

DISASTER MANAGEMENT BY SPIRITUALITY

Guidelines for Self Resilience

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1. You are those who give everyone a drop of peace and happiness by constantly having pure and positive thoughts for others, and serving through your mind with good wishes and pure feelings.

I. KNOWLEDGE

1. Knowledge-full includes knowledge of everything: body, mind, wealth and people. If knowledge of even one aspect is lacking, you would not be called knowledge-full.

When you know how to rule your body, you will know how to rule the kingdom. To rule the body means to rule a kingdom. So, you have to fill yourselves with sanskars of ruling, do you not? You are called knowledge-full; therefore, full includes knowledge of everything: body, mind, wealth and people. If knowledge of even one aspect is lacking, you would not be called knowledge-full. Do you understand? The basis of constantly being an embodiment of success is to be knowledge-full. If you are not knowledge-full, you cannot become an embodiment of success. According to the time, your speed of effort should be intense. If the speed of time is fast and the speed of those moving along is slow, then how would they be able to arrive on time? One strength and one support is the main subject. At this time, constantly stay in the remembrance of One. If you constantly remain successful in this effort, you will reach your destination. Those who maintain unbroken love receive co-operation automatically.

2. Knowledge-full means understanding of all aspects of action and attain success destroying all types of obstacles created by the atmosphere of weakness and waste.

Knowledge is not just understanding the soul, the Supreme Soul, matter and the world drama. To be the embodiment of knowledge means to know the result of the beginning, the middle and the end of each action, and then to perform the action. Such souls are called the embodiment of knowledge, the Lord of Knowledge. If you do not have the power to perform every action whilst being trikaldarshi, you cannot be the lord of knowledge, the embodiment of knowledge. Speaking knowledge is separate from the listening to knowledge. But, to be the embodiment of knowledge means that through each action, through being the embodiment of knowledge, you become the destroyers of obstacles. Knowledge means understanding. So what is the result for those who perform actions with understanding? Success; if there is even the slightest lack of understanding, then that action will not be successful, but only partly successful. Something or the other would still be missing. Therefore, know the result of the beginning, the middle and the end, and then perform the action: this is being the lord of knowledge. Do not think and try to understand something after you have done it. Think about it first and then do it. If you first do something and then think about it later, you cannot be called sensible. So the memorial of all of you is the destroyer of obstacles. Constantly ask yourselves: Am I a soul who comes under the influence of the atmosphere of an obstacle, or am I a soul who is a destroyer of obstacles? It isn't that in the atmosphere of no obstacles, you say that you are the destroyers of obstacles, and yet when you return to any situation, you will say, "No, I am not that". Souls who are the destroyers of obstacles will never be influenced by a weak or wasteful atmosphere. Sometimes, the atmosphere is that of waste and sometimes, there is an atmosphere of weakness. Therefore, you must not be influenced by the obstacle of a wasteful atmosphere, nor must you be influenced by an atmosphere of weakness.

3. Balance of Action, Sleep and Rest for fresh intellect

For instance, when you stay awake till midnight or 1.00 am, then amrit vela (early morning hours meditation) will not be *fresh*. You sit according to a discipline but if amrit vela is not

powerful, a difference is created in the remembrance and service throughout the day. It takes time to make plans for service – actions and to put those plans into a practical form. So, then, instead of going to sleep at midnight, cut that down and go to sleep at 11.00 pm. The one hour you cut down that gave rest to your body will enable you to have good amrit vela, and your intellect will also remain *fresh*. Otherwise, your conscience will bite you: that you are doing service, but that your *chart* of remembrance (self awareness) is not what it should be. When you repeatedly have the thought that something is not like it should be, that it is not happening in that way, then, because of that thought, the intellect doesn't remain *fresh*. However, if your intellect is *fresh*, then, with a *fresh* intellect, you can do two to three hours of work in one hour. You experience something taking longer because of a tired intellect, do you not? And the *fresher* your intellect remains – physically as well as spiritually – with *double freshness* – one hour's work can be done in half an hour.

Therefore, always pay *attention* to your daily timetable so that you have a *fresh* intellect. Let there not be the habit of sleeping too much, but however much time you feel is necessary for your body, definitely pay *attention* to giving it that much rest. Sometimes, when there is the *chance* for a particular type of service and you have late nights two or four times in one month or two months, that is a different matter, but if your body is always tired, then that creates a difference in your remembrance. You make a *programme* for service, that you have to have four hours of it, and you make that time. In the same way, think that you definitely have to make time for remembrance too. Consider this to be essential and make your *programme* with this method. Don't be lazy, but definitely give your body rest. You might think: OK, let this one year's project be completed and then we will take a rest and put everything right, that we will increase remembrance at that time. However, the projects for service are newer by the day and getting bigger day by day. Therefore, always keep a *balance*. Let your amrit vela be fresh. And then do that same work according to the time and you will receive *extra blessings* from the Father. And, because your intellect is *fresh*, you will be able to do the work very quickly and successfully.

4. When you don't know what is causing the problems and adverse situations, you experience having to tolerate them instead of experiencing happiness.

The virtue of fire is to burn, but because of not knowing its virtue, instead of benefiting from it, you allow it to damage you; instead of experiencing happiness, you have to endure it; instead of burning objects, you burn yourself. Because of not knowing its virtue, instead of experiencing happiness, you have to endure it. Similarly, when you don't know what is causing the problems and adverse situations, you experience having to tolerate them instead of experiencing happiness. In this way, instead of experiencing this to be an easy path, you experience it as the path of having to tolerate everything. Such children remain discontent with the Father(Divine), that is, with His knowledge and inculcation of knowledge. As well as this, they remain discontented with themselves. When they are discontented with themselves, they also become discontented with their relationships and connections. Because of this, they are not able to remain satisfied or experience constant happiness. One moment they are content and satisfied, and the next moment they become discontent. Therefore, they are not able to experience happiness, the special treasure of the confluence age. So, from today, be constantly content and satisfied with yourself

and bestow it on others. The success of any task is dependent upon everyone's satisfaction. Remain constantly satisfied and make others constantly satisfied.

5. If you constantly have sense, then those who are sensible are never affected by anyone and anything

Just as it is essential to look after your body, in the same way, you should continue to have total understanding of the soul as you move along. Only then will you quickly be able to remain beyond being affected and become perfect. Whilst knowing something, you are sometimes influenced by the company and so you make mistakes. You also understand this, but at that time, because of the atmosphere or the problems or the sanskars or because of lacking the power to be part of a gathering, you are affected by them again and again. Constantly check yourself to see what main things affect you. You must constantly protect yourself from being affected by them, only then will you easily become perfect. This is the main effort. Each of you knows the main reason why you are affected. Although you do know this, Maya or the situations affect you a little, do they not? So, you have to protect yourself from being affected. Have you become effect-proof? You know the methods by which you are not influenced by the company or the food you eat, and so you can make yourself free from effect. From being sensible, Maya makes you ignorant. If you constantly remain within the knowledge, that is, if you constantly have sense, then those who are sensible are never affected by anyone. If someone has protected himself from being affected, it is said: This one is very sensible. So, Maya, first of all, makes your sense (understanding) weak. Enemies who oppose you first try to make you weak, and then they attack you. Only then do they become victorious. They look for many ways of first making you weak. In the same way, Maya, the enemy, also makes you weak in your sense (understanding). You are then not able to understand whether something is right or wrong. Then, you are affected. The effect then takes on the form of a defect. Defects do not allow you to become perfect. What is your aim? To become perfect, that is, sixteen celestial degrees complete. If there is the slightest defect, you become fourteen celestial degrees. So what aim have you kept? Those who are sensible will definitely be successful.

6. Become ever healthy being knowledge-full, ever wealthy with virtues and powers and ever happy by transforming darkness, peacelessness, sorrow into light, peaceful and happiness

When you become sick because of the influence of climate, environment or your diet, your state of mind is also affected. Instead of being ever-healthy, you become diseased. However, one who is ever-healthy remains safe because of being knowledgeable in all these aspects. Similarly, one who is ever-wealthy will constantly be full of the treasures of all powers, all virtues and complete knowledge. Such a soul would never use words or create thoughts which show poverty in terms of the powers, saying, "What can I do? How can I do this? I wish to do this but am unable to do it." He would constantly experience being an image of fullness. All other poor souls, seeing one who is full whilst being under the canopy of fullness, would experience being filled with zeal and enthusiasm. Similarly, one who is ever-happy is always happy. Even if there is a situation causing waves of great sorrow, or a situation without any enjoyment or if there is a situation where there is the experience of a lack of attainment, such souls will remain happy even in these circumstances. With the sparkle of their happiness, they will transform the atmosphere of sorrow and unhappiness just as the sun transforms darkness. To bring light where there is darkness, to bring peace where there is peacelessness and to bring the sparkle of

happiness in a dry, mournful atmosphere means to be ever-happy. Let those souls who lack these attainments experience these attainments and accept your challenge. Sorrowful, peaceless souls, diseased and weak souls, are very thirsty for one second's attainment of just one drop. They will have the courage, zeal and enthusiasm to know how to lead a human life when they see your fortune of happiness and your constantly smiling face. At present, while living, they are sitting on the pyre of hopelessness. Enable such souls to die alive. Give them donation of a new life, that is, make them full of these three attainments.

II. SELF AWARENESS

1. I, the Soul is the Ruler and Subjects are the Mind, Intellect and Sanskars

The mind creates; it creates thoughts. The intellect decides; it works in the same way as giving sustenance. Sanskars are for good or bad transformation. Thinking of your mind is your first power. If your first power is accurate, then your other servants who accompany it will also do everything accurately. First of all, check to see that your first servant is a constant companion of you, the soul, the king, and is constantly following your instructions, because your enemy Maya also first attacks your first power and turns it into a *traitor* in order to rob you of your sovereignty. Therefore, use your first power, your special and co-operative servant, to maintain your power of having all rights. A king would not do physical work himself, but would inspire everything to happen. The servants in the kingdom, who actually do everything, would be separate. When those serving under the king do not serve him well, that kingdom will shake. In the same way, you souls are karavanhar (one who inspires others to do), and your three special powers are karanhar (one who does). When you have *ruling power* over these three, then your physical organs will automatically follow the right path. It is these three special powers that control your senses. Now, examine yourself to see to what extent you have ruling power.

2. Finish all that is limited for self-transformation. The original sanskars of spiritual souls are of attention and practice.

To follow means to merge mine in Yours(God), to merge the limited into the unlimited. Now there is a need to place your steps on these steps. Everyone's thoughts, words, and method of service-actions should be experienced to be unlimited. Finish all that is limited for self-transformation. Whoever you see, and whoever sees you should experience your intoxication of being an unlimited emperor. Those with a limited heart cannot be unlimited emperors. Adopt a very generous heart. Did you hear what you have to do? No-one's sanskars of the limited should emerge even in dreams. Do you have this courage? Do not follow one another. Follow the father. Do not be weak, thinking how it will happen. I am a soul who is an instrument that has been victorious many times. It is not difficult for such victorious souls. There is no labour involved. Then you will experience the attention and the practice to be easy. Do not have any tension in maintaining attention. Some change attention into tension. The original sanskars of spiritual souls are of attention and practice. So did you hear what you have to do? Achcha.

3. There has to be natural attention not tension

To experience pressure (tension) in effort-action is not accurate effort. To pay *attention* is the

method of spiritual life. However, *attention* changes into *tension*. It is not called *accurate attention* when there isn't *natural attention*. For instance, you have knowledge of physical things in your life, such as, "This is not good", "This should be done", "That should not be done." The sign of those who are *knowledge-full* on the basis of *knowledge* is that they have *natural attention*: "I can eat this; I cannot eat this. I can do this; I cannot do this." They don't have *tension* at every step over whether they should do something or not, whether they should eat something or not, whether they should conduct themselves in that way or not? They have *natural attention* through the power of knowledge. In this way, an accurate effort-maker will have *natural attention* at every step and in every action because the *light* and *might* of *knowledge* automatically makes him move accurately in the right way. So, you may make effort. Definitely pay *attention*, but not in the form of *tension*. When you have *tension*, then, although you want to do a lot of work or you want to become *number one*, the *tension* doesn't allow you to do as much as you want, it doesn't allow you to become what you want to, and *tension* creates more *tension*. Because what you want is not happening, *tension* increases.

III. SELF CONTROL

- 1. A pure life means there is no name or trace of sorrow or peacelessness. So, throughout the day, check: At any time, do I experience any wave of sorrow or peacelessness? Even if there is a scene of sorrow, where you have the power of purity, you don't experience sorrow in any scene of sorrow.**

Just as the philosophy of karma is said to be deep, so too, the definition of purity is extremely deep. Purity is the canopy of protection with which you can protect yourself from the many obstacles of Maya. Purity is said to be the mother of peace and happiness. Any type of impurity makes you experience sorrow and peacelessness. So, throughout the day, *check*: At any time, do I experience any wave of sorrow or peacelessness? The seed of that is impurity, whether it is because of the main vices or because of a subtle form of the vices. A pure life means there is no name or trace of sorrow or peacelessness. If there is the slightest experience of sorrow due to any reason, it is a lack of complete purity. A pure life means a life of blessings received from BapDada (Divine). There shouldn't be such thoughts or words on the lips of spiritual souls as: Because of this situation or because of this person's behaviour, I experienced sorrow. Sometimes, in an ordinary way, you do speak such words or even experience them: those are not the words of a pure spiritual life. A spiritual life means a life of happiness at every *second*. Even if there is a scene of sorrow, where you have the power of purity, you don't experience sorrow in any scene of sorrow. However, like the Father who is the Remover of Sorrow and Bestower of Happiness, in an atmosphere of sorrow, you have to become a bestower of the blessings of peace and happiness and give those sorrowful souls a drop of peace and happiness; you will become a *master* bestower of happiness and transform that sorrow into an atmosphere of spiritual happiness. This is known as being a remover of sorrow and a bestower of happiness.

