

02/02/20

Om shanti

Madhuban

Beloved Avyakt BapDada's beloved instrument teachers, brothers and sisters of the Brahmin clan, ones who always make the one Father your world, ones who keep your mind busy in the spiritual exercise and become full with all powers, all intense effort-making children who are jewels of Baba's eyes, please accept love-filled sweet remembrance.

We continue to receive news of how all of you must have had very good tapasya in the avyakt month. Each one had a good race and many places had continuous bhatthis for 108 hours and everyone had very good experiences. Now, BapDada is giving all of us a special signal: Children, according to the time, the situations will also take on a fearsome form and many old karmic accounts will come in front of you in the form of a test-paper. You children have to make yourselves so powerful that you are able to easily pass any type of paper that comes and move ahead. For this, Baba says: Children, repeatedly continue to perform the spiritual exercise of the five forms and you will become full of all powers. Tell me, all of you are practising this every day, are you not? We do tapasya all the time, not just in the avyakt month. So come, together with unlimited service, in order to make ourselves powerful, while walking and moving around and performing actions, let us practice this spiritual drill and become constant tapaswis.

Now, the pure and auspicious festival of Shiv Jayanti is coming soon. All brothers and sisters celebrate this festival with a lot of zeal and enthusiasm, and there is a great splendour of service everywhere. Now, let us all celebrate this 84<sup>th</sup> Trimurti Shiv Jayanti in such a way that the flag of Shiv Baba's incarnation is hoisted in each one's heart, and the slogan, "This is the One, this is the One" is echoed from each one's heart. Let there first be revelation and then there will be transformation.

So, keeping in mind the balance between your own personal stage and service, this time, especially invoke souls through your powerful state of the mind, become introverted and with the practice of concentration, serve through your mind. For self-transformation, definitely have a determined thought in the form of a promise.

Now, this turn of BapDada's season is specially for Delhi and Agra zone and nearly 17,000 brothers and sisters have arrived in Baba's home with a lot of zeal and enthusiasm. Double foreign brothers and sisters are also present in every turn. Along with the powerful atmosphere of Madhuban, everyone goes back full being nourished with the classes from experienced brothers and sisters. BapDada also decorates everyone beautifully with the elevated avyakt versions. Achcha. Lots of love and remembrance to all. Om shanti.

02/02/2020

Avyakt BapDada

30/11/2010

**Exercise your mind every hour and make it powerful. Since Baba is your world (sansaar), also make your sanskars the same as those of the Father.**

Today, BapDada has come to meet all the children of the one land, the original land. You all know how lovely that one land is, do you not? BapDada has also come from that one land to meet all the children. Children have the happiness of meeting the Father and the Father has the happiness of meeting the children. Today, BapDada is seeing all the children in their five forms and this is why there is the memorial of the five faces of Brahma. You know your five forms, do you not? The first form of everyone is of a point of light; has it come in front of you! It is such a lovely and sparkling form. The second form is the deity form. That is also such a lovely and unique form. The third form is that of the middle, the worthy-of-worship form. The fourth form is the confluence-aged Brahmin form; this form is also so great, and the fifth form is the angelic form. All these five forms are so lovely. Today, BapDada is teaching you children the *exercise* for the mind because the mind sometimes pulls you children towards itself. So today, BapDada is teaching you the *exercise* to make your mind constant and stable. Throughout the day, exercise with these five forms, and whatever form you think about, experience that in your mind. For example, when you said "point of light", the sparkling form came in front of you. In the same way, bring these five forms in front of you and experience those forms. Every hour, perform this *drill* for five *seconds*. If not five *seconds*, then five *minutes*. Bring each form in

front of you and experience it. Keep your mind *busy* in this spiritual *exercise*, because with this *exercise*, your mind will always be good. Just as physical *exercise* keeps your body healthy, in the same way, this *exercise* will keep your mind strong. Concentrate on that form in your mind for even one second. Do you feel that this is easy or do you find it difficult? You will not find it difficult because you have performed this exercise many times. You have done it every cycle. It is not difficult to bring your own form in front of you. As you bring each form in front of you, you will experience the speciality of each form. Sometimes, some children say that they want to experience these same five forms but the mind goes away in another direction. Instead of concentrating your mind on one thing for as long as you want, wasteful or incorrect thoughts also enter. Sometimes, there is carelessness of the mind. BapDada wants you to experience this exercise for five *seconds* or five *minutes* every hour. Do this for five minutes and then make your mind work in that direction. It is good to move along in that way, is it not? Then, engage yourself in your work because you do have to do your work. You cannot move along without doing your work. All of you are doing service of the yagya and the world, and you have to do it. After performing this five *minute drill*, engage yourself in whatever other work you were doing. Is there anyone who doesn't have five seconds or five minutes? Is there anyone? Then raise your hand! Is there anyone who doesn't have five minutes? Is there? All of you can find the time. So, repeatedly perform this exercise and you will become intoxicated while doing your work because the Father's mantra is manmanabhav. With this mantra and the experience of the mind, your mind will become a weapon for you to become a conqueror of Maya because BapDada has told you that as time progresses, you will have to put a *stop* in a *second*. By doing this exercise, you will receive help in becoming manmanabhav because BapDada has seen that whenever you give a lecture or message then what do you say? You say that you are the ones who will transform the world. Since you are going to transform the world, first of all make your mind powerful so that it is able to have those thoughts that you want it to have at any time. *Order* it in a *second* just as you order the body and your physical organs for example: Raise it! Lower it! You do this, do you not? In this way, your mind will be saved from anything wasteful or incorrect. You are the master of your mind. You say, "My mind!" So, "my mind" should remain in order to this extent, and that is why you have been shown this exercise of the mind.

