

## **Madhuban Newsletter – January 2023**

### **Happy New Year 2023**

**In order to experience the avyakt stage, stay in solitude and increase the practice of concentration.  
(Pure inspirations from Dadiji – 20/12/2022)**

Beloved Avyakt BapDada's deeply loving instrument teachers, brothers and sisters of this land and abroad, who are the decoration of the Brahmin clan, ones who are seated on the seat of an elevated stage and ones who take the sweetness of all relationships from the One, please accept Godly love-filled sweet remembrance and greetings for the New Year filled with zeal and enthusiasm.

The New Year is coming close with new zeal and enthusiasm. Along with greetings for the New Year, please also accept lots of good wishes for the new Golden age. Now that beautiful golden age is almost about to come. It feels as if we just have to take one more step and we'll be there. Together with the revelation and transformation, we will all go to our home and then come into our new kingdom. Tell me, that scene is in front of your eyes, is it not? The fortune of the confluence age is no less when we are being sustained by God Himself. "I sit with You, I play with You, I eat with You..." Remembrance of Baba, the Comforter of Hearts, is merged in the hearts of all the children. Along with that, the month of January brings inspirations for us to become complete and perfect, the same as Father Brahma.

During the whole month, let each one stay in the cave of introversion and tour around the subtle region. Baba is also giving the signal: Children, now let go of carelessness and laziness and save the treasures of the precious time and thoughts of the confluence age. Now, race with intense effort. While being caught up in the upheaval of service, practice staying underground. Any powerful invention is always made underground. So, in order to create your powerful stage, be one who stays in solitude and practise concentration. While interacting with others, even when you have just five minutes, go to the bottom of the ocean. Now, in order to experience the angelic stage, pay special attention to concentration. Make the foundation of your thoughts strong and only then will there be the avyakt attraction. Until now, you have been experiencing just moving along the waves of the ocean of knowledge, but now, go to the bottom of the ocean and make yourself full with the invaluable treasures. With concentration, you can achieve many types of success. As soon as you say "Stop" to your thoughts, let them stop and only then will the drums of victory beat. For this, Baba says: Children, now create a constant stage that is beyond the upheaval of wasteful and impure thoughts and take all types of sweetness from One.

Tell me, you will do special tapasya in the month of January with this aim, will you not? All Baba's tapaswi children in this land and abroad will be practising yoga while being stable in one stage and with just the one thought, and so the atmosphere will be powerful with the vibrations of the gathering. For this, points for special effort are being sent from Madhuban, so please do tapasya, paying attention according to them. Our perfection will bring the time of transformation close and the drums of revelation will beat everywhere.

I am hoping all of you are enjoying good health. With greetings and good wishes, continue to fly with zeal and enthusiasm. Achcha.

