandment, whereas you just have to create that thought. Just as they could command whatever they wanted to happen, so too, because you have received your Godly right directly, you can uplift other souls as much as you want with just one thought. You are such elevated souls, are you not? However, why does this not happen in practice? You have been given all rights and the almighty authority, so why are you not able to use them? What is the reason for this? Why has this elevated form of service not yet begun? You must use your power of thoughts, and not misuse it.

Throughout the whole of history, whenever someone could not use his authority, the main reason was that he had misused his authority. What was the reason why kings lost their kingdom, politicians lost their position and dictators lost their authority? They stopped doing their royal work and began to indulge themselves in their own pleasure and comfort. They themselves began to depend on something or another and thereby lost their rights. Because they became influenced, they misused their rights. In the same way, all of you have received authority from the Father in every second and every thought. You have received the authority; you have received all rights. Therefore, you must use that authority with the knowledge of its real value. When you misuse something for a trivial matter in carelessness or for your own pleasure and comfort, or if you start thinking or speaking wastefully, then you become unable to use either your treasure of charity that you have accumulated or your Godly authority as you should. Even one thought of yours should be very powerful. The elevated thoughts of elevated Brahmins are the instrument to draw the line of fortune of other souls. One thought of yours should be like a switch that you can put on and so remove all darkness within a second.

5. The thoughts of a pure and charitable soul are like a spiritual magnet that can attract other souls toward spirituality.
6. The thoughts of a pure and charitable soul are like a lighthouse that can show the true destination to souls who are searching around.
7. The thoughts of a pure and charitable soul are so extremely cool and serene that they can cool down souls who are burning in the fire of vice.
8. The thoughts of a pure and charitable soul are such elevated weapons that they can release tied and bound souls from all their bondage and set them free.
9. Just as the magic mantra makes the impossible possible, so too the thoughts of a pure and charitable soul have such special power that they can make impossible things become possible. By practising the great mantra that disciplines the mind, they are able to make souls who are under one or another influence fly away like a fire-fly.
10. Just as people nowadays are able to change desert into grassland, and can cultivate flowers high on a mountain, so too, you pure and charitable souls, with your elevated thoughts, can develop hope in those who have no hope.

You must increase your account of charity at every second and use every thought and every second in the knowledge of their value. Any task that cannot be accomplished by the

multimillionaires of today can be accomplished by just one thought of you souls -one thought of yours can make another soul into a multimillionaire. So, how elevated is your power of thought? Whether you increase your account and inspire others to increase theirs or whether you waste it is up to you. Those who waste it will have to repent, whereas those who increase it will swing in the swing of supersensuous joy. Sometimes they will swing in happiness, sometimes in peace and sometimes bliss. Those who waste everything will have to look at their own empty aprons and observe those who are swinging in these swings. All of you are those who will swing, are you not?

10/12/79

At amrit vela, the power of celebrating a meeting, the power to imbibe (to adopt) and the power to catch the inspiration of pure thought from the Father every day are extremely essential.

17/12/79

At the present time, even any upheaval in your thoughts must be considered to be important. Previously, there was a time when you were allowed freedom in your thoughts; you only had to pay attention to your words and deeds. However, now there should be no upheaval even in your thoughts because, at the end, world transformation will be accomplished through your thoughts. So, if you have even one wasteful thought, you lose a great deal. Do not consider even one thought to be something ordinary. You have to pay that much attention. The times have now changed and your speed of effort has also changed. You now have to apply a full-stop even in your thoughts. Your stage ascends when you pay attention to your thoughts. Constantly make your stage ascend.

07/01/80

The activities of the subtle region continue to function on the basis of the power of pure thoughts. It is remembered that Brahma had the thought to create the world. So, he had a thought and everything emerged. It is a game of merging and emerging. It appears as though everything functions on the basis of signals, but in fact everything in the angelic world functions through the power of the mind, the power of thought. When BapDada switches on the power of thought, everything emerges. Through the wireless, you are able to hear from far away all the news of the world that continues to happen, whereas here, by remaining viceless, you are able to keep a connection with all three worlds. The yoga of your intellect should be completely refined. In order for your thoughts to reach the subtle region, your power of remembrance has to be very deep and refined with the essence of all relationships. This wire has to be so powerful that Maya cannot cause interference in between.

01/02/80

In order to serve as a bestower of blessings, you first of all need to have pure thoughts for yourself. You also need to practise controlling all your thoughts within a second. Throughout the day, move along in waves of pure thoughts and go to the bottom of the ocean of pure thoughts and become the embodiment of silence when you want. This means your brake should be fully powerful. You should be able to control the power of your mind. As well as this power, the other two powers of the soul, your intellect and your sanskaras; all three powers should be under the control of you, the soul. If you have less of a right over any of your three powers, you aren't able to do as much service as a bestower of blessings as you should be.

20/01/81

on the basis of your karmateet stage, the moment you have a thought it should reach within a second. It will be there as though you said something and they heard it personally at the same time. You will have many experiences of this and there will also be news of the others having such experiences. There will be visions and whatever you think will happen practically. You must now increase this speciality. The efforts of you maharathis now especially lies in practising this. One moment you are a karma yogi and the next moment you are in your karmateet stage. Whilst being anywhere, you can co-operate in service elsewhere through your thoughts.

19/03/81

you can serve any soul with the power of your thoughts. As soon as you press the button of thoughts, your message reaches there. Just as you can help someone with your subtle body of light, in the same way, you can solve the problems of many souls with the power of your thoughts. On the basis of your elevated thoughts, you can transform the wasteful and weak thoughts of others. According to the time, this special service will continue to increase. There will be such problems when all physical facilities will have finished. What will you have to do then? You have to make your thoughts so powerful that its impact reaches far and wide. The greater the power, the further it reaches. You will have so much power in your thoughts that other souls will receive the fruit by you creating those thoughts here. Just as Baba gives you the fruit of bhakti, in the same way, you elevated souls will give the family the fruit of co-operation and those souls will have different experiences of that fruit. This service will also begin.

15/04/81

The language of the eyes would be the language of thoughts. The power of your thoughts work at a much faster speed than the sound of your words. This is why you must make the power of your elevated thoughts so clean that there is nothing unclean or wasteful in them. This is known as having a clear line.

You will experience the success of many tasks being accomplished successfully with this power of thought. It is not through your words or other physical means that you experience total success in transforming souls, or the sanskars of souls who come into contact with you. It is with your power of thought that all of their hopes will be fulfilled totally and successfully as though they have already happened.

04/10/81

The power of silence can enable your thoughts to reach other souls even faster than a wireless. The power of science is able to bring about transformation, growth, destruction, creation, upheaval and also give comfort. However, the special tool for the power of silence is pure thought. With the tool of thought, you are able to see the successful form of whatever you want. First of all, experiment with this on yourself. Experiment with any illness of the body. Then, with the power of silence, any form of karmic bondage will be experienced in the form of a sweet relationship. Bondage is always bitter, whereas a relationship is sweet. With the power of silence, this suffering of karma, the bitter bondage of karma, will be experienced as a line drawn on water.

21/02/83

A master creator can create whatever type of atmosphere he wants within a second by ordering his pure thoughts. He can spread whatever type of vibrations he wants to. Whatever power he invokes, that power becomes co-operative. Knowing what a particular soul is lacking, such a soul becomes a master bestower of all attainments and is able to give what that soul lacks.

02/05/83

A soul who has the power of coolness will maintain coolness in the speed of thoughts, in words and in connections, under all circumstances. If the speed of thoughts is fast there is a great deal of waste, and it takes a long time to exercise control. It takes extra time and extra power to be able to control, when it is needed or to be able to transform, and sometimes there are even accidents. The one who moves with the correct speed that is the one who is the embodiment of the power of coolness will be safe from that which is wasteful and will be saved from accidents. The fast wasteful thoughts of, "But why? But what? But, if only, " will all finish

21/02/85

The language of thoughts is also a most elevated language because the power of thought is the most elevated of all powers. It is the foundation of all powers. The language of thought is the language that travels the fastest of all. No matter how far away someone may be, even if there are no instruments available yet by using the language of thought you can send messages. Ultimately, it is the language of thought which will be useful. When all the



instruments of science have failed then it will be this instrument of silence which you will use. The only thing is that the line has to be kept clear. Practise keeping yourself constantly busy in thinking of the One Father, the knowledge that you have heard from that One and the service you do with that knowledge. The line will be kept clear with these elevated thoughts. Wasteful thoughts are disturbing. The more that you finish waste and the more that there is only powerful thoughts, the clearer the experience will be of the elevated language of thoughts. You are able to have an experience with the language of the lips but the language of thoughts can give a greater experience, and instantaneously. The essence of three minutes of a lecture can be shared within a second by using the language of thoughts. There is the praise of jeevanmukti in a second: by using this language you can give this experience.

04/12/85

meeting in thoughts, a meeting in words and a meeting in sanskars, so that the thought of the one who is the right hand will be Baba's thoughts. Baba doesn't have any waste thoughts, and so this is the sign of having constantly powerful thoughts. Baba's words constantly bestow happiness, are constantly words of sweetness, are constantly the supreme versions, never ordinary words.

Powerful thoughts are revealed through the vision and the attitude and then, because these are powerful, others can also be transformed. With thoughts an elevated world is created. With your attitude the atmosphere can be transformed. With your vision you can give others the experience of the form of the bodiless soul.

16/12/85

Two forms of the creation of Brahma have been remembered. Firstly, Brahmins emerging from the mouth of Brahma and, secondly, it has been said that Brahma created the world through his thoughts. For how long did Brahma Baba have elevated powerful thoughts ? Bap and Dada are together but the creation would not be called the creation of Shiva. It has to be called the creation of Brahma. Yes, here are the children of Shiva but the terms 'Shiv kumar' and 'Shiv kumari' are not used; 'Brahma kumar' and 'Brahma kumari' are the terms used. Brahma has invoked you with elevated thought and has created this creation. You have come here in corporeal form through the invocation of the powerful thoughts of Brahma. The creation through thought is not a little thing.

In fact, thought is so powerful that although the children were hidden far away behind a variety of curtains, all of you have come into this family. Elevated powerful thought gave you inspiration and brought you close. So, the creation of powerful thought is also powerful. This has been the experience of many - it was as if there was special inspiration touching the intellect and bringing you closer. And, because of Brahma's powerful thoughts,

even as you see the photograph of Brahma, there is a feeling of a living quality in it. There is the experience of a living relationship moving you forward. And so BapDada smiles seeing this creation. As time goes on further the fruit of more powerful creation will be visible.

29/03/86

Whatever you had thought was good also changes when you become afraid. So, do not be afraid. Seeing the karma, do not become trapped in the bondage of karma. "What happened? How did it happen? It should not happen like that. Why does it always happen to me? It is just my fortune that is like that." You continue to tie strings like this. These thoughts are the strings. Therefore, you become tied in the bondage of karma. Waste thoughts are the subtle strings of the bondage of karma. A karmateet soul would say, "Whatever happens is good, I am good, the Father is good and the *drama* too is good. These thoughts work like scissors to cut the bondage. Once the bondages are cut you become karmateet, do you not? Because of being children of the Benefactor Father, every *second* of the confluence age is benevolent. At every *second*, your business is to bring benefit; your service is to bring benefit. The *occupation* of Brahmins is world transformers, world benefactors. For souls who have such faith in the intellect, every moment is definitely benevolent

18/12/87

**To have pure feelings means to have powerful thoughts. The speed of thought is faster than all the other powers. Even though science has created instruments of a very fast speed, faster than all of them is the speed of thought. When you have pure feelings for a soul, or for the souls of the entire world, it means that you have the powerful, pure and auspicious thought that there should be benefit for that soul. When your thought and feelings emerge, that soul will experience that I, the soul, am receiving peace and power through special co-operation. For instance, even now many children experience that in some task, they did not have the courage or worthiness, but with BapDada's extra help, the task was easily successful or that the obstacle finished. In the same way, the subtle service of you souls, who are master world benefactors, will give them a practical experience. This will take less time, use less facilities and less money. To be able to do this, the mind and the intellect have to be constantly free. Because you keep your mind and intellect very busy with small matters, the subtle line of speedy service does not remain clear. You keep the line of your mind and intellect engaged in ordinary matters. This is why this subtle service is not taking place with a fast speed. For this, pay special attention to solitude and stability.**

27/11/89

The reason for waste thoughts is this: you have either seen waste or heard waste. And so that which you have seen and that which you have heard continues in your mind even against your desire. "Why did he say this?" "What he said was right." "What he said was not right." "This should happen." "This should not happen." The mind has had the habit of listening to and seeing waste for sixty-three births. Therefore, it becomes attracted in that direction even now. This is why the small disobediences make the mind heavy and because you become heavy, you cannot fly towards a high stage. This is a very deep philosophy. The burden of the sins of the past does not allow the soul to experience the stage it desires.

