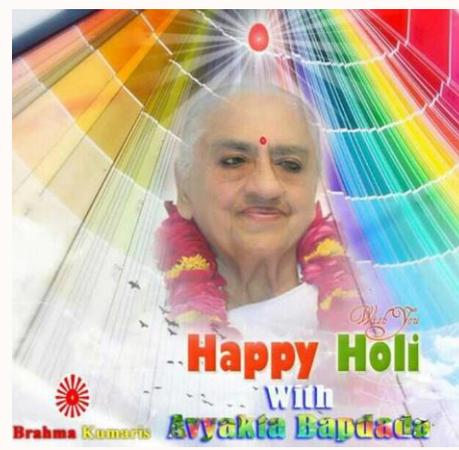


# “The Spiritual Colors of Holi”

A Compilation Inspired by Avyakt Murlis



(A Spiritual Essence of Holi Messages  
Shared from 1969 to 2016)



## **Dedication**

**Om Shanti**

This book

is respectfully dedicated to

**the Father of all souls – the Supreme Father, Supreme Soul, Shiv Baba,**

whose divine words and spiritual love

have taken us children out of the darkness of ignorance

and established us firmly in the light of truth.

This dedication is also offered to all

**Brahma Kumars and Brahma Kumaris,**

who, with body, mind, and wealth devoted to service,

are spreading the light of peace and purity throughout the world.

This book

is also for those seekers and readers

who wish to fill their lives with spiritual colour,

who are ready to let the past be past,

and who desire to make each day a new beginning.

## Author's Note

This book is the outcome of my personal spiritual experiences, gathered over the years while listening to BapDada's Murlis on the occasion of Holi.

With every Holi, Baba's words bestow upon the soul a new colour, a new direction, and a renewed spiritual resolve.

The purpose of compiling this text is not merely to provide information, but to help the reader experience that true Holi is not about external colours, but about the purity of the soul.

When we let go of the past and colour the present with the divine hue, only then do we experience true happiness and lightness in life.

My humble request is that you do not simply read this book; reflect upon it, experience it, and imbibe it into your life.

Only then will this book fulfill its true purpose.

With love,

– **Compiled and Presented by: Swaati Vilhekar**

## Author's Experience (My Spiritual Experience)

When I went to Madhuban...   What I did —	And so I did —
<p>When I went to Madhuban, I was filled with enthusiasm, thinking that I would perform deep tapasya there and empower my soul with new strength. However, after reaching there, suddenly my mood changed. For no reason, I was not feeling inner peace. My mind felt heavy, and I was unable to concentrate in meditation. At that very time, by coincidence, my attention fell upon this book —</p> <p><b>“The Essence of Avyakt Murlis Spoken on Holi.”</b></p> <p>When I began reading it, two sentences touched my soul deeply:</p> <ul style="list-style-type: none"><li>• <i>“Let the past be past.”</i></li><li>• <i>“Emerge new sanskars.”</i></li></ul> <p>These two lines rekindled the extinguished flame within me. I deeply realized that <b>the true meaning of Holi is to forget what has passed and to begin a new life.</b></p>	<p>I allowed the past to pass and coloured my mind with the hue of a “new beginning.” Suddenly, I experienced lightness, joy, and a new inner strength. Tapasya began to flow naturally. My mind became stable, and my heart became sweet. At that moment, I realized that <b>Holi is not merely a festival; it is the rebirth of the soul.</b> This book was no longer just a collection of words for me; it became a guide for my soul. Even now, whenever Holi arrives, I celebrate it not with external colours, but with the colours of spiritual remembrance and purity.</p> <p>Each time, I experience that: <i>“What happened has passed. Now every moment is new; every second is divine.”</i></p> <p>The transformation this book brought into my life cannot be fully expressed in words — It is the colour of the soul’s journey that has now become a permanent part of my being.</p>

# Preface

*“The Spiritual Colour of Holi”* unveils the true meaning of Godly Holi —  
**“Whatever happened has happened.”**

It is not merely a festival of external colours,  
but a celebration of purifying the soul.

This book presents the essence of the Avyakt Murlis spoken by BapDada on Holi from the year 1969 to 2016.  
Each year, each Murli gently reminds the soul:  
Let the past be past — now begin anew.

Through this book, the reader learns:

- how to burn old sanskars in the fire of yoga,
- how to colour oneself in the company and remembrance of the Father,
- and how to spray the world with happiness and sweetness, filling it with peace and joy.

Through this text, readers will not only experience “celebrating Holi,”  
but **becoming Holi itself** —  
that is, permanently colouring the soul with purity, love, and spiritual power.

# ***“The Spiritual Color of Holi – Essence of the Avyakt Murlis”***

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# THREE WORLDS

SUPREME SOUL

SOUL WORLD

BRAHMA, VISHNU, SHANKAR PURI

CORPOREAL WORLD

SUPREME FATHER IS HERE ON EARTH TO LIBERATE US

## भारत के उत्थान और पतन के 84 जन्मों की अद्भुत कहानी

**वैकुण्ठ**  
श्री कृष्ण श्री राधा  
श्री नारायण श्री लक्ष्मी

**सतयुग-1250 वर्ष**  
सूर्य वंश, देवता घराना  
16 कला सम्पूर्ण, 8 जन्म  
जनसंख्या 9 लाख (सतयुग के आदि में)

**त्रेतायुग-1250 वर्ष**  
चंद्र वंश, क्षत्रिय घराना  
14 कला, 12 जन्म  
जनसंख्या - 33 करोड़ (त्रेतायुग अन्त तक)

**द्वैपरयुग-1250 वर्ष**  
वैश्य वर्ण  
8 कला, 21 जन्म

**कलियुग-1250 वर्ष**  
शूद्र वर्ण  
कलाहीन, 42 जन्म  
जनसंख्या - 500 करोड़  
तमोप्रधान (कलियुग के अन्त में)

**पतित भ्रष्टाचारी पुजारी भारत (नर्क)**  
2500 से 5000 वर्ष तक  
500 बी.सी. से 2000 ए.डी. तक

**वैकुण्ठ**  
परमपिता शिव  
परमशाम

**आत्मा सतोप्रधान**

**आत्मा सत्व गुण श्री राम श्री सीता**

**ब्रह्मा का दिन शिवालय**

**ब्रह्मा की रात्रि वेश्यालय**

**विवेश्वर धर्म सम्मेलन WORLD RELIGIOUS CONFERENCE**

**पुरानी तमोप्रधान कलियुगी सृष्टि का विनाश**

**पुरुषोत्तम संगमयुग**  
इश्वरीय ब्राह्मण वर्ण  
1 जन्म  
चढ़ती कला

**रूहानी ज्ञान और राजयोग (याद) की यात्रा द्वारा सद्गति या जीवनमुक्ति**

होवनहार महाभारी विनाश के समय निराकार परमात्मा शिव के साथ प्रीत बुद्धि वालों की विजय होगी

जगदध्या सरस्वती प्रजापिता ब्रह्मा

HOW STAGE DECEIVED FROM DEITY TO SHUDRA

Manmanabhav / Madhyaji Bhav

*"The soul absorbed in Baba's remembrance stands as a guiding lighthouse for the world."* 🌸



Be Holy, Be Yogi.

# On the Auspicious Occasion of Holi 4 March 1969

The festival of Holi brings a new energy into our lives.  
It is not just a festival of colors.

It includes four elements—**burning, erasing, coloring, and adornment.**  
— by Shiv Baba



## Holi Greetings

(Colors symbolize:)

- Power
- Happiness
- Love
- Sweetness
- Joy
- Purity
- Independence
- Cleanliness
- Prosperity
- Bliss

“Apply such a color of the  
Supreme Father, the Supreme Soul,  
that it never fades—  
even when one tries to wash it off.”

# The True Meaning of Holi

## Meaning of Holi

“Holi” means **what has happened is over.**

Let go of past matters.

## Living in the Present

Be strong like a diamond.  
Only then will the color  
become permanent.

## Permanent Color

Always remember—whatever has passed is already over.  
Celebrate such a Holi.





# Churning of Knowledge

1

## Churning on Drama

Churning on the drama means understanding **why, what, and how** everything happens on the stage of life.

2

## Churning Water

Churning water only leads to **fatigue and a waste of time**.

3

## Churning Knowledge

By churning curd, **butter** is obtained. By churning knowledge, **the essence (wisdom)** is obtained.

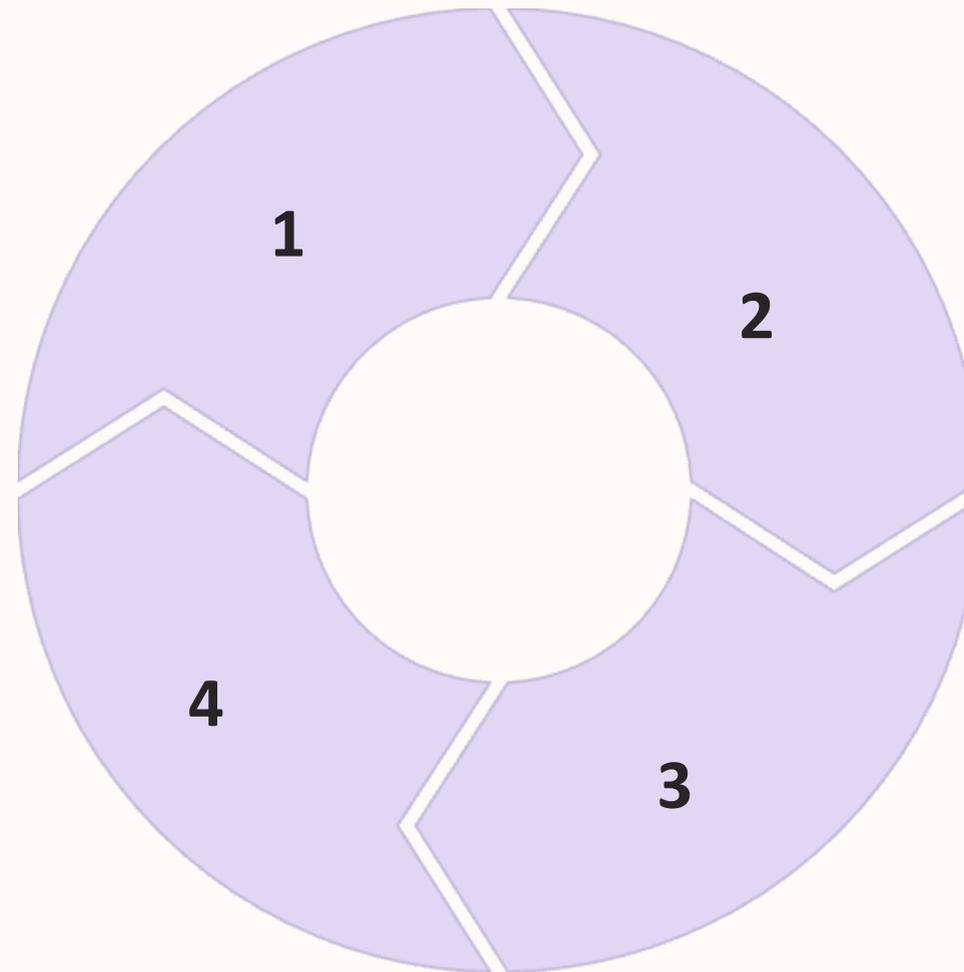
# The Circle of Service

## Service through Speech

Influencing people through the words of knowledge.

## Captivating through Subtle Attraction

Winning the hearts of others through inner (spiritual) power.



## Subtle Attraction

Attracting others through one's spiritual power.

## Creating a Spell (Influential Impact)

Creating such an influence that no one can escape it.

# The Time for Service

1

## The Present Opportunity

This is the time to serve now.

Do as much service as you can—as **much as possible**.

2

## Upcoming Challenges

Such problems will arise that will create obstacles in service.

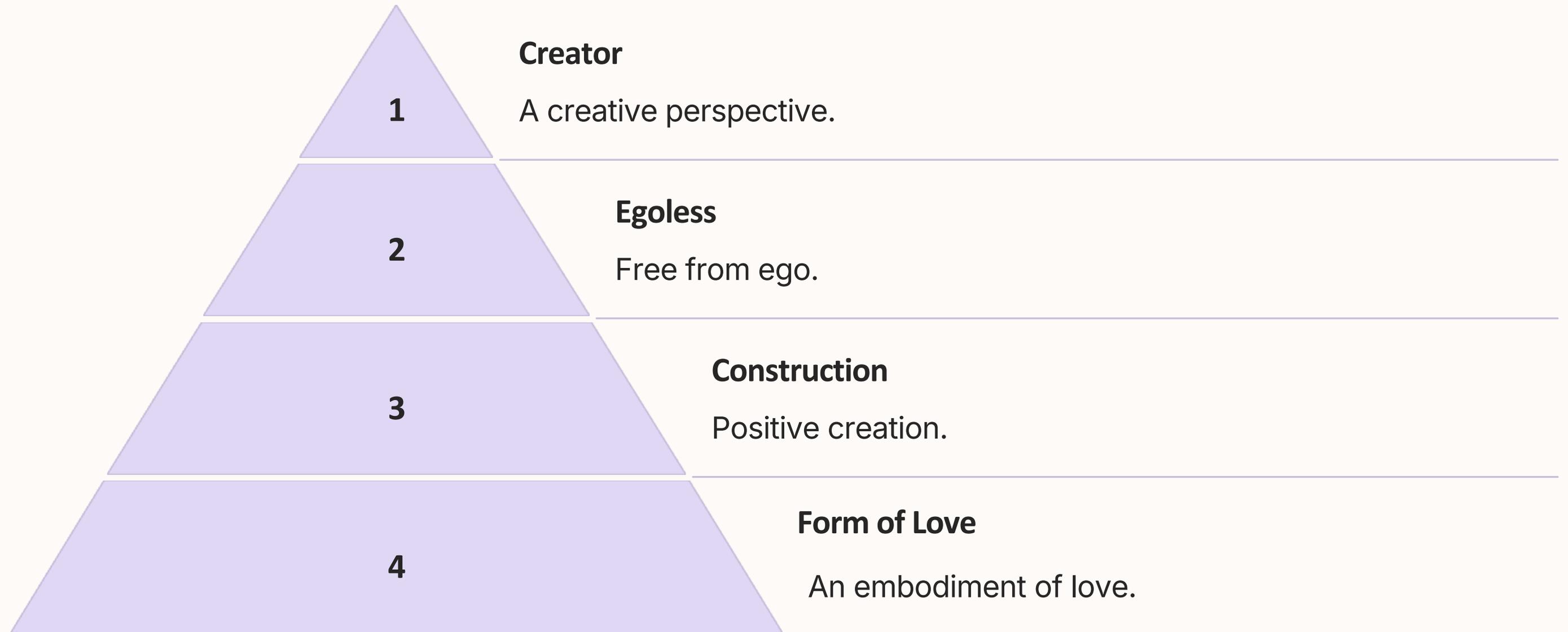
3

## The Value of Time

The time for service will also pass—meaning, it will be over.



# Master and Child



Serve while being a master, but childlikeness should also be complete. Neither get stuck, nor drift away.

# Holi of the Abode (Vatan)



## Mountain of Flowers

In the abode, a beautiful mountain of flowers was created. The Avyakt Brahma was hidden within it.



## The Game of Sprinkling

The angels sprinkled a lot, and suddenly the Avyakt Brahma **appeared among the flowers.**



## Nectar and Meetings

The subtle Father was giving **nectar and enjoyment** to everyone. He was also **meeting each one personally.**

# Celebrate True Holi: Let What Has Passed, Pass 23 March 1970



BapDada is observing the **speed and stage (inner state)** of effort of each one.  
The more elevated the **spirit**, the greater the **speed** will be.  
As speed increases, the **success of service** will also come faster.  
— by Shiv Baba



# The True Meaning of Holi

1

## To finish the past completely

Celebrating Holi means learning the lesson of being done with the past forever. Whatever has already happened—consider it completely finished.

3

## Obstacle in spiritual effort

The main factor that slows down the speed of spiritual effort is bringing past matters into one's thoughts.

2

## Speed of spiritual effort (Purusharth)

Every day, in order to increase spiritual effort, experience whatever has passed as if it belongs to a very old, previous birth.

# Three Important Aspects of Holi

## Applying color

Applying the color of being done with the past. To firmly apply this color is what it truly means to celebrate Holi.

## Burning

To burn and finish old matters.

Only after burning them is there true celebration.

## Eating sweets

When the color of being done with the past is applied, the quality of sweetness naturally emerges.



# The Importance of Sweetness



## Sweetness through the eyes

By becoming simple and innocent, sweetness becomes visibly apparent in one's eyes.



## Sweetness through speech

By being done with the past, sweetness enters one's words, which has a positive influence on others.



## Sweetness through conduct

When a person does not see their own or others' past, sweetness naturally comes into their behavior

# The Meaning of Auspicious Meeting

## Union of values (Sanskaras)

The meaning of an auspicious meeting is the coming together of values.

Because of mixed values, people drift apart from one another.

## Effect of color and sweetness

When the color of being done with the past is applied and sweetness emerges, then the union of values takes place.

## Purpose of the gathering

BapDada has created this gathering for the union of elevated values.

When values unite, there will be victory.





# The Secret of Attaining Spiritual Powers (Siddhis)

1

## Method of spiritual effort (Purusharth)

When the method of spiritual effort becomes complete, then spiritual attainment (siddhi) is achieved.

2

## Role of the deities

The deities themselves are those who have attained spiritual powers; only then are they able to grant boons and blessings (riddhi–siddhi) to others.

3

## Union of values (Sanskaras)

Your spiritual effort will attain success when there is a union of values.

# The Time of Revelation (Manifestation)( Pratyakshata)

1

## Why devotees cry

“Why do the longest queues of devotees gather at the temples of the devis?  
Because these are the memorials of the children.”

2

## Union of values (Sanskaras)

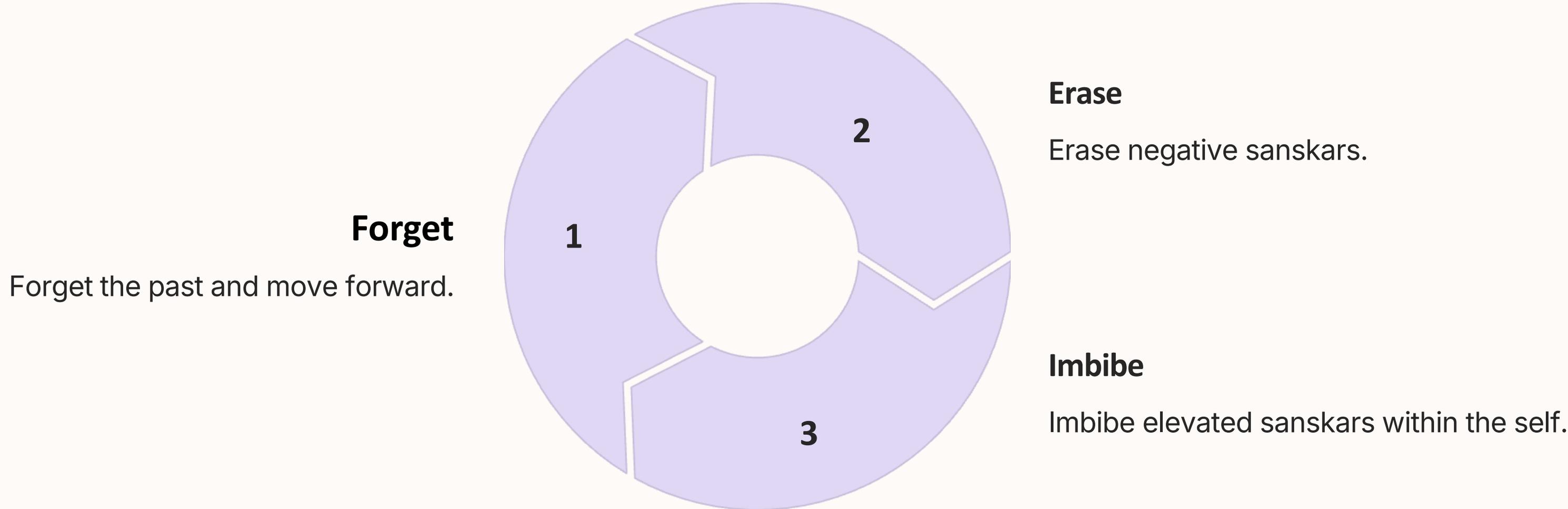
“This queue will form only when not even a single word emerges about sanskars not matching.”

3

## Final attainment (Ultimate Siddhi)

In this gathering, one has to reveal oneself  
as the embodiment of the final attainment.  
This gathering is meant for uniting values.

# Method to Harmonise Sanskars



To harmonise sanskars, there has to be a meeting of hearts.  
Something has to be erased, something has to be forgotten, and  
something has to be imbibed — then these sanskars will naturally harmonise.

# Attainment of the Ultimate State

## Acceptance

Accepting one or two matters becomes a means to come close to the ultimate state.

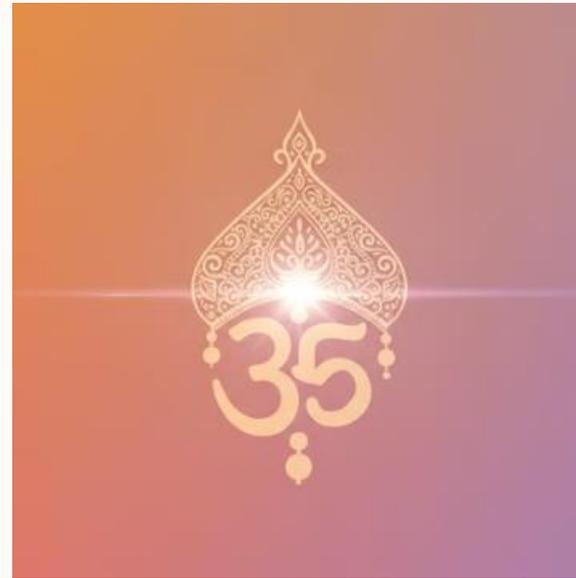
## Giving respect

Giving respect to one or two souls is, in fact, claiming the right to the future.

## Completeness and success

To accept and to give regard — when these two qualities emerge, perfection and success come close.

# The Speciality of the Auspicious Thinkers Group



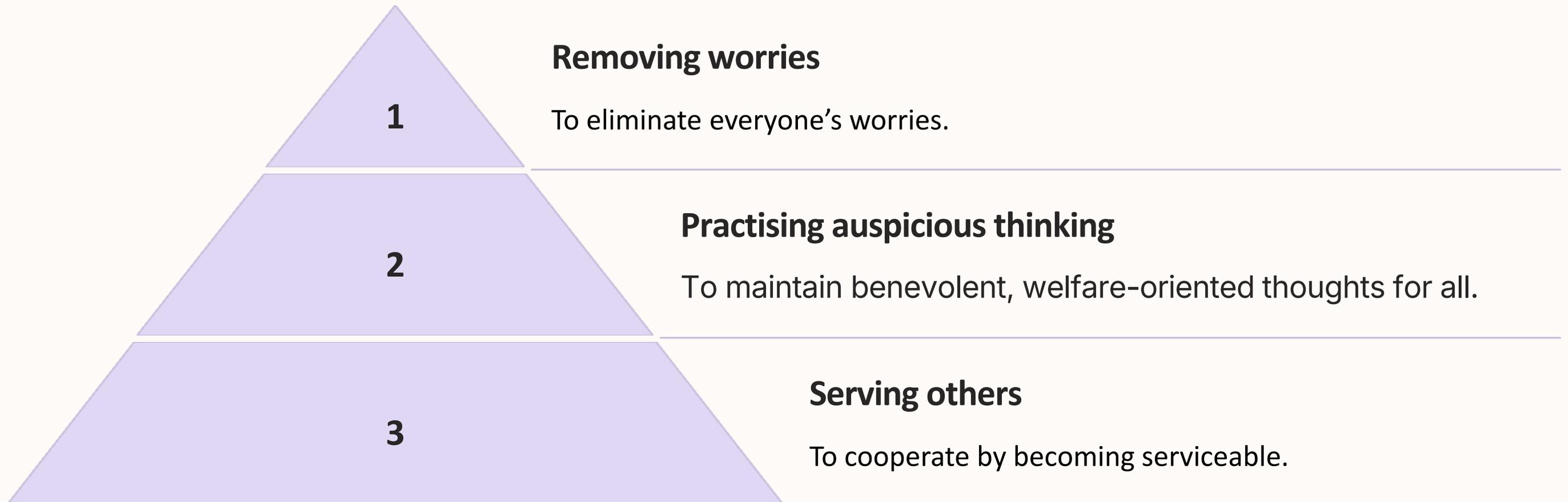
In this spiritual gathering, one has to apply a mark (chindi) rather than a tilak.

A tilak is small, whereas a chindi is large.

The chindi is a symbol of greatness.

All of you are auspicious thinkers for everyone—serviceable souls, that is, benevolent thinkers for all.

# Duty of an Auspicious Thinker



By becoming auspicious thinkers, all worries of everyone are removed.  
You all are auspicious thinkers who remove the worries of others.  
**This group's slogan is:** *"From a childlike state to mastery."*

# Trimurti Duties

1

## **Establishment**

To establish new values ( sanskars)(refined qualities).

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2

## **Observance**

To practise and follow elevated values

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3

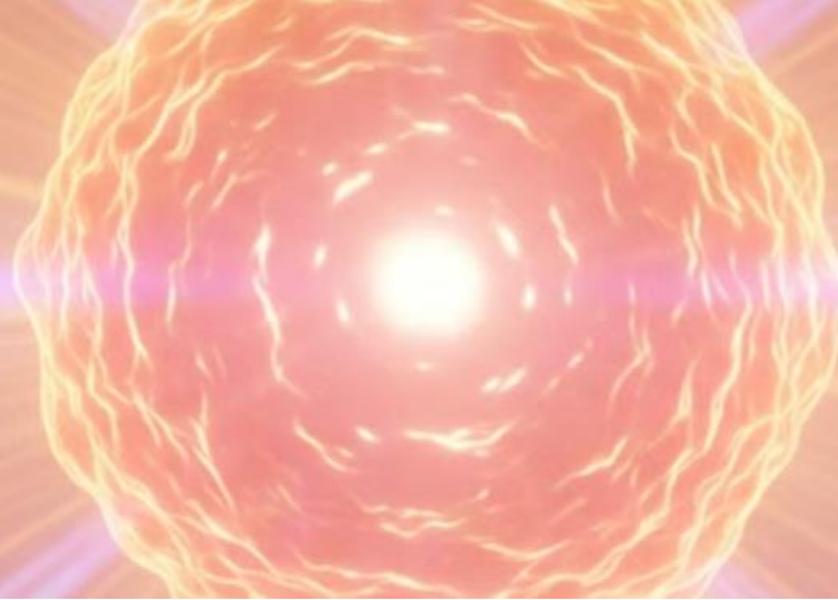
## **Dissolution (Completion)**

To eliminate old vices and negative tendencies.

This group is one that first brings about dissolution and then establishes anew.

What it means to dissolve, what it means to observe, and

what it means to establish — all three topics are clearly explained in this very bhakti (training/discourse).



# The Importance of the Point (Bindi) Form

**1**

## Remembrance (Smriti)

To remain in the awareness of one's original spiritual state.

**2**

## State (Sthiti)

To perform actions while being established in the point (bindu) form.

**3**

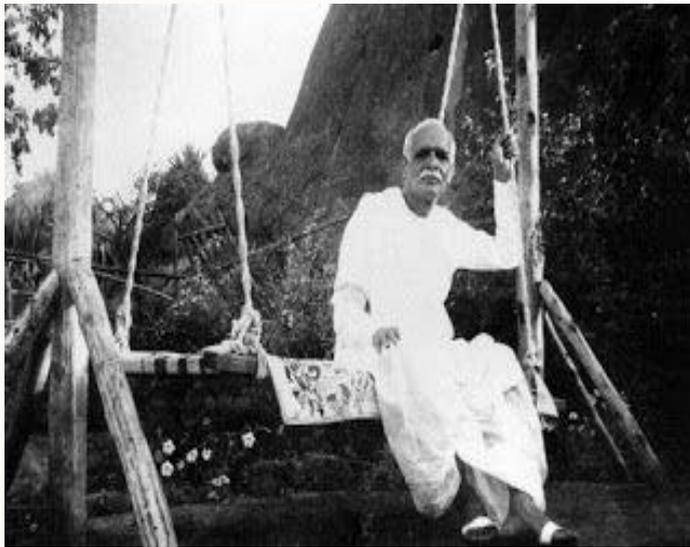
## Duty (Kartavya)

To fulfil one's responsibilities as a trustee/steward (Brahmin role).

Only by becoming point-form can you successfully accomplish all three duties.

Therefore, you are being given a **bindi** as a reminder of this duty — within this reminder, **remembrance, state, and duty**, all three are contained together.

# Becoming Close to Elevated Souls



## The Meaning of Ceremony

This ceremony signifies being a part of the drama of becoming close to such elevated souls.



## Make Yourself Elevated

Seeing the ceremony means making yourself elevated.

Create yourself in such a way that you become close, just like those in this group.



## The Heart-Beloved Jewels of BapDada

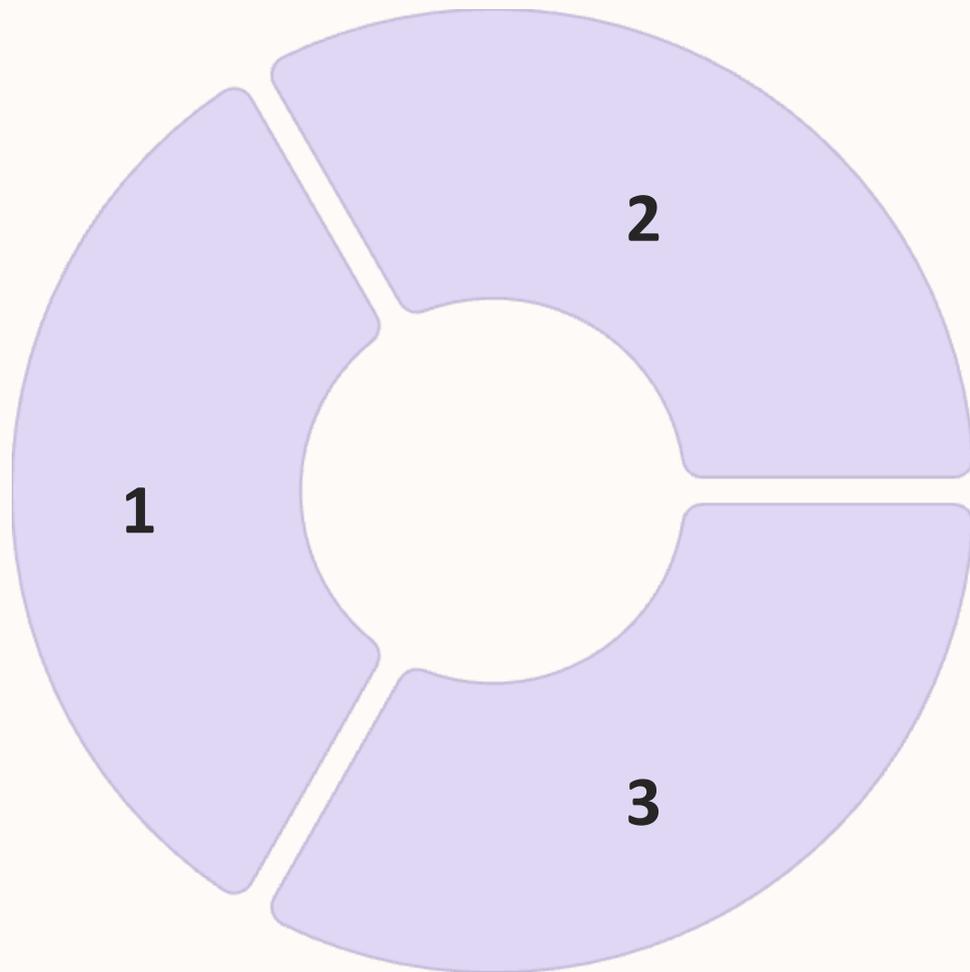
Souls who are worth seeing are elevated and close.

Become one who remains in the heart of BapDada, whom He loves.

# The Secret of Becoming a Throne-Holder (Takht-Nasheen)

## Heart Throne-Holder

In the corporeal form, there was the throne of the heart, where there was the bond of love.



## Service Throne-Holder

At present, you are throne-holders of service, where there is the bond of duty.

## Kingdom Throne-Holder

In the future, there will be the throne of the kingdom, where there will be authority.

Having made the child the master, you are now made throne-holders.  
At the Confluence Age, throne-holders are created now itself.  
How mysterious is the role that has been fixed in the drama!

# Who Is the Authority of the Throne?

## 1 Intoxication and Aim

Who becomes a throne-holder?

The one who always remains in spiritual intoxication and whose aim remains absolutely accurate.

## 2 Remembrance (Yog) and Knowledge

Intoxication and aim, yog and knowledge — a balance of both is essential.

## 3 Trinity Throne

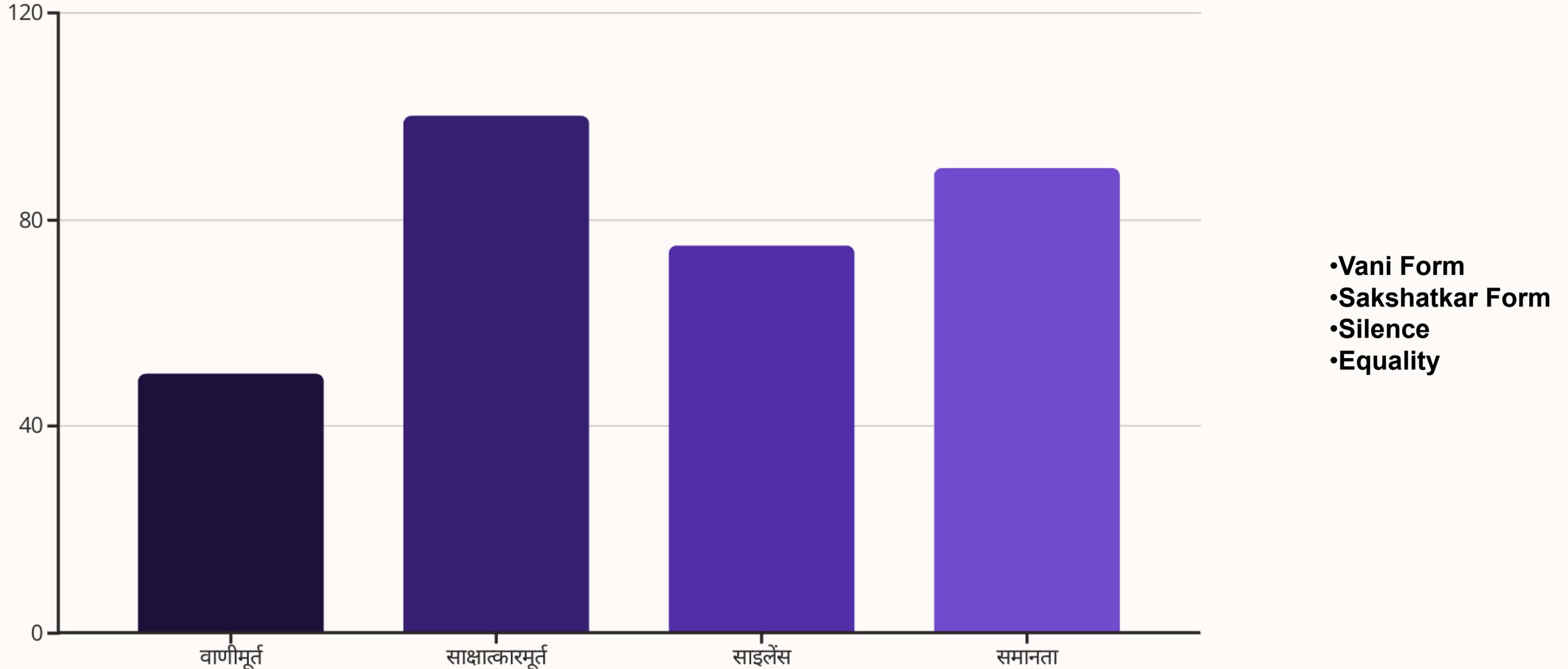
Such children alone become the authorities of all three thrones.

They are also the holders of the trinity throne.

## 4 BapDada's Intoxication

When BapDada sees throne-holder children, He too feels the intoxication that these are such worthy children.

# The Method of Becoming a Sakshatkar (Living Proof) Form



So far, you have become a *vani* (words/teachings) form; next you will become a **sakshatkar form**.

At present, others experience sakshatkar through your words, but then there will be sakshatkar through **silence**.

To become a sakshatkar form, one has to become **equal to BapDada** (similar in stage and qualities).

# Checking of Equality

Equality	Self-Respect (Swamaan)
The more the equality	The same amount of self-respect
Through equality	One comes to know one's self-respect
Equality	A sign of closeness

Now, what checking needs to be done?

You need to do the **checking of equality**. The amount of equality you have, to that extent you will receive self-respect. Through equality, you can understand your level of self-respect. Checking where your equality has reached and how far it still needs to go—this is the checking to be done.



# Balance of Light and Might



## **Light of Knowledge**

Knowledge has been received, but the *state* has not yet come. From knowledge, light has emerged.

## **Lack of Might (Inner Power)**

Might has not yet come. When both light and might are in balance, then one becomes number one.

## **Basis of Success**

At present, you can give others the light of knowledge, but you cannot give might.

Therefore, success is also according to that level.

# Ultimate Aim: Becoming a Living Embodiment of Realization

## Witness State

The more the witness state remains, the more you should understand that you are about to become a living embodiment of realization.

## Ultimate Aim

Now the ultimate aim that remains is this —  
to become a living embodiment of realization.

## Double Realization

To become a living embodiment of realization means to realize the Supreme Father (BapDada) and to realize the Self.

Clarity brings you closer to excellence.

The more clarity there is, the more success there is.

Success then leads to closeness.

The sign of closeness will be known through *equality* (samanata).



हो ली – I Belong,  
मैं आत्मा परमात्मा की हो ली  
हो ली – Past is Past, बीती बातें हो ली  
पुरानी बातें भुलाकर, आज हम  
प्यार और सम्मान का रंग  
एक दूजे को लगाएं।

होली सिर्फ आज नहीं, होली हर रोज़ मनाएं,  
खुद को और दूसरों को Holy बनाएं।



### **Holi – I belong.**

I am Holi of the Soul and the Supreme Soul.

**Holi – Past is past;** let bygone matters be finished.

Forgetting the old matters, today

let us apply to one another

the colours of love and respect.

Holi is not just for one day—

celebrate Holi every day.

Make yourself and others **holy**.

# How to Celebrate True Holi?

## 21 March 1981

**Today, the Emperor of Begumpur has come to meet the masters of Begumpur.** Seeing such masters, BapDada is pleased that every child has become a master. Sangamyug Begumpur, Moolvatan Begumpur, and Swarg Begumpur—the masters of all three.

Seeing such masters, BapDada congratulates the masters on today's Holi.



— **by Shiv Baba**

# How to Celebrate True Holi?



## Masters of Begumpur

Today, the Emperor of Begumpur has come to meet the masters of Begumpur.

## Transformation into Masters

Every child has become a master—this is something special in BapDada's vision.

## Masters of the Three Worlds

Sangamyug Begumpur, Moolvatan Begumpur, and Swarg Begumpur—masters of all three.

# The True Meaning of Holi

## Not the Color, but the “Ho-Li” Greeting

BapDada does not give greetings for the Holi of colors; rather, He gives greetings of “**Ho-Li.**”

Everyone has become **Ho-Li for Bap**—that is, has become completely His.

## Past Is Past

When Holi means “*Past is Past,*”

when the past is finished for Bap, then one applies the spray of happiness.

## Spray of Happiness

See how the spray of your happiness transforms a human being and makes them into a deity (divine soul).



# Sprays of Happiness

1

## **Supreme (Ultimate) Happiness**

“I am a great soul; I am a child of the Master of the world.”

2

## **Happiness of Knowledge**

“I am knowledgeable about the beginning, middle, and end of creation.”

3

## **Happiness of the Best Part**

“With the Highest of the High Father, my heroic role is on the elevated stage.”

# Three Types of Sprays

## **Spray of Happiness**

Applied to one or two people, through which the experience of spiritual happiness is felt.

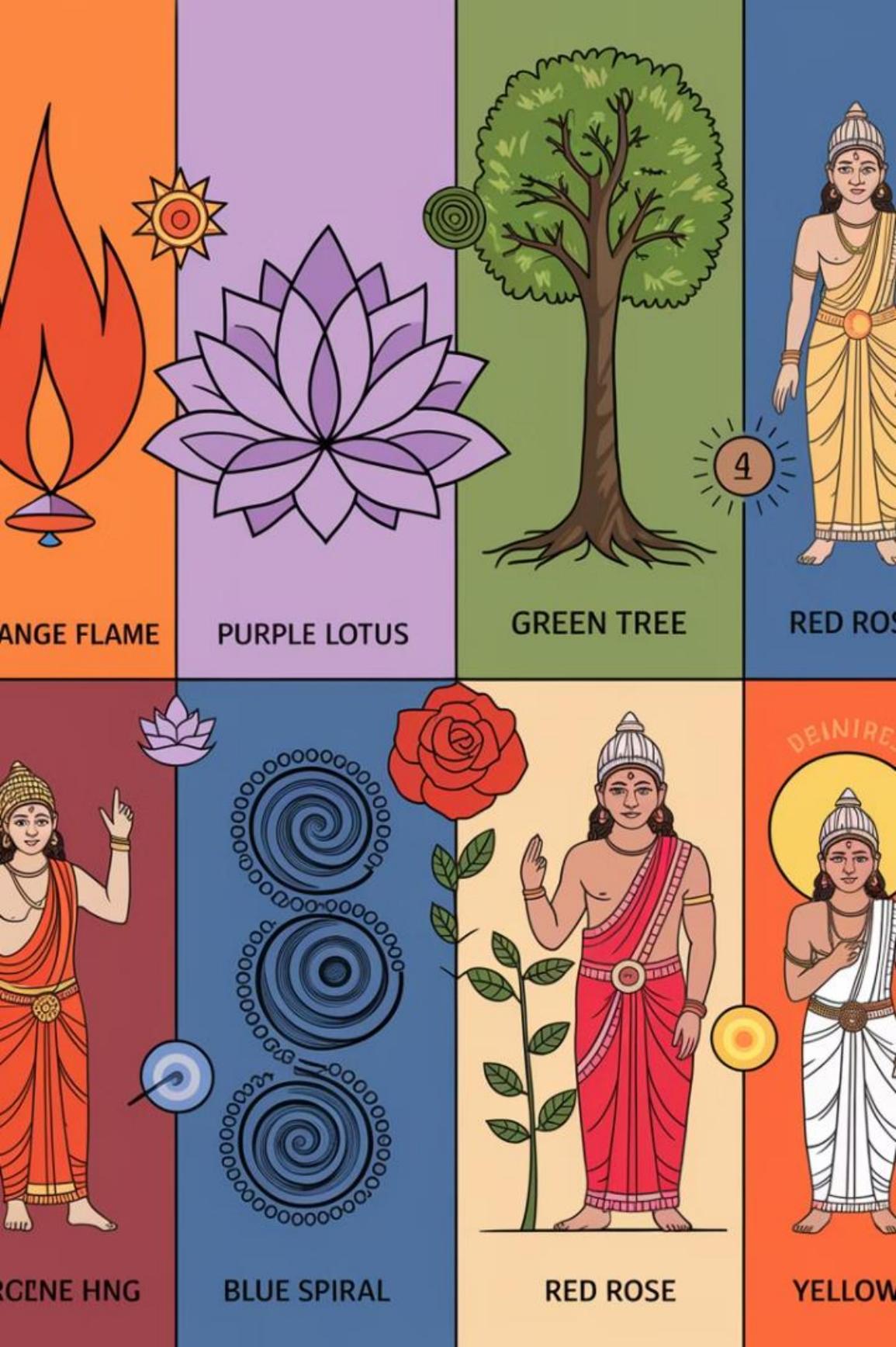
## **Spray of Attainments**

An experience of supersensuous joy—the loving relationship and meeting of the soul with the Supreme Soul.

## **Spray of Powers**

An experience of all powers, which makes the soul powerful.

# The Importance of the Confluence Age



1

## The Age of Auspicious Union

The Confluence Age itself is the age of the auspicious meeting of the Father and the children.

2

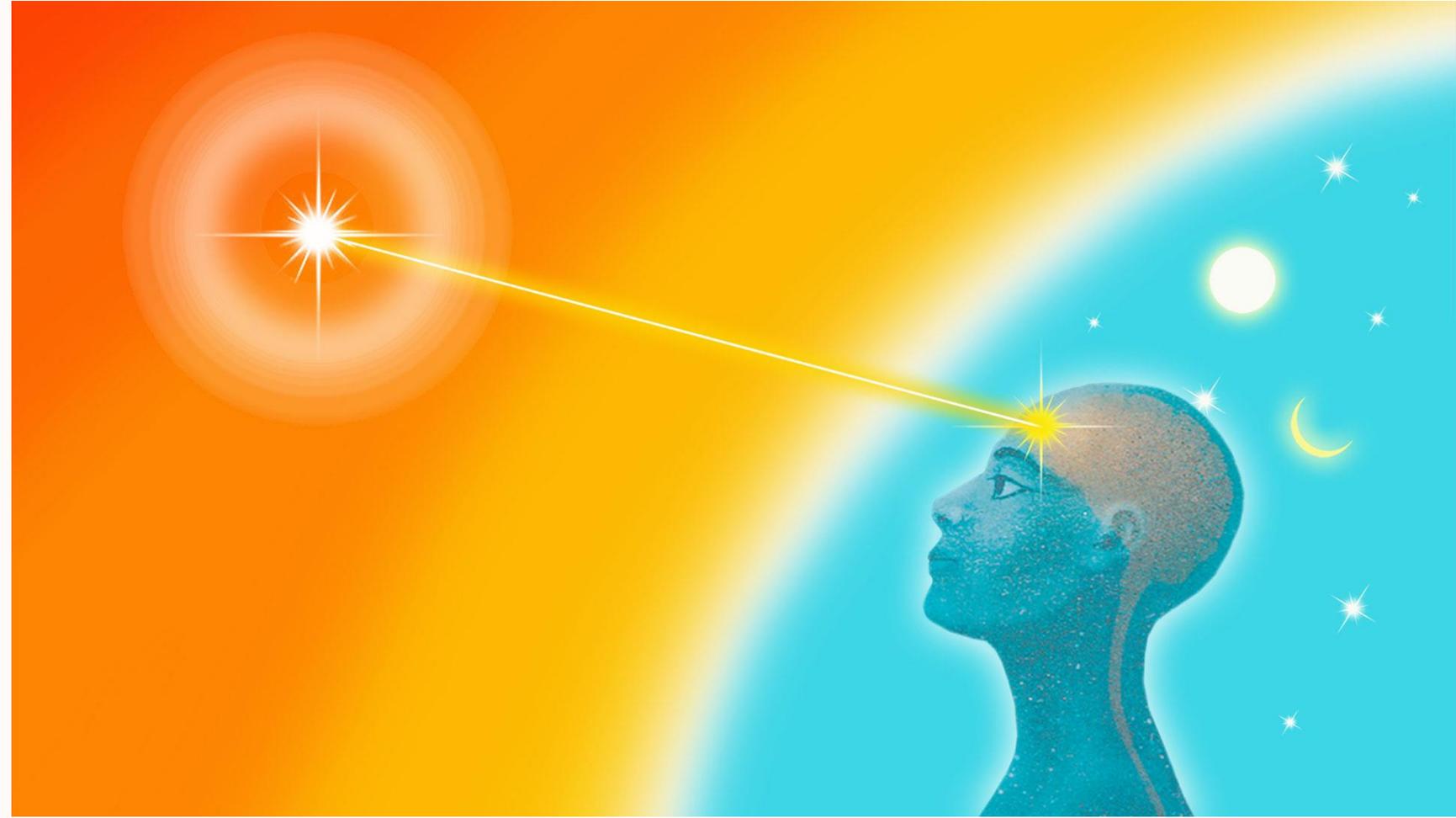
## The Time of Holiday

At the Confluence Age, it is Holi; in the Golden Age it will be a “Holy Day.” Now is not the time to celebrate holidays.

3

## The Time for Effort

At present, it is effort itself—out of love—that gives the experience of a holy day.



# The Importance of Effort

## **Effort with Love**

Because of having love for BapDada, this effort too felt like a game.

## **The Means to Freedom**

The more effort there is in the Confluence Age, the more freedom there is. The intellect and body remain busy, yet one stays free from wasteful thoughts.

## **Attainment of the Fruit**

The effort made now will bear fruit, and a decorated palace (a reward of honor and happiness) will be received.

# Remembrance and Reality

## Remembrance-based Holi

People create images or forms of deities.

They light a lamp on the forehead (symbolically).

## Real (True) Holi

When the light of the intellect awakens, one becomes a deity.

When you belong to the Father, you become a deity.

# Destruction and Establishment

1

## Preparation for Destruction

Along with the souls meant for destruction, preparation for establishment is also taking place.

---

2

## The Task of Establishment

You souls who are instruments for establishment will raise your flag high.

---

3

## Arrival of Special Souls

By bringing special souls, even the service centre will become a VIP centre.

# The Importance of Service



## Self-Progress

By serving, one experiences personal (self) progress.



## Progress of Many Souls

Along with oneself, many other souls also progress.



## Shared Accumulation

The progress achieved by others also gets added to one's own account (as shared merit).



# The Importance of Remembrance and Service

## 1 Identity of a Brahmin

A Brahmin is one who always remains eager and devoted to remembrance and service.

## 2 Attainment of Reward (Return)

Serving while staying in remembrance—this itself is true reward; in other words, service itself becomes the reward.

## 3 Transformation of Effort

Just as effort turns into love, similarly service transforms into reward (fruit/result).

## Final Message

By following the **Father** and becoming a **flower-following Father**, you will experience the art of continual progress.

