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AMRIT VELA

**Creating a festival
during**

AMRIT VELA

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Amrit Vela.

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The following is a collection of extracts taken from various Avyakt Murlis.

Stars - * * * * * - are used to separate extracts taken from different Murlis.

Each passage has been given a point number that appears in the margin on the left hand side.

When you are reading one point, there may be other points in different parts of the booklet where Baba expands on the same subject or He gives helpful advice for dealing with a particular problem. In these instances, if you find that you are particularly interested in a given point, you may wish to refer to these related passages; the relevant point numbers have therefore been given in brackets on the right hand side of the page.

Occasionally, an extract taken from a single Murlis has been subdivided so that reference can be made to specific parts of the passage. The small letters a,b,c etc. are used for these subdivisions. For example, when referring to point number 43, it may be helpful to go straight to a point that Baba is making towards the end of the passage; this will therefore have been given a separate letter eg. 43e or 43f.

A list is included giving, wherever possible, a date

for each of the points so that reference can be made to either the full English Murli or, better still, to the original Hindi version.

Particularly with some of the earlier Murlis, use had to be made of translations that had been hand-written at the time of class, and there were also problems in terms of the grammar and fluency of the translation. Despite this, the passages have still been included because each point seems to be of such value.

Occasionally, a trance message from Baba has been included. This is indicated at the beginning of the passage.

Om Shanti.

same way, all of Baba's qualities come within the soul. The experience that Brahma had in the corporeal form will also be the experience of the maharathis. Do you have such an experience? Is there the experience of being merged? To merge within the ocean means to experience one's own complete, perfect stage. You should be able to have greater and greater experience of this so that, through your thoughts, you are able to bestow blessings on others. BapDada sees the closeness of each child. To be completely close means to be merged.

It is particularly at the time of the early morning hours of nectar that you will be able to have such powerful experiences. The effect of such experiences will then last throughout the entire day. If there is someone that you find extremely beloved, then you will keep him constantly merged within yourself. So this is the meeting of the maharathis in the early morning hours. BapDada checks to see the closeness of each one. Just as in the temples, the curtains will be parted so that everyone is able to receive a glimpse of the idols, in the same way, the scene in the early morning hours of nectar is that of the first meeting.

The open treasure-store.

2 Everyday at amrit vela (the time of the early morning hours of nectar), BapDada celebrates the meeting with all the spiritual roses and He sustains them with special love and power. Amrit vela is the time of special sustenance from God. Amrit vela is the special time for meeting the Supreme Soul; it is the time for spiritual conversation. Amrit vela is the time when one can easily attain blessings from the treasure-store of blessings of the Innocent Lord. The praise of attaining all fruits that the mind desires from the Innocent Lord originates from the praise of amrit vela at this time. This is the time when, without effort, one can attain limitless treasures from the open treasure-store. You know of this auspicious period through experience, do you not? Only the experienced know of its elevated happiness and elevated attainments.

(43,44)

Are you constantly moving along on the pilgrimage of remembrance and accumulating an income of multimillions at every step you take? Those who earn an income of multimillions at every step will be extremely prosperous. Do you experience yourselves to be such full souls? Have you received limitless treasures? Have you received the key to the treasure-store? Do you know how to use the key? Does the key sometimes get stuck whilst you

are trying to use it? This key is very easy to use. "I am a soul who has all rights." The awareness of having all rights is the key to all treasures. Do you know how to use this key? You can take as many treasures as you want with this key. Whether you want happiness, peace or love, you can receive anything you choose (Avyakt 18.3.81, groups)

* * * * *

Soul consciousness and relationship with Baba.
What should be my first thought?

3 As soon as you awaken, the first thing you must do is talk to the Father with great sweetness.

(A43e,43f)

* * * * *

4 Each day, at amrit vela, you should not think that you have emerged from sleep, but instead, you should think that you have incarnated from Shantidham (the land of peace, the soul world) in order to do your work.

* * * * *

5 From the moment you open your eyes, **the first transformation should be, "I am a soul; I am not this body."** This is the first thought of the first second when you awaken. It is on this very first thought that the routine of the entire day is based.

If there is no transformation in this first thought then, throughout the day, you will not be successful in the work of having authority over the self and in the work of being the world benefactor. The power of transformation should be used from the beginning of the day. At the beginning of the World Cycle, the divine souls descend from the Brahm element and they come to play their roles. In the same way, the time of the early morning hours of nectar is the beginning period of each day. **At this time, when you awaken, your first thought should be, "I, the Brahmin soul have come to meet BapDada."** This very powerful thought will be the basis for elevated thoughts, words and actions. So, the first transformation is in the awareness of "who am I?" It is transformation in this awareness that forms the foundation for your entire day and it is upon this that everything else is based. **The second transformation is: "To whom do I belong? With whom do I have all relationships? From whom do I receive all achievements?"** So, the first transformation is of the body, and then there is transformation in the relationships of the body. With this transformation there is relationship with the Father and this is the basis for all achievements. This transformation is called easy remembrance or easy yoga. At the beginning of the day, on the basis of transformation, you can be the authority - the ruler.

(18,87)

Ideally, what should be my experience
at amrit vela?

(other references: 90,35,25,72a)

Becoming merged in love.

6 In the early morning hours of nectar, all the children have a heart-to-heart conversation with BapDada. In what way does the sweet conversation experienced by the maharathi souls (the elephant-riders, powerful souls in the spiritual army) differ from that experienced by all other souls? In what way does their meeting with BapDada differ?

There is the phrase: "The soul merges into the Supreme Soul." In one way, this expression is incorrect because there is a word that has been omitted; if it is simply said that the soul "merges", then this is incorrect. However, if the soul is said to be "merged in love" - then this is correct. It is one thing to simply say "merged", whereas it is another thing to say "merged in love".

When there is a meeting of extreme love, then what expression is used to describe this? When there is such a meeting, then it seems as though the two souls have merged into each other - both have come together and become one. These words of love have been adopted in one form and have been remembered in the expression that "the soul merges into the Supreme Soul". However, this is a reference to the meeting with Baba of the maharathi

souls. These souls merge into Baba - that is they become like Baba and their form becomes the same as Baba's form. Maharathi children are able to have such powerful experiences.

There are some children who try to draw Baba's love - they attempt to pull the power of love; but, as they continue to battle, time finishes. However, the experience of the maharathi children is that, as soon as they sit, they merge. Their love is so powerful that they are able to merge Baba within themselves.

The form of the child is then at the stage of being equal to the form of the Father. Just as the Father is incorporeal, so too, the child is incorporeal; as are the qualities of Baba, so are the qualities of the maharathi children - they have become the masters. So, the meeting of the maharathis is one in which the soul becomes merged in love. To be completely lost in Baba - to merge - means to have the experience of having an equal form. At that moment there is no difference experienced between Baba's form, and the form and qualities of the maharathi children. Even though they still have a corporeal form, yet they are lost in the love of the Sakar instrument and their form also becomes equal to Baba's form. In a practical way, they remember their own incorporeal form. If the form is the same as Baba's, then the virtues will also be the same. So, to meet Baba as a maharathi child means to become merged within Baba. Just as rivers flow into the ocean and merge within the ocean, in the

How can I come close to Baba?

The need for cleanliness.

(50c,52,79b)

In the early morning hours, every child begins to race in order to celebrate this meeting with Baba. Baba is the Magnet and so, automatically, the soul that is clean is able to come very close. No matter how much external effort a soul may be making on a physical level, yet, it will only be by being clean and pure that the soul will experience the pull of the Magnet and so will experience itself to be merged.

(47d)

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BapDada's role at amrit vela.

(90b)

The children's responsibility at the time when
BapDada goes on tour.

7 Each day, in the early morning hours of nectar, Baba, the Bestower of Fortune, puts the tilak of success on the foreheads of the obedient children. This is also remembered on the path of bhakti: it is said that God came to put the tilak on the foreheads of the bhagats. This year, Baba Himself will come

to the obedient children - He will come to the pilgrimage places, the service centres to put the dot of success.

Baba goes on tour everyday. If the children are asleep, then that is their mistake. At the festival of Diwali, a flame is lit at each and every place and cleaning is also carried out. There is cleanliness and light and then there is the invocation of Lakshmi. There, there is the invocation of Lakshmi whereas you invoke the Creator of Lakshmi. Sit with the flame ignited and Baba will come.

(52)

* * * * *

8 The more you remember Baba, so Baba remembers you all a million times more. Each day, Baba has to go on tour and He gives you the return of your remembrance. Even if the children are sleeping, Baba still carries out His task of looking after all the children. Whether they catch Baba's help or not depends on the effort of the children. So, at that time, check, and you will be able to have much experience; you will receive nourishment for the entire day.

(34)

* * * * *

Being worthy to claim blessings.

(43e,43f,50c,49)

9 In the early morning hours of nectar, BapDada remembers in particular the children who have special courage and enthusiasm and, at that time, He gives them special power. You should consider yourself to be worthy to claim the power that Baba gives at this time and you will have many good experiences.

* * * * *

10 Each day, during the early morning hours of nectar, Baba gives blessings. If, everyday, you continue to take these blessings, then weakness can never come. However, the soul has to be worthy to claim these blessings: it is simply by having love for Baba that the soul becomes worthy.

Amrit vela is a special time that Baba has set aside for Brahmins.

In the early morning hours of nectar, you can receive whatever it is that you wish. This is the special time that has been fixed for Brahmins. No matter how important a person may be, he will always keep a special time reserved for his own family. So, the early morning hours of nectar are reserved especially for the children. Afterwards come the souls of the whole world - but it is the

children who receive the first chance.
(62)

* * * * *

11 BapDada has reserved the time of the early morning hours of nectar especially for the Brahmin children. It is at this time in particular that BapDada sees the specialities of each child and He sees the virtues of their service. At that moment, do you know what BapDada does? By giving special blessings, BapDada allows the speciality of each child - their virtues and their service - to become imperishable. So, this is why BapDada has reserved this time especially for the children.

(87)

* * * * *

12 The rosary of victory is the rosary which is used for remembrance; it is called the rosary of victorious souls. So, do you know what your number is within the rosary? Do you recognise your own number, or do you say, "BapDada should tell me"? BapDada knows, but each one is also definitely able to know themselves. Whether it is spoken or not, internally, there is the understanding.

Have you understood clearly the answer to the very first riddle - "Who am I?" On the basis of two things - remembrance and present victory - the soul is able to recognise itself. Is it easy to know yourself, or is it difficult? Is each one of you able to discover

your own number?

Each day, in the early morning hours of nectar, BapDada begins to chant the rosary of the children. BapDada sees the speciality of each jewel and so, it is especially at this time that the soul is able to check itself. On the basis of the power of remembrance and the power of your relationship, you can see very clearly on the spiritual television screen to what extent BapDada is chanting your name and you can see what your final number will be. But, for this to be seen clearly, the line of the intellect has to be completely clear - otherwise it will not be visible.

So, do you now understand, "Who am I?". Because the final moment is so close, let the soul make itself equal to Baba. Let the soul experience equality and also closeness. Let your thoughts, words, actions, sanskars and service all be like Baba's, that is let them become like Baba's.

* * * * *

What especially is the role of Brahma Baba at
amrit vela?

(90b,16)

Trance Message

(Didi giving her experience from the subtle
regions after having left the body.)

13 Didi said, "Let me tell you what I have been seeing since I came to the subtle regions. I have been seeing how Brahma Baba always remains so busy here - Shiv Baba is carrying out so much service through him. Just as in the corporeal world, Baba would ensure that we children were kept constantly busy running around doing service - we would not even be allowed to sit down - so too, in the same way, from the early morning hours of nectar, Brahma Baba continues to remain busy in service throughout the whole day. The service that we used to do when we were in front of Baba in the corporeal form is nothing compared to the amount of service that I see Baba doing now.

I have seen how, in the early morning hours of nectar, Baba sends out a searchlight - the light of a variety of powers - to all the children. Baba gives so much to the bhagats and to the unhappy, peaceless souls. He also gives special power to those Brahmins who are weak and is busy filling each soul with whatever it is that they lack.

Baba does not take a rest even for a single moment; he is always serving. Brahma Baba's one love is this love for service and he has a great deal of enthusiasm to make the children become like himself. In the corporeal world, from time to time, we would experience enthusiasm when there was a programme or when we were celebrating a festival - but here, Baba does not stop service for even a single moment. Brahma Baba's stage is also that

of constant yoga and it is here in the Subtle Regions that I, too, have learnt the lesson of being a constant server.

In the early morning hours of nectar, Brahma Baba understands the weaknesses of each one and is busy filling the souls with strength and removing their weaknesses. For the maharathi children, Baba sets them on the unlimited seat and he fills them with power so that they always maintain hope and enthusiasm in world service"...

Then Didi said, "Gulzar, on my behalf, tell everyone one thing for certain: Baba is working so hard for each one of us - each one should definitely give the return to Baba for his love. I can see how Baba is constantly engaged in service. Just as a sculptor will create an accurate image by carefully shaping the eyes and nose, so too, Brahma Baba emerges each and every child in front of himself and he remains busy the whole time in filling the children with all qualifications. Sometimes, one child will be in front of Baba, sometimes another. I never see Baba without there also being children in his company.

So, I have been seeing that, compared to the love that Brahma Baba has for all of us children, the return that we give is insufficient. Didi then said, "On my behalf, tell everyone that they should give the return to Brahma Baba for his love: this should be doubly underlined. Just as Brahma Baba is a constant yogi and a constant server, so too, you

should also become constant yogis and constant servers."

(73)

* * * * *

Experiencing a close relationship with Baba.

(6,17,50c,79)

14 At the time of the early morning hours of nectar, there are two particular forms that you should adopt: *the image of inculcation*, and *the image of experience*. These two forms are important because it is especially in the early morning hours that BapDada is the Innocent Lord who fills all the treasure-stores for the special children. He adopts the form of the Bestower and, in order to celebrate the meeting, He adopts the form of the One who fulfils completely the love of all relationships. He also adopts the form of the One who fills your apron with all treasures.

At that time, however, you want to persuade Baba, however you want to sit and play with Him, in whatever way you want Him to fulfil the relationship; whatever experience of easy method and attainment it is that you seek - all the methods and attainments are readily available. The treasure-store of all attainment, and the Bestower who gives everything - are easily accessible at that hour. The mine of all the virtues, the mine of all the powers, is open for the children. On the basis of just one second's experience during the early morning hours

of nectar. it is possible for you to be the embodiment of experience and to have all attainments for the entire day and night that follows.

At that time, BapDada is free to speak to each one to their heart's content; He is free to listen to their requests, to erase their weaknesses, and to forgive numerous forms of sin. BapDada is free to see both the love and the mischief of the children - He is free for everything. The meeting in the early morning hours is not an official meeting - Baba is there in the form of the Innocent Lord who bestows all treasures...

So, recognise the value of the early morning hours of nectar - recognise that this is the time for easy attainment. Take full benefit from this time. Fill your apron with all rewards from the treasure-store. Take whatever fortune you choose from the Bestower of Blessings and the Bestower of Fortune. Baba is ready to draw for you the lines of destiny; so, allow the Bestower of Blessings to draw for you the most elevated lines of fortune. At that time, God is in His Innocent form - He is loveful, and so, on the basis of love, take from Him the lines of elevated fortune. For however many births you choose, whatever you choose whether you choose to be in the eight jewels, or in the rosary of one hundred and eight - BapDada is giving you an open offer. So, what more do you want?

Become the master and claim your right. At that time, there is no lock on the treasure at all. It is not

even necessary to use the key of labour - otherwise, this key of labour would be needed throughout the whole day. There should simply be the one thought: "Whatever I am, as I am - I am yours"...

As soon as it is the early morning hours of nectar, as soon as your eyes open, in a second, take a jump and sit down with Baba. Then, because of the companionship, you will experience that all of Baba's treasures are your treasures. Baba, in the form of a friend, is now offering you the throne of all rights

(extracts - for the whole Murli refer to point 43)

Baba preparing His children for the day.

15 Special sustenance is given in the early morning hours of nectar. Just as a mother and father will prepare their child for the coming day In the early morning hours - they will clean him, make him ready - and they will then say to him, "Eat, drink and study the whole day." In the same way, BapDada also gives sustenance in the early morning hours of nectar. He fills the soul with power to prepare it for the entire day. This is the time for special sustenance.

* * * * *

(13)

16a BapDada has a great deal of love even for the child who comes in the last number. The child's own

power to conquer Maya may be weak, but, even so, the soul has recognised Baba and has said the words "my Baba" from the heart. BapDada is the Ocean of Mercy and, even if it is only on one occasion that the child has spoken these words, yet still, in return for this, BapDada will give spiritual love to the soul multi-million times over.

Because the soul belongs to Baba, Baba will see the child with the vision that "This is also a special soul", and He will give the drishti of mercy and love so that the child may continue to progress. The awareness of this spiritual belonging becomes a blessing which fills the soul with great power. BapDada does not need to give blessings in words, because words and speech belong to the second number. More powerful than words is Baba's thought of love and it is through this that the soul is able to experience the highest form of benefit. BapDada, in His double role of being both the Mother and the Father continues to sustain each child with these subtle thoughts of love.

Just as in the lokik world, if there is a child for whom the parents have special love, then the mother and father will feed the child very powerful and nourishing things in secret they will give the child special sustenance. You would call this "special hospitality" or "special nourishment and care". In the same way, BapDada also sits in the subtle regions and He gives special nourishment to all the children. Just as when you come to Madhuban,

you receive special hospitality and nourishment, so too, BapDada calls each child - He invokes each one to come to the subtle regions and to be face-to-face with Him there; each child is invoked in their subtle, angelic form. Baba gives special care in the subtle form, and the special hospitality that He offers is to fill the soul with special power using His own special thought so that the soul receives all the subtle powers. One way to attain the powers is through one's own effort, but here, the Mother and Father give the child special hospitality and care in the form of the sustenance of love.

16b If you want to offer someone special hospitality, then, apart from the normal daily food, you offer them something extra. In the same way, Brahma, the mother, also has special love for her children. He cannot stay in the subtle regions without the entertaining sparkle of the children there. This is Brahma's spiritual, motherly attachment for the children. With his subtle thoughts of love, he invokes the special group of children and he emerges them in the subtle regions. When Baba was in corporeal form, you remember how he would call the different groups of children with special love and he would then feed them with his own hands and he would entertain them personally. In the same way, now that Brahma Baba has become subtle, this same sanskar of love is still emerging in a practical form. But, for the children to experience this, they must

now adopt their own subtle form and they must become like the Father.

In the early morning hours of nectar, Brahma, the mother, calls the children and he feeds them with the special nourishment of all the powers. When he was in the corporeal form, Baba would give the children ghee to drink (clarified butter) and he would also take everyone out together for exercise. In the same way he now gives you ghee in the subtle regions - that is he fills the soul with power in a subtle form and he also inspires you to practise exercise: to increase the power of the intellect, the soul is taken on, a journey - at one moment, you are in Paramdham (the supreme region), the next moment, you arrive in the subtle regions, and then, the moment after that, you come to the corporeal world and you experience the elevated Brahmin life. The children are inspired to race through the three worlds and this special hospitality of Brahma Baba becomes merged in your life. So, have you heard in what way Brahma, the mother, looks after you? The double-foreigner children have a habit of going to far away places for their holidays and so BapDada also offers the double-foreigners a special invitation: whenever you are free, just come to the subtle regions. Do not go to the mud by the shore of the physical ocean, but come to the shore of the Ocean of Knowledge. Without having to spend any money, it is possible for you to take a great deal of benefit: take the rays of the Sun and also the silver

moonlight of the Moon - have a picnic - play many games.

(37,38)

But, to reach the subtle regions, the aeroplane of the Intellect is needed. Is everyone's flying vehicle - the intellect - ever-ready? Does each one of You have your own vehicle so that it is not necessary to take the vehicle from someone else? You should simply switch on the switch of thoughts and arrive. Everyone has a flying vehicle, do they not? Or does your vehicle sometimes refuse to start? Is there sometimes at shortage of petrol so that you have to return half-way?

(40b,40d,41,42)

To arrive in a second, you will need to have petrol that has been doubly-refined. At what way does the petrol have to be doubly-refined?

Firstly, there is the intoxication that comes from having faith in your incorporeal form: "I am a soul, I am Baba's child." Secondly, there is the intoxication of having all relationships in the corporeal form - as well as the relationship of Father and child, you also belong to the pure family household path. As you walk and move in the corporeal form, you should experience the sweetness of having all relationships with Baba and you should feel the intoxication that comes from this. This intoxication will make you a constant, natural, easy yogi. So, doubly-refined petrol is needed: the incorporeal and

corporeal methods should both be used - there should be the two types of intoxication.

(19)

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Fortune, intoxication and happiness.

The fortune of belonging to Baba.

(26)

17 In satyug (the Golden Age), the natural music of nature will awaken you to commence your day, but in sangamyug (the Confluence Age) just see how great is the elevated stage of the morning hours of nectar, how great is the beginning of time for the Brahmins of sangamyug. There, there are the things of Nature but, at the Confluence Age, who awakens you at the beginning of time? Who awakens you in the morning hours of nectar? It is God, the Master of Nature Himself, who awakens YOU.

What is the sweet music that you hear? Each day, Baba says, "Child, sweet child" - Baba calls you. This natural music is so much greater than the music of nature in satyug because this is the music of God. You have experienced this, have you not? And so, which is greater, the music of satyug, or the music of sangamyug?

This is also the time to fill yourself with the sanskars and attainments of satyug. As you fill your sanskars.

so your reward is fixed. All this happens at the Confluence Age. There, the fruits of the trees will be satopradhan (completely pure). They will be the sweetest, tastiest fruits - full of juice. But here, the Seed of the Tree gives you the juice Himself; He gives you the taste of the sweetness of all relationships and you eat the fruit that leads you to all attainments. One is the fruit of the Golden Age and the other is the fruit of the Diamond Age. And so, which fruit is the more elevated?

There, in the Golden Age, maids and servants will look after you; but here Baba's hands take care of you.

There, elevated souls will be your parents; but here, the Supreme Soul is directly your Mother and Father. There, you will swing on swings embedded with jewels. But what is the greatest swing of all that you are able to experience here? You experience the swing of Baba's lap. The most lovely swing for the children is the lap of the Mother and the Father. You swing not just in one swing, but in a variety of swings. There is the swing of super-sensuous joy, the swing of happiness - how much greater is this swing than the one decorated with jewels?

There, you will play with jewels, you will play games with toys, you will play with each other; but here, at any moment, you can play with Me in whatever form you choose. You can play with Baba as your Friend and Companion; you can play with Him as your

relative. You can play as a child or you can make Him a child. You will never find such an imperishable toy again - such a toy that never breaks, never tears and never involves any expense.

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18 Which treasure have you received, a treasure that is desired by all the people of the world? Souls are wandering about here, there and everywhere in search of this treasure. Which treasure is this? All of you receive this treasure not only in the present, but it accumulates in your bank account forever. Which treasure do you receive as a result of your relationship? You receive the treasure of happiness. This is the supreme of all treasures. People keenly desire joy and happiness, whereas all of you are the ones who are dancing in joy, happiness and ecstasy.

From the very start of the early morning hours, you should use this treasure of joy and happiness; think over it - talk to yourself about happiness.

The moment you first open your eyes, who is it who comes in front of you? Whom do you meet with your first thought? You meet the Creator of the World, the Bestower of all Treasures, the Bestower of all Blessings and all Wishes. Your meeting is with the Seed of the Human World Tree. Within this Seed, the entire Tree is contained. So, with whom lies the entire Tree? All the souls of the world want to have

a glimpse of their Father; they beg for just a glimpse and they follow many difficult paths just to obtain a glimpse of Him for a second. In comparison to this you great souls have relationship with Baba constantly and you experience all relationships with Him. Unlike the rest of the world, you have all the rights of companionship.

