

CREATIVE RAJ YOGA STUDY BOOK

(FOR STUDENTS AND TEACHERS OF RAJ YOGA)

**Based on classes and workshops held by
Brahma Kumaris Ishwariya Vishwa Vidyalaya**



**BRAHMA KUMARIS
ISHWARIYA VISHWA VIDYALAYA**

Edited and produced:

BK Wendy Sargent

First Edition February 1995

© Brahma Kumaris

Design and finished art:

BK Doug Barry- Martin

**Aknowledgements: To Brahma Kumaris teachers and students worldwide,
who have helped by suggestions and contributions.**

Printed by Om Shanti Press, Abu Road, India

CONTENTS

An Introduction for Brahmins and Brahmin teachers

A Guide for Teachers of the Course

PART ONE Who are the founders of Raj Yoga

Brahma Baba – the Father of the People

Mama- the Mother of the Yagya

PART TWO Supportive systems to help maintain constant progress

Knowledge for Self-Transformation

The art of being a Spiritual Student

Purity in Relationships

Consciousness while Cooking

Karma of doing Elevated actions

PART THREE How to use the powers of Yoga

The Power of Love

The Power of Silence

The Power of Yoga

The Power of Mind, Intellect and Sanskaras

The Power of Choice

PART FOUR How to practice the spiritual disciplines

Amrit Vela-how to have Successful Communication

Connections and Relationships with Baba and Baba's instruments

Developing the Right Attitude towards being Baba's Companion in Service

Self Respect, the Foundation of Purity

Faith- the first step to Spiritual Experience.

PART FIVE Recognising the Stages of Raja Yoga Meditation

Being an Angel

The Subtle Stage

Seed stage

World Change through Mind

Stages of Completion

Introduction for

Brahmins and Brahmin Teachers

Presently being the end of the cycle, the world is in the state of upheaval and change, becoming a Brahmin is a challenge to one's personal understanding of oneself, others and God. Those who have the courage to take up this spiritual challenge are constantly bringing innovations, adaptations and transformations into their lives. For yogis to maintain constant spiritual progress, they need to develop responsibility for themselves, make decisions and act on opportunities. So, in a world which is never still, what are the keys that can give the breadth of understanding which will enable us to practice Raja Yoga successfully?

The powers and stages of yoga, and its supportive systems and disciplines are the key elements around which Raja Yogis plan their spiritual journey.

Questions answered in the course are:

- How do I know how to act in a constantly changing drama?
- How do I become the embodiment of divine qualities and virtues and make decisions using these?
- How can I have a unified sense of direction with such a variety of issues and responsibilities?
- How can I involve myself and others in the process of creating a better world?

In the course you will have the opportunity to clarify your own sense of specialness in your role in the drama. You can revisit the aims and objectives of Raja Yoga, and create a motivating vision for yourself. You will look at ways to share and practice methods to reach your aim and object. This course is about what it takes to clarify and sustain your part in this world drama.

Using the Course

The course is a self-study course. It encourages the participant to become personally involved. It is designed to encourage self-exploration. There are exercises and activities to invite participation.

The purpose of the course is to give the participant:

- A recognition of the stages of yoga meditation.
- Ways to practice the spiritual disciplines
- Access to the powers of yoga
- Supportive systems are important to maintain constant progress.
- Knowledge of the founders of Raja Yoga and what qualities made them the leaders?

The course can be used effectively in a number of ways. Following are some suggestions:

Self-Study

Because the course is self-instructional, it is easy to use. All you need to do is to find a quiet place and time. Finishing the activities and exercises, the reader will have a mirror of their stage of spiritual progress.

Workshops and Seminars

The course is ideal for participants to read before a workshop or seminar. With the basics in hand the quality of participation will improve. During the workshop more time can be spent in extending the concepts and application of methods. The course is effective when the teacher- facilitator gives it out at the beginning of the session and leads participants through the contents.

Correspondence Course Students

Those living in a remote location will find this good as a way of understanding the deeper concepts

Informal Study Groups

Because it is brief and can be copied at low cost, the course is very useful for short informal study sessions on particular topics. There are other ways it could be used. That would depend on the objectives, program or idea of the user. But even after reading and studying, the course will continue to serve as good quality reference material and can be easily reviewed.

A GUIDE FOR TEACHERS OF THE COURSE

Q1. What is it for?

For students who have completed over 6 months of study of gyan and more and possibly also done the intermediate course(see Intermediate Course), to encourage deeper churning and awareness of different aspects of yoga, dharna, knowledge and service.

It is also possible to use this instead of or as one of the weekly evening class.

Q2. What does it contain?

It has seniors' classes, murli extracts, charts, self-checking points, workshop summaries dealing with the pillars, subjects and principles of advancement of Raja Yoga.

Q3. When can it be held?

Over a period of 25 weeks.

In cyclical form, so after having the introduction a student can join in part two or five but they need to try and complete the full cycle.

Q4. How are the materials to be used?

Basic ideas and questions can be used as a framework for the lesson. It can be used as reading material for teacher and student if you feel it is appropriate. You could also suggest complementary reading material of murlis or listening to cassettes on the topic if they want to do home study in between.

Q5. What is the purpose of the course?

Topics are selected in order to make it easier for the student to take up the Brahmin lifestyle, and to encourage them to make efforts which will give them the strength and spiritual experience to practice the lifestyle successfully. We are not just telling the student you must do this and not that, but encouraging them to deepen their experience and understanding so that they become Easy Raja Yogis.

Q6. The use of exploratory questions?

The exploratory questions can be used for homework, or for separate workshops, or a point of discussion at the beginning or end of the class.

PART 1

Who are the Founders of Raj Yoga?

*There was no burden in the intellect,
The mind was carefree,
In difficult situations he remained cheerful and unshakeable thinking:
“It is Baba’s responsibility, not mine.
I belong to Baba and the children are also Baba’s:
I am an instrument.”
There were only powerful thoughts:
“Baba is the constant Protector, the Benefactor
Therefore follow the Father in this way.”*

BapDada

TOPIC ONE

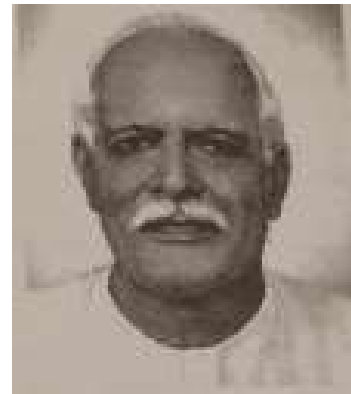
Brahma Baba – The Father of the People

Because of such surrender his intellect always remained light, there was no burden in the intellect, the mind was carefree. In difficult situations he remained cheerful and unshakeable thinking: It is Baba’s responsibility, not mine.

- While in Kashmir, Brahma Baba spent most of his time in solitude thinking deeply about the information which God was delivering through him. He re-educated his mind to comprehend from every perspective the meaning of contemporary events and eternal verities. He was able to see the whole world process clearly.
- Brahma Baba worked long hours, efficiently performing every type of service, including the most menial work. This spirit of service, humility and dedication became the practical ideal of everyone.

Part One: A Story

This is a story told by a present senior of the Brahma Kumaris in her own words. As young children, growing up with Mama and Brahma Baba, from an early age we had the opportunity to listen to the stories of Mama. All of us heard her very beautiful songs filled with experiences with Baba. The words of one song reminded us so clearly of Brahma Baba’s special quality of Father. It went:



*“Baba, I saw you loving the souls.
Lokik parents love the child because
they think it is theirs.
The mother gives a bath to the child,
feeds it and gives love
and the father puts the child on his
shoulders and plays with him.
Here, Baba, as the spiritual Father,
sustains the children.”*

How did souls take spiritual birth through the medium of Brahma Baba?

Some souls were born through the forehead of Baba, because when they saw Brahma Baba they saw the forehead shining and it was so powerful that immediately they were transformed. They felt the sun of knowledge was shining from Baba’s forehead and that they had met God. At the beginning they did not know that Shiv Baba was separate from Brahma Baba they just felt they had met God.

When Baba gave drishti to anyone, that one would just start crying,

“Baba, where were you for so many years? I was looking for you and now I will not leave you”,

and then would run and embrace Baba. Then Baba would say,

“Yes child, yes child, now you have met Baba and Baba is taking you to heaven. So come, Baba will take you to heaven.”

Some were born through the lips, through the mouth, with sweet words.

Baba would say,

“Come child, come child”,

and the very words ‘Come child’ would give spiritual birth to many souls.

Some took birth through Baba’s letters.

There were those who had not seen Baba and through letters they would get the love from Baba. When he was living in Kashmir he could not meet souls, so he used to write letters. They would read the letters and be born in Baba’s family. They would wonder who else could write such letters except God Himself.

Some were born through the chanting of OM. When Shiv Baba came in the body of Brahma Baba, He reminded souls of the true Self by chanting OM. Baba would say OM three times, and as he would chant it would sound like music from Baba’s lips, and the souls would realise that they are not the body but the soul, the peaceful soul.

Baba taught one sister how to chant OM in a very spiritual, soul conscious way in one breath. This sounded like the flute of Om being played and when the children were sitting in a gathering, there would be one soul from one end, another from the other end and then from the two sides. They would then go into trance. Many would go into trance on hearing this chant of Om.

Some were born through divine visions.

Many got divine visions of Brahma Baba even without seeing him physically. Even before they became Baba’s children, they would come to meet Baba and would feel that they had seen him in their visions. They would see Krishna in their visions too, along with Brahma Baba. The moment they would see Baba these visions would repeat. So they received both visions together. There was so much attractions towards Krishna, as well as towards Brahma Baba, because we knew that Krishna’s form

was the beginning form and Brahma Baba’s form was the last form of the same soul.

Part Two: The Example of Brahma Baba

In the following examples we will show clearly how each virtue can have a practical inculcation, taking Brahma Baba as the highest example.

Accuracy

Baba gave great importance to punctuality. Once, after a night of thinking how to deliver God’s message to millions, he arrived 5 minutes late for class. He apologised to the children explaining:

“I thought of having a little rest but then another thought came: ‘How will Shiva Baba give the treasures of Godly knowledge if I remain here in my bed?’

Good Wishes

Baba had good wishes for all. Even though producing literature was costly, Baba would still forbid its sale and say that all people, being his children, were entitled to have it free of cost. Many people, God’s children... simply pounced on it and took away several copies each. Even then, Baba’s love was none less and he refused to make it a source of income. He taught us to distribute it free among all and sundry so as not to deprive any human soul of its benefits.

Humility

Brahma Baba worked long hours, efficiently performing every type of service, including the most menial work. This spirit of service, humility and dedication became the practical ideal of everyone. Baba warned that one should not work for winning personal glory or name, fame and titles, for he considered one’s desire for praise and rewards as a subtle kind of ‘begging’ and as a weakness of character. Thus he forbade asking anyone for donations.

Introversion

Brahma Baba said, “Just as a tortoise, after having done its daily job, whatever it may be, draws in all its sense organs, so also should you, after having done your daily jobs, withdraw into your own self, be unaware of the body you wear and be posted in quiet and loving remembrance of Shiv Baba, the Supreme Soul.”

Brahma Baba was a constant source of inspiration and wisdom to those who lived in the organisation. He taught the subtlest secrets of how to invoke in the self-divine attributes such as introspection. While in Kashmir, Brahma Baba spent most of his time in solitude thinking deeply about the information which God was delivering through him. He re-educated his mind to comprehend from every perspective the meaning of contemporary events and eternal verities. He was able to see the whole world process clearly.

Joy

Brahma Baba gave joy to others through his deep spirituality. His stage of soul consciousness was so high and powerful that most of the people who sat near him felt that they were becoming more detached from their respective bodies...they noticed a divine light enveloping him on all sides and would see a strange radiance there. This experience charmed them so much as to make them long for the lasting joy of this experience.

Light

Brahma Baba always kept the vision of being a master and a child. As an obedient child, he always acted on Shiv Baba's directions and experienced constant happiness and constant lightness as the fruit of his elevated actions.

He considered himself to be just Shiv Baba's instrument through which Karavanhar Baba was acting and thus he remained light as a carefree emperor facing all the tests with courage and tolerance. With his dharna of the power of tolerance, he constantly remained cheerful. He showed no sign or trace of wilting on his face or in his thoughts when showered with bad language. Even if the difficulty was as huge as a mountain, it may have been a storm or an obstacle, he changed that huge thing like a mountain into a small toy and constantly let it pass, as in a game. He constantly made very heavy things light. He himself remained light and made others light, seeing it all as a detached observer.

Patience

Brahma Baba was able to recognize that all good fruits came from seeds which are carefully sown and nourished. He was never in a hurry to convert souls but he sowed the imperishable seeds which transformed themselves in each

soul. He never showed any sign of impatience or impulsiveness. On the contrary, seeing the three aspects of time he could easily and carefully guide each soul towards his predestined aim.

Surrender

Brahma Baba had unshakeable faith and the support of Baba's shrimat. He had one strength, one support- on the basis he became the one with faith in the intellect, the number one victorious soul. Because of such surrender his intellect always remained light, there was no burden in the intellect, the mind was carefree. In difficult situations he remained cheerful and unshakable thinking:

"It is Baba's responsibility, not mine. I belong to Baba and the children are also Baba's: I am an instrument."

There were only powerful thoughts:

"Baba is the constant Protector, the Benefactor. Therefor follow the Father in this way. Become carefree from the burden of worry. This is known as giving the return of love."

Tolerance – BapDada 30/1/88

Who was showered with the most insults?...after becoming Brahma he was number one in having to hear words of bad language...he became everyone's enemy just as much as he was loved by everyone in his lokik life...however, because of the virtue of tolerance and his dharna of the power of tolerance, he constantly remained cheerful. He never wilted he was always an easy form of being unshakeable, immovable and remaining in pleasure. He didn't labour, he constantly had the desire to change a discontented soul into a contented one...to bring them benefit. With silence power of tolerance he inspired each one to move forward. With sweetness, good wishes and pure feelings for those who opposed him, he taught the lesson of tolerance. Someone who opposed him one day would ask for forgiveness the next day...

Unity

Brahma Baba created unity amongst the gathering by not demanding from others that they do as he did. Instead he, himself, showed the path by being the humble example, and each one automatically followed him. When efforts or work was considered, he maintained the consciousness of 'myself first' and when it was

the time to give respect, he practiced 'you first' and created feelings of closeness. In this way, he became the example of unity for all others.

Murlis on Brahma Baba

4/7/71, 11/3/81, 13/3/81, 18/3/81, 8/10/81,
22/4/82, 6/1/83, 25/5/83, 3/10/83, 10/11/83,
21/12/83, 23/12/83, 18/1/85, 31/3/86, 25/10/87,
10/11/87, 18/11/87, 22/11/87, 31/12/87,
18/1/88, 22/1/88, 26/1/88, 30/1/88, 3/2/88,
20/2/88.

How did Brahma Baba give love to souls?

When efforts or work was a consideration,
he maintained the consciousness of 'myself first'
and when it was time to give respect, he practiced, 'you first'.

How did he sustain souls?

Sustenance was with the form of love.

So how did he give love to the children?

Through drishti, through words and actions.

Just as plants are sustained by watering and are protected from birds so they are not eaten up.

Just as plants are given shade so that too much heat does not destroy them,
this is how much love Baba gave.

We experienced Shiv Baba playing hide and seek through the body of Brahma Baba. One minute we could feel Brahma baba by himself and the next moment Shiv Baba would come in his body.

He gave loving drishti through the eyes and transformed souls instantly.

Baba gave his company, immediately colouring the souls.

We would feel that as Baba has given so much power
now he should become equal to the Father.

Establishment took place in this unique way.

EXPLORATORY QUESTIONS

Creating a checklist for Organising my Exploratory Process

This is a process to apply to the self. Throughout the course there are exploratory questions which you can answer, to find out more about your specialties and qualities and how Baba would see you in your higher stage or perfect stage.

1. Identify three situations that are important to you in your life, at the moment that you hope that this process of self-exploration will address.

2. List three situations which you think are the major barriers to your process of self-development, spiritual development and self-exploration at this time?

The Meaning of Your Personal Journey

Souls need to feel that what they do goes beyond the immediate circumstances and can affect others in a positive and profound way. It is important to feel that there is a connection between your actions and some greater purpose.

Q Recount the meaning or purpose that you perceive behind your own life story up till now. What aspects of your life up till now have been of greatest importance to yourself or others or for Baba's service?

The Nature of the Founders of the Organisation

The story of the beginning of the organisation helps us to develop a deeper sense of commitment and purpose. The organisation has been founded on a base of total self – renunciation and spiritual understanding, and when we make ourselves aware of this, it provides sustenance for us to face the variety of obstacles that come across our path.

1 What was the reason that Brahma Baba began the organisation?

2 What were the specialties which Brahma Baba had that made him suitable to play that role?

3 What were the specialties which Mama had which made her suitable to play her role?

4 Why did Baba establish Brahma Kumaris as an Organisation?

*"Then Mama would smile, it is not that she would accept the praise willingly.
 She would say "You know Baba is very clever,
 Baba is the greatest of all but He always wants his children to go ahead of him?
 But can we ever go ahead of him?
 If a Father puts his child ahead of him does it mean that child is ahead of him?
 No, this is God's greatness that He puts the children in front Him."*

TOPIC TWO

Mama the Mother of the Organisation

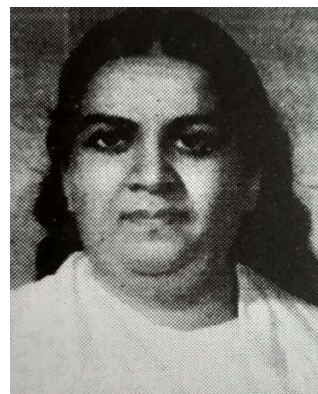
Mama was a quick student and everything which Baba spoke would be imprinted on her heart. She would repeat word by word so Baba would say to Mama, "Now Baba has written this. Now you understand and repeat it in front of the class."

- Whatever Mama would say, she would not just say words but would bring it into practice immediately.
- Mama would correct both as to where they went wrong. Helping them to see the wrong which existed on both sides not on one or the other.
- Mama used to enjoy self-introspection. She loved to be in solitude. She would speak very softly. She was the image of maturity.

Mama was, after Brahma Baba, the main founder of the Brahma Kumaris. This is the story of Mama told by a student who was still a young girl when Mama was alive. It is told in her own words.

Mama's Story

Mama's house was in the street next to the one in which I lived, and Baba's house was in the



street next to my house. I often used to see Mama and her sister going together to school. Mama's name was Radhe and her sister was Gopi. Mama's face was very beautiful, very attractive. I used to like both sisters very much and I sometimes would envy Radhe. I would say.. "God made her so beautiful, gave her long hair and such a beautiful face and a beautiful voice." Both Mama's father and her Aunt's husband died and so they started to go to the spiritual gathering (satsang) that Brahma Baba would hold. They advised Mama also to come.

They said, "You are a young kumari (unmarried girl). You will be able to understand the knowledge more easily."

When Mama came to the Satsang she saw Baba, this beautiful family, and at one glimpse Baba recognised Mama and Mama recognised Baba. Baba recognised Mama in that way that Baba said "This is my long lost and now found child." And Mama said, "He is the Father who I had lost and I have found again."

Mama was a quick student and everything which Baba spoke would be imprinted on her heart. She

would repeat word by word. So Baba would say to Mama,

“Now Baba has written this, now you understand and repeat it in front of the class. Baba is giving you the urn of knowledge. Now you churn on this and give a lecture on what Baba has written.” So Mama would read, churn and then give a lecture. Everyone was so happy listening to Mama. Anyone taking the course from her would transform without fail, even the most cynical and materialistic.

One brother, a businessman who travelled the world and held extravagant parties started to come to the satsang. When Mama gave him the course, she told him,

“Your body is your temple and you are the soul in the temple. Look at what pure things you offer in those temples of the deities, and what do you offer to the deity in the temple of your body!”

He was pierced by the arrow and immediately he left all the bad habits. He promised Mama,

“If I have to die, I will not mind dying but I will never return to those old ways.”

Then he became ill, and the doctor told him he must start to drink and smoke or he would die, but he refused and ultimately recovered.

Everything was said from the Heart

Whatever Mama would say would affect any student to whom she gave the course, because whatever she said would come from the heart. She would say it as the embodiment of what she was saying. Baba surrendered everything, body, mind and wealth. Mama, as a kumari had no wealth, but she went ahead of Baba. Mama surrendered in thoughts, words and actions. Mama kept giving the course and students became stronger and stronger until ultimately they became Brahmins. Mama's dharna was very strong. Her original name was Radhe and as she chanted the word Om she would make everyone its embodiment. Baba gave her the name Om Radhe. When Mama gave drishti to anyone they would get a vision of Radhe. Just as they saw

Krishna or Narayan through Brahma Baba they saw Radhe or Lakshmi through Mama.

Mama had a Great Power to Sustain Souls

The Kumaris used to live with Mama. When we first came, at the beginning, many mothers came also and Baba would speak about celibacy. It was because of celibacy that so many husbands objected. When parents objected the Kumaris would say,

“Well we are not going to man, we are going to a sister. Mama is a woman and she is just sharing spiritual knowledge.”

Baba told us to take permission from our parents to go to Om Radhe to study gyan and yoga. When Mama taught us she taught with such love and would tell us,

“Now go and serve the souls in bondage. You need to satisfy your parents too.”

Baba and Yashoda, Baba's lokik wife, lived in Om Nivas which was the hostel for small children. The other building was Om Mandali where Mama lived with the kumaris.

Whatever Mama would say, she would not just say words but she would bring it into practice immediately. This made Mama very attractive and we loved Mama so much. We used to say ‘Oh, Mama is so sweet’..

Her natural sanskar was sweetness, but because knowledge was added to this sweetness, it became spiritual sweetness.

She was sweet but at the same time mature not childish, not serious but sensible and easy. Mama was like a small child with the children, elderly with the elderly. When she saw one of us sad she would come and pat us or put her hand on our head and ask “Child, what happened?”

We would complain,

“So and so scolded me, or did this to me”

and Mama would explain very gently,

“Never mind child, people will keep on saying such things, but don’t worry. You are finishing your karmic accounts.”

We were very young and Baba said to Mama, “You must sustain them and protect them.”

Moving to Karachi

After moving from Hyderabad to Karachi Brahma Baba was given the title Brahma Baba and Mama was called Jagadamba Saraswati. Baba would say that Brahma is the real mother because it is through Brahma you are born, but somebody is needed to be a mother, and that is why Baba puts Mama in front as the mother, the leader of this family or army of sisters.

Everyone would get visions of Radhe from Mama and of Krishna from Baba. Brahma Baba’s family would get visions of Mama as Saraswati and Radhe and in this way they developed love and understanding of her role. Although Brahma Baba’s daughter was older than Mama, Baba wanted to put Mama in front and others would get a vision of her as mother. Mama then felt that she also had grown up and she became very mature although she was not very old. Then Baba used to praise Mama so much with any words he could find.

“You children should follow Mama. You should come in the army of shaktis and follow Mama. Mama is ahead of me because she is celibate from birth.”

We were influenced by Baba’s words, because Baba would keep on praising Mama so much. Mama wouldn’t be there to listen to Baba praise her but we would then go running to Mama, “See, see what Baba has spoken about you.” Then Mama would smile, it is not that she would accept the praise willingly. She would say “You know Baba is very clever, Baba is the greatest of all but He always wants his children to go ahead of him. But can we ever go ahead of him? If a father puts his child ahead of him does

it mean that child is ahead of him? No, this is God’s greatness that He puts the children in front of Him. So you don’t understand God’s cleverness.”

But we would say

“But Baba is praising you so much so you must be like that.”

Then we would say

“What Mama is saying is also right.”

So what were we to accept, what Baba is saying or what Mama is saying? So we would sometimes get confused.

Our Relationship with Mama and Baba

Baba was very official. Our more senior Dadis would go in front of Baba and were very light with Him. We were also anxious to go in front of Baba but we used to hesitate to speak to Baba. We used to wonder if we made a mistake while speaking to Baba. But Mama used to look after us and sustain us so well, that we were closer to Mama.

Whenever we made a mistake we would go to Mama immediately. Others would complain about each other. They would go and say

“Mama, that sister who complained about me is not good.”

Then Mama would say

“Child you are a great soul. Why do you think about these trifling matters? Why do you say that so and so who is older than you should not say that to me?”

So Mama would correct both as to where they went wrong. Helping them to see the wrong which existed on both sides. Often we did not know what Mama said to the other. So one would say,

“Mama it is I who have to accept this mistake, but it is not my mistake.”

So those lost in Mama’s love had to learn a lesson. We were lost in love for her. For Baba we had regard, but where attachment was concerned there was greater attachment for Mama.

Love for Baba's Knowledge

We of course had great love for Baba's knowledge, so we used to think of Baba as our teacher. When Baba came and gave drishti we would be lost in that. But like small children needing support we felt Mama as our support. Anything we did not like we would go and tell Mama. One day Baba called me and said,

"You have great attachment with Mama", so I looked at Baba and asked,

"Who said that, Baba or my friends?"

I knew my friends wouldn't speak like this to Baba. I realised that Baba was signalling to me that I have had enough now and I should change my attitude. A great touching came in my mind and I felt that I was on the wrong track. The path I was taking was leading to too much attachment with Mama, and if Mama left her body what would my stage be?

Later Baba sent myself and another sister onto the service field. Baba embraced us and Mama also gave us leave. On that day I cried and cried that I had to leave Baba and Mama. But that was the last day I cried. After that I have never cried. Of course we became more and more powerful, and Mama would say I was making very good efforts. Instead of running to Mama I found I was having more and more connection with Baba. After that I did not go with a childish intellect to Mama. Baba would say, "If you go with small, small complaints to Mama it means you are still a child."

Unquestioning Obedience to Shrimat

I noticed that Mama obeyed Shrimat accurately without fail, and never used to question Baba as to how such things were possible. Baba told Mama to make all the sisters sit together and prepare with embroidery a beautiful picture of the cycle on silk cloth. Mama said,

"OK Baba",

But we did not know how this would be possible. We would say "But Mama it is so much work, such a big piece of sheet. How can we make such a big cycle?"

Mama would immediately stare at us and say "Don't say that. See who has said it. It is not a bodily being. God Himself has said it. So you cannot refuse or question."

After 15 days we had prepared it. It was ready and we went to Baba, presented it to Baba and Baba gave so much love.

So often Baba would say something when Mama was sitting beside him. Baba would turn and say to Mama,

"Mama it is possible, isn't it?"

and Mama would say,

"Yes Baba."

When she would say, 'Yes Baba' it means it was done. So then she would stay awake day and night, standing herself and getting it done herself. Even cooking food, chopping vegetables, cleaning grains, Mama would do it herself and we would get the strength to do likewise on seeing Mama doing it. Even if it was the lowest job in the organisation Mama would give her company, so there was no body consciousness in anything. We would not feel this is a low job, how can I do it?

Mama was very accurate in her daily routine. If she was to come at 6 o'clock she would come at exactly 6 o'clock, not one second late. Mama would come down from her room at six and she would go for a walk and we would follow her.

The Virtues of Mama

Mama used to enjoy self-introspection, she loved to be in solitude. She would speak very softly. She was the image of maturity and we would tell her,

"Mama you already possess these virtues. You don't have to make efforts to attain these as we do."

Mama would say,

“No, I didn’t have them before though they may seem natural to me now. Through the knowledge I was able to gain divine virtues. Baba has filled me with divinity. So although I know I am going to become Lakshmi, it doesn’t mean I don’t have to make efforts.”

Mama was very accurate in her thoughts, words and actions. She was very loving, so no-one felt any ill feelings towards her. Mama would fill such enthusiasm in us for everything. She used our specialities and this was why we had such love for her. Mama used to make us write if something had gone wrong, and we would give it to her. I did not have any impure thoughts in my mind, but then I used to wonder what everyone was writing.

I wrote something also, but I put it in the wrong place and so Mama didn’t call me. After 7 days Mama asked me one day,

“Are you alright?”

I told her, “No I’m not.”

So she said to me

“Ok, even if you did write some of your weaknesses, you can understand now what instruction Mama would give you.”

I said, “Yes, Mama, you would tell me this...etc.”

Mama then said,

“If you knew what instruction you would get from Mama why didn’t you check yourself beforehand and become OK during the 7 days you waited? Why did you waste all this time?”

Fear of Death

Sometimes we used to have a lot of fear. Kumaris in particular have a lot of fear and cry quickly. I remember I was so afraid of dead bodies. I used to feel this dead body was like a ghost that may possess me. Now I understand that this is like an empty house without the landlord so what is the use of getting frightened. Now we meditate in front of dead bodies so we have lost our fear. Also we lacked the power of tolerance but Mama was so stable on drama. She would speak such long

murlis on drama and made us very stable by enabling us to use the point of, “Drama”. She would say that whatever had happened was fixed but it won’t repeat now but only in another 5000 years. So that scene has merged into the past.

Baba would praise Mama very much but Mama would say,

“Don’t be influenced by this praise, this is Baba’s cleverness. Why is Baba praising the mothers? Because Baba wants the mothers to be in front. But still Baba is always in front. Nobody else can go ahead of Baba.”

Baba never used to make you fear him. He was very light and would say,

“Laugh at the right time not the wrong time.”

When Baba gave us drishti we couldn’t even move. If we would close our eyes after taking too much drishti he would look at us and say, “Why have you closed your eyes? The children who don’t recognise Baba will close their eyes when Baba is giving them drishti. When God is giving so much loveful drishti and then children close their eyes they close the door of love and they don’t take love.”

Mama’s Regard for Baba

Baba would lightly ask us many things and we would answer. But if Mama spoke we hesitated because Mama would be so serious, and she would have so much regard for Baba. I remember one day Mama and Baba took us on the mountain and Baba asked us which mountain we wanted to climb. We all gave different mountains and he kept moving ahead and said yes, yes, yes to everyone. Mama looked at us sternly and so we asked Mama was it not right to say this to Baba. Mama said,

“No, it’s alright”,

but after a while Mama would explain in a very sweet manner the importance of respect and so we then said,

“Yes Baba, wherever you take us we will go.”

Mama never ever gossiped. Sometimes we would tell our secrets to our friends but Mama had connection with Baba and none other. Mama would not tell things of her heart to anyone. Mama was very close with Didi and Dadi but still Mama would say, “Mama feels like this but it’s good if you ask Baba.”

Sometimes Baba would say

“Baba feels like this but you can ask Mama”.

Baba would take the last direction from Mama and Mama from Baba, and so Mama and Baba would give respect to each other in this way.

Mama Leaving the Body

I wasn’t in Madhuban when Mama left her body. Mama underwent an operation but with the power of yoga she controlled the pain. Baba was sitting before Mama and Baba gave a lot of drishti to Mama. Mama gave to each of the children the grapes which were the first harvest of the vineyard, and then after half an hour she left the body. We could feel that yoga power had conquered her karmic accounts. Mama never expressed that she was in pain, so till the end she was serving.

When I heard Mama had left her body I didn’t feel like eating but when I arrived in Madhuban everyone seemed so peaceful and cheerful. Mama’s body had already been cremated. I felt as if Mama wasn’t dead but alive. When I went to Mama’s room and saw it empty I had tears in my eyes. All of us who had come had tears in our eyes. Baba came to know and Baba called us.

Baba looked at me and said, “My child why did you come?”

I thought, “Mama has left the body and he speaks as if nothing has happened.”

Baba again asked “Child why did you come?” Now I could not control myself and I began to cry and I said “I heard the news about Mama.”

Baba smiled at me and with Baba’s face smiling immediately my face changed too. All the tears

finished and I could feel that I was wrong to do this as a teacher and in front of Baba.

Baba said “Don’t you know that drama is very beneficial? Do you know that?”

I said “Yes Baba”.

“So Baba is the Benefactor Father”.

I said, “Yes Baba”. So Baba made me say yes, yes and I wiped my tears.

And then Baba said, “There is great benefit behind this. Whatever happens in the drama is for our benefit. You cannot have any doubt in the Father or in the Drama.”

So Baba smiled and said “Have you come to mourn with me?” I said “No I didn’t come for that, I have come to make myself light”.

In just this one meeting Baba made me so light and I was happy again and the scene of drama was over.

EXPLORATORY QUESTIONS

Exploring Personal Qualities And Specialities of our Spiritual Examples

When you know what being a Brahmin stands for, it is easy to know the standards that are to be upheld. You are much likelier to make decisions that will support those standards. You will feel greater motivation because life will have gained added meaning.

A person acts not just to serve their own needs but also out of a deep sense of the meaning in what they do. What you value, and what is important to you are the most powerful motivators of your actions.

We have all met people who live out values that are important to our own lives. If you think back to those who have made some difference to your life or to others lives, what qualities or virtues do you value in them?

Qualities and Virtues of People Who are significant in my life	In What Way can I use this Example to Change?

PART 2

**Supportive Systems to Help Maintain
Constant Progress**

*“The one who goes into the secret significance,
of each word of knowledge,
not those who just remain in the enjoyment of its music.
Together with the music, those who understand the secret significance,
will be lost in the intoxication of churning,
as the masters of the gems of knowledge of the treasures of knowledge”*

Bapdada

TOPIC ONE

Bringing Change Through Knowledge

Churning makes the soul feel powerful: it makes you aware of your powers and self-respect.

- The depth of the knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of limitless treasures. Balance and purity become easy.
- Our personality changes and limited views and thought patterns, which give birth to various obstacles, can be finished by churning.
- By acknowledging and not suppressing impure thoughts you will easily clear negative thoughts within a short period of time. Your concentration power will increase. You will be able to clear, complete and burn impure or waste thought, and easily become an embodiment of the original thought.

Churning spiritual knowledge makes us a complete authority of that knowledge. So what are some practical ways of implementing churning in our lives as Brahmins?

If we just spend 15 minutes out of our daily routine everyday concentrating on this, then it will increase easily. Take fifteen minutes to write on any topic related to spiritual self-progress. By churning this way in isolation and by writing, the mind is able to concentrate immediately. Secondly if we read a Murli and afterwards write down the essence as it has influenced the mind, then we will find the essence will remain and deepen during the day.

The reason for the need to churn spiritual knowledge, as well as to remember Baba, is that obstacles can come in our remembrance of Baba (yoga). We need to overcome these obstacles with the power that comes from churning. We need to pass in all subjects fully and include both knowledge and remembrance.

The benefits of churning knowledge are as follows:

1. Churning makes the soul, feel powerful:

It makes you aware of your powers and self-respect. Any inferiority complex ends and one experiences oneself as a great soul. Self-confidence awakens as weak thoughts diminish.

“I won’t be able to do this. Will I be able to do anything with my life?” Strong thoughts emerge instead.

“God Himself is with me. I will definitely be successful”

Self Confidence and bravery is attained to undertake every impossible task

2. Feelings of happiness dominate the

Consciousness: Happiness and intoxication can only be attained by churning knowledge.

3. Natural and unruffled peace in my outlook:

Churning takes us to the depths of the ocean of knowledge. The depth of knowledge finishes all our attractions. In the depths there are no storms, but only the peace and bliss of limitless treasures. Balance and purity become easy.

4. **The knowledge that we have becomes more real**, and so can give more effectively to others. We can use the jewels of knowledge in service. This knowledge will have much greater power, and be of much greater help to others than any form of scholarly knowledge.
5. **Our personality changes:** Limited views and thought patterns which give birth to various obstacles can be finished by churning. Our view of life becomes so broad that name, fame, respect, insult, senior and junior don't affect us, they seem totally insignificant.
6. **Natural bliss:** By churning, murlis become a source of bliss. Become of the spiritual happiness that comes from churning, our faces will become radiant and automatically there is service.

Note: We call yoga remembrance of God, since for us the process of linking the mind with the Supreme can most aptly be described by these words. Similar to the remembrance of a person that we love, we remember Baba and remain in relationship with Him. So sometimes we use the word yoga and sometimes the word remembrance.

Using the knowledge of Soul Consciousness

I tell others how to remember themselves as souls. I also have this knowledge for myself.

But when I come to put it into practice, when I act on it, when I talk about it, when I look at others - in what consciousness do I talk and look?

It is most important that I use the same knowledge in practice, and that it does not remain at the level of mere theory. When the Supreme Father comes directly and teaches the soul then His every word, His every version has to be brought into practical life. Only then can I enjoy perfect peace, happiness and purity because it is my birth right.

Understand knowledge and then experience; and then when there is peace, at the karma yoga stage, I can emerge those sanskaras or that experience. Knowledge and power are both necessary for effective action. For this reason Baba has created a very good system.

First, each day, do meditation, this purifies and cleans the intellect.

Second, a pure intellect can easily absorb and inculcate the pure knowledge that Baba's murlis provide each day.

Third, power and knowledge have both got to be put into practice through the process of karma yoga.

Churning Thoughts in Meditation

When you sit to concentrate in meditation, you create the thought in your mind that I am a soul. Once you have created that thought, do not leave it as it is, but experience it. You have created this thought uniquely. If you merely leave it there, other thoughts will come in. Therefore you should not leave it there - you should hold it, and analyse it, and explain it. Ask questions about it:

Who is the soul?

What is a soul?

What is the form of the soul?

Bring these thoughts within your own intellect, experience these thoughts with your own intellectual eye. In other words, whatever thought you create in your mind, experiment with this thought and experience it with your own intellect. When you clear or analyse this thought in such a way, you become the embodiment of this thought.

“Who am I? A point of light.

What is a soul of Light? It is like a shining star. I am like a shining star shining in the middle of the forehead. I am a soul, the soul is always pure.

How am I pure? Purity has been measured in the form of light. Now you can see how much power there is. Am I a small twinkling star or a powerful pure star?

How much power, how much purity can I have? I experience, I see what a pure soul I am. I am a soul and the soul is always peaceful. That is my birthright.

What is peace? When I was in my home, the incorporeal world, there I didn't have anybody or any bodily relations. At that time, I didn't have any type of thought. I am the same soul who has come from the incorporeal world and am sitting on the throne of my forehead. I also don't have any bodily relations. I am the ruler of this instrument which is my body. I know that I am a peaceful, loving and

happy soul; I am a soul doing each action with the instrument which is my body;
. “I am a ruler.”

When you churn over one thought in this way, when you fully concentrate on one thought, then you experience yourself as a peaceful soul. When you experience the thought, then you become an embodiment of that thought. When you are busy churning there is a natural control over your mind. There is no chance for the obstructive or impure thoughts to emerge.

*“When you realise yourself as
a point of light,
and are fully conscious of yourself,
then your every word, thought, action,
apprehension Is divine.
Therefore, for those who are in
Self – consciousness,
their each and every action, thought, vision and
word is divine.”*

Bapdada 21/11/84

Having the Power to Churn

Sometimes there doesn't seem to be very much power of concentration. In other words, you don't have a pure mind when you churn. Two problems may be involved here.

The first is that of temporary, or ordinary, or worldly thoughts, that may emerge.

The second is that of past, deep-rooted sanskaras that arise to disturb your concentration. So when initially you try to churn in order to search for self-realisation, you may experience a little peace of mind, then suddenly you remember,

“Oh, I have to do this task, I have to meet that person, somebody said this to me yesterday, I recall an action that was done yesterday etc.”

You are knowledgeable, so convince yourself; this is not the time for thinking about such matters. You are sitting in order to remember Baba; other things can be finished when the time comes. So again churn, I am peaceful and pure. When the distracting thoughts have gone, you will feel nearer to self-consciousness, to being a point of light.

Acknowledge thoughts – Don't Suppress Them.

Whenever you have to create a thought in your mind, bring this thought before your intellect.

“Who is Arjun? Who is an elevated soul? The one who dwells upon the thought, the one who embodies the thought, becomes equal to Arjun. Similarly when you create a thought you must become an embodiment of that thought. Arjun was an elevated soul; you are an elevated soul too. You create a thought, but you must also experience it, or what is the use of creating it?”

So, an important principle is that whatever thought you create, bring it before your intellect, acknowledge it, and experience it. Experience, analyse explain this thought. If it is good then experience it; if it is bad then burn it and finish it. Do not suppress any thought.

***It is a knowledge that is
intricate and subtle,
but not concerned with
names or numbers.***

*It is more like a light which shines on
the right thing at the right time.*

*A light to bring out your strengths,
rather than illuminating its own.*

*It doesn't need to do that because
having lost nothing,*

it doesn't need to justify or speak.

Unless to teach and then it

becomes a ream of truth

that can flow through your thinking

as a river across land;

*absolutely defined, absolutely explicable
(as all real knowledge is)*

What to Do When Impure Thoughts Enter the Mind.

Suppose you remember a past, impure thought.

Bring this thought before your mind. “Why do I remember that person, or this brother or sister?”

Bring this picture before you

Ask the questions;

“Do I have any desire?”

Do I want something from this physical body; do I have any attraction from this physical body? Is there any part of this body that I like or love? This body is made up of five elements; it is a bundle of bones, blood and leather. How can I love it? No, I definitely love the soul. It is my brother. All souls belong to one home. They are children of The one Father.”

But when thoughts do arise out of body consciousness, clarify for yourself that this is not

your thought, and that you have not done this action, but that it was done in the past. "Now I am a pure child of a pure Father. So, I have to see and create the same consciousness in me and in the others, and to see other persons as souls. They, too, are pure souls like shining stars"

Create this consciousness
This means that you change your impure thought
into a pure thought.
"You are a pure soul."

By acknowledging and not suppressing impure thoughts you will easily clear negative thoughts within a short period of time. Your concentration power will increase. You will be able to clear, complete and burn impure or waste thoughts, and easily become an embodiment of the original thought.

Double Light or Bodiless Stage

When you achieve concentration power quickly, you experience the sensation that I am at peace and I am a pure soul. When you experience this stage, it is called the double light stage or bodiless stage. You will feel, I am a point of light; I am detached from the bondages of the body; I am light – I am double - light. When you are in the double-light, then you can charge might within yourself. You can keep constant connection with the Almighty. First you have to experience the bodiless or the double - light stage. If you have even one percent body or bodily relations then you cannot concentrate fully; in the middle of your meditation somebody will pull you down. So, make your foundation strong.

*Bapdada says "Realise yourself as
a soul, then remember Me."*

*Because whoever is able to remember
"I the soul",*

is ready to remember the Father.

you have to leave everything,

to become detached,

then you can concentrate totally

(Bapdada 1/1/86)

Using Knowledge to go to Baba

When I feel and experience that I am detached, then I am ready to fly. I have to remember where Baba is. He is in the incorporeal world - in an unlimited world far away. I have not seen it. Baba has given me the knowledge that I am a soul, and with this knowledge that I am a soul, and with this knowledge I am going to search.

Where will I concentrate? Because the mind is very sensitive, it requires some material object for concentration. Focusing on material things is doing bhakti, that is taking some image or picture, or looking as though someone is sitting in front of you. For Raja Yoga you have to take some point of concentration which is not on the earth. Everything here is made of five elements and has impure vibrations. But when you feel you are detached, when you fix your intellect away from the material world, then you feel that you are far, far away from these impure vibrations.

Practice by bringing in front of your mind how the sun is hanging, the moon is hanging, and the moon is transferring the sun's light. Churn over it. Think over it. See and experience how the sun is getting and giving its light. Make a place in your intellect in the unlimited regions of the sky. When you churn over this experience and over this thought, you will feel detached, far away and unlimited. You feel detached from the five elements and impure vibrations. You feel alone, you feel ready to go wherever you like.

Using Knowledge to Search for the Subtle and Incorporeal World

On the basis of what you now know, look for and search for the subtle world and incorporeal world. Emerge the subtle world; see what and where it is. When this thought comes in your mind, using the same principle, bring it deeply in your mind and start analyzing the implication of it.

What is the subtle world? White, cool moonlight. Brahma Baba's soul is there.

How did he reach there? You will see Brahma Baba's image there. How powerful is your third eye? To that extent the image will be clear. You will see how Baba reached there, what he has done and what he is doing there. You will see how Brahma Baba has achieved the karmateet stage, perfection in life; how he totally surrendered his intellect, his corporeal form, his wealth to Shiv Baba and how he used to do each action according to Shiv Baba's direction. As he always used to keep company with Shiv Baba, so you have to follow him. If you want to do so, you can have a little conversation with him at this point.

If you have a physical problem, a question, freely ask Baba as if you are alone with him in the subtle

world. Converse with him. When you do so, you experience the angelic stage. You feel you are before Baba alone. Whatever you want or think you can place before Baba because you are in total freedom.

*Your third eye is powerful
according to the extent
that you use it.
It acts as a microscope
or a telescope.
The subtle world is very far away,
but you can see a picture of it
very close and very clear.
If a soul comes in front of you,
you can see the qualities
and the picture of that soul,
as clearly as if you were looking
at that soul in front of you
with your gross eyes.
You can see the qualities
of that soul clearly,
according to the power
of your third eye.
Therefore depending on this clarity,
power and purity of your third eye,
you can easily experience the picture and create
the thought.*

Bapdada 23/1/85

Bapdada's Murli points on Knowledge

In the murlis Baba often brings up the subject of knowledge. Following are some abstracts from murlis on this subject.

Using the Weapon of Knowledge

Victory is yours; those who have faith in the intellect are worthy to claim the chakra of victory. You receive the victory chakra through the cycle of self-realisation. All children are receiving the same knowledge from BapDada at the same time. Baba is teaching everyone together. It is the same murli for everyone.

Whilst studying it is one thing to take the point of knowledge as a weapon or power, and another thing to take the point of knowledge as a point. That is what makes the difference.

What makes the difference?

Take the point of Drama. This is a very powerful weapon to gain victory. Those who imbibe the point

of knowledge in their practical life can never shake, can never fluctuate, and can never be defeated..

Those who imbibe it just in the form of a point of knowledge, what will they do?

They are speaking the point but also shed tears from their eyes and feel "I don't know what has happened to me"

If they take it in the form of a point, sometimes the point works and at other times it does not. But when a problem comes they cannot remain constantly victorious.

So now revise the course once more with the force. Take up each point and see what powers are in each point and at what time that particular power can be used. Give this training to yourself. You can give this training to yourself and then check, did I use the powerful point in the form of a weapon through the day? You can perform this training for yourself because you are knowledgeable souls.

Knowledge and Coolness (Purity) as a Service Tool

On the one hand there is the power of truth and the highest intoxication through this. And, on the other hand, no matter how high the intoxication is, there is also an equal level of coolness so that then, no matter how arrogant or angry another soul may be, you are able to make them cool also.

Even in order to reveal the truth and to be able to show all the attainment through this, it is the power of coolness that is needed. Otherwise, if you attempt simply to prove the truth without the power of coolness, those without knowledge think that your proof is just stubbornness.

*Let the soul that is burning
experience coolness.
Let the fire be stilled then they will be
able to recognize the truth.
First the coolness of the Mother
will make the soul worthy,
and then the power of truth
from the sun of Knowledge will
make the soul a yogi.*

Churning the Gems of Knowledge

To have pure thoughts means to churn the gems of knowledge which means, to play with the deep, subtle, entertaining secrets of the Creator and the

creation. One is simply to repeat and the other is to flow with the waves of the Ocean of knowledge, to constantly play with the gems of knowledge while remaining in the intoxication of being the master of the treasures of knowledge. To bring into the realm of experience each and every invaluable word of knowledge is to forever make oneself great with invaluable gems of knowledge. Those who think of knowledge in this way alone are those who have pure thoughts.

Be the one who goes into the secret significance of each word of knowledge, not those who just remain in the enjoyment of its music. Together with the music, those who understand the secret significance will be lost in the intoxication of churning as the masters of the gems of knowledge of the treasures of knowledge.

Playing with the Jewels of Knowledge

The Ocean of knowledge, or the jewel Merchant is giving you plates-full of jewels, you are sustained by jewels are you not?

You start playing with jewels the moment you open your eyes at Amrit Vela and start to celebrate the meeting with Father.

Have you already made the deal of jewels or do you still have to make one?

The one who is to be number one will remain so busy in dealing with jewels that he won't get time to see or hear or even think of anything else. Maya will also go back on seeing him busy.

A poem on the mind

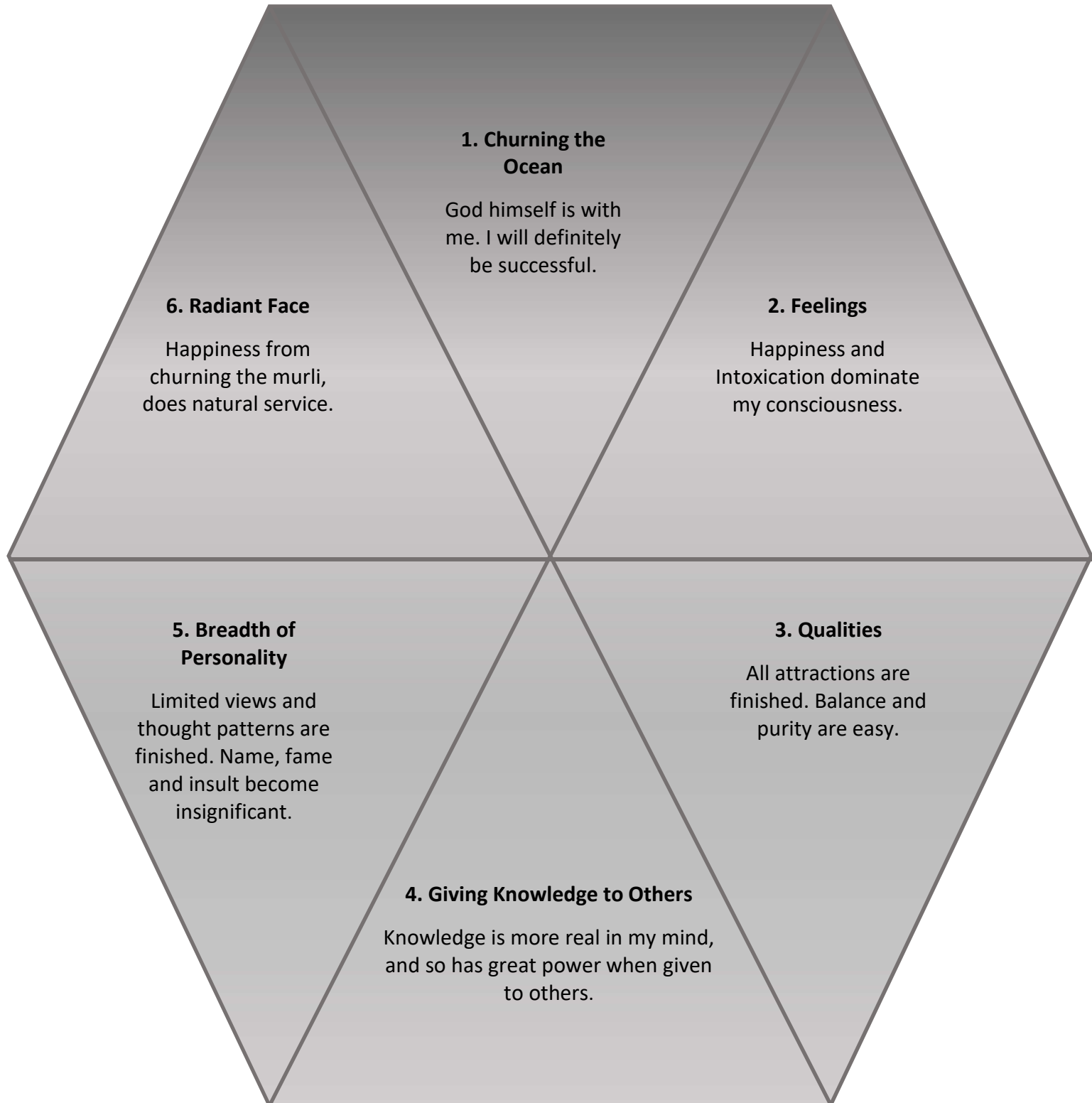


*God's mind is complete and deep.
The mind has a group of every governing
principle behind movement,
from the way a leaf works to the way a bomb falls
and yet it is free of feeling about anything
because it has never touched a specific incident,
it has never "lived through" an idea.
It is a knowledge which, beyond time and limit,
knows when the moment is to intervene,
knows how long to remain silent,
and as a result is utterly patient.
It is a knowledge which respects stages,
that encompasses all goals,
but never to the detriment of all,
that leads to them.
It would understand a child's inability to communicate
and the steps towards accomplishment,
and if that child knew the child in God,
it would feel that each of those steps
however clumsy and beautiful.*

The Power and Effect of Thoughts

- You are responsible for your own thoughts, feelings and behaviour.
- Thoughts have great power. You create your feelings and experiences by the thoughts you choose to think.
- You have the ability to actively guide your thoughts in a positive way.
- Frequent repetition of the same types of thoughts creates your beliefs and attitudes.
- Thoughts are like seeds you plant in your mind. The more you hold on to a particular thought, the more power you can invest in it.
- Positive thoughts are those of silence, love, peace and happiness. They give us energy and strength.
- Negative thoughts are those of doubt, aggression, worry, guilt and jealousy. These thoughts rob us of power and strength and make us feel tired and drained.
- What you believe comes true for you.
- You can't control other people, situations or circumstances. You can control what is going on inside of you.
- Your true nature is positive. Negativity is just a result of faulty thinking. You can change it if you choose to!
- Develop the habit of watching yourself. Listen what you are telling yourself.
- It takes time to change and transform those old patterns of thinking. Be patient with yourself.

