

*Madhuban Newsletter – April 2021*

*(Special inspirations to observe every scene of the drama as a detached observer and to make your stage unshakeable and immovable.)*

*Sweet letter of remembrance 15-3-2021)*

Innocent Lord Shiva, and our Beloved Father's deeply loving instrument teachers and all Baba's invaluable jewels in this land and abroad, all brothers and sisters who are the decoration of the Brahmin clan, please accept Godly love-filled sweet remembrance.

This time, the 85<sup>th</sup> Trimurti Shiv Jayanti has come with a completely new scene in the history of the yagya, and all of you witnessed it. Generally, very good service programmes were taking place with a lot of zeal and enthusiasm in all places. At all places, many different types of service was taking place to give the message of the incarnation of our Father, Shiva, the Innocent Lord. Everyone hoisted the flag in Shiv Baba's remembrance, but because Dadi Gulzarji suddenly became avyakt, it was that wave that spread everywhere. Some main brothers and sisters reached Shantivan to bid the final farewell to Dadiji. On 13<sup>th</sup> March, everyone gave a very emotional tribute to Dadiji and bid her a final farewell. All of you must have watched that scene through the facilities provided by science. That is also a destiny of the drama that all our three senior Dadis have become avyakt and now have become residents of the subtle region for Baba's unlimited service.

Now, we will continue to see and experience how our sweet Baba wants to carry out the unlimited service for world benefit. Now, special bhog will be offered to Dadiji for 13 days. After that, the first anniversary of our sweet Dadi Jankiji is also coming. For Dadi Jankiji to leave us in the middle of lockdown on 27<sup>th</sup> March 2020, was also a new lesson for the whole Brahmin family. There will be bhog offering programme for Dadiji at all places.

Now, we are coming close to the completion of the avyakt season of meeting our sweet Baba on-line. Now, the last turn of the Tamil Nadu zone will take place. Then, powerful yoga bhatthi programmes will take place in all three complexes. Baba is giving all of us children this golden chance to make us all complete and perfect. This year, we all have to do special tapasya, and points for that are being sent to you. While seeing every scene of the drama as a completely detached observer, with your unshakeable and immovable stage, we have to give a return of the sustenance received from our beloved BapDada. Now, with our highest activities and happy face, we have to do the service of revealing the Father. Whatever work of the establishment still remains, all of us together have to complete it.

Now, leave all the limited shores, have an attitude of unlimited disinterest and have special tapasya. This attitude of disinterest is the basis of transformation. Baba has taught us the lesson of world transformation through self-transformation from the beginning. So, definitely, while having pure and positive thoughts for the self, with pure thoughts for everyone, with good wishes and pure feelings, we will accomplish the elevated task of benefit for the self and benefit the world. Achcha.

Lots of love and remembrance to all.

