



WHY DOES
SHIV BABA
WANT US CHILDREN TO
PRACTICE YOGA?

*A Spiritual Journey of
Remembrance, Purity, and Transformation*

Remember Me,
and you will be
happy forever.
— Shiv Baba

AUTHOR
SWAATI VILHEKAR
(GAIGOLE)

OM SHANTI



WHY DOES SHIV BABA WANT US CHILDREN TO REMEMBER HIM?



**A Spiritual Journey of Remembrance,
Purity, and Transformation**



Author

Swaati Vilhekar

*"Yoga is the bridge between the soul and the Supreme
Soul."*

Om Shanti



Dedication

This book is lovingly dedicated to
Shiv Baba,
the Supreme Father, Teacher, and Satguru,
whose divine knowledge and love illuminate the path of every soul.
It is also dedicated to all spiritual seekers striving to rediscover their original
qualities of peace, purity, and happiness.
Om Shanti

Author's Note

This book is a humble effort to explain the deeper significance of Rajyoga as
taught by Shiv Baba through the Brahma Kumaris.
Yoga is not merely meditation—it is the soul's loving connection with the Supreme
Soul. Through this connection, the soul experiences peace, purity, strength, and
transformation.
May this book inspire readers to experience Baba's love and make Yoga a practical
part of daily life.
With spiritual good wishes,
Swaati Vilhekar
Om Shanti

Preface

In today's fast-paced world, despite material progress, human beings continue to
search for lasting peace and happiness.
Shiv Baba's Rajyoga offers a unique spiritual path that enables souls to reconnect
with their original nature and establish a direct relationship with the Supreme Soul.
This book explores why Yoga occupies such an important place in spiritual life and
how it helps the soul overcome Maya, transform sanskars, and attain an elevated
destiny.
May every reader experience the power of remembrance and the joy of divine
companionship.
Om Shanti



How to Read This Book

This book is designed for both beginners and experienced spiritual students.

To receive maximum benefit:

- Read one chapter at a time.
- Reflect deeply on the points discussed.
 - Practice Yoga while reading.
 - Apply the teachings in daily life.
 - Churn Murli points regularly.

Knowledge gives direction, but practice brings realization.

Om Shanti

"Knowledge gives direction, but Yoga gives the soul the power to fly."

"Sweet children, remember Me and claim your inheritance."

Om Shanti

Understanding the Term “Yoga”

In this book, the terms “Yog” and “Yoga” are used in the spiritual sense taught by Shiv Baba through the Brahma Kumaris.

The Sanskrit word “Yog” (योग) means **connection or union**.

In BK Rajyoga, Yog refers to:

The loving remembrance and connection of the soul with the Supreme Soul, Shiv Baba.

The word “Yoga” is the English form of the Sanskrit word “Yog.”

Unlike the common understanding of yoga as physical postures or exercises, the Yoga described in this book refers to:

- Soul-consciousness
- Remembrance of Shiv Baba
- Spiritual empowerment
- Divine connection with the Supreme Soul

Throughout this book, the words **Yog** and **Yoga** may be used interchangeably, both referring to the spiritual connection between the soul and the Supreme Soul.

Om Shanti



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Om Shanti 🌸



Chapter 1

What is Yoga? — A Deep Spiritual Understanding

Today, the word “**Yoga**” is widely known throughout the world. Some consider it physical exercise, some breathing techniques, and others meditation.

However, the Yoga taught by **Shiv Baba** is different from all these and is considered the highest form of Yoga.

It is not merely a method to keep the body healthy; rather, it is the **divine method of connecting the soul with the Supreme Soul.**

In the Sakar Murli, Baba says:

“Yoga means remembrance.”

This is a short statement, but within it lies the essence of the entire knowledge of Rajyoga.

The True Meaning of Yoga

The word “**Yoga**” originates from the Sanskrit root “*Yuj*,” which means **to connect**.

But the questions are:

- Connect with whom?
- How should we connect?
- Why should we connect?