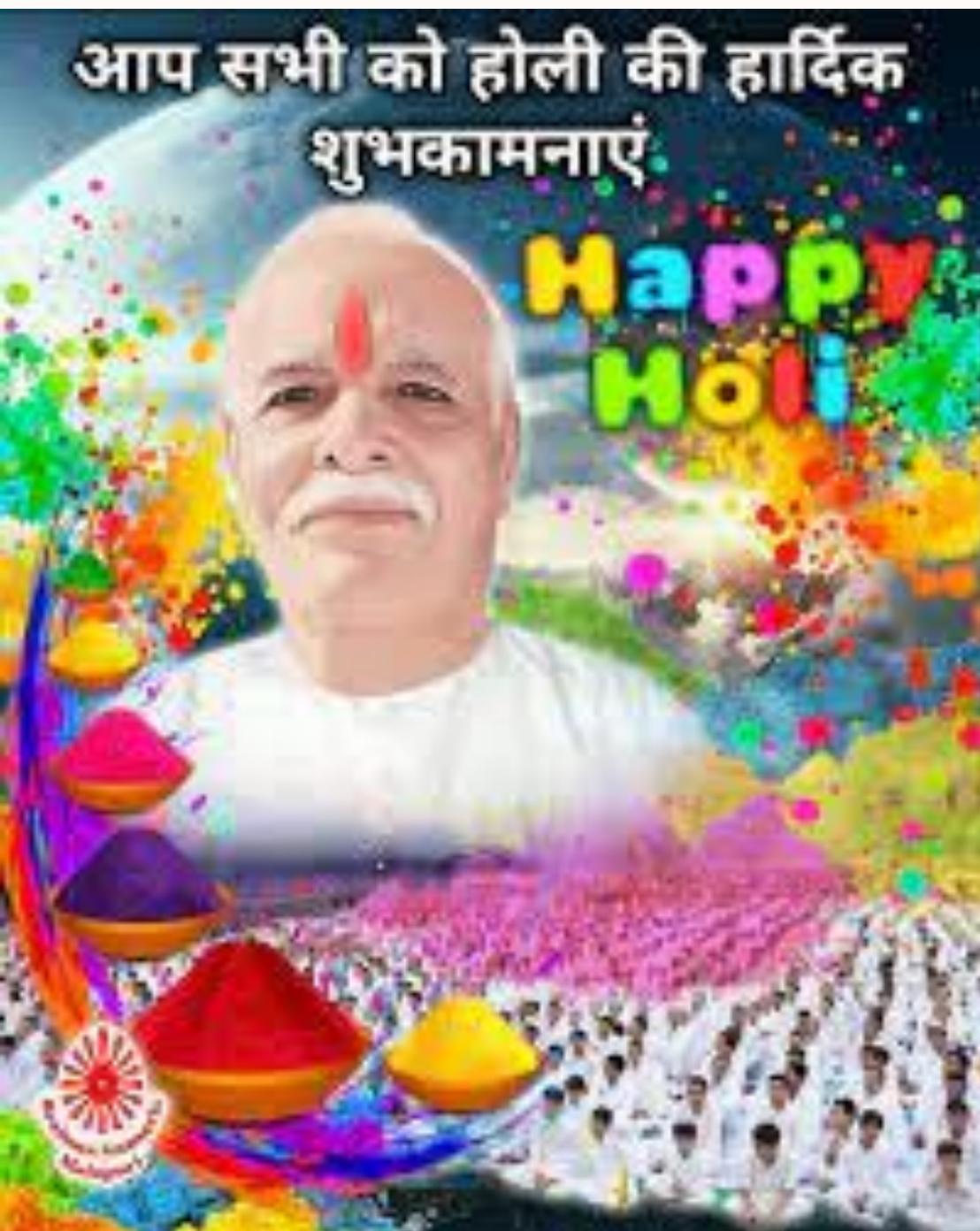
When there is the Father and the flower-following Father, you will keep flying.

Never look at the soul. Because all souls are **effort-makers**.

If you look at effort-makers, you will see both goodness and shortcomings in them—nothing is perfect.

Therefore, do not become a flower-following of a **brother or sister**, but of the **Father**.

Just as the Father is perfect, those who follow the flower-following Father will also remain perfect.



# The Spiritual Method of Celebrating Celebrating and Burning Holi 9 March 1982

On the occasion of Holi, the elevated versions spoken in *Avyakt BapDada* help us understand the deep meaning and spiritual significance of Holi. This presentation will inspire us to understand the subtle aspects of Holi and, through them, to walk on the path of inner (spiritual) development.



***Avyakt BapDada***

(On the image: “Heartfelt wishes of Holi to all of you” / “Happy Holi”)



# Holihans: Special Souls

## ■ Jewels of Knowledge

With the intellect of the Holihans, there are always pearls of true knowledge, spiritual power, and jewels filled within.

## ■ The Holi of Remembrance (Sangamyug)

BapDada celebrates Holi together with all the Holihans of the Confluence Age.

## ■ Time to Earn (Spiritual Income)

While celebrating Holi, the Holihans also earn spiritual income; they do not lose or waste it.

# Spiritual Water Gun (Ruhani Pichkari)

## A Stream of Love

Through the water gun of children's eyes and forehead, a stream of love and a fragrant spray of deep affection reaches BapDada.

## The Color of Subtle Powers ( ashta shaktiya)

In return, BapDada plays Holi with all the children through the eye-sprayer, showering the eight powers — the eight colours.

# Becoming a Spiritual Rose (Ruhani Gulab Banna)

1

## Shower of Flowers

Instead of celebrating Holi by showering flowers, BapDada makes every child a *spiritual rose* forever through His love.

2

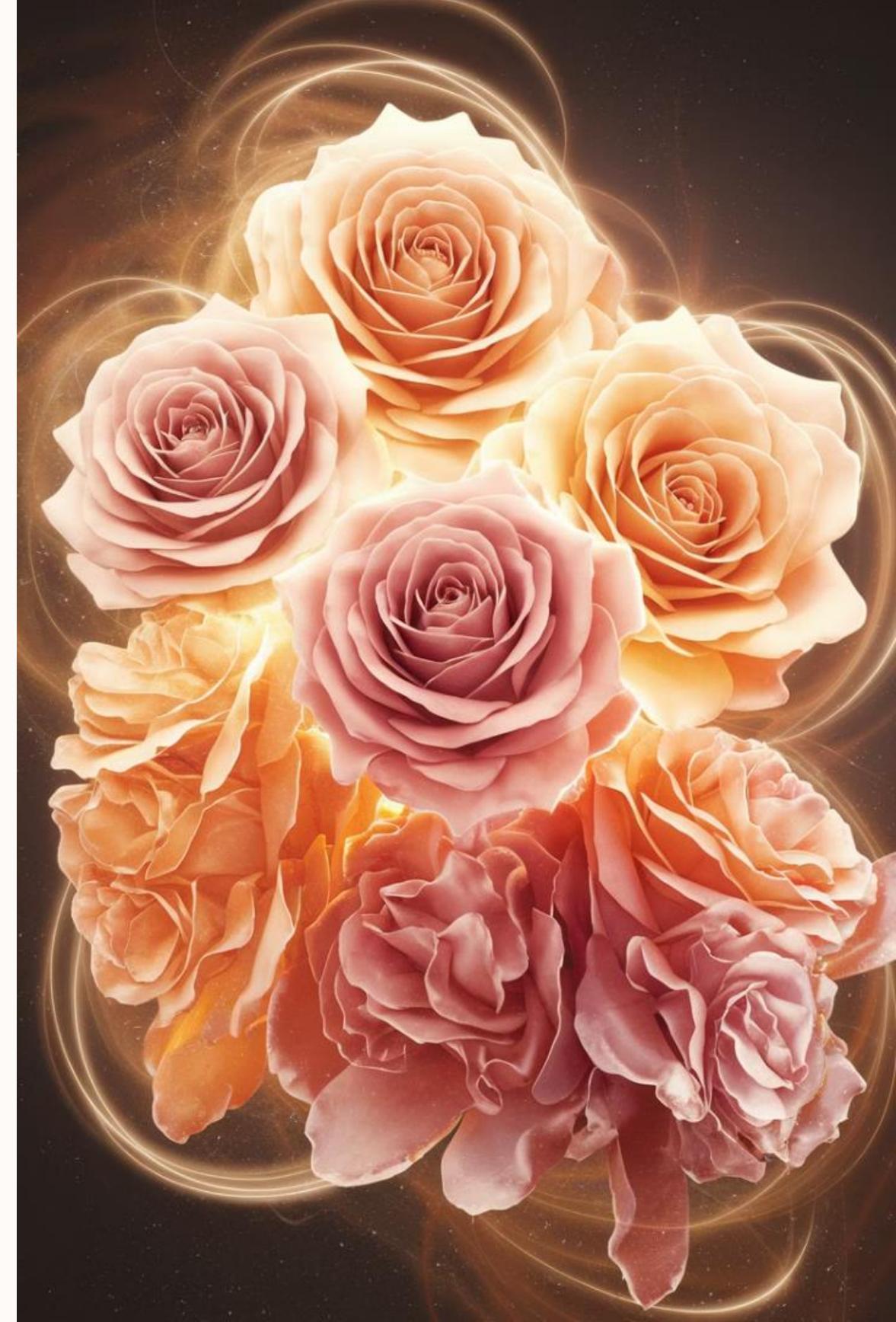
## Imperishable Tilak

The Holi souls are always adorned with a tilak —an *imperishable tilak* that never gets erased.

3

## Light to the World

By becoming a garland around BapDada's neck, the Holi souls spread light throughout the world.





# Burning and Celebrating Holi

1

## **The Wick of Determination**

Burn wasteful thoughts and weaknesses with the wick of strong determination.

2

## **Connection and Practice**

Attain success through the wick of constant connection and practice with the Father.

3

## **Becoming 'Holi'**

To burn is itself to celebrate—make the self forever '*Holi*' (pure and complete).

# From Effort to Love

1

## Time of Devotion

The time of effort and devotion over 63 births has now come to an end.

---

2

## The Fruit of Knowledge

The fruit of devotion is *knowledge*—that is, love, not mere effort.

---

3

## Becoming Fruitful

Now, through the Father's love, receive the fruit and become eternally fulfilled.

# Jewels of Virtues



## Sign of Adornment

Become a spiritually adorned form, decorated with the jewels of virtues—this itself is the *sixteen adornments*.



## All-Virtuous and Complete

Become complete in all sixteen qualities, fully virtuous, and remain eternally beautiful.



## Spiritual Rose

Become a rose yourself and remain forever colored in the hues of knowledge.

# The Importance of the Bindi

## Great Traders

You are all great traders—those who conduct the greatest business in the world.

## Applying the Bindi

I too have a bindi, and the Father too has a bindi—this is a simple and elevated practice.

## Power of Remembrance

By applying the bindi, the power of remembrance increases; cooperation is received, and service also takes place.

**Holi Festival: A memorable Holi celebration of becoming pure and enabling others to become pure. 15 March 1984**



**अव्यक्त बापदादा**

# Holi Festival: A Memorable Celebration of Becoming Pure and Helping Others Become Pure



## **Symbol of Purity**

Holi is a festival that gives us the message of becoming pure ourselves and helping others become pure.

## **Symbol of Togetherness**

It is a symbol of unity, where we celebrate Holi Day together with the Supreme Father (God).

## **Experience of Eternity**

This is not just a festival of one or two days; rather, it is an experience that makes us pure forever.

# The True Meaning of Holi

## **Renunciation of Impurity**

Before celebrating Holi, we must burn away all impurity and evil within ourselves.

## **Color of Purity**

Until we completely eliminate impurity, the color of purity cannot be applied to us.

## **Spirit of Unity**

Holi reminds us that we are all one family, like brothers and sisters.

# Spiritual Pichkari (Water Sprinkler)

## Pichkari of Divine Intellect

In the pichkari of your divine intellect, an imperishable color is filled.

This color is enriched with experiences of elevated consciousness.

## Coloring the Souls

With this pichkari, you can color any soul through vision, attitude, and words,

so that they become pure forever.

# Holi Mood: Constant Happiness and Lightness

## Continuous Celebration

You all remain in Holi and a happy mood all the time.  
There is no need to *create* a mood—it becomes natural.

## Special Qualities of Holi Mood

Always light, carefree, enriched with all treasures,  
and a state of sovereignty over the self and destiny.

## Mood Transformation

Instead of changing moods again and again,  
you remain constantly in a happy and Holi mood.

# Experience of the Imperishable (Avinashi) Festival

1

## Letting Go

Letting go of old vices and negativity.

2

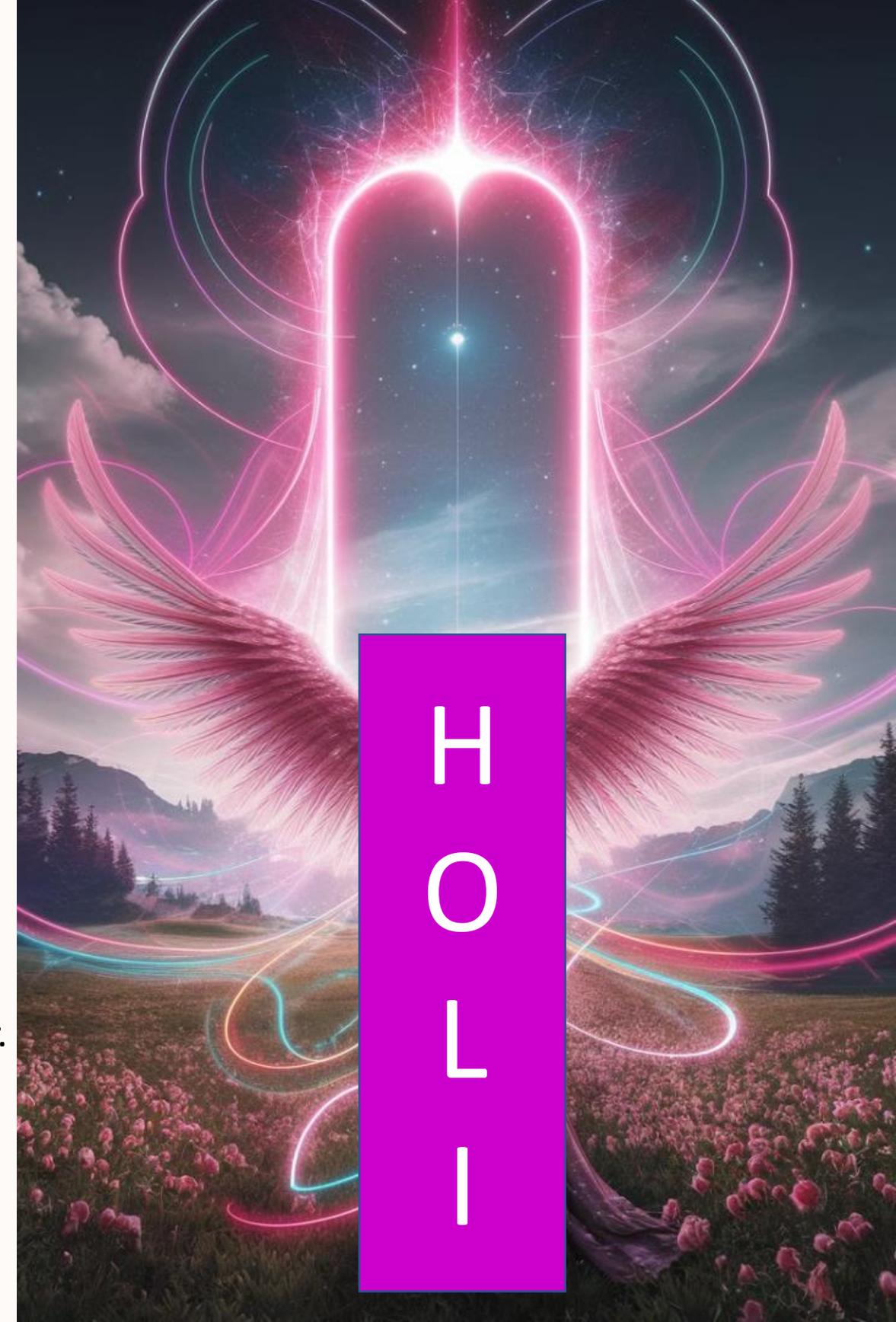
## Celebrating

Celebrating happiness by adopting new qualities and powers.

3

## Celebrating Union

Enjoying the bliss of spiritual union with Baba and with one another.





# Being Colored in the Colors of Knowledge



## Color of Knowledge

Coloring oneself and others with spiritual knowledge.



## Color of Happiness

Remaining constantly cheerful and joyful, and spreading this joy.



## Color of Unity

Maintaining a feeling of unity and brotherhood with all souls.

# Importance of the Memorial Festival

1

## Living Awareness

Becoming a elevated / noble) soul in the present.

---

2

## Seeing the Memorial

Seeing the memorial of one's own elevated deeds of the past.

---

3

## Listening to the Glory

Listening to one's own glory again,  
just as it was heard a Kalpa (cycle) ago.

# Always Remain in the Holi Mood

1

## **Stay Happy**

Remain cheerful in every situation.

2

## **Stay Light**

Do not place any burden upon yourself.

3

## **Do Not Switch Off the Mood**

Do not allow negative thoughts to enter.

4

## **Light Mood**

Always remain radiant and enthusiastic.

# BapDada's Message

Colored in all the hues of knowledge, constantly living in the color of the Father's companionship; becoming complete and equal to the Father, and coloring others too in the imperishable color; always celebrating Holi Day—BapDada offers heartfelt congratulations to the Holi-loving, joyful souls for remaining ever happy and ever in the Holi spirit.

BapDada reminds us to always stay happy, remain light, and live our lives like a continuous celebration. He inspires us to stay filled with zeal and enthusiasm, so that we not only uplift ourselves but also fill others with this divine experience.

# The Spiritual Secret of Holi

## 6 February 1985

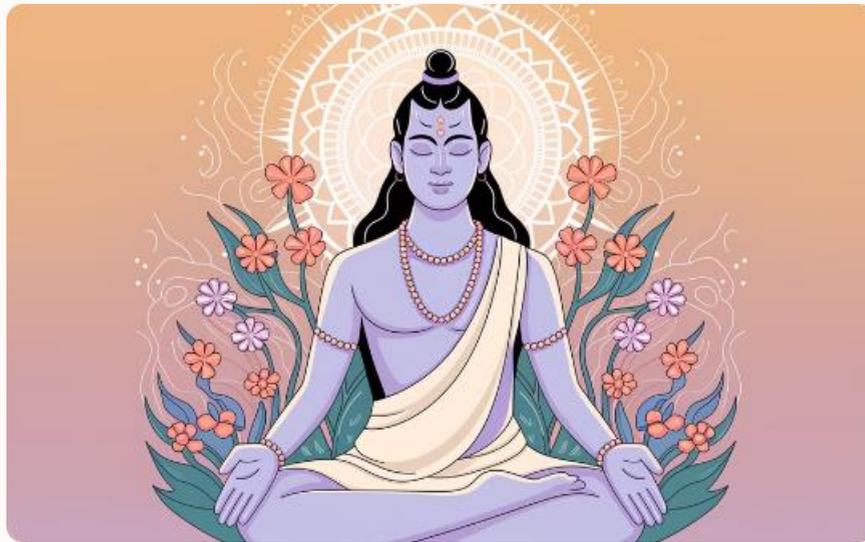
The Purifier, Shiv Baba, is giving His children the divine knowledge of the spiritual secret of Holi.

The Confluence Age is the age of Holi, where every day is filled with enthusiasm and zeal.

Let us understand the three forms of Holi and their spiritual significance.

# The Spiritual Secret of Holi

The Purifier, Shiv Baba, is giving His children the divine knowledge of the spiritual secret of Holi.



## Divine Light of Knowledge

The spiritual secret of Holi given by Shiv Baba.



## Festival of the Confluence Age

The Confluence Age is the age of Holi, where every day is filled with enthusiasm and zeal.



## Symbolic Form ( Trimurti)

The spiritual significance of the three forms of Holi.

# The Confluence Age: The Age of Celebration

1

## A Life Filled with Enthusiasm

In the Confluence Age, every day and every moment is filled with enthusiasm. This Brahmin life is complete with zeal and happiness.

2

## Dancing Constantly in Joy

In a divine life, one continually drinks the nectar of knowledge, sings songs of happiness, and lives life with heartfelt delight.

3

## Becoming Holi

You do not just celebrate Holi; rather, you yourself become Holi and also make others Holi.



# Three Types of Holi

## **1 Holi of Burning**

Burning old nature and past sanskars (habits/traits) in the fire of yoga.

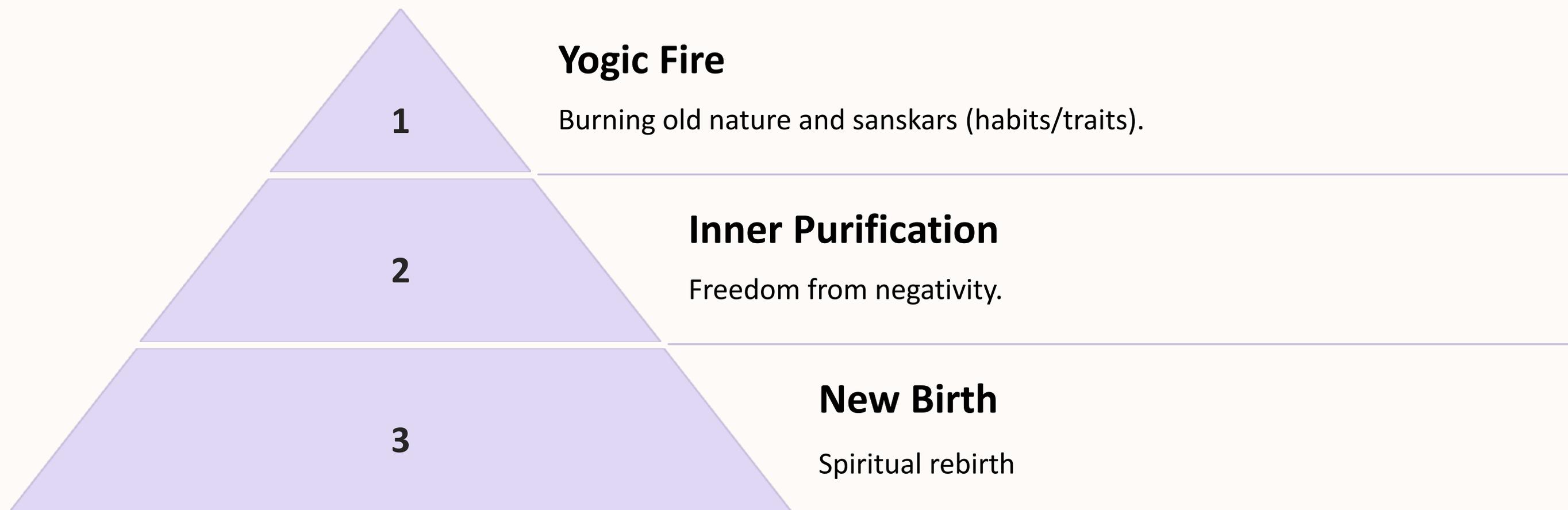
## **2 Holi of Applying Color**

Applying the color of the Father's company; coloring oneself with knowledge and virtues.

## **3 Holi of Auspicious Meeting**

Celebrating the elevated meeting of the soul and the Supreme Soul, of the Father and the children.

# The Spiritual Meaning of the Holi of Burning



When you become the Father's (God's) child, you first burn your old nature and sanskars in the fire of yoga. This is a symbol of inner purification, which gives you a new spiritual birth.

# The Spiritual Significance of the Holi of Applying Color

## **The Father's Company**

Through remembrance, one applies the color of the Father's company. This color makes you like the Father.

## **Knowledge and Virtues**

The Father is an ocean of knowledge, so children too, in the color of His company, become embodiments of knowledge. The Father's virtues become your virtues.

## **Imperishable Color**

This spiritual color is so imperishable that it remains with you for birth after birth.

# The Holi of Auspicious Union

## **Union of the Soul and the Supreme Soul**

The great fair of the meeting between the soul and the Supreme Soul continues forever.

## **Union of the Father and the Children**

The loving meeting of the Father and the children is the essence of Holi.

## **A Festival That Is Everlasting**

This meeting is not celebrated for just one day; rather, it is celebrated forever in the Confluence Age.

# The Importance of Holi's Remembrance

1

## **A Reminder of Special Qualities**

Each of your special qualities and virtues has been made into a unique reminder.

2

## **A Symbol of Happiness**

Holi is a reminder of your constant happiness and freedom from sorrow.

3

## **A Message of Equality**

On Holi, everyone comes into a state of equality, reminding us of the feeling of brotherhood.

4

## **A Symbol of Service**

Applying colors is a reminder of service, where you color others with knowledge and virtues.

# The Spiritual Significance of Holi



## Inner Transformation

Giving up old habits and adopting new divine virtues.



## A Symbol of Unity

A message of equality and oneness among all souls.



## Forgiveness and Reconciliation

Forgetting past matters and strengthening relationships with a fresh beginning.

# Holi: Let the Past Be the Past

1

## Forgetting the Past

Letting go of matters from 63 births.

---

2

## New Life

Entering a new world with new values and sanskars

---

3

## Auspicious Union

Celebrating the union of the soul and the Supreme Soul.

---

4

## A New Beginning

Living every day with fresh zeal and enthusiasm.

Holi carries an important message — *“Let bygones be bygones.”* It symbolizes forgetting all old matters and making a fresh new beginning.

# Holi: The State of Double Light



## Lightness

On Holi, everyone celebrates with lightness, which reminds us of the *double-light* state.



## Free from Burden

Staying light by becoming free from the burden of old *sanskars* and vices.



## Joyful Life

Living constantly in happiness and enthusiasm, and experiencing the joy of life.



## Effortless Flight

By remaining in the double-light state, living a *karma-yogi* life and experiencing an effortless flight.

# Holi: A Medium of Spiritual Service

## **Sprinkling Through Vision**

With a pure vision, color others in spiritual hues—apply the colors of love, joy, peace, and power.

## **Imperishable Colors**

Apply such spiritual colors that remain forever. These colors transform the soul.

## **Sharing Happiness**

Make others happy through your own happiness. This is the greatest service you can offer.

# Holi: An Opportunity to Become a Great Giver

## **Gift of Knowledge**

By sharing spiritual knowledge, illuminate the lives of others.

## **Gift of Virtues**

Inspire others through your divine virtues and awaken the same qualities in them.

## **Gift of Powers**

Empower others with spiritual powers and support them.

## **Gift of Happiness**

By sharing your happiness, bring joy into the lives of others.

*BapDada says:* The more you become a great giver, the more your treasures will increase.  
Become a great giver and keep increasing your treasures.

# Holi: A Festival of Fortune

**1**

## **Supreme Fortune**

Meeting God while sitting at home is the greatest fortune of all.

**63**

## **Births**

After 63 births, this unique (extraordinary) birth is attained.

**21**

## **Blessing of Births**

An opportunity to claim a supreme status for 21 births.

**∞**

## **Infinite Happiness**

Through this divine knowledge, infinite happiness is received.

Always keep looking at your fortune and remain joyful. Remember how great a fortune you have received, and by staying in this awareness, remain constantly happy.

# Holi: A Constantly New Festival

1

## **New Zeal**

Every day is filled with new zeal.

2

## **New Enthusiasm**

Perform your work each day with renewed enthusiasm.

3

## **New Service**

An opportunity every day to serve in new ways.

4

## **New Attainments**

Experiencing new spiritual attainments every day.

At the confluence age, every day itself is new. There should never be any lack of novelty in the self or in service. The more you keep yourself filled with zeal and enthusiasm, the more new and fresh scenes will continue to unfold.

# Message of Holi: Always Remain in a Flying Stage

1

## God's Support

With BapDada's support at hand, there is no need to be afraid.

2

## The Art of Flying

Fly high; with the art of flying, cross everything in just seconds.

3

## A Safe Journey

God's support always keeps you safe and will continue to do so.

4

## Attainment of the Goal

Through the art of flying, reach your goal and attain success.

The message of Holi is to always remain in a flying stage. With God's support and cooperation, you can cross every situation.



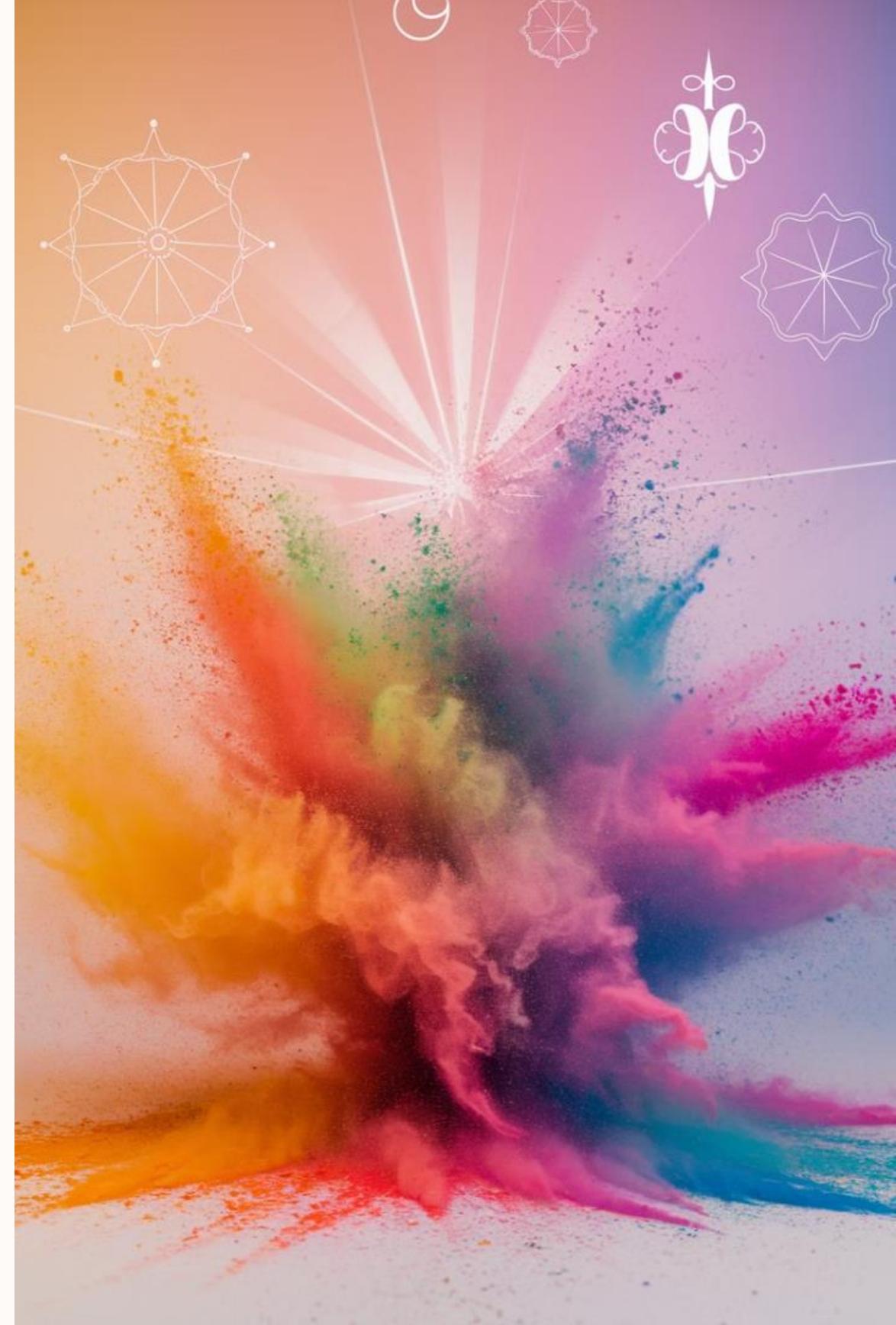
# The Secret of Holi: A Spiritual Perspective 25 March 1986

Holi is not just a festival of colors; it carries a deep spiritual meaning within it.

This presentation highlights the true significance of Holi and its spiritual aspects.

We will understand how Holi gives us the opportunity to be colored in the colors of the Supreme Soul and to attain inner purity.

*by Shiv Baba*





# Holi: A Symbol of Purity

## Pure Soul

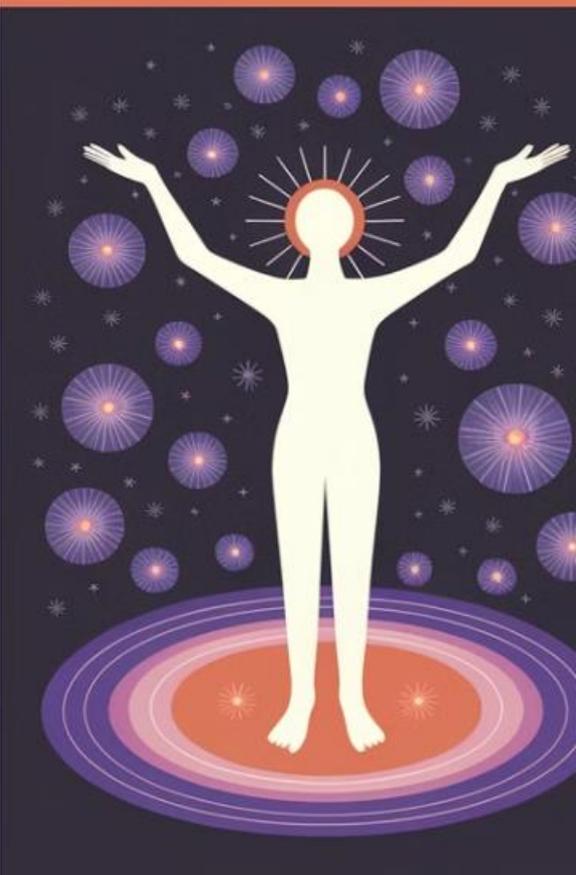
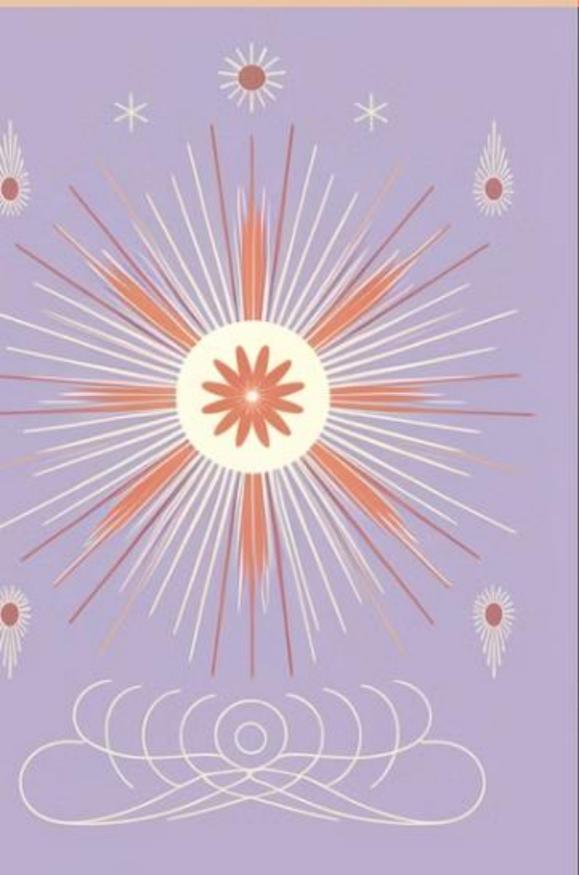
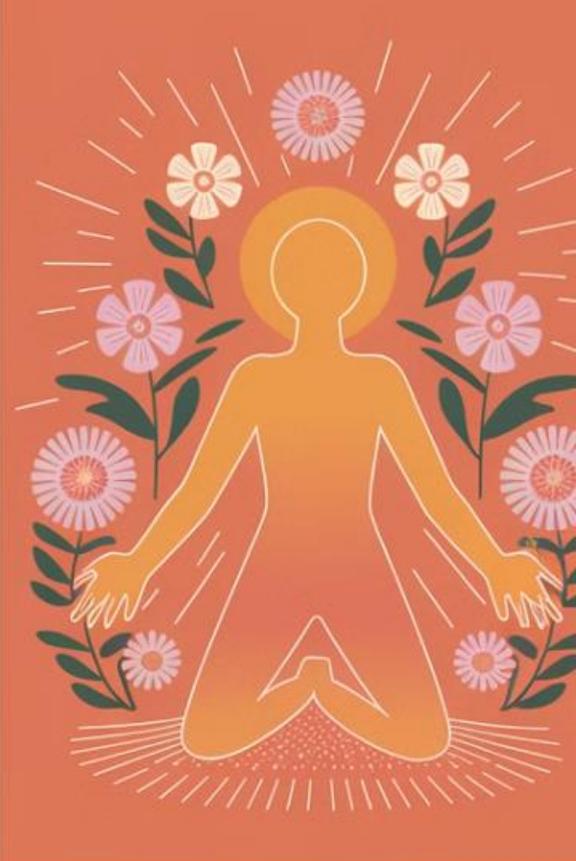
The meaning of Holi is to become pure. This is not just for one birth, but it draws a line of purity for many births.

## Easy Spiritual Practice

The gift of happiness, peace, and purity received from meeting the Father makes Holi an easy spiritual practice.

## Imperishable Color

The color of the Supreme Soul applied during Holi is imperishable; it makes the soul pure forever.



# Sangamyuga: Holi – The Yuga of Life

1

## . Not just celebrating, but becoming

The world celebrates Holi, but you become Holi yourself. It is not a one-day festival, but a lifelong transformation.

2

## Becoming like the Father

In the Sangamyuga, you experience an elevated, detached state—becoming karma-teeet and observer-like, similar to the Father.

3

## A blessing for 21 births

The purity of this one birth becomes the foundation for happiness and peace that lasts for 21 births.

# Holi of Spiritual Colors



## Color of Knowledge

Coloring the intellect with spiritual knowledge, which is the source of true bliss.



## Color of Remembrance

Becoming absorbed in the remembrance of the Supreme Soul and attaining spiritual peace



## Color of Virtues

Adopting divine virtues to make life beautiful and meaningful.

# Three Special Aspects of Holi

1

## **Burning (Jalana)**

Burning old sanskars (impressions) and negative thoughts in the fire of yoga.

---

2

## **Celebrating (Manaana)**

Celebrating a new spiritual identity by being colored in the company and love of the Supreme Father.

---

3

## **Auspicious Meeting (Mangal Milan)**

Seeing all souls as one divine family and exchanging good wishes with one another.

# Trikaldarshi State (Awareness of the Three Times)

1

## Past

Learning from past experiences and becoming free from their influence.

2

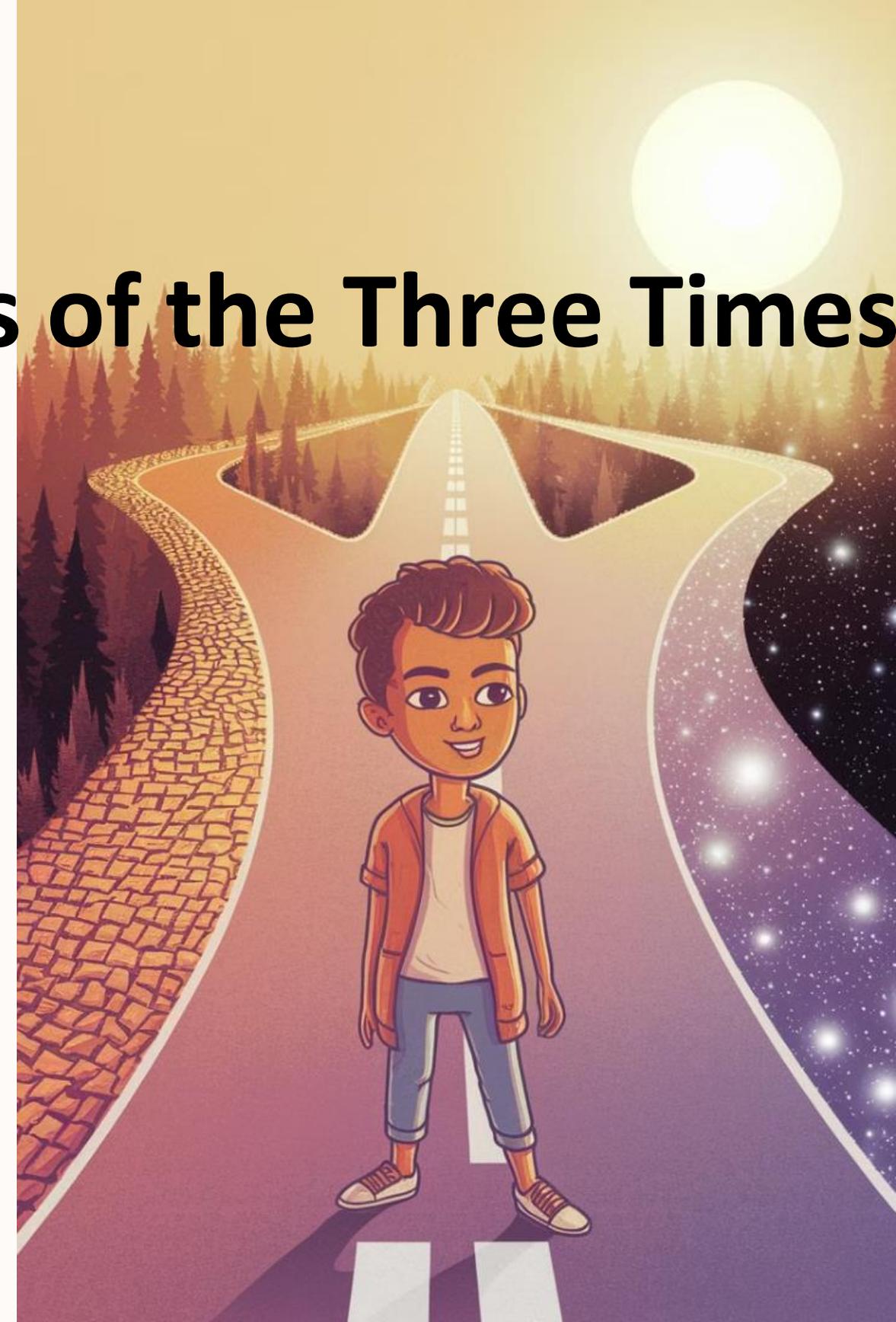
## Present

Living in the present moment and understanding every situation clearly.

3

## Future

Continuously moving towards a bright future and preparing for it.





# The Deeper Meaning of Holi

## “Meaning of Ho li”

The old has passed, the new has begun. Holi is a symbol of a fresh beginning.

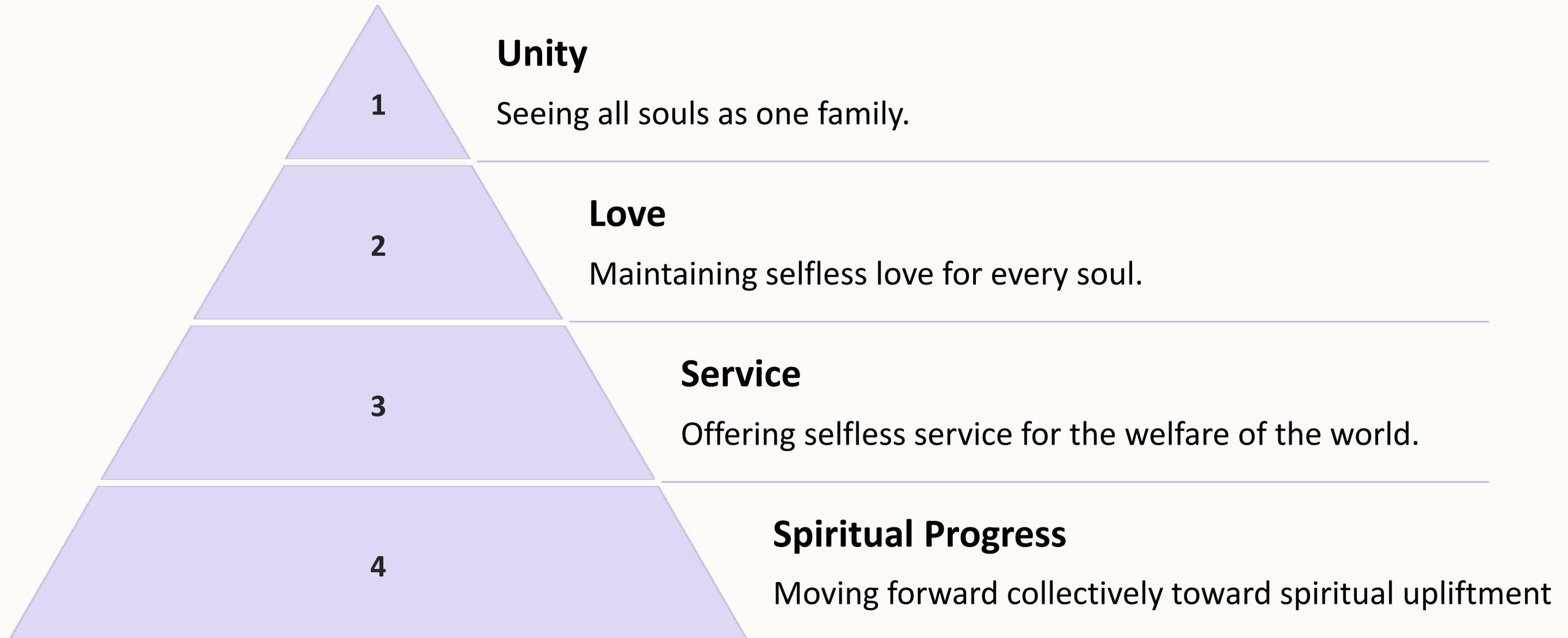
## Four Forms of Holi

The Holi of burning (letting go), coloring (imbibing virtues), applying the spiritual mark, and auspicious meeting—understanding the significance of all four.

## Applying the Spiritual Mark (Bindi/Tilak)

Learning the art of letting go of the past and living fully in the present.

# The Coming Together of the Divine Family



# The Importance of World Service

## **Spreading and Coming Together**

Souls spread to every corner of the world, and this spreading also proved to be beneficial. Through it, an opportunity arose to convey the Supreme spiritual knowledge to every corner of the world.

## **World Transformation**

Souls that reached every religion and country are now returning toward their original faith, which is becoming a cause for world transformation. This process is helpful in transforming the world into one spiritual family.

# Message: Become a Pure Swan

**1**

## **Purity**

Remain pure at all times and become a holy swan.

**3**

## **Service**

Remain constantly engaged in world service.

**2**

## **Retain Knowledge**

Enrich yourself by retaining spiritual knowledge.

**4**

## **Joy**

Always remain joyful and cheerful.



# Celebrating Holi: Burning Weaknesses and Enjoying the Joy of Union

## 16 March 1992

To celebrate Holi means to burn one's weaknesses in the fire of firm determination and to rejoice in the joy of union. This festival reminds us that we should renounce our weaknesses and celebrate unity and happiness.

 अव्यक्त बापदादा

# **A Glimpse of the Spiritual Garden**

## **Beauty of Nature**

On one side, the beauty of nature is visible, symbolized by beautifully decorated gardens arranged on the stage.

## **Spiritual Roses**

On the other side is the splendor of spiritual roses in the garden, which symbolize spiritual souls.



# Difference Between Satyug and the Present Time

1

## The Beginning Period of Satyug

In Satyug, nature's pure and elevated beauty was attained by the original deities and exalted souls.

2

## The Present Final Period

Even in the present time, the beauty of nature can be seen, but there is a great difference compared to Satyug.

3

## The Future Satyugi Kingdom

In the future Satyugi kingdom, the form of nature will be extremely elevated and divinely beautiful.



# The Role of the Master of Nature (Prakriti Pati)

## ■ Meaning of Prakriti Pati ■ The Play of Nature

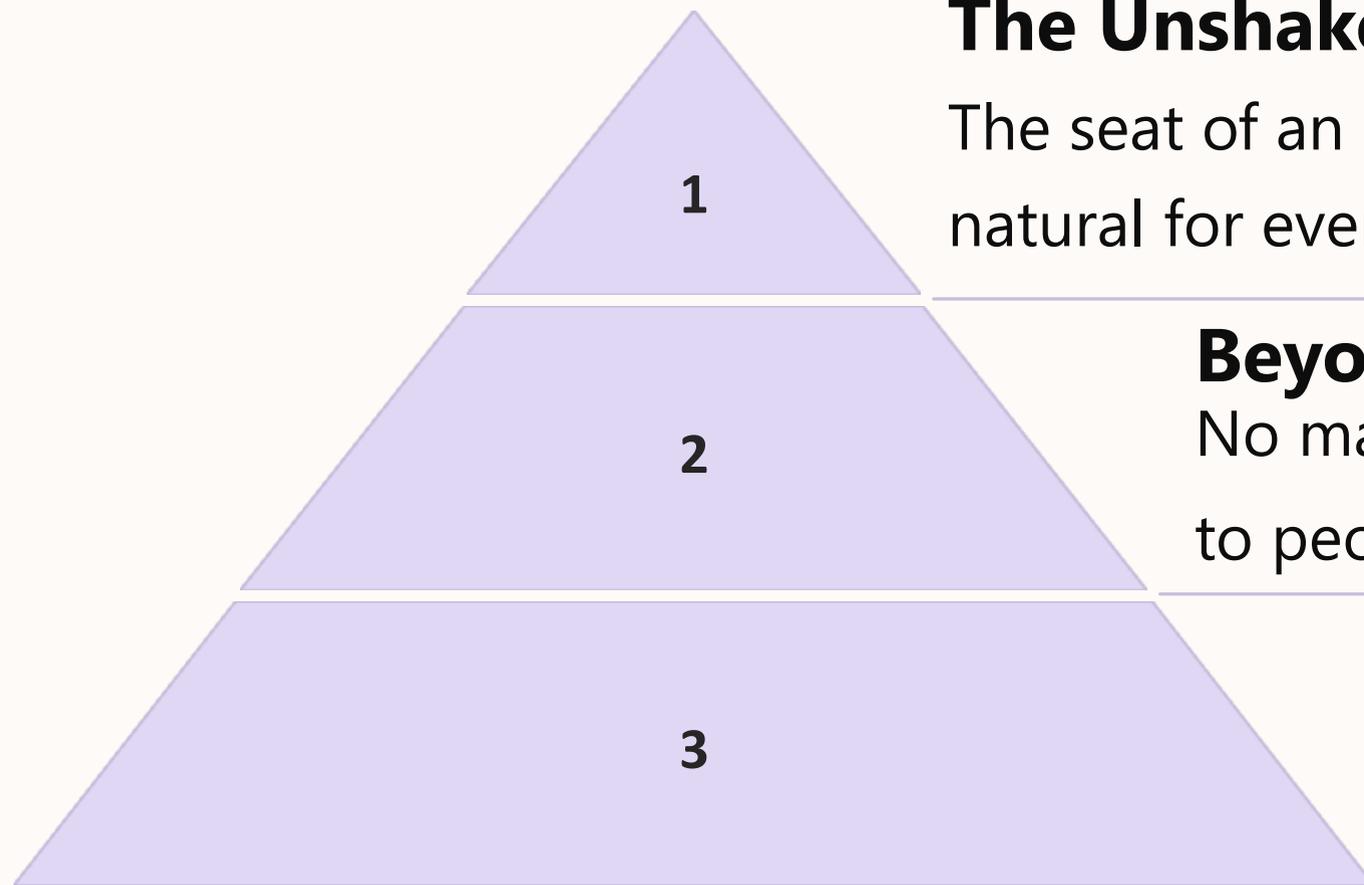
You are elevated souls, the masters of nature, who feel happy by witnessing the play of nature.