17/12/89

Whilst living in the household, you remain loving and detached, do you not? You are not those who are ever trapped in the bondage of the family, are you? Do you remain detached? Are the Pandavs detached? Those who are detached are automatically loved, because Baba is also loving, is He not? Those who are naturally detached can receive the Father's love. For half a kalpa, you trapped yourself. Even though you tried to free yourself, you became more and more trapped. And now, Baba has freed you from all bondages. You must not become trapped in any relationship, in your body or any material objects, even in thought. You have seen what you received by remaining trapped for sixty-three births. You lost whatever you had. So you must remain free from bondage even in your thoughts. This is known as being loving and detached. Bondages should not pull you even in your thoughts because once it comes in thought, it then comes in your actions. So if you finish it in thought, would it come into action? You must especially practise remaining loving and detached, that is, in this avyakt stage

**31/12/92**

the most elevated treasure is the treasure of thoughts. The elevated thoughts of all of you are the foundation of Brahmin life. The treasure of thought is very powerful. With your thoughts, you can reach Paramdham in less than a second. The power of thought is a rocket that is even more powerful than an automatic rocket. You can go wherever you want. Whether you are just sitting or whether performing an action, with the treasure and power of thoughts you are able to experience closeness to any soul you wish to come close to. You can arrive at whatever place you wish to. Whatever stage you wish to adopt, whether it is elevated, whether it is of happiness, waste or weakness, with one second's thought, "I am an elevated soul", you will have an elevated stage and an elevated experience. The moment you have the thought, "I am a weak soul, I do not have any power", then with a thought of just one second, your happiness disappears. You will experience signs of distress in your stage. However, the basis of both these stages is your thoughts. When you sit in remembrance, you create your stage on the basis of your thoughts. "I am a point". How did you create this stage? With your thoughts: "I am an angel." So how powerful thoughts are! The basis of knowledge is also thoughts. I am a soul, not a body. This is the thought you have. Throughout the day, you have pure thoughts in your mind and intellect, and in your churning, you have pure thoughts. What is the power of churning? The basis for that is also the power of thought. When you imbibe something, you give your mind and intellect the thought, "Today, I will imbibe the power to tolerate." So the basis of your dharna is also thoughts. When you create plans for service, how do you create plans? You experience this, do you not? You have pure thoughts, do you not? You are able to create plans with pure thoughts. So, the special and most elevated treasure of Brahmin life is the treasure of thoughts. If you use the treasure of thoughts in a worthwhile way, then your stage and your actions throughout the day remain very good. But what is the result when you waste your treasure of thoughts? You are not able to create the stage that you want to. And all of you know that waste thoughts weaken your intellect and your

stage. The intellect of those who waste physical things is weak and confused. They are not able to make accurate decisions. They are constantly confused. They are not able to clearly decide what to do and what not to do. The speed of waste thoughts is very fast. You experience this, do you not? All of you experience waste thoughts, not sinful thoughts, but waste thoughts. Do you all experience this? Because of their fast speed, you are not able to control them; you lose control over them. So, the sign of waste thoughts is distress, loss of happiness, an upset mind and not experiencing pleasure in your life. Many of you are not even aware of why your stage has become like it has. You look at gross factors, thinking, "I did not perform any sinful action, I did not make any mistake, yet why am I lacking happiness? Why am I unhappy? Why am I not experiencing pleasure in my life? Why am I not able to stabilise my mind? What is the reason for this? You see your sinful actions, your sinful thoughts, you check your gross mistakes, but, in fact, there is a subtle mistake of wasting your treasures. You have definitely increased your account of unnecessary wastage. Physical illness initially may not be something major; it only appears in a minor form but it grows from something minor to something major. You are not able to see the minor form but it is visible in its major form. In the same way, if there is this wastage, you have not accumulated anything.

So, the account of wastage keeps on increasing, increasing and increasing. The account of sin is separate. This is the account of wasting treasures. You are able to see and realise sin very clearly. "I did this today and this is why my happiness disappeared." However, there isn't so much checking of the account of wastage. And you think, "Today has passed by and I haven't made such a mistake." But did you check whether you accumulated or whether you wasted the elevated treasure of thoughts? If you do not accumulate, then in which account would that be? In the account of wastage. Internally, you think that you are doing a great deal, but check your account. What treasures did you accumulate today? Do you know how to check this? Have you become checkers? Have you become the checkers of the self or of others? You check yourself internally but the checking of others is easier because it is done externally. So, BapDada was seeing that the special treasure of elevated thoughts is wasted a great deal. You are not even aware whether it has been wasted or used powerfully.

25/03/95

But did you accumulate the instant fruit of service? Or did you just labour? You may have used eight hours for service, but did you accumulate those eight hours in service? Did you accumulate that time? Or did you accumulate half and was half of that time spent in running around and thinking about everything? Elevated thoughts and thoughts of good wishes and pure feelings are accumulated. So check your account of accumulation throughout the day. When your account of accumulation increases, you will automatically become a diamond. Even now, your time and thoughts are neither accumulated in the accounts of good nor the bad. It is good that you were saved from accumulating it in the account of bad, but did you accumulate in the account of good? Do you understand? Now save your time and your thoughts. The more you save and accumulate now, then accordingly, you will rule and be worshipped throughout the kalpa.

16/02/96

majority of you allow weak thoughts to emerge in advance: I don't know if this will happen or not? These weak thoughts of yours do not allow you to become an embodiment of satisfaction, but they make you an embodiment of questions. "Will it happen? Will it not happen? What will happen? I don't know if..." These thoughts become a wall, and success gets hidden behind this wall. Your slogan is: One who has faith in the intellect is victorious. Is this the slogan of those who are ten years in gyan? Are you sure? Since this is the slogan of this time, not of the future, since this is the slogan for the present time, what should you remain at all times? Satisfied or full of questions? So Maya spreads a web of your own weak thoughts and you become trapped in your own web. Finish the web of weak thoughts with the awareness, "I am victorious". Do not become trapped in it, but finish it. Do you have the power to finish it? Do not finish it gradually, but do it instantly. Do not allow this web to grow. Once you become trapped in this web, it is very difficult to come out of it.

22/03/96

It is the day and time of maintaining your fast, that is, of having a determined thought. True devotees never break their vow. BapDada is once again signalling you children that even now, your first foundation of the power of thought is sometimes being wasted too much. Negative thoughts are a little less than waste thoughts. Increase your power of thoughts for yourself and for the world as much as you want, because your thoughts are the basis of your words and deeds. So transform the power of your thoughts. BapDada considers the treasure of thoughts to be the most precious treasure. Therefore, become *incarnations of economy* with your treasure of thoughts. Today is known as 'The Day of the Incarnation'. So, BapDada's pure desire for all the children is that, as well as today being the day of the Incarnation of Shiva, it should also become the day when all of you become *incarnations of economy*. When you are economical in your thoughts, that is, when you save your thoughts from being wasteful, you will automatically be economical with all your other treasures.

13/02/99

BapDada also told you earlier that the main treasures of Brahmin life are your thoughts and time. Your breath too is also very valuable. Not even one breath should be *common*. Not a breath should be wasted. On the path of bhakti, people say, "Remember your special beloved deity in every breath you take." Your breath should not go to waste. There are the treasures of knowledge and powers, but are you using these three (time, thoughts and breath) main treasures in a worthwhile way and according to the directions you have been given? You are not wasting any of them, are you? If you are wasting them, you cannot accumulate anything. Your savings account has to be built now at the confluence age. If you want to claim an elevated status in the golden and silver ages, or, even if you want to claim a status of being worth-to-be-worshipped in the copper and iron ages, you have to build up your account for both at this time. You should accordingly consider how invaluable your time and thoughts of your short life of this confluence age are. Don't be careless about this! Your days should not be spent ordinarily just as you feel like. That would not just be a day gone by, but a day in which you would have lost a great deal. Whenever you have any unnecessary thoughts or whenever you waste your time, don't just consider that to be five minutes wasted, but you must save those minutes.

15/11/99

BapDada had also sent you a signal earlier to tell you that the greatest treasure that you have, the treasure that enables you to create your future as well as the present, is your treasure of elevated thoughts. The thought power that you children have is a great power. It is the power of elevated thoughts. Everyone has thoughts, but it is only you who have the power of elevated thoughts, the power of good wishes and pure feelings, the power that enables you to concentrate your mind and intellect. The more you continue to accumulate your thought power, the more you will progress. You must not waste this power. The main

way in which you waste this power is through having waste thoughts. BapDada has seen that, even now, the majority of you are still having waste thoughts throughout the day. Those who use their physical wealth economically always have plenty. Those who waste their wealth are deceived at some time or another. Similarly, your pure elevated thoughts have so much power that you are able to increase your *catching power* and your *power to catch vibrations*. Just as the instruments of science, the *wireless*, the *telephone*, etc. do their work, in the same way, when you have the treasure of pure thoughts, then even though you may be sitting in London, you are able to *catch* very clearly the *vibrations* of souls just as clearly as you would be able to do through the *wireless*, the *telephone* or the *TV* etc. So many of these facilities have been invented, but your *catching power* will be much clearer than any of them. This will also increase with your power of concentration. All of those supports are coming to an end. On what basis do all of those instruments function? On the basis of *light* (electricity). All the physical facilities of comfort are based on *light*. So can your spiritual power, your soul power, not do this task? You should be able to catch whatever vibrations you want from those who are near and far. Only when your mind and intellect are both concentrated and stable will your catching power increase. You will have many experiences. When your thoughts are selfless, pure and clear, you will have many experiences very quickly. Science will bow down in front of your power of silence. Even now, people think that that is something missing in science that needs to be fulfilled. This is why BapDada is once again underlining for you that your thought power will enable you do to fast service in your final stage. Therefore, pay greater attention to the power of your thoughts. Save it and accumulate it. It will become very useful. You will be able to become a soul who constantly experiments with the power of your thoughts. What is the importance of science? It is only when scientists make scientific experiments that people believe that they are doing something wonderful. Therefore, in order to experiment with your power of silence, you need the power of concentration. The main basis of the power of concentration is to have the power of control of your mind. It is with this that you increase the power of your mind. The power of the mind is praised a great deal. Those with occult power also show temporary miracles through the power of their mind. You too will show benevolent miracles through the right method, not with occult power, which will become blessings. This experiment with the power of thoughts, will be proved as a blessing for souls. Therefore, first of all, see whether you have controlling power to control your mind. Just as with science you are able to switch something on or off in a second, in the same way, check whether you are able to control your mind for as long as you want in the way that you want. You should be able to see yourself as an embodiment of success, both for yourself and service. However, BapDada sees that, at present, you only pay ordinary attention to increasing your account of thought power. You don't pay as much attention to that power as you should. You speak and act automatically on the basis of your thoughts. There will be no need to make individual effort if you pay attention to this. You think, "Today, I will pay attention to control my words. Today, I will pay attention to my drishti. Today, I will change my attitude by paying attention to it." When your thought power is powerful, you

automatically control all of these things. You will then be saved from having to labour. So, realise how important your thought power is.

**15/12/99**

BapDada saw that the *majority* have *waste* thoughts throughout the day every now and then. What happens is that the weight of *waste* thoughts is heavy, and the weight of *best thoughts* is less. So these *waste thoughts* that you have every now and then make your head heavy. They make your efforts heavy. There is a burden and so that pulls you towards itself. This is why, when there are fewer, pure thoughts which would be a *lift* for self-progress - not even a ladder, but a *lift* - then you have to climb the ladder of effort. Simply remember two terms. In order to finish the *waste*, simply use two terms in your thoughts, words, actions and behaviour from amrit vela till night. Put this into *practical* form.

**15/10/04**

The stage that the Father likes is that of complete purity. The *foundation* of this Brahmin birth is complete purity. Do you know the depth of complete purity? There should not be the slightest name or trace of impurity in your thoughts or your dreams. According to the closeness of time nowadays, BapDada is repeatedly drawing your *attention* to the fact that, in terms of complete purity, waste thoughts too are not complete purity. So *check*: Do you have waste thoughts? Check that no type of thoughts are distancing you from perfection. The more you continue to move forward in your efforts, check that wasteful thoughts are not wasting your time in a *royal* way. Do arrogance and insult attack you in a *royal* way in the form of waste thoughts? If, out of arrogance, anyone considers his speciality, which is a Godly gift, to be his speciality, then the arrogance of that speciality brings him down. It becomes an obstacle and the arrogance that comes in a subtle form, which you know about, is that there is the consciousness of "mine": There should be my name, my prestige. This consciousness of "mine" takes on the form of arrogance. These waste thoughts distance you from perfection because BapDada wants you to stay in your self-respect, not to have any arrogance or disregard. These are the reasons for waste thoughts coming.

