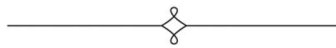


Angel Session #3



Original Art by Kris Larson



On My Angel Journey

Aim: to have fun and explore my journey of the three of my (five) forms in the human world cycle - Brahmin, Angel and Deity

Materials Required: journal/paper, a pen, coloured pencils, markers or crayons

Activity	Resources	Time
Opening Meditation and commentary	Living Light Gopi Patel https://youtu.be/3pTpLWAW-ao	8:30 min
Read the attached murli - “Keep three forms in your awareness”		15 min
Using the template provided, design a slogan for each T-shirt of your 3 forms - Brahmin, Angel, Deity!	https://youtu.be/He--ySSsYGI your angel of happiness (background music)	15 min

<input type="checkbox"/> Choose appropriate colours for each <input type="checkbox"/> Choose key words, phrase, slogan to highlight nature of each <input type="checkbox"/> Add adornments as you wish - representing powers, virtues etc.		
Compose a story line based on your journey through the three forms. Record your story on your phone, in less than two minutes, and send to one other person in your network (or you can take a picture of your journey and send it if you wish).		15 min
With an angelic smile on your face, listen to this song to close this third session in your retreat.	https://youtu.be/NeQCp5eM9ZE - You're an Angel	4:14 min

2010-03-28

1994-12-12

Avyakt BapDada

Constantly keep your three forms in your awareness: 1) Confluence-aged Brahmin, 2) A Brahmin who is to become an angel, 3) An angel who is to become a deity.

Today, BapDada is seeing the three forms of the children everywhere. The most elevated form is that of a Brahmin, then a Brahmin who is to become an angel and then an angel who is to become a deity; the Brahmin form, the angelic form and the deity form. The speciality of the Brahmin form is being full of all powers, because to be a Brahmin means to be a conqueror of Maya. So, to become full of all powers means to become a conqueror of Maya. The first form is that of a Brahmin. Check yourself and see whether you have imbibed all the powers, which, as you were just told, is the speciality of the Brahmin form. Do you have all the powers? Or, do you only have some powers? If you are weak in even one power, or you lack one power, then, instead of having the Brahmin form, you repeatedly become a warrior, that is, one who is constantly battling. The duty of a warrior is to battle and the duty of a Brahmin is constantly and easily to be a conqueror of Maya. A Brahmin means to be victorious, because you are constantly full of all powers, that is, complete with all weapons, whereas a warrior means one who is sometimes victorious and sometimes defeated, because even though he receives the powers he is not able to imbibe them. This is why he is not able to be victorious constantly according to the time and the circumstances. A Brahmin form means one who constantly has a crown, a tilak and is seated on the throne; one who has the crown of responsibility of world benefit; one who constantly and naturally has the tilak of awareness; one who is constantly

seated on the Father's heart-throne. Because a warrior is not constantly unshakeable and immovable, he is sometimes unshakeable and sometimes there is fluctuation; sometimes he has all rights and sometimes he is a *royal* beggar who asks the Father for the powers. A Brahmin means one who constantly lives a life of alokik pleasure. A Brahmin is one who constantly has a spiritual face and character. A warrior means sometimes like this and sometimes like that. So, ask yourself: Who am I? Am I sometimes a Brahmin and sometimes a warrior, or am I constantly full of all the specialities of Brahmin life? You have the aim of a Brahmin life, but you do not have the qualifications of sometimes being a Brahmin and sometimes a warrior, do you? Are your aim and qualifications the same or is there a difference? Are your words and deeds the same or is there a difference? You are all called Brahma Kumars and Kumaris, are you not? Or, are you called warriors?

The second form is that of an angel. All of you have to become angels, do you not? Or is it difficult to become an angel? Is it easy or difficult to become an angel? Or, is it sometimes difficult and sometimes easy? All of you know the speciality of the angelic form: an angel means one who is *double light*. So, are you *double light*? Or, do you sometimes desire to carry a burden and so you carry it? Or, is it that you do not wish to carry the burden, but Maya places the basket-load on your head? Maya shows her *artificial* and *temporary* power in such a way that, even though you do not wish to carry a burden, you still carry it out of compulsion because you are weak. Anyone who is weak is always dependent on others. So Maya also makes you dependent. You forget that you have all rights and you become dependent instead. What is your language at that time? "I did not want it to happen, but I don't know how it happened." You say "I don't know", in every respect. To be one who has all rights means to be constantly free, whereas to be dependent means always to be under the influence of others. So one who is under another influence can never have a life of pleasure; and you were told about Brahmins, that a Brahmin means one who has a life of pleasure. If, at any time, instead of experiencing pleasure, you become confused such as: "What is this?"