BapDada has seen that every child wants to become a conqueror of the mind and a conqueror of the world and this is why, before the time comes, you have to practise easily stabilising your mind wherever you want. So, today, BapDada wants every child to become so powerful that his mind, intellect and sanskars follow his orders in whatever thought he has. Those who have this practice will definitely become the conquerors of the world. You all have love for BapDada and the family. The children have love for the Father, and the Father has even greater love for the children. So, children have been very clever. By saying "Mera Baba, mera Baba" (My Baba!), you have made Him belong to you. Each child says with this faith, "Mera Baba!" And the Father says, "My children!" This word "mine" has performed wonders! Each one of you has so much enthusiasm in your heart, "My Baba, lovely Baba!", and the Father also repeatedly says, "My children!" Maya can wage war at any time because you had made Maya belong to you for half the cycle, had you not? So, Maya would also have that love for you, would she not? This is why she repeatedly tries to come to you. However, when you say "My Baba" from your heart, you receive the Father's co-operation. When you say "My Baba" just once from your heart, the Father is bound to give you a thousandfold powerful co-operation. You have this experience, do you not? Simply put this experience into a *practical* form at the right time.

Seeing one thing of the children, BapDada is amused in His heart. Do you know which aspect? All of you say that Baba is your world. You say, do you not, that the Father is your world? You say this, do you not? Those who say that the Father is their world, raise your hands! Achcha, the Father is your world. You do not have another world, do you? You do not have another world, but what else do you have? Sanskars. Since the Father is your world, you do not have any other world. There isn't another world, so how are the sanskars born? Nowadays, according to the time, BapDada wants to erase the word "sanskars". Can it be erased? Can it? Those who think that their sanskars cannot become an obstacle and are able to have this determined thought, those with determined thought who can even today make this determined effort that you definitely have to finish them. Not that "I will do it, I will think about it, I will see ...." I definitely have to do it. It is

the duty of sanskars to come and the duty of you children is to definitely finish them. Do you have this much courage? Do you have this courage? You raised your hands earlier too, but now check whether you are doing everything practically according to the thought that you had. Those who feel that the Father said something, that it is the Father's duty to give an aim and the children's duty is definitely to do what the Father asked must fix a *date* for this. Just as the devotees have fixed a date to celebrate Shiv Ratri, so fix a *date* for this. OK, if you are not able to fix a date for this collectively, then each one of you can at least fix a date for yourself. Can you do this? If you can do this, raise your hands! So, have you fixed it? If you can do it, have you done it? Double foreigners, have you fixed a date? Those sitting in the front, have you fixed it? Whatever date you have fixed, give that to BapDada in writing. BapDada will give congratulations to the children on passing their paper with courage. Then He will sing songs of the children, "Wah children! wah!" He will celebrate with a *ceremony*. BapDada will have a *ceremony* for those who had a thought and put it into *practical* form accordingly, because there would of course be a difference, would there not? Whatever date you have fixed, as you progress towards that date, you will come closer, will you not? There will begin to be a difference. BapDada will have a *ceremony* for those who become complete according to their date. When you do this internally, those who observe you will *verify* it because they would come into connection with you, would they not? Sanskars will emerge with someone or other, will they not? BapDada has seen that every child has the pure intoxication that he is a master almighty authority. You are masters, are you not? Since you are master almighty authorities, ones with all powers, then to fulfil a thought is also a power, is it not? Achcha.

Those who have come for the *first time* today, stand up! Look, so many have come. BapDada is giving congratulations. Congratulations, congratulations, congratulations for coming to Madhuban! BapDada still feels that you have come before the *board* of "Too Late" has been put up and, therefore, the whole family has this pure hope – BapDada has this hope anyway, and the whole family also has this hope – that you will constantly make *double* effort and go *fast* even though you have come *last*. Do you have this courage? Those who have come today for the first time, do you have this courage, that even though you have come *last*, you will go *fast* and come *first*? In the *first number*. There isn't just one who is *first*. Come *first* in the *first class*. Is this possible? Those of you who think that you can go *fast* and come *first*, raise your hands! Do you have faith in yourself? Achcha.