Whether nature causes upheaval or displays beautiful scenes, the master-of-nature souls remain witnesses and observe the play.

## ■ The State of Being a Witness

Through remembrance and spiritual practice (tapasya), BapDada is enabling you to remain firmly established—unshakable and immovable—on the seat of the witness state, with special practice.

# The Importance of an Unshakeable State



## **The Unshakeable Seat**

The seat of an unshakeable state feels comfortable and natural for everyone.

---

## **Beyond Turmoil**

No matter what happens—whether related to nature or to people—nothing can shake an unshakeable state.

---

## **Becoming Victorious**

In the end, an unshakeable state grants victory, or a “Pass with Honors” certificate.

# Players of Nature and Maya



## **The Five Players of Nature**

The five elements of nature that influence human life.



## **The Five Players of Maya**

The five vices of Maya that create obstacles in spiritual progress.



## **The Need for Balance**

Understanding these ten players and maintaining balance among them is essential.

# Perspective of Watching the Game

## **Witness Consciousness**

Life's game should be observed with a witness attitude, just as one watches a game.

## **Experience of Enjoyment**

Whether someone falls or makes another fall, the one watching the game should feel joy.

# Qualities of a Powerful Soul

## **Steadfast State**

Powerful souls do not waver in any situation.

## **Trikal-darshi Vision (Vision of the Three Times)**

They possess the ability to clearly perceive all three times — past, present, and future.

## **Living in Joy**

They have the power to transform every situation into an experience of joy.

# The Experience of a Brahmin Life

1

## **Passed Countless Times**

This stage of Brahmin life has been passed by you countless times.

2

## **Nothing New**

There is no situation that is new enough to confuse or mislead you.

3

## **Action in Joy**

One should practice performing every action in a state of joy.

# The Joy of Karma Yoga

1

## **Joy in Every Action**

Whatever the task may be,  
learn to do it with joy.

2

## **Transformation of Difficult Work**

Develop the skill to  
transform hard work into  
enjoyment.

3

## **Aim of World Transformation**

Contribute to the  
transformation of the world  
through your actions.

# Daily Holi

 **Daily Celebration**  
For you, every day is Holi;  
each day is a festival.

 **Songs of Fortune**  
Keep singing the songs  
of your highest destiny.

 **Swing of Happiness**  
Remain always swinging  
in joy; do not get dizzy or  
lose balance.

# The Importance of Sharing Happiness

1

## **Stock of Happiness**

Accumulate so much happiness that you are able to share it with others.

---

2

## **Preparation for the Critical Time**

In the future, many souls will come to you seeking happiness.

---

3

## **The Way to Increase Happiness**

The more happiness you share, the more it will grow.

# The Importance of the Face

## **A Constantly Cheerful Face**

Your face should always be filled with happiness and enthusiasm.

## **The Camera of Divine Vision**

Take a daily photograph of your face with the camera of divine awareness and observe it.

# The Role of a Hero–Heroine Actor

## **Staying Happy**

Your main role is to always remain happy.

## **Sharing Happiness**

It is your responsibility to share happiness with others as well.

## **A Positive Face**

Never have a moody or complaint-filled expression.

# Practice of Becoming Pure Through Sound

1

## Exercise for the Intellect

Practicing becoming pure through sound is an exercise for the intellect.

2

## Power of the Soul

This practice makes the soul powerful.

3

## Experience of Mastery

It teaches experiencing the soul in the role of a master (owner).





# Method of Becoming Pure Through Sound

**1 Voice of the Mouth**  
First, practice becoming pure through the voice of the mouth.

**2 Voice of the Mind**  
Then, become pure even from the sound of the mind's thoughts.

**3 Merging into the Ocean of Peace**  
In the end, merge into the ocean of complete peace.

# Experience of Sweet Silence

## **Nature of the Soul**

Peace is the natural state of the soul;  
therefore, sweet silence feels dear and comforting.

## **Experience of Rest**

Even one second of sweet silence gives deep rest.

# Importance of Peace



## **Peace amid Turmoil (Halchal me Shanti)**

In any disturbance or chaos,  
peace itself is the solution.



## **Means of Balance**

Peace is the primary means of bringing balance into life.



## **Mental Freshness**

Living in peace refreshes both the mind and the body.

# Practice of Becoming Bodiless

1

## **Regular Practice**

Practice becoming bodiless at regular intervals during the day.

2

## **Attitude of a Witness**

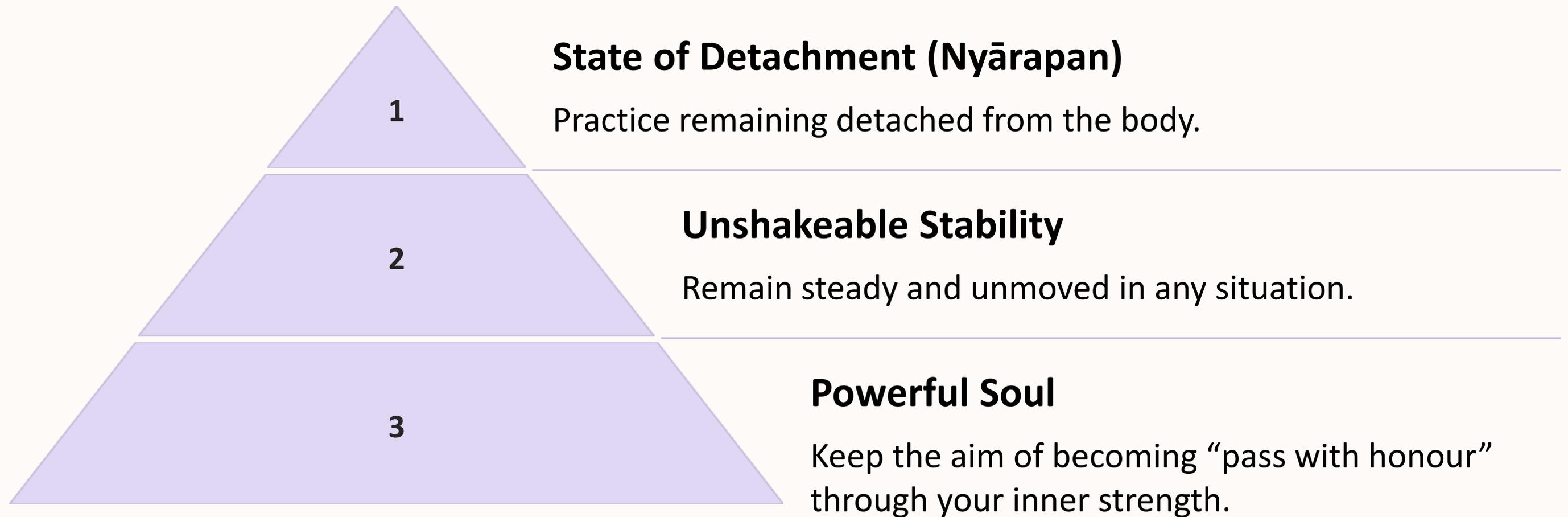
Observe even your own body parts as a detached witness.

3

## **Preparation for the Final Time**

This practice will be very helpful at the final moment.

# Method of Becoming a “Pass With Honour” (Passed with Distinction)





# Importance of India

## Place of the Father's Arrival

It is in India that God (the Supreme Soul) descends.

## Eternal Drama

This is the eternal drama, which can never change.

## Special Role

Take pride in India's special role.

# The Importance of Staying Cheerful (Being in Joy)

## **Avoid Worry**

Where there is joy, there is no worrying.  
During times of joy, avoid worrying.

## **Facing Situations**

No matter how worrying a situation may be, a Brahmin soul transforms it into joy.

## **Trikaldarshi Vision (Awareness of the Three Times)**

A soul with trikaldarshi vision can never worry about anything.  
All three times—past, present, and future—are clear.

# Experiencing Joy in Action (Karma)

1

## **Joy in Every Action**

Make an effort to perform every action with joy.

2

## **Transforming Difficult Tasks**

Learn the art of turning even difficult tasks into enjoyment.

3

## **The Joy of Service**

Experience service itself as a form of joy.

# Responsibility of World Transformation



## **Service in Every Corner of the World**

The presence of Brahmin souls is important in every corner of the world.



## **Agents of Change**

You all have become instruments for world transformation.



## **Expansion of Service**

Continue to expand service within your own sphere or field.

# Daily Holi: A Spiritual Celebration

## **Daily Joy**

Celebrate each day as a festival.

## **Song of Good Fortune**

Continuously sing the song of your elevated good fortune

## **Swing of Happiness**

Keep swinging in joy at all times; do not be affected by the ups and downs of life.

# Make Your Aim and Your Qualities Equal in the Subtle (Avyakt) Year 26 March 1993

Today, the incorporeal and corporeal BapDada is seeing the elevated Brahmin souls both in their subtle (sakar) and corporeal forms. In everyone's heart there is the same determination and enthusiasm: that all of us become equal to the Father—transforming from corporeal to subtle, and from subtle to incorporeal—just like the incorporeal Father.

— by Shiv Baba



# The Difference Between Aim and Qualities

## Aim

The aim of the majority is very good and firm. About 99% are strong in holding the aim; the remaining are still number-wise (varying in degree).

## Qualities

Qualities are sometimes firm and sometimes ordinary. In consistently and naturally imbibing qualities, the majority reach only about 90%; the rest are again number-wise.

# Bringing Alignment Between Aim and Qualities

When there is alignment between aim and qualities, it is a sign of becoming equal (similar to the ideal).

Through proof of time, proof of circumstances, and proof of challenges, many children, by making spiritual effort, do succeed in making their aim and qualities the same.

However, for this to become *natural*—part of one's nature and character—more attention is still needed.

# Avyakt Angelic Stage

This year, you are celebrating the remembrance of remaining constantly in the avyakt (subtle) angelic stage.

BapDada feels happy seeing both the children's love and their spiritual effort, and lovingly sings the song, "*Wah children, wah.*"

At the same time, now and in the future, He wishes to see alignment between the aim and the qualities of all children.



# Becoming Egoless (Nirahankari)

## Basic Foundation

Whether one is an embodied angel or a constant, natural subtle (nirakari) soul, the basic foundation for this natural state is to become egoless.

## Subtle Ego

Having pride related to the body—such as pride in one’s special sanskars, special intellect, special qualities, particular skills, or particular powers—that sense of “I” or intoxication is subtle ego, a subtle form of body-consciousness.

## Types of Ego

There are many types of ego.

The most commonly mentioned special term is *body-consciousness*, but the expansion of body-consciousness is very vast.

# Embodied (Aakari) and Bodiless (Nirakari) States

If there is even one trace of these subtle forms of ego, one cannot become a natural and constant embodied angel, nor can one become bodiless. This is because even an embodied angel has no body-consciousness; it is a double-light state. Body-ego will not allow one to become bodiless.

# Attention and Alertness



1

## Maintain Attention

Everyone has maintained good attention this year; there is enthusiasm and zeal, and the desire is also very strong.

2

## Check Yourself

Check: Does any form of ego or arrogance, in a natural way, turn the state into one of effort (purusharth) instead of being effortless?

3

## Subtle Ego

Is there any subtle trace of ego remaining—even in a fractional form—that gets merged or expressed at times through circumstances or through service?



# Effect of Even a Trace

Even a trace (a very small fraction) can deceive you at the right moment. Therefore, for this year, the goal that has been set—BapDada wants only this: that the goal must be accomplished.

Become so powerful that Maya does not even dare to challenge you.

# Effects of Subtle Ego

## **Loneliness**

Sometimes one feels lonely.

## **Disappointment**

There is an experience of disappointment.

## **Wasteful Thoughts**

A sudden storm of wasteful thoughts arises.

## **Lack of Interest**

The heart does not feel engaged in any task.

# The Importance of Becoming Ego-less

To become completely ego-less means to become naturally effortless in both the corporeal and incorporeal states. When one becomes ego-less, there is no desire to come down from the corporeal or incorporeal stage. In that very state, one experiences deep absorption and love.

# The Original Form of the Soul

1

## Incorporeal Soul

Your original, beginningless stage is incorporeal.

2

## Entry into the Body

The incorporeal soul has entered this body.

3

## Support of the Body

Who has taken the support of the body? You, the soul.  
The incorporeal soul has taken the support of the corporeal body.



# The Importance of the Word “I”

The doorway for ego is just one word—what is it? “I.”

So practice this: whenever the word “I” arises, bring your original form in front of you and ask—

**Who am I?**

Am I the **soul**, or am I so-and-so (this body/name/role)?

# The Correct Use of the Word “I”

## 1 Awareness (Smriti)

By saying “I,” the original **incorporeal (nirākār)** form should be remembered; this remembrance should become natural.

## 2 Practice (Abhyās)

Check this and build the habit: think “I” and immediately come into the awareness of the **incorporeal original form**.

## 3 Repeated Use

How many times do we use the word “I”—  
“I said this,” “I will do this,” “I think this”...

We use the word “I” many times.

So each time, use it **correctly**, with soul-conscious awareness.

# The Easy Method to Become Incorporeal (Nirākār)

The easy method to become **incorporeal or angelic (ākārī)** is this:  
whenever you use the word “I,” immediately bring your **incorporeal,**  
**original form** in front of you.

Is this difficult or easy?

If this becomes natural, then **goal and traits automatically become the same.**

# Freedom from Body-Consciousness (Dehbhān)



**The “I” of body-consciousness**

The word “I” itself leads to **body-ego**.



**Incorporeal awareness**

Bring into awareness: **“I am an incorporeal soul.”**



**Beyond body-consciousness**

This single word “I” will take you  
**beyond body-consciousness.**

# From Incorporeal to Corporeal Angel

Become **incorporeal**, then become a **corporeal angel** and perform actions—  
and then return again to the **incorporeal** state.

Enter into relationships **in the form of karma–relationship**,  
but **do not turn the relationship into bondage**.

# Body-Consciousness and Karmic Bondage

## Body-Consciousness

To become body-conscious means  
**to become bound by karma.**

(Coming into body-consciousness means  
**entering into karmic bondage.**)

## Bodily Relationships

When relationships are formed through the body,  
they become **karmic relationships between souls.**

(Coming into bodily relationships means  
**entering into karmic relationships.**)

# The Support of the Body and Bondage

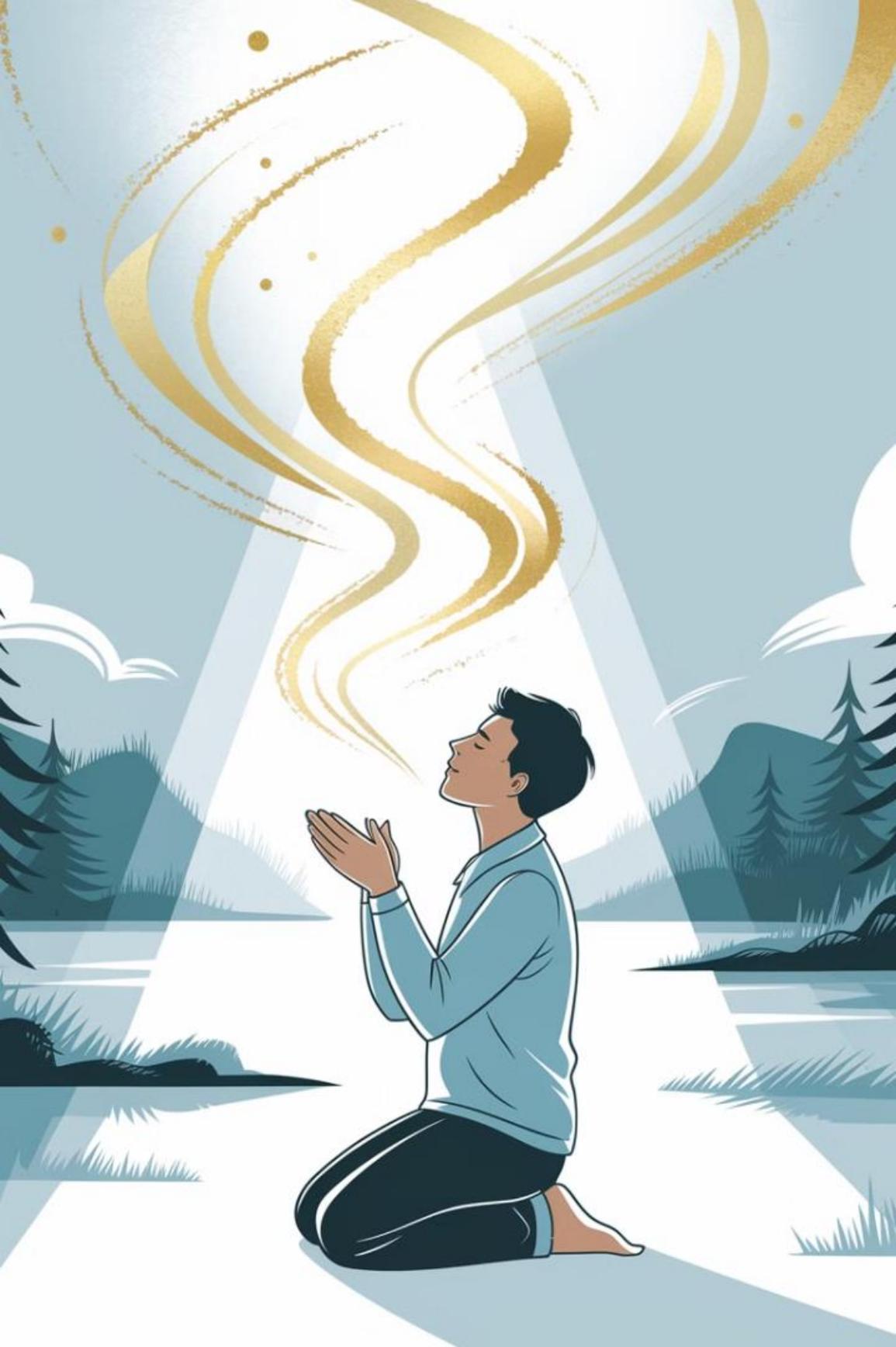
There is a difference between **taking support of the body** and **being under the control of the body**.

An **angelic or incorporeal soul** takes the support of the body but does **not** come into the bondage of the body.

It maintains **relationships**, but does **not** become bound by them.

# The Importance of Humility





# Benefits of Humility

## ■ Blessings Attained

Humility is an easy means to receive blessings in everyone's heart.

## ■ Worthy of Praise

Humility automatically makes one worthy of praise and honor.

## ■ A Place of Love

Humility creates a natural place of love for the humble soul in everyone's mind.

---

# Different Dimensions of Humility



**Humility in Attitude**



**Humility in Vision**



**Humility in Speech**



**Humility in Relationships and Interactions**

All these dimensions of humility should exist together.

If humility is present in three but missing in even one, there is still room for ego to arise.

# New Plans for Service

What new plans will you make for service going forward? Some plans have already been made, and some will be made.

Whether for this year or for the coming year—just as you think of various plans: that you will give talks, strengthen relationships and contacts, organize large programs, and also conduct small programs.

# Fast Speed of Service

According to the speed of the present time, service too now needs to be fast.

How will that happen?

You are already serving through words (speech) and through relationships and contacts; you also serve through the mind (manasa service).

But now what is needed is this:

in a short time, the success of service should be greater.

# The Power of Vibrations

**Powerful vibrations**  
Along with words (speech), first make the vibrations of your own state and position powerful.

**Service through subtle pictures (vibrational images)**

For example, how are your subtle pictures serving?

Through vibrations, they bring happiness to so many devotees!

**Double service**

Let words and vibrations work together—double service.

# The Impact of Vibrations

Vibrations last for a long time.

What is heard through words is sometimes forgotten by many, but the impression of vibrations remains for a much longer time.

Vibrations settle deep within, and for how long do you continue to interact with that person under the influence of those same vibrations?

# Spreading Spiritual Vibrations

To spread spiritual vibrations, first eliminate wasteful vibrations from your mind and intellect. Only then will you be able to spread spiritual vibrations.

If you are holding wasteful vibrations toward anyone, you cannot spread spiritual vibrations.

# Effect of Wasteful Vibrations

1

## **Creating a Wall**

Wasteful vibrations become a wall in front of spiritual vibrations.

---

2

## **Blocking the Light**

Just as clouds do not allow the sun's light to shine brightly.

---

3

## **Obstructing Spiritual Vibrations**

Wasteful vibrations do not allow spiritual vibrations to reach souls.



# Service Through Vibrations

Vibrations can attract many souls at the same time.

Vibrations create an atmosphere.

So, in future service, serve simultaneously through your *vritti* (attitude/intent) with spiritual vibrations—only then will the service become fast.



# Different Mediums of Service



## Speech (Vani)

Service through talks and discourses



## Relationships & Contacts

Service through personal relationships



## Programs

Service through large and small programs/events



## Mental Service (Mansa-Seva)

Service through thoughts and intentions

# Importance of Co-workers (Collaborators)

If you continue to increase the support of co-workers through any method, then naturally, by becoming co-workers in service, they will become *sahaj yogis* (natural yogis). There are many souls who will not become sahaj yogis directly, but keep taking their cooperation and keep making them co-workers.



# Annual Plan

1

## Months of Tapasya (Spiritual Discipline)

Set aside two months specifically for tapasya.

2

## Months for Small Services

Keep two months for small, day-to-day service activities.

3

## Months for Major Services

Set aside two months for large-scale service activities.

# Balance Between Self-Progress and Service

## Time Management

It should not be such that you become so busy with service for all 12 months that you get less time for your own self-progress.

Just as there are different seasons in a country, similarly there are times when you cannot do much external or special service. During such times, keep a special focus on your inner progress.

## Balanced Perspective

It is not possible to do service throughout the entire year, nor is it possible to do tapasya (spiritual discipline) throughout the entire year. Therefore, keeping both in mind together, move forward according to your capacity and situation, so that service and self-progress both continue side by side.

# End of the Season

This is the conclusion of this year's season. At the time of conclusion, one thing is to celebrate a ceremony, and the other is to offer (renounce) things in spiritual matters. The ceremony has already been celebrated yesterday. Now, what should be offered (swaha)? Offer one special thing through the mind and intellect—not through words. It is not enough to have just read it; offer it through the mind and intellect.

# Offering (Swaha) Wasteful Vibrations

Today's wave is this:

Offer (renounce) wasteful vibrations toward any soul.

Can you truly offer them away, or will a little still remain?

Do not think like this: *"This person is just like this, so the vibration will naturally remain."*

No matter how the other one is, if you transform negative vibrations into positive vibrations, then that soul too will definitely move from negative to positive. They will surely change.

# Spiritual Rocket: Service through Attitude (Vritti)

## Power of Attitude

Through attitude (vritti), spread spiritual vibrations.  
Attitude is like a rocket—while sitting right here, you can send it anywhere and create as powerful a transformation as you wish.

## Positive Outlook

Even if the other person has a certain “color” (nature), do not absorb that color.  
Why should you take on their color?

## Widespread Influence

Wherever and to whomever you want to reach, with a powerful attitude you can create vibrations—and through vibrations, create an atmosphere.



# Become Ever-Ready by Ending Old Sanskars and Adopting Your Own Elevated Sanskars 3 April 1997

Today, BapDada is seeing all around Himself the lovely and lucky children who are absorbed in the love of the World Father.

BapDada feels proud of the fortune of every child—that My children, at this present time, are so great that throughout the entire cycle, whether in the form of deities, religious leaders, great souls, or highly prosperous souls, no one has such fortune as you Brahmins have.

अव्यक्त बापदादा

# Always Keep Your Elevated Fortune in Awareness

## ■ Song of Fortune

May this unbroken song always keep playing in the mind:

“Wow! The Father, the Bestower of fortune—wow! And wow! the fortune of me, the elevated soul!”

## ■ Remain Joyful

Seeing the children, the Father always remains joyful.

The children too remain joyful, but sometimes, in between, instead of immersing themselves in their fortune, they allow themselves to become absorbed in ordinary matters.

## ■ Become the Embodiment of Awareness

BapDada wants to see all children always as embodiments of the awareness of their fortune.

# Why Is There a Difference Between Aim and Sign?

## Elevated Aim

All children are moving forward with this aim in mind:

“I have to become equal to the Father.”

The aim is very good.

## Reason for the Difference

When the aim is elevated, that is very good—then why is it that sometimes one becomes an

**embodiment of emergence (immersed)**

and sometimes an **embodiment of effort?**

Why does this happen? What is the reason?



# Three Important Points

1

## Thinking

To create thoughts / to make a resolve (sankalp).

2

## Speaking

To speak / to explain or describe.

3

## Doing

1. To bring it into action —  
to experience it practically in karma (actions)  
and in conduct.

Think it → Speak it → Live it in action.



# Balance of All Three Is Essential

Thinking and speaking are strong, but real-life practice needs much more attention.

## Importance of Balance

When there is balance, determination and enthusiasm remain *merged* (stable and integrated).

When balance is lacking, determination and enthusiasm become *mixed* (unstable).

## Progress in Thinking and Speaking

The speed of thinking is very good and fast.

In speaking too, the speed and enthusiasm are about **75% correct**.

## Lack in Practical Application

There are **total marks missing in bringing it into practical conduct**.

So, the first two aspects are fine, but the third aspect is **very weak**.



## Reason for the Lack in Practical Application

1

### Thoughts and Words Are Good

When the thoughts are good and the words are also expressed in a very beautiful way,

2

### Lack in Practical Life

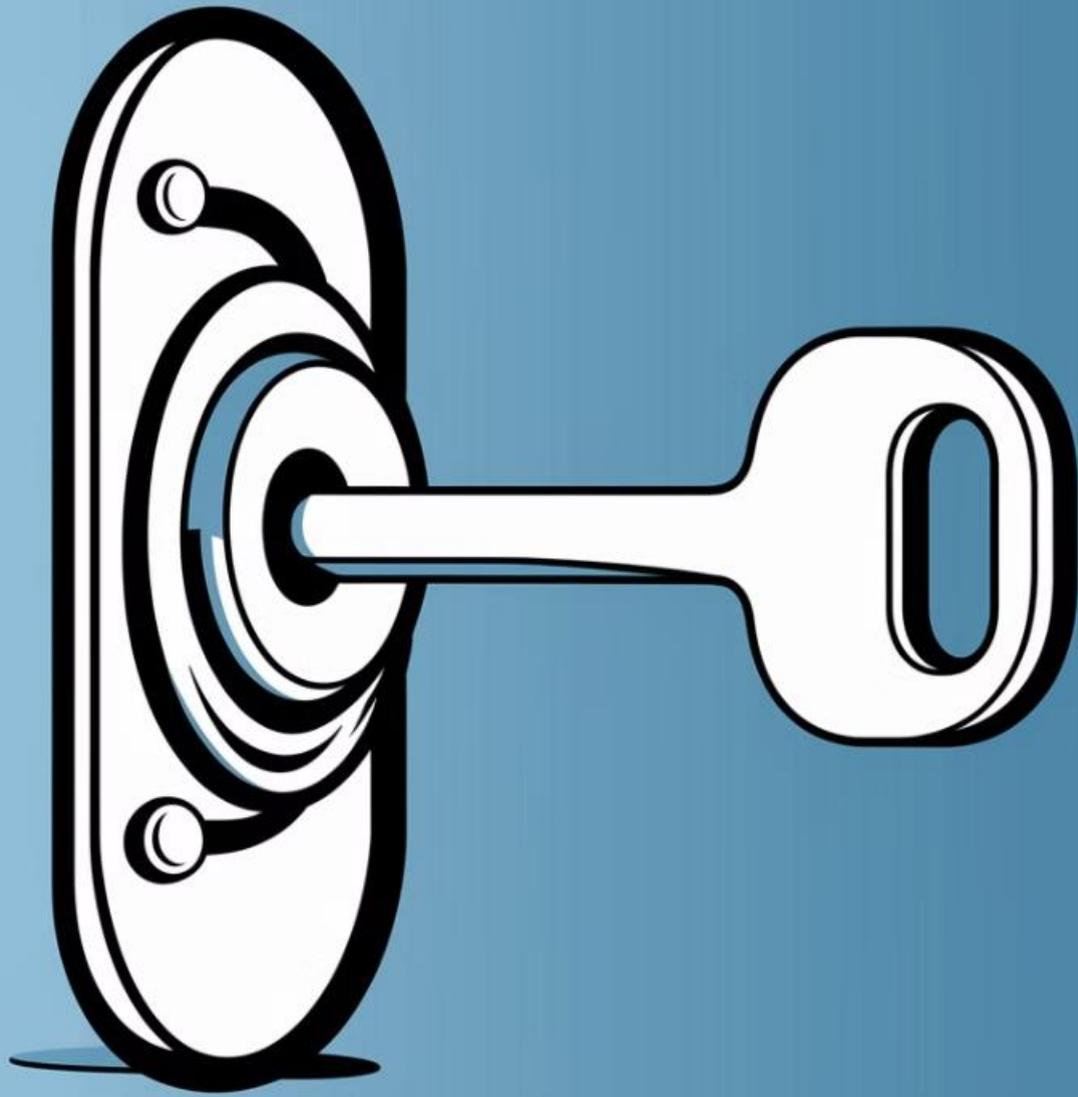
then why does there still remain a shortage in practical application?

3

### Searching for the Cause

Do you know what the reason is?

If thinking and speaking are already good, what is the real reason that action (practice) is still weak?



## One Single Reason

BapDada has mentioned this earlier as well—this is a *revision course* that is going on.

So Bap says that there is only **one reason**, not many—just **one single reason**.

And BapDada understands that removing this reason is not difficult at all; it is **very easy**.

But we make the easy thing difficult.

It is not difficult in itself—we **make** it difficult. Why?

Because **the intoxication (spiritual pride or ego) becomes mixed**.

# Points of Dharana (Inner Assimilation)

## Good Dharana

Whatever points of dharana you listen to or practice—whether in the form of **powers** or in the form of **virtues**—you speak very nicely about these points of dharana.

## Praise

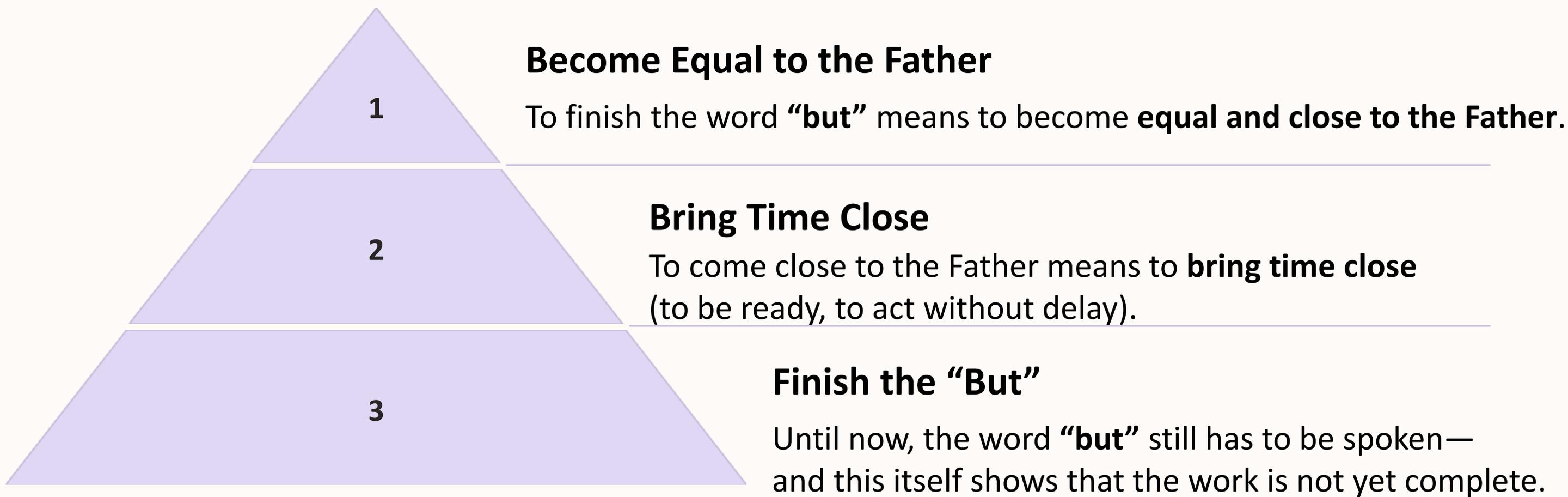
You praise them so well that the listeners—whether ignorant or knowledgeable—after listening say, “*Very good, very good,*” and clap enthusiastically.

## The Obstacle of “But”

But how many times does the word “**but**” come in? It is this “**but**” that puts a stop and creates an obstacle.



# Finish the word “But”



# The Power of Sanskars (Impressions / Conditioning)

## Old Sanskars

From *Dwapar Yug* up to the final birth, whatever weaknesses or shortcomings exist have been formed as **deeply ingrained sanskars (mental impressions)**.

Once sanskars are formed, they do not require effort to repeat—they happen automatically.

## Effect of Sanskars

Even when one wants to give them up and does not like them, one still says:  
“What can I do? This is my sanskar.”  
“Please don’t think badly of me—this is just how my sanskar is.”



Create Sanskars of Virtues

## गुणों को संस्कार बनाओ

### **Sanskar of Weakness**

We created sanskars of anger; we created sanskars of weaknesses.

### **Sanskar of Virtues**

Why didn't we create sanskars of virtues?

### **Balance of Powers**

For example, anger is the power of ignorance, and the power of knowledge is peace.

Endurance (the power to tolerate) is also a power.

# Personal Sanskars of Brahmin Souls



## **Peace**

The power of peace is the personal sanskar of Brahmin souls.



## **Tolerance**

Tolerance (the power to endure) is a special virtue of Brahmin souls.



## **Love**

Love and compassion are the natural qualities of Brahmin souls.

# Leave Ravan's Inheritance

## **Ravan's Inheritance**

You have made Ravan's inheritance into your sanskar.  
You have made someone else's belongings your own.

## **The Father's Treasure**

Now make the Father's treasure your own.  
You carefully preserve Ravan's things,  
but you lose the Father's things—why?



## Love of the Heart

**Love for the Father**  
When you say, “Everyone says the Father is good,” are you saying this from your heart?

**A Matter of the Heart**  
What feels good settles into the heart through the clarity of firm faith.

### **The Father’s Promise**

The Father has made a promise to all His children:  
If even once you call out from the heart, “My Baba,” then even if you forget again and again in between— but if you once truly say from the heart, “My Baba,” the Father also says, “Whatever you are, however you are—you are Mine.”

# Sazmi



## Walk as the Bride

The Father wants you not to walk like a wedding guest, but to walk as the bride.

On hearing this, everyone becomes very happy. You even start laughing at yourself.

Right now, while listening, you laugh at yourself, don't you? You feel amused about yourself, but when you come into enthusiasm, you turn red and yellow (overpowered by excitement).

# The Special Qualities of the Children

## Purity

To remain pure—no matter how much one has to tolerate, no matter how much opposition comes from others—in this matter they are **75% good**.

## Victory over Anger

They have very few subjects related to anger.  
They understand that perhaps anger is not a defect at all; it is a **weapon**, not a weakness.

## Freedom from Body-Consciousness

Body-consciousness is **total** (i.e., it is completely present / a major issue).



# Anger – The Great Enemy

## ■ The Effect of Anger

Anger, you know, is a great weapon for the soul. This is because anger becomes well-known through its relationships and contact with many souls.

## ■ Defamation (Glani) of the Father's Name

Seeing anger, there is a lot of defamation of the Father's name.

Those who speak say this: "Look, the soul *Gyanī* (knowledgeable soul) scolds the children."

## ■ Forms of Anger

Anger has many forms. One major form is the one you know very well—it is visible and obvious: "*He is getting angry.*"

# Subtle Forms of Anger

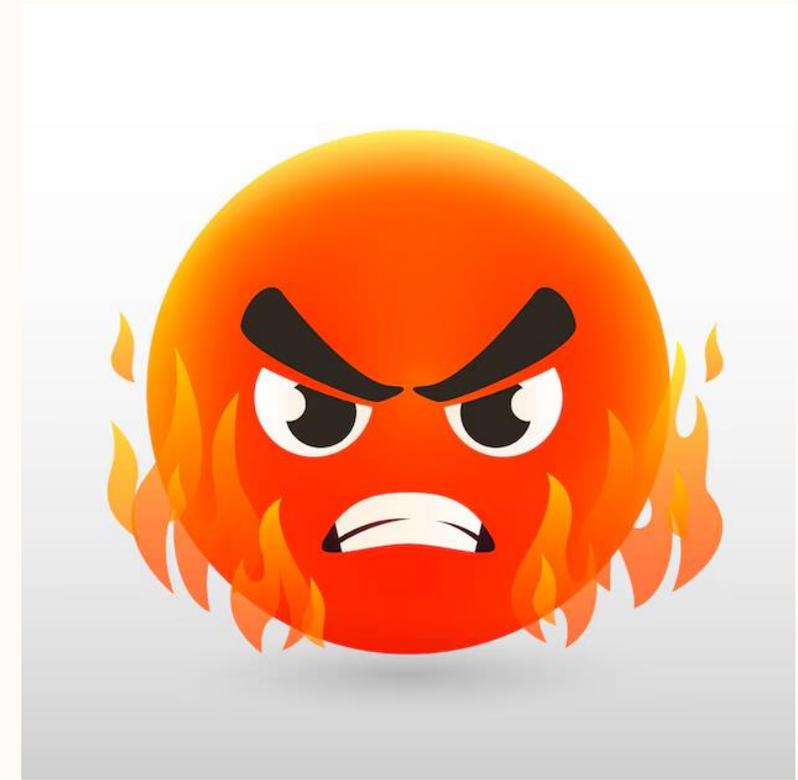
## Inner Fire

The subtle form of anger exists inside as jealousy, hatred, and resentment.

In this form, there is no loud speech or any outward expression visible.

But just as outward anger is a form of fire, this inner anger too keeps burning within.

It burns the self from inside and also burns others.



## Inner Burning

Such **jealousy, hatred, and resentment**—when they exist within someone—that person keeps burning inwardly in this fire. From the outside, one does not appear red or yellow. Being red or yellow is still acceptable, but this inner anger becomes **black**.

# The Cleverness of Anger

## The Pretense of Seriousness

While speaking or explaining, people think—or say—that at times one *must* be serious.

## The Pretense of Welfare (Good Intentions)

At times one has to take action “for someone’s good.” Whether it is truly for their welfare or not, one rarely asks oneself.

## In the Name of Authority (Father’s Command)

Ancestors have not given permission to anyone to take the law into their own hands.



# Bid Farewell to Anger

1

## Ending Anger

What will you do with anger from now on?  
Will you bid it farewell?

---

2

## The Weakness of Promises

Look, clapping is very easy,  
but do not clap for anger.

---

3

## Do Not Make Excuses

From now on, do not say:  
“Baba, I did make a promise, but... it came again and again—what could I do?”

---

4

## One's Own Effort (Self-Initiative)

So should this effort also be made by the father,  
and will the children receive the benefit?  
Should this hard work too be done by the father?



# The Importance of Victory Over Anger

## Effect of Anger

Why does BapDada speak so especially about anger? Because if you bid farewell to anger, then greed and desire—all of them—come to an end automatically.

## End of Ego

So, by finishing anger, greed will automatically be finished, and ego will also come to an end.

## Different Forms of Greed

Greed is not only about money or food. There are many kinds of greed—whether it is greed for knowledge or even greed born of ignorance. All of this too is greed.

# The Relationship Between Ego and Anger

1

## **Ego**

When arrogance arises—  
“I am great, I am intelligent, I know everything”—  
this is what one believes about oneself.

2

## **Emergence of Anger**

Then anger arises.

3

## **End of Both**

So, ego and greed will also depart together.



# Resolve to Change One's Sanskars (Habits / Inner Tendencies)

## ■ Firm Resolve

So, will you create new sanskars now?

Right now, everyone raise your hand and take a group photo.

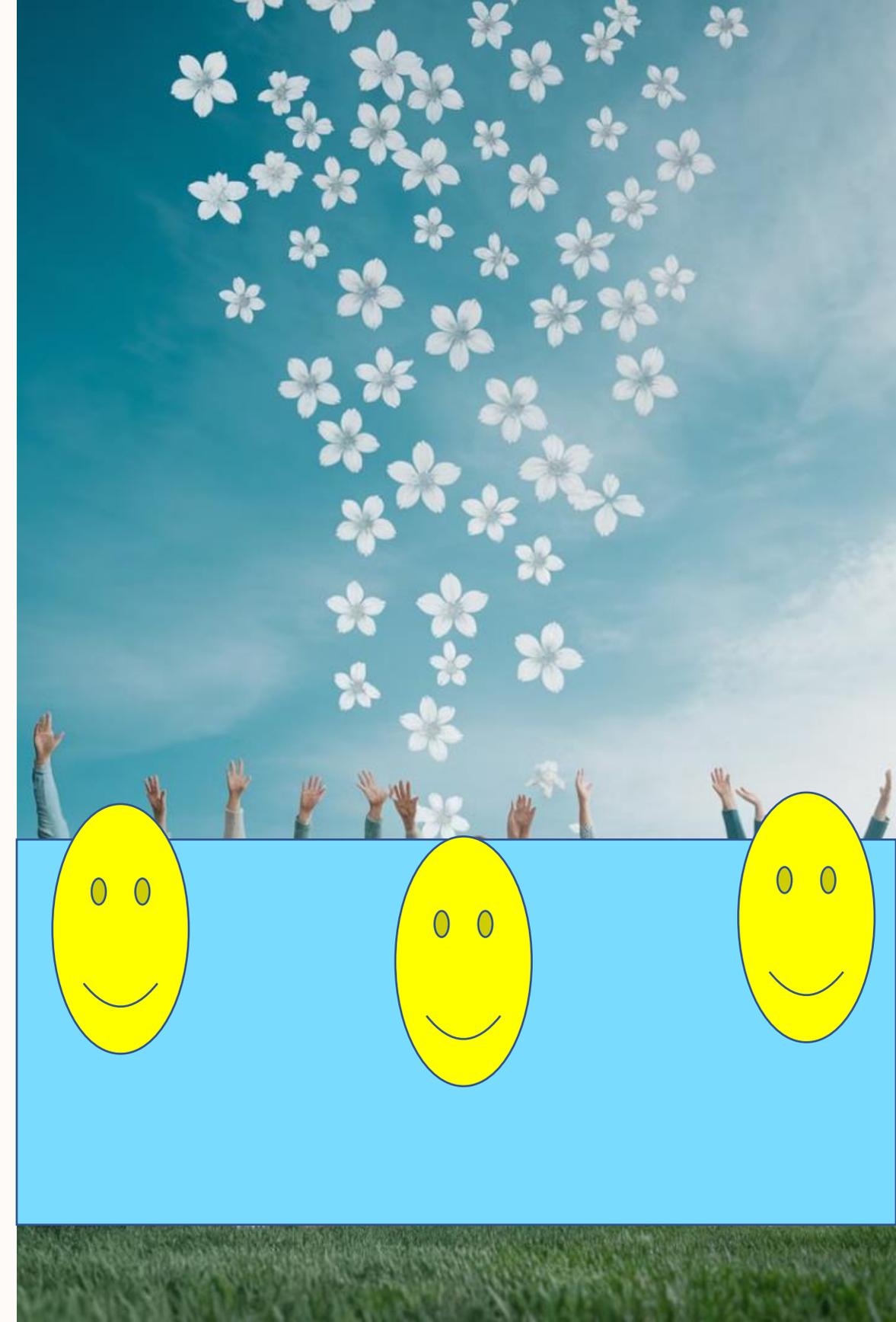
## ■ Blessing

I give a small blessing right now—not a big one.

When you later look at the results, then even the deities of the forests and the deities of heaven will shower flowers of praise upon you.

## ■ Focus on Self-Transformation

From today, let each one look at oneself—do not look at others. To notice the faults of others, close the eye of the mind.



# Become Introspective

## Do Not See the Weaknesses of Others

Even if a great soul (maharathi) shows some weakness, make the mind introspective—so that it neither looks at nor listens to it.

## Special Quality of Great Souls

The penance of great souls, and the reward of their long period of effort, is such that it enables them to pass with distinction even when given an “admission marks” advantage.

# Absorb Goodness

## ■ Learn from Great Souls ■ Foundation of Great Souls

Do not absorb negativity from great souls. Absorb goodness; do not absorb badness—otherwise, you will be deceived.

The foundation of great souls is firm and unshakeable; therefore, they receive clear blessings.

## ■ Keep the Mind Introspective

So never open the eye of the mind for such matters. Keep it closed. Instead of listening outwardly, keep the mind turned inward.

# Create Personal Sanskars (Values)

## Free from Effort through Effort

Even while working hard, it does not feel burdensome.

By creating personal sanskars, you will be freed from effort through ease.

## A Naturally Yogic Life

Constant yogi, effortless yogi, karma yogi, rajyogi—you will naturally become all of these.

You will not need to *practice* yoga separately; every second, at every moment, life itself will naturally be yogic.

# Essence of the Four Subjects

## Knowledge (Gyan)

The Father alone  
is my world.

## Yoga

Every virtue and every power  
is my personal sanskar (value).

## Dharana (Inner Practice)

Always remember two words:  
*the world* and *sanskar*.

## Service (Seva)

Surrender yourself in service.



# Is the Issue Bigger, or Is the Father Bigger?

## **Impact of the Situation**

When a situation arises, it feels difficult. But what stands before you—the situation, or the Father? Which one is truly greater?

## **Change Your Perspective**

At that moment, the situation appears big. But BapDada has many photographs of children from such times—it feels like a museum of experiences.

# Celebrate the Ceremony of Completion

Celebrate the ceremony of completion **now**.

When you celebrate this ceremony of completion, the ceremony of world transformation will appear before you.

This is an unlimited (boundless) state, isn't it?

Just as a rosary of faces is shown, in the same way, when you come here and look, it feels like a rosary of faces—only faces are visible, nothing else.

# Stay Ready

## ■ The Importance of Rehearsal

In the last moments, many things are about to happen.  
If you do a little rehearsal in advance, it is good.  
There should be some rehearsal.

## ■ Practice for Preparation

Running around and hurrying here and there—this is just exercise.  
Generally, elderly mothers do not run, but when night comes and they pick up their bedding and mat, they do run.

## ■ Always Be Ready

BapDada has said: *Stay ready*.  
In this too, be ready—  
when the rain falls, you must start moving within seconds.

# Affection of the Children

BapDada feels happy on seeing the affection of the children, and He always says to the children:

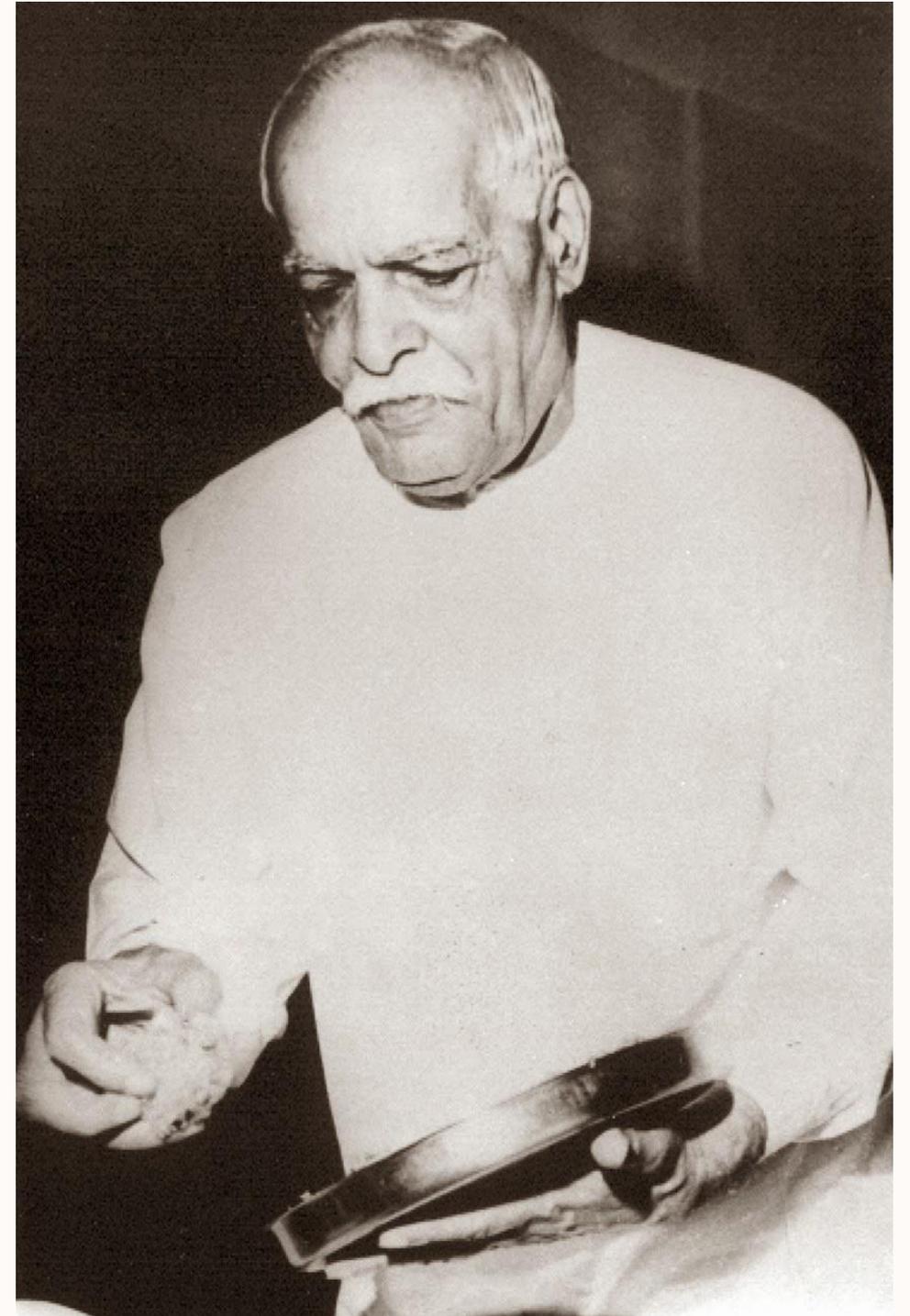
“Come, children, come.”

