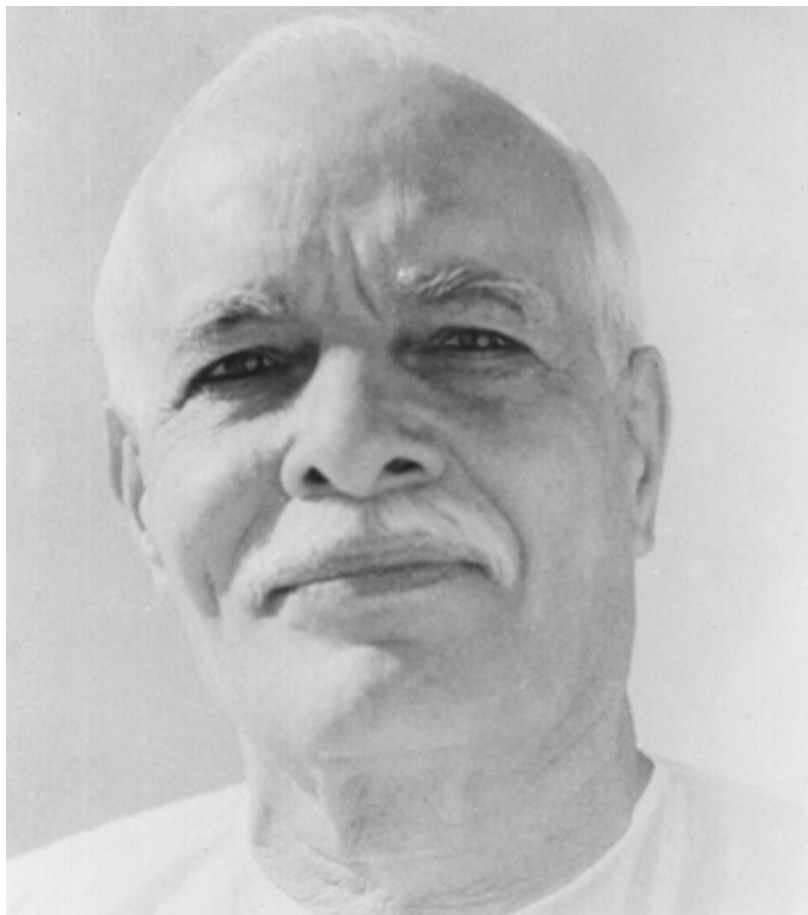


Homework for the Year of Tapasya



February to April 2015

Homework for February 1-14 for the Year of Tapasya

With the practice of the soul-conscious stage, become full with peace and good wishes.

- 1) While engaging with many types of people, material comforts and possessions, imbibe soul-conscious feelings and an attitude that is free from attraction. In front of one who is free from attraction all these material comforts and possessions would be like servants and in front of those who are attracted they would pull them like a magnet and trap them.
- 2) Now become so transparent that the soul that is residing in your body is clearly visible to everyone. Let your soul-conscious form give them a vision of the form of their own soul. This is known as giving an experience of the avyakt or soul-conscious stage.
- 3) When you consider yourself to be a soul that is an image of immortality, then you will be able to save yourself from untimely death and all problems. There is just one method to remove mental worries and mental problems – to finish the consciousness of this old body of yours. By finishing body consciousness, all adverse situations will finish.
- 4) Just as this body is clearly visible, similarly, the form of your soul should be clearly visible, that is, it should be experienced. Apart from the soul-conscious form, nothing else should be visible on your forehead, that is, in the awareness of your intellect or in your vision - or even come into your awareness. Become such constant tapaswi souls then you will be able to have pure thoughts of benevolence for all souls.
- 5) Just as, for many births, you have had the natural awareness of the form of your body, so, too, will you not experience the awareness of your original form, even for a short time? Complete this first lesson and you will then become an instrument to grant all souls a vision through your stage of soul consciousness.
- 6) Do not look at the weaknesses of any weak soul. Let it be in your awareness that all souls are different. Let there be a soul conscious vision towards everyone. By remembering another as a soul you will be able to give them power. The soul is speaking, these are the sanskars of the soul – make this lesson firm and you will have good wishes for everyone.
- 7) When you become aware of the word “soul”, together with spirituality you also have good wishes and your vision becomes pure. Even if someone is insulting you, always have the awareness that that soul is playing a

tamoguni part, and then you will not dislike that soul, but will be able to have good wishes for that soul.

