

Murli excerpts as inspirations for the meditations and karma yoga

16/01/2023 – The Cave of Yoga

AMRIT VELA

Add to your Amrit Vela the following experiences with Baba:

1st half an hour – Yogeshwar, the Lord of Yoga

It is said of God: He is the Ocean of Knowledge, the Ocean of Bliss and the Ocean of Purity. Who gave the deities their inheritance? The Father. SM 22/05/2021 It is only the Father's task to give bliss to the whole world. SM 13/05/2021 The Father is the Ocean of Bliss and so you are the images of experience who move along in the waves of the Ocean of Bliss. AM 26/11/79

2nd half an hour - The Power of Silence - 1

(...) plug in your connection with Baba and switch on elevated thoughts and desires so that distant souls seem very close. This is (...) the stage of a world benefactor. (...) As the sound of the mind stops, that is, the sound of your own wasteful thoughts, as the expansion of thoughts is merged and transformed into their very essence, so the power of silence will accumulate (...) Souls will come (...) and say, "You have shown me the correct path", (...) "You called me and so I have come." Your divine form will be visible to them clearly (...) they will have the experience of meeting you personally. (...) You will witness many spiritual wonders through the power of silence. AM 03/12/79

3rd half an hour – The Power of Silence - 2

To be in solitude means to be stable in any powerful stage. Stabilize in the stage of being a seed, stabilize yourself as a server in the stage of being lighthouse and mighthouse, that is, the ones who give light and might to the world. Stabilize yourself in this experience. Through the stage of being an angel, give an experience of the subtle stage to others. You saw sakar Baba. (...) you experienced the sign of his complete stage, of introversion and solitude while moving, listening and eating. (...) 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. AM 18/11/87

4th half an hour - The Power of Silence - 3

(...) the power of silence is the power that gives experiences. Mostly the arrow of the power of words only reaches the head. According to the 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 (...) power of silence. With your pure thoughts you will finish the waste thoughts of other 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!' AM 18/11/87

MEDITATIONS "The Cave of Yoga"

In the Cave of Introversion

Look at Father Brahma ... He always woke up at 2.30 or 3.00 am and did tapasya for the self. He burnt his sanskars, for that is how he became karmateet, avyakt and an angel. He demonstrated by doing practically whatever he thought. His speaking, thinking and doing were all equal. Follow the father. AM 31/12/05

You saw Father Brahma: while walking, moving or performing any task, the stage of soul consciousness was his natural nature. AM 15/12/02 In the sakar form, although the body was old, you did not see the body, you saw the spirit. The corporeal form disappeared, and you were able to see the avyakt form. AM 22/6/8719. Sakar Brahma Baba: (...) even whilst listening to the news of service he used to be in solitude. AM 18/11/87

The final victory of Brahma Baba through yoga

Question: Everyone is asking that happened in your final moments (...) Baba said: (...) Child, it was a game of just 10 to 15 minutes. (...) The first experience was that there was a very strong battle going on inside. Of what? The power of yoga and the settling of karma. (...) I was watching everything as a detached observer (...) both were in full force. After some time, the force of settling karma became completely weak and all pain completely disappeared. It felt as though eventually the power of yoga has conquered the force of settling karma.

At that time, three things were taking place simultaneously. (...) Firstly, I was talking to Baba saying: Baba, You are calling me to You. Secondly, there was no remembrance of any particular child, but the remembrance of all the children in the form of pure attachment. (...) Thirdly, I was experiencing how the soul was leaving the body. It was the unique karmateet stage which Baba had spoken about in the murli earlier, of how there is dead silence. (...) I was watching how the power of the soul was leaving every part of the body one by one. I was experiencing the karmateet stage and what death is. (From "Divine messages received through Dadi Gulzar after Pitashriji became avyakt" – Avyakt BapDada 1969)

The sign of love for Brahma Baba

(...) Brahma Baba is an angel, is he not? He has become an angel and is waiting in the world of angels to make all of you into angels. So do not simply say (...) that you have so much love for the Father, that you cannot even express your love in words. Brahma Baba is not pleased by you just speaking about it, but he becomes pleased when you become the same. The sign of love for Father Brahma is to become an avyakt angel. AM 08/04/92