Shiv Baba explains:

- True Yoga means connecting the soul with the Supreme Soul.
 - This connection is not of the body, but of the **mind and intellect.**
-

Who Am I?

Until one knows the soul, Yoga is not possible.

Baba says:

“Consider yourself a soul and remember the Father.”

This sentence contains two important teachings:

1. Consider yourself a soul.
2. Then remember the Supreme Father.

If I consider myself to be the body, my remembrance will naturally wander toward bodily relations and the material world.

But when the awareness arises:

- **I am a soul.**
- **I am a point of divine light.**
- **I am the driver of this body.**

then the journey of Yoga truly begins.

Body-Consciousness: The Root Cause of Sorrow

Today, human beings have:

- Mistaken the body to be the self.
- Considered relationships and possessions as “mine.”

As a result:

- Insult causes pain.



- Loss creates suffering.
- Illness brings fear.
- Relationships become stressful.

Why?

Because the soul has forgotten its original identity.

In the Avyakt Murli, BapDada says:

“Body-consciousness is the gateway to all sorrow.”

When the soul becomes detached from body-consciousness and experiences itself as a soul:

- The mind becomes light.
- Fear decreases.
- Situations appear less threatening.

Yoga Is Not Merely Sitting Quietly

Many people think:

“Yoga means sitting with closed eyes.”

But Rajyoga is not merely an exercise.

It is a **way of living**.

Yoga means:

- Remembering Baba while walking and moving.
- Maintaining soul-consciousness while performing actions.
- Experiencing God’s companionship in every situation.

Therefore Baba says:

“While performing actions, remember the Father.”

The Difference Between Worldly Love and Divine Love

Worldly love is often:

- Based on self-interest
- Filled with expectations
- Temporary

But Shiv Baba’s love is:

- Unconditional
- Pure
- Eternal

Worldly relationships may bring sorrow, but the relationship with God gives only strength.

Therefore, Baba does not teach us to run away from the world; rather, He teaches us to stay in the world while remaining connected to the Supreme.

Example: The Mobile Phone and the Charger

Baba often explains profound truths through simple examples.

The soul is like a mobile phone.

A mobile may have:

- Expensive features
- A beautiful design
- A powerful processor

But if the battery is drained, it cannot function.



Similarly, a person may be:

- Highly educated
- Talented
- Wealthy

Yet if the soul lacks power, inner peace remains absent.

Yoga is the charger of the soul.

When the soul connects with Shiv Baba:

- Peace fills the soul.
- Power fills the soul.
- Love fills the soul.
- Purity fills the soul.

Why Does Yoga Feel Difficult?

Many children say:

“Baba, my remembrance does not stay.”

Why?

Because for many births the soul has remembered:

- The body
- People
- Material possessions

Now, suddenly directing the mind toward God does not seem easy.

Maya:

- Brings waste thoughts
- Revives old memories
- Distracts the mind

Baba says:

“Maya does not allow you to remain in remembrance.”

However, through constant practice, Yoga gradually becomes natural.

The First Experience of Yoga

When the soul practices Yoga with a sincere heart, it begins to experience:

- A peaceful mind
- Inner lightness
- Divine companionship
- Reduced worry

This is the beginning of spiritual experience.

What Should One Do in Yoga?

1. Experience Yourself as a Soul

Affirm:

“I am a peaceful soul.”

2. Experience Shiv Baba in Front of You

Visualize Shiv Baba as a point of divine light in the Supreme Abode.

3. Remember with Love

Not forcefully, but lovingly.



4. Establish Relationships with Baba

Experience Him as:

- My Father
- My Teacher
- My Satguru
- My Companion

5. Experience Divine Rays

Feel as though Baba's rays are filling the soul with power.

Yoga and Destiny

Baba says:

“The more you remember Me, the higher the status you will attain.”

Everyone listens to knowledge.

But high status is attained by those who become:

- Constant yogis
 - Stable in remembrance
 - Soul-conscious
-

An Inspiring Story

A sister used to remain very disturbed.