If you do not come, how could He say this? Could He even say it?

So, all of you who have come—come with happiness, and take happiness back with you.

And along with receiving *toli* (a spiritual offering), first distribute happiness—

and with that, distribute the *toli* as well.



# Service of the Advance Party

## ■ Role of the Advance Party

Yesterday in the Subtle Region, the Advance Party had emerged. They were conversing with BapDada and asking BapDada: “For the service for which You have made us instruments and sent us—when will that service begin?”

## ■ Establishment of the New World

Those special souls who remain ahead in the subject of special yoga—through yoga power—will give birth to and establish the new world.

## ■ Need for ‘Already’

When you say “already,” then their service will begin at that very moment.

# Sudden Transformation

## **Time of Destruction**

Therefore, the time of destruction is never fixed.  
It is to happen suddenly.  
BapDada had already given a signal beforehand.  
At that time, do not get confused thinking,  
“Baba should have given some indication.”

## **Remaining Ever-Ready**

It is to happen suddenly — therefore remain ever-ready.  
For this, one instrument maharathi  
was made an example (Dadi Chandramani).

# A Promise from the Mind

## Firm Resolve

When you meet BapDada, then say everything from the heart—not a promise on paper, nor a promise by words alone, but show it by making a promise from the mind.

## Renouncing Old Sanskars

We are those “already” souls who finish old sanskars and adopt our own elevated, personal sanskars.

## Free from Trivial Matters

Finish petty, small matters. It feels inappropriate—like a 60-year-old elder playing marbles with children. It does not look good.

# Play with the Jewels of Knowledge

1

## **Stop Playing with Dust**

What kind of game is this—playing with dust?

You are playing with the dust of body-consciousness (ego).

---

2

## **Play with the Jewels of Knowledge**

Now play with the jewels of knowledge—play with virtues, play with powers, not with dust.

---

3

## **Renounce Body-Consciousness**

Any form of body-consciousness is playing with dust.

# To Celebrate Holi Means to Become Completely Pure and Celebrate the Meeting of Sanskars

## 1 March 1999

BapDada is looking at His holiest and highest children everywhere.

In the world, are there any souls more elevated—highest of the high—than you children?

There are none, because all of you are children of the Highest of the High Father.



# You Are the Ones with the Highest Status

1

## **Sovereign Authority (Royal Status)**

No one becomes a higher sovereign authority than you.

2

## **Worship and Devotional Songs**

The way you souls are worshipped with such precise rituals—no one else is worshipped more than that.

3

## **Living (Conscious) and Non-living Forms**

You are living, conscious souls, whereas on the other side, your non-living images are worshipped in the form of idols.

# Your Kingdom is the Highest

## **Unobstructed Kingdom**

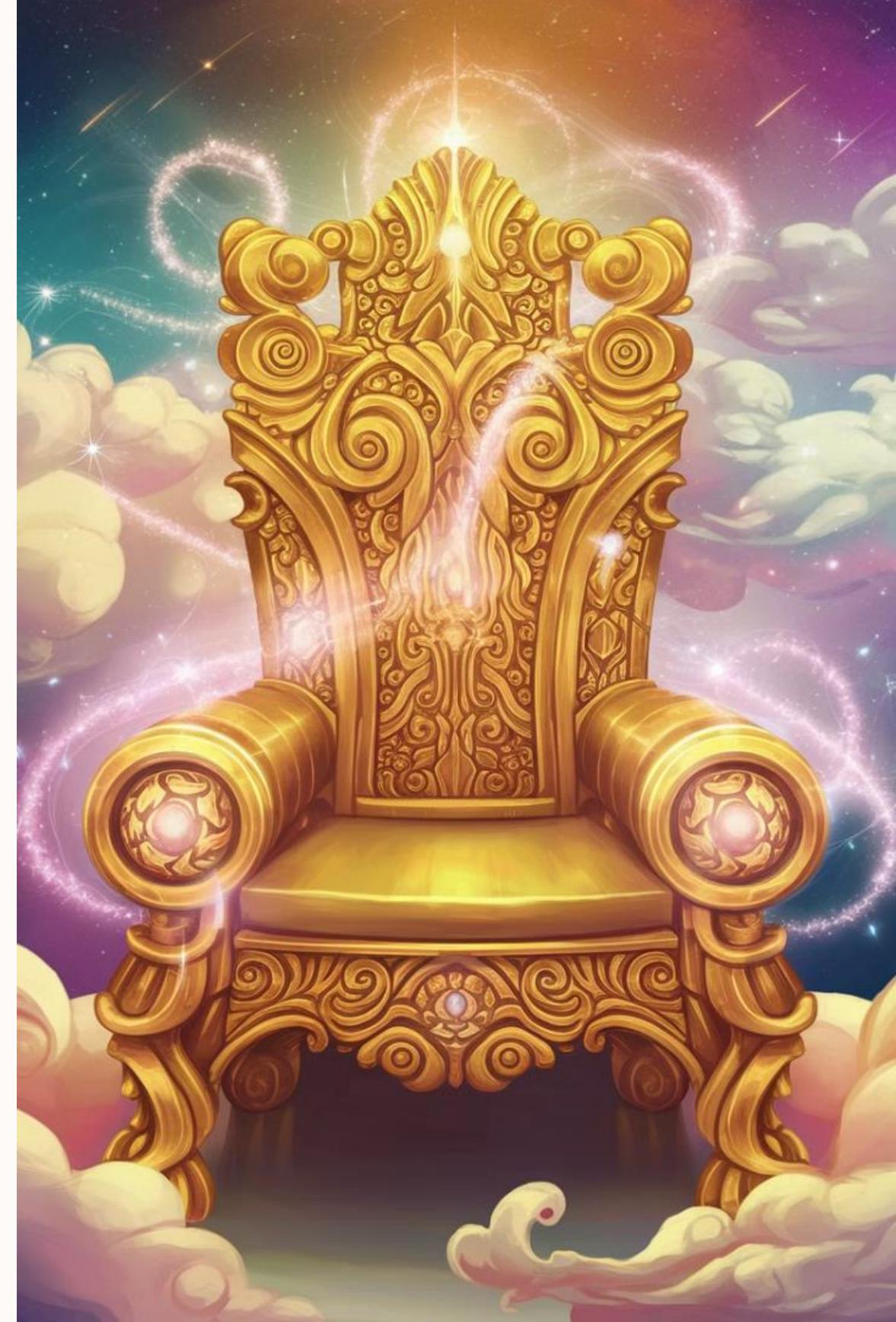
Throughout the entire cycle, the unobstructed, unbroken and unshakable kingdom belongs only to you souls.

## **World Royalty**

You, the world royals — the royal family of the World Sovereign — are the highest of all.

## **Heirs of Godly Inheritance**

You are the heirs of the Godly inheritance, the heirs of meeting the Supreme, and the heirs of God's love.



# The Time of Confluence (Sangamyug): A Time of Happiness and Ease

## **The Lovely Time of Sangamyug**

The time of Sangamyug feels even more precious than the time of the kingdom.

This time of happiness, attainments, and ease feels very dear.

## **Safe with the Father**

If any situation arises, by staying with the Father you will remain safe.

Just as a kitten remains safe even while being held in the cat's mouth.

# Make the Father Your Companion

1

## **Avoid Loneliness**

Sometimes, while doing work or service, do not feel alone.

2

## **Make the Father Your Companion**

Make the thousand-armed Father your companion; He will give the greatest support.

3

## **Experience Constant Togetherness**

BapDada has come to give constant companionship. Always remember and keep this experience alive.

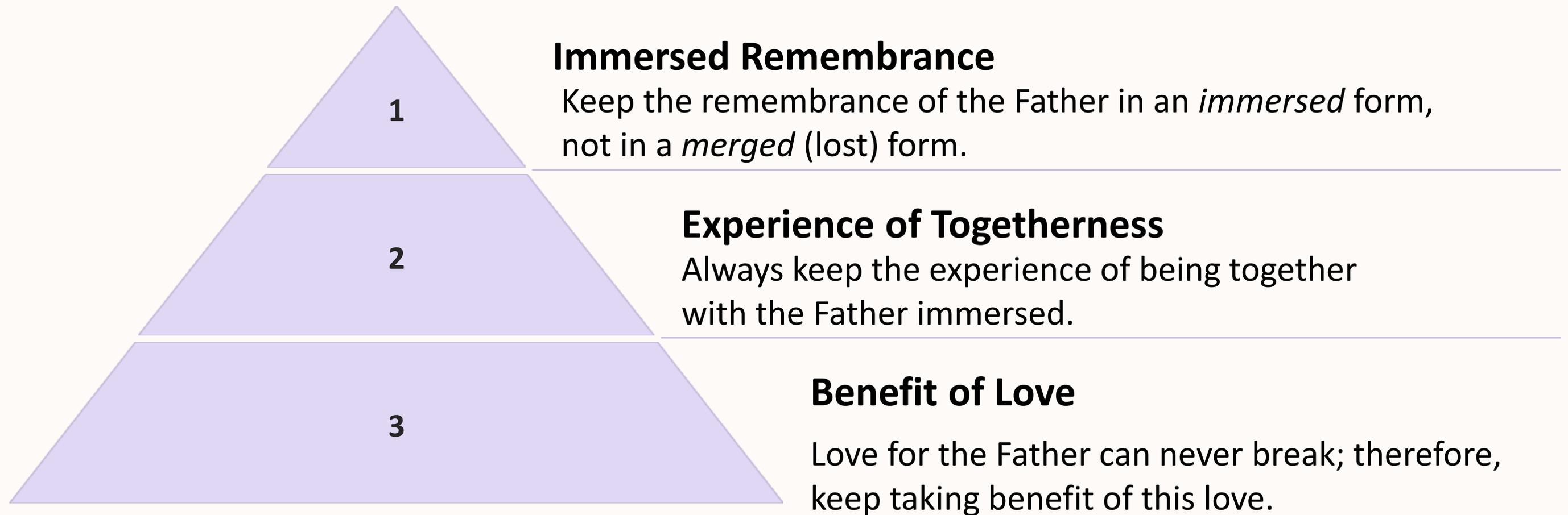




# In the Confluence Age, a Brahma Kumar or Brahma Kumari Is Never Alone

- Do Not Be Too Busy in Service**  
By becoming excessively busy in service, do not forget the Father, and do not become careless about His companionship.
- The Father's Support**  
Both Shiv Baba and Brahma Baba are always present, ready to give support at every moment.
- Love and Authority (Right)**  
Keep the Father bound with the subtle thread of your right (claim) and love.

# Keep the Happiness and Comforts of the Confluence Age Immersed



# Madhuban's Love and Cooperation



## **The Attraction of Madhuban**

It is love that makes one a resident of Madhuban. No matter where one lives, and no matter how much effort one makes, one is still drawn and reaches Madhuban.

## **The Wall of Circumstances**

The Father's love helps one cross the wall of circumstances. Whether someone is a double foreigner or an Indian, the Father's love supports everyone.

# The Meaning of Celebrating Holi

1

## **Becoming Holiest**

All children have one single title: *Holiest*.

---

2

## **The Foundation of Purity**

Purity is the main foundation of a Brahmin life.

---

3

## **A Yogi Life**

Purity itself is the foundation of a yogi life.



# The Importance of Purity

## ■ Purity of the Mind

Even a trace of impurity in the mind can deceive you. Therefore, purity of the mind, words, actions, and all relationships and connections is extremely essential.

## ■ Do Not Deceive Yourself

Trying to make yourself happy through external means or through service alone—this too is a way of deceiving yourself.

## ■ Inner Blessings

The inner blessings of a Brahmin life are a constant form of happiness, peace, and contentment of the mind. To experience this, purity of the mind is necessary.

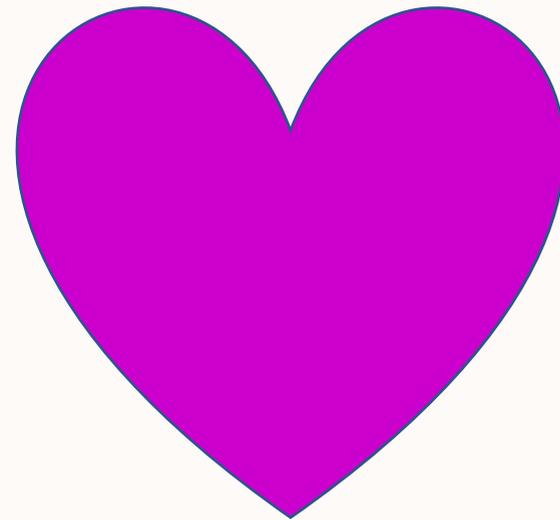
# The Balance Between Service and Purity

## **The Fruit of Service**

Service is not just about cleverness or skill; it is a mixture of remembrance and some external means or happiness. If service is not done from the heart but only from the intellect, then the visible, direct fruit of service is also received by those people.

## **The Method of Accumulation**

The method of accumulating (spiritual benefit) is purity—of mind, words, and actions. Purity is the foundation. Even in service, purity is the foundation. Be clean, be pure.



# The True Meaning of Holi

## **Burning**

Burning away impurity is the first stage of Holi.

## **Celebrating**

Rejoicing in the attainment of purity is the second stage.

## **Union of Sanskars**

Becoming pure and celebrating the meeting of elevated sanskars is the true aim of Holi.



# The Importance of Happiness

## Always Remain Happy

When there is attainment in everything, there is constant happiness. Happiness itself is nourishment for the soul.

## Share Happiness

Those who remain happy always share happiness with others as well.

## Fortunate and Bestowers of Happiness

BapDada always looks at every child with the vision of being fortunate. They are fortunate and also bestowers of happiness.



# The Importance of Being Focused (One-Pointed State)

1

## **Always Be Focused**

Bap's children always remain focused.  
They are not sometimes in one state and sometimes in another.

2

## **Stay Joyful**

Whatever happens,  
Bap is with you—so what is there to worry about?  
What is there to be confused about?

3

## **Support of Bap**

Take the support of Bap.  
Instead of enjoying by considering yourself alone,  
you become distressed.

# The Power of Service and Enjoyment

## The Power of Service

If you have the power of service, then use that power in action. Do not just serve outwardly, but use the power of service that you receive from Bap and apply it in your work.

## The Age of Enjoyment

Is this the age of being confused, or the age of enjoyment? If it is the age of enjoyment, then why be confused? Remove the word *confusion* from the dictionary of your life.

# Exams and Enjoyment

## **It's an Exam, Not Just Talk**

Whatever happens, this exam has to be passed. It's not about words; it's about the exam.

## **The Joy of Passing the Exam**

There is happiness in passing the exam. One moves ahead to the next class.

## **Progressing Through Experience**

It is through exams that one moves forward in experience; therefore, always remain in a state of enjoyment.

# Serviceable Souls Who Remain in Enjoyment



## Always Cheerful

Everyone looks at their elevated fortune and remains cheerful. Always stay cheerful.



## Sharing Happiness

Those who remain happy always share happiness with others. Whenever someone looks at you, let them catch a glimpse of happiness.



## Attainment of Everything

By attaining the Father, everything is attained. When everything is attained, where there is complete attainment, there is always happiness.



# The Importance of a Constant (Steady) Stage

## Always Constant

The children of the Father always remain in a constant stage. They do not fluctuate into different moods or emotions.

## With the Father

Whatever happens, the Father is with you—so what is there to worry about? What is there to become confused about?

## Victorious over Maya

If you hold the Father's hand, Maya will run away. Always remain victorious over Maya.

# Special Qualities of the Inhabitants of Madhuban

## **Sweetness and Detachment**

Inhabitants of Madhuban means sweetness in action and a high degree of detachment in attitude. There is deep detachment even while living in the forest (of action).

## **One-Time ( Extra) Gift**

Inhabitants of Madhuban means those who have the right to the one-time (special) gift. Remain confident, carry out your duty, and stay in joy.



# Responsibilities of the Inhabitants of Madhuban

1

## **Powerful Yoga**

At least 4 hours of powerful yoga should be practiced. Continuous remembrance is there anyway, but *powerful* remembrance should be for a minimum of 4 hours.

2

## **Spreading Vibrations**

Inhabitants of Madhuban should keep special attention on spreading the vibrations of powerful remembrance in all directions.

3

## **Responsibility of a High Position**

You are seated on the highest of high positions. A high tower gives light (illumination).

# The Atmosphere (Vibrational Field) of Madhuban

## Powerful Influence

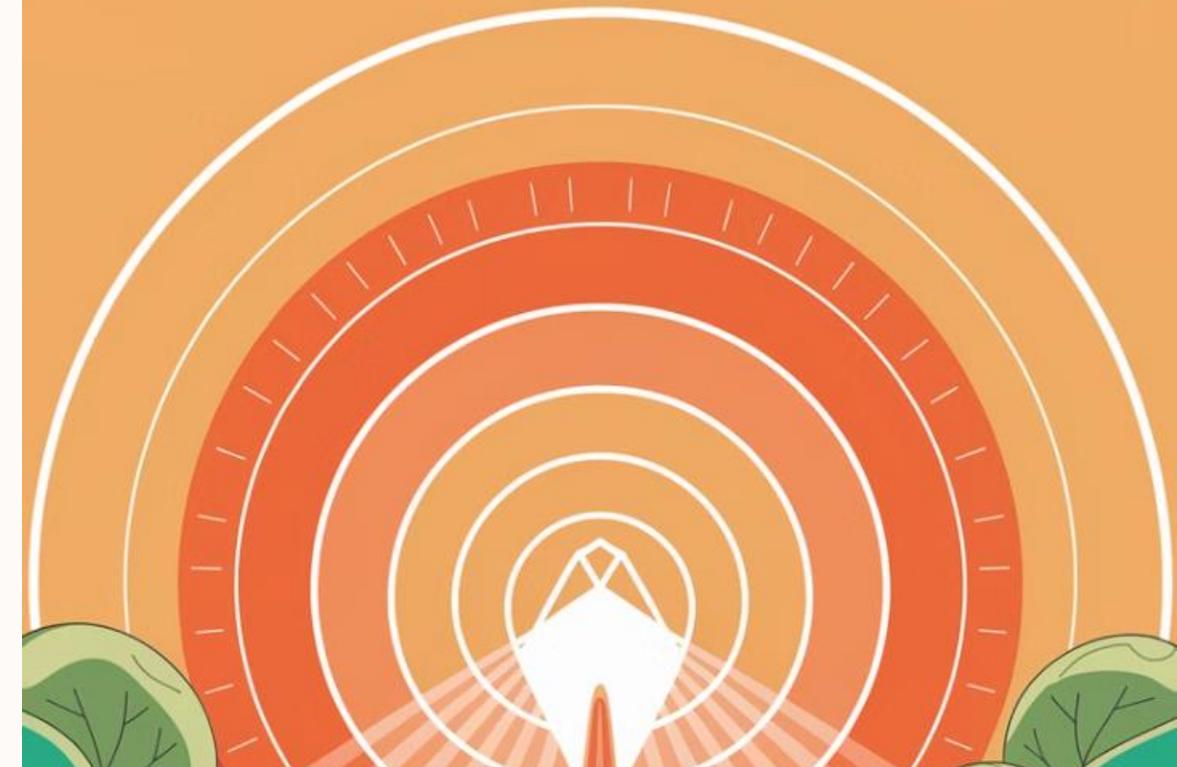
The vibrations of Madhuban—whether of weakness or of power—spread very quickly.

## Instrument for Victory

Madhuban residents should understand that they are instruments to attain victory and to help others attain victory.

## Responsibility

The atmosphere of Madhuban creates an atmosphere all around. This is your responsibility.



**MADHUBAN**  
SPIRITUAL CENTER

# The Importance of Organization and Spiritual Refreshment



## Plans of Progress

By creating organization among yourselves, you practice the planes of progress and spiritual refreshment. This is very good—do not give it up.

## Enthusiasm and Zeal

There is benefit in organization. Throughout the day, whatever effort you make—even for a short time—by refreshing one another in progress, changes take place. Enthusiasm and zeal also increase.

## Making the Atmosphere Powerful

To refresh one another in this way means to give mutual refreshment. It makes the atmosphere powerful.

# Target of Powerful Yoga

**4**

## Minimum Hours

Keep a minimum target of **4 hours** of powerful yoga.

**6**

## Better Target

Increasing it from **4 to 6 hours** is even better.

**8**

## Best Target

Reaching **8 hours** is the best target



# Practice of Powerful Yoga

1

## Short Time Slots

Create powerful stages of **5–10 minutes** each — in total, it should add up to **4 hours**.

2

## Flexible Time

Whether you get **half an hour** or just **5 minutes**, it's fine — but the **total should be 4 hours**.

3

## Complete It

If you are unable to complete **4 hours on one day**, then on the **next day do 6 hours** to make up and complete the **4-hour target**.





# Greatness of the Residents of Madhuban



## Rare Jewel

BapDada always sees the residents of Madhuban before His eyes. He sees them as **rare jewels**.



## Respect & Recognition

Wherever a Madhuban resident goes, people look with respect and say: "A Madhuban resident has arrived."



## Many Gifts

Becoming a resident of Madhuban means becoming **entitled to many gifts**.

# Importance of Maintaining a Chart

## Regular Checking

After every 15 days, review the results of the chart. Note in the chart whether it was done or not — **Yes or No**. Write the date at the top, and below mark **Yes / No**.

## Powerful Remembrance

Just write whether there was **2, 3, or 4 hours of powerful remembrance**. Do not write too much — there is no time to read lengthy notes.

# Blessings of the Madhuban Residents

## ■ Blessings of Service

Those who come for A.V., those who come to yoga camps, those who come to conferences — when they see the service of Madhuban, they definitely give blessings, don't they?

## ■ Demonstrating Excellence

So, demonstrate excellence. Madhuban residents must definitely have a record of **at least 4 hours**; if it is more, it is even better.

## ■ Blessings That Come from the Heart

From everyone's heart it naturally emerges — *"Wow, what service!"* So blessings keep getting accumulated.



# Special Qualities of the Madhuban Sisters

## **Recognizing One's Qualities**

Everyone has special qualities;  
it is not that someone has no  
quality at all.  
All have them.

## **Applying Them in Work**

Growth will be achieved  
only by applying those  
qualities in one's work.

## **Seeing the Qualities of Others**

Also see the qualities in others,  
and apply your own qualities in your work.

# The Importance of the Madhuban Sisters



## Worthy of Blessings

You are worthy of everyone's blessings.  
You can increase your account of spiritual merit (punya) as much as you wish.



## Proper Use of Time

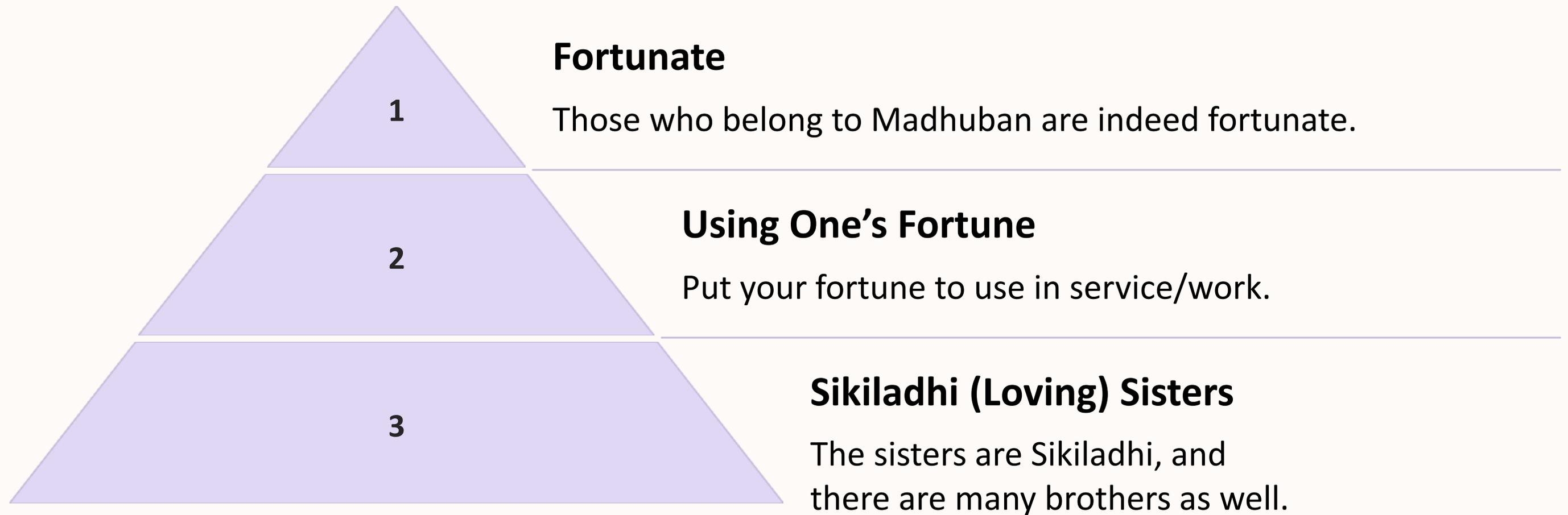
You can make the best use of time as much as you want to.  
After all, the opportunity is there, isn't it?



## Becoming a Chanceller (Instrument of Transformation)

You have to take the chance yourself;  
it will not come just like that.  
By taking the chance, what will you become?  
A chanceller (one who brings change).

# The Fortune of the Madhuban Residents



# A Special Message for the Sisters

## **First Priority**

Within these 4 hours, the sisters should come in first place (number one).

## **Firm Determination**

Do not say, “It happened,” or “It should not have happened,” or “This should not be done.”  
Simply do not do it.

## **The Reward of Blessings**

They have the reward of blessings.  
They are blessed in advance.  
Do not let go of this reward.

# BapDada's Aspicious Hope

## **Practice of Long Time**

There should be long-term practice.

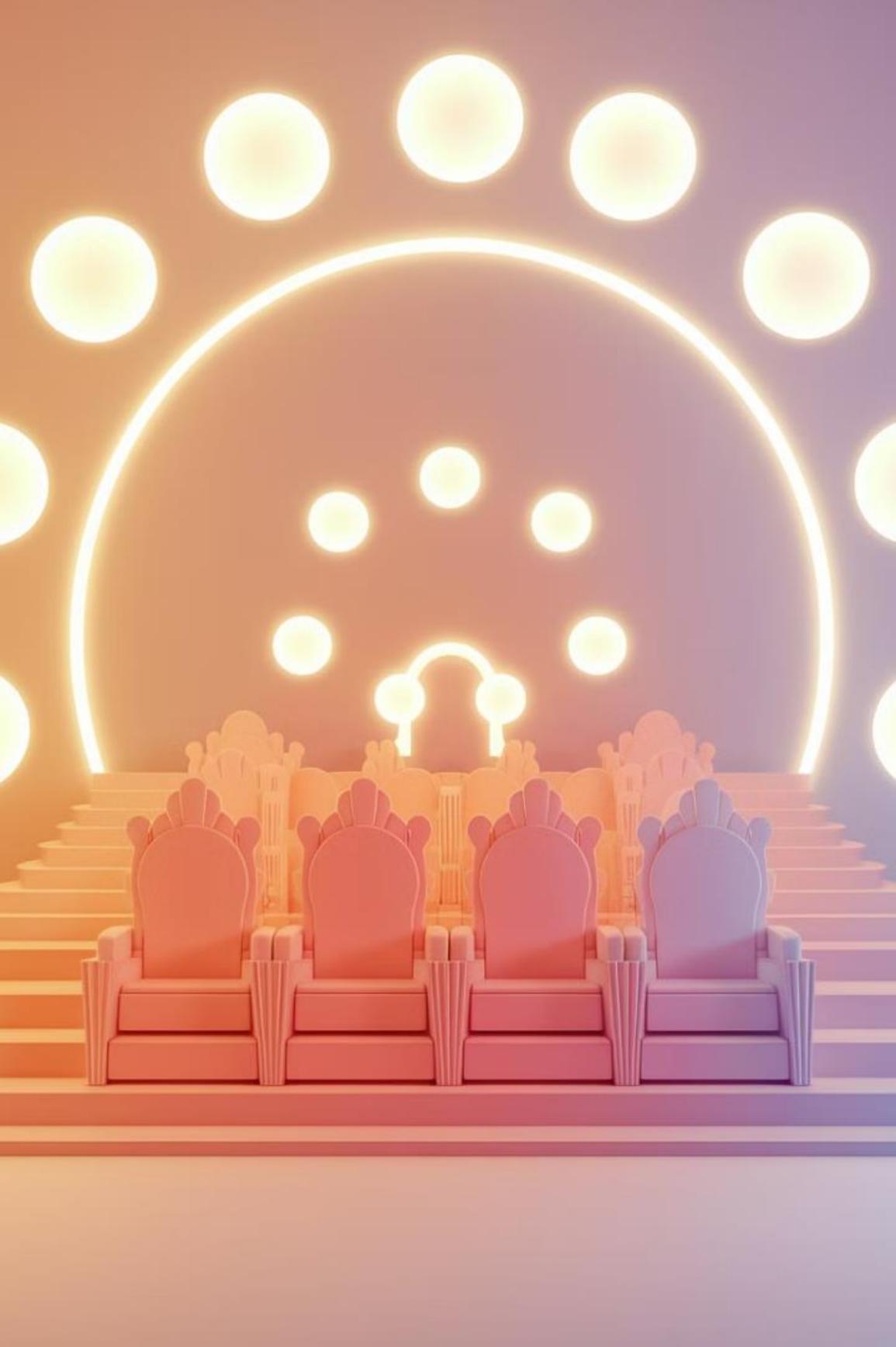
Do not think about how long it is.

The more long-term practice there is, the less you will be deceived even at the end.

## **Not Waiting, but Arranging**

If there is waiting for a date in anyone's intellect, then do not wait—make arrangements.

Make arrangements for a long time.



# Time and Preparation

## **Preparation for Time**

Time is already standing at the door; it could come even tomorrow.

But for you, time has been stopped.

## **Become Complete**

If you become complete, then the curtain of time will definitely be lifted.

It has been stopped because of your stopping.

## **Sovereign-Authority Preparation**

A sovereign authority should be ready, shouldn't it?

The throne should not remain empty, should it?



# Practice of the Long (Enduring) Time

1

## **Every child should be ready**

BapDada has one auspicious hope: that all children—whether new or old, whoever is called a Brahma Kumari or Brahma Kumar—practice the long (enduring) time.

2

## **Become masters of the long time**

Every child should practice the long time and become a master of the long time—not sometimes, but always.

3

## **Firm determination**

Raise the hand of firm determination forever. Also raise the hand of the mind.

# A Glimpse of Purity

## **The jewel of purity on the forehead**

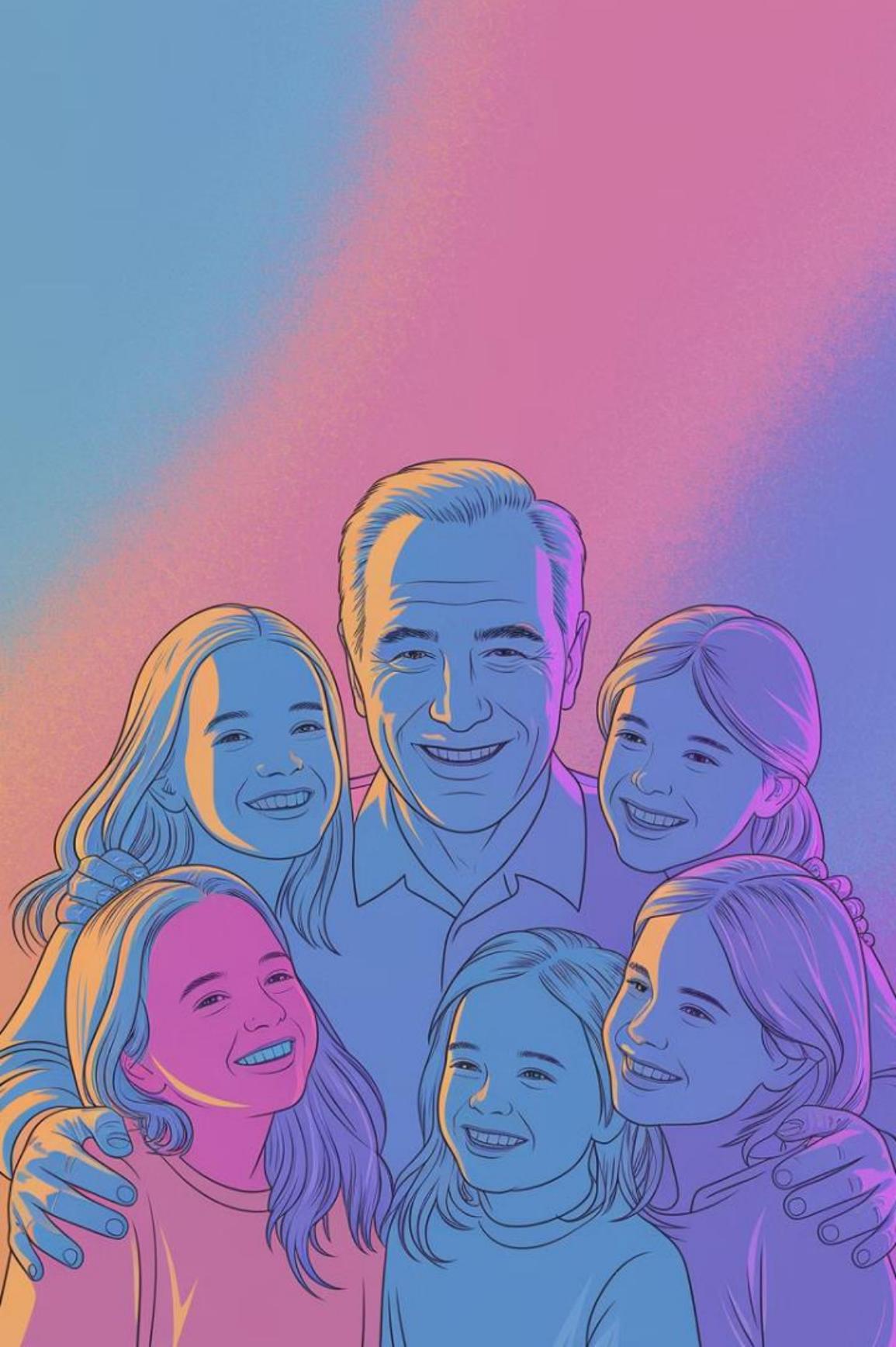
BapDada wants to see, on the forehead of each and every child, the shining jewel of complete purity.

## **Purity in the eyes**

They want to see a glimpse of purity in the eyes—both stars of the eyes shining with spirituality.

## **Purity in words and actions**

They want to hear sweetness, uniqueness, and invaluable words in speech, and always see purity, contentment, and creativity in actions.



# Become Ever-Ready by Remaining Detached While Serving, and Become Complete Like Brahma Baba 3 February 2005

Today, the Great-Great Grandfather, while looking around at the gathering, is becoming joyful on seeing the fortune of the children here and there. Such a special fortune cannot be attained by anyone else. Seeing the uniqueness of each and every child, He feels happy.

SB

अव्यक्त बापदादा

# Special Qualities of the Children

## ■ Recognizing the Father

The Father who came in an ordinary form was recognized and accepted as “my Baba.”  
This recognition itself is the greatest specialty.

## ■ Accepting from the Heart

To accept from the heart:  
“He is my Baba,” and the Father accepted, “This is my child.”

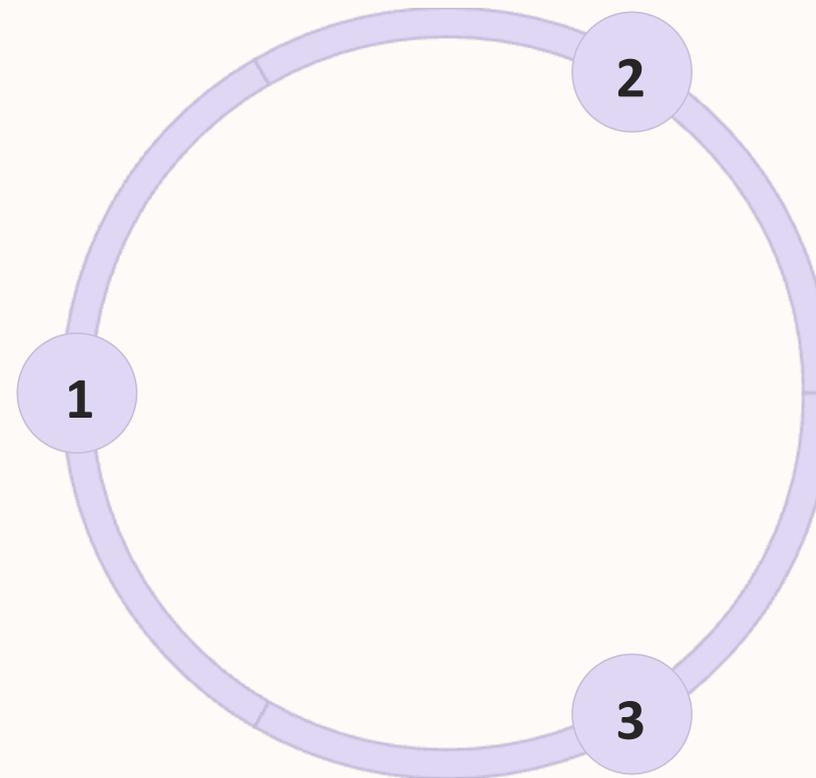
## ■ Claiming the Right

Those great philosophers, scientists, and intellectuals could not recognize Him, but the ordinary children recognized Him and claimed their right.

# The Children's Fortune

## Recognition

To recognize the Father and make Him one's own—this is the fortune of only a few children among millions.



## Acceptance from the Heart

All the children have recognized Him from the heart.

## Congratulations

BapDada is giving congratulations to every child for the special quality of recognizing Him.

# The Children's Song

पाना था वो पा लिया। *What had to be attained, has been attained.*

BapDada keeps listening to the song of the children's hearts. The Father also says, "O beloved children, you have taken what you had to take from the Father." Each and every child has become a child—and also a master—of many spiritual treasures.



# The Purse of Treasures

Today, BapDada was looking at the purse of treasures of the children who are masters of treasures.

The Father has given the treasure equally to everyone—He has not given some in millions and others in lakhs.

**1**

**To Know**

To know the treasures.

**2**

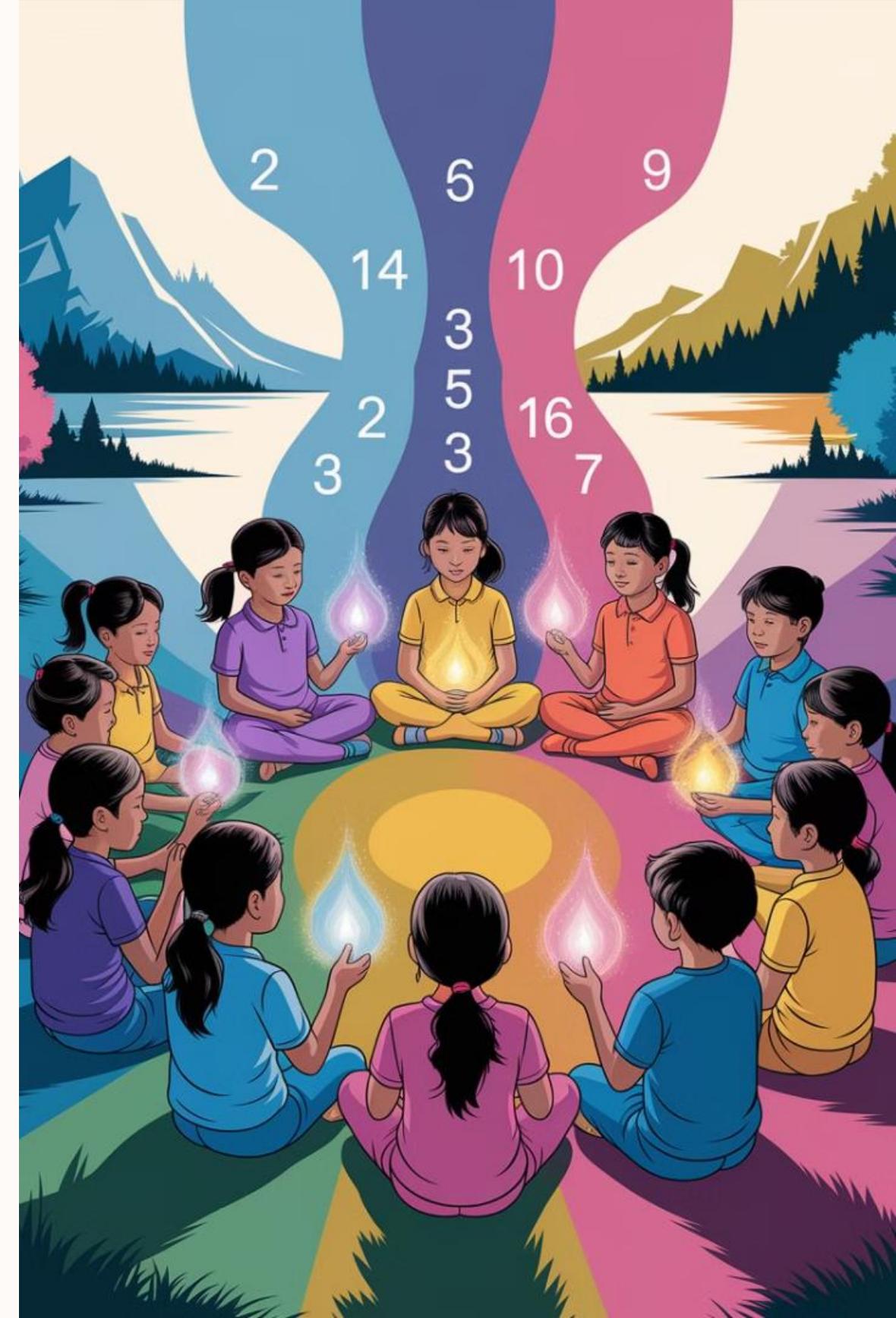
**To Attain**

To attain the treasures.

**3**

**To Absorb into Life**

To absorb the treasures into one's life.





# Approaching Time

BapDada nowadays is repeatedly drawing the children's attention in different ways —

Seeing the nearness of time, check yourself with a subtle and broad intellect:

What have you gained? What have you taken? And do you constantly remain engaged in those treasures?

1

## Checking

Checking is very necessary.

2

## Maya's Trial

In the present time, Maya continues to test in various royal forms — through subtle carelessness and royal laziness.

3

## Constant Attention

Therefore, continue to check yourself constantly.

# The Need for Deep Checking

## **Ordinary Checking**

I did not do anything wrong,  
I did not give sorrow.  
I did not have a bad vision—  
this much checking did happen.

## **Deep Checking**

If something good happened, how good was it?  
Did I always remain natural and spiritual?  
Or was it a game of forgetting and remembering?



# Account of Accumulation

To how many people did you give pure feelings, pure wishes, and blessings?  
How much and in what way is the account of accumulation increasing?  
Because you know very well that the account of accumulation can be created only now.

## Fruitful Season

This is the time—the fruitful season—to accumulate in the account.

## Sovereign Fortune

Then, for the entire time, according to the accumulation, one attains sovereign fortune and becomes a virtuous deity.

## Importance of Accumulation

If the accumulation is less, then the sovereign fortune is also less, and there is also a ranking in becoming virtuous.

# BapDada's Wish

BapDada has immense love for each and every child.

Therefore, BapDada wants every child to become prosperous and equal (to the Father).

Serve, but remain detached even while serving.



## Love

BapDada has immense love for every child.



## Prosperity

May every child become prosperous.



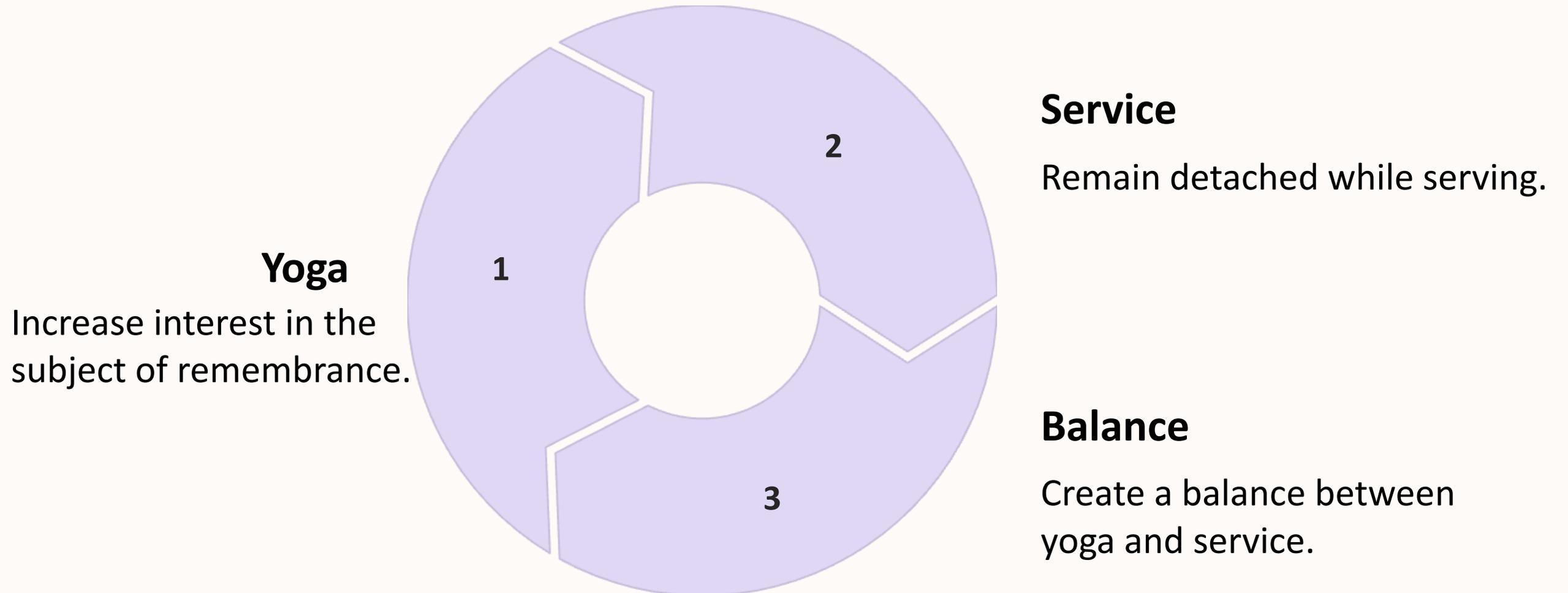
## Service

Do service, but remain detached.

# Balance of Yoga and Service

BapDada has observed that the majority of children have less interest or attention in the subject of yoga, that is, remembrance, and more in service.

But when service is done without remembrance, it becomes burdensome.



# The Need for a Detached Attitude

## **Growth of Burden (Heaviness)**

There is no detached attitude; attachment to name and recognition, to position, gets mixed in. As a result, the attitude of detachment (lightness) decreases.

## **Growth of Lightness (Detachment)**

Therefore, BapDada wants that whether someone is in a small group or a large one, all My children should become carefree and light from now itself.

# The Importance of Becoming Ever-Ready

## 1 Importance of Time

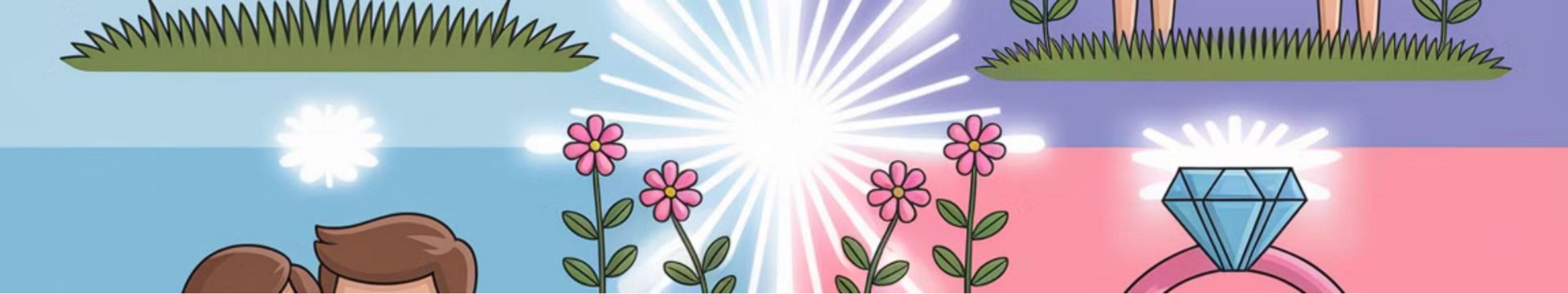
Time is your creation.  
Will you make this creation  
your teacher?

## 2 Account of the Long Term

It is an account of the long term.  
The prosperity of the long term  
brings attainment for the long  
term.

## 3 Preparation from Now

So, from now itself,  
it is necessary to  
accumulate the treasure of  
the long term through the  
proof of accuracy in the  
present time.