TURNING THE CYCLE OF SELF REALISATION THE BENEFITS OF CHURNING KNOWLEDGE



A CHAIN OF PURE THOUGHTS BRINGS
CONCENTRATION ON ONE THOUGHT THEN I
BECOME THE EMBODIMENT

Who am I?

A Point of Light

What is Light?

The Soul: Like a Shining Star

I am a Soul

The Soul is Always Pure

How am I Pure?

**Am I Small Twinkling Star, or a
Powerful Pure One?**

**How much Power and How
much Purity can I have?**

And so on...

EXPLORATORY QUESTIONS

Opportunities and Obstacles

At this present time what are the main situations you need to be aware of that will make a difference in your success or failure?

This could be situations at work, in the family, your own sanskaras...They could be outside forces to do with politics or material possessions.

You could do a bit of research to answer this question. Ask others what are the main situations you face. See what answers they suggest.

Main Situations

	Chances	Obstacles
1.		
2.		
3.		
4.		
5.		

Using your Power of Discrimination to look at the State of Your Living Environment

1. Changes in where you live?

2. Changes in the way the society you live in is organised?

3. Changes in what society thinks is important?

4. Changes in political leadership?

5. New laws?

6. Big changes in the state of the economic or physical environment worldwide?

7. Technological change?

8. Change in work or financial security?

Looking at the souls you are serving for Baba

1. Who are the souls who are influenced by the service you do or the example you provide?

2. What they have said about Raj yoga or your own personal example up till now?

3. Who do you co-operate with in service the most?

4. Who creates obstacles in service for you?

5. What qualities or specialties do they have which make them successful in this?

My Strengths and Weaknesses

Your talents, capabilities and resources are very important as the foundation of your self - progress. Often you have more chances than you are able to use. When you have a clear knowledge of your strengths this will help to keep you moving forward, and enable you to take up new opportunities when they arise.

Also using the power of discrimination to assess your areas of weakness will also help you plan effectively.

	Strengths	Weaknesses
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

Important Questions about the Future

Creating question which will help in your self - progress is useful. Looking at your strengths and weakness, make up a series of questions which will evaluate how effectively you have used these. These questions can be asked at the end of each week to see what progress you have made.

e.g. How is my present strength used for Baba?

1. _____

2. _____

3. _____

4. _____

*Those who hear the murli in its right form
and absorb it completely,
become the embodiments of it.
Their each action is the practical form of the murli.*

BapDada

TOPIC TWO

The Art of Being

a Spiritual Student

We dance with Baba, but especially we dance with the Jewels of His Knowledge. It is very important to go into the very depths of the words of God, because if I go into the depths of every word of God, then I will get sustenance, spiritual food.

- The murli really reveals the personality of God. It gives us the power to develop a relationship with Baba. It enables us to know Baba. To become close to Baba is to do such effort that you become worthy of Baba's love. The murli gives us deep insight into the sanskars of the Supreme.
- So the proper use of the Murli is to concentrate on one point. Keep allowing it to emerge in your mind while performing actions, then it will come naturally into practical use.
- There are two ways of listening to the murli. Firstly you can listen as a routine, secondly you can sit with the thought that "I will become this today".

Regular study and meditation are one of the supportive activities or pillars which enable us to transform easily and quickly. Any soul serious about making quick and successful spiritual efforts will try, sometimes in spite of circumstances, to attend the regular morning classes at the centre. Usually these are between 6.00 and 7:30 in the morning. These will include a half hour group meditation followed by a short class given by the teacher and then the reading of what is known as the murli. The group meditation will be similar to that which you are accustomed to in the evening class. The class will consist of ideas for and experiences

of self-progress, based on the four subjects and the four pillars. Then this will be followed by the murli.

The Murlis Themselves

There are two types of murlis that we study in the morning, one is the Sakar murli and the other is the Avyakt murli.

The Sakar Murli

The Sakar murlis were the versions of God given through Brahma Baba from 1937 to 1969, and they were only spoken while Brahma Baba was still alive, the time when the Incorporeal spoke through Brahma. These versions provide the foundations of the lessons which you have done during the seven day course. They talk about the Soul, Supreme Soul, World Cycle and the Four Subjects.

As you read the murli you will find words being used which you are unfamiliar with. (Ask for the spiritual words) Some of the words will be words like Maya, Lakshmi, Ravan, etc. If you are hearing the murli in a small class probably the teacher will explain these words during the murli, otherwise you can ask after the class has finished. You can also ask for a list of these words, and if you are a diligent student you can make up your own little dictionary at the back of the book in which you take murli notes. You will find that quite quickly these words become meaningful for you as you practice with the murli as outlined previously. If you are still having trouble with concepts and words in the murli then ask your teacher to read the murli personally to you a few times, so you can stop her and ask questions.

The Avyakt Murli

The Avyakt murli was spoken from 1969 onwards, after Brahma Baba left the Corporeal world and went to the Subtle Region. At that time Brahma achieved perfection and one of the characteristics of the perfection that he achieved was that his sanskaras became so similar to those of God, that

they came together and worked as one. So now they go under the name of BapDada (Father and Senior Brother). Now they are playing their part through the subtle regions of purifying, uplifting and creating a new world. They are like the Father and Mother of the Brahmin family.

The Avyakt murlis are usually read only once or twice a week in morning class, but you will find that their presentation is quite different. They contain many more points about personal change in a very intensive and detailed manner. Often one or two aspects of personal change are taken up and gone into in depth.

How to listen to the Murli?

There is always the difficulty when you listen to murli on a regular basis that it becomes a routine in which 'body is there but mind is elsewhere'. If you remain alert to this tendency, then you can concentrate the mind with the thought, "I will become this today".

*Those who absorb what Baba is
Saying to them at that moment
And have the aim that,
"Today, I will do this",
that child values the Golden Versions
and it will itself become Golden,
it will become Pure.*

Murli means spiritual food and it is only that food that will keep the soul alive and constantly dancing. We dance with Baba, but especially we dance with the jewels of His Knowledge. It is very important to go into the very depths of the words of God, because if we go into the depths of every word of God, then we will get sustenance, spiritual food. Even physically if you don't take food, then day by day you get weaker and weaker. Signs of this are: Tiredness, hopelessness. But worse than this is staleness- the soul just doesn't feel like churning knowledge, or doing service.

These are the signs that the nourishment of spiritual food (murli) is lacking.

Things to Listen For

We need to have specific attention at the time of listening. We can be listening with the specific aim of maybe noting:

- a) The virtues that Baba is recommending for me to practice today.
- or
- b) What particular experience I will aim to have in yoga/meditation today?
- or
- c) What type of service would be appropriate to churn and work on today?

***What is the generosity of God:
That He translates all of this back to form.***

*From the fragrance,
He shows you the flower,
from the heat,
He shows you the flame,
and more,
the process of digging,
the effort to produce fire
in the first place – though
He never has to do that himself.
He even brings it all into words, into a
simple, unpretentious language
accessible to everyone.
Functional language, repetitive,
insistent, but full of love;
language which never indulges
in its own beauty.
Just a stepping stone to feeling.*

Learning How to Make Efforts from the Murli

The murli provides variety in our efforts, otherwise our spiritual development is limited to particular areas of our own personal life. There can be a rather one track approach, but through the murli Baba points out other directions and alternative routes to particular spiritual aims we may have. Try, and experiment.

As the soul goes more deeply into the knowledge and experience of spirituality it becomes very clear in its perceptions and understandings and thus very light. Simplicity comes since there is no need for complication. This simplicity makes the soul very light, flexible and ready for whatever the drama has in store.

Developing a Brahmin lifestyle

When we first start studying the knowledge everything is new and stimulating and the soul learns very fast. We are very close to Baba and Baba

gives us many beautiful experiences. We have the chance to meet our new family - to study so many new and deep ideas. As we continue to study we will find that we have become less dependent on our Father Baba, and our mother (our teacher). We have to learn how to look after ourselves. To develop a mature relationship with Baba we need to meet Baba halfway. So then we also need to learn to make the efforts required, and inculcate tolerance and purity.

We also have to know our role, what service we can do and how to imbibe the knowledge deeply. When we start to make such efforts we will find that, both our self-respect, Baba's respect for us and the family's appreciation for us increases. Baba pays attention to the effort maker soul, because he knows that soul is using all the jewels of knowledge for the benefit of others as well as for the self. This is contrary to the sanskar from the Copper and Iron age of dependence on God. From the Copper age on we have had the habit of thinking that God will do things in a great and spectacular way, so why not just sit back and enjoy the fireworks? As we continue we will discover that Baba is using us to light the fireworks!

Learning How to Balance Efforts with Circumstances

We need to learn how to balance efforts with circumstances. This is where the yoga chart is useful. This will be introduced to you later in the course. The initial refining of the intellect in its connection with Baba is an obvious form of effort making, whereas in the later efforts we are having to learn the subtle nature of the intellect. This is where the murli again helps, it keeps the intellect turned towards those things which are spiritual and away from the physical. As the soul takes note of these signals from Baba and makes efforts in those directions, it finds its intellect clean enough to continue that deep relationship with Baba, its true self and its spiritual family.

The intellect needs to be refined to have clear remembrance of Baba and the spiritual knowledge. To maintain this refinement there needs to be constant exercise of the refined faculties of the soul and it is the murli which stimulates these faculties, as opposed to the stimulus of the natural environment. So it is not just a matter of listening to the murli but practicing the versions of the murli, through thinking and churning.

Even the most poetic images conceal an experience of practical effort and accomplishment;

*You children live on my 'heart throne'
are the words, and the experience;
day by day efforts towards independence,
Independence from the props
of sympathy or praise,
stillness in the face of abuse.
Beauty contains energy
And that is why the words are such,
because energy is needed
to take the first step, to say 'yes'.*

Churning the Murli

At the end of the murli, look at your notes and choose one of the points of the Murli, and when you come out of the class recollect what Baba has given you on that day. Suppose Baba has said, "Today I must realise myself as a soul".

See others as souls. Go into the depth of that thought. In order to realise who you are. Churn over the Murli. If someone comes, use the knowledge given in the Murli in practice. See him as a soul.

Keep on checking the Murli points and do it for the rest of the day. Take one or two points that is sufficient and bring the points into use at the appropriate time. Baba is saying, do not keep knowledge as a matter of theory, use it as a power and as a weapon. When we think about and practice knowledge in our activities, we become knowledgeable and powerful. Then we have used the knowledge and have the experience of it.

In this way, we store a point each day, so that whenever we need it, whenever any problem arises, we can experience that point. It does not remain a theory, but it becomes a weapon, a power and we can achieve victory over that problem. So the proper use of the Murli is to concentrate on one point. Keep allowing it to emerge in the mind while performing actions, then naturally it will come into use. When we have become charged with knowledge and power, then we can come into the stage of action. We require both knowledge and power in order to do things efficiently in practice.

*Murlidhar Father
(the one who plays the flute of knowledge)
is looking at his children
who have love for the murli.
He is noticing how much love
They have for the Murlidhar Father*

*as well as how much they
have love for his murli and
how they become intoxicated
on hearing the murli.
They even forget about their body,
become soul conscious and
listen to their bodiless father.
They are not even slightly conscious
of other bodily beings.
In this way, they get intoxicated
and dance in joy.
They consider themselves to be
multimillion times fortunate
by feeling that they are in front of
the Bestower of Fortune
and get spiritually intoxicated.*

The Murli Really Reveals the Personality of God.

The Murli really reveals the personality of God. It gives us the power to develop a relationship with Baba. It enables us to know Baba. To come close to Baba is to make such effort that we become worthy of Baba's love. The murli gives us deep insight into the sankars of the Supreme.

Ask a question before listening to the murli:

How is Baba the perfect Friend or the Perfect Beloved?

The answers that come during the murli provide the basis for our churnings during the day on that particular question. In meditation we will find our experience of this point will be particularly powerful, and this is because we have prepared the ground of consciousness during the day by churning this particular point with the intellect.

The Subtle or Angelic Regions and the Murli

Since now we are coming to understand how to use the murlis, and also what are the types of murlis which we study, it is important to understand what are the subtle or angelic regions. Brahma was in a sense the first angel and now we are all gradually reaching that stage ourselves. The Angelic Region is the place from which service can be done purely through the mind. Not requiring any further action or words, the mind can directly affect minds, and provide sustenance and inspiration for those still not able to operate in this very broad and universal way. It is not that we have to leave this physical body, like Brahma, but we can experience this angelic stage of consciousness whilst here in the body.

*With the help of the music of the murli,
that is the depth of murli,
they keep on getting
many different experiences
in the company of Murlidhar Father.
Sometimes they go to the soul world,
sometimes they go to the subtle regions and
sometimes they go to their own kingdom.*

How Baba presents the knowledge in the Murli

Baba is our teacher and in the murli He demonstrates His teaching qualities.

He demonstrates for us the power of discrimination, which is a very valuable quality to have, because the world we live in is constantly presenting us with choices and directions. In the murli there are constant contrasts given

The Old and New world.

What God offers and the material world offers.

With these contrasts firmly in the intellect we are able to use it to make our aim clearer, our path firmer and our mind more stable.

Baba also presents the knowledge from many different aspects. He compares it with the many facets of the jewel which reflect the refined view of all aspects of a point of knowledge. These many facets of knowledge you can also use for service, since you are able to present the knowledge according to the needs of the person or situation. Baba also teaches us to use words correctly, in relation to ourselves and others. He warns us to be very careful of such words as 'I' and 'my'. (To use these words often whilst speaking is an indication that the soul is full of ego.) These words prevent us from becoming detached, from becoming observers. Use the words I am a Soul and my Baba, so that the words are the same, but the meaning transformed.

Baba also gives many blessings and titles in the murlis. He is giving the soul awareness of the roles it has to play, to give the soul hope within itself and the power to find the most appropriate role. When you become aware that the murli is from God and that,

"God is saying this to me", this will give you the power to implement those blessings and make them come true. Baba does not see the present situation of the student but always keeps in his mind our perfect stage. So he tells you about your final stage. Baba is aware of the soul's shortcomings as you will

notice in some murlis. However he does not concentrate on them but find methods to alleviate these shortcomings.

Baba also presents the knowledge in such a way that it provides a full guide for your spiritual progress. When he takes up a topic particularly in Avyakt murlis. He will go step by step, first outlining the definition and the topic, its meaning, and how it is to be achieved, and what are the likely obstacles, on the path to this particular achievement.

What BapDada says about the Murli

7/12/83

As they keep on listening to the Murli they swing on the swing of super sensuous joy. As they get the imperishable blessing from the Murlidhar Father in the form of the music of the Murli, that music turns into medicine which keeps their body and mind healthy. So BapDada was looking at such children who have great love for the Murli and listen to it in the right way. Just from one Murli itself, some become the kings, and some become the subjects. Why? Because success comes only by knowing the right method. As much as they listen to the Murli in the right way, that much they become the embodiment of success. One type of children are those who hear the Murli in the right way, that is the ones who absorb the Murli in themselves. The other are those who hear the Murli as part of their routine and absorb the Murli to some extent and narrate to other to some extent also. Those who hear the Murli in its right form and absorb it completely become the embodiments of it. Their each action is the particular form of the

Murli. Now ask yourself,

What number am I?

Is it the first or the second?

The regard for the Murlidhar father means regard for each and every word of the Murli. Each version of the Murli is the basis for the income of 2500 years, it is the basis for multimillion fold income. So on the basis of that, if even one Murli is missed, it means the income of multimillions is missed. Each version creates a mine of treasures. So those who hear the Murli in the right way and know the depth of account of achievement from it will attain the highest status.

The breath of Brahmin life is the Murli.

A Poem on God the Ocean of Knowledge



*This knowledge is power as fire is,
when sparked from cool,
except in God's mind there is
no process of making it.*

It's just there; power.

*It is the heat and light of fire,
it is the fragrance of a flower
without any of the complexity
of the flower itself,
it is the effect of wisdom
rather than wisdom itself.*

It has no form any more than smell does.

It is far far quieter and invisible than a thought or even an image.

THE SUBTLE STAGE ATTAINED

The following is an account of the experience of Brahma as he left his physical body in 1969. Brahma related what happened to him immediately before his ascent to the subtle world through a trance medium.



“All this took place in ten or fifteen minutes. I experienced a battle between the pull of remembrance of God and the pull of past relationships with people and things. Each was exerting full force. I felt all my past accounts were being burned up in the fire of remembrance of God. I was a detached witness to this struggle. After a while the pain and suffering from my past went away. The power of remembrance had won. Three things went on simultaneously.

***First,** I said, ‘God you are calling me to you.’*

***Second,** I felt a detached affection for all my children. I thought that I had not really taken leave of them.*

***Third,** I could feel my soul leaving the body limb by limb, organ by organ. Afterwards, as God had forewarned me, a dead silence prevailed.*

This was how I arrived at a state free of karma”.



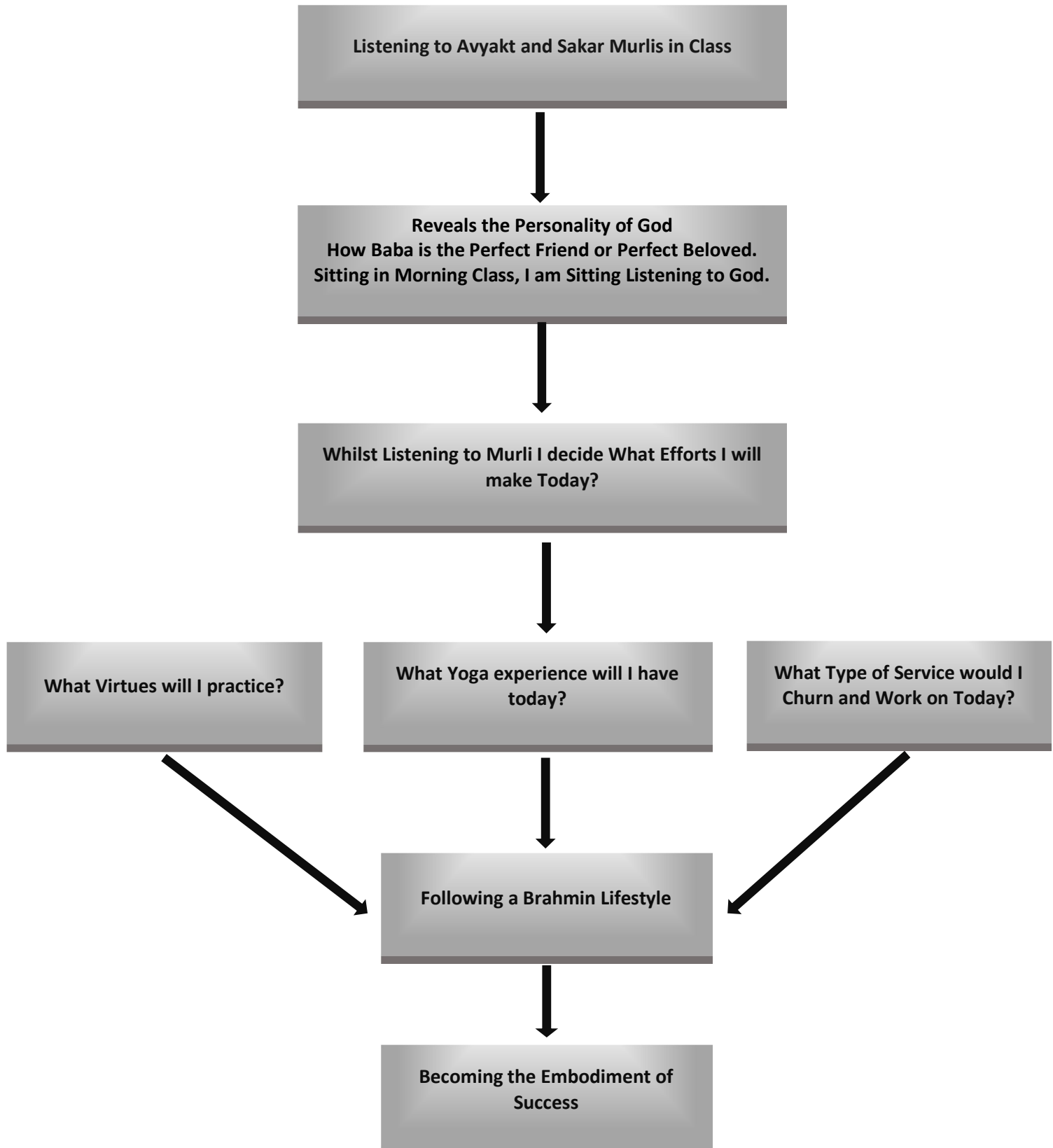
Since then Brahma has been living in the Subtle World in his perfect body, as an Angel, with his soul a shining white diamond radiating the light from his forehead. Without the limitations of the body, he works tirelessly 24 hours a day, bestowing blessings throughout the universe.

Baba explains Brahma’s role like this:

“Brahma came to the Subtle World before you, because by renunciation and soul purification, he became our first Angel, the number one soul, as a model to elevate the consciousness of you children, to transform you into angels too.”



THE ART OF BEING A SPIRITUAL STUDENT



EXPLORATORY QUESTIONS

The Connection Between Personal and Brahmin Systems

While there will always be a difference of emphasis and diversity of qualities within the self, it is important to create a sense of inner harmony. Previously we have been accustomed to following strict rules and upkeeping standards of behaviour because of external forces, people or situations. In gyan with the aim of self realisation the soul is not guided by rules or people so much as by understanding and inner realization. In the following there is a chance to explore your understanding.

Replaces Rules

Q List some of the standards of behavior you have in your Brahmin life and why you have them.

Q Try to discern which virtues and qualities underly these standards of behaviour that you uphold.

Clarifying your Personal Qualities and Virtues and What you Feel is Important

Being clear on what you value can be a great personal resource. Sometimes our most important or ignored quality or virtue can be our most valuable resource. When our qualities and specialities are unclear to ourselves it can create a feeling of conflict, contradiction and confusion.

Our speciality creates the foundation on which we make our decisions in life, how we relate to others and how we understand ourselves. For most people they are understood but never made very conscious. They lie below the surface and are not openly talked about. Bringing them into our conscious understanding enhances our process of self realisation.

Q List the qualities and values which you think underly your own specialities.

*Nyara and pyara
Detached and loving
With real spirituality, a yogi is both detached and loving.
Thinking of the self as a guest in this body in this world,
You feel loving and detached with others.
A bestower of love.
Not desiring to take love from anyone.*

BapDada

TOPIC THREE

Purity in Relationships

Co-operation, encouragement, good wishes and elevated vision are signs of purity in a relationship.

- Baba makes us His friend.
- Closeness to others is based on virtue.
- Purity has a magnetic attraction which is the basis of service.

Closeness to Others is Based on Virtue

Baba makes us His friend. With God as our friend our heart is pure. Any impurity in our thoughts brings deception into our friendship. Baba likes a pure heart. When the heart is unclear, friendship will not last. If any uncertainty enters, I start to think of what my friend will say if they know that I am thinking such things.

A feeling of detachment of body is natural when there is the original consciousness of myself as soul. Others having attraction to my body means I still have attraction to my own body.

Love is the Light of the Soul

If we love only for the purpose of gaining then the rest of the world remains at a distance. Our feeling for others, our mercy towards their suffering, finds it difficult to express itself. People starving or under hardship, no longer stir deep feelings within us – but the pain of a close relative totally overwhelms us with sorrow.

Purity is royalty and dignity and so when impure thoughts arise, I think, “No I have promised. It is a gift given by Baba. Purity is my beauty and my adornment. I cannot lose it.”

Many attitudes interfere with us being able to maintain pure feelings and respect for ourselves and others. We label others and ourselves with the degrading titles of black or fat or white or skinny. We fulfill our inner emptiness with feelings of attraction or repulsion, hatred or infatuation, compulsion or dislike.....As the consciousness becomes less and less pure, others become just the means to fulfill our own desires and we become totally self-centered. By contrast, in the state of self-respect there is a growing and natural regard for others and the innate purity of the self is revealed.

Being impressed by God and the Virtues of the Self

Being pulled or impressed by virtue, speciality or personality is the seed of lust. We are bowing to that one and have stepped down from our own throne of self-respect. It puts the soul in a vulnerable position where it is easily influenced by whatever that soul says or does and so loses its powers of discrimination and judgement.

Because this awareness often gives a “good experience” within relationships, the soul does not realise that it is a form of lust. It is attractive and the soul is deceived into thinking that such activity is good. Subtle feelings such as,
“I like this one very much”,
“I get help from this one”,
“I like the way this one gives knowledge”,

I have promised

give the soul temporary attainment – and so it is deprived of the true, unlimited attainment of this age.

Methods to Ensure Purity in Relationships

1. To have brotherly drishti of others as your brothers. In relationship we have brotherly drishti or brotherly and sisterly drishti. We are one family.
2. Seeing the greatness in each soul.
3. Being easy and making others easy, this brings love and forgiveness in our relationships.
4. Giving loving co-operation and encouragement.
5. Giving unconditional love.
6. Being free of expectations from our relationships so they become pure and sweet.
7. Maintaining an attitude of detachment to create constant and relaxed relationships. Such mutual sharing creates a problem free environment.
8. Recognising that we have all come here to become pure and I am co-operating with each one in this great task.

Why extroversion? : Mind Needs Ecstasy

*Introvertedness is
the real beauty of a yogi*

Angels speak divine versions. Laughing loudly takes us away from our natural state of silence and decreases our energy. However, our mind needs ecstasy. If we do not give this feeling to the mind, through yoga or churning it, it will become extrovert in order to become ecstatic. A man who becomes extrovert and speaks too much wants to chit chat with others. By speaking a lot, he becomes lighter. But this is not the right method, many times extroversion pulls you towards the world.

When our words are like Baba's they can give blessings to many souls. If along with humility we bestow blessings through our mouth, all souls will be anxious to listen to our words. In the place of 50 we can speak 5 words, because those who don't speak too much remain free. If we remain in silence on Monday or Thursday, we will see our work will finish in half the time. This is the power of introvertedness. It keeps the mind free and life full. Real and true things need not be spoken of in detail,

reality can be recognized through essence. Such true introversion gives support to our purity.

To Make the Sense Organs Cool We Can Practice Bodilessness

When we practice bodilessness hourly we are refreshed and all tensions are removed easily. Brahmins needs to strengthen this practice. Many Brahmins recite the mantra, "I am a peaceful, I am a Powerful", but bodilessness is not just an awareness, it needs to be experience.

*This body is made up of light and I am a light
inside this light.*

Baba is making us light and giving light to us.

This is making a body of light around me.

This is making the sense organs cool.

Light from Baba is Descending on Everyone

"This is not the gross world.

All are angels-

their bodies are made of Light."

Keeping the consciousness of your subtle body of light will help to create an experience of deep bodilessness. Observe this world like a drama and then you can enjoy Baba's company.

If instead we see others as men and women and they attract us, it is because the desire to satisfy temporary sense pleasure is perhaps the most basic instinct related to body consciousness. Desire to satisfy our sense of touch robs the soul of his reasoning power and its self-respect. But we can purify our eyes.

*By my drishti I helped to purify, I make my eyes
civilized.*

Making Our Dreams Pure?

Desire for others to give you love can create bondage, attachment and impure dreams. Giving love and co-operation to both Brahmins and Non-Brahmins brings fulfillment. But relationship based on desires lowers the quality of a relationship, making it difficult to experience true love and respect and bases the relationship on physical attraction.

A dream is a reflection of our real mental state. In dreams everything is free but during the day we suppress many things. Suppression of our nervous

system occurs if our creative energy is retained. Often the impure dreams are the method for the soul to protect itself from the negative effects of the energy. However, this is also a sign that the soul is not making the enough efforts during the day. The body has many ways of eliminating impurities from the body – Coughs, Colds, disease. In the same way the dreams stimulate the hormonal systems to release blocks of energy from the body.

A Dream is not a Reality

Waking up for amritvela after an impure or disturbing dream, there is no freshness in the intellect. The best thing to keep it clearly in the mind that it was a dream, not a reality. But if you continue to feel the effect of the dream, use your intellect creatively to read an avyakt murli.

Dreams need not affect our whole day and cause us to become depressed. Dreams are dreams, forget them. Remembering that Baba has sent us here to spread the vibrations of purity, not as human being but as an incarnation of purity and that we are here to give Purity to all souls. We will transform our dreams to ones filled with purity, power and light before we sleep. In dreams we can be experiencing purity but these things depend on our churning power. Give this awareness to yourself, “I am an incarnation of purity and might.”

A Yogi's Sleep is pure as if he is in Yoga

How can we purify our dreams?

When a yogi sleeps, he feels he is not sleeping but he is in yoga. Sleep doesn't affect the mind of a yogi. A yogi's sleep is so pure that he feels he is in yoga. Mama and Baba's sleep time wasn't a sleep time but it was counted as yoga. This is satopradhan sleep.

What can we do to make our dreams and sleep satopradhan before going to sleep?

- Have at least 15 minutes yoga before going to sleep at night.
- Aim to wash off the effect of the day to get rid of any tension or disturbance in the mind. One way to do this is to practice surrendering everything to Baba before we go to sleep at night.
- When you are lying on your bed, think, Baba is giving me rays of might. The rays are creating a protection above me, like a curtain. Maya cannot enter through this curtain of rays of might. This consciousness will protect you.

- Sleep in the lap of Baba and so experience that there is protection all around.

Creating a Pure Atmosphere During Lokik Work

In the workplace most souls are lost in thoughts of the world. To purify and elevate the atmosphere remember the intoxication of being a pure soul, like the Sun of purity on this earth.

Who will affect whom?

The sun will affect the candles.

“They are many, I am alone, but I have purity so I will affect them.”

With strong will and this balance in your mind you will find that you are helping and protecting them. With intoxication circumstances are changed, an experience of self-respect and deep intoxication develops.

If there are the vibrations of intoxications on the face souls realise they are with great souls. If there is an expression of tolerating, many see that as a sign of weakness. To be free of negativity in this world, practice intoxication. With the mind and intellect full there is a feeling of disinterest in the world. Otherwise, the whole day there is the feeling that something is lacking. The power of purity destroys obstacles automatically and cleans your path. Souls will be co-operative in your work and will have respect for you. Obstacles will not effect you when you are clearly established in the stage of self-respect.

Pure thoughts

*Possibilities.... Unlimited, unbounded,
Hopes.... unfettered, unfurled.
Achievement.... abounding, resounding.
Sheer Joy.... appgrent, everlasting*



*What does it take to go beyond all limits?
To reach the absolute, to experience what's real?
Ethereal, esoteric, hypothetical and academic
Becomes actual, visible, imperishable and true*



*Pure thoughts and clean heart,
Honest, Open, strong mind
Filled with God's love is all that required.*



*Not just for me is the astounding great fortune,
But for you, for the world,
Let our dreams, our aims, our visions come true.*



REALISATIONS OF PURITY THROUGH SELF INTROSPECTION

Deep Introspective Churning pulls you into the experience of purity within the self.

Baba has brought the light of purity and has enlightened my life birth after birth.



Baba gives me purity as a gift. With enjoyment of a pure life and giving the support of purity to all. I fill myself with the treasures.



*The world is knocking at the door asking for the power of purity.
Fulfilled with the power of purity all are satisfied.*



In the state of purity, the mind is stable, this achievement is the true foundation.



God has chosen me for the wonderful opportunity.



*Wanting nothing of this old world, pure thoughts bring the mind
into the state of satisfaction.*



Purity's magnetic attraction is the basis of service.



Pure souls are the beauty of the world, the jewels of religion and bestowers of visions.



Baba's pure desire is for me to experience purity and sit on the throne of His heart.



Purity is the greatest power in the world.



Coming to Baba's home purity becomes merged in my life. I want this forever.



Purity is the divine key to open the fortune of life.



Only God's drishti attracts me.



Harmony and peace reflect the pure nature of my relationship with the five elements.



Purity is the natural beauty of the world.



Principles of purity are the dignity of the world.



Baba comes as a guest to share the treasure of purity.



THE LADDER TO PURITY IN RELATIONSHIPS

Closeness to Baba Our Heart is Pure. God is Our Friend.

Unconditional Love – A Feeling of Mercy for the Whole World.

Constant and Relaxed Relationships – Feeling of Detachment from the Body

Innate Purity of the Self is Revealed

No Expectations – Brotherly Drishti, We are One Family.

Growing and Natural Regard for Others

Practise of Bodilessness

Self Respect - The Foundation of Purity.

No, I have Promised. Purity is a Gift Given by Baba.
Purity is my Beauty and Adornment.

The Seed of Lust –
Pulled or impressed by
Virtue or Personality.

Deception in my Friendship with Baba

Deceptively 'Good Experience'
in my relationship. "I like this one."

Others Have Attraction
to my own Body

Taking Sorrow from my Immediate Friends and
Relatives.

We are totally self centered.
Others as the means to fulfil our own desires.

Body Consciousness The Foundation of Impurity

Inner Virtue Cards or Value Cards

At the back of the course book, you will find some pages which have pictures of cards. Each representing an important quality. You can tear these out of the book or you can photocopy them and cut them into cards. From this you can create a deck of cards. There will be one important quality on each card. There are a few underlined cards also.

Exploring your Specialities

Use the virtue cards as a way to explore your specialities. Clarifying the nature of your specialities is very beneficial for self-progress. When you consciously know what is important to you then your commitment to that grows.

Using the Cards

There are 50 cards, each represents a particular quality. There are 5 additional cards define different categories.

Always important

Often important

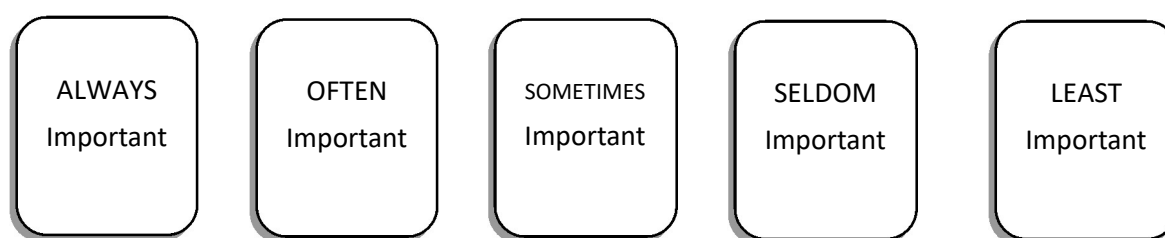
Sometimes important

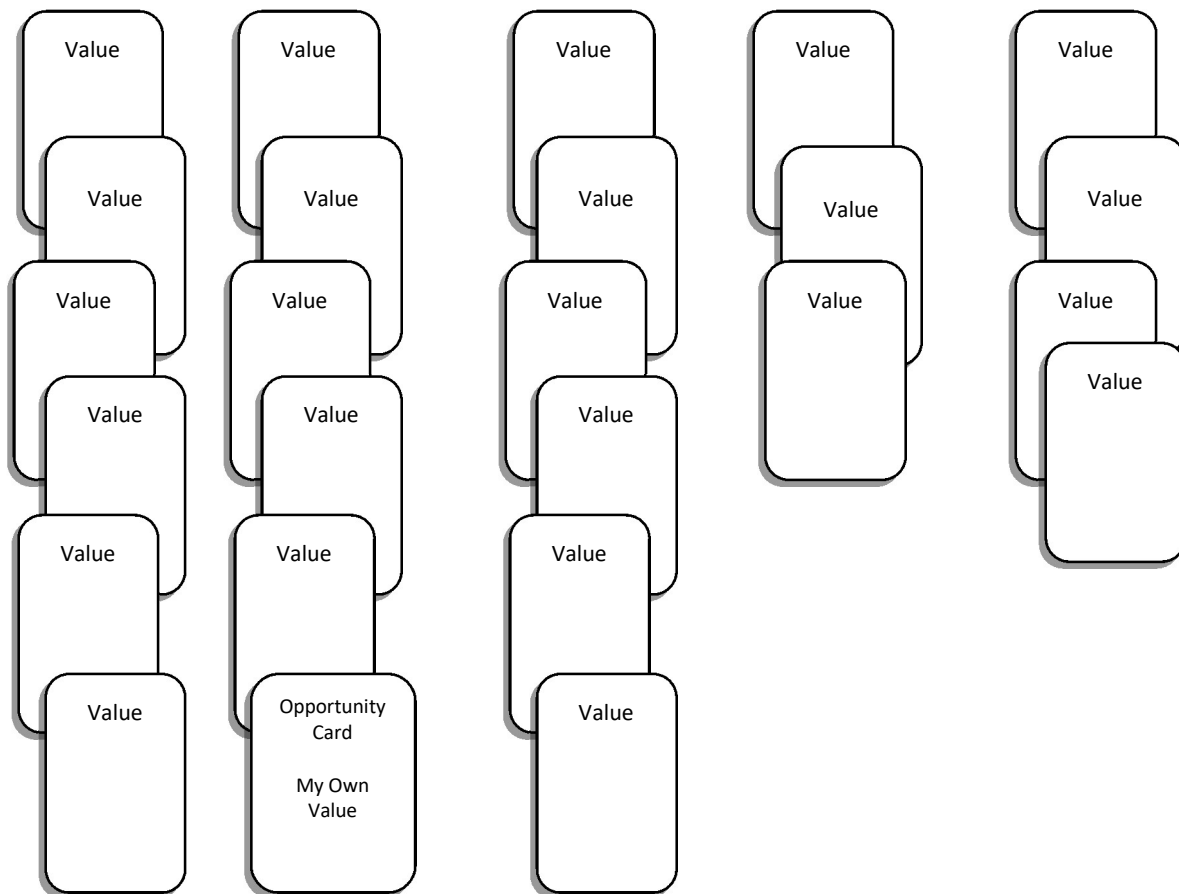
Seldom important

Least important

Sorting Your Virtues

Begin by putting the 5 category cards in a row across the top of the table. They will be at the top of each column of cards which you will place under them. Place each card in the column where you think it fits. Sort them until there are about 10 in each column. This will take time and careful sorting. (See the diagram)





Initially you may feel that all these qualities and virtues are important to you. You will want to put them under always or often. But remember that you are trying to discover what is important to you now, not what you would like to be important for you. When you are thinking of different qualities, try to think of examples of when these qualities had a significant impact on your behavior or decisions. If you cannot think of any instances it is probably not of great importance to you.

Once you have 5 columns then try to sort the columns 1 - 10 in order of importance. Put the card which is most important at the head of the column. Ultimately you will have sorted all the cards from most to least important. This process will help you to know which are the central virtues or qualities which are the foundation of your present life.

My 5 most important qualities

1. _____
2. _____
3. _____
4. _____
5. _____

My Speciality in Action

After writing down your qualities, write a specific example of how that quality comes into your behavior at work or home or some other situation.

1. _____

2. _____

3. _____

4. _____

5. _____

Questions

1. Looking at the last column of your cards, which qualities or virtues would you say you have neglected or not used in your life?

2. What quality has been very important to you in lokik work?

3. Which virtue has been most often used in the home and relationships?

*No-one else in the world receives food which is as clean
and filled with as much remembrance as you do.
And it is this food, which has been called
the food that removes all sorrow.*

Bapdada

TOPIC FOUR

Consciousness

While Cooking

If you think of yourself while you are cooking then there will be a vibration of greed created.

- If you think of others while you are cooking there will be a vibration of attachment created.
- Think about Baba and it's going to be a freedom, liberation. There will be that feeling of deep love.

Consciousness while Cooking

Part of the Brahmin lifestyle is having to consider the quality of consciousness required to make food fit for kings.

Living with non-Brahmins may make it more difficult to have that quiet and ordered state of mind while cooking. Children, friends, husbands and wives have the habit of coming into the kitchen while you are cooking. So, see if you can re-organise your timetable so you can cook at a time when they are busy, and then you can properly concentrate on giving pure vibrations to the food. It also helps if the kitchen door is closed and you play some music that reminds you of Baba while you are cooking. Even better, sit in yoga for a few minutes in the kitchen before starting.

Cleanliness of Mind and Body

Cleanliness before cooking is important. Walking off the street, into the kitchen and cooking can affect the vibrations of the food. Washing, changing and meditating is a good start for preparation of Satwic food. The ideal time for cooking is after class in the morning, the mind is quiet and filled

with new gems of knowledge to keep free of waste thoughts.

Checking Points of Cooking

1. First it is essential to develop a positive attitude towards cooking. Before undertaking any food preparation, ask yourself "Do you consider the project at hand to be an enjoyable, creative activity or an unpleasant time-consuming chore?" Fine a way of enjoying it, by playing spiritual songs or trying new recipes and having deep yoga while cooking.
2. Before cooking, make sure the kitchen is clean and in order. Take out all the things you will need to make the meal and place them where they will be used. This makes the process of cooking more smooth and enjoyable.
3. While cooking, avoid doing other work in between. You will actually be saving time and the food will definitely turn out better.
4. As much as possible, remain in silence, paying attention to the quality of the thoughts you have. Try to have pure and peaceful thoughts. This creates a powerful atmosphere that fills the food with pure vibrations and brings personal benefits as well.

*Pure food purifies the mind and body.
If wealth is unclean it destroys happiness
and creates worries.
If there is unclean wealth, for instance,
even if there is a hundred thousand,
it will bring multi-million fold worries.*

Offering the Food to God before Eating

There are three aspects of offering,

One is your state of mind while you cook,

Two is the process of actually offering the food to God,

Three is your state of mind while you eat.

After preparing and cooking, offer the food in the form of bhog to God. Sitting in meditation you offer yourself to God. In the same way, when you have completed all the preparations of the meal, take some small pieces of each food, a spoon or two, any fresh fruits that you have bought recently and intend to eat whole and put them in clean containers which you only intend to use for this purpose. One for each kind of food. You may also like to offer some fresh flowers in a vase along with the food. These bhog dishes can be bought specifically for this purpose; put the containers and a large plate and cover them with a white cloth.

After filling the containers, carry the food to the area of the house where you normally sit in meditation, put it in front of Baba on a small table, preferably not on the floor, and sit in front of the picture of Baba.

Visualise yourself going to Baba with the small containers of food.

Feel yourself suspended in white light as Baba accepts the food with love and then return to your body.

Then empty the containers of food and mix them with the unoffered food.

This process is one of the most pleasurable aspects of cooking, for who is it greater to cook for than God? You will feel like a new bride, totally in love, seeing only the Beloved, and concerned with preparing with deep love.

*Unclean wealth comes from
an unclean mind.*

*Clean food purifies the mind and wealth and body
also become clean.*

*So there is importance to food that is prepared in
remembrance and*

*there is praise given to such food,
which is called Brahma Bhojan.*

*If it isn't food cooked in remembrance,
then it can cause fluctuation*

in consciousness.

*But food prepared and eaten in remembrance
works as medicine*

*and also as blessings.
Food cooked in remembrance
can never cause damage.
This is why at all times
celebrate the festival.*

Bapdada 16/2/88

What is your State of Mind while you Eat?

What kind of environment are you eating in?

Are you eating at a noisy dining table with children dancing around?

If this is the situation it's possible not to eat at all, but concentrate on serving the children's needs first and then eat peacefully when all are satisfied.

If the children are willing to listen and learn from your example then you can make an example of not talking unnecessarily at the dining table. But then to fulfil their need for closeness to you, encourage the children to sit together with you before the meal or over afternoon tea to share all their adventures with you. Children need love but not at the sacrifice of your own spiritual needs.

If again you are catering to a weary adult family, who have come home from work or school, then encourage them to eat first. Concentrate on their needs and then you will find that you can eat properly later, maybe in the kitchen. If they wish to eat in front of the television then quietly take your meal if possible to another place. Again, if the family is willing to follow your example, encourage them to eat in a dining setting while is undisturbed by TV.

If you are living alone, or are not responsible for any of the other members of the household then you can simply sit in silence and eat following these guidelines:

1. Before you eat give your food drishti. This means to sit with Baba in meditation and look at the food with the pure loving relationship with Baba in your mind. This vibration will then enter the food.
2. Eat slowly and remembering Baba while you eat. Each mouthful is an opportunity for you to come closer to Baba. Again this is also a

principle of healthy eating since proper digestion can only be had if you eat slowly.

3. When you finish again return the kitchen to its original state of order so that you are ever-ready.

Being a Trustee means that all Actions are done for God and Everything Belongs to God

The mind, intellect, habit patterns, the body, the food we eat, the place we sleep, the clothes we wear, the tools we use for our personal sustenance, the other members of our lokik family, friends and acquaintances – all of these have been surrendered to Baba. They belong to Baba. I own nothing. I am a trustee only in my daily use of or interaction with the above. One of things that shakes our faith in ourselves and our surrender to Baba, is when we are influenced by our own old habits or the habits or opinions of others.

How do we know that it is God's will that we are implementing, specially if it is being told to us not by the murlis but by others? One thing you can do is listen to everyone and give some sort of reaction, then finally go and sit in Baba's room or in front of Baba's picture. Just sit here for 10 minutes and when you finish, if you are still being told to do something by someone who is your spiritual equal or senior then do it. Do it with the consciousness of being an instrument. Renounce responsibility on this basis. This clears the intellect and removes all the attachments as to why you should or should not do it. This can help the soul to mould to situations.

*As Baba says,
"If there has been an action which both
you and others see as a failure,
it is because it didn't bring success.
But, if you maintain faith
that what was done,
was done on the basis of Shrimat
and in Baba's remembrance,
then what you see today as a failure
will turn around and
become a means of success."*

Food Cooked, Offered and Eaten in Remembrance has been completely Purified

When we only offer the food to Baba, we might have good yoga, a deep experience but the

question is how accurate is that experience? But if we cook in remembrance then our pure vibrations are absorbed by the food, so impurity is removed automatically. We offer this pure food to Baba and only such an offering shows full regard to the Bestower. We have the consciousness that, "Baba, this food which we will eat is from your kitchen. It is not our food. You are feeding us. It is yours. We are offering it so if there is any impurity it will be purified."

If any impurity still remains and we eat in remembrance then our powerful vibrations will eradicate any impure vibrations. A yogi who enjoys everything from Baba will not eat too much. According to medical theory, if we remain in yoga the machinery of the body works less: so less energy is used and less food is needed.

Never consider any task to be Lokik service (24/02/1984)

*Your relationship is that of
service and Baba only.
Even if there is a lokik task that
you have to do yet you always
have the awareness that,
as soon as the time comes,
you will return to service.
Whoever it is that you perform
the lokik task for, still that One (Baba) is
remembered automatically.
As lokik mother and father earn
for their children, at the time you are doing your
lofik task, as yourself
who it is that you are doing it for.
You are doing it for the sake of
service, not for yourself.
So never consider any task to be lokik service but
that even this is also
a method for alofik service,
otherwise there will be many
other thoughts –
"Where will I get money from:
How will it come?
I don't know what is going to happen."
Always have the thought this
is an alofik job and you will
never feel it to be a burden...*

Giving the body and house pure vibrations

The habitual way in which you use the body, the house you live in and its contents are all affected if you use them with remembrance. The result is purification while interacting with the physical object, so that when the object is in use it fulfils its function accurately, and it has also undergone a permanent transformation. This can happen when you are cleaning the house, bathing the body, cleaning any object in the house or preparing objects for a particular purpose. If such actions are done in remembrance then the physical object will have such a vibration of purity that no harm can be done with it and whatever action it is used to perform will be successful.

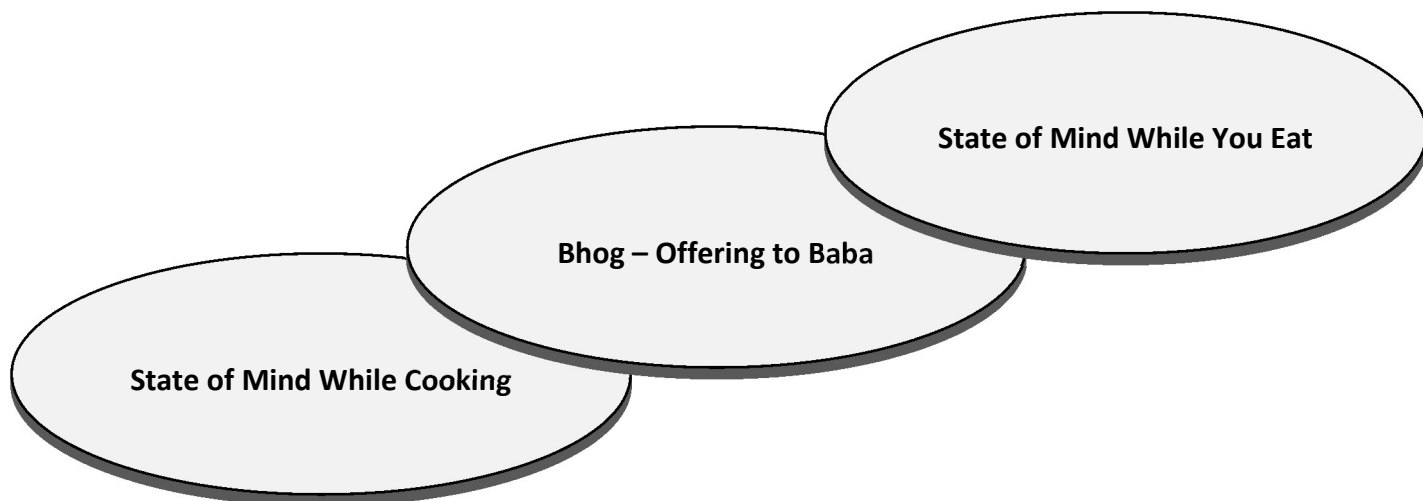
Any other soul who comes into interaction with those objects will also feel the effect of their pure vibrations. So all the actions that you do are fit to be offered to Baba.