In Godly service,  
B.K. Ratanmohini

## Homework for a Tapaswi life - April 2021

### 1 to 15 April - Increase the practice of the bodiless stage.

- 1) To be bodiless means to go beyond sound. When you are in a body, there is sound and when you go beyond the body, there is silence. Come into thoughts for service in a second and stabilize yourself in the stage of being beyond thoughts in a second. For any task, come into the awareness of the body and then become bodiless in a second. When this drill becomes firm, you will be able to face all adverse situations.
- 2) Just as BapDada is bodiless and comes into the body, in the same way, children also have to be bodiless and then come into bodies. Become stable in the avyakt stage and then come into the corporeal. Just as everyone experiences shedding a body and taking a body, similarly, renounce the consciousness of the body and become bodiless whenever you want and take the support of the body and perform actions whenever you want. Have the experience that it is as if that physical costume is completely separate from the one the soul who has adopted the costume.
- 3) Generally, it is easy to become bodiless, but, whenever there is a situation in front of you, when there is some complication in service, when there are situations that cause fluctuation, then, at that time, just think and become bodiless. You need to practise this over a long period of time. When your thinking and doing happens simultaneously, you will then be able to pass the final paper.
- 4) You will be able to become detached from your costume in a second when there is no tightness of any sanskars. For instance, when something clings, it is difficult to separate it. When it is loose, it is easily separated. Similarly, if there isn't easiness in your sanskars, you will not be able to experience bodilessness. Therefore, remain easy and alert.
- 5) When someone is weak, he is given glucose to make him strong. Similarly, when you consider yourself to be a soul, a bodiless being, this stage of being a detached observer will do the work of making you strong. For the duration of the time that you remain a detached observer, you are able to remember the Father, your Companion, that is, you have His company.
- 6) Practise forgetting the body and the bodily world and become a bodiless resident of the supreme abode. From being a resident of the supreme abode, stabilize yourself in the subtle stage; then come into sound for service. While doing service, remain aware of your form. Focus your intellect wherever you want in less than a second and you will pass with honours.
- 7) Just as you turn a switch on or off in a second, similarly, take the support of the body in a second and stabilize yourself in the stage of being beyond the body in a second. Come into the body one moment and become bodiless, the next. When there is a need, adopt the costume of the body and when there is no need, become separate from the body. Practise this; this is called the karmateet stage.
- 8) When BapDada gives a direction to leave the home of your body, to renounce the stage of body consciousness and become soul conscious and go beyond this world to your sweet home, are you able to do this? You will not let this time pass by in battling on the battlefield, will you? While becoming bodiless, if you spend your time in battling, then what marks would you get or what division would you come in, in the final paper?
- 9) Hatha yogis are able to stop breathing for as long as they want. So, you easy yogis, natural yogis, constant yogis, karma yogis and elevated yogis should be able to stabilize your thoughts and breath for as long as you want, on the basis of the knowledge of the Father who is the Lord of Life. Play with your pure thoughts one moment, and stabilize yourself in the love for One the next moment. That is, stabilize yourself in the pure thought of meeting the Father and of becoming bodiless.
- 10) Now, collectively, practise stabilizing in one pure thought, that is, in making your stage constant and stable, for only then will the name of the Shakti Army be glorified in the world. Take the support of the body when you want and renounce the support of the body when you want and become stable in the bodiless stage. Just as you adopted the body, similarly, become detached from the body: this experience is the basis of claiming the first number in the final paper.
- 11) In order to experience the bodiless stage, do not have any attachment, even in your subtle thoughts – neither in your relationships, nor in your connections, or even to your own specialities. If you have any attachment to even your own specialities, then that attachment will bind you in bondage and will not allow you to become bodiless.

- 12) To the extent that you remain stable in an avyakt light form, accordingly, because of having the practice of being beyond the body, if you become bodiless for even for two to four minutes, then that is like taking a rest for four hours. Such a time will come when, instead of going to sleep, you will become bodiless for four to five minutes and your body will receive rest. By making the awareness of your form of light strong, you will become light in settling your karmic accounts.
- 13) The power to merge is most essential for becoming bodiless. Thoughts of body consciousness and the adverse situations of the physical world have to be merged. You also have to merge thoughts of the body, thoughts for the things connected with the body and thoughts for getting the facilities that you need. Apart from the thought of going home, let there not be the expansion of any other thoughts: simply have the thought that you are now about to return home. Experience yourself, the soul, to be flying beyond the element of the sky. For this, now increase the practice of being seated on your immortal throne.
- 14) Being bodiless is like being a wireless set. To become viceless is the setting for the viceless set. The slightest trace of any trace of the vices will make the wireless set useless. Therefore, from being one in some bondage of karma, become a karma yogi. Consider yourself to be free from the many bondages and just in relationship with the one Father and you will remain constantly ever ready.
- 15) No matter how much of a pull there may be from all directions for any task, let your intellect stay very busy in the task of serving. At such a time, practise being bodiless. With true service there is never any bondage, because योग्युक्त and युक्तियुक्त servers remain constantly beyond while doing service. They would not say that they were not able to become bodiless, because they had a lot of service to do. Remember that it is not your service, but that the Father has given it to you and you will then remain free from bondage. Practise: I am a trustee and free from bondage. In extreme times, practise the final stage and the karmateet stage.