(...) according to the time, Father Brahma in his avyakt, angelic form, is doing service at a multifold faster speed than he did in his corporeal form and making the children the same as he is. (...) Even though Father Brahma is avyakt, why does he play a part in the corporeal? To make you the same as he is. Father Brahma comes from the subtle into the corporeal; so, what do you children have to do in return? Become subtle from corporeal. According to the time, the service of the avyakt meeting through the subtle form is extremely essential. AM 13/12/90

How to follow the father

You know how to follow this father, do you not? (...) Brahma Baba became an angel so that when you see the example of his subtle form you can follow him easily. Even though he is no longer in the corporeal form, he gives visions through his angelic form of his corporeal form. You foreigners especially experience this. You experience physical Brahma Baba in Madhuban, do you not? AM 18/01/99

Blessing: May you be an avyakt angel the same as Father Brahma by performing every action while remaining stable in the angelic form. Children say that they have a lot of love for Father Brahma, and the meaning of love is to become equal. (...) An angel means a form of light. Perform actions while staying in the form of light and see the body of light. Nothing can create any obstacle to this angelic form. Your thoughts, attitude and vision will all become double light. AM 18/06/77

What is following the Father

In order to follow the Father constantly, let your intellect remain stable in two stages. The stage of following the Father is the stage of constantly being without a body, the bodiless stage, the incorporeal stage. In order to follow Dada, who is Father Brahma, always be in the avyakt stage, the angelic stage, the subtle stage. To remain stable in both these stages is called following the Father. AM 19/12/85

The stage below this is the awareness of the gross form and the awareness of people. Do not come down to that stage. Awareness of people and gross awareness is the basis of bringing you down. Therefore, always remain beyond everything, stable in these two stages. The third aspect is that, as soon as you took Brahmin birth, you received BapDada's teachings. Do not go into the stage of falling down even in your thoughts or dreams. That is a stage that doesn't belong to you. AM 19/12/85

Being completely victorious, as Brahma Baba

In the New Year, burn your old sanskars in the fire of yoga and become number one in renunciation, tapasya and service, like Father Brahma. AM 31/12/05

The final stage is that of being bodiless and detached from your body. You have to pay lots and lots of attention to creating this stage (...) The bodiless stage will help you to overcome all situations easily. (...) Father Brahma became avyakt and karmateet through the stage of being bodiless. You are especially worthy of the sustenance from avyakt Brahma, and you therefore have to give the Father the response of the avyakt sustenance in the form of becoming bodiless - in the form of the balance between service and your stage. Is this ok? AM 21/11/98

KARMA YOGA

Use the murli excerpts above also as inspirations for your Karma Yoga today.

Murli excerpts as inspirations for the meditations and karma yoga

17/01/2023 – Become Unlimited Renunciates

AMRIT VELA

Add to your Amrit Vela the following experiences with Baba:

1st half an hour – Being a Conqueror of Attachment

From amrit vela, the Father gives all the children number one love from His heart. AM 19/02/2012 If your heart is full of God's love, Godly powers and Godly knowledge, if there isn't even a little space, then there cannot be attachment or love for anyone else (...) AM 19/02/12 BapDada wishes that (...) you should all become free from attachment. AM 19/02/2012 The more you stay in remembrance, the more your happiness will increase, and you will conquer your attachment (...) SM 24/01/2020

2nd half an hour - Being in the Stage of Guest Consciousness

Guests will use everything but have no feeling of it belonging to them. Therefore, they will be detached and loving whilst using everything. AM 18/03/81 (...) tomorrow you will return home and after that you will come down and enter your kingdom. (...) Therefore, constantly remain detached from your body (...) you also become detached from your bodily relations and possessions. This stage of being beyond is such a lovely stage! One minute you come down to perform actions and the next minute you go beyond. AM 18/03/81