In this way the practice of remembrance enables all actions to be successful, whether at work or at home. In our relationships it is the same principle.

First there needs to be that detachment – these are Baba's relations not mine. Then the mind is quiet.

Secondly when there is that intensive experience of remembrance, I will find that my interactions have a purifying effect on all that I relate to. Baba will use me as an instrument to give knowledge, virtues or yoga power to each soul.

THE THREE ASPECTS OF OFFERING TO BABA



TRANSFORMATION OF MATTER: THE FIVE ELEMENTS



Select the most beautiful fruits, just by picking them out so that they could be put on a tray to be offered to Baba and so truly an indication of my deep love and respect.



So what are we doing when we offer bhog?



Yes we are offering the self but we are also purifying matter, the elements. We use the power of God's remembrance to carry the elements to God. We want God to purify it so that later, when we use it or eat it, it is going to have that pure fine effect on both our mind as well as the body.



If you start offering bhog in your home, every day, then it will be easy to make other efforts. We experience that pure fine effect that it has on the body and on the mind. We are allowing God's vibration to purify matter and transform.



EXPLORATORY QUESTIONS

Creating a Speciality Statement

Following is a description of a way of linking your behavior to your specialties. The following questions will help you to explore to what extent you live according to your specialty and innate qualities. Also which qualities you may speak about a lot, but may not necessarily be putting into practice and need to pay more attention to.

1. _____ (Speciality)

List actions which would show practical application of this specialty.

2. _____ (Speciality)

List actions which would show the practical application of this specialty.

3. _____ (Speciality)

List actions which would show the practical application of this specialty.

4. _____ (Speciality)

List actions which would show the practical application of this specialty.

5. _____ (Speciality)

List actions which would show the practical application of this specialty.

Examples of Speciality Statements:

- Self realisation, checking the self and care for the self are important as an example to others.
- A recognition of the usefulness of evaluating our personal attitudes and behavior towards ourselves and others is necessary to develop inculcation of virtues.

Q. If you were printing a card with your specialty statement on it what would you write?

How our Qualities and Virtues Change over Time

As our process of self- understanding continues we find that some virtues and qualities become of more significance and others less. This is because we find ourselves in situations in which certain qualities are of more use, different work or relationships.

Q. Looking back over the last 5 years of your life explore which qualities and virtues have come to have more importance to you, and which have become less important.

More significant

Less Significant

Perspectives on Making Decisions and Choices

To explore the self and develop self-understanding it is also important to develop the power of discrimination. To understand the context in which you are living.

How to Explore the Context in which you are Living.

- Look at your present situation.
- Go over your personal history.
- Know why the founders of the Brahma Kumaris are important to you.
 - Look at your present opportunities and the obstacles you face.
 - Know your strengths and weaknesses.
- Look into the future and explore what challenges you will be facing.

Looking at Your Present Situation

1. How would you assess your present state of self-progress?

2. What efforts have you made up till now?

3. What is your main effort?

4. What are your main specialties?

5. What are your plans for self-effort in the future?

Exploring My Personal History

6. How has my self-understanding developed over time?

7. What methods for self-progress have I used in the past and what do I use now?

8. Up until now, what service have I done for Baba?

*The Father, who works through others,
has made you the instrument and is working through you,
and so, you, yourself, become the detached observer.
Thus, the consciousness of this relationship gives you liberation from all bondage.
Action on the basis of this relationship will create no bondage.
“Shower everyone with jewels of knowledge, let flowers emerge from your mouth and bestow
blessings to all.”
Bapdada*

TOPIC FIVE

Karma of Doing Elevated Actions

Success in karma yoga is achieved by increasing the account of pure actions. Accounts of sinful actions pull the soul towards others with whom it has committed sinful action.

- If our actions create wasteful thinking this becomes a burden and then we cannot experience yoga easily.
- To do actions for Baba we need to surrender the intellect.
- With surrender of the intellect we become aware that we are being asked to surrender that which we don't need, to let go that which is false in us.

Karmas by which Remembrance of God is Maintained and Strengthened

To have the practice of yoga whilst in action we must have accumulated an account of good actions. Our reason for coming to Baba is our account of past good actions. In the same manner, to get success in karma yoga after coming to Baba, we need to increase the account of pure actions.

Accounts of sinful actions time and again pull the soul towards others with whom it has committed sinful actions. For this reason we must, through determined powerful thought, ensure that the account of sinful action will not be increased. Only then we will be able to experience yoga easily.

In order to accumulate pure actions we pay great attention so that we do not give sorrow to a soul, because if we give sorrow to anyone then we experience obstacles in our own path of progress. In our spiritual efforts we pay attention to all our thoughts, words and actions. Bring to mind why you are doing this job.

This job has been given to me by Baba.

I have to satisfy my Baba, not any human beings or the boss.

I have to do the task according to Baba's directions.

Being established in this consciousness we can achieve full concentration and there is no leakage from the mind; our intellect doesn't dart here and there. There is the consciousness, "Baba is observing me".

In this state of mind actions automatically become neat, clear and accurate, an example for others, an instrument in service. Giving knowledge to others not by words but by behaviour and action, others observe the example and experience our peaceful, pure and cool vibrations.

BapDada on Karma of Elevated Actions

28/2/88

In the corporeal world there is importance in thoughts, words and actions.

To have greatness in all three is known as the complete stage.

It is extremely necessary to claim full marks in all three.

If someone thinks that his thoughts are very elevated but there seems to be a difference in actions and words, will anyone believe him?

Words and actions are a physical mirror of thoughts.

The words of one with elevated thoughts will automatically be elevated.

You have taken birth through Brahma Baba's elevated thoughts and through elevated thoughts of invocation.

Karma Yoga Whilst Doing Physical Work

Baba says, "Do actions with your hands but remember Me internally".

The same can happen whilst in the kitchen, washing or doing any kind of labour or work, keeping the company of Baba and conversing with Him.

It can either be an internal conversation or you can take a point from the Murli and churn it over. In this way you forget body-consciousness totally. Even if you are busy and work long hours, you will be working from a concentrated and detached position. Your actions will be neat, clean, accurate and perfect. Baba is the supervisor and in all actions He wants to make you an example before others. Keeping this consciousness that Baba is observing, and he wants every action done in an accurate and perfect way, you can be an example. This is perfect 'Karma Yoga'.

Only a Soul who has Good Wishes for Others can Experience Yoga Easily

Out of all these things, the main thing is that, we do not perform any action that displeases Baba.

Baba says:

"Shower everyone with jewels of knowledge, let flowers emerge from your mouth and bestow blessings to all."

If somebody throws stone instead of jewels of knowledge to others, then because of disturbing others, he will never experience happiness in yoga. This is why we only perform those actions that please Baba. We take this in a subtle way. The one who does not follow shrimat experiences heaviness of one form or another. Such a soul will think: "Why have I become Baba's child if I am not following shrimat?"

Our actions are so elevated that the mind automatically is able to experience a deep breath of happiness.

Create the Right Attitude Towards Actions you are Doing

Before you start, think for a moment-

Who has given us this task?
God himself.

This task is our opportunity to help in establishing the new world. Everyone else is busy in mundane actions and we are busy in the greatest task.

Thinking to prepare us for remembrance.

- While bathing, have the consciousness of cleaning the temple of the body.
- While listening, in any situation, have the consciousness of receiving rays of light and might from Baba, and that I the soul am listening though these physical ears.
- While seeing human beings, have the awareness of the soul radiating rays of might towards the other soul.
- While writing, have the awareness of Baba speaking to you and making you work. And also practice, "I the soul am writing through these hands."
- While cooking have the consciousness of the One for whom I am making bhog.
- While eating have the consciousness that you are eating from Baba's Kitchen.
- While doing actions with the hands, have different types of consciousness.

*I am the angel surrounded by light
I am with Baba and I am performing the actions
according to His directions.*

By this means we do not do any action that creates wasteful thoughts in the minds of others. If our actions create wasteful thinking, then this becomes a burden for us and as a result we cannot experience yoga easily.

Giving the Experience of Introversion in Action 18/11/87

*You saw sakar Baba, Brahma Baba:
the sign of his closeness to the complete stage was
that even whilst listening to the news of service he
used to be in solitude.*

*He would listen to one hour's news in five minutes
and so made them happy and also gave them the
experience of introversion and of being in solitude.
So, you experienced the sign of his complete stage
of introversion and solitude, whilst moving,
listening and eating.*

*Are you not able to follow the father?
Does anyone have more responsibility than
Brahma Baba did?
So, even Brahma Baba never said 'I am too
busy',...*

Coming onto the stage of Action

Practical karma kshetra means coming to the stage of karma yoga, the stage of action and the stage of service. To do good and perfect actions we use both knowledge and power in a practical form:

In practical application there are several types of karma yoga.

- You may be an accountant or a cashier and you have to give full attention and concentration to your work. So in this situation, just for one minute concentrate your consciousness on the question "Who am I?"
Concentrate on the thought of yourself as a peaceful, pure and loving soul. Emerge your real consciousness and connect with Baba. Try to do this on the hour, every hour.
- While working, practice being the soul radiating vibrations of peace and purity towards the universe.
- While you are teaching, practice seeing everybody in front of you as souls. Before starting a lecture stay in remembrance.
- While lecturing, practice going beyond sound. As you are speaking let the intellect be with Baba.

Suffering for Karma will not allow you to be a Karma Yogi 24/2/84

The meaning of karmateet is not to be beyond karma but to be beyond the bondage of karma. Sometimes, in the bondage of the body there are actions performed in which you say, "This is my nature to live comfortably, to eat at a particular time, to live in a particular way," and all these are aspects of the bondages of karma that draw to themselves...

Just as in bodily illness, where the suffering of karma pulls to itself through pain, so that you say, "What can I do? I am okay but this suffering of karma is severe". In the same way, if any particular old sanskara or nature of habit pulls you to itself then this is also the suffering for karma. And so, any sort of suffering for karma will not allow you to be a karma yogi. So you have to go beyond this also.

Karma Yoga – Developing a Constant Relationship with Baba

Baba is offering us a relationship which is intimate, joyful and productive but if we build up false expectations of what that relationship involves then we will start to feel separated from Baba. Karma yoga is the constant re-enforcement of that relationship. I am learning to love Baba. I am consciously giving love to Baba in every action and every thought.

Sometimes we let our relationship with Baba degrade to such a level that our communication becomes totally closed. Although Baba has the wisdom and knowledge to help us through Murli, meditation or instrumental seniors, we have felt let down by developing false expectations so we make decisions by ourselves, resulting in long range problems.

Ways of Deepening your Relationship with Baba during Karma Yoga

What is important to Baba and Why? We need to try and understand what is important to Baba, try to see the world through Baba's eyes. What Baba may be asking you to do may seem very trivial to you, but it may be very important from Baba's point of view. You need to try and identify why it would

be important to Baba, and then you will learn a new perspective which your present personality is preventing you from understanding.

Action Without Labour 14/1/88

Number one obedient ones do not labour in each action because in activity throughout the day, from Amrit vela to night time, they constantly carry out every action according to instruction.

Therefore, they experience special blessings from Baba in the form of fruit, because the blessings of BapDada's heart are in every step of the obedient children.

Therefore, because of the blessings from the heart every action is fruitful. Action is the seed and attainments from it are the fruit. Because the seed, that is actions, of a number one obedient soul are powerful, that soul attains the fruit of every action.

He achieves contentment and success.

There is contentment with the self and also with the result of the action, as well as with the connections and relationships with other souls.

Next you need to look at what you are already doing, the roles you are playing, then fit this new perspective and the practices that accompany it into your lifestyle. A classic example for many is when they first come into gyan, and Baba says to get up every morning at 4.00 a.m. for Amrit vela. For many this may seem irrational, but when you look at it from Baba's perspective it becomes easy to understand, and then we adjust our lifestyle accordingly. Through doing this we come closer to Baba. Most of us would like others to treat us in this way, that others make that effort to understand us deeply and treat us according to their developed understanding. Our relationship with Baba is also developed in the same way.

Respecting the details of what Baba suggests, the etiquette involved in fulfilling Baba's shrimat is just as important as the actions. You may be cooking vegetarian food but are you, during that process, also maintaining that pure consciousness and keeping your mind concentrated on the work? What may appear to be a small thing compared with the importance of following vegetarian diet, is actually just as important.

Understanding the Importance of Keeping Promises to Baba

Our whole growth process is built around the promises we make to Baba. When we break those, Baba can't fulfil his promise either and that is hard for us to accept. So if we build on the importance of

keeping promises, realizing that our relationship revolves around that, then we build up our trust in Baba as He fulfils his part of the promise.

What do we expect from Baba and what does Baba expect from us? If we are unclear as to what Baba expects of us, in terms of the roles we are playing and the goals we should have in playing those roles, our trust or closeness to Baba is undermined. Many of the expectations we have, we may not even be aware of. If you feel disappointed or hurt by a situation then you need to examine carefully the way you are approaching that role. Sometimes it may seem easier to just carry on but actually clarifying these things will prevent the situation from worsening.

Conforming our actions to our words and ultimately to our thoughts.

Baba is always speaking about making actions, words and thoughts the same—that is keeping promises and playing our roles accurately. There are various forms of integrity which are easy to identify. Baba often talks about not gossiping, or not talking negatively about others who are not present. Although at times it may seem a great temptation to come closer to a soul by telling them what someone else is doing or has said, actually it undermines their trust in you. The alternative is that we speak directly with that person so that there is no possibility for confusion or negativity.

Deception Builds a Wall Between ourselves and Baba

If we try to deceive others or Baba then we break down the integrity of that situation, and a wall is put up between ourselves and Baba. By treating others by the same principles as those on which you base your relationship with Baba, then you will gain not only trust of others but also trust in yourself.

What do you say to Baba when you do make a mistake?

It takes a lot of strength to say you are sorry immediately. Many people see it as sign of softness or weakness. But Baba often says that what to others may appear to be a failure, is in actual fact a victory. If you don't apologize then there is the temptation to rationalize, and think of all sorts of explanations of why your behaviour was actually right. If you apologize you are ready to change and find a better way of doing things. Again making an apology is not necessarily an excuse to make the same mistake time after time. The apology has to

come from such a part of yourself that it gives you the strength to change.

Doing with pleasure not Confusion 30/1/88

The children who did tapasya for fourteen years experienced this.

Did you live in pleasure, or did you feel it was labour?

In fact, Baba gave many papers on physical labour.

Those who do all actions with a consciousness of absolute detachment, closely following the instructions of Baba, remain safe and accurate.

Every aspect of my relationship with Baba that I don't understand is an opportunity for me to learn more about myself! Rather than becoming frightened or upset when you learn that you are not close to Baba as you would like to be, see that as a path to coming closer. Look at the situations in which that lack of relationship expresses itself and ask what is it that you cannot take from Baba at that time. Then we learn to value the opportunity that the problem presents rather than run away from it.

Lokik Service

Many of us are earning money or looking after the family in order to fulfil the responsibilities we have in this life. When you are doing this type of work then think: "This job has been given to me by Baba."

This will help us to remain light, peaceful and enthusiastic which will lead us to deep remembrance.

Go beyond the influence of others of the environment around you. For example, if others speak a lot, or speak coarsely, do not respond in the same manner. Instead make sure you influence them through your attitudes and ultimately through your stage of remembrance.

Become free of expectations of co-operation from others. After having done a lot of work always think that you have had an opportunity to create your fortune. A heavy mind does not allow you to fly. If there is a lot of work, do not expect co-operation from others because, if your expectations are not fulfilled, the mind becomes disturbed. Carry out the responsibility but leave it on Baba's shoulders.

Action without Bondage 2/4/84

The Brahmin life is to experience the meeting and the celebration. It is through this method that, whilst engaged in karma, you can experience the karmateet stage of being liberated from the bondage of karma.

Then you do not enter the bondage of karma but you are able to stay in the experience of all relationships with the Father.

The Father, who works through others, has made you the instrument and is working through you and so you, yourself, become the detached observer.

Thus the consciousness of this relationship gives you liberation from all bondages.

Action on the basis of this relationship will create no bondage.

To think, "I have done this" means that the relationship is forgotten, and bondage is being created.

If there is the feeling of any form of bondage, whether of the body, of nature, sanskaras, or of one mind to another, then this indicates that there is some weakness in the experience or in the constancy of all relationships with the Father. The first form of relationship is this easy aspect:

Baba; the dot; I the dot; all souls, dots.

The basis of all attainments in the Brahmin family, and in Brahmin life, is the dot (bindi).

Ways of accumulating an Account of Good Actions

1. Inspirations for actions which come into the mind during "sitting" meditation are carried into action. Such powerful thoughts carried straight away into action always yield powerful results.
2. When deciding the nature and timing of our actions we base our decision on the awareness,

that the soul is the child and student of God and, therefore, the soul reflects the Father and Teacher through its actions.

3. Creation of credit for the future through pure and God-inspired actions for the spiritual welfare of others.

Surrendering the Intellect

I am being asked to surrender that which I don't need, to let go that which is false in me. There is this enemy that exists within the soul in the form of old habits and personality traits and it is this that I need to surrender. Surrendering the intellect means not allowing it to go in any other direction than the direction which Baba is talking about. The one faculty of the soul that has been abused the most is the intellect. Surrendering is an act of handing over the intellect to Baba and working with the tools, the methods which he has given us in order to mould the intellect back to being the golden vessel that Baba wants it to be.

Always listen to everyone and then ask Baba what to do. In the beginning of the organization even those who had been delicately brought up had to make balls of cow dung, become mechanics, sew slippers, be gardeners, but did it feel like labour or pleasure? Whether it is physical ordinary work or whether a speech has to be given on a stage in front of a gathering of thousands, both can be done with pleasure... not confusion.

Murli References on Transforming Consciousness Whilst in Action

20/1/81, 19/3/81, 14/3/82, 22/4/82, 4/10/82, 14/4/83, 31/10/83, 22/2/84, 24/2/84, 7/3/84, 2/4/84, 10/12/84, 27/3/85, 6/1/86, 29/10/87, 22/11/87, 14/12/87, 14/1/88, 18/1/88, 30/1/88, 28/2/88, 19/3/88, 23/3/88.

The World

It lay on the ground,
bruised and broken, it
cried out in despair.

The world's cries awoke
the people from all
over the globe.

They all came to see what
had happened; and found
their beautiful world
sobbing on the ground.
They all felt deep concern.

Everyone was there- the
politician, the doctor, the
teacher, the businessman,
the mother, the child,
the artist, the priest
and the yogi.

They had all come from
different countries and
different religions and
although they all looked
very different, they all
loved the world. It was
their world and they knew
it was in terrible trouble.

Who is to blame?.. one
shouted. At first they all
started to accuse each
other, but eventually they
realised that it was
everyone's fault. Arguing
about it was not going to
make the world but get better.
"We must do something "
said one.
(cont")

"I'll fix the world"
answered another, and he
bent forward and tried to
lift up the world by
'himself. But he couldn't.
" No. That's not the way",
said another. "Let me try".
And he try talking to the
world to find out what
had happened. But the
world couldn't hear him.
Another one turned to the
one next to him and
"Why don't you try
something?"
"What's the use" he said,
" I can't do anything."
(cont")

After sometime they all
sat back feeling helpless.
The world was getting
worse day by day, and no
matter how hard each
one tried to do something
it wasn't enough. Soon
they began to wonder
could the world ever get
better?
Then suddenly one stood
up. " I have got an idea!
Instead of trying one at a
time, let's all try together
by each cooperating with
one another- each doing
whatever we can- surely
we can make the world
better!"
All agreed.
(cont")

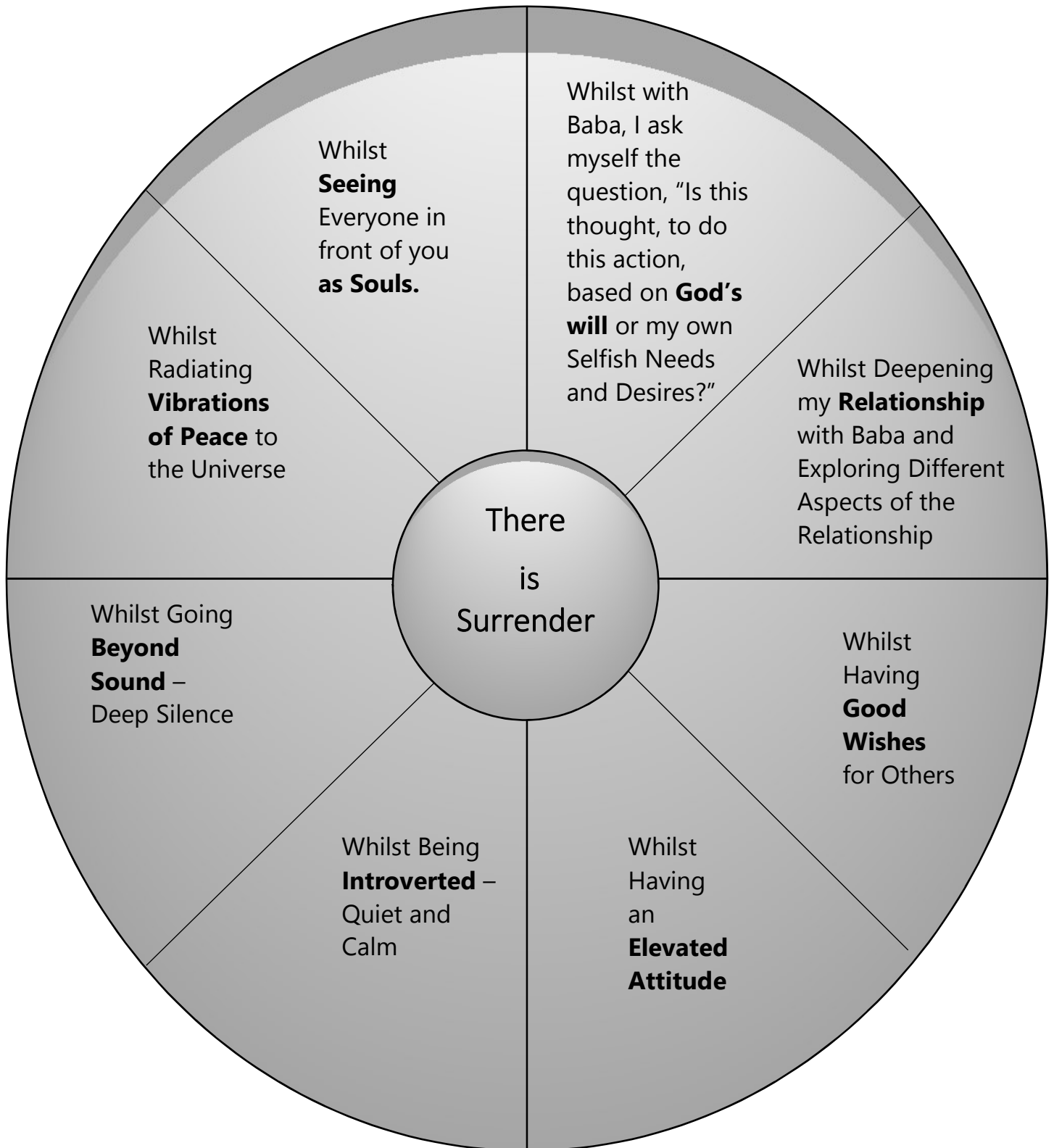
Now only one thing
remained - how to return
the world to the sky?
But by now all the people
had become so used to
co-operating with each
other, so this became
easy. They all came close
and joined together and

formed what was like a
ladder to the sky and one
by one they passed the
world up and returned it
to its proper place.
Together they did what
not one of them could
have done at their own.
Once again the world was
strong, healthy and happy
-just as it was in the
beginning - high in the sky
where the sun shone on it
all the time
(The beginning of the
next cycle.)
(cont")

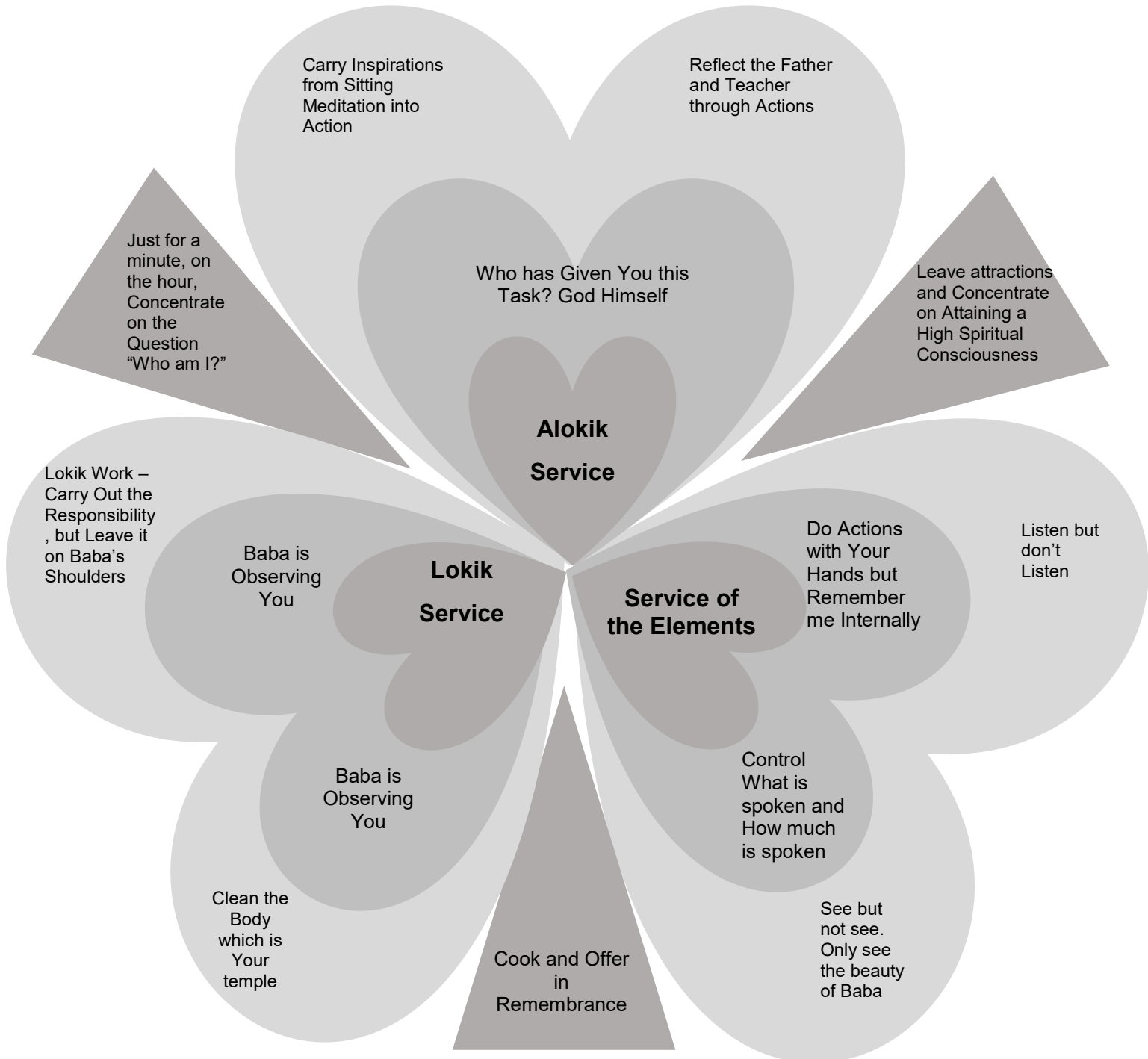
Let's all try together.
The doctor stepped
forward and gave the
world his care.
The mother stepped
forward and gave the
world the gift of her love.
The businessman stepped
forward and arranged
housing for the world's
people.
The engineer started
rebuilding the face of the
earth. The child gave her
innocence.
The politician his support.
The artist made it
beautiful.
The old couple gave the
world their experience.
All stepped forward and
helped the world in
whatever way they could.

*

SURRENDER OF THE INTELLECT WHILE DOING ACTIONS



THE PRACTICE OF KARMA YOGA



Remain Detached from the sights and sounds of this World

The **physical eye** always desires to see beautiful things but we do not become slaves of this.

We need to learn how to see but not see – only to see the beauty of Baba.

The ears also have a habit of listening to gossip and this also makes the mind think about waste.

Listen but don't listen.

If you accept praise, then the mind will not be able to remain steady when listening to defamation.

In order to be a yogi we control **what we speak** and how much we speak.

If you speak about spiritual knowledge then this is beneficial. Speaking about human beings creates obstacles for us in yoga.

The tongue is also attracted to many things and because of this there is many problems in the world.

Take full advantage of the time left for making our spiritual stage high.

Those who are **attracted by different things**, their minds remain weak and they will not be able to face difficult situations.

This is the time to leave these attractions and concentrate on attaining a high spiritual consciousness.

The Three main Ways of Checking the Surrender of the Intellect

As Brahma Baba's soul is still present when Shiv Baba speaks through his intellect, how did Brahma Baba bring his intellect to the level of surrender required for Shiv Baba to use it, so that the knowledge is unadulterated, and could not be coloured by Brahma Baba's soul?

1. He would always practice taking his intellect into very deep silence. To remember Shiv Baba in the land of silence is the only way to really quieten the intellect.
2. He would never be hyperactive in his mind. He did not allow his thoughts to race or let the intellect be pushed into discussion. Let it be quite, let it be calm.
3. He never made any decisions or did anything unless he checked it against what God wants and the knowledge he gives. Even each thought he would check-

"Is this thought based on God's will or is it a thought influenced by my own personal needs and desires?"

What does this mean?

It means that when the intellect is surrendered and the mind is quiet then the habit patterns can be changed, and then the way in which I normally interact with the physical objects under my trusteeship will change also.

PART 3

How to Use the Powers of Yoga

*With the thread of love,
the pearls will come very very close to each other,
and then the rosary can be created.
The consciousness of the ones who are constantly in love with Baba,
will always be full of love,
and even their faces will reveal
that they are the embodiment of constant love.
Bapdada*

TOPIC ONE

The Power of Love

When one remains loveful to the Father, then automatically there is love for the family. When I experience both equally, then this is the true balance.

- One of the signs of greatness in a family, institution or team is when people see them interacting with unity, regard and love. It is an example which makes the world want know,

"What is the basis of this unity and love?"
- There is only one stage which is the stage of perfection. All the most elevated souls should emerge from the same mould, in terms of the feelings of the mind and their nature. As you come closer and closer to each other you will all become equal. Then it will be said that the rosary is prepared.
- So, by understanding the secret of being constantly full of love, become the knower of all secrets.
- In service, Baba always talks of us as His instruments to serve others. But the basic principle that Baba follows is that, the nearer we are to Him, the closer we will bring others to Him.

Love for Baba and the Family

Balance in our life creates a state of equilibrium and harmony within. Our path remains clear and there is no confusion. When one remains loveful to the Father then automatically there is love for the family. When I experience both equally, then this is the true balance. Similarly, I am only able to

experience true love when I am totally detached. As a detached observer I see all. I see the past, the present and the future. I see the games of Maya spreading sorrow and peacelessness all around, but I remain beyond. The ones who can maintain this balance become powerful. All the eight powers emerge in the one who constantly maintains this balance.

Becoming Independent - The Basis of Love for the Family and Love for Baba

When we learn to have love for Baba, then we can truly learn to love others and share and give to others.

What does Baba mean by love?

*"Your promise is that there will only be
One in your thoughts and attitude.
You will listen only to One,
you will see only One.
You will think about only One
and no one else at all.*

*When you allow the influence of other souls to stay
in your intellect, or when you see the influence of
what other souls are doing, the subtle link breaks,
Because the subtle link has broken, then the level
that there could be of the Almighty Authority
changes''
(1/9/86)*

Real Love

Bapdada 8/12/86

Souls today have every kind of means of temporary happiness and peace, but no real love. They all thirst for love. Food and wealth satisfy bodily needs, but the soul can only be satisfied by spiritual love, and that must also be imperishable, constant.

Only those who are full of love can give the donation of love. This is why, by remaining constantly full of love, anyone who experiences the love of such a loving soul will, in return for that love, be willing to relinquish everything. For such love, no second thoughts or difficulties are encountered in surrendering everything.

When they hear a list of disciplines and principles, then as they hear them they begin to think,

"I will have to do all that!"

But the easy method for accomplishing all that or for the release from all weaknesses is, "to become constantly full of love".

The colour of spirituality will then be taken up with ease, through constant companionship with the one for whom the soul has love.

If one attempts to practise each principle one by one, then somewhere there will be difficulty experienced, and in some ways it will be easy. Time will pass by in this practice, or in overcoming that particular weakness. This is why you must become observers of the highest code of conduct in one second.

How will you do this?

Simply by becoming constantly full of love. By having constant love for Baba, you will receive constant help from Baba, by which all difficulties become easy.

The Consciousness of Being Constantly in Love

Bapdada 8/12/86

The consciousness of the ones, who are constantly in love with Baba, will always be full of love and even their faces will reveal that they are the embodiment of constant love.

So, will a soul lost in spiritual love not render the image of love visible through their face?

So, will a soul lost in spiritual love not render the image of love visible through their face?

Their hearts will constantly be attached to the one they love, and because of this all their attachment will drop away with ease. Never mind anything else; a soul, lost in love in this way, will even lose awareness of the attachment to itself that is of body consciousness.

When such an easy method is available to you, why not use it to increase your stage and speed?

A soul, who is constantly full of love, because it is in love with the One Almighty, will automatically endear itself to all other souls. Knowing this secret, a soul gains access to all secrets, because it then becomes yogyukt, yuktiyukt, and is able to use all divine virtues, and is thereby able to please any soul with ease.

As long as you have not gained access to all secrets, you will not be able to please anyone. If by observing their face and by listening to them, you grasp the secret of their mind, then you will be able to please them with ease. But sometimes one misses the secret of a soul's mind on observing their face and listening to them. Because of this, many times you either upset them, or you become upset yourself. So, by understanding the secret of being constantly full of love, become the knower of all secrets.

Being the Destroyer of Attachment

Bapdada Revised 9/2/87

Check yourselves and see how far you have become the destroyers of all attachment. The fact that you repeatedly slip into body-consciousness proves that you have not gone beyond attachment to the body, so you destroy the time and powers you receive as inheritance from the Father, because you cannot make use of them.

Everyone receives them, don't they?

When you become children, you all claim the right to Baba's property as your inheritance. You, however, become number-wise according to effort in making use of all those powers you receive, as inheritance, and bringing upliftment to yourself.

Love for the Family – A Form of Service

One of the signs of greatness in a family, institution or team is when they can be seen to be interacting with unity, regard and love. It is an example which makes the world wants to know.

"What is the basis of this unity and love?" People tend to think that the basis of such love is some technique or skill which we haven't yet learnt. As Baba says, look at the way I am looking at others of the BK family. I look to external change as a source for helping me to change the family. I search for ways to change things from outside.

To bring about change in my relationships I have to do what Baba is always asking us to do – I have to check and change. On the level of the self. I need to ask. “What are the reasons why I do this – what is the underlying concept which guides me to act this way?”

What are the sanskaras I can emerge to bring change?

- If I want to create a happy, unified and loving family then I need to become the kind of person who creates powerful, peaceful thoughts and consciously avoids reacting to the negative.
- If I want my individual relationships with my brothers and sisters to be easy and co-operative, then I develop my sanskaras of being understanding, caring and loving.
- If, in the role I play in the family, I would like to have greater latitude to input creatively then I need to learn the art of being responsible, helpful and giving.
- If I want others to trust me, then I need to develop my own trustworthiness.
- If I blame the family, or another, for the type of organisation or relationship there is, then successful change cannot take place. It is a very deep habit, trying to change the other but not working to change the self, especially in relationships or groups.

Love in the Brahmin Family

Bapdada 3/2/88

So whether you call Brahma the mother or the father, do you know what the special hopes are that he has for the children? Firstly, he has a hope in relation to Baba, and secondly a pure hope in relation to the Brahmin family. Just as BapDada is the observer as well as your Companion, in that way you should become an observer as well as a companion like BapDada, and so become the great souls who constantly play both the parts according to the time.

The first hope is in relation to Baba, and is the hope of becoming equal. The second hope is in relation to the family, that is, let there be constant good wishes and pure thoughts in action for every Brahmin soul; not only in thought, not only the desire, When there is love, instructions or signals for transformation do not create a

misunderstanding, Constantly experience the feeling that there is benefit in what Baba says.

In this ways the love is never reduced, the soul considers itself even closer to Baba's heart; there is the feeling of the love of belonging. This is deep love in the heart, and one who has this becomes the one who transforms the feelings of the self.

You have such love for Baba, do you not?

The sign of Baba's love is that Baba always says, “Haji”.

In the same way, there can constantly be the same love in the heart for the Brahmin family. You can apply the method of transforming the feeling, then the balance between loving Baba and the family will automatically show the balance of remembrance and service in a practical way.

The Law of Love

True love is like the love of Baba, it is an accepting unconditional love. But here the subtle law operates that, those who come closest to Baba are those who are most similar to Baba. Baba's love is available to those who wish to take. That love gives us the feeling of safety and security which will enable us to be able to grow spiritually. Baba through His unconditional love shows us our specialties, and our essential qualities. This then gives us the power to transform our sanskaras. We can co-operate with others, keep integrity in our relationships, keep the disciplines and help others to come closer to Baba.

As you come Closer to each other you will become Equal

Bapdada 1/9/86

Let the feelings for each other in your hearts be absolutely clean. Where there is truth and cleanliness there will be closeness. It will be as if they are close to BapDada also. A kingdom cannot be run by one alone. You have to come into relationship with each other. The closeness of hearts here will bring closeness into relationship there. So let there be closeness in each other's natures and in the feelings of the mind for each other.

Because there is a difference in nature, there isn't that closeness. Perhaps if someone is entertaining, then there is closeness to them, but if someone is official and formal, then there isn't that closeness to them. For instance if your original sanskar is

official, but time and the gathering bring entertainment, let there be that ability also, so that your nature is able to harmonise with others. It is in this way that you can be completely full of sixteen celestial degrees.

*When you harmonise the feelings of your minds,
and when you harmonise your natures
then you come close. There is only one stage which
is the stage of perfection. All the most elevated
souls should emerge from the same mould in terms
of the feelings of the mind
and their nature. As you come closer and closer to
each other you will all become equal.
Then it will be said that the rosary is prepared.*

Becoming Beads of the Rosary

Being Afraid of the Brahmin Family Bapdada 17/4/92

With the thread of love, the pearls will come very, very close to each other and then the rosary can be created.

You are establishing both a religion and a kingdom, are you not?

So what will there be in the kingdom?

Just a king?

One king and one queen, and then one son or daughter?

Can there be such a kingdom?

There cannot be such a kingdom. So remember you have to come into the kingdom.

*To come into the kingdom means to remain
content with the Brahmin family; To make
others content and
to come into elevated relationships.*

*BapDada will ask all of you if you wish to
be part of the rosary or not.*

Do all of you want to be part of the rosary?

Is there anyone who objects if he is out of the rosary?

So why are you now afraid of the Brahmin family?

You are afraid are you not?

When something happens, why do you say:

"Baba is mine"?

What will the sisters do?

What will the brothers do?

I have not made a contract with the brothers or sisters. But this Brahmin life is a life of pure relationships, the life of being part of the rosary. The meaning of a rosary is a gathering. So if there is any doubt in the Brahmin family, if there is any waste thought, then that makes your faith fluctuate. It brings you into upheaval.

"Baba is good, knowledge is good, but these Dadis are not good, the teachers are not good, the family is not good".

Are these the words of one who has faith in the intellect?

They are not.

Then why do you say them?

Make the Foundation Strong on All Four Sides.

Faith in the intellect

Faith in the Father

Faith in the family

Faith in the drama

Let there be no weakness in any aspect. It is then that you will be a bead of the rosary; you will be a soul that is worthy of worship and you will be a soul who has a right to the kingdom, because Brahmins become deities. You cannot become a deity without becoming a Brahmin. So, to be able to get on with Brahmins means to claim a right to the divine kingdom. So you have to get on with the family.

The Law of Equal Return

There is a very natural law that operates in all relationships, that what you give is what you will receive in return. Often unconsciously we take a lot more than we give. There is a famous story which illustrates this point:

The story of the goose and the golden eggs.

"One day a poor farmer discovered in the nest of his pet goose a real gold egg. He could hardly believe his eyes. But after checking it with the village goldsmith he knew that it was real gold. The goose continued to lay these golden eggs and the farmer became arrogant with wealth and power.

One day the goose didn't lay the eggs. The farmer thought, "If I chop up the goose I can get all the eggs at once"

He proceeded to kill the goose. But, when he looked inside there were no eggs. So all he had left was a dead goose. He had killed through greed and source of his fortune."

Relationships run on this principle. We are all Brahmins and so we tend to expect certain kinds of behaviour and attitudes from other Brahmins when they come into relationship with us, if our relationship with Baba is accurate. However we will be able to sustain ourselves through our relationship with Him, not being dependent on others.

Signs of relationships based on the desire to take, not the desire to give.

The goose is getting sicker and sicker.

The signs which show that our own expectations and needs are dominating our relationships, rather than there being an attitude of true giving are:

- Insensitivity and lack of consideration of others needs
- Lack of courtesy

The sign of truth is manners.

If you are true and you have the power of truth, you will never let go of your manners.

Prove truth but with total manners. If you let go of your manners, and then wish to prove truth without manners, you will not be able to prove the truth. The sign of lack of manners is stubbornness and the sign of manners is humility.

Bapdada 17/4/92

- Use of manipulative mechanism to control another, so that your needs can be satisfied first.
- Looking for ways to show the other is wrong.

"What are the majority clever in?

In looking at the self or in looking at others? Speak honestly.

For the majority, their long-distance vision is good, but their short-distance vision is slightly less good.

What is their cleverness?

Whenever something happens, in order to keep the self-safe, they will speak about the things of others clearly and make them big. They will make their

big thing very small and the small thing of others very big."

Bapdada 17/4/92

Maintaining a Balance in Relationships

When the relationship is that of a more experienced person and a less experienced or younger person, then it is difficult to tell how much care and love the younger one requires. They are, because of their youth, quite dependent and vulnerable. They can be easily influenced by situations and others. They are also easily impressed and quickly co-operative. It is necessary to give as much, if not more sustenance to that soul, because they are less experienced.

Sometimes you will give too much attention without showing them the disciplines of yoga and knowledge. Without this firm foundation they won't be able to survive as yogis. Everyone needs to learn the parameters within which to operate. They need to know the value of self-sustenance, in order to fulfil service and to have a peaceful and loveful attitude whilst doing service.

Family and then World Service

In service Baba always talks of us as His instruments to serve others but the basic principle that Baba follows is that, the nearer we are to Him, the closer we will bring others to Him. When we serve others, our aim is to bring them through our example, as close to Baba as possible

If you are given the role of being responsible for a team of Brahmins who are doing a particular form of service, then the amount of spiritual nourishment they are receiving will be reflected through the service project. The amount of love, happiness, growth and peace they are experiencing, will make the project successful or otherwise. So here, there needs to be that balance. The purpose of that team is to find ways to ensure that the team will grow spiritually as well as accomplish the project, without this it will not be effective.

The Balance of Independence and Co-operation

The balance between being independent and yet co-operating is like being a bead of the rosary. The bead is independent and separate, yet it is threaded in the rosary. Because of this it has greater value.

The thread of love brings independence and co-operation together.

Independence is not working, living and serving alone, or in isolation. Separateness means having complete control over the senses and sense organs. Independence means to take support from One, “in-dependence” of One.

*If you want to become an easy yogi, then become a sahayogi, co-operate with everyone.
Real freedom is to depend on One.*

When I depend on many I don't give anything nor do I get anything.

In the post-modernist era sometimes Independence means

“I don't care. I do what I want, I have my freedom.”

The Independence that Baba speaks about is to care for everyone without being dependent on them.

It is wrong to give co-operation to someone to make them dependent, the aim is to make them free from every dependency and depend on One Baba. I have to give love to others, but I have to remain in a yogyukt stage and make them worthy to take love from God. Then that soul can take love all the time, whether I am there or not. Not that they become dependent on my love. If I love myself in the truce sense, then I depend on One.

Devta (deity) means the one who gives

If we are all following shrimat of the one Father then there is unity. Shrimat is Ekmat. When we all have the same aim, to come close to Baba, it becomes easy.

In interacting with others there are two doors for Maya to come in:

1. Ego
2. The feeling of being disrespected. Don't count how much you give It is actually when we think, "I am giving", that I stop giving. If I just sit with Baba then whatever anyone wants, just let them take. One who is giving never thinks they are giving.

Independence in the Family

Faith in One and support of one helps me to be independent, to give to all souls. We need to be independent in our own efforts, not dependent on others or the vibration. We need to be able to sustain the self with just our own efforts and Baba without the support of the family.

With independence we create the sanskaras of introversion, self-discipline and self-control. Then when we come into the gathering, we can have the consciousness of being a donor and of being selfless. In the past, independence has been based on false self-respect, namely ego. For a Brahmin, independence is based on purity and self-respect. Independence means to be beyond, free from the influence of others accounts and sanskaras. When I am truly independent I will always ask a question, “Let me see what Baba wants me to do.”

Co-operation with others and depending on Baba

We need independence in looking after our own possessions and duties, so we are not a burden on others. There is a strong desire to be independent too quickly, which sometimes creates a fear of taking the cooperation that the family is giving. We need to co-operate and, to take their co-operation as a means to become independent.

In Brahmin life we sometimes feel a rebellion against Baba's authority that has carried over from past births. Realise that the more you depend on Baba the more karmically free you become. Knowing that it is Baba's task and the great benefits you receive from co-operation with the family and Baba, which allows you to extend yourself. Co-operation is automatically received when you are giving. With Baba as your child you experience doing things for Baba in practical. When union with one is experienced then there is harmony with all.

The Signs of Dependence

- You take care of me.
- You help me.
- I blame you for this.
- I need others to get what I want.
- My sense of worth and security comes from your opinion of me.
- I need you to do my thinking for me, to think through issues and problems of my life.
- I am stopping this relationship because you are to blame for my problems.
- I become dependent on others because I share deeply when I don't know myself well enough.

The Signs of Independence

- I can do it
- I am responsible
- I am self-reliant
- I can choose
- I get what I want through my own effort
- Physically I can pretty much make it on my own.
- I can think my own thoughts, and can move from one level of abstraction to another. I can also think creatively and analytically and organise and express my thoughts in 'easy to understand' ways. I can churn Baba's knowledge easily.
- I am able to emotionally appreciate myself and my qualities and virtues. I am not dependent on whether or not others treat me well or like me. I have my own relationship with Baba.

- I don't forsake social responsibility, reject others or abandon my wife and children thinking that it is independence.

Murli Extracts on Love

26.11.79, 20.1.82, 18.2.83, 11.4.83, 26.9.83, 11.11.83, 14.11.83, 5.12.83, 19.12.83, 18.2.84, 15.4.84, 7.5.84, 24.12.84, 2.1.85, 2.9.85, 11.12.85, 22.1.86, 4.3.86, 1.10.87, 10.11.87, 6.1.88, 18.1.88, 3.2.88, 12.3.88, 23.3.88, 31.3.88

The Lord of Truth

You are the Lord of Truth,

You offer riches and jewellery in Your hands.

Through your fingers wealth flows like sand.

From your mind, scatter flowers of goodness and Total love.

Total, unconditional acknowledgement of my condition.

You are the most gentle, wise and pure-of-heart.

You are the cleansing, healing waters of truth.

Thanks and gratitude spill from the depths of my heart.

Thank you, Most gentle flower...

The soft petals of your thoughts carpet my heart with serenity,

Creating a path for my mind to follow.

You are the one who dispels the darkness of my sorrows and misunderstanding.

This is why you are called

The Light of Lights,

The Lord of Truth.

Our Aim and Object

The Signs of Interdependence – Working in Co-operation.

We can do it. Baba and Baba's family together



We can co-operate, brothers and sisters together remembering Baba as the Father.



We can combine our talents and abilities and create something greater together.



I combine efforts with those of others to achieve greater success than I could achieve by myself.



Physical interdependence means that I am self-developed, but realise that together we can achieve far more than I could ever accomplish alone. I think of myself as trustee, so that what Baba does, is use all of our talents and skill together to get service done.



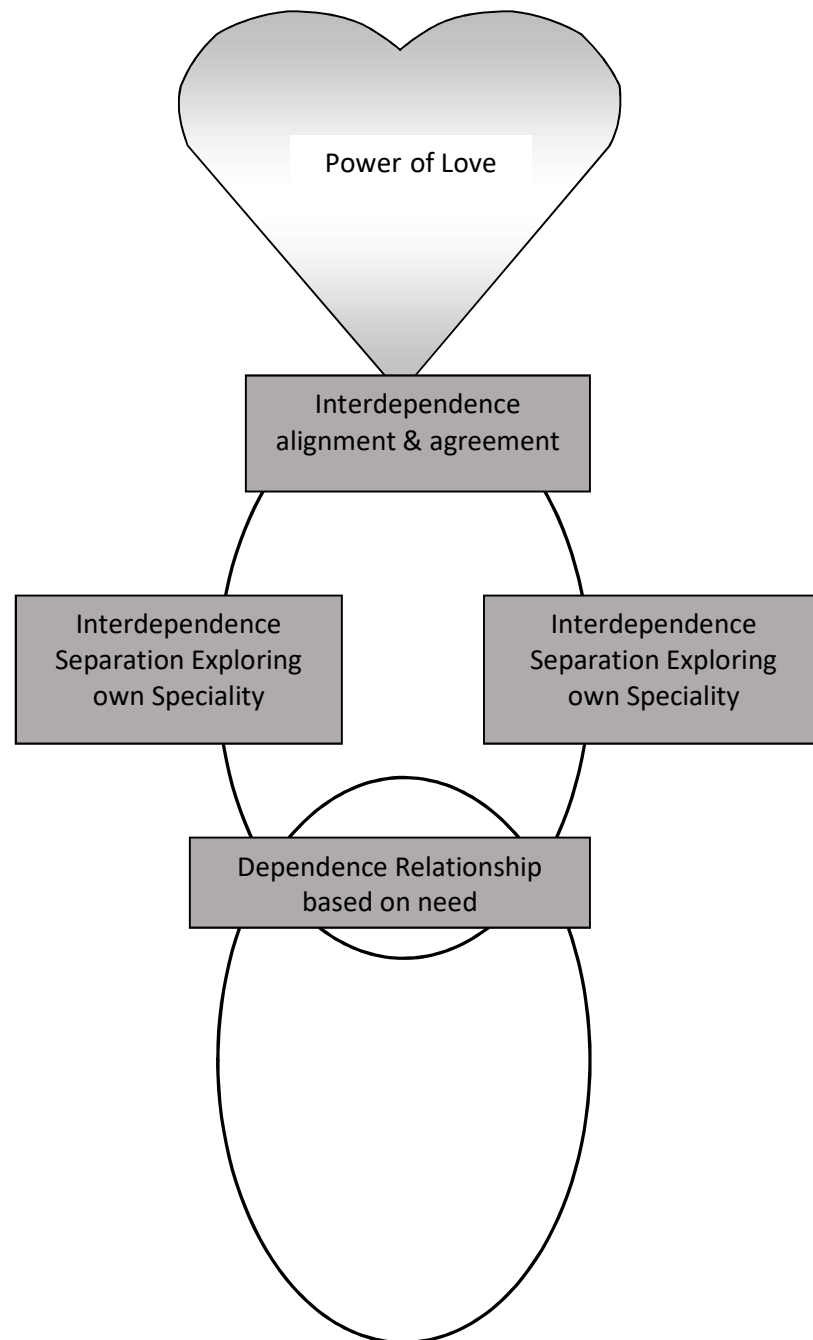
With my emotional independence, I gain a great sense of worth from within myself but I also recognise my need for love from Baba, or if my stage doesn't allow that then, from seniors. I recognize others needs for love, care and acceptance.