So, celebrate the feast of having all relationships with Him. In the early morning hours, your happiness should begin with your very first thought. You should keep in your mind all the relationships that you experience with the Father and you should celebrate the meeting with Him - this feast of having all relationships. The entire world is full of beggars whereas you children are enjoying all relationships with the Father and you are experiencing all treasures in the form of a birthright. Can there be any greater joy or happiness than this?

From the very start of the day, you should use your treasure. The real gaining of all treasures comes from making use of this treasure of happiness.

So, after your first treasure - the happiness of having all relationships - there then comes your second treasure, that is you are aware that you are the children who have been found by the Father. You are such great souls; you were long-lost but now you have been found and you are in the company of the Supreme Soul God, the Father.

Baba comes all the way from paramdham (The Supreme Region) just to teach you - He does not

come from London, the USA or India, but He comes from a place that is far beyond this region - a place where the scientists cannot reach even in their dreams.

These are all points for intoxication. Imagine - He comes and He charges no fees for teaching us; the fruit we receive from Him is sovereignty of the Golden Age; He never takes anything from us - He always gives. Is any greater joy or happiness possible? You should use this treasure of happiness with this happy consciousness.

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The fortune of belonging to the Brahmin Family.

19a The very first thing that BapDada does is to bring you into a loving relationship with the family. Not only have you been given the knowledge that you are an elevated soul, but you have also been given the knowledge that you, the elevated soul, are a child. So, in this way, you were immediately brought into the Father-child relationship. By coming into this relationship, the pure brother-sister relationship was also established between all of you. Where there is BapDada and where the relationship of brother and sister has been established, then what is the result? The family of God.

Did you ever think, even in your dreams, that it would be possible for you to receive a fortune such as

this, a fortune in which you claim the right to the inheritance by becoming an heir in the family of God in a corporeal form? The most elevated fortune of all is to become an heir. Did you ever think that the Father Himself for the sake of the children would take on a corporeal form and become like us so that He could come and give us the experience not only of the Father-child relationship, but the experience of all relationships? Did you ever think that it would be possible for you to take Godly sustenance in the corporeal form?

You could not even have thought about it and yet you are now experiencing this, are you not? This fortune is only received when you become part of the family of God. So, you children have claimed your rights in the most elevated family. You are being sustained with such pure sustenance.

You are swinging in the swing of alokik attainment. You experience all this, do you not?

The family has changed, the age has changed, the religion and the karma have changed - everything has changed. When the age changed, you left the world of sorrow and you entered the world of happiness; you changed from an ordinary soul into one who is purshottam (the highest amongst humans); for 63 births you lived in the mud and now you have become a lotus in the mud.

To enter the family of God means to celebrate the most elevated lines of fortune for innumerable births. To be in prabhu pariwar (the family of God) means

to go beyond war; the children of God can never experience war. When you belong to the family of God, your treasure-store of all attainments fills up for all time...

19b The children of the family of God are seated on the heart-throne of the Father. It is only those who belong to the family of God who are able to sit on such a throne. This is the speciality of the Godly family. However many children there may be, all of them are sitting on this throne. There is no other royal family in which all the children sit on the throne, but all the children of God have this right. Have you ever seen such a huge and elevated throne as this at any other time throughout the kalpa? Have you ever seen such a throne on which everyone can be accommodated?

The family of God is such that everyone claims the right to self-sovereignty and everyone becomes a king. As soon as the child takes birth, BapDada gives the child the tilak of self-sovereignty - the tilak is not one for becoming a subject but it is the tilak for becoming a ruler. Praise is also sung of the royal tilak. They have a special day to celebrate the day of the raj-tilak. So, have all of you celebrated your coronation day, your day of receiving the royal tilak, or have you yet to do this? You have celebrated it, have you not?

The tilak is the symbol of happiness, the symbol of fortune, and it is also the symbol for removing all

obstacles. In the past, when someone was about to set out on a special mission, then, before leaving, their family members would apply a tilak so that the mission would be successful. All of you have this tilak. You are the ones who have a tilak on your forehead. you are seated on the throne and you are wearing the crown of bringing benefit to the world. The crown and tilak of the future will be the reward for the attainment of this birth. This is the time for special attainment, the time for claiming the mine of all attainment. If this is not claimed now, then there will also be no reward in the future.

In this birth, you are the children of the Bestower and the praise that is given to this is that "there is nothing which is unavailable for the children of the Bestower of Blessings." In the future, there will be one thing that is unavailable - you will not have a meeting with the Father. So, the life in which you belong to the family of God is the only life in which there is total attainment. You have come to such a family. Is there the awareness of belonging to this most elevated family? If we were to praise it, innumerable days and nights would pass by. Just see, so many days and nights pass by when the bhagats sing songs in praise of all this. They are still singing even today.

So, do you always have such intoxication? "Who am I?" Do you always remember this riddle? You do not come into the cycle of forgetfulness and remembrance, do you? You have been liberated

from the cycle. To become swadarshanchakradhari (the one who spins the cycle of self-realisation) means to be liberated from innumerable limited cycles. All of you are swadarshanchakradhari, the masters. The masters understand everything. So, everyday, in the early morning hours of nectar, just remember, "Who am I?" and you will always remain powerful.

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Seeing one's fortune at amrit vela and
sharing one's happiness with others.

(82,83)

20 At the time of the early morning hours of nectar, BapDada was singing the unlimited praise of the fortune of the children. Do you experience yourselves to be the shining stars of the whole world? You are such lucky stars that God Himself is singing your praise. Can there be any higher fortune? Do you always stay in such intoxication? You should have such intoxication that, with your intoxication, the clouds of sorrow of others disperse; they should forget their sorrow and experience happiness - they should swing in the swing of super-sensuous joy. It is said that "in the company of the philosopher's stone, iron would be transformed into gold." By staying in the company of Baba, is there this same experience? Have you become like the alchemist's stone so that when

anyone is in your company, iron changes into gold, that is their sorrow changes into happiness? In your company, everyone should change from being iron-aged and they should become golden-aged; if a beggar comes to you, then he should leave having become filled with all wealth.

Do you see such fortune in the mirror? Do you see such fortune everyday? At what time of the day do you see your fortune? It is at the time of the early morning hours that you should see yourself in the mirror; this is the time for you to see the fortune of the self. Is it only in the early morning hours that you see your fortune in the mirror, or do you see such fortune throughout the day, as you are walking and talking? How many times in the day do you see yourself in the mirror? Do you see your fortune in the mirror again and again, or is it just in the early morning hours that you see this?"

You should always keep the mirror in front of you and you should look at yourself again and again. When other people look at themselves in a mirror, then it is to see their features. But you look in this mirror to see your future; it is not the beauty of the present time that you see, but it is the beauty of the future. Do you pay attention to seeing your elevated future? Do you see the picture of your fortune everyday? Do you check to see to what extent spirituality is filled in this picture? Is your picture of fortune filled with spirituality? A physical mirror will show how beautiful someone's face is - is the face

glowing, or is it pale? In the same way, do you check your alokik features? Do you see to what extent there is a spiritual glow?

So, what should you do in the early morning hours of nectar? You should remember the fortune of the self and you will then have the experience of unlimited happiness - you will never experience any form of sadness.

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21 In the early morning hours of nectar, do you always eat the sweet that brings happiness to the heart? If, each day, you, the server souls, receive this nourishment that brings happiness to the heart, then you will also be able to feed this sweet to others. You will then find that no-one comes to you with stories of hopelessness - neither the students nor the seekers will come to you with such stories.

Otherwise, you would have to spend time listening to these stories, but, by eating the sweet that brings happiness to the heart, you will not need to spend time in this way and, in the time that will have been saved, you will be able to feed still others with these sweets.

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Churning points of happiness.

(18,19,55,54a,68)

22 What is the greatest treasure that Baba has given at the Confluence Age? It is the treasure of happiness. How many varieties of this treasure of happiness has each one received? If you were to think of the different points of happiness, then how many varieties would there be? At the Confluence Age, the greatest gift that you have, the greatest treasure - the material for a picnic - is happiness. Each day, in the early morning hours of nectar, think of one point of happiness and that happiness will remain with you throughout the day. Some children say that the same point comes in the Murli every day. But, if the point has not yet been underlined, then it is necessary to give that point everyday in order to underline it and to reinforce it. In a school, if the students are not able to remember something, then they are made to write it out fifty times. In the same way, everyday, BapDada says, "Children, consider yourselves to be souls and remember Me, your Father" - Baba has to say this because it is this point which is still weak.

Keep new points of happiness in your intellect each day; you will then remain happy throughout the day and you will be able to give the donation of happiness to others. This is the greatest of all donations. There are so many things in the world and yet no-one has true, imperishable happiness

within - but you have such happiness, so you should give the donation of this.

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Becoming intoxicated with the Jewels of Knowledge.

23 You have struck a bargain with the Jeweller - Baba can be called either the Ocean of Knowledge or the Jeweller; He is the One who is giving you trayful after trayful of jewels. You play with these jewels, you are sustained with these jewels, and you swing in the swing of jewels - for you, there is nothing but jewels.

Can you count how many jewels you have received? In the early morning hours of nectar, having opened your eyes, and whilst celebrating the meeting with Baba, you play with jewels, do you not? Then, throughout the entire day, what is the business that you conduct? Your business is to deal with jewels, is it not? You count the jewels of knowledge in your intellect.

Those who are jewellers will be the masters of treasure-chests of jewels. According to the extent that these jewels are applied in your activity, so, to that extent, will they continue to increase. It is by transacting deals that you become wealthy. So, you have learnt to transact deals, have you not? Have you yet to transact the deal, or is this something

that you have already done?

Are the businessmen numberwise, or are they all number one? Everyone has the aim of becoming number one, but the one who actually becomes number one will be the businessman who is constantly so busy with jewels that he does not have time to see, to listen, or to think about anything else. On seeing you so busy, Maya will come and go away again; you will not have to labour to chase Maya away again and again.

(71,43a,72c)

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The effect of Baba's Knowledge.

24 What is your experience throughout the day? There is the experience of waves of love emerging constantly and automatically. According to the extent that the rays and light of the Sun of Knowledge increase, so the waves of love also arise and are experienced. What is the work that the Murli of knowledge from the Sun of Knowledge begins to do from the time of the early morning hours of nectar? There are numerous waves that begin to surge. All of you have had this experience: you know how the waves of knowledge, the waves of love, the waves of happiness, the waves of peace, and the waves of power - surge up, and you then merge within these waves. This is the unique, alokik

inheritance that you have already attained. This is the Brahmin life: to be merged within the Ocean to such an extent that you become equal to the Ocean.

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Staying intoxicated throughout the day and seeing just Baba.

25a Today, the Flame has come into the spiritual gathering to see the moths. This spiritual gathering is unique and most elevated. The Flame is imperishable, the moths are imperishable and the love of the moths and the Flame is also imperishable. Apart from the Flame and the moth so there is no-one else who is able to understand this spiritual love. Those who recognise their responsibility within this loving relationship - and who fulfil this responsibility - are able to attain everything. To fulfil the responsibility of love means to achieve all things; if the soul does not know how to fulfil the responsibility of love, then it will also not be able to attain anything.

Those who have experienced this love are the ones who also know how easy it is to fulfil the responsibility of this loving relationship. Do you know what is your responsibility? By remembering just two words, you can understand what your responsibility is. This is so easy that anyone can understand, and these two words can be remembered by everyone. The two words to

remember are: "sing" and "dance". You have all experienced singing and dancing, have you not? Everyone enjoys singing and dancing, and so what do you need to do here?

25b From the early morning hours of nectar, you begin to sing songs. Your daily timetable begins when you rise to the song, and you then sing songs of Baba's praise and songs praising your most elevated life. You also sing songs of knowledge and songs of the experience of all attainments. Do you not know how to sing these songs? All you have to do is sing the song and dance with happiness - do you not know how to do this? Every action should be performed with you dancing in happiness....

Throughout the whole day, just sing songs and, move forward by dancing with happiness. BapDada, the Flame, also prefers the moths who know how to sing and dance. It is by singing and dancing that you fulfil the responsibility of love. So, how can this be difficult? What does it seem - difficult, or easy? Now you are in Madhuban, all of you are saying that it is easy - but will you still say this when you return to your own places? Or will you then change? Here, it is easy, and there, you will be busy - busy in singing songs and dancing.

There should constantly be a sweet sound in your ears, because, together with singing and dancing, music is also needed. So, what should be the music that you are constantly hearing? You should hear

the essence of the Murli. In every Murli, BapDada gives love and remembrances and He says, "Sweet children, beloved children, long-lost and now found again children." The words of Baba's love provide the music that you should constantly be hearing in your ears; then, if you hear anything else you will not be able to understand it - there will be nothing else that is able to penetrate your intellect. If you are always busy listening to just this one sound of music from Baba, then how will you be able to listen to anything else? And, if you always keep yourself busy in singing songs of praise, then you will never have any time to say anything wasteful with your lips. If you are always dancing in happiness with Baba, then no third individual will be able to interfere or cause any disturbance - when two are dancing, a third cannot come in-between.

So, in this way, you become the conqueror of Maya. If you do not hear anything else, if you do not say anything else - then Maya will not be able to enter. And so, how do you fulfil the responsibility of love? You just sing and dance.

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(The children had just had a picnic with Baba.)

26 Have you had a picnic? You always listen to Baba, but, together with this, the speciality of the Godly family is to experience eating together and

listening together. At one moment, you are in front of the Teacher - the next moment, you are in front of the Father - and then, the moment after that you are in front of the Friend. Throughout the whole kalpa, no-one else is able to have this experience of Baba's different forms, and no-one else is able to give an experience of this to others. Baba is the only One who is able to play such a part and it is only at the Confluence Age that this happens. If, in satyug (the Golden Age), you wanted to have a picnic with BapDada - then would such a picnic be possible? It is only at the present time that you are able to experience the meeting with BapDada in whatever form you choose, and this is the great fortune of you, the special servers.

From the early morning hours of nectar, BapDada sees the fortune of each child and He sees how many varieties of fortune are fixed within each soul. The early morning hours of nectar bring fortune with themselves. It is in the early morning hours of nectar that the fortune of the spiritual meeting comes to you, and your fortune then lies in each and every one of your actions throughout the day. When you look, you see Baba - you have been given these eyes only for the purpose of seeing Baba. You use your ears only to listen to Baba and in this also lies your fortune. Each and every physical organ has its own fortune. You have been given feet with which to follow Baba - with every step that you take, you are following in Baba's footsteps. So, each

one of your physical senses has its own fortune. You see Baba, you listen to Baba, you sleep with Baba, and you eat with Baba - you do everything with Baba. When you do service, you give Baba's introduction and you inspire other souls to experience the meeting with Baba. So, how great is your fortune.

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Setting the foundation for powerful remembrance throughout the day.

(5,18)

27 As soon as you awaken, the first thing you must do is talk to the Father with great sweetness. Throughout the day also, you should check yourself from time to time - "Am I with the Father?" Then, at night, you should sleep with the Father - do not sleep alone. You will then constantly experience Baba's company and you will be able to give Baba's message to all.

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Remaining within the lines of the code of conduct - staying in the remembrance of One.

(47,46)

28 Do you consider yourself to be a true Sita? A

true Sita means one who follows shrimat at every step, one who keeps herself within the disciplines and who always remains inside the line of the code of conduct. Do you always stay within this line of the code of conduct? Rama is one god and all of you are the Sitas. Sitas are supposed to sit within the boundary line of the code of conduct, that is the soul should always stay in the remembrance of the Father and should always be following Baba's shrimat. Are you such true Sitas that not even a single step is taken against Baba's directions?

Just as when a train is on its rails, it will move automatically, so too, every morning, at amrit vela, you should set yourself on the rail of remembrance. Amrit vela is the time for laying the foundation. If amrit vela is accurate, then the whole day will be accurate. Those who are living with their families should also pay particular attention in the early morning hours - you should lay your foundation for the day and you should make this foundation strong. You will then find that you receive natural, automatic co-operation throughout the rest of the day.

Whilst living in your family, always remain in the consciousness of being a true Sita of the Father. Sita means a soul who remembers only Rama - a soul who remembers god; there will be the remembrance of Rama in each nerve. Are you such true Sitas?

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Conquering attachment through the remembrance of One.

29a Do you all consider yourselves to be the embodiment of remembrance? If you become the embodiment of remembrance, what will your state of being then become? When will you achieve this state?

It is only when you have destroyed all attachments that you will be able to become the embodiment of remembrance. So, have you become such a conqueror of attachment? Have you become the embodiment of remembrance - or are you still the embodiment of forgetfulness? If you are not the embodiment of remembrance, then why is it that forgetfulness comes? The reason is that there must still be some attachment or connection remaining somewhere or other. Do you not know, how to fulfil the first promise you made to Baba? The first promise you made was: "We will break all other connections, and we will have connection with You alone." If you do not fulfil this first promise, then how will you be worthy to rule the first kingdom? How will you be worthy even to come in the relationships of that first kingdom? Do you want to take birth at the time of the second kingdom? It is those souls who fulfil this first promise of breaking all attachments who will be able to take birth in the first kingdom. To break all attachments is the first promise - it can also be called the first lesson, or

the first aspect of knowledge; the thought of breaking all attachments can also be said to be the first elevated thought of your alokik, spiritual birth... Is it easy, or is it difficult to destroy all attachments? Why does it seem difficult? It is because when attachment arises, you do not look at your face at that time. You have been given a mirror - do you not keep this mirror with you? It is by looking into this mirror that you will be able to finish all attachments. Once the habit of looking at yourself has been instilled, then, even without seeking, the mirror will draw you to itself again and again. Even on the physical level, there are some people who have a habit of looking at themselves again and again, and, because they have formed this habit, their feet will be drawn towards the mirror repeatedly - without making a conscious decision to go and look at themselves, they will be drawn automatically. If there is something wrong with your appearance on the physical level, then, pass on as you look in the mirror, you are able to see and correct any discrepancy that there may be. In the same way, you have the mirror of knowledge, and if you look into the mirror of your most elevated status again and again, then you will be able to pull yourself out of body consciousness immediately and you will be able to regain the true status of the self. If you look into this alokik mirror at a time when you have become the embodiment of wasteful relationships - when there are wasteful thoughts arising from

body consciousness or when you have become involved in wasteful words or wasteful actions - then, by seeing clearly in the mirror the wasteful form that your relationships have taken on, you will then be able to correct this - you will be able to change the embodiment of your relationships, so that instead of being wasteful, they become powerful. Will it then be possible for any attachment to remain? When you become the destroyer of attachment, then, together with this, you will automatically become one who is constantly the embodiment of remembrance. It is easy, is it not? It is possible for you to derive all benefits from One, and so, will this not bring you complete satisfaction? It is when there is still some form of desire remaining that discontentment then arises. Do you not experience all benefits at the present time? Have you not yet become a soul that is totally content? In so many births, have the perishable souls been able to give you what you are looking for? If, after so many births, you have still not been able to experience all benefit from so many souls, and if, in just this one birth, you are able to experience all benefit from Baba - then tell Me, where should your intellect go? Should your intellect go towards those who have made you stumble and who have made you weak or should your intellect go to the One who leads you to your destination? This is the one question that Baba is asking you souls - you have still not answered this one question.

Those souls who have answered this question are souls who have a contented mind for all eternity; and those who have not yet answered this are souls who keep descending into decline again and again.

29b In order to conquer all attachment, it is necessary to change the embodiment of your remembrance. Attachment comes when there is the remembrance that "I am a householder." Attachment goes to these things when you think, "this is my home"; "this is my relative." Take up unlimited responsibility and automatically this limited responsibility will finish.

However, what happens is that you forget the unlimited and you become concerned about fulfilling the limited responsibility. The more time and thoughts that you spend in fulfilling that responsibility, or taking care of it, then instead of actually taking care of it, you are disturbing it. Even though you think that you are fulfilling your duty, or that you are caring for your responsibility, in fact that is not care or responsibility. By remaining in that limited consciousness, you are responsible for disturbing - instead of creating - the fortune of those souls for whom you are responsible. Then, because those souls do not see your alokik activity, they remain separated from the relationship with their alokik Father. So, instead of duty, in fact you dirty yourself even more. Attachment is dirt and that dirt automatically spreads to numerous souls. So, that

which you consider responsibility in fact takes on the form of dirt.

So, you should constantly transform your remembrance. Make effort for this. Instead of thinking, "I am a householder", "I have this particular relationship", or that "I have this particular responsibility" - remember your five major forms. Keep in your consciousness these five major forms and the dirt will be removed and you will be able to take up the duty of bringing benefit to the world. What are these major forms? If you stay as the embodiment of this remembrance, all other forms will be forgotten.

Your five forms are: firstly. "I am a child". secondly. "I am a Godly student". thirdly. "I am a spiritual pilgrim". fourthly. "I am a warrior". and fifthly. "I am a server. or the helper of God". Constantly remember these five forms.

As soon as you awaken in the early morning hours, have a spiritual conversation with Baba. Experience the loving meeting with Baba in your childlike form. Remember this particular form as you wake in the morning - "I am a child, and so how can the household come in?" As the soul experiences the meeting with Baba, it experiences all benefits, and so why does the intellect go elsewhere, and where else is it that the intellect can go? If there is weakness in the remembrance of this first form in the early morning hours of nectar. then this is the reason for your remembrance coming into a state

of decline. If, throughout the entire day, you remember these five forms according to the variety of actions taking place, then, by being the embodiment of this remembrance, will you not be able to become the destroyer of attachments?

The cause of difficulty is that you do not look at your face. So, constantly, whilst performing action, whilst remaining in your field of activity, and earning your livelihood, look at these forms in the mirror, and then no other form will come. Check to see that your form has not become spoiled. If, by looking, you can see that it has become spoiled, then you will be able to reform it again. Very easily you will become the destroyer of attachment for all time.

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Adopting different forms throughout the day.

(53)

30 Baba has three main forms, and although you experience all relationships with Him, yet there are still these three main relationships (the Father, the Teacher and the Satguru). In the same way, you should also remember your three main forms. There are three stages - the stages of childhood, youth and old age; death then follows and so the cycle continues. In the same way, what are the three forms that you should remember throughout the day so that you are able to experience easy

remembrance as well as great success? Just as Baba's three forms are remembered, so too, what are your three forms?

When you awaken in the early morning hours of nectar and sit on the pilgrimage of remembrance - when you sit to have a spiritual conversation with Baba what is the form that you adopt at that time? You adopt the form of one who is a child and so also a master. When you sit for a spiritual conversation, it is the form of a child that you remember, is it not? And when you are sitting on the pilgrimage of remembrance, your form is that of the master. Which form do you then adopt? You adopt the form of the Godly life - the form of a server. Throughout the day, you adopt these different forms and you perform these different tasks. These are your three forms.

Then, after this, which is the form that you adopt at night? At the end of the day, when you go to sleep at night, there is the stage of checking yourself, and, together with this, there is also the stage of going beyond sound. You stabilise yourself in the stage beyond sound; you finish one day, and the next day will begin. When someone is fast asleep, then it is as though there is nothing of the world remaining, and so, your stage at night should be the same as this - there should be no attractions at all.

(for continuation of this Murli please refer to point

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(52)

With the consciousness of being a child,
becoming free from any burden of responsibility.