- 2. Ruling, Controlling and Handling Power**

The physical senses of the soul work by the control of the soul, so that it can use them whenever it chooses, however it chooses and wherever it chooses. There is authority over the physical

senses, that is, there is the ruling power and also the controlling power to use them. In the same way, the subtle powers of the soul are the mind, intellect and sanskars. Just as the hands and feet are physical powers, in the same way, the mind, intellect and sanskars are your subtle powers. The power to control the subtle powers means the extent to which you have developed controlling and ruling powers to use the mind, intellect and sanskars whenever you choose, wherever you choose and as you choose. Because, during this life you become master (child) almighty authority. The attainment of this time continues for the whole kalpa (of 5000 years) in the form of the kingdom and in the form of the worshipper (subjects).

To whatever extent you claim the kingdom of the world for half a kalpa, that is, according to the extent of the power of the status of the kingdom and of being worthy of worship, to that extent you become an elevated worshipper on the path of bhakti (devotion during 2500years).

Controlling power over these three special powers: the mind, intellect and sanskars is known as self-sovereignty. If the soul does not have control over these subtle powers, if there isn't this authority, these subtle powers will not be able to make the physical sense organs work with discipline and according to the system. All are according to their capacity in these three aspects, in being able to use them whenever, wherever and as they choose. There isn't total power, but power is according to the capacity. Then what would you say? Would you be called an almighty authority? You are mighty, but are you almighty? In fact, this is called the foundation of life. And to whatever extent someone has authority over the self, that is, if a soul knows the method of making the self and all others move, he claims a number ahead. But if a soul is according to capacity within this foundation, the number is automatically behind. One who knows how to move is easily able to make others move along. This is what you call having handling power. There shouldn't be handling power simply to handle others. One who is able to handle the subtle powers of the self is also able to handle others. Controlling power and ruling power for the self become accurate handling power for others. Whether you handle souls through action, or whether you inter-act with the family filled with love and filled with contentment, there will be success with both.

3. Power to Discriminate

The main basis for success in spirituality is the power of discrimination. Only when you have the power of discrimination will you be able to use all other powers. By lacking the power of discrimination and by not using the powers in a yuktiyukt (accurate) manner, you are not able to constantly be the embodiment of success.

4. Ever-ready and Intense Effort

When you have a car, or whatever you are riding, are you able to stop it whenever you want or not? In the same way, you should be able to use your physical organs when and where you want to; and, if you do not want to use them, you should be able to control them. You are able to stabilise your intellect in whichever stage you want for as long as you want, are you not?

5. Attitude

By changing your awareness, that is, your attitude (your thought pattern), even your actions are transformed. The basis of action is your attitude. Only through your attitude does your household become pure or impure. This is why, if the thoughts are connected constantly with the one Father, then with this attitude, you can bring about progress in yourself. Progress is based on your attitude. What do you have to do to your attitude (thought pattern)? If your attitude is elevated, your household will also be elevated. So what should you keep in your attitude through which there can be easy progress? In your attitude, constantly remember that you belong to the one Father and none other.

6. Self Transformation

Some of the old sanskars are erased and others are suppressed, but then emerge again. However, total surrender means that the motives and feelings in your mind for every soul should be transformed. BapDada refers to this as: No matter what souls are like, there will always be a variety. This is the kalpa tree, and if there were no *variety* in that, then there wouldn't be any beauty. However, there should be good wishes and pure feelings for every soul. You even have to transform bad wishes and have good wishes and pure feelings. Have good wishes for every soul that they will definitely transform themselves. Don't think: This one is never going to change. Don't become their *judge* and make a *judgement* that they are never going to change. **You have to transform the elements and make them satoguni. There is no question of whether or not they will become that, but it is you who have to make them that. You have underlined the words "have to do it". So is it that the elements can change but the soul cannot change? The soul is the master of matter. Matter changes and the master doesn't.** Why? So at the present time the only service to do is transformation of the self - the mind, intellect and sanskars; the transformation of everything.

Become the *might* and show that whilst maintaining a *balance* of worldly *occupation* and spiritual service, you can go *fast* and come into the *line* of those who come *first*. **Simply maintain a *connection* and feel a *current*! The *current* of spirituality, the *current* of vibrations and atmosphere and also reveal that a balanced life is very good and easy.**

7. Mind control, Determination and Success through the Power of Concentration

With the power of concentration, you are easily able to develop the power of determination, and determination automatically enables you to achieve success. So, pay particular *attention* to practising this power. This is why it is also said on the path of devotion, "Those who are defeated in their mind are defeated by the world, whereas those who gain victory in their mind gain victory over the world". So, since you say that it is your mind, become the master of your mind and gain victory with the reins of the powers. Pay special *attention* to this *homework*. This is known as being yogi anyway, but also becoming a prayogi (a soul who experiments).

8. Tolerance and Virtues

In order to be the embodiment of success, you need the main virtue of tolerance. Tolerance and easiness will make any task successful. Just as when a patient person carries out a task after careful consideration and so receives success, in the same way, those who are tolerant, are able to make those who have strong bitter sanskars cool, or make a difficult task easy, with the power of their tolerance. Those who have the power of tolerance will also definitely be deep and

mature. Those who are mature go into the depth, and those who go into the depth will never be afraid of any task. They will attain success by going into the depth. Those who have the power of tolerance will not allow either the vibrations of extroversion, or the thoughts that are created in the mind to confuse them or make them afraid. With their power of tolerance, they will be able to face that also. What is visible from the face of those who have the virtue of tolerance? The face of those who have the virtue of tolerance constantly reveals them to be content. Their eyes and features will never be those of discontentment. So those who themselves remain the embodiment of contentment will make others content, and whilst walking and moving, they will be experienced as angels. The virtue of tolerance is a very important dharna.

9. Heavy and Light mind: The burden of the sins(waste thoughts) of the past does not allow the soul to experience the stage it desires. Don't think waste, don't see waste, don't listen to waste, don't speak waste and do not waste time in waste actions.

You half-follow the instruction; you follow the discipline, but you do not become the embodiment of success. What would you say to this? Another small disobedience is in the aspect of not giving sorrow to another soul and not taking sorrow. Within this also, although you may not give sorrow, you do take sorrow. The reason for waste thoughts is this: you have either seen waste or heard waste. And so that which you have seen and that which you have heard continues in your mind even against your desire. "Why did he say this?" "What he said was right." "What he said was not right." "This should happen." "This should not happen." The mind has had the habit of listening to and seeing waste for sixty-three births. Therefore, it becomes attracted in that direction even now. This is why the small disobediences make the mind heavy and because you become heavy, you cannot fly towards a high stage. This is a very deep philosophy. The burden of the sins of the past does not allow the soul to experience the stage it desires. The burden of these disobediences do not allow the soul to constantly be powerful. Achcha, remember this slogan. Don't think waste, don't see waste, don't listen to waste, don't speak waste and do not waste time in waste actions. Your image has also been created. They also have an image: Hear no evil, see no evil, speak no evil. You have gone beyond that which is bad. Now create an image of the divine activity of obedience. Did you hear? Such a soul is known as one who is constantly powerful.

IV. POWER OF REMEMBERING GOD

1. Benefits of being a Karma Yogi (Combined with God)

Someone who is a karma yogi can receive extra help at the time of performing actions because of God's company. Because from one, there are then two and so the work is distributed. If instead of carrying out the task alone, someone else becomes a helper, does the task become easier or does it become more difficult? You have hands, God does not need to use hands and feet; they are your hands, but when there is help from God with a double force, how would the work be accomplished? It would be accomplished well, would it not? No matter how much work there may be, God's help constantly gives you zeal and enthusiasm, as well as courage and the power to be tireless.

"God and I", with this love, you will not feel anything to be difficult, nor will there be tiredness. Love means that everything is accomplished, it means to forget the questions: How will it happen? What will happen? Will it be right or not? Everything is guaranteed. Where there is courage, Godly courage which is not the courage of an ordinary soul, where there is this Godly courage, there is help. A soul who has become an instrument (of God) automatically develops courage. Those who experience such company, those who experience such help: what thoughts do they have? Nothing is new, victory is guaranteed, success is guaranteed. This is the experience of the true lovers.

2. Manmanabhav - Remembrance

"What is remembrance? What should we remember? The remembrance of the Father, whether it is God, the Father's (Baba's) remembrance through His actions, or whether it is Baba's remembrance through His virtues, it is still remembrance. Whether it is remembrance of His form, His name, His virtues, or His task, it is still the remembrance of One. You people make it very difficult.

3. Health and God's Power

In this spiritual life, the good health of both the soul and matter is essential. When the soul is healthy, then, because the accounts of the body or illness of the body become, from a crucifix, like a thorn through your own stage, you experience yourself to be healthy. Then, there are no signs of illness or suffering on your face. You don't even speak about your illness, and, instead of speaking about the suffering of karma, you speak of the stage of karma yoga because speaking of the illness would become the cause of the illness increasing. Such a soul will never experience suffering of an illness, nor will he spread a wave of sorrow by speaking of his suffering. Instead, with the power of transformation, he will transform the suffering into contentment; he will remain content and spread a wave of contentment in others. That is, he will become a *master* almighty authority and with the blessing of powers, use the power to tolerate or the power to accommodate according to the time.

When you use the blessing or inheritance of powers that you receive from the Almighty Authority Father at the time of need, these blessings or good wishes work like medicine for you, because all these powers can co-operate with you in whatever form you need, according to the situation, the time and the way you want to use them. You can imbibe these powers or blessings from God in whatever way you want: one minute in the form of coolness, one minute in the form of burning. They can give you the experience of the coolness of water and also the experience of burning in a fire; they can work like medicine and also like nourishing food to make you powerful. Just become an *authority* to use these powers at the right time. All these powers are servers of you *master* almighty authorities. Whenever you order any one of them, it will say, "Yes, my lord", and co-operate with you. However, those who take service from them also have to be just as clever. So, you can constantly experience the power of the body on the basis of soul power, that is, you can experience always being healthy.

4. Positive thoughts during illness to receive God's Help

Don't ever be disheartened whenever there is any physical illness, any storm in the mind, any physical upheaval in your body, any upheaval in nature, any fluctuation in service or, in fact, any type of upheaval. Become those who have a big heart. How big is Baba's (Divine's) heart? Is it small? The Father has a big heart, but the children become disheartened. If they become ill, they start crying out in pain. Is being disheartened a medicine? Will the illness go away or will it increase? **When any karmic accounts come, when there is any pain, that is also a karmic account that has come. By being disheartened, you increase the illness. Therefore, be courageous and Baba(Divine) will also help you.** It shouldn't be that you start crying, thinking about what to do and then think that you are not receiving Baba's help. Those who maintain courage receive help. First, there has to be the child's courage and then the Father will help. However, you lose courage and then think that you didn't receive Baba's help, that Baba doesn't do anything at the moment of need. So don't just remember half the sentence. Baba is the Helper, but to whom? You forget half of it and remember the second half and think that Baba only helps the maharathis and that He doesn't help you, that He doesn't even see you. In fact, it is you first and the maharathis second. Don't be disheartened. What happens, when any confusion arises in the mind, is that you need the power to decide. However, you can only have this power when your mind is directed towards Baba(Divine-positivity). If your mind is in confusion, you will remain confused about whether to say yes or no. Therefore, don't be disheartened even in your mind.

5. Love for Angelic form to receive Divine Protection and express Divine Virtues.

What is the meaning of love? Love means to become the same like the Divine (to become virtuous). So perform every action whilst being stable in the angelic form. It isn't that in the angelic form, you are not able to perform actions. You can perform actions. Are you able to do this or do you need to have a corporeal form? You have had love for the physical body for many births. So, even though you wish to forget it, you are not able to do so. Since you have the habit of seeing the body, it doesn't matter; now simply look at the body of light. Since you need a body, an angel is also a bodily form. You have to become like angels, walking, moving angelic form. In your angelic form, no type of obstacle should influence you. Your thoughts, attitude and vision should all become double light. It is good that in order to bring about the golden world, you will become angels. So, just as the diamonds are sparkling, in the same way, your angelic form will also sparkle. Continue to practise this very well. As soon as you wake up at amrit vela, what awareness should you have? Who are you? You have the thought that you are an angel, and you wish to become this. It isn't that you say it, but you also want to become it. What would you receive throughout the day? It is shown in a picture of Krishna, that a storm came and the flood water overflowed; what happened then? The snake became a canopy of protection. They have shown the physical aspect, but, in fact, it is a spiritual aspect. So, **if any situation arises or any obstacle comes in front of those who become angels, then Baba(Divine) Himself would become your canopy of protection. Just try it and see. It is not said just for the sake of it.**

You did yoga and tapasya for fourteen years, and how many obstacles came in that? However, did anything happen to you in that? So BapDada became your canopy of protection, did He not? **So many big things came in front of you. The whole world, the heads, the rulers, the gurus, etc. all became anti, and you remained so firm that you also experienced the 'beggary' life in a practical way. At the time of tapasya, you also witnessed different obstacles. There**

were guns as well as swords. Everything came in front of you, but there was always the canopy of protection. Was there any damage? The people of the world left everything behind and ran away during the upheaval. When there was the partition of Bharat, what happened then? Everyone ran away, and your tennis court was filled with so many things that it became full. How could they leave the things they loved, because they had a lot of fear also. They had a lot of love for those things. At that time, the Sindhi community was anti towards you, so they insulted you, but also gave you their belongings; whatever beautiful things they had, they begged you to use their things. For the people of the world, it was upheaval, whereas the Brahma Kumaris used to get a whole bullock-cart of vegetables for five rupees. All those vegetables for just five rupees! You used to eat those vegetables with so much pleasure. So the people of the world were afraid and you were dancing. So, you saw practically how both Brahma Baba and Dada, carried out the task of establishment as your canopy of protection with so much safety.

So, since they had this experience, can you also not experience this? You first! Whatever you want, to whatever extent, you can have the practical experience. So what will you do? What will you become? An angel. To move and walk in the angelic form is to become a diamond. What is the sign of the most expensive, invaluable diamond? (Flawless.) But this is an invaluable diamond, a flawless diamond, and so what would its practical form be visible as? When you place it in front of a light, it would sparkle brightly and rays would emanate from it. Rays of many colours would be visible from it. So, when you become real diamonds, when you become angels, the eight powers will be visible from your angelic form. Just as those rays of colours are visible, in the same way, you have to become diamonds, that is, the form of angels. So, as you walk and and as you move, others will experience the rays of the eight powers. Some will have the feeling of the power of tolerance from you, others will have the feeling of the power of taking decisions. Some will have one feeling, others will have another feeling. So, from tomorrow, that is, if you practise the angelic form in the first month, your practice will increase further in the second month and further still in the third month. The more you practise this, the more others will have this feeling from you.