Intellectual exchange allows me to create a higher creation.



TWO SOULS PROGRESS THROUGH STAGES OF A RELATIONSHIP



EXPLORATORY QUESTIONS

Going on a Journey of Self Discovery

Part of giving love to the self is to acknowledge the more powerful aspects of ones specialties and aims. In the process following, you will find that, by going into the experience, you will be able to explore and discover different aspects of yourself.

Read the following commentary to yourself or have someone else read it to you. At the end, write down your experience.

"Become aware of your body sitting here on the chair or on the floor.

Do you feel heavy or light? Feel comfortable, your shoulders relaxed.

You become aware of your breathing.

What I am going to ask you to do is to go to a place which is very special to yourself.

Everywhere you go, you will go there with Baba.

Take Baba's hand and feel you are travelling together.

Feel you are taking Baba to a place which is very special to you.

It may be a place which is away outside the city; it may be a place inside a house.

It may be a place of colour and sound which is not real at all.

But it is a place where you feel you are special.

Now you are sitting in that place.

I want you to notice the colours that you can see.

The sky or ceiling or just subtle light.

What is the texture around you. Fresh, clean or a natural place.

What are you sitting on. Something soft?

What can you hear around you?

Is there silence or are there the natural sounds of nature?

Are you walking or dancing or sitting still?

Can you see very far or is everything very close to you?

Why is it that you are enjoying this experience so much?

Why is there pleasure?

What are the feelings you are having?

Until now you have been alone.

Now I want you to invite some other people into your world.

But before you do, ask yourself

Who do I want to invite, to join me here?

Accept the answer. You are inviting them into your place on trust.

These are people you trust.

I would like you to invite them into your place and accept them into your place.

What are their feelings as they join you?

What are the expressions you see on their face as they come and join you?

They have come to your place to help you.

They have come to help you create something.

Now you are sitting together.

Again you find yourself alone.

What is going to happen is:

Someone who you can't see. Someone who is very wise is going to tell all of you, what you are going to do.

You are going to make this place into a place of wisdom.

Someone is going to give you a message. That message you will then follow.

Now that you have heard this message what are you doing?

Seeing quickly over time, what is the change you bring in your place.

See each of your trusted friends and yourself, each of you doing something.

To make your place even more special than it already is.

What do you see yourself and them doing?

How do you feel about each other as you are doing this together?

What kind of world are you creating for yourselves?

Now as you continue you find yourself again alone.

You become aware of someone who is giving you something.

They are giving you a gift. What are you receiving?

I want you to be aware of what you are receiving.

Maybe it's words.

Maybe it's an object.

Maybe it's a feeling.

What are your feelings after receiving this gift?

Now slowly you are bringing your consciousness back to the here where you are sitting.

You are carrying your experience back with you.

Now I want you to bring your awareness back to the room.

Now I want you to write down everything you have experienced.

Answer Sheet

Looking at what you have written and answer the following questions.

1 Describe the place you want to go and your feelings while you were there.

2 Who do you invite into that place and why, and how did you feel about them?

3 What did the wise person say? What changes did you bring after he spoke?

4 What gift did you receive? How did you feel about it?

Revising Your Experience

1 Looking at the changes that you brought, and what the wise person said, what purpose did you have when changed things? Why did you change things?

2 Looking at the qualities of those invited to your place, what qualities would you say are important to you, in those you trust more?

3 Looking at the place you created, what did it look like after changing it, what would you say your future vision is? What kind of future are you creating?

4 Looking at the gift you received, what special capability does that remind you of, that could help you create your future vision?

*In order to shoot the arrow,
To give the experience of peace,
You must practice silence.
Make the arrow so powerful and they die immediately,
And come and sit at God's feet.
BapDada*

TOPIC TWO

The Power of Silence

Great internal happiness comes for the soul interested in the virtues of truth and introversion.

- To return to “absolute basics” of soul consciousness is a great joy.
- In silence, we can monitor accurately, the effect of each look, each thought, each gesture, each word and the motivation in each action.

Silence power

“If I am willing to go into the depths I will be able to spread good vibrations and create such a stage that an armour protects me, even if someone else spreads bad vibrations. Baba doesn't want us to be influenced by the atmosphere. I can be introverted and make such effort that I can be free from any influence, and can instead create a good atmosphere. It is a sign of great weakness to be influenced by the atmosphere. A powerful stage comes with the practice of churning good thoughts within. Say

“I will change the atmosphere.” In the depths of silence and the outside cannot affect you.

Go beyond “Why?” and “What?” and being impressed and be detached. Being impressed weakens the atmosphere and pulls the soul into extroversion.

Incognito service is to keep the atmosphere powerful. Let there be dead silence all around. When there is such power in you, other peaceless souls will experience peace that will stay with them forever. Some are impressed by the gathering, some by the disciplines, some by the knowledge, some by the people, by the love or by the purity, and they

keep saying this is good. But, in order to shoot the arrow, to give the experience of peace, you must practice silence. Make the arrow so powerful that they die immediately and come and sit at God's feet. All ego of position or name and fame will disappear, and they take off their hat and become God's child. The deeper we go into silence the more we are able to serve in this way.

There are three levels of coming into sound. Firstly, by going to the depth of knowledge for clarification, coolness influences the sense organs. Deep conversations extract the juice. Secondly, by having such a conversation that you are able to experience Baba's love deeply. Thirdly, by having such a conversation that will help you to experience the bodiless stage and Baba. Then you are able to give each other super sensuous happiness. The heart is happy, and the sanskara is developed so relationships in Satyug are filled with happiness.

A Day of Silence - the True Retreat

Silence is the true retreat. It is a way of treating the self and others again and again to the healing qualities of stillness. Just as a still lake becomes a mirror to reflect the beauty of nature, silence reveals the beauty of our original nature. Such silence becomes both a physical and mental healing, the result is coolness and serenity.

Silence is not a discipline for the Soul. It is a very natural, stimulating and refreshing state. Silence prevents loss of physical and mental power through fast activity. When the intellect races, the body follows.

Great internal happiness comes to the soul interested in the virtue of introversion. Silence gives such clarity to thought. In this, the “level of surrender” can be seen and how much egolessness

has been inculcated. In silence there is an increase in the power of purity – energy is stored in the soul.

In silence it becomes clear that Maya - body consciousness - is something foreign to me. Maya can be seen to be past falsehood, presenting itself in the clothing of truth. When we are involved we cannot see. So we can't stand back far enough to view Maya, and thus recognise body consciousness for what it is.

In silence, we can monitor accurately the effect of each look, each thought, every gesture, every word and the motivation in each action. Also reactions, attractions, repulsions can be noted more clearly and dealt with. The soul then desires to develop one vision for all souls.

The Practical Aspects of Spending time in Silence

Maintaining silence is a way to increase the yoga experiences of the day. Silence actually means not talking, not listening to radio or watching television or reading newspapers. In other words, not being involved in any activity other than the basic ones necessary for survival.

Ideally silence should be maintained on a day when you don't have work, but even if there is work you can try and keep talking to a minimum, avoiding chatting or talking on the phone. A long weekend is a good time to maintain a period of silence. Or you can organise with a group of fellow Brahmins to go away for a weekend of silence to some remote naturally silent and beautiful place. We also have the practice to make Monday of every week a day of silence.

Bap Dada on the power of silence 18/11/87

Today BapDada the Almighty Authority, is seeing His shakti army. The spiritual shakti army is a unique army. It is called a spiritual army, but its special power is the power of silence. It is an army that brings about non-violence and peace. So, today BapDada was seeing every child. He was seen those who are the bestowers of peace. He was seeing to what extent each one has accumulated the power of silence. This power of silence is the special weapon of this spiritual army. Everyone holds this weapon, but numberwise.

The power of silence changes the entire world from peacelessness to peacefulness: it not only transforms human souls but it also transforms nature. You still have to understand and experience this power of silence more deeply. The more powerful you become with this power, the more you will experience the greatness and the importance of this power of silence.

The instruments for the power of silence

At the moment you are experiencing the power of speech and the power of the instruments of service. The instruments of the power of silence are elevated as well. Just as the instruments for service through speech are the pictures, the projector or the videos that are prepared, in the same way, the instruments of the power of silence are pure thoughts, pure feelings and the language of the eyes.

Just as through the language of the lips you give the introduction of Baba and the creation, in the same way, on the basis of the power of silence, through the language of the eyes, you can give an experience of Baba with the power of silence. Just as an image is visible through a projector, in the same way, through the power of silence, your image as well as the sparkling image of the Father can clearly be shown on your forehead.

Powerful pure Feelings will Easily Emerge Elevated Feelings

At the present time you give an experience of the pilgrimage of remembrance through words. In the same way your face will automatically give an experience of the different stages of remembrance, through the power of silence. Those who are having an experience will easily realise that at that time they are experiencing the seed stage, or that the angelic form is being experienced. There will automatically be an experience of a variety of virtues through your powerful face.

Feelings of love and co-operation in souls emerge due to your speech. In the same way, if you are stable in the stage of your pure feelings and feelings of love, those same feelings will also emerge in others. Your pure feelings will create their feelings. Just as one light is able to ignite another one, in the same way your powerful pure feelings will easily emerge elevated feelings in others.

*At the moment, through words,
You carry out physical tasks easily:
In the same way, with the elevated
instruments of the power of silence,*

*that of pure thoughts, you can
easily carry out physical tasks
and even inspire others
to carry them out.*

Just as the telephone and the wireless are the instruments of the power of science, in the same way these pure thoughts will give you an experience of accomplishing the task, as though conversing personally or through a telephone or wireless.

Such are the specialities of the power of silence. The instruments of the power of silence are not less, but at the moment you make greater use of the power of speech and of physical instruments, which is why they seem easier. You have not yet made use of the instruments of the power of silence, therefore you don't have that experience. That seems easy and this seems difficult. However, as time changes you must bring these instruments of the power of silence into use. Therefore, hey bestowers of peace, elevated souls, experience this power of silence.

The Weapon of Silence

With practice you have become powerful in your speech: in the same way increase the practice of the power of silence. As time goes by, you will not have time to do service through speech or through physical instruments. At such times the instruments of the power of silence will be necessary.

*If the weapon is powerful
it does more work in less time.
That which is extremely subtle
is very powerful.
So pure thoughts are more
powerful than words.*

Therefore, the influence of the subtle is powerful. You experience this even now: when a task is not successful through words, what do you say? This one will not understand in words, but will change through pure feelings.

Surrender of the Argumentative Intellect in front of Silence

Where words cannot accomplish a task, the instruments of the power of silence, pure thoughts, pure feelings and an experience of mercy and love through the language of the eyes can accomplish a task.

For instance, if someone argues a lot, then with words they will argue even more, so what do you do with such a person? You make him sit in remembrance and give him an experience of the power of silence, do you not? And if they experience silence through remembrance, even for a second, they themselves surrender their argumentative intellect in front of that experience of silence. So increase the power of silence.

As yet there is a lack of experience of the power of silence. The majority have only had a very slight taste of an experience of the power of silence. Hey, bestowers of peace, your bhagats experience temporary peace from your non-living images. Mostly, they ask for peace, because with peace comes happiness.

For the Experience of Silence One Needs to be Introvert

BapDada was seeing how many souls have an experience of the power of silence. How many simply speak about it, and how many experiment with it? For that experience one needs to be introvert and to be in solitude.

It is very easy to become extrovert, however, now according to time, there is need for the practice of being introvert. To be in solitude does not mean to draw away from everything: many children say that there is no time to be in solitude: We don't have time to experience the introvert stage because of the household of service, the household of the power of words has increased a great deal. But it isn't necessary to extract half an hour or an hour at once. Whilst living in the household of service there can be so much time in between when you can experience being in solitude.

Solitude means to be Stable in Any One Powerful Stage

*Stabilise in the stage of being a seed,
stabilise yourself as a server
in the stage of being a lighthouse
and a mighthouse, that is,
the ones who give light and
might to the world,
stabilise yourself in this experience.
Through the stage of being an angel,
give an experience of the
subtle stage to others.
If you become concentrated and
stable in this stage,*

*even for one minute or one second,
this stage can bring
benefit to you and to others.*

This simply requires practice.
Is there anyone who is not able to spare one minute?
Is there anyone?
You may not have one hour or half an hour, but is there anyone who does not have one-minute spare in between?
Raise your hand.

Traffic Control – You keep the Aim so it is Happening

When the programme for traffic control was first made, many thought:
How is this possible?
The household of service is huge, we remain very busy, but you kept an aim and so it is happening, is it not?
The programme is taking place is it not?
Or do you not play it?
Do the teachers at the centres not play it?
Or do you miss it sometimes and play it sometimes?
This is also a system, a rule of the Brahmin family.
Just as you consider other rules to be necessary for self-progress, for success of service and also to create an atmosphere at the centre.

Similarly, if with the aim of the practice of being introvert and being in solitude, if with deep love from your heart you wish to make time in-between, you can do it. The ones who recognise its importance automatically find time. If you don't pay importance, you don't find time. To be in solitude means to stabilise your mind and intellect in one powerful stage.

Introversion and Solitude Whilst Moving and Eating

You saw Sakar Brahma Baba: the sign of his closeness to the complete stage was that, even whilst listening to the news of service, he used to be in solitude.

You experienced this did you not?

He would listen to one hour's news in five minutes and so made the children happy and also gave them the experience of introversion and of being in solitude. So, you experienced the sign of his

complete stage, of introversion and solitude, whilst moving, listening and eating.

Are you not able to follow the father?

Does anyone have more responsibility than Brahma Baba did?

So, even Brahma Baba never said 'I am too busy', but he became an example in front of the children. Now, according to time, there is a need for such a practice.

Through Pure Feelings Create Feelings of Love for Baba

Even when all other instruments for service are available, there will also be a need for service through the power of silence, because the power of silence is the power that gives experiences. Mostly, the arrow of the power of words only reaches the head. So, according to time, they will cry out: give us an experience in a second!

They will become tired of listening and speaking. You will then take them beyond with a glance through the instruments of the power of silence. With your pure thoughts you will finish the waste thoughts of souls. With your pure feelings you will create in them feelings of love for Baba. In this way you will make souls content with the power of silence, and then they will sing praise in front of you souls, the living bestowers of peace, saying: Bestowers of peace, bestowers of peace!

Because they take these last sanskars with them, they will become the bhagat souls in the copper age and sing the same praise of your non-living images. Baba will tell you some other time how great is the importance of traffic control and how necessary it is. However, today understand the importance of the power of peace yourself and use it in service. Do you understand?

Personal Experiences of Silence Power

*There can be the realisation with
knowledge that the soul is silent...
everything else has been the "Game",
on the field of action.*

Following are observations and experiences on the benefits, the joys and the challenges of silence.

Experiencing Nirvana

To return to “absolute basics” of soul consciousness great joy. This is especially embodied by the consciousness, “Soon I will return to my original, light world of silence.” Realisation of the “fundamentals”, brings deep experience, thus lasting change.

*Imagine The Silence of the last moments
of this Earth and Time Cycle,
when all souls are to depart
from this planet.
Remember the last second of Actually
Flying home to Baba –
No Longer a Rehearsal or Visualisation.
Remember the very final conscious
experience we have;
of “leaving the Cycle”
in Totally Dead Silence-
the Pleasure of Liberation and
the Return to your Originality...
Fullness, Truly bodiless.
You actually Go Home.*

Getting to know Baba in Silence

The foremost benefit of this “healthy” practice is the experience of closer relationship with Baba. In the practice of silence, we can go deep into this spiritual pleasure and process of cleansing without distraction.

"Challenge yourself! You'll be rewarded. Go for a 2 hour walk alone with your companion and really feeling His presence. Allow yourself one day, or a few hours, to go deeply into the reality of being a guest, that is alone in the world with BapDada."

Silence allows me to be simple and uncomplicated. This practice enables me to be a resident of the subtle realms right through the day. Enjoying the subtle beauty of the language of drishti and signals, it's so much easier to be absorbed in Baba's remembrance.

*Silence is not bondage,
but Freedom to go on inner journeys
of Self Discovery and
Journeys beyond the Stars...
getting to know the One who was
unattainable for many centuries.
Now that He Has Come to Me,
I set aside time to do things together.
The soul desires to get to know and feel
His Reality and Constant Beauty; and
realise Fully What He Desires From Me...*

Getting to know the Self in Silence

The practice of silent introspection increases my self-respect. I don't have to prove anything or justify anything. I want ultimately to please Baba and the eternal self. All others will then be automatically benefited. We sometimes don't realise how much we block Babs's work, through coarse, mundane or rough (loose) consciousness. Silence creates and enhances powerful self-respect.

*At First, there's the initial awkwardness,
subtle tension and mental excuses
created in Body Consciousness.
Then there's a "settling down",
into the soft and gentle Maturity and
easiness of Soul Consciousness
emerged from within.
"New vistas" open up and
the soul is able to "see" the Value
of just "Being" -
without excuses, forced opinions or
attention drawing.
You are just "You" and
there's a lot of Deep Love for Yourself
and every other Brother Star.
There's "room",
a Spiritual Space,
for God to enter the scene and
arrange some Magic!*

Relationships in Silence

Go for what feels good. It certainly “feels” good to be increasing the power of churning. Make gyan real and entertaining, and increase the reality of a living relationship with BapDada.

Many souls think that “Lightness” means extroversion, hilarity, joking or making entertaining comments. Baba's definition of lightness is the internal state of purity and peace which expresses itself in natural happiness. Baba has said every second is equivalent to many years of the cycle. Time is worth Diamonds. He has also said to become like Holy Swans, picking the goodness from all; and through the drishti of love and mercy, to change the atmosphere of waste or criticism.

*“A Look can say a thousand words” and,
Two words said in high stage of yoga
can have the effect of 200 words!*

With an increase in our use of avyakt drishti, communication becomes subtle. The use of “signals” and an “angelic expression” through the

eyes and face creates true happiness. True happiness is the result of having a spiritual attitude towards each other. It is your choice to interact or just watch. Let your eyes do the talking and speak with your actions. The power of silence means to transform one's attitudes and outlook and keep one powerful stage. There can be the experience of true solitude whilst being busy and in solitude, even whilst in company of many souls.

Thoughts and Silence

In Silence, one can “catch the flow” of Baba more easily and the soul can follow a line of thought through to conclusion. It is the power that allows for deep checking within. Silence increases churning power. Essence can be extracted in the form of experience, and it gives rise to new efforts, enthusiasm and inspired thoughts. As a result, waste thoughts and superfluous thoughts reduce dramatically.

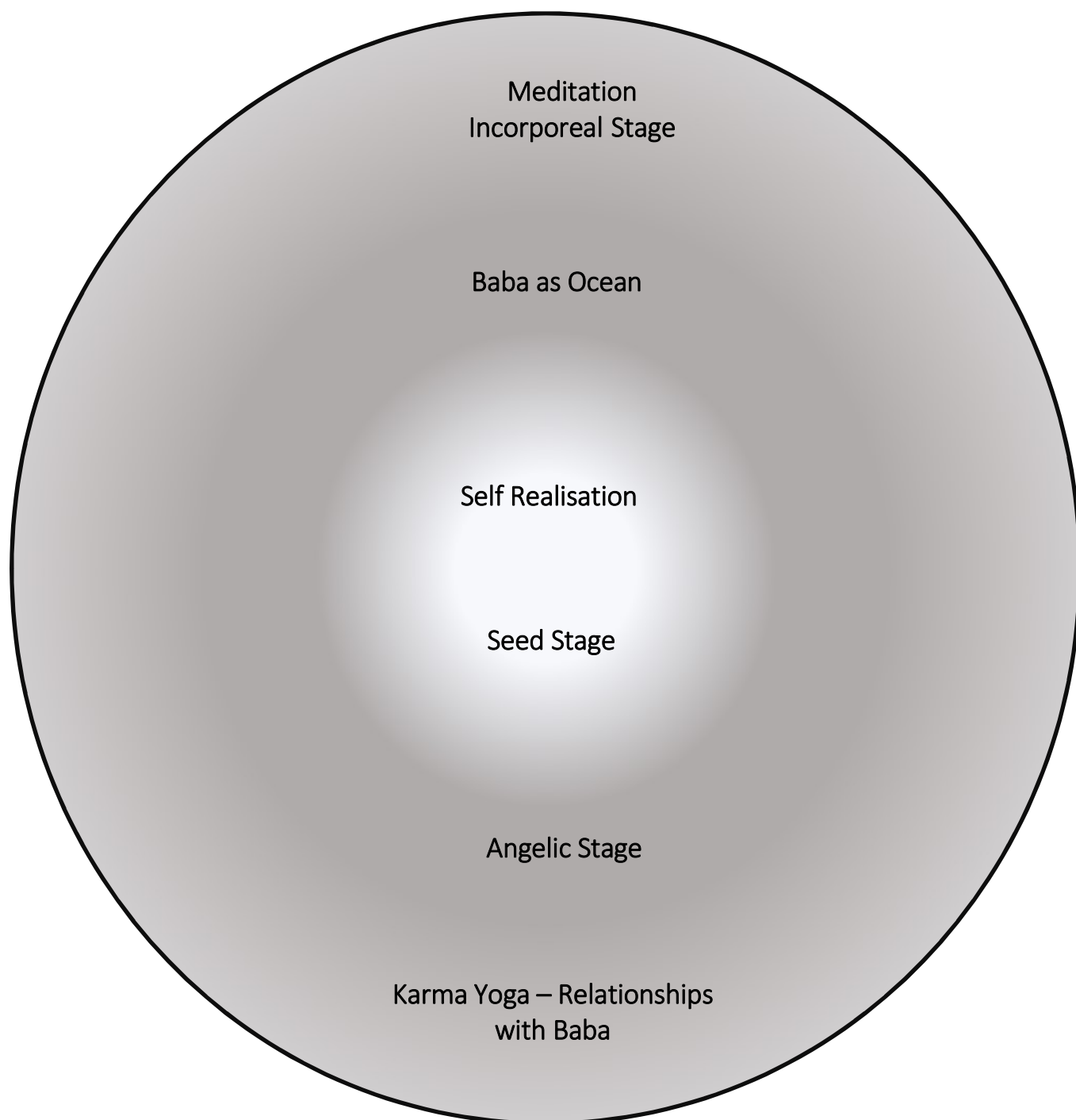
Silence brings a greater appreciation of powerful yoga and stillness of mind. The power of silence is the result of the practice of visualization –

*Seeing the Self as a Point-like star,
Baba as an Ever-pure Incorporeal Star,
The Golden Red Home of Light.
Silence is a result of Concentration
on One Point*

Murli References

Avyakt Murlis on silence power versus science power 21.2.83, 12.12.83, 16.3.86, 5.10.87;
Flying Stage murlis 9.5.84, 22.3.86, 29.3.86, 1.10.87
Yoga/tapasya 1969 murlis, 7.2.80, 20.8.80, 2.10.81, 11.11.81, 16.11.81, 26.11.81, 28.11.81, 7.3.82, 6.9.82, 15.1.83, 11.4.83, 26.4.83, 10.11.83, 14.11.83, 23.12.83, 8.4.84, 26.12.84, 27.3.85, 3.3.86, 22.3.86, 31.3.86, 7.4.86, 20.2.87.

THE DEPTH OF HIGHER CONSCIOUSNESS



EXPLORATORY QUESTIONS

Practical Points for change through silence power

For the next few days, write down your experiences on the following topics.

1 Write of an experience of how silence power gave you spiritual and physical energy, so you got double done in half the time.

2 Write your experience of how silence power enables you to churn the ocean of knowledge and change a situation.

3 From your space in silence, observe other souls in a detached way and relate that to Baba's knowledge of this drama – the game of life. Make a special effort to remain angelic all day. Speak sweetly and only when necessary and spread your light to all around. Write down your experience.

4 Experience how silence power makes situations and problems very light. Silence power enables me to enjoy the arts...the art of administration, the art of leisure, of being busy etc. Write your experience.

5 Practice being a Bindu, silence in a second, in a minute an hour, an hour a day. Pay attention to your facial expressions – am I expressing impatience or irritability? Change that to benevolence when you realize that every thought has an impact. Write your experience.

6 Economise on your stock and create more energy by being essenceful when you speak- then go beyond. Today, every time you speak and act, think: Do I have Baba's power in what I am doing? Write your experience.

7 Experience how silence power enables you to enjoy diversity, unity and divinity. Silence power is the seed of self-respect. Experience how silence stifles Maya and 'makes oneself mellow'. Silence

8 Silence power is a catalyst for good wishes. Silence power enables me to accumulate all the spiritual treasures and then donate them at the appropriate time. In silence questions are quelled – experience the feeling of contentment that brings. With silence power apply the brake to any negative or wasteful thoughts: then steer the intellect to positivity. Write your experience.

9 Silence power cancels negative karma and creates calmness. Experience the language of silence – communicate those feelings through the eyes. Experience the efficiency in action that silence brings. Write your experience.

10 Silence power heals old wounds and opens the heart. Silence power enables you to donate happiness from the thought level right through to the level of action. Silence power: waste wanes and divinity gains. Write your experience.

11 Be silent and see the soul and the role. With silence power transform the atmosphere and the attitudes of others. High vibrations are stronger than low negative vibrations. In silence, see how many subtle signals you catch. Silence power heals the world – in powerful remembrance your vibrations alter every molecule. Write your experience.

*With the divine intellect
you can experience a pure touching from God in every action,
and experience success in every action.
The divine intellect can defeat any attach of Maya.
In front of the divine intellect,
Maya becomes the garland of success.
Bapdada*

TOPIC THREE

The Power of Yoga

If the power does not increase, then the yoga is not accurate. There should be so much power that you are able to do any job successfully.

- Spread the vibrations of power to those souls who are experiencing difficulties. These weakened souls then experience power in themselves and have the courage to overcome any difficulties.
- No matter how much progress the scientists may have made, human beings are still the servants of the elements; whereas with yoga power we can control the elements completely.

The Company of God brings Strength and Pleasure into our Lives

Human beings have been practicing every type of yoga, but still they have not been able to liberate themselves from bondages. With Yoga of the intellect, that is with the intellect in firm connection with the Supreme, you achieve unlimited power. If the power does not increase, then the yoga is not accurate. There needs to be so much power that you are able to do any job successfully.

In the beginning of the institution, when Brahma Baba was still in his body, many sisters used to be given the duty of night watch. They used to get afraid and Baba said, "Child, if you remain

completely pure in this impure atmosphere. Complete celibacy is the fruit of the power of yoga.

yogyukt no one will enter within your four walls." This was not said just to give patience to the child or to make her fearless, but it was truth. If there is just one soul who is experiencing a stage of powerful yoga, then as far as vibrations reach there will be no danger, a boundary of protection is definitely formed.

The Power of Yoga Awakens the Soul.

As the power of yoga increases the soul experiences its true form, and there is a new consciousness in the mind. Inner fear, useless worry, worry for the future and all negative habits are finished.

The Power of Yoga influences every action.

Each and every action is influenced by the state of our mind. If there are good thoughts in the mind, then the action will be completed easily and successfully. If there is confusion in the mind, the also the action will be confused. If there is only a little influence from other thoughts, then the time taken to accomplish an action can be halved. Difficult and impossible jobs can also be accomplished with the power of yoga.

The Power of Yoga gives you the Power to become completely pure.

Only 20% of the power of the mind is used in useful actions and the rest of the mind power is wasted away. By remaining yogyukt, the power is accumulated and the soul experiences itself as very powerful. Together, with this, when there is the connection with the Almighty, the power, just like an electric current, flows towards the soul. If the soul is in a bodiless stage, free from wasteful thoughts, then it is filled completely with complete power. This power of yoga helps us to remain

The Power of Yoga in Overcoming Difficulties

A job can be done successfully by remaining free from wasteful thoughts. Obstacles do not become a headache for those souls who have experienced this truth. With this power we can change the attitudes and thoughts of others, we can change someone's enmity into friendliness. You should use your powers to destroy your own or someone else's obstacles.

Apply the power of Yoga to give peace to souls who are far away.

In 1968 when Dada Vishwa Kishore in Bombay was very ill, Brahma Baba on hearing this news stayed awake all night and gave the donations of yoga power. The next day he received a phone call saying that, during that night, Dada had slept peacefully. So, through Yoga, we are taking so much peace from the Ocean of Peace, that we are able to spread the vibrations of peace towards any soul anywhere.

Giving Through Yoga

In the same way as BapDada gives power to all souls from the subtle region, we also can imbibe the powers from the Almighty and spread the vibrations of power to those souls who are experiencing difficulties. These weakened souls then experience power in themselves and have the courage to overcome difficulties.

Communicating with others by thought or by giving them a message.

When we send good wishes to a soul who is experiencing hopelessness they experience inspiration from this. In this way, with our elevated stage, we can give the message of Baba.

Transforming the habits of others.

If a soul is unsuccessful in transforming their bitter sanskars, then if a soul who is complete in yoga has good wishes, and gives co-operation of the power of yoga, they are able to easily remove the sanskars of the weak soul.

Giving truth to others.

The divine vibrations of our true knowledge finishes the vibrations of false knowledge, and other souls are influenced by truth. If we debate without yoga they cannot accept it. We must debate, keeping soul conscious vision, using elevated

words, with peace and patience and keeping our contact with the Ocean of Knowledge.

Yoga and relationship with God

Having a clear conversation with God.

The more the power of yoga increases, the more the intellect becomes divine and clear. Then the conversations with the Supreme Father will be so much more pleasurable, and we will be able to understand Shiv Baba's directions clearly, and our mind will constantly experience super-sensuous joy.

Becoming an angel.

The world will be wonder-struck when they have a vision of a human, flying as an angel in the sky. Only then will the entire world accept us as angels, as their protectors. We will be the angels of God. But this stage is only the result of the elevated power of yoga. Only through the power of yoga can we give divine visions to the devotees. Wherever our mind goes, the subtle body will go too. But this will only be possible when the soul is completely pure. Then service can be done speedily through the subtle body vehicle. Even now a few souls have this divine quality.

Yoga and World Transformation

Giving the world a new direction.

We can light up the entire world through the power of yoga easily. We can spread the power of yoga easily. We can spread the type of vibrations we wish. In the future, souls with the power of yoga will become the centre of attraction, like the sun, and give a new direction to the world.

The power of yoga and the power of science.

Both scientists and yogis are searching for happiness, but the approach is different. Those with the power of yoga know very well that their power is a very elevated one, compared to the power of science. Presently the inclination of humans is towards science power, but in the future they will be more inclined towards yoga-power.

Attaining Stillness

The soul is not free from the effects of actions, but through yoga power it can keep itself beyond the effects of every action. If we have the still stage, then even if we have a physical illness or some

emotional problems in our relationships we will not feel it. We will be beyond it, free from the effect of hearing, seeing etc. Only then, in this stage, is the soul achieving the karmateet stage.

The Material World and Mind Power

A yogyukt soul has controlling and ruling power over the elements (body) and environment. Then the elements become co-operative in every action by providing favourable circumstances. Not only this, all other souls become co-operative as well. It is only possible to make the elements our servants with yoga power. No matter how much progress the scientists may have made, human beings are still the servants of the elements, whereas with yoga power we can control the elements completely.

Scientists wish to control the elements with modern technology, but they do not understand the elements fully. Scientists do not know that the non-living elements are influenced by the state of mind of the living. Some elevated souls, with their elevated power of the mind, can claim all rights over the elements. In attempting to control the elements with physical instruments we will not succeed fully and the result will be the great destruction. After that, the elements will become peaceful and serve humans by giving peace and true bliss.

Change and Ruling Power

The power of yoga and the ruling power of the golden age.

Only those souls who, through yoga, have power over their mind, intellect and sense organs, will be able to rule over the world in the Golden age. Scientists will be not be able to control the world with instruments. Only those who have the power of Yoga are able to achieve ruling power over the mind, intellect and body. In this way they control the elements, and become the rulers of the world in the Golden Age.

For the power of yoga, you must have at least 8 hours remembrance.

Yoga power is the support, or the foundation for world service, but to achieve the results through yoga power, you should remain yogyukt at least 8 hours everyday. Only in this way the soul can achieve the karmateet stage and experience the power of yoga. Then we can do or get done whatever we want. The best way is through developing a chart of remembrance for the day. This is called spinning the cycle of self- realization.

Murli References

7/2/80, 20/8/80, 2/10/81, 11/11/81, 16/11/81, 26/11/81, 28/11/81, 7/3/82, 6/9/82, 15/1/83, 11/4/83, 26/4/83, 10/11/83, 14/11/83, 23/12/83, 8/4/84, 26/12/84, 27/3/85, 3/3/86, 22/3/86.

God – the Ocean of Love

God's love is a gently power,
a radiant energy.
Such love cannot be separated
from wisdom.
It Is through complete understanding,
and a perception filled with respect
and appreciation,
that His love emerges and manifests itself.

God – The Ocean Of Peace

There is the kind of peace that only
God will know eternally.
In this physically world I may find
peace in the mountains,
by the sea, or in something I do.
But to know peace as an
unlimited experience
I have to understand the
dimension of peace that is God's.
What is His experience?

God's peace is not derived through
the body and its senses,
Not through relationships or activity.
It is a deeply internalised
experience, which emerges
from within His very being,
so much so that it could be said that
He is the very form of peace,
the true source of peace.
God is peace.

God – The Ocean of knowledge

The Ocean reveals its incontestability,
to anyone who may venture
so far from land,
But even more than that,
what is so striking about the
Ocean at that time?
It is the latent, awesome power

that awaits its own time
to reveal itself?
It is the bottomless depths that
remain a quiet secret,
beyond the scope and capabilities
Of human beings?
Or is it the timelessness of the
Unaffected, unchanging form of
the Ocean?

God – The Ocean of Bliss

Bliss is a state of ecstasy,
yet it is merged in peace,
complete contentment and
overwhelming happiness,
enveloped in silence.
It is a deeply internalized experience,
that gives a sense of total fulfillment.
It is a feeling that leaves no desires.

ACHIEVEMENTS THROUGH THE POWER OF YOGA



HOW TO GAIN FULL BENEFIT FROM THE POWER OF YOGA

*

Having constant yoga to gain full benefit from the practice of yoga

*

Aiming for the practice of 8 hours of yoga in one day to give 60% attainment of soul consciousness

*

Practice experiencing bodilessness in one second

*

Aim for stability of yoga to bring control of the mind at will

*

Developing interest in yoga gives full benefit

*

Having constancy over a long period of time will bring success

*

Developing close relationships and every relationship with one

*

Developing the experiences of all Baba's virtues and powers

*

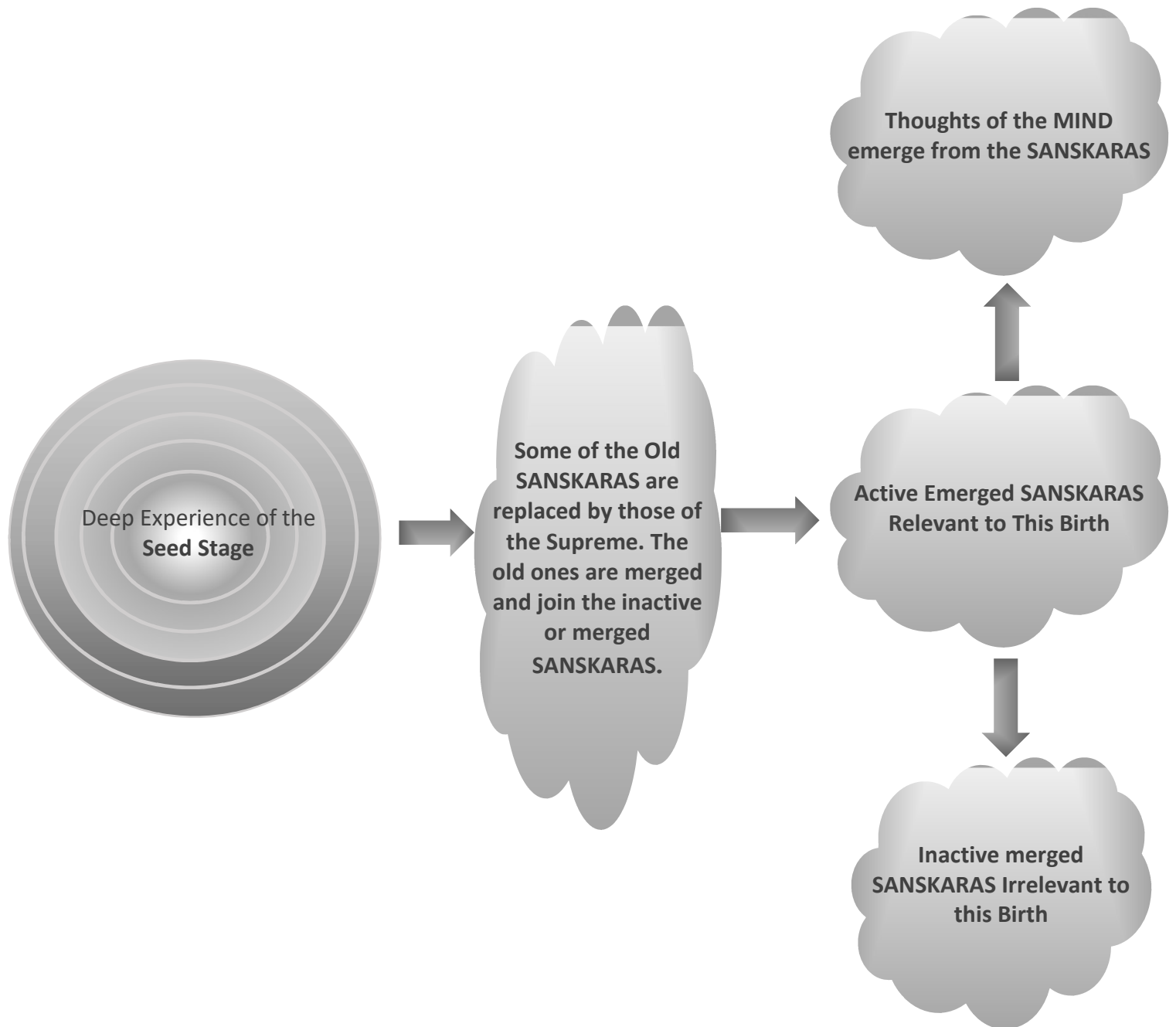
In actions Being an easy yogi and a karma yogi

*

Keeping the consciousness that Brotherly vision is natural

*

INFLUENCE OF THE SEED STAGE ON THE SOUL

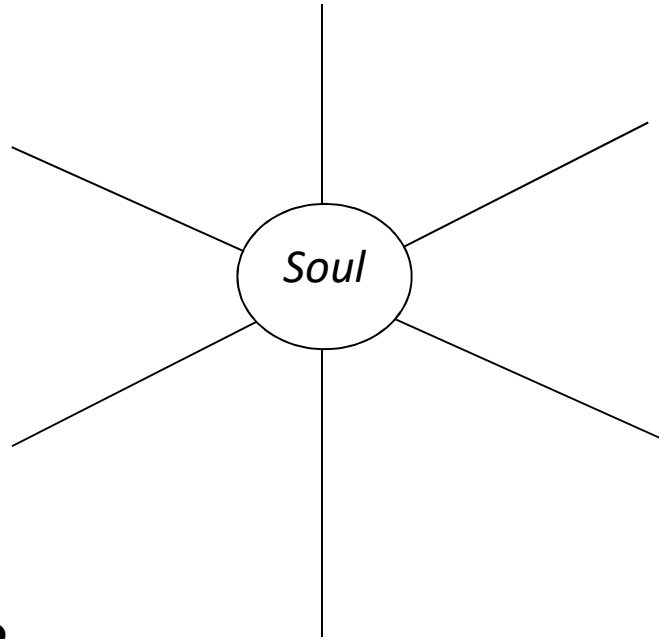


EXPLORATORY EXERCISES

Experiencing the Qualities of the Soul

EXERCISE ONE

Brainstorm the natural and higher qualities of the Soul and write them on a web diagram.



EXERCISE TWO

Experience the qualities of the soul through a meditation commentary.

This meditation will allow us to experience the natural qualities and nature of the soul. This is what we call soul consciousness, the foundation stage of Raj Yoga Meditation.

I sit relaxed and comfortable

I become aware of my breathing

I become aware of the thoughts in my mind passing by.

I bring my mind towards thoughts of myself

My true nature

Who am I

I the tiny point of light in the middle of the forehead

Energy, concentrated energy

I radiate light through my body – my costume.

I feel myself different from the body...

A point of light, energy using the body, directing the body.

I am a being of peace

A loveful being

A being of light

A being of power

I am light

I am energy

I am alive, vibrant, sparkling, divine...

I am separate from the dense body of matter, my vehicle.

I am peaceful and stable.

A peaceful soul

I am powerful.

I radiate the qualities of peace and love to other souls around me.

These are my natural qualities.

In my real nature I am tranquil.

I am a peaceful soul

Radiating light and love into the world.

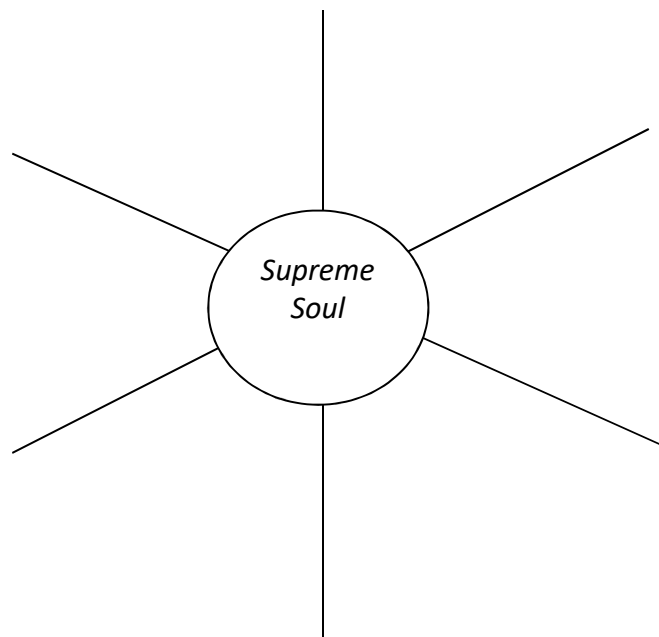
EXERCISE THREE

Write down your experience.

Experiencing the qualities of the Supreme.

EXERCISE ONE

Brainstorm the natural and higher qualities of the Supreme Soul and write them on a web diagram.



EXERCISE TWO

Experience the qualities of the Supreme soul through a meditation commentary or reading this to yourself.

This meditation will allow us to experience the natural qualities and nature of the Supreme soul. We describe the Supreme as an Ocean of all Qualities.

I am a being of peace

A loving being

A being of light

A being of power

I am light

I am energy

I am alive, vibrant, sparkling, divine.

I am separate from this dense body of matter, my vehicle.

Without it I can fly

With pure thought

I can travel, leaving this world, this body behind.

Moving away from the experience of the body

I am so subtle

I the subtle being of light

A star, so bright, radiating light

I move beyond sound to the Ocean of Light.

I bathe in this Ocean of Light.

I became aware of another being.

As I come closer, I feel as if I am diving deep into an unlimited Ocean.

I merge into the Supreme Being

This is the Ocean of Bliss

I merge into the Supreme Being

This is the Ocean of Peace.

An unlimited Ocean, receiving and complete.

I am merged in the experience of the Highest Soul.

Diving into the depths of bliss

So deep, so silent in this Ocean.

The treasures are eternal

Treasures of peace, treasures of love,

Of light, of bliss.

Waves of golden –red light break around me

I bathe, clean, purify until I feel free and light.

Refreshed by the Ocean

Surrendered to its waves and depth

I float gently

Downwards

Softly

Slowly

I return

I am peaceful, alive.

EXERCISE THREE

Write down your experience.

Experiencing the Seed stage that is The Fire of Yoga

EXERCISE ONE

Now we are going to go into the last stage of meditation. This is called the Seed Stage.

I feel myself going deep inside

I tune with myself

I become aware of myself as a soul

A being of light

A being of peace and love and bliss

I feel myself withdrawing from the awareness of the body.

Becoming so subtle, I am concentrated into a tiny point of pure being.

Then I let go of physical experiences.

I am free of the influence of all sense experiences.

In a state of total freedom

At one with myself

I let myself fly through thought, far away from the room

Upwards and outwards.

All thoughts of the world are receding.

I turn the attention away from the senses, I am no longer aware of the material world.

I am coming into another dimension.

I have gone beyond the pull of the planet.

I am out into the world of space.

Flying so quickly, I pass into a world of light.

A light that is of a different order from the light of the sun.

Not like the light of the moon.

But a light that is cool.

A bright golden light.

All around me there is a light upon light.

Stretching miles, beyond distance, it is a dimension of total silence.

And I am a light, within that dimension of light.

I have reached my home the ultimate place

The highest region.

The sweet silence home.

This is the soul world.

All around me are beings of light, tiny sparks of conscient energy.
My brothers in a wondrous constellation
And at the apex there is a light
An extraordinary light
A tiny point of light, infinitesimally small.
But there is a strong, strong pull.
A magnet pulls me, and I go close to that light.

I touch the light and I am empowered

This is the Supreme.
He fills me with all the colours.
He fills me with love
With peace
With beauty
With wisdom
In His light is the greatest strength
All the colours of the qualities of the Supreme combine
Into the beautiful light of the One.
The Diamond
The Beautiful
I am with that Light
In this light I am out of time
All events of time are merged and there is only the point of light
In that Light I can feel bliss
I become the essence of all things
I am.

EXERCISE TWO

Write down your experience.

How old sanskaras are burnt in the Fire of Yoga

In deep yoga our old sanskaras are burnt away. The power of the experience of closeness and merging with the Supreme permanently erases certain character traits which are not of that same level of purity. The behavior changes permanently as a result of that power.

Look at diagram “Influence of Seed Stage on the Soul”

(Following page)

This shows how the Power of Yoga brings change to the sanskaras.

*With the divine intellect you can experience a pure touching
from God in every action,
and experience success in every action.
The divine intellect can defeat any attack of Maya.
In front of the divine intellect, Maya becomes the garland of success*

Bapdada

TOPIC FOUR

The Powers of Mind Intellect and Sanskaras

What do I want to achieve? Baba you are my Father, Teacher so teach me, guide me. I am putting my trust in you and so I begin to feel your love.

- If we simply visualise and do not experience, the effect of this too is temporary.
- Create the thought
“I am a soul, a point of light,”
and bring it before the intellect again and again until it accepts it. If the intellect accepts the thought, experience will follow.
Then creating of the mind and feeling naturally stop. This is called natural silence power. One second can quickly grow to far more if this method is practiced.

What is Our Aim when Practising Yoga?

Going into the experience of soul consciousness is one of the main aims of all Brahmins. In the seven day course we are given knowledge of the soul, knowledge of the Supreme, but then we have to actually understand through practice and experience what is it that Baba is talking about.

In the following discourse we go into different aspects of what is soul consciousness. How it influences the intellect, mind and Sanskaras. When we are practicing yoga our most important aim is to burn our past, that is the effect of the past on our Sanskaras. Only then will the way become clear to bring about self-transformation. Knowledge is not enough to bring about such a result.

How can We Burn our Past?

The past consists of all the past sanskaras of the last 84 births. When we reach the incorporeal stage and connect with the Supreme, then that energy is what burns or what prevents the sanskaras of past births from re-emerging.

Many sanyasis who may have been practicing tapasya (intense meditation) for many years get angry if you make even a small mistake in front of them. This is because they have not changed their past sanskaras.

Meditation is the focusing of power on one point i.e. concentration.

Take the example of a piece of paper which may be able to stay under the sun for many years without burning. As soon as a magnifying glass is placed above the paper the rays are focused and it burns. If, in the same way, we can focus our intellect on Baba for even a fraction of a minute, we can burn past sanskaras into ash.

What are the three powers of the soul?

The intellect has not been under control for 63 births. Using Baba's knowledge, it is possible to develop the proper way of focusing and making clear decisions. Actually we do have all the powers but without practicing we do not know how to use them.

Often when we think of ourselves as souls, we think of Baba's words

“I am a point of light.”

However, this is not the only definition which Baba shares with us. He often speaks of,

*the 3 eternal powers –mind, intellect and
sanskaras:
the 3 qualities –
purity, peace and love.*

It is only when we know how these function that we can use them correctly, and in turn we will then be able to have full concentration and powerful meditation.

The Bird



*My name is I,
Who sits upon the branch,
Afraid not but to fly,
For if I let go my fear is that I might die.
What do I hold on to?
My attachment to this material world?
My personality and scars are my burden,
One by one the others fly,
Higher Higher,
What to be if I let go?
And join them in the sky.*

The bird

*My name is I,
I soar and fly,
To the branch below I look,
I smile quietly knowing,
Why they cannot fly.
I fly so far, a lightly being,
A word of silence.
Higher I elevate in the sky.
A dot on the distant horizon.
Aware that through flying I will elevate.
I serve what purpose I do not know.
But being with this loving power,
That leaves me feeling great.*

The bird

*My name is I.
I look below as I circle high.
I see a lighted form standing there
A hand extended so large and light.
Aglow with love
I can swoop and land on that Beloved hand,
I elevate inside, a subtle change,
From loving all of me,
To sitting on a finger,
Bathing in that light so strange,
A long lost forgotten, now remembered Father,
A place to land where love is free.*

The Bird

*What bird can you let free?
What bird can you be?*

The Games People Play?

If I were that intangible invisible force
Us mortals call God.
I would view,
With benign amusement,
The way humans talk without saying anything.
Trying to link worldly knowledge,
With status.



Yet, how humble they would be,
If they talked to their souls,
Which is the home of knowing,
Realising that their primitive utterings,
Are barriers to inspiration, to genius, to creation.



But who is there amongst us,
Who is willing to obey-without question-
But with utter adoration and love,
Their own personal commandment from God?

