



Tivra **Purusharth**

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Relationship with God – Supreme Guide

God is my Satguru. So, think for a while, what would scare the one whose Supreme guide is Almighty authority Himself. How fortunate that soul is whose Satguru is the writing his fortune! So, let us be obedient to our Satguru. In his love, let us pledge to become like Him so that we reflect Him. We must remember that we are always under the canopy of protection of our Satguru. He is ever ready to help us. He loves us tremendously; he gets bound to our love and our right over Him. He is also the Supreme guide who is always with us. All these memories will bring us closer to our Satguru and we will experience his help. Whenever we face obstacles, we can overcome them by remembering Him as the Satguru. We are remembered as King Janak in the path of devotion who achieved liberation and liberation in life within a second. This is the anecdote related to the present when we great souls meet our Satguru and He blesses us with the right to liberation in life.

Self respect and intoxication – God is my Satguru

Point to churn—Birth after birth, I sought guidance for salvation from the worldly gurus. Rather than realizing my elevated self, I continued on the path of deterioration. At that time, Baba you came as a Satguru and supported me. You blessed me and enriched me with purity and all powers. Baba, now I am ready to return home with you, having become absolutely pure like you.

Meditation Practice- Take the blessing from the Satguru during the day, ten times or every hour go to subtle world in front of Baba, tell him the entire news about self, take the supreme advice and then come back I, the master Satguru, establish myself on the pinnacle of all temples and Shivalayas, and I am blessing all saints, sages and devotees with liberation(mukti) and liberation in life (jeevanmukti).

Relationship with God – Father

We are not nurtured directly by God as father in any other birth in the entire Kalpa (cycle). In every birth, we get the corporeal father, but on this confluence age, we get His love and care directly.

Self respect – I am a Godly child nurtured by God Himself!

Thought – He, who is being pursued by so many souls in caves and forests, who is worshipped by the means of fasting, offerings, prayers to get just one glimpse, that God is my father!! He found me and adopted me as His son. How fortunate I am!! God himself is guiding me on every step; He is adorning me with knowledge, qualities, and powers.

Practice –

- I am sitting in front of my father in Soul world (Paramdham). He is fulfilling me with all qualities and powers and sending me on earth to deliver the Godly message.

- Baba says, 'Dear Child, now I have aged, now you must take up my seat. I sit on Baba's seat like father and give vibrations to the entire world like Baba gives.

Contemplation – How should a Godly child be? What are the rights and duties of a Godly child? What would be the feelings, thoughts, words, and actions of a Godly child?

Relationship with God- Teacher

No other soul – ordinary or religious, is fortunate enough to have God Himself as their teacher. In the entire Kalpa (cycle), we are the only souls, who, by studying only for one birth, get the Godly guarantee to be rewarded by supreme position for many births. Those who were rendered hopeless by the world, were imparted knowledge of the three times (kaal) by the Supreme Teacher, and were thus made hopeful.

self respect: I am a Godly student.

Thought: How fortunate I am that God Himself comes from the Soul world (Paramdham) to teach me everyday! So, how can I make any excuse for such a study! I am becoming a deity from human by this knowledge. I am becoming great. So, how much regard I must have for such a study!!

Meditation practice:

- I must listen to the Murli in front of Baba in Subtle world.

- I, the angel, acquire knowledge from the ocean of knowledge and shower the same upon the entire world.
- I am Master Sun of Knowledge. Being combined with Shiv Baba, who is the Sun of Knowledge, I remove the darkness of ignorance from the entire world.
- I am a messenger. I am in the middle of the globe and I am spreading the vibrations of knowledge which are awakening all Kumbhkarans who are in deep slumber of ignorance.

Contemplation : Make a word image of an ideal student.

Inculcation (Dharna): Be regular, punctual, and obedient.

Noteworthy : Take out homework given by the Supreme Teacher from everyday's Murli. Take out one point each of Knowledge, Service, Meditation (Yog), and Inculcation (Dharna) and put them into practice.

Relationship with God- Beloved

On this confluence age, we souls have found such a beloved who is eternal. We, the brides of this eternal beloved are fortunate brides (**suhagins**). Being fortunate brides (**Suhagins**) means absolute purity, there is no room for any flaw, even in thought. If there is any inclination towards any corporeal being in thought or even in dream, it would be considered a great sin for a

fortunate bride (**suhagin**). Being a fortunate bride(**suhagin**) means the stage where whatever is spoken, heard or eaten is with that eternal beloved.

self respect: I am bride of God Shiva.

Point to ponder: (Give yourself a commentary like this) Heartfelt thanks my dear beloved!! You have adopted and accepted me. Now I do not own anything. Everything - body, heart, and money- belongs to you. I know that you like detached brides only. I will rely only upon you and will be free from all relations (bondages) of this body. My dear love, I am your better half (ardhangini). Whatever is your job(karya), is my job. I will assist you in the great job of world renewal with all my heart and might.

Meditation Practice:

- I am Parvati. I am sitting in front of Amarnath. He is Himself telling me Amarkatha (Story of immortality). Stay in this intoxication while listening to the Murli.
- Take the **Tilak** of self remembrance from The Beloved- Shiva and adorn yourself with purity, qualities, and powers.
- I am might of Shiva. I am incomplete without my Beloved Shiva. I am always combined with Him. He is enriching me with everything that He has.

Contemplation : Write the qualities of the bride who is tied to only one groom. How to become love worthy of the Beloved Shiva?

Relationship with God – Mother

Mother is the first teacher of a child. It is the mother only who builds the supreme habits (sanskaras) and character of a child. We are fortunate that we have found the Ever Pure Mother who is the ocean of purity and through her we got such divine **marjiva** birth. No one in this world would have such a mother who not only gives birth, nurtures, and teaches but also bestows salvation upon the child.

Self respect– I am the **star** (kuldeepak) of the Godly clan.

Thought – (Give commentary to yourself like this) My dear Mother! I was tired to playing (taking births) for so many lives... Having lost everything, I had become impure.....I had destroyed the self respect, pride, the supreme clan (shreshtha kul)..... Mother, now in your peaceful lap I have attained the true contentment and relief. I have rediscovered all that I had lost – my pride, my self respect, my supreme (shreshtha) habits (Sanskars)..... I would never get down from your divine lap now.

Meditation Practice:

- Emerge your Angelic form in Subtle World (Vatan) and visualize that the Mother is adorning me with various qualities and powers.
- Along with the Sun of Knowledge Father Shiva and Moon of Knowledge Mother Brahma; I, star of knowledge, am brightening up and purifying the

entire world.

Contemplation –

- Who would be named an ideal son? Write 10 qualities of an Ideal son and then check yourself.
- Enlist, where we can use God as Mother.
- Write down your experiences/achievements as a mother.

Relationship with God – Of Divine Friend

Suddenly, during the journey of my life, a wonderful incident happened. I found such a friend who took ownership of all of my responsibilities. He granted me everything for 21 births. He bestowed such a fortune upon me which is not a fate even of the richest. In return, he did not demand anything, he simply offered me everything. We, the souls, like Sudama, had lost our basic virtues and powers and had thus become penniless and miserable. We were not left with anything. God himself befriended me, the Sudama, and transformed my meaningless life to an invaluable life like a diamond.

Self respect and intoxication – God is my friend.

Thought – My dear Friend, I am proud of your friendship. I am the most fortunate soul of this world who has found his long lost friend again. Dear Friend, I had lost all virtues, divinity, and purity; however, you accepted me and thus fulfilled the meaning of friendship. Friend, you again made me pure and great like yourself. Friend, even I promise that I would keep the promise of purity till my

last breath as I know that purity is the dearest to you.

Meditation Practice – Stay with your divine Friend for the whole day and use him.....Share all your thoughts with Him.... Make him your companion in all sort of activities – Eating, playing, moving around....

Contemplation –

- What would be termed as true friendship?
- What is the difference between the friendship of souls and the divine friendship?
- How would my divine friend like to see me?

Inculcation (Dharna)– There is only one string that can bind me to my friend and that is string of purity. He is very innocent, very sweet, and completely pure. He does not like shrewdness or body consciousness at all.

Relationship with God- Of Brother

On the confluence age, we experience all relations with God. That is why it is said – You are my mother, father, brother, and friend (Twamev Mata ch Pita twamev, twamev bandhu ch sakha twamev). So we should establish all relationships with him and charge ourselves with this contentment so that the soul stays content for the entire cycle (kalpa). Those who enjoy all relationships with God at confluence would enjoy all relations during the entire cycle (kalpa).

Self respect – God is my brother.

Thought – For so many births I had corporeal brothers,

now I have God Himself as a brother. How beautiful is love of two brothers! We grew up playing, eating together... stood by each other's side in ups and downs... when God brother is there, I cannot have any sorrow or worry.... His company makes me eternally blissful and happy beyond senses (Atindriya sukh).

Meditation Practice –

- If my attention wanders while I am listening to the Murli, God, my Brother brings back my attention. He says, 'If you will study, you will become a prince, if you look here and there, you will spoil yourself', so pay attention to Godly study.
- Invoke your God Brother in the area of actions (karma kshetra) and experience His help, seek His advice on the problems that you face and implement them, and surrender anything that you find very difficult to Him and be light.
- Discuss the Godly knowledge with Him, play with Him, and do Divine Drills with Him...

Inculcation (Dharna)–

My God-Brother likes truth and cleanliness a lot, so I have to always stay true and clean. I never have to rely upon lies, or any unfair means.

Relationship with God – My Great Son

How priceless and unforgettable moment was that when I received the fruit of all my good deeds (Punya) and devotion (Bhakti) and was blessed with God Himself as my Son. I got the honour of making him my Heir. It is quoted in devotional stories when Nand and Yashoda were blessed with Krishna , and Dashrath and Kaushalya gave birth to Rama.

How would you feel if God comes to your house as your Son? Would you look at Him as a Son or as God? Wouldn't you feel overjoyed looking at him? When you see the Ocean of Purity playing in your house, wont you become completely pure?

Point of intoxication – God is my son, apple of my eyes.

Thought – My dear! I was living an aimless life, I did not know which direction to follow... Now, I have found a reason to live. I was stressed meaninglessly because of the responsibilities of this body and wealth, now I have found a true Heir to all my belongings. You have now come to comfort me by taking care of all of my responsibilities and setting me free from all worries. .. Now, nothing is mine; my heart, soul, wealth – everything belongs to you.

Meditation Practice –

- Talk to your Son love fully – There is only one regret, You will be my Son only in this last birth. Then, You will go away for 5000 years having given me the Supreme kingdom in the Golden world.

- Dine with your God-Son. Offer each bite first to Him and then accept it (otherwise He will be left hungry and you will have finished with your food).
- Put him to bed and sleep with Him at night (else He will stay awake throughout the night and stay out of the bed).

Contemplation –

What is the meaning of making God your Heir? What do you achieve if you make God your Heir? What changed in you when you experienced God as your Son?

Inculcation (Dharna)- I do not like what my child does not like. My Son is with me every second. ... Thus, I must pay full attention to each thought, word, and action since He is watching me every second.

Lines of fortune

God himself is watching the supreme lines of light on every child's forehead. Are you all looking at your lines? If you look into the eyes, the lines of affection and power are clearly evident. The lines of sweet, supreme words are obvious on your tongue (mukh). Your lips manifest the line of divine smile and happiness. Within your heart, the line of being immersed in the love of Comforter of Heart (Dilaram) is there. See the line of being complete of all treasures engraved in your hands, and in your feet, the line of being thousand times successful in every step is clearly present. What a great fortune!!

Self respect – I am a soul free from waste thoughts and full of constructive thoughts.

Godly versions of Shiva – If you avoid the waste and negative only then you are rewarded with the Godly award.

The reasons of birth of waste thoughts and the remedy – When we are instruments for establishment of the new world, then why does the waste thought emerge? Those who have not recognized God are wasting everything; everything that belongs to us is getting converted into the best. We, the world servants are entrusted to make the world supreme. We are world benefactors (Vishwa kalyankari). If our thoughts would go waste then what is going to happen with the world? If we stay in the intoxication that I am the foundation, then the waste cannot develop. Baba says – you need will power and controlling power. It is a sin to take back the donation even by your attitude.

Main reasons of waste thoughts –

First – The subtle jealousy after getting this knowledge is one of the reasons of waste thought. Because of jealousy, we feel bad when someone points out something; we get affected because we generate waste explanations. The entire Ramayana is based on jealousy only; Manthra played games of wickedness, encouraged one and discouraged the other. The root of conflicts between mother and child, mother-in-law and daughter-in-law is jealousy. Jealousy was there without knowledge

and with knowledge too.

Second – Due to jealousy, one does not tolerate the progress of others and does not help the needy. Even in those who have the knowledge, this subtle feeling emerges, why was he made in charge, not him? Why is he welcomed not him? Why is he senior? Because of inability to tolerate this, one feels jealous of others. The reason of birth of jealousy is ‘fabrication’ or ‘assumption’ (Anuman) too. There is no remedy of this illness of ‘fabrication’. Even the pictures used in devotion have been fabricated based on imaginations. If you have affection upon someone, you would fabricate stories to bloat him up and if you are not affectionate towards the other, then you will demotivate him. Because of the force of jealousy, and due to lack of tolerance, one is not able to enjoy the virtues of affection, cooperation and service.

Third – Like the Maya of lust and anger, the Maya of jealousy is very forceful. The closer we get to the destination of knowledge, the more this Maya attacks; and the one who is conquered by this Maya loses his position. The reason of birth of jealousy – we are not intoxicated in our achievement. We loose faith on self. If I am firm on my faith then no harm can be caused to me. The reason of conflict of habits (Sanskars) is – body consciousness and fabrication or assumption (Anuman).

Fourth – It is easy to tolerate the worldly, however, difficult to tolerate the divine. The journey of knowledge has been compared to tall date tree (khajoor), we have to cover this distance. We need to face all the ups and

downs, if we have to reach the destination, nothing can stop us. When others can face everything and reach the destination, then why cant I? When someone moves you, you get upset. If you stay firm then he will loose interest and will not be able to influence you. All that is required is your determination. Additionally, become your own checking master. Because of the absence of the checking master, the incorporeal stage and intoxication, which Baba always emphasizes upon, is not maintained. Due to lack of intoxication, as soon as someone comments, the waste thoughts start. We feel upset. We think many a times that we are God's, God is our father, we need to become like Him. We always have a goal – to become beyond the effects of action (Karmatit). But when? The process of bearing the results of Karma (Karma bhog) will continue till the end. So what do I have to do to become beyond the effects of action (Karmatit). Why don't you think, I am close to the ultimate stage, when the times comes, the bondage of karma will break and the bird would fly. Baba says, child consider yourself close to the stage where you are beyond the effects of action (Karmatit). You have to play the part here for a very little time since you are entrusted with service.

Fifth – What is there to be attracted towards these old habits (sanskaras) or in this old world? I must be busy with my Baba and myself. We have to stay always in the subtle world with Him. Baba is going to take us along seated in His lap? What do you want? Where do you have your affection? We do not want anything. We sit on our stage of zero. Why should I say I do not have

power of tolerance, I am weak. Since ages, praises have been sung about my powers. When I am so famous then why not my powers would be famous!

Sixth – When someone gets intoxicated in the remembrance of his Beloved, then every other thought finishes. Why should I waste my time in mine, me, you etc? I have to now go home. We are Baba's companions, travelers on the way back to the Subtle world. When everything is focused on self, image of self, goal of the self, stage of the self, then the stage becomes eternal.

Seventh – It is said that it is our habit (sanskara). We must remind ourselves that now we have early deity (Aadi devtayi) habits (sanskaras). Baba calls us embodiment of divinity (Divyata), then why don't we stay on the stage of divinity (divyata). When I hear someone say, 'I am not able to remove this habit (sanskara)', I feel pity on the soul. When it is your new birth, then why hasn't the old habit (sanskara) died!

Eighth – In charge is Baba, we are trustees. This word Trustee makes you pride less in a second. Never take a thought – She is In charge, I am In charge.

Ninth – I use a mantra given by Baba everyday that I have to stay in double Light house stage from morning till the evening. This thought strengthens us so much that we are able to stay in our stage of self and others learn a lesson too. Baba says – Child you have to be double Light House, keep your intellect light, give light to the world, always stay in soul consciousness.

Tenth – The waste thought is a dustbin, why should I

carry it on my head? If you stay light yourself, you would bring super sensuous joy to others (**nihaal karte**), this is a very deep stage but keeps you light and sweet. I find myself progressing with this stage. You are here to lighten yourself so become light, that is, become angels, this will cleanse your intellect and your path of journey will be cleared. Then you will be close to Karmatit stage, this bird would fly soon, any time. Everyone is ready to go home having cleared all accounts. Check, do you have such a stage?

God Shiva's versions – *Pay attention to two treasures during the day – time and thoughts. How many good and supreme thoughts did you add during the whole day? Because the bank to accumulate for the entire cycle (kalpa) opens only now; deposit in this special savings account. It should not be that I did not have any conflict with anyone, or I did not hurt anyone, that is, I did not spend anything for the whole day. It is good that you did not spend, but how much did you deposit?*

Routine to stay in meditation for the whole day -

Practice while taking bath – I am a deity, this body is my temple.

Practice while travelling between the centre and your residence– I am a Light House Angel.

Remember times and again while listening to the murli – I, the soul, seated in the centre of the forehead (**Bhrikuti ki kutiya**) is listening to God, God Himself has come to teach me.

While reading the Murli to others – All great souls are sitting in front of me, all are sparkling lights, I am a great soul too. I have to intoxicate everyone in Godly love.

While cooking – I am a pure soul, pure rays are emitting from my eyes and getting absorbed in the food.

While having tea and milk – I am a dear child of God, He loves me a lot.

While having water – I am an angel of purity, give pure vibrations through your eyes (drishti) to water in this remembrance and then have water.

While sitting on a bike, cycle, or in a car – I am master almighty and then invoke Baba.

Going out of house for work – Sit in the remembrance for three minutes – Baba is with me, then leave your place. Also remember, it is a blessing of the Bestower of Blessings– Success is my birth right.

As soon as you reach office or shop – First remember Baba and spread the vibrations in the remembrance – I am master Sun of Knowledge.

While accepting food – Invoke Baba- Please come and accept the Brahma Bhojan prepared in Your kitchen. I am a pure angel – Give drishti to your food for at least 30 seconds in this remembrance.

While working – Remember at regular intervals three times that I, the soul, am owner of this body, I am the master of the sense organs and getting the work done through them (Karavanhaar).

While cleaning the house and washing the laundry – I am a clean soul. I am bathing in white rays showered by Baba and I, the soul, am getting cleansed.

While getting ready – In front of the mirror – See yourself as a very radiant soul. Remember – both Babas have come to adorn me for many births. How adorned would I be in the Golden age!

While returning home from work – Remember – How beautiful is this world drama, look at it in detached form.

In the evening meditation, give vibrations to everyone and practice that I am under the canopy of the almighty, I am imbibing Godly powers.

Whenever the phone rings – Attend the call only after remembering some point of self respect, for example, I am a victorious jewel, Baba is mine, I am thousand times fortunate soul, I am an ancestor.....

If you stay more in connection of other souls – Look at them as souls.

While exercising – Practice – I, the soul, am very pure... Pure vibrations are spreading from me into my brain and body.

While imparting course or explaining some picture – Focus yourself in some point of self respect and then impart knowledge in the state of soul consciousness (atmik drishti). Impart the knowledge having combined yourself with Baba.

While delivering a lecture – Look at everyone from the

perspective that they are children of God. They are extraordinary souls of deity clan and I am a great soul. I am master Almighty and I am under the canopy of the Almighty.

While practicing meditation – Look at everyone as souls, remember that I am an ancestor, under the canopy of Godly vibrations.

During the problems – God is my Friend. Use him rightfully.

While teaching – If you are a teacher, then in every period practice the points of self respect and soul consciousness.

During illness – I, the soul, am master of this body, master of nature, pure vibrations are emanating from me into the entire body, I am regaining health.

Looking at others during meetings (karya vyavhaar) – You are attending a wedding or some function, just practice, I am a pure soul, I have to impart pure vibrations to everyone. Look at others in soul form and give vibrations of purity.

While going for a walk in solitude – Baba's rays are showering upon me, I am absorbing them and spreading them in the surroundings.

Before going to bed at night – Give your complete chart (good or bad) to Baba, and thus lighten yourself. Sincerely thank Baba for the achievements that He has helped us make. Then invoke Him and go to sleep with Him. It would be the best if you stay in good mood.

Likewise, you should make your own time table. If possible, write a time table for a week. To stay motivated depends entirely upon you. Stay determined that God has given me this job and I have to do it. If you practice this routine with a determined thought for 21 days, then this practice will become your natural nature. If you forget the practice at some point, then do not get disheartened but continue with the practice. Even if you forget for 8-10 days, still start the practice again. You can modify the practice.

O dear Yogi souls, remember, this world and nature need your pure vibrations. If you stay in good remembrances, this world will get the pure vibrations automatically. The future is going to be very scary, the death would be very painful; at such a time, we will be able to help others only if we empower ourselves during meditation. Otherwise, we will also undergo lot of pain during the period of destruction. Now, it is the time of intense efforts.

Self respect – I am a complete soul, master of all treasures.

Indications of a complete soul

Complete means ever ready – Do you consider yourself equal to Father? Do you feel your stage close to the stage of Father? How much difference is still there in the stage of equality? Is there lot of gap or just a little? Every one has the goal to be like Father, and Father wants that His children become more elevated than Him. Now what is it like in practical? You do not have power to face like Father. There is a difference number-wise according to the effort. Each one has different amount of gap. It is

not equal. (Someone said 50 per cent), 50 per cent is quite a bit of difference. How much time would you take to remove this difference? Why is so much difference still there between Father and the children? Do you consider yourself ever ready? So what does ever ready mean? The ever ready always invokes the time. So, the one who is ever ready would always be prepared while invoking the time. Now, are you ready to face the last time? If the time comes, then what would be the achievement of 50 percent equality? Ever-ready means, the one, who makes himself complete of all virtues for the last moment. Are you complete? **It has been said** (gayan hai)– complete of all virtues and 16 celestial degrees complete. So ever-ready means complete stage. It should be such a stage in practical that there should be gap of only of one step. How much time does it take to take one step? There should be only that much gap.