**03/02/2006**

Create such a stage that you are not defeated by Maya even in thoughts. This is called being an intense effort-maker. If you keep your mind busy in pure thoughts from the beginning, then you will not have any other thoughts. You must use the methods you receive for keeping the mind busy. Keep the mind busy in churning the treasures you have received and you will be freed from wasting anything

**26/01/70**

BapDada is smiling, because even though you are mature, you sometimes start playing the games of your childhood. Do you know what the games with the



dolls are? They create a whole life-story. They bring it up from little, then they marry it. In the same way, children also create a creation of thoughts in some aspects, and sustain it, then they bring it up and then they themselves are distressed by it. So is this not a game of dolls? They then are even amazed at themselves. Now, you must not create such a creation. BapDada does not create any wasteful creation, but the children create a wasteful creation and then make effort to finish it and move away from it. Therefore, you must not create such a creation. You create an accurate creation very quickly, in one second, and also create an inaccurate creation with just as much speed. You have so many thoughts in one second. What need is there to create a creation, give it time and then try to finish it? Now, you have to apply a brake to this creation.

**26/03/70**

To be obedient means to follow orders. The main order is to constantly stay in remembrance. If you do not follow this order, what would you say? The more you put this order into a practical form, the more instant fruits you will receive. What obstacle is visible whilst you move along in your efforts, one which causes an obstruction to your becoming perfect? The main obstacle is seen to be that of wasteful thoughts. So what should you especially do to save yourself from this? One is that you must not take any rest, internally or externally. If you do not take rest, nothing will be wasted. Secondly, you must always consider yourselves to be guests. If you consider yourselves to be guests and do not take rest, nothing will be wasted, whether it is thoughts or time. This is an easy method.

**02/02/70**

Mention one word in which the seed for waste thoughts is included. There is only one word that enters the intellect due to which there are waste thoughts and vicious thoughts. Why did this happen? A queue of 'kyus' (questions) is formed of wasteful thoughts.

**05/03/70**

Now your actions should be whatever your thoughts are; there should be no difference between your thoughts and your actions. Those are childish things.

First to have a thought, then to create plans and then to carry them out: these are not the days for that. How far has the study progressed? It is now in the final stage.

**26/03/70**

**If you cannot stabilise yourself in the point-form for a long period of time, then don't waste time in that. You will be able to stabilise yourself in the form of a point when you first have the practice of pure, positive thoughts. Remove impure thoughts with pure, positive thoughts, just as you have to steer the car around if the brakes fail when an accident is about to happen. The point-form is the brake. If the brake cannot be applied, then turn the intellect away from waste thoughts and engage it in pure, positive thoughts. Sometimes it happens that you don't have to apply a brake to protect yourself, but instead, you have to steer around. Try not to have any waste thoughts but just to have pure, positive thoughts throughout the whole day. When you pass in this subject, you will easily be able to stabilise yourself in the point-form.**

**07/06/70**

What is the main method to apply a brake to your thoughts? Do you know that? Whatever task you carry out, before you begin that task, think about it first: Is the task that I am about to carry out the task of BapDada? Am I just an instrument? Just as at the time when a sacrificial fire is being completed, sacrificial offerings are made, in the same way, whatever task you carried out and whatever the result was, once you have completely surrendered it to Baba, you should have no more thoughts about it. You carried out the task as an instrument, and as soon as the task was finished, you totally surrendered it to Baba, and so why should you have any thoughts about it afterwards? When something is put into a fire, no name or trace of it remains. In the same way, once it is completed you have to totally surrender everything. Then it is no longer your responsibility. Whoever you offered it to becomes responsible for that. So why should you have any thoughts? When there is a senior person in a family, then whatever task everyone in the family carries out, they refer to the senior person and they become free. In the same way, whatever task you carried out, once you have related the news about it, that is enough. Keeping the avyakt form in front of you,

This confluence age ties everything for twenty-one births. Each thought and each action of this confluence age accumulate in the bank for twenty-one births. You have to create thoughts whilst paying this much attention.

Whatever I do will accumulate, and so I will accumulate so much! Not a single thought should be wasted. When even one thought is wasted, there is no accumulation. So when you have to accumulate, you must not waste even one thought. You have to make so much effort. Let alone time, your thoughts should not be wasted either. Effort is now reaching this level

**19/06/70**

Day by day, service will increase and also the problems will increase. And the speed of thoughts will also increase. At present, you create ten thoughts in one second and later that speed will be doubled or tripled. Just as nowadays, they count the population to see how much expansion there is in one day, in the same way, here, the speed of thoughts is very fast. On the one side, there will be expansion of your thoughts, and on the other hand, there will be expansion of the evil spirits, the souls. But for this, you have to maintain special attention through which you will be able to confront everything that comes in front of you. That is, in order to understand clearly whatever happens, you must remember two words. One is the difference (antar) and the other is mantra. Whatever happens, check whether it is right or not. Is it like that of BapDada or not? Is it equal to BapDada or not? So when you check this difference at every moment, you will be able to apply a not or a dot within a second. You have to apply a dot, if you have to do that, you will begin to do that. So you have to keep not and dot in your awareness too. The difference and the mantra will both take place in a practical way. If you do not forget either of them, no problem or evil spirit will be able to oppose you. The problems will be burnt away in one second. Evil spirits cannot remain in front of you. So you have to make this effort. Do you understand?

**24/07/70**

Now, in a short time, you will have the practical experience of the form of Dharamraj, because it is now the final time. You will experience how for so long, Baba listened to your excuses and also gave you love in the form of the Father. He also had mercy, compassion and favoured you a great deal.

But now, there are very few of these days remaining. You will then experience how there is a hundred-fold punishment for the mistake of one thought. It will be like having the thought and then experiencing the fruit or the punishment of it at that very moment. That time will come very soon. Because BapDada has love for you children, He is warning you.

**22/10/70**

The first transformation: As soon as you open your eyes: I am not this body, but I am a soul. This is the thought of transformation of the beginning of the day. The timetable for the whole day is based on this first thought. If you do not transform your first thought, then throughout the whole day, you will not be able to be successful in your own self-sovereignty or in bringing about world benefit.

**31/12/70**

There is the praise of the yogis attaining all success, but what success do they attain? They attain success in their thoughts and through the method of their actions. By having both of these, you are easily able to claim your birthright.

Do you know how you will be able to attain success in your thoughts? What is the reason for any lack of success in your thoughts? You have many wasteful thoughts now. By having wasteful thoughts mixed in, you are not able to become powerful. You are then not able to attain success in the thoughts you create. There cannot be success in wasteful thoughts. So in order to attain success in thoughts, the main effort required is not to create wasteful thoughts but to create powerful thoughts. Do you understand? You create a large creation, and therefore, you are not able to sustain it fully and use it for a task, just as if you create a big lokik creation you cannot make them worthy. In the same way, when you create your thoughts, you create many of them. The fewer thoughts you create, the more powerful they will be. The larger the creation of thoughts, the less powerful that creation will be. So what effort do you have to make in order to attain success in your thoughts? Stop the creation of wasteful thoughts. Otherwise, nowadays, a lot of time is wasted in creating a wasteful creation and sustaining it. Therefore, there is very little success in your thoughts and actions.

**01/03/71**

Do you know what truth is? No matter what emerges in your thoughts, even not to hide your thoughts is called the truth. If you make effort and experience success, then even if you are defeated, telling Baba clearly the news of both the situations is the truth. Only those who speak the truth will be able to fulfil their promises

**09/04/71**

Check every thought that you create: Am I stable in the stage of being a master

trikaldarshi? If you perform actions whilst being stable in this stage, you will not perform any wasteful action, never mind the question of performing sinful action. You have now gone beyond the account of sinful action. Your sinful thoughts and also your sinful actions have finished. Now, it is just a question of wasteful thoughts and wasteful actions. You have to change these wasteful things into powerful thoughts and a powerful task. This is called the stage of perfection.

15/04/71

. If someone even has the thought: I did this much and so I should receive name and fame for it, then this is also taking. The children of the Bestower cannot even have this thought

15/09/71

Always have the intoxication that all the powers are your birthright. So, continue to move along whilst considering yourself to be one who has a right. You should constantly have such elevated thoughts in the intellect. If your thoughts are elevated, can that not be inculcated into your words and actions? Therefore, make your thoughts elevated and constantly keep the intellect in the company of the Almighty Authority Father. Are you constantly coloured by the colour of such company? Do you experience this or will you experience it when you return home? Always consider that you have to think, speak and do something wonderful, not something common. If you have common, that is, ordinary thoughts, then your attainment will also be ordinary. As are your thoughts, so will be the world that is created. If you do not have elevated thoughts, then you will receive an ordinary status in the new world that you create. Therefore, always check whether the thought you had was ordinary or elevated. All souls have ordinary thoughts and behaviour. If, after becoming the children of the Almighty Authority Father, you have ordinary thoughts and actions, then what greatness or uniqueness is there in that? I am a special soul and therefore, everything of mine should be special. Through your own transformation, you will be able to attract souls to yourself and to your Father, and not towards your body. To your own self means towards the spirituality within the soul. Your transformation will bring about world transformation. Transformation of the world is waiting for the transformation of the elevated souls.

04/03/72

Your duty is not to have any thought of sin in your thoughts, attitude or awareness. This is known as being a Brahmin, that is, being pure. If you have any impurity in your attitude, awareness or thoughts, then you cannot stabilise yourself in the stage of being a Brahmin. You would then be Brahmins in namesake only. Therefore, remain cautious at every step.

10/05/72

Before you perform any action, you do not become a master trikaldarshi. If you create every thought, perform every action and speak every word as a master trikaldarshi, then would it be possible for any action to be wasteful or without meaning? At the time of performing action, you come under the influence of karma. You do not become trikaldarshi, that is, you do not stabilise yourself in the stage of being a detached observer and enable actions to be performed through your physical organs, and so you come under its influence. To be under its influence means to invoke the evil spirits. After performing those actions, you then have to repent, but what happens through that? You have already created the result and the fruit of that action. So, because of being trapped in the action and the fruit of the action, a soul that is bound in the bondage of karma cannot reach its elevated stage.

**20/05/72**

of the world with the power of your spirituality. You are those who make the bankrupt double-crowned. However, you are those who carry out such a great task of changing the self and changing the world with just one determined thought. You transform yourselves with just one determined thought. What is that one determined thought through which the sanskars of forgetfulness of many births are emerged? It is a matter of just one second through which you changed yourselves. Just as in one second you had the one determined thought, "I am a soul", and you transformed everything about yourself, in the same way, you bring about transformation of the world with just one determined thought. What is that one determined thought?

"We are the images of support and the images of upliftment for the world, that is, we are the world benefactors." You constantly remain engaged in the task of transforming the world by imbibing just this one thought. So, you are such spiritual magicians that you transform yourselves and the world with just one thought

**24/05/72**

To entertain yourself with many pure thoughts in one moment and to stabilise yourself in one pure thought the next moment: are you able to practise this easily? In a physical way, you are able to stop yourself whenever you want? Of whom is there the praise of having had the stage of being unshakeable and immovable? You mahavirs are the elevated souls who follow shrimat, are you not? Apart from following shrimat, the elevated directions, you have stopped following any other directions, have you not? Other directions do not wage war on you, do they? Even the dictates of your own mind should not wage war on you. Of course, you have stopped following the dictates of the scripture-writers, the gurus and your iron-aged relations. However, the dictates of the mind means that thoughts are created on the basis of the temporary sanskars of souls, and if you put those thoughts into words or actions, what would you call that? Would you call that shrimat? Or, would you call the creation of

wasteful thoughts shrimat? Those who are following shrimat cannot create even one thought based on the dictates of their own mind or even the dictates of other souls.

**04/12/72**

even one second or one thought should not be used for the self but for world benefit. Such a stage would be called complete and perfect.

**13/04/73**

With your elevated thoughts, draw away that flood of wasteful and sinful thoughts of other souls. And, with your power, draw them away in a short time. Transform the wasteful thoughts into powerful thoughts. Through your one term, give desperate souls the experience of reaching their goal and the destination of their journey. What is that one term? Simply by saying, "Shiv Baba", they should be able to find their goal and destination. Through your every action, that is, every divine activity (and a divine activity is not just of the Father, but the elevated actions of every elevated soul are divine activities; ordinary actions are not called divine activities) so, through the divine activity of every elevated action, reveal the image of the Father. Now, only when you give such a practical, spiritual speech will you be able to transform the world in a short time. For this, you also need a stage.

**25/05/73**

In order to finish the wastage, write your daily diary. In this way, fix your time as to what special thoughts you are to have in your intellect for the day and what you will accomplish through your words for that day. By fixing this, your energy that is wasted by ordinary and wasteful words will be saved. Whatever you do not waste becomes the best. Those who waste anything can never become the best. Look at everything and increase your savings scheme. Only then will you be able to become master creators.