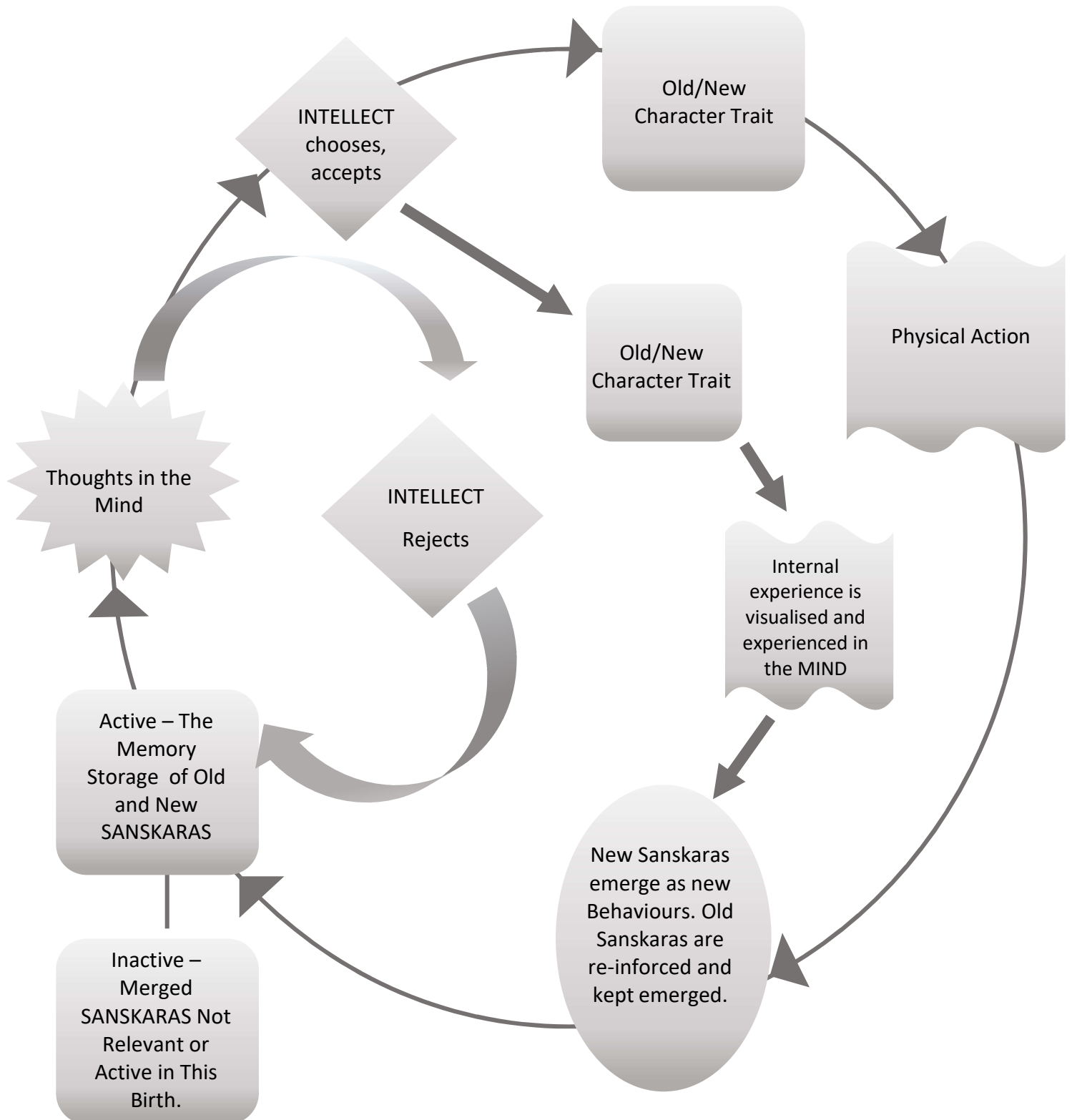


Wanting to do what He wants us to,
Knowing that its right,
And perfect,
And alien to this modern civilisation.
Which is not civilisation at all,
But a state of being.
Meaningless in the timelessness of the Universe.

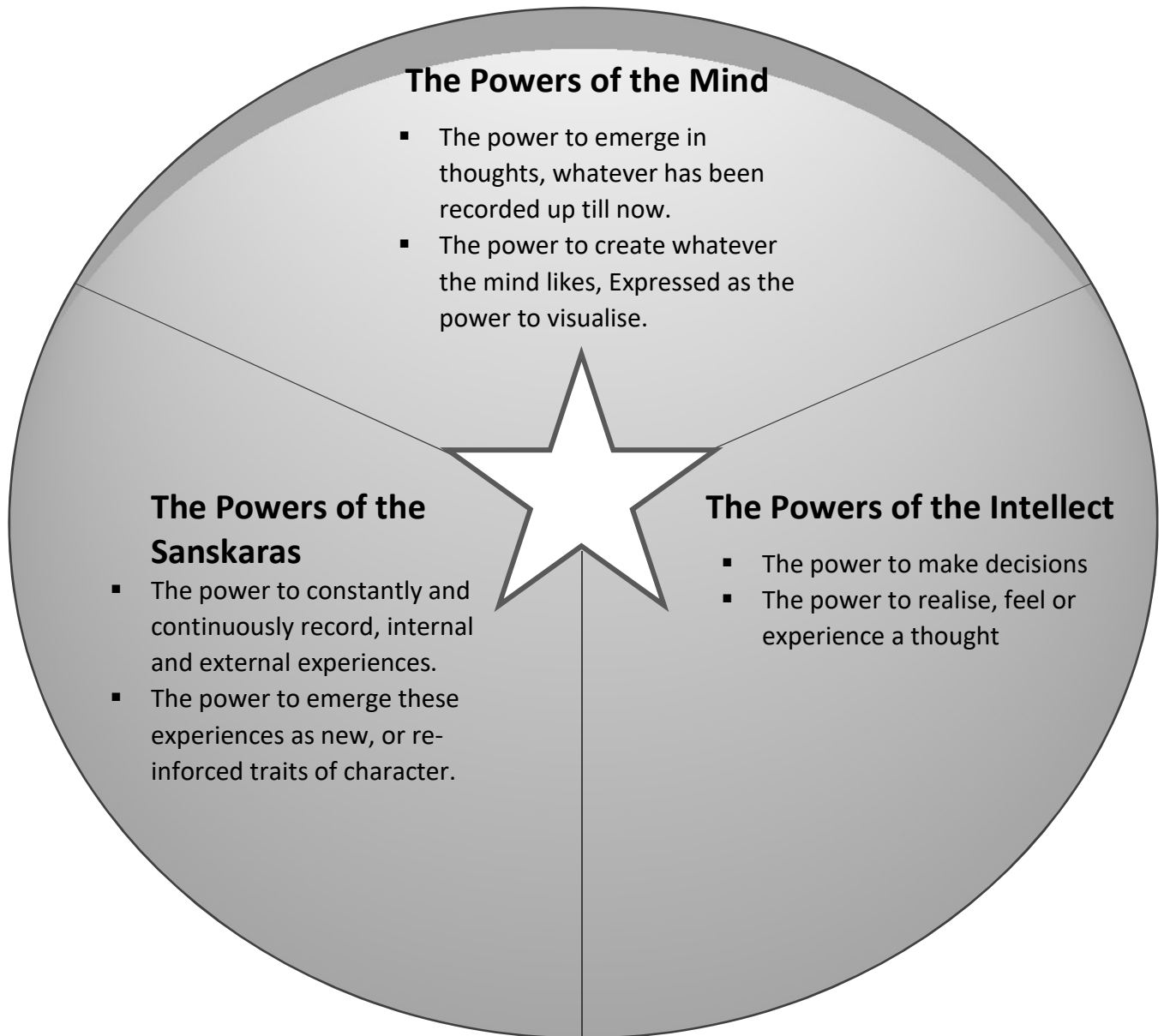


HOW THOUGHTS ARE CHOSEN OR REJECTED BY THE INTELLECT

HOW NEW SANSKARAS ARE CREATED AND OLD SANSKARAS ARE RE-INFORCED



POWER OF MIND, INTELLECT AND SANSKARAS



The Three Eternal Powers

Using Them Correctly to Attain Full Concentration
and Powerful Meditation

EXPLORATION ON THE POWERS OF THE MIND

What are the Powers of the Mind?

The power to emerge in thoughts whatever has been recorded up till now.

The first function or power of the mind is to emerge, in the form of thoughts, whatever I have recorded in the past up until now. This is usually emerged on the basis of the natural stimulus occurring in external circumstances e.g. a colour, a person reminds us of some past circumstances.

“Oh, that is just like the dress my sister wore...”

This constant process is very subtly taking place every minute in our minds.

The power to create whatever the mind likes, expressed as the power to visualise.

The second function or power of the mind is to create whatever the mind likes, as per the wish of the soul. This expresses itself in the power to visualise. Visualisation is when you deliberately introduce certain ideas into the mind, which are then developed. When so created by the mind, under the guidance of the intellect, they enable the soul to have deep realisations or understandings.

EXERCISE ONE

- a) For 5 minutes write down every thought you see your mind thinking, as many things as you can catch. No one else will see what you wrote so feel free. E.g. I am sitting here in the room listening to the teacher. I hear a sound outside; it reminds me about my car which needs fixing. I notice the teacher is wearing my favourite colour. She says something which makes me contemplate on the meaning of.... etc.

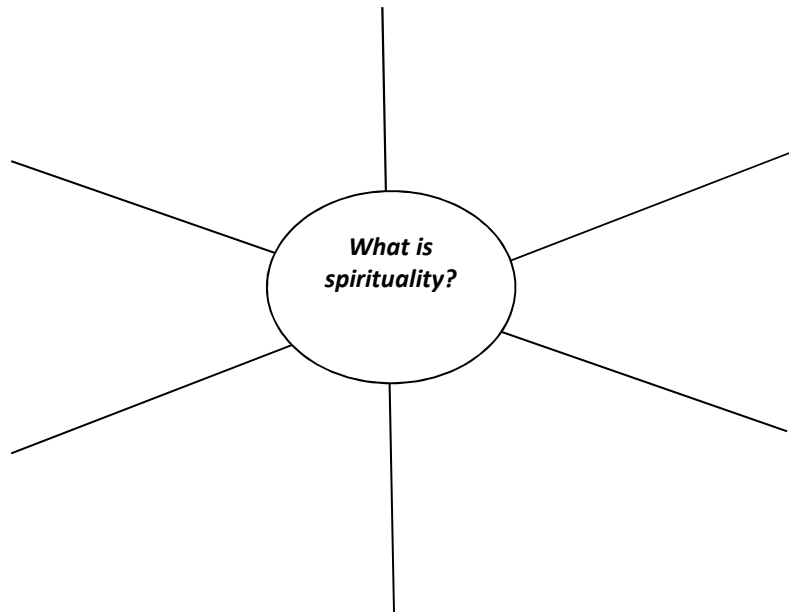
- b) Could you catch the way there is an editing voice which tries to tell you what to write and what not to write. That is the intellect. In this exercise, you see how the first power of the mind works.

The Power to Emerge in Thoughts Whatever has been Recorded up till now.

EXERCISE TWO

a) Brainstorming emerges the second power of the mind.
Let's brainstorm around the question "What is spirituality?"

Write it up on a web diagram on butchers' paper, as you or other people emerge the ideas.



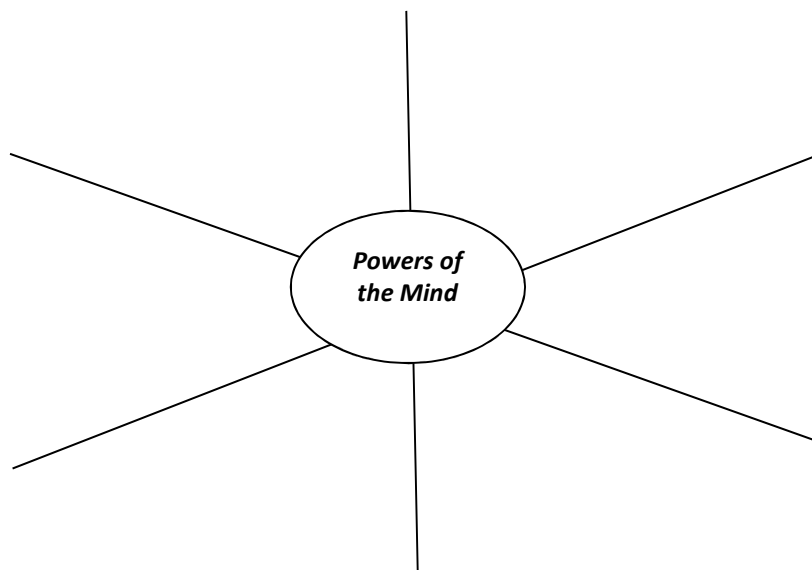
b) Here you saw how the second power of the mind functions.

The power to create whatever the mind likes, expressed as the power to visualise.

EXERCISE THREE

We have now experienced the two powers of the mind. What do you think are the powers, abilities that the mind has?

Draw up the answers on a web diagram.



EXPLORATION ON THE POWER OF THE INTELLECT

What are the Powers of the Intellect?

The power to make decisions.

The first function or power of the intellect is to take decisions. The intellect makes decisions about whatever thought is in the mind, according to the personality of the soul.

The Power to realise, feel or experience a thought.

The second function;

If the thought is of a material object of some type,
then the intellect creates a picture or visual image of that.

If the thought is of some subtle quality i.e. feelings, then the intellect will realise, feel or experience it.

The Power to make decisions.

EXERCISE ONE

- a) Write about anything that is on your mind at this moment. That is some issue or problem areas in your life which are bothering you. (This is private information; you won't talk about it with others) e.g. Health problems.

- b) While you were doing that exercise, did any aspect of that problem become clearer to you? Did you make any choices of what to do or how to think about it differently? Often when we are looking at a problem we are actually searching for the answer. This is a power of the intellect. The Power to Make Decisions.

The Power to realise, feel or experience a thought

EXERCISE TWO

- a) Think of a beautiful and real place, where you would like to be right now, if you had all the time and money in the world.

We are now going to travel to that place using guided meditation. Read this or ask someone else to read it.

“Become aware of your body sitting here on the chair or on the floor.

Do you feel heavy or light? Feel comfortable, your shoulders relaxed.

You become aware of your breathing.

What I am going to ask you to do is to go to a place which is very special to yourself.

It may be a place which is away, outside the city, it may be a place inside a house.

It may be a place of colour and sound which is not real at all.

Now you are sitting in that place.

I want you to notice the colors that you can see.

The sky or ceiling or just subtle light.

What is the texture around you? Fresh, clean or a natural place.

What are you sitting on? Something soft?

What can you hear around you?

Is there silence or are there the natural sounds of nature?

Are you walking or dancing or sitting still?

Can you see very far or is everything very close to you?

Why is it that you are enjoying this experience so much?

Why is there pleasure?

What are the feeling you are having?

Now you are returning to the room,

back to this body sitting on the floor,

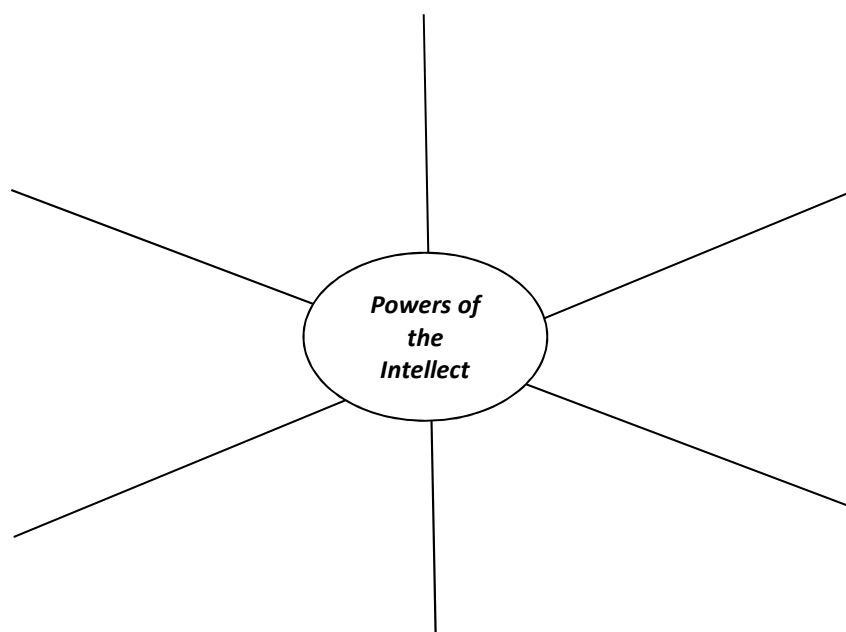
and writing down your experience.

In that experience what happened was you used the second power of the intellect, the Power to choose, realise or experience a thought.

EXERCISE THREE

From your experience of these exercises what do you think are the main powers of the intellect?

Write the brainstorm on a web diagram



Different types of thoughts

Gross or material thoughts:

Suppose I am listening to someone's voice but cannot see them. A picture of that person will come before me. In this way, if someone describes a place to me, a picture will come before me. Both are material, feelings are not invoked and so it is not recorded in the sanskaras.

Subtle or non-material thoughts

Let us suppose that I taste, smell or see something which reminds me of a happy or unhappy event. Instead of a picture, feelings emerge. Such an experience is subtle and will be recorded.

Exploration on the Powers of the Sanskaras

What are the Powers of the Sanskaras?

Recording thoughts which the intellect chooses, accepts, experiences and realises.

*Whatever passes through the mind and into the intellect
is not recorded by the memory or sanskaras,
unless and until the intellect accepts,
experiences and realises it
that is practices it.*

This is why Baba says, many impure thoughts will come into your mind, but do not worry. Nothing will happen if you do not put them into practice. In other words, we do not pay attention to, or allow ourselves to experience them.

Subtle thoughts, which are felt and realised will be recorded in the memory. If even further, we bring them into action, they will be further recorded. Recording is going on constantly, and in turn the sanskaras are being revealed and fed into the mind. This is a constant and unbroken cycle.

The Power to record external experiences.

EXERCISE ONE

- a) Share with another person or write down, a significant experience which has changed your behaviour and attitude in some way.

- b) This experience is an example of the power of sanskaras. The power to record external experiences which then emerges as a new trait of character.

The power to constantly and continuously record external experiences which then reinforces traits of character.

EXERCISE TWO

- a) Share with another person or write down, a repeating experience in your life, which has kept your behaviour and your attitudes the same.

e.g. Meeting the same person every day and saying the same thing, and having the same feelings. This is habitual behaviour.

This experience is an example of the second power of the sanskaras.

EXERCISE THREE

Share with another person an example of routine behaviour you wanted to change but couldn't.

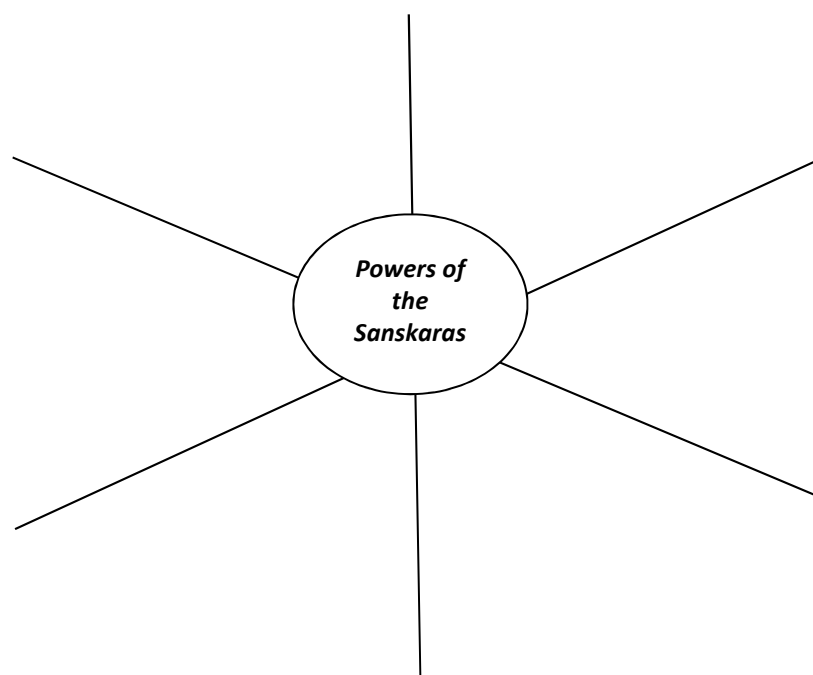
e.g. Eating habits or attitude habits.

This experience is an example of how the sanskaras -character traits are permanent once recorded unless there is the correct way used to change them through the power of yoga.

EXERCISE FOUR

From your experience of these exercises, what do you think are the main powers of the sanskaras?

Write the brainstorm on a web diagram.



What Types of Past Sanskaras Emerge from Within?

- When impure sanskaras emerge then the feelings attract my thoughts outwards, if I have deep attachment with someone that figure will come before me.
- When there are waste thoughts then through association, if someone has given me deep sorrow, that person's picture will come before me.

Such thought come from me and are not stimulated by the surroundings. This is called leakage of sanskaras. Don't worry. The reason we are sitting in meditation is to remove such dust so if it does come before us we clarify it and leave it aside.

The Soul and How the functions are linked. How we create New Sanskaras and Reinforce Old Ones

EXERCISE ONE

Looking at the three web diagrams we created

The power of the mind

The power of the intellect

The power of sanskaras

Look at Diagram Three The Definitions of the powers.

In a small group of three discuss or write down how these powers are linked. Draw a diagram of how these powers are linked.

EXERCISE TWO

Look at diagram one. The links of the mind, intellect and sanskaras.

These are the Three functions of the Soul.

These three functioning together are the Soul.

How to Train the Intellect?

Why have we not trained the intellect up till now?

- For 63 births, as the sanskaras came into our minds, and in turn the intellect, we never questioned the process.
- We didn't create any new power, instead we have simply used up what we already had.
- Our activities have taken place without too much thought beforehand.
- If there was a process of decision making, it would be based on past experience, so that the past would be reinforced and very little that was new was taking place.

Using the second power of the mind, creating thoughts by choice.

Now that we have the knowledge, we begin to use the second power of the mind, the ability to create whichever thoughts we would like to. When we start to do this then the past stops interfering with the present. That is, thoughts from the sanskaras, our memories, stop dominating the mind. This gives us the opportunity to be free from all the impure actions done in ignorance of our true selves and God. By fixing the intellect on God we are safe.

Developing Thoughts and Introducing New Experiences.

The intellect has the power to accept thoughts which then leads to experience, or reject thoughts which means another thought will follow.

Using Baba's knowledge, we choose the thoughts we wish to experience and reject impure ones. In this way we are not just pushing thoughts out of the intellect but also developing them or introducing new things. This is called churning and can be totally unrelated to the circumstances or surrounding in which we find ourselves.

An Exercise of the Intellect.

Select a few lines from one of the Murlis that you would like to develop. Write down four points and then, during the day, when you are walking to work or the shops, deliberately introduce one of these points into the mind. Go into it, experience it and realise it with the intellect, and then a new beneficial sanskara will have been recorded in the sanskaras.

*We are not the body but the soul.
If we are in soul consciousness the intellect
will not accept impure thoughts.
Instead, in soul consciousness, we record fresh thoughts
and new sanskaras are create.*

Bapdada

TOPIC FIVE

The Power of Soul Consciousness

Soul consciousness is being aware of our powers – the mind, intellect and sanskaras and the way in which they work. It is going deeply within and emerging our true qualities. It is a very powerful stage of experiencing those original sanskaras, qualities of purity, peace and love. In this state I am not emerging the past. I am using the second power of the mind, and holding and experiencing the pure thought with my intellect. A pure intellect is needed to do this.

What is a pure intellect?

If an impure thought, comes it is very easy to go into the experience of it without choosing to. We have been doing it for 63 lives. A pure intellect is able to choose the pure thoughts it wishes to concentrate on and experience them immediately. Whenever a thought comes, pure or impure, it is the same function of the intellect. However, when an impure thought comes, it is the work of the intellect to change it and record a new sanskar. A pure thought also creates a picture. For example, the thought of Brahma Baba also stimulates the thought of Shiv Baba.

How meditation commentary affects you.

Initially when you first start to meditate, you will find that the thoughts are mundane, related to your previous activities or day, and the memories of events during which you experienced strong feelings. These are the sanskaras closest to the surface of the subconscious. They enter the mind as soon as it is not filled with thoughts of immediate actions or circumstances.

In meditation you have stopped actions and external stimulus. Now, as you sit and watch these thoughts, you let them pass through the intellect but you do not stop them, or think about or churn them. Instead, you listen to the words of the commentary, and gradually these words stimulate a new set of feelings and experiences to emerge from the sanskaras. You reach a stage of deep and feeling experience of these positive and pure sanskaras.

Visualising and not Experiencing

We are creating on the basis of knowledge, but if I am not knowledgeable I cannot create. It is natural for the mind to create, but, if I try to visualize, I am creating something which is not a fact and is temporary. For example, if someone gets drunk, they may have the temporary intoxication that they are a king, when actually they are not. We can create the same sort of intoxication now. “I am the son of the Almighty”, but if we simply visualize and do not experience, this too is temporary. To emerge the natural feeling, we make a connection with the Almighty. Then only we can say. “I’m a pure soul, charged with all powers.” Then only we have no impure thoughts, our mind and sanskaras are controlled and we have a clear connection with Baba.

Just saying, “I’m a pure soul” is temporary. Initially it is necessary, but it does not lead to experience. If I am not experiencing with the intellect, I can tolerate for one or two years, but I will have no power and so the powerful vibrations outside will pull me. Baba helps for one or two years in our initial crawling stage, but when the time comes for us to learn to walk Baba lets go. Many souls leave gyan because they have not practised with the intellect the right way.

How to Practice with the Intellect in the Right Way

First create the thought “I am a soul, a point of light” and bring the thought before the intellect.

“I’m just like a shining star.” Up to this point it is just the mind thinking, creating and we are not realising or experiencing it. It’s called imagination. Try again.

“I’ve seen many stars, I’m just like them.” If the intellect accepts the thought, experience will follow.

Initially we may not be able to hold the thought, and waste or impure thoughts may come. So, try again. After a third time, the intellect may experience, and then the creating of the mind and feelings naturally stop. This is called natural silence power. It may only last for one second, but, for this time, the waste is controlled and the sanskaras are controlled. One second can quickly grow to far more if this method is practised.

Because the outside vibrations are very strong and the intellect is not powerful enough to hold the experience, quickly shift to a second thought...

“What type of soul am I?

What is Purity?

Purity is measured in the form of light...

I’m a peaceful soul...

What is peace?...

Where am I from?...”

and allow the answers to come naturally.

Such deep, slow analysis keeps the mind busy with a chain of pure thoughts and prevents leakage from the past. If the intellect accepts a pure thought the mind will stop naturally. Here nothing is created or imagined. Everything is fact.

What if I cannot Experience Pure Thoughts?

We all know how to experience impure thoughts...we’ve doing it for 63 births, so of course the intellect is not going to change immediately. And yet I need a pure intellect in order to experience pure thoughts, so how can I begin? There is no need to worry. It takes time to purify the intellect. It also requires practice and a great deal of patience. Initially we struggle with the mind and sanskaras, because for 63 births we have not used the second power of the mind. All the time we have never fed pure thoughts into the intellect, so the intellect won’t accept them now.

Using the method of holding pure thoughts in the intellect, and going into the experience of silence, the mind is kept free from leakage. If this is sustained for a long period it will lead to the experience of the higher stage of soul consciousness.

Training the Mind

It is easy to create many things, including chains of positive thoughts. This is something all poets and writers can do. But can we experience what we create? We may even create a string of positive or pure thoughts about service plans or good experiences, but these are gently pushed out of the mind at the moment of introducing pure thoughts into the intellect. We are aware that such thoughts about service can be dealt with later. If you feel it is inspirational, and you are concerned that you may forget, write it down and come back to it later.

Training the mind is a little like dealing with young children. If it accepts the reasoning it will become obedient. Tell it, “I have set aside this period for meditation so that is what I will do. Other things can wait until I’ve finished”

How to clarify Waste and Impure Thoughts?

If I remember someone, suddenly the intellect creates a picture of the body of that person so I ask “Why do I remember this person?

Why am I attracted to this body?

It’s just bone and flesh, skin and hair.

We’re both children of one Father. We came from one home.”

This is called changing negative thoughts into positive.

“Maya’s nothing, I love the soul not the body.”

With the help of knowledge, the pure sanskaras will emerge. Now the intellect is being used to control the mind and sanskaras, instead of being subservient to them, so what it is fed it accepts.

What if I still cannot Experience Soul Consciousness?

Of course, it will be a struggle to begin with, so we need other yuktis (methods) to keep our mind busy and free from mischief.

- 1) One way is to take a murli point and think about it. We are not using the second power of the mind, but at least there is no leakage.
- 2) We can play music.
- 3) Have someone in front giving Drishti.

We have to remember that to develop the practice of soul consciousness we require patience. These things are very subtle and the intellect won't accept them immediately, it is necessary to have concentration and willpower. If we want to achieve perfection, we have to pay constant attention and study the method.

What are the stages in achieving success?

Firstly, we have to be convinced that the intellect can accept the aim.

Next there is experiencing, putting it into action.

Lastly, by applying this over time, there is the achievement, reaching the destination.

How much do we Express our Feelings?

Who is feeling? The intellect.

Who is connected? The intellect.

Sometimes when we sit in meditation, we have feelings of love or happiness. If we are feeling Baba's love then that means we must be detached from the body, so to express it openly through the body (and old sanskaras) will bring us into body consciousness. We can be subtle, and explore the experience of being detached from the body whilst in action.

How to take Baba's Help

We cannot burn our old sanskaras without Baba's help. When two hands meet, we can achieve something. When we sit in Baba's room it seems as if Baba is looking at us wherever we sit...but actually, if we observe where his eyes are focused, it seems to be in the middle of our forehead.

Shiv Baba is not in the incorporeal world or within Brahma Baba. He is in front of me, teaching me. Experiment and see.

Talking to Baba...

Sit in Baba's room and create the soul conscious stage and feel Bapdada are both in front of me.

- 1) Let me introduce myself to Baba and report to Him all the actions, good and bad, that I have done through my life from childhood to now. This is my life's history.
- 2) Now I can think, "What is my aim in life?" and give that to Him too.
- 3) Think...
"What do I want to achieve? Baba, you are my Father, Teacher, so teach me, guide me."

It is Baba's duty to look after His children

If I put my whole life before Baba, I am putting my trust in Him and I will begin to feel His love. Unless I talk to Baba, I'll never feel light. Human beings can't help me so I talk to the one who came to take away the sorrow.

After leaving my life's history with Baba I can give my news to Him each day. Writing is the best way and leaving my problems with Him. He's always ready to serve. He can do anything. He's the Creator Father. Which two powers do we have under our control if we experiment this way?

- 1) **Past sanskaras won't emerge** because I've given them to Baba by writing at the end of the day, or talking to Baba. So, no leakage of the past occurs. I take Baba's help for this.
- 2) **I have no waste thoughts** because I am staying in soul consciousness with the help of an hourly chart.

Important aspects of checking the time chart

Why Have a Time Chart?

When we are meditating, we are alone, the only disturbance is our own mind and sanskaras. But when we come into the company of others we are exposed to different opinions, sanskaras and natures. So, we have to change the old habit of seeing the body and defects and see the soul before us.

What Questions do I Ask?

Baba is always telling us to write a chart and the most effective way is, after each hour, to ask ourselves two questions:

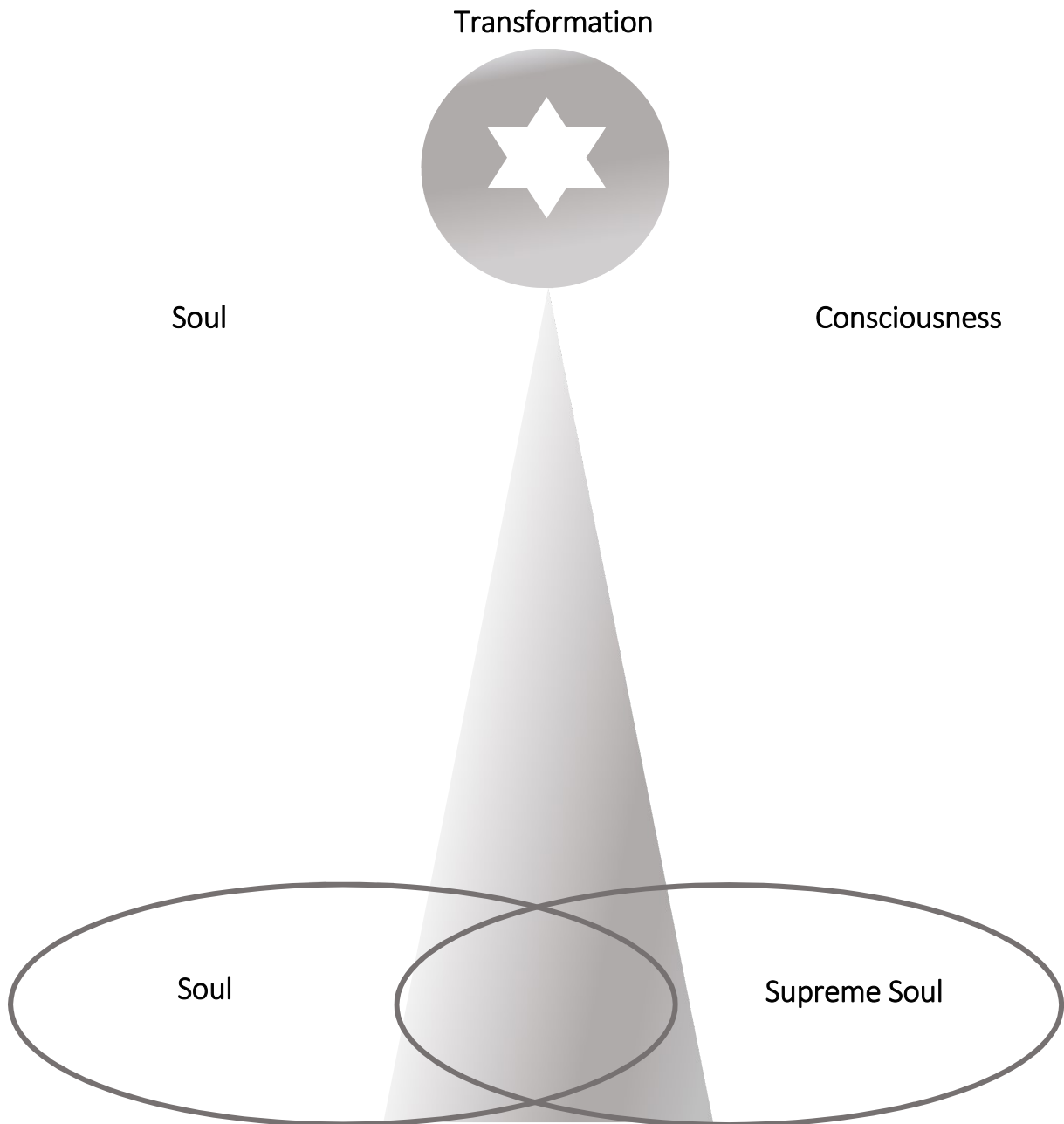
- 1) **For how many minutes did I remember "I'm a soul"?**
- 2) **For how long was I in body consciousness?**

Initially we may find we were in body consciousness for 59 out of 60 minutes, but for one minute at least my thoughts and vision were pure, and my actions elevated, I'm recording pure, Golden Aged and naturally soul conscious sanskaras. And by creating the sanskar of checking after each hour we soon find the time increasing.

The Rules of Thumb of Writing Charts

- It is important to write down the figure, each hour, not to see the number itself. The sanskar being created is that of checking. Each hour we are reminding ourselves of who we are.
- Just by maintaining such a simple but sincere practice the soul can quickly learn to fly. Baba explained 31.3.86... “If a Brahmin soul comes today, they can still take...even number one in the whole family. Just one point, attention.”
- Just writing a chart at night is gross attention. Hourly checking is subtle attention and this is what we need in order to be a last so fast soul.
- Experiment for 2-3 days and observe the effect on the following mornings meditation. The fourth day leave free from checking and notice the effect. Compare the two. If a difference is felt, then continue.
- Waste comes when we are in body consciousness, so to the extent we maintain soul consciousness throughout the day, that much we are free from waste. It may be only 2% to begin with – to create a habit takes time.
- Perhaps our meditation is good, but if there is not attention throughout the day new negative accounts can be created, and then what we have earned is finished. We’ve eaten the fruit and never feel that there has been a big change in our lives.
- An hourly chart allows us to go twice as fast since connection with Baba allows us to burn the past. While working we are free from waste and so are not creating new, negative accounts.

THE POWER OF SOUL CONSCIOUSNESS



Time Chart for Checking the Percentage of Soul Consciousness							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
3-4am							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
10-11							
11-12							
12-1pm							
1-2							
2-3							
3-4							
4-5							
5-6							
6-7							
7-8							
8-9							
9-10							
Total Time							

EXPLORATORY QUESTIONS

Tools for the Power of Yoga

To create a vision of the future we need to keep our consciousness open and powerful. We need to be able to go beyond the mundane noise of thoughts to a purer more elevated state of thinking. We often experience this during meditation, when a solution may come to us as we are sitting with Baba. There are a number of tools which will allow this pure thought process to emerge.

Using Images to travel into the Future

Imagery takes your mind into the future, to the time when you have accomplished your aim. You actually experience the sight, sound, smell, taste and experience of that time.

It is possible to move across time using imagery. The thoughts are left to grow and expand as the constant chatter of the mind goes into silence. It helps you to reveal more clearly to yourself the nature of your future/past pure sanskaras and the experiences of that time. It is better than talking or writing about it. Both ideas and feelings emerge during the process. Imagery is of course best done when you are relaxed and comfortable.

A Commentary for Yourself or a Group

Read the following commentary to yourself or have someone else read it to you. At the end write down your experience. Before you go into the commentary, determine which place/time or event you would like to become aware of in the future.

- It may be 2 years from now, your stage as a BK,
- It could be two years from now the state of the center you are running or helping in,
- It could be two years from now the state of service and BK activities in general,
- It could be your particular role in service 2 years from now
- It could be 2 years from now your relationships with your lokik family.

***“Sitting comfortably,
Feeling yourself supported by the chair or floor,
Listening to the music in the background, breathing deeply,
Relax and continue to read or listen.
In a moment we are going to travel through time together into the future.
Letting your mind become quiet and collected,
Become aware of yourself as light –
Let that light become golden in colour.***

***Letting yourself go, feel yourself floating very gently –
Noticing how it is that things around you are different.
You are light.
Together we are floating up, upwards,
leaving our bodies in this space and time called Now.
As you continue to float up above,
I wonder if you are yet aware of a line – a line of light below you.
This line represents a line of time reaching into the far distant past and joining with itself in the not so far distant future.***

***Together we are going to gently travel along the line into our future,
Moving easily into the future, as you continue to float up above***

*You will begin to get a sense of what is happening below.
Maybe you can see people, activities or symbols. Maybe not.
Perhaps you can hear something,
or maybe you are experiencing feelings and sensations.
Just remember that everything you remember from the future is real –
they are your memories and they are right.*

Become aware of how Baba is with you,
*as you continue to float high above time –
it is as if we are together in the subtle regions.
Traveling now I find myself coming to a point in time 2 years from now,
when my efforts will have reached fruition.*

Finding myself gently floating down into the physical world,
*I begin to notice things around me.
The sights, the smells, the feelings I am having, the thoughts that are in my mind.
This is the time when everything I have done
in the last 2 years has started to take fruit.
It is a time I haven't visited for almost 5,000 years and now I remember it –
some things clearly and some things I may just be getting a sense of, a taste of.*

Standing at this time, I experience how it is that I am feeling fulfilled,
*having contributed to Baba's task in my own unique way –
having surrendered my talents and specialties.
With this feeling of contentment, I now start to float upwards again,
and as I fly higher, Baba is there to greet me.*

Together we travel back along the line,
*stopping when we reach 1 year from now.
Begin now, if you can, to move very easily down into that time on the line.
Experience the physical reality of this time.
Notice what you can see, or not.
Can you hear anything? What are you feeling?
Do you get a sense of what you are doing and where you are?
Remember...*

When you have collected your memories,
*begin to float upwards again,
feel now how Baba is calling you to find that time, during the 2 years,
which was significant to you personally.*

Notice how the line of light indicates to you your most important time.
*It will either shine brightly at that point,
or pull you to it as if it were a magnet,
or it will give you some other signal which only you will recognise.
This is your future – your special time,
when your aim is being fulfilled.
You will naturally feel Baba with you.
Enjoy the feelings.
Notice what you are doing, seeing, hearing...
Are you with anyone or are you and Baba alone?
Why is it special?
You move up to the time line once more.*

Now we will visit after 2 years have passed.

*Baba takes us down; this time Baba is coming with us.
Become aware now, if you can,
how it is that your relationship with Baba has changed.
How the past has allowed it to deepen and mature.
Become aware of how you are feeling about yourself,
and notice the transformations which have taken place.
Take a few moments to share these realisations with Baba.
Maybe you also notice the changes which have taken place in the world and the divine family.*

See how you feel about your brother souls.

*Notice the difference.
Now, nearing the end of our journey,
together with Baba you float above the line,
so, you can see it stretched out below.
Become aware of the entire BK world family.
Gathering at this point of time with our sweet Bapdada.
Together we begin to send a powerful ray of golden light to fill the future.
See how the line of light has become a golden pathway
filled with power, love and victory.*

***Very subtly you may become aware that we are being joined by many other souls
out here in the future.***

*It is the time for all of Baba's children to reunite.
Feel the collective power of one thought
invoking the souls of the Advance Party...
As we remember those special souls...*

***When you are ready, bid farewell to that time and
gently float towards the present,
seeing this time below you come easily back to your body,
again, becoming aware of the surroundings, sounds,
support of the chair or floor,
and when you are ready,
bringing with you the richness of the experience you have had,
slowly open your eyes.
Write down your experience.***

Question Sheet

1. What feelings of fulfilment did you experience when you came to the place 2 years from now?

2. Did you see yourself involved in any particular activity?

3. When you came to the time which was your special time, why was it so special for you?

4. What was your relationship with others you met on the journey, what were your feelings towards them, were you working with them or alone?

5. Was there anything special about the places you saw on your journey? How were they special?

6. How did you experience your relationship with Baba to be 2 years from now?

7. Were they key qualities or virtues that you noticed in yourself or others?

8. What was the change that occurred between now and 2 years from now?

9. What do you think was the most important thing you learnt from this experience?

PART 4

How to Practise the Spiritual Disciplines

*At Amrit Vela, simply have one thought:
“Whatever I am, however I am, I belong to you.”*

Bapdada

TOPIC ONE

Amrit Vela

Those who have experienced the truth of that time know the importance of nectar time very well.

- Say “Good Morning” to Shiv Baba
- The three or four hours up to 7:00 or 8:00 am are for our spiritual progress
- This age, the Confluence Age, is like the amrit vela of the world
- At Amrit Vela experience yourself wearing the titles given by Baba

“Amrit Vela shudhha pavan hai; mere ladle jaago,” means: “Amrit Vela, nectar time, is the time of purest vibration; wake up my darlings.” When these words, spoken lovingly by God, wake the soul from deep sleep, the mind becomes lost in the Most Beloved; “Vasudha ke iss achal me, Shiv swagat aaj tumhara”, meaning “*Shiva, you are welcome today in the arms of your lover*”.

How unique is this life, when at the moment you open your eyes you see the Supreme Father, and have an experience that just cannot be described by words. First is the coming of the Confluence Age, then the coming of God, and then the unique meeting of the souls with the Supreme. The time of the meeting, or Nectar time, gives so much happiness and makes you blissful. The ones who have experienced the truth of that time know the importance of nectar time very well. The Nectar time of the Confluence Age is the time to become immortal by drinking nectar. At that time there are so many treasures hidden away and we have the key for those treasures.

An Invitation from Baba to Have a Heart to Heart Conversation at Amrit Vela

Today, Baba is seeing the gathering of spiritual swans, especially the holy swans in different places. All the holy swans are constantly inculcating the jewels of knowledge. The food for the swans is

always the invaluable pearls, the food for the intellect of you swans is the jewels of knowledge. Beginning at the time of nectar in the early morning, there is the heart-to heart conversation with Bapdada and through this spiritual meeting; you inculcate the jewels of knowledge.

You also inculcate the powers; then, over the rest of the day, through the power of churning, you incorporate these jewels and the powers into your own life, and you also inspire others to do the same. The most essential thing is to inculcate the power with which to celebrate the meeting in the early morning hours of nectar. Through your own power of inculcation, you can catch the pure thoughts that are the special inspirations from Baba each day. It is at the time of nectar that each one, numberwise, is able to become the Image of Inculcation, through their power of inculcation.

Being the Image of Inculcation and Image of Experience

Two particular forms are needed at the time of nectar. Firstly, to be the Image of Inculcation; secondly, to be the Image of Experience. They are necessary because:

*Bapdada is present in the early
morning hours of nectar
in the form of the Bestower especially
for the children, and is
waiting to celebrate a meeting
in all relationships,
with complete love, as the Innocent Lord,
wishing to fill your apron
with all treasures.
At the time, however you wish
to please Baba,
however you want to cajole Baba,
whatever relationship you wish
to have fulfilled,
whatever thought you wish to
attain practically,
whatever easy result you wish*

*to experience,
you are able to have any attainment,
and the fruit of all efforts.*

Both the Treasure Store of Attainment, and the Bestower who gives everything, are easily acquired. The mine of all virtues and all powers is open for the children. The experience of one second in the early morning hours of nectar, is the basis of experience with which to become the Embodiment of all attainments, throughout the day and night. Bapdada is free to fill each one with whatever they choose, as well as to listen to their requests, to erase their weaknesses, to forgive innumerable forms of sin, and to give love and affection.

The Reasons for not having made Amrit Vela Successful

This age, the confluence Age, is like the amrit vela of the world. It is the dawn of the new age. When we can achieve happiness, Supreme Silence, and other spiritual achievements. If we remain asleep at this elevated time, there is no doubt that we will remain empty of achievements. And if we wake up and sit down for meditation for half an hour as a routine then we will be content.

*Because the easy attainment of
Amrit Vela has been lost,
due to a lack of this, the foundation
remains weak for the rest of the day.
Then no matter how much effort
is made during the day,
because the beginning of
the day was weak,
the time of foundation,
then extra effort has to be made
and the attainment is much less.*

If at this time you do not accumulate happiness, then throughout the whole day you will experience a deficiency of happiness. The mind will not be content. The life of the effort maker will be full of complaints, that even after finding God, still there isn't happiness or contentment. This time is to fill the soul with power. If we lose this time, then the soul will become weak and throughout the whole day experiences itself will be surrounded by obstacles.

Give Attention to the Following to Make It Successful

- After waking up do not meditate on the bed.
- You can do yoga while walking or in a different place.
- If you feel sleepy in meditation, then do some churning.
- If there is something heavy on your mind then have a chit chat with Baba and this takes away the heaviness.
- Even if you are ill, you must do meditation for a short period of time. In this way, happiness will increase, the heaviness of the illness will become light.
- If you are alone in the knowledge then practice more meditation at this time. This will influence the family members.
- To make the Confluence Age fully beneficial, to achieve everything from God, to lead an ideal, simple and pure life with complete peace and happiness, think of this special time as a time for blessings and give it full importance. Then you will experience yourselves to be the most fortunate in the whole world.
- Make efforts to understand the key of yoga you have been given by Baba.
- Concentrate on being aware of your higher qualities
- Set goals and aims before you start
- Have powerful evening yoga before you go to sleep
- Let the first thought be "Good Morning Baba"

Baba at Amrit Vela is the Innocent Lord

At that time, He is not official. He is in the form of the Innocent Lord. Even though such a golden chance is available, some children take that chance while others stand at the side watching others take their chance.

Why is this?

The desire is present, yet why is it like this:

What is the obstacle that gets in the way:

Do you know?

Maya is very clever and at that time in particular, she comes to take you away from Baba. At that time in particular, she persuades the children using the game of excuses in various forms of carelessness, laziness and wasteful thoughts.

This is why the golden chance is lost. Then, because the easy attainment of that time has been lost, due to a lack of this, the foundation remains weak for the rest of the day. Then no matter how much effort is made during the day, because the beginning of the day was weak, the time of foundation, then extra effort has to be made and the attainment is much less.

Always Keep a List of Present Attainments in Front of You

Then, because there is less attainment experienced, two different stages are experienced.

Firstly, some experience tiredness as they move along. Secondly, some lose the hope in their hearts. What do they then begin to think:

“I don’t know whether I can ever reach my destination!”

“I don’t know whether there is a short time or perhaps a very long time left!”

“How long will the bondages of the household continue?”

Leaving the benefit of the present, they look into the future.

Always keep a list of present attainments in front of you.

Then the thoughts of ‘When will it happen?’ will finish and you will experience it happening now.

Instead of allowing hope to be lost from the heart, the heart will become happy.

Do not step aside from the present. Recognize the excuses of maya. Maya tries to satisfy you with all her excuses, and then you are not able to persuade Baba; that is, you are not able to take up the easy method. Instead of being able to experience attainment as a blessing, you engage yourself in labour trying to have attainment. Therefore, recognize the time of nectar as the time of easy

attainment and take benefit from this. Fill your apron with all rewards from the open treasure store.

List of Reasons for Lack of Success

- Not paying attention to the self before sleeping at night.
- Not recognizing its importance.
- Mind pulled by thoughts of the previous day
- Thinking of daily tasks
- Not getting to sleep early enough
- Heaviness due to wrong actions
- Eating heavy foods
- Sleeping when you feel very tired (do light housework or exercise first)
- Talking a lot before sleeping
- Doing yoga on the bed
- Leaning against the wall
- No fresh air
- No knowledge of stages of yoga

Let the Giver of Fortune Draw the Lines of Fortune for You

The Bestower of Blessings and the Giver of Fortune is available and ready to draw for you, at the time of nectar, whatever line of fortune you choose. Let the Giver of fortune draw the lines of fortune for you. Let the Giver of Fortune draw the lines of fortune for you so very easily because at the time, He is in the form of the Innocent Lord. He is full of love, so on the basis of this love, let the highest, most elevated line of fortune be drawn. Bap dada has an open offer: claim fortune for however many births you like, to whatever extent you wish.

If you choose to be part of the eight jewels, or if you choose to be part of the rosary of 108, what more could you want?

Be the master and claim your right.

There is no lock on any one of the treasures. You don’t need the key of labour. Otherwise through the rest of the day, you will have to use the key of labour. At that moment, simply have one thought:

“Whatever I am, however I am, I belong to You.”

Go beyond the juggling of Maya and come and sit down together. That is all Maya’s juggling is only a side scene. Don’t let yourself stop because of that. Come and sit down. Let your thoughts and your intellect, that is, let the mind and the intellect be surrendered to Baba.

Are you not able to do that?

Why should it be difficult to give back to Baba that which Baba has given to you? But sometimes, you say that it is yours and then sometimes you say that is mine. You come into this spin of “yours and mine”.

As soon as your Eyes Open, Take a Jump to Sit with Baba

As soon as it is the early morning time of nectar, and your eyes open, then take a jump within a second and come to sit with Baba. Since you are with the Father, then the Father’s treasures will be experienced as being yours. Not on the basis of the knowledge but on the basis of attainment. Being seated on the throne of all rights, you will have the experience of having claimed all rights. So Baba, God who is your Friend, is offering you the throne of all rights. Come and sit on this throne. Even claiming this throne for a short time, while you sit on it, you can become whatever you choose in the short time that you have all rights.

*At this golden time,
you too can easily claim
the unlimited throne and
stabilize yourself in this golden-aged
state at this moment.
Then you are able to attain
the most elevated state
in the future Golden-Aged World as well.
Do you understand the easy method
and the time of easy effort?
Why then do you renounce the easy,
and step into the difficult.
Will you be an easy or a difficult
effort-maker now?
So become an easy effort maker.
Let all trace of difficulty finish.
Then you can finish the difficulties
of the world.*

A Sharing of Practical Methods to Help with Amrit Vela

The first thought when we open our eyes at Amrit Vela : As soon as we open our eyes we can experience that.