Being complete means to accumulate all treasures – Regularly check your treasures, how much and which treasures you have accumulated and which ones are absent. Time is a great treasure, knowledge is also a treasure, powers and divine virtues are treasures too; so when you have all treasures, then you will be called complete. Do not be content if you have all treasures, check the amount; there should be so much that you are able to serve yourself and others too! In whatever treasure one is deficient, Maya will attack in that form; she is very clever. So, continue accumulating all treasures, never let there be any deficiency.

Do you find yourself complete, that is, full of all treasures always? Because the sign of wealth is that there would be no upheavals, one would be firm. The more there is deficiency or lack of treasures, more commotion would occur. So, if there is any upheaval – through thought, word, contact, relationships; it indicates one is not complete of all the treasures. One needs to be firm even in thought and dreams; because the more the stage of Master Almighty will be emerged, the more upheavals would be merged. So the remembrance of Master Almighty must be emerged practically. Just like the occupations of body stay emerged, they are not merged; similarly the occupation of this Brahmin life must stay emerged. Remember your occupation- I am Master Almighty. All souls need strength today, since they are weak. Who will empower others? The one is who is Master Almighty himself. If you meet a soul, would they talk about themselves? They talk about their weaknesses, don't they? Whatever they wish to do, they are unable to do; and you are able to realize your thoughts. So, the indication of a Master Almighty is that his thought and action would be identical. It should not be the case that the thoughts are supreme, however, while implementing those thoughts you face difficulty; this would not be considered Master Almighty. So, check yourself, whether you are able to implement your supreme thoughts or not! The Master Almighty would be able to use the relevant powers when they are required.

Who are you? You are Master Bestowers, aren't you? Giving actually means progressing. The more you

give, the more you progress. The temporary treasures deplete upon sharing and eternal ones multiply, give one and get thousand times. So, do you know how to give or you are only habitual of receiving. Who can give? The one who is full (**bharpoor**). If there is deficiency in the self, then giving is not possible. So, Master Bestower means the ones who are always full (**bharpoor**) and complete.

Complete means adorned by 16 celestial degrees – All adorned brides decorated with 16 decorations means complete of 16 celestial degrees. The 16 celestial degrees are the 16 decorations. So, everyone should become adorned with 16 decorations, that is, 16 celestial degrees. Till now, someone is complete 8 celestial degrees, other is 10 degrees, yet another 11 degrees..... but everyone must become complete of 16 celestial degrees. Number-wise everyone would enrich the self with 16 celestial degrees, isn't it? Like other religions have their golden stage, similarly even here everyone would have 16 celestial degrees according to their efforts. When words, action, and thoughts become the same; then we would become rich.

Complete means an idol decorated with the ornaments of virtues – We need to be always absorbed in love. Always stay plunged in love. Practice – a thought taken and implemented. If you are Master Almighty, then practice that you created a thought and easily experienced it. Manifest the treasures of supreme thoughts. When you do something supreme, you decorate, don't you? A decorated idol is an auspicious omen too. So, if you are present for an auspicious role,

stay decorated always with the virtues. Do not just keep them locked in the safe of intellect. Always stay adorned with the ornaments of virtues, this is complete adornment or being 16 celestial degrees complete. How would such eternally fortunate brides, ever fortunate souls, children of Supreme father, be decorated without the adornments. The adornments indicate the fortune of a bride and the clan of kings too. So who are you? You belong to the clan who bestows the kingship of kings and those who are eternally fortunate brides. So, always stay adorned with the ornaments of virtues.

Complete means always embodiment of achievements

– To belong to God means to be always blessed with *flying spiritis /the light stage (udhti kala)*. By implementing this blessing, we would never lag behind at any step. We would always progress. If one is in the company of the Almighty, then one is leading at every step. Stay complete always and do the service of making others complete too. Never experience scarcity of anything.

Self respect- I am a living light of this earth.

Like the sky looks good with the sparkling stars, the earth looks good because of us – the *alive stars(chaitanya sitare)*. The entire world has been illuminated by our brightness.

Meditation practice –

- I, the *alive star* of earth, am situated above the world-globe. Above me, on one side is seated Sun of Knowledge Shiv Baba and on the other side Moon of

Knowledge Mother Brahma. The rays of powers from the Sun of Knowledge Shiv Baba and rays of affection from Moon of Knowledge mother are descending upon me. I am becoming complete by the vibrations of power and affection. Now, I am radiating these vibrations on the globe. All the human souls are absorbing these rays and becoming complete in affection and spiritual powers.

- Spiritual drill of five forms (Incorporeal, deity – **worship worthy** - Brahmin – Angel..... again incorporeal)

Inculcation – Change – Habit of criticizing others and listening to criticism

Godly versions – Those who avoid the waste and negative, they would be rewarded with Godly award.

Contemplation – Divine (Alokik) happiness – What destroys our incorporeal happiness? How to stay happy always?

Towards the Sadhaks (students)- Dear Students! it is said – *Sach to Bitho Nach*. This means those who are truthful and clear-hearted, always dance in happiness. If there are emotions of jealousy, revenge, hatred; then the true incorporeal happiness cannot remain. They may express from outside that they are happy but from inside the soul continues to be sad. So, the children of true father (Sahib), always stay truthful and clean hearted.

Self respect – I am sun of purity.

Meditation practice –

- I am sun of purity. My face is illuminated like sun. I am emanating vibrations of peace in the surroundings. The entire globe is getting purified with these vibrations. Pure white vibrations are descending from the Ocean of purity and spreading through me into the surroundings.
- Practice of five forms.

Inculcation – Change – Your words – words of inferiority, hopelessness, weakness, pride, jealousy, revengefulness, control (**Rob**) and anger ..

Contemplation – What are the subtle forms of lust and how to conquer them? Make a word diagram of totally pure soul. Write five great versions of God related to purity.

Towards the Sadhaks(students) – Dear students! Now you should become illiterate of impurity because this is a new **Marjiva** birth. **Dharmraj** (the one who pronounces the judgement for one's karma) is not going to excuse anyone for this, be it a surrendered Brahmin, a Brahmin entrusted with the service, or it might be a Brahmin with family life (**pravriti**). So, there must be no laziness in inculcation of the virtue of purity.

A chart for practice –

- Everything belongs to Baba and He is getting everything done. Accept this and stay in the stage

of being an instrument to service. Check to what extent you could do this?

- Did pure feelings, soul consciousness and selflessness stayed in your attitude towards others?
- Did you satisfy others having stayed content yourself?
- Did your words stay pure or were they full of filth of others' weaknesses and negativity?
- Did you experience embodiment of powers (for at least 4 hours)?
- Did you check the inculcation of points of knowledge in self before sharing the same with others?
- Invoke the power of change in **Amrit vela** (the time of nectar) and change one of your weaknesses.

Self respect – I, the soul, am world benefactor.

I, the pure soul have incarnated (**avtarit**) to benefit the world (sarv ke kalia). I have to benefit the entire world along with the nature.

Meditation Practice – I, the soul, am Master Almighty, Master Sun of Knowledge. Pure vibrations (**Sakaash**) are spreading in the surroundings from my eyes and forehead continuously. The waste thoughts and sins

(Vikarm) of all souls of this world are getting absolved. I, the incorporeal soul, dressed in angelic form, full of all powers, am seated above the globe. May all souls be benefitted(kalian ho)! May they get rid of all pains! May all souls become completely pure! Feel that you are looking at all souls of this world. All souls are bathing in the rays of powers spreading from Baba. All souls and the five elements of nature are getting purified.

Implementation of Yog – To extend the service of changing the intellect of the other souls through pure vibrations (**sakaash**) - emerge the soul and give him a thought that you are a good soul, you are a world benefactor soul, you are my friend. Likewise, a thought can be given to the alcoholic, this is a very bad habit, this is highly harmful, and you must leave it. Because whatever thought is created in remembrance of God and given to the other soul having emerged the soul in God's presence, that thought would touch the other soul completely. This must be practiced for 7 days or 21 days and your mind needs to be pure. You need to extend this service with complete faith.

Always remember – Like Father like children. Like Father always wishes the best for the children, the same way I must be a well wisher for all souls. Since we belong to the same family, we have the same abode, we are children of one Father; thus there cannot be any discrimination. Hence, we can never even hold ill thoughts for others.

Experience friendship with Baba – Only Shiv Baba is my true Friend. Talk to your dear Friend.My dear

Friend Shiv Baba, You are so sweet and benefactor for all (**hitkaari**)... You have given me so much as a Friend. You have solved all problems for me. You are always there for me. Really, you have added fragrance to my life. You have added the sweet scent of peace, happiness, and bliss to my life. I feel so gratified. (**dhanya dhanya ho gaya**) The Comforter of Heart Shiv Baba, your selfless friendship has made me light.

Inculcation – We need to extend selfless service with non-conflicting thoughts. There should be no self interest. (**Swarth**)

Contemplation – How should we behave properly with the self and others? Contemplate and write down good thoughts.

Ask yourself- What efforts do I make..What more can I do- your mind will definitely respond that you are capable of doing many a times more than what you are doing. So, let me do at least what is within my approach so that in the end I may not repent that I could have done but I did not.

Are you convinced that God Shiva, who fixes all problems (**Bigri ko banane wala**), is my Supreme Friend... if yes, they why do you get anxious by small troubles that you come across? Actually, you are emperor of Begumpur. You are worried even after meeting the God who is remover of all pains of even the devotees! This doesn't suit you. If you stay in remembrance of Shiv Baba then He will take care of you. Churn such spiritual thoughts.

Self respect – I am a soul who uplifts the other souls

God Shiva's versions – 'The reason of lack in efforts is looking at others, following others, and thinking about others. Free yourself from these three things and inculcate one thing and that is uplift others. Finish the three 'par' (others) that bring down your effort and add one 'par' (Hindi word 'par' means others) that is uplift others.

Indications of a soul that uplifts others– The soul uplifts others means that every second you see qualities of the other soul. Even while looking at the weakness or vice of the other soul, such a soul would donate the power to become virtuous by his good wishes and attitude of cooperation. Such a soul would always experience himself to be the emperor of Begumpur, complete in all treasures, like Baba. Begumpur means where there is no sorrow ('Be' – without + 'Gam'- sorrow). Even in the thought, the habit of sorrow must not be experienced.

Such a soul would be always making endless gifts (daan) of happiness through the power of thoughts, words, company, and affection of relationship. He would not limit his donations to a few selective souls, but, would be a benefactor (kalyaankari) for all.

Such a soul would not be eager to exchange something in return of what others give; since they are affluent themselves. It would not even appear in thoughts that if he does this only then I will do that, if he changes then I would change. There will be one

change in the other soul and ten changes in me – such thoughts would be missing in a soul that uplifts others. They become traders instead of great donors. ‘If he gives this much, then I would give, why should I concede always, how much and how far would I do’ – these thoughts do not belong to the donor. When other soul is under the influence of some weakness, so, the influenced soul, or the beggar soul, or the feeble soul, is devoid of treasures of powers at that time. The great donors would not like to take even a single penny from such beggar soul. He must change, he must cooperate a bit, take few steps forward – such thoughts and feelings of cooperation cannot be expected from an influenced, feeble, beggar soul. To give something in exchange of the other cannot be termed as the act of generosity.

Uplifting others means to make the beggars rich, brings benefit (**upkaar**) to those who defame others (**Apkari**); by the good wishes of uplifting others; by affection, power, and sweet words; and by the cooperation of zeal and enthusiasm, empowering the disheartened means turning the beggar into an emperor.

The souls who uplift others have the knowledge of three aspects of times (Trikaladarshi), thus they see the complete form of each soul, and hence would not imbibe the other soul’s weakness having analysed his weakness. They would not even mention the weakness of others, however, finish the thorn of weakness of the other soul by their benefactor form (kalyaankari swaroop). They would transform the thorns into flowers.

Such souls would be always content like a jewel of contentment (santushtmani) and would continue to bring contentment to others. The wonder is to create hope in the hopeless. To light the ray of hope for a person or a situation for which everyone is hopeless. Even your lifeless pictures are realizing the short term wishes of many souls. In *living* form, if some companion (**sehyogi**) brother or sister, or some soul of the family, due to ignorance or childlike stubbornness (**balhath**) considers some short term object to be useful for long term, wishes to obtain the short term recognition, respect, name, or any short term achievement, then respecting others and becoming humble is to uplift others. This giving is actually taking or receiving forever. Like an ignorant child considers even a harmful thing to be a toy, so we have to give him something to distract him. Stubbornness (**Hath**) is harmful always. Such ignorant (**besamajh**) souls too take the short term achievement, that is, what is harmful to be beneficial (**kalyan**). If we forcibly stop such souls from doing what is harmful to them, then their life of efforts finishes since they become perplexed. So, give something and distract, by such tactful acts the short term beggar souls would become wise (samajhdaar) from ignorant. They would realize themselves that they were busy in short term achievements. Uplift such ignorant souls too. Such souls automatically uplift themselves. Giving is receiving. The great donors (**Mahadaani**) automatically become entitled for everything.

Set the stage of becoming silent in a second

Today, Father, who belongs to the world beyond sound, has come to the world of sound to take the children in the stage of silence because extreme joy (sukh) and peace is experienced in silence. In the supreme silence stage, one experiences the eternal stage of completeness like Father. The humanity today is trying many things to experience such a stage of silence. How many tools they employ! But, you, the children of Ocean of Peace, are Master Ocean of Peace. You establish yourself in the peaceful state in a second. Are you such an experienced soul (aise anubhavi ho)!

I would set ourselves free from anger and thus receive Godly blessings.

self respect – I, Master Ocean of peace, am free from anger.

Contemplation – Peace is personal nature (nij swadharm), anger is acquired. Peace is my true nature, anger does not belong to me.

To enable easy effort making towards the liberation from anger

Reasons of anger – Anger originates from the waste thoughts - Pride, the influence of revengefulness, deceit, when someone does not follow the instructions, envy, when your desires are not fulfilled, when you are falsely held responsible for something, why did he do this, why

did he not report for service at time, why doesn't he improve himself....

The repercussions of anger – Resentment dissipates the powers of a soul. It destroys the concentration. It adds bitterness in relationships. The intellect is destroyed. One gets into endless pain. Life becomes tasteless and dissatisfaction sets in. One is not able to realize anything. The society (sangathan) is scattered. Many diseases originate. Everyone avoids the person full of resentment.

Remedies to treat anger – To set ourselves free from the shackles of resentment, we would use some points of respect and stay as embodiment of the same. I am peace house... I am an angle of peace... I am messenger of peace.... I am peaceful **yogi**. I am the diety Sheetla (goddess of peace)....I am Master Ocean of Peace. Peace is my nature. It is my supreme obligation to confer peace upon other souls. I have peaceful mind.... I confer the vibrations of peace upon others. The purpose of my birth is to establish peace on this earth. Continuously, vibrations of peace are spreading from me.... Everyone is peaceful now.....All souls are experiencing peace.....

Self respect – I am heir of supreme Father

All parents wish that their child becomes their heir, that is, capable; becomes like them or better than them, such an heir who carries forward the legacy started by them, realizes their dreams, makes name in the society and world... Our divine parents also expect the same from us, don't they? Wont we become the true heirs of our Supreme Parents and fulfill their

wishes?

Meditation practice –

- Heir is the one who is engrossed in the love of the one – the Parents who bestowed this divine birth upon us, who adorned us with the jewels of knowledge, who taught us how to live, made us so capable, removed all sorrows, gave us everything that belonged to them – what should we not do for such wonderful parents. Talk to yourself like this and plunge in the Supreme love.
- Heir is the one, who like a small child surrenders all his burdens to his mother and stays relaxed and light.... So whatever burdensome responsibilities I have, which I have been carrying because of ego or possessiveness; whatever nature, habit, object or person has been irritating me; surrender those burdens to BapDada and increase your experience of being light. ...
- Heir is the one who obeys all directions of his parents. The direction at present is to establish yourself in your form of point of light in soul world (Paramdham) in a second and the other second establish yourself in angelic form in subtle world (Sukshma Vatan).

Inculcation – The one who possesses family nature – *God Shiva's versions – 'An heir soul would have family nature towards everything, be it thoughts, words, actions, or relations-contacts. Family means to know each other and work in synchronization. So*

an heir would be okay in family and the four faiths (nishchay) will be there in their practical life. He would be loved by the entire family. It is not that he would be loved by selected members – No!

Contemplation – heir means the one who follows the Godly directions (**Shrimat**)- what are Baba's direction for thoughts, words, actions, vision (**drishti**), attitude, behavior, body, wealth, company, and routine? Take it out separately. Make a garland of Godly directions from Baba's Sakar and Avyakt Murlis.

Towards Sadhaks – Dear Sadhaks, Beloved BapDada needs the heir children who inculcate His teachings in their life and manifest them to the entire world. If we are unable to become Heir even after meeting Baba and adopted by Baba, it would be a great regret for us. Like Baba has said, heir means whatever Baba says, child does. So, let us pledge with determination that whatever Baba will tell us, we will realize that in every case. I would be your number one heir.

Signs of an experienced soul

An experienced soul always works with the authority of experience, they are never deceived. The experienced cannot be moved by someone or some hearsay. Each word of an experienced is more valuable than thousand words. By such churning power, an experienced soul stays always mighty, resistant to Maya, resistant to any obstacles, and always firm like Angad who moves others not the self.

Self respect – I am clear hearted (Nirmal) and humble (nirmaanchitt) soul.

BapDada is giving special direction to all children – Child become humble in your words. Humility is greatness. It is not bowing down but it is making even God bow down for you. This is the tool to earn blessings.

We will especially make efforts to become pure and humble by nature. Speak such words that others say they wish to hear more. Jewels should flow from your tongue. Never hurt others by the words of pride.

If you purify your nature, then you would continue to be successful in everything. Pay special attention towards purity of your nature. Whatever might happen but your behavior must remain pure. Pure behavior means completely tranquil and clean. Due to tranquility the deity of peace is famous. (Sheetla Devi)

Even if there is something that makes you anxious, but you must remain pure. On the basis of power of change, put a fullstop in a second. When there is no upheaval inside, then it would be called pure and humble. That is why BapDada says, the one who gets molded is real gold.

The children with pure nature will find it easy to exchange thoughts, they would not be obstacles in service. It would never cross their mind, my thought, my plan, my service was so good, then why was it

not implemented..... this ego (merapan) is an alloy which contaminates the purity.

If the foundation of determination is strong then one will become effortless **yogi**, have pure nature, have attitude full of good wishes, and would look at others in soul consciousness (atmik drishti). simplicity would reflect from their behavior and face always. The children who are always pure and humble would not have high speed of waste thoughts. By these virtues, they would extend the *shade of tranquility of happiness* (prasannchit) to others. Any hot mind burning like fire would be pacified by the vibration of tranquility.

In remembrance of you deity and ancestor souls, the eyes are always shown pure in pictures. They never show the eyes full of pride or humiliation. The eyes of any deity would be pure and spiritual. So, whenever there is some negative thought for someone, remember who am I! Even my lifeless pictures are with spiritual eyes, and I am alive.

The ones who are pure and humble will never be proud of their success. They would not mention, sing songs of self praises. Others would sing their praises but they would always sing praises of Baba. So, whatever the other might do, you must give sincere affection, good wishes, and be merciful. The humble souls would convert the reasons and problems into positive solution. There would never be a sign of weakness or tenderness (**komalta**) on their face. So, become humble, not sensitive. The sensitive is like

fruit of water. It should not be that the fruit dies as soon as you water it. Humility is point of self respect and this is the only simple tool to earn respect from all. Humility does not mean bowing down, however, it is to make others bow down in front of your specialty and affection.

The sign of greatness is humility. The more humble, the greater one would be for everyone. One cannot be Master bestower of happiness (sukhdata) without humility. Humility makes one egoless. The seed of humility automatically bears the fruit of greatness.

Like it is said for the trees that the more fulfilled a tree is the more stooped it would be, the stooping is a service for the tree, and similarly the humble souls would serve others by giving them comfort. Wherever they go, whatever they do would be comforting for others. The more is self respect, the more humility would be there. It should not be the case, we have become uplifted, others are small, or there is a feeling of hatred towards them, this should not be there.

The seed of good wishes and divine feelings (shubh bhavna, shubh kamna) is the feeling of being an instrument to service and humility. Not limited name and fame(**maan**) but humble. You do not have to prove the truth ignoring any civil code of conduct. The sign of civil behavior is humility. This humility effortlessly does the job of development. One cannot develop until humility is attained.

Inculcate the attitude of bringing benefit to others, mercy, the tendency to uplift others, sweetness, and humility as your nature. This nature will keep you light always. You would not experience any burden.

Those who are humble are not forceful, they manifest spirituality. Follow Father in His polite-hearted nature, He calls Himself World Servant and takes children ahead of Himself. When there is forcefulness in service, the service ends there itself.

We are children and thus owners

Do you always consider yourself children of world benefactor Father, that is, souls fulfilled in all treasures? When you will be rich in treasures, only then you will be able to give others. So, the souls always rich in all treasures are children and thus owners, do you experience this? When you say Father means you are child and thus owner. This remembrance makes you world benefactor automatically and keeps you in flying spirits. This is Brahmin life – to stay enriched, fly with joy, and always stay in intoxication of being the owners of Father's treasures.