- 8) When anyone is standing in front of a mirror, he is able to have a vision of the self. In the same way, any soul that comes in front of the mirror of your stage of soul-consciousness, your power, should be able to have a vision of the self, in one second. Let there be the attraction of spirituality in your every action and in your behaviour. Souls who are clean and pure and have the power of soul consciousness definitely attract everyone towards themselves.
- 9) When an atom bomb explodes in one place, it spreads its poison over everyone. That is an atom bomb and this is a soul-conscious bomb. Its influence will attract many souls and there will easily be an expansion of the people. Therefore, increase the practice of the soul-conscious form within the gathering. Become an embodiment of awareness and the atmosphere will become powerful.
- 10) There isn't a single Brahmin who is not making effort to become soul-conscious. However, a number is given on the basis of the effort that is made to be constantly soul-conscious in a way that brings total victory over the physical senses, on each of the senses becoming satopradhan and pure, and dying alive totally to the old sanskars and relationships of the body.
- 11) The method to become free from any obstacle is to come back to your original form, that is, your soul-conscious form of light and, while performing action, to be an instrument. Stabilise yourself in this double-light form and you will be able to take a high jump in one second. Then no obstacle can create any obstructions to your moving forward.
- 12) The easy method to stay in remembrance constantly is to have an attitude of staying beyond, while living with the family. An attitude beyond means the awareness of the soul-conscious form. Those who maintain this soul-conscious form remain constantly detached and loving to the Father. Whatever they do, they will feel as though they haven't done anything, but just played a game. These spiritual eyes, this image of spirituality, will become such a divine mirror that every soul will be able to see just the soul-conscious form without any effort.
- 13) Just as you look at and speak to all souls with the intention of serving them, similarly, continue to move along with souls in your lokik family in the same way. With the lokik family, too, have an alokik awareness of

being a constant server, of being a trustee, of bringing benefit to everyone with soul-conscious feelings and the good wishes to make them elevated. Do not come into the limited.

- 14) You definitely receive the fruit of constantly having an unlimited vision of soul-consciousness, the attitude of a relationship of brotherhood and of having good wishes for any soul. Therefore, do not get tired of making effort and do not be disheartened. Have faith in the intellect, be detached from the consciousness of “mine” in any relationship and continue to co-operate with souls with your power.

Homework for February 15-28 for the Year of Tapasya
Become an image of soul-conscious love.

- 15) The basis of a Brahmin gathering is soul-conscious love. While walking and moving around, let there be soul-conscious love in your attitude,, words, relationships and connections, that is, your deeds. The natural nature of a Brahmin life is to be an ocean of love. Imbibe this nature.
- 16) Maintain a balance of love and law, according to the time, but also feel love within the law. For this, become an image of soul-conscious love and you will be able to be co-operative in finding a solution to every problem. When giving correction, to also give co-operation is to be an image of soul-conscious love.
- 17) By being in your soul-conscious form, while living with your lokik (physical) family, you will be able to experience being alokik (spiritual).. Consider yourself to be detached in your soul-conscious form. It is easy to become detached in your actions – but you will not be loved by the world by doing this. You will be loved by the world, when you do everything with soul consciousness and while being detached from the body. It is by doing this that you will be loved by yourself, loved by God and loved by the people.
- 18) Have the aim that, wherever you go, you have to leave a permanent memorial; that will happen when you always have the gift of soul-conscious love with you. This soul-conscious love even changes stone into water. You can win over anyone through this.
- 19) To the extent that, with soul-conscious love, you remain loving and co-operative with one another, accordingly, you will receive help in removing the obstacles of Maya. To give co-operation means to receive co-operation. So, in the family, you have to give soul-conscious love and, in

order to conquer Maya, you have to take co-operation. This is the account of give and take.