6. Overcome Fear being combined with the Divine

Remain strong. When there is a little upheaval somewhere, then some of you become frightened. **You very quickly become frightened. You do not go into the depths, but become afraid. If you go into the depths, then no matter how big a *paper* or situation of upheaval it may be, when you go into the depths, then, like going to the bottom of the ocean, you come up with lots of treasures.** Do not be those who just remain on the surface. Those who remain on the surface would only find fish but those who go into the depths would bring up lots of things. Here, too, if any situation arises, the more you move forward, the more subtle things will come in front of you, because you are to *pass with honours*. Do not be afraid. You forget BapDada (Divine) at that time. You become alone and so little things seem very big. BapDada is *combined* with you, so keep Him with you in the *combined* form. **Experience this and even a mountain will then become like cotton wool. It is not a big thing.**

7. If something seems difficult, spirituality is definitely lacking

If something seems difficult, something is definitely lacking. You lack something in having faith in the intellect for the self. **When you have one hundred per cent faith in the Father, then even if you are alone, but you have faith in the intellect, even if on the other side there are the souls of the entire world, you do not fluctuate in that.** In the same way, no matter who tries to make you fluctuate, whether it is souls of the divine family, the Godly family, or the worldly family, **you should not lack faith in the intellect for the self.** This is why, together with intoxication, you must also have mercy. There shouldn't just be intoxication, but there must also be mercy. You have faith in the intellect, but by having feelings of bringing benefit, your vision and your attitude both change. No matter how much an angry person opposes you, or how much someone insults you or defames you, when you have the feeling of bringing benefit towards every soul, bossiness will change into mercy. Then what will the result be? Will they be able to make you fluctuate? The pure feelings of bringing benefit will result in the transformation of their sanskars. This definitely happens.

8. Difference of Crown of light by self awareness and Crown of burdens by doubts

What does the Father (Divine) do when He hears and sees that the children are feeling something to be very difficult? He smiles; what else would He do? But even so, because of being the merciful Father, He continually gives you courage and enthusiasm by telling you that you are the children who have attained victory many times. When you maintain courage, the Father will help. Therefore, continue to move along; do not stop. When you even remember the Father for just one second with an honest heart and in all relationships then the experience of the meeting and the attainment of one second will repeatedly take you away from all other things and draw you towards the Father. **No matter how weak you may be, at least you can remember the Father(Divine) for one second! In return for that one second's remembrance that such weak souls have, the Father helps them a thousand-fold.** What else could Baba (Divine) do for them that would be easier than this? Or, should the Father even have yoga (remembrance) on your behalf? You are delicate children, are you not? Even delicate children play mischief with the Father. Therefore, do not become delicate, but become those who understand all secrets and who act with yukti. Do you understand?

9. When the body is able to receive energy from the medicine of science, then can the soul not receive any energy from Baba's(Divine's) remembrance? The One who inspires is inspiring you to do it and you are just an instrument.

There has to be balance of service-actions and effort for the self. Do not go into the extremes of service-actions. It is not, "I alone have to do it. I alone can do it." No. The One who inspires is inspiring you to do it and you are just an instrument who is karanhar, the one who is doing. So, you will have the responsibility, but less tiredness. Some children say: I have done a lot of service and so I am tired, and my head has become heavy. Instead of your head becoming heavy, Karavanhar Baba will give you a very good massage, and your head will become even fresher. You will not experience any tiredness and you will have extra energy. **When the body is able to receive energy from the medicine of science, then can the soul not receive any energy from Baba's remembrance? When energy comes to the soul, it automatically influences the body.** You are experienced in this, you sometimes have this experience. Then, whilst moving along, you sometimes change your direction and are no longer aware of anything. When unhappiness comes or your head becomes heavy, you then become aware and wonder:

What happened? Why did it happen? Therefore, simply remember these words: Karanhar and Karavanhar.

10. God is also responsible to change (transform) your sin if you follow the instructions.

This is a deep secret of incognito machinery. There is benefit in following directions. So much of your burden is reduced. You become light.

If you give importance to the teachings and directions given to you by the elevated souls who are the instruments, even though those things might be bad, you are not responsible. There should never be any waste thoughts about souls who have been made the instruments. If something is not happening, for instance, if an instrument soul gives you a decision which you do not feel to be correct, you are not responsible; it will not be your sin. Your work will be done accurately because Baba (Divine) is there. Baba will change that sin. This is a deep secret, an incognito machinery. Therefore, make important use of the elevated directions given by souls who are the instruments. There is benefit in that for you. Damage will change into benefit. Baba gives this guarantee. Do you understand? This is why you are told that the wonderful game is very unique. It is not a bad philosophy, it is unique. Baba is responsible. He is responsible for those whom He has made instruments. He is also responsible to change your sin. What did you hear? Is it clear? Are you thinking? Think about it and do it. They have not been made instruments just like that. With consideration and thought, they have been made instruments according to the law of the drama. There is benefit in following instructions, is there not? So much of your burden is reduced. If anything comes up, you would say: It is the responsibility of those who are the senior instruments. You become light, do you not? But only for the sake of saying it, understand it with love, with self-respect.

11. Make time to have powerful remembrance(self awareness) for one or two minutes, because all the vitamins, A, B, C, are included in that.

You have a lot of enthusiasm and this is why sometimes you don't even think about the body. You are moving forward with zeal and enthusiasm. Nevertheless a *balance* is definitely needed. You may continue to do it and continue to move along, but when you sometimes have a lot of work to do, then, because the intellect is already tired, you are unable to do as much as you want. Secondly, because you have a lot of work to do, when there is the slightest upheaval with anyone, due to any reason, then, because of tiredness, there is irritation and this reduces your happiness. Generally, you are fine internally, you are receiving the power of service, you are experiencing happiness, but yet your body is still old, is it not? Therefore, do not get into *too much*. Keep a *balance*. Your tiredness should not affect your chart of remembrance, no matter how busy you remain in service. No matter how busy you are, the special method to finish tiredness is definitely to make time for one minute of powerful remembrance every hour or every two hours. For instance, when someone is physically weak, then, in order to energise him physically, *doctors* give him medicine to boost his energy every two hours. You have to make time to take that medicine, do you not? So, every now and then, make time to have powerful remembrance for one or two *minutes*, because all the vitamins, A, B, C, are included in that.

12. When children have courage, the Father helps. To be unhappy means to become a servant. Therefore, remain emperor and empress becoming happy.

Do you worry at all about what is going to happen or how it will happen? Do you have any worries? What if something happens tomorrow? Will you still be carefree emperors? You are the emperors of the land free from sorrow (through Rajayoga meditation). So, when any situation arises, and many things will come, just go to the land that is free from sorrow. Go and sit in that land free from sorrow and you will become an emperor of the land where there is no sorrow. You have asked for the old world to go and have invoked the new world to come. Therefore, how would the old world go? It can only go when there is some fluctuation. No matter what happens, you have to become free from worry. What happens to the old buildings in the old world? Sometimes, something breaks; sometimes, something falls. This will happen. It is *nothing new!* It has to happen, it is happening and we are carefree emperors. You are such carefree emperors. When you are free from worry you will be saved about worrying from becoming bankrupt. When you have worries, you are unable to make any right decision. You know how you can change from one thing to another in one day. When you become carefree, you would be able to make good decisions and be saved. You will receive *touchings* as to whether you should do something now or not according to that time. This is why when you worry, your business falls and so does your stage. Therefore, always remember that you are carefree emperors. Then any worrying situation will change. Don't lose your courage! Never become disheartened! When you maintain your courage, you will continue to receive Baba's (Divine's) help. Baba is bound to help you. However, He is not going to help those who have no courage. Perhaps you may think that you didn't receive Baba's help. However, first of all, think whether you had courage. When children have courage, the Father helps. Do not just hold onto half the sentence. You need the Father's help, but do you also have courage? When you don't become disheartened but continue to maintain your courage, you will continue to receive help in an incognito way. Therefore, who are you? All of you businessmen, who are all of you? Are you the carefree emperors? Remember that you must never let go of your courage, and then no matter what happens, you will receive help. However, don't just remember half the sentence. Remember the full sentence! Do not become servants. Be the masters, the carefree empresses. When you have worries, you experience unhappiness. To be unhappy means to become a servant. Therefore, remain an empress.

13. Keep your Companion with you and every difficulty will become easy. Become courageous and you will definitely receive help

Keep your Companion with you and every difficulty will become easy. Become courageous and you will definitely receive help. See the Father(Divine) and follow the father and you will constantly experience a life of zeal and enthusiasm. Do not make any person or thing your support whilst moving along the path. How can a perishable support give you imperishable attainment? Constantly make the lesson of, "one faith and one support", very firm, and you will easily be able to come out of the middle of the ocean and experience your destination to be very close. This was the result of the effort-makers. The majority of you are still confused in the middle of the ocean. However, Consider all these things to be very good signs to enable you to progress towards your destination. Just as you consider destruction(world transformation) to be a good sign and something beneficial, so too, these exams are the means of making you strong. These signs show that you are on your path and moving forward. Do not become tired from seeing all these things. Always have the one thought that you have now almost reached your destination. Do you understand? Just as you do not like fluctuation in the electric current; you like stable electricity, so too, you need a stable stage in the spiritual journey. Matter is playing

games, but you should not play such games. Constantly remain unshakeable, immovable and stable.

14. Maintain courage and you will receive help a thousand-fold

Those who do not have knowledge ask, saying “Give me power! Give me help!” The way to receive help is to have courage. Maintain courage and you will receive help a thousand-fold. You know the calculation of receiving a thousand-fold, do you not? You should never let go of courage. When you let go of courage, you let go of your property. To let go of your property means to let go of the Father (Divine). You should not let go of your courage, no matter what happens or what situation arises. When you let go of your courage, you let go of your breath. Courage is the breath of this life in which you have died alive. What would remain if you had no more breath? With courage, you can regain consciousness from being unconscious. The expansion of science is also based on courage. On the basis of their courage, they are even able to go to the moon and make night into day and day into night. Those who continue to maintain courage easily receive blessings. Even their difficulties then become easy; the impossible becomes possible.

15. Become free from crying of mind by connecting with One Divine

You constantly remain happy, do you not? Do you sometimes cry? One are the tears of the eyes, the other are tears of the mind. There should not be tears of the mind either. To experience a wave of sorrow in the mind means there are tears in the mind. No variety of tears should come. Become free from tears. Those who cry now lose. Those who laugh attain. Therefore, you should not see the world of sorrow even by mistake. You are experienced in that already; so then, why do you get deceived? Once you have become experienced by being deceived, why allow yourself to be deceived again? Why do you fall into the world of sorrow? Once someone has fallen into a ditch, would he allow that to happen a second time? This ditch is the very depths of hell. The thought of falling into this should not come even in your dreams. Always stay happy. Churn the treasures you have received from Baba(Divine) and always remain cheerful. So you should fly with so much happiness! Angels don't come down; they keep flying up above. You are the ones who always stay in the love of One, are you not? Let there be no love other than love for the Father (Divine). One Father and none other! Your intellect should not go anywhere else even by mistake. Break all other connections and forge a connection with One; this is the Father's direction. The sound that should emerge in your mind is: One Father and none other. This is called the soundless chant. The victorious jewels defeat the situation they are not defeated by that. A Shakti means someone who is a conqueror of sinful actions.

16. Make your self carefree and happy by changing mine to Yours. Burden should not be held in subconscious and even in dreams but handover to the Divine.

The method to become carefree is very easy; it is not difficult. There is the difference of just one letter. It is so easy. That letter is: transform mine (mera) into Yours (tera). It is not mine, but Yours. So, when you write “mera” and “tera” in the Hindi language, then the difference is just the “m” and “t”, but it makes so much difference. So, are all of you those who say, “mine” or those who say, “Yours”? Have you transformed mine into Yours? If you haven't done this, then do so. To say “mine, mine” means to be a servant, to be unhappy. You become servants of Maya, and so, of course you will become unhappy. Unhappiness means to become servants of

Maya. So, you are conquerors of Maya, not servants of Maya. If unhappiness comes, and it does come, because you have had the practice of being unhappy for 63 births, then you *taste* it. So, it sometimes *emerges*. It is said that each one of you is a carefree emperor. If even now, you have kept some worry somewhere in a corner, then give it away. Why do you keep a burden on yourself? Is it that you have developed the habit of keeping a burden? Since the Father(Divine) is telling you, give Him the burden and make yourself *light; double-light*. Is it better to be *double-light* or to carry a burden? So, check yourself very carefully. When you wake up at amrit vela, check especially in your *subconscious*, that you don't have any burdens at the present time. Let alone the *subconscious*, there shouldn't be any experience of a burden even in your dreams. You prefer to be *double-light*, do you not? So, do this *homework* to *check* yourself at amrit vela. You know how to *check*, do you not? However, together with *checking*, don't just *check*, but also *change* it. *Change* "mine" into "Yours". Mine, Yours. So *check* and *change* because, everyone has received wings of zeal and enthusiasm and courage and you also have the Father's (Divine) blessing. Do you remember the blessing? You take one step of courage and you receive a thousand steps of help from the Father, because the Father has love for you children in His heart. So, the Father cannot bear to see the children labouring. Stay lost in love and the labour will end. Do not let go of your throne (elevated self awareness). When you become body conscious, it means you step in the mud. This body is also mud, whereas when you remain seated on the throne, you become emperors.

17. Solitude of the mind means to stay in the remembrance-experience of One (divinity and virtues), and to become stable. This is real solitude by which all influences of circumstances can be overcome.