Self respect – I am a soul who has renounced everything including the clan

BapDada is looking at His children who have renounced everything including the clans (sarvansh). Who has been blessed with this great fortune or has reached close – even BapDada is rejoiced to see such

close or similar, supreme, and children who have renounced everything.

What are the attributes of the children who have renounced everything by which they can come close and become like God-

Attributes –

- In thoughts always incorporeal and thus corporeal (nirakari so sakari), always detached and Baba's love-worthy souls.
- Always modest in words means full of spiritual sweetness and humility.
- Vice less through all sense organs in action means personality of purity.

The great donors or bestowers whose forehead reminds of the **swaroop** . Through the spiritual vision, manifesting the kingdom means the world of liberation (muktidham) and self sovereignty means liberation from life – showing the kingdom and the indicating the path through the vision. Blessing others with such an experience that the souls are realize that this is their real home and kingdom, that they have found the way back home and how to regain their sovereignty. The souls may feel rejoiced to have received such a great blessing. By understanding the details of creator and creation as explained in words, they may receive the blessing of being the first creation – Supreme Brahmin and thus deity. There would be three specialties of the souls who renounce everything:

- They would be such supreme actors, who bless the other souls to be always effortless yogis and karmayogis, and to be the receivers of supreme fruits of efforts.
- They would be the great followers of Father, who bless the accumulation of thousand times at every step.
- They would bless others with the experiences through every sense organ, means they would have viceless life.

The soul who renounces everything would never act under the influence of vices. It has been told that the royal left over of vices stay even after the dissolution of the vice. Remember that! Even the language of Brahmins has turned royal. I am the truth or right- there are many words of royal language to prove the self. There are royal words to hide the weaknesses of the self and manifest and exaggerate the weakness of others. Whatever is not the truth but to prove the self and escape the weakness, such are the words of **Manmat (dictated by mind)**. Everyone is aware of this detail. The soul who has renounced everything would not have such a language- where even a cinch of vice is present. So, the one who is always

away from even a cinch of vice in thoughts- words-actions, relations and contacts is the soul who has renounced everything.

Such souls would always be world benefactors. They would always be full of the tendency to give others being the children of Supreme giver. They would never feel that if he does, or if there is such a situation, or such an environment, then I will do this. They would not seek others cooperation in the supreme actions. The souls who renounce everything would take a thought of changing the challenging situations, empowering the weak, and empowering the atmosphere and attitudes by their powers. They would hold themselves responsible to bring benefit to others and thus would create the thoughts to bless others with powers and extend cooperation. They would never think – if this happens, then I would do this. They would be the Master Bestowers and thus continue to use the powers towards the benefit of the world. He would be distinguished in taking the responsibility of everything– I have to give, I have to do, I have to change, I have to become humble.

The soul who renounces everything would be an embodiment of virtues. Embodiment of virtues means to be full of virtues and see virtues in others. If one is embodiment of virtues in the self, then his vision and attitude would be so enriched with virtues that he would only see virtues in others. Even while looking at someone's vice, he will not inculcate the vice of others. He would be such a Holy Swan. He would know that it is a pebble and wouldn't accept it. Rather he would cooperate that soul in converting that vice into a virtue through his virtues, since he has the habits of Master Bestower.

The soul who renounces everything would take the ownership for all actions – the success of services, development of Brahmin souls, and the service of changing the atmosphere of weakness and waste. If there are any obstacles in service or any upheavals because of the relations or contacts of souls, they will take the responsibility to alleviate the turmoil. Thus they would always consider themselves to be the foundation of limitless development. They would never take a thought - ‘This is about this place or brother or sister.’ No! They would always consider – This is my family. I am an instrument soul who is an instrument to bring benefit to all. I have been bestowed with the title of World Benefactor and not the Self Benefactor or Benefactor of the Centre. The weakness of the other means the weakness of the family- they would take themselves to be such infinite instruments to service. They wouldn’t have the ego, there would be constant feeling of being an instrument and being the foundation of the boundless service towards the benefit of the world.

The souls who renounce everything are always focused on one (**ekras**), one thought (**ekmat**), one family, one service- always in remembrance of one and thus Number One souls. Such souls would consider themselves to be the embodiment of realization of fruits of actions. They would be like a tree who is full of all fruits of actions. They would be always be the manifestation of the results of efforts. Hence they would be ignorant of the knowledge of desire means they would not consider the desire to realize the limited fruits

of limited actions. They would be the ones who realize the real fruits of action. They would always have healthy mind. They would never suffer from any disease of mind or heart. They would always be 'Manmanabhav'. So, have you become such souls who have renounced everything? Introspect yourself considering all the three qualities, what type of renouncement have you made. Where have you reached?

Self respect – I am *Rajrishi* (a ruling ascetic)

Sovereign means entitled and ascetic means the one who has renounced everything and *Tapasavi*

Check yourself – To what extent have you implemented the manifestation of an entitled soul and the one who has renounced everything! Have you maintained the balance of being entitled and surrender! Is there a balance of entitled and surrender? There needs to be full entitlement and full surrender. Are you experienced with this? Can you achieve the rule without renouncing? Can you obtain the ownership of self? When you renounce then you become self sovereign.

The first step towards the renunciation is – renunciation of the body consciousness. When you achieve the first step, then the next step is renunciation of all relations of body. When you are freed from the body consciousness, then what do you become? Soul or owner! Free from the bondages of body means liberated from life and self sovereign.

The indications of the sovereign soul and slave (daas) soul

– When you become entitled then all sorts of controls finish since the slave of the body has become the ruler of the body. One cannot be both a slave and a ruler. The indication of slavery is to be gloomy at heart and by face. And, the sign of being a sovereign is always rejoiced. The slave would be always upset. The sovereign would be always set on the throne and always experience comfort. However, the slave would get confused by every small thing that he comes across. Slave means distressed; and sovereign means Master Almighty, one who is honorably set in the state of being the destroyer of all obstacles. A sovereign would be detached observer of everything – adversity, person, and pomp. The slave soul would always experience himself in the middle of the turbulence of tests. The entitled soul would joyfully ride over the waves of turbulence like a skillful sailor. The slave souls remind of a story – a mouse comes out and the cat follows it, when cat comes out the dog follows it. Appearance of one brings the second, likewise the second makes the third one come out. They are always busy in such activities, since they are slave souls. So, sometime mouse eyes deceive you, at other times the cat ears mislead, and at other occasions the lion of bad habits attack you, and the poor slave soul becomes sad fighting them all. So, BapDada feels mercy and smiles too. Why do you leave the throne? You would not slip if you set yourself with the magnet of remembrance. Then what do you do? You keep big files full of applications in front of Father. Someone sends a request I am upset since a month, other writes I am disturbed since three months. So many

applications take the shape of a file. So, remember the bigger the *file*, the bigger would be the *fine*. So, the easy tool to finish the applications is that follow the directions of Father.

Check yourself based on these signs, who am I? A slave or entitled? Does any adversity, person, splendor, atmosphere bring me down from my throne and enslave me? Am I disturbed or robbed of my status?

Bring equality in hearing and doing - You have heard a lot. Now check the attitude towards hearing. Do you hear and do simultaneously? Or there is a difference in what you hear and what you do? Why do you hear? – To do, don't you? When there would be equality in hearing and doing, then what would happen? You would become complete, wont you?

Self respect – I am a soul who has won over the bad actions (Vikarmajit)

Without renouncing the bad actions one cannot become victorious over bad actions (vikarmajit or sukarmi). Can you define bad action properly? To do something under the influence of some vice means a bad action. If there is a vice in royal form or even a subtle fraction of vice is there, then such a soul cannot become good actor.

Check every action from Amritvela if you did good actions, waste actions or some bad action. Good action means action as per Godly directions. The action done as per Godly guidelines is added to the list of good

actions. This is an easy method of checking the righteous and evil actions. Continue checking yourself by this method. There are Godly guidelines for each action from Amritvela to night. How to wake up, how to behave - everything has been guided. If we do not wake up like that, then we cannot make supreme fortune of supreme action from Amritvela, or we are not able to renounce the waste action or vicious action. So, we need to renounce this relation too. Even the waste thought needs to be renounced. Some think we did not do any vicious action, no mistake was made, no vicious word was used, but waste words would not allow you to become capable or supreme fortunate. Even if you did not do vicious act but performed some waste act that means you could add to the future fortune. The supreme actions would realize the experience of immediate fruits of happiness and strength in the present. Not only the self realizes the supreme benefit but the observers too are inspired to make efforts to become like the supreme actor. Hence there happens double accumulation realization of supreme fruits for the self and service of others. Just calculate if you do even an ordinary waste action, then how much loss do you bear. Never think it is okay, I have done an ordinary action, this is normal. Every action, step, word of the distinguished (shreshtha) soul would be distinguished. This is true renunciation. Waste, which means, ordinary action, words, and time – needs to be renounced and you must become eternally capable, incorporeal or thousand times fortunate.

Self respect – I am a soul enriched with all eternal treasures.

On the confluence age, BapDada has equally given us all eternal treasures, so now become enriched with these treasures and manifest the divinity (**alokikta**) by your face and personality.

The first treasure is of knowledge –We need to become a great donors of this treasure and distribute it amongst others. This treasure makes us free from all bondages.

Second is the treasure of Yog(Meditation) – Treasure of Yog or remembrance enriches us with all powers.

Third is the treasure of inculcation (Dharna) – Inculcation helps us experience all qualities which help us everyone's love and endless happiness.

Fourth is the treasure of time – The soul who values the time of confluence age becomes entitled to all achievements. The duration of confluence is very small but the achievements are great. The great achievement of confluence is that we find God Himself in the form of Father-Teacher-Satguru. For 21 births we achieve the comforts of body, mind, and soul. Each second of this confluence is equal to an year. In the confluence age one receives all powers, all virtues, Godly love, love of Brahmin life, and the Godly rights received in the previous cycle (Kalpa). The accomplishment made at this time is made in no other time.

Meditation – Spiritual exercise - Experience – I, the king soul, seated on the throne of forehead (Bhrikuti),

am a sparkling jewel. I am spreading pure vibrations in all directions. See yourself in the body of light after some time – I, the soul, am in body of light in front of BapDada. BapDada is looking at me with powerful vibrations (drishti) and I am feeling supersensuous joy(nihaal ho rahi hoon). Then look at yourself in soul world (Paramdham) – I, the shining jewel, am in front of the Sun of Knowledge in the soul world, His rays of all powers are charging me.

Inculcation – Zeal and enthusiasm. To always stay in enthusiasm, one needs to be strongly determined always. Where there is determination, the success is always present. So, never diminish your zeal and enthusiasm because of laziness and ignorance. BapDada has already warned us that anything can happen suddenly. So, we need to plan about spreading the message and self development right now. The word ‘sometimes’ does not suit in the dictionary of Brahmins. Give yourself a target – ‘Now or never’.

Contemplation – Which treasures have we obtained on the confluence age? What are the indications of the souls enriched with all eternal treasures? What are the methods of increasing all eternal treasures?

Towards the souls becoming enriched with all eternal treasures – BapDada has this desire that you have received the treasures, so now instead of talking about these treasures you need to use them for yourself and service of other souls. Your face and personality must make others experience that these are special souls, detached and loved by God. Just like Father

Brahma, He was in the group but possessed extraordinary, thus follow Father. When others would experience from your face and personality, then you will become the instrument of manifestation. Hence, always wear a smiling face with no worries or deliberations (**chintan**). Always throw Maya out and experience yourself to be in a guest house. Bear in mind – this world does not belong to us, it is a guest house, now we need to return to our eternal home – the soul world. By the remembrance of returning home, whatever small test papers you come across would work as lift to add to your experiences.

Self respect – I am a contented soul free from the influence of adversities.

The highest stage on confluence is of contentment. A content soul always experiences the stage of advancement. No adversity can affect the content soul since all powers and virtues accompany contentment. A content soul is loved by self, by God, and by everyone. Only those who have achieved everything would be always content. The soul who has received all virtues, powers and treasures from the Supreme Father would be eternally content.

Meditation Practice – I am Master Almighty soul. I am radiating the vibrations of all powers in all directions. I, Master Almighty, am combined with the Almighty Father. I am constantly bathing in the rays of the Almighty and getting enriched with all powers.

Godly version of Baba – Master Almighty is the soul

who is able to invoke any power at any time. It should not be the case that you have invoked the power of tolerance but the power to face turns up. So, order the powers in the stage of Master Almighty and use the powers.

Inculcation – stay free from waste in your mind, words, and action. Beloved BapDada has given a homework – no matter what happens you need to stay at least 80 percent free from waste in mind, words, and action. There should be no questions of what and why even in dreams. No matter how huge is the upheaval, our mind needs to stay firm and stable. So check, if we put a full stop or question mark when we come across something.

For checking of the self – Did you stay content for the whole day and satisfy others? To what extent did you stay free from waste in thought, words, and action? Did you act in the stage of the **trikaldarshi** after the analysis of the three times? Did you use all powers when required as Master Almighty? Did you stay firm even in upheavals? Did you put a full stop or a question marks?

Contemplation - How to stay free from waste in mind, words, and action? What is the reason and remedy of waste? What harms are caused by waste? What are the indications of those who are free from waste thoughts and what are the benefits of staying free from waste?

Towards the effort makers (sadhak): BapDada has been indicating since some time that the result of the efforts is going to manifest suddenly, so you need to be ever ready. Now, it is the time of intense efforts. The ordinary routine making just the common efforts is not sufficient

now. So, BapDada is indicating that every second and every thought needs to be checked and the self needs to be changed. Become capable like Father.

Compare your virtues with those of Shiv Baba and check yourself

Do you always consider yourself complete soul like Father? Those who are complete would continue to progress. If you are not full then you cannot progress. So, like Father like children. Father is ocean, children are Master Ocean. Check every virtue – like Father is ocean of knowledge, are we Master ocean of knowledge? Father is ocean of love, so are we Master ocean of love? Check the equality like this, then you would continue to progress and become complete like Father. Always continue to check yourself like this. Always stay in this intoxication that the One, whom this world is searching, has embraced us.

Self respect – I am pass with honour soul.

Pass with honour means the ones who take full marks in all four subjects; the soul who has been powerful and obstacle free for a long time; free from the punishments; the souls who are the eight jewels; the souls who are always victorious and self sovereign.

The pass with honour souls - Do not look at others, study sincerely, stay liberated from laziness and neglect, and always keep in mind– ‘now or never’.

Remind yourselves everyday that dear soul! You are going to be passed with honour. To pass with honour –

Look at one Father only and follow Him. Along with listening to and discussing the knowledge, become an embodiment of knowledge. Inculcate religiously – There is only one Father and no one else. The practice of soul consciousness must become natural.

The pass with honour souls become the bead of the garland of victory. Only pass with honour souls are the hero actors and take full 84 births, that is, they start their role from the beginning of Golden Age. Only pass with honour souls get the fortune of ruling over the world.

So dear soul! You need to pass with honour. This is nothing new. We have passed with honour for many cycles. The more you will stay in the self respect that I am pass with honour soul, the more you will experience success.

Self respect – I am embodiment of success. Renunciation and practice is the foundation of success. (tyaag aur tapasya)

God Shiva's versions – If some Brahmin soul manifests only renunciation and no fortune, then he cannot become the instrument of service. Hence from our life if fortune reflects along with renunciation, then we become the instruments of service of many others. Remember we are **renunciants** not like the rest of the world, we are infinitely renunciants, which means, to renounce everything including the body.

What should be renounced – Check what acts as

obstacles in our efforts, that is what needs to be renounced. For example, in context of meditation, we need to renounce the waste and negative thoughts, subtle desires, body consciousness and pride of the body. In the context of service, we need to give up the name, fame, status, ego, laziness, nature to procrastinate, thinking about others, and looking at others. Remember, if after renouncing, you are influenced by the ego of having renounced, take it that you have eaten the raw fruit. Just give it a thought, what did we renounce, inculcating the virtues having renounced the vices is a fortune.

Indications of renunciants – they would never talk about what they have given up. They do not have any desires. They are free from waste. They are always content, they are ignorant of the knowledge of desires. So, let us experience the eternal accomplishments through the attitude of renunciation and even help others experience it.

Self respect – I am an embodiment of visions in the form of Light House and Might House.

Let us keep in mind the first vision of Shiv Baba that Brahma Baba had. At that time what words were uttered by Baba? Baba said, there was a light and might. That light said, you have to establish a new world. When we hear these words of BapDada, then what do we experience? When Brijindra Dadi used to narrate this experience, there used to be utter silence in the class

and everyone used to feel detached and that they too were in that world of light and might. As if, the whole room is full of that light.

What target has that light given – that a new world has to be established. If we focus on that target then we are able to visualize clearly the stage and role of a light house. Many a times BapDada has explained us that we need to have liberation in one eye and liberation from life in another eye. This would purify our eyes (vision) and others will experience the visions through our eyes. In this world, someone is looking at the corporeal beauty, someone is looking at others' bank balances, and some others are busy looking at the physical relations of others. But no one takes a thought that this is a soul, a form of light, that this soul has come from the soul world – the world of light, and that this world is a guesthouse and ultimately the soul has to return to its original abode. When we forget all these things, we forget that light too. Hence we need to focus on liberation and liberation from life.

It is mentioned in Bhagwat that when Sri Krishna opened his mouth, his mother saw the three worlds inside. This means that we, who are knowledgeable, who practice meditation, who focus the mind, soul and vision in the things told by God, must help others experience the visions of the three worlds through our words. We should talk in such a manner that others get to know about the three worlds and the three times. Only the jewels of knowledge should flow from our tongue. Pure light should flow from our eyes. This would happen only when focus on liberation and liberation

from life. The function of light house is to guide the ships about the location of harbours and the distance they need to travel to avail facilities. Apart from this light house also guides about the dangerous areas in the sea where there are rocks and other dangerous spots, that the ships need to avoid, otherwise the ships may even sink. Similarly, for the voyagers of the sea of this world, such should be our stage of being a light house. Our actions and words must guide the upset, disheartened and the ones with no target towards the life full of joy and peace. Not only this, our life must bring light in their life and protect them. When someone seeks advice from us, we should be able to save his life from drowning, that is, others must be able to take the knowledge of the results of three types of actions – actions with results, actions without results, and vicious actions. From our tongue, people should be able to envision the three worlds; from our vision, they must be able to realize the liberation and liberation from life; and from our actions they must understand and realize the secrets behind actions (karma darshan). What is the principle of action? Baba has not explained much about the philosophy of actions; however, his practical life manifests this philosophy better. What are the supreme actions, how to stay away from vicious actions – all this Baba implemented on Himself and thus taught children. Baba faced many adversities. For example, if someone insulted or criticized Baba, he simply smiled. He continued to be tolerant and sweetly behaved, never hated anyone. He used to think, he is ignorant, innocent, he has got such part in drama. Who else would demonstrate the philosophy of action (Karma) like this?

When someone does something wrong, he gets trapped and deteriorates day by day. If you express your anger once, the other soul would reply with anger too. Then you will have to increase your degree of anger. This will increase the tiff. Then you will deteriorate at a great speed. What is the remedy to protect the self from this situation? Inculcate amiability (madhurta), tolerance, friendship, and good actions. Just like a light house saves a ship from crashing against the rocks; similarly you, by staying away from the unpleasant conduct, by guiding others through your good conduct, be a true light house.

Sometimes it happens that a ship, while on the voyage on the sea, gets into some problems -some technical faults or some breach and water starts seeping into the vessel and there is the threat that the ship would sink. At such a time, through the telecommunication methods they wire the rescue message to other ships and seek help. Other ships pause their own journey and reach out to help them. This is an international law that every possible help must be extended to the ship which is about to go down, and it is followed too. The one who is light house, would be merciful. There would be feelings of mercy (daya), favour (kripa), obligation (anugrah), and affection and thus he would not be able to ignore if the other soul is going towards agitation and downfall. He would run to help such a soul and would put efforts to his best capacity to save the other soul. Even if he has some personal duties, he would ignore everything for a moment and extend his help to the needy soul. The light house is light himself and lightens

the burden and darkness in others' mind too through the light of his knowledge.

Baba says, when we pass from somewhere, others must feel - who was that? An angel, light, might, a divine person! There must be an memorable experience with that person. For example, if someone would have gotten in touch with Mahatma Gandhi, he would always remember that experience and would share his memories with others that he was with Mahatma Gandhi at a certain time in certain jail.

Baba has given us such a precious treasure – of knowledge, of meditation, divine virtues, that anyone who comes in our contact, anyone who spends some moments with us, it must be a memorable moment for him. So that, he must share his experience with others that he met someone for very few moments, and he talked in such a way that gave me so many divine experiences. Sometimes, when someone is interviewed on radio or TV, it is asked, what do you remember the most? What was the moment of extreme joy or sorrow in your life? Similarly, if someone spends some time with us, sought some advice from us, those moments must be memorable moments for them. These are some indications and responsibilities of light house soul.

Bring equality in hearing and doing - You have heard a lot. Now check the attitude towards hearing. Do you hear and do simultaneously? Or there is a difference in what you hear and what you do? Why do you hear? – To do, don't you? When there would be equality in hearing and doing, then what would happen? You would

become complete, wont you?

Self respect – I am a victorious and determined (nishchay buddhi) soul

Those who have conviction in self, in drama, and in Brahmin family, they are determined victorious jewels.

Conviction in self means – There needs to be intoxication of the supreme point of self respect. Remember each point of self respect that I am a soul entitled to self sovereign (swarajya adhikari), possessor of points of self respect, a one in many souls (koton mein koi). Like you have conviction in Father, likewise you need to have conviction in self. Where there is conviction in self, there is success in action. So, the intoxication of victory must manifest from your face and conduct.

Conviction in drama means – To convert the problem into solution. To stay firm in upheavals. To have a conviction that in the previous cycle, I was the one who became the embodiment of solutions, I am now becoming the same and would become so in every cycle.

