16th January 11:00 am – 12:00 noon

Full concentration on the wonder of Baba

Concentration means constantly to belong to the one Father. Only those who transform their waste thoughts into pure thoughts are constantly able to practise being stable in a constant and stable stage. Secondly, it means that, with your love for God, you are easily able to finish all types of obstacles that come from Maya. AM 13/04/82

To be stable and concentrated means to be constantly lost in love for the one Father. The sign of stability and concentration is that you would experience a stable stage of constantly flying. AM 27/03/85

There must be no one except the Father in the thoughts. In one Father alone there should be the experience of all achievements of the world. There should be just One and Only One. To attain the stage of concentration through effort 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 being Bapsaman. Now make the experience of such spiritual power. AM 12/12/83

Where there is love for God, what is it to become bodiless? It is like the game of a second to become bodiless when there is love. AM 06/02/80

They ask: How is it possible to have love for God, the Supreme Soul, the Father? How can we stabilize our mind? From your heart the sound emerges: It isn't a question of even stabilize your mind, but in fact, our mind belongs to Him. Is your mind your own that you would say, "How can I stabilize it?" Now you have given your mind to the Father and so who does it belong to? ... Since the mind belongs now to the Father, the question of "How can I stabilize it?" doesn't arise. This is Brahmin life: To be merged with-in the Ocean to such an extent that you become equal to the Father. AM 05/12/83

5:30 – 6:30 pm

Unlimited disinterest

The easy and constant foundation of tapasya is unlimited disinterest. To have unlimited disinterest means to leave the shore from all four sides. Why? Because you have made the shore your support. Due to this support, you become loving according to the time. At the appropriate time, according to shrimat and according to the signals from the instrument souls, in one second the intellect should become detached from loving. In regard to this, you don't become detached as quickly as you become loving. You are clever in becoming loving. But in becoming detached, you think twice about it, and also for that you need courage. AM 13/12/90

Tapasya means to belong to One. This is what BapDada calls remembering only One (eknami). Tapasya means to stabilize (ekagra) the mind and the intellect. Tapasya means having the love for being in solitude (ekant priya). Tapasya means to maintain a constant (ekras) stage. Tapasya means to be safe from wasting all the treasures that have been attained, that is, to move with economy. It is the lesson of 'one'. Is the lesson of 'one' difficult or easy? AM 13/12/90

Attraction to this old world has been reduced a little. The attraction to old relationships has also been reduced, but for the majority, the burden of old sanskars still remains. In one form or another, whether through the mind – there aren't impure thoughts in the mind – but the percentage of the sanskar of waste thoughts is still visible. It is also visible in your words. In relationships and connections too, one sanskar or another is still visible..... So today, together with congratulations, BapDada is giving all the children this signal: this sanskar that still remains will deceive you at some

time. And at the end, too, it will be an instrument to deceive you. Therefore, today, have the cremation ceremony of the sanskars. AM 31/12/05

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

17th January 11:00 am – 12:00 noon

All relationships with One

What is the easy method to become a conqueror of attachment? You are experienced in this, are you not? Constantly to see the Father in all relationships and to see all attainments through all relationships in front of you. Since you experience all relationships and all attainments from One, what other relationships or other attainments could still remain? Do you not have the experience of breaking all attachments from many directions and connecting yourself to the One easily and naturally? If you still have attachment to someone else, this proves that you are not experiencing all relationships and all attainments. AM 08/07/74

Everyone is loving, but within love, on the one hand, there is love from the heart, and on the other hand there is love according to the time, that of selfishness. The third type is love at a time of desperation. The speciality of the love of the heart is that the soul will easily and naturally experience all relationships and attainments constantly. The experience of even one relationship should not be lacking. There should be different experiences of love according to the time and according to the different relationships. The soul should recognise the time and also the relationship appropriate to that time. When Baba, in the form of the Teacher, is teaching an elevated study, but the relationship of the Teacher is not experienced at that time, because the soul begins to celebrate a meeting and has a conversational chat with Baba as the Friend, then that one's attention would not be on the study. If, at the time of study, someone says: I am having a very powerful experience of the Teacher, has come to enable you to claim an elevated status through this study. At the time when the role is that of the Teacher, the role of a Godly student life is accurate. This is known as recognising the need of the relationship according to the recognition of the time, and of experiencing the attainment of love according to the relationship. Give this exercise to the intellect. AM 12/03/88

