

**Essence:** Sweet children, your sins are absolved by having remembrance, not *trance*. *Trance* is a game worth only a few pennies. Therefore, do not have any desire to go into *trance*.

**Question:** What one caution does the Father give all of you children in order to save you from different forms of Maya?

**Answer:** Sweet children, do not have any desire for *trance*. Knowledge and yoga have no *connection* with *trance*. The main thing is the study. Some go into *trance* and say, "Mama entered me," or, "Baba entered me". All of those are subtle thoughts of Maya about which you have to remain very cautious. Maya enters many children and makes them act wrongly. Therefore, do not have any desire for *trance*.

Om shanti. Sweetest, spiritual children, you have understood that, on one side, there is devotion and, on the other side, there is knowledge. There is a lot of devotion and there are many people to teach you that. The scriptures, as well as human beings, teach you that. Here, neither are there any scriptures nor is it a human being. Here, it is the one spiritual Father who is teaching and explaining to you souls. It is souls that imbibes everything. The Supreme Father, the Supreme Soul, has all of this knowledge. He has the *knowledge* of the cycle of 84 births and this is why He can also be called the Spinner of the discus of self-realisation. He is making us children into spinners of the discus of self-realisation. Baba is in the body of Brahma and so He too can be called a Brahmin. We, His children, also become Brahmins who then become deities. The Father now sits here and teaches you the pilgrimage of remembrance. There is no question of hatha yoga in this. Those people go into *trance* through hatha yoga. That is not anything great. There is no greatness in *trance*. *Trance* is a game worth only a few pennies. You must never say to anyone that you go into *trance* because, nowadays, many people everywhere abroad go into *trance*. By going into *trance*, neither do they benefit nor do you benefit. Baba has given you the understanding that there is neither the pilgrimage of remembrance nor any knowledge in *trance*. Those who go into *trance* would never listen to knowledge nor would their sins be burnt away. *Trance* has no importance. Children have yoga, but that is not called *trance*. Your sins will be absolved by having remembrance. Sins cannot be absolved with *trance*. Baba cautions you: Children, do not have any interest in going into *trance*. You know that those sannyasis etc. receive knowledge when it is time for destruction. Although you may continue to invite them, this knowledge will not enter their urn (intellect) quickly. They will come when they see destruction in front of them. They will then understand that death is about to come. When they see it coming close, they will believe you. Their *part* is at the end. You say that destruction is now about to come and that death has to come. Those people think that you are lying. Your tree grows slowly. You simply have to tell the sannyasis: Remember the Father. The Father has also explained that you mustn't close your eyes. If your eyes are closed, how would you be able to see the Father? We are souls and we are sitting in front of the Supreme Father, the Supreme Soul. He cannot be seen, but our intellects have this knowledge. You children understand that the Supreme Father, the Supreme Soul, is teaching us with the support of this body. There is no question of *trance* etc. To go into *trance* is not a big thing. Offering bhog etc. is fixed in the *drama*. You (*trance* messengers) become *servants* and come back having offered bhog. It is like *servants* who serve important people with food. You too are *servants* who go and offer bhog to the deities. They are angels. You see Mama and Baba there. That perfect image is your *aim* and *objective*. Who made them into such angels? To go into *trance* is not a big thing. Just as Shiv Baba is teaching you here, in the same way, there, too, Shiv Baba will explain something to you through this one. You just have to know what happens in the subtle region, but you mustn't give any importance to *trance* etc. To demonstrate going into *trance* is also childishness. Baba cautions everyone: Do not go into *trance*. Maya often also interferes in that. This is a study which the Father comes and teaches you every cycle. It is now the confluence age. You have to be *transferred*. You are playing your *parts* according to the *drama plan*. There is praise of your *parts*. The Father comes and teaches you according to the *drama*. You have to study with the Father once and definitely change from human beings into deities. You children have a lot of happiness in this. We now know the Father and the beginning, middle and end of creation. You should be very happy that you receive teachings from the Father. You study in order to go to the new world. There, it is the kingdom of deities and so you certainly have to study at the most auspicious confluence age. You become liberated from this sorrow and then go into happiness. Here, because you are tamopradhan, you fall ill etc. All of these illnesses are to end. The main thing is the study which has no *connection* with *trance* etc. That is not a big thing. In many places, some go into *trance* and then say that Mama came or that Baba came. The Father says: All of that is nothing. The Father only explains one thing: You have been body conscious for half the