Conviction in the family means – To know the habits (sanskars) of everyone in the family and to match your habits with them and stay in harmony. To have a big heart and good wishes for others in the family. To be a well wisher and benefactor for each one in the family. To fulfill the affection (preet nibhana) with the family in the state of being knowledgeable and detached observer. All this is conviction in family.

Meditation practice – Spiritual drill – Practice the angelic form and incorporeal form 24 times throughout the day. So, whatever you do, stay in your angelic form and practicing seeing others as a soul. The more we stay in the soul conscious stage the better we experience the incorporeal state. So, practice the angelic form and incorporeal form. When you remember Brahma Baba, set yourself in angelic form and when you remember Shiv Baba, set in the incorporeal stage.

Inculcation – Detached observe like Father. These are supreme versions of Baba – Those who always stay as detached observers like Father, and come in the contact and relationships like Father in detached state, they are entitled to first division.

Contemplation – Do I stay as a detached observer like Father, if not, why? How to become detached like Father? What are the drawbacks of not being detached like Father? What are the benefits of detached state?

Towards the students (sadhak) – Never think that we have a connection with only Father, what if there isn't any connection with the family. Remember we are going to be related to this family only for 21 births. You cannot ignore the family. This is Godly family, not just traditional family.... Hence someone who is passed by the family would pass in everything. If there is a bad habit in someone, but check what sort of habits do I have? If you spoil your habits too looking at others' habits, then what is the difference between the two? So, you need to always follow one dictate in the family and run the family. Even if the last soul identifies the Father and says

my Father, there must be the intoxication, what a great Father, what a great drama, and what a great family!!!

Self respect – I am the actor (karanhaar) and trustee soul.

Shiv Baba is getting everything done (karavanhaar). Our ego and the awareness of being an actor makes us heavy and relates us to waste thoughts, because of which we are not able to set in incorporeal stage. Hence take yourself to be trustee and progress towards intangible (Avyakt) stage.

Meditation practice – Spiritual drill – Practice the spiritual drill as much as possible whenever we get time. Do not be conscious of time and number of iterations, but do it as much as you can. BapDada has said the practice of long time is the foundation of long duration of future and it is the foundation of clearing the unexpected test.

Ask yourself times and again – who am I? And every time set yourself in some point of self respect given by Baba. This is also the part of the drill.

Inculcation – Awareness of being an instrument – Brahma Baba or Dadi never thought that a certain thing was done by them or they need to do, there always has been Shiv Baba on their tongue. Shiv Baba is Karankaravanhaar (the actor and the one who is getting everything done), we are only the instruments of service. This awareness of being an instrument has made them number one and has seated them on throne of

God's heart as well as the ruling throne of World. So, follow Father like this.

Contemplation – Target and Indications – What is the target of my life? Do we have the symptoms according to the target? What have I planned to achieve the target? Until when do I want to achieve my target?

Towards the students (sadhak)- January is an *Avyakt* month when the Father of this creation achieved fulfillment and complete stage (sampannta aur sampoornta). This is the month which reminds us of his renunciation, practice (tapasya), and service. This is the month which teaches us to become Avyakt (intangible) like him. So, remain absorbed in Baba's love during this month.

Self respect – I am a soul full of authority of experience.

Where sun cannot reach, a poet can reach; and where a poet cannot reach an experienced person can reach (jahan na pahunche ravi, vahan pahunche kavi; aur jahan na pahunche kavi, wahan pahunche anubhavi). Experience is the biggest authority. We have been taught many meditation practices (sadhna) by God Himself. To have supreme experiences, one must have an obstacle-free life and the intellect must be clean.

Baba has told us to become embodiment of experience in all four subjects. These are the four subjects of our study – knowledge, meditation (yog), inculcation, and Godly service.

Meaning of being experienced of knowledge – To have a complete experience of the fact that this is Godly knowledge and the eternal truth. To completely experience that this knowledge has been imparted by the Ocean of knowledge - God. We have the light of complete knowledge so there must not be even a pinch of darkness in mind. We must be free from all questions, complaints, problems, misunderstandings; we must be eternally content.

Knowledge is both light and might. We have become enlightened, so our actions, our way of life, eating habits, our behavior – everything must be full of knowledge. No one must comment upon us that they behave as an ignorant does. Light means to be weightless too. If we are knowledgeable, then our life must have become easy. If life is difficult then we cannot become experienced. Listening to Godly version in Amritvela fills us with Godly joy, finishes the stress, and provides us solution to many problems. In the morning, when we listen to the Godly words, the points of self respect are invoked; we must become experienced of all this.

Our second subject is meditation (RajYog) – The experience of this subject would mean being victorious of the senses (karmandriyajit). Meditation practically changes the habits, increases the level of purity, the senses do not affect us- we must have tasted this beautiful experience. Meditation destroys the effects of vicious actions, empowers the soul, enhances the joy of meeting God, and thus we are able to experience closeness with God. If we wish to become the authority of these experiences, then the chart of our meditation

must be at least 4 hours per day. We must experience perfectness and success in our actions having become Karmayogi (doing actions with the awareness of being a soul). However, to have supreme experiences in Meditation (yog), we need to practice regularly, stay free from waste thoughts, and must have good concentration. Where meditation is part of life (jeevan yog yukt hai), there are no bondages, no obstacles, and liberation from life. We must have such good experiences. The points of self respect and blessings are connected to the topic of meditation only.

Choose 10-12 points of self respect, contemplate over them, stay in the intoxication of their remembrance and enjoy various experiences.

For example, I am a victorious jewel – This remembrance helps you to be victorious over Maya.

I am destroyer of obstacles – This point of self respect destroys the obstacles.

I am master of nature – This point of self respect makes the nature cooperative.

I am supremely pure soul – This point of self respect removes any impurity.

I am a great soul – This point of self respect makes the life great.

I am a royal soul of deity clan – This point of self respect brings the deity habits in one's life.

I am master almighty – This point of self respect

empowers the mind and destroys the fear.

I am world benefactor – This point of self respect inculcates the benefactor attitude. It destroys the envy and hatred.

Experience that by remembering the points of self respect, the waste and negative thoughts finish.

Third subject is inculcation – We are pure, content, peaceful, we do not lose temper any more, and we are victorious over ego and pride. This has made our life joyful and pure. Devotion and epics could not do this. Hence become complete authority of the inculcation of knowledge. We must have experienced the difference brought about by inculcation of each point of knowledge. For example, the soul consciousness enhanced the sense of belongingness, reduced our desires and hence we became more prosperous. When we started comforting others, our pains reduced automatically. We had sorrows, now we are blissful again. Small issues used to upset us, now we have become peaceful.

The fourth subject is service – The field of service is quite vast. We need to experience how to succeed using the power of spirituality or power of your spiritual stage. It should be done like this –

The service flourishes by the vibrations of the souls who are instruments to service and the vibrations of the place of service. The foundations of vibrations are supreme attitude, points of self respect and meditation practice.

The service flourishes when one has an attitude of being an instrument of service, absence of pride, and purity of words. We should not be embodiment of problems, however, we must become embodiment of solutions and thus lighten the atmosphere, this would enhance the services.

When we help others experience knowledge along with imparting of knowledge, the souls feel pulled and attracted to experience more.

Purity and power of meditation bears surprising fruits in service.

'I' am 'mine' are the main obstacles in service. If we wish to bring success to this great venture of service (yagya) of Baba, we must renounce these two words. We must not serve to earn status and name. If we serve without any selfish motives, then we become divine, meditation becomes part of our life (yogyukt), and our soul is empowered.

So, first of all, we must become yogis (those who practice meditation). We know that everyone cannot meditate (sadhna) because man has entangled himself into many things. But those who wish to become the authority of experiences, need to practice meditation (sadhna). Without meditation, one cannot experience success, and life will not become free from obstacles.

We will have to take this supreme resolve and march towards the supreme target having given up all waste thoughts. Experiences shape a supreme stage. We will definitely experience that where there are points of self

respect, there is supreme stage; and where there is supreme stage, the obstacles automatically vanish.

Self respect – I am a soul who possesses the supreme points of respect and has right to self sovereignty.

BapDada sees the sparkling fortune in every child's forehead that each one of my children is the owner of points of self respect and entitled to self sovereignty. Where there are points of self respect, there the body consciousness cannot appear. BapDada has given many points of self respect to all children from beginning to the end. If you remember each point of self respect, you will be submerged in love (luvleen).

Meditation practice – You are not only the ones who practice meditation, however, meditation is part of your life (yogi jeevan). Life does not last for 2-3 hours, it is eternal. Hence, you need to practice meditation without fail even while working and moving around. Experience company of Baba in every action from Amritvela till going off to bed at night. Stay in the intoxication – God wakes us up, feeds us, teaches us, and always accompanies us. Our day starts with God.

Inculcation – to become embodiment of all four subjects – The biggest authority is the one of experience. Maya cannot move the experienced soul. Thousand people may try to change such a soul but they won't succeed. To become embodiment of experience and to act with the experience of being an embodiment of experience, this is required more now. If one has to work

harder on any subject that means lack of experience in that subject. So, one needs to become embodiment of experience in each subject means manifest that subject. For example, to become embodiment of knowledge means there should be light and might of knowledge and every action must be accurate. To become embodiment of meditation means to be victorious of the five senses and to be self sovereign. Where there is knowledge and meditation, the inculcation of all virtues will become automatic. Such a stage would serve others automatically.

Contemplation – How to become embodiment of experience of all four subjects? Why is it important to become embodiment of experience? What are the indications of the souls who are embodiment of experience? To become embodiment of experience of all subjects, select the points of self respect corresponding to each subject for one week each and practice one point of self respect every day.

Towards the students (sadhak) – As per the time, you may do the service through mind, words, actions, or through contact and relations, but the service must go on continuously. If some brother or sister of Brahmin family is disheartened, dull in efforts, or influenced by some habits; then encourage such souls, give them zeal and enthusiasm, affection, and cooperation. Never think that he has such a nature, such habits, he cannot change, to serve him is to waste time; do you think it is good to take such thoughts? When you can influence the nature and purify it and make it full of virtues (satopradhan), then cant you change a Brahmin soul who is under the

influence of a habit? Hence, do not push the soul further towards deterioration, but give him the cooperation of good wishes and emotions, then you will be called true benefactor (sevadhari).

Self respect – I am completely pure soul

Brahmin life means completely pure life. Purity is the birth right of all Brahmin souls. The purity of one birth would last for 21 births. Purity does not mean celibacy alone, it is purity of mind, words, actions, relations, and contact. Purity of mind means one must have best wishes and feelings for all. Purity of words means there should be affection and patience in one's words. Purity of action means one must have an attitude of gratifying everyone through actions... the contacts and relations must bring joy.

Meditation practice – I, supreme pure soul, am shining in the middle of the forehead (bhrikuti) and spreading pure vibrations in the surroundings. I, the angel of purity, am above the globe. I am constantly bathing in the pure white vibrations of the Ocean of purity. I, completely pure soul, am in the soul world. The rays of the Sun of purity are spreading everywhere in the soul world. His bright rays are falling on me continuously.

Inculcation – To be free from anger, even in thoughts and dreams. These are Godly versions of Baba that the children who will make an effort to be free from anger even in thoughts and dreams would be congratulated by BapDada in Amritvela to be a special experienced soul without much efforts. The reason of anger amongst

the majority is envy and the seed of waste thoughts also gives birth to anger. Where there are waste thoughts, there is a queue of why and what. So, when you will finish this queue of why then there will be a queue of souls in front of you.

Contemplation – What are the reasons of anger? What are the implications of anger? How to finish anger? What are the benefits of staying free from anger?

Towards the students (sadhak) – Like the devotees offer the cactus (ak) flowers to Lord Shiva on Shivratri, similarly let us offer this anger which is like flower of cactus (ak) to Lord Shiva and become divine mirror. Never give up, continue to progress, even if something happens, again bring it in front of BapDada and surrender. Something that has been given becomes an obligation (**Amanat**), never use what does not belong to you (**amanat mein khyanat**). Even if some thought crosses you to use that then understand this is disrespect to the obligation (**amanat mein khyanat**). One should never take back what has been given. So, let us surrender this anger which is like the flower of cactus (ak) and pledge to become divine mirror.

Indications of a content soul -The one who is full of all treasures will be always content. The reason of discontentment is failure to achieve (aprapiti). The souls who are full would be able to give others. If there is weakness in self, then we cannot give others. Contentment means fulfillment. Like Father is fulfilled and thus we use the word 'Ocean' to describe Him. This proves fulfillment. So, become master Ocean like Father.

The river still dries up. The fulfilled souls would always dance in bliss. There cannot be anything else except bliss. The content souls would never be troubled by anyone since they are full. There would be no problems in relations even. Even if there is some problem, he will not be influenced by it. Any confusion or obstacle would seem to be a game. Even the problem will become source of entertainment because he will look at it being knowledgeable. They would be victorious because of their determination. They would be always blissful.

Self respect – I am supremely pure soul

Godly version of Shiva – ‘Father expects from each child that he becomes like Father’. Like Father, children also achieve the supreme stage.’ What is that supreme stage? – The stage of complete purity.

Meditation practice –

- I, supreme pure soul, am seated on the throne of forehead (bhrikuti). I am spreading beautiful rays of purity in the surroundings. I am pure. Pure form, purity is my nature. Purity is my breath, my life, and my adornment. (Experience your pure form very deeply and tell yourself that you are this only.
 - I am a pure ancestor. I am practicing meditation (tapasya) in the roots of Kalpa Tree with Mamma, Baba and Brahmins. I am taking the power of purity from Shiv Baba, the Ocean of purity, and giving it to the entire Kalpa Tree.
 - I am kind, benevolent, remover of sorrows- joy

giving pure ancestor soul. The entire world is burning in the fire of impurity and thus sorrowful and perturbed. I emerge them on the globe and give them vibrations of purity which gives them endless peace and bliss.

Inculcation – Free from waste and full of potential –

We traded waste for half cycle (kalpa) and the results are very much in front of us. If we continue to spend our life in waste, then we would lose the fortune of many cycles. BapDada has said that those who avoid the negative and waste would be rewarded with Godly award.

Contemplation – What would be termed as waste? What are the types of waste? What are the doors of waste? Where does waste come from? What are the harmful effects of waste thoughts, words, action, and company? How to become completely free from waste? Should we make an individual plan?

Towards students (sadhak) – Dear students! Beloved Baba has given us a subtle signal by saying ‘Until when would this coming and going of Baba continue’. In last season and this season, there was no Murli where Baba did not indicate the closeness of time. Hence, now it is required to be completely aware. Baba has nurtured us with great love and affection. We have been handling many things by this love and affection, but now we need to give the return of Baba’s love and take a solemn resolve of becoming completely free from waste and pure.

Best wishes and well wisher (Shubh Chintan aur Shubh Chintak)

BapDada always sees the children in complete form. Every child is embodiment of bliss, love, joy, and peace like Father. What is manifested from everyone's forehead and eyes? The virtues of Father are manifested by children. Each one is a treasure of virtues and powers. Do you consider yourself complete in such a manner? The one who is embodiment of fulfillment would manifest two signs. What are those two signs? Such a fulfilled soul would always have good feelings for the self and be a well wisher for others. So, good wishes and well wisher- these two signs will be present in such a soul. The ill thoughts and waste finishes automatically in the fulfilled soul since such a soul is rich in the treasures of good wishes, the true knowledge. Just like the children of royal family do not play with the stones of ill thoughts and waste.

Self respect – I belong to one (Ekvrata)

I have all relations with one Baba. Baba is my world. He is everything to me. I have accepted him as everything from the depth of my heart. I have understood that He is the true companion and support. He is the only true Well wisher and Guide. None but Him would take me across this ocean of world (vishaysagar). Even when everything and everybody in this world would abandon me, Baba would be by my side and would take me along. So, why shouldn't I be completely surrendered to such Supreme Beloved.

Meditation Practice – Beloved BapDada has been inspiring us times and again to concentrate our mind and intellect. This practice would be required a lot in future. So, this week, let us increase our duration of concentration focusing on our various forms-

- Concentration on Shiv Baba in the soul world – Fill yourself with the rays of all powers emitting from Baba and focus completely on the supreme light (maha jyoti).
- Concentration on the complete angelic form – See your complete angelic form in front of you. See that this complete angelic form approaches you slowly and then becomes one with you.
- Concentration on your early soul form – On the throne of forehead (bhrikuti takh), I, the divine and bright soul, am seated. I am spreading divine light in the surroundings. I am entitled to self sovereign (swarajya adhikari).

Concentration on various points of self respect – I am master Almighty, victorious jewel, deity (isht dev). Concentrate on these points of self respect and become embodiment of the same.

Contemplation – Surrender and concentration - What is the importance of concentration in the present time? How are Surrender and concentration related to each other? Along with surrender what else helps us to increase concentration? What breaches our concentration?

Towards the students (sadhak) – Dear students! If we contemplate, we would find that none is ‘mine’ in this world, nothing is mine. If I can call someone ‘mine’, that is only Baba. If I consider someone apart from Baba as ‘mine’, then it is my ignorance. So, open the third eye of knowledge and surrender yourself. Do not let your mind and intellect wander in this meaningless world. Now, it is the time to return home, if the intellect is still wandering, then when would we concentrate? So, now, dear Yogis, surrender yourself and concentrate.

Self respect – I am ancestor and thus devotion worthy soul who gives pure vibrations (sakaash) to the world

Meditation practice in Amritvela – I am a soul seated in the roots of the Kalpa tree full of all powers. I am combined with Shiv Baba who is the seed of Kalpa tree. Beautiful colourful vibrations are spreading from me, who is seated on the throne of forehead, to the branches and leaves (all souls of the world and five elements of

the nature) of the Kalpa tree. All souls are calling – Dear ancestor and devotion worthy deity, please come and liberate me from sorrow and distress. The rays of all powers are falling on me from BapDada and then spreading to the rest of the souls and helping them experience intense joy and peace.

Meditation practice while doing action – I, powerful and capable soul, am carrying the Kalpa tree along while I am moving. The Kalpa tree is above my head. I am constantly Yogi, Yog is part of my life. Almighty Supreme Soul Himself is with me. His all powers are my property. He has bequeathed all His virtues and powers to me. While I am working, the rays of all powers are spreading from me and falling on the Kalpa tree. The globe is above my head and the rays of powers are constantly passing on to the sorrowful and distressed souls.

Meditation practice of evening (Numasham) – I, the supreme pure angel, am seated in a transparent plane with the entire Brahmin family. I, the angel, am pilot of this plane. BapDada Himself is seated besides me. The entire Brahmin family is seated in the plane in the supreme stage of an angel. Now, I, the pilot, am taking rounds around the world driving this transparent plane. I, the angel, BapDada, and entire Brahmin family are giving powerful vibrations (sakaash) to the entire world. We are giving the message to the entire world – Dear souls, wake up! God has arrived in the great pilgrim place Abu in India. Supreme Father incorporeal star of light is bestowing everything that belongs to Him on us. Now this world is about to change. Destruction is very close. Come as soon as possible and claim your birth right the

treasures of Supreme soul, attain the Godly rights. If we do not do it now, we will regret in the end. So, dear sweet brothers, now leave the procrastination and experience the Godly love, powers, blessings, and bliss!!

Continuous practice – We need to see the original habits (sanskars) of each soul.

Godly versions of Shiva – If you give true account of the whole day to BapDada before going to bed, then you will not have to go to Dharmarajpuri (the place where you need to take punishments for your vicious acts). This will enable a sound sleep.

Remember – This world is not yours, this is a guest house, now you need to return home. It is the time to fly now. Say ‘Get out’ to Maya and experience yourself in a ‘Guest House’. I am a guest in this old world.

Self respect – I am completely pure soul like Father

I am supreme pure radiant light. I, the pure soul, seated on the throne of forehead (bhrikuti), am spreading pure vibrations continuously to the distressed and sorrowful souls of this world and enabling them experience joy and peace. All souls are feeling content with the experience of peace (Atmik shanty). The five elements of nature are getting purified.

I am a master sun of purity – I, the sun of purity am above the globe and removing the darkness of impurity from this world. Pure white rays are falling on me from the Ocean of purity and I am spreading them in the

surrounding. I, supreme pure angel, leave this body and go to the world of angels where the five elements of nature stand in front of me with folded hands. I am taking pure vibrations from Baba and purifying them.

Always remember – I, the soul, have incarnated on this earth to spread pure vibrations only. Purity is a blessing received from BapDada. Purity is a canopy that protects a soul from various obstacles created by Maya. Purity is the foundation of the fruits to be borne in the next 21 births. Purity is my nature (swadharma). It is my disposition to donate purity. It is my supreme responsibility to be always ready by thought, words, and action in the task of laying foundation of the pure world. Purity is my adornment. The food of the intellect is pure thoughts. The Ocean of purity God Shiva Himself has made me an instrument to complete the task of the pure world.

Inculcation – Always free from waste, always capable. Baba said – Children go in waste. Many treasures – thoughts, time, breaths, powers, virtues etc are lost in waste. So, we must pledge in front of BapDada – Baba we would not go in waste. We would not take wasteful thoughts, avoid waste words, would not waste time, would ignore listening to any waste, and never look at waste. Beloved Shiv Baba, we would do everything to stay free from waste and thus become capable and hence manifest you from our face and personality. We would repeat this pledge everyday in front of Baba and pay special attention to it during the day. We would keep ourselves busy in making efforts during the day, stay introvert and experience the joy beyond the senses. We

would look at others with soul consciousness, have good attitude in thoughts, would have sweet words, and have an attitude to satisfy everyone by our actions.

Points to be noted- The vibrations of the instrument souls spread in the surroundings, hence give extra vibrations to the souls. We should get so busy in spreading vibrations that even in dreams we continue spreading the pure vibrations to the entire world. Whenever we are even a little bit free, we must engage ourselves in spreading good vibrations.