**08/07/73**

you should attain greater glorification through less expenditure. Then, you will only have those thoughts through which you would attain success. The time fixed would be that in which success is already guaranteed. This is known as being the embodiment of success.

**02/08/73**

Check the many types of burdens you have. From amrit vela, there are many Godly disciplines and maryadas, and you are also aware how many maryadas you have disobeyed throughout the day. For each maryada, there are marks of attainment. Together with that, there is also the account of burden on your head. Even for a maryada which you consider to be ordinary, there are marks for its attainment and also the account of burden. By wasting the treasures of your thoughts, words, time and powers, you accumulate the burden of

waste, just as when you waste anything or any food of the yagya, you accumulate a burden. Baba has given you this time of this life of having died alive for world service. All powers have been given to you for the self and for the benefit of the world; the mind has been given to you to have pure thoughts, and that body has been given to you for doing the service of bringing benefit to the world.

**04/07/74**

At present, all of you have the stage of being a world mother or world father or a master creator. So, every thought and vibration of the attitude of a creator would definitely reach the creation. This is why, whatever actions others see you perform at the present time, they will do the same. Do not just pay attention to this, but together with this, also pay attention to whatever thoughts you have and what your attitude is like because that vibration will definitely spread into the atmosphere and into other souls. It is essential to keep this slogan in your awareness, otherwise, the creation of you creators will be weak, that is, they will become those who claim a low status. The weakness of the creator will very clearly be visible in the creation. Therefore, now make your weak souls powerful. The saying that the world was created through thought applies to the present time. As is your thought, so you will be instrumental in creating such a creation.

**09/01/75**

What is the reason for body consciousness and carelessness to return? The reason is that, just as after sowing seeds, you look after them carefully, so you go from here with the thought of sacrificing them, but together with the thought, you need to take care of it, and you don't take the care that you should. According to the time, you need to take the necessary care of it, but you sow the seed and then become careless. You think: Now that you have given it to Baba, Baba has to look after it, that it is Baba's duty now. You do not sustain it. You need to pay attention to your thoughts and words. Just as after sowing a seed, you water it so that it ripens, and you have to water it every day, in the same way, you have to revise the seed of your thought. You lack this and then you become free from any concern; you leave it up to Baba. What would you call those who are not concerned? They become those who love rest and comfort. You should not be those who have sanskars of loving rest and comfort, but those whose thoughts are filled with concern. There should be concern for each and every sanskar. The stain of something missing in even one aspect of your effort is visible as a very big stain. Then there is always the thought that even one small stain will reduce your value. Your thoughts should be in the form of concern

**18/01/75**

**t be that you become deprived from experiencing the visible reward of the present on the basis of waiting for the future reward. You should never think that nothing is visible at the present moment, or that there is no experience of it nor any attainment. "This study is for**



**the future. My future is very bright. Now I am incognito. At the end I will be revealed." But the future sparkle and future reward of a soul who is going to be renowned at the end should be experienced by all souls now. If there is no visible fruit, then there can be no future fruit. You should not have to reveal yourself but the connection, love and co-operation of such a soul will automatically reveal itself.**

**It is a Godly law that those who try to prove themselves in any way will never become renowned. Therefore, such thoughts as, "I know that I am right; others don't know or recognize it; ultimately they will recognize me. Let's see what happens later on", are thoughts of sleep. For a soul who is an embodiment of gyan and an embodiment of remembrance, this is a sweet sleep of carelessness and self-deception.**

**10/09/75**

**So what should happen to thoughts of body consciousness and to thoughts of the circumstances of the physical world? You also have to merge the upheaval of these thoughts. You have to merge all thoughts of the body and all physical things related to the body, as well as thoughts of attaining physical facilities that you might need. There should not be the slightest expansion of any thought other than the thought of returning home. There should just be the thought that you are now about to return to your home. No contact or relation of the body should bring you down.**

**14/09/75**

**No matter what the situation is: whether of your mind or your body or of your relationships and connections, no other soul should enter your thoughts. The very second you even have the awareness of another soul even in your thoughts, an account is created. This is why only eight pass completely. There is the memorial of the special eight. There must definitely be such a deep significance. It is a very difficult paper. Angels are those who don't have anyone even in their thoughts, not even in any situation or under any compulsion. There should not be anyone in your thoughts for even a second. You can only become an angel when you remain strong even under any type of compulsion.**

**21/09/75**

**On the path of ignorance also, it is said: Do everything after careful consideration. First think about it and then put it into action or words. If you perform every deed after careful consideration, then instead of performing wasteful deeds, you will perform powerful deeds. Before a deed is done, the thought emerges. The thought is the seed. If the seed, that is, the thought, is powerful, then the deed and words are automatically powerful. Therefore, in the effort of the present time, you have to make every thought very powerful. Thoughts are the elevated treasure of life. Just as you can attain whatever you want and as much as you**

want from your own treasures, in the same way, you can attain an elevated reward for all time through elevated thoughts. Always keep this little slogan in your awareness: I have to speak and do everything after careful consideration. Only then will I be able to create an elevated life for all time and become free from punishment in the land of Dharamraj. What is the duty of a judge? To give judgment after careful consideration. Become your own justice in every thought. Through this, you will be able to claim the status of a world emperor in heaven.

**27/09/75**

The goddesses from whom bhagats achieve results are themselves still having the thought of achieving results. Why is this? Whilst moving along, they definitely have the thought: Even after making all this effort, why aren't any results visible? According to the time, why is the revelation of the perfect stage still less? Baba is also asking: Why? What main aspect do you need to adopt the form of one who is an embodiment of results? The previous kalpa's memorial of the Pandavs is that wherever they shot the arrow, the Ganges emerged, that is, the impossible became possible in one second. They were able to see the practical fruit. This is known as success. This does not happen because you do not have, in an emerged way, the awareness of your perfect form complete with all powers. "I am an effort-maker. I will become complete and perfect. It definitely will happen, but it will happen numberwise. My duty is to make effort and I am doing that according to my capacity." These seed thoughts of every second are not filled with all powers. By thinking that, anyway, it will happen, thoughts of the present are filled with thoughts of the future. You do not have the power of the sweetness of determined faith or the practical fruit, and so success is not visible either. However, you have some attainment after two seconds, or after an hour or after a few days. So, do you understand the reason for this? Because of your seed thought, you do not have the success of instant attainment. You have many types of ordinary thoughts. You know that something is going to happen according to the time, but that all preparations are not yet made. As yet, even the numbers at the front are not ready. Finally, there will only be eight who pass. Such ordinary thoughts of the future, which you should not use at that time, are used in this way, and this makes the seed weak. And, because of this, the instant fruit becomes transformed into fruit of the future.

**01/10/75**

The slogan for intense effort is: Whatever thoughts I have, they will create an atmosphere accordingly. Thoughts affect the atmosphere and the atmosphere affects your effort. Whoever has any particular thought, others will follow that person. Action is a gross aspect, but now you even have to pay attention to your thoughts. Do not consider thoughts to be something insignificant, because thoughts are the seed. If the seed of thought is weak, you will never experience powerful fruit. To waste even one second is a great mistake. Just as you experience making a mistake of words, so too, you should be able to experience having

made a mistake of waste thoughts. Only when you have such checking will you be able to move forward.

**08/10/75**

Before you perform any action, sanskars first emerge in your thoughts. "I will do this. It should be like this. What does this one think? Even I know how to do everything." Sanskars emerge with thoughts of this type. At the time when you know that your sanskars are showing their form in your thoughts, then instil the habit or practice of first of all checking your thoughts and seeing whether they are like those of the Father.

**12/10/75**

To cause pain to any soul or to experience pain, even through your thoughts, is violence. To be completely non-violent means you are one who don't cause anyone sorrow even through your thoughts. To be the highest of humans means that your every thought and every step has to be the highest, that is, the most elevated; it shouldn't be ordinary, worldly or wasteful.

**07/02/76**

**Question: How can you relate the essence of all the points of knowledge in one word?**

**Answer: The essence of all the points is to become the form of a point.**

**Question: What double attainment do you experience by stabilising yourself in the form of a point?**

**Answer: The form of being a point is to have a powerful stage where you don't have any waste thoughts. A point also means to let the past be the past. Through this, you perform elevated actions and because of not having any waste thoughts, your speed of effort is fast. Therefore, consider everything and allow the past to be the past. All wasteful seeing, listening and speaking should finish. Let your powerful eyes be open, that is, you should have the stage of a detached observer.**

**09/02/76**

Purity is the aim and qualification of Brahmin life. Those whose deep inculcation is purity have no connection with the date of destruction. This is just an excuse to hide your own weakness. Brahmins know how to make many excuses.

**18/01/77**

What is the easy method to remove weaknesses? Surrender to the Father whatever enters your thoughts. Whatever comes in front of you, put that in front of Baba and give the

responsibility to the Father and you will become free. Simply have the determined thought: I belong to Baba and Baba belongs to me. When you say, "Baba is mine", you have a right over something that belongs to you, do you not? If you stabilise yourself in the form of one with all rights, all dependency automatically finishes.

05/05/77

Your heart would be touched by the thoughts of the children who are equal to the Father, as though an arrow had pierced it. In earlier days, when they used to shoot arrows, whoever was pierced by an arrow would fall down with the arrow in him. In the same way, those who are seated on the heart-throne will be such that, firstly, whatever soul they have a thought for in their heart, that soul will automatically come in front of them to relate his own feelings.

28/05/77

However, why, when obstructions come, do you change from intense effort-makers to simply being effort-makers, and from the stage of ascent to a standstill? Instead of being a master and a master almighty authority, you become unhappy (udas) and servants (das). What is the reason for this? Many trivial things. As you were told the other day, the main thing is that most of you have many storms of waste thoughts.

**The cause of having waste thoughts is a lack of pure thoughts, pure ideas and the treasures of knowledge. Even when you receive them, you don't know how to use them or accumulate them. They don't increase because you don't know the right method of using them.**

29/05/77

There are stages of attachment. One is subtle attachment which can only be recognised by being stable in the subtle soul-conscious stage. The other is the gross form of attachment, which can be easily recognised. There's also a great deal of expansion of subtle attachment. Without attachment, an intellect would not be attracted or subservient to anything. So, the way to check for attachment is to see whether there is any subservience, whether it is in thoughts, words, deeds, relationships or connections. Time will definitely be used in that even against your conscious wish. This is why the main cause of waste thoughts is attachment. Check this. Things that you don't wish for disturb you in the form of waste thoughts. The cause of this is weakness in the form of the consciousness of "mine" in regard to your old sanskars and nature. As long as you still have the consciousness of "my nature" or "my sanskars", they will definitely pull you. When you, the creator, have the consciousness of, "my creation", you will be pulled. The creation in the form of "my nature and sanskars", pulls the soul, the creator, towards it. These are not "my" sanskars, but the sanskars of a shudra. To say that the "sanskars of a shudra are my sanskars" is a great sin; it is stealing and cheating. If Brahmins steal the property of shudras, that is, if you say that it is

yours, that is a great sin. Even to say, "Baba, all of this is Yours" and then consider it to be your own, is also cheating. By committing sin in this way and thereby increasing the account of sin, you cannot keep your intellect stable in an elevated stage. This is why you have to come down to the stage of waste thoughts time and again. Then you cry out, "What can I do?"

**The other reason for waste thoughts is that throughout the day, in your thoughts, words and deeds, you disobey shrimat in the form of maryadas that you have received from the Father. From being obedient, you become disobedient. If you step outside the line of the code of conduct even in your thoughts, then it is possible that Ravan, in the form of waste thoughts, can attack you. You should also check that you are not disobeying Brahmin ethics and systems in your thoughts, words, deeds, relations and connections. You definitely have waste thoughts in your intellect when some ethics or systems are missing. Do you understand the second reason? This is why you should check yourself very carefully, for only then will you become free from waste thoughts.**

29/05/77

**understand this deep philosophy of sin and charity. Sin deprives you of your elevated fortune. Sin is also committed through thoughts. You receive the instant fruit of any sin you commit in thought. Any weaknesses in any form of vice you have, even in thought, accumulate in your account of sin. If you have an attitude towards other souls that are influenced by vice, even in thought, then, this too is a great sin. Any wasteful words for any soul also accumulate in the account of sin. Similarly, in action, if instead of having good wishes in your relationships and connections, you have any other feelings, then this also accumulates in your account of sin, because this too is a form of causing sorrow to others. Good wishes increase your account of charity. Wasteful feelings, feelings of dislike or jealousy increase your account of sin. Therefore, when you become a child of the Father, and claim your right to an inheritance, you become a charitable soul. This faith and intoxication is very good, but you must not mix your intoxication (nasha) with jealousy (irsha). After belonging to the Father, your attainment is countless, but, together with being a charitable soul, the burden of sin increases a hundred fold. Therefore, do not become so careless!**

03/12/78

Is your mind so powerful that you are able to serve souls of the whole world with your powerful thoughts? Are you able to purify the atmosphere with your pure attitude? The power of your attitude is its purity, and the basis of purity is the consciousness of brotherhood

04/01/79

**thoughts are a treasure, knowledge is a treasure and by surrendering your money to God, one new paisa becomes as valuable as a jewel. If you don't use all these treasures to benefit yourself or for service, then that too would be a waste. Every second should be for self benefit and world benefit. Are you using all the treasures Baba has given you for the purpose for which He has given them to you? Many children say, "I haven't done anything**

good or bad." So, in which account would that accumulate? Not to give something its value is also called wasting. Because of this, your speed of efforts doesn't quicken and you become numberwise. So, do you now understand the reason why you become numberwise?