How is this? Why is this? Is this what is going to happen?", that is not pleasure, it is a life of confusion. If, at any time, you experience a lack of pleasure, then remember the first lesson of "Who am I?" I am not just a soul, but what type of soul? How many replies would there be to the question: What type of soul am I? It is a long *list*, is it not? How long is the *list* of "Who am I?"

So to be an angel means to be *double-light*. To be *light* means to experience lightness. Lightness doesn't just mean being light when any situations arise, but, you have to remain *light* in your nature, sanskars, relationships and connections throughout the entire day. Generally, you may be all right, but if there isn't any lightness in your nature and sanskars, would you be called an angel? And the

sign of being light is that anything light is constantly loved by everyone. Would you like it if someone gave you something heavy? But you would like it if someone gave you something light and beautiful, would you not? The sign of those who are light in their nature, sanskars, relationships and connections is that they will be loving to all and detached from everyone, because they have a Brahmin nature, not a different nature.

Brahmin means to have a nature, sanskars, relationships and connections that are liked by everyone. You were also told earlier that the *majority* should be liked by at least 95% of everyone. The *result* should at least be this much. You are even now being given a margin of 5%. This will not be till the end, but you are being given this now. You have to be liked by at least 95% of everyone, that is, you have to remain *light* with everyone, and this lightness should be experienced through your words, deeds and attitude. It should not be that you think, "I am light, but others are not able to understand me." Generally, many of you think that others do not recognise you. If they do not recognise you, give them your recognition through your own *will power*. Your actions and your attitude should transform the other person. For this transformation, you just need the power to tolerate. An angel means one who does not have any relationship with an old body or the old world. All of you remember this, do you not? If all of you were asked what it means to be an angel, all of you would say, with intoxication, that you do not have any relationships, would you not?

You have become detached from old bodies and bodily relations and the old corporeal world, have you not? Or, does that still remain? Do you still have attachment to old bodies? Have you become light (free) from the relationships of the body or not? Your paternal uncle, your maternal uncle and aunts: have you become free from them or do you still have paternal uncles and maternal uncles? Are you loving and detached? You are loving, but you make the mistake of being detached while being loving; you *miss* out on being as detached as you are loving. You either find it easy to be detached or you find it easy to be loving. However, it is still easy to be free from bodily relationships of maternal or paternal uncles. Is it easy or do they sometimes enter your dreams or thoughts? Do you remember your maternal or paternal uncles when any difficulty arises in the Brahmin family? BapDada sees that, at the time of such situations, many souls remember their lokik relations much quicker than they remember Brahmin souls. The situations make you experience the things you have left behind to be your support instead of making you step away. When you have died alive, do you still remember the relations of the previous birth: your maternal and paternal uncles, your mother and father? Do they appear in your dreams? So, when your birth changes, your relations also change. So, an angel means one who doesn't have any connection with the old (past). This is the definition you use, is it not? So, where do they emerge from at such times? Do the broken relationships become

forged again? Do you become alive from having died? So, an angel means not to have any relationship with the old, but everything new.

BapDada saw that the first step in becoming an angel is the renunciation of body consciousness which causes obstructions. The second step, which is more subtle, is to let go of the arrogance of the body.