What is your present effort? Listening and relating continues all the time, but you now have to become experienced. Experienced ones are able to have more influence. When an experienced person relates something and then another person who has only heard something does the same, there would be a difference, would there not? People also now want to have an experience. Why do they have special experiences in the yoga bhatthis? Because, as well as relating, the method to become experienced is to give them an experience. The results of this are very good. Since souls want to have an experience, you should have an experience and give an experience. What method should you adopt to become experienced? Just as an inventor stays in complete solitude in order to create an invention, so too, the solitude here is to be lost in the depth of One. You also need to be isolated from external attractions. Your solitude should not be just that of just sitting in your room; your mind should also be in solitude. Solitude of the mind means to stay in the remembrance of One, and to become stable. This is real solitude. They go into solitude to invent something. They go beyond the surrounding vibrations. So here too, you have to go beyond all attractions. There are also those who do not like solitude, but prefer to be in a gathering and to laugh and fool around. However, that means becoming extroverted. Now, make yourself one who stays in solitude, that is, become isolated from the vibrations all around. Now, such a time is coming when this practice will be useful to you. If you have the practice of being influenced by external attractions, then you will be deceived at some point. Such circumstances will come that you will not be able to see any support other than this practice. To be in solitude means to be an embodiment of experience.

V. DEALING WITH DISASTERS

1. The Stage to Deal with Obstacles

What is the sign of the stage of ascent? It is to be constantly absorbed in love and to be a destroyer of obstacles. Are you experiencing both these signs in yourself? Instead of becoming a destroyer of obstacles, you don't come down from your stage when you see any obstacles, do you? Do all the different types of storms that come create upheaval in your intellect? When you receive a gift from someone, it doesn't cause upheaval in the intellect, but it creates enthusiasm. In the same way, do the storms that come increase your enthusiasm or do they increase your upheaval? If you consider the storm to be a storm, there will be upheaval, whereas if you consider or experience it to be a gift, then your enthusiasm and courage will increase multifold. This is the sign of the stage of ascent. Instead of being afraid, by going into the depth you will attain many new jewels of experiences from the ocean of tests. Do you have this experience? Having the thoughts, "What is happening? Why is this happening? This will not do." is known as upheaval. Jewels are merged in the upheaval. When you look at them on the surface with the vision and intellect of extroversion, you will see and experience it as upheaval, but by looking at the same thing with the vision and intellect of introversion, you will attain many types of jewels of knowledge, points of knowledge.

If, even now, you have the questions of "why, what" etc, it means there is upheaval. It is essential for obstacles to come, and if it also remains in the intellect to the same extent that it is essential for the obstacles to come, then a maharathi also remains cheerful to the same extent. "Nothing new", is the final stage. If anyone performing a task or playing a part creates upheaval, then just like in the ocean, upheaval may be visible on the surface, that is, there may be upheaval of the sense organs, but your internal stage should be of "nothing new". Are those who are stable, constant and in solitude, that is, those who know the depth of the Creator and the creation and have the trikaldarshi stage, stabilised in a comfortable stage peacefully? Or, does upheaval of the sense organs make your internal stage fluctuate? When the physical ocean is able to show both the forms, can the master oceans of knowledge not show both forms also? The elements have copied human beings. You are the most elevated of all human beings. If the elements are able to show their qualifications, are the most elevated human beings not able to show this also?

2. Balance – Equanimity: the method for Contentment and to become Influential

Do you consider yourselves to be the destroyers of obstacles? When any type of obstacle comes in front of you, do you experience within yourself the power to face that obstacle? That is, through your own effort, do you experience yourself to be close to BapDada (Divine) and your complete stage? Or, do you experience yourselves to be standing in the same place? Just as a traveller never stops anywhere, in the same way, do you consider yourselves to be travellers of the night and continue to move along?

When a soul has created the stage of perfection, what is the praise of his practical action? That of equanimity. When there is equanimity in praise and defamation, victory and defeat, it is called the stage of equanimity. Even at times of sorrow, instead of waves of sorrow on your face and forehead being visible, waves of happiness and joy should be visible.

When there isn't equanimity, you are not able to experience blessings from the Father (Divine) for yourself. Baba is the blissful One. If you wish to experience blessings for yourself from

Baba(Father-Divine), there is only one method for this: let there constantly be an accurate balance of both aspects. When there is an accurate balance of love and power, you will automatically continue to receive blessings.

In fact, there should neither be intoxication through being praised nor dislike through being defamed. If both are well-balanced, then when you look at yourself as a detached observer, you will experience wonders. You will experience contentment with yourself. Others will also be content with your actions. However, because you are lacking in this effort, because of a lack of balance, you do not have the blissful life you should have. So what should you do now? Keep an accurate balance. There are many such pairs of things: to be loving and detached, praise and defamation.

3. Remain beyond body consciousness and influence of sorrow being a detached observer

Now, it is the time to experience the self to be an embodiment of success. Otherwise, the many difficulties of the present time will easily take away the prestige of souls who are still engaged in using the method and will also create an influence of distress on them. Only those who stabilise themselves in such a stage are able to be an embodiment of all solutions instead of being an embodiment of problems. And so, at the present time, you need this type of stage. Do you have this? You don't fluctuate even slightly, do you? You don't have any questions, do you? "What will happen? How will it happen? What will become of me?" You are unshakeable, are you not? You should not have the slightest fluctuation from being unshakeable. Only those who have such a stage can become victorious jewels.

4. Stage of the self has to be powerful by seeing three aspects of time to overcome all circumstances. Think before act is to become an enlightened soul free from repentance of mind.

Whether through the self, through others, through Maya or through the elements, all types of circumstances will arise in all directions. They have to come. However, if the stage of the self is powerful, then the external situation is nothing in front of that. Is an external situation greater than the stage of the self? Which is greater? Or, is it sometimes the stage of the self and sometimes the external situations? Does this become greater sometimes? The method for this is to check all three aspects of time - the beginning, the middle and the end - to understand them, and then do whatever is required. Do not just look at the present. If you simply look at the present, then sometimes the external situations become greater and sometimes the stage of the self seems greater. In the world also, people say: Think before you act! If you do not first think about it, then that later on takes on the form of repentance. Then you think, "If I hadn't done that, but had instead done this." So these thoughts change into a form of repentance. However, **to think about something beforehand is a sign of being an enlightened soul.** In the copper and iron ages, you have been repenting in many different ways, have you not? However, to carry on repenting at the confluence age is not a sign of being an enlightened soul. Make yourself such that you do not have to repent in your mind for even one second. So, pay special attention to two treasures throughout the day: one is of time and the other of thoughts. There are many treasures, but you specially have to pay attention to these two treasures. **Every day, check how many elevated and pure thoughts you have accumulated.**

5. Even a mountain becomes like a mustard seed. So too, by stabilising in the form of light, all your business will become light. Not even have to think. You go beyond karmic influence

Hatha yogis make you practise trying to become detached from the body. So too, as soon as you have the injection of being the embodiment of remembrance (self awareness with divine consciousness), the awareness of the body will disappear. You will experience yourself to be the form of light, and others will also experience this form of yours. This is the final service. Through this, all your business and activity will be light, that is, there will be lightness. There is the saying: Even a mountain becomes like a mustard seed. So too, by stabilising in the form of light, all your business will become light. You will not even need to use your intellect very much. You do not have to use your intellect in anything that is light. By having this form of light, you develop the qualifications of being a master janijananhar and a master trikaldarshi. You will then not even have to think about whether you should do something or not. You will only have those accurate thoughts in the intellect which you have to carry out. There will not be any feeling of the consequences of karma whilst in that stage. Whilst you are under the influence of an injection, even though you speak and move about, you are not aware of it. You do not even have the awareness that you are doing anything; everything just continues to happen automatically. So too, the result of karma and the performing of actions will continue, but you will not have any awareness of it. It will not attract you towards itself. Such a stage is called the final stage.

6. Mind of a creator: being stable in the stage of a creator, you will not be influenced by the atmosphere, the creation. Instead you transform the atmosphere with powerful attitude.

Why does the atmosphere influence you? You forget the awareness of being the one who transforms the atmosphere with your powerful attitude. You call yourselves world transformers. For world transformation, you also have to transform the atmosphere. You are instruments to make the impure, pure. So, why do you think that you became weak because of the atmosphere? This is the iron-aged, tamopradhan, impure world, and so what else would the atmosphere be, if not impure? Whilst living in the tamoguni world, the duty of you spiritual souls is to transform the atmosphere. By being aware of your duty, that is, by being stable in the stage of a creator, you will not be influenced by the atmosphere, the creation. Instead of considering yourself a transformer and thinking how you could transform the atmosphere, you think that you became weak because of the atmosphere: Only if the atmosphere changes will I change myself. My stage will be good if the atmosphere is good. Who is the one who has to change the atmosphere? You forget this. This is why the atmosphere influences you.

7. If you have learnt your lesson from obstacles and become firm, then that obstacle will be transformed into love.

Do you have obstacles? One is that obstacles come to teach you a lesson. The other is when obstacles come to shake you. If you have learnt your lesson and become firm, then that obstacle will be transformed into love. If you become afraid of the obstacle, then the register becomes marked with a stain. So, there is a difference. To be spiritual means to challenge Maya: Just let the obstacles come! I am victorious. You cannot do anything. Previously you were

Maya's *friends*. Now you issue a *challenge* saying that you will become conquerors of Maya. You issue this *challenge*, do you not? Otherwise, over whom do you become victorious? Over yourself? When you become victorious jewels, it is because you gain victory over Maya, is it not? You become threaded in the rosary of victory. So, to become a conqueror of Maya means to be victorious. To become spiritual means to challenge Maya. However, those who challenge her experience it to be a game; so that she comes and goes. You are able to recognize her from a distance and chase her away from a distance. You do not *waste* your *time*. All of you are very good in service-actions. Together with service, there should be the *record* of service free from obstacles.

- 8. Do not let obstacles sit down with you as your guests. They should just come and go. Elevated yogis are those who remain deeply absorbed in love. You now need to have the stage of being a constant yogi. Become engrossed in inventing a method for this;**

The obstacles that come will not harm you because they are just coming to bid you farewell. However, if they stay with you, there is a loss. They should just come and go. Do not let obstacles sit down with you as your guests. You now need to make such effort that the obstacles simply come and go away. If you allow obstacles to become your guests time and again, then that will become a habit. Then, they will feel at home with you. Therefore, let them come and let them go. Do you feel mercy for Maya because she has been your guest for half a kalpa? Now, do not feel mercy. Even now, you can experience the pilgrimage of remembrance (self awareness) even more deeply. Everyone speaks about this and stays in remembrance, but you now have to increase the attainment of remembrance. By giving more time and paying more attention to this you will truly feel yourself to be submerged in the ocean of experience. Just as where there is purity, you feel an atmosphere of peace, so too, elevated yogis are those who remain deeply absorbed in love. You should have this experience. Only when you experience this will there be an impact of knowledge and the success of yoga. Just as you go to the depths of the physical ocean, so too, go deep into the ocean of experience. Have a new experience every day. You should pay attention to the pilgrimage of remembrance. Be introspective and continue to move forward. Even that is lacking. At present, there isn't the impact of serving whilst being lost in remembrance. There is the impact of just serving. You now need to have the stage of being a constant yogi. Become engrossed in inventing a method for this; run a race that has never been run before. Run the race of the experience of the pilgrimage of remembrance. Those who conduct yoga camps have a very good chance to do this. You only have the one duty and no other. Through this you can easily become free from obstacles, and the atmosphere can also change. When everyone is busy with the self, there is no time to look at or listen to others or to become weak due to obstacles. Make such plans that everyone is lost in the self; whether it is the intoxication of the corporeal, alokik-spiritual life or attainments, remain absorbed in this. Do not get caught up in any atmosphere and then spread such a wave.

VI. BECOMING GOD-LIKE

1. A Light House and a Power-House

Just as you experience God, the Father in the corporeal, subtle and incorporeal forms, do you constantly experience yourselves to be subtle and incorporeal whilst being in the corporeal, the same as the Father? By constantly having this experience, you will automatically go beyond the

physical body and the old world. You will experience yourself to be a detached observer up above and observing this old world to be like a game. You should now have such a powerful stage for all time. What would be visible when you see a soul who is stabilised in such a stage? A lighthouse and a power-house. Such souls are said to be world benefactors, the same as the Father. Whoever comes in front of you should attain light and might as they move along; have you become such a treasure-store? Have you become such a soul who is a great donor, a bestower of blessings, a donor of all virtues, a donor of all powers, one who colours others with the colour of spirituality, one who takes others beyond with just a glance, one who gives the third eye to the blind, one who shows the destination to those who are wandering, one who makes desperate souls cool, peaceful and the embodiment of bliss? Do you maintain the intoxication of this target? This is known as being the same as the Father.

VII. SECRET OF HAPPINESS

1. Happiness and Illness

When the mind is happy, then the illness of the body also changes from a crucifix to a thorn. Do not think a lot; by thinking too much, you lose your power to decide. For a test paper(situations) to come means for you to become strong, not to be afraid. The papers enable you to strengthen your foundation. The foundation is hammered, but it is not hammering but strengthening the foundation. No matter how much external upheaval there may be, if you are told to stop in one second, you should be able to merge all expansion in one second. You need to practise a great deal merging your nature, sanskars, thoughts and relationships in one second. Your sanskars should not emerge under any circumstances, in hunger or thirst, winter or summer. Even nature can deceive you at certain times. Therefore, merge all your nature, thoughts and sanskars. This is known as having the power to accommodate. Constantly keep on practising this. Only when you have this practice over a long period of time will you be able to pass.

2. Give and take happiness (not to keep rubbish in mind that gives distress but royalty and virtuous personality)

Take happiness; do not take sorrow. So, *check*: Do I sometimes take sorrow? Sometimes, maybe, you take a little of it? To make a small thing big or to make a big thing small depends on your own stage. To be distressed or to maintain the honour of being a master depends on yourself. “What has happened?” or “Whatever happened is good” depends on yourself. This faith can change bad into good, because due to settling your karmic accounts and due to taking a *practical paper* from time to time, according to the *drama*, some things will come in front of you in a good form, whereas at other times, some things would have a good form, but would seem externally to have a harmful form. You would refer to this and say: It wasn’t good in that form.