10/01/79

Just at that time when you previously observed silence, you all became free and your time was saved, so now create an invention that will save time for you. There should be silence in the mind and no wasteful thoughts should arise. This too is silence of the mind. Just as when no sound emerges through your lips you are in silence, so too, not having any wasteful thoughts is also silence of the mind. Then, all waste will be finished, everyone's time will be saved and service can then begin. A new invention will be created through the silence of the mind. Just as you saw how, in the beginning, a new scene emerged through your silence, so too, new scenes will emerge through this silence of the mind.

10/01/79

The new elevated method for Godly service:

To do Godly service through your thoughts is a new and elevated form of service. Every morning, as soon as a jeweller opens his shop, he checks that all his jewels are clean and sparkling and placed in their correct place. In the same way, every day at amrit vela, cast your vision on the souls who are to come into contact with you. The more you keep them in your thoughts, the more your thoughts will reach them and they will say that they also remembered you for a long time. Continue to move forward by adopting new forms of service.

14/01/79

Before an aeroplane takes off, people first check that everything is in order and then load it with everything. The plane has to be filled with whatever is needed, such as petrol, air and food; only then would the plane take off and fly. All the aeroplanes of you Brahmin souls did reach your take-off point. However, the direction was to fly within a second. Many were left behind because they were still doing their checking. Some were left behind because of checking: "I am a soul not a body." Some were left behind whilst trying to fill themselves with all powers by churning knowledge - "I am a master embodiment of knowledge. I am a master almighty authority." Some had these pure thoughts, but were unable to become the embodiment of them, and so became stuck in the second stage of just filling themselves. Some remained so busy in trying to fill themselves that they were unable to fly. They were engaged in pure thoughts, but were unable to leave the earth of the body. They were unable to stabilise in the bodiless stage. A very few select ones were able to fly with in a second and reach the subtle world or the incorporeal world according to the Father's direction. Just as Baba comes and then goes away; just as the Supreme Soul

is able to enter another one's body, so too, you Brahmin souls who have died alive and are great souls are able to enter and leave your own body. Become a karma yogi whenever you choose; become a yogi of Paramdham or a yogi of the subtle region whenever you wish. Since you have become the masters of the three worlds, you are free to do this whenever you want. At this time, you are the lords of all three worlds, and a lord is able to go to his place whenever he wants.

26/11/79

Constantly continue to progress at a fast speed of effort. When you are stocked with pure thoughts, all your waste thoughts will stop. Continue to churn one or another point of all the knowledge you hear every day. To have waste thoughts means to lack the power of churning. Learn how to churn knowledge. Just take one word and go into the depths of that word. When you give yourself a topic to think about every day, your waste thoughts will stop. Whenever you have any waste thoughts, travel to Madhuban in your intellect. When you remember the elevated atmosphere and the company of Madhuban, all your wastage will stop, and your way of thinking will change.

30/11/79

You serviceable children should never have any waste thoughts. If you say that you are having waste thoughts, what would others do? Others would have sinful thoughts. Of course, each of you does pay attention but you now need to pay much deeper attention. Service should also be done through your mind. When you use the power of your mind for service, waste automatically ends. Nowadays, they try to engage youth groups in accomplishing one or another task so that youthful energy is not channelled towards anything destructive. In order to stop rain water being wasted, they build dams and channel that water in a worthwhile way. In the same way, in order to stop the power of your mind being wasted, engage it in service and then instead of any thought being wasted, it will become powerful. None of the power of your thoughts, words, deeds or knowledge should go to waste.

19/12/79

what you dream becomes the basis of your whole day. Those who remain busy in service day and night would also serve through their dreams. Their dreams would be showing them new service plans and new ways of serving. So, do you remain busy to this extent? You are free from waste thoughts, are you not? The busier you remain in your efforts, the more you will be able to protect yourself and others from waste. At every moment, you should check yourself as to whether something is wasteful or powerful. If you feel it to be even slightly wasteful, you must immediately transform it. When others see you instruments, they too will begin to have powerful thoughts.

26/12/79

The one word to which all your thoughts, words and deeds have to be connected is "stability". Not to succeed in your thoughts means to lack stability. It is the lack of stability that makes you fluctuate. When you have stability, your stage automatically becomes constant and steady. When you have stability, all the wastefulness of your thoughts, words and deeds comes to an end and you can accumulate power. Then, because you become powerful, you gain success in everything you do. To have stability means to remain constantly in one thought of One. The whole growth of the tree is merged in the seed of a thought. When your stability increases, all your fluctuation will end. When you have stability, others are also attracted to you. When something is shaking, it makes everything around it shake. The electricity here fluctuates a lot (the lights kept going out). When the lights come on and then go out, it creates instability in everyone's thoughts and you wonder what's happening. Something stable will enable others to experience stability also. On the basis of your stability, you are able to recognise everything clearly just as it is. When you stabilise yourself, when you have sufficient stability, you can constantly and very clearly see yourself to be what you are. Then, because you clearly recognise yourself as you are, all the fluctuation of: "What?" and "Why?" stops. When you can see something very clearly, you don't have to ask what it is; your questions stop because you can clearly recognise what that thing is. Similarly, on the basis of your stability, you can clearly recognise your own form and the form of the father. When you stabilise in your form of soul consciousness in this way, all the fluctuation of questioning what the soul is like comes to an end. When your questions end, all your fluctuation ends, and then every thought you have also becomes very clear. The beginning, the middle and end of your every thought, word and deed becomes as clear as something in the present would be. The seed of a powerful thought becomes fruitful.

28/12/79

When a thought arises, check - "Is this thought preferred by Baba? Is it preferred by God?" If there is great love for someone then their preference becomes the preference of the self. And so, whatever is preferred by Baba will automatically then be preferred by yourself. Whatever is preferred by Baba will also be preferred by the people.

16/01/80

**Question:** What weight should you souls lose in order to become powerful?

**Answer:** You souls are carrying the weight of waste - waste thoughts, words and deeds. In order to finish this waste, constantly keep yourself busy in service. Increase your churning power! Souls become powerful by churning. Just as you increase the strength of your blood by digesting your food properly, and that strength works for you, in the same way, power in the soul increases by churning.

18/03/81



Whatever thoughts you create, whatever words you speak, whatever actions you perform and whomsoever you come into connection or relationship with, simply check that everything you do is equal to what the Father does. Whatever thoughts you have should be equal to the Father's thoughts. Your words should be the Father's words, because all of you have promised that you will only relate that which you have heard from the Father, that you will only listen to that which the Father relates to you, that you will only think of the things that the Father has told you. This is what all of you have promised, is it not? Since this is the promise you have made, this is all you have to check. It is not difficult to check this, is it? First check to see that it matches everything of the Father's and then put it into practice. First of all check whether each thought you have is equal to that of the Father's thought. You have been told earlier that the copper-aged kings and the royal families would first have everything they were given checked before they would accept it. What are the kings of the copper age compared to you? You must have been much better kings. However, even the kings of today who have lost their throne still receive hospitality and are still looked after so well! All the thoughts you have are food for your intellect. The words you speak are food for your mouth. Your actions are food for your hands and feet.

25/03/81

Do you understand how great the power of silence is? The power of silence cools down the fire of anger. The power of silence can finish all upheaval of waste thoughts. No matter what your old sanskars are like, the power of silence can finish them all. The power of silence can easily finish any sickness in the mind. The power of silence can enable all souls to experience a meeting with the Father, the Ocean of Peace. The power of silence can enable the souls who have been wandering around for many births to experience the destination. It makes you into a great soul (mahatma), a righteous soul (dharamatma). The power of silence enables you to tour all three worlds in a second. Do you understand how great this power is? The power of silence enables you to labour less, and with less expenditure attain greater glory. The power of silence enables you to be economical with your treasures of thought. This means you can attain greater success in less time. The power of silence changes cries of distress into cries of victory. The power of silence enables you to be constantly garlanded with the garland of success.

13/11/81

BapDada sees an embodiment of remembrance from the forehead, the form of fire from the eyes and the stage of being as loving and detached as a lotus from the smile on the face. The lines on the forehead of those who are constant embodiments of remembrance will show that they have a very slow speed of thoughts. They won't have any type of burden; they won't be under pressure. One thought will not give birth to many thoughts in one minute. Just as a physical illness of the body is examined by the pulse being felt, so too, the lines on the forehead are a sign of the speed of thoughts. If the speed of thoughts

is very fast, if thoughts constantly arise one after another, then through that extremely fast speed of thoughts, it is wasting the energy of your fortune. It is just like the power and energy of the body is also wasted by someone who speaks too quickly or who is constantly talking. What do you tell someone who is constantly talking, who talks too much and too loudly? Speak less and say it softly! In the same way, the speed of thoughts wastes spiritual energy. All of you children are experienced in this. What is the speed of thoughts when you have waste thoughts and what is the speed of thoughts when you are churning knowledge? A lot of energy is wasted by one and energy is created by the other. When the speed of waste thoughts is fast, you never experience yourself to be an embodiment of power. Just as when you have lost all your physical energy, you say that your head has become empty, in the same way, such a soul experiences himself to be empty of all attainments. For physical energy you are given an injection or a bottle of glucose. In the same way, a soul who is weak in spirituality has to follow this method of effort in his awareness: I am a master almighty authority. What points did BapDada relate in the murli today? What is the brake for waste thoughts? To try to apply a full-stop. All these methods are ways of injecting yourself. With this injection of the right method of effort, they become powerful for some time. Or they give themselves glucose through special programmes of remembrance or through special gatherings or company. However, someone who has the habit of thinking too fast will, for a little time, experience himself to be powerful by filling himself with that power, but will then become weak again. This is why, seeing the result from the lines on your forehead, BapDada is once again reminding you children of the shrimat: Don't allow the speed of your thoughts to become too fast! For spoken words you tell others: Say two words instead of ten, and those two words should be powerful enough to carry out the work of one hundred words. Similarly, this applies to the speed of thoughts; you should only have thoughts that are necessary. Thought is the seed that should be filled with the fruit of success. It should not be an empty seed that doesn't bear any fruit. This is known as constantly having powerful thoughts and not having wasteful thoughts. When thoughts are few, there will automatically be less, and they will be powerful, whereas when thoughts are wasteful, there will be more and there will be no attainment. Consider waste thoughts to be like a bamboo jungle - one automatically grows from another and they rub against one another. Then they catch fire and the jungle burns itself in the fire it has created by itself. In the same way, one wasteful thought rubs against another wasteful thought and creates a fire of one or other vice and causes you distress. Therefore, let the speed of your thoughts slow down.

Whether you call it the treasure or the special energy of this birth, in which you have died alive, it is your thoughts. The basis of dying alive is pure thoughts. I am not a body, but a soul. This thought changed you from a shell into a diamond. I am a child of the

Father from the previous cycle. I am an heir, I have all rights. This thought made you into a master almighty authority. So this is your treasure, this is your energy and these are your thoughts. How do you use your special treasures? Recognise the treasures and energy of your thoughts and use them accordingly, for only then will all thoughts become practical and you will become an embodiment of total success.

07/03/82

Actions are more gross than thoughts, which are subtle energy. Souls of today are able to recognise the physical form very quickly. Generally, subtle energy is much more elevated than physical. However, it is very difficult now for people to catch subtle vibrations. Through the power of your actions they will continue to come to know the power of your thoughts. Serving through the mind is more elevated than serving through actions. The service to transform the attitudes and atmosphere through your attitude is extremely elevated. Nevertheless, it is easier to perform actions than to do this. You have also been given this definition before, but, today, Baba is clarifying the aspect of giving a glimpse or vision of you being an embodiment of power through your actions. It will become easier for the power of your thoughts to reach them through your actions. Otherwise, weak actions bring down the intellect, your subtle energy and your thoughts, just as the earth's gravity brings down things from above. Therefore, put that vision into your actions.