Self respect – I, the soul, am world benefactor

I, the pure soul, have incarnated in this world to bring benefit to the entire world. I am the benefactor of the entire world including the mother nature.

Meditation practice – I, the soul, am master almighty, master sun of knowledge. Pure vibrations are flowing from my eyes and forehead and spreading everywhere. The waste thoughts and sins of all souls are being absolved. I, the soul, in my angelic dress, full of all powers, am seated above the globe. May all souls be blessed. May they be free from all pains and sorrows. May they all become completely pure. Experience as if you are looking at each soul of this world. All souls are bathing in the Baba's rays of powers. All souls along with the five elements of nature are getting purified.

Implementation of Meditation – Extend the service of changing the intellect of other souls through vibrations.

Emerge the soul who you wish to serve and give him a thought – You are a very good soul, you are a world benefactor soul, you are my friend. Similarly, to help someone get rid of alcoholism, we can give the thoughts – This is a very bad habit, it is very harmful, you must leave it. When we create a thought in remembrance of God by emerging the soul, that thought would touch that soul completely. You must practice this for seven or twenty one days, this would purify your mind completely. You must extend this service with complete faith.

Always remember – Like Father, like children. Like Father always has best wishes for all, similarly, I must always have the best wishes for all souls. Because we souls belong to One family, one abode, one father; hence there can be no discrimination. So, we cannot even think maliciously (akalyan) for anyone.

Experience friendship with Baba – Shiv Baba is the only good friend of mine. Talk to your dear friend. My dear friend Shiv Baba, you are so sweet and benefactor (hitkari) of all. You have given me so much having befriended me. You have solved each of my problems. You are with me every second. Really, you have made my life truly fragrant. You have added the fragrance of joy, peace, bliss, and happiness to my life. I am blessed (dhanya dhanya ho gaya). My dear Shiv Baba, the comforter of my heart, your selfless friendship has lightened me.

Inculcation – You must extend selfless service through thoughts without any confusions. There should not be

any selfish motive.

Contemplation – How should we behave properly with self and with others? Contemplate and write good thoughts.

Ask yourself – What efforts do I put and what more can I do? Your conscience will definitely answer that whatever effort you are making, you can make much more efforts than that. So, whatever I can do, let me do at least that much so that I may not regret later that I could have done but I did not.

Self respect – I am a double light angel

Angel means double light. Double light means light from body and mind. There should be no burden of waste in your mind. If there is any burden in mind or intellect then you won't be able to experience the form of double light angel. So, if there is any burden, give it to Baba, become double light angel, and experience the flying spirits.

Meditation practice – God Himself is our Father, teacher and Satguru. Think about the supreme fortune that God Himself is nurturing us as a Father, as a teacher He is teaching us to make us deities, and as a Satguru He is fulfilling us and making us complete with all blessings. So, did we ever consider in our dreams that we would be blessed with such a supreme fortune that God Himself would come and offer us everything that He has (balihaar jayenge). Just imagine, the devotees sing songs in praise of God and He sings praises of you fortunate children.

Inculcation – You need to bless others and receive blessings. Even if you are not able to sit in meditation (yog), you are not able to follow all the directions, you are not able to give speech; doesn't matter, you just need to do one thing- bless others and receive blessings. If you practice this one thing, it would cover everything. Try it, first for one day and then for seven days. Whatever might happen, the other person might I give anything, you might be cursed or face unpleasant situations, just stick to the target, we have to bless and receive blessings. If you are firm and determined then victory is obvious.

Contemplation – What is the state of mind when there is burden and when you are double light, write it. The attachments that do not let us stay double light, list them out. What is the method to be liberated from all attachments? What are the indications of the soul who is free from all attachments? Make a plan for six months. Every 15 days, make the determined effort of removing any one attachment that influences the mind and intellect times and again, revise and realize this determination.

Towards the students (sadhak) – Beloved BapDada has given us this homework for six months that like you are enthusiastic towards service, you should have zeal towards the service of self. Service of self means to check the self and to become like Father. To become like Father means to be double light and free from bondages like Father. There should be no burden or weakness. We need to surrender everything to Baba, become double light, and experience the stage of liberation from life on

this confluence age.

Point of self respect – I am a soul rich in Godly accomplishments (parmatam praptiyan).

The indications of rich soul are – Holiest, Highest, and Richest.

Holiest means - Purity of mind, words, actions, relations and contact. Impurity must not touch your mind and intellect even in dreams.

Highest means –In the soul world, with supreme Father in deity form, soul and mind both pure. In the middle-How beautiful temples, how religiously you (going to be deities) (hovanhaar devta) are being worshipped.

Richest – You are master of all eternal treasures. It is said in the world – richest in the world; but you are richest in the cycle (kalpa). Whatever you achieve in this birth, you use it for many births.

Meditation practice – Every hour practice the incorporeal stage for at least one minute. Whenever you use the word I and my, add the word I soul and my Baba. This would make you constant *yogi*.

Inculcation – To stay happy and to make others happy. It is said – There is no treasure like happiness. There might be any number of treasures but if there is no happiness, then life would be meaningless. Hence it is said for happiness – There is no diet like happiness. In happiness there is both health and wealth, and joy is automatically there.

Contemplation – Do you always experience Godly accomplishments? If not, why? What have we achieved in the confluence age? What are the indications of the souls who are rich in Godly accomplishments? How to increase the Godly experiences?

Towards the students (sadhak) – Dear students, confluence age is the age to experience Godly accomplishments. If now such accomplishments are not experienced, then when? Hence ask yourself – what have we accomplished in the confluence age? And to what extent have we experienced them? We must not regret in the end that we received everything from Baba but we did not experience them. Hence become your own teacher and explain yourself, experience the Godly accomplishments yourself and help others experience too!

Self respect – I am master almighty entitled to uself sovereignty (swarajya adhikari)

As per the present time, Bapdada wants to see us as eternally seated on the throne of forehead (bhrikuti aasan), self sovereigns, and master almighty. Master almighty means – master of all senses and powers and the one who makes other souls also masters.

Meditation practice – I, master almighty, am combined with Father in almighty form. The various colorful vibrations of all powers are emitting from him and I, the soul, am being brightened up (alokit). Then, these vibrations are spreading from me.

Spiritual exercise – To empower the mind and to keep it free from waste thoughts, practice the five forms for at least five minutes every hour. Become the self sovereign and conduct a meeting of the five senses.

Inculcation – To stay free from waste resolve that you would ignore waste completely. You would not look at waste, or listen to the waste, or speak waste, or waste time, or think waste.

Make a time table to keep your mind busy while doing various actions. One needs to look at the self, think about self and check the self.

Contemplation – Do you remain self sovereign for the whole day? If not, why? What are the indications of the self sovereign souls? What is the method to become self sovereign?

Towards students – You are self sovereign souls. Sovereignty is your birthright. Understand your right. You cannot be slave to any sense. If you continue to be slave of senses, then when would you experience the self sovereign state? The mirror of the rights of the rule over the world is self sovereignty. Hence, those who are self sovereigns today, would get the rule of the world in the future. If one is sometimes self sovereign and sometimes slave in the present, then in Golden age too the rule of the world will be given for some time only. So, ask yourself, who am I? Eternally entitled or sometimes entitled or a slave soul?

Dear BapDada has indicated us that we need to become embodiment of remembrance and experience, change

ourselves in a second, and become pass with honour. If we do not succeed in something, or there are big and small obstacles of Maya; the reason behind this is – lack of experience. Hence, we not only have to repeat the points but also experience each point.

Self respect – I, the soul, am embodiment of experience.

In the present time, to be an embodiment of experience is the supreme stage. The authority of experience is the greatest authority. The soul, who is embodiment of experience, always continues to progress full of zeal and enthusiasm and continues to fly. Such souls can neither be ever deceived by Maya nor can ever experience sorrow. Maya can not influence such a soul and cannot bring down his supreme stage.

Meditation practice – God Himself is our Supreme Father, Supreme Teacher, and Supreme Sadguru. Realize your supreme fortune. God Himself is nurturing us like a Father. He is teaching us like a Supreme Teacher and educating us to become Sri Narayan from ordinary man and Sri Lakshmi from ordinary woman. As the Supreme Sadguru, He is teaching us the path of salvation (mukti) and liberation from life(jeevanmukti). How supremely fortunate I am!! Such a fortune is enjoyed by only us on this confluence age.

Let us all practice meditation (Yog), for example, I am a soul; and enhance the experience what sort of soul am I? Do I implement the basic virtues of soul in my action and behavior? Do I maintain the soul consciousness in

my attitude? Hence, we must check that whatever we think, to what extent are we able to implement and experience that.

Inculcation – To become embodiment of experience. Become embodiment of experience of each point. The indications of the souls who are embodiment of experience are – a feeling of being an instrument in their stage; in their attitude they have best wishes, soul consciousness, selflessness; in relations and contact, they would be always free from pride; and would always have pure words. These specialties would be natural for the soul who is embodiment of experience.

Contemplation – How to become embodiment of experience in all four subjects? What are the indications of the souls who are embodiment of experience? Why is it essential to be embodiment of experience?

Towards the students (Sadhak)- Majority of the souls are tired of listening and seeing in the contemporary world. Now they wish to attain through experience. However, we can make them experience only if we are embodiments of experience. Hence, let us become embodiments of experience of every point and help others experience too. Anyone who comes in our contact must be able to experience something, only then we would be called true embodiments of experience.

We are flowers of the garden of Allah

Do you always consider yourself as the flowers of Baba that is Allah? Always ask yourself if you always spread spiritual fragrance being a spiritual rose? The

fragrance of rose is very sweet and spreads in the surroundings, that is an obvious (sthool) and perishable thing and you are eternal and true roses. So, do you continue to spread the eternal spiritual fragrance always? Always stay in this self respect that we have become the flowers of the garden of Allah, there can be no higher point of self respect than this! Continue to sing – What a great fortune I have! You are so intelligent that you have traded with Bholanath Himself. Who have you adopted? Who have you traded with? What a big deal have you done? You have acquired the three worlds in this deal! Even the richest person of this world cannot acquire what you have acquired. How great souls you are, always remember this greatness!

Self respect – I am completely pure soul

Complete purity does not translate to celibacy only but to live as the one who follows Brahma (Brahmachari). Absence of all vices completely would mean complete purity.

Meditation practice – Spiritual drill – Make a vision- I, the completely pure soul, am shining in the centre of the forehead in the body of light. Pure white rays of purity are spreading from me into the surroundings. After this, experience that I, the pure angel, am above the globe and giving pure vibrations to the entire world. See yourself in Soul World (Paramdham) under the rays of Sun of purity, the endless rays of purity are showering on me and fulfilling me.

Inculcation – Purity – As soon as we took the birth of

dead alive (Marjiva), Baba has blessed us to be pure and to be Yogi. Hence purity is the blessing of this Brahmin life. The more is the purity, the better would be the Yog. If you are not able to sit in yog clearly means that there is subtle impurity somewhere. Hence, to enjoy Yog enhance your stage of purity. For this- stay in the stage of soul consciousness for the whole day and look at others as souls only. I am completely pure soul- practice this point of self respect deeply throughout the day.

Contemplation – Did I maintain complete purity of thoughts, words, and actions throughout the day; if not, why? What would be the indications of completely pure soul? How to reach the stage of complete purity?

Remember – BapDada's favourite stage is complete purity. Hence, the completely pure children are very dear to Him.

Towards the students (sadhak) – O dear lights of hope of BapDada (Asha ke Deepak)! Do you wish to fulfill His wishes? If yes, His wish is that you now wake up from the slumber of ignorance, procrastination, and habit of making excuses. Don't think who has achieved completeness, we would do, we would become when time comes... Now abandon this language of 'would' and determine that we have to do the effort and become complete. Even if some obstacle, as big as a mountain, comes in my way, I may have to hear something or tolerate something, but now I am not going to withdraw. I do not have to look at others now, I have to see myself and change the self. Only then you will be called the stars of Brahmin clan who would fulfill BapDada's

wishes.

Beloved BapDada has given homework to all of us that we have to bless others and receive blessings. The other person might have any sort of nature; even if someone curses or insults, still we are not going to spoil our wishes for him. Godly versions – The children who tolerate even once become hundred fold entitled to the Godly blessings.

Self Respect - I am wealthy and complete like Father

Wealthy and complete like Father means I have the same powers and virtues that Father has. I must have the thoughts, words, and actions like Father. I must have the habits (sanskars) like Father. If we have to manifest the Father, then we must first become wealthy and complete like Father and manifest the self. When we manifest the self, Father would be manifested automatically.

Meditation practice – Spiritual exercise – Like physical exercise is important to keep the body healthy, similarly mental exercise is essential to empower the mind. Hence, practice the five forms for five minutes every hour. First, see yourself in soul world (paramdham) bathing in the rays of Sun of Knowledge. Then, visualize yourself as an angel in the subtle world. Thereafter, remember your devotion worthy form. Then, see your Brahmin form and then the deity form. You can practice this while in action throughout the day. This will sustain happiness, zeal and enthusiasm would grow and you would experience the flying spirits always.

Inculcation – Bless others and receive blessings – The easiest effort is to bless others and receive blessings. For this, hold supreme feelings for all. Do not harbour any negative thought in your mind. Even if someone tells you something negative about others, ignore it completely. Make such an atmosphere by your supreme attitude that anyone who contacts you experiences affection and cooperation, forgiveness, courage, zeal, and enthusiasm.

Contemplation – What is the effort of absence of intensity in efforts? How to be always intense effort makers? What are the indications of the intense effort maker souls?

Towards the students (sadhak) – Now, as per the time, BapDada wants to see all of us as intense effort makers. Intense effort means similarity in thought and action. Remember that if we would still continue to waste our time in thinking about others and looking at others, then we would not be able to achieve the fortune of future. Hence, we need to renounce the thoughts of laziness and procrastination and tell ourselves that whatever has to be done, needs to be done now. Now or never. Then, one will be called intense effort maker.

Do you wish to fulfill the expectations of BapDada? If yes, then bid farewell to the words – reason and problem, this year. Take a solemn resolve that we would not make any excuse and we would not become embodiments of problems. For this we may have to bow, tolerate, or die; but now we would be the embodiments of remedy and solution, and thus, with BapDada, make

this year special, lovable, free from efforts and free from problems for all.

Self respect – I am Godly affectionate soul (parmatma snehi)

Realize your supreme fortune, you have become entitled to Godly affection. For 5000 years you were entitled to affection of deities and humans. Now, this is very less time when you could earn the entitlement of Godly affection. And within this limited time, this Godly affection is received only by you children. So, remind yourself , O dear soul, if you would not experience the Godly affection now, then when would you experience it?

Meditation practice – I am a deity (ishta dev)- Become a deity and hear the calls of the devotees. Since the devotee souls are now tired, they are calling upon you – O dear deity, where are you? O benevolent lord, liberate us now. So, listen to the calls of devotees and become an instrument to liberate them.

I am a free donor soul (mukt data) – You are children of the Liberator and thus master liberators. You need to become liberator like Father and spread the vibrations of peace and joy among the sorrowful and distressed souls.

Inculcation – Service through thoughts, words, and actions together – Looking at the proximity of the time, BapDada wants that now the service needs to be extended through thoughts, words, and actions

simultaneously. Like the speed of time is quite fast, similarly there needs to be innovation in the speed of your services. Hence, do the service of spreading pure vibrations through your thoughts. Do the service of spreading the Godly Knowledge through your words. And through your actions, do the service of spreading affection and cooperation.

Contemplation – What memories has Baba invoked in us at the Confluence age? To what extent do we stay as embodiments of those memories? How to enhance the experience of embodiment of memory and potential (samarthi)? And what would be the indications of such souls?

Towards the students (sadhak)- Dear students! Now, BapDada wants to see the final file of our resolutions. So, take a solemn resolve that now I have to change the old language, old habits, language of procrastination, and bitter language. Hence, now, we need to ignore others, ignore the thoughts related to others, and look at the self and think about the self. Only then, we can manifest the self and hence manifest the God.

Self respect – I am master Liberator.

You are master Liberator, son of the Liberator. You need to liberate yourself and then instrument of liberation of all souls. If you will not take liberation, how would you liberate others?

Meditation practice – ‘I, the master liberator, am son of the Liberator Father’, when you remember this, you are blessed to liberate many. So, now, it is time that we

assist Baba in the liberation of all from sorrow and distress. Since all the sorrowful and distressed souls are calling upon you – O my liberator! Now liberate me. Do you hear these calls of the distressed? So now, in your angelic form, take the vibrations of purity from Baba and remove the sorrows of all souls.

Visualize – I, master liberator, am above globe. The Sun of Knowledge Shiv Baba is above me. The rays of joy and peace are falling from him continuously on me and then spreading to the entire world.

Godly versions of Baba – When you practice incorporeal stage, the vibrations of peace spread from you; and when you spin the discus of self realization, the vibrations of joy spread from you.

Inculcation – To stay free from waste completely.

To experience the form of liberator, stay free from waste completely. Hence make a time table for the entire day and decide what you would do at each hour. Check if you are wasting any thought, time, and breath. To stay free from waste, make a subtle and obvious time table for yourself. Sit with yourself and introspect. Churn the knowledge. Avoid bad company.

Contemplation – Do I experience liberation from all bondages? Which bondages are obstacles in our effort making, from which we need to liberate ourselves? How to enhance the stage of liberator? What are the indications of the liberator souls? Who would be called liberator?

Towards students (sadhak) – You are master liberator. You need to liberate all souls from sorrow and distress. Remember, your lifeless images are still serving as liberator and liberating the souls from sorrow and distress, so what should be the form of you living souls? If you would not be free, then what would be the state of others? Hence understand your form and responsibility. God has made you instrument to service. Only you can carry out the responsibility of liberating all. You must fix yourself in the stage of liberation. When others would see this form of yours, they would get liberated automatically. Since, you are few in thousands and from those few too very few. Only you have those powers, so, recognize those powers and use them for the world.

Those you stay in the intoxication of Godly love, they always experience themselves under the canopy. The affectionate children convert the efforts into love. They find the obstacle as big as mountain to be that as a cotton flake and even stone like water. So, never forget Godly love. When you have found the ocean of love, dance in that ocean (lehrao).

Self respect – I am Godly affectionate (parmatam snehi) multimillion fold fortunate soul

The easy tool to escape any effort is Godly affection. If we are absorbed in this affection, then we would experience entertainment in any type of effort. Affectionate soul is automatically away from the body

consciousness, relations of the body, the corporeal world, and thus absorbed in Godly affection. The heartfelt affection always makes one experience the affection and proximity of Father. The affectionate souls always find themselves entitled to the blessings of the Father. Affection converts even what seems to be impossible into possible easily. They always stay determined and relaxed.

Meditation practice – Look at your supreme fortune under the canopy of Godly affection. You are under the canopy of affection of God Himself. God selected me out of millions of the souls of this world. He considered me to be capable. He accepted me. He bestowed his all powers and blessings upon me. He made us heir to his treasures. Such supreme fortune is enjoyed by only the Brahmin souls on this confluence age and in every cycle (kalpa) would be enjoyed by only us, the Brahmin souls. So, stay in the intoxication- it was us, it is us, and it would be only us. Give vibrations (sakaash) through your ancestral form and devotion worthy form to the sorrowful and distressed souls of the world.

Inculcation – Full of affection and free from efforts- BapDada wants to see every child full of affection and free from efforts this year. BapDada does not like efforts of any child. My children and efforts! If you experience efforts, that means there is some sort of burden in the intellect and the reason of burden is ego. Hence forget the ego and become trustee. Give the responsibility to the Father and enjoy.

Contemplation – What is Godly affection? Who are

entitled to the Godly affection? How to increase the experience of Godly affection?

Towards the students (sadhak) – Confluence age is the time of enjoyment. If we would not enjoy in this age then when would we do so? When BapDada sees that children make huge efforts because they carry burdens, He feels pity that during the time of celebration effort is being made! Hence, stay absorbed in affection and remember the time of affection. When you do not remember the affection and continue looking at the effort, you feel perplexed. Hence pay attention – stay free from efforts, stay content and help others experience contentment; only then you would experience freedom from efforts.

Self respect – I am a soul full of all eternal treasures

The key to accumulate all eternal treasures is – the attitude of being an instrument, free from pride, and selfless attitude. The number of this key is three dots. First dot – the soul, second dot – the Father, and the third dot – drama.

The method of enhancing all the treasures is – determination. The souls who are determined would never think – would this happen or not? The stage of determination is – its almost done, its ready. The one who is determined would have conviction, would be relaxed and would know that it is destined (nishchit).

Meditation practice – Volcanic practice (tapasya)- Volcanic practice means powerful remembrance. For this, practice the soul conscious vision and attitude throughout the day. Whoever you look at must appear a soul only. Experience that you are living in a world of souls despite being in the corporeal world. Hence, the more we would experience soul consciousness, the easier it would be to experience the volcanic form or powerful remembrance. Just like the devotees consider themselves very fortunate if they visit the four pilgrims; similarly, we children of the writer of fortune are multimillion fold fortunate and great. Hence, everyday board the plane of intellect and visit the four pilgrimages of Madhuban.

Shanti Stambh – Shanti Stambh is a great pilgrimage. Whenever you wish to experience powerful stage, reach Shanti Stambh.

BapDada's room – BapDada's room is the pilgrimage of affection. If you have even the tiniest of thoughts to become like Father, go to Baba's room.

Baba's hut – This is the pilgrimage of an affectionate meeting. Whenever you are sad, go in the hut for spiritual discussion (ruhrihan).

History hall – Whenever waste thoughts trouble you, reach History Hall.

Inculcation – To stay enriched with all treasures. If you wish to accumulate all treasures as much as possible, then use the tool of the chant of Manmanabhav. This will impart you the experience of Baba's company and

closeness ('Pass' in hindi). The word 'pass' has three meanings— one is to stay in proximity, second is whatever has passed is past, and third is to pass with honour. If you have these three 'pass', you are entitled to be a ruler.