Situations will come and, even now, situations continue to come and will continue to come in those forms, but behind the curtain of loss, benefit is hidden. The external curtain would appear to be one of loss. If you were to be patient for a little while and have a tolerant stage and see everything with introversion, you would be able to see what is hidden behind the external curtain, and, even while seeing the superficial form, you wouldn’t see it. You are *holy* swans, are you not? Since those swans can separate stones from jewels, then *holy* swans would take the

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

3. Tolerance and Happiness

Someone with the power of tolerance will never be afraid and think: Does this also happen? Because of being constantly full, he will go into the depths of knowledge and remembrance. Someone who is afraid is never able to go into the depths. One with essence always remains full. This is why there is depth in something that is full. One with expansion is empty; this is why something that is empty always rattles. So, someone with expansion would constantly continue to rattle with thoughts such as “Why this? What is this? It shouldn’t be like this, but like this. It should not be like this.” He will continue to rattle in this way in his thoughts, and in his words, too, he would still constantly rattle on in front of everyone. What happens when you rattle on beyond limits? You rattle on, you become breathless and you tire yourself out. Those who are tolerant are saved from all of those things and this is why they always enjoy themselves; they don’t rattle on, but they fly.

To live one’s life in pleasure is said to be a spiritual life. Whether it is ordinary physical work or whether you have to give a *speech* on a *stage* to thousands of people, do both with pleasure. This is called living a life of pleasure. To become spiritual means to live with pleasure in your heart, not with physical pleasures. With pleasure in your heart, you will be able to transform any situation or task of confusion into pleasure. Although you have elevated facilities and everything you have is clear, if you yourself are constantly confused, you create confusion in something that is very clear. While having good facilities, you won’t be able to take pleasure from those facilities. “How will this happen? This will not happen like this, but like this.” You yourself will be confused about that and you will also confuse others. It is said: When a thread is tangled (confused), it is with great difficulty that you are able to untangle it. You would be confused about something good and also about something that causes fear, because the attitude is confused and the mind is confused. Then, your attitude automatically affects your vision and, because of your vision, you see the world as being confused too. **A Spiritual life means a life of pleasure.** However, the basis of this is tolerance. So, tolerance is so special! Because of this speciality, you will always remain unshakeable and immovable.

4. Spiritual doctors means those who give the medicine of happiness to the disheartened heart patients and through the facilities of silence, you make them free from disease for all time.

You are engaged in the service of making all souls constantly happy with your elevated zeal and enthusiasm, are you not? The special duty of *doctors* is to give every soul happiness. The first medicine is happiness. Happiness finishes half the illness. So spiritual *doctors* means those who give the medicine of happiness. So you are such *doctors*, are you not? If a soul experiences the sparkle of happiness even once, then that soul will constantly continue to fly with the sparkle of happiness. So, you are the *doctors* who make everyone *doublelight* and make them fly, are you not? Those *doctors* make them get out of *bed*. They are able make the *patients* who are *bed-ridden* get out of *bed* and make them walk. You take them away from the old world and sit them in the new world. Have you made such *plans*? You have made *plans* to use spiritual *instruments*, have you not? What is the *injection*? What are the tablets? What is the *blood* transfusion? You have created all these spiritual facilities. If someone needs to be given *blood*, what spiritual *blood* will you give him? What medicine will you give a *heart patient*? A *heart patient* means a disheartened *patient*. So you need spiritual material. All the new *inventions* they create are *inventions* created through the facilities of *science*. Through the facilities of *silence*, you make them free from disease for all time. They have a whole *list* of all the different *instruments*. In the same way, you too should have a long *list*. You are such *doctors* who should have such good facilities to make souls *everhealthy*. Have you made this your *occupation*? Have all of you *doctors* put up such *boards* at your places for making everyone *everhealthy* and *everwealthy*? Just as those people write down their *occupation*, similarly there should also be this writing so that, as soon as people see it, they can understand what it is and come inside to have a look. It should be an attractive *board*. The content of the writing should be such that no one can stop himself from coming in for an introduction. The *board* should be such that there shouldn't be any need for you to call them, but that they themselves are pulled to come to you even against their wish. Those people write "So - and so, *MBBS*", but you have to have such a *board* on which you have your spiritual *occupation* written, through which they realise that this place is necessary. Have you created such a spiritual *degree* or do you just write your worldly *degrees*? People see the practical proof, and they become well through meditation without any expense.

5. Mood off and being sensitive are the causes of unhappiness. Become Constantly Cheerful free from ill feelings, neither to give nor to take.

The main reason that your happiness disappears is that your mood goes off over little matters, and secondly, that you become sensitive. If you have these two things, there will not be any happiness. Become feeling-proof (free from becoming sensitive). Change negative feelings into positive feelings. So you are free from all of this, are you not? Or, do you have a little feeling? Mahavir means those who are beyond ill feeling. Who are called Mahavirs? Those who are victorious. Or, should you be called Mahavirs even after you experience a little defeat? If you are not sensitive when something happens twenty times, and you become sensitive the twenty-first time it happens, which list will you be counted in? Will you be counted in the list of those who are sensitive or those who are not sensitive? At present, all of you are clever in sense. Your sense has increased and you have become sensible. What do you have to add to that? Essence! In how many aspects have you become sensible? You have become sensible in many aspects,

have you not? What do all of you say? That you have many experiences. You have seen a great deal. This is called being sensible. What do you have to become? Those who constantly have a cheerful face. Whosoever's face you see, it should be a cheerful face; not a face with worry, with feeling or with sadness, but a constantly cheerful face.

6. Become customer of virtues to remain constantly unshakeable and immovable. Food of happiness makes the soul constantly powerful. Remain steady with Divine love and being truthful.

In order to remain constantly unshakeable and immovable, which virtue should you specifically imbibe? Become a customer of virtues. If you pick up virtues in every situation, you will not fluctuate. To pick up virtues means to have benevolent feelings. When you see defects, there are feelings of harm and there will be fluctuation. To see virtues in defects is known as picking up virtues. Even whilst seeing defects, you should pick up virtues. Pick up virtues from those who have defects; just as they are firm in their defects, you have to remain firm in your virtues. Become a customer of virtues, not defects.

Which food makes the soul constantly powerful? That of happiness. It is said: There is no nourishment like happiness. Those who maintain their happiness would be powerful. By using the shield of drama very well, you will constantly remain happy and never wilt. If you constantly have the awareness of the drama, you will never wilt. Even in your intellect, you should constantly have happiness, not just in the form of knowledge. No matter what the scene is, you should seek benefit for yourself from it and you will constantly remain happy.

Pay constant attention that your spiritual stage remains steady. To be steady means to be so lost in the sweetness of One (Divine) that nothing else will attract you. If your intellect is pulled towards any other sweetness, then you will neither be able to remain steady nor constant.

To be knowledge-full, ocean of knowledge means to be one who constantly performs truthful actions and doesn't waste anything. Since you are the children of the true Father, and you are establishing satyug-world of virtues, your actions should also be true. All your thoughts, words and deeds should be truthful. This is known as being the same as the Father (Divine), master knowledge-full, that is, an embodiment of knowledge.

7. The happiness of the mind transforms the little bit of tolerance into happiness. The way to become a detached observer of illness of body, mind, intellect is to be a trustee.

With the power of tolerance you become master almighty authorities. Do you feel that you have to tolerate or that it is a game? Your mind is constantly dancing, is it not? So the happiness of the mind transforms this little bit of tolerance into happiness. The body is Yours and the mind is also Yours. So the One to whom you say, "It is Yours" knows about it. You just remain detached and loving. When it is the time to play your part of settling the karmic accounts of the body, have the awareness, "Baba(Divine), You know about this, You know Your work!" Not that you think, "I am ill! My body is ill!" No. "You know about whatever You are entrusted to look after. As a detached observer, I am simply serving whatever has been entrusted to me by You." This is

known as being a detached observer. Be a *trustee*. In the same way, “The mind is also Yours. It is not mine at all.” “I can't focus my mind on it. My yoga is not connected. My intellect is not able to concentrate.” This word "my", creates upheaval. It is not “mine”.

VIII. DEALING WITH DAY-TO-DAY ISSUES

1. Earning money for livelihood

Many children are worried about earning enough to sustain their children. However, those who are constantly worried can never successfully earn anything. Put aside any worries and continue to do everything as a karma yogi, because when you perform any task in yoga, you will easily and successfully accomplish it. If you earn money whilst worrying, it creates worry. If you earn it in happiness whilst *yogyukt*, you will give happiness because the fruit is according to the seed.

2. Be determined and happy

Each of you *master* almighty authorities have **so much power in your every thought that you can do whatever you want, but you just need determination**. Sometimes, Maya steals the key of determination. Constantly *use* this key; do not just keep it carefully hidden, thinking in your mind that you have it. You have the key, but *use* it at the right time. After the time has passed, you then say, “I had to do this, but..” So, don't say, “I had to, I had to...”. Do everything at the right time to become *number one*. Are all of you happy? You do not ever lose your happiness, do you? **When you lose your happiness, it is as if you have lost your life. There is no pleasure in a tasteless life.**

3. No matter how fearsome a situation might be, how fearsome the form of Maya might be, how much distress your relations and connections might cause, how polluted the atmosphere might be, someone who has the power of truth makes all of those a stage on which to dance in happiness.

On the path of *bhakti*, they have shown a picture of him (Krishna) dancing on a snake in the middle of the ocean. It is a snake, but with the power of truth, even the snake becomes a *stage* on which to dance. No matter how fearsome a situation might be, how fearsome the form of Maya might be, how much distress your relations and connections might cause, how polluted the atmosphere might be, someone who has the power of truth makes all of those a *stage* on which to dance in happiness. So, whose image is this? It is the image of all of you, is it not? All of you are going to become Krishna. This is what you raise your hands for, is it not? Such things are not mentioned in the divine activities of Rama. In that, there is separation at one moment, and happiness the next moment. So, souls who are to become Krishna constantly continue to dance on the *stage* of such situations. None of the elements of matter, Maya, people or physical comforts can shake such souls. They would make Maya their *stage* or their bed. You have seen that picture, have you not? He made the snake into a bed, that is, he became victorious. Therefore, the sign of truth is that when there is truth, the soul dances. That is the picture. Those with the power of truth can never drown. The boat of truth can play games of rocking, but it cannot sink. Even the rocking will be experienced as a game. Nowadays, they purposely create games where you go up and down, do they not? It is a matter of falling, but because it is a game,

they experience themselves to be victorious. No matter how much upheaval there is, the one playing the game would consider himself to have gained victory. Therefore, do you consider yourselves to have the power of truth that is, to have received the blessing of victory? Do you always experience your victorious form? If, even now, there is upheaval or fear, then together with truth, there is also falsehood, for this is why upheaval is created. Therefore, *check*: Is there the unshakeable power of truth in your thoughts, vision, attitude, words and relationships and connections? Do you understand?

4. Never have a tug of war of pulling something towards yourself. Whatever you receive easily is elevated fortune

Others should *offer* praise to you, you yourself should not pull it towards you. If you praise yourself, if you pull it to yourself, what would you call that? You have heard about it? Do not become like that. Never have a *tug of war* of pulling something towards yourself. Whatever you receive easily is elevated fortune. To take something by pulling it to you is not called elevated fortune. There is no success in that. There would be greater effort and less success because you don't receive everyone's blessings. Whatever you receive easily is filled with everyone's blessings. Do you understand?

IX. FINDING SOLUTIONS

1. Reason to solutions

Let there be solutions and finish reasons. Let problems finish and become an embodiment of solutions. Whether the reason is the self, your companions, the gathering or the *circumstances*, in your dictionary, the words 'reasons' and 'problems' should be transformed into 'solutions'. Become those who uplift others. Whether you yourself become a 'reason' or someone else is a 'reason', become one who uplifts others, be a merciful soul, be one who has good wishes and pure feelings and give co-operation and receive love.

2. Solution to Corruption

The Father's promise is: One step of your courage will bring 1000 steps of help from the Father. All of you are companions, be co-operative. All of you must give co-operation. What can you not do? When human souls can harm the world, can they not bring benefit? They are playing a part of bringing harm, are they not? (Why is this happening?) All of this has to go to the extreme. Look, 10 years ago corruption and sin were incognito. Now it is happening openly. It will go to the extreme. This is the iron age, is it not? The iron age is going into the extreme. (What is the solution to finish this?) The solution of this is to increase the power of spirituality. Give this message to them and create the feeling in them of performing elevated actions.

3. The method to achieve what we think and retain enthusiasm

It is now time to become a destroyer of obstacles and to enable unhappy souls to experience happiness and comfort in the midst of the obstacles of the world. Only someone who has the stage of a destroyer of obstacles over a long period of time is able to carry out the task of destroying obstacles. If you are even now still busy in ending the obstacles that have come in

your life, and you use your energy for that, how would you be able to become instruments to give power to others? Become free from obstacles and accumulate a *stock* of powers, for only then will you become an embodiment of power and be able to carry out the task of a destroyer of obstacles.

4. Benefit - Meaning in everything

Because this is the benevolent age, whatever happens within the world drama is beneficial. **Only when you are able to see benefit, even in something where there is no benefit, can you be called one who has total faith in the intellect. It is only in adverse situations that you are tested to see how firm your faith is.** To have faith means there shouldn't be the slightest name or trace of doubt. No matter what happens, one who has total faith in the intellect cannot be made to fluctuate by any adverse situation. To fluctuate means to become weak.

5. Knowledgeable mind: Instead of thinking about the cause, think about the solution and you will become free from obstacles.

Why does Maya come to you? Why do you have waste thoughts? Why does your intellect wander? Why does the atmosphere influence you? Why don't your relations co-operate with you? Why do old sanskars emerge even now? Instead of finishing all obstacles, these questions become instrumental to distance you from the love of the Father. You forget Baba's elevated versions, "The more you progress, the more the many forms of Maya will come to test you". However, these tests are the means to move you forward, not to make you fall. Instead of looking for the cause and resolving it, you simply waste your time in thinking about it; you lose your power. Instead of thinking about the cause, think about the solution and you will become free from obstacles. Do not wonder why something came, but through having the awareness that such a thing will happen, you will become an embodiment of power. Secondly, when you question "why?" (kyu?) over even a small obstacle, a queue of waste thoughts is formed. You then have to spend a lot of time in finishing that queue. You are not able to overcome obstacles due to the main weakness of not being an embodiment of knowledge, that is, by not being stable in the stage of being knowledge-full. You are gyani (knowledgeable), but you are not an embodiment of knowledge.