**It is the turn of Delhi and Agra to serve:** BapDada has seen that, from the beginning, Delhi has been doing new things in service. You have been doing this, have you not? Delhi has been doing this. So, now create a new invention for service. The lectures and programmes that you have been having are good because expansion takes place through that and people come into relationship with you. Whatever is happening now is good but these programmes have now been going on for a long time. Now, create something new so that those who are doing service now have some new zeal and enthusiasm. You will do this, will you not? It is good. Create enthusiasm in everyone and make them *busy* in that. Those who give lectures remain busy in the big programmes that you have and others simply accompany them. That is also necessary, but now invent something in which those who are *quality* souls remain busy themselves because Delhi has to be the capital. So, those from Delhi should create some such invention. Is this OK? Is it OK? Will you all do this? Raise your hands! It is good. Anyone can create it. New ones can also invent this. If anyone else has a thought about this, you can write to Madhuban, the *head office*. Everyone has a *chance*. Achcha. Those from Delhi should also claim *number one* in effort. BapDada said a long time ago that any centre, whether in this land or abroad, and the centres in connection with that centre, should remain free from obstacles for six months. No obstacles should come. Free from obstacles! If you claim *number one*, we will celebrate a *day* for being free from obstacles. BapDada is now telling you to do this for six months and when you have had six months of practice, that habit will then be formed. However, in order for you to claim a prize, Baba is giving you six months. What number will Delhi claim? *First number*. BapDada is pleased. The whole family is also pleased. Those who are content should be revealed. Whether in service or in the disciplines that have been created, BapDada has asked for names, but, as yet, no names have come. If not the zones, even if the centres in connection with the main centres do this, BapDada will accept it. You now have to take steps quickly. Why? Anything can happen suddenly. Baba will not give a date. Achcha, those from Delhi can sit down.

**Agra sub zone:** Agra has to perform such a task and such service because Agra is very well known in the *Government's list*. Those from Agra should find such service through which the *Almighty Government* becomes well known. Just as there is the Taj Mahal in Agra, so do something in the same way. There is hope. Congratulations for the hope. What will you do? In how much time will you do it? (We will have a mela and a mega programme.) Everyone is doing mega programmes, but create such a new invention which no other zone has done before. Agra is worth seeing by everyone. The Government has the Taj Mahal. There is some *propaganda*; Agra is known for that. Now perform such a task. Think about it. Sit at amrit vela and think about it and you will have one touching or another. Is that all right? Teachers, raise your hands! There are many. So, perform a wonder. BapDada is telling all the children: Do something new now. There is newness in whatever is happening according to the time, but now create a new invention. Any zone can do it, but do something new. BapDada loves each child and He also knows each child's speciality. Each one definitely has a speciality, but some use it for a task, whereas in some, it remains hidden and this is why the Father is saying that every child is lovely and long-lost and now-found. The Father wants you to keep flying and make others fly.

**Double foreign brothers and sisters:** Double foreigners always experience themselves to be specially long-lost and now-found by the Brahmin family and BapDada. Why? You are close to BapDada's heart to the extent that you are physically far away, according to your country. This is a speciality. When you say "Baba", your face becomes absorbed in love and the Father is pleased on seeing this. You have another speciality and that is that you maintain courage in observing the disciplines of Bharat. In the beginning you used to feel that this is the culture of Bharat, but BapDada has seen that you now say: We also belonged to Bharat. You have the intoxication of belonging to Bharat. Bharat is the capital. That is imprinted on your hearts. You continue to ask: We were not this (foreigners), were we? Those who have gone to other places (countries) ask: Were we like them? You have love for the Father of Bharat and the family of Bharat. You have done very good service until now. Nowadays, Baba has seen that you have kept the aim of serving the places near you, those who have not yet been served, and, as a *result*, many places have been successful. It is like that, is it not? You are doing service, are you not? Those who are serving the places around you, raise your hands! It is good. BapDada is pleased. Achcha.

All the children from everywhere are the children who are specially loved by the Father's heart. Each of you children repeatedly brings and has to bring this aim into your awareness: I have to make intense effort and reveal the Father so that everyone's heart says, My Baba has come. Such thoughts of zeal and enthusiasm are reaching BapDada nowadays. The *majority* of you have this zeal and enthusiasm in your heart. BapDada's desire is that this message now has to reach everyone as quickly as possible. No one should be deprived. They should claim something or other as their inheritance. Even if not liberation-in-life, at least they should claim the inheritance of liberation with love because the Father has to give an inheritance to everyone. However many you enable to receive their inheritance, to that extent you will claim the inheritance of a right to a kingdom in your kingdom. Lots and lots of love and blessings from BapDada to all the children from everywhere. Achcha.

**Dadi Ratanmohini:** Seeing today's gathering, it feels as though time is very close and so, day by day, the Father is also preparing us fully for the future. And the desire in everyone's mind is: Whatever attainments we have had so far, we understand all those things fully as quickly as possible, and each one claims their inheritance from the Father. The more we listen to what Baba says and fill ourselves with that, and also give others' the Father's introduction and enable them to attain something from the Father, they will also continue to have many experiences.

It now feels as though this world is very quickly going to change and our new world will be once again about to come on this earth. So, churning the things that Baba has told us about, let us make ourselves so worthy so that whoever sees us receives the Father's introduction from us. Seeing all of you, I am very happy that Baba's children have so much enthusiasm. And how, according to the time, you have all reached here to claim your inheritance. Achcha.      \* \* \* O M S H A N T I \* \* \*