

Madhuban Newsletter - June 2021

Pure inspirations to make the mind powerful with spiritual exercise.

(Letter of remembrance 14-5-2021)

Beloved Avyakt BapDada, Mother and Father's deeply loving instrument teachers, brothers and sisters of this land and abroad, who are the decoration of the Brahmin clan, those who always make themselves powerful by doing spiritual exercise, those who remain stable in their form of peace beyond sound while being in an atmosphere of upheaval, please accept Godly love-filled sweet remembrance from Madhuban.

In order to easily overcome the current situation, we need to make our mind powerful by giving it blessings of happiness and the medicine of spiritual exercise. Receiving news from everywhere, there is a lot of upheaval everywhere. At such a time, all of us Raj yogi brothers and sisters, while living in this world of sound, have to practice going beyond sound. Be master knowledge-full and seeing the fixed destiny of the drama, we have to have faith in the intellect and have a carefree stage. Baba says: Children, now, according to the time, you children have to do the service of giving sakaash through your mind and an attitude of pure wishes for everyone.

According to the subtle signals of beloved BapDada, directions were sent to everyone from Madhuban to have eight hours of yoga tapasya at your own places. All of you must definitely be doing tapasya according to those directions. In Madhuban too, yoga bhatthis are taking place everywhere in small groups. This is also a golden chance that all of us have received to become complete and perfect, the same as the Father and to serve all souls and also matter. At this time in Bharat, many states are in complete lockdown and everyone is free from going out or doing any other business etc. At such a time, let all of Baba's children ignite such a powerful fire of yoga in which all our sanskars are purified and all the negativity in the atmosphere finishes. Let every soul experience peace and support.

At present, all the sakar and avyakt murlis and all the blessings we are hearing – let each one churn these deeply and practice putting all of that into our practical lives. In these precious moments of the confluence age, each one of us has to accumulate the power of silence. Observing the vow of complete purity, giving sakaash to the whole world and matter too with our good wishes, let us quickly accomplish the task of the establishment.

Tell me, all instrument brothers and sisters, all of you are practicing special powerful yoga and increasing the power of your mind, creating an obstacle-free stage and doing the service to make the atmosphere free from obstacles, are you not? Look, this scene of the drama suddenly came in front of us that in two months, 2 of our senior Dadis became residents of the subtle region. For our sweet Dadi Gulzar and Ishu Dadi to leave this unlimited family and join the advance party is also a special signal for us. This is why hearing the Call of the Time, let each one have an attitude of unlimited disinterest and accomplish the great task of world transformation through self-transformation. Achcha.

Lots of love and remembrance to all.

In Godly service.

B.K. Ratanmohini.

Homework for a Tapaswi life – June 2021

1 to 15 - In order to make your mind stable and powerful, exercise it.