6. The message of the spiritual Father for the spiritual children (souls) is: Always consider yourself to be a spirit (soul), forge a relationship with the spiritual Father, take spiritual power from Him and become a leader of your own mind. Then you will be able to become a political leader and be able to transform the feelings in the minds of others. The thoughts in your mind and the practical actions of the people will become the same.

Each and every political leader in the world is engaged in his task with the good wishes and pure feelings of making his country and the people of his country progress. However, even though their feelings are very elevated, there isn't as much practical proof as there should be. Why is this? It is because the feelings of the mind, feelings of service and the feelings of love in the people of today and also in many of the leaders have changed into selfish motives and jealousy. In order to finish that *foundation*, they have made many efforts with the power of matter, the power of science, the power of worldly knowledge and the power of the *authority* of

government. However, real power is *spiritual power* through which the feelings of the mind can easily be changed. They have less attention on that, and this is why the seed of changed feelings cannot finish. It is suppressed for a short while, but, according to the time, it shows itself in an even more intense form. This is why the message of the *spiritual* Father for the *spiritual* children (souls) is: Always consider yourself to be a *spirit* (soul), forge a relationship with the *spiritual* Father, take *spiritual* power from Him and become a leader of your own mind. Then you will be able to become a political leader and be able to transform the feelings in the minds of others. The thoughts in your mind and the *practical* actions of the people will become the same. With the cooperation of both, you will be able to experience the practical proof of success. Remember that only those who have a right to *rule the self* can be a constantly worthy soul to rule a kingdom and that selfsovereignty is the *birthright* given by your *spiritual* Father. With the power of this *birthright*, you will also experience the power of being constantly *righteous* and will remain successful.

X. POWER OF SILENCE

1. Silence and Science

The wonder is that *science* is showing its practical examples. In the same way, spread the experience of the *power of silence* in such a *practical* way that it emerges from everyone's lips: "*Science is science, but silence is beyond limits*", because neither religion nor *science* has the miracles of *silence* in a *practical* way. So you have to prove the task of *silence*. Those in the field of religion have to prove in a *practical* way that God is one and that His task is being carried out now. Their intellect should move away from everywhere else and become connected to One. Their intellect should become concentrated. Make such a *plan* that everyone's intellect doesn't think about anything but God. Look at *science*: it is making time and all things extremely subtle. So, give people the experience of how the power of *silence* makes everyone powerful.

2. Methods to imbibe Powers to Recognize in Advance to attain Success

Those who are master knowledge-full know everything in advance. Just as scientists are able to forecast calamities, such as storms, rain or earth tremors, with the help of their instruments, so can all of you master knowledge-full souls not know all this in advance with the power of your intellect? **Day by day, the more powerful your awareness is, that is, the more you make the eye of your awareness powerful and clear, the more you will realise in advance when any obstacles may come, that today you will have to take a paper in something. The more you know in advance, then because you are clever in advance, the more success you will attain in dealing with the obstacles.** When the government knows that today an enemy is about to come, then because they are prepared in advance, they can be victorious. But when you are attacked suddenly, you are not able to be victorious. Here, firstly because of being trikaladarshi (One who knows past, present and future), you experience the awareness of the past as though it was something that happened yesterday. Secondly, because of being knowledge-full, and thirdly, because the eye of the intellect is powerful and clear, you are able to catch things in advance. So, if you are paying attention to all these three things, or you have that stage, then, are you not able to recognise the obstacles that might come to you in advance? When you recognise

them in advance, you will never be defeated. You will always be victorious.

This is why you must even now try to know everything in advance. When it is about rain, the elements give you a warning in advance, and if you are knowledgeable, you can be protected from that obstacle of the elements. If you are not knowledgeable, then the many different things of the elements become the cause of sorrow or sickness. You then become subservient to it. What would be the reason for this? A lack of recognition and knowledge.

As you fill yourself with the power of remembrance, that is, the power of silence, you will know in advance that something is going to happen today. Day by day, the special maharathis who maintain attention and checking are having these experiences. If someone is going to have a fever, you can see the signs of this in advance. If you are knowledgeable in this, then you will definitely have the signs of any paper that is about to come. **If the power to recognise is powerful, then you can never be attacked.** A fortune-teller, with the knowledge of fortune-telling and astrology, is able to know about the calamities that are about to come. Compared to the knowledge you have, their knowledge is nothing. That is said to be insignificant. Since those who have insignificant knowledge are able to know in advance with the power of their knowledge, then with this most elevated knowledge, are you master knowledge-full souls not able to know?

The reason for not being able to know is that the eye of the intellect is not clear. What is the reason for it not being clear? You are not careful. Because of not being careful, you are not knowledge-full. Because of not being knowledge-full, you are not powerful. Because of not being powerful, you are not able to attain the victory that you should. So is it difficult to keep your eye clear? Firstly, keep the eye of your intellect clear and careful. Also imbibe with you the blessing of being knowledge-full in advance, through which you will never be defeated by Maya.

3. Send vibrations-current of virtues, good wishes and pure feelings through mind

Now pay this particular attention: I continue to serve through knowledge and words, and I have to continue to do that, I mustn't stop doing that, but through my thoughts and actions, I now have to spread those *vibrations* through the mind. Spread that current. *Vibrations* and a current can reach someone even while you are sitting at a distance. With your good wishes and pure feelings and by serving with your mind, you are able to give *vibrations* and a current to any soul. So, firstly, the vibrations of the power of your mind; a current through the powers and co-operation of virtues through actions. Give the donation of virtues to those who don't have knowledge. You yourself must become an embodiment of virtues and give the *gift* of virtues. Feed the sweet of virtues.

4. Unlimited mind: from one place, become instrument to serve many

Wherever you live you can serve many souls with your pure feelings, elevated wishes, elevated attitude and elevated *vibrations*. The method for this is to become a *light-and-might-house*. From one place, a *lighthouse* serves far far away. In the same way, from one place, you can become instruments to serve many. If you have accumulated so many treasures of the powers, you can do this easily. There is no *problem* of physical facilities, a *chance* or of time in this. You simply need to be full of *light* and *might*. The mind and intellect should always remain free

from waste thoughts. It should easily be an embodiment of the mantra "manmanabhav".

- 5. With the power of *silence*, the bitter bondage(illness) of karma, will be experienced as a line drawn on water. There won't be any feeling of being one who is suffering, but you will see that as a detached observer.**

The power of silence can enable your thoughts to reach other souls even faster than a *wireless*. The power of *science* is able to bring about transformation, growth, destruction, creation, upheaval and also give comfort. However, the special tool for the power of *silence* is pure thought. With the tool of thought, you are able to see the successful form of whatever you want. First of all, experiment with this on yourself. Experiment with any illness of the body. Then, with the power of silence, any form of karmic bondage will be experienced in the form of a sweet relationship. Bondage is always bitter, whereas a relationship is sweet. With the power of *silence*, this suffering of karma, the bitter bondage of karma, will be experienced as a line drawn on water. There won't be any feeling of being one who is suffering, of being one who is going through that suffering, but you will continue to see that scene of karmic accounts as a detached observer. It is because of the *double* illness - that of the body together with the weakness of the mind - that it becomes visible as a very severe form of suffering. However, experience *double* power by becoming totally detached and loving to the Father. Then, this *double* power will enable you to be victorious over the power of any karmic account. No matter how severe the illness is, there won't be any experience of pain or suffering. You refer to this in other words as experiencing a crucifix to be a thorn. Experiment in this way at such a *time* and see for yourself! Some children do do this. Continue to experience this with your body, mind and sanskars and continue to move forward. *Research* in this way. Don't look at one another and ask: "What is this one doing?" "What did this one do?" Don't look at whether the older ones are doing it or not, that the older ones are not doing it but the younger ones are doing it. Don't look at any of that. Go ahead in the experience of "I first" because this is a matter of your own internal effort. When you engage yourself in experimenting in this way by yourself and continue to move forward, then the combined power of silence of each one will create an impact on the world. Therefore, now, you should especially experiment with the power of silence. Experiment with it and demonstrate it to others. Reveal the centre (focal point) of the power of silence. Do you understand what you have to do?

- 6. The power of silence is very much greater than the power of words and the physical facilities of service. The means of the power of silence are pure thoughts, good wishes and the language of the eyes.**

Power of silence is the special weapon of the spiritual army. All of you are those who hold this weapon, but you are numberwise. The power of silence will make the whole world peaceful from peaceless. It will transform not only human souls, but it will also transform the elements of nature. The power of silence now has to be known and experienced in an even deeper way. The more powerful you become with this power, the more you will continue to experience the importance and greatness of the power of silence. At present, you are experiencing through the power of words and the power of the facilities of service, and through this experience, you are achieving success. However, the power of silence is very much greater than the power of words and the physical facilities of service. The means of the power of *silence* is also elevated. Just as you use pictures, *projectors* and *videos* as a means of service through words, in the same way, the means of the power of silence are pure thoughts, good wishes and the language of the eyes.

Just as you give the introduction of the Father and the creation through the language of words, in the same way, on the basis of the power of *silence* and with the language of the eyes you can give an experience of the Father. Just as you show images through the *projector*, in the same way, you can clearly show the sparkling image of yourself and the Father in the centre of your forehead. Just as, at present, you give people an experience of the pilgrimage of remembrance through words, in the same way, with the power of *silence*, your face will automatically give the experience of the different *stages* of remembrance. Those who have that experience will easily feel that, at that time, they are experiencing the seed *stage* or that they are experiencing the angelic stage, or they will automatically experience various virtues through your powerful *face*.

7. Your good wishes will easily make the most elevated feelings arise in others. You can easily carry out any physical task with the elevated method of the power of *silence*.

Just as through words you enable souls to have feelings of love and co-operation, in the same way, when you yourself have good wishes and are stable in the stage of love, then whatever your feelings are, you will enable those same feelings to arise in them. Your good wishes will ignite their feelings. Just as a lamp ignites a lamp, in the same way, your powerful good wishes will easily make the most elevated feelings arise in others. Just as you now carry out all the physical tasks through words, in the same way, you can just as easily carry out and enable others to carry out any physical task with the elevated method of the power of *silence*, that is, with the power of pure thoughts. Just as the facilities of the power of *science* are the *telephone* and *wireless*, in the same way, these pure thoughts will give you the experience of speaking directly, face to face, or like having a task carried out through the *telephone* or the *wireless*. These are the specialities of the power of *silence*. The power of *silence* is no less. However, because you use the power of words and physical facilities a lot more, you find that easy. You haven't yet experimented with the methods of the power of *silence* and this is why you haven't got that experience. You find the other way easy and this one difficult. However, according to the transformation of time, you will definitely have to use the methods of the power of *silence*.

8. Pure thoughts are more subtle than words and this is why the impact of the subtle will be powerful. Where words cannot make a task successful, the experience of mercy and love through the means of the power of *silence* - pure thoughts, good wishes and the language of the eyes - can accomplish a task.

Therefore, o elevated souls, bestowers of peace, gain experience of the power of *silence*. Just as by *practising* with words, you have become powerful in words, in the same way, continue to become more practised in the power of *silence*. As you progress further, you won't have time to serve through words or physical facilities. At such a time the methods of the power of *silence* will be necessary because that which is greatly powerful will also be extremely subtle. So, pure thoughts are more subtle than words and this is why the impact of the subtle will be powerful. Even now you are experienced in that where the power of words cannot carry out a task, you say: This one will not understand through words, he will only be transformed through pure feelings. Where words cannot make a task successful, the experience of mercy and love through the means of the power of *silence* - pure thoughts, good wishes and the language of the eyes - can accomplish a task. Even now, when someone who debates a lot comes, through words he would debate even more. Therefore, you make that one sit in remembrance and give him the experience of the power of *silence*, do you not? If he then experiences peace for even a *second*

through remembrance, he himself will *surrender* his debating intellect in front of the experience of *silence*. So, continue to increase the experience of the power of silence. As yet, there is very little experience of this power of *silence*. The *majority* of you have only experienced as little as a drop of the sweetness of the power of *silence*.

9. In the midst of the activities, find time in between in which you can experience being in solitude. To stabilise your mind and intellect in a *powerful* stage is to be in solitude.

For this, there is a need to become introverted and to stay in solitude. It is easy to come into extroversion. However, according to the time now, a lot of practice of being introverted is required. Some children say that they don't have time to be in solitude, that they don't have time to experience the stage of introversion, because the activities of service and of the power of words have increased a lot. However, there is no need to find half an hour or an hour at a time for this. While in the midst of the activities of service, you can find that much time in between in which you can experience being in solitude. To be in solitude means to stabilise yourself in any one powerful stage. You can become stable in the seed stage, become stable in the stage of a *lighthouse* or a *might-house*, that is, you can become stable in the stage of being one who gives *light* and *might* to the world. Through the angelic stage, give others the experience of the avyakt stage. If you concentrate on this stage for even one *second* or one *minute*, then having this stage for even one minute can give you and others a lot of benefit. You just need to *practise* this. So, by keeping the aim of having the practice of being introverted and in solitude, with that deep love from your heart, find time to do this from time to time. Those who know the importance of this will automatically find time. If there isn't that importance given to it, you won't find that time. To stabilise your mind and intellect in a *powerful* stage is to be in solitude.

10. With the power of *silence*, you can make those with a violent attitude non-violent. Your mind needs to have a concentrated and powerful attitude.

While having all facilities of service, there will be a need to serve through the power of *silence* because the power of *silence* is a power that gives an experience. Mostly, with the power of words, the arrow only hits as far as the head, whereas the arrow of experience reaches the heart. So, according to the time, there will be the cry: Give us an experience for just a *second*. Those who are tired of listening and speaking will come. With the methods of the power of *silence*, you will be able to take them beyond with a glance. With your pure thoughts, you will be able to end the waste thoughts of souls. With your pure feelings, you will enable their feelings of love for the Father to emerge. Only when you make those souls content with the power of silence will they sing praise in front of you souls who are the living bestowers of peace, "O bestower of peace, o bestower of peace." With the power of *silence*, you can make those with a violent attitude non-violent. You saw at the time of the beginning of establishment how those who had a violent attitude were transformed in front of the spiritual power of silence. So, it is the power of silence that will quieten those with a violent attitude. They are just not ready to listen to words. When a wave of heat or cold is able to spread everywhere with the power of nature, then can the waves of silence not be spread everywhere by the lords of nature? Instruments of *science* can transform a very hot atmosphere into a cool atmosphere. So, can spiritual power not transform souls? Everyone should feel the *vibrations* of someone with a treasure-store of peace giving them rays of peace. Your mind needs to have a concentrated and powerful attitude. The more powerful a *lighthouse* is, the further it can send its *light*. So, this is the time to experiment with

this power. Do you understand? Achcha.