“I, the soul, have descended into this body.” By practicing this, we can experience detachment from the body, which becomes the firm basis of an elevated stage. We can stay in the Godly intoxication in which we went to sleep the night before, with thoughts such as:

“Whose Child am I?”

“How fortunate I am,”

“Good Morning Shiv Baba.”

By practicing this, wasteful thoughts will be finished and, in the blissful stage of Amrit Vela, you will meet the Beloved and be able to have a sweet conversation with Him.

After sitting with Baba, as you are washing and dressing, think of the body as the temple of living divine soul. Just as, in the beginning, Brahma Baba used to practice with.

“I am just a child and Shiv Baba is giving me a bath, He is giving me a shower.”

This sweet chit-chat makes us so blissful.

The Time to Experience the Sweet Silence Home

At Amrit Vela the soul can easily be in its Home, the incorporeal world, and experience the sweet silence of the Silent Home. The reason for this is that at Amrit Vela the elements are pure, and human beings are peaceful. At this auspicious time, we can and do concentrate the Intellect on the Supreme Father, the pin-point of light in the incorporeal word; in order to practice the most powerful stage - the Seed Stage.

At Nectar Time fill Yourself with Nectar

The nectar time is only the time of nectar if we fill ourselves with the Nectar. This time is the foundation of the whole day; weakness at this time will make you weak throughout the day. Therefore we make yourselves complete with either good

thoughts for all or by spinning the Cycle of self-realization. By doing this, you will be able to achieve a lot of power in life. Brahma Baba especially used to churn the knowledge between 2 and 6 am. He used to say, “I am making fresh food for the children.” By churning, the soul can experience itself as the authority of knowledge, you become elevated and the mind is stimulated.

The three or four hours up to 7.00 or 8.00 am become a time to set aside for our spiritual progress. During those hours we do not give place to thoughts of the daily tasks. If we use these three or four hours in a successful way, then we will have many divine experiences in Godly life.

Why this is a Very Beneficial Time

There is no lock on any one of the treasures.

You don't need the key of labour.

Otherwise through the rest of the day, you will have to use the key of labour.

At that moment, simply have one thought:

*“Whatever I am, however I am,
I belong to You.”*

Shiv Baba has talked many times of the importance of this supremely beneficial time. God has said this is the time when you can satisfy any desire. By keeping attention on the importance of this time, you take the full benefits of it. This is that time when God opens all treasures for His children and so you can take from Him as much power, blessings, virtues or jewels as you wish to take. All you have to do is go and sit beside the Supreme Father, and then all is yours

*The Bestower of Blessings and
the Giver of Fortune is available
and ready to draw for you,
at the time of nectar,
whatever line of fortune you choose.
Let the Giver of fortune draw the lines
of fortune for you.*

The Father gives the solution to any problem at that time, but if you are asleep or careless, how will He be able to give the solution? You can experience any relationship with the Father at that time. God as your Friend is the “Innocent One” who easily gives everything. At the time the Father himself wants to meet the children.

Principles for Amrit Vela

Preparing the Intellect for Amrit Vela

- Reading an Avyakt Murli before retiring the previous night.
- Write a short letter to Baba the night before, and Baba may give you a topic to think on in Amrit Vela. Write it down so you don't forget.
- Sitting in meditation before sleeping for half an hour if possible.
- Sometimes getting up in the middle of the night at 1.00 am for a special meditation of one hour, then sleep until 3.30 am. This special effort brings a special return from Baba, and Amrit Vela is more powerful.
- Rising at 2.00 am for a special long and powerful Bhatti until 5.00 am. The experience can stay for a week or more.

Principles for the Body

- Rest well each night. Avoid retiring after 10 pm especially when there is no time for an afternoon rest.
- Make sure the evening meal is taken early or only have a light meal before bed, and a large breakfast after murli.
- Light eating with plenty of fresh fruits and salads makes the mind light.
- If you are very, very tired, it is better to do some light housework until the stage of tiredness passes, rather than surrendering to sleep at this moment. If you go to bed with a heavy head you rise with a heavy head.
- Not talking unnecessarily before going to sleep.
- Freshen the self before Amrit Vela, with a shower or a hot drink. Avoid speaking.
- Sit with an upright posture, away from the walls on comfortable chairs. If the body is ill, awaken but sit comfortably, and do not force the self. Be warm, yet avoid over-heated rooms. Have a good circulation of fresh air.
- Subtle lighting creates an atmosphere of meditation. If it is too dark it will lead to sleepiness; if it is too light there will be eye-strain. Burn incense, only if it doesn't irritate the eyes and throats of others.

Principles for the Soul

- Amrit vela can be sharing the experience of all relationships with Baba. Baba as the Father, the Mother, the Beloved, the Child, the Friend, the Guide, the Companion.
- Experience Baba's virtues and qualities Love, Mercy, Bliss, Happiness, Sincerity, Peace.
- Experience yourself wearing the titles given by Baba.
- Go on a tour of the world, and the three aspects of time. Spread thoughts of peace and love throughout the world.

Murli References on Amrit Vela

19.3.86 The open treasure-store.

8.12.86 In solving problems before Baba at Amrit Vela

6.1.83 Baba preparing His children for the day.

10.11.83 Why does sleepiness come? - Lack of churning in the daytime.

4.8.83 What especially is the role of Brahma Baba at Amrit Vela?

14.3.82 How can I increase my enthusiasm for Amrit Vela meditation? How can I overcome laziness?

20.7.81 Is my intellect gross or subtle?

What can I do to remove grossness?

14.10.81 What is the easy method to pen the treasure-store of fortune? Simply use the key of Baba.

16.11.81 Being worthy of claiming blessings.

12.1.80 Ideally, what are my experiences at Amrit Vela? - Becoming merged in love.

9.1.80 Decorating the soul at Amrit Vela.

17.12.79 Experiencing a close relationship with Baba.

31.12.79 What are my first thoughts? - Soul consciousness and relationship with Baba.

12.11.79 Have I recognized the importance of Amrit Vela meditation?

8.1.79 Amrit Vela is the time to practice using the divine intellect.

9.4.79 The effect of the previous day on Amrit Vela meditation.

19.3.79 Talking to Baba honestly before going to sleep.

A Personal Experience at Amrit Vela



"I feel as if Baba is feeding me and

I am gently resting in His lap, so peaceful."

"Serving with Baba, I visualize that the whole planet

is there before me and there are myself and Baba

in the angelic form serving the world."

"In the incorporeal form it is hard to describe the love between us.

I sit with Baba, He gives rays to me and I spread these rays of

qualities and power out into the world to others.

This is the Master Almighty Authority form."

"Love from the seed and from no-one in the world

and so the whole world is in love with me."

What can I do when established in the Seed Stage?



Spread the vibration of good wishes.

Spread the vibrations of peace and purity.

Converse with other souls through the mind.

Give the Godly message to souls over a distance.

Summon other souls with the mind

Give the Godly subtle power to weak souls.

Do service with the subtle bodily vehicle, the power of thought.

ATTAINMENTS FROM AMRIT VELA

- ❖ A Time to become Immortal by drinking nectar
- ❖ A time to use the key to all treasures
- ❖ Awakened by the call of your Beloved
- ❖ Experiencing detachment from the body
- ❖ Enjoying sweet conversation with Baba
- ❖ The peaceful experience of a time when the elements are pure and humans peaceful
- ❖ Baba gives solution to problems
- ❖ Experiencing the qualities of God -peace, bliss, love and purity
- ❖ A time to experiment with yoga experiences
- ❖ Storing enthusiasm
- ❖ Doing service through the mind in the seed stage
- ❖ Sending the vibration of good wishes out into the world
- ❖ Building foundations to bring change
- ❖ Developing the power to control the mind
- ❖ Changing perspectives on obstacles
- ❖ A chance to overcome too much sleeping
- ❖ A chance to be with Baba personally
- ❖ Gives you an edge on things so the day is comfortable and easy
- ❖ Establishes a sense of self respect
- ❖ Gives you discipline in life.

EXPLORATORY QUESTIONS

THE SEVEN WAYS OF LEARNING

The soul when it is learning feels more comfortable or more familiar with certain learning styles more than others. Below are a description of 7 learning styles with accompanying activities, from which you can select or with which you can experiment.

ONE - Verbal/ Linguistic Ways of Learning

1. Have a Discussion or Write down what you think.
God lovingly awakens the soul from sleep, and the mind becomes lost in the Most Beloved.
Do you experience this?
If so, share you experiences or your most important experience.
If not, what stands in the way of this experience?

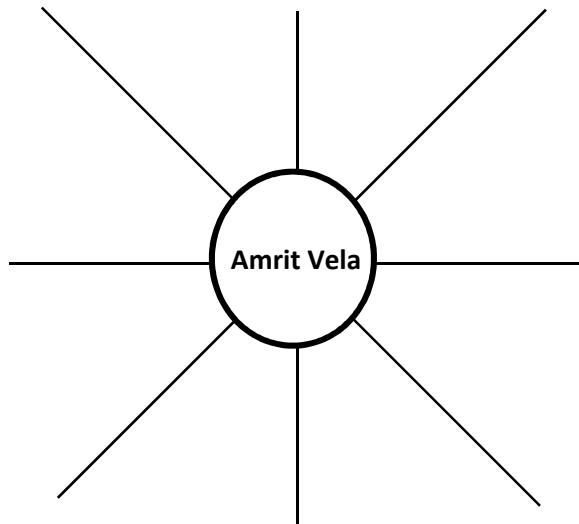
2. Write or Share some Poetry
In a small group (no more than 4) write a poem, together or individually, about the joy and happiness of the early hours of nectar.
Share with others.
Read it to the group with a background of soft music.

3. Writing a Journal
For one week, keep a journal/ diary, recording your experiences at Amrit Vela.

4. Story-telling
Recount some stories of deep experiences of Amrit Vela of self or seniors etc.

TWO - Logical and Mathematical Way of Learning

1. Web Diagram of Amrit Vela



Fill the diagram above

Or

Prepare for yourself or for the group sheets of A3 sized paper, coloured pens for drawing.

Draw a large web diagram on the sheet, then:

Write everything you know about Amrit Vela.

Come together in a large group and share diagrams.

2. Categorize findings and read out the brainstorming recorded on the web diagram. Categorize the finding in the following column diagram.

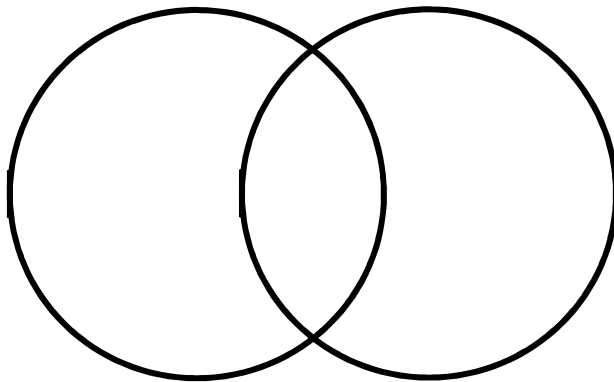
3. Coding - Write your own or do with a group

One group codes an Amrit Vela message and give to another group to de-code and vice versa.

e.g. "I belong to you" in code becomes

eye b..... 2 u

4. Making a Venn Diagram about Amrit Vela



Fill in the diagram above or get together large sheets of paper.

In groups of 3 make up the contents of the Venn diagram, which shows the similarities and differences of:

1. Meditation at Amrit Vela
2. Meditation at times other than Amrit Vela.

THREE – Visual Spatial Ways of Learning

Speak a commentary about Amrit Vela experience (creatively).

With paper and coloured crayons, draw experiences/ visions/ images that come.

e.g. colours and patterns.

Form groups of 3 and share/ show/ and tell your picture.

Or play a tape of a commentary and create movements to it.

FOUR – Body Kinesthetic Ways of Learning

Play soft music and speak a creative commentary about Amrit Vela.

In groups of three, students create an Amrit Vela movement piece.

When all groups are ready, play the music again.

Speak the same commentary and ask the groups to dance (at the same time).

FIVE - Musical Rhythmic Ways of Learning

1. Play a song about Amrit Vela and sing with it. Or if you are a group hum or tap or clap in time with the song.
2. In group of 3 or individually, write a song, and compose a tune, using the words “Whatever I am, I belong to You.” Somewhere in the song.
Sing the group compositions to the larger group, hum, clap etc.

SIX - Interpersonal ways of Learning

1. Share your feelings about Amrit Vela with your partner, or if you are alone write it down.

Working in pairs.

One tells the other his/her feelings about Amrit Vela.

B listens fully and deeply, then repeats back to A what A has said.

B then selects one particular point.

B asks a question about that point to A,

A answers.

Then repeat the same process.

Exchange the roles of A and B.

e.g. B tells A his/her feelings about Amrit Vela etc.

2. Telling an Amrit Vela Experience in a Group.

In groups of three.

Person One begins to tell of an Amrit Vela experience.

A bell is rung (or the facilitator claps), then the second person in the group takes up the story, and continues to tell it from where person one left off.

When the bell is rung again, the third person continues and then it repeats, till every person in the group has had a turn.

The facilitator needs to try and ensure that is a flowing process.

Don't give people too much time to think or for silence.

SEVEN – Intrapersonal Way of Learning

Play soft music.

Individually and silently each soul talks to Baba about his or her commitment to Baba -

“Whatever I am, I am Yours.”

In the circle each person says some point of commitment, relating to his or her relationship with Baba.

e.g. I trust that you will protect me Baba.

e.g. You wake me early each morning. Thank you Baba.

If you are alone, speak your commitment with Baba in your mind.

*“Others receive inspirations from your tireless form,
Because you are instruments in the corporeal form.
Your gathering is the example in front of everyone”*

Bapdada

TOPIC TWO

Connections and Relationships with Baba and His Instruments

A senior is not in the position of ordering others, but in the position of providing help or advise when requested.

- The main aim you have in your communication and relationship with a senior is being honest.
- I may find it easier initially to talk to them, as one would talk to a friend, but ultimately it doesn't provide the same depth of help and power of understanding that can come from communicating with seniors.
- The only way to fill the sweetness is from Baba, not from Instruments, whether they are senior or not.

Our Senior Instruments

Dadi Prakashmani and Dadi Janki are the most senior instruments in the Brahma Kumaris. They are called instruments because they only see themselves as tools for God to use to help others. Being on spiritual path, although there is a hierarchy in the organization, there is no sense of ego or gross achievement in these positions. The positions are more a position of responsibility, taken automatically when the need arises and the degree of experience allows.

Dadi Janki is responsible for all those Brahmins who are studying outside India. The responsibility is graded according to the type of help or sustenance needed. You will find many other instruments, more experienced than yourself, who are responsible in the immediate area where you are studying. But ultimately any major decision is taken by Dadi Janki.

The Brahma Kumaris Organization and Family

The spiritual family and organization have run simultaneously since the beginning of Brahma Kumaris. Homes were turned into spiritual teaching centres.

As a family, Brahma Kumaris is a natural and a special family. Normally a family is through blood ties, but here it is spiritual. The blood ties are visible from the features and indicates the fortune, and the same with spirituality. For success there needs to be love for the family, and service with a true heart. Humility conquers the heart of the family.

The work of the organization continues to grow, there are many connections. See others specialties, and do what you can, not everyone is the same. There is no pleasure if we are only of one kind.

We are Baba's children and he is the founder of the organization and all are members of the family

A Role of Serving- Experienced Senior Instruments

Responsibility in Raja Yoga is a position of serving. The instruments role is as a server, as otherwise they are in relation to you, your brothers and sisters. When they play the role, when there is a need, then they are the instruments.

The senior instruments are very experienced and so faith in them helps us to progress very fast. Just as when Brahma Baba was alive the saying was to follow Brahma (even now we say to follow subtle Brahma), now we follow Dadi Janki and Dadi Prakashmani. They are our spiritual leaders, an example, and they have proved themselves worthy of this position after many years of tireless self-service and service of others. By following Baba's instrument then Baba will enable us to move smoothly through the circumstances which arise on our spiritual path.

You can follow in many ways. You can follow through seeing their life and activity in front of you. You can study classes given by them. You can also follow by seeing the instruments that they have trained, that they have put in front in the area where you study.

A relationship of Honesty and Clarity with Seniors

The main aim you have in your communication and relationship with senior instruments is being honest. Such communication will make clear in the mind of the senior your situation, your stage of self-effort and the type of role you can play in serving others. With such quality in your communications then you can receive the help or understanding of the seniors easily at any time of need, because your relationship is one of honesty and clarity.

Our Role in Helping Others

In the same way you are now becoming an instrument of Baba. Share your experiences with others first and in this way you can reach out to others.

*That is, you are mirroring
Baba's vibrations
and speaking Baba's knowledge to others,
and acting with Baba's virtues in
your behavior,
and so souls will look to you for example*

Never let this make you feel heavy. Always feel that, if the soul wants more and you cannot provide it, then there is someone in a more experienced position than you, who can.

Your aim in relationship with others can be to give your time to those who want your time, but also to give it to those who need it. Our aim is to guide ourselves and others towards Baba. To have humility but not to pretend. We are going through a process of change ourselves, yet we can feel that we need to be perfect. There needs to be good communication with Baba, and obedience and humility with Baba. The stronger we become, the more Baba can use us as an instrument.

The Role of being an instrument for others to come to Baba

We can provide Baba with the opportunity to teach through us. I don't get involved, but just allow Baba to come through. I can only be myself. I can't try

and match people or imitate people, be it being intellectual or business like...We don't realize when we are just ourselves, with honesty, just how much we can do.

We can live what we say. Often the practical example is incognito and people think that they like where we are "coming from" and will remain close. People want to be recognized, given clarity and peace, space and freedom. Explain things that others are curious to hear rather than giving a flood of information. The world needs new ideas, constructive aims. Our aim is to create a new world.

*Humanity needs to learn how to dream.
Whoever comes in front, I can think
'I don't want to create a subject,
but a king.'
The world needs a sense of humor;
it needs a new definition of success.*

In business they define success in terms of growth. Their success is based on what is done, rather than what they are.

Wanting to Share.

I needn't be afraid to speak of my experience to others, it breaks down many barriers. Everyone has specialties; souls want to see this humility, they don't want hierarchy, it is maturity that is needed. I am an instrument and Baba uses me. Dadi doesn't like giving lectures, she prefers to share her experience and have question answer sessions.

People are seeking ways to become natural and at ease, and they look to us as an example. So let me be easy, but keep the balance of keeping the spiritual disciplines. The discipline comes from within. Now It is time for law to come from inside- as it will be in the Golden Age.

Letting Others Grow

Be one who gives enthusiasm. Let others grow and be supportive when required. The only ego we have is the pure one, 'I am an instrument for God.'

Feel that one's mistakes are everyone's -the whole family mistake. The feeling of family is very necessary, yet we are lone travelers; come alone and go alone.

What the world needs is experience. Their hearts are empty. The sun gives everything without discrimination. Perhaps we need to be very honest and open to all (except Maya). People want to feel

they can take our support, that we understand them. So we need to have the power to give it, - without expectation or demands on them,

Without coercion,

without appearing strange.

*There is a need for us to be mothers.
To have the consciousness that all the
branches need serving –
equally by example.*

Real Service is Transformation

As an instrument for Baba you need to play various roles, the social worker, the mother, the friend and the nurse. It is done with a lot of concern for others. Playing an incognito role, focusing attention on the self and being an example. We help others to move forward and also work towards transforming ourselves. We continue to return back to the essence. The world needs examples and constancy – to be a rock in the ocean. Souls in the world want proof of truth being a solid help. For this virtues are a real support.

*Become the embodiment of
What you are sharing.
You can only share what you are.
Others want to see the proof of the
dharna in us.*

We are all One and Respecting Differences

The individual's honesty, balance, openness is the basis of a well-organized family. Personal dharna and cooperation dissolve many of the gaps we come across. The biggest gap is between what we say we are, and what we actually are.

We learn from Baba to be open to needs and aspiration of others. Giving value to others. This openness enables all to participate in Baba's task with purpose and enthusiasm. Our role as Brahmins is that of Bridge, reaching to all the branches of the tree. To do this accurately there has to be a deep respect for difference, and this will create harmonious relationships within the BK family and the global world family.

Respect and appreciation of Specialties

*Specialty of one is the specialty of all.
Weakness of one is the weakness of all.*

In my relationship with the fellow travelers on the path I will naturally have an attitude of respect and sweetness. It is not my role to give advice and help, or to take advice or help since they are also having the same degree of experience as myself. I can share and learn through example but it is even wise to be wary of giving advice to those who are equal but rather guide them to take advice from seniors.

Others and Baba's Responsibility

Often fellow students don't have the experience to absorb and understand what you are trying to communicate. The danger is that they take to heart what you are saying and make it into their problem. By following the system of taking help from the senior instruments, you can avoid the common relationship problems that occur. It gives more time and energy to concentrate on self-service, and your mind is free from the worries of others. Remember they are Baba's responsibility.

Communicating with Baba Creates Sweetness in Our Own Communications

To whatever extent we communicate with Baba, to that extent you will be sweet in communication with others. We accumulate power from Baba. During the day if there is not that attention to maintaining a link with Baba, I don't fill with what I need. For a while I may be able to maintain myself without Baba, but then I will start to be influenced by people and situations around me. The only way to fill with sweetness is from Baba, not from other instruments, whether they are senior or not. With sweetness within my communication the relationship with others is clear and harmonizing.

Giving all Responsibility to Baba

My relationship with Baba enables me to give all responsibility to Baba. If at the end of the day or even during the day I find my head is becoming heavy then I can stop for a few minutes or half an hour and give it all to Baba. Have a sweet conversation with Him, heart to heart and you will feel the weight of the responsibility will lift. Baba is the one doing, you are the instrument. Leave the doing to Baba. And when your intellect is filled with the rubbish of "How?" "Why?" "What?" then take it to Baba. Give him all your rubbish.

Communication is the way of bringing unity and strength to Baba's family. Baba needs many hands. Many many souls are required for Baba's task. So

each soul will bring a special quality, a special lift to Baba's service. In order to bring others closer and to make yourself a better instrument for Baba, communication is very important. Share your plans for service and those who see its value will cooperate. Yoga leads to co-operation.

Seniors giving Advice-Shrimat

The memorial of Shrimat is the Shrimat Bhagwad Gita-

*The advice from the Supreme to make us supreme
– deities, pure and perfect.*

Shrimat is there to enlighten us about every aspect of life, to make us complete. There is advice on –
lokik and alokik relationships,
lokik and alokik service,
family,
the world.

We need to see the advice Baba gives us from every angle. Keeping the stage of deities in mind and what we think of them- that they are 16 degrees celestial, that they are –

ever healthy, wealthy, happy and blissful.

The advice we act on brings us to that stage. If the advice is not helping in our upliftment it is not shrimat. When listening to others keep Baba's advice in mind and see whether it coincides. Think of both sides-the benefit or harm to others.

Bapdada to Senior Instruments

Bapdada 8/4/92

The seniors have to become the judge. So out of two who go to see a senior, they would say 'Yes' to the situation, saying, "Yes, it is very good"

And to those whom the senior says 'No', what do they say about the seniors? They would say, 'Even this one is not good'. Would the judge say yes to one or to both? What would he say?

So those situations are separate. Look at the certificate of Tapasya from the heart, love from the Heart, feelings of being an instrument and good wishes in front of you. Don't copy and say, "People are not content with the seniors either, and so we can be the same and pass." Do not think like this.

Everyone has done very good service by coming together and decorating the gathering. How lovely the service of decorating the gathering is? A jeweler makes every single jewel flawless and enables it to become valuable. The service of all of you is also to clean every little flaw and make the souls complete. So there is pleasure, is there not?

You do not get tired, do you?

Others Receive Inspirations from your Tireless Form

Because you are the instruments in the corporeal form. All of you meet together and enable the gathering to move forward by making it strong. Your gathering is an example in front of everyone. The rays of light and might from the seniors automatically enable the task to be carried out. There is no need to say anything. You have become the embodiment of one who showers knowledge, and you now have to become rup. Now there is a need for you to become the embodiment and give the rays of light and might.

EXPLORATORY QUESTIONS

Checking Your Aims

The following questions will help you to develop an understanding of your personal aims and objectives. It is best to find a quiet place, where you will not be interrupted to work through the questions.

Setting Personal Aims

3. What is the basic aim of efforts which I make?

4. What are the basic aims I have in my life?

5. What qualities are most important in what I do?

6. What are the critical factors that I need to take into account (i.e. family, community, work...) when I am setting my personal aims.

Becoming a Master

Knowing your purpose or aim in life, helps you to understand why you have chosen to live life as you do. Take for example a school teacher who was asked what they did. The answer was “I teach children.”

By asking “Why” again and again, the reason that eventually emerged was different. Their aim in teaching was much broader, it was to :

“Enable youth to learn, how to learn, so they could enjoy life and help the world.”

Personal Aims Worksheet

What do you say is your aim in life?

Why do you say that?

What is the true purpose of what you do?

Looking at what you have written above, revise your personal aims statement and rewrite it in the box below

My Personal Aims Statement

*People who have an understanding
or reason for what they are doing,
do much better in times of difficulty.
and understanding of our aim,
helps us to focus on and tolerate obstacles
that stand in the way
and make clear decisions.*

*There should be great enthusiasm to do service
but it is also a responsibility to do service.
Become clever and then do service,
otherwise you will not be able to face any opposition and you will become confused.
Learn how to give Knowledge in a new way.
Let the intoxication of the knowledge be merged in your face.
Feel the pulse of the one you wish to serve,
learn a little about them first and then do service.*

Bapdada

TOPIC THREE

Developing the Right Attitude Towards Being Baba's Companion in Service

Do not force others to be interested in what you are doing or follow what you are doing.

- Service is giving to others but *in order to give I must serve myself first.*
- Be the practical example of how you can maintain peace and calmness in solving any situation.

Shiv Baba has Given us the Opportunity to help Him in His work.

He teaches us to how to elevate others to their higher stages. Becoming Baba's service companion is the result of study, yoga and inculcation of divine virtues. By thoughts, words and actions we remind others of their own degrees of closeness or separation from God and give them the introduction to the Supreme Father and the inheritance to be experienced from Him.

Service is giving to others but in order to give I must serve myself first and this is where studying and inculcating the four subjects and following the four pillars becomes self-service. Service can take place throughout the day and night. The results of

our efforts which continue throughout the day through sitting yoga, karma yoga, study, inculcation of virtues are distributed to others through service. Sometimes we may consciously share the results of our efforts sometimes it is completely natural to the circumstances.

*At birth itself, BapDada grants
the highest blessing or
property of crowning future
to everyone equally.
All children get the same title "Beloved"
Or "Long-lost but found again"
children from Baba.
Baba calls all children
Multi-Million Masters,
But everyone attains his own number
as per his own effort
in multiplying the treasure of fortune: by
dedicating it in service through thought, word and
deed; taking care of the treasure
of virtues and practicing it in life.
Bapdada 1/4/82*

Amrit Vela-

Early Morning Lifestyle

When I first awaken my thoughts are of Baba and no-one else. However, as I sit in a powerful stage of

meditation which comes at amrit vela, I will actually be spreading Baba's vibrations throughout the world through the World Benefactor Stage. Even if I am just sitting peacefully and enjoying a conversation with Baba still those vibrations are influencing the immediate environment, the room, anyone else sitting with you at the time. So this is your efforts in yoga doing service.

- You then bathe or make tea so now you are doing karma yoga. You are checking your chart for the amount of remembrance that occurs during these actions. The vibrations that you spread are doing service.
- Maybe you then do some private study. The results of this study will enable you to formulate the knowledge more clearly in order to explain to others.
- Then there is group meditation with a class. Here you are doing the service of contributing to the unity of the gathering by just being present. Then also there is vibration service of "sitting" yoga

Morning Study and Meditation at the Centre

Study of murli is preparing the timetable of churning knowledge and yoga and inculcation efforts for the day. There will also be points in the murli on service. So you will find that certain points will stimulate you into practical activities in relation to particular efforts in service –

setting up exhibitions,
printing cards,
going to see the local spiritual groups

Murli also increases your depth of understanding of Baba so you can do any service more effectively. It is good company. Also the good company of your fellow students during and after the murli will provide self-service, stimulation for greater effort and also will be an opportunity to share the fruits of your own efforts with fellow effort makers. The pillars are strengthened through good company. Immediately after murli you can be busy revising the murli mentally in your mind or asking questions of your teacher, since there may be terms unfamiliar to you. You may also be discussing service projects or family events with other Brahmans who are attending class.

Being Ever-ready-

Looking After the Home

Preparing food for others in Baba's remembrance is an excellent way of serving others. The vibrations and contents of the food will help someone to become more peaceful and healthy. It is also a good example for others. If you are living with others then creating a living environment which is very pure and clean will have an influence on those with whom you are living, so again this is service. It is also important to maintain the home.

*Baba says to be ever ready.
When you visit the headquarters of
the university in Madhuban
you will notice that all the departments
are running smoothly
and efficiently and that they are able
to provide for your every need.
In the same way we should run our households,
so they are ready even for unexpected
circumstances.*

- Machinery should work smoothly and efficiently.
- Stocks of food, water, clothing and cleaning material should be kept aside for emergencies.
- Furniture should be clean and unbroken.
- The home should look cared for, a reflection of the state of the soul.

Keeping the living space and accounts for Baba

Any form of malfunction in the home can be a pull on the intellect and you will find yourself thinking about the washing machine during meditation. Or looking at the flakes of paint on the ceiling instead of remembering Baba, so looking at your living space from that point of view, does it reflect Baba's qualities of simplicity, cleanliness, purity and economy.

You will find that if you make an effort to keep such things as accounts and bills in careful order, and keep a check of coming and going of expenses, this will also help you to make sure that you are using everything as a trustee. You will see if there is money being spent in large amounts in something,

then you will try to find some other way of spending. Shopping and paying bills and maintenance works will all become a means of developing the virtues of economy and simplicity and being ever-ready in your lifestyle.

Looking after the Family

*Complete renunciates are
always progressing,
and helping others to progress also.
Complete renunciates will consider
themselves to be unlimited support,
and responsible for removing
obstacles and confusion.
They would never say,
“This weakness belongs to this place”,
but he sees all as members of his family
then he says,
“I am World Benefactor,
no just a centre benefactor or
a self-benefactor”.
He considers a weakness in others as a
weakness within the family.
BapDada 28/4/82*

Looking after children involves using skills of:
Giving good company to others,
Drawing on the dharna in yourself,
Sharing simple spiritual insights,
Knowledge or reading spiritual stories
Or playing games designed to illustrate
A particular point of Baba’s teachings.

Also if you are living with your parents or friends it is important to have the trust and friendliness of those you live with. Without this it is difficult to share any of Baba’s teachings. This can be gained by constant good wishes, and a genuine understanding of the other as a soul, Baba’s child.

Being a Trustee

*Surrender to God on both levels,
the physical and the spiritual.
On the physical level I dedicate time
and energy
towards the work of unlimited charity.
My wealth and abilities I also
surrender to Him.*

It’s not that God needs money or even my talents for Himself but He exhorts us to use everything we have in trust, so that we can leave the ropes of “my” and “mine” behind.

As a trustee I am still responsible for what I have, and I use that in service of others.

Working

Work, when you are a Brahmin is a time for developing all the subjects which Baba has taught us. When you are working together with souls who have fixed attitudes to life, and fixed methods of attaining certain goals, then you are in perfect position to develop:

your dharna that is inculcation
of virtues,
to practice using the 8 powers
churning knowledge, and
keeping a chart of remembrance

To work peacefully and fruitfully in such an atmosphere will require all your powers and virtues. Service in this situation is usually also done on the basis of:

the vibrations we spread,
the attitudes we display as an example,
the efficiency and honesty with which we work, and
our ability to co-operate with and to
understand those with whom we are working.

Responsibility

*They have the consciousness of being
a philanthropist.
They won’t say, “If the atmosphere is
right then I will do it,”
“If someone else co-operates,
then I shall co-operate also”, or
“If someone gives to me
then I shall give in return.”
A complete renunciate is a master donor,
they can change the atmosphere,
they can make weak souls
into powerful soul.
They can change the attitude of others.
They consider themselves responsible
souls in every way and
They constantly give co-operation
to others.*

By surrendering the feelings of “my” and “mine”, I free myself from the worries and headaches that can accompany responsibilities.

I have the feeling that what I have and what I am, in a worldly sense, are for this supreme purpose only.

If you see that something would be useful for Baba’s service, let the teacher at the centre know that it can be used for service if there is a need. You will earn the fortune of helping others come closer to Baba.

How Money is Used

*Pure karma means action performed
on the basis of shrimat.
Any action performed on
the basis of shrimat
automatically is accumulated in
the account of pure karma.
Shrimat has been given for
every form of karma,
from the time of awakening,
from the early hours of nectar,
till the time of sleep at night.*

Money can be used both for you, and those who are dependent on you, for immediate physical needs and to support activities for service. Re-decorating one of the rooms of your house for a meditation room is a way of using money for service. Once you are a regular student of the centre, you can give the centre regular amounts depending on the amount which you earn. This again can be a form of service; it will enable other service projects to take place. Ask your teacher what percentage of your earnings it would be sensible to contribute to the centre.

Talents to offer to Baba

You may have such skills or talents that you would like to use for Baba or a skill or a talent you would like to develop for Baba. Using these talents for bringing others closer to Baba you get double benefit, or the double crown, a crown of purity and the crown of rulership in the Golden Age. Ask other Brahmins what you could contribute with your time, energy and knowhow.

*The immediate visible fruit
of elevated action,
in the present, is happiness
and the experience of
power the soul receives –
visible fruit immediately for the self,
and then for others also.*

*Seeing other souls perform such karma,
there is hope and enthusiasm
for their own effort,
and that I too can become the same.*

Planning Service – Every Step of an Elevated Soul is Elevated

Discuss or implement of plans for service with particular aims for example, creating an exhibition, book, conference. There can also be plans for activities related to sharing: Knowledge with others – classes for giving courses to newcomers, lectures for newcomers, and activities outside the centre introducing some aspects of Baba’s knowledge to groups of people or individuals who are outside the centre, for example positive thinking courses, seminars for professionals on topics of popular concern.

*Every step of an elevated soul
will be elevated,
every action elevated,
every word the same also...
Renunciation of wasteful,
that is ordinary action, words or time
and to become constantly powerful
and constantly alokik, that is to
become multi-million times fortunate.*

Karma Yoga in the Centre – Be Lost in Love and Perform Action

The centre is your centre. Just as in the family home and office there needs to be sorting, organising, cleaning, correspondence, filing, telephoning, in the same way the centre is your place to serve for Baba.

*As you perform action remain lost in the
love and remembrance of Baba.
Be lost in love and perform action,
And you will be totally detached.
To be a karma yogi,
that is to stay in remembrance
and perform karma,
means to be constantly free from
the bondage of karma.
There will be the experience that it is not
a task, but this is a game.
There will be no form of burden
or tiredness felt,
and so to be a karma yogi that is be
detached and just see karma as a game.
Children with detachment and using their*

*physical senses to do a task,
that is in love of the Father
remain lost in love,
and so become liberated from all bondage.*

Checking – Ask Yourself “How Far Have I Reached?”

Evening time assess your progress during the day, fill in your chart and say goodnight to Baba, checking that your stage is blissful and light before you sleep so that you awaken in the same stage. A yogi can do service in dreams but at this stage probably you won't know how to do this. But if you sleep quietly and peacefully again there is vibrational service of maintaining a peaceful vibration.

*Ask yourself “How far have I reached?”
How many steps have I climbed?
Have I reached the destination?
Have I become equal to the Father?*

Be Observant of the Nature of the Soul with whom you are in Contact

Sharing knowledge with others it is not always possible to give them direct knowledge. Just talk keeping in mind Baba's knowledge and you will find that the way you express what you think to others will naturally contain insights and realisations and understandings you have from spiritual knowledge. Always have good wishes for others. Do not force others to be interested in what you are doing, or follow what you are doing. Don't force subtly either, that is through non-cooperation or negative attitudes towards through their activities. Give each of those you are in contact with lots of love, pure vibrations and patience.

*Be very observant of the nature of the soul
with whom you are in contact
so that you can give the right response
at the right time.
Listen to Baba with your intellect,
He will always give you the right advice.
Don't break the faith in you of those
with whom you are living.
Play within the rules of the family,
such that they maintain their faith in you.
You need to master the art of balance
between concealing
and revealing spiritual truths.*

Living and working closely with others

Speak spiritual knowledge to the members of your family if they ask, but even then when you speak, have attention that you do not talk too much. For souls who are talkative because their minds work fast, give them more of the experience of meditation, even a simple short meditation.

In the office, especially in jobs under heavy stress, be the practical example of how you can maintain peace and calmness in solving any situation. It's like a chain reaction and it affects the whole working environment. People will pick up these vibrations and start to inquire. By staying in remembrance and remaining peaceful, you are competitive but non-aggressive. By being non-aggressive you will encourage cooperation from others. Your boss and colleagues will find you the perfect person to work with and they won't feel that you are their opponents. They will also be cooperative automatically.

Being an Instrument to Share Spiritual knowledge

Infuse love for Baba in every soul.

If others praise you, draw their attention towards Baba, the Bestower of all knowledge, powers and unlimited treasures. Entangle souls in love for Baba through praising Baba and the love of all relationships that he gives us. Reveal Baba with your words so beautifully and practically that they too wish to experience this blissful relationship and can see how easy it is.

*To have all rights, that is,
to constantly be the
Master Almighty Authority,
means to be a destroyer of obstacles,
and to be stable in the
consciousness of respect.
Any difficulty, or any individual
or object, or environment,
will seem to be a game
for entertaining your mind.
A game with much variety,
and so stay in your stage of self-respect,
and you will see all this
with great enjoyment.
BapDada 6/4/82*

Remember that you are an instrument for Baba.

Baba is doing service through you, he is present on service with you, waiting to serve his children through you. As an instrument you will experience to be light and carefree. There will not be the burden of seeking regard and success, and no sorrow if there are insults or failure. It is Baba's service so he is responsible.

Our Stage is more important than our words.

Others generally will forget what you have said, but they will not forget your powerful and loving stage. In general, most of those who are searching spiritually and who will have the interest to listen to spiritual knowledge are searching for an easy way of experiencing peace and love. Few are searching for knowledge alone.

Feeling the pulse of the Soul

Give a soul what they need, don't tell them about destruction of the world when they are looking for a way to relax. Tell them about the soul. While you are explaining, watch the expression of the one you are speaking to, feel their attitude, see if they are willing to make the effort to understand the knowledge or if they just interested in absorbing the vibrations. They may understand part of the knowledge, but anything that they understand will be of help to them, even if they don't become Brahmins.

If you are not certain about a point of knowledge, then explain that you are still a student and will ask the answer from a more experienced teacher. Humility in its right place is also a way of sharing virtues with others. But also remember that Baba is with you while you do service, and try to answer as best as you can, try letting Baba answer through you.

Most souls who you are in the company of at work, in the family, friends, relatives are not immediately interested in spiritual knowledge even though you may find it very interesting. So for such souls it is good to give good wishes, so that they have a feeling that you have good intentions towards them. Then when you do share your experience you will find that they will listen carefully, and be open and honest with you in their reactions.

Always feel that you are planting a seed

*of truth in their consciousness.
They may not accept, understand,
realise the nature of the knowledge
which you are studying
but they will in their own time,
in their own way.
Once the seed of truth is planted
it will definitely bear fruit.*

Service is the Method for Moving Forward

Service is the method for moving forward. The service done in this life, for just a short period of time, brings the reward for this age as well as the golden and silver ages. As much love there is for the Father there needs to be that much love for service as well. Purity is the method to be able to experience Baba's love; purity is the basis for success in service. Love for both the Father and service is what gives spiritual life to each Brahmin. Remaining busy in service enables you to do self-service.

True service is to be the instrument to fill those who are weak with power.

This gives us the experience of unlimited happiness. Service is not simply through words, as there is service in every second, in every thought. Service is your life.

To do service means to bring the garden of flowers into bloom. To do this service it means you must experience that you are part of the garden of flowers and not that you are trapped in a jungle of thorns. Even if you are sick, do service through the mind – the service of creating an atmosphere, spreading vibrations. Do not get trapped by the circumstances. Always have the aim to do service. Those who do service in the jungle of thorns are the ones who will receive the most reward and they will get help from Baba.

*There are two kinds of service
1. With love and
2. Considering it as a duty.
One who does service with love
and affection,
would not leave any soul,
without infusing love for Baba into him.
One who is duty bound, would
finish his duty,
would finish the one weeks course,
hold yoga camps, and read out the murlis
to the newcomer,
but would not consider it as his
responsibility to bring the soul into loveful*

*connection with Baba.
It is a law of service that;
only the one who has love for Baba can
infuse love in others
BapDada 1/4/82*

Everyone who does service has their own specialities

They are special in their own individual way. It is through these specialities that they will do service. A true diamond cannot hide its sparkle. Look at yourself and see what service you can do. If you don't make others like yourself, service cannot be done. Let your face be sparkling with happiness, let your words be very clear then you will be able to influence others. Adorn yourself with the jewels of virtues and attract souls.

There should be great enthusiasm to do service but it is also a responsibility to do service. Become clever and then do service, otherwise you will not be able to face any opposition and you will become confused. Learn how to give knowledge in a new way. Let the intoxication of the knowledge be merged in your face. Feel the pulse of the one you wish to serve, learn a little about them first and then do service.

Serve others - do not take service (help) from others.

*To those children who have
immense fortune,
those who are ever increasing the line of
fortune through pious
thoughts and actions,
to those who are true world servants,
who are employing powers
and virtues in life,
who make other souls the embodiment
of all attainments,
to those who are such renunciates
and fortunate souls,
who keep multiplying the treasure,
and implementing the birthright
from Baba,
to those who imbibe all attributes,
and always remain busy in service,
BapDada's love, remembrance
and namaste.
BapDada 1/4/82*

Murli References on Service

*5.5.77, 14.1.80, 18.1.81, 20.1.81, 13.3.81,
3.4.81, 5.4.81, 6.10.81, 6.11.81, 15.4.81,
1.11.81, 8.11.81, 23.11.81, 17.10.83,
21.11.83, 29.9.84, 14.1.84, 21.2.85, 24.3.85,
9.3.85, 1.3.86, 27.2.86, 9.4.86, 1.9.86,
20.2.87, 1.10.87.*

DIFFERENT FORMS OF SERVICE

Amrit Vela, the spreading of light and might to remove obstacles of wandering souls, brings unity in the family. To make this successful I need to surrender all thoughts to Baba and find ways of making each amrit vela special.

Private Study to formulate knowledge more clearly to explain to others, is a way of developing your own understanding so you become a good example. A good method is to make a plan of study with an aim or theme for a week.

Class Meditation is a contribution of unity and yoga power to the gathering. Have a different aim each day during class meditation.

Murli is a way of:

knowing what God says about service,
checking what service, we are doing against the murli
giving good company to others in the murli class
To maintain our serviceability, we can seek out newness from the murli with the realisation that the murli is from God and seeking answers for our needs.

Preparation of Good Pure Food is service of the elements. When offering bhog and cooking in God's remembrance, the food becomes a source of service to anyone who eats it. This aim will be attained if we recognize the importance of having a special time for cooking with Baba. Be aware of the One for whom you are cooking.

Looking after the Home creates a pure clean living environment. This provides a hassle free living environment, and makes it easier to maintain a high stage of soul consciousness for all living in that environment.

Traffic Control does service through vibrations.

Checking your Chart at the End of the Day keeps your self-service powerful. Gives you a clear intellect by keeping things in perspective. Check and change. Have a clear aim to hand it to Baba at the end of the day.

Giving Spiritual Knowledge to Others answers their need to know about God. Listen to what each soul needs and think of yourself as Baba's instrument.

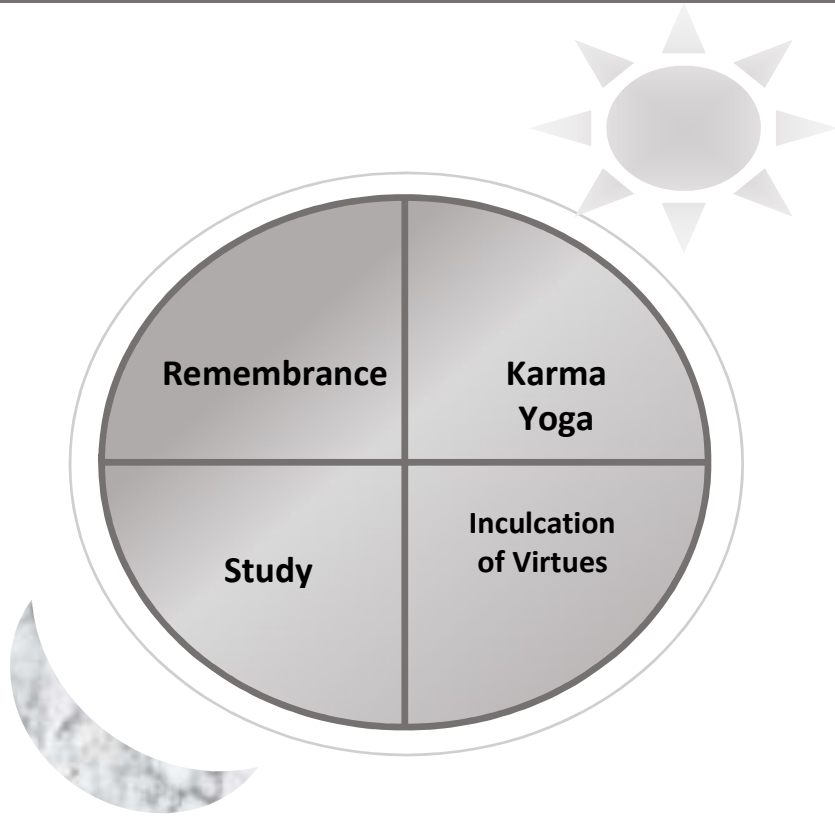
Karma Yoga creates unity when activities are done co-operatively with others and with love for Baba.

Lokik Work enables us:

to develop skill to use for Baba's service,
to come into contact with souls who are searching for Baba,
to earn money to use for Baba's service and
to practice our dharma.

Looking After the Family is an opportunity for service through using the powers and arts. Practice constantly giving good wishes to others.

Service Night and Day



*How Baba Sees Us
Bapdada sees all the children
Constantly in their complete stage.
Baba sees the present Angelic form,
The future Deity form and the Worship Worthy form
Of the middle of the cycle.
Baba sees each jewel in its Original, Middle and Final Stages, and
Recognizes the value of each as one out of multi-millions.
One of the lucky handful.
Do you recognise yourself to be this?*

Bapdada

TOPIC FOUR

Self Respect, the Foundation of Purity

When we use such internal conflicts to learn more about ourselves we can experience intoxication, energy, good health, and comfort.

- By staying in self-esteem we become humble.
- Through understanding the different aspects of the self you can move forward with greater peace and understanding within yourself.

Bapdada Sees all the Children Constantly in their Complete Stage.

Baba sees the present Angelic form, the future Deity form and the Worship Worthy form of the middle of the cycle. Baba sees each jewel in its Original, Middle and Final Stages, and recognizes the value of each as one out of multi-millions, one of the lucky handful.

Do you recognize yourself to be this?

See the contrast of yourselves on the one hand, and the millions of souls of the world. At this time you are Towers of Peace just like Baba. The vision of all is being drawn towards the tower of Peace. All are waiting to hear the cries of victory that must follow the cries of distress. So all of you Towers of

Peace must tell Me when there will be cries of victory.

Bapdada has kept you Children as His Responsible Instruments in the Corporeal Form.

So when will you corporeal Angels take on your incorporeal form to remove all the sorrows of the world and to create the land of happiness?

Did you ever imagine even in your dreams that you would come and find such a Father after being separated for so long? BapDada has selected his children from all corners of the world and brought them together in the bouquet of this one family. You are the ones who bring the Godly message. You are an elevated soul, incarnated to give the Godly message to souls so that they may have the Godly meeting.

The Priceless Gift of Self Respect

Probably one of the most personal and priceless gifts Baba gives to His children is self-respect. To practically experience this blessing from the Father, purity is absolutely essential, because it is the influence of impurity or body consciousness that has robbed the soul of this gift. When the soul accepts the titles Baba is giving it, it experiences self-respect. For that the soul needs the power received from pure elevated actions.

On the path of religion, we praised God and thought we were unworthy. Later we would praise

others and think that we are no good, they are better than me. For many births we have been putting ourselves down, comparing ourselves to others. There is the extreme – either the soul feels ego, that it is better than others or the other extreme “I am no good.”

*Because of this stage
The results that should emerge,
Whether in effort or service then
Take greater effort,
And there is less visible fruit.
The soul isn't able to become the image
Of success as it should be.
What happened to the stage
Because of this?
There are desires that are unfulfilled,
And the n neither is the soul content itself,
Nor is it able to give contentment to others.*

All this happens simple because one word was cut off. And so, whilst making effort for your own progress, or whilst making plans for service, at the time of making plans, and at the time of putting them into a practical form you should first stabilize the self in self-respect, then create the plans and then apply them in practice.

Baba reminds us of our Specialities

Baba reminds us of our potential, our qualities and specialities and helps us to bring these specialities into our practical life. He reminds us of our Deity form and gives us a vision of the 3 aspects of time- the past, present, and future. In today's society people never praise the virtues; they look at the physical beauty, wealth or position. It's as if we see ourselves through the eyes of others and so we do not appreciate what we have, and so now Baba is reminding us of our specialities. To have self-respect means to give respect to yourself. You have the intoxication of your elevated stage. If you have the desire to give respect it means that you have self-esteem. By staying in self-esteem we become humble.

Respecting the Self

Have you ever become really angry with yourself, or hurt yourself deeply by thinking negatively about yourself? As souls with different needs, views of life and values we often find ourselves caught up in internal conflict. Such mental conflict can become an opportunity for learning more about yourself. Such internal conflict often causes us to feel stress, tiredness, confusion, illness, helplessness which in

turn cause us to put off decisions and be lazy, angry and lonely.

*When we use such internal conflicts
to learn more about ourselves
we can experience intoxication, energy,
good health and comfort.*

Situations Leading to an Experience of Disrespect for the Self

*What is the result of the self not being the
image of success,
of it not attaining that success?
From making a great deal of effort and
moving with labour,
the soul becomes tired.
Then the zeal is reduced
and laziness comes.
Just as Baba doesn't come alone,
Baba is revealed together
with His children,
so too this vice doesn't come alone.
It comes with its companions,
which is why all the vices
then possess the soul
and many different instructions
are disobeyed.*

Often as Brahmins we have very high ideals, so we react strongly to signs of conflict within the self. Following are some examples.

- Sometimes we withdraw our thoughts or energies from the situations or person causing this internal conflict. Sometimes this can help both, but often it just shelves the problem and it simply continues to grow or re-emerge.
- Other times we make a decision, hoping for the best rather than thinking about it.

*Withdrawal from situations,
when it is inappropriate or done in
the wrong manner, is not yoga power.
It results in depression or sadness,
or maybe encourages you to develop
an uncaring attitude towards the self.*

Disrespecting Your Own Feelings.