3rd half an hour – Being a Raj Rishi

A Raj means someone with all rights and a Rishi means a renunciate. (...) There should be the balance of being someone with all rights and also a renunciate (...) Do you have all rights over yourself (...) ? (...) A self-sovereign soul is a boatman who takes his boat across happily, through all the waves of tests as though it is a game (...) AM 06/04/82. Those who have the slightest attachment, even in their thoughts, would have their feet in two boats, and would neither belong here nor there. (...) become Raj Rishis and have unlimited disinterest (...) AM 31/01/99

4th half an hour - Being a World Benefactor

To be a world benefactor means to be an unlimited server. (...) The world is unlimited and so to be a world server means to be one who maintains an unlimited stage. A world benefactor would be constantly loving to the Father and remain detached from others whilst constantly serving them. Those who have such a stage will constantly be embodiments of success. AM 01/02/80 In the future you will experience many times Baba making you emerge in the subtle region and doing service through you. You now have to play this part of doing double service AM 25/01/80

MEDITATIONS “Become Unlimited Renunciates”

Renunciation: A step to an elevated fortune

You know that in return for one-fold renunciation, you receive a return of multimillion-fold fortune. (...) The basis of drawing a line of elevated fortune is to have elevated thoughts and to perform elevated karma. (...) However, there is a number in renunciation, (...) someone becomes the number one bead of the rosary and someone else becomes the last number bead (...) Whether you are a trustee soul or a server soul, both of you can claim a number on this basis. AM 01/04/82

To become a Brahma Kumar or Kumari means you bring your fortune with you from birth. (...) However, to look after the treasure of fortune means to imbibe it in the self, and to increase the treasure of fortune means to use it for service through your thoughts, words and actions. (...) So BapDada was seeing the fortune of renunciation. AM 01/04/82.

Renunciation of body consciousness

The renunciation of the body means the renunciation of the consciousness of the body. So, have you renounced the consciousness of the body or are you still renouncing it? Renunciation means to let go of everything and every situation, to step away from the feeling of anything belonging to you and to finish your rights to it. (...) You would not come back to it even in your thoughts (...) You images of renunciation have renounced your old home, that is, your old body and the consciousness of the old body (...) AM 03/04/1984

That body is not yours, but an invaluable treasure for service. It is as though you are living in that body as a guest (...) Renounce the consciousness of “mine”. (...) Just like BapDada takes the support of this old body and yet doesn't become trapped in it, so too, live in that old body. (...) Stabilise yourself in your incorporeal form. Simply come down from your elevated stage of being up above and detached, in order to perform actions through the physical senses. AM 03/04/1984

Renunciation of all bodily relations and connections

The first connection of the body is with the physical senses. The second step is to become a conqueror of the senses and to become someone with all rights over them. (...) The third aspect is of the relations of people with your body. Both lokik and alokik relations are included in this. You have to be a great renunciate in both these types of relations, that is, you have to be a destroyer of attachment. AM 14/01/2001

The sign of being a destroyer of attachment in both types of relations is that there will neither be dislike for anyone, nor (...) attachment to or dependence on anyone (...) Through knowledge, you have understood that you have to have all relationships with the one Father. (...) However, you forget that if you have the relationship of all attainments with the one Father, that if you experience all relationships and you trust and have very firm faith in the Bestower of Support, then, although BapDada is incorporeal and subtle, He is bound to you in the bond of love. AM 14/01/2001

Personality of a Renunciate and a Great Renunciate

Renunciates are those who have renounced (...) the temporary attainments (...) However (...) they haven't completely transformed their old relationships, thoughts and sanskars but are constantly engaged in battling to transform them. (...) They are very firm in their thought that Brahmin life is more elevated. (...) However, two types of obstacles prevent them (...) making progress. (...) they lack the power to face obstacles. (...) there is the form of carelessness of moving along whilst loving comfort. (...) They're unable to stabilise in the form of a master almighty authority. AM 13/04/84

Great renunciates (...) are those who constantly have the courage and enthusiasm to transform their relationships, thoughts and sanskars. (...) They are constantly stable in the stage of a loving, co-operative, server who is an embodiment of power. (...) Although they have completely renounced their past life, they haven't yet renounced all feeling of having renounced everything (...) sometimes, the transformation becomes bound by the golden chain of a beautiful life. (...) “I” and “Mine”. (...) This beautiful chain sometimes hinders them from becoming free (...) AM 13/04/84