- 20) Just as thread is the means with which to sew clothes, in the same way, the means to weave relationships of the future is the thread of soul-conscious love. This is the time and place to weave it. However, this godly love or soul-conscious love can be woven only when the selfish love for bodily beings is finished.
- 21) Wherever you look and whoever you look at, while walking and moving around, let only the soul-conscious form be visible. When someone has bad vision, they see everything double. Similarly, here too, when someone's vision hasn't changed completely, they see two things – the soul and the body.
- 22) At the moment, the awareness of the stage of soul conscious is sometimes hidden behind a curtain and, therefore, the awareness is also hidden behind a curtain. By having a clear soul-conscious awareness over a long period of time, your future inheritance, that is, your future sanskars, will come in front of you. In order to bring your future sanskars clearly in front of you, let the awareness of your soul-conscious form be clear over a long period of time.
- 23) Just as you have had the awareness of the bodily form naturally for many births, similarly, let there be the awareness of your original form. With this stage of soul-consciousness, you will become an instrument to grant visions to all souls. This stage will make you a bead of the rosary of victory.
- 24) The soul is speaking. This is the sanskar of the soul... Make this first lesson firm. As soon as the word "soul" comes into your awareness, there will be spirituality and good wishes, your vision will become pure and you will be loving and co-operative to all.
- 25) While being in the body, remain stable in the incorporeal stage of soul consciousness and this corporeal form will disappear. Just as when you saw the corporeal father: the corporeal form disappeared and only the subtle form was visible. Similarly, to create such a stage, let there be the incorporeal stage in your mind, the egoless stage in your words and the viceless stage in your actions. Let there be no trace of vices even in your thoughts.

- 26) Make the first lesson of the soul-conscious awareness firm. The soul is enabling actions to be performed through these physical organs. Then, while seeing the actions of other souls, you will have the awareness: that one is also a soul performing actions. Whoever you see with this alokik dristhi, only look at the form of the soul. By doing this each of your physical organs will become clean.
- 27) Just as, by putting on the switch, darkness is dispelled in one second, similarly, put on the switch of self-respect and you will not have to make effort to finish the various types of body consciousness. You will easily have the soul-conscious stage. This stage will give you the experience of spiritual love.
- 28) By staying in the stage of soul consciousness, your face will never look serious. It is good to be serious, but not too serious. Your face should always be smiling. When your non-living images are shown to be serious, you would say that the artist is no good. Similarly, if you are always serious, then it would be said that you do not know the art of living.

Homework for March 1-16 for the Year of Tapasya
Increase the practice of the bodiless stage.

- 1) To be bodiless means to go beyond sound. When you are in the body, there is sound and when you go beyond the body, there is silence. Come into thoughts for service in one second and stabilise yourself in the stage of being beyond thoughts in one second. For any task, come into the awareness of the body and then become bodiless in one second. When this drill becomes firm, you will be able to face all adverse situations.
- 2) Just as BapDada is bodiless and comes into the body, in the same way, children also have to be bodiless and then come into the body. Become stable in the avyakt stage and then come into the corporeal. Just as everyone has the experience of shedding a body and taking a body, similarly, renounce the consciousness of the body and become bodiless whenever you want, and take support of the body and perform actions whenever you want. Have the experience that it is as if this physical costume is completely separate and the one who has adopted the costume, the soul, is separate.
- 3) Generally, it is easy to become bodiless, but whenever there is a situation in front of you, when there is some complication in service, when there are situations that cause fluctuation, then at that time, just think and become

bodiless. For this you need practice over a long period of time. When your thinking and doing happens simultaneously, then you will be able to pass the final paper.

- 4) You will be able to become detached from the costume in one second, when there is no tightness of any sanskars. For instance, when something clings, it is difficult to separate it. By being loose, it easily separates. Similarly, if there isn't easiness in your sanskars, you will not be able to experience bodilessness and therefore, remain easy and alert.
- 5) When someone is weak, he is given glucose to make him strong. Similarly, when you consider yourself to be a soul, a bodiless being, then this stage of being a detached observer will do the work of making you strong, and for the duration of the time that you remain a detached observer, you are able to remember the Father, your Companion, that is, you have His company.
- 6) Practise: forget the body and the bodily world and become a bodiless resident of the supreme abode; and then from being a resident of the supreme abode, stabilise yourself in the subtle stage; then come into sound for service. While doing service, remain aware of your form. Focus your intellect wherever you want in less than one second and you will pass with honours.
- 7) Just as you turn a switch on or off in one second, similarly, take the support of the body in one second and stabilise yourself in the stage of being beyond the body in one second. Come into the body one moment and become bodiless the next. When there is a need, adopt the costume of the body and when there is no need, then become separate from the body. Practise this; this is called the karmateet stage.
- 8) When BapDada gives a direction to leave the home of this body, to renounce the stage of body consciousness and become soul conscious and go beyond this world to your sweet home, are you able to do this? You will not let this time pass by in battling on the battlefield, will you? In becoming bodiless, if you spend your time in battling, then in the final paper what marks will you get or what division will you come in?
- 9) Hatha yogis are able to stop breathing for as long as they want. So, you easy yogis, the natural yogis, constant yogis, karma yogis and elevated yogis should be able to stabilise your thoughts and breath for as long as you want, on the basis of the knowledge of the Father who is the Lord of Life. Play with your pure thoughts one moment, and the next moment

stabilise yourself in the love for One, that is, stabilise yourself in the pure thought of meeting the Father and of becoming bodiless.