- 1) In order to make your mind stable, every hour, bring all your five forms in front of you for five seconds or five minutes and experience those forms. By doing this exercise, your mind will not go towards anything wasteful or inaccurate and there won't be carelessness in your mind. When you experience the mantra of "Manmanabhav" in your mind, it will become a tool with which to conquer Maya.
- 2) The way to finish being overweight is to observe precautions with your food and diet and to exercise. Similarly, here, too, your intellect should repeatedly perform the exercise of being bodiless. The food for the intellect is your thoughts and so observe precautions in your thoughts and your mind will then become light, stable and powerful.
- 3) Just as exercise is the means for physical lightness, similarly, there is the soul-conscious exercise of the practice of yoga. One minute, be a karma yogi, that is, be one who has a corporeal form and play your part on earth. The next minute be a subtle angel and experience being a subtle resident residing in the subtle region. The next minute be incorporeal and experience being a resident of the incorporeal world. The next minute be in your kingdom of heaven, that is, be a resident of Paradise and experience your deity form. Exercise your intellect in this way and you will remain light all the time and the speed of your efforts will become fast.
- 4) Even though your body may be ill, do not allow your mind to be disturbed by the illness of the body. Constantly continue to dance in happiness and the body will become fine. Make your body function with happiness in your mind so that exercise for both the mind and body will then be performed. Happiness is blessings and exercise is a medicine. By having both blessings and medicine, everything will become easy.
- 5) Nowadays, the cure for all illnesses of the body is said to be exercise. So, in order to make the soul powerful at this time, you need to practise spiritual exercise. No matter how much upheaval there may be in the atmosphere everywhere, you need to practise remaining beyond sound while being in the midst of sound and being peaceful while in the midst of peacelessness over a long period of time.
- 6) When people are physically overweight, they are not flexible and cannot bend as and when they want. Similarly, when someone has a gross intellect, that is, if there is any type of wasteful burden or rubbish in the intellect or there is some or other type of impurity, then that someone is not able to mould his intellect as and when he wants. Therefore, you need a very clean and refined intellect, that is, a very subtle and divine unlimited and broad intellect.
- 7) Come into sound one moment and go beyond sound the next. Just as you find it very easy to come into sound, similarly, this too should be such an easy experience because the soul is the master. In doing spiritual exercise, it is not a question of simply going beyond the sound of the mouth. You also have to go beyond the sound of the thoughts in your mind. It should not be that you become quiet with your mouth but continue to talk in your mind. To go beyond sound means that both the mouth and the mind should be beyond sound and become merged in the Ocean of Silence.
- 8) Whenever you are very busy in performing any deed and your mind and intellect are engaged in that task and you receive the direction: "full stop", are you able to apply a full stop or do you continue to have thoughts of that task? "I have to do this, I mustn't do this. This is like this and this is like that." Practise this for even one second, but continue to practise it, because you will only get the final certificate when you apply a full stop in a second. In one second, merge the experience and become the form of the essence.

- 9) The body remains healthy through physical exercise. Similarly, while walking and moving around, continue to do the exercise of your five forms. When you remember the word “Brahmin”, come into the experience of Brahmin life. When you say the word “angel”, become an angel. Perform the drill of the mind throughout the day. You perform physical drill for the health of the body and continue to do that, but, together with that, repeatedly do exercise for the mind.
- 10) Since you have to become equal to the Father; one is incorporeal and the other is an avyakt angel. So, whenever you have time, become stable in the incorporeal stage like the Father in a second. Then, while doing any work, work as an angel. An angel means to be double light. Do not let the work be a burden. Every now and again, exercise the mind with the incorporeal and angelic forms and there won't be any tiredness.
- 11) To go beyond the consciousness of the body, you can do this spiritual exercise for a second while doing your work or performing your duty. Let this become a natural practice: be incorporeal one moment and then become an angel. The more you perform this drill of the mind, the more you will become an easy and natural yogi.
- 12) On one side, do service through the mind and on the other side, exercise the mind. One moment, be incorporeal and the next moment, be an angel. Just as the name of the body is firm, and even if someone else is being called, you will respond. I am a soul and BapDada is the world of the soul. The sanskars of the soul are Brahmin to angel, and angel to deity. So, perform this drill of the mind: I, the soul, and my Baba.
- 13) Doctors in today's world tell you not to take medicine but to exercise instead. So, BapDada also says: Stop battling, stop labouring and do this exercise of the five forms for five minutes throughout the day. For one minute be incorporeal, one minute be angelic, one minute be a server in all ways. Do this exercise of the mind for five minutes throughout the day and you will always remain healthy and be saved from labouring.
- 14) First of all, take your mind to the supreme abode, then to the subtle region and remember your angelic form. Then remember your worthy of worship form, then your Brahmin form and then your deity form. Throughout the day, continue to perform this exercise for five minutes. For this you don't need a sports ground, you don't have to race, you don't need a chair, a seat or a machine. You simply need to become the form of pure thoughts.
- 15) In order to make your mind powerful, constantly maintain your happiness and zeal and enthusiasm, and experience the flying stage. Let your mind continue to perform this drill and exercise. When you are unable to control your mind, give it the injection of being bodiless. Learn to fly in the avyakt while being in the gross form.

16 to 30 June 2021

Donate powers through your mind.

