

It is good to remember the Father at amrit vela. (Because) the early morning hours are very good (for remembrance). (And) there won't be any storms of Maya at that time.

Every day at amrit vela think of a point of happiness and you will remain happy throughout the day.

From amrit vela till night time, check your attitude, vision, thoughts, awareness, service and relationships in the timetable against all the orders (that) you have received. (Because) all desires (will) finish for those who follow orders at every step and in every thought. (However) if, internally, there is still a desire for something in your effort, or for some form of success, then one order or another is definitely not being followed. So, whenever there is any confusion, (first) check yourself in all of these things and you will (then) automatically become Maya-proof.

All of you receive the shrimat: (To) wake up early in the morning (for amrit vela) and remember the Father.

When you wake up early in the morning (at amrit vela) to sit in remembrance, your intellect will have other thoughts and (so) you won't be able to stay in remembrance for even two minutes. (So) the Father says: Don't become tired (of this). Achcha (OK), (so just) stay in remembrance for one minute and then sit again the next day and then the day after (until the habit is instilled). (Just) have the determination to definitely have remembrance.

You will be able to have very good remembrance at amrit vela. (Because) the atmosphere is very good at that time. (And) no matter how much you sit (in meditation) during the day, there is no other time like that of amrit vela.

By moving along understanding the importance of amrit vela, your every action will be filled with importance. (Because) at that time, there is special silence and (so) you are easily able to make your awareness powerful.

Some children don't get up and sit in remembrance in the morning (at amrit vela); they just remain sleeping. (However) they don't (seem to) realise that if they don't follow shrimat, they are destroying everything for themselves for cycle after cycle and that they are causing themselves great harm.

At amrit vela, the dance of churning the ocean of knowledge takes place very well.

Although you have become His (God's) children, you don't wake up early in the morning (at amrit vela) and remember Him.

Increase your account of savings from amrit vela till night time.

Every day at amrit vela, remember your courage and the promise you have made to BapDada, that in this Brahmin life, you will not move away from the attainment and service even in your thoughts.

If you churn throughout the day, then at amrit vela, the treasures (that) you have churned (will) come in front of you (and) you will feel happy and not lazy.

In order to make your amrit vela powerful it is very necessary to conduct yourself according to the shrimat you receive for the whole day. Therefore, continue to churn throughout the day. Continue to play with the jewels of knowledge.

Wake up at amrit vela and (then) you will also be able to remember Baba during the day. (Because) this is an income.

The Satguru Himself will give you elevated directions for every action, from amrit vela until night time and make you an instrument to transform the bondages of karma into relationships of karma.

Every day at amrit vela, keep in your awareness “Who am I”? and you will always remain powerful.

Whenever there is a little confusion, have it verified by the instruments. Or, if your stage is powerful, then the touchings you receive at amrit vela will always be accurate. Don't sit at amrit vela with mixed feelings in your mind, but sit with a plain (neutral or open) intellect and the touchings will be accurate.

Wake up at amrit vela and do the business of the jewels of knowledge.

If amrit vela is not powerful, then many obstacles will also come throughout the day.

Let the combination of study and amrit vela always remain especially powerful. Then you will always remain safe.

From amrit vela till night, simply do the one thing of giving blessings and receiving blessings because everything is included in that.

Wake up early in the morning (at amrit vela) and come and sit here (with Baba) and you will be able to sit in remembrance for at least 5 minutes. Then, by gradually developing that habit (over time) remembrance (of Baba) will become firm.

The time to remove the alloy (from the soul) is (at) amrit vela.

Is your amrit vela always powerful? If your amrit vela is powerful, the whole day will be powerful. If your amrit vela is weak, then the whole day will be weak. You don't sit for remembrance at amrit vela just as a discipline, do you? (Because) this is the time for receiving blessings. If someone remains asleep at the time of receiving blessings, if he remains lazy or has forgotten, or sits in a weak stage, he would be deprived of receiving blessings.

Here, you definitely have to bathe in knowledge twice; at amrit vela and in the evening at dusk.

BapaDada gives congratulations to those who make promises. However, continue to revise these promises at amrit vela. Don't just leave it once you have made the promise.

If there is the slightest weakness (in the self), then by putting that right at amrit vela, the whole day will remain powerful.

Every day at amrit vela, stand on the line (track) of remembrance (automatically like a train).

If your amrit vela is good, your whole day will be good.

Wake up early in the morning (at amrit vela), and as much as possible, consider yourself to be a soul and remember Me, your Father. This is the Father's order.

At amrit vela, remember the Father and experience happiness. You may (even) lie down, but you mustn't fall asleep.

You have been instructed to get up at amrit vela, and you do get up and sit in meditation, but you do not achieve success in the right way because you mix the silence of sleep with sweet silence.

BapDada also gives this sustenance (of the blessing of love and co-operation) at amrit vela, that is, He fills you with power for the whole day.

The apron of blessings opens at amrit vela.

God's love is the alarm clock that awakens you at amrit vela.

According to how much you remember the Father early in the morning (at amrit vela) so (also to that extent) Baba will be attracted to you and will give you light.