# Children's Completeness

BapDada wants that there should not remain any lack in the children in any subject at all. There is love from Brahma Baba, isn't there? You will surely give the return of love, won't you?

1

**Love**

Love from Brahma Baba

2

**Return**

To give the return of love

3

**Check the Lacking**

Check your own shortcomings and give the return

4

**To Turn**

To turn yourself—this itself is the return

# Preparation for Shivratri

Shivratri is approaching now, isn't it? So all the children feel a great, loving enthusiasm to celebrate the Father's birth anniversary as their own birthday. They are preparing very good programs.

## Enthusiasm & Zeal

Enthusiasm to celebrate the Father's birthday

## Program

Preparing good programs

## Service Plans

Making plans for service

## Observing a Fast

Also making a program to observe a fast



# The Resolve to Give a Return

Do you have the courage to give a return? You raise your hand, you make yourselves very happy. Seeing the raised hands, BapDada becomes pleased. Now there should not be even one percent rawness left in the heart. Take a firm vow — to give a return. To turn yourself is what giving a return truly means.



## **Courage**

Showing the courage to give a return

## **Firm Vow**

Taking a firm vow in the heart

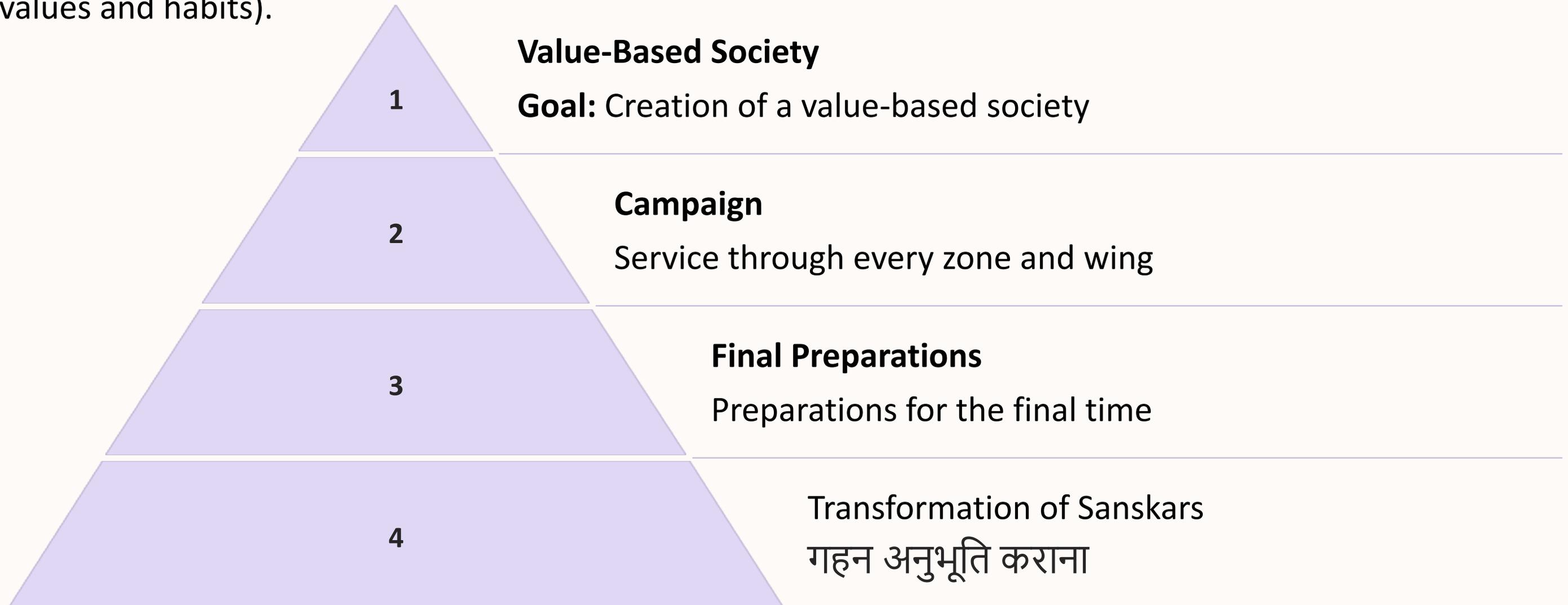


## **Self-Transformation**

To transform yourself

# Creation of a Value-Based Society

The Spark Group has envisioned launching a campaign with the goal of creating a value-based society, in which every zone and every wing serves with the same inner intention. Along with this, the aim is to enable deep realization about preparations for the final time and about transformation of sanskars (inner values and habits).



# Service of the Youth Group

The youth group also comes forward to serve. In service, the “reward” of happiness was received, because the reward of service is happiness and enthusiasm. So it was not just service—along with service, the reward was also received. How much happiness there was!

## Reward of Happiness

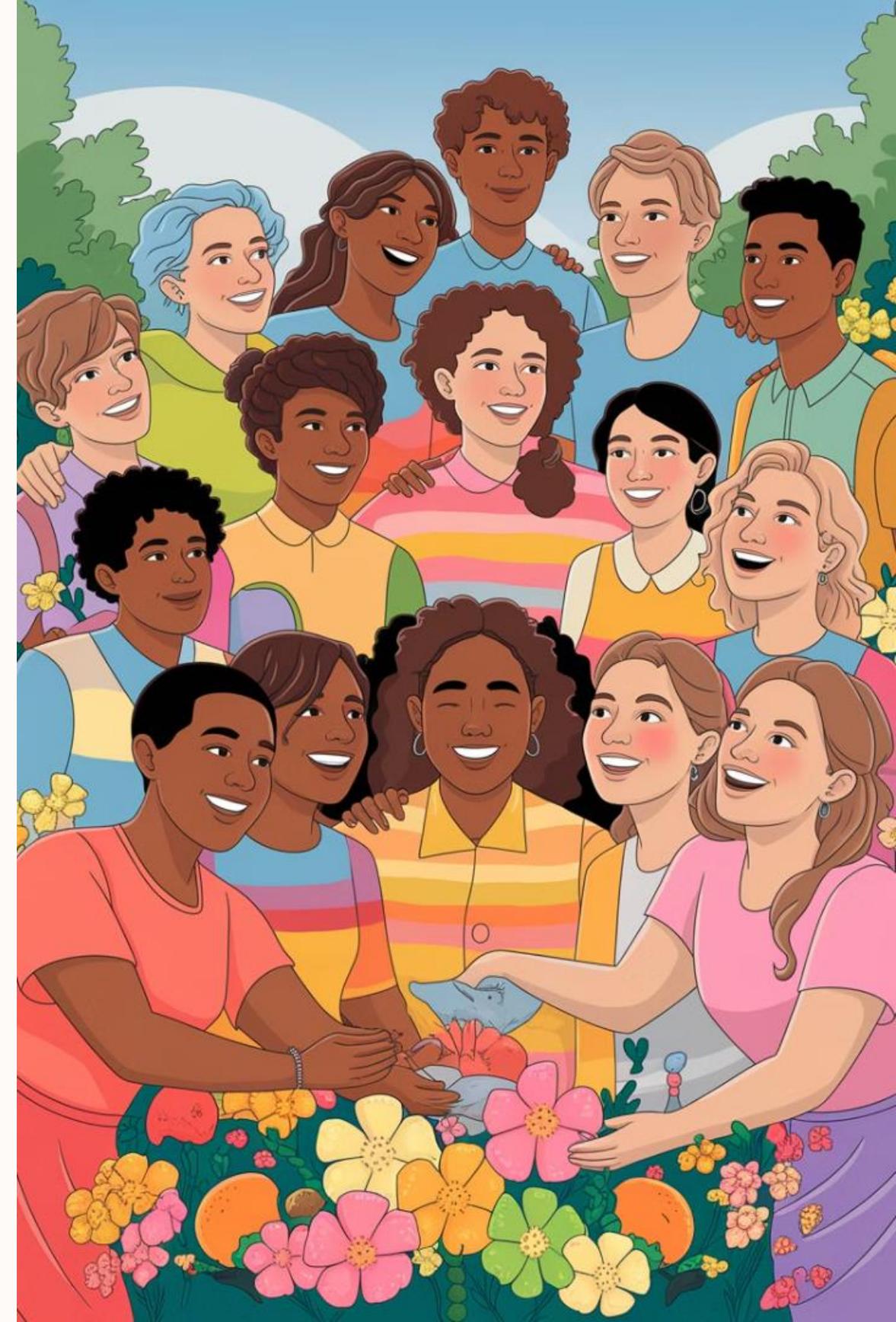
Received the reward of happiness through service

## Enthusiasm

The reward of service is enthusiasm

## Moving Forward

Keep moving forward like this



# Double Foreigners: The Adornment of Madhuban

Madhuban is adorned by double foreigners.  
Whether you live in a knowledge-filled family or live below,  
you are the double adornments of Madhuban. Everyone...



## **Adornment of Madhuban**

Double foreigners are  
the adornments of Madhuban.

## **World Benefactors**

The title of world benefactor has  
been attained through double  
foreign service.

## **Truth and Purity**

A special quality of double foreigners:  
truth and purity.

# The Importance of Foreign Service

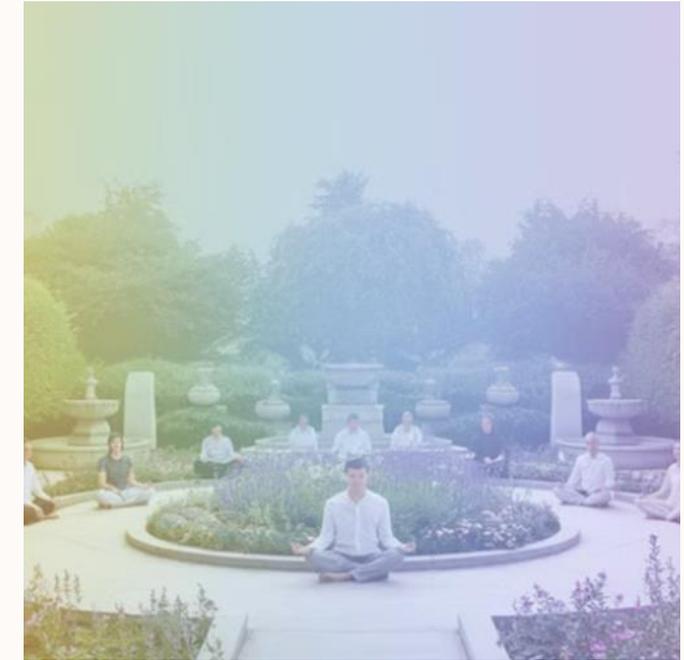
Across the world, there are service centers in many places.

In every region, there are numerous service centers.

How many would there be in the UK, how many in Europe, and how many in Australia?



# Special Qualities of Foreign Service Workers



## Truthfulness & Cleanliness

BapDada greatly appreciates one special quality of double foreigners: truthfulness and cleanliness. They speak the truth. Their courage may be a little less, but they do speak up. They do not have the habit of hiding things.

## Importance of Truth

Truthfulness is dear to the Father.  
Truthfulness is what enables one to attain greatness.

# Proof of Foreign Service

It is very good that those who came out of a country became service workers of that same country. Otherwise, Indian children would have had to learn so many languages. First they would have had to study and learn, but you came and immediately became service workers.

1

## Leaving the Country

Coming out of one's own country.

---

2

## Becoming a Service Worker

Becoming a service worker of that very country.

---

3

## Ease of Language

There is no need to learn a new language.

---

4

## Immediate Service

Becoming a service worker as soon as one arrives.

# Making Foreign Countries Number One

One has to take foreign countries to number one. By winning, one must become number one. That's right, isn't it? Those who win become number one—right? It's not number two, but number one!

**1**

**Winning**

Achieving victory

**1**

**Number One**

Attaining first place.





# The Importance of Madhuban Residents

Those who belong to Madhuban are hosts; others come as guests and then leave, but the Madhuban residents are the hosts. They are also the nearest and the dearest. Seeing the Madhuban residents makes everyone happy, doesn't it?



## Host

Madhuban residents are hosts.



## Nearest

Madhuban residents are the nearest.



## Dearest

Madhuban residents are the dearest.

# Service of the Global Hospital

The hospital staff are also providing very good service. Look—during ICU duty as well, it is the hospital that comes into action, isn't it? And ever since the hospital opened, it has become clear to everyone that the Brahma Kumaris do not only give spiritual knowledge, but also provide help at the right time and carry out social service as well.

## Service with Knowledge

The Brahma Kumaris do not give only knowledge.

## Help at the Right Time

They also provide help at the right time.

## Social Service

They also carry out social service.



# The Determination to Become Complete

Do you remember today's point?

We have to become complete.

Whatever happens, we must become complete.

Let this be the constant focus — to become complete, to become equal (to the Father).

1

## **Determination**

A firm determination to become complete.

2

## **Focus (Deep Aim)**

To remain absorbed in the aim of becoming complete.

3

## **Equality**

The aim to become equal to the Father.

4

## **Consistency**

Whatever happens, I must become complete.

# In the Company of the Supreme Abode, a Garland of Knowledge 3 March 2007

Today BapDada has come to celebrate Holi with His luckiest and holiest children. People of the world celebrate any festival only outwardly, but you children do not just celebrate—you *become* it. To celebrate means to become; therefore, you became Holi, that is, you became pure souls.

# The Meaning of Holi

## ■ Pure Souls

You all are Holi—that is, you are great, pure souls.

**The Colour of Godly Company**

## ■ Color of God's Company

You have all applied the colour of Godly company to the soul, through which the soul has been coloured in purity.

## ■ The Highest of the High Company

By staying in Godly company, you children too have become the highest of the high—pure, great, and worthy (meritorious) souls.

# The Importance of Godly Company

The importance of Godly company remains the same even till the end; satsang (spiritual company) is always important.

Is it really difficult to remain in company and to stay in the highest of the high company?

1

2

3

The meaning of satsang itself is Godly company, which is the easiest of all.

# The Color of Godly Company

## The Rose of Knowledge

The Father applied the rose of knowledge, through which you became divine beings.

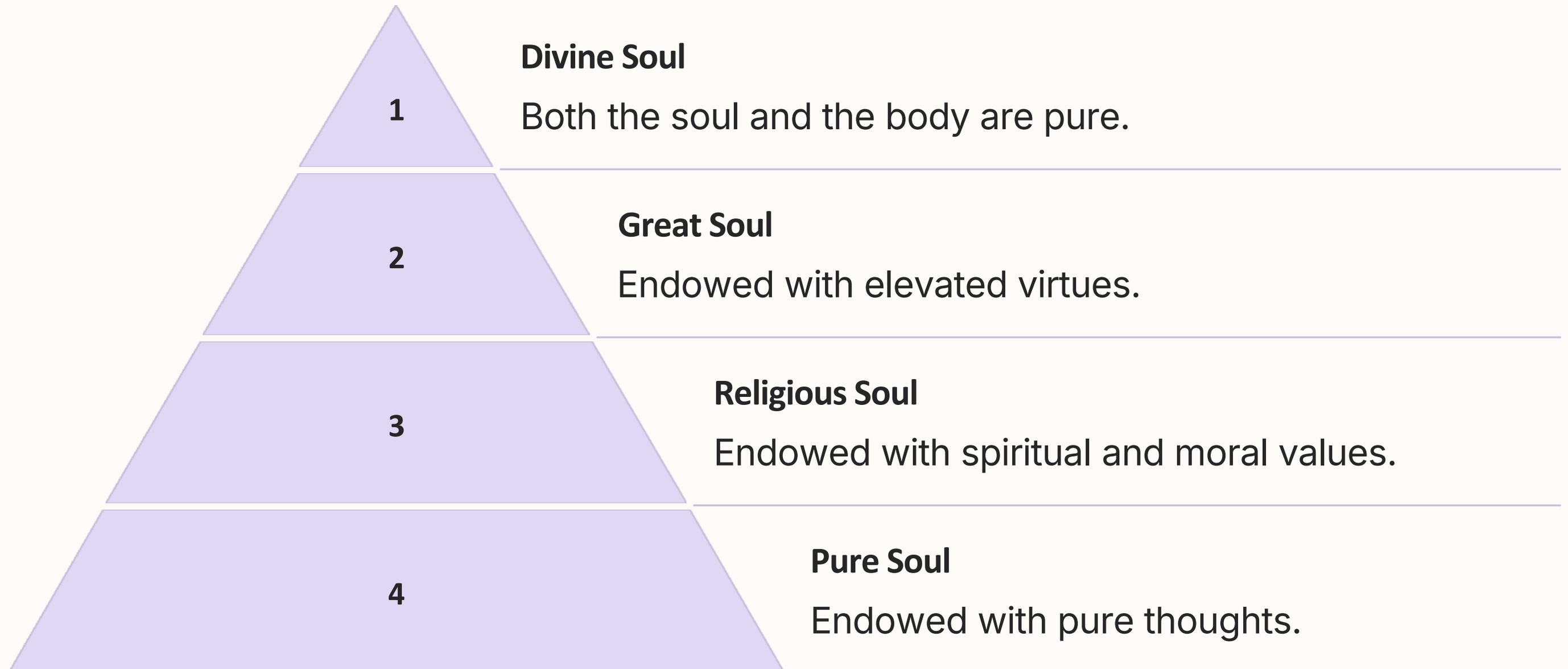
## The Color of Virtues

The Father applied the color of virtues, which makes you elevated and noble.

## The Color of Powers

The Father applied the color of powers, which makes you powerful and capable.

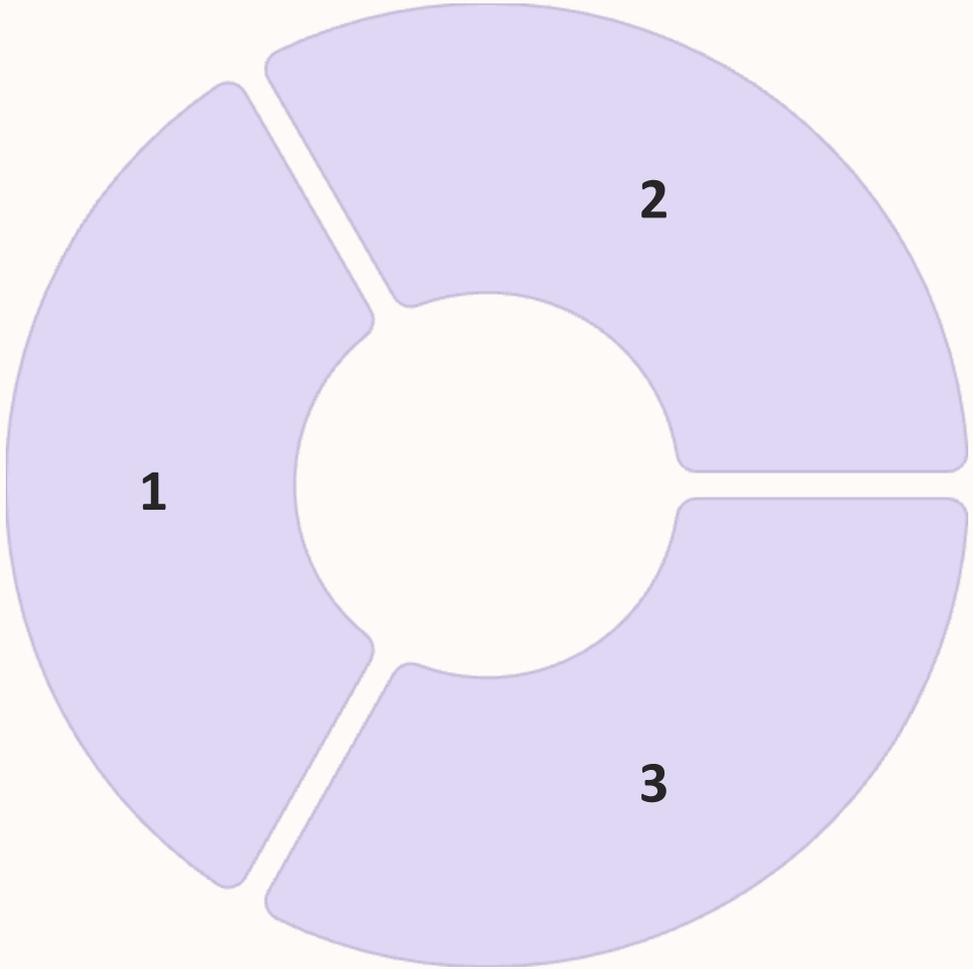
# The Supremacy of Purity



# The Abode of the Supreme Soul (Paramatma)

## Supreme Abode (Paramdham)

The original, eternal place of residence of the Supreme Soul.



## Confluence Age (Sangamyuga)

In the present time, the field of action of the Supreme Soul.

## Heart-Throne (Dil Takht)

The Supreme Soul resides in the hearts of pure souls.



# The Importance of Remaining Combined (Connected)

## **Constant Companionship**

Staying connected with the Supreme Soul at every moment.

## **Powerful Experience**

Continuously receiving the benefit of divine vibrations.

## **Effect of Vibrations**

Creating a powerful spiritual atmosphere.



# Freedom from Old Sanskars (Past Conditionings)

## **Recognition**

Considering old samskars (habits/conditioning) as foreign to the true self.

## **Renunciation**

Letting go of old samskars.

## **Adoption (Acceptance)**

Embracing new divine samskars.

## **Stability**

Becoming steady and firmly established in the new samskars.

# The Aim of Becoming Equal to the Father

1

## **Firm Resolve**

Making a determined decision to become equal to the Father.

2

## **Assimilation of Qualities**

Absorbing and imbibing the Father's qualities within oneself.

3

## **Excellence in Actions**

Performing elevated and noble actions like the Father.

4

## **Equality of State**

Remaining in the same detached (incorporeal) state as the Father.

# The State of Self-Sovereign Authority



## Beyond External Attraction

Remaining established in an introverted (inner-focused) state.



## Master Almighty

Becoming the master of all powers.



## Controlling Power

Maintaining control over the mind and intellect.



## Ruling Power

The power to govern and discipline oneself.



# The Mind's Aircraft

## ■ Journey to the Three Worlds

Through the aircraft of the mind, one can travel to all three worlds within seconds.

## ■ Wings of Courage and Zeal–Enthusiasm

With these two wings, the aircraft can be made to fly.

## ■ The Key to Start

By saying “*My Baba,*” the aircraft starts instantly.



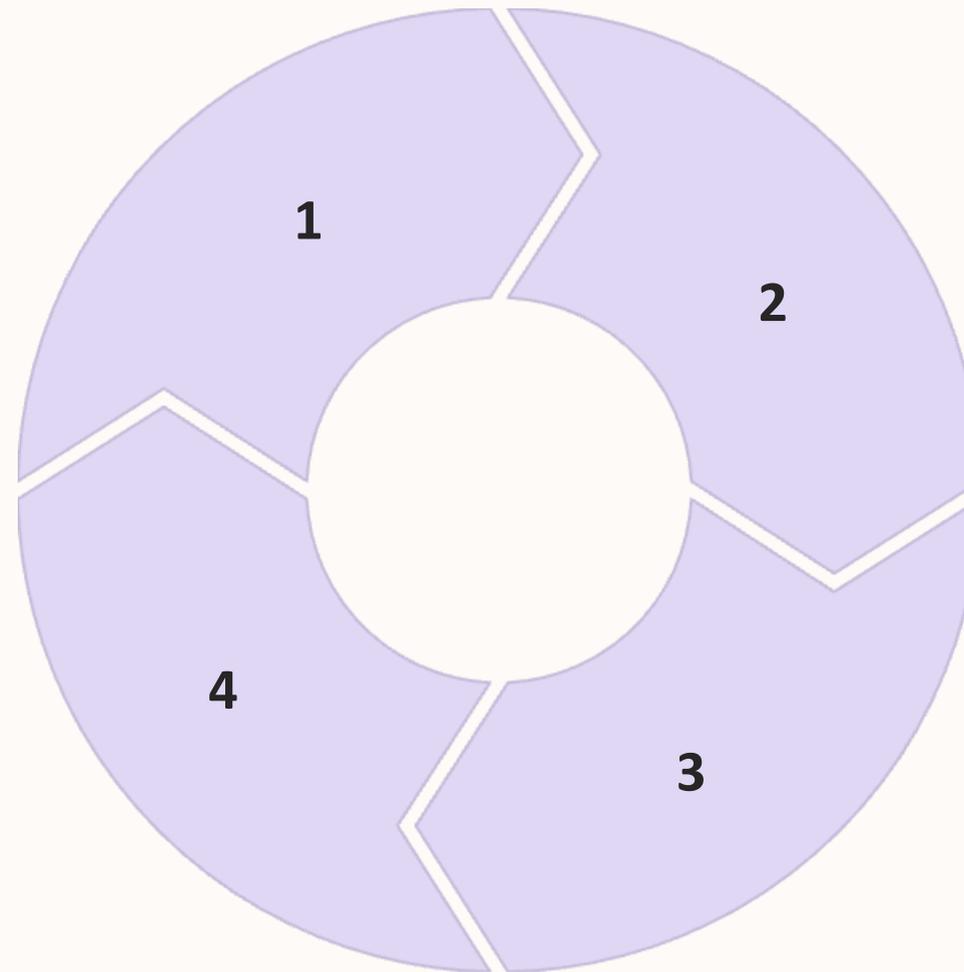
# The Relationship Between Courage and Help

## Courage

One step of courage is yours.

## Power

The help of the Almighty Baba.



## Help

A thousand steps of help  
come from Baba.

## Success

The experience of certain victory.

# The Power of Firm Determination

1

## **Determined Intellect, Victorious**

With firm determination, victory is assured.

---

2

## **Right and Determination**

Maintain complete right and firm faith in Baba.

---

3

## **The Key to Determination**

Make determination the key to intense spiritual effort.

---

4

## **Plain (Practical) Intellect**

Bring thoughts into a practical, tangible form.

# The Right to Victory

**21**

**Kalpas**

A victorious soul for many cycles (kalpas).

**100%**

**Determination**

Victory is certain—  
this is firm determination.

**1**

**Birthright**

Victory is your God-given  
(birthright) right.



# Exercise of the Mind

1

## **Incorporeal (Nirākārī)**

Practice the incorporeal state for one minute.

2

## **Subtle (Ākārī)**

Experience the subtle form for one minute.

3

## **Corporeal (Sākārī)**

Practice all types of service in the corporeal form for one minute.

4

## **Consistency (Nirantaratā)**

Do this practice five times a day.



# Finishing Waste Thoughts

## **Recognition**

Identifying wasteful thoughts.

## **Transformation**

Changing waste into elevated (positive) thoughts.

## **Powerful Thoughts**

Encouraging positive and powerful thinking.

## **Creating a Positive Atmosphere**

Creating a powerful atmosphere through pure thoughts.

# The Power of Selfless Service (Manasa Seva)

1

## **Powerful Thoughts**

Filling the mind with powerful thoughts.

2

## **Spreading Vibrations**

Spreading the vibrations of pure thoughts.

3

## **Attracting Souls**

Attracting souls through powerful vibrations.

4

## **Experience of Attainment**

Helping souls experience the feeling of attainment (fulfilment).

# Brahma Baba's Final Boon(vardan)

- **Nirākārī (Incognizant of the Physical)**

Remaining in a spiritual state beyond body-consciousness.

- **Nirvikārī (Free from Vices)**

Remaining free from all vices.

- **Nirahankārī (Egoless)**

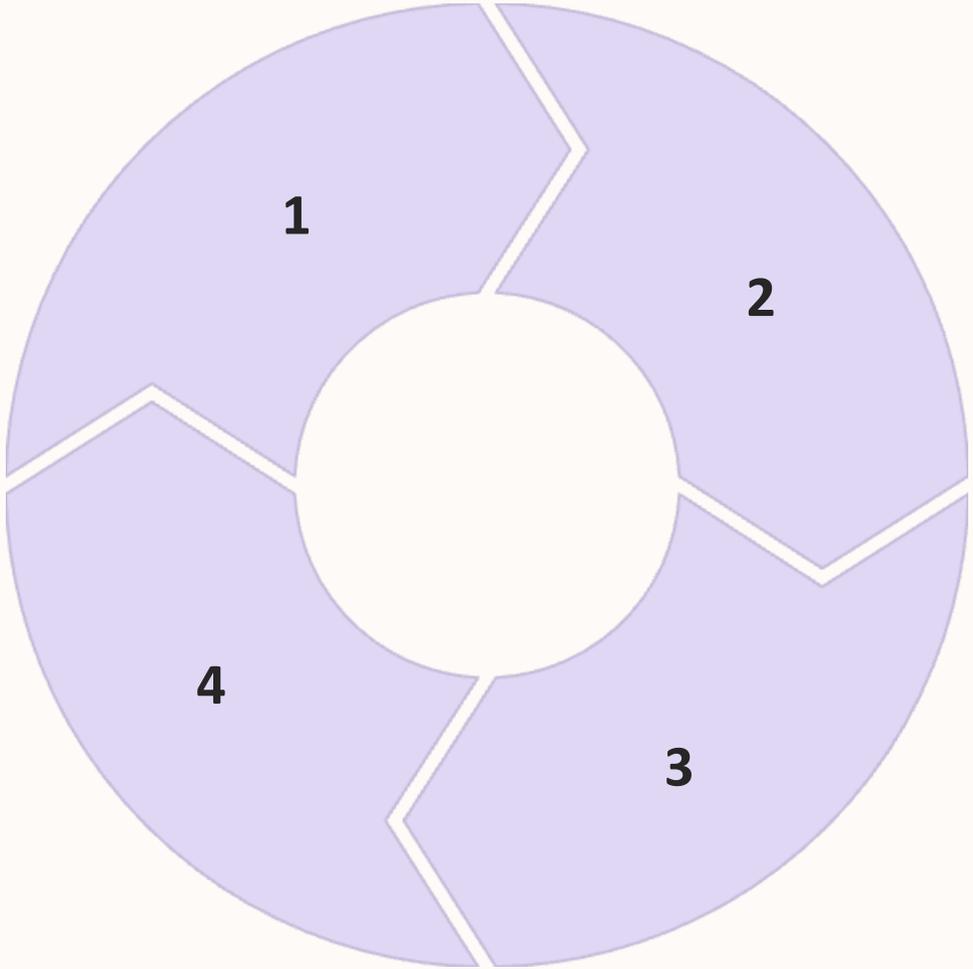
Remaining humble and free from ego.



# Return of Brahma Baba's Gift

## Acceptance

Accept the gift wholeheartedly.



## Practice / Internalization

Bring it into your life.

## Service

Return it through selfless service.

## Practical Application

Apply it in day-to-day behavior.

# The Spiritual Significance of Holi

## Meaning of Colors

The significance of the colors of knowledge, virtues, and powers.

## Purity

A symbol of the soul's purity.

## Transformation

A festival of spiritual transformation.

# The Significance of the Confluence Age (Sangam Yug)

1

## Supreme Union

The time of union between the soul and the Supreme Soul.

2

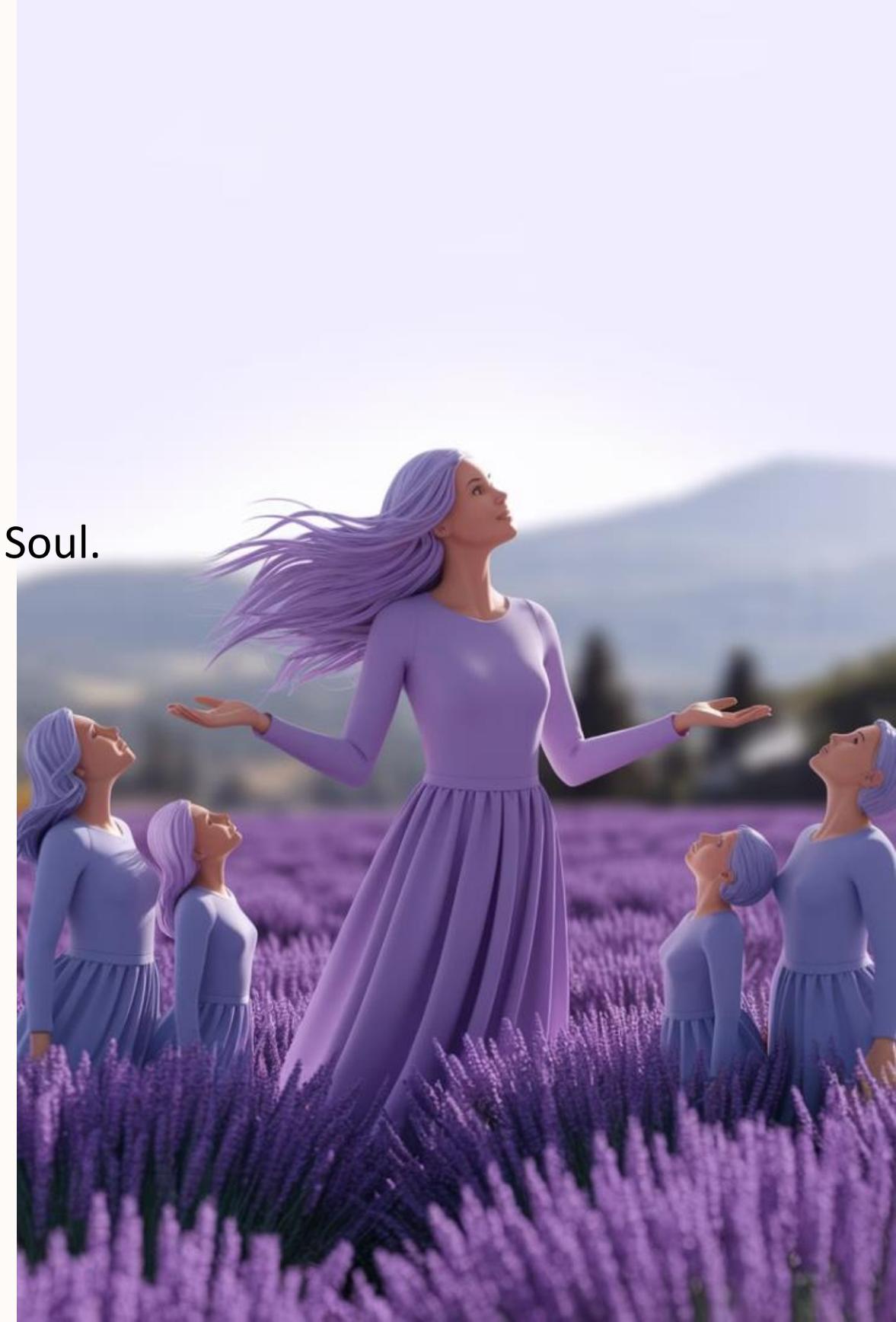
## Attainment of Knowledge

The time to receive profound (divine) knowledge.

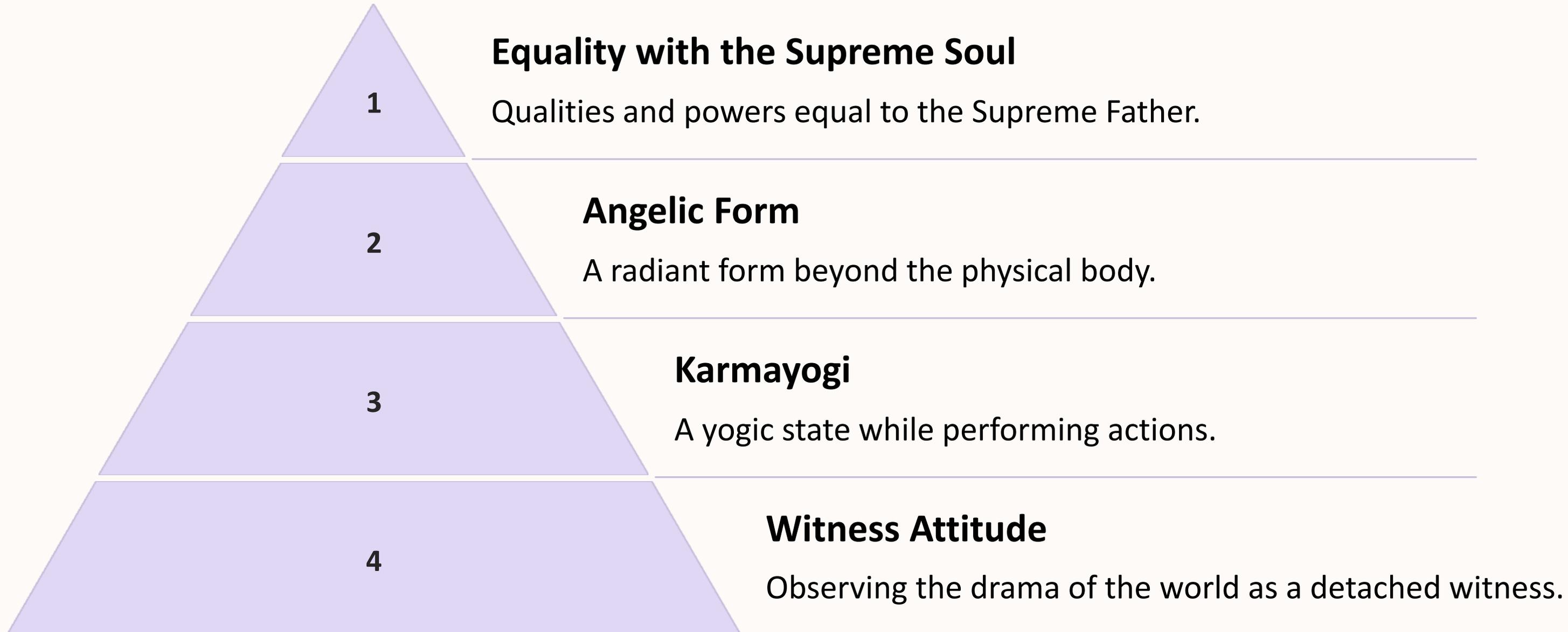
3

## Subtle Law of Karma

The time to shape destiny through elevated actions.



# Excellence of the Spiritual State



# New Methods of Service

## **Specialized (Categorized) Service**

Special programs designed for different groups.

## **Service through Media**

Spreading knowledge through media platforms.

## **V.I.P. Service**

Spreading the message through influential personalities.

## **Online Service**

Dissemination of knowledge through digital platforms.

# Suggestions for Spiritual Progress

1

## **Regular Practice**

Daily practice of yoga and spiritual knowledge.

2

## **Eagerness in Service**

Remain engaged in selfless service.

3

## **Influence of Company**

Stay in the company of elevated / virtuous people.

4

## **Self-Reflection**

Focus on self-transformation through introspection.

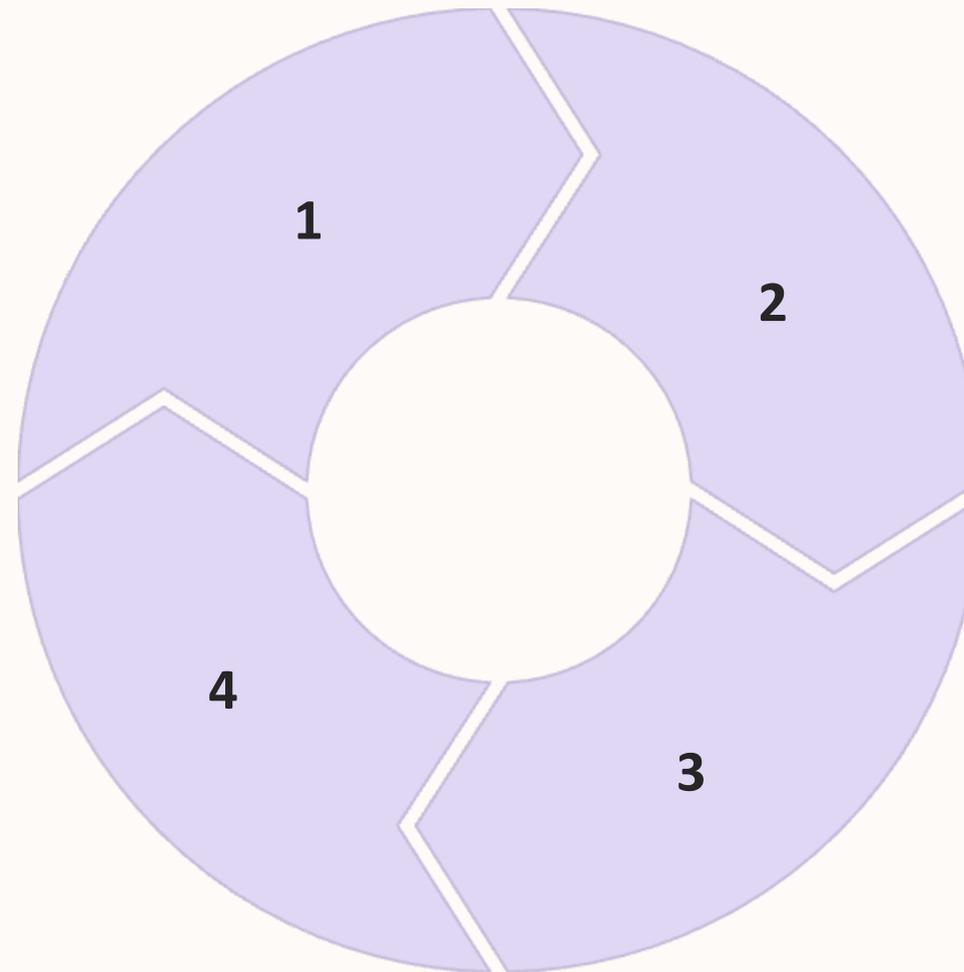
# Process of World Transformation

## Self-Transformation

Bringing change within oneself.

## World Transformation

Establishing peace and happiness throughout the world.



## Environmental (Atmospheric) Transformation

Spreading positive vibrations.

## Social Transformation

Spreading values in society.

# Characteristics of a Spiritual Life



## **Selfless Love**

Maintaining selfless love for everyone.



## **Balance**

Maintaining balance in every aspect of life.



## **Knowledge**

Acquiring and imbibing deep spiritual knowledge.



## **Service**

Remaining constantly dedicated to service for the world.

# Method of Remembering the Supreme Soul (Paramatma)

## **Concentration of the Mind**

Focusing the mind.

## **Soul Awareness**

Understanding oneself as a soul.

## **Remembrance of the Supreme Soul**

Contemplating the qualities of the Supreme Soul.

## **State of Love (Lovelin)**

Becoming absorbed in divine love.



# The Art of Karma Yoga

## **Detachment and Love**

While performing actions, remain detached from the body and stay loving toward the soul.

## **Witness Attitude**

While performing actions, observe them with a sense of being a witness.

## **Renunciation of the Fruits of Action**

Remain free from attachment to the results of actions.

# Establishment of the Golden Age World (Satyugi World)

1

## Attainment of Knowledge

Receiving divine/hidden knowledge from the Supreme Soul (God).

2

## Inner Purification

Purification of the soul through yoga.

3

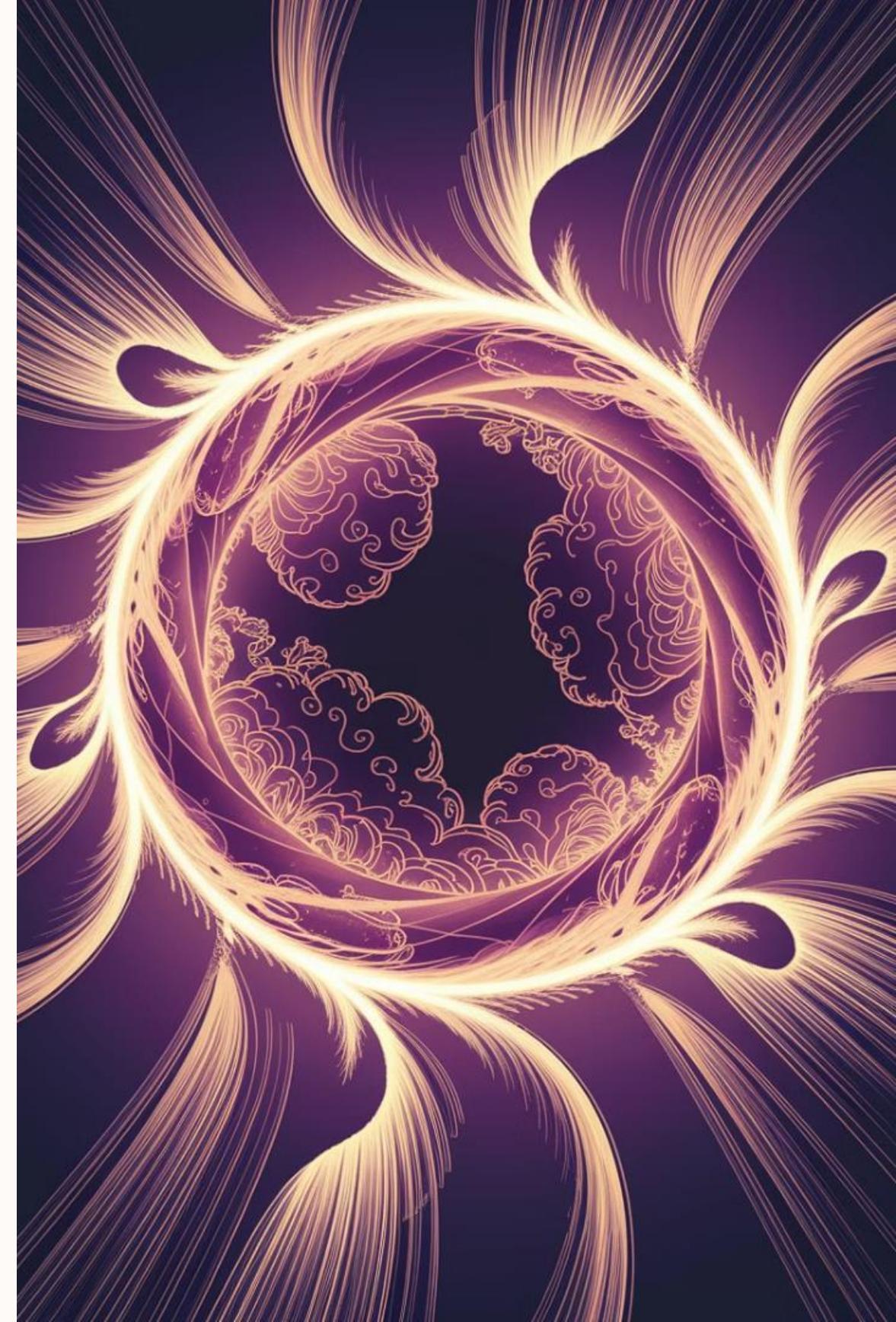
## Divine Form (Devi-Devta Stage)

Becoming divine beings through elevated actions.

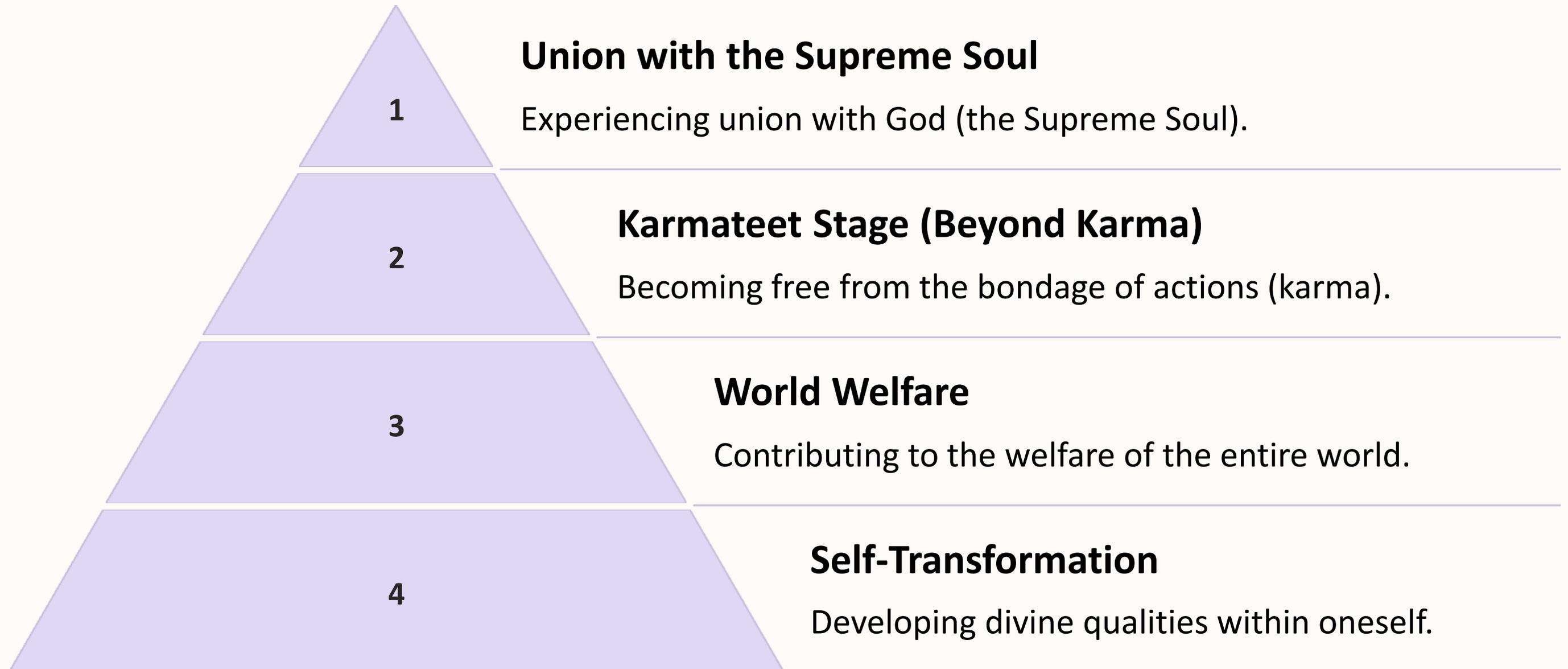
4

## New World

Establishment of the Golden Age (Satyug) world.



# Goal of Spiritual Life



# The Spiritual Significance of Holi

## 9 March 2009

Today, the Holiest Father (BapDada) has come to celebrate Holi with His Holi children.

All children are Holi children. You all have also come to celebrate Holi.

Think about it: which color has been applied to the souls on Holi that has made them Holi?

There are many colors, but which color has been applied to *you*?