- 16) Just as BapDada feels mercy, similarly, you children also have to be master merciful and give souls the powers you have received from the Father, using your attitude and through the atmosphere. Since you have to complete serving the whole world in a short time and also purify the elements, serve at a fast speed.
- 17) None of you can say that you don't have a chance to serve. If someone is not able to speak, he can serve the atmosphere through the mind with an attitude and stage of happiness. If your health is not good, then be co-operative while sitting at home. Simply let your mind accumulate a stock of pure thoughts and become full of good wishes.
- 18) You can serve many souls with your pure feelings, elevated wishes, elevated attitude and elevated vibrations of your mind while staying in any place. The method for this is to be a lighthouse and a

might house. It's not a case of not having any physical facilities, a chance or the time in this. There is a need simply to become full of light and might.

- 19) In order to serve through the mind, your mind and intellect should be free from thinking about anything wasteful. There should be an easy form of the mantra of "Manmanabhav". The elevated souls who have an elevated mind, that is, those whose thoughts are powerful and have good wishes and pure feelings, are able to donate powers through their minds.
- 20) The mirror of the power of the mind is your words and deeds. Whether souls are in knowledge or not, when you are in relationship and connection with both type of souls, your words and deeds should be filled with good wishes and pure feelings. The words and deeds actions of those whose minds are powerful and pure will automatically be pure and powerful and filled with good wishes. To have a powerful mind means to be an easy yogi whose power of remembrance is elevated and powerful.
- 21) Just as you set your programme for physical work according to the daily timetable, similarly, set a programme for the powerful stage of your mind and you will never get upset. To the extent that you keep your mind busy with powerful thoughts, accordingly, the mind will have no time to get upset. When your mind is constantly set, that is, concentrated, then good vibrations automatically spread and service takes place.
- 22) At every moment, you yourself and others should constantly experience your mind having good wishes and pure feelings for all souls. Let blessings continue to emerge from your mind at every moment for all souls. Let your mind remain constantly busy with this service. Just as you have become experienced in serving through words and, if you don't get any service to do, you experience yourself to be empty, similarly, together with serving through words, service through the mind should also continue to take place automatically at every moment.
- 23) Just as serving through words has become natural, similarly, serving through the mind should also be simultaneous and natural. Together with serving through words, continue to serve through your mind and you will not have to speak so much. The energy that you spend in speaking will be saved when you also have the co-operation of serving through the mind. The powerful service of the mind will then give you the experience of greater success.
- 24) To the extent that you use your body, mind, wealth and time for service, so by serving with the powers of the mind to the same extent, you can have greater success in a shorter time. At present, you sometimes have to make effort on yourself. Sometimes, in transforming your nature, in moving along within the gathering or in achieving success in service, when there isn't so much success, you experience disheartenment. That should now finish.
- 25) When it becomes your natural nature to give good wishes and have pure feelings through your mind, your mind will then become busy and you will automatically be able to step away from any upheaval of the mind and you won't become disheartened in your efforts. Then, there will be magic.
- 26) Now, increase the quality of your mind and quality souls will then come closer. There is double service in this: service of the self and of others. You will not have to make separate effort for yourself and you will experience attaining your reward. The elevated reward of the present time is "To keep the self full of all attainments and to make others full".
- 27) According to the time now, do service through the mind and through words simultaneously. However, serving through words is easy whereas serving through the mind is a matter of paying attention. Therefore, your mind should have thoughts filled with good wishes and pure feelings for all souls. Let there be the newness of sweetness, contentment and easiness in your words and you will easily continue to receive success.

- 28) To the extent that you keep yourself busy in serving through the mind, the more easily you will become a conqueror of Maya. Do not become emotional for the self, but do the service of transforming others with your good wishes and pure feelings. Let there be a balance of bhavna and knowledge with love and yoga. You have become a benefactor, now become an unlimited world benefactor.
- 29) Serving through the mind is unlimited service. To the extent that you become a sample through your thoughts and words, accordingly, on seeing the sample, others will automatically be attracted. Simply have a determined thought and service will easily continue to take place.
- 30) While doing any work, also do the service of spreading vibrations through your mind. A businessman would see business in his dreams too. Similarly, your work is to benefit the world. This is your occupation. Keep this occupation in your awareness and remain constantly busy in service.