19/03/82

where there is purity, there is definitely the experience of peace and happiness. Check yourself on this basis! The sign of having purity in your thoughts is that your mind will constantly experience being an embodiment of peace and happiness. If your mind ever has waste thoughts, then, instead of peace, there is upheaval. Because of questions such as "Why?" and "What?" you will not be able to experience the stage of being an embodiment of happiness, and your need to understand will constantly increase "This shouldn't happen! That should happen! This should be like this, and that should be like that!" You will continue to try to solve these things. Therefore, where there is no peace there will be no happiness. So constantly check that no type of confusion becomes an obstacle to your attaining peace and happiness. If there are the questions "Why?" and "What?" then your mind can have no power of concentration. Where there is no concentration there can be no experience of peace or happiness.

24/03/82

think about the jewels of knowledge. In comparison to having powerful thoughts, you have wasteful thoughts: My role is not that visible. I cannot have yoga. I cannot become bodiless. These are waste thoughts. Instead, have powerful thoughts: Remembrance is my original religion. The religion of the children is to remember the Father. Why would I not be able to do this? I will definitely do this. If I don't become a yogi soul, who else will? I am

an easy yogi soul of every cycle. Therefore, instead of having waste thoughts, have powerful thoughts like these. Don't have the waste thought that your body cannot function. Instead of this, have the powerful thought that the Father has made you belong to him in this last birth. It is a wonder and greatness of the body of this last birth that you claim your inheritance for birth after birth through your old body. Don't have thoughts of hopelessness. Create thoughts in happiness. Wah, the wonder of my old body is such that it has become instrumental in enabling me to meet the Father! Use the body whilst singing its praise. When you make a horse run with a lot of love with your hands, it runs very well. If you whip the horse again and again, it causes more trouble. Your body belongs to you. Therefore, don't tell it that it is a useless old body again and again. Like saying this, it is as though you are whipping it. Continue to sing its praise with a lot of happiness and continue to move forward. Then your old body won't disturb you. It will co-operate with you very well.

09/01/83

Those who have a right cannot beg "Give me this! Give me that!" even in their thoughts. The words of a beggar are "Give me this!" whereas the words of a soul who has a right are "All of this is my right." You have become such souls with a right, have you not? Without your asking, the Father, the Bestower, has automatically given you a right to all imperishable attainments. All of you had just one expression in your thoughts: My Baba! In just a few words, the Father said: The world of all treasures is yours. Just the one thought or expression became an instrument to give you all rights. "Mine and Yours". These two words trap you in a cycle,

The Father Himself gives you multimillionfold-more than you thought of yourself. So don't be a beggar even in your thoughts. This is known as having a right. Have you become those with a right in this way? You sing the song, "I have attained everything", do you not? Or do you sing the song of complaint: I have yet to attain this, I have yet to attain this. Where there is remembrance, there cannot be complaints. Where there are complaints there cannot be remembrance.

27/12/83

Just have one powerful thought or perform one powerful action and through that one seed, you attained multimillionfold fruit. So are you attaining the fruit of the season, that is, easy fruit? Do you experience the fruit or is that, before the fruit emerges, Maya, the bird, spoils it? So, do you pay this much attention, or is it that even after making so much effort, after having yoga, studying everything and serving according to your capacity, you don't attain as much as you should? It should happen always, because you receive multimillionfold return of one. Therefore, that is the attainment of countless fruit, is it not? Even then, that attention doesn't remain all the time. It doesn't remain to the extent that it should. What is the reason for this? The seed of the thought and action is not

powerful, the ground of the atmosphere is not powerful, or the ground and the seed are all right, and the fruit does emerge, but with the limited thought that "I did this", you eat fruit that's unripe. Or the many different problems of maya, the atmosphere, the influence of bad company, the dictates of the self and others, and the birds of waste thoughts spoil the fruit and this is why you remain deprived of the treasures of the experience of the fruit, that is, the attainments. The words of such deprived souls are, "I don't know why". You are not those who make such wasteful effort, are you? You are easy yogis, are you not?

29/12/83

the thought enables you to create the form. If you keep saying that you have an obstacle, you have an obstacle, then you become the form of an obstacle. By having weak thoughts, you create a weak world because if you have even one weak thought, then after that one thought, many other weak thoughts are created. One thought of "why?" or "what?" brings many other questions of "why?" and "what?" When you have a powerful thought: I am a mahavir, I am an elevated soul, the world will also be elevated. Therefore, as the thought, so the world. All of this is a game of thoughts. If you create thoughts of happiness, you experience the atmosphere to be one of happiness at that time. If you create a thought of sorrow, then even in an atmosphere of happiness, you will feel it to be an atmosphere of sorrow, you won't experience happiness. Therefore, it is in your own hands to create an atmosphere and to create a world. Have determined thoughts and the obstacles will vanish like magic. If you think, "I don't know if this will happen or not", the mantra doesn't work. For instance, when you go to a doctor, he would first of all ask you if you have faith in him. No matter how good the medicine may be, if you don't have that faith, the medicine will have no effect. That is something perishable, whereas here, it is a matter of something imperishable. So, always remember that you are the souls who are constant destroyers of obstacles and worthy-of-worship souls. In which form are you worshipped even now? Because this last birth of yours is vicious, there are no memorials kept of this present form, but your memorial does exist in one form or another. So constantly consider yourself to be a master almighty authority, a destroyer of obstacles, Ganesh, the son of Shiva. You create your own thoughts of not knowing about something and so, because of those weak thoughts you become trapped. Therefore, become those who constantly dance in happiness and who remove everyone's obstacles. Become those who make the difficulties of others easy. For this, simply have determined thoughts and remain double-light. Nothing belongs to me, everything belongs to the Father. When you keep the burden with you, you experience all sorts of obstacles. If nothing is yours, you remain free from obstacles. When you say, "It is mine", there is a web of obstacles. So, become destroyers of obstacles who destroy the web.

29/12/83

stay in your powerful stage in the early morning time and you will have accurate touchings. Do not mix in the thoughts of your own mind at that time, the early morning hours of nectar. Sit with a plain intellect and the touching will be accurate.

20/01/84

**Question: What is it that you have to make yourself free from to become an angel?**

**Answer: Liberate yourself from the bondages of the mind. It is wasteful thoughts that won't allow you to become an angel. An angel means, one who does not have any relationship, even with the wasteful thoughts of its own mind. Always remember: we are angels; we cannot tie ourselves in any bondage (any relationship).**

01/05/84

Whatever thoughts powerful souls have, whatever words they speak, whatever actions they perform, are all powerful. The meaning of powerful means the ones who have finished that which is wasteful, the ones who have finished the account of waste, and are constantly accumulating in the account of that which is worthwhile and powerful. There is never anything wasteful that continues is there? Wasteful thoughts, or wasteful words, or time that is wasted? If even a second is lost how much is lost? How great is a second of the Confluence Age. It isn't a second, but one second is equivalent to a life-time. And so it isn't one second that has gone. but it is one life-time that has been lost. The ones who recognise the value of this, are the ones who are powerful souls.

11/05/84

And yet, there is one easy method in bringing seed of thought to fruit, which is to fill that seed at all times with all powers from Baba, the Seed. Then, with the power from the Seed, your own seed will easily and automatically grow and bear fruit. But, because of lack of constant with Seed, they take up the support of souls or external equipment, and make that the method for growth. Because of this, a great deal of time and effort is taken up in the resultant extension of: " Shall we do it like this? Should we do it like this person or another?". Because they have made some human soul or some external thing their support thing their support; because, instead of taking water and sunshine from the Ocean, the Sun, they give the support of physical equipment, or the energy of support of souls, the seed cannot bear fruit. Having applied this time and effort, because there isn't the attainment of visible fruit, as they go along their enthusiasm decreases, they lose hope in the self, in their companions and with service. Then there is sometimes happiness and sometimes sorrow, and with these the boat of Brahmin life sometimes shakes and sometimes moves.

28/11/84

**Mighty means those who are able to finish wasteful thoughts. If there are wasteful**

thoughts you cannot be mighty, because when there are wasteful thoughts, powerful thoughts cannot stay in your mind. Wasteful thoughts will bring you down again and again and powerful thoughts give you the experience of meeting with the Mighty Father. Powerful thoughts enable you to conquer Maya and make you the embodiment of success and the server -the successful server. Wasteful thoughts finish off your enthusiasm and courage and always create confusion in the form of "why?" and "what?" and "how?", and this is why there is depression over small matters. In this way, wasteful thoughts deprive you of achieving all achievements and treasures from the Father. Those who have wasteful thoughts have many, many desires, many high hopes such as, "I will do that", "I will do this", and they make many, many plans at fast speed. Wasteful thoughts have rapid speed and this is why so many thoughts come at a time. There are many high plans but, because of not being powerful, they do not translate them into practise. This is why there is then depression. Because of not changing them into practise there is depression.

And those who have powerful thoughts will always consider only that which they intend doing. Their thinking and action will be equal. Their thoughts will have a speed that is full of patience and such souls are successful in their thoughts and actions. Wasteful thoughts are like typhoons; they create fluctuations and chaos. And powerful thought keeps you constantly in a pleasant state just like the Spring season - always pleasant. Wasteful thoughts become a method to destroy your spiritual energy and time, and powerful thoughts enable you to store your spiritual energy and make your time successfully fruitful. As wasteful thoughts are your own creation, so creation causes trouble to the creator, the soul. That is, it destroys the intoxication of the soul and takes it away from being in the consciousness of Master Almighty Authority. And those who have powerful thoughts always remain the embodiment of spiritual intoxication. You do understand the difference between the two, (wasteful thoughts and powerful thoughts) and yet some children continue to complain that they have waste thoughts. What is the reason for having wasteful thoughts? BapDada has given you the treasure of powerful thoughts, which is the knowledge through the Murli. Each single version of the Murli is itself a powerful treasure. Because of not giving importance to this powerful treasure, wasteful thoughts have a chance to come. Powerful thoughts are not inculcated. If each version is churned then the intellect becomes powerful. Then wasteful thoughts cannot enter. Let your intellect be accomplished with powerful thoughts. Don't you know this method? When the intellect remains empty, then because the place is empty, wasteful thoughts come and occupy it. If there is no margin then how can a wasteful thought come? Don't you know the method to keep your intellect busy through powerful thoughts? To not keep yourself busy means to invoke wasteful thoughts.

So now take up the business of keeping yourself busy. Be the business-men of the jewels of knowledge. Do this business day and night. You won't have time, and there

won't be any margin for wasteful thoughts to come. So the important factor is: keep your intellect powerful, over-flowing with thoughts of knowledge and make it powerful. and the basis of that is to hear the Murli every day and secondly, to merge it within, and thirdly, to become the embodiment. There are three stages. Many children do like to hear it, they can't stay without hearing it. This is one stage. And those who have that stage like it whilst they are listening to it, but that enjoyment stays only whilst they are hearing it. They are very busy in intoxication at that time and they say, "It is very nice. It is very good," and they sing songs of happiness. Then, as soon as the Murli finishes, the taste of it is also finished, because they didn't merge it within. They haven't made their intellect powerful through the power of absorption and this is why wasteful thoughts continue to come. Those who are able to absorb remain ever full. This is why wasteful thoughts keep away. And those who become the embodiment of the Murli become powerful themselves and make others powerful too.

The difference is as follows: Some are able to keep themselves free from wasteful thoughts, and have good thoughts but they do not make themselves the embodiment of power, whereas those who become the embodiment of power are constantly powerful and, through the rays of the powers, are able to finish off their wasteful thoughts. Now ask yourself: which category are you in? Are you interested in listening, in absorbing, or in becoming the embodiment of power? The powerful souls will finish off the wasteful thoughts in a second and transform them into powerful thoughts. So you are powerful souls, aren't you? Then transform your wasteful thoughts. Up to now you have been wasting your time and energy. How long will you go on wasting it? When will you become powerful? Those who are able to keep themselves powerful for a long period of time can become accomplished kings for a long period of time. Understand?

