

Madhuban Newsletter – Om shanti – May 2021

*Now spread the wave of good wishes and pure feelings everywhere
and experiment with the power of silence.*

Beloved Avyakt Image, Mother and Father, BapDada's deeply loving instrument teachers, brothers and sisters who are the decoration of the Brahmin clan, ones who with the practice of concentration always go to the bottom of the ocean and find jewels of experiences, please accept sweet love-filled remembrance.

At present, while hearing news of this land and the world, all of Baba's children must definitely be doing the service of giving sakaash of your good wishes and pure feelings. According to the present time, sweet Baba is signaling: Children, accumulate the power of silence. Sit in the laboratory of practice and experiment on your own sanskars, on the illnesses and on the fearful and unhappy wandering souls. Then, with the power of silence, even the strong bondages of karma will be experienced to be like lines on water. Understanding the subtle signals of our sweet Baba, all of you must be having deep yoga tapasya at your own places. Since these unique scenes of the drama have stopped all external service and are signaling us to create our powerful stage, all of Baba's children now have to sit in the cave of introversion, accumulate the power of the mind and practise serving with your mind. Instead of getting caught up in the upheaval of "Why? What? and How?", put a full stop to your thoughts in a second, stabilise yourself in a constant and stable concentrated stage, and with your thoughts full of good wishes and pure feelings, continue to do the service of giving sakaash with your mind. Day by day, the situations are becoming more and more fearful. This is why Baba says: Children, now make your service centres and households into places of Shanti kund (a sacred area of the sacrificial fire) and for this, strengthen the fortress of yoga. A fortress of yoga is automatically created where pure souls reside. You yourself remain safe in that fortress and the vibrations there will give the souls of the world an experience of peace. Now, according to the time, let all of Baba's children step away from the things of extroversion with an unlimited attitude of disinterest, and make your places a tapasya-kund (an area of having deep tapasya), so that every problem is transformed into a solution. Tell me, all of you are paying attention to having such tapasya, are you not?

At this time, Baba has made all the places of Madhuban into Shanti-kund. There isn't any type of upheaval, all services have stopped. While fulfilling the daily timetable of the yagya, separate groups go to Mansarovar to have special tapasya. Baba says: Children, it is only with this tapasya that the task of self-transformation and world transformation will take place.

Now, our Trimurti Dadis have become residents of the subtle region and become beloved BapDada's right hands to accomplish His great task. Definitely the task of the establishment that still remains will be accomplished very quickly and this world of sorrow and peacelessness will be transformed and our new golden world will come soon.

I am sure all of you must be healthy. According to the guidelines of your own states (countries), protecting yourself and everyone from the Corona pandemic, continue to move forward. Achcha.

Lots and lots of love and remembrance to all.

In Godly service,

BK Ratanmohini

1 to 16 May 2021

Become an embodiment of success with the experimentation of yoga.

- 1) Just as there are experiments in science and you understand that science is doing a good job, similarly, experiment with the power of silence and, for this, increase the practice of concentration. The main basis of concentration is controlling power of the mind through which the power of the mind increases.
- 2) You can make your thoughts become practical with your soul-conscious vision. Occult powers are for a temporary period but through the method of remembrance success of your thoughts and actions becomes imperishable. Those people use occult powers whereas you achieve success in your thoughts and actions with the method of remembrance.
- 3) Sit in the laboratory of practice and experiment with yoga and you will experience yourself receiving support from the one Father and stepping away from the many types of obstacles of Maya. At the moment, you are moving along on the surface of the waves of the ocean of knowledge, virtues and powers. Therefore, you only experience temporary refreshment, so now, go to the bottom of the ocean and you will have many unique experiences and attain jewels.
- 4) In order to accumulate the power of yoga, increase your balance of karma and yoga: while performing actions, let there be a powerful stage of yoga. Increase this practice. Just as you create inventions for service, similarly, make time to have these special experiences and bring about newness and become an example for everyone.
- 5) According to the present time all souls want to see some practical and instant fruit, that is, they want to see some practical proof. Experiment with the power of silence with your body, mind, deeds, relationships and connections and see for yourself. With the power of silence, your thoughts can reach any soul even faster than through a wireless. The special tool for this power is “pure thoughts”. With the tool of these thoughts, you can become an embodiment of success in whatever way you want.
- 6) Experiment with the power of silence first on the self and on physical illnesses. Through this power, the form of karmic bondage will change into a sweet relationship. Any suffering of karma, strong bondage of action, will be experienced to be like a line on water. You would not feel that you are suffering and settling your account through suffering, but you will observe that karmic account as a detached observer.
- 7) Experimenting with yoga means to experiment with your pure thoughts on your body, mind and sanskars and continue to move forward. Do not look at one another in this. “What is this one doing? This one is not doing anything. Whether older ones are doing anything or not – do not look at any of that. First of all, move ahead of all in this experience, because this is a question of your personal internal effort. When you become engaged in experimenting in this way individually and continue to grow, the collective form of the power of silence of each of you will create an impact on the world.
- 8) Just as by practising through words, you have become powerful when speaking, similarly, continue to become just as experienced in the power of silence. As you progress further, you will not have time to serve through words or physical facilities. At such a time, facilities for the power of silence will be essential because to the extent that souls are greatly powerful, so they are also just as subtle. Pure thoughts are even more subtle than words. Therefore the impact of the subtle is that much more powerful.
- 9) It is said: when you are not able to achieve success in something through words that this one will not understand through words but will be transformed through good wishes. Where words are not able to achieve success in something, then by using the power of silence, that is, with pure thoughts, good