31 No matter what may come in front of you, you should always keep BapDada in your consciousness. By placing the responsibility on Baba, you yourself will become light. Baba is the bigger One and you are the little children. Responsibility is always placed on those who are senior, so place your responsibility on Baba and you will experience yourself to be constantly happy. For 24 hours of the day and night, you will dance like the angels - that is you will be dancing with your mind. To come into body consciousness means to become human; to be soul conscious means to be the angel. Awaken early, early in the morning and stay in the consciousness of your own angelic form and you will dance in happiness - no matter what situation may come to disturb you, your happiness will finish this off.

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The problem of sleepiness.

Checking one's stage at amrit vela.

Is there ever sleepiness?

(62, 47b-d, 43c-f)

32 Is the time of nectar always powerful? If the time of nectar is powerful, then the whole day will also

be powerful; if the time of nectar is weak then the whole day will be weak. Do you sit in meditation in the early morning hours of nectar simply because you are following a discipline? In fact, this is the time for receiving blessings.

Do you always remember the importance of the early morning hours of nectar? Does sleep ever come at that time? Do you become drowsy and nod off? Sometimes, the stage of sleep is mistaken for the stage of peace and when someone is asked, "How were you sitting?", they reply, "Very peacefully." So, check this: Does Maya ever come between you and the powerful stage? If the soul is powerful, then Maya becomes weak; but, if the soul is weak, then Maya becomes powerful. By constantly maintaining a stage that is powerful, the soul will be able to claim a number at the front.

Have I recognised the importance of
amrit vela meditation?

(65,87,90b,61)

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Why does sleepiness come?

Lack of churning in the daytime.

(please refer to point 48)

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Having enthusiasm for amrit vela meditation.

(38,37b)

33 Is there anything that you have left? Nothing at all. You have conquered limited sleep. **To renounce sleep means that you yourself become gold.** BapDada was smiling as He saw the double-foreigner children awaken in the early morning hours and get themselves ready. In the past, you would rise with great comfort - and how are you awakening now? Do you feel sleepy now? Have you renounced sleep? Before the renunciation you first saw the fortune and, after having experienced the alokik, unique, spiritual experiences in the early morning hours of nectar, how does sleep then seem? Does it seem difficult to renounce your sleep, or are you happy to do this?

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34 Getting up in the early morning hours is a very important point and proper attention must be paid to this. The atmosphere at that time is very good. Remember how Sakar Baba would meet children in the early morning hours even though they were far away. Now, when Baba goes on rounds in the early morning hours, the atmosphere must only be of yoga. Some children say that they cannot get up because of tiredness; but the atmosphere at that time will drive away all tiredness.

(92)

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Observing amrit vela out of love.

35 Out of love, all the children adorn Baba regularly, every day, with the garlands of love and remembrances. Copying this activity of yours, the bhagats also garland their special, favourite deities every day. Every day at amrit vela, without fail, those children who are really lost in Baba's love adorn BapDada with the best garland of jewels - with the most loveful, purest thoughts - and with the garland of spiritual roses. BapDada is always adorned with such garlands that have been presented by all the children.

Just as the first task of the bhagats is to adorn their favourite deities and to present them with flowers, so too, the knowledgeable and loveful children present to BapDada the flowers of enthusiasm and high spirits. In return for their love, such loveful children are adorned by BapDada multi-million fold with the garlands of love, blessings, and power.

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Is there ever the feeling that I am sitting for amrit vela meditation simply because this is a discipline to be followed?

(50b,50c,41b)

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How can I increase my enthusiasm for amrit vela

meditation? How can I overcome laziness?

Bringing variety into one's meditation.

36 When you sit for yoga, you should go on a tour - sometimes go to the soul world, sometimes to Madhuban, and sometimes to the subtle regions. You can also churn points for service. There should not be the stage of mere silence, but you should go on tour. If there is laziness, then walk around so that you become fresh.

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Gaining new experiences.

37a Just as you experience the depth of each point of knowledge, so too, in the same way, you should go into the depths of experience of each virtue. The more you go into the depths of each virtue, the more you will find that each day you are gaining a new experience. Everyday you experience that "I, the soul, am the embodiment of peace"; however, this should be experienced with newness.

It will be possible for you to have new experiences when you are in solitude. To be in solitude means that there should be the awareness of going with One, and going into the depths of One.

Every time you say the word "Baba", there should be a new experience. For example, when you first came to Baba, you would say, "Baba"; when you

come to Madhuban, then you also say "Baba", and when you go from here you are saying the same word - "Baba". However, on these three different occasions, the experience is different. The same word is being used but you are now speaking it from your heart on the basis of experience and achievement. As you gain further experience, there will again be a difference in the way you speak this same word "Baba".

When you are thinking of the point that "I am the embodiment of peace", you should check to see in what way you are experiencing this. When you say that, "I, the soul, am the resident of the abode of peace" - then this will be your experience. Alternatively, if you say, "I, the soul, am the embodiment of peace in the Golden Age" - there will be a different experience. When you are performing action in an atmosphere of peacelessness, you say, "I, the soul, am the embodiment of peace" and this will be your experience. With a variety of thoughts, you will have a variety of experiences. If you think of yourself as being the embodiment of peace in the Golden Age, and you also think of the state of peace that comes from residing in the soul world - then the experiences will be different. (72c)

If every day you are experiencing new things, then you will remain busy. If, whilst going along the path, you do not keep gaining new experiences, if your

method of remembrance and our method of reading the Murli is always the same, then you will feel that there are no new points and you will lose your courage and enthusiasm. If you feel that you know everything already, then, instead of achieving the flying stage, you will stand still.

When you, yourself, become the instrument to experience newness, then you should also give this experience of newness to others.

37b Every day, you must emerge one or another new point. There will then be great interest to get up in the early morning hours of nectar; otherwise, you will sometimes find that there is laziness. Whenever new things are being received, there is never any laziness. However, if you are listening to the same things every day, then laziness will come. The double-foreigners like variety. When there is a picnic, both salty and sweet food are enjoyed. In the same way, when you sit for meditation, you should understand that "We are going for a picnic!" As you hear the word "picnic!", you become very active and laziness runs away - you like outings and picnics. So, now let us go to the supreme abode - sometimes you can go to paramdham, sometimes to paradise; sometimes you can go to Madhuban, sometimes to the London Centre and, at other times, you can reach Australia. In this way, variety will create interest.

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(16b,55b,54a)

38 In the early morning hours of nectar, by having a powerful stage, have a variety of experiences: set out to experience the knowledgeable stage, become the embodiment of the experience of love. By maintaining a variety of different stages of experience, firstly, your experience will increase and, secondly, because there is something new in the experience each day, there will never be laziness or tiredness in remembrance - if some special benefit is being experienced, then laziness automatically runs away.

So, you could have a variety of experiences: sometimes experience the karmateet stage, sometimes the form of the angel, and sometimes of sweet conversation. There should be variety in your experiences. Sometimes, you can become the server and circle around in your subtle form. Continue to increase your experiences.

(89)

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The divine intellect - travelling through the three worlds.

Amrit vela is the time to practise using the divine intellect.

39 BapDada gives to each child the lift of the divine intellect in the form of a gift. Everyone receives such

a gift, but not everyone uses it to the same extent. This gift is very powerful and easily available and, by using it, you are able to travel throughout the three worlds; switch on the switch of remembrance and, within a second, you are there. By using this lift, it is possible for you to experience any world, or any region, simply by remaining established in the consciousness of that world; you are also able to remain in any world that you choose for as long as you wish.

There is a special method to use this lift: it is by being very careful in the early morning hours that you will be able to use this switch of soul consciousness accurately.

You know how to operate this switch and you have already practised using it a great deal. Throughout the day, does the lift of the divine intellect ever get stuck anywhere? It is only at the Confluence Age that such a lift is available.

(16b)

Why should I make effort to acquire a divine intellect?

The divine intellect makes it easy for the soul to inculcate Baba's teachings - there is no need to make effort. But, there must be no influence of impurity.

40a In the world, human souls give gifts to human

souls, but here, Baba Himself gives divine gifts to the Brahmin children at this Confluence Age. What are the gifts that Baba gives? Baba gives you the divine intellect and divine eyes, that is spiritual eyes. On the day they take birth, each Brahmin child receives these two gifts. By always keeping these gifts with you and by using them, you will always remain as the embodiment of success.

It is the divine intellect that enables each child to become the embodiment of divine knowledge, divine remembrance and divine inculcation. The divine intellect is the special gift that enables you to inculcate and so, it is by always keeping the divine intellect with you that you will become the embodiment of inculcation.

However, if in the divine intellect, that is in the stage of the satopradhan (completely pure) intellect, there is even the slightest influence of rajo or tamo (impurity), then, instead of being the embodiment of inculcation, you come under the influence of Maya. That is why everything is then experienced to be difficult. The divine intellect has been attained in the form of an easy gift but, because you have allowed this to become weak, there is then the experience of labour. Whenever there is any experience of difficulty or labour, this indicates that the divine intellect is definitely under the influence of some form of Maya. Only then can there be the experience of difficulty.

The divine intellect is able to inculcate the Shrimat

(supreme instructions) of BapDada in a second. The divine intellect always experiences the state of being powerful; it is always unshakeable, and it is always the Master Almighty Authority. Shrimat means the directions which enable you to become elevated; these can never be experienced to be difficult. Shrimat is the direction that constantly enables you to fly with ease. However, to be able to inculcate Shrimat, the divine intellect is definitely needed.

Do you always keep your birthday gift with you? Does Maya ever snatch away the gift of the divine intellect by making you belong to herself? Because of the influence of Maya, do you become innocent and lose the gift that has been given by God? Maya also has the cleverness to make this Godly gift belong to herself. She herself becomes clever and she makes you become innocent. It is alright to become the innocent children of the Innocent Lord, the Father, but do not become innocent about Maya. To be innocent about Maya means to become the ones who forget. The Godly, divine intellect always provides a canopy of protection, but Maya casts her own shadow and then the canopy flies away and the shadow remains. That is why, you should check constantly - is the gift given by the Father always with you?

(55,78)

Using the divine intellect to travel through the three worlds.

40b A sign of the divine intellect is that this gift does the work of a lift: turn on the switch in the form of an elevated thought and become stable in that state in a second. If there is the shadow of Maya on the divine intellect, then the lift of the gift will not perform its task. Just as when a physical lift becomes defective, what is its state? It will neither go up nor come down - it becomes stuck in the middle. In the same way, instead of remaining stable in the state of self-respect, you become distressed. No matter how much you try to turn on the switch, there is not the experience of the attainment of reaching the destination. You spoil this lift of the gift and that is why you have to climb the ladder in the form of effort. Then, what do you say? You say that the legs of courage are not able to walk. So, who made that which is easy become difficult and how? You, yourself, did this by becoming careless. You became overshadowed by Maya. The result of this is that what should be an easy experience of just a second is then experienced to be the effort of a long period of time.

The gift of the divine intellect is a spiritual aeroplane. By switching on, by using this divine aeroplane, you can reach wherever you choose in a second. The switch is to have a thought. The people of science are able to travel around just this one world, but

you are able to travel around the three worlds.

Becoming an unlimited server.

40c In a second, you become the embodiment of the world benefactor and you give light and might to the world. Simply become stable in a high stage through the aeroplane of the divine intellect. Why did they throw the ashes (of Indira Gandhi) over the Himalayas and onto the rivers from an aeroplane? They did this so that the ashes would spread in all four directions. They threw the ashes, whereas you, through the aeroplane of the divine intellect, become stable in the highest stage and you spread waves of co-operation, waves of pure feelings - you spread elevated thoughts of light and might for all the souls of the world.

(81,88,89,90b,90c)

Correcting the divine intellect at amrit vela.

40d The aeroplane is powerful, is it not? You simply have to know how to use it. You need the device of refined, elevated directions of BapDada. These days they have things that are refined not just once - but twice, do they not? So, this is the doubly-refined device of BapDada. If there is even a tiny bit of rubbish of manmat or parmat (directions of either one's own mind or the directions of others), then what will happen? Will you fly up, or will you come down? So, you should check this - is there any

rubbish that is interfering in-between? Otherwise, this is the aeroplane that always gives happiness, just as in satyug, it is not possible for there to be any accidents because there you are receiving the elevated fruit of your elevated actions - actions that would give rise to karmic accounts that bring such suffering and sorrow cannot take place there; in the same way, this Godly gift of the Confluence Age, the divine intellect, is also free from all types of sorrow and deceit. Those who have a divine intellect can never be deceived. It is not possible for them to experience sorrow; they are always safe from adversity.

So, you should realise the importance of this Godly gift and you should always keep it with you. Do you understand the importance of this gift? Has everyone received this gift, or has anyone been left out? Everyone has received it, have they not? To know how to take care of it is up to you. At amrit vela, you should always check to see if there is anything lacking. By correcting the divine intellect at amrit vela, the entire day will remain powerful. If you are not able to correct it yourself, then have it corrected - but it should be corrected at amrit vela.

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Problems experienced in early morning
meditation.

The different stages experienced by the children at amrit vela. Why do problems arise and what can be done to overcome these problems?

Grossness of the intellect.

Is my intellect gross or subtle? What can I do to remove any grossness?

41a The Court of Indra, the land of fairies, is famous. Indra is the one who showers the rain of knowledge that changes the forest of thorns into the garden of flowers. The Court of Indra is famous and the wings of the fairies are also famous. This is the gathering of the fairies that are always flying.

Only fairies live in the kingdom of Indra; bodily beings - that is those who consider themselves to be bodies - cannot live there. The residents of the kingdom of Indra are able to smell instantly the bad, body conscious odour of human beings. Do you consider yourselves to be the fairies of the Court of Indra? Are you above the bad odour of body consciousness? Are your wings of knowledge and yoga strong? If your wings are not strong, then, even though you wish to fly high, you will keep coming down again and again. Are you constantly flying beyond body consciousness, beyond the old world and all relations? Do you constantly remain in such a high stage? Is there any trace of body consciousness - is there any trace of the bad odour

of human consciousness? Those who are body conscious cannot enter the Court of Indra. Are you aware of how bad the odour of body consciousness is? If there is a bad smell, then something will be done to remove it and you will also avoid staying in such an atmosphere. In the same way, do you make effort to invent methods to remove body consciousness?

This is not an ordinary gathering - this is the unique gathering of angels. Do you experience yourself to be an angel? Are you able to go beyond this world of bodies in a second and remain in your original land, in your original state? Do you know this drill? Are you able to stabilise yourself in this state for as long as you wish? At any time, and in any situation, are you able to maintain this consciousness?

41b Today, in the early morning hours of nectar, BapDada was watching the drill of the children. What did He see? When the whistle of time was blown, the children practised this drill; many children were arriving one after the other. There were three categories of children:

1. Children who were sitting just letting the time pass by.
2. Children who were sitting because they were following the code of conduct.
3. Children who were fulfilling the bond of love.

Each child was different. There were very few children who were trying to take their intellect

beyond - very few were trying to be with Baba and were aiming to become like Baba.

Nowadays, in order to practise a physical exercise, or a physical drill, one should be light in weight; if someone is fat, then there will be an extra burden. In the same way, when this spiritual drill is practised, there are various kinds of burden on the soul - that is there is grossness in the intellect. Just as the body can become overweight, so too, extra weight can come onto the soul in different ways. If you were to use an alokik camera to take a photograph of the different poses that the soul adopts, and if you were to then look at these photographs in a gallery - you would laugh.

Some children were trying to take up their position, but, because there was extra weight on the soul, they were unable to be successful. Instead of going up, they would come down again and again; instead of experiencing the seed stage, they were experiencing the expansion of the tree - that is they were entangled in the tree of a variety of thoughts. This was the pose of the children with a gross intellect. The purpose of sitting in meditation is to have a sweet, spiritual conversation - but, instead of this, they open a whole file of complaints about the self or about others. The aim is to experience climbing up - but, instead, they show Baba the art of giving many excuses. The purpose of coming in front of BapDada is to remove their burden - but, instead of doing this, they continue to increase their

burden. They do not follow Shrimat - they are disobedient - and so, their burden increases. There were many scenes like this of souls who were carrying a heavy burden.

The scene of those who were sitting simply because they were following a discipline was also very entertaining. Do you know what that scene was? Instead of singing Baba's praise, and instead of experiencing all the powers from Baba - these souls were attracted to the intoxication and attainments of sleep. They were waiting for the time to finish. Their love for sleep is greater than their love for the Father.

What is the reason for this? It is because there is extra weight on the soul. Just as, nowadays, doctors always advise people to reduce their weight and become light, so too, the Bramins souls who are carrying this extra weight - that is those who have gross intellect - should now remove their burden and acquire an intellect that is subtle.

What is the most effective method to reduce weight?

A controlled diet and exercise. Here also, in order to become bodiless, you should exercise your intellect again and again; you should also give your intellect the food of controlled thoughts. When it is time to have the food of thoughts, you should only have those thoughts that are necessary - you should not take the food of extra thoughts. You should take precautions so that you do not eat the food of wasteful thoughts. Self-control is needed

for this. Without self-control, you will not be able to take effective precautions.

Self-control means to be able, to fix your intellect wherever you wish, whenever you wish. Only then will your intellect become subtle. This is called greatness. Just as lightness and slimness are characteristics of the body, so too, a subtle intellect - that is lightness of the soul - is the characteristic of Brahmin life.

So, what will you do now? You should remove the various kinds of weight that are on the soul. You have heard the news of today's drill. You have heard about the heaviness of the burden. So, now have the aim of removing the burden and make yourself an angel - that is make yourself very light.

(79b,50,47b,47d)

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Subtle ego.

Do I experience difficulty in becoming bodiless?
Is there any subtle ego? Do I still keep the consciousness of "I" and "my"? How can I remove this subtle ego?

There should be the practice of being a trustee.

42a BapDada has come in the corporeal form, He has become like the children in order to give all the

children the return of their love and remembrances. To become equal is to give the return of love. Baba always has love for the children and He is always obedient to them - the children call and Baba comes and becomes their equal; Baba enters another body simply to fulfil the responsibility and relationship of love. And so, what should the children do in return? (Giving to Baba the return of love - 90,25) All the children also have love for Baba and when they come running from distant lands in order to stay in Madhuban, this is a sign of their love. But what will be the sign of perfect love? You already have love; Baba also has love for all of you and He always has one thought - "Let all the children become my equals." Just as out of love for all of you, Baba becomes a resident of the corporeal world - He takes on a corporeal form - so too, in return for your love, you must become subtle like Baba, you must become a resident of the Angelic Region; you must also become equal to incorporeal Baba by imbibing all of Baba's virtues - you must become the master of all of these qualities. In this way, you will give the return of total love. Have you reached the stage of giving the total return of love or have you yet to do this? Everyone has reached this stage to a certain extent but everyone is numberwise.

42b Today, BapDada was seeing the game of the loving children. What was that game? You also enjoy seeing games. In the early morning hours of nectar,

each soul is able to fly like a bird; the soul is able to fly faster than the speed of a rocket, faster even than the speed of sound. At this time, each soul reached its own place of departure; just as aircraft will arrive at an airport, so too, all of you reached your own spiritual airports. Everyone had the aim to reach the same destination and everyone was given the same instructions: the aim was to fly and become equal to Baba, and the instruction was to fly in one second.

But what happened? Just as when an aeroplane is preparing for take-off, the equipment is first checked, and then whatever supplies may be needed for the flight will be loaded onto the plane - whether this be fuel, oxygen, food or whatever. Only then will the aircraft leave the ground and fly. In the same way, the spiritual aeroplanes, that is the Brahmin souls, also arrived at their points of departure. However, even though the instruction had been given to fly in one second, yet that second passed by whilst they were still checking. Some were checking, "I am a soul. I am not the body"; some were occupied in churning the knowledge and filling themselves with all the powers. There was the pure thought, "I am the Master Embodiment of Knowledge, I am the Master Almighty Authority" - but they were unable to become the embodiment of this, they were unable to take on these forms in practice. So, some were at this second stage of filling themselves; and, because they were busy in

this way, they were unable to fly. They were churning pure thoughts but they were unable to leave the earth of the body - they were not able to remain stable in the bodiless stage. There were very few who, according to Baba's instructions, were able to fly in a second and reach the Subtle Region or the Supreme Region.

42c Just as Baba, the Supreme Soul, is able to come and go in a second, so too, Brahmin souls, those who have experienced the living death and rebirth - the mahatmas (the great souls) - are also capable of entering and leaving in this way. Whenever you wish, become a karma yogi; whenever you wish, become a resident of Paramdham; whenever you wish, become a resident of the Subtle Regions. You are free to go wherever you choose. At this time, you are the Masters of the Three Worlds, and a master is able to return to his home whenever he wishes.

However, the thought of some children reaches Baba: "Baba is totally free from bondage whereas we have the bondage of the body and also the bondage of karma." But BapDada asks you a question, "Have you not yet renounced everything, including your own body?" The first promise that each child makes is that "My body, my mind, and my wealth are yours - they are not mine." If it belongs to Baba and not to you, then how can this be a bondage? BapDada has merely given this to you

on loan; you are the trustees and not the owners. Once there has been the living death and rebirth, the account of eighty-three births finishes. This is now the new, eighty-fourth birth and it cannot be compared to any other birth at all. In this divine birth, there is no bondage - only relationship. This is a birth not of karma bondage - but of karma yoga. In this alokik, divine birth, the Brahmin soul is free - and not dependent. It is only when you change "yours" into "mine" that you again fall into dependence and bondage. How does the first account of the self begin? How is the first sanskar created? If you remain independent and free - if you remember that this body has only been given to you on loan - then, in a second, you will be able to fly.

You have made the promise that, "I will sit wherever you make me sit; I will do whatever you ask me to do." And so, are you a soul in bondage to Baba, or are you a soul in bondage to karmic accounts? Baba has given instructions for you to perform action. You are free, but let there be the feeling that, "It is the Lord and Master who is inspiring us to move"; you are moving, but only with His inspiration. This was the special dharna of your mother Saraswati: "Only the orders of the Supreme are the force that makes the soul move." It was through this that she was able to claim the first number. So, you should follow the Father and the mother. However, what happens is that you yourselves

emerge a net of wasteful thoughts such as: "This is the suffering of karma", "This is the bondage of action", "This is the bondage of sanskars", or, "This is the bondage of being part of a group." Having spread such a net, you become trapped by this and you then call out to Baba, "Now, free me." Baba says, "You are already free - let go of the net and you will see that you are free." So, are you now the ones who are free from bondage, or are you still trapped?

You have already renounced the body; there has already been the living death. This body now remains only for the service of the world. Baba is filling power in the old bodies and He is making them function. It is Baba's responsibility to do this - so why do you take such a burden upon yourself? Even though you are unable to fulfil this responsibility - yet, you are still not prepared to leave it.

So, you should now renounce this responsibility, that is you should renounce the consciousness of "my": "my effort, my invention, my service, my touching; my virtues are very good, my handling power is very good, my discrimination power is very good; my understanding is accurate - everyone else is lost in misunderstanding."

From where has all this "my" and "mine" come? This is royal Maya. Become the conqueror of Maya in this way and, in a second, you will be able to become the conqueror of matter; you will be able

to take the support of matter without coming into its bondage. It is only by conquering matter that you are able to become the conqueror of the world. A soul who has conquered matter will be able to follow the instruction to be stable in the bodiless stage - instantly and very easily.

So, what was the game that Baba was seeing? Baba was seeing how the children are very clever in changing "yours" into "mine". When something is done by magic, then it is not possible to see what is happening. In the same way, Maya, in its royal form, casts a magic spell over the soul and the soul is unaware of what is happening.

So, what will you do now? You should now change from being a soul caught in the bondage of karma and you should become a karma yogi. Liberate yourself from numerous bondages and experience yourself in relationship to one Baba. You will then remain constantly ever-ready - as soon as the thought comes, you will be able to become bodiless. You should practise this.