In Godly service,

B.K. Ratanmohini

## Avyakt Signals – January 2023

1. BapDada wants each child to be seated on the seat of a constant and elevated stage, stay in solitude, be bodiless, establish unity, belong to One and be an incarnation of economy. Understand and give regard to one another's ideas, give signals to one another, have an exchange and reveal the power of the gathering. In order to increase the avyakt stage, have a keen interest to be in solitude. Only by having all relationships with One and taking all sweetness from the One can you be in solitude.
2. You will be able to have love for solitude when the yoga of your intellect is broken away from everywhere else and you have love only for the One. Because of having love for only One, you will be able to stay in the remembrance of One. To have love for solitude (Ekta) means not to have anyone else except the One. Those who have all relationships with One and take all sweetness from the One can have love for solitude. Concentration (Ekagrata) means to always be free from waste thoughts and sinful thoughts.
3. Just as everything works underground, in the same way, carry out all your work while being introverted. By doing this, you will be protected from obstacles, your time will be saved and your thoughts will be saved. Along with being in solitude, also let there be an entertaining nature to the same extent. There is a huge difference in both these words, but in the stage of perfection, let there be equality in these two stages. To the extent that you stay in solitude, also be equally entertaining. Do not lose your entertaining nature in your solitude. Let both be equal and simultaneous. One moment be in solitude and the next moment, be entertaining. To the extent that you are mature and deep, accordingly be harmonious, that is, be one who is harmonious with everyone's nature and sanskars.
4. To the extent that you stay underground, that is, introverted, the more you will be able to create new inventions. By staying underground you will be protected from the atmosphere and because of having solitude, your churning power will increase. Lastly, you will have a means of safety from the obstacles of Maya.
5. In order to benefit or transform yourself, especially stay in solitude and be introverted. Along with being knowledge-full, also be powerful. Make yourself full with the experience of every situation. Whose child am I? What have I attained? Be an embodiment of the experience of the first lesson and you will easily become a conqueror of Maya.
6. An inventor always stays in solitude to invent new things. So, here too, solitude means to be lost in the depth of One. You need to have solitude from the external attractions. You don't need the solitude of just sitting in one room, but let there be solitude in your mind. Concentration of the mind means to stay in the remembrance of One and to be concentrated – this is real solitude.
7. To be in solitude means to go beyond all the vibrations around yourself. Some don't like solitude, but prefer to be in a gathering where they can laugh and talk more. However, this is extroversion. Now, allow yourself to be in solitude, that is, be introverted to the vibrations of all attractions. Now, such times are coming when only this practice will be useful. If you have the practice of being influenced by external attractions, you will be deceived at that time.
8. Solitude means to be an embodiment of experience. According to the present time, we are close to the stage of retirement. Those who are in the stage of retirement do not play with dolls. Those in the stage of retirement stay in solitude and remembrance. So, all of you who are in the unlimited stage of retirement, always stay in the depths of One, that is, always be in solitude and be an embodiment of remembrance.
9. To the extent that you are caught up in the upheaval of service, also stay just as much completely underground. Any new or powerful invention is first created underground, so being in solitude is being underground. Whatever time you have, and it may not be one hour or half an hour in one go, even if you have just five minutes in between, then go to the bottom of the ocean. So anyone who sees you will realise that you are somewhere else, that you are not present here. Their thoughts will also have a brake applied. Even if they want to come into sound, they won't be able to.
10. To be in solitude means that, along with always being in physical solitude, you also stay in the depth of One. With the power of concentration, you can send a message to any soul and you can invoke any soul. You can catch the "sound" of any soul. You can give your co-operation to any soul while sitting far away.

11. Solitude has two meanings. It is not just external solitude, but to be lost in the depths of One, to be in solitude. Otherwise, there will be just external solitude and you will get bored and you will say: "I don't know how I am going to get through the day." Become lost in the depths of the one Father. When you go to the bottom of the ocean, you find so many treasures. Similarly, go in the depth of One, that is, become lost in the attainments you have received from the Father.
12. While carrying out any task or playing your part, like an ocean, let there be upheaval visible on the surface, but let your internal stage be of "nothing new". Those who know the Creator and the end of creation are so comfortably able to be stable in the trikaldarshi stage and in a peaceful stage that no upheaval of the physical senses can shake their internal stage.
13. Souls with their own soul power, semi-pure souls through their spiritual endeavour, are able to invoke souls, with their limited facilities able to show their miracles to souls sitting far away and attract those souls to them. So, what can God's power, that is, the most elevated power not do? But for this, especially increase the power of concentration. Just as in the pictures of the deities, the symbol of giving blessings is depicted by their hands: the hands are also shown to be still. In the pose of blessings, the hands, drishti and thoughts are shown to be concentrated. Similarly, in the living form, increase the power of concentration and then souls will be able to invoke souls and spiritually serve them.
14. All souls who have come into contact with you through words or through the impact of your practical life or who hope to come into contact with you – give those souls the experience of spiritual power. Devotees hold a fast of physical food, so serviceable, knowledgeable souls have to stay beyond the upheaval of waste thoughts, wasteful words and wasteful actions, and take the vow of being concentrated, that is, in their spirituality. Only then will you be able to show souls the miracle of the Sun of Knowledge.
15. Now let a group that has a determined thought for concentration become ready, who go to the bottom of the ocean and bring back diamonds and pearls of experience. You have had the experience of moving along with the waves of the ocean and now you have to go to the bottom. Precious treasures are found at the bottom and with this you will automatically move away from everything else.
16. The power of concentration can show many unique colours. It is with concentration that you can achieve a lot of success. You can cure yourself with the power of concentration. You can make many diseased ones free from disease. When someone stops something that is moving, that is the result of the power of concentration. When you say "Stop" to your thoughts and they stop, the drums of victory will beat for the embodiment of the image that is blessed.
17. You will receive the power of discernment with the power of concentration. For this, you need a constant and stable stage, going beyond the upheaval of wasteful and impure thoughts, taking all sweetness from One. If your intellect and stage are swayed by the taste of many things, your power of discernment will decrease and, because of not being able to discern, Maya makes you her customer. Then, you are not able to recognise that this is Maya. You are not able to know that this is wrong.
18. In order to experience the angelic stage, the same as Father Brahma had in the corporeal form, pay attention to the concentration of your mind. Make your mind work under your orders. Remain seated on the seat on the stage of a master and also all the different elevated stages. When you have any weak thoughts in your mind, finish them there and then and become powerful. Make the foundation of your thoughts strong and then there will be avyakt attraction.
19. You are the messengers of the Almighty Government. Do not allow your mind to be disturbed when discussing anything with anyone. Do not allow there to be any difference on your face or in your inner stage due to any situation. Always remember the mantra. When any situation comes in front of you, use the eye of your soul-conscious vision and the mantra of manmanabhav and that situation will finish.
20. In order to make your intellect concentrated, always keep the mantra of manmanabhav in your awareness. With the practical dharna of the mantra of manmanabhav, you can claim the first number. Concentration of the mind means to stay in the remembrance of One: to be concentrated is solitude. In order to serve with your mind, you need the practice of concentration. For this, finish all waste and let the experience of all powers become part of your life. Just as the Father is perfect, in the same way, children are equal to the Father, so let there not be any defects.