Attaining complete renunciation

What are the specialities of the children who are complete renunciates (...) ? (...) 1. Although corporeal, to be constantly incorporeal in thoughts and to be souls who are constantly detached and loving to the Father. 2. To be constantly egoless in words, that is, to have spiritual sweetness and humility. 3. To be viceless in action (...) that is, to have the personality of purity. (...) AM 28/04/82 A complete renunciate always has the speciality of being a world benefactor. AM 28/04/82

A complete renunciate always has the speciality of being a world benefactor (...) an embodiment of virtues. (...) To be an embodiment of virtues means to be virtuous and also see virtues in everyone. (...) considers himself to be responsible in every task - the task of attaining success in service, the task of progress of Brahmin souls and the task of transforming any atmosphere of weakness or wastefulness. (...) always constant, and has the awareness that this is the one task of the one family. By having the awareness of just One, he becomes a number one soul. AM 28/04/82

Renunciation and Tapasya: Basis of Success in Service

(...) to be a server means to be an embodiment of renunciation and an image of tapasya. (...) To belong to the one Father and none other: this is the tapasya of every moment. (...) in essence, the renunciation of a server is according to the time constantly to remain at ease, with problems and people, and to mould the self for the benefit of the self and others. AM 26/04/82

Sometimes you may have to renounce your name, sometimes your sanskars, (...) waste thoughts, (...) temporary physical facilities, (...) you should be able to make your stage elevated. (...) This is called being an embodiment of renunciation. (...) Therefore, become such a renunciate that there is no pride in that renunciation, no pride that you renounced something. (...) You saw Father Brahma. (...) he was even ready to massage the children's feet. AM 26/04/82

KARMA YOGA

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Murli excerpts as inspirations for the meditations and karma yoga

18/01/2023 – Lost in the intoxication of the One Beloved

AMRIT VELA

Add to your Amrit Vela the following experiences with Baba:

1st half an hour – The flag of revelation hoisted in our hearts

The flag of the Father's revelation is hoisted in the hearts of all of you, and it will constantly fly high. The flag of love for God that is hoisted in your heart is spreading the feelings of your heart throughout the world. (...) the love in your heart will work like a magnet in the atmosphere so that everyone will themselves say: 'He has come, He has come, our Baba has come'. AM 25/2/06 (...) The fire of yoga has already been lit. You are already lost in the love of the Father (...) AM 08/02/91

2nd half an hour - The experience of true love

Have you ever seen such love between the Father and the children? (...) The Father and the children are combined. The task of world transformation is together (...). AM 25/2/06 Nothing is new, victory is guaranteed (...). Lovers are (...) constant and easy yogis. AM 13/2/92 Love for the Father means (...) love for the murli. AM 27/3/86 Love is the canopy of protection (...) it is this love that enables sanskars to be transformed. AM 18/2/02 (...) the more love you have, the more detached you will be. AM 11/12/91 Godly love makes one experience a feeling of automatic surrender. (...) makes one like the Father (BapSaman). AM 19/12/83

3rd half an hour – Lost in the love of both fathers

Brahma Baba was smiling because you shed many tears of love. Although Brahma Baba merges those tears like pearls in his heart, he also definitely has the thought: When will you all be ever-ready? The pure desire of Brahma Baba for all of you children is: Be ever-ready and make others ever-ready. (...) you are also not in front of Baba's eyes, but are merged in His eyes. AM 18/01/00

4th half an hour - Creating and sustaining the atmosphere of love

In order to create an intense atmosphere of love in Madhuban and everywhere else, you should have bhattis and gatherings of heart-to-heart conversations amongst yourselves. Everyone should be given an experience of the volcanic intensity of fire and be made to move forward. When you become busy doing this service, the trivial things that dishearten you will feel like a game of dolls when compared to the highest stage of the intense fire of love. Then, you will easily and automatically remain safe. AM 30/03/99