 — by Shiv Baba



# The Color of Godly Company

## ■ The Best Color

The greatest color is the color of Godly company.  
It is the color of imperishable (eternal) company.

## ■ The Color of Purity

By applying the color of Godly company, one naturally becomes *Holi*—that is, pure.

## ■ Transformation of the Soul

The soul's color changes from impurity to purity.

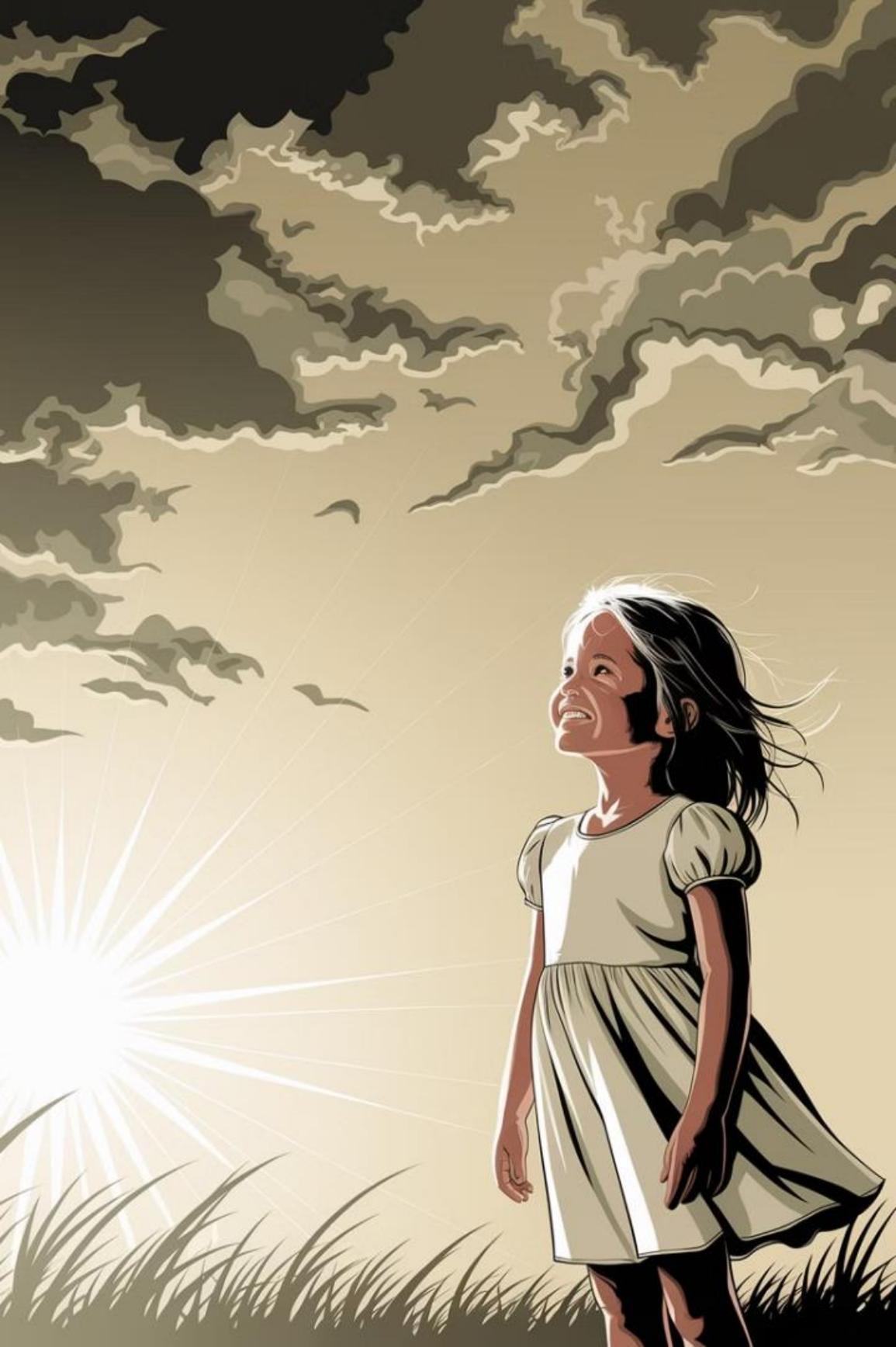
# Combined Form

## With God

You have made God your companion,  
you have made Him your company—  
that is why you have become *combined*.

## Inseparable Relationship

This combined form can never be separated.  
Remain combined forever!



# Be Alert to the Influence of Maya

1

## **Maya's Effort**

Maya tries to make one feel alone.

2

## **Old Sanskars (Past Impressions)**

After separating, Maya then immerses the soul in old sanskars (past habits and tendencies).

3

## **Suppression of Pure Sanskars**

When old sanskars become active, the pure sanskars get suppressed.



# Identifying Old Sankars (Past Impressions)

## Carelessness

Carelessness is seen in old sankars, which becomes an obstacle to spiritual progress.

## Laziness

Laziness is also an old sankar that pulls us backward.

## Different Forms

These old sankars emerge in various forms.

# Importance of Self-Examination

1

## Regular Check

Every moment, check yourself: are you always remaining combined (connected), or do you sometimes become alone (detached)?

2

## Recognizing Maya

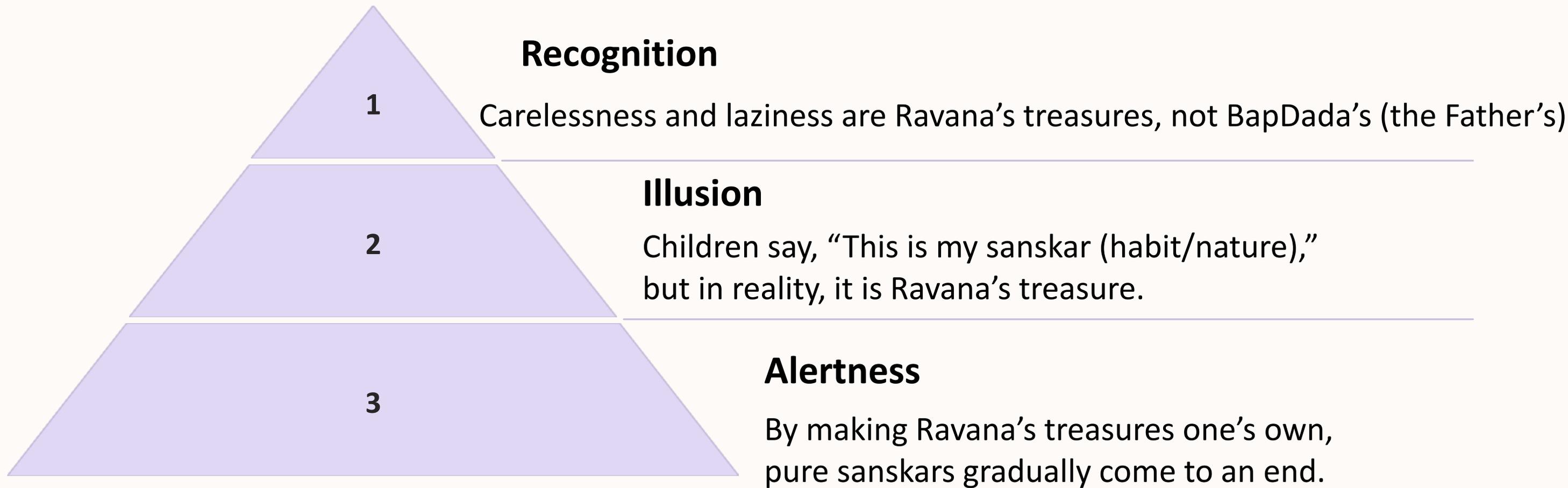
You have surely understood the many forms of Maya, haven't you? It cleverly applies its own color (influence).

3

## Alertness

Becoming separate—that is, getting colored by Maya—one must remain cautious of this.

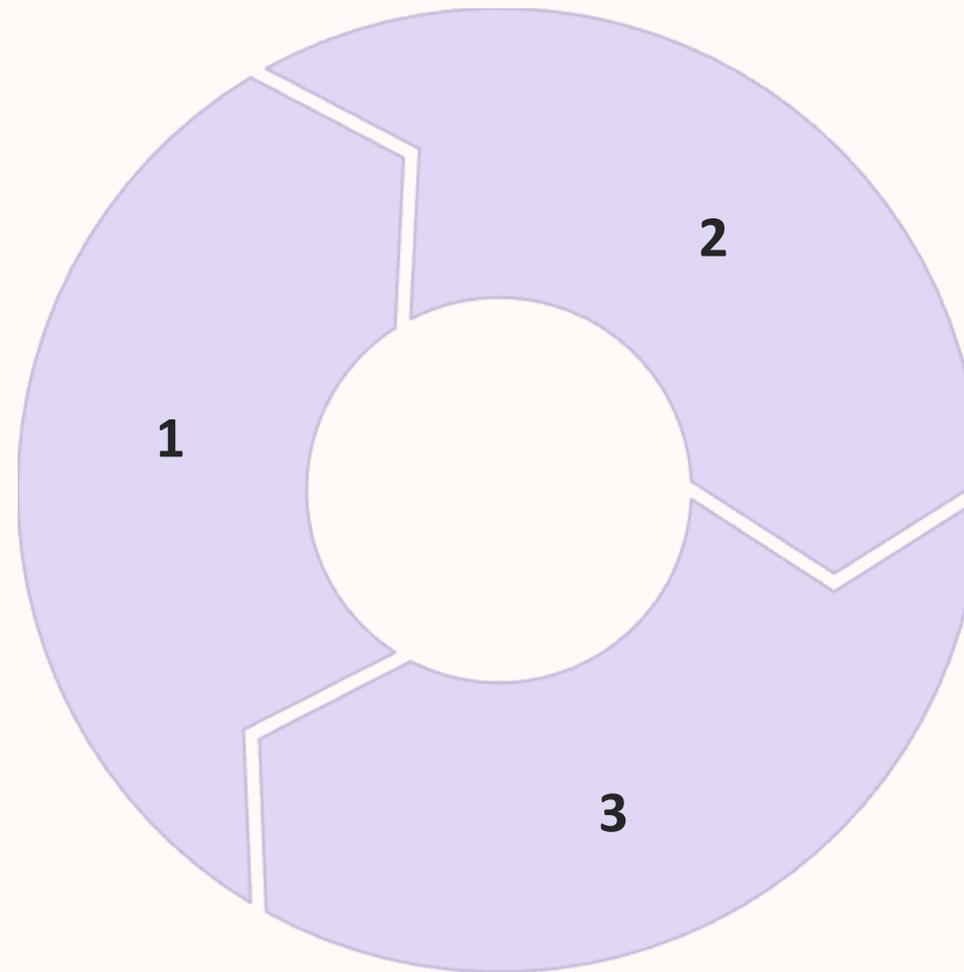
# Be Cautious of Ravana's Treasure



# The Color of the Supreme Abode (Paramdham)

## The Color of Knowledge

BapDada applies the color of knowledge.



## The Color of Powers

The color of spiritual powers is applied.

## The Color of Virtues

The color of divine virtues is applied.

# Specialties of the Spiritual Color

## Imperishable Color

The spiritual color is imperishable; it never fades.

## Protective Armor

Once you are colored with this, no other color can affect you.

## Symbol of Purity

This color makes you the purest throughout the entire cycle of time (Kalpa).

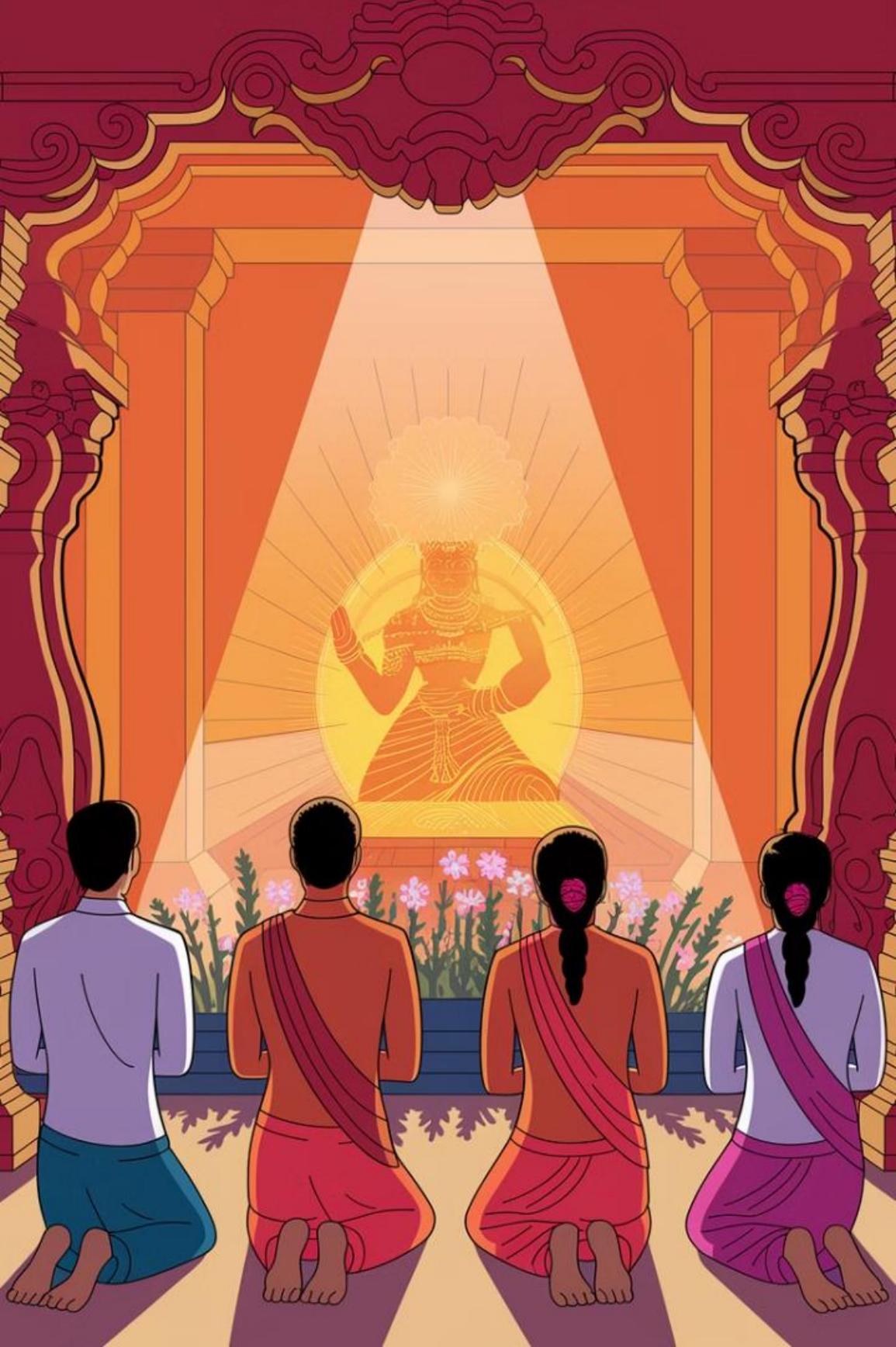
# The Power of Purity

## Purity of the Soul and the Body

You become like such a holi (sacred offering), you become pure, so that both your body and soul remain pure.

## Fruits of Purity

Purity is said to be the source of happiness, peace, love, and bliss. Where there is purity, happiness and peace naturally coexist.



# The Impact of Purity

1

## **Influence Until the Iron Age (Kaliyuga)**

Your memorial images (portraits) continue to be worshipped even in the last birth of the Iron Age (Kaliyuga).

2

## **Worship Performed with Proper Method**

How systematically and correctly your worship is performed—this itself is a special quality of purity.

3

## **The Power to Grant Blessings**

Even until the last birth, your images continue to give blessings.

# The Significance of True Holi

## **Color of God's Company**

The true Holi is **the color of being in the company of the Supreme Soul.**

## **Combined Form**

You celebrate Holi **in the awareness of your combined form with the Supreme.**

## **The Secret of Holi**

There is also a **spiritual secret hidden in the word "Holi."**  
You yourself **know it and you yourself celebrate it.**



# Meaning of Holi: “Ho Li” (It Is Finished)

## 1 Gone is the Past

The meaning of Holi is “Ho Li” — it is finished, it is over.

## 3 New Birth

You have become soul-conscious (immortal); a new birth has taken place.

## 2 Renunciation of the Old Life

Let go of the old life: old matters, old habits, old sanskars (impressions), and old wasteful thoughts — finish them.

# Freedom from Old Sanskars (Past Impressions)

1

## **Forgetting the Past**

Taking on the colour of God's company means forgetting the old birth (the past life and identity).

2

## **New Life**

The Brahmin life means a completely new life; nothing old can remain in it.

3

## **Holi of Old Sanskars**

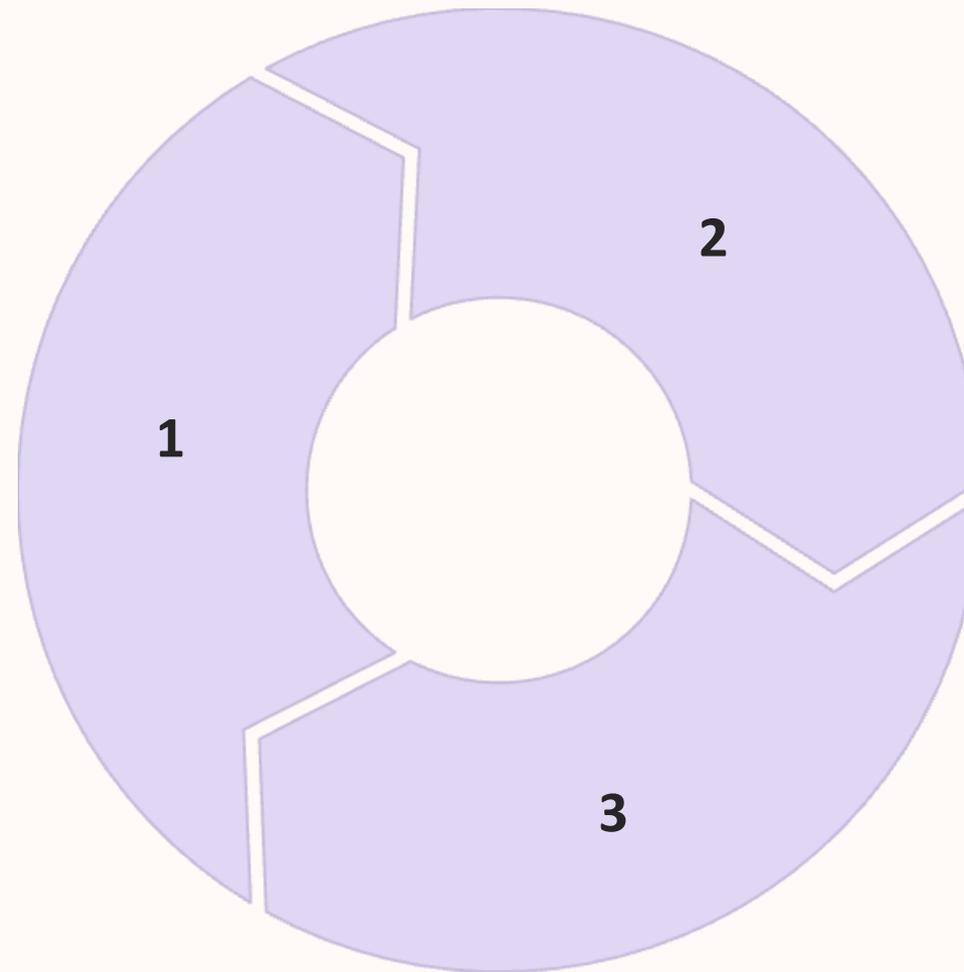
To celebrate Holi today means to burn the Holi of old sanskars — to finish and destroy past impressions.



# Holiest Father's Colour

## Colour of Purity

The Holiest Father has applied upon you the colour of becoming holy — the colour of purity — so that you become Holi (pure).



## Spiritual Colour

The Father is applying such a deep spiritual colour that you have become holy and joyful.

## Power of Determination

“Holi-hans” means a swan-like soul endowed with the power of determination (a decisive, discerning soul).

# Trikaldarshi Vision (Vision of the Three Times)

## **Trikaldarshi Seat**

Whatever work you do, first fix yourself on one seat — the seat of trikaldarshi (the observer of the three times).

## **Thought of the Three Times**

Look at all three periods of time — the beginning, the middle, and the end.

## **Analysis of Benefit and Loss**

Consider this: in all three times, is there benefit or loss? Reflect on this before acting.



# Protect Yourself from Clever Rationalizations Wrong Thinking

## ■ गलत सोच

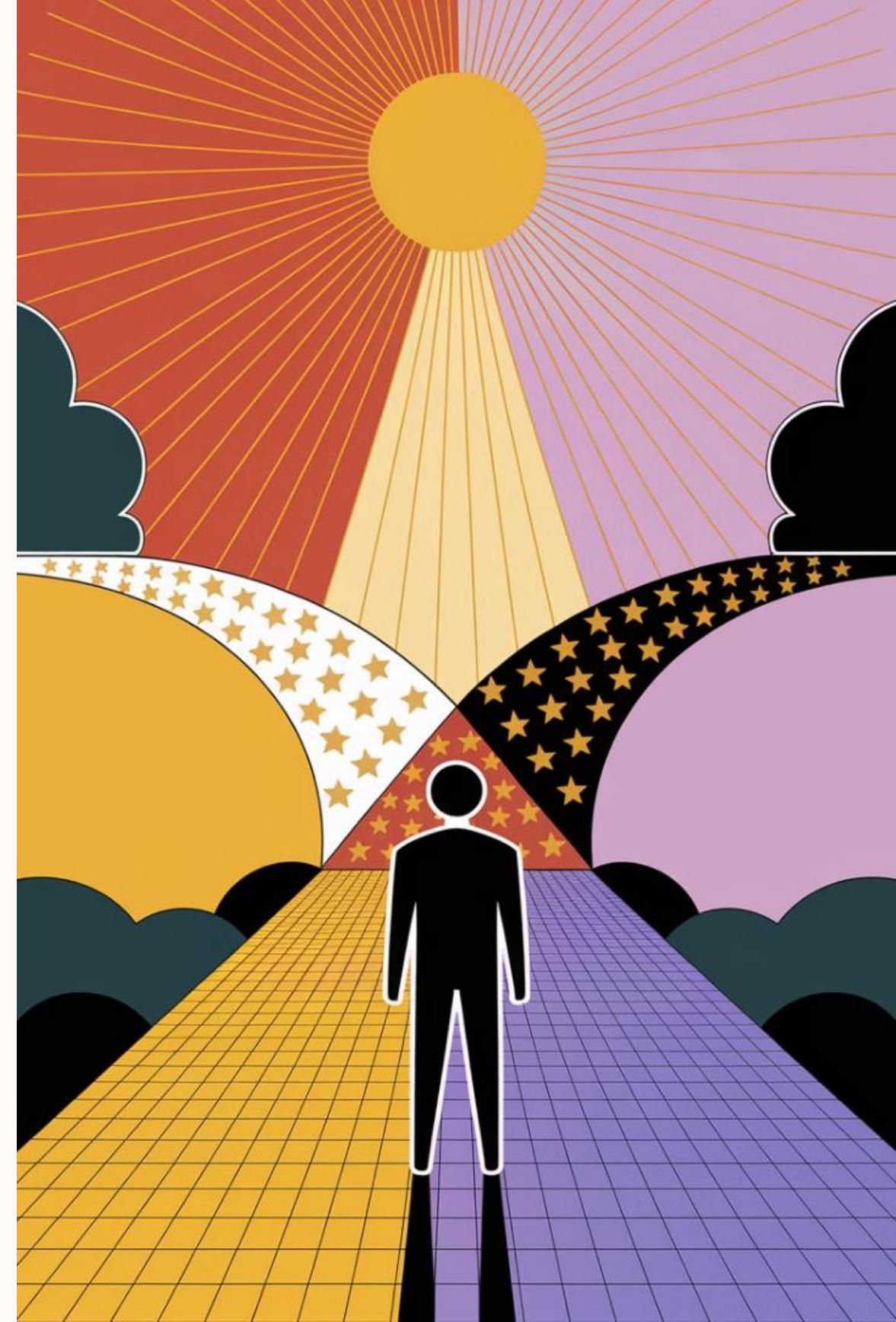
Many children say: “I didn’t mean to do such a thing, it just happened.”  
That’s why the action took place.

## ■ Making Excuses to the Father (God)

You often try to justify yourself to the Father, make mistakes, and then repeat the same explanations to Him again and again.

## ■ Result of Karma

If you go ahead and do an action, you will definitely receive the result of that karma.



# The Importance of a True Heart

## **The Power of a True Heart**

Look at the joy you experience by attaining a pure heart.

It is not possible to have both a true heart and hidden hurt or resentment at the same time.

## **Firm Determination**

First, transform yourself with a firm determination, and then speak or explain.



# The Importance of Becoming Ever-Ready

## Habit of “Go-Go”

BapDada listens to many “go-go” songs throughout the day. You will do it, show it, become it—but what about the speed?

## Time to Return Home

When the time has come to return home, won't you go home then?

1

2

3

## Walking Along with the Father

The Father is ever-ready, but those who say “go-go” are not ever-ready. So how will they walk along with the Father?

# The Holi of the Advance Party



## **Holi in the Supreme Abode**

BapDada celebrated Holi even in the Supreme Abode with the members of the Advance Party.

## **Respect for the Trimuṛti**

Mama, Didi, and Dadi—the Trimuṛti—were specially placed at the center among all the groups.

## **Subtle (Hidden) Service**

They have to serve in a subtle, unseen form. The Avyakt ones also merge into the Supreme Abode and then go into service.



## Service of the Advance Party

1

### **Manasa Seva (Service through Thoughts)**

Souls perform **service through pure thoughts**, spreading vibrations of goodwill in all directions.

2

### **Service of Mind and Intellect**

Through the **mind and intellect**, they attract the minds and intellects of souls and perform a special service of awakening them.

3

### **Giving Inspiration**

They give inspiration in **two ways**:

- To those who create upheaval or disturbance.
- To those who are instruments for the **establishment of the new world**.

# Message of the Advance Party

## Mama's Message

We have already waited for a very long time.

If we keep waiting, then we should ask our companions: do we still need to wait, or is it time to do something now?

## Didi's Question

Have you become an *ever-ready* soul in becoming complete and perfect?

## Dadi's Message

One has to become *karmateet* (beyond the influence of actions).

When?

When will you change— if not now, then when?

# Description of Holi in Vatan



## Crescent-Moon Formation

Everyone was seated in the shape of a crescent moon. There were 4–5 lines, and the Kanyas were seated—first the younger ones, then progressively the older ones.



## Powder of Seven Colors

BapDada showered the powder of seven colors of diamonds over everyone.



## Joyful Dance

Dadi became absorbed in joy. Seeing this, everyone too became immersed in bliss and began to dance in that joy.



# Practice of the Angelic Dress

## Changing the Dress

Throughout the day, from time to time, change into the angelic dress and take a test.

## Merging (Immersion)

Just merge yourself, BapDada. Immerse for 5 minutes, then for 10 minutes, and experience yourself in the angelic form.

## Experience of Colours

BapDada keeps giving the colour sometimes of knowledge, sometimes of powers, and sometimes of virtues.

# Gift of Holi

## Angelic Dress

This Holi gift is being given by **BapDada** to **children everywhere** — the **Angelic Dress**.

## Regular Practice

Keep practicing wearing this **angelic dress** again and again; **do not forget it**.

## Preparation to Become an Angel

Without becoming an **angel**, one **cannot become a deity**.

# Service of the Advance Party

- 1 Service of the Amritvela Souls**  
BapDada also gets service done through the special Advance Party of Amritvela souls.
- 2 Arrival in the Subtle World**  
When the whole world is asleep,  
they change their dress and come into the subtle world.
- 3 World Service**  
The Advance Party remains engaged in service to the world.

# BapDada's Love

## Love for Every Child

BapDada has special love for each and every child.

**Someone in the Crores**

## Someone in the Crores

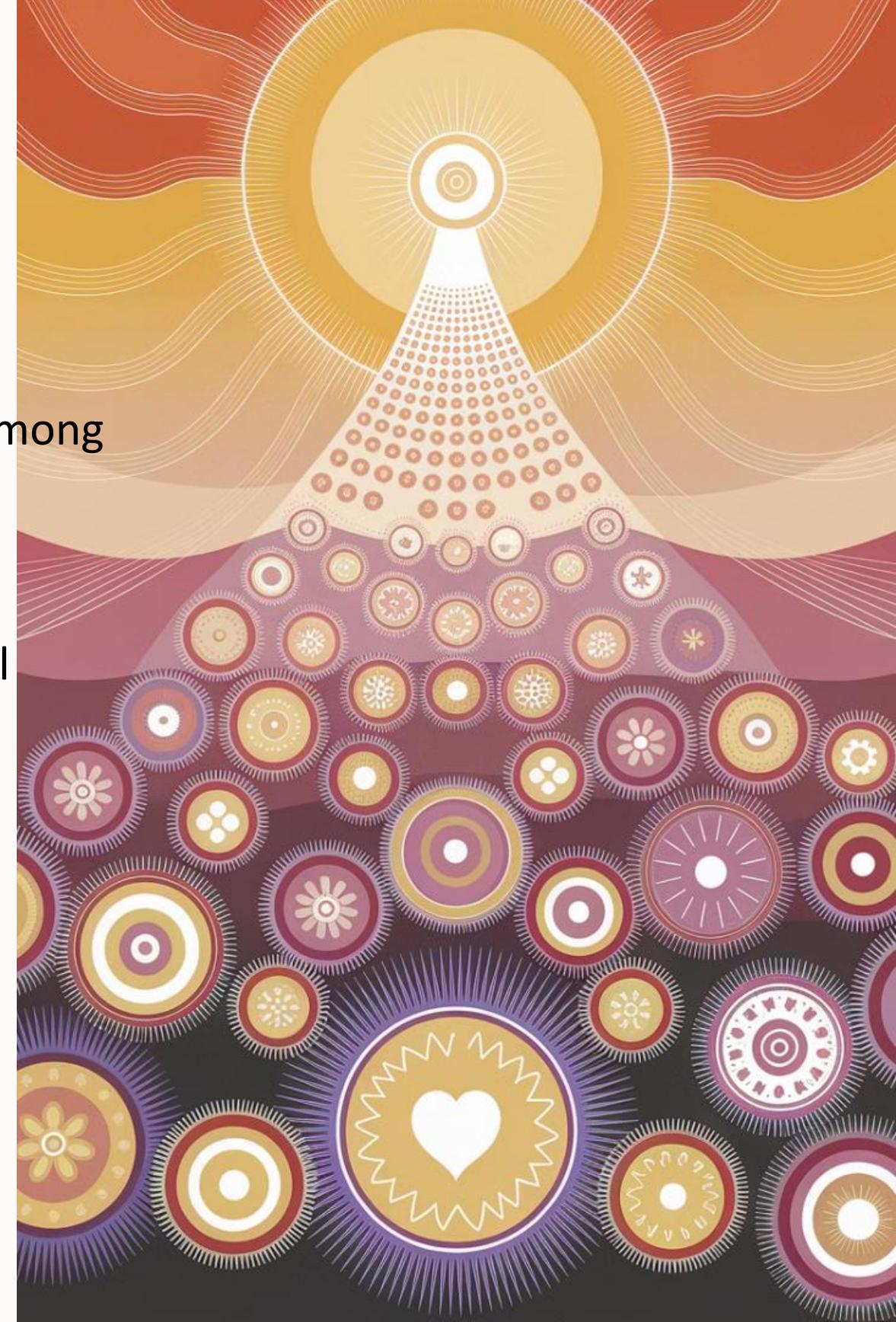
Every single child is someone among the crores.

Someone is in the first number among the crores, and even the last number is still someone among the crores.

## Vision of Self-Respect

Everyone has self-respect.

Even the one who is last in number has self-respect — because they, too, are someone among the crores.



# Unity and Respect

## **The Importance of Unity**

Unity.

Even the one in the last number is Baba's child.

Bring that child before Baba —

do not bring their mistake before Baba.

## **Enthusiasm and Zeal**

This is a family, so bring enthusiasm and joy.

Yes, mistakes do happen —

BapDada knows very well

what mistakes are made and which ones.

# Aim and Characteristics

1

## Remembering the Aim

Each one should ask oneself:  
Why did I become a Brahma Kumari / Brahma Kumar?  
What is my aim?

2

## A High Aim

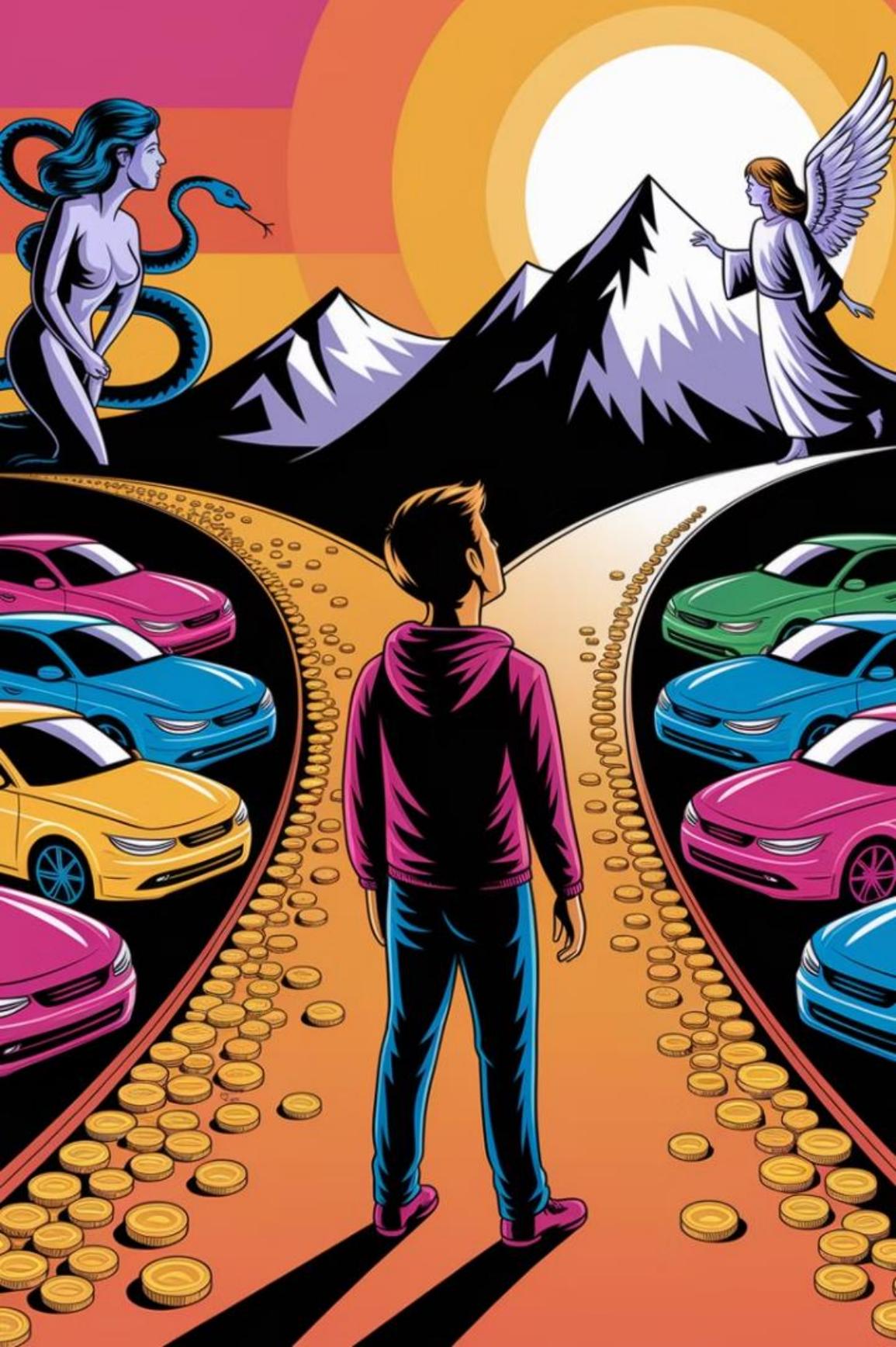
You have adopted a very good aim,  
but at present, in some places,  
a gap has come between the aim and the visible  
characteristics.

## Staying Safe from Bad Company

3

The majority come into bad company.  
The heart is also drawn toward it — this should  
not happen.  
But the influence of company has made  
the colour of BapDada's company appear lighter.





# Creating a Secure (Certain) Future

## **Present and Future**

Make your present and your future secure.

## **Staying Safe from Bad Company**

Do not come into bad company. When one comes into bad company, there is temptation — do not get drawn into bad company.

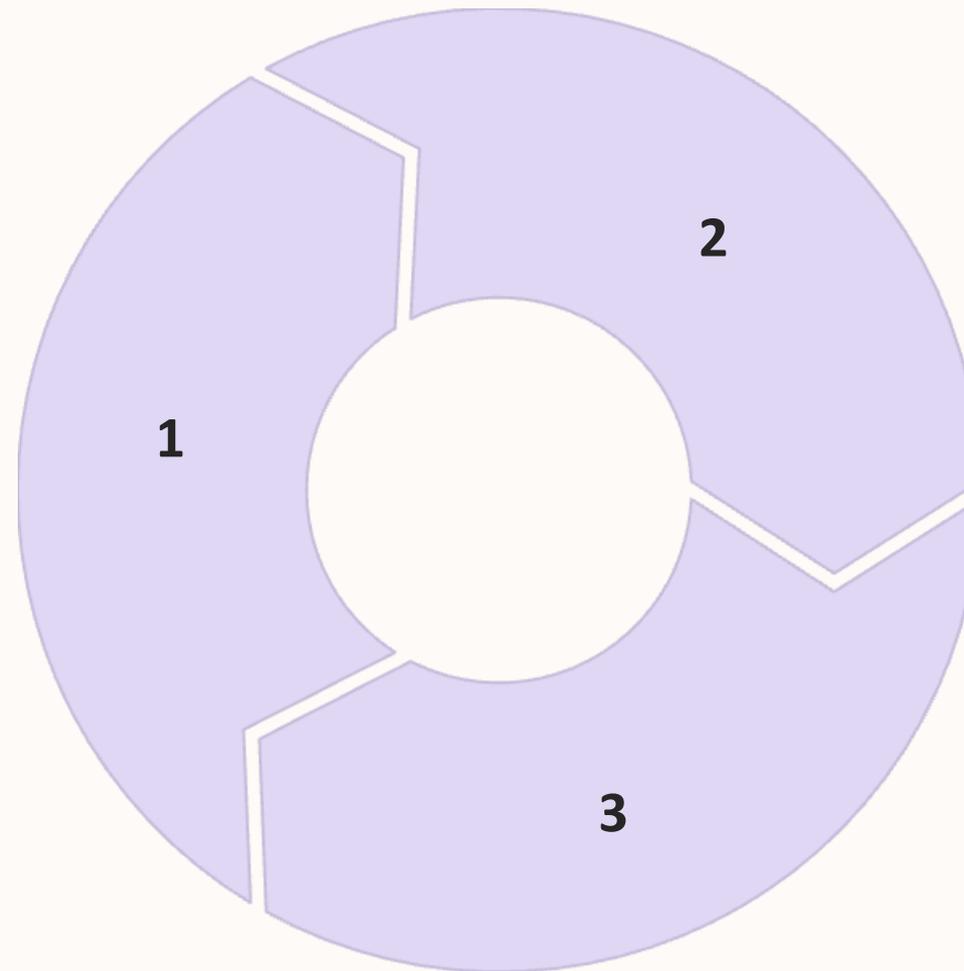
## **Staying Safe from the Allure of Limited Attainments**

Do not be attracted by limited attainments or temporary gains.

# The Spiritual Significance of Holi

## **Burning Old Sanskars (Old Habits & Tendencies)**

Become wise and burn away such negative habits and tendencies.



## **Transformation**

Move forward by changing from the outdated way of thinking.

## **Father's (God's) Help**

BapDada will help, but you must give a true and honest heart.

# Service of U.P. (Uttar Pradesh)



1

## Speciality of U.P.

U.P. has a confluence of knowledge rivers as well. Among the greatest rivers is the Ganga; in U.P., the Ganga flows.

2

## Role of Purity

The people of U.P. should always have this aim: to become pure and to offer at least a handful of help to impure souls.

3

## Need for New Efforts

Centers are increasing in U.P. even now. Even now, U.P. should show something new by doing fresh service work.

# Speciality of Teachers

## Revealing the Future through Features

Such teachers who, through their **features, conduct, and face**, reveal the future stage to everyone.

## Angel Form

Every teacher should clearly show their **present angelic features** through their **conduct, behavior, and facial expressions**.

## Present and Future Features

What are the features of the present time?  
**Angel-like (Farista).**  
The features of the future are **deity-like (Devta).**



# The Power of Purity

1

## The Miracle of Purity

The miracle of purity was clearly visible and experienced in **practical conduct**.

---

2

## Free from Impurity

There was **not even a trace or form of impurity**.

---

3

## Light and Might

Once again, bring this **light and might of purity** among your companions and the family.



# Importance of Teachers

## Co-operative in Baba's Task

Whether the teachers are few or many, **BapDada has deep love for them**, because they are **co-operative in Baba's task**.

## Instrument and Co-operative

Become an **instrument** and be **co-operative**. In front of all the students everywhere, **you teachers are the living, practical form**.

## Support of the Advance Party

In the **Avyakt form**, **BapDada** is there, and the **Advance Party** also continues to give you **support and power**.

# The Spiritual Significance of Holi

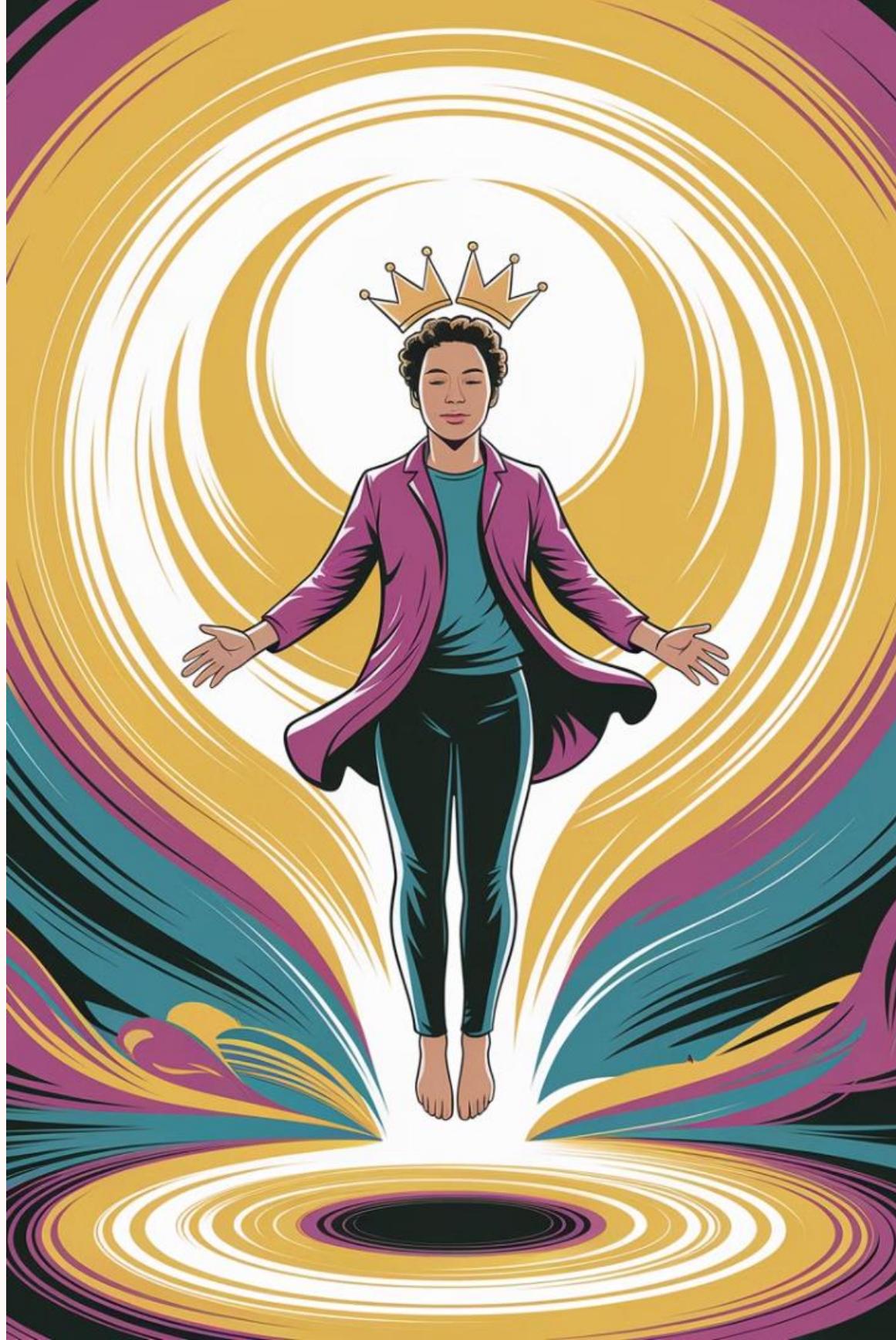
## 28 February 2010

Today, the **Holiest Father** has come to celebrate **Holi with His holy children.**

Children from all directions, from far and wide, are merging into Baba's heart through **love and affection.**

**BapDada** is seeing the **star of fortune shining on the forehead** of the children everywhere.

 **अव्यक्त बापदादा**



# The Significance of the Confluence Age (Sangamyug)

- **Elevated Purity**  
On the basis of attaining this **Confluence Age**, you children yourselves become **so elevatedly pure**, and in the future you become **doubly pure**.
- **Purity of Soul and Body**  
The soul is pure and the **body is also pure**. Look throughout the entire cycle—**no other religion has become doubly pure**.
- **Double-Crowned Stage**  
You children become **doubly pure**, and as a sign of this double purity, you become **double-crowned (double-tajdaar)**.

# The True Meaning of Holi

## A Memorial of the Festival

Today, everyone celebrates Holi, but **you children**, at this time, **become double Holi**.

Therefore, Holi is celebrated as a **memorial festival** of that stage.

## The Significance of Every Step

You celebrate the **importance of every step of your life as a festival**.

At this Confluence Age, **every day and every step** of yours is filled with **enthusiasm and zeal**.

# The Colour of God's Company

You celebrate **Holi with the colour of God's company**.  
Therefore, **every step of yours is celebrated as a festival**.  
In Holi, first **burning takes place**, and then the celebration follows.



## **Burning the Old Sanskars**

At the Confluence Age, you too **burn your old sanskars and nature** in the **fire of Yoga**.



## **The Colour of God's Company**

Without burning the old sanskars, **the colour of God's company cannot be applied**, and **union with God cannot be attained**.



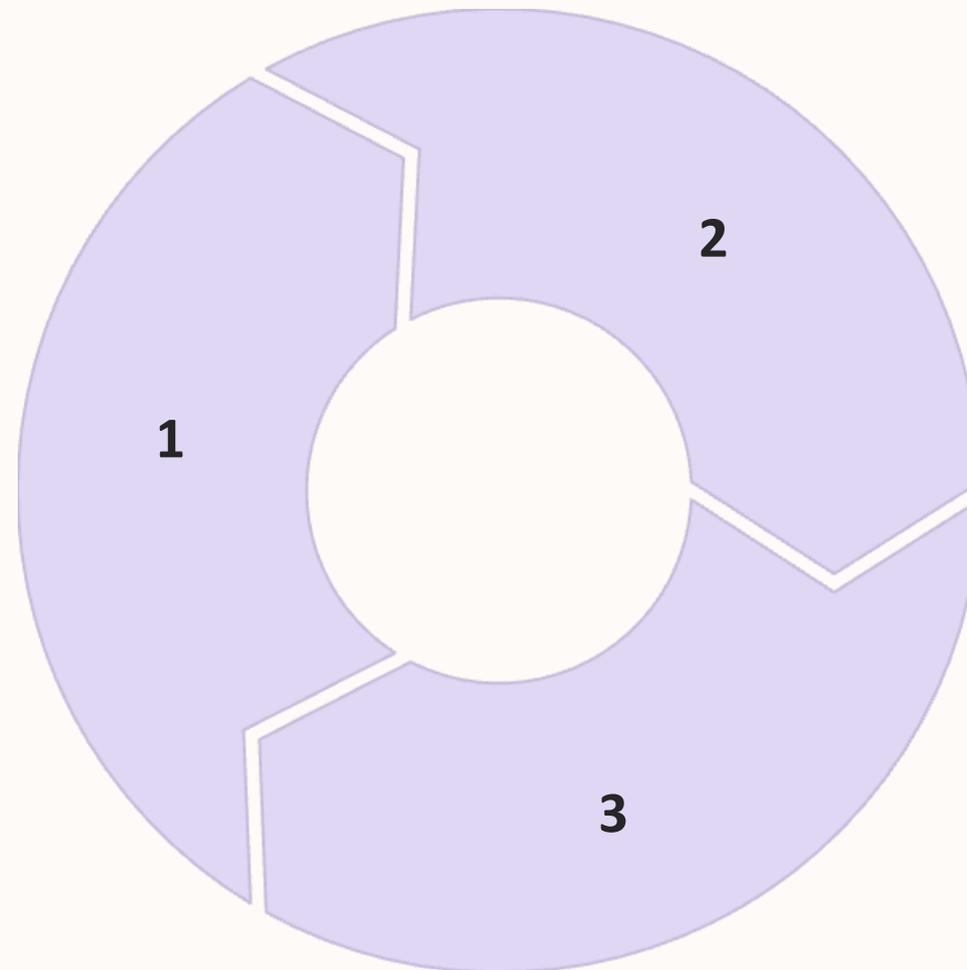
## **The Fire of Yoga**

So first, **burn the sanskars in the fire of Yoga**, and then **be coloured in the colour of God's company**.