- 10) Now, collectively, practise stabilising in one pure thought, that is, in creating a constant and steady stage, and only then will the name of the Shakti Army be glorified in the world. Take the support of the body when you want and renounce the support of the body when you want, and become stable in the bodiless stage. Just as you adopted the body, similarly, become detached from the body: this experience is the basis to claim the first number in the final paper.
- 11) In order to experience the bodiless stage, do not have any attachments, even in your subtle thoughts – neither in your relationships, nor in your connections, nor even towards your own specialities. If you have any attachment even to your own specialities, then that attachment will bind you in bondage and will not allow you to become bodiless.
- 12) To the extent that you remain stable in the avyakt light form, accordingly, because of having the practice of being beyond the body, if you become bodiless even for 2-4 minutes, then that is like taking a rest for 4 hours. Such a time will come when, instead of going to sleep, you will become bodiless for 4-5 minutes and your body will receive rest. By making the awareness of the form of light strong, you will become light in settling your karmic accounts.
- 13) The power to merge is most essential in becoming bodiless. Thoughts of body consciousness and the adverse situations of the physical world have to be merged. You also have to merge thoughts of the body, the thoughts for the things connected with the body and the thoughts for getting the facilities that you need. Apart from the thought of going home, let there not be the expansion of any other thoughts: simply have the thought that you are now about to return home. Experience yourself, the soul, to be flying beyond the element of sky. For this, from now increase the practice of being seated on the immortal throne.
- 14) Being bodiless is like being a wireless set. To become viceless is the setting for the viceless set. The slightest trace of any trace of the vices will make the wireless set useless and therefore, from being one in bondage of karma, become a karma yogi. Consider yourself to be free from the many bondages and just in relationship with the one Father and you will remain constantly ever-ready.

- 15) No matter how much of a pull there may be from all directions for any task, let your intellect stay very busy in the task of serving. At such a time, practise being bodiless. With true service there is never any bondage, because a yogyukt and yuktiyukt server constantly remains beyond while doing service. They would not say that they were not able to become bodiless, because they had a lot of service to do. Remember that it is not your service, but that the Father has given it to you and you will remain free from bondage. Practise: I am a trustee and free from bondage. In extreme times, practise the final stage and the karmateet stage.
- 16) If you are unable to control the power of your thoughts, then give yourself the injection of becoming bodiless. Go and sit with the Father and the power of your thoughts will not create havoc. Now, while staying in the corporeal form, continue to fly in the avyakt stage. Learn how to fly. Constantly continue to fly with the bodiless stage in the subtle region. Continue to fly in the bodiless stage.

Homework for March 17-31 for the Year of Tapasya
With the practice of concentration, show the miracle of the Sun of Knowledge.

- 17) While carrying out any work or playing your part, though, like in the ocean, there may be upheaval on the surface, the internal stage should be of “nothing new”. Those who are trikaldarshi and know the depth of the Creator and the creation should stabilise themselves in the stage of peace so easily and comfortably that no upheaval of the physical organs is able to make your internal stage fluctuate.
- 18) When souls with soul-conscious power, semi-pure souls, are able to invoke souls through their spiritual endeavour and, with temporary facilities, are able to show miracles to souls sitting far-away and attract those souls towards themselves, then what can those with Godly powers, that is, those with the most elevated powers, not do? But for this, special practice of concentration is needed.
- 19) In the non-living images of the Shaktis they have shown the hands in the form of giving blessings, and the hands are also shown in a stable form. The pose portrayed of giving blessings are the stable hands, drishti and thoughts. Similarly, increase the power of concentration in the living form and then the spirit will be able to invoke spirits and do spiritual service.