Contemplation – Which treasures have we received on this confluence age from BapDada? What are the indications of the souls enriched with the eternal treasures? What is the method of enhancing the eternal treasures?

Towards the students (sadhak) – Now listen to your inner self. Listen to the demand of the time. Listen to the calls of the devotees. Hence become complete and enriched like Father, but remember the biggest obstacle in becoming like Father is the ego of body consciousness. This ego only brings in the feeling of insult and pride and disheartens you. Hence whenever you say 'I', then succeed it with the word 'soul'. There should be 'I' in the self respect not in pride. When we would burn the tail of ego of pride, then we would be considered the great brave personality - Hanuman (mahavir hanuman).

Avyakt BapDada has said that in the sector of service; every class, centre, and zone is increasing the service; but there is still the requirement of unity and economy of giving and receiving respect. It might be senior Brahmins (Maharathi) or effort maker Brahmins, but every one's cooperation is required, each one is special and entitled to respect. Hence, everyone needs to exchange respect with both the seniors and juniors.

Self respect – I am the greatest and the best soul

Just realize your great point of self respect, you are the ancestors and devotion worthy for all souls of this world. You are the embodiment of foundation (adhaar murat) at the roots of the entire world; you are the first and the greatest creation of the Godly creation. The impossible things for this world have become possible and easy for you because you are the direct child of the almighty Father.

Meditation practice – Perform the spiritual drill – First in the Brahmin form, then angelic form, and then incorporeal.... Practice this, even while in action, throughout the day. Check, did you experience the form of which you had taken the thought? Baba is our world. If you will remember this slogan at Amritvela, then the attraction and affection would merge with one Baba. You will see Baba with your eyes, you will speak Baba, the intoxication of Baba would manifest from your face, and in contact and relationship you will always have all relations with Baba.

Inculcation – Detached observer – Those who are seated on the seat of detached observers can never be upset. When you get down from the seat of detached observer, then you feel upset. There are three things that upset you – unstable mind (chanchal man), wandering intellect, and old habits (sanskar). When you considered the old sanskar to be yours, that emotion of ‘mine’ created a place for itself. Hence your Brahmins cant say ‘mine’. These are sanskars of past life which was the in

mid of copper age, the uncivilized (shudra) life. The oldest habits of you great souls are the eternal and original habits. Now, emerge these habits by the memories of your original and eternal form.

Contemplation – What are our eternal and original habits? How would this old habits stay emerged always? What would be the indications of the souls who have these old habits?

Towards the students (sadhak)- Dear students! BapDada had given the homework, do you remember? Give the blessings and receive blessings. When we bless others that automatically includes the receiving the blessings. All those who have completed this homework, they might have come or not, but are in front of Baba, they have put the tilak of victory on their forehead through Baba. Make it your natural nature and continue doing and getting it done from others. And those who have done a little or even if have not done at all, must remind themselves of their devotion worthy form times and again, and tell themselves that they are the special souls who follow all directions of Baba. The target is to be 16 celestial degrees full, which means supreme devotion worthy. The responsibility of supreme devotion worthy souls is to give blessings. So, make this habit while in action with ease and forever.

Beloved BapDada has underlined two things that through determination and power to change, bid farewell to the form of problems, and become embodiment of remedies. For this, become instrument in upliftment of others, become merciful, be full of best

wishes and pure attitude and give affection and cooperation.

Self respect – I am a self transformer soul

Remind yourself of your occupation – world benefactor, instrument in transformation of the world, instrument in transformation of the nature, so cant you transform the self? In his new year, BapDada wants that before you manifest the Father, you need to manifest yourself. Hence, someone might be of any type, you need to extend sincere support and affection. Harbour pure expectations for everyone in your mind. Never hate anyone and never feel disheartened. Always convert the negative into the positive. Don't hear, see, speak, or think negative ever. Always continue to fly with the wings of zeal and enthusiasm and help others fly too.

Meditation practice – Become the master of your mind and concentrate in a second. Reach your sweet home in a second. Within one second reach your kingdom in Golden Age.

Visualize – I, the soul, leave this body and go to my abode – the soul world. Then I return in my body and take the divine form. Repeat this practice at frequent intervals throughout the day. Because the concentration of mind makes the self and the atmosphere powerful.

Always stay in your angelic form and look at others in angelic form. Even while in action, visualize – 'I am double light angel'.

God Shiva's versions – When you will be in your angelic

form, many souls would see you as an angel. Everyone would see that angels are moving everywhere.

Inculcation – Transform the word reason and problem and become embodiment of remedies. This year, BapDada wishes that we bid farewell to the word ‘reason’. It might be the reason related to self or the companion, or of the group, or of the circumstances. The words ‘reason’ and ‘problems’ do not exist in the dictionary of Brahmins. Hence give up procrastination, use determination and the power to transform, do not look at the others.

Contemplation – What would be the indications of the souls who are rich(sampan) in the power of determination and power of transformation? What are the reasons of deterioration of these powers? How to enhance these powers?

Towards the self transformers - Dear souls! Without self transformation, the task of transforming the world cannot be achieved and the souls are getting exposed to many types of sorrows. Many new reasons of sorrow and distress are cropping up. Hence, given the demand of time, hearing the calls of sorrowful and distressed souls, BapDada needs transformation. So, dear master bestower of joy, have mercy on the sorrowful, liberate them from the sorrow and distress. Fulfill the desires of the devotees and bestow them with the fortune of liberation. Extend sincere cooperation and affection to the souls of Brahmin family. For self transformation, one needs to look at the self and change the self. If needed, one must bow down but one must not leave the path of

self transformation. Hence, we need to take a firm resolve and manifest the habits of Father in our habits and Father's personality (surat) in our personality.

Self respect – I am multimillion fold fortunate soul.

Multimillion fold fortunate means the point of light shining in the middle of the forehead, spirituality in the eyes, supreme words on tongue, spiritual smile on the lips, all godly treasures in hands, multimillion fold achievement in every step of remembrance, and the heart soaked in love of only one Baba. So check, if all these signs are present in our lives.

Meditation practice – Beloved BapDada has given us a homework that every day we need to practice the five forms eight times for five minutes each. If we miss it due to some reasons, then we need to do it many times before going to bed.

First – Eternal form– I, the soul, am in the soul world, I am combined with Shiv Baba.

Second – Original form- In Golden age- I, the soul, am in the form of a deity.

Third – Devotion worthy form – Give pure vibrations (sakaash) to the devotees in the devotion worthy form (Isht dev).

Fourth- Brahmin form at confluence age – Intoxication of being a Godly child.

Fifth – Angelic form – Give vibrations to the entire

world through your angelic form.

Inculcation – Pure words and humble (nirmaan) state. Like it is said for the deities, whatever they speak seems as if diamonds and pearls flow from their tongue, is actually the praise sung for us Brahmins only. Our words should be such that people must be eager to listen to us, that they should speak a few words so that we could hear them.

Contemplation – What are the sources of ego and feeling of mine? How to be free from this?

Towards the students (sadhak) – The foundation of a long-term attainment is practice for a long time. Hence, do not think that we would become, who has become full yet.... These are thoughts of laziness and procrastination and these are your greatest obstacles. Abandon the habit of looking at others and trying to change them, have a firm resolve that I have to change the self. I have to fulfill the expectations of BapDada, I have to manifest the habits of BapDada through my habits. Only then, we would be considered the true children who manifest Father's personality through their own personality.

Self respect – I am a soul set in the eternal (point of light) form.

Baba's supreme versions – When you will set yourself in the stage of soul world and serve the world through vibrations even for some time, then its attainment would be multimillion fold.

Meditation practice – Look at your eternal form...When, I am in the soul world, I am in completely peaceful state... I am totally free... Soul world is my original home. In this abode, I am so close to my Beloved Shiv Baba. I am soaked in the rays of the Sun of Knowledge. I have supreme radiance of purity. Hence, in the remembrance of this eternal form, experience the stage like Father. I am keenly looking at the Sun of Knowledge Shiv Baba in the soul world. I am fulfilling the self with all powers. Experience – The rays of qualities and powers are falling on me from the Sun of Knowledge continuously. My karmic accounts of many births are getting settled. I am becoming completely light.

Inculcation – To stay in the eternal form – To stay in the eternal form practice two exercises during the day – 1. Soul conscious vision (drishti) 2. Practice of incorporeal stage. The more we have soul conscious vision (drishti) and attitude, and the more we practice incorporeal stage, our remembrance of eternal stage would automatically become natural.

The eternal form means the form of soul world. Increase this practice and do it at regular intervals. I, the soul, have come from the soul world, I have entered this body to perform actions on this world stage (karma kshetra). As soon as my role finishes, I would return to my original abode in soul world.

Contemplation – To what extent do you practice the eternal form throughout the day, if not, why? How can we always stay in the eternal form easily? What are the signs of the souls who always stay in the eternal form?

Towards the students (sadhak) – The eternal form is the highest stage. To always stay in this stage is our target. The remembrance of the eternal form enables us experience the meeting with the God. By this remembrance, our sins of many births are absolved and our habits become divine. To always stay in this remembrance, increase the practice of becoming detached from this body. Experience deep silence. Experience as if I, the soul, am living in a world away from this body and the corporeal world. All should appear as souls. Then, you would be considered a soul experienced in the eternal form.

Beloved BapDada has given us the homework that we need to practice the five forms at least eight times a day. We would churn each form in depth and experience it. We would contemplate upon the stage of eternal form. We are totally hopeful that from this effort you would derive good results.

Self respect - I am devotion worthy deity

When we stay in this remembrance that ‘I am a devotion worthy deity’, we start naturally experiencing purity. The habits of mercy and donor would emerge in us and our supreme point of self respect would awaken.

Meditation practice – I am devotion worthy deity. There is a crowd of thousands of devotee souls in front of me in a temple. They are witnessing my devotion worthy form and are absorbed in devotion. They are singing praises (jaijaikar). Sometimes they are singing songs of my praises and at times they are offering me prayers

(aarti utaar rahe hain). They are even blowing the conch. Prayers are being offered ceremonially for each one of my action. I, the deity, am fulfilling every one with my pure vibrations. The rays of powers emitting from me are removing their obstacles and fulfilling their desires. My vibrations are spreading in all directions.

Supreme Versions of Baba – O dear devotion worthy deity souls, the devotees are tired of devotion. They are now calling out their deities. So, now, listen to the sorrowful calls of the devotees and give them vibrations (sakaash) through your devotion worthy form... liberate them!

Inculcation – Merciful – To inculcate mercy, you must harbour supreme and best feelings for everyone. Always have a welcoming attitude for virtues. Extend cooperation when required to everyone. Rather than mentioning someone's weaknesses, remind his specialties. Encourage and motivate that soul through your inspiring words and inspire him to progress.

Contemplation – What are the indications of the devotion worthy souls? Why is it important to stay in remembrance of devotion worthy form? How could the remembrance of devotion worthy form become natural?

Towards the students (sadhak) – Dear students! On one hand you are alive and on the other hand are your lifeless pictures. How ceremonially are the prayers offered till date to your lifeless pictures by the devotees. They fulfill their desires in front of your lifeless pictures. Having just looked at your lifeless pictures removes your obstacles.

The sorrowful and distressed souls are achieving joy and peace. So, where you living deities are present, there the atmosphere would become divine (divya alokik). When you will perform every action in soul consciousness, being obstacle-free yourself when you will remove others' hurdles, when you would become master donor of joy and peace, become a support for all, only then your devotion worthy deity form would be manifested.

Now, as per the present time, anything can happen any time, hence become intense effort maker.

Do you always experience yourself full of all attainments? Do you ever feel empty? Father has helped you attain so much that if you accumulate them, then you can never be empty. It is not only for this birth, but the fulfillment of this birth would continue for many births. Hence, when you have attained so much which would last for many births, then how would you be empty now? If the intellect is free, there would be upheavals. When something is not full to the brim, there is movement in it. Hence the sign of fulfillment is that there is no margin of entry of Maya. It is Maya who moves you. You have experienced the rule of Maya for half of the cycle and now you are moving towards your own rule.

Self respect – I am Brahmin who has taken a divine birth. (divyal janmadhari Brahmin)

The Brahmins in divine birth means those who are always churning about the self and God; those who

always cooperate in the divine Godly tasks by mind-thoughts and actions; those who always serve in the stage of being incorporeal, free from sins, and free from pride.

Meditation practice – I am a Brahmin who has taken a divine birth. Divine virtues are the true adornments of the Brahmin life. God himself is decorating our life with divine virtues. Now, my life has decorated with divine virtues. I have to spread the fragrance in this entire world through the flowers of my divine virtues.

Practice the spiritual drill of five forms – In the eternal form – I, the soul in the form of point of light.

In original form –Form of a deity.

In the middle –Devotion worthy form.

In present – Brahmin form

In future – Angelic form

Inculcation – Make your habits divine by staying in the remembrance of being in the divine birth. To make your habits divined, practice the spiritual drill of five forms every hour for at least five minutes. Remind yourself times and again your eternal and original habits and then practice to inculcate them in your practical life.

Contemplation – What is the responsibility of the soul who has taken divine birth? What would be the sings of such souls?

Towards the students (sadhak) – you are a Brahmin soul

who has taken divine birth. Your action must be divine and **alokik**. Your life should be not only for yourself but it must be dedicated to all the souls of this world family. People must be forced to think when they look at you – Who has shaped them like this? They must be inspired to live a life like you. Then you will be considered to be a Brahmin soul with divine and **alokik** life.

Self respect – I am a accomplished (Samarth) soul

Stay in the intoxication – I am the founder soul contributing in the establishment of the new world. Through our self transformation, the world transformation happens. In this unlimited drama I am a hero actor and a great soul with a diamond like life – this intoxication gives me the realization that I am accomplished.

Meditation practice – I am master almighty, combined with the Almighty Father. The rays of all powers are falling upon me from the Almighty Father and I, the soul, am getting charged.

Supreme versions of Baba – When you will stay in this remembrance that I am master Almighty, combined with the Almighty, then no evil power of this world can influence you.

Inculcation – Stay free from waste completely through your accomplished stage. To stay in the stage of accomplishment or stay always free from waste, always use a slogan in practical – I would not see waste; not

even speak, hear, or think waste; and wont waste my time in waste actions.

Contemplation – What are the reasons of getting involved in waste? What are the repercussions of getting involved in waste? How to set yourself in the state free from waste? What are the signs of the souls with accomplished state?

Towards the students (sadhak) – You are an accomplished soul, you have fully accomplished God Himself by your side, there is nothing impossible for you, you can do whatever you wish to, just identify your powers and implement them. Don't just keep looking at others, look at the self, if you contemplate about the self, then you will become accomplished.

Self respect – I am the greatest creation of God

Look at your great fortune that we have identified and understood the God who has arrived on this earth. We have become His children. We received His true knowledge, we came out of the darkness of ignorance, we don't have to wander aimlessly, now we have found the right direction.

Meditation practice – God Himself is our Father, Teacher, and Satguru. How fortunate I am that God Himself is nurturing me like a Father! He is teaching me like a Teacher to make me a deity from a human! And being a Satguru, he is guiding me in the right direction! Contemplate upon the great fortune that I am the

supreme creation of God, He is adorning me with divine virtues. He has chosen me out of so many souls of this world, he accepted me, I could be useful to Him.

Inculcation – Convert the impure feelings to pure feelings. Always stay in this pure feelings that I am a supreme, that is, one soul out of many. I am a deity soul, a great soul, a Brahmin soul, a soul with a special role. The one who stays in this feeling cannot have any impure or waste feelings.

Contemplation – What is the method of converting the impure feelings to pure feelings? What are the indications of the souls who stay in pure feelings? What are the reasons and remedies of impure feelings?

Towards the students (sadhak) – The impure feelings are correlated with the disease – flu. Just like a body shivers because of flu, at times one feels cold and at other times one feels hot, one does not feel like eating. Similarly, when someone catches the flu of impure feelings, the stage of souls moves, the mind becomes unstable and the tongue goes sour which means one starts speaking sour words. Even if someone talks about knowledge, he would not like it. Hence, neither one should fail, nor should one feel.

Self respect – I am carefree emperor (befikar badshaah)

Carefree emperor means always determined, convinced (nishchint) and with double light life; the one who has surrendered all burdens to the Father and considers

himself to be an instrument; **Karan Karavanhaar** Baba is doing everything and I am doing as an instrument. If we stay in this remembrance, we would become carefree emperors.

Meditation practice – God Himself is mine, He has taken all burdens away from me, He has liberated me from all concerns, He has freed from all worries, now I am completely convinced and fearless since I am constantly under His canopy.

Supreme versions of God Shiva – If you stay occupied in my remembrance, then I will even do the job of thinking for you. So, talk to yourself that why I should be worried when God Himself is thinking for me.

Inculcation – Conversion of anxious state into carefree state. To establish the carefree state, give all burdens to the Father and stay light. The two words – I and mine become a burden and degrade our state. Hence whenever you speak ‘I’, first remember the soul; and when you speak ‘mine’, remember Baba.

Contemplation – Ask yourself – Do I experience the state of being a carefree emperor? If not, why? What troubles me or makes me anxious? If I wish to become the carefree emperor, what would I have to do?

Towards the students (sadhak)- When the Father with thousand arms is ready to cooperate you then why do you look at the humans with just two arms? Who would cooperate more – God with thousand arms or a human with two arms? So, continue to experience the carefree state by staying in company of the Father with thousand

arms.

Self respect – I, the soul, am the spinner of discus

I need to contemplate about the self and introspect; I don't have to look at others or think about others. I don't have to be involved in deceit and sorrow, rather I have to liberate others from all such things. I don't have to get influenced by the attractions of sense organs, however, being a master, I need to command action from the sense organs.

Meditation practice – Visualize your role of 84 births from the Golden age as a detached observer – how you have reached the confluence age having travelled through the various times, in various names, at various places and countries, and now I have to return to the soul world, the original abode, and then again establish the new world in the Golden Age.

Inculcation – Convert the tendency to look at others into introspection – If you wish to achieve something then give yourself a target that whatever might happen I need to only introspect and contemplate about the self. It is said that contemplation of the self leads to progress; however, the contemplation of others leads to deterioration.

Contemplation – To what extent do I renounce the contemplation of others and focus on self? What are the repercussions of churning about others and benefits of introspection? How to convert the focus on others to

the focus on self?

Towards the students (sadhak) – You, the spinner of discuss, are an instrument of the world transformation, hence you need to transform the self, not others. It is said that the self transformation is the foundation of the world transformation. Hence, become the spinner of discuss and transform the self.

Point of self respect – I am a holy swan

Holy swan means the one who segregates the stones of vices and the picks only pearls of virtues like a swan. I am a holy swan and thus I do not have to harbour any bad wishes for others. I do not have to look at the vices of others. I do not have to talk ill of others or humiliate (**glani**) others and I would not even think about others.

Meditation practice – I am a holy swan. The vibrations of knowledge and virtues are constantly showering upon me from the Sun of Knowledge Shiv Baba and my life is becoming fulfilled with divinity. My mind is becoming pure, my intellect is becoming clean, and my habits are becoming divine.

Inculcation - To convert the vicious sight into the virtue-appreciating sight (drishti). Make it a target of the life that we are going to look at only the specialties of others and would discuss the specialties only.

Remember – whatever you see in others' life, vice or virtue, the same would start in your own life too. So, you must ask yourself, what would you like to include in your life – vice or virtues?

Contemplation – Do I have the vision (drishti), attitude and actions like a holy swan? If not, why? How to develop the vision, attitude and actions of a holy swan? What would be the signs of such souls?

Towards the students – You are holy swans, you must not look at the weaknesses of others; because when we point a finger towards others, the other three fingers are pointed towards us. Hence, first you should look at the self and change the self. If you have to look at others, then look at their virtues and talk about the virtues only, then you would become the special souls like holy swan.

Self respect – I am master sun of purity.

Completely pure means no sign of impurity in mind, words, actions, relations-contacts, and not even in dreams. Divinity would reflect from such souls' personality and behavior. There is spiritual sparkle in their eyes, cheerfulness on the face, and in behavior they are always **Karmayogi** like the Father.

Meditation practice – Practice the spiritual drill. First ten minutes- I am completely pure soul seated on the throne of forehead. Pure white rays of purity are radiating through me in the surroundings. Next ten minutes – I am in body of light above the globe. Pure vibrations are spreading from each part of my body. I am giving pure vibrations (sakaash) through my angelic form. Next ten minutes – I, the completely pure soul, am in the soul world, pure vibrations are spreading through me in the entire universe. Next ten minutes – I am completely pure soul under the rays of Sun of purity.

The white rays of purity are constantly showering upon me from Him.

Inculcation – Truth and purity – The supreme attainment of the confluence age is truth and strength of purity. Complete purity is the sign of truth. The soul and body becomes pure in Golden Age through the complete purity maintained during this time.

Contemplation – To what extent has the power of purity and truth become natural, if not, why? How to make the power of purity and truth natural? What are the signs of completely pure souls?

Towards the souls who are entitled to self rule (swarajya adhikari) – The foundation of problems and obstacles is mind. Hence the great chant given by BapDada is – Manmanabhav (Keep your mind busy in only me). If one would stay in the intoxication of self rule and being a master, then no obstacles or problems would bother. Mind is your employee not the king. King means rightful owner (adhikari). So, stay in intoxication – I am the master and king, I have rightful ownership over these sense organs. All powers are my virtue. No obstacle or problem can come in my way. Now finish and help others finish the names of obstacles, problems, upheavals, waste thoughts, waste actions, waste relations, or waste memories.