(29b,31)

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Thoughts of laziness and carelessness.

The soul gives excuses and does not recognize the value of the present time and the value of early morning meditation.

What should be the experience at amrit vela? Do I really understand the benefit that can be taken at this time?

(6)

Inculcation of knowledge and the powers.

43a Today, the holy gathering of swans, that is the gathering of spiritual swans, was being seen all around. The holy swans always imbibe the jewels of knowledge and they inspire others to do the same. The food for swans will always be valuable pearls, and, in the same way, the food for the holy swans will be the jewels of knowledge.

You begin to imbibe these jewels from the time of the early morning hours of nectar when there is a spiritual meeting and you have a heart-to-heart conversation with BapDada. You also imbibe the powers. Then, throughout the rest of the day, with the power, that comes from churning the jewels you have received, you are able to imbibe the powers in your life in a practical form and you are also able to inspire others to do the same.

(23,24)

During the early morning hours of nectar, there is the power to experience the meeting, the power to accept and to imbibe, and the power to catch the pure thoughts of special inspiration from Baba each day: these powers are most essential. During the early morning hours of nectar, each one imbibes

and is able to become the image of inculcation - but this happens numberwise according to the individual capacity of the soul. (73)

Experiencing a close relationship with BapDada.
(17,50c)

43b At the time of the early morning hours of nectar, there are two particular forms that you should adopt: the image of inculcation, and the image of experience. These two forms are important because it is especially in the early morning hours that BapDada is the Innocent Lord who fills all the treasure-stores for the special children. He adopts the form of the Bestower and, in order to celebrate the meeting, He adopts the form of the One who fulfils completely the love of all relationships. He also adopts the form of the One who fills your apron with all treasures.

At that time, however you want to persuade Baba, however you want to sit and play with Baba; in whatever way you want Him to fulfil the relationship; whatever experience of easy method and attainment it is that you seek - all the methods and attainments are readily available. The treasure-store of all attainment, and the Bestower who gives everything - are easily accessible at that hour. The mine of all the virtues, the mine of all the powers, is open for the children. On the basis of just one second's experience during the early morning hours of nectar, it is possible for you to be the embodiment of experience and to have all attainments for the

entire day and night that follows.

At that time, BapDada is free to speak to each one to their heart's content; He is free to listen to their requests, to erase their weaknesses, and to forgive numerous forms of sin. BapDada is free to see both the love and the mischief of the children - He is free for everything. The meeting in the early morning hours is not an official meeting - Baba is there in the form of the Innocent Lord who bestows all treasures.

Am I taking the benefit that I should be taking?
If not, why not?

43c Some children take advantage of this golden opportunity, but - even though such a golden chance is available - there are some children who step aside and simply watch as others take the chance. Why do they do this, since they also want to take advantage of the opportunity that has been given? What is the obstacle that interferes? Do you know? Maya is also very clever and, especially at that time, she comes to draw you away from Baba. In particular, Maya uses the game of many excuses to tempt you. Just as a juggler will use his juggling tricks to attract people's attention, so too, Maya sways the children with numerous forms of carelessness and laziness, and with excuses in the form of wasteful thoughts. It is through this that the golden opportunity is lost.

If there are thoughts of laziness and carelessness, then what will the result of this be?

Then, because the chance has not been taken at the time of easy attainment - because there has been this slight separation - this then means that the foundation for the entire day is weak, and, no matter how much effort the soul may make for the rest of the day, there will be very little return and a great deal of labour. So, the reason for this is that the beginning of the day - the foundation for the day - has been weak.

Then, because of this lack of attainment, two different stage's are experienced:

Firstly, whilst going along the path, there is the experience of tiredness.

Secondly, whilst going along, the heart loses hope. What are the thoughts that then arise? "I am not sure if it's possible for me to reach the destination or not," "I do not know whether the final moment is close by, or whether it is still a long way off," "when will there be the revelation?" "When will we go to the world of satyug?" "How much longer is this bondage of the household going to continue?" Because the attainment of the present has been renounced, the vision of the soul is then drawn to the future.

What can I do to improve my meditation?
Always remember what it is possible to achieve

at the present time.

Recognising the value of the benefit that can be taken at amrit vela.

43d So, you should always keep in front of you a list of the attainments of the present time. The thought of "When?" will then finish and you will be able to have an experience of the present. Instead of the heart losing hope, the heart will become happy. So, do not step away from the present. Learn to recognise the juggling tricks of Maya. Maya makes you content with many excuses so that you are unable to sit and play with Baba, that is you are unable to take up the easy method - instead of taking that which is available in the form of blessings, you begin to labour to have the same attainment.

✓ So, recognise the value of the early morning hours of nectar - recognise that this is the time for easy attainment. Take full benefit from this time. Fill your apron with all rewards from the treasure-store that is open in the early morning hours. Take whatever fortune you choose from the Bestower of Blessings and the Bestower of Fortune. In the early morning hours. Baba is ready to draw for you the lines of destiny; allow the Bestower of Blessings to draw for you the most elevated lines of fortune. At that time, God is in His innocent form - He is lovely, and so, on the basis of love, take from Him the

lines of elevated fortune. For however many births you choose, whatever you choose - whether you choose to be in the eight jewels, or in the rosary of one hundred and eight - BapDada is giving you an open offer. So, what more do you want? Become the master and claim your right. At that time, there is no lock on the treasure at all. It is not even necessary to use the key of labour - otherwise, this key of labour would be needed throughout the whole day.

Practise surrendering the mind and the intellect to Baba.

Let there be no consciousness of "my".

Be determined to claim your right - recognise Maya's tricks and do not allow her to influence you.

43e There should simply be the one thought: "Whatever I am, as I am - I am yours."

In order to go beyond the games of Maya, just come and sit down with Baba; that is all. The games of Maya are only a side-scene, so do not stop for them. Come and sit down, and let your mind and your intellect be surrendered to Baba. Are you not able to do this? The mind and intellect have been given to you by Baba, so why should it be difficult for you to give these back to Him? What happens is that, sometimes, you say, "This is yours", and then, at other times, you say, "This is mine"; and so you

come into the spinning of "yours" and "mine".

(42b,29b)

43f As soon as it is the early morning hours of nectar, as soon as your eyes open, in a second, take a jump and sit down with Baba. Then, because of the companionship, you will experience that all of Baba's treasures are your treasures. Baba, in the form of a friend, is now offering you the throne of all rights. Not simply on the basis of knowledge, but on the basis of attainment, sit on the throne of all rights. As soon as you awaken, sit on the throne. Just as those who have the right to the throne which lasts for only a limited period of time, even within that short period, they are able to do whatever they seek - just as if a king receives a throne for even a limited period of time, then he achieves all sorts of things - so too, at the present moment, there is the golden opportunity for you to claim the unlimited throne. You can very easily claim the consciousness of your golden stage and it is this that will also be the elevated stage in the future golden-aged world. Do you understand that this is the time for easy effort and this is the easy method? So, why do you renounce that which is easy and go instead to that which is difficult? Do you want to be the easy, natural yogis, or the ones who make things difficult? When you have found Baba so easily, why should the path be difficult? Become the natural, easy effort-makers. Finish off all traces of this word "difficult" - only then

will you be able to finish off the difficulties of the world. Achcha.

To such souls who have claimed the throne, those who constantly win in the games with Maya, to those who understand all of Baba's secrets, to those who have changed the word "labour" into "love" and who have changed loss of hope in the heart to happiness in the heart, to those who, with the happiness in their own heart, bring happiness to the world, to such souls who are constantly with Baba, to such elevated souls, BapDada's love, remembrances and namaste.

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Do I realize what fortune there is to be taken?
What is the easy method to open the
treasure-store of fortune?

Simply use the key of "Baba".

44a At this time, both Fathers are present for the children. You can receive as much fortune as you like. This is the time when the Bestower of Fortune has come to distribute the fortune Himself. According to the plan of drama, it is at this particular time - the Confluence Age - that blessings are received. The stores of fortune are overflowing - the stores are open. The stores of body, mind, wealth and kingdom; the stores to make nature

become your servant and to create your subjects and bhagats - all these stores are open.

All of you have the same chance. No-one is given preference for achievements nor is there any restriction for any reason. For those who have come late, those who live with their families, or those who are suffering from any physical illness - there are no restrictions. There are also no restrictions for anyone because of their age or because of their lokik degree of academic studies - there are no restrictions at all. There is no lock on the stores. Throughout the day and night, the stores of the Fortune-maker are full and overflowing. There is also no watchman at the door.

However, despite all this, if you look, you will see that those who receive the fortune are still numberwise. The Fortune-maker never gives numberwise. You are not asked to stand in a queue to receive the fortune. The stores of fortune are so huge and this fortune can be claimed whenever you like. You have the right. There is no lock on the store and there is no queue.

At the time of the early morning hours of nectar, the children come from this land and from abroad at the same time to meet the Fortune-maker. There is the meeting with Him and, at the same time, there are achievements. The children do not have to ask for anything; simply by coming to meet the Highest Father, fortune is received. There is the meeting between the Father and the children and, at the

same time, the children are also given something; together with the meeting, fortune is also received. ✓ Even the important people in the world will never send anyone away empty-handed. ✓ The Father is the Bestower of Fortune and the Bestower of Blessings - His stores are overflowing - so, how can He send anyone away empty-handed?

However, there are some children who simply receive fortune, whereas the fortune received by others is a hundredfold; for some children, their fortune is a hundred thousand fold, whereas the fortune of others is infinite. Why is this? The Giver is One and the treasures of fortune are overflowing. This is also the time to receive blessings and you are aware of all of these things - you understand all this - you are not naive or ignorant. So, why then is there such a difference?

Just see, the method is so simple. Baba is not asking you to work hard; He does not make you stumble; He does not ask you to spend any money. The method is in one word. What is this word? Do you know? This one word is the key to all treasure, the key to elevated fortune. This word is the key and the method. What is this word? It is the word "Baba". This is the key and the method. Does everyone have this key? Why then does each one differ in the fortune that they receive?

What is it that prevents me from receiving
this fortune?

There is a lack of the power of
self-transformation.

There are subtle desires for recognition -
there is the consciousness of "I" and Baba is
forgotten.

44b So, why does your key get stuck? The reason for this is that instead of turning the key to the right, you turn it to the left; instead of thinking of yourself, you think of others. This is the wrong way to use the key. Instead of self-realisation, there are thoughts of others; instead of transforming yourself, there is the thought, "I will take revenge"; instead of self-transformation, you expect others to change themselves; instead of the thought, "I work for Baba, so let Baba be glorified", there is the thought, "It is Baba's work, so I should be glorified". It is by having expectations such as these that the soul turns the key in the wrong direction.

The result for such an unfortunate soul is that, even though they have a right to all treasures, yet these treasures cannot be received. The soul is the child of the Bestower of Fortune, but what do they become? They become one who receives only a handful (such as a beggar would receive).

What else do the children do? Nowadays, valuable things are kept in a certain type of safe. There is a particular method to open such a safe - a double key is used and the key has to be turned twice. This is the only way that the safe can be opened.

You will have one key and the banker will have the other key. It is only by using both keys that such a safe can be opened. If you try to unlock the safe using only the key in your possession, then the safe will not open; both keys are required.

In the same way, you have two keys: the key of the remembrance of the self, and the key of the remembrance of the Father. Some children, because of their own intoxication, say, "I have come to know everything. I can do whatever I want; I can also make others do whatever I want. Baba has made me the master." With this wrong intoxication, they forget about the relationship with the Father and they begin to think that they themselves are everything. They want to open the treasure-store using just the one key; they want to experience the treasure and yet, without the co-operation and the companionship of the Father, the treasure cannot be received. The double key is needed.

Recognising the role of Brahma Baba.

(13,16b)

44c Some children want to open the treasure through only the one Father, that is with the remembrance of only Shiv Baba: "We have direct connection with the Incorporeal. The corporeal father has also received the fortune through the Incorporeal. This is why we will also receive the same through the Incorporeal. Why is it necessary

to remember the corporeal one?"

This key becomes one that is broken and souls using such a key are not able to be successful. It is amusing that they still call themselves B.K.s and yet they keep connection with only Shiv Baba. Why do you not then call yourselves Shiv Kumars or Shiv Kumaris? Why do you call yourselves B.K.s? Your very surname is Shiva-Brahma Kumars and Kumaris and so, there is relationship with both Fathers. Shiv Baba also glorified Himself through Brahma. Without becoming B.K.s. you cannot make your fortune. In your memorial, there is a well-known saying that "when Brahma distributed the fortune, where were you? Were you asleep or were you lost?"

This is why you should not use the wrong key; use the double key. The double key means to remember the two Fathers together, and also to remember the self and the Father. With this easy method, you can receive unlimited fortune. So, now remove the excuses and you will become accomplished forever. Do you understand what you have to do?

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Do I come in front of BapDada at amrit vela as an heir, or as a bhagat? Is the soul upset, complaining, or struggling in any way?

(50,49,53b, 43b-f)

45 The heart-to-heart conversation at the time of the early morning hours of nectar is very entertaining. At that time, the children adopt two forms in particular. Firstly, there are children who come to meet with Baba and they speak as ones with full authority and all rights. Secondly, there are other children who have a heart-to-heart conversation with complaints and the soul is in state of desperation. → shad.

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What are possible reasons for this?

The soul is being influenced by its own carelessness.

The soul should fulfil the promise made to Baba of "One Baba and no-one else". (26,28,25)

46 Check within yourself the power to pack up and the power to face. Are you accomplished in both of these powers? The power to pack up needs to be practised for a long time in order to bring it into action; do not begin to pack up at the last moment or the second will have passed by whilst you are still packing. By now, the work of packing up should be complete. Then, with one power and one faith, you will be able to fulfil the promises to Babā of: "To eat only with You, to speak only to You, to listen only to You." It should not be the case that you speak to Baba and you listen to Him for 8 hours and then,

for the rest of the time, you speak to, and listen to souls. This promise to Baba is an eternal promise; you must not be disobedient in fulfilling this.

Do not become a lawyer and use in front of Baba the points that Baba Himself has given you. In the early morning hours of nectar, some children come as lawyers. In the Golden Age, there will be no pleading. So, do not try to be clever in front of Baba. Instead of being a lawyer, become a judge. But for whom should you be a judge? You should be a judge for yourself - you should not become a judge for others.

Throughout the whole day, the early morning hours is the only time for BapDada to be amused seeing the wonderful games of the children. At this time, it is worthwhile to take a photograph of the poses and positions of the children. Even for one day, become an observer and look; you will then find that you laugh a great deal. Some children come as warriors and they use on Baba the weapons that Baba Himself has given: "You yourself said that...", "The knowledge says this..."

Baba smiles and He continues to see the play. Now, instead of being warriors, you should become the ones who are victorious.

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The effect of the previous day on amrit vela meditation.

If there has been disobedience and carelessness the day before, if the soul is not experiencing all relationships with Baba, then this will prevent the soul from experiencing the meeting with Baba at amrit vela.

47a It is possible for you to experience all relationships with One Baba, so, do not allow yourself to be discontent because you are experiencing just one relationship - do not be satisfied with just a single relationship. Those who are pleased or satisfied with just a little - what are they called? They are called devotees, bhagats. Children, however, are the heirs apparent and all achievements and all relationships come to them as their birthright.

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Souls who receive such a birthright are the knowledgeable and yogi souls - and Baba loves such souls. You should ask yourself: "Have I become loved by the Father in this way?" "Have I become like the Father - bodiless and egoless? Have I become the conqueror of attachment? Am I the embodiment of remembrance?" What will be the sign of a soul who has become the embodiment of remembrance? The soul will always be happy and everyone will remember him.

What is the easiest method to become the conqueror of attachment? There is a very easy method: always see Baba in all relationships. By experiencing all relationships with Baba, you will

experience all achievements. And, once all relationships and achievements have been attained from the One, will there then be any desire that remains? Will there be any further relationship that you seek?

Do you have the experience of easy achievement? Have you broken all relationships with others? Is there the experience of having all relationships with the One? If there is still attachment, or any kind of pull from anyone, then this proves that you are not experiencing all relationships and all achievements from Baba.

(29,79)

47b Today, Baba will tell you the news of your sweet, spiritual, heart-to-heart conversation. As you hear this news, you should check to see what is the position you adopt. Baba is going to tell you the news of what was happening in today's early morning hours and what were the various poses and positions of the children.

As the early morning hours of nectar begin, children from all sides try to dial their number - they try to link their connection. But, what happens? For some, their line is clear, and they are able to get through quickly. For other children, a certain amount of time has to be spent trying to link their connection before they manage to achieve success; and there is a third group of children who find it impossible to get through, and so, they become depressed.

Some children try to dial the number of Baba, but, in-between, their connection gets through to Maya - Maya interferes in this way. They try to cut off this connection with Maya but they are unable to do so. In your world, sometimes you get a crossed telephone line. You ask the other person to cut off, but he will reply, "No, you cut off first". The same thing happens here with Maya. Maya does not want to cut off first and so she breaks the connection of the children who are weak - Maya troubles such children.

Why is this? There must be some reason. It is because, throughout the previous day, the children have been careless and have been under the influence of laziness. They have been paying less attention, and so, for such careless, disobedient souls - because they do not follow Baba's directions - Maya takes revenge at the time of blessings. At that time, the scene of such souls is amazing.

In the early morning hours, even in such a short time, the children adopt a variety of different forms: There is one form in which the children try to receive Baba's love and co-operation by putting in an application. Sometimes, to please Baba, they will praise Him and remind Him of His duty: "Baba, you are the Almighty Authority; you are merciful, the Bestower. You have come especially for us children." Sometimes, because they are tired of the influence of Maya, they try to use force - they try to use the weapons of all the powers; sometimes, they use

the sword of knowledge - sometimes, the shield of drama. But, because they have not been obedient and faithful, and because they do not constantly practise the things that Baba tells them to practise - this then means that their force does not hit the target.

(53b)

47c Some children are so innocent that they are unable to discriminate between the achievement of Baba, and the achievement of Maya. They are sleepy, and they consider that there was a very peaceful stage - the seed stage; they receive limited rest through sleep and they consider this to be super-sensuous-joy.

So, variety children show variety scenes.

47d You have a list of the children you consider to be maharathis (powerful souls in the spiritual army, the elephant-riders) and you count the number. However, in Baba's list of maharathis, the number is less than in your list. You feel that at least eight are ready - yet, there are less than this in Baba's list. Up until now, eight jewels are receiving the eight special powers and they are approaching the stage of becoming the embodiment; they are reaching the stage of being equal to the Father - the stage of being the embodiment of all the powers in their thoughts, words and actions. According to drama, these eight special jewels have a special right to

meet with the Father - a right that is latent in drama. It is only souls who are viceless who are able to have such a wireless connection that they simply create the thought and there is the meeting; it takes them less than one second. Such bestower of blessings children are very few.

(6,77)

So, this was the scene of the early morning hours of nectar.

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Why do I become sleepy at amrit vela?

Lack of churning the day before brings sleepiness at amrit vela.

(Someone told Baba that they felt dozy at amrit vela.)

48 The reason for this is that there is less churning of the points of happiness. If, throughout the day, you were to continue to churn, then, in the early morning hours of nectar you would see the treasures of happiness coming in front of you and you would not feel dozy. Because there is less churning throughout the day, this then means that when you try to churn in the early morning hours, you are not able to be successful, you are not able to churn. The reason for this is that your intellect is not fresh at that time. Then, because there is no

dozy → quite sleepy / tired. 103
↳ Intellectually slow.

churning taking place. there is also no experience and so there is then drowsiness..

In order to make the early morning hours of nectar powerful, it is necessary for you to act according to Shrimat during the day. Throughout the day, you should continue to churn, you should play with the jewels of knowledge and then, in the early morning, by remembering these things of happiness, sleep will disappear and you will experience great happiness - the feeling will be as though a mine of all achievement has opened up for you and, where there is the experience of achievement, you will not be able to sleep, nor will you even feel sleepy. It is when there is no achievement that there is then tiredness, sleepiness or laziness.

So, always stay in the experience of achievement. It is, in fact, the things that you churn during the day that affect you in the morning.

(68,55b,54,22,18,23,24,25b,71,72a,72b,37,33)

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Instead of being a bhagat, you should make effort to make your stage equal to Baba's stage.

49 When you sit for early morning meditation, you should become either a point of light or an angel. However, what tends to happen is that you just look at Baba and you do not change your own form; you try to see Baba as a point of light or as an angel

but, without becoming equal to Baba in your stage, you are unable to experience the meeting with Him. If you simply look at Baba in His high stage and you yourself do not become equal, then the experience will be the same as that in bhakti (devotion) where the devotees see the idols as having a very high stage and they see themselves as being very low. Because there is love for the Father, there will be temporary happiness, but such souls will not be able to bring about a powerful effect in the atmosphere. So, first of all, you should practise how to change your own stage and you will then find that your yoga at amrit vela is very powerful.

(43 especially 43f,79b)

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By practising to be bodiless and by having a close relationship with Baba now, the soul will be ever-ready at the time of destruction.

50a Is your desire to go beyond sound as great as your desire to listen to sound? In the final paper, there will be noise all around; on all four sides, there will be upheaval through the body, through the mind, and through nature. In such a situation in which there are all forms of tension will you be able to follow, within a second, the direction of "Attention, please!"? Within a second, will you be able to switch

off numerous memories and switch on the remembrance of One? At that time, will you become confused - "What can I do? How can I do it?" Will you be unable to find your weapons at that time? This is why the lesson of being ever-ready should be underlined at all times. All the powers - your weapons - should be with you constantly. Do not set them aside from your intellect so that, at the time of need, you have to look for them and you have to ask Baba, "Help me, give me your co-operation". At that time, your request will not be accepted. No matter how merciful the Father, the Teacher or the Satguru may be, yet, when it is the time for the examination, it is not the code of conduct to be merciful. So, do not even have the thought that, at that time, if the children have courage, Baba will give help. No matter how hard you may try at that time, if there has not been relationship, co-operation, or love for BapDada over a period of time, then, at that moment, you will not be able to make the connection.

(46,47)

So, what will your result then be? Instead of coming in the rosary of victory, the soul will come into the rosary of those who are requesting. Because, over a period of time, there has been the sanskar of staying far from Baba, this will then keep the soul far away from the royal family for 21 births and far from the royal throne. Would this be acceptable to

you? If it is not, then why do you come into the bondage of Maya, the bondage of your own weak sanskars, or the bondage of the numerous attractions of Maya? Since you have become the Master Almighty Authority, why does this still happen?

50b Even when there is the sweet meeting with Baba in the early morning hours of nectar, when there is the heart-to-heart conversation - even this is observed by most of the children out of force, out of discipline; the majority are only fulfilling their promise, they are fulfilling a discipline, and they are not fulfilling the system of love.

At that time, if you were to come on tour with BapDada, you would find that, all around, there were some amazing scenes - scenes that would make you smile. If, at that time, you were to take a film, it would be very entertaining.

In trying to please Baba, the children play many games. Some change from being children and they become bhagats. It is said that a human being is someone who will only do something if he is first asked; so, by asking Baba to do things, the bhagats are playing a very good game in which they are making Baba into a human being. In bhakti, God is considered to be omnipresent, but the gyani bhagat changes the Supreme Soul into a human soul.

(Realising it is your right to take fortune from Baba - see point 44 and point 43, especially 43f).

Now, just consider, what is your own pose and position? You have been given a mirror and so you are able to see and understand yourself. Each day, you should look at yourself and check to see what is your pose and position.

The need for soul consciousness.