- 20) Until now, the conflict of mine and yours, name, respect, honour, nature and sanskars that there has been in service through words and deeds, and the lack of time and wealth that there is – all these obstacles can easily be finished by serving through the mind with the practice of concentration, and a sanskar of doing spiritual service will be created.
- 21) All the souls who have come in connection with you through your words or the impact of your practical life, or those who you hope will come in contact with you – give those souls the experience of spiritual power. Just as devotees observe a fast of not eating food, so serviceable and knowledgeable souls should observe the vow of remaining beyond the upheaval of wasteful thoughts, words and deeds and maintaining concentration, that is, spirituality; then you will be able to show souls a miracle of the Sun of Knowledge.
- 22) Now, a group with the determination of concentration should be ready, who go to the bottom of the Ocean and bring diamonds and pearls of experiences. You have had the experience of moving along with the waves, and now you have to go deep inside, to the bottom. Invaluable treasures are found at the bottom of the ocean and, when you do this, you will automatically step away from everything else.
- 23) The power of concentration can show many unique results, and it is only with concentration that you can attain results. You can cure yourself with the power of concentration and also make the many diseased people free from disease. When someone stops something that is moving, that is the result of concentration. When you say 'stop', it stops; and then the drums of victory will beat for the image that grants blessings.
- 24) The power to discern will come through the concentration of the intellect. For this, you need to go beyond the upheaval of wasteful and impure thoughts and have the constant and steady stage of taking all sweetness from the One. If your intellect and stage fluctuates in the sweetness of many different things, then the power of discernment is reduced and, because of not being able to discern, Maya makes you her customer. Then you cannot even recognise that this is Maya. You cannot tell when something is wrong.
- 25) At present, the easy method to bring about world benefit is to stabilise the wandering intellect of all souls through the concentration of your elevated thoughts. All souls of the world especially have this desire that their wandering intellect becomes still or their mind becomes stable from being mischievous. This desire of the world will be able to be fulfilled, when you have the practice of concentration.

- 26) Concentration means constantly to belong to the one Father and none other. Practise especially remaining constantly stable in a constant and steady stage. For this, firstly transform wasteful thoughts into pure thoughts. Secondly, finishing all the many types of obstacles of Maya easily on the basis of your love for God, continue to move forward.
- 27) In order to make your intellect concentrated, constantly remain aware of the mantra of manmanabhav. With the practical dharna of the mantra of manmanabhav, you can claim the first number. Concentration of the mind means to stay in the remembrance of One. To be concentrated is solitude. Now, make yourself one who stays in solitude, that is, be introverted, beyond the vibrations of all attractions. Now, just this practice will be useful.
- 28) In order to serve through your mind increase the practice of concentration. For this, all waste has to finish and the experience of all powers should become a part of your life. Just as the Father is perfect, similarly, children should also be like the Father and have no defects.
- 29) Concentration means to constantly remain stable in one elevated thought – the seed of thought in which the expansion of the whole tree is merged. Increase the concentration and all types of upheaval will finish. With concentration you will be able to see everything clearly as it is. Those who remain stable in a concentrated stage will experience themselves and all the things to be as they are.
- 30) In today's world, everyone is fed up with all types of upheaval - the upheaval in politics, the upheaval of the cost of everything, the upheaval of currency, the upheaval of the suffering of karma and the upheaval of religion. In order to be saved from these, adopt concentration and stay in solitude. By being in solitude you will easily be able to concentrate.
- 31) The method to become a destroyer of obstacles on the Godly path is to be able to recognise Maya and, after recognising her, to take a decision, because Maya comes in front of the Godly children in a royal, Godly form and in order to recognise this, increase your concentration, that is, the power of silence.

Homework for April 1–15 for the Year of Tapasya

In order to make your mind steady and powerful, exercise the mind.

- 1) In order to make your mind steady, every hour, bring all your five forms in front of you in 5 seconds or 5 minutes and experience those forms. With

this exercise your mind will not go towards anything wasteful or inaccurate and there won't be carelessness in your mind. By experiencing the mantra of manmanabhav with your mind, it will become a tool with which to conquer of Maya.