### **16 – 30 April**

#### **With the practice of concentration, show the miracle of the Sun of Knowledge.**

- 16) While carrying out any work or playing your part, though, like in an ocean, there may be upheaval on the surface, the internal stage should be of “nothing new”. Those who are trikaldarshi and know the depths of the Creator and creation should stabilize themselves in the stage of peace so easily and comfortably that no upheaval of the physical organs is able to make their internal stage fluctuate.
- 17) When souls with soul-conscious power, semi-pure souls, are able to invoke souls through their spiritual endeavour and, with temporary facilities, are able to show miracles to souls sitting far-away and attract those souls to themselves, then what can those with Godly powers, that is, those with the most elevated powers, not do? However, to do this you need special practice of concentration.
- 18) In the non-living images of the Shaktis, they have shown the hands in the form of them giving blessings, and the hands are also shown in a stable form. The pose portrayed of giving blessings are the stable hands, drishti and thoughts. Similarly, increase the power of concentration in the living form and the spirit will then be able to invoke spirits and do spiritual service.
- 19) Until now, the conflict of “mine” and “yours”, name, respect, honour, nature and sanskars that there has been in service through words and deeds and the lack of time and wealth that there is – all of these obstacles can easily be finished by serving through the mind by practicing concentration. The sanskar of doing spiritual service will then be created.
- 20) All the souls who have come in connection with you through your words or the impact of your practical life or those whom you hope will come into contact with you – give those souls the experience of spiritual power. Just as devotees observe a fast of not eating food, so serviceable and knowledgeable souls should observe the fast of remaining beyond the upheaval of wasteful thoughts, words and deeds and maintaining concentration, that is, spirituality. You will then be able to show souls a miracle of the Sun of Knowledge.
- 21) Now, a group with the determination of concentration should be ready to go to the bottom of the Ocean and bring back diamonds and pearls of experience. You have had the experience of moving along with the waves, and now you have to go deep within, to the bottom. Invaluable treasures are found at the bottom of an ocean. When you do this, you will automatically step away from everything else.

- 22) The power of concentration can show many unique results, and it is only by having concentration that you can attain results. You can cure yourself with the power of concentration and also make many diseased people free from disease. When someone stops something moving, that is the result of concentration. When you say "Stop!" it stops; then the drums of victory will beat for an image that grants blessings.
- 23) The power to discern will come by concentrating the intellect. For this, you need to go beyond the upheaval of wasteful and impure thoughts and have a constant and stable stage of taking all sweetness from the One. If your intellect and stage fluctuate in the sweetness of many different things, the power of discernment is then reduced. Then, because you are not able to discern, Maya makes you her customer; you cannot even recognise that that is Maya; you cannot tell when something is wrong.
- 24) At present, the easy way to bring about world benefit is to stabilize the wandering intellects of all souls with the concentration of your elevated thoughts. All souls of the world especially desire their wandering intellects to become still or that their minds becomes stable from being mischievous. This desire of the world will be fulfilled, when you have the practice of concentration.
- 25) Concentration means constantly to belong to the one Father and none other. Practise especially remaining constantly stable in a constant and stable stage. For this, first transform wasteful thoughts into pure thoughts. Second, finish all the many types of obstacles of Maya easily on the basis of your love for God and continue to move forward.
- 26) In order to make your intellect concentrated, remain constantly aware of the mantra of "Manmanabhav". With the practical dharna of the mantra of "Manmanabhav", you can claim the first number. Concentration of the mind means to stay in the remembrance of One. To be concentrated is solitude. Now, make yourself one who stays in solitude, that is, become introverted and beyond the vibrations of all attractions. Now, just this practice will be useful.
- 27) In order to serve through your mind, increase the practice of concentration. For this, all waste has to finish and the experience of all powers should become a part of your life. Just as the Father is perfect, similarly, you children should be like the Father and have no defects.
- 28) Concentration means to remain constantly stable in one elevated thought: the seed of thought in which the expansion of the whole tree is merged. Increase this concentration and all types of upheaval will finish. With this concentration, you will be able to see everything clearly as it is. Those who remain stable in a concentrated stage will experience themselves and all things to be as they are.
- 29) In today's world, everyone is fed up with all types of upheaval - the upheaval in politics, the upheaval of the cost of everything, the upheaval of currency, the upheaval of the suffering of karma and the upheaval of religion. In order to be saved from those, adopt concentration and stay in solitude. By being in solitude you will easily be able to concentrate.
- 30) The way to become a destroyer of obstacles on the Godly path is to be able to recognise Maya. Then, after recognising her, to take a decision, because Maya comes in front of Godly children in royal, Godly forms. So, in order to recognise her, increase your concentration, that is, increase your power of silence.

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