50c There are some children who say that they do not know how to have a heart-to-heart conversation; the soul says that it does not know how to speak from the heart - it does not know how to speak to the spiritual Father - and asks, "Why do I feel no sweetness in the heart-to-heart conversation?"

The mistake is that the soul does not become stable in the right consciousness for there to be a spiritual conversation. Since this is described as a "spiritual conversation", the first thing you should do is make sure that you are stable in the consciousness of the spirit - that is in the form of the soul. If someone remains in gross consciousness and then tries to converse with the spiritual Father, then will it be possible for them to taste the sweetness? Or, if the soul becomes a warrior and then tries to have a spiritual conversation, then this again will prevent the soul from being able to experience the sweetness - the war of Maya's subtle, wasteful thoughts will come in-between the soul and Baba and the link of the sweet spiritual conversation will be broken. Just as in the physical world, no matter

how good a conversation may be - even if it is very sweet and of great interest - yet, if the link is broken again and again, then it will not be possible the sweetness to be experienced. Similarly, if the connection is broken again and again because there is disturbance within the intellect, then this will prevent the soul from feeling the sweetness that comes from conversation with Baba.

What prevents a close meeting with Baba at
amrit vela?

Accounts are still outstanding from
the previous day.

What can be done about this?

Talking to Baba honestly before going to sleep at
night.

What is the reason for there being this break in the connection? The main reason is that the account the soul created in thoughts, words, actions and connections throughout the previous day, has not been kept clearly in front of Baba - the soul has not emptied itself. If you keep both the good and bad news clearly in front of the One who has made you His instrument, then the burden will be removed; the intellect will become empty and the karmic account of life will become clear. If there is any

account that still remains that is pulling the intellect to itself, then this will bring the soul into gross consciousness. Businessmen will always try to clear and settle their business accounts so that they can be carefree; if there is any account that is only half-settled, then this will pull the intellect of the businessman even though he does not want this to happen.

In the same way, each night, the children do not become light by keeping in front of Baba everything that has been done. For every good action, Baba will reserve for you one hundred thousand fold. If there has been any waste, then by speaking of it, the burden will be removed from the self, and Baba will save the soul from building up a stock of waste for the future. If there has been sin, then on the basis of truth and honesty, merciful Baba will forgive half the punishment and He will clear the path for the future. The weak intellect will be made powerful. Because this principle is not observed - because there is not obedience in this - this then means that the soul misses the extra help and blessings that would be received by an obedient child. Because the soul has not cleared itself in front of Baba - because there is an account, a burden, that still remains - this then prevents the soul from being able to experience soul consciousness in the early morning hours of nectar. The outstanding account will not allow there to be lightness in the intellect. So, how can there be a heart-to-heart conversation

with Baba?

(41)

What is it that makes a heart-to-heart conversation enjoyable? It is when the conversation is between equals - loving companions. Baba is avyakt (subtle) - He is double-light; so, if the one seeking to converse with Him is in gross consciousness, if their intellect is heavy and burdened, then how will it be possible for a heart-to-heart conversation to take place? How will it be possible for that person to experience the sweetness of the conversation? Can there be sweetness in the conversation?

Baba fulfils the system but there is not the fulfilment of love because the soul is simply observing a discipline - the soul is not acting on the basis of love. The situation is the same as when someone of a low position comes in front of someone who is senior. How will they be able to speak? Will there be courage and enthusiasm? Even though the soul in the low position would like to take benefit from the meeting, and even though a chance has been given, yet still, because of their own fear, it becomes impossible for them to take his benefit. Here also in the same way, even though a time has been given for meeting Baba, and even though the soul wants to experience this meeting, yet, when the soul comes in front of Baba, the Almighty Authority, it is unable to taste the sweetness of the meeting because of its own weakness.

So, for there to be an experience of the sweetness of spiritual conversation, it is necessary for you to

become bapsaman (equal to Baba); then, with this equality, you will feel that the conversation is sweet. You should not just sit according to a discipline.

(54 - especially 54c, 79b)

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51 Now, at the end of the day, you are going to take rest. What should your recreation for the evening be?

Before going to bed, exchange the news of the entire day with your companion, or with the Father.

Each day, you should take special intuition - inspiration - for the following day. By giving to Baba the news of the entire day, you will become light. Just as when you go to bed, the dress that you put on will be very light, so too, you should also be very light in your intellect - this is your light dress. You should go to bed with Baba wearing such a dress.

Do not sleep alone. If you are alone, then Maya will take a chance. You should remain constantly in Baba's company. If you are alone at night, then there may be some fear; but, by being in Baba's company, you will be fearless. When you yourself are fearless, then Maya will become afraid of you. Throughout the night, you should make use of the treasure of happiness of Baba's company.

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Each day is a new day.

(continued from 30)

52 At the end of the day, when you go to sleep at night, there is the stage of checking yourself, and, together with this, there is also the stage of going beyond sound. You stabilise yourself in the stage beyond sound; you finish one day, and the next day will begin. When someone is fast asleep, then it is as though there is nothing of the world remaining, and so, your stage at night should be the same as this - there should be no attractions at all. Before you go to sleep, you should create such a stage. The question of dreams is a separate matter.

At the end (of the cycle), the sanskars that the soul has taken will be merged, and then, later on, these same sanskars will emerge. In the same way, when you finish the day, your sanskar is that of being detached and loving, is it not? If you go to sleep with this sanskar of being detached and loving, then, the following day, you will receive help from this sanskar.

So, when you go to sleep at night, you should finish off any old accounts that are remaining with the fire of yoga and with a powerful state of consciousness. You should settle these old accounts. If a businessman does not settle his accounts, then he goes into debt. The debt is known as a disease. In the same way, you should settle the account of actions, the account of thoughts,

and the account of everything that has happened in the day. Do not keep anything for the next day in the form of a debt, otherwise, this debt - or disease - will make the intellect weak.

Each day, you should settle your accounts, and then you can begin the new day. Let there be a new consciousness each day. By keeping your account of thoughts and actions very clear in this way, you will be able to become complete and you will be the image of success. If you are not able to settle your own accounts, then how will you be able to inspire others to finish their bondages and settle their accounts?

And so, every night, let your register be clean. Finish off whatever has happened with the fire of yoga. If someone wants to completely remove all traces of thorns, then they will burn the thorns, will they not? So, in this way, using your power of knowledge and your power of yoga - with will-power and controlling power - you should always keep your register clean. There should be nothing that is allowed to accumulate. The waste thoughts that you have had one day should not be carried forward so that they affect the next day - there should be no connection between one day's wasteful thoughts and wasteful actions the next day - that is, the debt should not have remained. Past is past - full-stop. Those who keep their register clean and who always settle their accounts become the image of easy success. Do you understand the cycle of the whole day?

Within the cycle of self-realisation, there is this cycle... There is the unlimited cycle of 5.000 years and, within that, there are smaller cycles. So, you should always keep the cycle of your daily activities clear. Do not become confused, and you will then be able to become the rulers of the globe.

You know how to clean your register, do you not? Nowadays, science has created such inventions that it is possible to erase something that has been written in such a way that you would never know that it had existed at all. In the same way, are you able to clean your register with the power of silence? And so, who are the ones who become loved by Baba - loved by God - and who are also loved within the divine family? It is the souls with honesty and cleanliness who are loved by God, loved by the people, and who are also loved by themselves. Everyone likes honesty and cleanliness. To keep your register clean is also cleanliness, is it not? The Lord becomes pleased with those who have an honest heart. This means that, by having, help is received.

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Accuracy in one's daytime activities.

Is there depression at amrit vela? Do I find myself complaining to Baba about myself or others?

Is the reason for this that I am not accurate in my daytime activities? In any given situation, am I able to adopt whatever form is needed? Do I always remember the mantras and the methods that Baba has given?

53a BapDada is seeing the present stage and the final stage of each child. For some children, there is just a little difference between the two stages; for others, however, there is a great difference. What is the reason for this big difference? Everyone has the same aim - each child wants to become elevated. The Teacher is the same; the Guide is also the same for all. So what is the reason for there being such a big gap? BapDada was noticing the reasons.

Two reasons were seen:

Firstly, the children do not constantly remember the mantras „manmanabhav" (be Mine with your mind, remember Me alone) and "hamso-soham" (that which I was, I will be). Even on the path of bhakti there is fear of forgetting the mantra because this means that the soul is going away from the guru. Now, having become children, there is no longer any fear as there is on the path of bhakti but neither do the children take advantage of the fact that they have become children, that is they do not follow the mantra - they do not follow Shrimat in a practical form. So, the first reason is that the mantra is forgotten.

The second reason is that the children do not use the right method at the right time. The methods are given for dharna (inculcation), and the mantras are given for the yoga of the intellect - so that there can be concentration of the intellect. These two things should be remembered constantly. You have been listening to these mantras, but to what extent have you become the embodiment? The first lesson is the great mantra and, by practising this, you can become number one. It is because this first lesson is lacking in practice that the children become numberwise in achieving victory.

Why do you forget the directions that Baba has given for the different occasions? Do you remember the yuktis, the directions, that have been given for the different times of the day? In the early morning hours, you should become the embodiment of remembrance; you should then become the embodiment of being a Godly student. Whilst performing action, you should be a karma yogi - one who is the embodiment of remembrance - and, whilst you are earning your livelihood, you should keep the consciousness of being a trustee. Whilst you are in the company of vicious souls, you should remain as the embodiment of remembrance and, whilst living in the impure, devilish atmosphere of the Iron Age, you should remain both detached and loving; you should be the embodiment of remembrance, you should stay free from the vicious atmosphere and, in this way, you will be able to

transform the impure vibrations. You should remember your task of giving the introduction of the Father to other souls and you should always remember to close the whole day's routine in the correct way.

Do you remember all these things? In the future, (in the Golden Age), according to whatever the occasion may be, so will be the dress and decoration that is worn. This should be practised now so that the same thing will happen in the future in the form of achievement. There, you will simply change the physical dress but here, according to the time and according to your activity, so should be your consciousness. Do you have such a consciousness, or do you forget? On the path of bhakti, in the famous temples, there is a memorial of the present time. There, also, according to the time, the dresses of the deities will be changed; each time a vision or a glimpse is given, then it will be with a different dress. Whose images are these? These are the images of those who practise to become the embodiment of remembrance at the Confluence Age.

BapDada keeps a check on the entire day's routine. There is remembrance and awareness but, as yet, you do not become the embodiment.

53b There is the time of the early morning hours of nectar: this is the time to receive all blessings from the Bestower of Blessings. It is the time to

experience all blessings and to become the Master Almighty, to become a Lighthouse and Mighthouse like the Father; it is the time to make less effort for greater achievement. You should use the time of the early morning hours to become the Master Seed. There should be the remembrance of being the Bestower of Blessings.

However, instead of becoming the embodiment of all powers like the Father, which form do you adopt? Most of the children are sitting in the form of being depressed or they are complaining to Baba about the self. Instead of becoming World Benefactors, instead of having the stage of being the Bestowers of Blessings - the children become beggars and they ask for blessings. They complain either about others or about themselves. Because there is not the practice of being the embodiment of "according to time", they are unable to become the embodiment of all powers. In the same way, throughout the whole day, because of not adopting the virtue of "according to time", they do not become successful and they are unable to experience achievement. Then, they say, "Why can I not feel happy?" "Why can I not remain happy?" The reason for this is that the mantras and the methods have been forgotten. Even the well-known people of today will wear a dress that is appropriate for the given time and occasion. For example, if there is a festival of happiness, then they will make their form happy. Although it is artificial, yet still, they receive

praise because of their expertise. Theirs is an artificial form - yours is real.

Preparing oneself in advance.

So, you should first churn and decide which quality is appropriate for which occasion: „At a given time, I should become the embodiment of which particular quality?“ Then, afterwards, you should check: „Did I maintain a form that was appropriate?“ If your form is not accurate according to the situation, then you should check and change immediately.

Before you perform any action, you should check the form of your remembrance - it should not be afterwards that you carry out the checking. If you have to go somewhere to perform a particular task, then you will prepare yourself before you leave - not after reaching there. In the same way, before you perform any action, you should prepare yourself so that you are stable in the appropriate stage. If you check yourself only after the action has been performed, then this becomes repentance instead of achievement. From the Copper Age, you have been praying and repenting instead of achieving. But now it is the time for achievement. What is the basis for all achievement? It is to become the embodiment of remembrance „according to time“.

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Developing a powerful consciousness
at amrit vela.

Churning the titles that Baba has given.
Destroying old sanskars and conquering
Maya with determined thoughts.

54a Today BapDada was seeing the entertaining scene of the children all around. As He saw them, He smiled and, at times, He also laughed. What was it that Baba was seeing? The children are the residents of sangamyug, they are elevated; they are as valuable as diamonds, they are the most elevated children of BapDada. They are the elevated souls of the Godly Family; of the Brahmin clan; they are the most beloved long-lost and now-found children.

BapDada has given His children a variety of costumes and variety of decoration for the entire day. Baba has also given them a most elevated throne and a place on which to sit. According to the appropriate moment, the children are able to wear the correct dress and matching decoration. In satyug, there will be the change of dress and decoration, but it is here that those sanskars have to be filled. In sangamyug, Brahma Baba has also decorated his Brahmin children with a variety of dresses and decoration.

But what was the entertaining scene that Baba saw? Even though they had such beautiful dresses

and decoration, yet still, some children continued to wear their old dresses - dresses dirty with mud. Do you know the dress and decoration of the early morning hours of nectar and the variety of dresses and decoration that you have been given for the entire day? The children have received a variety of titles from BapDada for the whole day; and so, the dress is the consciousness of these different titles and the decoration set is the different virtues. How many different varieties of dress and decoration do you have? As is the dress, so also should be the decoration set.

So, you should constantly remain seated on the seat that is always decorated. Count how many dresses you have. To wear a dress means to be stable in the consciousness of a particular title. Sometimes, you can wear the dress of being the world benefactor, sometimes, the dress of being the Master Almighty Authority, and, sometimes, you can wear the dress of the one who spins the cycle, the Swadarshanchakradhari. According to the moment and the task, so you should wear the appropriate dress.

Together with the correct dress, there should also be the decoration of the virtues. Sometimes you can wear the jewellery set of knowledge, sometimes that of love, sometimes that of bliss; at other times, you can wear the decoration of happiness, or the decoration of peace. You should wear these different sets of decoration.

Let your hands, your neck, your ears and your forehead be decorated. On your forehead, you should imbibe the remembrance that "I am the embodiment of bliss" - this should be the jewellery that sparkles on your forehead. Around your neck - that is on your lips - let there be such decoration that gives bliss; in this way, you will have a necklace, a garland, around your neck. With your hands, you should perform such actions that stabilise you in becoming the embodiment of bliss; it is through this that you will have bracelets at your wrists. Through your ears, always listen to those things that make you the embodiment of bliss - this is the decoration for the ears. Let your feet take you towards service that will make you the embodiment of bliss; every step that you take should make you the embodiment of bliss and it should also inspire others to become the same - this is the decoration for your feet.

54b Now, you have understood the different sets of decoration that you have been given. Do you wear these sets everyday? At different times, you should wear the different sets. Do you know how to wear them, or is it that you decorate your ears and forget about your neck? Nowadays, in the world, it is fashionable to wear a full, matching set of decoration, and so, the decoration that you have been given is the most elevated. Why do you not wear this? Why do you not adopt this? Why do you renounce this most beautiful variety of costumes

and again wear your old dress that is dirty with mud? Why do you wear the dress of the consciousness of the body?

Today, the competition of dress and decoration was being seen: which are the children who remain decorated throughout the day and which are the children who are still engaged in changing their dresses, that is they put their dresses on and then take them off again. At one moment, such children will put on their elevated dress, but then, at the next moment, they will take it off and they will put on a dress that is inferior. They are unable to wear their most elevated, beautiful dresses for any length of time.

And so, what was seen? Some children were even putting on dresses which were absolutely smelly. What was this bad odour? It was the bad odour of bodily relations and attachment to bodily possessions; even from far-off, it was possible to smell this odour. Some children were wearing dirty clothes, that is they were wearing the dress of having criminal eye, of looking at the skin; they were wearing a dress of such a dirty skin. Some children even had dirty stains on their dresses - the stains of seeing the defects of others and becoming stained themselves; such dirty, stained clothes were being worn. Some children even had dresses which had very bad blood-stains. What were these blood-stains? These stains had come because the soul was sinning again and again, the soul was

being killed - it was being killed of its most elevated stage of consciousness. There were some children who were wearing such dresses.

So, now, just consider - on the one hand, there are the dresses of the consciousness of the most beautiful titles, and, on the other hand, there are these dirty dresses. The dress of an elevated soul should also be elevated. And so, what was seen? There were some children who were able to wear their most elevated dresses throughout the day. They were able to wear their decoration sets and so stabilise themselves on such a seat. Some children wore very superior dresses, but there were other children who were unable to put on such dresses - even though these dresses were in front of them and they wanted to be able to wear them. And so, from the early morning hours of nectar, you should adopt the most beautiful decoration set, the most elevated set. It is only those souls who are wearing the dress of elevated titles and the decoration of the virtues at the present time who will, in satyug, be able to wear the costumes of the World Emperor and Empress; the maids and servants will then lift the train behind such souls. Those who now have the authority of self-sovereignty, those who, at sangamyug, are the Conquerors of Maya, those who stabilise themselves in the dress of these titles - it is such souls who will have the experience of the 5 elements and the 5 vices lifting the train behind

them, that is the elements and the vices will be subservient to them. So, bring this scene in front of yourself.

How will it be possible for you to have these servers? Those who have conquered Maya will have ten servers behind them - the ten heads of Ravan - but these ten servants will only lift the train behind you if your dress fits tightly and is worn constantly, that is when the train is a long one. Nowadays also kings and queens wear costumes with a long train which is then lifted by others. If there is not constancy, then this means that there is not a long train. If you do not fit yourself tightly within the titles then, because your dress is loose, the very same servers will remove the dress. So, with a determined thought, you should tighten the dress of your titles. Determined thoughts is the belt. Tighten your dress with this and you will remain safe. The servers will then constantly remain subservient.

You have heard how the vices can be transformed and become your co-operative servers. So, do you now know how to wear your dress? You also know how your dress can be tightened. Wear whichever dress you choose at whatever time - but do not wear any dress that is dirty. Take benefit from the variety of dresses and decoration sets that have been offered. In sangamyug, Brahma Baba, in fact, BapDada, have given you a trousseau. There has been a love-marriage and so you will receive a trousseau. The trousseau is of these variety sets

of decoration and these beautiful dresses.

Why do you renounce the trousseau that Baba has given? Why do you still wear your old clothes? Some children take the trousseau from BapDada but also, together with this, they secretly keep their old dresses and, because of this, they sometimes wear these old dresses. When old attachments begin, then this means that old dresses are being worn. Why do you shed your invaluable dresses and wear your old dress which is dirty and torn? You should not do this. If, up to now, there is any dress that you have secretly kept hidden, then such a dress should be burned; and, once it has been burned, you should not even keep the ashes with yourself - you should go and sacrifice the ashes in the ocean. You will then constantly remain beautifully decorated and you will constantly sit with Baba on the throne of the heart. If you leave the throne of the heart, then you will sit on the throne of the gallows - sometimes of greed, sometimes of attachment. So, renounce the throne of the gallows and sit on the throne of the heart.

You have kept your trousseau safe, have you not? But now you should use it - you should not simply keep it. Do not just keep looking at it and say, "It is very good; it is very lovely" - you should wear it. Now claim the first number in this dress competition. The number depends on constancy. Everyone knows how to wear the dress but not everyone knows how to keep the dress constantly in "tip-top"

condition. It is by being constantly decorated that the number is received.

54c So, from tomorrow, what will you do? From the early morning hours of nectar, decorate yourself with the variety of dresses and with the different decoration sets. Then, throughout the day, remain decorated and stay with Baba. From the early morning hours of nectar, wear this first-number dress. It is only the brides who are beautifully decorated who will be able to go with Baba. Such brides can be together with Baba - others cannot. Those who claim the first number in the competition - those who always stay together with Baba - are the ones who will be able to go together. Those who do not stay together will also not be able to go together. So, constantly remember this slogan, that is put this tilak (this dot) on your forehead: "We will stay together; we will go together." (79b)

The Power of Churning.

(37,18,43a,23,24,19,5,22,71,72b,72c,68,66)

55a Each child is making fast effort to attain the aim and object. Everyone has the same desire - to go fast and arrive first. Day and night, everyone is busy in this one deep love and everyone has this same aim. All of you have love for One, you all have

the one aim and object, and the company for all of you is the One. However, some are Mahavirs (brave warriors), whereas others need to make a great deal of effort. Some are easy Raj Yogis, and some are effort-making Raj Yogis. Some are the embodiment of all achievements, whereas others remain busy in trying to experience these achievements. Some are the conquerors of Maya, and some are struggling with Maya. The sound from someone's heart was, "I have found everything that I was looking for" - whereas another was saying, "I am receiving something." Some were experiencing companionship forever - some were having to make efforts to stay in Baba's company.

Seeing the stage of these effort-making children, BapDada felt mercy for them. You are all the children of the one Father, so why are there these two types of children? For how long are you going to continue making these efforts? This unique birth is the birth for blessings, because it is a birth that has been taken through the Bestower of Blessings. However, instead of receiving blessings, some of the children are still making efforts.

Will you receive this birth of blessings at any other time? Each second of this birth of blessings is for you to experience all achievements. Each second is for you to enjoy. Instead of experiencing all blessings - do you prefer to make efforts? The children do not want to work hard, and yet still they do so.

What is the reason for this? The main reason is that the children are overpowered and they are caught in the bondage of something. This happens even though you do not want it to. Who is it that overpowers you? You know very well who this is. Even though you make efforts to become free, yet still, you become caught in this bondage.

Maya comes in the stage of being knowledgeable. She understands that this Brahmin life is based on the yoga of the intellect - it is only with a divine intellect that the children are able to experience the meeting with Baba. So, the first thing Maya does is that she attacks the intellect and makes the intellect weak. Maya uses the arrow of useless thoughts and, through this, she makes the divine intellect become weak. Then, because there is this weakness, you become overpowered and overshadowed. It is just the same as when someone becomes physically weak and they are not able to do the work that they want to do; when there is weakness even though you want to do something, yet you are unable. The Almighty Father has given the solution to this problem and yet the solution is not used.

55b What is the special power that Baba has given? It is the power of churning. This power is the nourishing food for the divine intellect. However, if there is not this nourishment, then the children's intellects become weak. Then, due to weakness,

they are overshadowed. The details of this power of churning are not difficult, yet the children do not use the method that Baba has given. Since you took birth as a Brahmin, how many titles of Brahmin life have you heard? If you were to repeat these, they would form a complete rosary. On the path of bhakti, you had the habit of counting the rosary; there was the power of counting. On the path of knowledge, there is the power of remembrance. The bhagats, who receive only limited fruits with their limited method, never forget their power; here, you are knowledgeable souls, so why do you forget this method for having a powerful remembrance?

If you remember one title in the early morning hours and you keep churning this title, then, with this power of churning, the intellect will remain powerful.

A powerful intellect cannot be invaded by Maya; it cannot be influenced or overpowered by anyone. Nowadays, important people will wear whatever costume is suited to their work and their situation. The devotees also will, at different times, change the garments on the statues of the deities according to the worship that is taking place. In the future, in your deity form, for each task that you undertake, you will wear a different dress. These sanskars of changing dress are based on the present time. The fashion of the present time will continue into the Golden Age and this ritual will be followed even in the Copper Age.

As is the remembrance, so is the consciousness;

according to the consciousness, so is the vision and the stage - you become the embodiment of that form.