Always stay double light

Do you experience yourself to be the soul always progressing on the way of effort making? There should not be upheavals in effort making – sometimes

progressing and sometimes deteriorating. Sometimes very good, sometimes good, and sometimes less good – it should not be like this. Always very good. Because very less time is left and the destination of becoming complete is great. So, we would need to increase the speed of our effort-making too. The sign of fast speed of effort is that it would be always light, there would be no burden. Even if some situation comes through the nature, or people; but every situation would seem to be small in front of the self stage. The power of self stage is far higher than the external situation, why? This is self and that is external. You forget your own power only then you find the external situation to be big. Always double light means light, that is the one who stay high. The one who is light stays high, the one with burden comes down. For half a cycle, we continued with the downfall! Now, it is the time to go higher.

Self respect – I am a victorious jewel

On the confluence, our target is to become a bead of the garland of victory. But only those who cooperate with one another become the beads of the garland of victory. If one bead maintains distance with the another bead, then the garland cannot be formed. I am a victorious soul, hence I cannot be defeated by the self, Maya, five elements of nature, or various situations.

Supreme versions of Baba- The garland of victory goes to those who bring about self transformation. Victorious jewels means the ones who transform the self, with an intellect full of conviction (nishchay budhi), completely soul conscious, and full of all eternal treasures.

Meditation practice – I am a victorious jewel because the Almighty Father Himself is with us. Their all powers are also with us. God Himself has blessed me to be victorious. Victory has become our birthright. Just think, why would he be victorious who has Almighty Father by his side?

Visualize – I am going in front of BapDada in the form of victorious jewel, an angel. BapDada is inviting me with open arms ‘Come my dear victorious jewel child’. ‘You are going to bring me fame’. Your victory is sure because God Himself is with you.

Inculcation – To transform the self. Whatever obstacles are there in the path of our effort making, we must realize them and finish them. The habits that become obstacles in the way of our effort making, does not let us do, we must finish that too.

Contemplation – Do I experience myself to be victorious jewel always, if not, why? How would we become victorious jewels? Write those signs too.

Towards the students (sadhak) – You are a victorious jewel. Victory is your birthright. Every cycle (kalpa) you have been victorious, it is not a new thing now. So, let us stay in this intoxication and experience victory in everything. Remember where there is determination (nishchay), company of God, zeal and enthusiasm, firmness in thoughts, faith in self, complete purity in life, there always victory is present. Victory stays like a shadow for such souls. There is victory present at every step.

Self respect – I am master sun of knowledge.

Like sun, that is situated in the sky, removes the darkness of this entire world, gives life to people, the same ways we also need to remove the darkness of vices from this world and spread the light of virtues, we need to give life to all.

Meditation practice –

- I am facing the sun of knowledge Shiv Baba. I am absorbing all of His powers (unki sarvshaktiyan mujh mein samati ja rahi hain). I am also become master sun of knowledge like Him.
- I, the master sun of knowledge, am in the universe. The rays of Almighty Sun of Knowledge, God, are falling upon me and then spreading in the entire world from me. These rays are removing the darkness of ignorance from this world, and the weak souls are becoming powerful.
- Practice of the five forms eight times a day.

Inculcation – To respect everyone. Our beloved Dadi has always taught us to remember the practice - ‘Always stay in self respect and respect all – elders or juniors’. Let us take this loveful teaching of Dadi as our adornment. This would be our real love towards dear Dadi.

Contemplation – Point of self respect. What does point of self respect mean? Enlist the points of self respect

given by BapDada. Why is it important to practice the points of self respect? How do the points of self respect help us in Yog (meditation)? Write ten Godly version of BapDada for points of self respect.

Towards the students (sadhak) – Dear students! The point of self respect helps us attain the heights of spirituality. By establishing oneself in swamaan, one can easily become complete. The points of self respect finish the pessimistic thoughts and awaken the dormant powers of the soul. Hence, everyone must pay special attention to the practice of points of self respect. Dadi ji used to stay in self respect naturally. Hence, there was no trace of pride in her life. She always stayed double light while carrying the various vast services of Yagya considering herself to be an instrument to service. Her attitude of being an instrument, prideless(nirmaan) nature, and pure words are world renowned. Let us pledge to become like her.

Self respect – I am master seed (beej roop)

I am master seed of the tree of humanity (manushya srishti). Like a tree is present in the seed, similarly all the souls of the Kalpa Tree are linked with me. Our memories, attitude, and stage affect all human souls.

Meditation practice – Experience yourself in soul world with Baba. Visualize – I, the soul in form of seed, am combined to the seed Shiv Baba. Take e might from Shiv Baba and destroy the seed of your old habits.

Inculcation – Change yourself from an introvert from an extrovert. To experience the stage of being the master

seed, become an introvert, away from the sounds and stay in remembrance of the true form of self. The more soul conscious we are, the easier it would be to experience the seed form.

Contemplation – Can I experience the seed stage whenever and wherever I want and for whatever time easily? If not, why? How to easily experience the seed stage? What would be the signs of the soul who stay in seed form?

Towards the students (sadhak) – You, the master seed, are the foundation of this creation. Your progress leads to the progress of this creation and your deterioration brings about the deterioration of this creation since all the souls are linked to you. Your thoughts, words, and actions affect the entire humanity. Hence through your seed stage, give pure vibrations to the entire humanity; then you would be considered master seed soul.

Self respect – I am a merciful soul

I am a merciful soul and hence I cannot have any bad (ashubh) attitude towards others. I cannot look at the weakness of others. I cannot have revengeful attitude.

Meditation practice – Shiv Baba's Godly versions – O merciful souls! You are ancestors of this creation. The sorrowful and disturbed souls are calling upon you. Now listen to them and give them pure vibrations. Create a vision- I, the angel, am above the globe. I am taking the beautiful rays from Baba and spreading to all souls of this world.

Inculcation – To have forgiving attitude for every soul through the compliance of being merciful. If you wish to experience contentment in your life; even if others make a mistake, forgive them; and if you make a mistake, seek apology. To seek apology and to forgive are signs of great merciful souls with big hearts.

Contemplation – Who would be called merciful? What would be their signs? Where do we need to be merciful? How to be merciful?

Towards the students (sadhak) – You are a merciful soul like Father. Your life is meant not only for yourself but for the entire world. Hence listen to the sorrowful and disturbed souls and give them pure vibrations. Then you would become truly merciful souls.

Self respect – I am deity of joy (Sukhdev)

Meaning of Sukhdev– It refers to the souls who have great attitude towards all souls; those who comfort others through mind, words, and actions; the embodiments of renunciation and **Tapasya**; always merciful souls; treasures of best wishes. Such souls always have an attitude of giving instead of taking. Their simplicity makes them entitled to the blessings of others. They are content themselves and they bring contentment to others.

Godly versions of Baba – Sukhdev means completely pure. If there is sorrow even in thoughts, that means insufficiency of purity.

Remember – One becomes ‘pass with honour’ in the

final paper on the basis of three things. First – To how many souls did you bring comfort? Second – How many souls did you make capable? Third – To what extent did you stay obstacle free?

The children who are Sukhdev are the most beloved to Baba and are very close to His heart.

Contemplation – What are the signs of the Sukhdev souls?

When we share knowledge with someone, impart the course, or deliver a speech; we will be effective only if we use the word ‘Baba’ times and again. If we do not say ‘Baba’, then our words would not influence others. The manifestation of the true service is that others must feel that I belong to Baba and they must also say ‘Baba’. They must experience that Baba belongs to them, that would be the true fruit of service.

Self respect – Like Father Brahma, I am soul who materializes the target and makes it the sign.

Like Father Brahma cooperated everyone irrespective of what kind of person that was; similarly we also need to become cooperative souls.

Remember – It is not great to extend support to those who are cooperative themselves; but to extend cooperation to those who oppose, is greatness.

To extend cooperation **through mind** means to have great and well wishes for everyone; and to not have

envy, revengefulness, or hatred.

To extend cooperation **through words** means to give the right direction to others through words; to fill a hopeless soul with zeal and enthusiasm; to remove the sorrow of others; and to make someone's life great.

To extend cooperation **through actions** means to help others in the hour of need, to teach others the art of progress, to inspire others by following Shrimat (Godly instructions), and to always remember that others will imitate our actions.

Contemplation – Pick any ten specialties of Father Brahma and implement them in your practical life. For example, **firm faith** like Father Brahma who was stable, convinced, and fearless in all situations; since he had full faith that Shiv Baba is with him, the Yagya is His, He is getting everything done, and Father Brahma is an instrument to service, a trustee. Baba is looking after all of us.

Self respect – zeal and enthusiasm- I am a soul who flies with the wings of enthusiasm.

Flying spirit has two wings – zeal and enthusiasm. Where there is zeal and enthusiasm, nothing is impossible. If there is lack in zeal and enthusiasm, then one would experience fatigue in everything.

Inculcation – Zeal and enthusiasm. Life of confluence age Brahmin means life full of zeal and enthusiasm.

Reasons of lack of zeal and enthusiasm –

- Looking at weaknesses of others and imbibing them.
- Laziness and procrastination – the habit of delaying work.
- Desire of status and respect – for example, we did some service and others did not praise us about it or did not acknowledge, the zeal and enthusiasm ends.
- A life without patience (Asanyamit jeevan). If your life has no target, there is no objective in life, that even reduces the enthusiasm.

Points to preserve zeal and enthusiasm forever –

- Always remember, God is co-operating us, we are under His canopy, and He has promised to be with us forever.
- Always think positive and prevent pessimism.
- Always remember, whatever needs to be done needs to be done now, there should be no delay in great actions.
- Always stay in your great self respect and remember your powers and greatness.
- Do not ever have a doubt that you might not be able to do a particular thing. However, take a thought that none else can do this better than me. Begin everything with confidence and

determine that success is definite.

Benefits of zeal and enthusiasm –

- One with zeal and enthusiasm always dances in joy, he would always receive cooperation from others.
- Where there is zeal and enthusiasm, nothing would seem to be difficult. One would succeed in everything.
- If there is zeal and enthusiasm, one would be blissful. One would come across new inspirations at every step.
- Where there is zeal and enthusiasm, one would be able to cross every situation easily.
- The zealous and enthusiastic people are never tired. Laziness and procrastination does not exist even in their thought.

Towards the students (sadhak) – Always proceed further with zeal and enthusiasm since all eyes are upon you. Your zeal and enthusiasm would spread the wave of enthusiasm among all souls.

Realize the importance of Brahmin life and implement it

Realize your importance. Realize the importance of fortune of Brahmin life and implement it. Do not dishearten yourself or be envious looking at others' specialties. The specialty of implementing your specialties would bring in more specialties. When you start putting a full stop after one, then how many would

come to you! When you put a dot next to one, it becomes ten and when you put another dot, it becomes a hundred. Do you know this calculation? Implementation means progress. Do not look at others. When you implement your specialty, that would bring progress and when you have everything, you would become complete.

Self respect – I am great soul with self respect (shreshta swamandhari)

As per the current time, BapDada wishes to see every child in the form of great self respectful soul. One needs to include the word ‘always’ in practical life. Never use the words – we are doing, we will do, we will become; however, determine that we have to do and we have to become.

Meditation practice –

- I am the first and greatest creation by the creator – Stay in intoxication that the Father whom the entire world remembers, I have become His direct child, I am the number one child.
- I am an ancestor soul – Along with BapDada, I am also the ancestor of all souls of this world. I am ancestor as well as devotion worthy.
- I am embodiment of foundation(aadharmurat) and example (udahranmurat)- BapDada has made us the embodiment of foundation and **udharmurat** of the souls of this world. Think for a while, if we will be affected by upheavals, then

what is going to happen with the rest of the souls of this world.

- I am a soul seated on the throne of heart of God – In the entire Kalpa, whatever precious Golden Age thrones one might get, however, the throne of heart of God is attained by us children only on this confluence age.
- I am an angel who would become a deity – The target of our life is to become an angel who would then become a deity. So, throughout the day remember this form that today we will become an angel and then later we would become a deity.

Inculcation – To make the full use of time. Having realized the importance of time, we need to make the most out of it. Hence we need to change the word ‘when’ into ‘now’. The word ‘when’ is the sign of laziness. If you would still stay in laziness and procrastination, then you will not be able to achieve the great attainment.

Remember – The further you move in this path of spirituality, laziness and procrastination would appear in more royal form. Hence, always stay alert, be attentive and informed. In this season, neither leave the seat of self respect nor forget the importance of time.

Contemplation – Do I make the most out of time having understood its importance? If not, why? What is the importance of the present time and how to make the most out of it? What are BapDada’s sign as per the present time?

Where do we waste time –

- Thinking about others
 - Looking at others
 - Attachment – inclination
 - Conflict
 - State of indecisiveness

Meaning of making the most out of time –

- Always stay focused in some or the other point of self respect.
- To avoid the state of indecisiveness and help others get out of such stage.

Towards the students (sadhak) – Dear students! Ask yourself, do I look at myself like Baba sees me? Do I fulfill Baba's expectations? Do I make the most of the time having realized the importance of time? Do I stay in the great status of my self respect? If not, why? Become your own teacher and realize for yourself, do not look at others. Look at yourself and change yourself.

Dear BapDada has given us a special homework for a month that we should always have a smiling face, our face must manifest the form of Father, our behavior must manifest the Shrimat of Father, our attitude should be of contentment and to make others content, in every action there must be a balance of action and Yog. If we pay attention to all these things for a month, then this would become natural for the rest of life. Hence, remember one blessing of BapDada that one step of

courage from your side and thousand steps of help would come from BapDada's side. Revise this blessing everyday during Amritvela and during the day in Karmayogi life while in action.

Self respect – I am like Father

As per the present time, Father wants that now that you have taken a pledge to become like Father, your face should reflect the image of the Father. Like Father's image is complete and reflects all virtues, similarly children's image must also reflect all virtues. One must have a smiling face always like a blooming rose. Due to any reason, it should not become a face of waste thoughts, sadness, or hard work. Father told you at birth only that you would encounter Maya in this great life, it is Maya's job to come and it is your job to scare her away from a distance.

Meditation practice – Practice incorporeal stage for at least one minute a day. Experience – the vibrations of peace and might are vibrating from I the soul in all directions. Set yourself in the form of angel in the soul world stage and give vibrations to the entire world from above the globe. Create a vision – I, the angel, am above globe, under the rays of the Sun of Knowledge. I am giving vibrations to all souls.

Inculcation – Ever ready and alert – BapDada wishes to see even the last child blooming like a rose. The reason of withering is procrastination. The sign of procrastination is – it would happen, we would see, we will reach; this language of 'will' brings the soul down.

So check – how much time has passed, BapDada has already given the sign of closeness of time and that it would happen suddenly. For such a time, it is important to stay ever ready and alert. To stay alert, check – Is our mind and intellect clean and clear? If mind and intellect would be clear and clean then we would be able to catch the directions, indications and Shrimat of Father easily. It would touch us – this has to be done, and this does not have to be done.

Contemplation – I am like Father, so what do I have to do and what not! What are the five main compliances to become like Father?

Towards the students (sadhak) – Dear students, through the power of silence, you can extend cooperation to any soul even from distance, you can pacify the wandering mind; hence accumulate the power of silence as much as you can. This bank of depositing the power of silence and great actions opens only now, this bank does not exist in any other birth throughout the cycle. People say whatever needs to be done, must be done now. Whatever needs to be thought, must be thought now. Whatever we think now would stay and later it would convert into repentance. Hence BapDada is giving this indication in advance to increase the power of silence, within a second go in the depth of experience of sweet silence.

Self respect – I am a benevolent soul (paropkari)

Like Father Brahma was benevolent for the

malevolent souls too, he took even those who insulted him to be his friends, when you take such quality you would be called benevolent.

Meditation practice – If we receive even a little cooperation at time, we say that we would be always obliged to you. Just think what all Baba has done for us! Remember the endless favours He has done to us. He took us out of the marshes of evil(Maya), He took us towards the light of truth from the darkness of ignorance, He adorned our lives with divine virtues, how can we ever forget Him?

Inculcation – Changing the malevolent attitude to benevolent attitude; whatever type of person it be, we should not create malevolence for anyone. Remind yourself – I am a benevolent soul, hence I need to be vast hearted, merciful, and forgiving, and need to do good to even the malevolent souls. Through the appreciation of virtues, I need to cooperate others through my great wishes.

Contemplation – Am I benevolent towards the malevolent or I have revengeful feeling towards them? How to always have the attitude of benevolence towards the malevolent? What are the signs of benevolent souls?

Towards the students (sadhak) – You are a benevolent soul like Father, hence you cannot be malevolent. Talk to yourself- everyone knows returning the good actions of the benevolent souls; but your job is to do good to the malevolent too. Hence, you will be considered the true benevolent soul.

Self respect – I am a world benefactor soul.

I am a soul like Father who wishes the best (kalyan ki bhavna) for all souls of this world. Like Father incarnated to bring good to the world, similarly we too have incarnated to benefit the world.

Meditation practice – I, the world benefactor soul, am above the world globe. I am taking vibrations from Baba and spreading them to the entire world.

Godly versions of Baba – If you do the service of giving vibrations to the globe in soul world stage for even small time, you will receive manifold attainment.

Inculcation – Change the attitude of harm to others to the benefit of the world (vishaw kalyan). I am the world benefactor soul so I must not waste my time, breaths, and thoughts. I must be soul conscious towards all of them and have an attitude that the entire world is my family (Vasudhev kutumbakam). I must not be involved in any sort of discrimination. I must not even have any conflict or revengefulness towards others.

Contemplation – Have I dedicated my body-mind-money, breaths, and thoughts towards the benefit of this world? If not, why? How to become world benefactor souls? What would be the signs of world benefactor souls?

Towards the students (sadhak) – You are the world benefactor souls. Not only you have to think about the self, but you need to think about the souls of the world too. Your each thought affects all the souls of this world.

Hence, you do not have to pay attention to what others think; you have to think what others do not think.

Remember – Everyone thinks for the self; but only world benefactor souls think for the entire world.

Self respect – I am master Satguru

I am master Satguru, the child of Satguru. Hence I cannot use the language of curse for anyone. I cannot think evil about anyone. I cannot harm anyone.

Meditation practice – Experience as soon as you wake up in Amritvela that Satguru Baba's hand is on your head. From His divine hand, eight powers are emitting and radiating in my body. I am experiencing the virtues and powers like Father.

Inculcation – Convert the waste words into meaningful words. To make your words meaningful remember the slogan. Speak less, speak slowly, and speak sweetly.

Contemplation – What sort of words should we have? What are the reasons of waste thoughts and what are the repercussions? How to save the self from the waste words?

Towards the students (sadhak) – You, the children of Satguru, are master Satguru. Hence, your each word should not be an ordinary word but a great word. Your words should be such that people must be eager to listen to you. Just imagine how much would it cost me in speaking few sweet words? Hence, remind yourself that we do not have to use the words which we do not wish

to hear for ourselves. We have to speak only what we wish to hear.

Self respect – I am an embodiment of success

To be always embodiment of success check three types of happiness in yourself – How happy I am from the self? How happy I am from others? How happy I am from the service? If you are happy in all three aspects that means you have pleased BapDada. And the soul who has pleased BapDada is always embodiment of success.

Contemplation – What is the sign of happy souls? What is the method to be always happy? What is the reason of sadness? What is the foundation of happiness?

Meditation practice – I am a great soul seated on the imperishable throne (akaltakht). Those who consider themselves seated on the imperishable throne, sit on the throne of Father's heart. Those who rule over Father's heart, become the ruler of the future kingdom.

Enjoy the Godly meeting by considering yourself to be a great soul seated on the eternal throne because if you consider yourself a soul, the body or its relations, or any element would not be able to influence you. Supreme Father is your world and enjoy all relationships with Him.

Inculcation – Happiness – In order to always stay happy; along with the understanding of the specialties of this Brahmin life, implement them. By implementation of the specialties, one specialty brings along another one too.

Self respect – I am the Charioteer (*Saarthi*) and Detached soul.

Charioteer means the master or coachman of this body which is like a coach. By considering yourself as a coachman, one is able to control all senses. We are not influenced by any sense.

Meditation practice – I, the soul, am a king. I am seated on the throne of forehead. I am the master of all sense organs. By this remembrance, call the court of all sense organs. Remind them of their greatness on this confluence age. Then give pure vibrations to each sense organ. Experience that all corporeal and subtle senses have pacified.

Inculcation – Detachment – All souls in this drama have some specific role and that is a unique role. Remind yourself of this fact and look at others' role with detachment.

Contemplation – Signs of the souls who remain in the remembrance of form of a Charioteer. How to enhance the stage of Saarthi? Benefits of staying in the stage of a Charioteer.

Towards the students (*sadhak*) – The remembrance of Charioteer form is the foundation of the constant state of meditation (yogyukt). By this technique only, Father Brahma attained the number one achievement (sidhi). Hence, let us take a target to attain the stage like Father Brahma through the remembrance of the form of being a charioteer.

Self respect – I am a content soul

Content soul means content with the self, with everyone else, and content with the service. If one is content in all these three aspects then we can please Baba automatically. And the soul whose Father is happy becomes the embodiment of success.

Meditation practice – Look at your wonderful fortune- God Himself is mine, His everything belongs to me now, He has bestowed all of His blessings and might upon me. What a great fortune I have, in this last birth, God is with me for every second. God Himself is showering upon us love through all relations. I have received the true knowledge about the One who is being called upon by the whole world. I am now under His canopy of protection.

Compliance – To always be happy – in order to be always happy, be aware of the specialties of this Brahmin life and implement them. By implementing the specialties, one specialty brings along the other specialties.

Contemplation – What is the difference between happiness for some time and eternal happiness? What is the reason of sadness? What is the method to be always happy?

Towards the students (sadhak) – Make it the target of your life that whatever might happy, we would always stay happy since your happiness would lead to the happiness of this world. Your happy face would be the basis of manifestation of God. Hence, always be happy and make others happy.