Another way we wrongly deal with internal conflicts is through suppression. Like a misunderstood child this does not really deal with the conflicts.

Some examples of this are:

“I suppress inappropriate feelings or thoughts because I don’t know how to deal with them.”

“I don’t want to deal with the issues to which they are related.”

“I am afraid of the unknown.”

“I act as if nothing is the matter.”

“I keep on going and ignore the issue.”

“I set out to prove myself wrong.”

“I criticise and refuse to listen to my point of view, or ignore it completely.”

Self-Respect beyond Ego

*Let the soul be stable in self-respect
which is the highest on high, and
which belongs to you Brahmins
at the present most auspicious
confluence age,
in which you are becoming
the highest amongst humans.
By staying in this one elevated stage
of self-respect, many varieties
of body consciousness are then
automatically and easily finished.*

How can one stay in the state of self-respect and not have ego?

What effort can we make for that?

When there is honesty, obedience and constant cheerfulness and there will be respect in the hearts of everyone for you, you will be able to conquer everyone’s hearts. Such a soul will have the attention that they don’t come down quickly for any reason. No matter how difficult the situation may be, they will not let go of self-respect.

To stay in the stage of the original self is the main aim of Raja Yoga and then one is able to understand the sanskars of others. There will then be introversion, patience and sweetness. Avoid speaking inauspicious or wasteful things, because words have a deep impact on the soul. Those who pay attention to their thoughts and attitude, their

words will be such that they reflect what is on the inside.

Understand What your Part is, and What You Have to do

*Sometimes whilst doing service
or whilst moving along in one’s own effort,
or mistake over one little word causes
many other mistakes to take place.
There is weakness in one aspect,
and this becomes the seed of all mistakes.
What is that one word?
Instead of self-respect you remove
the word ‘self’ and then having removed
the word ‘self’ you desire respect.*

Using the Power of Self Transformation to Develop Self Respect

There is another way, and that is to examine more closely the nature of the conflict within yourself. Don't immediately look for a solution, but actually examine more deeply the nature of the sanskaras emerging.

Q Ask the following questions of yourself:

1. Each part of myself needs something – What does it need?

2. Where are the needs different and where are they similar?

3. Looking at these needs, would there be any solutions which could, within the framework of shrimat that Baba gives us, fulfill both sets of needs?

In this case, through understanding the different aspects of the self, you can move forward with greater peace and understanding within yourself.

POINTS OF SELF ESTEEM

- ❖ *Baba Himself is praising our fortune. How fortunate we are.*
- ❖ *Himself remembers us. We are the beads of the rosary that God rotates.*
- ❖ *We are receiving the inheritance of the world sovereignty from the World Father and World Mother.*
- ❖ *We are the seed of the ancient deity religion.*
- ❖ *When we are satopradhan the world is satopradhan, when we are tamopradhan, the world is tamopradhan.*
- ❖ *We have so much strength that we are tying Baba in the bondage of our love. Because of our love He comes all the way from Paramdham.*
- ❖ *We are the helpers of Baba.*
- ❖ *We have natural qualities of being mature, entertaining, cheerful, tolerant, contented....*
- ❖ *Just as Baba is the sun of knowledge, we are lucky stars erasing the darkness.*
- ❖ *We are the Master Oceans of Knowledge.*
- ❖ *I am a long lost and now found child of God.*
- ❖ *I am the most precious diamond sitting in Baba's heart. I am playing the hero part.*

When you come into the question of respect and position, you forget your stage of self-respect. By coming into the awareness of respect, you forget the instructions. The main instruction is to be stable in self-respect, but by entering the area of respect that instruction finishes. Because of the mistake of one word, there are then innumerable other mistakes. And then by entering the area of respect, the speech, the behavior, the activity, everything changes. Because one little word has been cut out the soul is cut off from its stage of reality.

Create such a stage for the self that the stage of self-respect grows. Understand what is your part, what you have to do. Simply have good wishes for all and keep the self-strong in the original stage then there cannot be a trace of ego.

Who has ego?

One with a gross intellect, achieves a little and becomes egotistical. Keep the game of snakes and ladders in front of you. If you climb up the ladder of ego then a snake bites you and you fall right down, this is ego. Such a one will definitely have anger and it only takes a minute for him to become angry. One who has ego takes a long time to transform the self. Remain equal in respect and defamation.

*Conquer lust,
and you will become a Yogi.
Conquer ego
and you will become a truly
knowledgeable soul.*

Remain Equal in Respect and Defamation.

An arrogant person is one who gives great sorrow. Someone with the habit of seeing the faults of others cannot kill ego. The one who feels, "I must transform", will forget the mistakes of others very

quickly. Those with ego want revenge; they remind others of what they have done. Remain bodiless – the more you remain bodiless the more the alloy will be removed. Keep your stage high. If someone remains introverted they can see how many hours they can stay up, and how many hours down.

Think what the state of being karmateet will be like? It will be very sweet. It will be attained when you become the conqueror of the vices, then there won't be even a trace of sinful thoughts. There is peace and love, you perform actions and yet there is the consciousness of being beyond their influence.

Avyakt Bapdada 2/3/87

Do you have the courage to maintain self-respect whilst following all instructions? Do you have both of these things together?

Are you able to constantly stabilise the consciousness in self-respect, and with that constantly follow all instructions?

Do you consider yourself accurate in both of these?

If the consciousness isn't stable in self-respect, then there will be some aspect or another missing in being able to follow all instructions. And so constantly stabilise yourself in both of these aspects in their accurate form, and create a stage of consciousness based on it.

Murli References

Titles of Self Respect

Master Creator 23/5/88

Master Almighty Authority 4/7/71, 9/4/71,
29/10/87, 30/5/88

Raj Rishi 10/11/87, 27/11/87

Worship worthy 17/10/87, 14/11/87, 22/11/87,
26/1/88

EXPLORATORY QUESTIONS

Decision Making and Planning Exercise

Before you begin this exercise, looking back at the work you have done in earlier exploratory questions (Part4, Topic 2), answer the following.

What would you say are the main aims you have in life?

Now taking into account the above:

Q1. List the groups or individuals in your life who are affected by your purpose. Identify the 3 main important groups e.g. family

Q2. If they know your aims, what would they be expecting you to do in the next year?

1.

2.

3.

Q3. What questions would you ask yourself, a year from now, to see if you were successful in your aims?

1.

2.

3.

4.

5.

Q4. What could happen to you in the coming year, which could influence the way you are carrying out that aim?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Q5. List these events number wise in answer to the question. “What would be the biggest challenge, and require the most adjustment, in order for you to continue to fulfill your purpose? Why? Put numbers against the list above.

Q6. If you were experiencing the most challenging of those events now, how would you act?

Q7. List the events in order of probability of occurrence. Write the numbers next to the list above asking the question “Which of these events is most likely to occur, and which is most unlikely to occur?”

Q8. Looking at the questions from number Q3 “What would you plan to do during the next year in order to make the answer to each question is positive, one year from now.

1. _____

2. _____

3. _____

4. _____

5. _____

Q9. Looking at the plans you have written in Q8, ask yourself about each plan.

- a. What is the risk in carrying out this plan?
- b. What will be achieved?
- c. What resources are required to do it?
- d. What effect will my actions have in others?

- 1.a. _____
- b. _____
- c. _____
- d. _____
- 2.a. _____
- b. _____
- c. _____
- d. _____
- 3.a. _____
- b. _____
- c. _____
- d. _____

4.a. _____

b. _____

c. _____

d. _____

5.a. _____

b. _____

c. _____

d. _____

*“A victorious soul will never doubt their actions
“Am I right or am I wrong?”
Together with faith in Baba
there should also be faith in the self.*

Bapdada

TOPIC FIVE

Faith – The First Step to Spiritual Experience

For many, recognition of Baba comes as the intellect begins to understand the depth of the knowledge. The soul that truly recognizes Baba, with love, will never leave.

- Whilst having faith in Drama I realise that karma includes thoughts and attitudes, not just actions. If I am reacting negatively to drama or other souls then I am inviting drama to react negatively.
- One with a faithful intellect will withdraw from any task or individual. The one with faith in the intellect always remains at a distance form waste.
- The faith that I have in others is a result of my vision on them. By fixing my vision on the positivity and purity of others, I am able to help them re-emerge those qualities.

Being the Victorious Soul Through the Faithful Intellect

Do all children consider themselves firm in faith?

It would be a rare one who would not consider himself to have a faithful intellect. If you were to ask someone if they had faith, they would reply that if they did not have faith, how could they be a Brahma Kumar or Brahma Kumari.

Okay, if everyone has firm faith, why then are there only some in the rosary of victory? Can there be a percentage of faith in the intellect? The sign of an intellect that has faith is victory.

Together with Faith in Baba there should also be Faith in the Self

For people of the world, it may appear to be defeat, but they misunderstand a soul who is humble, or who is practicing the lesson of saying yes to others. But because others are saying so, or because the atmosphere does not improve, you start to doubt. You no longer know if it is defeat or victory. Do not have this doubt, remain firm in your faith. A victorious soul will never doubt their actions,

“Am I right or am I wrong?”

Together with faith in Baba there should also be faith in the self.

The power of thought is very clean in the mind of a victorious one, judgments for the self or others, whether it be yes or no, will be easy, truthful and clear. This is why there will not be any confusion. The sign of a faithful intellect is that, because judgment is truthful, there will not be even a little confusion in the mind. They will always experience pleasure. Even if the circumstances are like fire for them, that fire, that test, will give the experience of the happiness of victory.

An Intellect that has Faith will never Experience Loneliness

An intellect that has faith will never experience loneliness during a task. Even if a victorious soul were alone in something, they would not consider themselves to be such. There will be feeling

‘Baba is with me.’

And compared to Baba, others are nothing. Where there is Baba, there is the whole world. At the time of difficulty there won’t be the question.

‘Baba, you are with me, aren’t you?’

They will never come under a wave of depression or have temporary distaste. To have limited distaste means to retreat, withdrawal. One with a faithful intellect will never withdraw from any task or individual.

The one with faith in the intellect always remains at a distance from waste. Whether it is waste thoughts, waste words, or waste action. To move away from waste means to be victorious. It is because of waste that there is sometimes defeat and sometimes victory.

One with Faith in the Intellect always Speaks the Truth

Some have faith in the intellect in knowing, some in believing, and some in being. Everyone believes that we have found God – we belong to God. To believe and to know is the same thing, but in being you become numberwise. At every step the signs of being victorious should be visible, in a practical form. Because there is a difference in this, there is a number. An intellect with faith is the ladder to becoming free from attachment.

FORMING A

FOUNDATION FOR FAITH

After you have started to follow the Brahmin lifestyle and have increasingly deep realizations on the benefits of the principles, the knowledge and yoga, then you also have formed the basis for a growth in faith.

To have faith means:

- To have total trust
- To have unquestioning confidence
- To be without doubt
- To have complete loyalty

There are two types of faith, one connected with the feelings of the mind and the other with the understanding of the intellect. In Hindi there are two words of faith which identify these types.

Bhavna – the faith of love and devotion.

- This is the faith of the path of Bhakti.
- A bhagat is one who has blind faith of bhakti.

Nischay – the faith in the intellect.

- This is the faith based on understanding and realisation,
- and through that one derives experiences that
- strengthen the faith even further

Souls that come to Baba have all Types of Faith.

There needs to be a balance of both types of faith. Some souls come, and even though they understand, they leave. This is because, where there is faith that has developed through the intellect (nischay) alone, there are many factors that can pollute the understanding and cloud the consciousness, so then the soul begins to question its faith.

The faith of pure love (bhavna) is an intrinsic quality of the soul. Faith is always there, and when the memory is awakened, the soul intuitively recognises God, and the truth, and is drawn to Baba without question. In fact our love and devotion is not blind, but is based on our recognition of Baba.

For many, the recognition of Baba comes as the intellect begins to understand the depth of the knowledge. The soul that truly recognizes Baba, with love, will never leave.

Faith in Baba,

Drama, Family and Self

Faith in Baba

*Spiritual intoxication is
the mirror of faith.*

*Faith will not just be intellectual;
the soul will be able to experience it
in the clear spiritual intoxication
at every step of its actions.*

*Others will experience that this is
living gyan and yoga;
it is not only for listening or speaking,
it is for creating a life.*

Faith in Baba is recognising and accepting Baba, as He is, and recognising and accepting the part He is now playing. This implies faith in gyan – an appreciation of each jewel of knowledge that Baba reveals. I get to know Baba through my relationships with Him, and I have faith in each and every relationship. I can test each relationship and through experience become firm in the faith that this is God. Faith in Baba also implies faith in

Baba's instruments. With the understanding that Baba is

"The One who makes others do"
(Karankaravanhar)

One has the faith that Baba is using instrumental souls to reveal Himself and to fulfil the task of transformation and establishment.

For many, faith in Baba is something that grows slowly.

Faith in the Drama

Faith in Drama is an extension of faith in Baba and faith in Gyan. As I understand the cycle, I realise that it is only now, in the Confluence Age, that I can make efforts based on absolute knowledge from God himself. The efforts I make now will be the efforts I make every cycle. Therefore, to get the best result each cycle, I have to put in the best efforts I can, now. The reality is that it is now or never!

*Faith in drama is developed when
I understand that
not only are both Drama and
Karma accurate
but they are beneficial.
Every scene teaches me,
but more than this, I see
each scene positively.*

By becoming Baba's child, Baba accepts responsibility for my karma. Not only is Baba the benefactor, but drama is the benefactor too.

Faith in drama allows me to appreciate each scene of drama now. Every scene that occurs in the Confluence Age has significance. By having a broad intellect one can become an observer of the drama, while keeping Baba as my companion. I can observe a wider perspective to be able to see why each scene has to take place and what it is teaching me. Drama is going to help settle the karmic accounts I cannot settle through my own efforts.

Faith in the Family

As I develop faith in myself, realising that Baba is showing me the path to perfection, I experience self-satisfaction or contentment. As much as I am satisfied within myself, I am also able to satisfy others, as well, nothing others do can dissatisfy me or bring me down.

*The faith that I have in others
is a result of my vision on them.*

*By fixing my vision on the positivity
and purity of others,
I am able to help them re-emerge
those qualities.*

An important realisation is that the relationships I have at this time will determine my relationships for the whole cycle. The Brahmin souls are going to be the deity souls of the future, all are making effort to emerge those sanskaras. Faith in the family through a positive outlook of good wishes for others creates harmony and unity.

Faith in the Self

*Just as, through experience,
I discover Baba's qualities,
I also discover that I really am
what He says I am
I am a child of God.
I had my first births in Satyug.
I am becoming a deity.
I am becoming pure.*

These types of feelings are a question of faith and not merely awareness, because I am not creating them, but simply re-emerging them. I am re-emerging my own original divine state. When I have faith in Baba and what He says, I will have faith in myself. By following Baba's directions there will automatically be faith in myself. Shrimat will provide the protection from gross negative influences and will allow the soul to explore gyan in the optimum conditions for the highest achievements. As the soul experiences the benefits and powers gained, this self-confidence becomes the basis for growing faith that leads to greater victories in the many tests and obstacles that come. When I have faith in Baba and faith in myself, Baba will have faith in me.

Realising Faith in the Self

Faith in the intellect means intoxicating happiness in life. The intoxication will be visible from the sparkle of happiness on their face. It will be seen in their behaviour. The proof of faith is intoxication and the proof of intoxication is happiness.

There are four types of intoxication -:

*Intoxication of which soul you are.
Intoxication of the unique spiritual life
of the Confluence Age.
Intoxication of the Angelic stage,*

*“What is meant by an angel?”
Intoxication of the future.
Any one of them will make you
dance with happiness.
The old world may be forgotten but
sanskars cannot be forgotten.
So the methods of transformation of sanskaras
is to be the corporeal embodiment
of these four types of intoxication.
Now let each intoxication come into life*

Bapdada

Brahmins suffer most from lack of faith in the self. Sometimes the soul questions whether they are a Brahmin, a deity soul. The state of mind is dangerous, because the doors are open for the soul to fall back into the old world. There comes a time when I realise the sanskaras I have are far deeper than I thought. If effort is made to change and it is unsuccessful, sometimes the question arises,

“Is it possible to ever remove that sanskar?”

Such feelings of hopelessness can distance the soul from Baba.

We must be realistic and appreciate the depth of our sanskaras; that we have had and depended upon for a very long time. It is going to take a huge amount of hope, courage and effort to finish them. When negative sanskaras emerge, they come as a signal to let me know how deep they are, and how much effort I need to make. The Dadis have been making such powerful efforts for 50 years and only now are they nearing their karmateet stage. So, I can realise how much care and attention I must have, in the time that I have.

Appreciating the beauty of Baba and all souls, including myself

Some sanskaras change immediately. When I realise how much harm they are creating, others require constant attention. Most sanskaras are changed gradually. The roughness is worn down by a constant flow of gyan and yoga. I should realise the value of continuity. My attitudes are very important. Whilst having faith in Drama I realise

that karma includes thoughts and attitudes, not just actions.

*If I am reacting negatively to
drama or other souls,
then I am inviting drama to
react negatively to me.
When I appreciate the beauty of Baba,
Drama, and all souls (including myself),
I will draw the positive towards myself.*

Our effort to remove body consciousness is something so challenging that Baba tirelessly has to remind us again and again. Baba has complete faith and hope in me. Other Brahmins also have so much faith in me. The family has an enormous amount of forgiveness to be able to forget and still offer a gentle hand of help and love. The essence for developing complete faith is my relationship with Baba. In moments of silence, I must give priority to being with Baba and getting to know Him.

Murli references

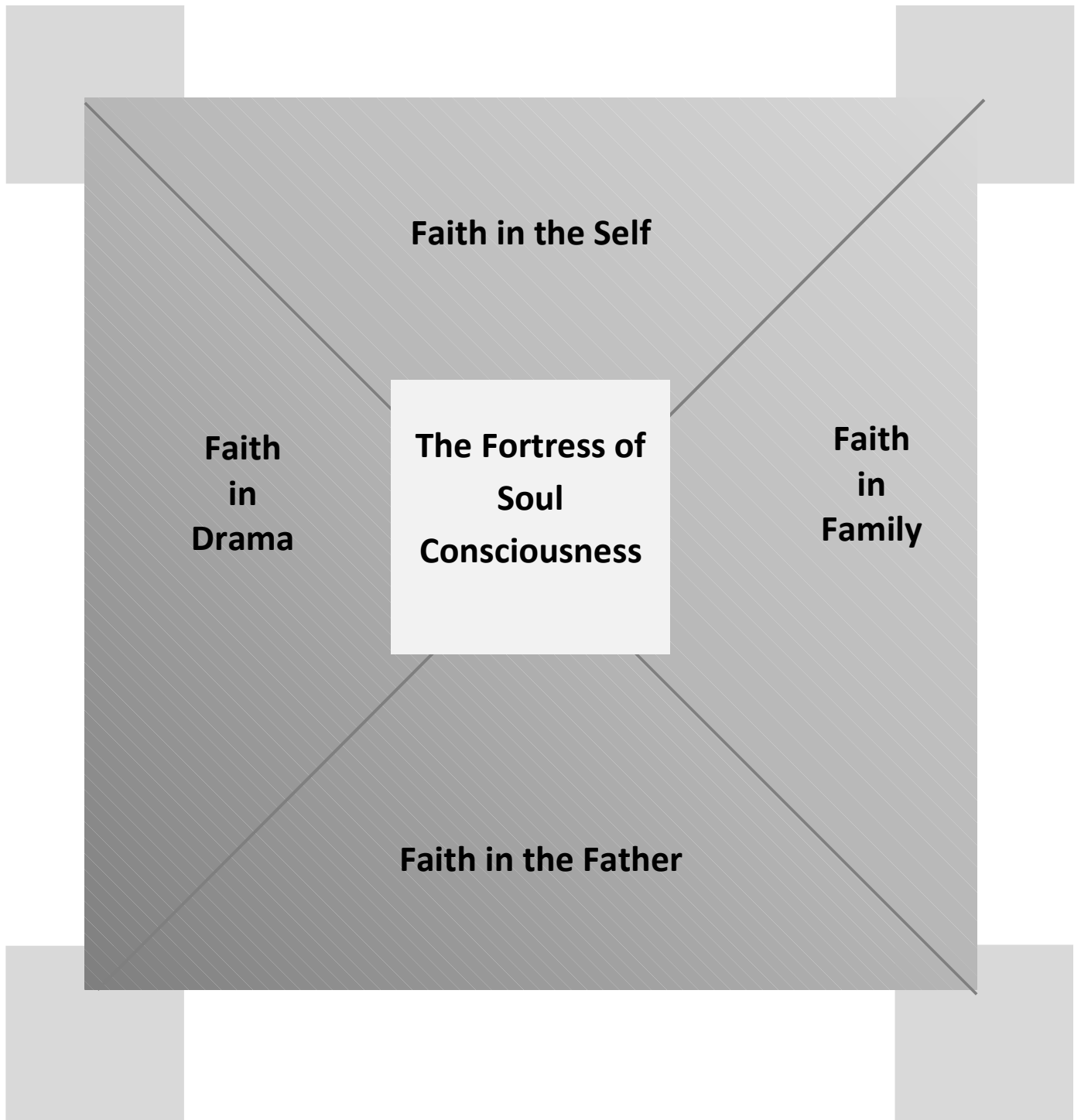
*03/10/83, 18/03/85, 25/11/85, 27/11/85,
27/12/88*

DIARY FOR INCREASING YOUR FAITH

Check for one week the following topics. Explore in writing your experiences and understanding of the following:

- 1. *Spiritual intoxication***
- 2. *Feeling of being carefree***
- 3. *Contentment***
- 4. *Feelings of self-respect and self confidence***
- 5. *Loving detachment***
- 6. *Humility and creativity***
- 7. *Broad-mindedness***
- 8. *Effortless spiritual success***
- 9. *No desire for the self***
- 10. *Surrender to Baba***
- 11. *Obedience***
- 12. *The feeling of being an instrument***
- 13. *No doubts about the fortune of this life and the self***
- 14. *No doubts in relationships with Baba and the family***
- 15. *A constant stable stage, that doesn't fluctuate according to circumstances***
- 16. *A stage established on the basis of gyan and yoga***
- 17. *The soul sees benefit in all situations***
- 18. *The soul is never deceived***
- 19. *Circumstances can be transformed on the basis of the elevated consciousness and the blessings and inheritance received from Baba.***
- 20. *Freedom from attachment***

**MAKING THE FOUNDATION STRONG
ON ALL FOUR SIDES**



PART 5

Recognising the Stages of Raj Yoga

*If so many of you begin to circle around like angels, then what will happen?
 Everyone's attention will automatically be drawn.
 So now together with the corporeal form,
 It is essential to serve in the subtle form.
 In the early morning hours of Nectar,
 You become detached from your body and your circle around in this way.*

Bapdada

TOPIC ONE

Being an Angel

When angels have been remembered it has been in memory of their lightness. Always bring this subtle consciousness in you. The consciousness is that "I a Brahmin am going to become an angel."

- Your angelic form will be visible all around and there will be the sound emerging, "Who are these beings?"
- When I have the consciousness that I am an incorporeal soul and not the physical body, others begin to notice. It's not that the body becomes invisible *but they will feel that it is subtle, made of light*. When there is the experience of all the preceding stages, the soul is able to stay in the angelic stage.

What are the Qualities or Wings of an Angel?

Baba's children are the servers who have to help, and if we try to help just in human form it is limited.

How much can you do?

Looking at it on a human scale the problems seem enormous. Human beings cannot help. So, Baba is training us to be Angels.

How is it that we become Angels?

What are the wings that Angels have?

It starts with gyan and yoga and then gyan becomes something else. When I first come to Baba, Baba gives me knowledge. I then take that knowledge and use it.

But how does knowledge become transformed into the wing of an angel?

An angel doesn't give knowledge. When people have visions of angels, they don't see them giving lectures!

The Transformation of Knowledge to Love

As we listen to gyan, give gyan, think about gyan, it starts to take on a different form and become something else. Yoga can be practiced the same way. Once we are angels we are not sitting in meditation anymore. There is another stage that has been attained as a result of yoga.

And so what is the final manifestation of gyan and what is final manifestation of yoga? They are the "wings" of angels.

When you are training to become an angel you use the wings of gyan and yoga, but when you have become an angel then you have the wings of love and purity. The two qualities people instantly experience from the senior teachers are love and purity. Madhuban is the embodiment of these qualities. The "land of angels" (Paristhan)

How does the practice of yoga bring purity in the soul?

When the soul has had a total deep connection with God, and been cleansed by God through yoga and thus settled all its past accounts, then the stage of purity is attained.

Angels have been remembered because of their lightness. The lightness, what is it? It is not a physical lightness, but the radiance is that sparkle of being free from all karmic accounts which means purity. An angel can only offer protection if it is so completely pure that it can

protect itself from the influence of evil. In the company of senior teacher there is the influence of their purity on you. There is the feeling of being natural and easy, totally light and pure, without any waste thoughts.

The Other Wing of the Angel is the message of God – The Memory of God's Love

What is the message that messengers will share?

There will be the memory of God's love, the feeling of God's love.

What do people experience when they come to take sweets from seniors and 30 seconds drishti?

What is their experience?

Love.

They know it's not human love they are experiencing. There is the feeling that God's love is being shared.

How did these human beings attain such a stage so that others are able to instantly experience God's love through them?

If yoga fulfills itself in a stage of purity, then gyan fulfills itself in a stage of love.

Baba says nectar is sweet, and knowledge is nectar. You enjoy it as you drink it each morning and it is making you become sweet too.

The power of gyan first removes the bitter poison in the soul and has a mellowing influence on the soul. It must be something that you have noticed in your relationships with each other; also, also, that through exchange of spiritual knowledge the relationship has become sweeter and sweeter. So, through the power of gyan, there is such a development of understanding that sweetness comes in. In the final stage of gyan you understand and so you are able to love totally without reservations.

So these are the wings of an angel. Experience them. Become them.

BAPDADA ON ANGELS

Becoming an angel

This will help you to experience your angelic form away from physical consciousness. It makes you play the role of a world server, an

angel in the subtle regions like Brahma Baba, whilst playing your role in this corporeal world and corporeal body. With this subtle consciousness, or consciousness of an angel, you will automatically transform your mundane feelings and mundane way of talking, walking, behavior or sanskaras. If the consciousness is changed everything will change. Therefore, always bring this subtle consciousness in you. The consciousness is that "I am a Brahmin who is going to become an angel." Now bring that consciousness in a practical form.

(22/02/1984)

A Special Plan to Make Service through the Mind more Powerful

When giving visions of your angelic form you should make a special plan to make the service through the mind more powerful. Together with words, it is service through the mind that will enable the message reach very far away. Just as nowadays, flying saucers are seen, so too, your angelic form will be visible all around and there will be the sound emerging,

"Who are these beings who are circling all around"

People will begin to do research into this. They will have visions of you coming down from up above, and they should realize that it is these Brahma Kumars and Kumaris who are giving visions of the angelic form.

You should now create such an upheaval. You should practice taking your subtle body on a tour. At the present time, it is most essential that you practice traveling with your internal subtle body. You should practice this so that everyone is able to see this in a practical form and everyone comes together. Others should experience that, "These are the same angels who came to us." They should start searching around for these angels.

If so many of you all begin to circle around like angels, then what will happen? Everyone's attention will automatically be drawn. So now, together with the corporeal form, it is essential to serve in the subtle form. In the early morning hours of Nectar, you should become detached from your body and you should circle around in this way.

16 Points for Becoming an Angel

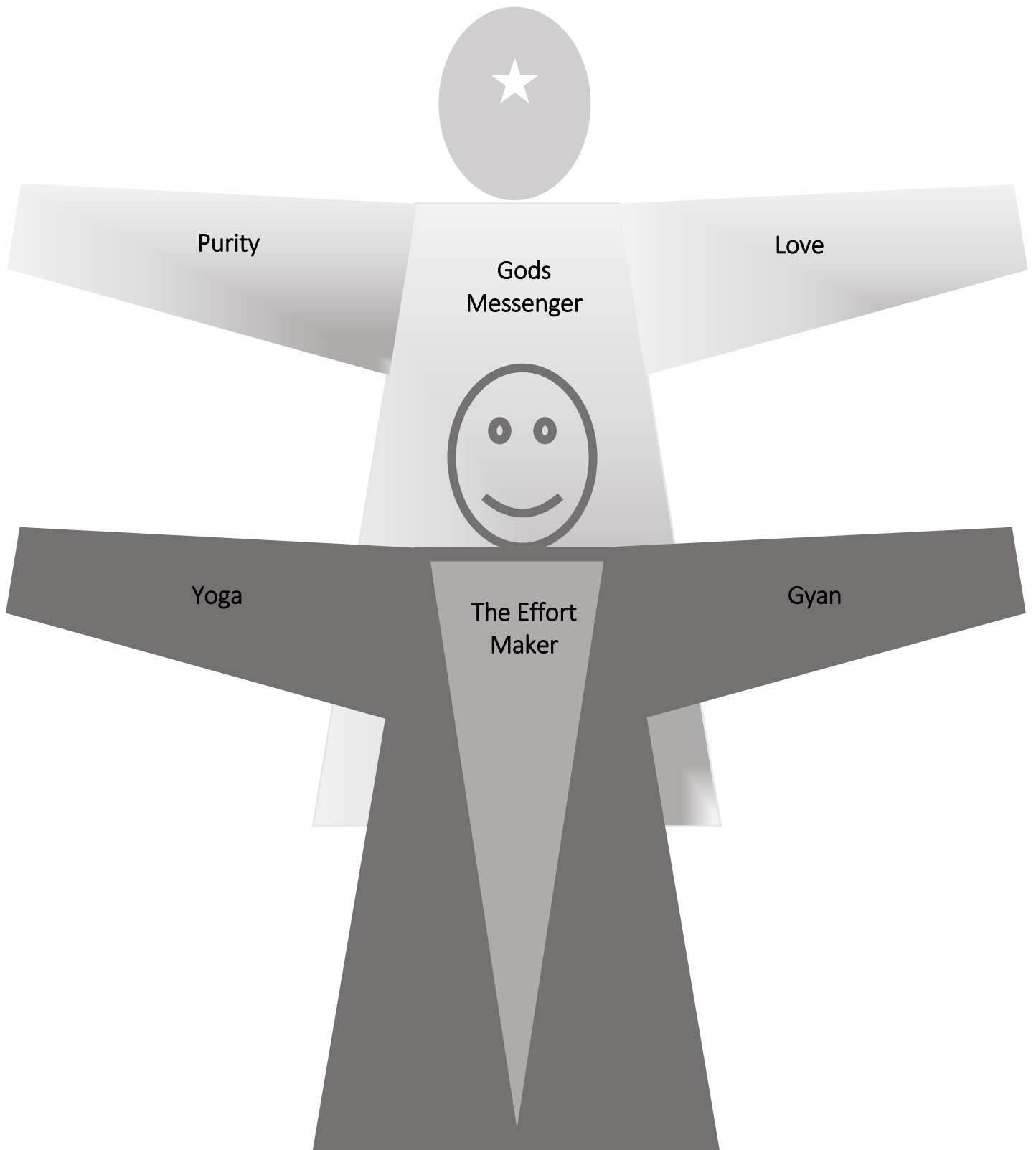
- 1. An angel is one who has no attachment or attraction to bodily beings or anything of this world – lokik or alokik.*
- 2. Is an embodiment of all the powers.*
- 3. Is bondage less. Has no bondages of this world at all.*
- 4. One who is quiet internally and externally. Silent when walking, moving quietly... The one called an angel will have all actions smooth, quiet and controlled.*
- 5. One who is immortal, has conquered the fear of death – has the consciousness that death is just like molting, leaves the body in silence.*
- 6. One who always gives visions away. All their actions are worth praise and reflection.*
- 7. Is not drawn by any physical sense at all, because they are experiencing going deep into the soul and getting all from Baba.*
- 8. Is one who conquers sleep. By sleeping too much, one can never become an angel. Brahma Baba never slept long or deeply – he had just light rest.*
- 9. One who remains satisfied with themselves and, with their thoughts, words and actions, satisfies others.*
- 10. Is a support and protector of all souls. All feel this is my support.*
- 11. One who has no bones and flesh. Made only of light. Feels detached and light, different from other ordinary human beings.*
- 12. Is free from limitations of different barriers of the world – colour, culture, language...*
- 13. One who speaks only one language. Silence. Knows only One, talks of only one and this leads to unity.*
- 14. Is a bestower of blessings, whatever is spoken brings peace and happiness to others.*
- 15. Is very, very loving. Detached – but very loveful.*
- 16. Is unshakeable, firm, determined. No power on earth, no obstacle can move them or make their stage go down.*

BECOMING AN ANGEL

CHECK THESE POINTS FOR A WEEK OR A MONTH. USE AS AN EVENING CHART.

1. Did you meet with Bapdada, study and practice concentration from 4am to 8am and practice the angelic form from 4-8pm?
2. Did you sit every evening in special meditation?
3. Did you speak less, in a low tone and with sweetness?
4. Did you practice seeing in each soul its original eternal divine nature and the pure form of its sanskaras?
5. Did you renounce physical and subtle laziness and carelessness?
6. Did you give up begging for 'Praise and Glory' and renounce 'mine and yours'. Were you beyond the knowledge of desires?
7. Were you satisfied with the self and did you satisfy others in the Godly family on the basis of the bond of spiritual love?
8. Did you continue to strengthen self-confidence, which is the greatest power to progress; and never be disheartened in efforts?
9. Did you make Bapdada the companion of every moment during meals and snacks?
10. Did you protect the self from committing the great sins of defaming someone, guessing about someone's faults, criticizing others and giving suffering?
11. Did you create a pool of peace by truth in your actions and by inner calmness?
12. Did you practice for at least one minute in each hour the stage of being bodiless? Did you remain stable in the stage of being a witness, by making Bapdada the constant companion?
13. Did you say, under all circumstances, at least a few words of gyan to each soul who came in front of you and saw them with soul-conscious vision?
14. Did you increase your churning power during the day, so that the treasure of time and the power of thought was not wasted?
15. Did you continue to promote world service by giving it the wings of enthusiasm and courage?
16. Did you bind the family in the bond of unity by giving everyone in the Godly family regard through mind, words and actions?

Baba is Training Us to be Angels



*If the soul has real love
and the desire to meet Him
They will get up early in the morning to sit in meditation,
Become the embodiment of soul consciousness and
have a conversion with Him.*

Bapdada

TOPIC TWO

The Subtle Stage

Think about the whole sky, how the stars hang, how the moon transforms the sun's heat into cool white rays. When I think like this I can begin to feel independent and detached from the earth.

If I have not seen Him yet, how do I know where to start?

When the mind goes into the depth of any thought it reflects on the intellect. This is neither creating nor visualizing or using words, it is not necessary. The process is natural, initially no picture will come into the intellect, but with attention things begin to happen.

How to Meet Baba in the Subtle Regions

Baba says, "Come and meet me in the subtle world."

In the subtle world there is no time limit, no bondage. There it is easy to see Baba and talk to Him. But, if I have not seen Him yet, how do I know where to start?

How can I lead the mind into the subtle regions? The intellect is so sensitive; it requires some material object for concentration. However –

*If I take objects which are here, they are
made up of the five elements,
which at this time in the cycle are impure.
But far away from the earth are many
objects which are untouched
by the 5 vices.
The sun, the moon, the moon, the stars...
Think about the whole sky,
how the stars hang,
how the moon transforms the sun's*

*heat into cool white rays.
As I think like this I can begin to feel
independent and detached from the earth.
Now emerge the knowledge;
"Baba says that beyond the sun, moon
and stars is the subtle world."*

Going to the Subtle World and Talking to Baba

I lead myself into the subtle regions by going through the thoughts above and after putting before Him my life story, surrendering it to Him, then I put before Him my whole chart of self-effort together with any problems I may have.

The problem can be of any kind

The problem that:

- I am not convinced about something
- I cannot understand a murli point
- I am having difficulty with an old sanskar or another soul.
- I need some advice about service

Taking My Intellect Elsewhere to Share with Baba

I can give such problems to Him. When I go into the depth of any kind of thought it will reflect on my intellect, and the picture of the thought comes naturally into the mind. So although the eyes may be open during yoga they are not working, and the gross world is not being recorded by the mind. My intellect in this way goes elsewhere to share with Baba.

Baba explained on the 2/2/69 that,

*If a soul has real love and the desire
to meet Him they will get up early
in the morning to sit in meditation,
become the embodiment of
soul consciousness
and have a
conversion with Him.*

*Those who maintain soul consciousness
(hourly chart) throughout the whole day
will become the embodiment of it
the next morning and can easily have
a conversation with Baba, face to face.*

**Murli Reference Being an Angel, Double
Light, The Subtle regions.**

21/1/69, 23/1/69, 25/1/69, 19/7/69, 24/7/69,
28/9/69, 3/10/69, 16/10/69, 20/10/69, 4/7/71,
25/7/77, 28/1/80, 6/2/80, 13/2/81, 13/3/81,
20/7/81, 17/10/81, 22/4/82, 27/12/82, 6/1/83,
3/4/83, 3/10/83, 28/11/83, 12/12/83, 22/2/84,
24/2/84, 18/1/86, 7/3/86, 9/4/86, 14/7/86, 1/9/86,
5/10/87, 17/10/87, 21/10/87, 25/10/87, 2/11/87,
22/11/87.

How can I see Baba in the Subtle World?

If the intellect welcomes any thought, it will go into the depth of it. Naturally, it will create the picture, so its up to us which thoughts we choose. In this way we can go into the depth of the Angelic form. As the mind goes into the depth of any thought it reflects on the intellect. This is not the process of creating, visualizing or using words. The process is natural. Initially no picture will come into the intellect, but with attention things begin to happen. Don't expect immediate results, we are not looking for temporary achievements but long term gains.

Baba explained that, to whatever degree we are detached from body consciousness, to that extent we are able to stay in soul consciousness. The third eye of the pure intellect acts as a telescope and we can see the form and qualities of the soul before us, in the same way we can see the incorporeal world. Baba has mentioned that when we are soul conscious the third eye acts as a projector. The thoughts are slides and they come before the light of the pure intellect. The purer the intellect, the brighter the light and so the clearer the picture. The speed of the thoughts needs to be reduced so that we can see them clearly. Baba has described the subtle regions to us, so all we have to do is see for ourselves. There is no need to create anything, we are just focusing and then looking at Baba.

RESEARCH ON THE SUBTLE REGIONS

NOW BEGIN THE RESEARCH, ASK THE FOLLOWING QUESTIONS AND CLARIFY THEM.

What is the subtle regions made of?

Cool, white, moon-like light.

Who is there?

The soul of Brahma Baba.

What does He look like?

The body, an angelic form made of light

How did Brahma Baba reach there?

The soul came from the incorporeal world as a clean, pure, white star,
It occupied many bodies and in the final birth settled all accounts.
I, too, came from the same place, had many bodies and now have to go back home.

What is Brahma's role in the subtle regions?

Brahma Baba's gross accounts are settled and only the subtle accounts still exist – subtle sanskaras. Brahma Baba achieved his karmateet stage by sacrificing his body, wealth and intellect to Shiv Baba.

While doing each action he takes Shiv Baba's directions and keeps a constant relationship with Him.

I have to follow his example. What is he doing there? Shiv Baba and Brahma Baba are working together through this subtle form to purify the world.

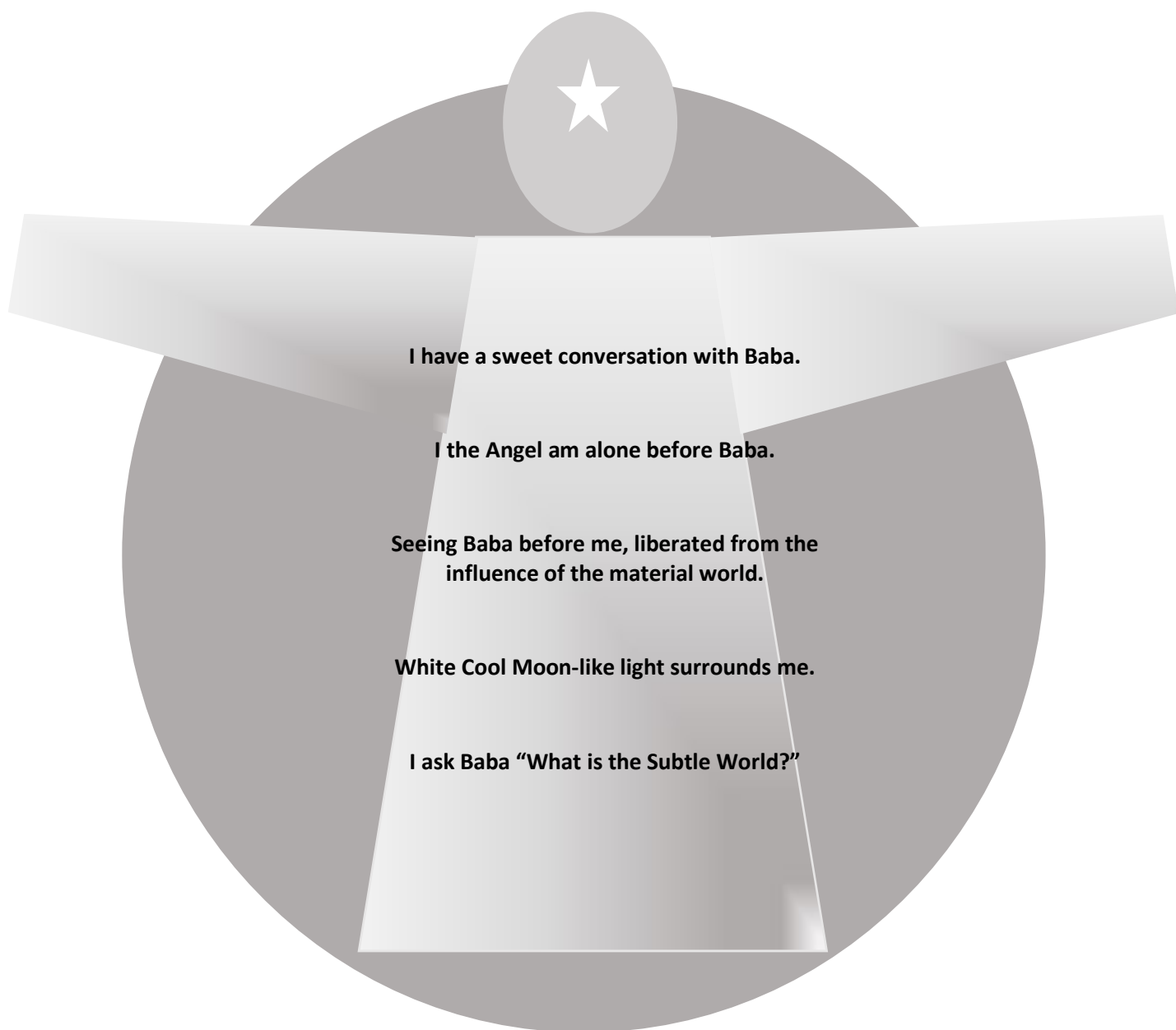
What is the angelic form?

It is a reflection of sanskaras. If the soul carries divine sanskaras we call it an angel (very attractive), if there are impure sanskaras the soul is like a ghost (evil). If I leave my body today and my sanskaras are pure, my form is more attractive than the physical form. Sakar Baba was very old and when he left the body and his physical form was not so attractive, but his sanskaras were young and fresh so souls were attracted to him.

Up to the subtle world we have full consciousness of our physical body and the material world.

When we leave for the soul world, the soul becomes just a point of light carrying nothing. Everything has become merged and the past is forgotten. So it is in the subtle world that we finish our accounts. This is why Dharamrajpur is there – all our subtle sanskaras must be clarified there, before we can return home.

Stages to the Subtle World



I have a sweet conversation with Baba.

I the Angel am alone before Baba.

**Seeing Baba before me, liberated from the
influence of the material world.**

White Cool Moon-like light surrounds me.

I ask Baba "What is the Subtle World?"

EXPLORATORY QUESTIONS

A Vision of Our Complete Form

What future do we want to create for ourselves?

By creating a powerful mental image or vision of our future form we can help ourselves to achieve this aim. The image reflects what we care about most, it is an expression of what the future will look like when we get there. It will be in harmony with, what qualities and virtues we think are most important, and the specialty we have identified in ourselves. In a vision our head and heart work together. It is based on the present but focuses on the future. The vision becomes the image of what we wish to create, and becomes a major reference point when we are making decisions and plans.

The tension of the difference of the image of the desired future with today's reality is what creates the force needed to bring change. The more powerful the vision the greater influence it has on reality. It is important that a sense of the present as well as the future is present in the image.

My Vision of My Complete Form

- An image of where we see ourselves going.
- A picture of what we are intending to create in our future.
- An answer to the questions, "What would I really like my future to be?"

Having a powerful mental image of your future becomes a guide at times when all other directions are gone. It extends and challenges you constantly. It is created from the most fundamental qualities and specialties which you have detected in yourself, and also an awareness of the world as it exists at present. It keeps your feelings and thoughts directed and purposeful. By starting with an image of the complete form you then feel inspired to transform present circumstances, so that they make room for the attainment of your vision. It is almost as if you work backwards as you try to plan the steps which could lead to the attainment of such a future.

Creating a Vision of Excellence

Creating such a vision allows you first to expand your thinking, and then to contract in and concentrate on how to accomplish the vision.

Expansion

The first step makes your mind available to new possibilities and ways of thinking. It brings together in the mind ideas, situations, circumstances, which are normally not connected. A quick exercise which reflects this is to ask:

Q What is an issue which is very important to me at the moment?

Write down any ideas that come to mind as a way of solving or coping with this. Any suggestion, not just the obvious one.

Contraction and Concentration

The second step allows for thoughts to contract in and concentrate, then it is possible to analyse the effect of actions and plans for bringing changes to make such a future is possible. Continuing with the above exercise:

Q From the ideas collected above look over them and ask yourself:

What is one overall image that combines all these ideas into one?

Using the Mind to Create the Future

The mind is very powerful, it can effect our health and happiness almost immediately, just by the kinds of thoughts that are being used. Vision can be experienced in different ways; it can be a feeling, an image, a thought or just a sense of existence. We have a high aim and then we learn to live it.

*I am also pure like my Father
He is also the ocean of knowledge, love, power.....etc.
As I take each quality, clarify it and recognize it in me.....
When I can experience this, my original form
I like Baba am in the seed stage
The mind and sanskaras naturally stop.*

Bapdada

TOPIC THREE

The Seed Stage

An exchange of light is going on and the powerful waves from Baba are burning away my past sanskaras, just like the sun shining through the magnifying glass can burn paper

- Beyond that there is the highest stage - the dot, the soul. Then we experience total dead silence. At that time there is only the soul - the mind, intellect and sanskaras are merged. We fully experience the sweetness of the Ocean.
- Just as when someone belongs to a place, they don't need to make efforts to remember that place. In the same way there will automatically be the consciousness "I am a resident of Paramdham"
- How can I recognize the incorporeal stage? The effect of such a mind is easily recognisable; it will affect the atmosphere all around. Just as it is said that the saints could tame wild animals around them, in the same way this powerful stage will tame the atmosphere. With such a stage you will be able to benefit the world and purify nature.

The subtle world has now been created now for Shiv Baba to work with Brahma Baba through his subtle form. In order to travel to the incorporeal world we need to become a dot, so we leave everything with Baba in the subtle world. Any

Questions, problems or defects should finish there and we are free to fly home.

What Process Do I use To Develop The Experience of the Subtle World?

The process experienced is not churning, because when there is churning the brain is used. An exchange of light is going on and the powerful waves from Baba are burning away my past sanskaras. As the sun shining through a magnifying glass burns paper, so Baba shining through my focused intellect can burn the past away. The rigid sanskaras are being melted in the extreme 'heat'. As I keep attention on myself, the nearer and nearer I come to Baba, until one day I make contact with Him "as He is". That day all effort will be finished. I will have achieved my aim.

All Relations with One- The Seed Stage

Baba often says, "Very few children see Me as I truly am, and have accurate yoga. To know Me as I truly am means to seek the dot, to recognise the Ocean of Knowledge, all His attributes, the official relationship of Teacher and the informal relationship of Father and to receive salvation from the Satguru."

When we experience peace and powers then we have accurate remembrance, that is all relations with One. This is the 'Bindu rup' stage i.e. the seed stage for long periods of time. Only when there is no trace of bodily relations do we experience all relations with Baba.

In this stage-

- We go beyond the physical and subtle stages
- The experience is very powerful
- All extensions merge and we go back into the essence

- We experience all the powers
- We experience being bodiless and that we are residents of Paramdham
- We go beyond the world of the body and the bondages of the body
- The knowledge of the whole of creation merges in the self. The soul is filled with total knowledge.

Yoga can have Three different stages

1. The yoga that we have whilst moving, walking and talking - Karma Yoga
2. Conversation with Baba
3. The stage of the seed, by which sins are destroyed.

To experience the seed form, it is necessary to have practice. There must first be the desire to awaken easily and sit in remembrance. By this desire all other weak thoughts are destroyed. In this stage we go beyond our body, but even more the soul becomes free from burden of the mind, intellect and sanskaras. All three come under control, they become one.

Beyond that stage there is the highest stage- the dot, the soul. Then we experience total dead silence. At that time there is only the soul -mind, intellect, sanskaras are merged. We experience the sweetness of the Ocean.

The Essence of the Seed Form Stage

Firstly seed form means to be completely overflowing with knowledge, virtues and power. Secondly, it means to be equal with Baba. When there is equality and completion with Baba then there is practical experience of the seed form stage.

We have to pay attention to our efforts before we become fixed in this stage. We must first check if I understood the knowledge properly, am practicing the virtues and am keeping the intellect linked with the Supreme and taking power. If the soul is not making these efforts then there will be no benefit.

The first aim should be to fulfill the self. To do this we must pay attention to:

1. The total time table.
2. Check there is no burden of waste words or thoughts, to create the stage of double light (and weightlessness) filled with purity and knowledge.

3. Practice creating pure thoughts. This is important. If we don't have meditation and
4. Create pure thoughts, then we cannot experience being lost in the Ocean of Love.

The Experience Of The Seed Form

- There is no need to create thought; there is the experience of being the embodiment. Usually in the beginning it may be necessary to repeat "I am the soul, God the Supreme is my Father" Then gradually become the form of this.
- At that time there is no weakness or short-coming.
- No attraction to the world of the body or the body itself. There is ignorance of the vices. No conscious thought "I am a body" or "I am not a body."
- Ignorance of what it is to forget because you have become the form of the soul. Only then will soul-consciousness emerge.
- Just as when someone belongs to a place, they don't need to make efforts to remember that place; it is natural to remember. In the same way there will automatically be the consciousness "I am a resident of Paramdham."
- It is as if I am the light and might.
- There will be the experience that, just as Baba is the World Benefactor, I am the same together with Him.
- The experience of being equal with Baba and being equal with Him in His work. The experience of being full and complete in all things
- All the specialties will be there in an emerged form. In particular the experience of peace, power and bliss.
- The stage is as if I am totally above, Not just detached but beyond things here.
- After the experience of this stage when the soul comes down, it seems as if I have incarnated from Paramdham. That I am only taking this body on loan.
- The stage of detachment of the observer/ the onlooker, beyond and above.
- The experience of one second will remain for a long period of time. Even without effort the soul will be drawn to that stage again and again. If you have this stage in the morning, the effect will last the whole day. There is no struggle. Just as morning class lays the foundation of activity of a Brahmin, so too the seed stage is the foundation of an angel.