- 2) The means to finish being overweight is to observe precautions with your food and diet and to exercise. Similarly, here too, repeatedly perform with the intellect the exercise of being bodiless. The food for the intellect is your thoughts and so observe precautions with your thoughts and your mind will become light, steady and powerful.
- 3) Just as exercise is the means for physical lightness, similarly, there is soul-conscious exercise through the practice of yoga – one minute be a karma yogi, that is, be one who has the corporeal form and play your part on earth. The next minute be a subtle angel and experience being a subtle resident residing in the subtle region. The next minute be incorporeal and experience being a resident of the incorporeal world. The next minute be in your kingdom of heaven, that is, be a resident of paradise and experience your deity form. Exercise your intellect in this way and you will remain light all the time and the speed of your effort will become fast.
- 4) Even though your body may be ill, do not allow your mind to be disturbed with the illness of the body. Constantly continue to dance in happiness and the body will become fine. Make your body function with the happiness in your mind and exercise for both the mind and body will be performed. Happiness is blessings and exercise is the medicine. By having both blessings and the medicine, everything will become easy.
- 5) Nowadays, the cure for all illnesses of the body is said to be exercise, so too, to make the soul powerful at this time, you need the practice of spiritual exercise. No matter how much upheaval there may be in the atmosphere everywhere, you need the practice of remaining beyond sound while being in the midst of sound and being peaceful while in the midst of peacelessness over a long period of time.
- 6) When someone is physically overweight, they are not flexible and cannot bend as and when they want. Similarly, when someone has a gross intellect, that is, if there is any type of wasteful burden or rubbish in the intellect, or there is some or other type of impurity, then someone with such an intellect is not able to mould his intellect, as and when he wants. Therefore, you need a very clean and refined, that is, a very subtle and divine, an unlimited and a broad intellect. Only those with such an intellect will be able to experience all relationships with whichever relationship they want, at any time they want.

- 7) To come into sound one moment and to go beyond sound the next – just as you find it very easy to come into sound, similarly, this should also be such an easy experience because the soul is the master. In doing the spiritual exercise, it is not a question of simply going beyond the sound of the mouth. You also have to go beyond the sound of the thoughts in your mind. It should not be that you become quiet with your mouth and continue to talk in your mind. To go beyond sound means that both the mouth and the mind should be beyond sound and become merged in the Ocean of Silence.
- 8) Whenever you are very busy in performing any action and your mind and intellect are engaged in that task and you receive the direction: “full stop”, are you able to apply a full stop or do you continue to have thoughts of that action? “I have to do this, I mustn’t do this. This is like this and this is like that.” Practise this for even one second, but continue to practise it, because you will only get the final certificate when you apply a full stop in one second. In one second, merge the experience and become the form of the essence.
- 9) With physical exercise the body remains healthy. Similarly, while walking and moving around, continue to do the exercise of your 5 forms. When you remember the word “Brahmin”, come into the experience of Brahmin life. When you say the word “angel”, become an angel. Perform the drill of the mind throughout the day. You perform the physical drill for the health of the body and continue to do that, but together with that, repeatedly do the exercise of the mind.
- 10) Since you have to become equal to the Father; one is incorporeal and the other is an avyakt angel. So, whenever you have time, become stable in the incorporeal stage the same as the Father in one second, then, while doing any work, work as an angel. An angel means double light. Do not let there be any burden of the work. Every now and again exercise the mind with the incorporeal and angelic forms, and there won’t be any tiredness.
- 11) To go beyond the consciousness of the body, you can do this spiritual exercise, while doing your work and performing your duty in one second. Let this become a natural practice: be incorporeal one moment and then become an angel. The more you perform this drill of the mind, the more you will become an easy yogi and a natural yogi.
- 12) On one side, do service through the mind and on the other side, exercise the mind. One moment, be incorporeal and the next moment, be an angel. Just as the name of the body is firm, and even if someone else is being

called, you will respond. I am a soul and BapDada is the world of the soul. The sanskars of the soul are Brahmin to angel, and angel to deity. So, perform this drill of the mind. I, the soul and my Baba.

- 13) In today's world doctors tell you not to take medicine and instead to do exercise. So, BapDada also says: Stop battling, stop labouring, and throughout the day do this exercise of the 5 forms for 5 minutes. For one minute be incorporeal, one minute be angelic, one minute be a server in all ways. Do this exercise of the mind for 5 minutes throughout the day and you will always remain healthy and be saved from labouring.
- 14) First of all take your mind to the supreme abode, then to the subtle region and remember your angelic form, then remember your worship-worthy form, then remember your Brahmin form and then your deity form. Throughout the day continue to perform this exercise for 5 minutes. For this you don't need the sports grounds, you don't have to race, you don't need a chair, a seat or a machine. You simply need to be the form of pure thoughts.
- 15) In order to make your mind powerful, to constantly maintain your happiness and zeal and enthusiasm, and to experience the flying stage, continue to perform the drill and exercise of the mind.