MEDITATIONS “Lost in the intoxication of the One Beloved”

Intoxication of love having found the Father

Love makes you forget everything. So, BapDada says: None of you must forget BapDada's love. You have found the Ocean of Love; move along in those waves as much as you want (...). The children who were instruments for the beginning (...) had so much intoxication of love with the awareness of having found the Father. AM 18/01/2008

You receive knowledge later on, but the first intoxication is of being lost in love. (...) When you have faith: I am that I have to do this, or I can do this, the intoxication increases (...) those who have faith will move along in the waves of the stage of an ocean of intoxication. (...) This is why the children who remain lost in love find that it takes very little effort, whereas others don't have the same experience. (...) Children who have love in their heart change labour into love. (...) Those who remain lost in love always experience themselves to be under the canopy of protection. AM 18/01/2008

Merged in God's love

Bap Dada is seeing the children from everywhere. Everyone loves God (...) the sign of children who are merged in love is that they constantly and easily follow God's instructions. They are obedient in following those instructions and have surrendered their body consciousness because it is not difficult to surrender yourself where there is love. AM 15/12/2005

“I am a child, He is the Father, the Bestower”; they have this intellectual knowledge. However, when this knowledge becomes merged in their heart, then what is the sign shown for love? A heart. So then, knowledge and love become combined. Knowledge is the seed and love is the water. If a seed does not receive water, it won't bear fruit (...) Love means to be merged in the ocean of all attainments and experiences. AM 06/01/88 Constantly remain merged in this love. (...) This Godly love is making you so elevated in this one birth that you souls become merged in love (...) AM 02/02/13

The power of love of the beloved Father

(...) the easy method is love (...) It is only at the confluence age that you can become free from labour and simply stay in pleasure (...) Hand over your burdens to Me. Forget the consciousness of “I” and become a trustee. AM 18/01/2008 (...) the experience of closeness to the Father should now increase (...) will bring an end to the closeness of time. (...) Now, for two minutes, all of you become stable in God's love and (...) the spiritual pleasures of the confluence age. (...) Learn how to remain lost in love. AM 18/01/2018

Those who are loving automatically remain beyond the consciousness of the body, (...) relations of the body and bodily world (...) The love of the heart gives them the experience of closeness to the Father, the company (...) and of being equal to Him. AM 24/05/71 Love easily makes the impossible possible. They always experience the Father's hand of co-operation and love (...) have faith in the intellect and remain carefree. (...) The crown, the tilak and the throne are the greatest attainments of the confluence age. (...) The crown is that of the responsibility of bringing benefit to the world. AM 24/05/71

Happy gathering of the lovers and the Beloved

It is a garden and also the shore of the Ocean. This is such a wonderful and private beach that you remain private in the midst of thousands (...). Each one of you experiences personal love with the Beloved. For each one to have a feeling of personal love - that is being a wonderful Beloved and lover. AM 18/03/87

He is just the one Beloved, but He belongs to all. Each one has a greater right than everyone else. (...) There is no number to your right, but it becomes number wise in your claiming those rights. Always be aware that you are walking or sitting in the Godly garden, hand-in-hand, and in His company. You are celebrating with pleasure on the spiritual beach by giving Him your hand and company. You will then always remain in pleasure and (...) constantly full. AM 18/03/87

The constant hand and company with the Beloved

Never let the company and hand become separated. Always have the company in your intellect and let there always be the Father's hand of co-operation in every task. The symbol used to portray mutual co-operation is one hand in another. So, always to be co-operative with the Father is always to remain hand-in-hand with the Father and always keep Him in your intellect. AM 18/03/87

The love of the mind and the company of the intellect. To stay in this stage means to stay in the pose of a true lover and Beloved. (...) The promise you made was that you will always stay with Him. You didn't promise that you would only stay with Him sometimes. If the attachment of the mind is sometimes with the Beloved but not at other times, then that is not constant company, is it? Therefore, maintain the position of true lovers. Let there be the Beloved in your vision, in your attitude and let Him be your world. AM 18/03/87

KARMA YOGA

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