

Yoga tapasya bhatthi for the purification of sanskars

(1st – 24th June 2021)

Beloved Avyakt BapDada's deeply loved instrument teachers, brothers and sisters who are the decoration of the Brahmin clan, those who while seeing all the current adverse situations maintain their unshakeable and immovable and constant stage, those who are engaged in the intense effort of becoming complete and perfect, the same as the Mother and Father, please accept Godly love-filled sweet remembrance.

The day of remembrance of our sweet Mateshwariji especially reminds all of us to make intense effort like she did. So come, let us all together become residents of the place of solitude and have such yoga tapasya through which we can purify our own sanskars and this old world can also be transformed.

For that, it is suggested that all centres have a special programme from 1st – 24th June to have yoga tapasya for the purification of sanskars. In order to purify our sanskars, there are some things that all of us have to pay special attention to. We are also writing below 24 points of dharna, that Mateshwariji paid special attention to in her effort, with which she attained her stage of perfection. Let each one pay special attention to this point every day so that you can easily become the same as the Mother and Father.

Main attention for the purification of sanskars

1. Discipline of thoughts (All our thoughts to be within the line of the Godly code of conduct. Let not a single thought be against the code of conduct.)
2. Discipline of words – Speak less, speak softly, speak only as much as is necessary. Observe silence of the mind and silence of the mouth as much as possible.
3. Let your meals be very yogyukt. At all times, take your meals in Baba's remembrance. Let there not be any conversations during mealtimes.
4. A daily timetable from amrit vela till night time, when you go to sleep, is being sent to you. Check yourself according to that chart and give marks to yourself.
5. Let each one keep the aim that out of 24 hours, there should be a minimum of at least 8 hours of yoga tapasya. In between, if there are on-line yoga bhatthis with your zones or subzones, that would be very good too.
6. Let there be continuous yoga bhatthi in Baba's room from 9.00 am to 6.00 pm, and let each one sit in Baba's room for at least one or two hours, without getting up every few minutes.
7. For 24 days, let there be minimum exchange of worldly news. Stay in the cave of introversion and practise being in the concentrated stage all the time.
8. Every day, a special point for yoga tapasya is being sent from Madhuban, with the monthly newsletter. Churn that and become the embodiment of it.

Note: If there are restrictions for going to the centre even now due to Corona virus, you can continue to have yoga practice at your own places. We hope that all of Baba's places, whether they are centres or pure households, will become a place of tapasya, a place of peace.

Specialities of Jagadamba, Saraswati Maa (Mother)

1. Mama was totally intoxicated about the murli. She used to listen to each and every word of Baba's with a lot of love, merge it in herself and explain it to everyone very clearly. Similarly, we also have to listen to Baba's sarak and avyakt murli in a powerful stage with total concentration.

2. The lesson of the drama was very firm for Mama. Mama had a very good habit of seeing it as a detached observer. She never came into upheaval seeing any scene of the drama. Her face was always the same and always smiling. Similarly, we have to create the stage of a detached observer. While seeing any scene, we have to have the awareness of “nothing new” and remain beyond any questions and create an unshakeable stage.
3. Mama always stayed in a very high stage of spiritual intoxication. We never saw signs of worry on Mama’s face. If someone left his or her body or if something happened to her own body, she never thought about it too much. Mama never lived ordinarily. Similarly, we also have to always maintain our spirituality, the same as Mama. We have to create a carefree stage.
4. Mama was always aware of her aim. This is why all divine qualities were visible on her face and in her character. She always had the aim: I have to become virtuous, see everyone’s virtues and donate virtues. We all have to imbibe these three things and become an embodiment of virtues, the same as Mama.
5. Mama was always regular and punctual in her studies. She never missed the murli or amrit vela yoga. Mama was always in a stage up above, she always remained beyond. She never made any mistakes. She would only speak as much as was necessary and would remain quiet the rest of the time. We also have to practise the same.
6. Mama was always accurate in following the codes of conduct. Mama’s stage was naturally soul conscious. Baba’s actions and virtues were visible through Mama’s behaviour. Similarly, let whatever Baba is teaching us be visible through us. Let no actions be performed through the physical senses under the influence of your old nature and sanskars.
7. Three specialities were very clearly visible in Mama. 1. Spirituality. 2. Self-respect. 3. The love of all relationships with the Father. So, we too have to imbibe these three specialities in ourselves. Through this, body consciousness will automatically end.
8. Mama put the urn of nectar on her head and became an instrument for many types of service. However, she never ever said: “I did this service.” Mama always used to say: “It is ‘Pita Prasad’ (holy food offered to God and distributed to all). I am only relating to you what I have received from the Father.” Her words were always sparkling with humility, sweetness and honesty. Like Mama, we too mustn’t have any dislike for anyone in our mind. We must never speak any bitter words nor have any ego.
9. Mama’s heart was always very clean. Mama would merge everything of every child in herself as though nothing had happened. To merge that within oneself whilst giving teachings, to have the power to merge that in oneself and change the other person with love was a very big speciality we saw in Mama. Mama never kept weaknesses of others in her heart. We have to become like Mama in this.
10. Mama always used to stay in her self-respect. She had the natural art of creating the seed stage, of packing up (merging) all thoughts, and of not going into expansion and this was why Mama’s murli was very effective. Her face was sparkling clearly with divinity and truth. We have to become like Mama in the same way. We must not go into the expansion of any situation. Merge all thoughts and practise remaining stable in the seed stage.
11. We have to become cool yogis, the same as our mother, the moon of knowledge. With the power of coolness, souls who would otherwise get angry also become cool. We mustn’t burn in the fire of anger.
12. We have to be tireless, like Mama was. We never saw any feeling of tiredness on Mama’s face. No matter how much service she did, she was always tireless. We also have to serve tirelessly.
13. Whilst being in the company of so many souls, whilst listening to all of them, Mama herself always remained loving and detached from all of those things. There was never any change in Mama’s drishti for any soul. She had that same sweet drishti for everyone. While cautioning someone about their weaknesses, her feelings towards that person never changed. Similarly, we have to create a detached and loving stage, full of good wishes, the same as Mama.
14. Mama never said anything negative about anyone through her lips. While knowing about the children’s weaknesses, Mama never had any feelings of hatred or dislike for them. She always had pure and