# From Physical to Spiritual

Nowadays people light fires and apply colours, but **you have given your spiritual form a physical form.** They light **physical fire** and apply **physical colours** because **body-consciousness is still dominant.**

**Physical Holi**  
Physical fire and colours



**Spiritual Holi**  
The fire of Yoga and God's colour

**From Body-Consciousness to Soul-Consciousness**  
From awareness of the body to awareness of the soul

# The True Meaning of Holi

You **become Holi**, and therefore **you celebrate Holi**.

Throughout the entire Cycle, **no one becomes double-Holi by celebrating a spiritual Holi**.

So all of you, wherever you have come from, **have come to celebrate the Holi of God's company**.

## Meaning of Holi

Holi means **that which is finished, that which has passed**.

According to drama, **whatever has passed is called "Ho-li" —**  
*it has happened, it has gone.*

## Free from Waste

You do **not carry any waste thoughts or matters**, because they are already finished.

You continue to celebrate Holi in this way, do you not?

## Effort for Purity

All of you have made **complete effort to become Holi**, that is, **to become pure**, and you have **adopted purity**.



# Victory Over Anger

BapDada observed that on your birthday, the homework that Father gave was:

**“Give anger the gift of a birthday on its birthday.”**

So, the result of that has now reached BapDada through some children.

1

## Homework

Giving anger the gift of its birthday  
*(i.e., finishing anger on its birthday)*

2

## Effort

The children paid attention and made effort.

3

## Result

Reports of success from some children reached BapDada.

# The Determination to Conquer Anger

Those who controlled it in their result and experienced success—raise your hand.

You attained success—raise a big hand.

Teachers, raise your hand.

Foreigners, raise your hand.

## ■ The Fruit of Courage

Through this, all of you can keep courage within yourselves and receive the fruit of courage—this has been experienced.

## ■ The Aim to Move Forward

So, what if you keep this experience as a goal ahead, keep checking it again and again, and want to move forward—do you understand that it is possible?

## ■ The Firmness of Determination

Clap for this: *“It can happen. No—It must happen.”*





# The Goal of Conquering Anger

Not many days have passed yet, but after every three months—from today—can you keep attention for three months and finish the tension of anger?

Can you do it?

## Three-Month Goal

In every three months, set the goal of victory over anger.

## Attention

Continuously pay attention to your behaviour.

## Ending the Tension

Gradually finish the tension of anger.

## Victory

Attain complete victory over anger.

# Cause of Anger

What is the cause of anger?

What is the seed of anger?

Always keep your **future form** in front of you.

See how beautifully decorated, cheerful, and radiant your future form is.

And also look at **BapDada**—bring **Brahma Baba** in front of you as well.

## Future Form

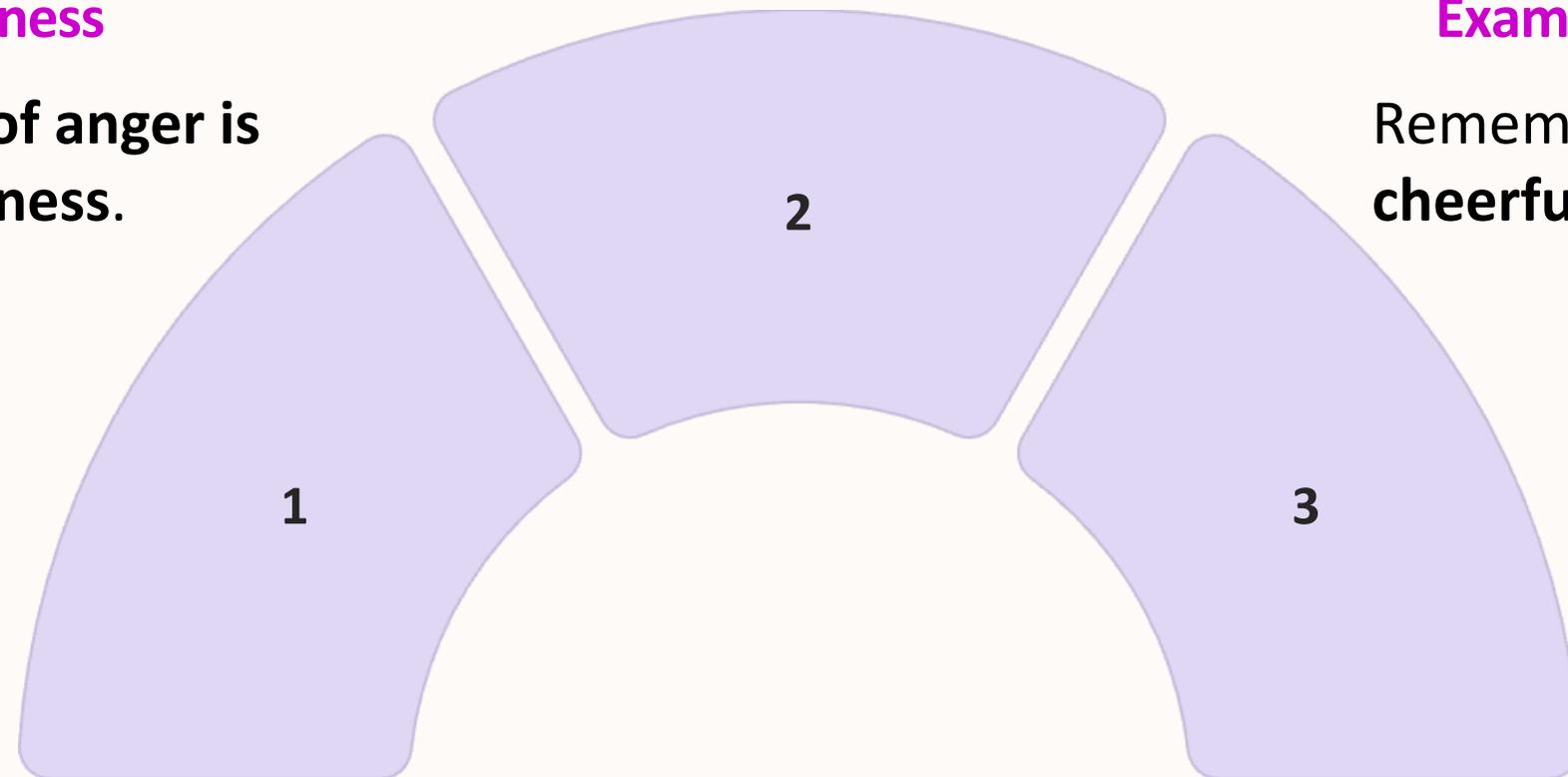
Remember your **divine form**.

## Body-Consciousness

The **root cause of anger is body-consciousness.**

## Example of Brahma Baba

Remember the **peaceful and cheerful form of Brahma Baba.**



# Example of Brahma Baba

Shiv Baba is incorporeal,  
but **Brahma Baba** is your **equal, corporeal form**, carrying  
responsibilities similar to yours.  
Yet he always remained **smiling and cheerful**, because by  
gaining victory over these **vices**,  
he continued to work **constantly in front of you in a physical  
form**, becoming an example.



## **Crown of Responsibility**

Brahma Baba  
wore the **crown  
of responsibility**.



## **Always a Smiling Face**

He remained  
**cheerful in every  
situation**.



## **Victory over Vices**

He attained  
**victory over all  
vices**.

# Responsibility and Happiness

Is your responsibility greater than that of **Brahma Baba**?

Compared to Brahma Baba's responsibility, your responsibility is actually **nothing**.

And in the end, you saw that he became an **incorporeal angel** in the **karmateet (beyond-action) stage**.

## **Brahma Baba's Responsibility**

Brahma Baba carried a **very great responsibility**.

## **Your Responsibility**

Your responsibility is **less** in comparison to Brahma Baba's responsibility.

## **Karmateet Stage**

In the end, Brahma Baba became an **incorporeal angel** in the **karmateet stage**.

# The Blessing of Victory Over Anger

So now, you will not return the gift given by **BapDada**, will you?

BapDada understands that when you come into practical life or business, situations arise here and there that can cause irritation. Many have even written in their results that the voice becomes loud, or that a little sharpness comes into the speech.

## Facing Situations

When such situations come in front of you, **that is the real opportunity to become victorious.**

## Victory Forever

Will you bid farewell to anger **forever**, or only for **three months**?  
How much courage do you have for how long?

## Using Knowledge

Situations will come—that is their job.  
But it is **your knowledge** to go beyond situations and become victorious.



# The Greatness of the Deity Form

Do people sing your praise even in your last birth?

Before your deity form, your greatness is sung as **full of all virtues** and **completely vice-free**.

So the part you are to play in becoming this **is the song of the Confluence Age itself**.



# BapDada's Heartfelt Wish

What is the special wish in BapDada's heart—shall I tell you?

Shall I make you move and dance with joy?

From this very moment, BapDada wants to see **every child as a constantly blooming rose—fortunate and cheerful.**

## **A Blooming Rose**

Every child should remain cheerful like a fully blossomed rose.

## **Fortunate (Khushnaseeb)**

Every child should be happy with their own destiny.

## **Cheerful (Khushnuma)**

Every child's face should always sparkle with happiness.

# Facing Situations

It is the nature of situations to arise—understand this well.

Situations will come, but you must keep your **aim firmly in your awareness**.

There is no need to panic.

1

## Understanding

The coming of situations is natural.

---

2

## Aim

Keep your aim constantly in your awareness.

---

3

## Patience

Do not become disturbed; remain calm and peaceful.

---

4

## Victory

Attain victory over situations.



## क्रोधमुक्त बनने की विधि

तो जैसे अभी कहते हैं कि ब्रह्माकुमारियां पवित्रता का बहुत पाठ पढ़ाती हैं, ऐसे प्रसिद्ध हो कि ब्रह्माकुमारियां क्रोधमुक्त बनाती हैं क्योंकि क्रोध से मुक्त होना सब चाहते हैं। तनाव होता है ना!

1

पवित्रता का पाठ

ब्रह्माकुमारियों द्वारा पवित्रता का ज्ञान

2

क्रोधमुक्त बनने की शिक्षा

क्रोध से मुक्त होने की विधि सिखाना

3

तनावमुक्त जीवन

क्रोध से मुक्त होकर तनावमुक्त जीवन जीना

### Method of Becoming Free from Anger

So, as we say even now that Brahma Kumaris study the lesson of purity very deeply,

they are also known for becoming **free from anger**, because everyone wants to be free from anger.

Anger causes stress, doesn't it?

#### 1. Lesson of Purity

Knowledge of purity as taught by the Brahma Kumaris.

#### 2. Education for Becoming Free from Anger



# Message of Victory Over Anger

Anger creates stress, so everyone wants to be free from it, but they do not know the method. Just as earlier it was believed that becoming pure was impossible, now, based on your own experience, you understand that **it is possible**.

## **Proof Through Experience**

Through your experience, people are understanding that victory over anger is possible.

## **Spreading the Message**

Spread this wave this year that becoming victorious over anger is possible and not difficult.

## **Practical Example**

Bring such examples into practice and present them on stage.

# Examples of Victory Over Anger

BapDada has seen that many children, even while performing their duties, have become victorious over anger. Such examples are also being created in your family and in the Brahmin family.



## **Proof Through Experience**

Through your experience, people are understanding that victory over anger is possible.

## **Spreading the Message**

Spread this wave this year that becoming victorious over anger is possible and not difficult.

## **Practical Example**

Bring such examples into practice and present them on stage.

# The Spiritual Meaning of Holi

So what will you do this year?

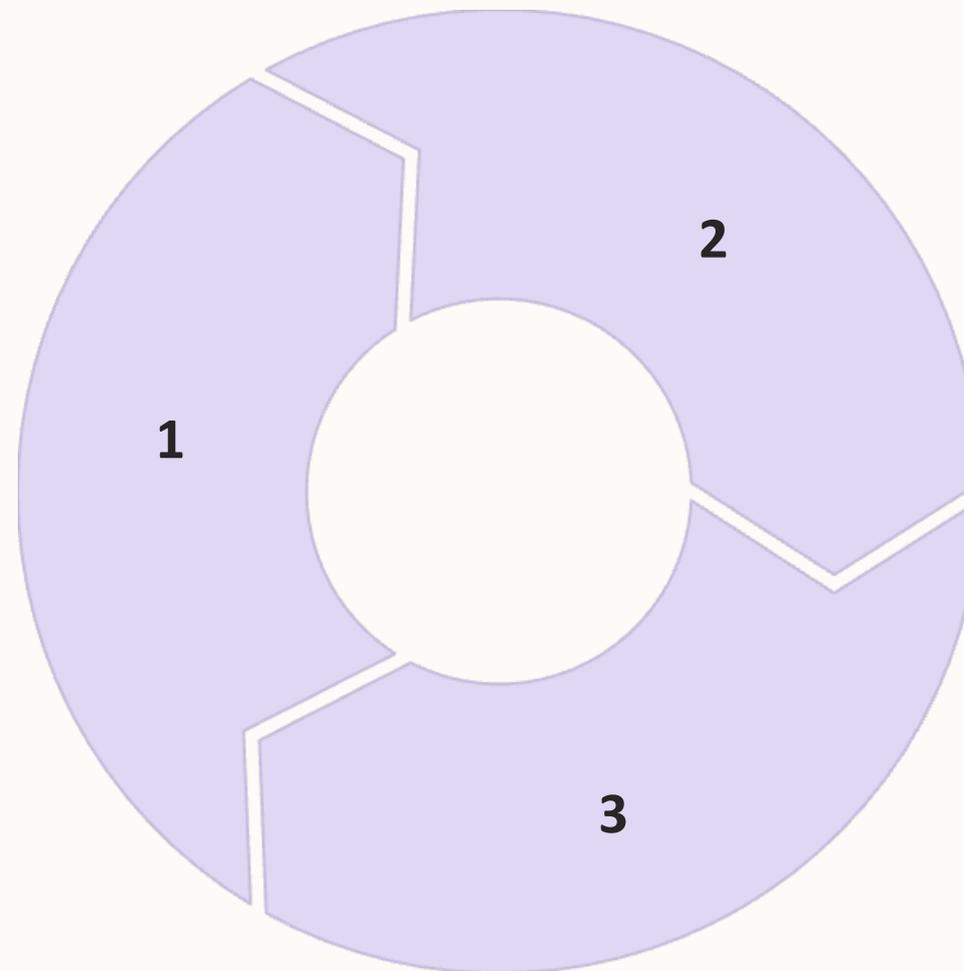
You have come to celebrate Holi, haven't you?

What do people do on Holi? They burn something, right?

So in **today's Holi, what will you burn?**

## **Burning Anger**

Burn anger in the fire of yoga.



## **Burning Body-Consciousness**

Burn the ego of "I am the body."

## **Awakening Soul-Consciousness**

Awaken the awareness of "I am a soul."



# Burning the “I” of Body-Consciousness

To move forward in conquering anger, burn body-consciousness in the fire of yoga.

Burn the many forms of “I” and strengthen the awareness of “I am a soul.”

Cook (stabilize) the word “I” properly, and burn the remaining “I’s” in the fire of yoga today.

- The “I” of Body-Consciousness**  
Burn the ego that arises from identifying with the body.
- Burning the Many “I’s”**  
Finish the different forms of ego.
- Strengthening “I am a Soul”**  
Make soul-conscious awareness strong and firm.

# Cause of Stress

Because anger creates a great deal of stress, today take an inner resolve to finish this “I.”  
It needs to be burned, because this too is a burden.

## The “I” of Body-Consciousness

The root cause of anger.

## Burden

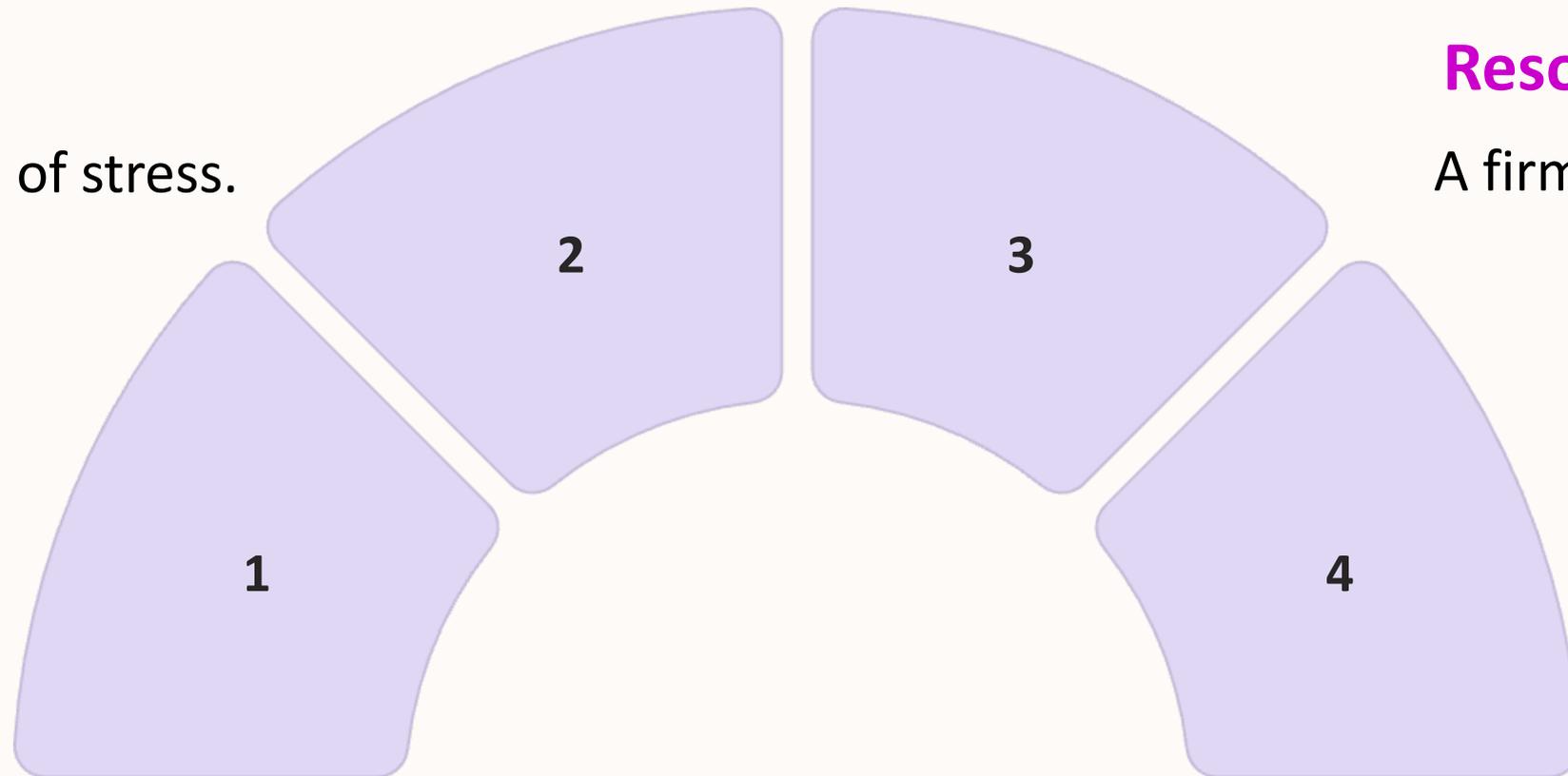
The ego of “I” is a burden.

## Anger

The main cause of stress.

## Resolve (Determination)

A firm decision to end this “I.”



# The Determination to Become Victorious

Whether you travel by train or plane,  
burn this burden here before you go.  
Can you burn it?

Those who understand that they are courageous children  
and that the Father's help is with them —  
victory is already with them.

Those who think, "*I have to become victorious,*"  
raise your hand.



## **Burning the Burden**

Burn the burden of ego  
in the fire of Yoga.



## **Courage**

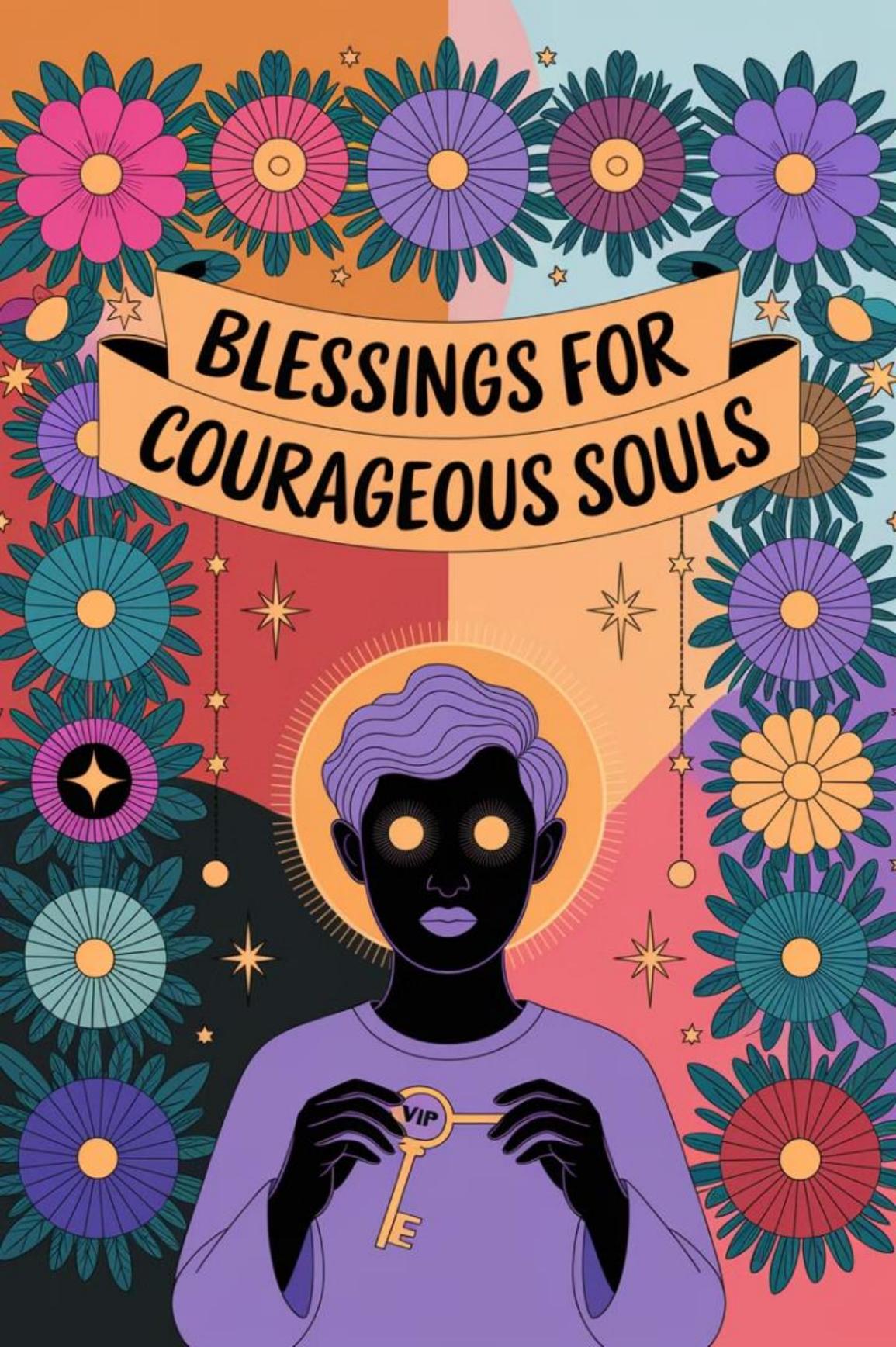
The courage of  
the children  
and the Father's  
help.



## **Victory**

A firm determination  
to become victorious.





# The True Meaning of “V.I.P.”

Whoever becomes victorious, each one is being adorned with a garland.

Congratulations, congratulations!

Good.

Those who have come as V.I.P.s right now are courageous, that is why the Supreme Father (God) is giving them blessings.

## Garland of Victory

Every victorious soul is being adorned with a spiritual garland.

## Blessing of Courage

The Supreme Father is giving special blessings to courageous children.

## The New Meaning of V.I.P.

The meaning of V.I.P. now is a courageous and victorious soul.

# The Blessing of 21 Births

At this time, whatever task you have become a V.I.P. in is only for **one birth**.

But now the Supreme Father (BapDada) will not call you V.I.P.s, He will call you **children**.

BapDada gives this blessing and gives a **guarantee** that **all of you will become V.I.P.s for 21 births**.

**21**

**Births**

The fortune of being a V.I.P. for **21 births**

**1**

**Transformation**

Transformation from being a V.I.P. to becoming a **child**

**100%**

**Guarantee**

BapDada's **100% guarantee**

# Connection with the Brahmin Family

This is not about **election or selection**.

So everyone should understand just one thing and not let it go:  
just as you have come into relationship and connection now, **do not break this connection with the Brahmin family**.

The more you maintain this connection, the stronger the relationship will become,

and you will definitely receive the **Father's blessings**.



## **Maintain the Connection**

Remain connected with the Brahmin family.



## **Strengthen the Relationship**

Make the relationship deeper and stronger.



## **Receive the Blessings**

Receive the Father's blessings

# Message for New Children

And all of you new children, or clever (sharp) children—always remain obedient to the Father, okay?

So today, **burn this “mine-ness” (ego/attachment)** and move forward.

Those who have come **for the first time**, please stand up.

## ■ Congratulations to First-Time Arrivals

BapDada is giving congratulations and blessings for the elevated fortune of those children who have come for the first time.

## ■ Burn the ‘Mine’

Today, burn this feeling of “mine” (**possessiveness**) completely.

## ■ Aim of First Division

Just as you have come for the first time, in the same way, being **number one in the first division** is fixed. But you have to **come into the first division**.



# The Importance of Intense Spiritual Effort

Keep this aim in mind: **we have come last, but we will go first**, because there is no certainty of time. What needs to be done now is to become **intense in spiritual effort**, because the spiritual effort of a long period has to be completed by all of you in a **short time**.

1

## **From Last to First**

Even if you came late, move forward quickly.

---

2

## **Intense Spiritual Effort**

Make deep and powerful spiritual effort.

---

3

## **Right Use of Time**

Take maximum benefit from the time available.

---

4

## **Attainment of the Goal**

Achieve more attainment in less time.

# Courage and Help

So, do you have courage? If you do, raise your hand!  
Look—the photo is being taken.

BapDada congratulates those who have courage and says:  
**Your courage invites the Father's help.**  
But **never lose courage.**



## Courage

The courage to  
walk on the  
spiritual path.



## Help

Never lose the  
constant help and  
support of the  
Supreme Soul (God).



## Firmness

Never give up courage.

# The Star of Fortune

Let the **star of your fortune keep shining always**, because the intense spiritual effort of this one birth—not just ordinary effort, but **intense effort**—creates the fortune of **many births**.

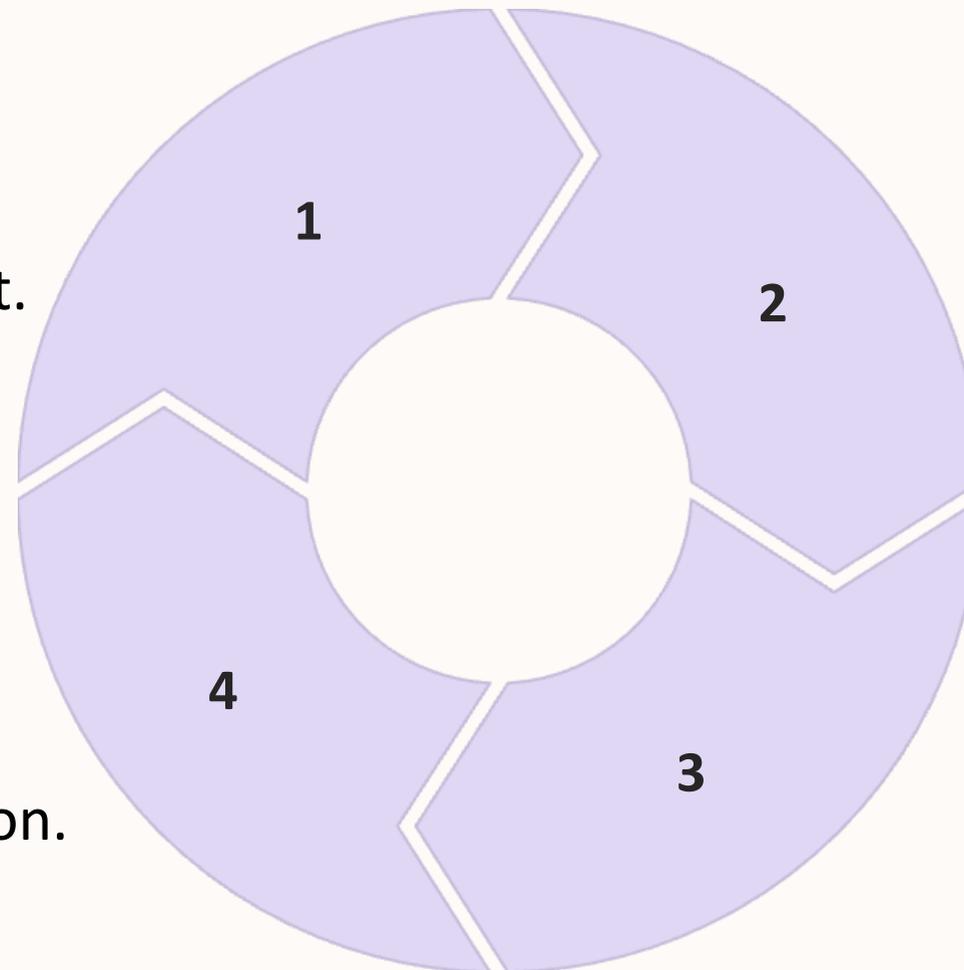
Therefore, **never lose courage**.

Situations will come, but it is not a big deal.

You are the children of the **Almighty**, so what difficulty can stand before you?

**Intense Spiritual Effort**  
Deep and powerful spiritual effort.

**Victory**  
Victory in every situation.



**Creation of Fortune**  
Creating the fortune of many births.

**Courage**  
Never accept defeat.

# Become Tension-Free through Firm Determination

## 31 March 2011

BapDada is giving a special message to His children today. He wants every child to become **tension-free** and to become an **example for others**.

This **auspicious confluence age** is the age of attaining everything, where we can **accumulate our fortune**.

BapDada wants to see every child as a **self-sovereign ruler**. He wants us to maintain control over our **mind, intellect, and sanskars (habits/traits)**.

— by Shiv Baba



# Become Tension-Free through Firm Determination

31 March 2011



## A New Beginning

Let every child become **tension-free** and become an **example**.



## Self-Sovereign Authority

BapDada wants to see **every child as a king**, a ruler of the self.

## Control

Maintain control over your **mind, intellect, and sanskars (habits/traits)**.



# The Greatness of the Confluence Age (Sangamyuga)

## A Boon for All Attainments

In the Confluence Age, we can **accumulate our fortune for many births.**

This time is **invaluable**, and it should be **used wisely.**

1

## A Treasure of Powers

Through the Father, we have received a **treasury of all powers.**

By using these powers, we can become **victorious over Maya.**

3

2

## Attainment of Self-Sovereignty

At this time, we can become **self-sovereign rulers**, gaining **control over our mind and senses.**

# The Method to Become a Self-Sovereign Ruler

## Make the Father Your Companion

Always keep the Father as your companion.

By doing this, the **mind, intellect, and sanskars** will naturally remain under control.

## Awareness of the Shiv Shakti Form

Consider yourself to be **Shiv Shakti**.

This awareness will help you become **victorious over Maya and nature**.

## Become Victorious Over Nature

Engage in the task of making **nature satopradhan (pure and elevated)**.

Through this, we can become **free from the influence of nature**.

# The Importance of a Tension-Free Life

## **Mental Peace**

A tension-free life keeps the mind calm, which enables us to focus on our goals.

## **Spiritual Progress**

By becoming free from tension, spiritual progress accelerates, and we are able to come closer to the Father.

## **Growth in Service**

When we are tension-free, our capacity to serve increases, and we can help others more effectively and powerfully.

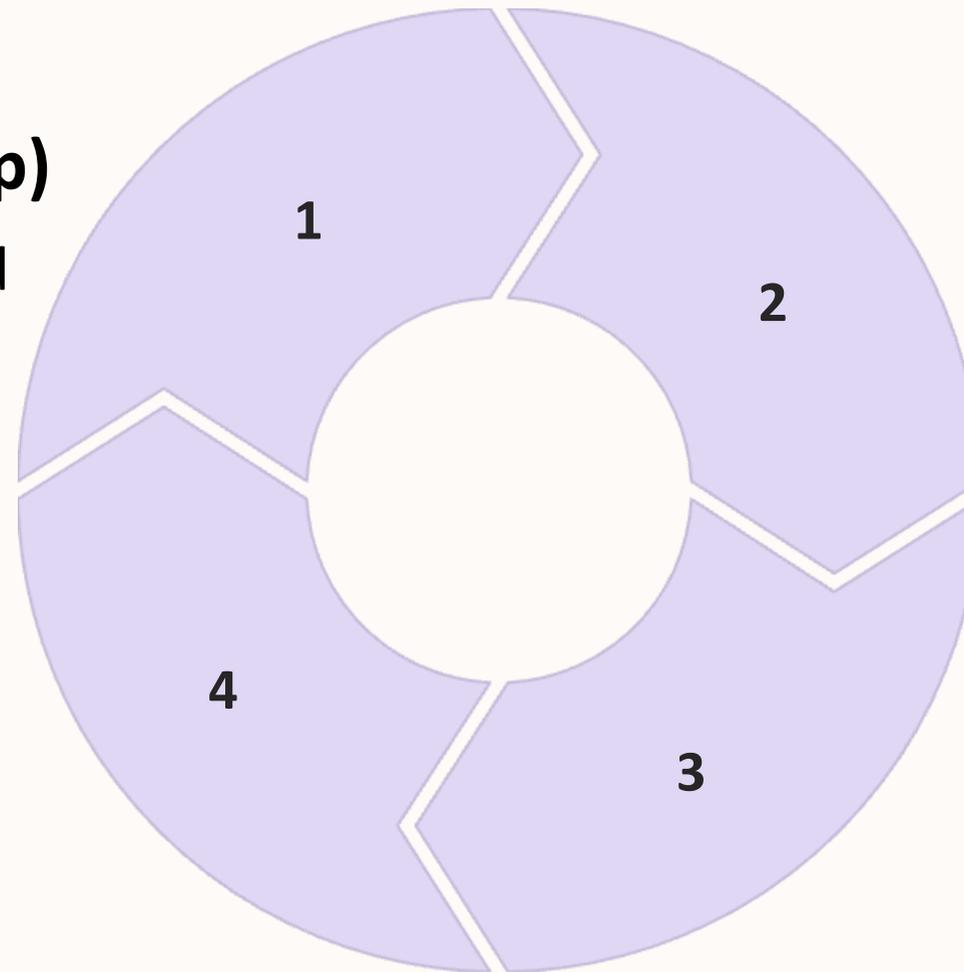
# The Power of Firm Determination

## Determination (Sankalp)

Create a firm resolve in your mind that you will remain **tension-free**.

## State (Sthiti)

Make the **tension-free state** your **natural way of being**.



## Effort (Prayas)

Make **continuous effort** and take the **Father's help**.

## Experience (Anubhav)

Gradually **experience a tension-free life**.

# The Importance of Manasa Seva (Service Through the Mind)

## Empowering Others

Through the **rays of your happiness**, give strength to sorrowful souls.

This is an important aspect of **manasa seva**.

## Regular Practice

Set aside some time **every day** for manasa seva.

Make it a **part of your daily routine**.



# The Value of Time and Determination

## The Importance of the Confluence Age

In the Confluence Age, even **one second is extremely valuable**.  
Make the **best use of this time**.

## Freedom from Wasteful Thoughts

Put an end to **wasteful thoughts**.  
Make every thought **powerful and meaningful**.

## The Foundation of Success

The **right use of time and determination** is the foundation of success.  
Pay special attention to making them **fruitful and successful**.

# The Need for Intense Spiritual Effort

1

## Practice of Concentration (Applying the Point)

Practice applying a point within **one second**.  
This practice is extremely essential for the **coming times**.

2

## The Power of Full Stop

Develop the power to **instantly apply a full stop**  
in every situation.

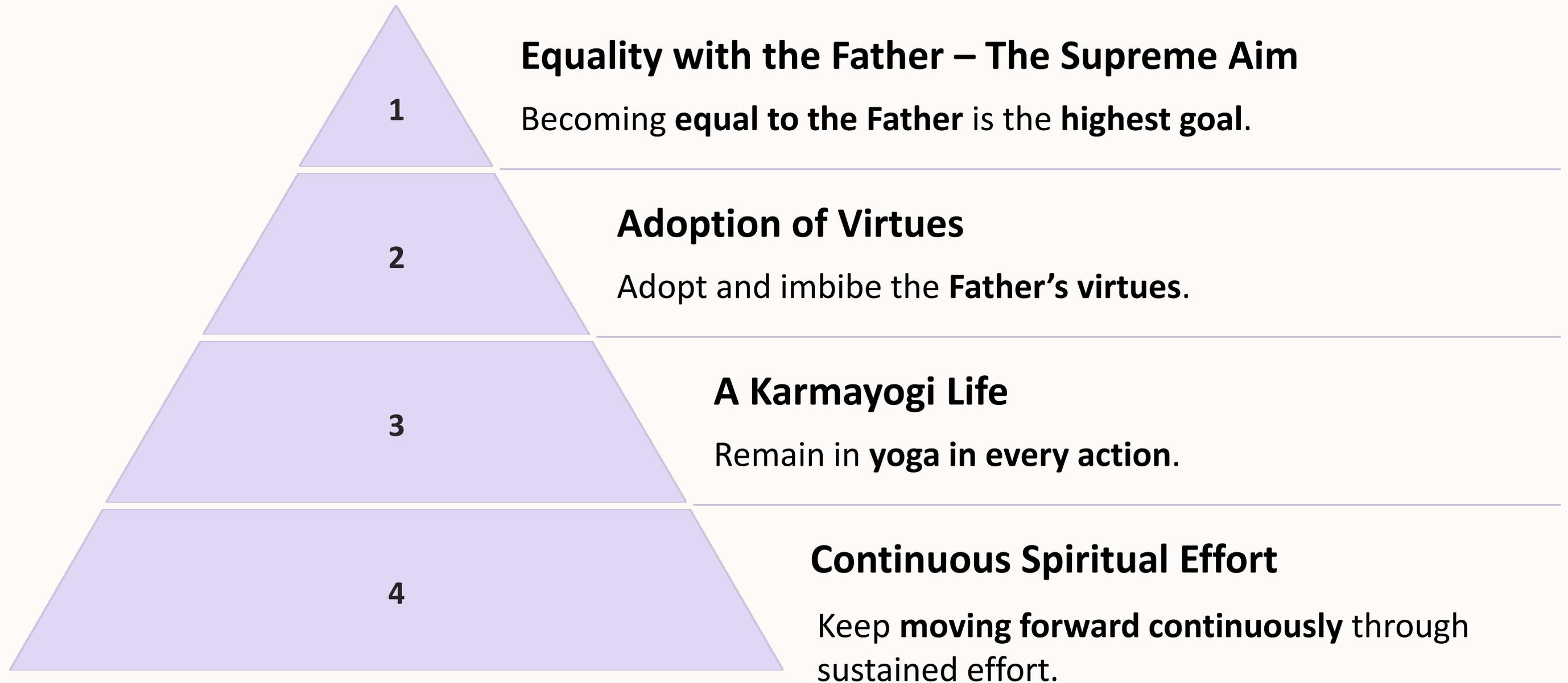
3

## Readiness for Sudden Change

Remain prepared for **any sudden transformation**.  
This will be the **result of intense spiritual effort**.



# The Aim of Becoming Equal to the Father





# The Role of a Yagya Protector



## Protection

Protecting the **Yagya** and keeping it safe is the **responsibility of every Brahmin.**



## Growth

To **take the Yagya forward** and contribute to its **expansion** is also our duty.



## Service

To render **selfless service through the Yagya** is the **main purpose of our life.**



# Characteristics of a Karmayogi Life

## 1 Balance

Maintain a balance between **action (karma)** and **yoga**.  
Remain in a yogic state while performing every action.

## 3 Spirit of Service

Perform every action with a **feeling of service**;  
this makes yoga **natural and effortless**.

## 2 Continuity

Maintain a **continuous yogic awareness**,  
no matter how difficult the task may be.

## 4 Witness Consciousness

While performing actions,  
remain a **detached observer (witness)**;  
this strengthens and stabilizes the state of yoga.

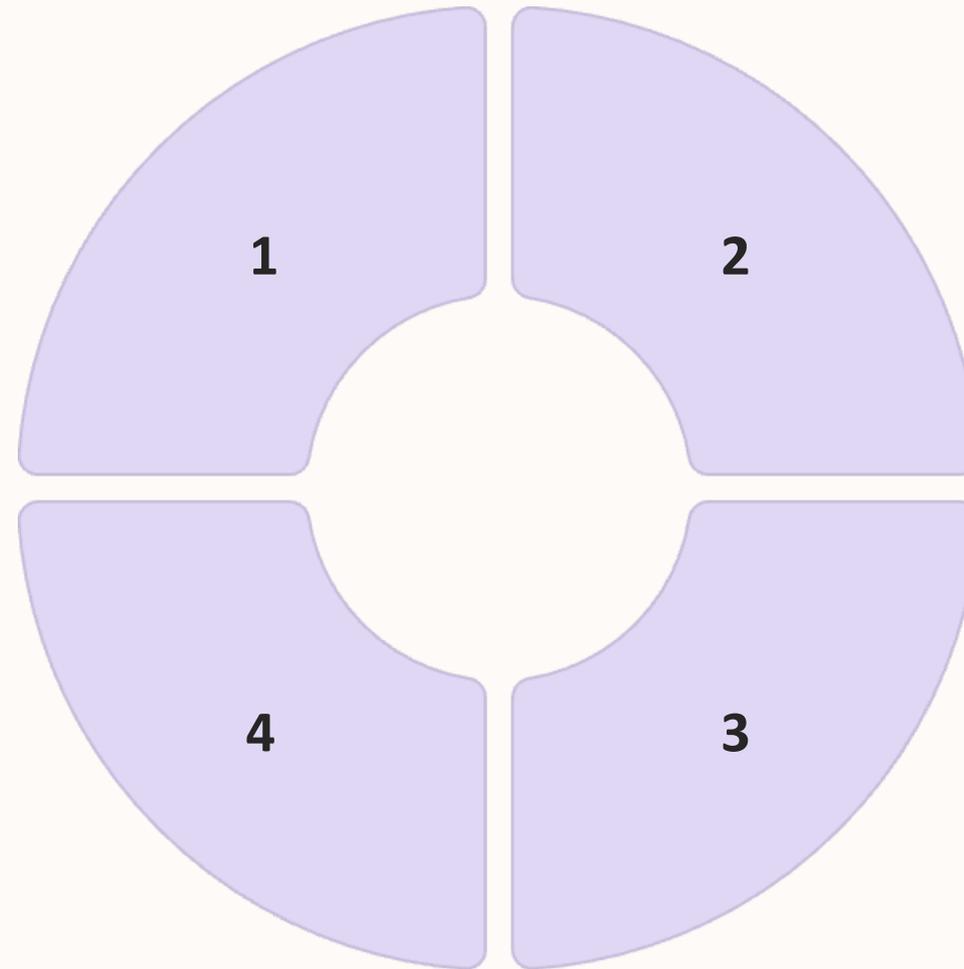
# The Power of Pure (Positive) Feelings

## Spiritual Vision

See every soul as a **pure soul**.  
This is the foundation of pure  
and positive feelings.

## Selfless Love

Maintain **selfless love for all**.  
This is the **direct expression of  
pure feelings**.



## Benevolent Intent

Maintain feelings of **welfare  
and goodwill for everyone**.  
This is the **seed of world  
transformation**.

## Positive Outlook

See **positivity in every situation**.  
This strengthens and stabilizes pure  
feelings.

# Service Through the Power of the Mind

1

## Power of Thoughts

Empower the atmosphere through **pure and elevated thoughts**.

---

2

## Vibrations

Spread **positive vibrations**.

---

3

## Vision

See everything with the **vision of pure and benevolent feelings**.

---

4

## Blessings

Give **blessings from the heart and mind**.

# Balance Between Self-Transformation and Service

## Self-Transformation

Focus on changing yourself.  
This is the most important task,  
because **time for it is limited.**

## Service

Serve others, but **do not forget self-transformation.**  
A balance between the two is  
essential.

## Impact

Through self-transformation,  
the **power and effectiveness of service increase.**  
When **we change**, the **world changes.**

# Special Qualities of a Dedicated Service Center

 **Unity**  
All companions work together and support one another.

 **Regular Murli Study**  
The Murli is studied daily and applied in life.

 **Pure Atmosphere**  
The environment of the service center should be calm and positive.

 **Enthusiasm for Service**  
Every member has zeal and enthusiasm for service.

# The Method of Becoming a True Heir of the Yagya

## **Attitude of Surrender**

Maintain complete surrender toward the Yagya.  
Consider it as your own home.

## **Selfless Service**

Serve the Yagya without any selfish motive.  
This will make you a true heir of the Yagya.

## **Practice of Knowledge**

Apply the knowledge received in the Yagya in your daily life.  
By doing so, you will become an heir.

## **Inspiring Others**

Through your own example, inspire others also to become true heirs of the Yagya.

# Balance Between the Self and Service

## Self-Reflection

Pay attention to your own inner growth.

## Service

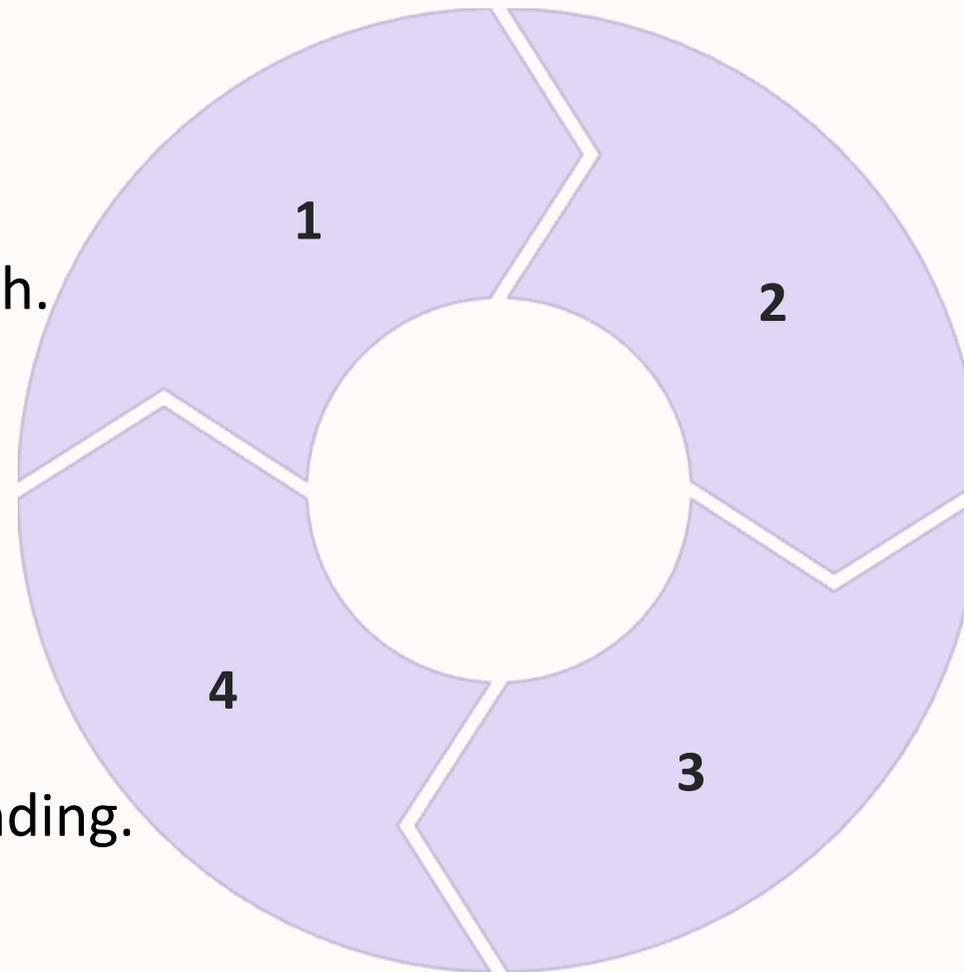
Help and support others.

## Sharing of Knowledge

Share your experiences and understanding.

## Accumulation of Power

Fill yourself with strength through yoga.





# Ways to Become Victorious Over Nature

When the soul remains stable, powerful, and elevated through yog and right awareness, nature comes under control rather than controlling us.

1

## **Detached Observer (Sākṣī Dṛṣṭā)**

Remain a witness to the play of nature. This way, you will not be influenced or disturbed by it.

2

## **Soul-Conscious Stage (Ātm-Sthiti)**

Stay established in your original, soul-conscious state. This helps you rise above the effects of nature.

3

## **Power of Yoga**

Increase your inner strength through constant yoga practice. This power helps you gain victory over nature.

4

## **Elevated and Pure Thoughts**

Keep your thoughts elevated and pure. When your thoughts are elevated, nature also becomes elevated.



Essence:

# The Importance of Amrit Vela

A powerful Amrit Vela makes the entire day powerful, pure, and purposeful.

## Source of Power

Amrit Vela is the source of energy for the entire day. Make the best use of this time.

## Hour of Blessings

During Amrit Vela, special blessings can be received from the Father. Take full benefit of this opportunity.

## Connection with the Father

This is the time to create a deep connection with the Father. It sets the direction for the whole day.

## Spiritual Purification

This is the time to purify the soul and fill yourself with fresh, new energy.



# Determining the Time for Manasa Seva (Service through Thoughts)

1

## **Fixed Time**

Set aside a specific time every day for Manasa Seva. This will become a regular part of your daily routine.

2

## **Amrit Vela**

Especially practice Manasa Seva during Amrit Vela. Take advantage of the powerful energy of this time.

3

## **Traffic Control**

Practice Manasa Seva several times during the day during “traffic control” moments (short pauses in between activities).