XI. DEALING WITH FEAR

1. Remove Fear with a Clean and Honest heart to give Cooperation of Peace and Mercy

Courage is very essential. When you have courage in any task, then, understand that you will have success. When you lack courage, then you will lack success. Therefore, have courage and be fearless. **Don't be fearful of what is happening. Someone is dying and you are becoming afraid! Remain fearless! It is good to give them the co-operation of peace. Give that soul co-operation with feelings of mercy. Don't become afraid! Fear is the greatest evil spirit of all.** Other evil spirits can be removed, but it is very difficult to remove the evil spirit of fear. There can be fear of anything, not only fear of dying; there can be fear of many things. The easy way to become fearless for all the many different types of fear, even the fear of your own weakness is constantly to have a clean and honest heart. Then, there will never be any fear. There is definitely something merged in your heart and that causes fear. When you have a clean heart and an honest heart, then the Lord is pleased and everyone else is pleased.

2. Detached observer by paying attention over the self with good wishes for others

Those who constantly observe every scene as a detached observer will not fluctuate on seeing the scenes of victory or defeat; they will be constantly stable. If you remember the world entertaining drama, you remain stable; if you forget the drama, you fluctuate. If you only remember the drama sometimes, you will only rule the kingdom (of self) sometimes. If it is only sometimes that you remain a detached observer, you will only sometimes be a companion in heaven (happiness). You are full of knowledge, are you not? You know everything. However, although you know everything, the reason why you are not stable in the stage of a detached observer is that you are careless about paying attention. Instead of having thoughts of the original self, you put those thoughts aside and become involved in wasteful matters. Those who do not maintain thoughts of the original self cannot remain detached observers. What is the basis of no longer thinking about others? If you constantly have good wishes for every soul, you will never become busy in thinking of others. By constantly having pure thoughts and good wishes for others, you will be able to remain a detached observer. To be a detached observer means to be a companion at this time and also in the future.

XII. ANTIDOTE TO WORRY

1. Faith in the Intellect means to remain carefree of worries but stabilized in self, become loving, detached and unique like a lotus flower

Do you constantly experience yourself to be a soul with faith in the intellect and one who is carefree? Those who have faith in the intellect will be carefree; they will not have any type of unnecessary thoughts or worries. They would not have questions such as, "What happened?"

Why did it happen?" These are wasteful thoughts. Those who have faith in the intellect are carefree; they do not have any waste thoughts. They constantly maintain thoughts of the original self. By being stable in their original stage, they gain victory over adverse situations. Why do you accept the adverse situations that have come from somewhere else? Move away from the adverse situations and you will be able to maintain thoughts of the original self. Those who are stable in thoughts of the original self are constantly merged in the Ocean of Happiness. Are you merged in the Ocean of Happiness? Since the Father is the Ocean of Happiness, the children are master oceans of happiness. Do you experience waves of sorrow in your thoughts or are you constantly happy? The masters of the Ocean of Happiness cannot experience any kind of sorrow. If you experience sorrow, then you are master oceans of sorrow. Ravan comes to such souls through the eyes, ears and mouth. Ravan cannot come to those who are almighty authorities. **The Father's (Divine's) remembrance is the greatest protection of all.** Those who are never defeated by Maya or by any obstacles are constantly seen to be completely loving, detached and unique in this world. Do you constantly stay like a lotus or do you get affected by drops of mud? To be influenced by the waves of the world is to be affected by drops of mud.

2. When you accept sorrow, you accumulate rubbish (germs of sin)

Why do you accumulate rubbish? When you accept sorrow, you accumulate rubbish. What accumulates in rubbish? Germs in the form of traces of sin. You don't commit big sins. Now a trace of sin remains. However, there shouldn't be even a trace. One slogan has become firm for everyone. "We didn't want it to happen, but it happened." If you didn't want it to happen, who else wanted it to happen so that it happened? Is there any other soul? "It should not happen but it happens." Who is saying this? Is some other soul saying this, or are you saying it? You will not prove your tapasya through these things. That which should not happen, that which should not be done, for it not to happen and not be done is the sign of a charitable soul. Have the thought "Throughout the day, through my thoughts, through my words and through my actions, I will be a charitable soul and perform charity". You were just told about the sign of charity: The instant fruit of charity is that blessings are received from every soul and charity is accumulated in every thought, blessings are accumulated through your words. And through your relationships and connections, thanks from everyone's heart should emerge for your co-operation. This is called tapasya. Such tapasya will become the basis for world transformation. You will receive a prize with such a result.

3. Since the eternal form of the soul is of happiness, how could there be sorrow? When you move away from your eternal form, you experience sorrow

Those who are victorious don't experience waves of sorrow. Sorrow is experienced when there is defeat. Victorious jewels constantly remain happy and cheerful. You shouldn't witness a scene of sorrow even in your dreams; there shouldn't be any feeling of sorrow. Even in dreams one can experience sorrow. There is sorrow when you have certain dreams, isn't there? When your dreams are filled with happiness, then you would definitely be an embodiment of happiness in the corporeal form. In singing praise of your virtues, would you say, "an embodiment of happiness" or "an embodiment of sorrow"? Since the eternal form of the soul is of happiness, how could there be sorrow? When you move away from your eternal form, you experience sorrow. So, do you feel that you have put aside sorrow? Even whilst listening to the sorrows of others, you should not experience any sorrow because you know that this is the world of sorrow.

For you, the world of sorrow is over. For you, this is the beneficial age of the stage of ascent. Even in your thoughts, you have raised your anchor and left the world of sorrow behind. If you are pulled towards relatives who cause sorrow or stressful situations for you, then you should understand that there are still subtle strings of sorrow. Have all the subtle strings broken or are there still some left? Being pulled by these is the sign or recognition of the strings. If strings are tying you down, then you cannot move ahead. If you have not yet left the shores of the world of sorrow behind, then you are not part of the confluence age. You are in between the iron and confluence ages. You are neither here nor there; so what would be your state then? Sometimes here and sometimes there. You would not experience your intellect to be stabilised in one place. Do you like wandering? Since you do not like it, then stop it! Constantly be stable in your form of happiness. When you speak, speak words of happiness; think of matters of happiness and see the soul, the embodiment of happiness. If you look at the body, consider it to comprise of vice-filled matter. This is why you should see the soul, the embodiment of happiness. You need to have such a practice. The golden-aged deities are not aware of the word, "sorrow". If you were to ask them something of this, they would say, "Is there such a thing as sorrow?" You have to develop these sanskars at this time. Create such sanskars that you no longer have any knowledge of the word, "sorrow". As you have attainment, there is no effort required.

4. Consider yourself to be a trustee of your body, wealth and household to conquer attachment free from “I” and “Mine.” The consciousness of, “my husband, my wife, my home, my children, my shop, my office”, makes something easy into something difficult.

Whilst performing every act, do you consider yourself to be a trustee of your body, wealth and household? What is the speciality of a trustee? A trustee is a conqueror of attachment. Why does a trustee not have attachment to anyone? There isn't the consciousness of "mine". There is no attachment to anything of "mine". There is no consciousness of "mine" for the facilities you have received, for your household or for the relations you have for the sake of service. If you serve everyone whilst using all the facilities considering them to be things entrusted to you by BapDada (Divine), then you can easily become a trustee. To be a trustee means the consciousness of "mine" has ended and only the words "Baba, Baba"(awareness of egoless divine virtues) emerge from your lips. Do you have such a stage? Or, do you have the consciousness of "mine" for the facilities that you use for service? Where there is the consciousness of "mine" there is body consciousness. If you are the trustee of your body, you cannot be body conscious. What was the first promise you made when you took spiritual birth? "Whatever is mine also belongs to the Father (Divine)". So, you died alive, did you not? So how can there be the consciousness of "mine"? You can never take back anything that you have given away. So what is the easy method to constantly remain soul conscious, that is, of constantly being a conqueror of attachment? "I am a trustee". In the memorial of the previous kalpa, when did Arjuna find something to be difficult? When he had the consciousness of "mine". When the consciousness of "I" ends, you become a conqueror of attachment, that is, an embodiment of remembrance. The consciousness of, "my husband, my wife, my home, my children, my shop, my office", makes something easy into something difficult. The way to an easy path is to be a conqueror of attachment, that is, to become a trustee. Make yourself and everyone else an easy yogi with this awareness.

XIII. MANAGING ILLNESS

1. Remain free from Illness and obstacles even in dreams by zeal and enthusiasm

Where there is zeal and enthusiasm, there is definitely success. It has been seen that, specially in all the rallies, there was very good zeal and enthusiasm. **Because of your zeal and enthusiasm, you remained free from any illness and also remained free from obstacles. Now, just as you remained free from obstacles during the rally, in the same way, in this spiritual life, always remain carefree, free from negative thoughts and free from waste thoughts.** Be completely free from obstacles even in your dreams. Words and actions are something big, but to remain free from obstacles even in your dreams!

2. Feeling of being ill makes you illness conscious or medicine conscious instead of soul conscious

Everyone's body is old anyway, whether they are young or old. In fact, the younger ones are sometimes weaker than the old ones. Even if their illness is serious, the feeling of being ill or the thought "I am weak, I am ill", increases the illness. Because the body affects the mind, you therefore become doubly ill; the body and the mind. Because of being doubly ill, instead of being soul conscious, again and again you become illness conscious. With the body, whether you call them ill or call it their accounts - the majority are settling their accounts - 50% are doubly ill and 50% are ill in a single way. But what should happen? **You must never bring any thoughts of illness into your mind, thinking, "I am ill, I am ill". What happens then? You make this lesson firm, "I am ill". Then, sometimes, although you are not ill, you have pain in your back. The majority has this: pain in their leg or pain in their back. Then, sometimes, there isn't any pain, but, because of not having happiness in their mind, they make excuses, "I have a back-ache". How can you check this? Do the doctors have any thermometer which can check whether there truly is back-ache or not? Has anything like this been invented? Get an X-ray, do this, etc. This incurs further expense. Many servers like this were seen. All of you are servers. Do not think that this only applies to the teachers; no. All of you householders are also servers, are you not? Or, are only those who are living at the centres servers? All of you living in the household; are you servers? Are the mothers servers?**

According to the time nowadays, do not think that it is a big thing to take medicine. Because, at the present time, the most powerful fruit of the iron age is medicine. Look, they are all so colourful. This is the last fruit of the iron age which you should eat with love. When you eat medicine, it doesn't have to remind you of the illness. If you eat your medicine under compulsion, then compulsive medicine will remind you of your illness, whereas **if you eat it with the consciousness of taking it to put strength into your body, then the medicine will not remind you of your illness.** If you think that it will give happiness, then through that medicine, you will be all right in two or three days. Nowadays, there are many new fashions. In the iron age, the maximum inventions are of medicine and different therapies. Today, there is this therapy and tomorrow, there will be that therapy, and so this is the most powerful fruit of the iron age. Therefore, don't be afraid. However, do not take medicine whilst being medicine conscious or illness conscious. So, of course, there will be illness of the body; that is nothing new. Therefore, **do not ever be afraid of any illness. When it comes, give it some fruit and then bid it farewell.**

3. Power of stability (Concentration): You can even cure yourself with the power of stability. You can make many diseased souls completely free from disease.

You have had the experience of moving along with the waves; now you have to go to the bottom of the ocean. Invaluable treasures are found at the bottom. By making this aspect firm, you will easily be able to step away from everything else. This is known as having thoughts of the original self, self-realisation and powerful service. This is the stage of a light-and-might-house. Then, you will have to donate through your drishti. This is the stage of taking someone beyond with just a glance. The power of stability can show you many wonders. Those with occult power attain their power with the power of stability. You can even cure yourself with the power of stability. You can make many diseased souls completely free from disease. You can have many unique experiences through this power. To stop something moving is the result of the power of stability. When something stops when you say, "Stop!", then the drums of victory of your being the bestowers of blessings will beat. Therefore, you have to increase this power. Whatever time you have, two minutes, five minutes, just experience the power of stability. By accumulating a little at a time, you will accumulate a lot, and then the revelation of the Almighty Authority will take place through the Shaktis. The perfection of the Shaktis will work like a mirror for the blind. Achcha.

4. To the extent that someone active, to that extent he remains safe from Maya and from physical illness

You make physical effort, but you receive everything else ready-made. Those who don't do physical effort are made to do physical exercises. You are lucky that you don't have to do any exercises. Your hands and feet are constantly working. To the extent that someone works hard, to that extent he remains safe from Maya and from physical illness. The intellect remains busy, it does not continue to work unnecessarily. Those who constantly remain very busy are very lucky. Therefore, you must never keep yourselves free thinking "I have now been doing this for a long time, now let me free myself." To remain busy is a sign of being fortunate. You are fortunate, are you not? Constantly keep yourself busy.

5. When the mind is healthy, the sickness of the body (pain of the soul) becomes a thorn from a crucifix

Those who are always healthy in their mind: that is, if your mind is happy, your sickness of the body also becomes a thorn from a crucifix. It may be called an operation, but you would constantly remain happy. You will not cry out or be in distress, but instead would be saying, "Wah, wah! Wah, drama, wah!" Others will be crying out in distress, whereas you would be saying "Wah, wah". Even if the soul is in pain, the mind would be saying, "Wah, drama, wah!" because you have the knowledge that as soon as you settle your accounts, you remove the burden.