Body consciousness and the arrogance of the body: body consciousness is something *common*, but the more knowledgeable and yogi you become, the more the arrogance of the body causes obstructions. There are many types of arrogance that emerge: The arrogance of your own intellect, the arrogance of your elevated sanskars, the arrogance of your good nature, the arrogance of your specialities, the arrogance of your special talent, the arrogance of the success in your service. This subtle arrogance is even deeper than body consciousness. You know what the door to arrogance is, do you not? The consciousness of "I and mine" is the door to arrogance. So, an angel does not just mean to be beyond body consciousness or the attraction of the body, or to be beyond the physical relations of the body, but an angel means to be beyond and detached from the connection of the subtle arrogance of the body, and the sign of those who have arrogance is that where there is arrogance, they also very quickly feel insulted. Where there is arrogance, the feeling of being insulted comes very quickly, because the door to "I and mine" is open. The correct form of an angel is to be beyond body consciousness and, in terms of the body, beyond the arrogance of the body. If you have any virtue or power, why do you forget the Bestower? Secondly, the easy way to become detached from this is very simple; it is just one word. This one word has so much power that body consciousness and the arrogance of the body can be finished for all time. What is this one word? Baba who is Karankaravanhar is inspiring you to do it. The word "Karankaravanhar" finishes both that consciousness and arrogance. It is easy to remember one word, is it not? Or, is it difficult? O.K., even if you forget all the *points*, in fact, you must not forget them, but, if you sometimes do forget them, you can still remember just one word, can you not? This is easy, is it not? Baba is Karankaravanhar. So, look how easily you experience the angelic life! On what basis did Father Brahma become an angel? He became powerful and an angel by constantly having the awareness of Karankaravanhar Baba. So you have to *follow the father*, do you not? Or, are you going to *follow Maya*? Sometimes, even Maya becomes your *mother* and *father*. She gives very good sustenance and attainment. However, all of that is deceptive attainment. First of all, there is attainment and then there is deception. You do have the power to discriminate, do you not? You have to recognise whether it is Maya or the Father at the right time. To discriminate after having been deceived is not an act of being sensible. Everyone can understand after having been deceived, but knowledgeable souls are able to discriminate before and save themselves. So, do you understand who is called an angel?

The third is an angel who is to become a deity. Are you going to become a deity now or in the future. A deity means one who is adorned with all the virtues. These divine virtues are the adornments of the divine life of the confluence age. You are adorned with the divine virtues at this time, for only then will you be adorned with the physical adornments in the future. To be a deity means to be adorned with divine virtues, and, secondly, a deity means one who gives, not one who takes but one who gives. So, are you *master* bestowers? Or, are you sometimes those who take and sometimes those who give? Therefore, *check* whether you constantly have the adornments of the divine virtues or whether you sometimes forget some adornments. Do you sometimes forget some adornments? To be completely full of all the virtues is the sign of the deity life. These virtues are your jewellery. So check whether you have become those who have all the powers of the Brahmin form, whether you have the *double-light* stage of an angel, whether you have the sign of the deities, that is, of a bestower, and whether you have become full of all divine virtues. Do you experience all three forms? Just as you constantly remember the three relationships of the Father - the Father, Teacher and Satguru - in the same way, constantly remember these three forms of yours. Do you understand? You have to become this, do you not? Or, is someone else going to come here to become this? You have to become this, do you not? Today, a Brahmin, tomorrow an angel and then a deity. Just see your angelic form in the mirror of knowledge. Angels always fly and give *messages*.

Whenever they show this, they show that angels just come, give their message and fly away. So who are those angels? Are you those angels? Achcha. Say with intoxication: We were this, we are this and we will be this. Are you sure? This is known as having victory through an intellect that has faith. So, are you victorious or are you warriors? Some will have to become warriors, will they not? Or, will others become that? You are Brahmins. Never become warriors whilst moving along. If you repeatedly become warriors, if you keep battling, where would the sanskars of battling take you? The sun dynasty or the moon dynasty? You do not like being part of the moon dynasty, do you? Or, does it not matter if you sometimes become that? So, who are all of you? Brahmins? Are you real Brahmins or are you a little weak? Are the Shaktis strong? Are the Pandavas strong? If you are strong, then Baba should constantly receive letters of good news. "Maya came and this happened. What happened? How did it happen?" You should not have this even in your thoughts. The Father says: You must not even have it in your dreams. There should be no "Why? or What?" even in your dreams. Are you strong to this extent? And the Shaktis, are you even more strong? Say, "If the Pandavas are strong, we are even stronger." Because the Shaktis have been made the instruments. If the instruments themselves are weak or strong, what would the condition of others be? The Pandavas are the *backbone*. Do you like

being the *backbone*? Or do you like causing opposition? It is good to be the *backbone*. You remain very *safe*, otherwise, you are beaten.

To all the Brahmins who are to become angels and the angels who are to become deities, to the souls who are embodiments of remembrance of all three forms, to the elevated souls who make themselves *double light* with the awareness of the one word "Karankaravanhar", to those who constantly give as deities, the bestowers, to the souls who are full of all treasures, to the karma yogi souls who put all the blessings into their practical actions, BapDada's love, remembrance, Christmas greetings and namaste.

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

My journey – Brahmin >>> Angel >>> Deity