If you experience the happiness of all relationships and have the attainment of the love of all relationships, then no other relationship will enter the intellect. The intellect should constantly remain lost in experiencing all relationships at every breath and thought. Some children complain that they have many waste thoughts, that the intellect is not able to remain linked with Baba. Even against their will, the intellect becomes attached somewhere or another, or the responsibility of the physical household does not allow the intellect to be concentrated. The old world, connections, or atmosphere make the attitude mischievous. We are not able to make the fast efforts that we wish to, we are not able to take a high jump. Many such complaints come to BapDada throughout the whole day. Even though you call yourself master almighty authority you are constrained by the influence of your nature and sanskars. AM 20/02/89

5:30 - 6:30 pm

Intense love for God

On the one hand, your intense love, that is, your powerful yoga and remembrance will finish that fire (of corruption and violence) and on the other hand, it will enable souls to experience God's message and form of coolness. It will intensify the attitude of unlimited disinterest...On the one hand, it will burn everything and on the other hand, it will cool everything. AM 30/03/99

You must be the embodiment of knowledge to the same extent as that to which you have loving feelings. Loving feelings alone or knowledge alone is not perfection. The balance of loving feelings filled with knowledge, and yoga filled with love, easily gives you the experience of the flying stage. AM 01/04/92

...you remain in this meeting with God constantly. Why is this? You have love for Baba, and Baba has love for you. So how do those who have love remain? They constantly remain in celebrating the meeting of love... True love means that there is no separation between the two. AM 13/02/92

You have this love, but your love should now take the form of fire. On the one side of the world there is the fire of corruption and violence, and on the other side, there should be your powerful yoga, that is, yoga of the intensity of a volcano. This volcanic intensity of your fire will finish the fire of corruption and violence and give cooperation to all souls. AM 30/03/99

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. And that day is definitely going to come when 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 25/02/06

18th January 11:00 am – 12:00 noon

Power of silence

The original religion, the purest actions, the eternal form and the true home of all you souls is silence. AM 13/11/81

The special power of Sangamyug is also the power of silence. The aim of all of you, the souls of Sangam Yug is that we have to return to our sweet home of silence. AM 13/11/81

Today Baba is enabling you to have the experience of going into Nirvan dham, the soul world, going beyond sound into the consciousness of the form of silence. AM 13/11/81

It is your aim to remain in the original eternal form of silence and to give all others the experience of silence, of peace. AM 13/11/81

This is the power the world needs at this moment. The solutions to all problems come with the power of silence. AM 13/11/81

The speed of transformation is missing because there is not the experience of the power of silence. It is through this experience that the power of discrimination and the power to resolve everything are attained. AM 13/11/81

5:30 – 6:30 pm

Karmateet - Liberation-in-life stage

Karmateet means to be beyond, that is, to be detached from the bondage of the body, bodily relationships, material objects, and both lokik and alokik relations. Although the word 'relationships' is used for the relationships of the body, and the relationships of the relations of the body. AM 18/12/87

Through limited, royal desires in service, karmic bondages are also tied. But a true server is free from these karmic accounts. This is known as the karmateet stage. Just as the bondage of the body, the bondage of relationships and the bondage of the atmosphere of the bodily world take the form of obstacles, in the same way, selfishness in service is a bondage that brings obstacles to becoming karmateet. To become karmateet means to be free from these royal karmic accounts. AM 18/01/87

Without becoming karmateet, you cannot go with the Father. Who will go with the Father? Those who are equal. You saw Father Brahma and how he achieved his karmateet stage. To follow him in becoming karmateet means to become worthy to go with the Father. AM 18/09/05

You saw the physical example of Father Brahma staying in that body and yet remaining bodiless, that is, karmateet. So, what is the specialty of becoming karmateet? For as long as you still have that body and you are playing your part through your physical organs on this field of action, you cannot stop performing actions for even a second. Karmateet means to go beyond the bondage of karma while performing actions. AM 18/09/05

Through your karmateet angelic form and through your completely powerful form, [you] will respond to the prayers of all souls and enable them to receive their inheritance of liberation. In order to carry out this task at a fast speed, are you ready as master almighty authorities, treasure-stores of all powers, treasure-stores of knowledge and embodiments of remembrance? The machinery of destruction and the machinery of blessings will work fast together at the same time. AM 6/10/02