6. Soul becomes light, powerful, loving and free from disease being a detached observer

Do you look at your body considering yourself to be a powerful soul? By remaining stabilised in the stage of a detached observer, you receive power. When someone is weak, he is given

glucose to give him strength. So when you consider yourself to be a bodiless soul, detached from the body, this stage of being a detached observer does the task of giving strength to the soul. For the length of time you have the stage of being a detached observer, for that time, you also remember Baba (Connect with the Divine), the Companion, that is, Baba remains with you. So you have Baba's company and you are also a detached observer. One is the stage of being a detached observer and the other is the nourishment of the happiness of being Baba's companion. So what will you then become? Free from all disease. You will be the form of power, loving and detached. At the moment, are you stabilised in the stage of being loving and detached? This stage is as powerful as the radiation rays that doctors use to kill germs. So this stage is also so powerful that within a second you are able to destroy the germs of many sins. Once the sins have been destroyed, you will experience yourself to be light and powerful. Constantly consider your household to be the field of service. Do you consider yourself to be extremely loved by BapDada (Divine)? Why? What speciality have you got that you are extremely loved? You belong to one Baba(Divine) and none other. Those who remain lost in the love of the One are extremely loved by Baba.

7. Blessings and Medicine makes big illness like crucifix into something small like a thorn.

For a fortnight, the dispensary used to remain closed. Even asthma patients used to have millet chapattis and lassi (yoghurt and water mix). However, they didn't fall ill; everyone became healthy. Otherwise, just think about it; if you asked an asthma patient to drink lassi, that patient would be afraid to drink it. However, when the medicine of blessings is mixed with it, it becomes a form of enjoyment. It doesn't feel like a test; it doesn't feel difficult. Then, it didn't feel like renunciation, but an *excursion*. When the time comes, you will experience being the form of success of your spiritual endeavour, being beyond all of these facilities. You are also the spiritual military, are you not? You also have to play the *part* of that *military*. Now, this is a loving family, it is a home. You are experiencing this, are you not? However, when the time comes, you will have to be the spiritual army and overcome with that love whatever situations come. This too is a speciality of the *military*.

All of you have everyone's blessings and medicine too. This is why even a big illness becomes something small. It shows its form, but it cannot attack you. It shows the form of changing from a crucifix to a thorn. However, you always have the Father's hand and His company. At every step and in every word, you continue to receive blessings and medicine from the Father. Therefore, remain carefree.

XIV. KARMA

- 1. The way to settle all the old debts is to keep your intellect constantly clear. Any type of burden changes the yoga of the intellect into the suffering of karmic accounts. The lighter you keep your intellect, the power of yoga and the power of the intellect will easily enable you to achieve success by right decisions.**

Whilst moving along, sometimes, the karmic accounts of the past come in front of some children in the form of a test paper, whether it is in the form of illness of the body, wasteful storms of the mind or in the form of relationships and connections. Sometimes, instead of receiving cooperation from those who are closely cooperative, there is sometimes a slight conflict. However, all of those old accounts and old debts are being settled. Therefore, instead of getting involved with upheaval, if you make your intellect powerful, then with the power of the intellect, instead of experiencing those old debts as debts, you will always experience them to be responsible for enabling you to always pass. What happens is that because of not having the power of the intellect, you experience the debt as a burden. And because of having a burden, you are unable to take the right decision with the intellect that you should. Then, because of not taking the right decision, the burden brings you down even lower. You cannot then go to the height of success, and, this is why, instead of the debt being settled, in some cases it continues to increase even more. Therefore, the way to settle all the old debts is to keep your intellect constantly *clear*. Do not keep any burden in your intellect. The lighter you keep your intellect, the more the power of the intellect will easily enable you to achieve success. Therefore, do not be afraid. Finish the waste thoughts that create a burden such as, "Why did it happen? What happened? Perhaps it is like this...", and keep the *line* of your intellect *clear*. Keep it *light*. Then, with your courage and the Father's help, you will continue to experience success. Do you understand? Instead of being *double light*, you take on a *double* burden. Will the *double* burden of the accounts of the past and waste thoughts take you up or bring you down? This is why BapDada is especially drawing the *attention* of all of you children: Always continue to settle the burden of the intellect. Any type of burden changes the yoga of the intellect into the suffering of karmic accounts. Therefore, always keep your intellect light. So, the power of yoga and the power of the intellect will finish any type of suffering.

2. Fortune of body: Being beyond the suffering of bodily karmic accounts keeping the intellect free from the thought of illness: Health conscious to soul conscious: Transforming suffering of karma into karma yoga.

The fortune of the body is that the karmic accounts of the body will never be experienced as an obstacle in having attainment or an obstacle on the path of effort. It never divorces those souls from service-actions. Such fortunate souls still become instruments for service in one way or another at the time of the suffering of karma. They will overcome the suffering of karma, they will not be cry out and by being under any influence of the suffering of karma. To cry out does not mean to cry with tears, but to speak about the suffering again and again. Or, it means to engage the self in that suffering, that is, the intellect remains engaged in thinking about it all the time. This is known as being distressed and making a small matter large by expanding it. To overcome the suffering means to finish a large matter with the essence of knowledge. Always remember the one Father (Divine). In a yogi life, whether it is a small suffering of karma or a large one, do not speak about it. Do not speak about the story of your suffering. Because by speaking about it, time and power are used in that direction; you then become health conscious and do not become soul conscious. This state of health consciousness gradually takes spiritual power away from the soul and makes it nervous. Therefore, do not speak about it too much. The

life of a yogi is one that changes the suffering of karma into karma yoga. This is the sign of fortune of the body.

XV. MEDITATION

1. It is only with meditation that you can finish the distress and tension of the mind.

Whilst watching the game, don't allow your stage to fluctuate. External situations should not influence the original stage of master almighty souls. Instead, become instruments to liberate souls from the distress in their mind because it is only with *meditation* that you can finish the distress of the mind. *Doctors* will do their work, *scientists* will do their work, and the *Government* will do its work. Your duty is to finish the distress and *tension* of the mind. Give the donation of a *tension-free* life! Give co-operation! At present, this land and lands abroad are all co-operating and giving their co-operation, are they not? They are doing very good work. This shows that whatever land it is or whoever it is, they all have love for the land of Bharat. They are all doing what they have to do, and you are continuing with your work. When there is a fire, firemen are not afraid, but they put out the fire. All of you are those who put out the fire of the distress of the mind.

2. Constantly maintain a (1) balance of self awareness and action, being entertaining and serious, take divine (2) blessings during early morning hours and lead a (3) blissful life

However, in order to constantly stay away from these three things (attachment, tension and weak nature), remember three other things. Constantly maintain a *balance* in your life. Let there be a *balance* in everything. The balance of remembrance and service. Selfrespect finishes arrogance. Remain stable in your selfrespect. Let all these things remain in your awareness. Not too entertaining, not too serious. Let there be a *balance*. Be entertaining when you have to be entertaining and be serious when there is a need to be serious. So, first is *balance*. Secondly, always claim special blessings from the Father(Divine) at amrit vela (early morning hours meditation). Every day at amrit vela, BapDada(Divine) opens His apron of *blessings* for you children. You can take as much as you want from that. So, *balance*, *blessings*, and thirdly, a *blissful life*. By having these three things in your awareness, the three things (attachment, tension and weak nature) you have to pay attention to will automatically end.

3. Importance of Early morning hours meditation (Amritvela) is to receive sustenance by the Divine for the whole day making every action easy

During Early morning hours meditation, Divine especially brings the speciality, the service and virtues of every soul in front of Him. And what does He do? He makes the speciality, virtues and service of every child imperishable by giving them a special blessing. This is why that time is especially kept for you children. That is the special sustenance of amrit vela. BapDada (Divine) gives each one the sustenance of the blessing of love and cooperation. Do you understand what He does and what you do? Divine is the Bestower of Happiness and the Bestower of Peace. This is what you say, is it not? And the Father(Divine) gives you sustenance. Just as parents get their

children ready in the morning, they freshen them up and say: Now, go and eat, drink and study all day long, so BapDada (Divine) also gives this sustenance at amrit vela, that is, He fills you with power for the whole day. This is the time for special sustenance. This is the time for extra blessings and sustenance. The apron of blessings opens at amrit vela. Any of you can take as many blessings as you want with an honest heart, not with selfish motives. When it is with selfish motives, you would say: Give me this! What does BapDada(Divine) do when you ask with selfish motives? He gives you just that much power to fulfil your intentions. However, as soon as your intention is fulfilled, everything is finished. Nevertheless you are His children and so He will not say no. Therefore, constantly continue to be sustained with blessings. Continue to move along, continue to fly. For this, to the extent that you make amrit vela powerful, to that extent the whole day will be easy.

4. Meditation - Spirituality and Blessings as Medicine for all illnesses

There is the practical connection of *meditation* with the *heart*, and Mount Abu Open Heart Trial on Coronary Artery Disease (CAD) is the *proof* of how problems of the *heart* can be cured with *meditation*. The sound has spread here and there that this is possible through *meditation*. You should now increase this more. You should increase this a lot more but, nevertheless, you have the *practical* form, do you not? Now, make a *plan*, make such a plan, give the *practical* proof, so that it spreads everywhere that everything is possible through *meditation*. Everyone's *attention* should be drawn towards *meditation*, it should be towards spirituality. Do you understand? So, make such a *plan*. You can do something further for other illnesses. If they come and try this a little, it will then spread. Reveal that blessings too can do anything.

5. An easy yogi should be victorious over the facilities, that is, over matter. If you maintain the pride of being an embodiment of success, then no one, (not even food) can cause you distress.

The stage of yoga means to have a detached stage while experimenting. The spiritual endeavour of an easy yogi should be victorious over the facilities, that is, over matter. It should not be that you are able to make do without one, but are not able to continue without the other and that is why your stage fluctuates. That would not be called a detached life. Attain such success that, through your success, even unattained things give you the experience of attainment. At the beginning of establishment, in order to test whether they were attracted to things or not, *programmes* were purposely made to test them on this. For instance, for fifteen days they were given just barley chapattis and buttermilk to eat. They had to *try* this out when wheat was available. No matter how ill some were, they had to eat just this for fifteen days. No one fell ill (because of this). Those who were asthma patients became well. They had the intoxication that BapDada(Divine) had given that *programme*. On the path of devotion, it is said that poison turned into nectar, but this was buttermilk. Faith and intoxication make you victorious in every situation. Such test *papers* will also come; you will have just dry chapattis to eat. At present, you have all facilities. You might say: Your teeth are not strong enough, you are unable to digest it. What will you do at that time? When you have faith, intoxication and power from the success of yoga, even dry chapattis will work like soft chapattis, and you won't be distressed. If you maintain the pride of being an embodiment of success, then no one can cause you distress. When lions become like cats in front of hatha yogis and snakes become like toys, then none of these things are a big thing in front of you easy Raj Yogi souls who are embodiments of success. If you have the facility, *use* it comfortably, but *check* that you are not deceived at that time (when

the time comes). The situation should not bring you down from your stage. It is easy to become detached from the relationships of the body, but you have to pay *attention* very well to being detached from the things of the body.

6. Early to bed early to rise

You are making it very well. It is all okay. But do not stay awake at night and then say that you have become tired. Do not do this. Your time should be fixed, because many think that if they stay awake at night to do their work, the work carried out will be good. However, the intellect gets tired and then because *amrit vela* is not powerful, the work that should be carried which should be double is only single. This is why there should be a limit to time also. Nowadays, when it is the time of an examination for children, they are made to go to sleep before midnight. If they have greater interest they go to sleep at midnight at the latest. However, you should go to sleep even earlier than this, and then in the morning, study with a fresh intellect. This is why you should not stay awake late at night for a month or fifteen days. There should be a limit. Even if it is a very essential task, the latest you should carry on with it is 11 o'clock; no longer than this. You should not sleep the following day, you should sleep on the same day. It is good to see the enthusiasm of the children, but even then, you have to put a limit so that the intellect is constantly fresh and you can finish the work of two hours in one hour with a fresh intellect.

7. Meditation and Medicine should go together but by Meditation the name and trace of the illness finishes. Meditation is the medicine for a tension-free life. The basis for any invention is concentration with your thought power.

The work doctors are doing to remove someone's pain and suffering is good. The work they are doing is good, but they aren't removing their pain for all time. When patients take their medicine, their illness is cured. However, when they stop taking their medicine, that illness may come back. Therefore, give them such medicine that no name or trace of that illness remains. That is *meditation*. Even so, all of the doctors, nurses who work at the hospital are definitely needed. Doctors are all useful. As the time becomes more and more delicate, patient's illnesses will also increase. Therefore, very good doctors are also needed. Doctors are very good in the *medical* work, but do they have *balance* of *medicine* and *meditation*? a good *balance* of *meditation* and *medicine*. There is *tension* from the elements, *tension* in the family and *tension* in their minds. Meditation is the medicine for a *tension-free life*. It is good that when there is an easy method to make everything all right there is double the benefit. There is medicine and also *meditation*. Therefore, you have a double account. You are settling one and building up the other. This benefit is very good. This is also very good *research*. If they become all right just like that, then that is very good. When anyone researches anything, what is that? They are inventing things using their thought power. The basis for any invention is concentration with your thought power. This is why you have been given a very good chance to do this. Here, your illness decreases and your meditation increases.

XVI. SERVE

- 1. You are those who give everyone a drop of peace and happiness by constantly having pure and positive thoughts for others, and serving through your mind with good wishes and pure feelings.**

At present, the *majority* of souls in the world have especially worry and fear in them. However, to the extent that they worry, to that extent you have positive thoughts for them. You have changed worry into being an embodiment of having pure and positive thoughts for them. Instead of being fearful, you are singing songs of happiness. You are experiencing this much transformation, are you not? You are those who give everyone a drop of peace and happiness by constantly having pure and positive thoughts for others, and serving through your mind with good wishes and pure feelings. You are those who become immortal images and give souls who have experienced untimely death the cooperation of peace and power, because, at present, it is the *season* of untimely death. Just as there are sudden hurricanes and storms, in the same way, the storms of death take many with them suddenly and very quickly. The storms of untimely death have only just begun. Especially in Bharat, it is *civil war* and natural calamities that become instruments for transformation every cycle. The form of transformation abroad is different. However, in Bharat, it is these two things especially that are instrumental, and you are seeing rehearsals of both these things. Both are playing their part at the same time.

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