cycle; now become soul conscious and remember the Father and your sins will be absolved. This is called the pilgrimage of remembrance. By calling it yoga, you cannot prove it is a pilgrimage. Your souls have to go from here and become satopradhan from tamopradhan. You are now on the pilgrimage. Their yoga doesn't have any pilgrimage in it. There are so many hatha yogis. That is hatha yoga whereas this is remembrance of the Father. The Father says: Sweetest children, consider yourselves to be souls. No one else would ever explain in this way. This is a study. When you become a child of the Father, you have to study with Him and then also teach others. Baba says: Open *museums* and people will come to you by themselves; you won't have to take the trouble to invite them. They would say: This knowledge is very good. We have never heard it before. Here, your *character* is reformed. The main thing is purity due to which there is upheaval. Many still *fail* in this. Your stage becomes such that, while in this world, you don't see it. While eating and drinking, your intellects should be in that direction just as when a father is having a new home built everyone's intellect is drawn to the new home. The new world is now being created and the unlimited Father is building the unlimited home. You know that we are making effort to become residents of heaven. The cycle has now come to an end. We now have to go home and then to heaven and so we must definitely become pure in order to do that. You have to become pure with the pilgrimage of remembrance. It is in remembrance that there are obstacles and it is in this that you have to battle. There is no question of a battle when studying. The study is very *simple*. The *knowledge* of the cycle of 84 births is very easy, but to consider yourself to be a soul and remember the Father requires effort. The Father says: Do not forget the pilgrimage of remembrance. Definitely remember Baba for at least eight hours. You also have to act for your physical livelihood. You have to have some sleep too. This is an easy path. If you were told not to have any sleep, it would become hatha yoga. There are many hatha yogis. The Father says: Do not look at anything in that direction; there is no benefit in that. So many people teach hatha yoga etc. All of those are the directions of human beings. You are souls and it is each soul that takes a body and plays his *part* by becoming a *doctor* etc. However, people have become body conscious and think: I am so-and-so. You now have it in your intellects that you are souls and that the Father is also a soul. At this time, the Supreme Father is teaching you. This is why it is remembered that souls remained separated from the Supreme Soul for a long time. You meet Him every cycle. All the rest of the world teach and study in body consciousness, considering themselves to be bodies, whereas you study while considering yourselves to be souls. The Father says: I am teaching you souls. It is souls that become *judges* or *barristers* etc. You souls were pure and satopradhan. Then, while playing your *parts*, you have all now become impure. This is why you call out: Baba, come and make us into pure souls. The Father is pure. Only when you listen to these things do you imbibe them. You children become deities when you imbibe these things. These things will not sit in the intellect of anyone else, because these things are new. This is knowledge and that is devotion. You too become body conscious while performing devotion. The Father says: Children, now become soul conscious. The Father is teaching us souls through this body. Repeatedly remember that this is the only time when the Father of all souls, the Supreme Father, teaches you. Except for this confluence age, He doesn't have a *part* at any time in the *drama*. This is why the Father repeatedly says: Sweetest children, have the faith that you are souls and remember the Father. This is a very high pilgrimage. If you climb, you can taste the sweetness of heaven. By falling into vice, you become completely crushed. In spite of that, you will go to heaven, but your status will be very low. A kingdom is being established. Those with a low status are also required there. Not everyone follows the path of knowledge. If they did, Baba would find so many children. Even if He does find them, that is only for a short *time*. You mothers are praised a lot. It is said: Salutations to the mothers. Such a big mela for Jagadamba takes place because she did a lot of *service*. Those who do a lot of *service* become great kings. It is your memorial that is in the Dilwala Temple. You daughters should find a lot of *time*. When you prepare food, you should sit in remembrance and make the food very pure so that the heart of whomever you serve it to also becomes pure. There are very few who receive such food. Ask yourself: Am I preparing food while staying in remembrance of Shiv Baba, so that the hearts of those who eat it will melt as soon as they eat it? You repeatedly forget to stay in remembrance. Baba says: It is fixed in the *drama* for you to forget because you have not yet become 16 celestial degrees full. You definitely have to become perfect. The full moon is so bright, and it then decreases to just a line; it becomes completely dark and then it becomes completely bright. If you souls renounce those vices etc. and continue to remember the Father, you will become perfect. You want to become emperors but not everyone can become that. Everyone has to make effort. Some don't make any effort at all, and this is why it is said: Elephant riders, horse riders and

foot soldiers (infantry). There are few maharathis. There aren't as many *commanders* and *majors* as there are subjects and soldiers. Amongst you, too, there are *commanders*, *majors* and *captains*. There are also the foot soldiers. This is your spiritual army. Everything depends on the pilgrimage of remembrance. It is by having this that you will receive power. You are the incognito *warriors*. By your remembering the Father, the rubbish of your sins is burnt away. The Father says: You may do your business etc. but remember the Father. You have been lovers of the one Beloved for birth after birth. Now that you have found that Beloved, you have to remember Him. Previously, although you used to remember Him, your sins weren't absolved through that. The Father has told you that you have to become satopradhan from tamopradhan here. It is souls that have to become this. It is souls that are making effort. You have to remove the dirt of many births in this one birth. This is the final birth in the land of death and you then have to go to the land of immortality. Souls cannot go there without becoming pure. Everyone's karmic accounts have to be settled. Then, if you experience punishment, your status will be reduced. Those who don't experience punishment are said to be the eight beads of the rosary. Rings of nine jewels are made. If you want to become like that, you have to make a lot of effort to remember the Father. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and *good morning* from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

**Essence for dharna:**

1. *Transfer* yourself at the confluence age. Reform your *character* by studying and by imbibing purity. Do not have any interest in going into *trance* etc.
2. Act for the livelihood of your body but also have some sleep because this is not hatha yoga. However, you must never forget the pilgrimage of remembrance. Remain so yogyukt while preparing pure food and serving others with it that the hearts of those who eat it become pure.

**Blessing:** May you be a true spiritual server who does all types of service with love and a true heart. It may be any type of service, but when it is done with love and a true heart you then receive 100 *marks* for it. Let there not be any irritation in service, let service not just be in name. Your service is to put right that which has gone wrong, to give happiness to everyone, to make souls yogya (capable, worthy) and yogi, to uplift those who defame you and to give your company and co-operation at a time of need. Those who do such service are true spiritual servers.

**Slogan:** Invoke your perfect form and you will be freed from your stage going up and down.

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