wishes and the language of the eyes, the experience of love and mercy will successfully accomplish that task.

- 10) To spend very little of any treasure and to receive a lot of attainment through that is to experiment with yoga. Experiment with the method of making less effort and experiencing greater success. Time and thoughts are elevated treasures; so spend very few thoughts and experience greater attainment. What ordinary people are able to achieve or attain with success after thinking about it for two to four minutes, you can achieve that in one or two seconds. This is known as greater glorification through less expenditure. Spend little and let there be one hundred fold attainment. By doing this, you can use whatever time and thoughts you save to serve others; you will be able to perform charity and make donations. This is experimenting with yoga.
- 11) Souls who experiment will always be victorious over their sanskars, matter and the situations that come in front of them. The snake of the five vices appears to a yogi soul or a soul who experiments as a garland around the neck or a stage on which to dance in happiness.
- 12) The experimentation of science is based on the power of light. When the computer is working, it is power, but its basis is light. Similarly, the basis of your power of silence is light. Since the light of matter is able to show many types of practical experiments, then what can you not experiment with, with your imperishable Godly light, the light of the soul and also the light of your practical stage?
- 13) When you use any facility of science you first of all check whether it has electricity or not. Similarly, when you experiment with yoga, powers and virtues, first of all check that the main basis is the power of the soul, God's power or a light stage. If you are double light in your stage and form you can very easily achieve success in your experiment.
- 14) In order to make this practice powerful, first of all experiment on yourself and see. Every month or every 15 days, experiment with one or another special virtue or special power on yourself because there will be papers in the gathering or in relationships and connections. So, first of all, experiment on yourself and check: If any paper comes, then, by experimenting with which virtue or power, did you achieve success and in how much time? When you experience success in yourself, then the zeal and enthusiasm to experiment with others will automatically continue to increase.
- 15) In order to experiment with yoga, underline having even more purity in your vision and attitude. The main foundation is to let your thoughts be pure and be an embodiment of knowledge and power. No matter how much someone may be wandering, distressed and in waves of sorrow and finding it impossible to stay happy, as soon as he comes in front of you, your image, your attitude and your vision should transform the soul. This is experimenting with yoga.
- 16) With the plane of your divine intellect, stabilise yourself on the highest peak, be a resident of the subtle region and spread the wave of co-operation of good wishes and pure feelings on all souls of the world. With the experimentation of yoga, give unhappy and peaceless souls the sakaash of pure and power.

17 to 31 May 2021

Now, become full of success with the power of yoga.

- 17) The more you continue to remain stable in your avyakt stage, accordingly, you will continue to speak less. There will be greater benefit by speaking less and service will then automatically continue to take place with this power of yoga. When both the power of yoga and the power of knowledge come together equally, there will be success.