17/12/84

But a soul who claims its birthright will have the determined thought as soon as it comes. Purity is the birthright from your Father, and so you must become pure. Then purity will constantly attract your heart. If as you move along, maya sometimes tests you, coming to you in the form of thought, or in the form of dreams, then the soul that has claimed its rights will not be confused, because it will be knowledgeable. And with the power of knowledge, it will be able to transform its thoughts. It will not allow many other thoughts to be created following that one thought. It will not allow that trace to create a whole family. " What happened, this happened, that happened", all this is the family: You heard how, from one question, a whole queue forms. And so even a trace creates a whole family. But if it has come then let it go away forever. It came just for you to take a paper; you pass it and so it finishes. " Why did Maya come? Where did it come from? Maybe it came from here; maybe it came from there?". Do not allow this generation to come. Or " It shouldn't



have come; why did it come?" - have no such thoughts. Achcha! Even if it does come, you must not make it sit down with you. Chase it away. If there is the question, " Why has it come?" then the question itself will make it sit down. But it comes just simply to help you move forward. It comes for you to take a paper, so it comes to give you the experience to enable you to move further forward to the next class. Not the thought " Why did it come?". or, "It came because of this" or, "It came because of that". And then, what are the further thoughts that follow? "Is this the form of Maya? Does Maya come in this way? Is it red? Is it green? Is it yellow? What is it?" The soul then goes into the total detail of that, so do not enter such things. Why should you be confused? Just simply cross over it and go beyond. Be the ones who are able to pass with honour. You have the power of knowledge. You have all your weapons. You are the master almighty authorities. You are the ones who see the three aspects of time. You are the ones who have the third eye. What is it that is missing? Therefore, do not let yourself be confused so quickly. Even if a little ant comes, you get confused. And the more you think about it, the more your thinking itself is offering hospitality to Maya, which will then make its own home in you. Just as you are walking along and you see something dirty, What would you do? Would you stand and look at it and think " Who has thrown it? What has happened? It shouldn't be here". Or would you just step aside and walk away? Therefore, do not allow extra wasteful thoughts to be created as a whole family. Finish whatever is there in its trace form, because in the beginning it is something that takes only a second to resolve. However, you could increase it into a matter of hours, days or months. So, if you are asked about something a month later, then you will remember that it took only a second. And so do not let yourself be confused. Go into the the depths, but go into the depths of gyan. Do not go into the depths of that situation. So what have you understood? When BapDada sees such elevated valuable jewels playing with tiny little bits of mud, then Baba thinks that these are jewels and yet why are they playing with these little bits of mud? You are jewels and so only play with jewels.

02/03/85

As time changes, sometimes a pure thought also changes. Any pure task also changes from the hope with which you had first thought of it. And so, what was the speciality seen of Brahma Baba that took him to the number-one stage? 'If not now, then never'. Instant donation is called the greatest charity. If there is not instant donation; if time is spent thinking about it; if a plan is made and then it takes time to be put into practice, that cannot be called instant donation. It is only called donation. There is a difference between instant donation and donation. Instant donation is the great donation, and the fruit of this is also great. Why is this? If there is time spent between the thought and letting it take practical form, Maya receives a chance in that period of time in between, because then there is the thought, 'O.K., I will do it later; I will do it after a short while, not now. Or, not so much, I will do a little bit now. And so between the thinking and the doing, there has

been a space of time. So sometimes BapDada sees the account of the children, and sees that if there is this space of time between the thinking and the doing, Maya comes into that time, and the situation changes. For instance, whether it is something to do with the mind or the body or wealth, at first there is the thought that we will do this, but because of the time lag, although the thought was 100%, yet instead of the 100%, or instead of spending 8 hours for Baba, there will only be 6 hours; 2 hours will be cut, and circumstances will have taken that form. This is because of the influence of Maya in the intervening time. In the same way, there will be the thought of giving 100 in terms of wealth, but with the time lag, they will only give 50. There is such a big difference, because there has been a margin in between for Maya. And the thought will have become, 'O.K., let me give 50 now and I will give 50 later on. After all, I belong to Baba anyway, 'or' I won't do it now, but I will do it after 1 month.' But the offering of mind, body and wealth as instant donation is the greatest charity, and it is called Maha Prasad [the great offering]. You have seen how, when they offer sacrifice, then it is considered to be a great offering, only if there has been instant donation. If there has been an instant killing with one blow, that is called the great prasad [the great offering] but if the offering keeps crying out, and keeps thinking about it, then it is not the Maha Prasad. Just as when they offer the sacrifice of a goat and the goat cries out in distress, then that is not the great Prasad. What happens here? Here, there is the thought, 'Well, let me do it like this, not like this', or 'Not now, but later'. These are the various thoughts that come, and so that which cries out in distress can never be accepted in the form of a great offering. The praise for instant donation [being the greatest charity] is the praise of this period of time. Instant donation means to have the thought and to do it instantly, not to get left behind just thinking about it. You must have heard experiences many times of how 'I had thought of this, but somebody else did it. I was not able to do it.' So whoever did it, is the one who receives the return. And if the soul gets left behind just thinking about it, then it reaches the Silver Age, because even now it is still getting left behind, just thinking. It is a wasteful thought that says, 'Don't do it instantly'. If it is a pure task, then it should be done instantly. For pure thoughts there is the praise: instant donation means the greatest charity. Sometimes some children play many games. Wasteful thoughts will come with such force, that they are not able to control them, and then they say, 'What could we do? It happened and we were not able to stop it.' Whatever was the thought was done, but yet controlling power is needed for wasteful thoughts. The waste and the powerful. Just as there is multi-million times fruit for one powerful thought, in the same way, the account of one wasteful thought is that there is sorrow. there is hopelessness and all happiness disappears, or the soul will not realise who it is. It will not be able to understand itself. And so there is the experience of how for each one the account multiplies many times over. Later there is the thought, 'But it was nothing at all! I don't know what happened. Why did happiness disappear? The situation was not so big, and yet I don't know what made my happiness disappear'. Or if they are not able to say anything else, they will say, 'I prefer solitude. I would like to go away somewhere.' But where would they go? Do not go anywhere alone

without the Father. By all means become alone, but never become lonely [alone without the Father). If you separate yourself from the Father and become alone, then you become one who has distaste and sorrow (a recluse) and that becomes another path, which is not Brahmin life.

24/03/85

Brahmins souls, become filled with knowledge yourselves and, in that stage, every thought that you create will bring success. You will experience thought and success simultaneously. And so, from today, with the colour of determined thought, let every thought and sanskara be new in the register of this life.

(MISSING 2 LINES P.NO. 36 OLD)

Don't have the thought that such and such continues, that we have had these thoughts many times. Be determined. Strong cement is put into the foundation, to make the foundation strong. If one were to have a foundation of sand, how long would it last? At the time that you create a thought check and see if there is also the thought "I will try" or "I will do as much as possible", or "Others have these weaknesses also". If it is so, you are mixing sand in the foundation and that is why the foundation is not firm. It is very easy to look at others but it takes effort to see the self. If you want to look at others, if you are caught in this habit, when look at Brahma Baba. He is also another.

13/11/85

So check yourself: Is there any bondage in thoughts? There may be bondage to waste thoughts. There may be thoughts of jealousy and conflict. There may be thoughts of carelessness. There may be thoughts of laziness. All these different thoughts are signs of bondage by thoughts. So, today, BapDada was seeing these bondages, seeing how many liberated souls there are. The thick ropes are finished; there remain only the subtle threads. These are thin threads but they are good at tying you. At such times, the soul doesn't know it is being tied in bondage. This is because the bondage brings temporary intoxication. Someone who is physically intoxicated might be unaware of having fallen; he may be in a gutter, yet thinks he is in a palace; his hands are empty yet he may think he is a king. So, too, someone with this intoxication never considers themselves to be wrong. They constantly try to prove they are right. Or they are careless and allow it to continue, saying, "Well, such things always happen". Only the bondage of thought has been mentioned today. Bondage of words and actions will also be taken up another time.

02/12/85

to accumulate the account of power of pure thought in particular. You have to fill yourself with this. It is essential to have the special experience of the power of pure thought and of becoming introspective. With the power of pure thoughts all waste thought can be finished easily; not just your own waste thought but let the power of your pure thoughts be such that, with good wishes and pure thoughts for others, there is transformation in them also. It is now most essential to accumulate a stock of power of pure thoughts for yourself. The love of hearing the murli is very good but the murli means treasures and so, now, accumulate within yourself the power that comes from each point of the murli. This is what is meant when it is said that you must increase the power of pure thoughts. Then, with this power, come into practical action. Let there be particular attention paid to this speciality. The more that you experience and recognise the importance of the power of pure thoughts the more you will be able to experience service of the mind easily. But the first thing is to accumulate for yourself the power of pure thoughts. Then, all of you, who are world benefactors and world transformers, together with the father will accomplish the transformation of the world through pure thoughts. This task remains to be done. At present Brahma Baba in the avyakt form is sustaining all of you with the power of pure thoughts. It is this co-operation that is enabling service to expand and move forward. This special service is happening with the power of pure thoughts and so, now, become equal to the father, Brahma, and practise filling yourself with this speciality through tapasya. The very word tapasya itself indicates practise which is full of determination. Ordinary practise cannot be called tapasya. Why is time being given? Why is it being given now? Could this time be given later on? It is being given to you now because this time can still be counted in the accumulation of your stock over "a long period of time". And so BapDada is inspiring all the children to have attainment over a long period of time.

31/03/86

Whenever you begin an activity of service, check this first: Is there in the intellect, instead of cleanliness towards any soul, the slightest trace of a memory from things of the past in your attitude of mind and drishti when you see or speak to that soul? Because then service which should be completely successful through cleanliness, will not happen. To be clean means to finish all things and attitudes of the past. To have thoughts of the past is to some percentage a light sin. Thoughts also create a world. Although spoken words have an even greater effect, yet by having thoughts your memory world of old thoughts is regenerated, and the atmosphere that it generates will also be of the same tone. And then you say 'You see, what I said was correct, it happened exactly as I said it would'. But why did it happen? Your thought, your weak thought your waste thought created a world of waste atmosphere. This is why the constantly true servers are those who, through their vibrations finish the old vibrations. Just as scientists destroy one weapon with another weapon, do they not? They bring one jet down with another jet. Those jets bring down other jets, do they not? They battle and destroy them do they not? So too, a pure and

elevated atmosphere, can emerge from your pure and elevated vibrations and finish a waste atmosphere. One thought can finish another thought. If yours is a powerful thought, and the other is a waste thought, then the powerful thought will definitely finish the waste thought.

20/02/87

Many think that they are not able to experience the seed stage or that they will be able to experience that stage only after a lot of attention. The reason is because of some leakages; the power of the intellect leaks out due to waste thoughts. Sometimes there are mundane thoughts which means the intellect is kept occupied in what one is doing. This is called mundane, ordinary thinking. While performing mundane actions the thoughts should not be mundane, but if there isn't churning in the intellect, the intellect thinks of just those mundane things, and then you feel happy in a way and tell yourself, "Well, I didn't commit any sins or have waste thoughts, I didn't give sorrow to anyone". But for how much time did you have a powerful stage, powerful remembrance? Did you check that? If there wasn't a powerful stage then it will be said that you had just ordinary thoughts. You did perform karma but didn't become a karma yogi, a yogi in action, and this is why you must experience either the experience of churning or of being merged in Baba's love, even while performing mundane actions. Both of these stages are the basis of doing powerful service also.

10/01/88

in the corporeal world three things are important: thoughts,

words and actions. To have greatness in all three is known as the complete stage. It is absolutely necessary to claim full marks in all three in this corporeal world. If someone thinks that his thoughts are very elevated but there seems to be a difference in actions and words, would anyone believe him? Words and actions are the physical mirror of thoughts. The words of one with elevated thoughts will automatically be elevated. And so, to have the speciality of all three is to become number one.

Seeing the double foreign children, BapDada is always pleased with their specialities. What are those specialities? Just as you have taken a divine birth through Brahma Baba's elevated thoughts and through the elevated thoughts of invocation, in the same way, because you are the special creation created through elevated thoughts you pay special attention to make your thoughts elevated also. Because there is attention on thoughts, you recognise all types of subtle attacks of Maya very quickly, and you quickly make effort to transform them, finish them and become victorious. You constantly pay good attention to cleanse the power of thought. You have good practise in checking the self. Because of the subtle checking of small mistakes, with realization, the heart is clean in placing all that

in front of Baba or in front of the instrumental children. This is why, through this method, you do not accumulate rubbish in the intellect. Do you accumulate rubbish in the intellect or do you remove it quickly? The majority do not hesitate to speak with a clean heart. This is why whenever there is cleanliness, divine virtues are imbibed very quickly. The method of imbibing divine virtues, that is of invoking them, is cleanliness. In bhakti also, what is the method they adopt when invoking Lakshmi or a goddess? That of cleanliness. And so, this elevated nature of cleanliness automatically invokes the divine nature.