Nowadays, it is fashionable to apply a tilak and to use eye make-up that matches whatever garment is being worn. You Brahmins are the most fashionable of all. What is your fashion? Your fashion is in your remembrance, your consciousness, and your vision. Your consciousness is the dot of remembrance - your tilak; your vision is the adornment for the eyes - your eye make-up; and your attitude of mind provides the make-up for your face. With your attitude of mind, you are able to change yourself in any way you wish. Do you always remain as a decorated, spiritual image in this way? You are the ones who are to transform the entire world.

The power of churning means to remember the variety titles of Brahmin life. You should keep in your consciousness the decoration of all the virtues. You should remember the variety points of happiness and the points of spiritual intoxication. You should keep in your intellect the point of the introduction of the Father and also the details of the point of creation. Through remembrance, you will have different kinds of experience. You can also remember the points of achievement. In this way, the power of churning has a vast scope. You can churn whatever you like. Through the power of churning, you will be able to experience a powerful

stage instead of being influenced by Maya. Always remember the mantra of conquering Maya and Maya will always bow before you.

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56 Do you constantly experience yourselves to be souls with the tilak of victory? Is the tilak of victory always fixed? Can this tilak be erased? Does Maya sometimes erase it? Each day in the early morning hours of nectar, by having the correct awareness, freshen the tilak of victory and it will remain with you throughout the whole day. It will then be impossible for Maya to influence you.

(19b,65,66)

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Do I always maintain an awareness of the self, Baba, and drama? For the consciousness to be powerful, all three aspects need to be developed.

57 Today, BapDada is seeing His children who are wearing the tilak. On the forehead of each one, there is the tilak of being a Raj Yogi - that is there is the tilak of being stable in remembrance - and, together with this, there is also the tilak of being a ruler (the Raj tilak) - the tilak of having the authority of world sovereignty. So, both tilaks were being seen: the Raj Yogi tilak and the Raj tilak. Do you always see your own tilaks in the same way?

BapDada was seeing the speciality of the Raj Yogi tilak on each one's forehead. What was the difference that Baba noticed as He looked at this speciality? On the forehead of some Raj Yogis, there was a tilak of three dots; there were others whose tilak consisted of two dots, and there were also some who had a tilak of just a single dot. In fact, the tilak you have received from the knowledgeable Father is of three dots - each dot signifies a different type of consciousness. These three types of consciousness have been remembered in the form of the trident.

The three types of consciousness are:

The consciousness of the self.

The consciousness of the Father.

The consciousness of the knowledge of drama.

In these three types of consciousness, the detail of the entire knowledge is merged, that is the tree of knowledge is merged. Just as when any tree grows, first there has to be a seed; the first two leaves then sprout from the seed and the expansion of the tree will follow. In the same way, the most important thing is the consciousness of the Seed, the Father; this is followed by the two leaves - the complete knowledge of the soul and the clear knowledge of drama. Those who inculcate these three types of consciousness receive the blessings of being constantly stable in remembrance. It is on the basis of these three types of consciousness

that you become the conquerors of Maya and the conquerors of the world.

At the confluence age, each of the three types of consciousness are important; and so, sparkling on the forehead of each one, there is the Raj tilak, that is there is a tilak of three dots representing these three types of consciousness. Just as if one of the three arrows of a trident were to be damaged, it would no longer be considered to be an effective weapon - it would instead be regarded as useless; in the same way, the sign of complete victory is in the form of a trident, that is all three dots will be present indicating that the soul is the embodiment of the three types of consciousness.

But what is it that happens? Not all the children are able to maintain the three types of consciousness at the same time and it is this that makes the difference. Sometimes, one aspect will be remembered, sometimes two, and only occasionally will there be an awareness of all three. So, this is why, as you have heard, the tilak of some consists of two dots and, for some, there is a tilak of just a single dot. However, some very good children were also seen to be wearing the tilak of three dots constantly; it was impossible for their tilak to be erased. When the soul becomes the embodiment of these three types of consciousness, it then becomes impossible for their tilak to be removed. However, if this is not the case, then, again and again, it becomes necessary to re-apply the

tilak; at one moment, it is applied - the next moment, it is erased. But the tilak of the Raj Yogis of sangamyug should be imperishable and eternal. If the tilak is imperishable, then Maya will be unable to destroy it.

Every day, in the early morning hours, this tilak of the three types of consciousness - this trident - should be checked. Then, throughout the day, Maya will not have the courage to erase your tilak. To have the three types of consciousness means to be the embodiment of an all-powerful consciousness. This is the tilak of power. In front of this powerful consciousness, Maya, in the form of waste thoughts, will end. The five forms of Maya will come before you as five servants - you will see them transformed.

(7)

Practising soul consciousness.

Laying a foundation so that soul consciousness remains throughout the day.

(5,32)

You should feel as though you have just descended from the soul world.

58 Will you always descend from up above to do your work, or will you remain on the earth and then do your work? Up above means an elevated stage.

Just as Baba comes down from up above in order to do His work, so too, you are not to dangle up above from some ceilings but, whilst performing ordinary work you should remain stable on a high stage. In order to do your work you have to come down, but your stage should still be up above - that is high. Baba comes in an ordinary body, does He not? He will perform ordinary actions, He will speak as you people speak, He also moves as you do. So, the actions are ordinary and the body is also ordinary. But, even whilst doing ordinary work, Baba's stage remains elevated. So, your stage should also remain elevated in this way.

Each day, at amrit vela, you should not think that you have emerged from sleep, but instead, you should think that you have incarnated from Shantidham (the world of peace, the soul world) in order to do your work. Then, at night, having done your work, you should return to Shantidham. Having incarnated, you come as Avtars (souls who incarnate in order to establish a religion). Avtars incarnate to perform an elevated task; they are not said to have taken birth but they are said to have incarnated. From an elevated state, you come down. This is an incarnation. When you perform work in such a stage, ordinary actions become unique, spiritual actions. Just as other people eat, so too, you also eat, do you not? But they are said to eat food whereas you dine on Brahma Bhojan. There is a difference, is there not? You move, but you move

like angels; you move in the state of being double-light. So, you move in a unique, spiritual way and your work is also unique and spiritual.

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Fluctuation and tension in one's life can be avoided if soul consciousness is practised at amrit vela and attention is then paid throughout the rest of the day.

59 Do you always experience your star of soul consciousness to be shining forever? When this star is shining through knowledge - once it has been lit by the Father - then it cannot be extinguished. However, the percentage of its shininess may increase or decrease. Why does this happen? The shininess decreases because there is lack of attention. Just as with an oil-lamp, if oil is regularly poured into it, then the lamp will remain steadily alight; if less oil is added, then the light may flicker. So too, if less attention is paid to the star of soul consciousness, then the percentage of its shininess decreases. This is why, Baba gives the Shrimat, the elevated direction, for you to get up in the early morning hours and lit the lamp of soul consciousness. Then, throughout the rest of the day, you should pay attention to it.

In the early morning hours you should set your daily routine. If there is a programme that is not prepared

in the right way, then it will not be successful. Here, in the same way, if you do not set your daily routine in the early morning hours, then you will not be able to become the embodiment of success.

It may be that you are paying attention. However, if proper attention is being paid, then, underlying this, it will not be possible for there to be any form of tension. When it is the day, it cannot be the night - day and night cannot occur together at the same time; here, in the same way, attention is the day and tension is the night and it is not possible for these to occur together. If there is any tension, then this proves that there is lack of attention.

There is a difference between attention and full attention. Full attention means that the virtues and the powers of the Father must be with us. Now that you have become the children of the Father, proof of this should be given. What does ordinary attention mean? Ordinary attention simply means that „we are the children of the Father“; full attention means that the soul experiences all the virtues and qualities of the Father.

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Preparing one's attitude for the day. Reminding oneself of the disciplines that are to be followed so that the soul is able to remain free from obstacles.

60 At the Confluence Age, it is by following the highest code of conduct that you become an elevated soul. You are called „maryada purshottam”, that is one who is following the highest code of conduct. The easiest way to stay safe from the impure human environment and to remain free from the influence of impure nature is to be one who is following the highest code of conduct. Those who observe disciplines are always free from hard work; hard work is only necessary when you step over the line of the code of conduct in your thoughts, in your words, or in your actions. BapDada has given you disciplines to follow at every step. If you are moving according to these disciplines, then your life will automatically be elevated. In the early morning hours of nectar, you are aware of the disciplines you have to follow from the early morning until nightfall. It is by observing these disciplines that you become an elevated human being, one who is following the highest code of conduct. Your title is “Purshottam”, that is one who is the highest amongst human beings; check and see - is your consciousness elevated? The consciousness of an elevated soul will be elevated. If the consciousness is elevated, then both the attitude of mind and the vision will be elevated; the stage will then also be likewise. Do you know what the code of conduct is for the consciousness? “I, the soul, am elevated, and other souls also belong to the elevated Father; different souls are

playing their different roles" - let this first lesson be remembered in a natural way. While looking at the body, you should see the soul. At every second, there should be this powerful remembrance. You should become the embodiment of remembrance. It should not be that you simply remember the knowledge of the soul; in addition, there should be the consciousness of being a soul. "I am a soul, and the person next to me is also a soul" - this consciousness is the principal foundation of the code of disciplines. It is through this practice that the soul becomes free from obstacles and, with this elevated, powerful remembrance, you will become the instrument to spread powerful vibrations. Through this, others will also become free from obstacles.

The Pandav Army has come to celebrate the meeting. But, after having celebrated the meeting, you should carry away with you the blessing of becoming the embodiment of remembrance. This is the foundation of the code of conduct. To become the embodiment of remembrance also means to become the embodiment of power. What is the essence of all that you have heard up until now? The essence is: "Become the embodiment of remembrance." Revise this blessing everyday in the early morning hours of nectar. (5,22)

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Accurate amrit vela meditation will make all difficulties become easy. Amrit vela is the time to fill yourself with power for the whole day.

(32,28,43,55,54)

61 What is the yukti (the method) to achieve the state of being a natural yogi?

You should understand the importance of the early morning hours of nectar. If a powerful stage is created in the early morning, this will then help you throughout the rest of the day; the life of that day will be filled with greatness. By filling yourself with power in advance, no matter how difficult a task may be, it will not seem to be difficult - it will seem to be easy.

To miss the early morning hours is to neglect the importance of the special benefit that can be received at the Confluence Age. Continue to follow the Brahmin code of conduct and you will become an example in front of the world.

* * * * *

Receiving the blessings of immortality.

If amrit vela is powerful, there will be no fluctuation throughout the rest of the day.

62a In the early morning hours of nectar, you receive power from the Powerhouse. It is at this

time that you receive the greatest injection of all. If you have linked your connection with Baba in the early morning hours of nectar, you will then remain safe from the unconsciousness of Maya throughout the whole day.

There should be an accurate connection. It is not just a question of getting up and sitting down. According to your discipline, you get up and you sit for meditation; but, together with this, there should be the experience of an accurate connection - there should be the experience of all the powers. If someone has an injection and yet they do not have the experience of power, then there would be the feeling that the injection has not worked fully. In the same way, in the early morning hours of nectar, there should be the experience of a connection - you should experience all benefits and all the powers. This is the greatest injection of all.

(90b,16,13,43a,43b)

62b So, first check this: is the beginning of time - that is are the morning hours - accurate? If the beginning of time is inaccurate, then the middle and end will be also. If there is not the practice of having a powerful experience in the early morning, that is at the beginning of time, then it will also not be possible for you to experience all happiness at the beginning of time, that is at the beginning of the world. The beginning of time for the whole day is the early morning hours, and if you renounce this

beginning period and only awaken after some time has passed - if you sit down and link your connection several hours later - then, according to the number of hours you are late here, so you will be late there. This is because amrit vela is the special appointment time that BapDada has given for meeting the children and it is the children who are given the first chance to meet BapDada; later on, it is the time for the bhagats. So, if you link your connection at the time that has been set aside for the bhagats, then you will not receive the blessings that would be given to a child. (10)

So, the time at which you sit for meditation is connected with the time at which you will come in the cycle. And so, the early morning hours - the beginning of time - is the first item, the most important item, to be checked in your budget. At that time you should check yourself, "Am I going to come at the beginning of time, or am I going to come a few births later?" The number of hours here are the number of births there, and the number of hours you miss here will be the number of births you miss there.

There is still weakness at amrit vela. You sit down for meditation, but if you have a look at what happens at that time, you will find it very amusing. What is the scene in the early morning hours? In the museum at Jaipur they show scenes of hatha yogis sitting in a variety of different postures and

the same thing is visible at amrit vela.

There are some children who are controlling their sleep with force (hatha) and some are spending their time in a state of desperation. Some are sitting upside-down, that is they are not doing what they set out to do. Just as the hatha yogis have been shown in different postures, so too, the children also adopt different postures. Some hatha yogis are shown standing on one leg - here also, some children will spend one second in the correct way but, if you look at them a moment later, you will see that they are standing on just one leg. They then stand on the other leg and they then fall down. They have the thought that, "We will store something", but this does not happen: This is also a scene that you should see. There are also some who do yoga whilst they are asleep. Just as there are hatha yogis who sleep on thorns, so too, there are some children here who are sleeping on their pillows. All these postures are quite amazing.

This is why you have been told that you should recognise the importance of the early morning hours of nectar. Then, with this recognition, you should bring it into your life and you will become great. If you do not first of all make a plan in the early morning hours of nectar of what you are going to do, then how will you be able to achieve what you seek in a practical form? Even lokik work is successful only when a proper plan has been made: without a proper plan, there cannot be success. In

the same way, if you do not fix a plan for yourself in the early morning hours of nectar, then, in your thoughts, words and actions, you will not be able to experience the success that you should. So, you should recognise the importance of this time and make yourself great. (87,69)

You have been told clearly of the effort that still remains. If you correct the early morning hours of nectar, then everything else will be corrected automatically. Just as it is said that by drinking nectar, the soul becomes immortal, so too, by successfully using the early morning hours of nectar, you can receive the blessings of the immortal state for the whole day. You will then find that, throughout the day, no obstacle ever causes you to wilt. You will be eternal and immortal - you will always be cheerful and you will always be powerful. (59)

If you do not take the blessings of immortality in the early morning hours of nectar, then a great deal of effort will have to be made - both effort and expense will be needed. However, if you do take these blessings in the early morning hours, you will be liberated from both effort and expense.

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63 It is said that the time of the early morning hours of nectar is the time for receiving the nectar that makes the soul immortal.

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(Taken from point 31)

64 Awaken early, early in the morning and stay in the consciousness of your own angelic form and you will dance in happiness - no matter what situation may come to disturb you, your happiness will finish this off.

(25b)

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65 During the early morning hours of nectar, apply to yourself the tilak of the Master Almighty Authority, the dot of sovereignty. If, throughout the entire day, you always keep this tilak with you, then Maya will not threaten you. The tilak is the sign of your victory. It is in the early morning hours of nectar that you receive blessings and, according to how much importance you give to the early morning hours of nectar, so you will become great.

(19b,7,57)

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Intensifying one's efforts.

Churning points to fill yourself with power.

(43a,43b,55,22,18,24,54,19,5,60,57,72b,72c)

66 What is written on your forehead? (Someone said faith.) Together with faith, is there not victory as well? Have you forgotten the tilak on your forehead? Those who are good effort-makers will have faith. There should at least be the faith that, "No matter what may happen, whether anyone believes us or not, and no matter what anyone may say - our victory is certain." The important quality of a faithful intellect is that there will be this feeling that victory is certain.

What is BapDada seeing on each one's forehead? He is seeing the dot of victory. Firstly, there is the dot of soul consciousness; and, secondly, there is the dot of victory. Just as there are two crowns that are shown, in the same way, there are these two dots on your forehead. This is what Baba is seeing. Just remember one word. In this one word "ek" (one), so many aspects are merged. The word includes many meanings. "Ek" means to remain in a steady stage (ekras). Just remember this one word and you will win - by remembering One (that is also "won"), it is certain that you will have victory.

So, will you now make fast effort to remove your carelessness? What effort will you make?

A Shakti means one who is strong in every aspect whereas a gopi is cool. Now you children are making sweet, sweet efforts in the form of being children of the Father. You have become worthy to claim the kingdom, you have received the dot of sovereignty, but now this sweet effort - and slow effort - can no longer be commended. The more you become the embodiment of power and maintain such a stage, the more powerful will your efforts become. Your efforts are still not powerful - they tend to be rather slack and loose. Baba says, "loose and slack efforts are not appreciated anymore." All of you are effort-makers, but where your efforts should be filled with power, as yet, such power has not been filled.

In the early morning hours, when you get up, you should bring into your mind a powerful point so that you are able to fill yourself with power. Just as you have sweet conversation, in the same way, you should pay particular attention to keeping one powerful point in your mind so that your efforts become powerful. This special effort is now needed; the days of making ordinary effort are over.

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Let there be determination, hope and enthusiasm at amrit vela to say good-bye to all weaknesses.

(86,13,54,73,12)

67 Today, BapDada is seeing the new hopes of all the children. He is seeing their new, determined thoughts and He is listening to their beautiful plans for bringing the New World closer. BapDada is extremely pleased and He is smiling. Each child, internally, has special hope and enthusiasm. There is the thought to make the self complete and to bring benefit to the world. On seeing their determined thoughts to bid farewell to whatever weaknesses are still remaining, BapDada is giving congratulations to the children.

Each day, in the early morning hours of nectar, by having powerful remembrance, let this farewell remain powerful and constant. Together with attaining a powerful form for the self, let there also be a powerful form in service.

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How can I prevent myself from being careless in the daytime?

The powers of churning and checking should be increased. Remind yourself of the importance of these two powers at amrit vela. Go over the disciplines and be determined in your thoughts.

(60,22,55,54)

68 Why is there still weakness? Everyone is very sensible and understands. So, why do you not take

notice of carelessness? Why do you allow carelessness to come? What is the method to ensure there is no carelessness? There should constantly be pure churning of the self and there should always be good wishes for others. If there is less attention for pure churning of the self, then there will be carelessness. From the early morning hours of nectar, begin the pure churning of the self and, together with this, again and again, check the stage of the self. There is not checking; there is not churning.

Take this up as a powerful thought for your life. If you do not make this an intrinsic part of your life, then carelessness comes. Just as eating is an essential task - are you able to forget that? To take rest is also an essential task - if, for even one day, there are two or four hours less rest, then thoughts will move in that direction and you will think, "There has been less sleep." So, you consider food and rest to be essential. However, you do not consider churning of the self and checking of the self to be essential tasks and this is the reason why carelessness then comes. Do you consider these to be essential tasks, or do you not?

Each day, in the early morning hours of nectar, refresh yourself, remind yourself of these essential tasks and you will then receive the power of this throughout the day. If carelessness still comes, then punish yourself - separate yourself from that which you love the most, the task that you most enjoy.

There will then be repentance. If you repent now, then you will not have to repent later on.

Each day, in the early morning hours, revise your praise. Baba's task and your task; make this an essential discipline. Carelessness comes when you consider something to be only a direction and you have not yet made it into a personal discipline. Just as going to work is a discipline of life and so you go, so too, any essential task should be made into a personal discipline. From the early morning hours of nectar, revise your disciplines, run over them and remember them: "What are the specialities of my life? What are the disciplines of Brahmin life?" Every hour, you should check: "To what extent have I observed these disciplines?" You should carry out such checking at all times and not just at night. Carry away the determined thought from the land of blessings as a special gift. Whatever you do, let there be the determined thought, "I must do this." Carry away this gift and remember it always.

Let the guards of attention be constantly on duty. The method to become free from carelessness is to pay attention again and again. You think it is an easy path and so there is carelessness. But have a bitter, strong discipline for the self. On the path of bhakti, bitter pledges - vows - are made; in the same way, it will only be when you take up a bitter discipline that carelessness will end. Just as sakar Baba was tireless, so too, you should follow the father - firstly, in the efforts of the self, and secondly,

in your efforts for service. Only then will it be possible for you to change. Do not have the thought, "It will happen in the future", but rather, "I must do it now." Let there be this slogan constantly on your forehead. Then, there will be transformation.

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Setting a time-table for the soul.

The importance of the present time.

69 Why is the Confluence Age the most elevated age? It is because it is at the Confluence Age that each soul fills in the sanskars of religion, kingdom and elevated virtues for the entire cycle. Each soul is filling in these sanskars in the same way that a record is recorded. The sanskars of 84 births of climbing up and down are all filled in the soul at the present time.

When a singer is recording a limited record, they will pay attention to three things: to their attitude of mind, to their voice, and to setting the right atmosphere. They will make sure that their attitude of mind is not fickle - otherwise, they will not be able to concentrate and there will be no attraction and sweetness in their voice. They will also make sure that as they sing each song, they become the embodiment of that type of song - that is they will make sure that the right atmosphere is created.

For example, as they sing a sad or melancholy song, they will become the embodiment of sadness so that the song can be enjoyed by those who are listening.

You are now filling in an unlimited disc - a disc for the whole kalpa. The record of each second is being recorded. At the time of recording, there must be enthusiasm and not laziness.

You should check your whole day's record in the stage of being an observer. You should see how the record of the day was recorded. Just as you tape a cassette and then you play it back afterwards to check it, so too, you should check yourself - you should look at yourself and you should see if there is room for improvement. So, you should be an observer and you should check your record.

Do you check yourself in this way? If someone does not check, then how will he be able to create something? Do you forget the daily routine of the body? Do you ever forget your daily time-table of eating and sleeping? In the same way, you should fix the time-table of the soul in the early morning hours and you should later check to ensure that this time-table has been followed. Do you know how to fix the time-table of the soul? This is an easy thing to do. Without there being a fixed time-table for the soul, the soul will be weak and will not be able to follow the godly rules and regulations. Will you then be able to rule the kingdom? In the future world, there is a lawful kingdom - so will you be

able to rule such a kingdom with godly disciplines?
It is by becoming worthy of status at the Confluence
Age, that you will achieve the status of the future...
(62b,85,86)

You should always remember that each of your actions is the basis for the record of 84 births. This is the time for recording so you should make sure that you set the right atmosphere, and that you pay attention to your attitude of mind and to your voice. Just as an atmosphere is created when other people record the limited records, so too, you children should create an elevated, powerful atmosphere with your stage of introspection. Through introspection, you will be able to set such an atmosphere; your attitude of mind will be elevated, and your speech will be accurate and significant. Then, your result will change.

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70 The main subject of the study is that you should make your stage as subtle as possible. Just as you know how to go into extension, so too, for the subtle stage, you need to practise so that you are able to pack up and merge the extension whenever you wish. Go into the extension of knowledge, but then merge that extension and become the embodiment of knowledge - become a seed. You should practise this because, by going into extension, a great deal

of time is wasted and thoughts are also wasted. To help you in this, set yourself a time-table. Just as you have a time-table for physical activities, so too, from the time of the early morning hours of nectar, you should set yourself a time-table for the upliftment of the soul. By working according to a time-table, you will be able to accomplish numerous tasks in a single day.

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Overcoming wasteful thoughts in the day by
having powerful amrit vela meditation.

You should set a time-table for your thoughts at amrit vela and you should keep the intellect very busy all day.

(86,85,23,25b)

71 The children have a variety of complaints: "There is no yoga," "There are wasteful thoughts," "Why are we not experiencing anything?" "We are unable to imbibe this power." The main complaints are: "Why are there wasteful thoughts?" "Why is there mischief in the state of mind and in the vision?" What is the reason for there being these complaints?