How Do We Recognize This Stage?

What is the recognition at this stage? The effect of such a state of mind will affect the whole atmosphere all around. Just as it is said the saints could tame the animals around them, in the same way this powerful stage will definitely have an effect all around. By such a stage you will be able to benefit the world. By this stage you can purify nature.

Special Points To Experience This Stage

1. Introversion
2. Practice controlling waste thoughts
3. Whatever step is taken-before that consult shrimat. If every step is according to Supreme directions it is easy to experience the seed stage.
4. It is necessary to have extreme distaste and detachment, so then in a second it is easy to go beyond the body and consciousness of the body.
5. The line of the intellect must be absolutely clear. If there is any interference connection will not be made.
6. Remembrance must be unadulterated. No attachment or attraction towards anyone or anything, otherwise this bondage pulls you down and the soul becomes disheartened, and it becomes difficult to be in constant yogi.

Maintaining a Constant Link With Baba

After a long time I experience Baba as my constant companion. Once I reach this stage, then the long process of going into the corporeal stage is no longer necessary. Instead, all I need to do is to sit in meditation, detach and Baba is with me.

There is no distance, although up until this point I was a traveller. I was travelling with my mind but this is the stage of an effort maker. Now the whole process of travel has finished, the aim is achieved, the only need is to maintain a constant link with Baba.

Baba said that in each thought and action we expect success, but we don't get it even though the almighty Father is with us, because a powerless thought never brings a result. A thought is a seed

and to make the seed powerful we need to connect with the Seed Father. Once I am connected I can be

charged with all powers and my thoughts will bring 100% success.

How To Stay In The Seed Stage

Come to the subtle world; take help from Brahma Baba and Shiv Baba. Make round trips from the soul world to the subtle world and back. We may feel it is difficult because we have not seen Brahma Baba, but actually it is just a question of emerging that stage. It may take 50 years or 10 days. With sincere and honest efforts I can connect within days. This is where the hourly chart and regular practice of sitting and travelling to the incorporeal world and back will help. As my intellect clears, slowly the picture will emerge. Just keep repeating the process without expecting any experience to begin with. Expectation causes tension and stops us moving forward. Gradually I will begin to experience.

Two Essential Qualities For Progress

Firstly I need 100% faith that the Supreme Father is mine and although Baba shows me the way I have to make the efforts

Secondly, I need to be patient. We tire if we expect quick results. Baba says "Be tireless." I can only go deep into experience in yoga when I begin to clean the intellect and burn the past.

Murli References

SEED STAGE

25/1/69, 10/4/69, 26/6/69, 20/10/69, 25/12/69, 24/7/70, 9/4/71, 15/8/77, 9/4/79, 26/11/79, 17/12/79, 12/1/80, 3/11/81, 13/11/81, 8/2/82, 15/2/82, 14/3/82, 27/3/82, 10/5/82, 11/4/83, 23/12/83, 12/1/84, 16/1/85, 16/2/85, 15/3/85, 7/3/86, 8/2/87, 10/1/88, 14/1/88, 16/2/88, 19/3/88.

BODILESS AND INCORPOREAL STAGES

17/4/69, 20/8/71, 9/4/79, 26/11/79, 19/3/79, 20/1/84, 7/11/86

How to Travel to the Home and Experience Seed Stage

Once I am detached from the body I can begin to ask questions;

What is this region made of? Red golden light.

Who is here? The Supreme Father

What does He look like?a cool white sun.....star

I have taken many lives and have lost all my powers. I come home to be charged with all the powers from my Eternal Father who is always, full of all powers and qualities.

What are His qualities? ... He is the Ocean of purity...

What is purity?...Light. See how much light He gives-

The cool vibrations are showering me.

I am also pure like my Father.

He is also the Ocean of knowledge, love, power..

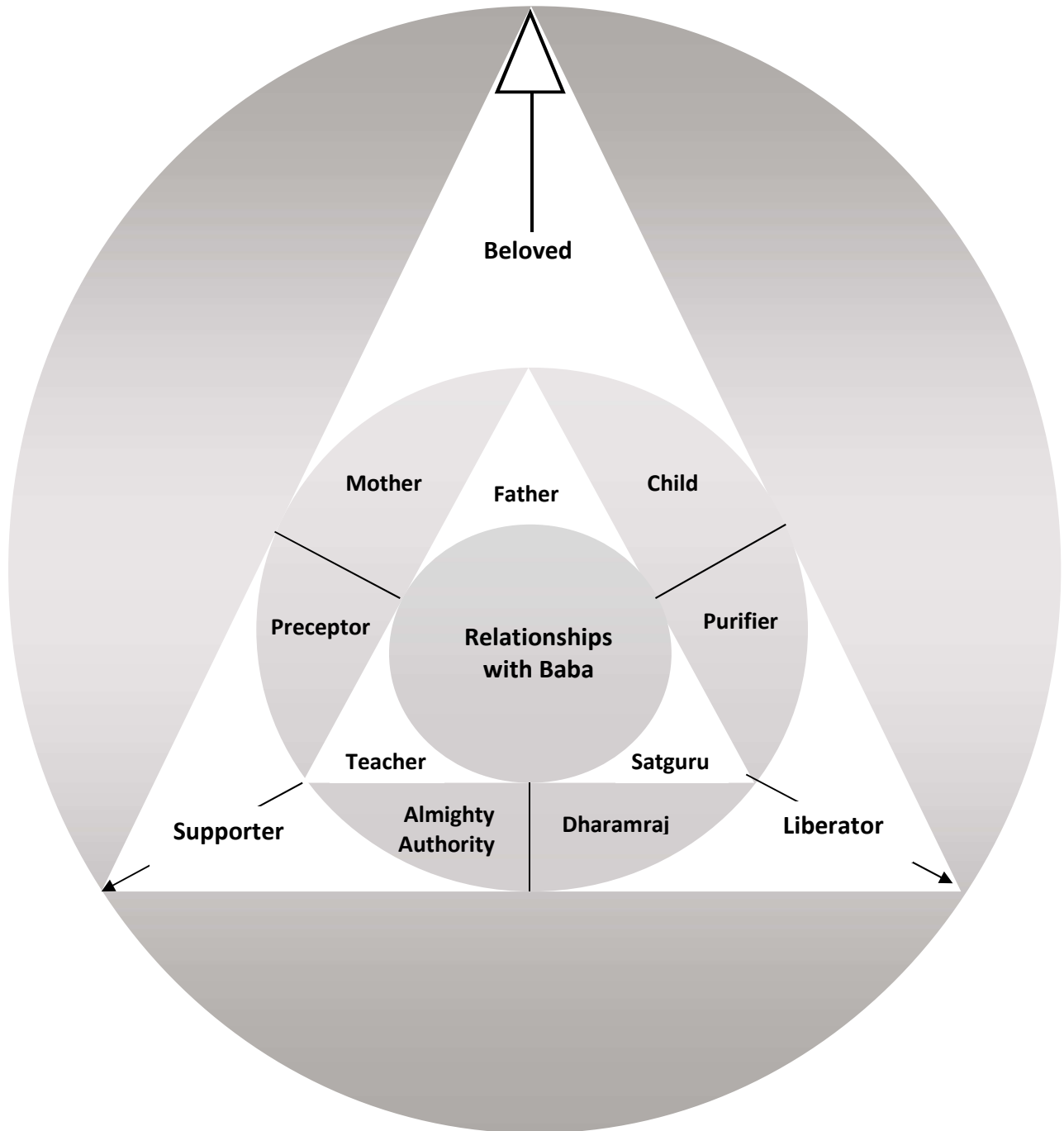
As I take each quality, clarify it and recognize it in me.....

When I can experience this, my original form,

I, like Baba am in the seed stage.

The mind and sanskaras naturally stop

ALL RELATIONSHIPS WITH ONE



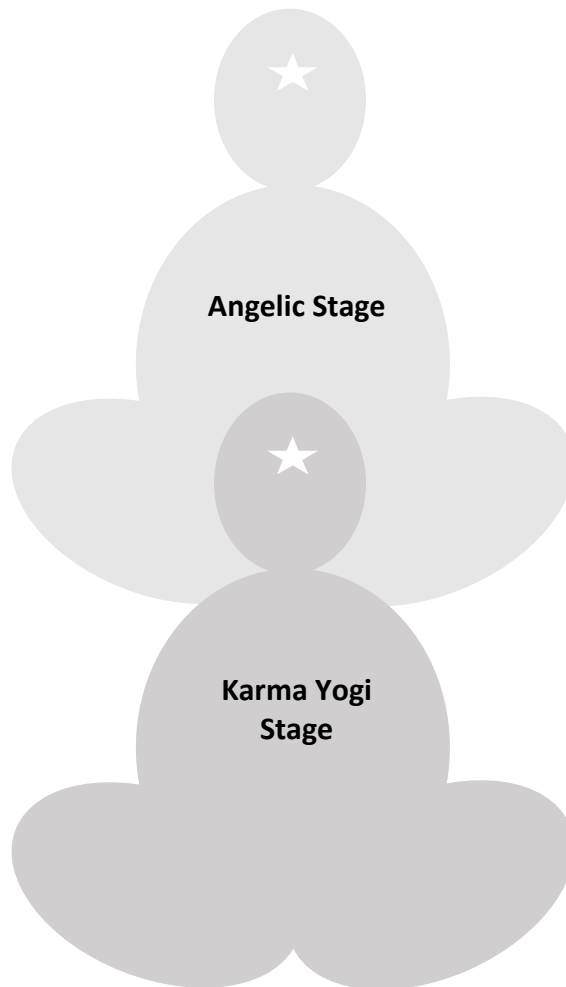
The Three Stages of Yoga



Baba



Seed Stage – Equality with Baba



EXPLORATORY QUESTIONS

Creating a Vision of your Seed Stage

Everyone has had experiences in meditation. The chances are that you still remember these experiences, even though they may have happened a long time ago.

Q. List past experiences you have had with meditation.

Q. What are the aspects of these experiences you remember most?

Q. In what circumstances did you have these experiences?

Q. Why have these experiences been special for you?

*Only yogi souls can get this opportunity of doing unlimited world service.
Baba says you have to increase the speed of service.
This is only possible through vibrations not through speech.
Only when my thoughts are combined with Baba's
can such powerful vibrations be spread.*

Bapdada

TOPIC FOUR

World Change through the Mind

Those who are Charitable Souls, Great Donors, those who receive power directly from God, will have the special authority to conquer Matter and defeat illusion.

- To remain in a powerful stage of yoga is the greatest co-operation you can give in the service of God.
- The elevated, pure, cool vibrations of a yogi bring even more peace and bliss to man's mind.
- Elevated thoughts which emerge in our mind should reach others mind, our mind should serve the minds of others.
- True service is to be ignorant of desires, having a quiet intellect, letting Baba use the mind, intellect and personality.

What is service through the mind?

Service through the mind, that is through thoughts, is the most powerful and eternal service. Through this power one can transform the world. Through this service one can destroy the weakness of others and spread waves of peace once again in this world.

By speaking knowledge, words of peace can bring peace to others and through sweet words happiness can be given. Through good and positive words, zeal and enthusiasm in others can be increased. In the same way, elevated thoughts which emerge in our mind should reach others minds. Our mind should serve the minds of others. Our thoughts can

give the message of God and the experience of peace, power, happiness, zeal and enthusiasm to others.

Special inculcation for doing service through the mind.

In order to attain success in doing service through thoughts, first of all it is very important to maintain the Avyakt stage for at least 8 hours every day. In our stage of yoga there should be so much concentration of thoughts that our thoughts can effectively reach the other soul. If there are powerful, impure or negative vibrations between us and the other person, and we do not have the power of concentration in our thoughts, then our thoughts will get lost.

Our thoughts need to be like laser beams which cannot be stopped by any physical energy. It is only then that one can be successful in service. To do such subtle service there needs to be purity in thoughts or complete power of yoga in which the flow of vibrations cannot be stopped by anything.

Three main inculcations for service through mind.

1. Complete purity
2. Complete destroyer of attachment
3. Double light

If any one of the above is lacking then our thought power is weakened. Any impurity prevents concentration of thoughts and complete purity brings an unlimited attitude. Attachment will create a lot of upheaval within the mind because of the feelings of desire or attraction. Thus there cannot be success in service through the mind. Heaviness within the thoughts slows down the

speed of thoughts and so lightness is also an important prerequisite.

Service through thoughts and the stage of the mind.

Whatever sound (thoughts) emerges from a mind, that is clean and simple, reaches the minds of others.

If there is dis-satisfaction within the mind, if the mind is peaceless, then how can such a mind bring peace to others?

If the mind is subservient to its own sanskaras, how can such a mind change sanskaras of others?

If the attitude of mind is impure, how can such an attitude change the attitude of others?

So in order to serve others through thoughts we need to have a blissful mind, a pure mind free from confusion, a mind which is योग्य and a mind which constantly swims in the waves of the ocean of knowledge. The vibrations of such a divine mind will reach others.

Purifying the impure thoughts through elevated thoughts.

A beautiful, attractive and peaceful nature can affect the state of mind of man and bring happiness. If a person who is depressed or peaceless become cheerful or happy observing the beauty of nature then the elevated, pure, cool vibrations of a योगी bring even more peace and bliss to man's mind.

Manmanabhav – The highest Method to Serve Through the Mind

There are important tasks we need to perform in order to give God's message and transform Iron to Gold.

1. To give blessings of Mukti and Jeevan mukti to all souls.
2. To purify the atmosphere.
3. To purify animals and birds.
4. To purify the elements.
5. To give peace to wandering souls.
6. To give co-operation to prepare the womb for the souls in the Advance Party.

7. To send powerful vibrations for the destruction of Kaliyug.
8. To prepare for geological and astrological change.
9. To give peace to souls who will be in distress at the time of destruction.

Together with attaining the karmateet stage we also need to perform this alokik task. If the soul is not satisfied with yoga then how can vibrations reach others. Baba says, while you remain योग्य many souls will automatically receive power and those remaining योग्य have at least 8 hours yoga. Such souls do the highest service of the world, because through this yoga complete purity, peace and power spread in the world.

To remain योग्य and have elevated thoughts are the means for doing unlimited mental service. The great souls who are responsible for the task of establishment have to increase the power of concentration in order to complete their responsibility and practice of constant yoga.

Serving Every Leaf of the Tree Through the Mind

All Brahmins, Raja Yogis are the foundation of the kalpa tree. The Supreme soul is the seed of tree. Just as through the roots nourishment reaches every leaf of the tree. Similarly through योगी souls every soul of the kalpa tree has to receive nourishment and that nourishment is our thoughts.

From the powerful thoughts in our mind many souls will receive nourishment, many souls will receive strength to perform elevated actions and release tension and let go of worry. Weak thoughts and impure thoughts will have an effect on innumerable souls. Many souls are affected by tension, peacelessness and disappointment. Your attention will remove the tension from many souls, so to remain in a powerful or elevated stage in the highest form of subtle service.

The fire of yoga of a Raj Yogi destroys the germs of Maya surrounding the world. To remain in a powerful stage of yoga is the greatest co-operation you can give in the service of God. Gyan and the योग्य stage brings such divinity on the face that through this many souls are inspired automatically and their interest in listening to, or seeking knowledge, is increased.

Having good wishes for everyone is also the highest form of mental service. They receive the message in the same way and feel as if someone gave them a message. If our stage is subtle they may also see our subtle bodies.

Having spiritual conversation with souls.

Just as we have verbal conversation, in the same way being in the incorporeal stage, through thoughts we can have a spiritual conversation with souls. Give new thoughts, remove their disappointments, fill them with enthusiasm and make them blissful. In this service, whatever thoughts emerge in our minds, the same thoughts will also emerge in their mind.

Experimenting with service through the mind.

This service can be done specially at Amrit Vela and in the evening after sunset since the level of mental activity is less. You can actually serve the whole world through thoughts but, just for an experiment we can start focusing on a few souls. If there is only thought nothing will happen, as there has to be power of yoga.

You can experiment with service through the mind in the following ways:

- 1) Giving the Godly message to others.**
- 2) Transforming the sanskaras and attitudes of others through pure feelings.**

Vibrations of our pure feelings have an immediate effect on others. By first filling with the power of yoga and then giving pure feelings, you can change the feelings of others into the feelings of friendship. One can change the strong sanskaras of others by giving them the power of elevated thoughts.

3) Invocation of souls.

At Amrit Vela remaining in yogyukt stage you can also invoke souls. By doing this those souls get pulled close or receive inspiration to learn knowledge and yoga. What you do through words, you also fulfil through the power of thought. There is the power of the Almighty within each thought of a yogyukt soul or a pure soul.

How to Develop the Power of Silence

First of all remain in the stage of deep silence and soul conscious stage. Then allow the vibrations of silence to move towards peaceless souls. Establish this subtle laboratory and complete the work of establishment. This can be done without physical means or wealth. Have the aim to give happiness and rest to distressed souls so that the sound of God's revelation can spread. Serve the mind and then the mind will serve the world.

Make time in your daily timetable to have special yoga in the Centre. It is the responsibility of each soul to make the atmosphere of the Centre very powerful as a means of service for the world.

World Service

The seed of world service is really self-service. If you are stable, the souls you create will be stable. If you are unstable, then souls you create will also be unstable and weak. Only by being a complete self-benefactor over a long period of time can you then call yourself a world benefactor. Understand your own perfection because many are suffering and for their sake, be perfect, have mercy for the world.

World service is actually Baba's task, He is doing it through us. Use mind service now. Thoughts are more powerful than speech. What is needed is a pure, clear and far-reaching intellect plus total humility to catch the right vibrations. It is necessary to be very firm and stable. This is a full time job, to check your stage, thoughts and attitudes throughout the day.

True service is to be ignorant of desires, having a quiet intellect and letting Baba use the mind, intellect and personality. Realise that whatever you do, you will get the returns. You are playing your part. There is no effort because you are not doing it. Then although you will remain externally busy in service you will experience contentment. Check the balance of service and silence: so that you can adjust to whatever is required at that moment.

Lighthouse or Mighthouse Stage – Service Through Words or Vibrations

Baba is stressing more and more that you have to do service through the mind that is through thoughts. The time for service through speech (lighthouse) has finished. Now you have to do service by becoming a mighthouse.

So why service through the mind, rather than through words? To help clarify the reason, let us take the example of a seriously ill patient. The patient can choose from many possible treatments – allopathic, homeopathic, ayurvedic and naturopathic. Some treatments take time, others bring a quick cure. The quick cure is preferable. At the end of the Iron Age most souls are spiritually seriously ill. By giving them injections through direct, powerful thoughts energy can be transferred to the soul, and they can be cured easily and quickly.

People have been listening to the knowledge of the Scriptures, for thousands of years. Now they are tired; they do not want to listen any more. They want to quickly experience peace and that is only possible through changing their thoughts.

For this type of service a very powerful yoga stage is necessary. As much as your yoga is powerful, to that extent your thoughts will be powerful. Using your powerful vibrations you have to send vibrations to others' minds, and this requires powerful thoughts. It means that, throughout the day, your yoga should be for at least eight hours. The battery of the soul will be fully re-charged after 8 hours. Then the light of the soul will become a world light. I can spread the light of the soul to the entire world.

Increasing the Speed of Service

Only yogi souls can get the opportunity of doing unlimited world service. Baba says increasing the speed of service is only possible through vibrations. Only when my thoughts are combined with Baba's can such powerful vibrations be spread. In this way I can give the speech of mind (my thoughts) to others. When my thoughts are combined with Baba's thoughts, if they are focused on any soul, the vibrations can reach to any place in the world. For example, the function of a gun is to send a bullet a long distance, the function of the bullet is to hit the rock and break it up. My yoga stage is my gun, and my every thought is just like a bullet reaching deeply on the soul to whom I have sent my thoughts.

What do I have to shoot?

The impure habits and personality.

To do world service you have to sit, "On top of the world in Paramdham" in the World Benefactor stage. In this stage the unlimited rays of Baba's

powers come towards you and reflect from you onto the entire world.

Service From the Subtle Regions

If you want to do personal, group or unlimited service, then you have to do it in the subtle world. It is not possible for the soul to receive directly from Baba if there is no connection with Baba. So, "I receive rays from the Spiritual Sun and reflect them like a mirror to other souls who are in the shade".

*Sitting in the subtle regions bring
Shiv Baba sitting in Brahma Baba's
angelic body in front of you.
You are in your angelic body.
Emerge the soul or group
that you wish to serve in front of you and
BapDada in the subtle regions;
Baba's rays then reflect on
you and onto other souls.*

Making this your practice you become successful and will remain successful forever. In this way through powerful thoughts you can do so much service.

People nowadays want peace and power. They are seekers of peace and power. Why peace and why power? In their daily life people are peaceless; they do not have peace of mind. Souls have left their body, home and properties through earthquakes and famine and such like events. In one trance-message there was a scene of a mountain; on one side of the mountain were Brahmins and on the other side people of the world. Baba said, please, for these people, not for yourself, but for these souls, you have to maintain a powerful yoga stage and spread vibrations of peace and power; give donation through your thoughts. The numbers of such types of souls will increase day by day, and they want peace.

Why do people want power? In this world there are a lot of problems so people are weak and not able to face things. Therefore they need power and co-operation. We have to donate peace and power by doing service through the mind. In this way through spreading pure vibrations in the atmosphere, the impure vibrations are neutralized and we make the atmosphere pure.

Only Brahmins can do Service through the Subtle Regions

Baba said in the murli,

“No other soul can experience the Subtle Region because it is the relationship of Brahma and Brahmins; As you go further, according to the time, and according to the needs and the desires of souls, it will be necessary to serve through your double form;

Firstly, the form of Brahmins, that is, the form of the corporeal;

Secondly, the subtle, angelic form.

The speed of service in the subtle form is faster than the corporeal form.”

Follow Brahma - Receive sustenance from the Avyakt Form

Even now, Avyakt Brahma Baba, in the subtle form, that is in the angelic form, is pulling the children into the stage of their subtle, angelic form.

Do you know how to follow the father?

You shouldn't think,

‘Yes, I must leave my body and become avyakt.’

No, you must not follow in this way.

But Brahma Baba became the angle so that the Brahmins could see the example of the subtle form and it would be easy for you to follow. Even though the corporeal form is not here, yet still, being in the angelic form, visions are given as if Brahma was in his corporeal form.

You can go in front of the picture of Brahma Baba and have a heart to heart conversation. Are you seeing the picture or are you seeing the living being?

You have this experience and this is why, out of the depths of your heart, you say ‘Brahma Baba’.

Do you speak of Brahma on the basis of experience or only on the basis of knowledge?

In this way avyakt, angelic Brahma is giving you sustenance in corporeal form. So that you, too, in physical form, can also have the experience of

being the subtle angel and give sustenance to other souls.

Purification of the Five Elements

Purification of the 5 elements is also service of the mind. We have to spread powerful vibrations so that the atoms are influenced and begin to move positively. In this way we can purify and change the elements.

The effect of Baba's children on purifying matter will be to take away the grossness of matter, making matter light again, so that then the new world is ready for us, and when we take on the new bodies in the golden age; they will not be bodies of gross matter but light matter. The elements have been purified, and so have become light. Sometimes when you see a senior yogi you see that they seem to radiate light. It is as if they were almost translucent. Anyone in deep yoga can appear like this. That transformation of matter is taking place now and offering bhog is one aspect of that transformation.

In Satyug that transformation will already have taken place so that there will not be thinking about God or being soul-conscious. The soul will be able to fly constantly, there will be nothing to pull it down. Bhog is our first experiment with this whole process of transforming matter with power of God's love and purity and changing the quality of the vibrations within it.

A Charitable Soul

(Bapdada)

A charitable soul is one who constantly **accumulates charity in every thought**, at every second, both for the self and for others, and who inspires others to do the same.

A charitable soul is the one who **constantly gives donation** of one form of treasure or another, and who therefore earns treasure constantly.

A Charitable soul is the one in whose eyes **the image of The Father is always visible**, on whose face the character of The Father is revealed, from whose lips jewels of knowledge emerge at all times, that is, whose words are constantly invaluable. In each action the behavior is constantly that of the World Benefactor. The one who in every thought

and at every second spreads rays of benevolence and mercy to dispel the darkness of peacelessness and sorrow from all around.

A Charitable soul is one who **constantly transforms those who are impoverished** into those who are wealthy by means of donation from his own treasure store.

The Charitable soul, on the basis of its direct link with the Supreme Soul, becomes the **embodiment of knowledge** and immensely powerful in each act of charity.

Certainly those who are Charitable Souls, Great Donors, those who receive power directly from God, will have the **special authority to conquer Matter and defeat Illusion**. You are the ones who possess that Almighty Authority and Power. On the basis of your Almighty Authority, on the basis of the treasure of your own charity, on the basis of your own pure thoughts, you can do whatever you wish to help another soul. Your power is such that through even one of your thoughts you can **link another soul into relationship with God** and fill them with all treasures. It is simply a question of your thoughts. Through your thoughts alone, you can elevate other souls as much as you want by means of the Authority that you have received directly from the Supreme Soul. You are such elevated souls.

Each of your thoughts is a switch which is capable of illuminating the darkness of many others in a second.

The thought of Charitable souls is like a **spiritual magnet** which is capable of attracting another soul towards spirituality. The thought of Charitable souls is a **lighthouse which can guide souls**, who are stumbling, to their correct destination. The thought of Charitable souls is such an elevated weapon that it can free a soul trapped in the bondage of various external influences.

The thought of Charitable souls contains such a special power that it operates like a magic spell, **transforming that which is impossible to that which is possible**. It can make the soul trapped in bondage fly like a firefly, transform those who have lost hope into those who are full of hope... At each moment, you should gather more in your treasure store for the purpose of donation. Recognising the significance of each second and each thought, utilise them accordingly.

Bapdada on World Service – 12/12/83

Today all have one pure thought and that is to celebrate a meeting, isn't it?

To be just in one thought at one time, this power of concentration is the highest. Wherever there is the power of concentration all other powers accompany it, this is why the power of concentration of even one elevated soul can do wonders. Concentration means, to be focusing the self on just one thought or to absorb the self in just one deep thought. For as much time as one is fixed in this stage of concentration that much time he has easily forgotten the body and the physical world.

With the **power of concentration** you can convey any message to the soul that you want to convey. You can invoke any soul with its help and you can also receive the voice of any soul. Even from a distance you can help any soul. For this there must be no one except the Father in the thoughts. From one Father alone there should be the experience of all achievements of the world. Just one and only one. To attain the stage of concentration through efforts is a different thing, but to become the embodiment of concentration, that stage is the powerful stage which will give the above results. If that elevated stage is achieved even for one second it makes one experience the stage of Bapsaman (being like the Father).

Now make an experiment with spiritual power. For this a place of solitude is necessary. With the help of practice, at the end, when there will be disturbance and commotion all around you, you will go into the depth of One and experience solitude, but such a practice is needed for a very long time. Only with practice you will be able to go into the depth of One and experience solitude at a time of commotion.

At the present time it is very essential that one becomes an embodiment of the experience through such incognito powers. Now you consider yourselves to be very busy but still you are very free even now. In the future you will become more and more busy. This is why now is the time for different forms of practice and effort for the self. Therefore, in every action, use as much time as you get for the upliftment of the self.

Murli References – World Service

20.1.81, 5.4.81, 13.3.81, 6.11.81, 14.3.82, 22.11.82,
13.12.82, 25.12.82, 31.12.82, 21.1.83, 7.3.83,
13.4.83, 26.4.83, 30.4.83, 27.6.83, 11.7.83, 30.7.83,
5.9.83, 22.8.83, 26.9.83, 3.10.83, 17.10.83,
28.11.83, 1.12.83, 12.12.83, 21.12.83, 27.12.83,
24.2.84, 7.3.84, 11.5.84, 19.11.84, 5.12.84,
12.12.84, 26.12.84, 7.1.85, 14.1.85, 18.2.85,

21.2.85, 28.1.85, 18.2.86, 20.2.86, 22.2.86, 7.4.86,
14.7.86.

EFFORTS FOR VICTORY

- ✓ By doing everything for service I gain great victory.
- ✓ I serve with faith and honesty.
- ✓ I serve selflessly.
- ✓ I serve for God not for anything of this world.
- ✓ I am an expert in all forms of service.
- ✓ My lifetime of service is done in an elevated stage, through elevated activities and divine virtues.
- ✓ I gain little from service done for name and fame.
- ✓ I always see myself as an instrument, a medium for Baba.
- ✓ Even while performing the largest tasks it is as if I am doing nothing.

PRINCIPLES FOR WRITING YOUR VISION

- It clearly outlines where I want to go.
- It captures the essence of my own speciality.
- I can easily understand it.
- Don't be concerned if it seems incomplete. That will leave room for more to be added as I grow and learn.
- Make it small and easily remembered, so I can keep it in mind when making decisions.
- It will capture my imagination, and I like it.
- It is a description of a state which reflects both my aim and my specialities. It is something I want.
- It is written so that I can feel and experience it as I read it.
- It enables me to understand how I can integrate with others activities, while fulfilling my own vision.
- It is something which motivates me under good and bad circumstances.
- It is something I have faith in being able to achieve.
- It challenges me, it is beyond what I am and do presently.

EXPLORATORY QUESTIONS

Going into the Experience of the Future

- Be very relaxed and comfortable and arrange a situation where you will not be disturbed.
- Concentrate on what is important to you.
- Concentrate on the thought of what you would like to create, and what you would do to make it happen.
- Focus on creating a picture of what is happening.
- Let go of negative questions and personal problems and what is not going well.
- Set a question for yourself to explore (see examples).
- Afterwards write down as much of your experience as you can remember.
(see suggested framework).

Further Exploratory Questions

Following the previous principles, bring these questions to mind.

Q What would it be worthwhile making a commitment to in the next 5 years?

Q What do I want to do for Baba?

Q What kind of world do I want to create?

Q If everything could be as I would want it to be in 2 years time, how would it be? How would I know I was there?

ANSWER SHEET

Having Created Your Vision as Above

Answer the following questions:

E.g. Now - I am using my talent in drawing for Baba.

Future - I am using my power of speech and writing (using present tense for future also)

Q Who are you serving for Baba?

Now _____

Future _____

Q Who are those souls you are working with co-operatively?

Now _____

Future _____

Q What is your behaviour?

Now _____

Future _____

Q What are your talents?

Now _____

Future _____

Q What process are you using to make things happen?

Now _____

Future _____

Q What is the purpose of what you are doing?

Now _____

Future _____

Q What qualities/specialities are you using?

Now _____

Future _____

Competitive Attitude

It is best when creating a vision to avoid writing things like – “I will be best at or number one at”. because, when it is achieved you will have nothing left to do. It can cause you to become defensive, as it is up to you to prove you are the best. The negative frame of mind reduces your capacity to act effectively.

Writing Down Your Vision

Now you have collected the information on your answer sheet. Using that as reference material write down in a short paragraph, the essence of how you would see your future vision.

An Example of a Vision

I am committed to:

- being conscious of my virtues and the virtues of others.
- to being positive and encouraging others to be positive
- to being open and loving to lokiks and other BKs
- to be open to new ideas
- to being creative
- to seeking new ways to do Baba's service.

*I am a soul... a companion of God
His company colors me with virtues...I see others as He sees them
With such compassion and mercy
As He can accommodate all souls in His heart
I begin to feel so much pure love for others...I radiate His virtues
His sweetness
I am simply His instrument.*

Bapdada

TOPIC FIVE

The Stages to Completion

I can see that every situation is just a combination of roles and movements. No need to worry about anything.

- Every action is filled with that force of the combined form, God and the soul in total union.
- An empress is a reservoir of power that neither loses nor gains but is returned to.
- Everything; my vision, outlook, attitude, words and deeds are offered freely and impartially, always seeking to guide other souls to their natural qualities and to the lap of their Father.

By inculcating the principles of Celibacy, Satwic Food, Regular Study, and Good company and on the basis of this, developing our understanding and practice of yoga, knowledge, dharma, and service we reach a certain stage on the path to perfection. We then start to become the embodiment of these subjects.

The Embodiment of Knowledge

The stage experienced when you are the embodiment of knowledge is that one feels to be an observer of the drama and seer of the three aspects of time.

The Observer Stage

I am a soul...child of the Supreme Soul

*I see the vast Drama stretched in front of me from
my highest vantage point
My sweet home in the company of sweet Baba
Within that I see my role...I feel even separated
from my role
I see others also as being actors playing roles
Each one eternally individual...tiny points of light
playing roles through matter
I am a soul with my eternal role...
I can see that every situation is just a combination
of roles and movements
No need to worry about anything
Let me just stay here in my Home with Baba
Watching this endless chain of events swirl around
me
I am the observer with Baba.*

Seeing the Three Aspects of Time

*I am here with Baba...observing the drama
Having freed myself from the limitations of my
present role
I see all of my roles flashing before me...my stage
in the soul world
My role as deity on this earth...the decline
The role of searcher and the worshipper
Searching for the One with whom I am now
The One who has made me a deity...
The search and now the fruit of that...
Now with Baba
My role in helping Him to establish that perfect
world again...
My role is as an angel helping God protect and
uplift my brothers who are not so strong
I see the three aspects of time unfolding in front of
me
The past, present and future*

*My feeling is of eternity and the assurance that I
am the soul who has played all these roles*

I am the angel

I am the deity

I am the searcher

*I am the one who has the role of a hero in this
World Drama.*

The Embodiment of Yoga

Yoga is experienced as a practical stage. While in action I experience Baba to be my companion. I experience detachment. Even if I look at anything or anyone else I am not attached. I know I have everything. Nothing else interests or attracts me.

Meditation Whilst in Action

I am a soul...acting on this world stage

I am with my highest and truest companion

Sweet Baba...who is ever constant

Walking

Talking

Sitting

Standing

Working with me

He is my companion helping me

Showing me

I am the Supreme Authority

*Every action is filled with that force of the
combined form God and the soul in total union.*

The Embodiment of Virtues

The automatic results of being the embodiment of knowledge and yoga is that the soul becomes the embodiment of virtues. Through knowledge the soul realizes what its original attributes are, and through yoga the soul receives the power necessary to bring those attributes into practice. With God as the companion the soul maintains a complete stage of self-respect. There is no need to quarrel with anyone, no greed, no attachment, no ego...because I realize that whatever are Baba's qualities are mine too.

This stage is embodied in the three words:-

Nirakari – Incorporeal

Nirvikari – Viceless

Nirankari – Egoless

Meditation on Virtues

I am a soul...a companion of God

His company colors me with virtues...

I see others as He sees them

With such compassion and mercy

As He can accommodate all souls in His heart

I begin to feel so much pure love for others...

I radiate His virtues His sweetness

I am simply His instrument.

The Embodiment of Service – The World Benefactor

Only if a soul can experience these qualities for a long period of time can the soul experience the stage of world benefactor. These qualities were seen in Brahma Baba and it was easy to see that He was attaining perfection. The embodiment of the thought of how to bring benefit to each and every soul and giving at every step.

The World Benefactor stage is a truly unlimited yet practical stage. When everything I have and "am" is doing the service of uplifting others spiritually then I can be a World Benefactor. As a result of attributes, my actions affect the whole of mankind and the entire physical world, just as Baba's attributes have that effect.

Everything: my vision, outlook, attitude, words and deeds are offered freely and impartially. There is the constant seeking to guide others towards a realization of their natural qualities and towards their Father.

In this stage there is the feel of being God's right hand in the work of the establishment of the new world. The actions that I perform in this consciousness are the highest possible. The soul becomes a ruler of the perfect world and truly follows the footsteps of Prajapita Brahma.

The Aim and Object The Golden Aged Ruler (Bapdada 22/2/84)

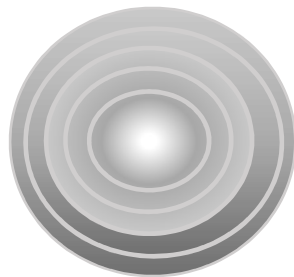
Bapdada is looking at the combined forms of all the children the future four-armed Vishnu form. It is the combined form of Lakshmi and Narayan because at this time the soul is filling in itself the sanskaras of both Lakshmi and Narayan. You will be sometimes Lakshmi and sometimes Narayan there, won't you? Let your future fruit of such a combined form be always that clear. Today an angel and tomorrow a deity; one moment an angel and the next moment a deity: my rule is about to come, it is going to be established at any moment.

Let these thoughts be so clear and powerful because only if such clear and powerful thoughts are emerged will they bring your kingdom close. Your emerged thoughts will create the new world. That is, they will change the world. If your thought is merged, then the new world cannot be emerged. On the basis of this thought, which is in Brahma as well as in Brahmins, the new world will be revealed on this earth.

Brahma Baba is waiting for you because he has to play the new, first role in the new world, and has therefore to accompany you Brahmin children. Can Brahma alone become Shri Krishna? What will he do there all alone? Doesn't he need companions who will study and play with him? This is why Brahma Baba is saying to the Brahmins that they too should become angels, having an angelic form like him, their father, who is also in angelic form now. From an angel stage you will attain the deity stage. Did you understand?

Becoming the Embodiment

Baba



**The Golden Aged
Ruler**

**The World
Benefactor**

The Embodiment of Virtues

The Embodiment of Yoga

The Embodiment of Knowledge

EXPLORATORY QUESTIONS

In Part 5, Topic 4 you created a vision for yourself. This last exploratory session will show you how to use this vision, and bring it into practical.

Sharing your Vision with Others

Sharing what is important to you with others is very important as a base for co-operating together. Give yourself a chance in a relaxed atmosphere to tell both your close friends and relatives and other Brahmins what is important to you. Discuss these things with them and help them to clarify for themselves how this will affect them and their own progress in life. It is a time to listen and become clear, not a time to defend your vision. They may not accept or understand what your vision is, but then it is important to become an example to enable them to understand. By allowing others to participate in your vision in this way, it will bring unity and co-operation, and you will find a natural trust developing in your relationships. Then you will find others offering creative suggestions which will help you to move closer to your vision.

Going to Seniors

Go to seniors and describe to them what you see as being important to you and your plans. They may identify things you have missed but also you will then feel more in tune with the changes happening in the organization.

Revising Your Vision

You may need to go back and rewrite or change a part of your vision after discussing with others. You will definitely get more ideas about how to make it work and it is good to incorporate these into your plan while you remember them.

Questions to Ask to Bring Practical Implementation of Your Vision

It is important to understand what exists in the present that is helping your vision to happen. It is also important to know what is preventing it from being practiced.

Usually there are three types of obstacles and opportunities that occur :

- my own sanskaras
- karmic accounts with others
- karmic accounts with nature or matter

Ask the following questions to try and identify these:

Q1 What is preventing my vision from coming into practical?

Q2 What is helping my vision become a reality?

Reducing Obstacles

It is actually easier to remove obstacles than to increase opportunities. Looking at the obstacles you have identified you can now set about ways of removing those obstacles.

Q Looking separately at each obstacle you have identified ask “What action could I take in the near future to reduce that obstacle in my life?”

PUTTING VISION INTO ACTION – QUESTION/ ANSWER SHEET

1. How am I going to bring my vision into reality?

2. How will I know that it has become a reality?

3. What will help me to make it into practical?

4. What will make it difficult for me to bring it into practical?

5. What method and plans will be useful along the way?

6. Looking at what I have been doing up until now, looking at the vision I have now created, “What should I continue doing and what should I stop?”

7. How can I check my progress? What will be the signs that I am making progress and coming closer to attaining my vision?

8. What are the stages I will need to go through in order to attain my vision?

9. What have I learned up until now from my experience?

Making a Vision into Reality

There is a journey we take in order to implement our vision. The experience is like when a diamond is cut, polished and set. As the diamond, we start a little like an uncut stone, and then gradually life, relationships, God and our own vision of ourselves as a beautiful cut diamond brings about a transformation. Obstacles emerge from our circumstances, relationships and our own sanskaras and as we transform these we come closer to attaining our vision.

Living Your Vision

Living your vision means living its details. It is what others see in practice that they believe. If people are to trust you they need to see your vision influencing your decisions, behavior and attitudes. You need to be ready to repeatedly share with yourself and others why and how your vision is important to you, and be ready to give examples of how you are bringing it into action.

For this purpose it is good to set aside a regular time once per week to check and revise different aspects of your vision, and also to list your recent achievements and the way you feel about what happened.

Revise your vision with the following questions :

Q. During this week what achievements have brought me close to my vision?

1. _____

2. _____

3. _____

Q. How do I feel about each of these achievements?

1. _____

2. _____

3. _____

A Eulogy to Our Higher Stage



The Emperor

*An Emperor whose life is in the present,
pioneers the future.
But the steps he takes follow destiny.
So he touches far into the distance,
but never goes away from what is in front of him.*

*People's lives are there and these he weaves in
as part of what he's dreaming,
and that is what makes his dream come true.
He walks in company to the future, never hiding.
And the secrets he finds on his way are connected with the world of people,
whereas what a hermit finds is connected with the world of silence.*

*Being with people,
he never doubts them nor insults them by his absence.
And what he has to give them,
he knows they already have,
or else he'd only be an exhibition of what their pockets could never pay for.*

*His love for everyone is a constant trusting force
that runs through them like a current pulling waves of struggle into stillness.
He is an understander and an actor,
who thinks as he does
and does whilst he thinks,
so there is speed and balance in his life.*

*His is a life is that he has given to making things happen.
Standing at the door between thought and action,
he ushers ideas into form.
Whether they are your ideas or his is immaterial.
As long as they are strong, he makes them happen.*

*He is not daunted by obstacles but guides ideas past them,
finding means to see them freely through.
He has strength to lift them high above his head
so they can pass a mountain
or bury them deep so they can pass the ocean.
He can hold them in his hand
and feed them with the value of the past or the certainty of the future.*

*He sees the hidden route and,
holding what is to be nurtured,
fearlessly he takes it.*

*He is never empty.
His heart is filled with love
and his thinking with intelligence
and meeting him is a meeting with a friend
who yet towers upwards over you.
And you begin to tower too,
because the vision held above you is so beautiful
and you are in it with him.*

*He lives in your life not as someone wise and apart,
but as a part of it.
He is the impulse in your doing, the line that runs through.
But his power is only a gift received to do a task,
given because he has the capacity to accept it and the wisdom to use it.*

*He is very humble with it therefore and careful,
because it is a dynamite used wrongly.
And your love for him is such that the door of your home is always open to him.*

*He sits in the depths of your mind
and when he leaves, there's the strength inside to take a new direction.
He can do this because he is at ease with himself
and ease makes you love him and your love he turns to power,
which then he returns to you to use. So there is no debt.
It is a power that find its outlet automatically
and sometimes that's in people and sometimes it is in nature.
It can make the land still,
the sea deep,
the air clear
and the sun constant – or a face just smile.*

*And what he changes,
he loves,
for he knows that what you hate,
you cannot even touch
or you will break it.*



The Empress

*An empress is a source of love-
a still, deep mind that can penetrate any situation and understand it.*

*An empress is a reservoir of power
that neither loses nor gains but is returned to.
She is a renewer of energy and a bringer of hope.
She does nothing and everything;
is there and yet is not,
for part of her is watching from afar,
waiting.*

*She is neither cares too little, nor too much
but stands easy and self-absorbed.
When you meet her, you do not meet an opinion or a response
but a person who somehow provides what is needed
without appearing to have chosen it nor to have given.*

*You leave her feeling indebted
but with no debt and when you look at your life alone she is not in it,
but the virtue she has given is
and that is your virtue which in her eyes she's shown you.*

*She has no ambition for she lives behind whereas ambition lives in front.
When she speaks,
she brings the quiet of the 'behind' out with her
and protects life from the threat of insignificance.*

*She speaks to you in movements,
never single but in a multitude of small gestures,
so that even those far away, loved and cared for, hear.
Every part of her she uses in silent speech
and you feel she is yours
for her hand always seems to speak to you –
or her arms, her eyes, her fingers.
And the gesture brings you close to her
for in it is built a whole story of love simply felt between you.*

*She knows she cannot speak to everyone in words,
but there are a thousand other ways and those she uses.
She shows you how to be a limb of the kingdom
and because she knows your secret self,
you say yes to her, you'll do it,
for it is part of you
and all she has done is to see that and to show you.*

*The knowledge is an empress has touched a depth
which makes it work alone without her consciousness being troubled,
as though quality is alive inside her and works despite her.
When she smiles it is because she has perceived suddenly what she is doing
and it touches her.*

*Otherwise her life is simple
and so free of self-consciousness,
that the richness that surrounds her is for you to play with.
It is yours,
because she has not made it hers;
she just has it,
smiles through it,
but inside is alone from it completely.*

*Her life is like a glassless window
through which you can gently touch
without being hurt.
There is only space between you
and in that space a beckon.*



VALUE CARDS



Self-Values



Communication Values



Achievement Values










Relationship Values



































Society Values


































Disciplinary Values

ALWAYS IMPORTANT	OFTEN IMPORTANT	SOMETIMES IMPORTANT	SELDOM IMPORTANT
LEAST IMPORTANT	 Fairness Similar opportunity, respecting everyone's rights.	 Lightness The detached observer, view the drama.	 Honesty Sincere Truthful
 Acceptance Nothing new	 Tolerance Respectful of others.	 Patience Things take time to change.	 Courageous Standing up for your beliefs, overcoming fear.

 <p>Forgiveness Able to pardon others and let go of hurt.</p>	 <p>Humility See how Baba sees you. Unaffected by the vision of others.</p>	 <p>Inner Peace Non-violence inner serenity Resolution of inner conflicts.</p>	 <p>Positive Outlook All is a means to make you progress.</p>
 <p>Challenge Testing physical limits, strength, speed and agility.</p>	 <p>Past is Past The past cannot be changed. I look back with love.</p>	 <p>Self-Acceptance Self-Respect Self- esteem Sweetness</p>	 <p>Renunciation My only aim is to fulfil Baba's task – all other things are second.</p>
 <p>Knowledge Seeking new insight into truth and understanding.</p>	 <p>Generosity Give all your treasures and your own stock will never run dry.</p>	 <p>Adventure Challenge, risk-taking, testing limits.</p>	 <p>Wisdom Be the observer. Take care of your thoughts.</p>
 <p>Self - Actualisation Realising the full potential of the soul.</p>	 <p>Cheerfulness Being ever-ready to co-operate.</p>	 <p>Responsibility Being accountable to Baba's values.</p>	 <p>Benevolence Pure thoughts and good wishes give support to Baba's task.</p>

 <p>Spiritual growth Relationship with aim and object and Baba.</p>	 <p>Conflict Resolution Finding common ground with difficult people and situations</p>	 <p>Co-operation Co-operating with others towards a common goal.</p>	 <p>Open Listening Non-judgmental and accepting.</p>
 <p>Empathy Reflecting on another's feelings, thoughts and attitudes with positive regard.</p>	 <p>Equality Seeing oneself as Baba sees you. Giving you equal opportunity.</p>	 <p>Good Communication Open dialogue, exchange of views.</p>	 <p>Pure Vision Commitment to providing everyone with honour, respect and worth.</p>
 <p>Belonging to Baba Physical and emotional connection only with Baba.</p>	 <p>Discrimination Making decisions everyone can live with.</p>	 <p>Respect Showing consideration, regarding with honour.</p>	 <p>Play Fun, lightness, spontaneity. Joy and happiness of Baba as friend and companion.</p>
 <p>Protection Baba is my Protector and the elements cannot harm me when I am pure.</p>	 <p>Determination Pushing through to the end. Achievement of my aim and object.</p>	 <p>Purity The priceless gift of self-respect.</p>	 <p>Self-sovereignty Self-respect in praise or defamation, victory or defeat.</p>

 <p>Neatness Tidy, dressing well, orderly, keeping fit, clean, looking good.</p>	 <p>Planning Intellect Consistent, logical, clear reasoning, emotionally balanced.</p>	 <p>Health Health of mind and body coming from meeting spiritual and physical needs.</p>	 <p>Joy Pleasure, personal fulfilment, enjoyment, delight.</p>
 <p>Prosperity Having all treasure stores full. Overflowing.</p>	 <p>Family Enjoying good company of Baba's family. My brothers and sisters.</p>	 <p>Love The experience of natural loveful feelings towards all as my brothers.</p>	 <p>Spiritual Makeup The smile on the face, eyes filled with love. Relaxed and peaceful.</p>
 <p>Intimacy Deep sharing with Baba, as my teacher, father, friend and beloved.</p>	 <p>BK Community Doing service and co-operating with love with the family to fulfil Baba's task.</p>	 <p>Competence Being good at what I do, capable, effective. Accurate according to Drama.</p>	 <p>Contentment Through loyalty to Baba, I have achieved everything.</p>
 <p>Spiritual Advancement Putting others in front by giving opportunities, and yourself in front by being the example.</p>	 <p>Spiritual Status Pure pride. Baba who is the Highest Guide is my teacher, father and guru.</p>	 <p>Spiritual Authority The power to be Baba's instrument in directing events and making things happen.</p>	 <p>Power Control over myself, my mind, intellect and sanskaras. Control of my own thoughts, words and actions.</p>

 Broad Mindedness Love and respect for diversity and difference.	 Integrity Acting in line with your beliefs.	 Flexibility No expectations. Mould to the need of the moment.	 Opportunity Card <hr/> <hr/> <hr/>
 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>
 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>
 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>	 Opportunity Card <hr/> <hr/> <hr/>

Notes:

* As in 1995. Currently(2021) Respected Dadi Ratan Mohiniji is “Spiritual Head of Brahma Kumaris” and Respected Dadi Ishuji is “Additional Spiritual Head of the Brahma Kumaris.”

* Avyakt Murli contents have been found in the murlis, revised dates are suggested in the below table.

Part /Topic	Page No from Book	Date given in the Study Book *	Original Date of the Referenced Murli *	Murli Content in English
Part III, Topic 1 The Power of Love	77	01 Sep 1986	9 Oct 1971	What does Baba mean by love? : Your promise is that there will be one in your thoughts and attitude...
Part III, Topic 1 The Power of Love	78	8 Dec 1986	20 Sep 1971	Real Love : Souls are hungry for love. Food and wealth are the means of contentment for the body, but the soul can only become content with spiritual love, and even that should be imperishable...
Part III, Topic 1 The Power of Love	78	8 Dec 1986	20 Sep 1971	The Consciousness of Being Constantly in Love : Those who are constantly loving always have love in their awareness...
Part III, Topic 1 The Power of Love	79	9 Feb 1987	24 May 1972	Being the destroyer of attachment : Check yourselves and see how far you have become the destroyers of all attachment...
Part III, Topic 1 The Power of Love	80	1 Sep 1986	9 Oct 1971	As you come closer to each other you will become Equal : There should be total honesty in your hearts with one another...
Part III, Topic 1 The Power of Love	81	17 Apr 1992	15 Apr 1992	Being afraid of Brahmin family : With the thread of love, ,the pearls will come very very close to each other and then rosary can be created...
Part III, Topic 1 The Power of Love	82	17 Apr 1992	15 Apr 1992	What are the majority clever in? In looking at the self or in looking at others? Speak honestly...
Part IV, Topic 4 Self Respect, The Foundation of Purity	178	2 Mar 1987	10 May 1972	Do you have the courage to maintain self respect whilst following all instructions? Do you have both of these things together?