- 18) As you progress further, all types of adverse situations will come. In order to overcome them, you need a very powerful stage. If you are yogyukt you will be touched with the right method according to the time. If you do not have the method according to the time, then understand that you do not have the power of yoga. A soul who has the power of yoga will know in advance about the situations that are to come. Therefore, by staying in a yog-yukt stage, you will easily overcome the situation.
- 19) Now, perform the task of awakening souls with the power of yoga and show the practical form of the sustenance received from the Father, the Almighty Authority. You have taken a lot of sustenance from the corporeal and avyakt forms. Now, sustain all the many souls with the sustenance of knowledge and yoga, bring them in front of the Father and close to Him.
- 20) The basis of your life should no longer be on any support, that is, your efforts should not be based on anything. If they are, there will be something missing in your experimentation with the power of yoga. To the extent that you experiment with the power of yoga, accordingly that power increases in yourself. The power of yoga increases with practice.
- 21) When any situation comes in front of you, physical instruments immediately come to your attention. However, even while having physical facilities, you have to experiment with doing everything with the power of yoga. With instruments of science you are able to see things that are faraway as if they were in front of you. Similarly, distance finishes with the power of silence and you yourself and others too will experience everything to be just in front of you. This is known as the power of yoga.
- 22) Just as instruments of science work when they are connected to the mains, in the same way, you can only experience something with the power of silence when you have a constantly clear connection and relationship with BapDada.
- 23) In order to accumulate the power of yoga, your state of mind has to be very pure and elevated. The power of the mind is the means of safety. It is only with the power of the mind that you can be an instrument to make the final moments beautiful for yourself. Otherwise, you won't be able to receive co-operation in a physical way at the right time, according to circumstances. At that time, the power of your mind, that is, the power of your elevated thoughts should be connected with a clear line. Only then will you be able to experience God's powers.
- 24) You give a course to people, but you cannot transform matter with the power of words. For that, you need the power of yoga. When you sit in yoga, go to the bottom of the ocean of peace. Let your thoughts become quiet. Let there be just one thought: "I and the Father." This is known as yoga. Let there be such powerful yoga that there is only the experience of a meeting with the Father and that all other thoughts disperse. In this way, the power of yoga will be accumulated and that power will continue to work by itself.
- 25) The power of science is able to be victorious over darkness and bring light. Similarly, the power of yoga makes you victorious over Maya for all time. Maya cannot then defeat you even in your dreams. There cannot be any weakness even in dreams. Even the elements of matter are transformed with the power of yoga.
- 26) The power of yoga means the power of silence; through this, there is less effort and less expenditure and you are able to carry out a splendid task. The power of silence is able to make you economical with the treasure of time, that is, you can achieve greater success in a shorter time. True economy is to belong to One (Eknamī). Let the name of One always be in your awareness. Those who belong to One can be economical. Those who do not belong to One cannot truly be economical.

- 27) The special power of the confluence age is the power of silence. The aim of confluence-aged souls is to return now to the sweet silence home. To be an embodiment of peace and to give peace to everyone is the main qualification of confluence-aged souls. At present, the world needs this power. This is known as the power of yoga.
- 28) Because of staying in solitude, peaceful souls with the power of yoga are able to remain constantly concentrated and, because of their concentration, they always have the attainment of two powers: the power to discern and the power to decide. To use these two special powers is an easy way to find a solution to all problems in your personal interaction with others and in doing anything in God's name.
- 29) In order to be a destroyer of obstacles on the path of Godly service, remain yogyukt and imbibe the powers to discern and decide through the power of silence. If you are unable to discern the various forms of Maya, you won't even be able to chase her away. This is because Maya comes to the children on the Godly path in a royal, Godly form and, in order to discern this, you need the power of concentration. The power of concentration is achieved only through the power of silence.
- 30) Now, make all the service centres and households everywhere into place of peace (shanti-kund). For this, make the fortress of yoga strong. The means to make the fortress strong is purity. The vibrations of a place where pure souls reside give souls of the world an experience of peace. The power of purity is a great power, and so know its importance and become a master bestower of peace. No matter how peaceless a soul may be, stabilise yourself in the form of peace and purity and give rays of peace to that soul and he will become peaceful from peaceless.
- 31) In order to serve through your mind with the power of yoga, increase the power of silence with purity of your thoughts, words and deeds for only then will you be able to transform the attitude and vision of another soul. No matter how far away souls may be physically, you can give them the experience of being personally in front of you. This is known as the power of yoga.

* * * * *