elevated wishes, and was always benevolent. This is why everyone had deep love for Mama. In the same way, we too have to have pure, elevated and benevolent feelings for everyone.

15. The aim of our mother, who always had a cool nature and spoke sweet words, was to remove everyone's sorrow. In any condition, in any situation, let alone anger, Mama never became irritated. We never heard Mama speaking harshly. Mama was an incarnation of peace, an image of love. We all have to become like Mama in the same way.
16. We saw the practical form of maturity, the mine of all virtues, in Mama. Not a mother who had attachment, but a good mother, like a teacher and guru. A mother who taught us with her own example. Because of maturity and patience, Mama had the power to accommodate and pack up. Because of accommodating and packing up, Mama was an embodiment of tolerance. With the virtue of tolerance, she was always cool and peaceful. We too have to imbibe the virtue of tolerance and make our nature peaceful and cool.
17. Mama never made effort that was hard or laborious. Mama's face was always sparkling with the royalty of purity. Because of the personality of this purity, Mama is remembered and praised so much. Like Mama, we too have to imbibe the royalty of purity.
18. Mama never mixed manmat with shrimat. Mama never said, "My idea is... I think...". It was always: "Baba said this. Baba has explained this". And, even when saying that, she said it so sweetly that anyone was easily able to understand with what significance Baba had spoken it. Like Mama, we have to take every step according to shrimat.
19. Mama never had any desires for herself. She always remained full of the treasures that the Father gave and this is why she became the mother Kamdhenu, the one who fulfilled everyone's desires. We too have to make ourselves full with God's treasures and imbibe royal sanskars. We must not have desires of others.
20. Mama was always a well-wisher for everyone. She never had the thought about anyone that this one is never going to reform, though there were children with a variety of sanskars in the gathering. She would understand their different sanskars and take help from them and make them co-operative. She would move along with them as much as possible. She was never disheartened. She discerned each one's sanskars and their specialities and made them co-operative. Some became co-operative with their body, some with their mind and some with their wealth. We have to keep the aim to benefit everyone.
21. In order to change any situation, Mama never said: I am still an effort-maker. Even if a mistake was made once, she never allowed herself to repeat that same mistake. For instance, I do not give sorrow to anyone, but then I have to see: whom did I serve today? To whom did I give peace? Did I donate the wealth of knowledge? It mustn't be that I eat, drink and sleep: I must also do service. Mama was always ahead of everyone even in terms of doing physical service.
22. Mama imbibed Shiv Baba's knowledge in her life to such an extent that she became the Goddess of Knowledge. Like her, we too have to become master knowledge-full. We have to imbibe knowledge in our life and play the highest and most elevated part.
23. Mama always remained stable in her original religion of peace. Whatever Baba said, Mama's intellect accepted that. Mama would never have said: "I did this!" She always signalled towards Baba. "I am the daughter and He is the Mother and Father." Mama was egoless to this extent. We too have to become egoless like Mama. Never let go of your original religion of peace.
24. Mama always used to stay in solitude. Every morning, Mama would wake up at 2.00 am and sit in Baba's remembrance in solitude. Mama was always lost in the love of One. We always remember two slogans of Mama. 1. "Every moment is my last moment." 2. "The Master who gives the orders is making me move." With this awareness, we too will easily become destroyers of attachment and embodiments of remembrance. We won't be involved in any complications and, by keeping our intellect free from everything else, we will be able to fulfil Baba's hopes. Achcha.

*** * * O M S H A N T I * * ***