28/02/88

you are the souls who are the embodiment of success, and therefore, every thought, every word and every action of the souls who are the embodiment of success enable you and others to attain success. They are not wasteful. If you do something as soon as you say it, it becomes successful. If you said something and thought about it, but did not do it, it became wasteful. Some think that they have very good thoughts and very good ideas; that they have very good enthusiasm for the self and for service. However, it only remains in their thoughts; it does not come into their practical actions, into a practical form. So what would you call this? Why does this happen? They have very good thoughts, but why is there a difference in their action? What is the reason for this? If a seed is very good, but the fruit that emerges from it is not good, what would you say? That something is lacking in the earth or in the looking after it. In the same way, the seed of the thought is good. The thoughts reach BapDada. BapDada also becomes happy that you have sown a very good seed, that you have had a very good thought and that now you are about to receive the fruit. But what happens instead? You lack the earth of determined dharna and you lack the precaution of paying attention all the time.

01/03/92 in English in book its 02/03/92

you do not create the thought or perform the action whilst being trikaldarshi. So, a number is created. So any thought that enters the intellect is the seed. Words and actions are the expansion of the seed. By checking the thought, that is, the seed, whilst remaining stable in the trikaldarshi stage, and making it powerful, there will automatically be easy success in your words and actions.

01/02/94

there is definitely an impact of subtle atmosphere and vibration of those who become the instruments. You accumulate multimillion-fold charity and you also become multimillion-fold responsible. Nothing more can be said, can it? It is very good to become a teacher; at least you get the gaddi. At least you receive the title of Didi (senior sister). However, you then have just as much responsibility. This year, you must show some newness. Do not think: I have raised my hand many times, I have also made many promises for many years. No, do not allow such thoughts to come either for yourself or for others. This thought makes

you become slack. "We have seen it all, this has been continuing all the time, this continues all the time." This vibration also makes you weak. Have a determined thought and the determined thought will definitely bring about success. Do not create weak thoughts. A lot of time is wasted in sustaining them. Creation takes place very quickly; a hundred are created in one second. However, it takes so much time to sustain them. It takes effort and time to finish them, and you are also deprived of receiving blessings and boons from BapDada. You are even deprived of the blessings of good wishes from everyone. Create such a bondage of pure thoughts that the pure thoughts encircle even those who are a little weak, and this bondage of pure thoughts becomes a canopy of protection for them; it becomes a means of safety for them; it becomes a fortress for them. You have not fully realised the power of pure thoughts as yet. One pure and elevated powerful thought can perform such wonders. Try it and experience it this year. At first, there will be battling in this practice. Wasteful thoughts will cut off your pure thoughts. Just as they have portrayed in the arrows of the Kauravs and Pandavs where one arrow destroys the other arrow before it reaches its target, so too, the thoughts try to finish the other thoughts; they will do this. However, the Companion of those who have determined thoughts is the Father. You constantly have the tilak of victory. Now, let this emerge and waste will automatically finish. You allow time for waste; you do not cut it off instantly, but instead you become coloured by it. Cut it off within a second, in even less time than a second. Finish it with pure thoughts. The atmosphere of everyone's pure thoughts will encircle all and definitely work wonders. Do not think ahead, thinking that this does not happen, that you have done a great deal, that you are doing a great deal, and have heard a lot, that you also like this a great deal, but it does not happen. Do not let it be like this. This is also an atmosphere of wastage which makes you weak. It has to happen; what is not possible? Have determination and fly. What can you not achieve? But first, there has to be attention on the self. The attention on the self will finish tension. Did you hear what you have to do? Do not be in agreement in this. Do not be in agreement with those who are weak. Make them your companions. If anyone is saying anything that is not right, then what do you say: Speak of good things about one another. So speak of good things, think of good things and do good things.

**14/04/94**

But did you check whether you accumulated or whether you wasted the elevated treasure of thoughts? If you do not accumulate, then in which account would that be? In the account of wastage. Internally, you think that you are doing a great deal, but check your account. What treasures did you accumulate today? Do you know how to check this? Have you become checkers? Have you become the checkers of the self or of others? You check yourself internally but the checking of others is easier because it is done externally. So, BapDada was seeing that the special treasure of elevated thoughts is wasted a great deal. You are not even aware whether it has been wasted or used powerfully. Brahma Baba is said to be the incarnation of economy. Who are all of you? All of you are this too, are you not? Are you masters or not? Do you not know how to economise? Do you know how to spend? In fact, in their lokik life, double foreigners do not know so much how to increase their account of accumulation. They use it up and it is finished. It is like this, is it not? They keep a low bank balance. But in this, you will have to become

the incarnation of economy. Who are you? Those who are sitting at the back, are you the incarnation of economy? Yes or no? Do you know how to economise or only how to spend? So, BapDada was seeing that the account of wastage was greater than the elevated account of accumulation of what you have received. If your thoughts are wasted, then the other treasures are automatically wasted. If your thoughts are of waste, what would your actions be? What would your words be? Of waste, would they not? The foundation is thought, and so check your thoughts. Do not let them loose. "It is O.K., it is only two minutes, etc." But just check how many thoughts you had in two minutes. It was only two minutes, but how many thoughts did you have? And waste thoughts are faster. In one second, you are able to go from Abu to America, whereas otherwise, it takes so many hours. The speed is so fast. Check them at the same speed and save them. Save the power of your thoughts, and then check them at night. If you save something with attention, then even if the saving is very little, there is extra happiness. If you had to spend 10 dollars or pounds and you saved one dollar or one pound, then you would experience the great happiness of having saved one pound. For your thoughts, use the power to control. Do not say, "I did not wish this. I understand this but what can I do when it happens automatically?" Who says that it just happens? A master or a slave? Everything is under the control of the master. If the master is deceived by someone, is he the master? Check whether you have the power to control. Firstly, save it. Instead of wasting it, accumulate it in the account of "the best". And, secondly, if you are not able to save something, then change it. Change the waste thoughts into powerful ones. If you are not able to have control, then at least you are able to change, are you not? So quickly change its speed, otherwise you will develop the habit. If you check within one hour, then from the waste, you can accumulate even five to ten minutes of thought in the account of best.

If you have even five minutes, then how many five minutes are there in twelve hours? And how much happiness would you experience? The more you accumulate the account of elevated thoughts, the more this account will be useful at the time of need. Otherwise, just as with physical wealth, if you have not accumulated it, then you are deceived at the time of need. And, here also, whenever you have a big test, the mind and intellect seem empty, there is no power. So what do you have to do? Learn how to accumulate.

25/03/95

the first vice is lust and the last is attachment, when any vice comes, where does it first come? It first enters your thoughts, does it not? Or, does it come in your actions first? It first comes in your thoughts. Would you not call those thoughts waste thoughts? You would. Anger also creates waste thoughts. Lust means to have wasteful vision. If you have wasteful vision towards any soul, would that be accepted as purity? It would not. So, why do you not surrender your waste thoughts out of love for the Father? Are you able to do this? It is very easy to say, "Ha ji". However, BapDada has everyone's chart. Even now, the majority of you have waste thoughts based on the five vices, no matter what vice it is. "Why is this like this? Why is it like that? It should be like this." And, something common that BapDada tells you about is that gyani souls either have arrogance of their virtues or their specialities, and the more they progress, the more their weakness in a particular aspect is seen. This is not a weakness in terms of making effort, but a weakness in terms of wanting name and fame, regard, in being consulted, in being put forward, in being made a centre-in-charge, in being given a special part in service: the waste thoughts of this



weakness cause a lot of damage especially in gyani souls. And, nowadays, these two are the main basis of waste thoughts. Just look at your timetable for one day. At present, you are sitting in Madhuban, and nothing as such happens in Madhuban. However, when you return to your service place, check yourself. In one day, check these two aspects: arrogance and, in other words, feeling insulted. "Why did I receive so little? I should also have this status. I should also be put forward." You do understand this to be arrogance also, do you not? The reason for waste thoughts nowadays are the two aspects of arrogance and of feeling insulted.

07/11/95

From the moment you took birth to now, how many times have you thought, "I will do this", or "I will do that"? However, you have not yet fulfilled that thought. You have a very good heart-to-heart conversation and you also please BapDada. Just as you impress the students, you also impress BapDada. However, the impact of that determined thought only lasts for a short time; it does not last eternally.

18/01/98

BapDada has seen that the *majority* of children have a *leakage*. Because of this *leakage*, the powers are reduced; the *leakage* is mainly of two things and they are: thoughts and time are *wasted*. It isn't bad, but it is wasteful. You don't do anything bad at that time, but you still don't accumulate. You just see that you haven't done anything bad today. However, did you also accumulate something good? You didn't lose anything, but did you earn anything? You didn't cause any sorrow, but to how many did you give happiness? You didn't make anyone peaceless, but how much did you spread *vibrations* of peace? Having become a messenger of peace, to how many did you give peace through the atmosphere, your mouth and your *vibrations*? Because you know that you have this short time of the most elevated benevolent age for you to accumulate. If not now, then never – remember this at every moment. "It will happen, I will do it..." If not now, then never. This was the intense effort that Father Brahma made and that was how he reached the destination of *number one*.

18/01/2006

Nowadays, BapDada sees that the *majority* of the children sometimes has a lot of waste thoughts. By doing this, the powers you have accumulated are wasted. Therefore, give your mind the *homework* of having pure and positive thoughts for the self or of giving yourself a *title* of self-respect of one thing or another. Create a *timetable* for your mind. You make a *timetable* for actions anyway, but now create a *timetable* for your mind. After celebrating a meeting with BapDada at amrit vela, give your mind a point of self-respect. However, as Baba has told you earlier, each one definitely has some time 12 to 13 times a day and in that time, have *realisation* and also *revise* it. By keeping your mind *busy*, your *time* will not be spent in wasteful thoughts. You won't have to make effort. The confluence age is an age of pleasure and you will stay in that pleasure at every moment. Second thing was to have pure and positive thoughts for the self. *Check* and *change*. Third is a pure attitude. Through an impure attitude, you spread impurity into the atmosphere; therefore, have a pure attitude. The fourth is that each one has to take the responsibility: My duty is especially to create a pure atmosphere and not look at others. What do you do when there is a bad odour in the atmosphere? You spray a fragrance, do you not? You cannot tolerate the bad odour and so you use

one or another fragrance. In the same way, you definitely have to change an ordinary or impure atmosphere. Whether someone is young or new, this is each one's responsibility. You have to have the determined thought: I definitely have to create a pure atmosphere. This promise will bring about revelation. You make a promise and BapDada is pleased, but, sometimes, there isn't that determination in the promise and this is why there isn't the success you want, as much as you want. Each one has to create such an atmosphere in the whole world, for matter and also souls and within souls - Brahmin souls are also included – each one has to create such an atmosphere at their service place with that determination. If you have to renounce something, then do that. Not: I will only renounce something if others renounce something; no. "If the *system* is fine, then..." Do not make conditions. I definitely have to do this. Being a world transformer is your self-respect, is it not? All of you are world transformers, are you not?

**18/01/2009**

At present, because of coming close, BapDada is giving this signal: according to the closeness of time, even having waste thoughts is a sign of impurity. Check throughout the day whether any waste thought of arrogance or insult pulls you towards itself. While moving along, if you consider the specialities given to you by the Father to be your own speciality and become arrogant, then that is also waste thoughts and impure thoughts of the consciousness of "I", such as : "I am no less. I also know everything. Only my thought is right and elevated." Such thoughts of the ego of "I" are also a trace of subtle impurity. So, check yourself. There isn't any trace of waste thought of any type of impurity still remaining, is there? Because you lovely children of God are instruments to bring the time of establishment of the pure world close. The *vibrations* of instrument souls spread everywhere. Therefore, check: Are any type of wasteful thought pulling you towards themselves? Because now, the pure world and the pure kingdom are coming close. So, the vibrations of purity are needed as sorrow and peacelessness are increasing in different forms everywhere. The reason for sorrow and peacelessness is impurity. So, impure souls and devotee souls now need *double* service. BapDada has seen that service through words is taking place everywhere with a lot of splendour. You are now finishing their complaint. However, souls now need extra sakaash. Do this by giving them sakaash, courage and zeal and enthusiasm by serving through your mind. So, at this time, there is a need for *double* service. For this, BapDada has said that each of you children should consider yourself to be an ancestor. You are the *foundation* of this kalpa tree, the ancestors and worthy-of-worship souls. BapDada continues to hear the sound of the unhappy children. The sound of the call of those souls should reach you children. You are to become completely pure souls, you are becoming that, you have become that, but, as well as that, you also have to increase serving through the mind.

**15/03/2010**

According to today's world, many things continue to change. The laws of the *Government* are also changing. People's attitude is also to change. For this, many things will come in each one's life - wasteful things - and so you need powerful thoughts in order to finish the wasteful. In order to finish waste thoughts, you need *best* thoughts, and for that, you have to listen to the blessing every day. The blessing is elevated thoughts. Whenever you have any waste, you need to have elevated thoughts in your mind. The mind is not able to remain empty. The mind definitely needs one thought or another. In order to change the waste into *best*, the mind needs a change through the

blessing, the slogan and the essence at the beginning of the murli

**15/03/2010**