Both these complaints exist until the directions received each day from BapDada in the Murli are imbibed. The children do not listen to the Murli with

attention. The treasures of knowledge that are received from Baba each day are not maintained - these treasures are missing. If the soul plays with the jewels of knowledge all the time, if the intellect is kept busy in revising the treasures of knowledge - then can there be any wasteful thoughts? Ask yourself - is the intellect busy all day with knowledge or with plans for world benefit? Just as in a lokik way, if the intellect is occupied in some task, then no other thoughts will come because the intellect is so busy. So too, for you, the responsibility of the task you have received from Baba is so huge and there is so much of this task that still remains to be done. Out of all the souls of the world, it is as if only five Pandavas have emerged; there is so much of the task still remaining. There is also the task of burning the burden of all your old sins; there is the burden of so many births - the accounts of 63 births have to be burned. You also have to revise the treasures of knowledge. With so much to do, will you not be short of time?

You have been told of three tasks: the treasures of knowledge have to be revised, the burden of sins has to be burned, and there is the task of bringing benefit to the world. All three tasks are special and unlimited. With so much work for the intellect, how can the intellect still remain free? How are you able to have any spare time? Have you finished the task of world benefit? Have you burned all your sins? Can you ever say, "I am free?" If anyone says this

then it means that they have not understood their task or duty.

Today, even minor clerks will set themselves a time-table. You, however, do not set yourself on your seat; you do not set yourself a time-table and this is the reason why there is upset. Each day, after celebrating the meeting with Baba in the early morning hours, after there has been a heart-to-heart conversation - you should then set yourself a time-table for the day. Just as you set a programme for physical activity, so too, you should set a programme for your spiritual development. If there are waste thoughts, then this means that the soul is not wearing the crown of responsibility for the self or for the world. If, at the present time, you remove the crown, then you will not be able to wear the crown in the future. One who wears the crown constantly at the present time will also wear the crown in the future. The thrones of the present are the throne of the stage of being the observer and the throne of BapDada's heart. You need to practise sitting on these thrones from now - only then will it be possible for you to claim the crown and throne in the future.

In order to keep your intellect busy, you should set a time-table for yourself. From the early morning hours, you should keep a point in your consciousness. Set a time-table; become the teacher of the self and set yourself homework. Be the observer of the self - "Am I busy in doing my

homework?" There will then no longer be the complaint that there are wasteful thoughts.

For the majority, the result for there being stability in the state of mind and vision is fifty percent. If there is mischief in thoughts, in dreams, or in one's vision, then what is the reason for this fluctuation? Why does anything material shake? A physical object will only shake if there is a margin for movement around it. If there is a container that is completely full, then will any movement be possible? If there is no margin, how can there be any shaking? And so, the reason for there being mischief or fluctuation is that instead of remembering the things that Baba says, the soul forgets. In this way, a space or margin is created and so there is mischief and fluctuation. Otherwise, if there was complete remembrance, if the soul were to remain as the embodiment of remembrance, there would then be no margin for mischief.

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How can I overcome wasteful thoughts, old
sanskars and the influence of Maya?

1. You should create a powerful stage at amrit vela.
2. You should become the embodiment of the points of Knowledge.

72a Today, there are two types of gathering sitting in front of BapDada. Firstly, there is the gathering of those who are physically seated here - the Bharatwasis (residents of Bharat, of India). Secondly, there is the congregation of double-foreigner children, children who are making plans to glorify Baba with great love and enthusiasm. The children are singing Baba's praise and they are dancing with happiness. The song of happiness that comes from the mind is reaching BapDada. From all around, the fragrance of service and love is being received. BapDada is happy to see the children with so much enthusiasm.

Today, at amrit vela, BapDada went for a round. What did He see? The children had reached Madhuban, the land of blessings. They were so intoxicated that they had forgotten everything of this world. Each one had the enthusiasm that they would receive blessings. The majority of children were present with their bodies at their own places, yet, through their love, they were travelling to Madhuban with their minds. In their subtle form, these योग्य children, children saturated in yoga, were experiencing themselves to be in Madhuban. From all sides, there was the feeling that each child was a chatruk, that each one was drinking the special rain of knowledge that comes from the Father. (The chatruk is a bird that drinks drops of water as they fall from the sky.)

72b What did Baba see in the chart of remembrance? There was the game of position and opposition. Each one was trying to stabilise themselves in their position and yet Maya was creating opposition and was trying to prevent them from reaching their stable stage. What was the reason for this? There were several reasons:

Firstly, there was lack of attention during the chart of the whole day. The soul was not storing the treasure of pure thoughts and most of the time was spent in having waste thoughts.

Secondly, there was less power of churning. The soul was making small matters seem to be very big and was then having to waste time in removing these things.

Thirdly, from time to time, yuktis (methods) are given to overcome difficult circumstances. The soul listens to these but, when Maya comes, the soul becomes so afraid that the yuktis are forgotten.

Fourthly, even though the soul realises that it should no longer keep its old nature and sanskars, yet, again and again, it still becomes influenced by these. The old sanskars deceive the soul. The soul calls itself the creator and yet it is still influenced by its own sanskars. The soul is not able to remember again and again its original, eternal sanskars and this is the reason why there is not the power to remove the old nature and sanskars.

In this way, on all sides, these four different kinds of warrior were seen. When you hear yourself called

a warrior, you laugh; but do you laugh when, in practice, your stage is that of a warrior? BapDada has mercy and benevolence on seeing the children play such games.

Up until now, the reason why the majority of children become weak in their minds and in their bodies is because there are waste thoughts. What is the reason for these waste thoughts?

BapDada has already explained that the children do not know how to set their daily chart. Just as you plan the day's activity in the early morning hours, so too, in the same way, when you perform any activity, you should also set your state of mind. The early morning hours are set aside for remembrance. It is at this time that you can receive co-operation in the form of a satopradhan (completely pure) intellect. This is also the time when the mind is most powerful. Powerful means the seed stage - a stage that is equal to the Father. Just as the time of nectar is elevated, so too, the stage should also be elevated. An ordinary stage can be experienced even whilst doing ordinary work but the period of the early morning hours of nectar is the special time to receive blessings. If this time is not used accurately, then remembrance throughout the whole day will be affected. So, the first step towards overcoming waste thoughts should be to set a powerful stage in the early morning hours of nectar.

72c The second reason for waste thoughts is that when you listen to the deep points of knowledge, you enjoy listening, but you do not listen in the consciousness of being the embodiment of each point. You already listen as a knowledgeable soul, but you should now listen as an experienced soul and you should become the embodiment of each point. To listen means to become the embodiment, that is to experience that particular point. Even though the children listen, yet they do not know how to become the embodiment of experience. Even though there is the feeling that "This is a very deep point", even though there is happiness and they say, "We are receiving treasure" - yet, there should also be the practice to become the embodiment of that point.

For example, you have heard the point, "I am a soul; I am incorporeal" - but now listen to this in the state of being incorporeal. Become an experienced soul. As is the point, so should be your experience. When you hear the point of Paramdham (the Supreme Region), you should make yourself a resident of Paramdham. Similarly, when there are points about the Golden Age, you should stabilise yourself in that stage; you should experience that stage and then listen. This is called listening and merging. To merge means to become the embodiment.

If you listen to the Murli in this consciousness, then you will be able to store the treasure of pure

thoughts and, by remembering and revising the points of experience again and again, your intellect will remain busy and you will be able to make yourself free from waste thoughts. If you do not listen with experience, then you will not be able to make the wealth of the Father become your own wealth; you will feel empty and you will give a place to waste thoughts. (37)

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Receiving touchings - inspirations - from
BapDada.

DapDada indicates how the soul should behave in the coming day. Am I able to fulfil the hopes that BapDada has in me?

(13)

73 Nowadays, BapDada is busy in a special task. What is that task? Are you not aware of this activity - an activity that is connected with you? When you say "good morning" to Baba in the early morning hours, when you have a heart-to-heart conversation, are you unable to have an experience at that time, or are you too busy in taking? Is your intellect touched? At the present time, the period for the end is very close. At the end, there will be a vision in a clear form of those who have come last and who are going fast.

BapDada is seeing to what extent each child brings

about "setting" and "fitting" each day. Sometimes, someone will try to set themselves on their seat but, because there is not an accurate fitting, it is not possible for this setting to take place. To observe the Godly disciplines is the fitting and so, it is on the basis of this code of conduct that there is stability in the setting. When BapDada sees the Mahavirs numberwise, or when seats are set for the Maharathis, then what is the qualification needed to set oneself on a particular seat? If, in one or another of the disciplines, there is not the correct fitting, then the soul will not be able to set itself on the seat. At one moment, the soul may be sat on the seat; however, at the next moment, the soul will be visible on the side-lines.

So, this is the task in which BapDada is busy. There are many who seem to be hopeful ones - there are very long lines of such souls - but there are only a few who become examples in front of others. What is the main effort needed for you to become one of the hopeful ones? The effort is actually very easy but, because of one's own weaknesses, that which is easy becomes difficult. In order to become one of the hopeful ones, the very easy effort - the easy method for effort - is to fulfil the hopes that Baba has for His children in every task. It is through this that the soul becomes hopeful.

Is it difficult to fulfil the hopes of the Father? A child is born to fulfil the hopes of the Father. The birth itself and the main aim of life is to fulfil the Father's

hopes. In other words, this is known as "the son follows the Father" - it is the child who glorifies the Father. The aim of Brahmin life is to make oneself hopeful in this way. Behind each step that the soul takes, BapDada increases many times over the co-operation, the courage and the enthusiasm. So, why is there any difficulty? You are the ones to erase the difficulties of the world, you enable others to have the experience of difficult becoming easy. So, how can you experience anything to be difficult yourselves?

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74 Today, the holy gathering of swans, that is the gathering of spiritual swans, was being seen around. The holy swans always imbibe the jewels of knowledge and they inspire others to do the same. The food for swans will always be valuable pearls, and, in the same way, the food for the holy swans will be the jewels of knowledge.

You begin to imbibe these jewels from the time of the early morning hours of nectar when there is a spiritual meeting and you have a heart-to-heart conversation with BapDada. You also imbibe the powers. Then, throughout the rest of the day, with the power that comes from churning the jewels you have received, you are able to imbibe the powers in your life in a practical form and you are also able to inspire others to do the same. (23,24)

During the early morning hours of nectar, there is the power to experience the meeting, the power to accept and to imbibe, and the power to catch the pure thoughts of special inspiration from Baba each day: these powers are most essential. During the early morning hours of nectar, each one imbibes and is able to become the image of inculcation - but this happens numberwise according to the individual capacity of the soul.

(extract - for whole Murli refer to point 43)

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75 Those who send remembrances to Baba are remembered by Baba a millionfold. As the children are counting the days until they are to meet Baba, Baba rotates the rosary of their virtues. The children have only one thought - the thought of meeting Baba. BapDada meets the children and, to those whose only thought is to experience this meeting, BapDada gives the response in the early morning hours of nectar - Baba gives the thought of special service. (51)

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Clearing confusions.

Seeing situations clearly at amrit vela.

In solving problems, try to take Baba's help.
Put the problem before Baba at amrit vela.

76 Do you think that your intellect is absolutely clear? If there is any doubt or any thought about anything, if there is something that needs to be understood, then this can be clarified with the help of the instruments responsible. In fact, there is really nothing that is very difficult. With the experience of the difficulties you have had to confront, your own ability to judge will become clear. For instance, consider that you have received some advice; your conscience agrees with it and you put it into action. If some damage then results, then, because that damage has occurred once, you will never make that mistake again. In fact, it is not possible to incur damage. You only need faith in your intellect and, anyway, those who become instruments definitely do receive help.

What happens is that you think too much: "I do not know if this is correct or not. What will the result of this be?" Because there is this battle taking place, you are not able to judge clearly. So, leave this battle aside and have faith in the intellect. Then apply the immediate answer you receive in action. You must have faith in yourself. If there is some matter that

particularly needs to be verified, then this can also be done. However, for most things now you should stabilise yourself in your subtle form, you should have faith in the intellect and apply your own judgement.

Be particularly alert at amrit vela **and have the thought of asking Baba for advice.** If you sit in remembrance in this way, you will see that you do receive a reply. As yet, you have not experienced this. Just as you would run straightaway to sakar Baba, so too, in the same way, bring avyakt BapDada close to yourself. You will then have the same experience as you had when Baba was in sakar form. Just as you used to experience with sakar Baba that your intellect would arrive at a decision with ease, so too, you will find that there is the same experience with avyakt BapDada. You have not yet had much experience of the avyakt form in this way. It is not simply with one or two attempts that you will be able to have such an experience - it is with long-term practice that the experience will become natural and, at the present time, this experience is lacking.

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If a clear reply is not received and the soul remains confused, what are possible reasons for this?

The soul must be viceless.

(47b,47d)

77 If any child remembers Baba with love, then the thought will reach Baba; but the time that it takes for this to happen will be determined by the degree to which the soul has become viceless. A thought arises, and then the greater the power of being viceless, the faster the message reaches BapDada. BapDada, at that moment, gives a reply to all matters as immediate fruit. And, as well as this, in the early morning hours of nectar, Baba touches the intellect with special elevated thoughts.

For example, if someone has a problem, then, at the time of the problem, if they are thinking, "What can I do? Shall I do this?", then it is as if, in their own mind, they are having a conversation with Baba. If the soul is viceless, then the thought will reach Baba straightaway and, by paying attention, the soul will be able to receive a reply at that very moment.

If this is not the case and the soul is unable to catch Baba's immediate reply, then the soul can keep itself busy in some other task and keep the thoughts busy in another direction. By doing this, a touching will not be received at that particular time, but then later on, at amrit vela, if the soul then sits with that thought in their mind, they will be able to catch the reply from Baba at that time. In the early morning hours, it is possible to receive a special touching;

the thought reaches Baba and a reply is received.

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Do not mix your own ideas into Baba's reply.
(40a,40d)

78 You are given all instructions. The instructions are very clear - or do you sometimes get confused? "Shall I do this or not?" "What should I do?" Do you get confused? If you do get confused sometimes, then verify it with the instruments responsible or, in the early morning hours, stay in your powerful stage and you will receive accurate touchings.

At that time, when it is the early morning hours, do not mix in the thoughts of your own mind; sit with a plain intellect and the touching will be accurate. Some children sit in meditation when they have a problem but, at that time, they plant the thoughts of their own mind - there is the thought, "I should do this", "This must be done", "According to my thought, this is accurate." The touching will not then be accurate because they receive the reply from their own thoughts. It is for this reason that they become failures. There is confusion and they say, "This was the direction I received in the early morning hours of nectar - I do not know why I did not succeed." The reason for the lack of success was that you mixed in the thoughts of your own mind and you then received the fruit of that. By

mixing in the dictates of your own mind, what will be the fruit that you receive? Confusion. That is why, it is said that you should also make a will of the thoughts of your mind. It should not be "my thought", "Whatever I think should be" - but "What does Baba say about it?"

If there is some confusion, then what is the method to remove it? Make the Mighty Baba your companion and sit beside Him. The mind will not then remain confused, or, if there is something that is causing confusion, then this will be clarified - a mountain will change into a molehill. Always remember: "Whatever belongs to Baba, also belongs to me. My Baba, my service - Baba's task is my task. Baba's virtues are my virtues; Baba's sanskars, virtues and elevated actions are mine also." In this way, you become the Master of Baba's property. "Whatever belongs to Baba, belongs to me" - there will then be great happiness and confusion will not come in your mind.

Try to keep the problem just between you and Baba. Baba will give you guidance if you meet Him in the Subtle Regions, but to experience this meeting you must adopt your own subtle form - a form that is equal to Baba - and you must go completely beyond the influence of body consciousness.

79a Baba was today seeing the wonder of some of

the children - how, whilst they live in the household, they are also able to remain detached. The children who maintain this balance of being detached whilst remaining within the household are playing a very elevated role. As a result of keeping Baba as their constant companion and playing their part as observers, they are able to be practical examples in front of the world. They constantly experience themselves to be under the canopy of protection of Baba's remembrance and so they remain safe from Maya's war and the numerous forms of attraction of Maya. As Baba sees such children who are detached from the world - children who are totally unique - Baba also sings their praise.

Baba was seeing that there are some children who live at the place of their household, but, because they have truth, the Lord is constantly pleased with them. Those who understand the significance of being detached - and yet having love - are constantly able to keep themselves content; they are also able to bring contentment to those in their household and, as well as this, BapDada is also contented with such souls. They keep themselves and everyone else contented they always move with an understanding of all secrets - and so, such children never need to find a judge either for themselves or for those who come into connection with them; there is never a case created and so there is never any need for an outside judge. You must have heard the expression many times that,

"If the husband and wife are pleased with each other, then who needs to be a judge for them?" However, there are some children who have to have many cases for their own sanskars so that there is constantly a debate taking place internally - "Is this right, or is this wrong?" "Should it be like this, or should it not?" or "To what extent should it be like this?" This discussion continues within, and when they are unable to arrive at a decision themselves, they then have to make someone else become a judge for them. Sometimes, the matters are only small but, at other times, the matters are very large. If Baba and you both come together, then it will be possible for a decision to be reached so that the case finishes within a second; it will then not be necessary for you to make anyone else either your judge or your lawyer. It is a law of the household that if, within the household, there is something that happens, then the mother and the father will not allow that incident to reach even the children; the situation will be clarified and it will be merged - that is it will finish there. If the situation reaches a third, then it definitely spreads around - and the more something spreads, the more it increases. Just as if a fire is allowed to spread, then it will cause greater and greater damage, so too, these tiny little matters are the fire of the various vices. A fire must be extinguished there and then - it must not be allowed to spread. In the same way, there should be no third soul that comes in-between you and Baba,

that is there should not be anything that spreads through the family to other souls.

Let the husband and wife be pleased with each other. If there is any dissatisfaction, then the reason for this is that the significance of knowledge has been misunderstood - there is some aspect of the knowledge that has been missed. This is why there is then dissatisfaction (discontentment) with either the self or with others. But if you appoint a lawyer, then even a tiny little matter will develop into a large case. To speak to a third means to allow the matters of your household to circulate outside. In today's world, if there is a large case, then it will even appear in the newspapers. Here, in the same way, the case will appear in the newspaper of the Brahmin family. So, why should you yourself not arrive at an instant decision? Let Baba know and let yourself know - do not let a third know.

The thought of some children reaches Baba that it is good to have this relationship of husband and wife with Baba but, because the husband is incorporeal and the wife is corporeal, this means that they are not able to meet together often enough: sometimes, the meeting takes place - but, sometimes, it does not; the heart-to-heart conversation sometimes reaches, but, at other times, it does not do so - that is the soul does not receive a reply - and so they then find it necessary to appoint an outside judge.

79b But, you have found a husband who has many different forms. Baba is able to adopt any form you choose and, if you wish to have His company in the corporeal form, then He is also able to present Himself within a second. But you should adopt the same form as Baba. Baba is able to make you fly in a second and He brings you to the Subtle Regions. Let Baba come to the Subtle Regions from His own region (the Soul World), and you yourself should come to the Subtle Regions from the corporeal world - you should at least reach the meeting place. For a meeting such as this, there should be a very beautiful meeting place; and so, the Subtle Regions - the angelic regions - is the place that has been set for the meeting. The time for the meeting has also been fixed - an appointment has been made. So, why then does the meeting not take place? What is the tiny mistake that you make?

The meeting becomes impossible because you want to bring mud with yourself - this body is the mud. Yes, when you want to use the mud, then use it, but, at the time of the meeting, it is necessary to renounce the consciousness of the body. Baba's dress should also be your dress - your costume; the costumes worn by both you and Baba should be of the same quality. Just as incorporeal Baba adopts the subtle costume - the subtle and incorporeal come together and become BapDada. - so too, you must also wear your sparkling costume and it will then be possible for the meeting to take

place.

Do you know how to put on this costume? If you are wearing this costume, you will be able to reach the meeting place. This costume is such that it is both water-proof and fire-proof - it is safe from Maya. It is also beyond the influence of the thoughts and vibrations of the old world. You have been given such a beautiful costume and yet, when it is the time for your appointment, you do not wear it. Do you prefer your old costume?

Only when both partners are dressed alike - only when both are wearing their sparkling costumes - can there then be the correct meeting in the sparkling region. If one of the partners is wearing their old costume whilst the other is wearing their sparkling costume, then it will not be possible for the meeting to take place because the two do not match each other. This is why there is a lack of experience. The vibrations of the old costume interfere, and this then means that you do not receive a reply to your heart-to-heart conversation, or you are not able to understand clearly the reply that Baba gives. The result of this is that you then have to take the limited support of others.

In fact, the relationship of husband and wife is so close - so loving - that they are able to understand each other simply through subtle thoughts. Where there is a relationship filled with so much love, do you need to have a third person coming in-between? To allow someone else to come

in-between means to waste your time and energy. Yes, share your heart-to-heart conversations with each other. Share the experiences of your meetings with Baba and share with others your heart-to-heart conversations. Those who are like each other are able to meet each other and co-operate in this way. But when you have conversations between yourselves, you should not become judges for each other. Do not begin your heart-to-heart conversation by taking up someone's case.

So, set aside all judges and become content. Once you have chosen your partner, why do you then need to have anyone else interfering? To allow a third person to come in-between means to be lost in the middle of the ocean, and then it is the Husband who has to work hard to save you.

(50c, 54 - especially 54a, 54c, 41)

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Amrit vela and service.

New plans for service - catching Baba's inspirations.

80 Teachers should create new plans. At amrit vela, you should keep your intellect clear. You will then receive a touching to help you plan. If you take the support of bodily beings, then you cannot have a planning intellect. Teachers can take co-operation

by being a friend of Baba: this is a close relationship. When Baba sees that you take limited support, why should He help?

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81 You must invent something new - a new invention which brings newness both in the self and in the field of service. You should make a practical plan for this. Whatever you do, you must bring before Baba a new invention in the form of a gift. Both planning and effort should be made. Make it a race. Everyone should think deeply about the new invention. If you come and sit close to Baba in the early morning hours, then there will be a natural, automatic touching.

At the moment, there is revolution in politics, but there is less revolution in the politics of the religion of the self - the Truth. The true religion is still incognito.

Create a lighthouse which will attract everyone's vision. Just as an ordinary lighthouse attracts attention, so too, you should make a plan to build a big lighthouse which will give everyone the experience that this is their support. Make such a powerful plan so that others are able to receive support from the lighthouse. Now, think of such a plan.

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82 Do you consider yourself to be one of the luckiest souls? Out of the whole world, just a few souls have been gathered together here from the different corners and are celebrating the meeting with Baba. Is it possible for anyone else to have a greater fortune? Souls of the entire world are calling out and you, the lucky souls, are celebrating the meeting. This meeting cannot be experienced again at any other time throughout the kalpa. Seeing such elevated, fortunate souls, BapDada is extremely pleased that these are the souls with such an elevated part fixed within the drama. Has anything like this been seen before? The ones who are seeing this now are the ones who have seen this innumerable times.

When something so elevated has been attained, what is the hope that then comes? There is then the hope and enthusiasm to enable other souls to also gain these experiences. There is then the enthusiasm and happiness in the heart that, now, at this moment, everyone should be given the message.

Do you create plans for this? You should now create a new invention that no-one else has seen. Sit in the early morning hours of nectar and think about plans and there will be very good touchings. Everything is already fixed - whatever was fixed in the last kalpa has to repeat again, but someone has to become the instrument responsible.

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Sharing with others the gifts received
at amrit vela.

(22,20,21)

Trance message (from the London centre)

83 Baba said, "All of you experience Baba to be the Bestower of Fortune. As soon as you came to Baba, your life was transformed and you immediately experienced a new fortune. But how can you also become ones who bestow fortune? Some children are able to share the treasures that they receive from Baba. If you share with another soul just a single gift out of Baba's treasure, then this does not mean that the soul with whom the gift is shared will only be able to experience this one aspect of Baba's inheritance - by experiencing just the one gift, the soul will be drawn to the Seed and so will be able to take everything else from the Seed. In this way, all fortune opens up for them.