21. Nowadays, when someone is not able to be controlled and harasses everyone and is crazy, he is given an injection to calm him down. In the same way, if your thought-power is not under your control, give yourself an injection of being bodiless and sit with the Father. Then, your thought-power will not jump about. Where there is concentration, there will automatically be a stable and constant stage.
22. Concentration means to always be stable in one elevated thought. In the seed of one thought, the expansion of the whole tree is merged. Increase concentration and all types of upheaval will finish. On the basis of concentration you will be able to see everything clearly as it is. Those who remain stable in such a concentrated stage will be experienced to be as they are, whatever they are. Everything will be experienced to be as it is.
23. In today's world, everyone is very much troubled by the upheaval in politics, in the value of everything, the currency, the suffering of karma and religion. To protect yourself from this, imbibe concentration and be one who stays in solitude. By being in solitude, you will easily be concentrated.
24. The way to be a destroyer of obstacles on this spiritual path is to discern Maya and, after discerning Maya, to make a decision, because Maya comes in front of the children on the spiritual path in a royal, Godly form. In order to discern this form of hers, increase concentration, that is, the power of silence. The power of silence is able to transform cries of distress into cries of victory. The power of silence will constantly enable you to be garlanded with the garlands of success.
25. Concentration and determination is the key to easy success. Where there is the power of concentration of many elevated souls in a collective form, along with success, greatness and clarity are also merged. The sign of determination is success. Where there is determination, it is not possible for there not to be success.
26. The concentration of the mind will give you the experience of a constant and stable stage. With the power of concentration, you will easily be able to give the experience of an avyakt and angelic stage. The power of concentration and the power of being a master will easily make you free from obstacles. Concentration means you are able to concentrate your mind wherever you want, however you want and for as long as you want. Let your mind be under your control.
27. For the concentration of your mind, continue to move along the rails of the drama, second by second. However and in whatever way the drama is moving along, let the stage of your mind continue to move along with it. Let it not shake even slightly. Keep with you the power to apply a brake and to steer your mind, that is, your thought-power. By doing this, the energy of your intellect will not be wasted, but will be accumulated. The more power of the mind and intellect you accumulate, the more your powers of discernment and decision-making will increase.
28. In order to control your mind, offer your mind and fully surrender it. Then, you cannot let any thoughts arise by themselves in your mind. Those who have given their mind to the Father will easily become manmanabhav. By being manmanabhav, you will easily be a conqueror of attachment. To surrender your mind means to surrender your waste thoughts and your sinful thoughts.
29. In order to create whatever kind of stage you want, you have to make your mind perform a drill. Come into sound one moment and go beyond sound the next. Come into physical consciousness in one second to carry out your task, and then become bodiless in one second. When this drill becomes firm, you will be able to face any situation.
30. Now, according to the time, imbibe the power to pack up your thoughts. Continue to pack the baggage of the expansion of your thoughts and you will then be able to understand the thoughts of others. You will be able to understand the feelings of someone's mind with the signal of the eyes. When you come in front of BapDada, even without you telling Baba anything, He is able to know the thoughts and feelings in your mind. In the same way, you children also have to study this final course.
31. When it is an important day of remembrance, all moving traffic is stopped for three minutes' silence. All the on-going work is stopped. In the same way, when you are carrying out any task or speaking to someone, practise putting a stop to the traffic of your thoughts. Even for one minute, whether it is the thoughts in your mind or the work you are doing through your body, practise stopping these every now and again and your thoughts will become powerful.

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