4

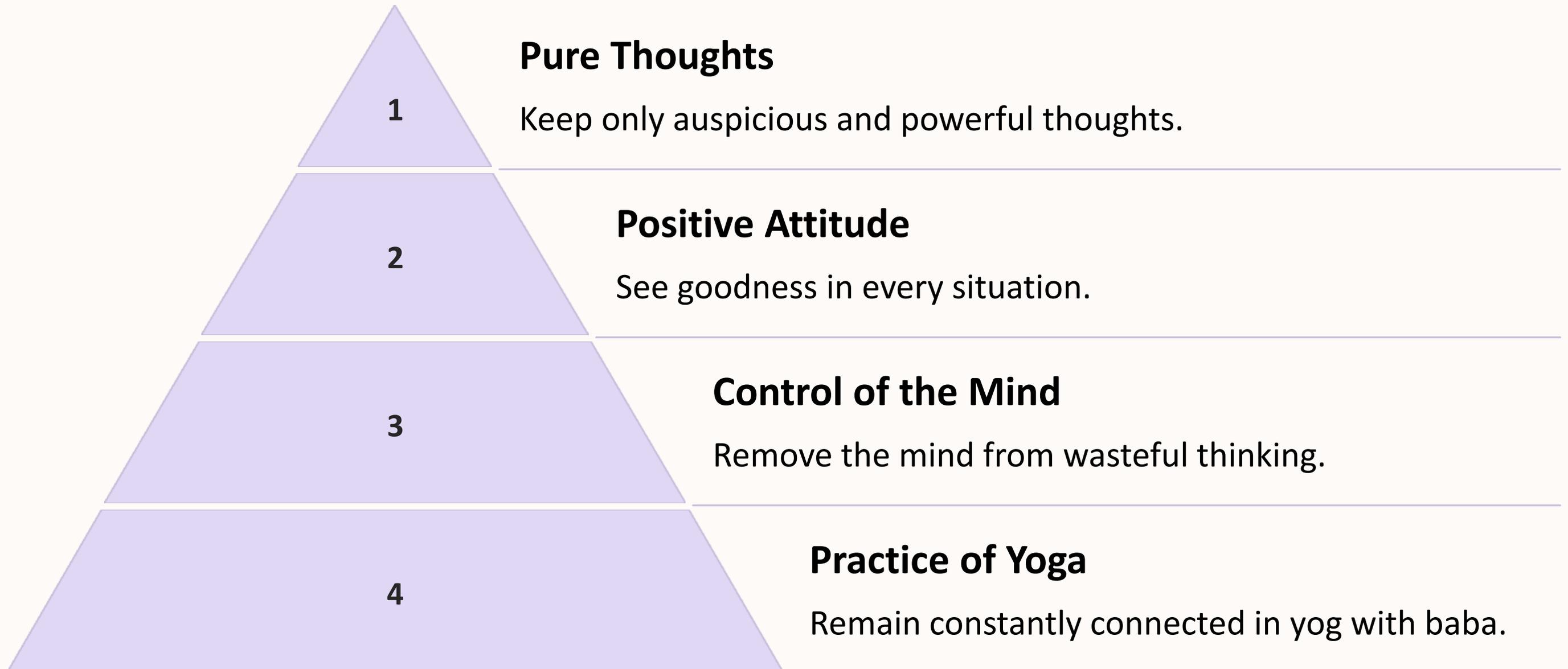
## **Before Sleeping**

Before going to sleep at night, take out some time for Manasa Seva.

This will also make your sleep peaceful.

**When Manasa Seva is practiced at the right times, thoughts become powerful, pure, and effective throughout the day.**

# Free from Wasteful Thoughts



Freedom from wasteful thoughts comes through pure thinking, a positive outlook, self-control, and continuous yogic connection.



# Steps to Becoming Successful

## Goal Setting

Set clear and high goals. They will give direction to your efforts

## Firm Determination

Maintain strong determination toward your goal. This is the foundation of success.

## Continuous Effort

Take a step toward your goal every day. Small achievements lead to great success.

## Self-Confidence

Believe in your abilities. Self-confidence is the key mantra of success.

# The Importance of a Karmayogi Life



## Balance

The balance between action (karma) and yoga makes life meaningful.



## Inner Peace

Karma Yoga brings lasting peace to the mind.



## Spiritual Growth

Through Karma Yoga, the soul experiences continuous growth.



## Selfless Service

A Karmayogi life naturally leads to selfless service.

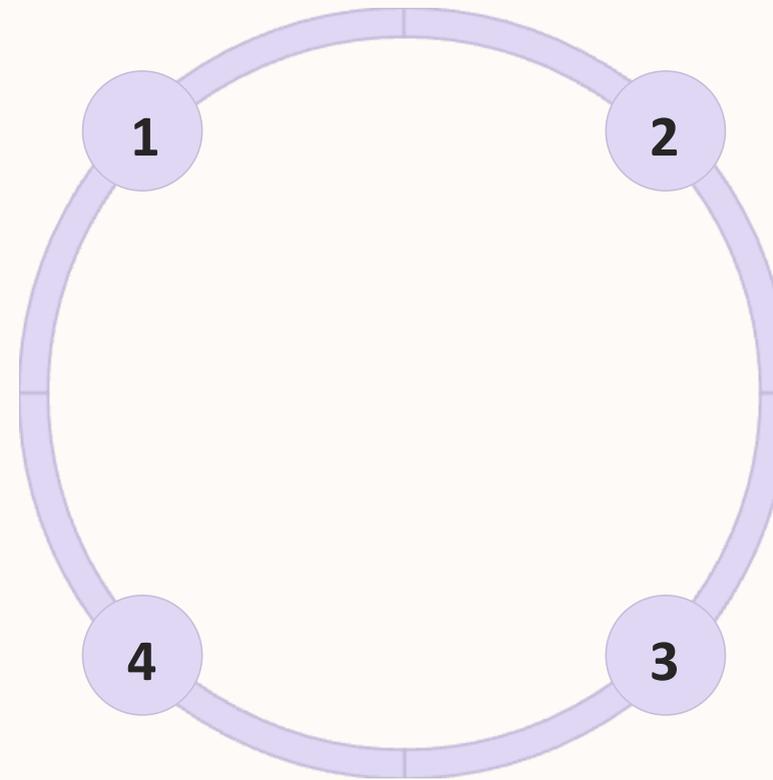
# The Impact of Pure (Positive) Intentions

## Spiritual Upliftment

Pure intentions lead to the growth of one's inner self. They are the foundation of spiritual progress.

## Inner Peace

Maintaining pure intentions keeps the mind peaceful. It forms the basis of a stress-free life.



## Positive Environment

Pure intentions create a positive atmosphere around us and also influence others.

## Power of Service

Service performed with pure intentions becomes more impactful. It can bring transformation in the lives of others.

# The Resolution to Become Equal to the Father

## **Constant Connection**

Remain in constant connection with the Father.  
This is the foundation of becoming equal to Him.

## **Adopting Divine Qualities**

Bring the Father's qualities into your own life.  
By doing so, you gradually become like Him.

## **Selfless Service**

Serve selflessly, just as the Father does.  
This will bring you closer to Him.

## **Firm Determination**

Maintain a strong determination to become equal to the Father.  
This resolve will take you to your goal.



# The Divine Meeting of the Father and the Children

## 15 March 2015

Today we will talk about the divine meeting of the Father and the children.

This is a unique relationship that is a priceless gift of the Confluence Age.

In this presentation, we will understand the depth and significance of this special relationship.

— **by Shiv Baba**

# The Joy of the Meeting

## Faces Filled with Happiness

Everyone's faces are seen smiling.  
With BapDada, everyone is meeting one another  
with smiles.  
Each heart seems to be singing the same song:  
*"My Baba, sweet Baba, beloved Baba."*

## The Enthusiasm of the Meeting

How many souls are becoming happy seeing the  
Father and the children celebrating their meeting.  
The feeling of joy from the meeting is visible on  
everyone's faces.  
Whether near or far, everyone is filled with  
eagerness and enthusiasm for this meeting.



# Song of the Heart

## ■ The Father's Song

From the Father's lips comes the message: "Wow, the children who remember Me from their hearts—wow!" The Father keeps saying this. In the Father's heart, the children are deeply absorbed.

## ■ The Children's Song

Baba has settled in the hearts of the children. In everyone's mind, waves of meeting and joy are clearly visible.

## ■ A Glimpse of Happiness

Just by saying "Wow," a sparkle of happiness is clearly seen on everyone's faces. How sweetly every face is smiling with delight.



- 1.
- 2.
- 3.

# Voice of the Heart

## 1 — The Children’s Voice

In the heart of each one, the voice of “My Baba” is resonating. This is the song of the heart—one that is not heard aloud, yet it is being clearly heard by Baba.

## 2 — The Father’s Response

BapDada, listening to the song of every child’s heart, is showering great love.

Through His response, the Father is saying, “Wow—every child is wonderful!”

## 3 — Universal Gathering

No matter how far away they may be—whether here or in other countries—  
from everyone’s lips, BapDada is hearing the song “Wah Baba Wah.”

# Mine and Yours

## Children's Love

In everyone's heart, "My Baba" is firmly seated.  
The word "mine" is so deep and sweet.  
When children say "My Baba,"  
all their love is contained within those words.

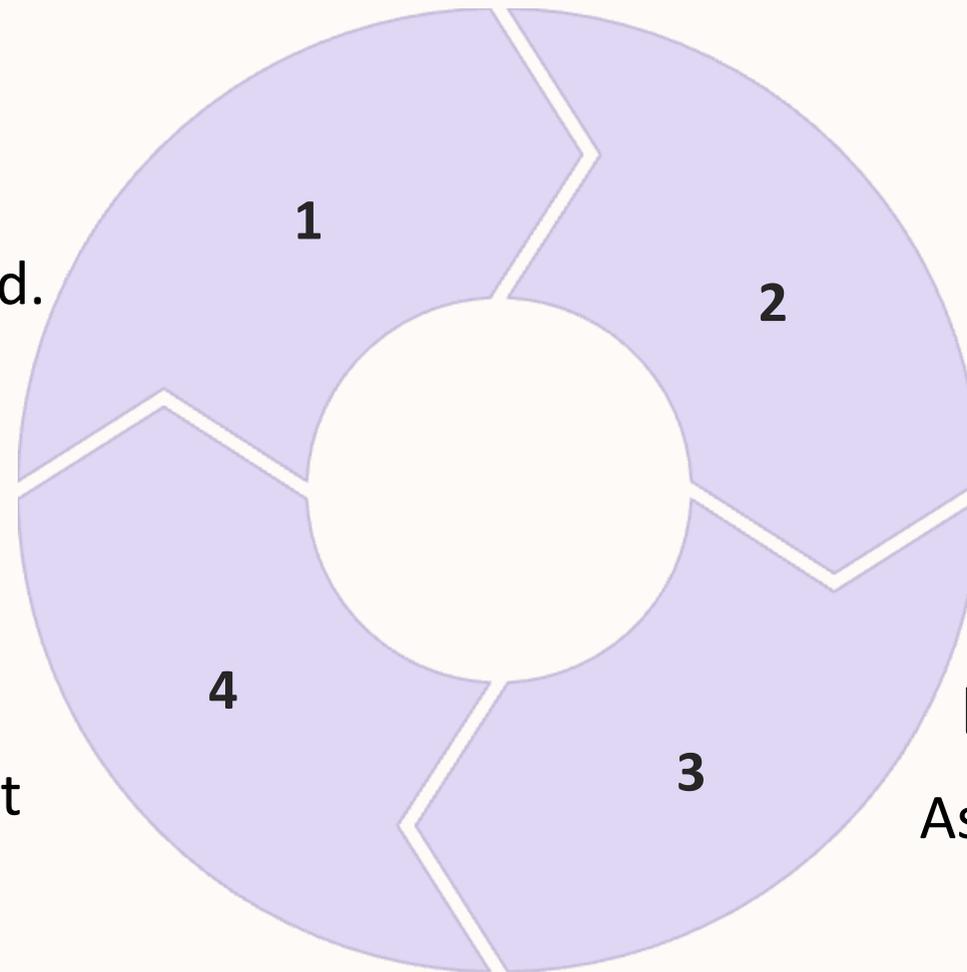
## The Father's Love

In the Father's heart, He is saying to every child,  
"My child."  
This relationship is not ordinary;  
it is a divine union of the soul and the Supreme Soul.

# An Unforgettable Union

## Forever Remembered

This union will always be remembered.



## Divine Love

This love between the soul and the Supreme Soul is divine.

## Immortal Memory

This memory is something that can never be forgotten.

## Loving (Unbreakable) Relationship

Ask anyone, and everyone says, "My Baba."



# The Importance of Service

## Yagya Service

Everyone loves Baba and Yagya service. Service and divine meeting (union) always go together

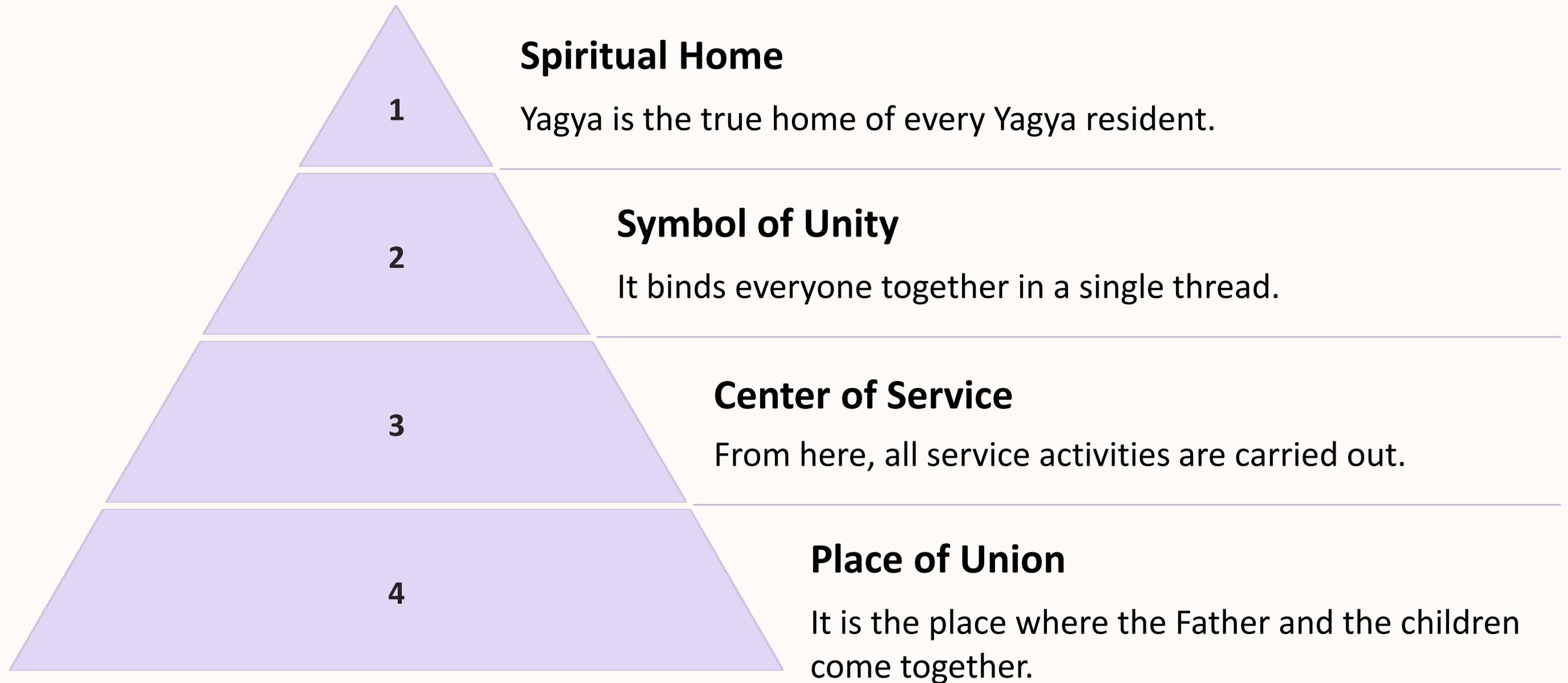
## Joy of Service

Every group is doing Yagya service with great love, and they continue to do so even now.

## Blessings of BapDada

BapDada is giving blessings to every child for coming into service.

# The Importance of Yagya



# An Example Set by Dadi Janki



## **Courage**

Despite being unwell, Dadi Janki remains present.

Her courage is an inspiration for everyone.



## **Dedication**

Dadi's presence in the class is important for all.

Her absence makes everyone feel a sense of emptiness.



## **Love**

Everyone's attention is on Dadi. Calling her "our Dadi," everyone expresses love for her.

# The Courage of Mohini Behen

1

## **Hospital Visit**

Mohini Behen has come after making a journey to the hospital.

2

## **Discipline of Time**

Even when there is nothing specific to be done, she gets ready on time every day.

3

## **Courage**

Her courage is commendable.  
In every situation, she keeps herself safe.



# Mohini Behen of New York

## Remembered from Afar

Mohini Behen has sent remembrance from Newyork

## Hope

She will soon become well.

Baba's and everyone's loving remembrance is with her.

## Courage

She has maintained good courage.

It is taking time, but she has kept herself safe.



# Health of the Brothers

## **Brijmohan Bhai**

He has now been discharged from the hospital.  
After four days, he will be completely well.

## **Nirver Bhai**

His health is improving.  
He will soon become fully healthy.

## **Ramesh Bhai**

All three brothers are  
now well.  
This is a matter of great  
happiness.



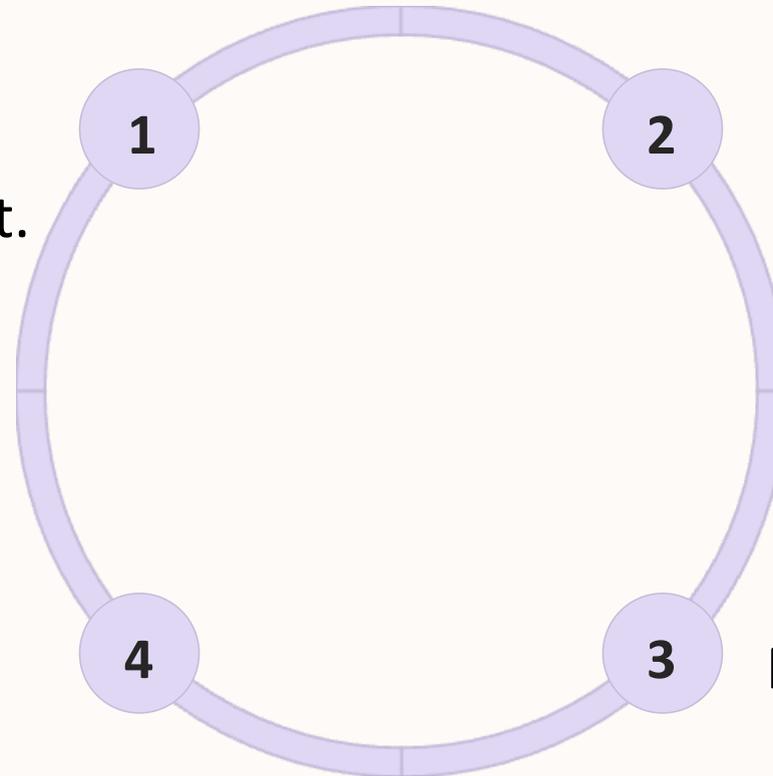
# BapDada's Mahavakyas (Elevated Sayings)

## Forget Old Matters

Whatever belongs to the past—forget it.  
*The past is the past.*

## New Service Plans

Create some new plans for service.



## Remember Shiv Baba

Now remember only Shiv Baba.

## Powerful Yoga

Now there is a great need for **powerful yoga**.

# The Power of Organization

1

## Unity

Through the power of organization alone, service plans will be successful.

---

2

## Cooperation

If everyone remains separate, service plans cannot succeed.

---

3

## Silence

Experience silence properly for **10 minutes**.

# Closing Message

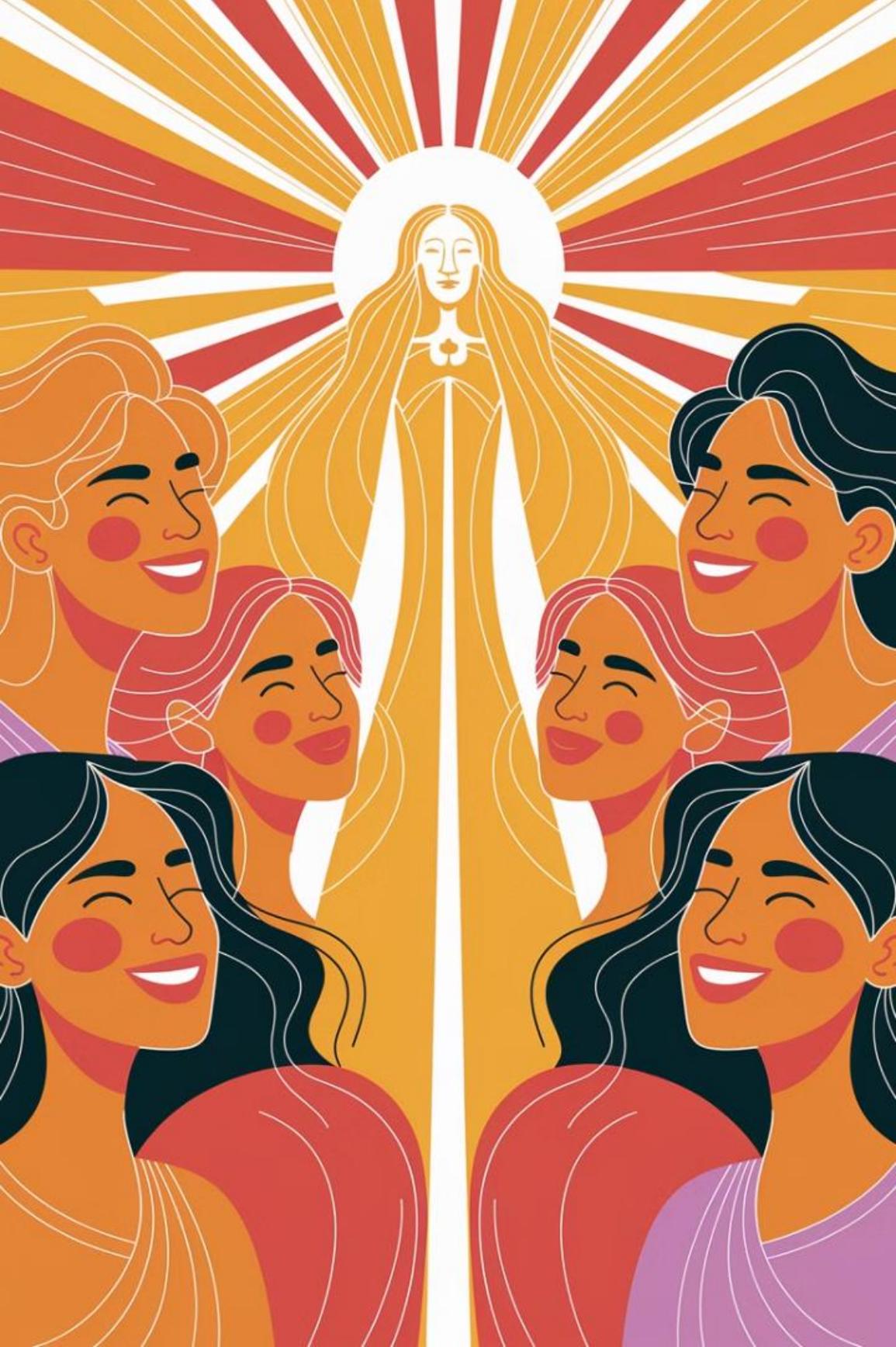
In this presentation, we learned about the divine meeting between the Father and the children.

This relationship is a priceless gift of the Confluence Age.

Remember, may “**My Baba**” always reside in our hearts, and may we all continue to engage in service together.

In conclusion, remember BapDada’s words—  
forget the past, remember only **Shiv Baba**, and practice **powerful yoga**.

With the power of organization, create new service plans and make them successful.



# BapDada's Meeting with the Children

## 31 March 2016

Today, **BapDada** is very pleased to see the organization of the living lamps (Chaitanya Deepaks). From every corner of the world, each and every lamp has come to meet the **Lamp of Lamps (Deeparaj)**. This meeting is extremely elevated and precious.  
— by Shiv Baba

5 अव्यक्त बापदादा

# A Meeting of Hearts

## A Loving Meeting

This meeting feels so loving because it is a meeting between the moving, living lamps (the organization) and the **Lamp of Lamps**, and the children of the Lamp of Lamps. It is the mutual meeting of both.

## Words of the Heart

The children say, “Baba, O Baba!”  
And Baba says, “Children, sweet children.”  
These heart-to-heart words feel very sweet.



# The Meaning of Deepavali

## A Meeting of Lamps

Today is called Deepavali, which means **the coming together of lamps.**

## The Light of Love

Every lamp is glowing with the light of its **love and knowledge.**

## The Father's Arrival

The Father has come especially for you today; therefore, this meeting has been named **Deepavali.**

# The Story Behind Every Face



## **A Mirror of Feelings**

Every face says so much. What is in the heart at this moment is clearly reflected outward through the eyes.



## **The Love of the Heart**

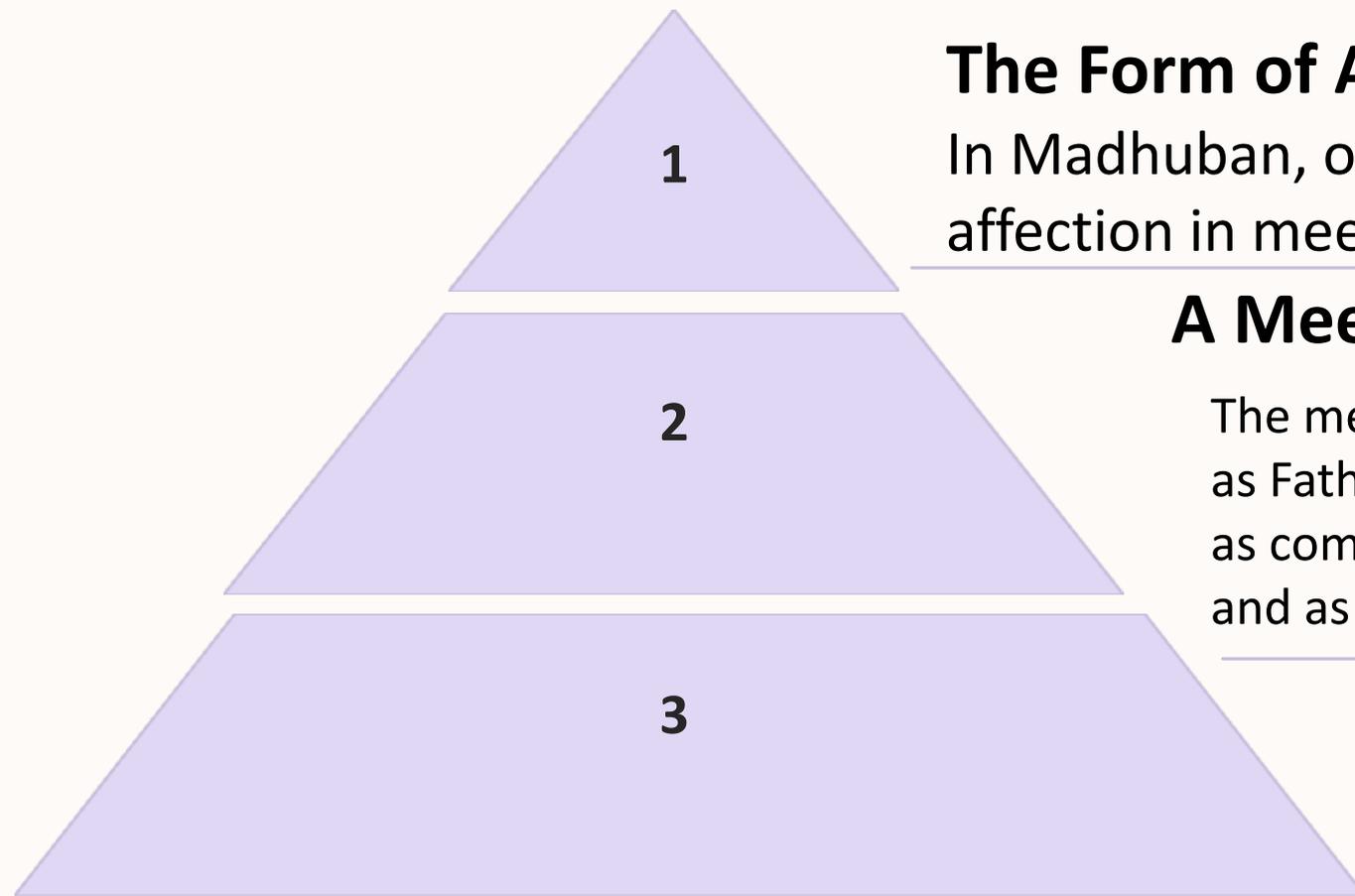
In front of the Father, there is very little need to say anything; yet the love of the heart is clearly visible.



## **A Worldwide Connection**

Whether abroad or in India, in the Father's heart are the children, and in the children's hearts is the Father.

# The Meeting at Madhuban



## **The Form of Affection**

In Madhuban, one gets to experience and see the true form of love and affection in meeting.

---

## **A Meeting of Hearts**

The meeting takes place in many relationships—  
as Father and child,  
as companions,  
and as brother and sister.

---

## **All Relationships**

You are the Mother,  
You are the Father...  
You are everything.

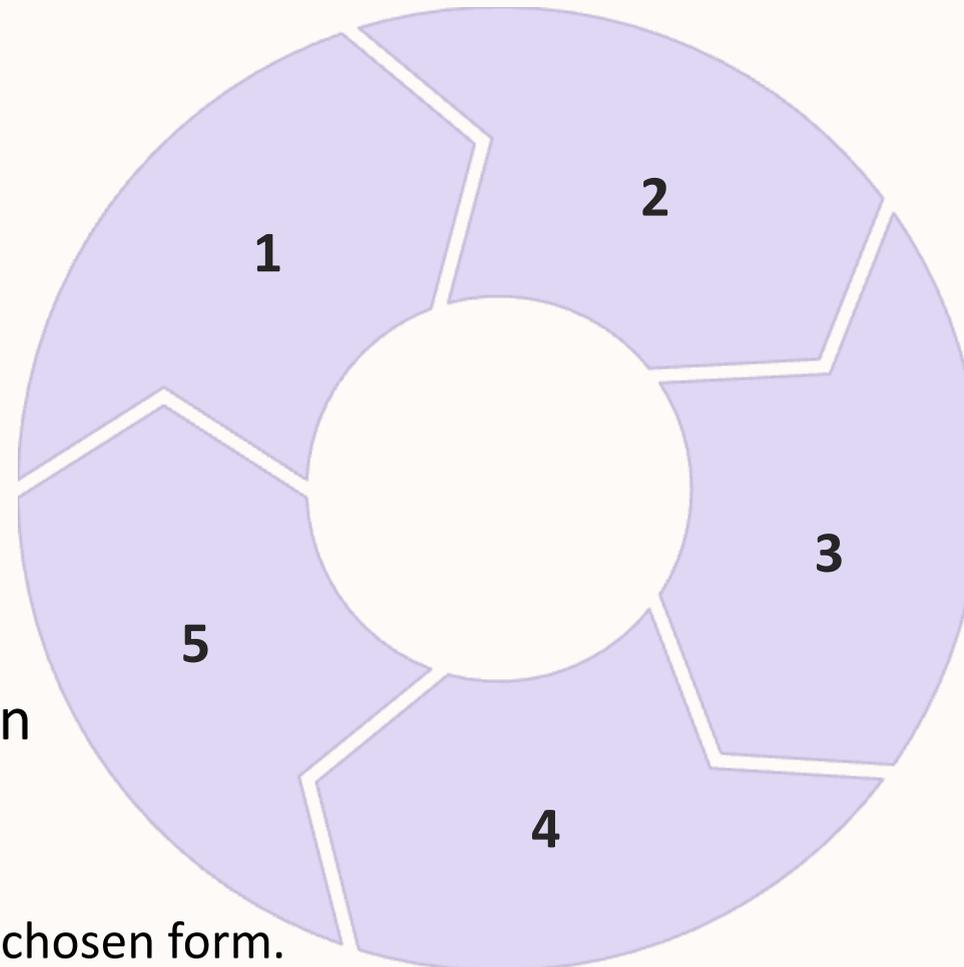
# Different Forms of Meeting

## Child's Form

*My Baba*

## Satguru Form

The One who grants liberation  
and liberation-in-life.



## Mother–Father Form

The One who nurtures and sustains.

## Companion (Friend) Form

Friend and companion.

## Teacher Form

The One who gives knowledge.

Everyone is deeply absorbed in their own chosen form.

Some say “My Baba,”

some say “My heart’s beloved.”

In different forms, there are different relationships—

all bound together by love.

# Photo of the Heart

## Inner Image

Seeing BapDada directly in the heart's picture—how beautiful that feels for everyone!

## From Ordinary to Extraordinary

It is not that the form itself is extraordinary, but the way the heart remembers—in that very form, He becomes visible.

## Garland of Happiness

Every heart is swaying in a garland of happiness.



# BapDada's Perspective

1

## **Beyond the Ordinary**

BapDada does not see anyone in an ordinary form.

2

## **Form of Relationship**

He sees in the form of relationship—  
as Father and child.

3

## **Love of the Heart**

The form of the heart's love is directly visible.

4

## **Deep Affection**

Seeing the deep state of each heart,  
His affection for every single one  
is clearly revealed.

# Special Qualities of the Meeting

1

## **Experience of Closeness**

No matter which corner someone is sitting in—  
where you are and where we are—  
everyone's face appears to be very close to BapDada.

2

## **Original Form**

Whenever BapDada comes,  
He sees you in your original form.

3

## **Matters of the Heart**

Heart-to-heart conversations take place within the heart itself,  
as if speaking face to face.

4

## **Depth of Experience**

The experience of being face to face brings  
happiness,  
it fills the heart.  
This experience feels deeply lovable to the heart.

# Companion Consciousness and Witness Consciousness

## Experience of Being a Companion

Even if someone is sitting in the last row, the extent to which the remembrance is firmly rooted in the heart— if one is experiencing it that deeply, then that soul is sitting as Baba's companion.

## Witness Awareness

Both companion consciousness and witness consciousness are being experienced simultaneously. Each person's heart experiences it in their own unique way.

# Experience of Confluence (Sangamyug)

## Original Feeling

For the majority, the confluence itself feels loving, because it brings an original, pure feeling.

## Meeting of Father and Child

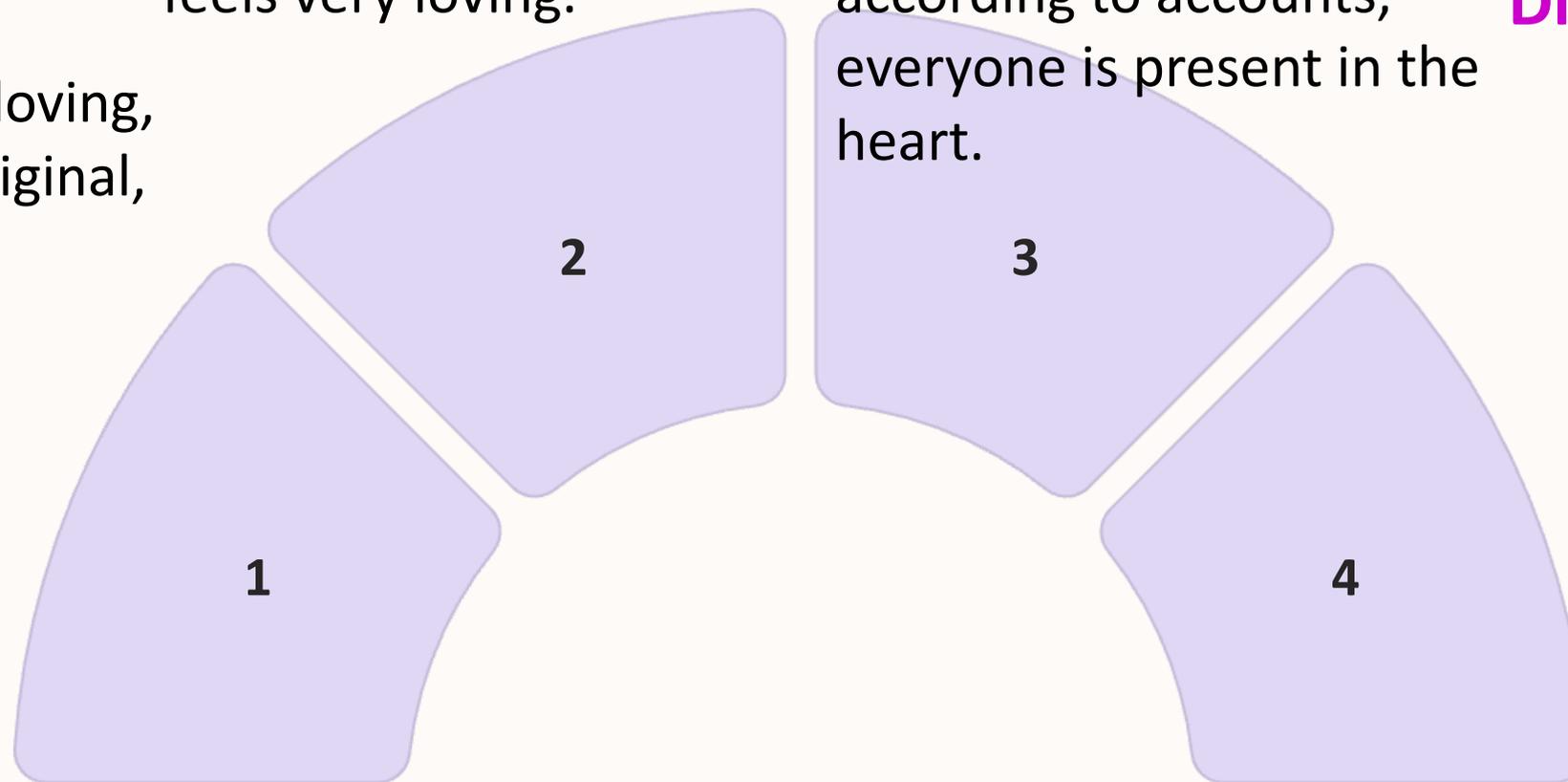
The meeting of the Father and the child feels very loving.

## Present in the Heart

Even if we are sitting here physically in the last row, according to accounts, everyone is present in the heart.

## Dilaram's Companionship

Dilaram (the Comforter of Hearts) and the hearts of the children— this meeting is so loving.



# Numbers of Love

1

## **Place in the Heart**

Everyone is seated in their respective place according to their number of love.

---

2

## **Image of the Heart**

What is the image in each one's heart at this moment?  
That image of the heart is now becoming visible externally in everyone.

---

3

## **Make-up of Affection (Sneh)**

Not everyone's face is very beautiful or fair, but the make-up absorbed through love automatically becomes visible.

# The Image of Love (Lagan)



## Reflection of Love

That very image of love for Baba is what is visible.

You can see the image of love directly on the face itself.

## Mirror of the Present

Everyone's face is showing clearly the form of their mind's present love and connection.

## Unity in Diversity

Someone is fair, someone is dark—so what?

What is visible is the image of love for Baba.



# The Greatness of the Mothers

## Increasing Numbers

BapDada observes that, according to the time, the number of mothers never decreases.

It continues to increase more and more.

## Father's Love

BapDada feels very good seeing such children among His own.

## Firm Determination

Even if there is a little weakness in the effort, they are still given special marks for their determination.

# The Difference Between Devotion and Knowledge

## **Form of Devotion**

In devotion, they are shown in various different forms.

## **Form of Knowledge**

When this day comes, BapDada looks at each child very carefully, one by one.

And the children are also seen in that very same form of love.

# The Song of the Heart



## **Wah Baba, Wah!**

From the heart of every child, the song of “Wah Baba, Wah! Wah Baba, Wah!” is being heard.



## **One Single Tune**

Bap listens to the song coming from the children’s different forms in a very harmonious, beautiful tune.



## **Instrument of Unity**

In one single instrument, it is being seen in the form of one single love.

# Challenges of Coming Together

1

## **Lack of Time**

There is only a little time available to meet face to face, yet even then, communication can still happen through the heart.

2

## **Physical Limitations**

These are days of intense heat, and traveling in such heat, eating, and managing things becomes difficult. First the effect of the heat is felt, and then the meeting happens.

3

## **Lack of Resources**

It is the Iron Age (Kaliyug), after all. In Kaliyug, it is impossible to have all facilities and means.

4

## **The Power of Love**

Yet even a meeting of just one minute feels very sweet and deeply loving.



# The Importance of Coming Together

**1**

## **A Symbol of Unity**

In a single gathering, people from so many different cities come together from their respective places.

**3**

## **The Value of Effort**

Even so, people make the effort— to gather and sit here together in Baba’s presence for as much time as possible.

**2**

## **Distance Dissolves**

When everyone gathers in one place from where they are, the feeling of distance naturally fades away.

**4**

## **Development of Resources**

Everyone can also become a resource in their own way.

# The Future of Coming Together

1

## **Present Challenges**

Even though time now seems to be drawing closer to completion, still, gatherings continue to take place, don't they?

2

## **Dissolving Distance**

So far apart—  
yet meeting from such great distances.

3

## **The Need for Patience**

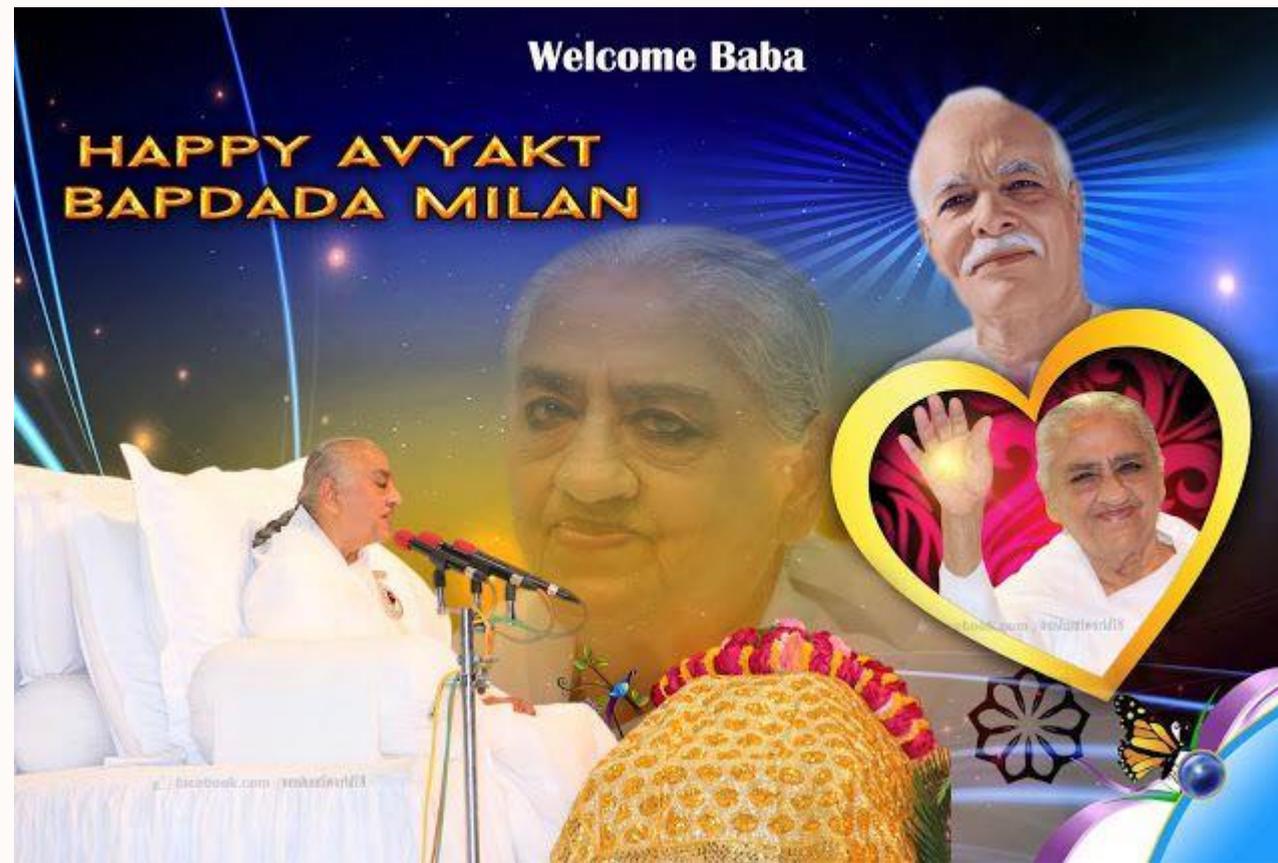
Just as attainment comes only through patience, let us continue in the same way.

4

## **Hope for the Future**

When our own kingdom comes, there will be so many resources—far more than we can even imagine.





## Final Message

### **The Importance of Love**

The meeting of the Father and the children is essential.

If we do not understand this, then nothing else truly matters.

Isn't it so? Even the Father remembers the children.

### **Beyond Difficulties**

A little heat, a little sweating, a little effort is required—but in front of Baba, what do these things really matter?

### **The Greatness of Knowledge**

What is done through devotion is one thing, but this is knowledge.

And through knowledge, true comfort is attained, isn't it?



# Book Review – Part 1



## “The Spiritual Colour of Holi: The Essence of Avyakt Murlis”

“*The Spiritual Colour of Holi: The Essence of Avyakt Murlis*” is a profound spiritual journey that leads a seeker towards inner purity and divine awareness.

Each chapter clearly explains the deeper meaning of Holi—somewhere it teaches the lesson of “**dying while living,**” and elsewhere it inspires one to “**become equal to the Father.**”

The uniqueness of this book lies in the fact that it does not merely offer thoughts or philosophy; rather, it holds the power to bring transformation at the deepest level of the soul.

### Key Messages Highlighted in the Book:

- **The true meaning of Holi:** Burning the old to become new
- **Union of the soul and the Supreme Soul:** A celebration of auspicious meeting
- **Spiritual colour:** The imperishable colour of knowledge, yoga, and virtues
- **Importance of service:** Inspiration to purify oneself and others

This book is valuable for every seeker who wishes to experience **lightness, peace, and true happiness** in life.

Every page reminds the reader that **Holi is not merely a one-day festival**—it is a **spiritual Holi**, which makes the soul eternally “*holi*”—that is, **pure, light, and joyful**.

## Book Review – Part 2

### “The Spiritual Colour of Holi – The Essence of Avyakt Murlis”

“*The Spiritual Colour of Holi – The Essence of Avyakt Murlis*” is a priceless spiritual work that inspires the seeker towards **inner transformation** and **divine experience**.

The nectar-like words of BapDada presented in this book teach us that:

- **Forgetting past mistakes is the true Holi.**
- **Purifying the soul through yoga and fire, and colouring it in the remembrance of the Supreme Soul, is real bliss.**
- **Spreading the spiritual colour of service, sweetness, and joy across the world is the true purpose of life.**

This book is not merely a compilation of **spiritual knowledge**;  
it is also a **powerful medium for bringing practical transformation** in the soul’s daily life.  
Each chapter enables the reader to deeply experience that  
**Holi is not just a one-day festival,**  
but rather a **constant, ever-celebratory state of the soul.**

One who reads this book with sincerity will realize that  
**true Holi does not exist outside,**  
but **resides within—**  
**in inner peace, love, and purity.**

## Appendix

### **A. Key Points – Mahavakyas of Holi (1969–2016)**

A curated collection of Baba’s powerful spiritual declarations on Holi, spanning several decades, highlighting the evolving depth of divine teachings.

### **B. BapDada’s Special Messages on Holi**

Precious messages given by BapDada specifically on the occasion of Holi, guiding souls toward inner purification and spiritual celebration.

### **C. Daily Practice for Celebrating True Holi (Holi Sadhana)**

Practical daily disciplines that help a seeker live Holi every day—by burning old weaknesses and adopting new virtues.

### **D. Questionnaire – Reflective Questions for Spiritual Churning**

Thought-provoking questions designed to inspire deep self-reflection and inner churning on the spiritual journey.

## 📖 Closing Reflection

*“Every line of this book carries a glimpse of the spiritual colour.  
While reading it, the soul itself experiences that—  
Holi is not merely a festival,  
but the soul’s continuous flight toward purity and light.”*

## “Reference:

1. <https://bkdrluhar.com/013.%20Avyakt%20Murlis/01.%20All%20Avyakt%20Murli/01.%20Hindi/00.%20Htm/00.%20Hindi%20Avyakt%20Murlis.htm>
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| 1-MARCH-1999  
| 3-APRIL-1997  
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| 3-MARCH-2007  
| 4-MARCH-1969  
| 6-FEB-1985  
| 9-MARCH-1982  
| 9-MARCH-2009  
| 13-MARCH-1998  
| 14-MARCH-2006  
| 15 MARCH 1984  
| 15-MARCH-2015  
| 16-MARCH-1992  
| 21-MARCH-1981  
| 23-MARCH-1970  
| 25-MARCH-1986  
| 26-MARCH-1993  
| 28-FEB-2010  
| 31-MARCH-2011  
| 31-MARCH-2016

**HAPPY HOLI  
TO YOU!**

**“By remaining in the remembrance of God and your fortune, always stay joyful and make everyone joyful — you are the Father’s fortunate, blessed, cheerful and happy Holi child.”**

🌸 **To the Dear Reader,**

If, while reading this book,  
your mind at any moment becomes peaceful, deep, and spiritual,  
then understand that **you too have celebrated the “Holi” of your soul.**

Burn away the past,  
immerse yourself in the colour of the Father,  
and remain forever absorbed in the joy of Holi.

**Om Shanti**

🌟 **Core Message**

*This sacred text enables the soul to realize  
that  
**the Holi of the Confluence Age is the true  
Holi,**  
where the soul itself becomes “Holi” —  
pure, light, and spiritually coloured.*

📧 *Please share here your experiences connected with this book:*  
**shivbaba311218@gmail.com**  
Thank you 😊

# Upheaval in Nature

Making Nature  
Sattopradhan (Pure)