So, each day, just see what are the treasures that Baba has given? You should then share these treasures - even a single treasure can be shared. You do not need a platform or a programme to do this. Whatever gift you experience in the early morning hours of nectar should be shared with others throughout the day. Simply allow yourself to become an instrument to give this gift and then, as well as creating fortune for yourself, you will also make it possible for other souls to receive fortune.

By becoming the Bestower of Fortune and by sharing your treasures with others in this way, you will receive fortune not only in the present, but you will be guaranteeing fortune for yourself for the entire cycle. This is the time when, by sharing with others, you create fortune not just for today, but you guarantee that there will be fortune forever."

(Jayantibhen speaking:)

Baba's face was so radiant - so full of love and light that it was impossible to see His face without beginning to shine in the same way. So, just by seeing BapDada, the soul was not only able to experience Baba's love and light for itself, but the soul was also able to have the experience of being an instrument to share that love and light with others.

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Enthusiasm for service.

(67)

84 BapDada is reminding the children in particular of their title of "Spiritual Server". BapDada also comes to you as a Spiritual Server. And so, the form of the Father is also the form of the children. You should be like the Father - a constant Spiritual Server.

As soon as your eyes open, experience the happy

meeting, and immediately step onto the field of service. Service begins from the moment you say "good morning" to Baba and, up until the time of saying "good night", let there be service - only service. Just as you can be Constant Yogis, so too, you should be constant Spiritual Servers.

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85 Have you become Great Donors? How many varieties of donation do you give? Are you double donors, or are you triple donors? Or is there something more than that? There are three main types of donation.

You already give donation of knowledge. There is also donation of the powers through yoga and the third donation is the donation of virtues through action. And so, firstly, there is donation through the mind, secondly, there is donation through words, and, thirdly, there is donation through actions. Through the mind, there is the donation of all the powers; through speech, there is the donation of knowledge, and, through actions, there is the donation of all virtues.

Always, as the day begins, you should first make a plan: "In what way will I give donation today in these three ways?" And then when the day finishes, you should check: "Was I a Great Donor? Did I give these three types of donation?" Each one of these forms of donation brings its own

attainment and reward.

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86 Be powerful souls in listening and in becoming the embodiment simultaneously. Everyday, always have thoughts of hope and enthusiasm for the self and for others. Just as nowadays, in newspapers and other places, they have a special section for the "thought for today", so too, everyday, let there be the emerged thought of hope and enthusiasm in some way or other; become the embodiment of that thought and then use it in the service of others. What will then happen? You will then find that there is always new hope and enthusiasm - "Today, we will do this; today, we will do that." For example, when you have a special programme, why is there hope and enthusiasm? It is because plans are created - "We will do this; we will do that"; these plans then bring special hope and enthusiasm. So, everyday, in the early morning hours, have special thoughts of hope and enthusiasm. Then, if you check, you will find that your life is constantly full of enthusiasm for the self and you will also find that you inspire enthusiasm in others. Just as there are entertainment programmes, in the same way, each day, let there be this programme of entertainment for your mind.

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It is by recognising the importance of amrit vela
that the soul becomes a special server.

87 What is the speciality of a server? One who is a server will, as soon as their eyes open, have the experience of constantly being with the Father. The server soul will also, in its stage of consciousness, experience equality with the Father. Those who recognise the importance of the early morning hours of nectar are the ones who are the special servers. The praise given to one who is a special server will be that the soul recognises and experiences the special blessings that can be received at that time. If there is not this experience, then the soul remains an ordinary server and cannot be called a special server.

If you wish to become a special server, then claim this special right of the early morning hours and become special. Those who have recognised the importance of the early morning hours of nectar, the importance of thoughts, the importance of time, and the importance of service - those who understand all aspects of the things that are important - it is such souls who become the special servers.

And so, recognising this importance, become great. A soul achieves greatness by understanding the significance of the important aspects; if the soul then explains all this to others, then they can also be inspired to gain similar experiences and become

great.

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Subtle service at amrit vela.

Spreading fragrance.

(40c)

88 Everyday, especially in the early morning hours of nectar, you should become the embodiment of the Bestower of Blessings for the world. You should experience the combined form with Baba, the World Benefactor, so that you, the Shaktis, the Bestowers of Blessings, and Shiva, the World Benefactor, are together. Stay in the combined form of the Shiv Shakti, and then, through the thoughts of your mind, and through your attitude, you will be able to spread the fragrance of those vibrations in the world.

Just as nowadays there are many physical ways a variety of physical fragrances - some use the fragrance of roses, others use the fragrance of sandalwood - so too, the different fragrances of happiness, peace, power, love and bliss should radiate through you. Each day, in the early morning hours of nectar, you should be like a fountain of a variety of elevated vibrations and you should spread these vibrations to all other souls. You should sprinkle all souls with these qualities in the same way that water is sprinkled from a rose-water

sprinkler.

All you have to do is switch on your thoughts. You know how to do this, do you not? Nowadays, there is a very bad odour of unclean thoughts within the world and so you have to fill the world with fragrance.

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Giving visions of your angelic form.

89 You should make a special, plan to make the service through the mind more powerful. Together with words, it is service through the mind that will enable the message to reach very far away. Just as nowadays, flying saucers are seen, so too, your angelic form will be visible all around and there will be the sound emerging, "Who are these beings who are circling all around?" People will begin to do research into this. They will have visions of you coming down from up above and they should realise that it is these Brahma Kumars and Kumaris who are giving visions of the angelic form.

You should now create such an upheaval. You should practise taking your subtle body on a tour. At the present time, it is most essential that you practise travelling with your internal subtle body. You should practise this so that everyone is able to see this in a practical form and everyone comes together. Others should experience that, "These are

the same angels who came to us." They should start searching around for these angels.

If so many of you all begin to circle around like angels, then what will happen? Everyone's attention will automatically be drawn. So now, together with the corporeal form, it is essential to serve in the subtle form. In the early morning hours of nectar, you should become detached from your body and you should circle around in this way.

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Bestowing blessings.

90a Today, from the early morning hours of nectar, BapDada was hearing the musical sounds of love from the lovely children everywhere. In return for this love, Bap and Dada, the resident of the far away land and the resident of the Subtle Regions, have become the residents of the corporeal region. The return of love is to become equal. So, in return for your love, BapDada has taken on a form that is the same as yours. Now, what are you children offering to BapDada in return for His love? If the Father can become like the children, then the children should also become like the Father. This is what it means to give the return to Baba for His love.

90b Now, in which special way will you become equal to the Father? Time is passing very quickly. Throughout the world, many souls are now invoking

both BapDada and you worship-worthy souls - they are putting in applications in the form of thoughts. Are the ones who are to fulfil their desires able to hear their cries?

The time of the early morning hours of nectar is the time when the pure environment is able to overpower the impure, degraded environment. At that time, it is easy to hear the cries and give benefit. It is easy to receive blessings and to give donation of blessings because, at that time, the very atmosphere helps to change the attitude of mind. In the early morning hours, you souls are also able to experience the special canopy of Baba's blessings and your stage is that of the donor - you are complete, like the Father.

The Father, the resident of Brahmlok (the Soul World), gives blessings to the special children in the form of rays of light and might from the Sun of Knowledge. This is the reason why this period is also known as the period of Brahm Murat (the moment of pure omens). At this auspicious time, you can make your stage elevated for the whole day. It is at this time that you can make your omens as good as you wish.

The early morning hours is also the time when Brahma Baba, the resident of the Subtle Regions, adopts his form of the Fortune-Maker Father and he distributes the nectar of fortune. You can receive as much nectar from the Fortune-Maker Father as you wish. However, the vessel of your intellect

should be powerful and worthy of holding the nectar; there should be no form of obstacle or barrier. It will then be possible for the receiving of blessings and the giving of blessings to take place simultaneously; the role of being the receiver of blessings and the role of being the Bestower of Blessings - both roles are played at the same time. Those souls who are able to stabilize themselves in this stage will be able to hear the cries of other souls very easily; you will hear the sound so clearly that it will seem as though they are speaking to you directly in your ear.

90c So, at the present time, what is the one cry that is coming from everyone? Do you know? The cry of everyone is the same - the religious heads, the politicians, the scientists, and the ordinary people - all are calling out: "There must be a change quickly!"

Souls from all walks of life have now begun to feel themselves to be failures. They are now wanting the supreme power. The lamp of this desire has already been lit - there is already the thought that this is what is now needed. But you now have to make this light powerful by pouring on the oil of your powerful thoughts so that you are able to fulfil the cries of all souls.

(The light in Madhuban was going on and off due to a power failure.)

Just see, even this light is teaching you. In the same way that this light is coming and going in a second, so too, you should become a benefactor and, within a second, you should reach out to all those who are calling. You should practise coming and going in this way - at one moment, you hear the cry, and, the next moment, you reach the one who has called. At the present time, everyone is calling out to be liberated from effort and it is easy achievements that they are seeking. Scientists are tired after having worked so hard, religious souls have become tired because they have done so much contemplation; the politicians are tired because of the numerous political changes, and the ordinary people are tired because of all their everyday problems.

Now, who are the ones to relieve everyone's tiredness? In the scriptures, there is a memorial oil what happened in the last cycle - it is remembered how God Himself came to massage the feet of Draupadi. In the same way, the benefactor children - those who have become equal to Baba - will also relieve the tiredness of all souls. The feet of the intellect have become tired and so you should press the switch of remembrance in the intellect and, in this way, you will be able to massage the feet of the intellect.

So, have you heard in what way you are to massage the feet of the intellect? Have you heard what you should do this year? You should display the sparkle

and, within a second, you should give others the intoxication of being with an angel. This is the way to give the return to Baba for His love. By becoming the embodiment of solution to the problems of others, your own problems will come to an end automatically. So, you should now become the embodiment of solution.

* * * * *

91 In the early morning hours, you will be able to hear the sound of the bhagats; you will feel that they are calling you personally.

* * * * *

92 The sleep of carelessness comes when you forget that it is the time of destruction. If you listen to the call of the bhagats, and to the cries of sorrow of the unhappy souls; if you hear the sound of the prayers of the thirsty souls - will never feel sleepy.

* * * * *

Om Shanti.

Dates of Avyakt Murlis.

| Point no | Date of Murlis | |
|----------|----------------|-----------------------------------|
| 1 | 17.12.79 | |
| 2 | 19.3.86 | |
| 3 | 13.2.84 | |
| 4 | 7.3.86 | |
| 5 | 31.12.79 | |
| 6 | 12.1.80 | revised |
| 7 | 6.2.80 | |
| 8 | 15.12.79 | |
| 9 | 10.11.83 | with double-foreigners |
| 10 | 28.9.81 | with groups |
| 11 | 30.3.85 | |
| 12 | 16.11.81 | revised |
| | 18.3.81 | with groups |
| 13 | 4.8.83 | with teachers revised |
| 14 | 17.12.79 | |
| 15 | | |
| 16 | 6.1.83 | |
| 17 | 12.1.79 | |
| 19 | 14.12.83 | |
| 20 | 9.3.81 | revised |
| 21 | 21.2.85 | with teachers |
| 22 | 11.4.83 | with groups |
| 23 | 3.12.83 | |
| 24 | 5.12.83 | |
| 25 | 20.1.82 | |
| 26 | 14.1.82 | with double-foreigner teachers |

| | | |
|----|----------|------------------------|
| 27 | | with individuals |
| 28 | 30.7.84 | |
| 29 | 1.5.78 | revised |
| 30 | 17.11.86 | revised |
| 31 | 11.3.81 | with groups |
| 32 | 7.5.84 | with groups |
| 33 | 3.1.83 | |
| 34 | 25.1.69 | |
| 35 | | with individuals |
| 36 | 29.3.81 | |
| 37 | 14.3.82 | with double-foreigners |
| 38 | 15.3.81 | with groups |
| 39 | 8.1.79 | |
| 40 | 21.1.85 | |
| 41 | 20.7.81 | revised |
| 42 | 26.11.79 | |
| 43 | 17.12.79 | |
| 44 | 14.10.81 | |
| 45 | 1.6.81 | |
| 46 | 17.9.79 | revised |
| 47 | 9.4.79 | |
| 48 | 10.11.83 | with double-foreigners |
| 49 | 29.3.81 | with groups |
| 50 | 19.3.79 | revised |
| 51 | 12.1.79 | |
| 52 | 17.11.86 | revised |
| 53 | 10.5.82 | |
| 54 | 9.1.80 | |
| 55 | 1.2.79 | |

| | | |
|----|----------|---|
| 56 | 7.5.84 | with groups |
| 57 | 26.12.79 | |
| 58 | 7.3.86 | |
| 59 | 16.1.79 | with groups |
| 60 | 26.4.83 | |
| 61 | | |
| 62 | | |
| 63 | 10.10.83 | |
| 64 | 11.3.81 | with groups |
| 65 | 14.11.79 | with groups |
| 66 | 19.8.85 | with groups revised |
| 67 | 1.1.79 | |
| 68 | 10.12.79 | |
| 69 | 25.9.78 | revised |
| 70 | 7.3.86 | with groups |
| 71 | 7.5.79 | revised |
| 72 | 8.2.82 | |
| 73 | 26.2.79 | revised |
| 74 | 17.12.79 | |
| 75 | 22.10.81 | |
| 76 | 8.12.86 | with groups - revised |
| 77 | 1979/80 | season with Didi & Nirmala Shanta Dadi |
| 78 | 20.1.84 | with double-foreigners |
| 79 | 28.11.79 | |
| 80 | 31.8.81 | with teachers |
| 81 | 18.7.83 | revised |
| 82 | 1.6.81 | with groups |
| 83 | 21.4.83 | Bhog message London Centre |

| | | |
|----|----------|----------------------|
| 84 | 8.1.82 | with groups |
| 85 | 14.7.86 | revised |
| 86 | 2.12.85 | with groups |
| 87 | 1982/83 | season with teachers |
| 88 | 18.1.80 | |
| 89 | 1980/81 | season with teachers |
| 90 | 12.11.79 | |
| 91 | 27.7.81 | |
| 92 | 6.2.80 | |

INCORPOREAL GOD AND HIS ATTRIBUTES

Bestower of Peace
Bestower of Mukti and Jeevan Mukti
Beyond of Happiness and Sorrow
Bestower of Divine Insight
Bestower of Divine Intellect
Creator of the New World of Heaven
Donator of Liberation for all Human Beings
Donator of Happiness and Remover of Sorrow
Dwells in Brahmlok
Emancipator of all Human Souls
Embodiment of Truth, Bliss and Eternity
Gets created the New World through Brahma
Guide and Liberator
Gets destroyed the Old World through Shankar
Gets sustained THE New World through Vishnu
Helper of Mankind
Immortal Seed of Kalpa-Tree
Incorporeal Jyotibindu
Is taking the Boat of this Life beyond
Immune to Death and Birth
Is changing ordinary human beings into Lakshmi and Narayan
Immune to Comforts and Sufferings
Knewer of the Beginning, the Middle and the End of the World
Knewer of the Philosophy of Karma
Maker of Fortune
Ocean of all Virtues
Omnipotent, omniscient, knowledgeable
Ocean of Bliss
Ocean of Love
Ocean of Knowledge
Purifier
Redeemer and Saviour
Supreme Father, Teacher and Sat-Guru
Truthful Sermonizer of Gita
Uplifter and Saviour
Uplifter of Mankind

Titles of the Brahmins of the Confluence Age

| | | |
|------------------------------------|------------------------------|------------------------------|
| Bestower of Blessings | Observer | Uplifting |
| Bestower of Bliss | Donator of Peace | Incarnation |
| Bestower of Mukti and Jeevan Mukti | Double easy Angel | Jewel of Contentment |
| Brahma Kumar/ Brahma Kumari | Easy and constant Yogi | Jewel of the Eyes |
| Brahmin | Effort-maker | Jewel of the Forehead |
| Charioteer | Elevated spiritual Server | Kamdhenu |
| Child and Master | Embodiment of Visions | Karanhar |
| Constant Yogi | Emperor free of Sorrows | Karma-Yogi |
| Conqueror of Anger | Emperor of the World | Karma-Yogi Lawmaker |
| Conqueror of Arrogance | Especially beloved Child | Lighthouse and Mighthouse |
| Conqueror of Attachment | Great Donator | Light of the World |
| Conqueror of the Elements | Heir | Lotus like |
| Conqueror of Greed | Heir of the Rule of the Self | Maharati |
| Conqueror of Lust | Helper of God | Mahavir |
| Conqueror of Sleep | Helper of the World | Master |
| Conqueror of the World | Hero Actor | Master Almighty |
| Courageous and Unshakable | Holy Swan | Master Authority |
| Destroyer of Obstacles | Image of Sustaining | Master Bestower |
| Detached | Image of | Master Bestower of Happiness |
| | | Master Bestower of Peace |
| | | Master Boatman |
| | | Master Brahma |
| | | Master |

| | | |
|--------------------|-------------------|------------------|
| Brahmand | World | Star of |
| Master Creator | Messenger of | Happiness |
| Master Donator of | God | Star of Success |
| Fortune | Multi-millionfold | Support of the |
| Master Great | Fortunate | World |
| Death | Owner of the | Svadarshan- |
| Master of Heaven | godly Intellect | shakradari |
| Master Heir | Puroshottam | Tapaswi Soul |
| Master of the Land | Raj Rishi | Transformer of |
| of Immortality | Raj Yogi | the World |
| Master Liberator | Right Hand | Trikaldarshi |
| Master Merciful | Royal | True Gold |
| Master of Nature | Renunciator | True Servant |
| Master Ocean of | Ruler of the | Trustee |
| Knowledge | World | Victorious Jewel |
| Master Ocean of | Seating on the | Wellwisher Soul |
| Love | Hearth-Throne | World |
| Master Ocean of | Selfsovereign | Benefactor |
| all Virtues | Servant of the | Yogi Soul |
| Master Purifier | World | |
| Master Satguru | Shiv Shakti | |
| Master of | Spiritual | |
| Selfsovereignty | blossomed | |
| Master Teacher | Rose | |
| Master of all | Spinner of the | |
| Treasures of | Wheel of the | |
| Happiness | World | |
| Master Trilokinath | Spiritual Guide | |
| Master Trimurti | Spiritual | |
| Master of the | Personality | |

The spiritual powers of the soul

- Power to absorb
- Power of accomodation
- Power to assess
- Power of blessing
- Power to brake
- Power of catching and touching
- Power to churn
- Power of concentration
- Power of remain content
- Power to control
- Power of coolness
- Power to co-operate
- Power to decide
- Power of determination
- Power of discrimination
- Power of the divine eye
- Power of divinity
- Power to experience
- Power to face
- Power of being faithful
- Power of pure feelings and good wishes
- Power to fight
- Power of the gathering
- Power to imbibe
- Power of inculcation
- Power of the intellect
- Power to judge
- Power of knowledge
- Power of spiritual language

The spiritual powers of the soul

- Power of love
- Power to merge
- Power to mould
- Power to pack up
- Power of peace
- Power of purity
- Power of realization
- Power of relationships
- Power of remembrance
- Power to rule/ ruling power
- Power of sanskars
- Power of self-sovereignty
- Power of service
- Power of silence
- Power of speech
- Power of spirituality
- Power of stability
- Power to stop the waste
- Power of thought
- Power of tolerance
- Power of transformation
- Power of truth
- Power to understand
- Power of will/ will-power
- Power of yoga
- Power of zeal and enthusiasm

The original Virtues of the Soul

| | |
|---------------------------|---------------------|
| Accuracy | Cleanliness |
| Adaptability | Constancy |
| Attention | Contentment |
| Authority | Coolness |
| Being angelic | Co-operation |
| Being bodiless | Courage |
| Being combined | Creativity |
| Being died alive | Detachment |
| Being egoless | Determination |
| Being faultless | Dignity |
| Being free | Discipline |
| Being free from desires | Disinterest |
| Being full | Divinity |
| Being loving and detached | Easiness |
| Being successful | Economy |
| Being splendid | Elevation |
| Being unlimited | Equality |
| Being victorious | Equanimity |
| Benevolence | Faith |
| Bravery | Fearlessness |
| Broad-mindedness | Firmness |
| Calmness | Flexibility |
| Carefree | Forgiveness |
| Charity | Freedom |
| Cheerfulness | Free from influence |
| | Generosity |
| | Gentleness |

Checklist for yaad

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Preconditions for a successful Amrit Vela Meditation:

A. When I woke up I got up within the first second and sat in front of Baba.

B. My first thought was: I have come from up above and incarnated into this body. I am an incarnation. I am a soul who has incarnated into this body.

C. Yesterday, I experienced Baba in all 8 relationships.

D. Last night I told Baba everything about my day (service, vices, defects etc.) - clearing up my account.

E. Last night I held court with the 8 members of my first family.

F. Yesterday, I was a karma yogi (I ate in yoga, went for a walk in yoga and went shopping whilst in yoga etc.).

G. How long did I wear yesterday the dress of one title?

TIMETABLE FOR AMRIT VELA

1. At the beginning of Amrit Vela I become a point of light or an angel - I came bodiless and I have to return bodiless.

2. I praise myself: As a master almighty authority I have all powers; I invoke the power of concentration; as a world benefactor I have good feelings for all souls of the world; as a well-wisher I give good wishes to all souls; as a world transformer I am Baba's instrument, which He has used many times to transform the world; as a world emperor I am worthy of everyone's flowers of love; as a bestower of blessings I donate the blessing of one virtue to each soul; as a messenger of God I tell everyone that now God has come as the Teacher; as an image of upliftment for the world I guide every soul to its destination.

3. I praise Baba with all His attributes.

4. I remember Baba in all eight relationships: As Father you give me my inheritance; as Teacher you give me the divine knowledge; as Satguru you take me back to the land of peace and give me blessings; as Mother you give me unlimited, unselfish love; as Friend you carry out all my tasks; as Child you make me happy

for 21 births; I give my heart to the Beloved; as Bride/Bridegroom you decorate me with all virtues. By coming very close to Baba I am as virtuous and powerful as Him.

5. From the treasure stores I fill myself with unlimited peace, power, love, happiness and all attainments.

6. I claim the blessing of being the embodiment of remembrance, a conqueror of sleep, greed, anger, lust, arrogance, attachment. Baba, You have come to make me beautiful; I, the soul, am immortal; the praise of my spiritual love is limitless; I claim to become equal to You, complete in all virtues, completely pure, 16 celestial degrees complete; only seeing the speciality of everyone; I claim the highest status; I claim to be as powerful and loving as You; my original sanskar is complete purity; I am multimillion times fortunate because of being an embodiment of peace, power, love, happiness and purity. 7. Which point of happiness am I churning now (e.g. I belong to the original deity religion. I have goose pimples of happiness because I belong to such a Father etc.).....

.....
.....
8. Which title am I churning now:.....

9. Which virtue am I churning now:.....

10. Which power am I churning now:.....

11. Which mull points from yesterday morning am I churning now:.....

.....
12. I experience the title „the emperor of the land free of sorrow“ in the Confluence Age, in the subtle region and in the world of heaven.

13. I spin the cycle (e.g. yesterday I was worthy of worship and tomorrow again I will be a worship worthy soul.)

14. I am a master-ocean of love and give whom ever I meet a wave of love.

15. I have full faith in being victorious; to be able to transform everyone who thinks negatively; through Baba's love I can make the impossible possible!

16. I am the light of the world and merge into the point of light and radiate the Light.

17. Am I really an ocean of love?

18. I look at my original, completely pure form!