Let us liberate ourselves from waste

Do you wish to be free from waste and thus fulfill BapDada's hopes? If yes, then make the effort of inculcating a few things in your life:

- Take a solemn resolve that you would not- look at waste, think waste, speak waste, listen to waste, or spend time in waste.
- Along with the corporeal actions, make a timetable to keep your mind busy.
- Read the Avyakt murli of December 31, 1970 to understand how to carry out every action from Amritvela until night as per Godly directions (Shrimat).
- Every hour, practice the five forms for at least 5 minutes.
- Write 10 points from murli everyday and revise them 10 times throughout the day.
- Everyday read one Avyakt murli and note down its summary in your own words.
- Your every thought, word, and action should be as per Father. Before doing any action, think – is it like Father? If yes, only then do it otherwise do not do it.
- Remind yourself – I am completely pure soul. Even taking an ordinary thought is a subtle sin.
- Ask yourself – Are the negative thoughts going to

bring any benefit to me? If not, why am I thinking like that?

- Contemplate about the self, introspect, and check yourself.
- Have pure and pride less words and consider yourself to be an instrument.
- Stay in intoxication of one point of self respect every day and make the effort of bringing it into your practical life.

Travel around the world

I am a star. I am seated in the middle of the forehead and spreading light in the surroundings. I am watching various beautiful scenes around me through the windows of my eyes. There is peace all around me. I am experiencing deep silence. I am witnessing that my head is blossoming like a lotus. Slowly, the upper part of my ears has blossomed like a lotus. I, the soul, am sitting in the middle of this flower and spreading light. Now, I am going upwards spreading light in the surroundings. I am crossing the clouds and going towards the subtle world. Now, I am far from this earth in the universe. I am going to my original above soul world. There is golden red light around me spread everywhere. I am experiencing unlimited comfort and deep silence. I am experience peace everywhere in this soul world. This is a world of divine stars. There are limitless stars here like me. All the stars are receiving might from Shiv Baba along with the founders of their religions (dharma pita).

Now, I am close to the great Point Of Light (Mahajyoti), Shiv Baba. His colourful rays are touching me. A powerful beam of light emitting from this Point Of Light is entering me. I am becoming mightier. My divinity is enhancing. I am becoming full of powers. I am becoming a **Mahavir**. The fountain of might flowing from Shiv Baba upon me and then spreading to the founders of various religions and is empowering them. They are again empowering themselves to establish the religion.

I, the soul like a star, am filling myself with the powers of the Great Point of Light and donating them to all founders of religions. All the souls are filling to the brim with the powers. Now, I am descending from Brahma Lok with Shiv Baba. In a form of angel, both of us are entering the subtle world. This is a subtle world, there is no notion of being corporeal (sthulta) over there. It is awesomely beautiful everywhere. Everything is strange and attractive. I am strolling around with Shiv Baba mesmerized by the wonderful scenes of this world of angels. There is no dearth of flowers, fountains, and swings. Enjoying the environment around me, now, I am looking at Brahma, Vishnu, and Shankar. Both the nurturer and destroyer of the creation are there. Now, I am looking at the creator and fortune writer Father Brahma. He is smiling at me. Now, I am flying down from the subtle world along with Father Shiva.

Now, I am entering the world of five elements. This world consists of the planets and stars. The scene is quite vast and surprising. All the planets – big or small, are revolving around the father of solar system – sun. What a wonderful scene! The entire family is singing

praises of its father. The sun pleased by these praises is so busy giving light and warmth to the entire family that he even doesn't notice me around. Now, I, master almighty holding hands of the Father Almighty, am first descending on the smallest planet Pluto. Now, I am giving pure and loveful vibrations to the planets of sun family.

Now, holding hands of BapDada, I am jumping on the largest planet Jupiter. The vibrations of comfort are spreading from me and making the planet comfort giver. After some time, I jump to the planet closest to the sun holding Shiv Baba's hands. The planet is experiencing calmness with my touch.

Now, I am jumping on the planet Mars holding BapDada's hands. After giving the vibrations to the planet Mars, I hold BapDada's hands and jump to the most naughty planet Mercury. Now, I take limitless rays of peace from BapDada and pacify the planet. The planet is now taking the vow to never bring troubles. Now, I am jumping to the planet Neptune. The waves of joy are emitting from BapDada and entering the planet. All planets are experiencing joy. Now, I am jumping to Uranus. The rays of love and purity are emitting from BapDada and purifying the planet. The planet is feeling overwhelmed with purity and love.

Now, I am on earth with BapDada. I spread the vibrations of purity and peace on earth with BapDada and then I take the form of an angel and enter the sun holding BapDada's hands. I am the master of limitless powers, I am taking might from the Almighty and passing

the power of transformation to the sun. Sun is transmitting this world benefactor might along with its light to the entire world. The waves of light and power are spreading to the entire world from the sun. The vices are getting destroyed from the entire world. All planets and stars are taking the powers from their Father and transforming themselves.

Now, I am spreading the powers to the five elements being the winner over nature (prakritijit). The five elements are in front of me in Brahmin form. My powers are being transmitted through the sun and blessing the five elements. Their feeling of revenge is ending. Their love towards the humans is adding up. I, the master of nature, am giving them vibrations and making them full of virtues and removing their vices.

Now, I being victorious over Maya, am giving the power of purity to five vices through the sun. The five vices are in front of me in human form. I am making them nonviolent and virtuous by my pure vibrations. The white rays of purity are emitting from me, and through the sun purifying the five vices.

Now, I take the form of beloved deity and send the vibrations of love to all planets. All planets are in front of me in the form of deities. The waves of selfless love are emitting from me and through the sun falling on the planets, they are feeling merged in love. The strong current of waves of love flowing from the sun is cleaning the attitude of pride of all the planets. The attitude of love towards humans is arising in these planets. Now, I along with Father Shiv, am coming out

of the sun, and crossing the Mercury and Mars, I am entering the atmosphere of the Earth. The planet earth, rich in various elements is the most special out of all planets. Surrounding by limitless oceans on the four sides, this land is divided in seven continents. Everywhere there is prosperity and greenery. I am mesmerized by the lakes, fountains and amazing mountain tops. In the four directions, people of various religions are moving around in various types of dress forms.

Now, I, in the angelic form, holding hands of the almighty, am looking at this unexplainable beauty of this earth. There are fruit and flower laden trees and mesmerizing songs of birds. I am intoxicated by this beauty. This is the same land where Maryadapurushottan (the greatest man who followed all Godly directions religiously) Ram was born; and son of Devaki – Sri Krishna was born, this is the same Mathura. This is the same Vrindavan where the greatest creation of God – Sri Krishna performed various dance forms. This land is the land of action of those Gops and Gopikas (the men and women who look after cows).

How many wonders are hidden in this land. This is the country of Gautam Budha and Guru Nanak. This is the land of brave and great men. This is the same pure and holy land where Gandhi, Subhash, and Tagore, the great lovers of their motherland were born. This is the country where the great lover of God – Mira used to dance lost in His love. This is the same motherland Bharat where the master of this world Himself comes and manifests himself. Now, I will incarnate in this place

and experience His great company.

Now, I, holding hands of Father Shiva, am descending on this earth enjoying the beauty of the nature. I have the eight powers with me. The eight powers which have been gifted by God Himself, are in the form of deities and are surrounding me to form a protective ring around me. These powers in various forms are full of various specialties. The powers who destroy the demons and are tremendously mighty would always accompany me now. They will always obey me. I am completely free from anxiety in their presence.

Now I am instructing the eight powers to take round of all ten directions. I am sending vibrations of comfort and peace everywhere. The eight powers are spreading the vibrations of comfort and peace to the whole earth. All land masses – the seven continents and the other small land masses are experiencing liberation from anxiety and sadness with the divine vibrations and thus experiencing peace and comfort. Now, along with all powers, I am descending on the mountain top of the Himalayas holding Shiv Baba's hands. The pure river of selfless love and peace is arising from me and like a fountain of milk, it is cleansing the entire mountain top. Showering the limitless powers, I am on this huge mountain top.

The selfless love flowing through me is flowing through all rivers of Bharat and then flowing towards the ocean. Having received this powerful flow of love, the nature of rivers is changing. Their feeling of anguish is finishing. I am sending my powers to the various

prisoners in Bharat. They are receiving the soft touch of these powers and their anguish is receding. Their feeling of revenge is disappearing. They are working on self transformation. Their limit of tolerance is increasing. I am consoling them. Their overjoyed heart is now promising not to bring sorrow to others.

Now, I am sending my eight powers to all sick people of Bharat. The laser like rays emitting from the powers are liberating the sick from their sickness. Their pain is ending. They are now experiencing relief. Now, I am sending the eight powers to the four metropolitan cities of Bharat. With the advent of powers, the sorrows of the city residents are vanishing. Their feelings of hatred and revenge are ending. They are now renouncing the feelings of conflicts and enhancing brotherhood. Now, I, along with BapDada am riding a cloud. I am showing comfort, peace, love, and bliss over the land of Bharat. Through Jammu and Kashmir, I am proceeding to Himachal. I am showering the virtues and powers with BapDada and crossing Punjab, Haryana, Uttranchal and then UttarPradesh.

Now, I am showering the pure vibrations over the North Eastern states of Bharat. The humanity is getting soaked in this divine rain and is being liberated from all sorrows. They are being set free from the attitude of conflict. Now, I, along with BapDada, am riding the cloud and am showering joy, peace, love and bliss in all states of South Bharat.

In South Bharat, everyone is getting empowered. They are becoming capable of tolerating the natural

calamities. Their feelings of selfishness and conflict is finishing. Now, I am crossing Maharashtra and Gujrat with BapDada and entering the state of kings – Rajasthan. This is a great land full of courage and bravery, and sacrifice and patriotism.

Now, i am showering the powers and looking at Madhuban of creator of fortune– the greatest pilgrimage of Abu. The **Rajrishis** of Madhuban are feeling elated to see BapDada riding the cloud. They are showering flowers on BapDada in joy. After Madhuban, **Gopi Vallabh** BapDada is showering the flowers of love upon His Vrindavan Gyansarovar. The residents of Gyansarovar, all Gop-Gopis are merged in love to see their Supreme Beloved Father. The forceful waves of love emitting from BapDada is soaking everyone. Their thirst is being quenched. They are feeling overwhelmed with love. After Madhuban and Vrindavan, now, I am going towards Shantivan with BapDada, riding the plane of cloud. Here thousands of children, old, and young are waiting to meet BapDada. Now, I descend from the cloud and I face the huge group of people with BapDada. BapDada is standing on a high mountain top and everyone is feeling overwhelmed to look into His eyes. All souls are receiving the heritage (Varsa) of selfless love and limitless powers from BapDada. Everyone is quenching the thirst of many births. Their fatigue is being relieved. Everyone is singing praises of BapDada.

Now, BapDada is bidding goodbye to us and going back to the soul world. Om Shanti!!

Be the executor (prayogi) of the points of self respect

- To look at yourself as highly as God sees you is called the stage of self respect. Give respect to yourself and set yourself in the subtle intoxication. Accept with a true heart that I am the same as BapDada has titled me. This stage of self respect would enhance the quality of your thoughts and would give birth to great thoughts in your mind and then you will become like Father.

- Point of self respect means to understand – Who am I? What is my importance, my powers, and my responsibilities? The more you would understand your actual importance, the more your stable your stage would become. I am an ancestor soul of this world. Stay in the intoxication of this remembrance and nurture the souls of this world since ancestor means the nurturer. This point of self respect would make you mature.

- To set oneself in self respect is to become complete. When you stay in your self respect, the whole world respects you in the same manner as the devotees rush to the temples to offer their prayers and respect to the deities. Respect is the shadow of self respect. Stay in the self respect that I am angel of purity. Accept this title sincerely by heart and contemplate that I have taken birth on this earth to establish a pure world. Hence, I need to bless everyone with purity through my eyes.

- The better one's self respect becomes, the more pride fades away. The vibrations of our self

respect work like a canopy of protection for ourselves and others. Everyone stays safe under this canopy. 'I am master almighty', accept this truth. Always stay in the intoxication of this title, then there would be none else mightier than you. Maya would not even dare to come close to you and you would be able to do anything with your power of thoughts.

- Point of self respect helps us concentrate our intellect and thus makes Yog (meditation) easy. When someone comes in contact with the soul who is set in its self respect, his pride disappears. If we set ourselves in a point of self respect for a long time, only then we get to realize who we are – 'I am a world benefactor soul'. Set yourself in this subtle intoxication and remembrance. Take the thought, if I am world benefactor then I cannot hate anyone or be revengeful to others, and I cannot have any ill wishes for others.
- When you set yourself in a great stage and share knowledge with anyone, that person would be eternally influenced. When you practice self respect subtly every day, that would make your habits divine. 'I am incarnation of peace, I am a peace house'. I am incarnated with Baba to establish peace on this earth. Hence neither can I agitate others, nor can any agitated environment influence me.
- You are apple of this world's eyes, you are sweetheart of God (naynon ke nor). This world is

enlightened by your radiance. This world would lose its glory if you pure souls would not be here. You have such great importance, hence continue to illuminate this world. The ones who illuminate the world can never wander in darkness. This point of self respect would illuminate your mind and hence glorify (alokit) your life and make your thoughts great.

- I am the soul who is destroyer of obstacles (Vighan Vinashak) – Setting yourself in this remembrance would liberate your life from all obstacles. Contemplate – in the temples, the devotees are liberated from all obstacles by seeing your idols, so how can you be entrapped in the maze of obstacles. The soul who stays in this self respect for a long time can liberate others of the obstacles by just a sight. Hence, stay in this subtle intoxication, I have to finish the obstacles of others through my vibrations.
- I am a victorious jewel- this point of self respect would make you victorious always. The soul who has accepted that he is victorious, would definitely become a bead in the garland of victory and thus become worthy of devotion for the devotees. Accept it from the depth of your heart that God has called me to be a victorious jewel, hence I cannot be defeated even in dreams. God Himself has already unfurled the flag of my victory. Every Kalpa, I have been victorious over Maya, again, my victory is certain.

- I am the highest and holiest soul. When you will stay in this point of self respect in manifested form then the flag of manifestation of Baba would unfurl in the entire world. Whatever you consider yourself to be, you will become the same. Think – those who are great, how great their words, thoughts and actions should be! Those who are pure, looking at them purifies the vibrations of others' minds too. Always set yourself in such subtle intoxication, then your stage would become stable and detached.
- You illuminate this world. If you were not there, then there would have been darkness all over this world, there would be no life on this earth. Humanity would become extinct. Do you realize this importance of yourself? You radiate light everywhere. Do not allow any sort of darkness to enter your mind. Then, looking at you shining star of this world, many stars would brighten up and darkness would bid farewell forever from this world.
- I am Rajrishi- this remembrance would keep my intellect away from the luxuries of this world. I am such a saint whose presence is a blessing for this world. Hence there can be no upheavals in my intellect. You are making efforts to attain the kingship of the heavens. The rule of the Golden age is the right of Rajrishis, God Himself has come to enthrone you. This remembrance and intoxication would make your habits royal.

The remembrances are magical

Some stay absorbed in the memories of the past and others stay influenced by the imaginations of the future. Memories leave a lasting impact on the mind of a man. Some memories get suppressed and fade away and some always stay fresh. The memories play a big role in the shaping of one's future and give direction to contemplation. Mostly humans remember the memories of one life but on this confluence age, God who had knowledge of the three periods has reminded us of the memories of all lives. Let us pay attention to what the author says in the fourth chapter of Gita – 'Dear Arjun, you and I have taken many births, you do not know about them, but I know you'. So God Himself who knows us, who knows our powers and greatness, He is reminding us of those memories. God Himself has reminded us of the beginning, middle and the blessings received on this confluence age. These memories awaken our original habits, remind us of our powers, and destroy our attachments. The Ocean of Knowledge has reminded us that you were perfectly pure deities. As soon as we realize this, our pure habits emerged. He reminded us that the powers who are being offered devotion in temples, are you yourself. So, this reminded us of the powers that we had forgotten and we dedicated ourselves to the benefit of this world.

Like Stage like remembrance— We are aware of the fact that if someone gets to remember a sorrowful incident of past, even if it was 10 years ago, then the pain would seem to be so fresh that it would influence his present form; and similarly if one remembers his oldest of the

happy memories, his present would be refreshed with happiness. Even in daily routine, one stays upset thinking of something that others told him. The memories build the stage of one's mind and thus if one wishes to build a great stage, one needs to build great memories.

Like remembrance like capability - If the remembrance is powerful, then one's stage would be powerful as well. But if one has to be reminded then one would not be able to realize the capability. If one always remembers that the Almighty God is always with me, then one would never feel weak or fearful. So, the souls who wish to be mighty must make their remembrance constant and capable. We have remembered so many things about ourself and this influence is quite divine.

We are listing a few remembrances for example, the practice of which can make our lives great –

Success is my birthright – Ever since we became Godly children, we were blessed with success. We started experiencing success in our actions and efforts easily. This is a Godly blessing for all of us, we must invoke success by using this blessing. Before starting any action, we must remember this blessing for one minute in the stage of meditation, then success would be easily experienced. This has been experimented by many souls in past and were overwhelmingly successful. But we must not forget that along with this blessing appropriate efforts need to be made.

I am a victorious jewel – This intense remembrance invokes our dormant powers and destroys the obstacles in our path, and thus even our defeat is converted into

victory. Every Kalpa, I have been victorious; if I would not be victorious, who else would be? The garland of victory is my souvenir, God is by my side, His true knowledge is with me, then I am definitely going to be victorious. Taking such thoughts ensure the path of victory.

Victory is where God is, victory is where religion is, victory is where truth is, we must reinforce our faith by these thoughts. This would ensure that every moment and in every situation we are victorious. We must remember this everyday and then we would experience victory everyday. We would be free from the thoughts of defeat and hopelessness and thus be free from weakness, this would, in the end, bring us victory and hence make us famous.

I am the destroyer of obstacles – Everyone has to face some problems, almost every day and these problems give bitter experiences and take away one's powers and happiness. Some problems easily bid farewell and others bring a great upheaval in one's life. Everyone wishes that his life be free from problems, because one experiences complete joy in problem free life only. But using body, mind, money, intellect, power of contact are not as effective as the remembrance of the thought – 'I am destroyer of obstacle'. This thought is completely effective in liberating the self from all sorts of problems.

Problems are everywhere but one multiplies them by his weak thoughts or because of the habit of thinking too much. The truth is that weak stage, inappropriate thoughts, and ill wishes give birth to many

problems; hence if you are surrounded by problems, you must not worry, meditate for half an hour, feed yourself with good thoughts. Pacify the thoughts of 'what' and 'how' and then set yourself in the stage – 'I am the destroyer of obstacles'. The idol of Ganesha in the temples is my souvenir only; by mere looking at this idol, the devotees are liberated from their obstacles, then how can the problems stay with me. I am constantly under the canopy of the Almighty. I am the one who destroys the obstacles of others too. Hence remind yourself in meditation and then see the magic how the clouds of obstacles scatter.

I am master Almighty - The birth of weak thoughts in weak mind are natural. Where there is weakness, worries are definite. Almighty Himself has blessed us with the gift of all powers. As soon as He adopts us, he gifts us with all powers. All children of Brahma have the weapons of powers, we must realize and accept this truth.

If you realize and accept this truth - 'I am master almighty'; then you will experience yourself to be powerful. Those who wish to make themselves mighty must set themselves in this remembrance times and again. Remember the Godly versions – Where Almighty and Power of Shiva is combined, no power of this world can face them. Another Godly version – The souls who always stay in this remembrance that I am master Almighty, they can do anything by the power of their thoughts. We should use the blessings in our daily life.

Remember, the might of ghosts does not work

against the powerful souls. The evil forces are powerless and weak. The souls who stay in the remembrance of being master almighty, the ghosts are scared of those souls and don't even dare to come close to them. Hence, if someone is influenced by such things, they or their friends must practice this stage of self respect. There are limitless powers in this great remembrance. Having realized its importance, we must practice this many times during the day, then everything would become a child's play and we would be able to do everything only by the power of thoughts.

I am master bestower of peace – Today every house has an environment of uproar and anxiety. In each house someone or the else becomes the reason of agitation. Counseling doesn't help but good vibrations can establish peace in the house. I am a peace house or master bestower of peace. First of all, this remembrance would give you an experience of deep peace, the vibrations as per our remembrance would spread, and thus peace would settle in the house. Those who are agitated would realize their rude nature and would be ready to change themselves. So, if there is absence of peace in your house then for at least half an hour sit in meditation at your place and stay in the remembrance that I am master bestower of peace, this would establish peace in your house.

I am the most pure soul – In the lustful environment of the iron age, God Shiva, the purifier of this creation has announced war against vices (pavitrata ki ranbheri bajayi hai). The souls who wish to be pure,

feel the vibrations of purity. It is not easy to remove the deeply ingrained attitude of lust. Lust perturbs a person like fire. The excitement of senses bring sorrow to him and he is forced to ride the waves of lust.

Try to practice the remembrance – I am the purest soul. If you go in deep experience of this remembrance, then the blissful experience of purity would dance within you. This remembrance enhances the power of purity and one's mind starts becoming more purified. Even the body can be liberated from sickness by this remembrance. Many have experimented this. To get rid of the physical sickness, practice like this – I am the most pure soul. Pure vibrations are radiating from me in the surroundings. I am receiving the rays of purity from the Ocean of Purity. From me, the soul, the vibrations of purity are going to the part of body that is suffering. My pure vibrations are curing that disease. Hence, one can get rid of the diseases. Hence, using the various remembrances, one can bring the life towards perfectness. These remembrances are truly magical, this has been experienced by many. Hence, practice these memories in meditation and hence the journey of life would become a game. With new experiences every moment, the life would become a treasure of experiences.

OM SHNATI