Homework for April 16-30 for the Year of Tapasya **Donate powers through your mind.**

- 16) Just as BapDada feels mercy, similarly, you children also have to be master merciful and give souls the powers you have received from the Father - with your attitude and through the atmosphere. Since you have to complete serving the whole world in a short time, and purify the elements too, serve at a fast speed.
- 17) No one can say that they don't have a chance to serve. If someone is not able to speak, he can serve the atmosphere through the mind, with an attitude and stage of happiness. If your health is not good, then be co-operative while sitting at home. Simply accumulate a stock of pure thoughts in your mind and become full with good wishes.
- 18) You can serve many souls with the pure feelings, elevated wishes, elevated attitude and elevated vibrations in your mind, while staying in any place. The method for this is to be a light house and a might house. It's not a cage of not having any physical facilities, a chance or the time in this. There is a need to simply become full of light and might.

- 19) In order to serve through the mind, your mind and intellect should be free from thinking any waste. They should be an easy form of the mantra of “manmanabhav”. The elevated souls who have an elevated mind, that is, whose thoughts are powerful and have good wishes and pure feelings, are able to donate powers through their mind.
- 20) The mirror of the power of the mind is your words and actions. Whether souls are in knowledge or not, when you are in relationship and connection with both types of souls, your words and actions should be filled with good wishes and pure feelings. The words and actions of those whose mind is powerful and pure will automatically be pure and powerful and filled with good wishes. To have a powerful mind means the power of remembrance will be elevated and powerful and to be an easy yogi.
- 21) Just as you set your programme for physical work according to the daily timetable, similarly, set a programme for the powerful stage of your mind and you will never get upset. To the extent that you keep your mind busy in powerful thoughts, accordingly, the mind will have no time to get upset. When your mind is constantly set, that is, concentrated, then good vibrations automatically spread and service takes place.
- 22) At every moment, you yourself and others should experience your mind to constantly have good wishes and pure feelings for all souls. Let blessings continue to emerge from your mind at every moment for all souls. Let your mind constantly remain busy with this service. Just as you have become experienced in serving through words, and if you don't get any service, then you experience yourself to be empty, similarly, together with serving through words, service through the mind should also continue to take place automatically at every moment.
- 23) Just as serving through words has become natural, similarly, serving through the mind should also be simultaneous and natural. Together with serving through words, continue to serve through your mind and you will not have to speak so much. The energy that you spend in speaking will be saved when you also have the co-operation of serving through the mind and the powerful service of the mind will give you the experience of greater success.
- 24) To the extent that you use your body, mind, wealth and time in service, by serving with the powers of the mind, you can have greater success in a shorter time. At present, you sometimes have to make effort over yourself. Sometimes, in transforming your nature, in moving along with the gathering or in achieving success in service, when there isn't so much success, you experience disheartenment, which should now finish.

- 25) When it becomes your natural nature to give good wishes and have pure feelings through your mind, then your mind will become busy and you will automatically be able to step away from the upheaval in the mind, and you won't become disheartened in your efforts, and there will be magic.
- 26) Now, increase the quality of your mind and quality souls will come closer. There is double service in this – service of the self and of others. You will not have to make separate effort for yourself and you will have the experience that you have attained your reward. The elevated reward of the present time is “to keep the self full with all attainments and to make others full”.
- 27) According to the time now, do service through the mind and through words simultaneously. However, serving through words is easy and serving through the mind is a matter of paying attention. Therefore, in your mind, have thoughts filled with good wishes and pure feelings for all souls. Let there be the newness of sweetness, contentment and easiness in your words and you will easily continue to receive success.
- 28) To the extent that you keep yourself busy in serving through the mind, the more easily you will become a conqueror of Maya. Do not become emotional for the self, but do the service of transforming others with your good wishes and pure feelings. Let there be balance of bhavna and knowledge and love and yoga. You have become a benefactor, now become an unlimited world benefactor.
- 29) Serving through the mind is unlimited service. To the extent that you become a sample through your thoughts and words, accordingly, on seeing the sample, others will automatically be attracted. Simply have a determined thought and service will continue to take place easily.
- 30) While doing any work, also do the service of spreading vibrations through your mind. A businessman would see business in his dreams too. Similarly, your work is to benefit the world. This is your occupation. Keep this occupation in your awareness and constantly remain busy in service.