She would:

- Cry over small matters.
- Feel hurt by people's words.
- Live with fear in her mind.

Then she began practicing every morning:

- 30 minutes of soul-consciousness
- Experiencing Baba as her companion

After a few months:

- Her self-confidence increased.
- Her sorrow reduced.
- Peace became visible on her face.

People began asking:

“How did such a transformation happen within you?”

She replied:

“I did not change my problems; I changed my connection.”

The Final Essence of Yoga

Yoga is:

- Not a ritual.
- Not difficult penance.
- Not running away into the forest.

Yoga is:

- The soul's journey back home.
- Love for the Supreme Soul.
- Recognition of one's true identity.



- The source of spiritual power.

Therefore Shiv Baba repeatedly says:
“O souls, remember Me.”

Because:

Knowledge gives direction, but Yoga gives the soul the power to fly.

Chapter 2

Why Does Shiv Baba Teach Yoga?

Yoga — The Greatest Blessing of the Confluence Age

If we extract the essence of the Murli, one message repeatedly emerges:

“Children, remember Me.”

Remember while studying knowledge.

Remember while doing service.

Remember while walking and moving.

Remember even while eating and drinking.

The question is:

Why does Shiv Baba place so much emphasis on Yoga?

- Is knowledge alone not sufficient?
- Are good actions and service not enough?
- Can a pure life alone not lead us to our destination?

According to the Sakar and Avyakt Murlis:

Yoga is the power that makes the soul complete.

Why Is Knowledge Alone Not Enough?

Knowledge awakens the soul.

But Yoga empowers the soul.

Through knowledge, the soul understands:

- I am a soul.
- This is the old world.
- Shiv Baba is my Father.

However, merely understanding does not erase old sanskars.

For example:

A person knows that anger is harmful, yet still becomes angry.

Why?

Because there is knowledge, but there is no power.

Therefore Baba says:

“Knowledge is the sword, and Yoga is its power.”

A sword without power cannot win a battle.

Similarly:

Knowledge without Yoga cannot make the soul complete.



Why Has the Soul Become Weak?

Shiv Baba explains that for many births the soul has remained in:

- Body-consciousness
- Vices
- Sorrow and unrest

As a result, the soul's original powers have diminished.

The soul that was once:

- Pure
- Powerful
- Blissful

has now become:

- Fearful
- Sorrowful
- Easily disturbed

This is the soul's **"battery down"** state.

Yoga Is the Food of the Soul

Just as the body requires food, the soul requires spiritual power.

Where can this power be obtained?

Not from:

- The world
- Human beings
- Material objects

The soul's true power comes only from the Supreme Soul.

Therefore Baba says:

"Children, connect your Yoga with the Father and receive power."

When the soul:

- Remembers Baba with love
- Experiences itself as a soul

it begins to fill with:

- Peace
 - Love
 - Happiness
 - Bliss
 - Purity
-

Why Does Shiv Baba Make Children Practice Yoga?

1. To Make the Soul Pure

To enter the Golden Age, the soul must become:

- Pure
- Light
- Satopradhan (completely pure)

But purity does not come merely through rules and disciplines.

It comes through:

- Divine love



- Constant remembrance

Baba says:

“You will become pure through the pilgrimage of remembrance.”

2. To Remove the Burden of Sins

The soul carries the burden of actions accumulated over many births.

These cannot be erased merely by:

- Charity
- Worship
- Pilgrimages

Baba says:

“Remember Me and your sins will be destroyed.”

Yoga is like fire.

Just as fire purifies gold, Yoga purifies the soul.

3. To Gain Victory Over Maya

Maya is not merely external situations.

Maya includes:

- Anger
- Greed
- Attachment
- Jealousy
- Laziness
- Waste thoughts

Knowledge tells us these are wrong.

But Yoga gives us the power to conquer them.

Many children say:

“I keep repeating the same mistakes.”

Why?

Because old sanskars are powerful.

When the soul practices Yoga:

- The intellect becomes powerful.
- Decision-making power increases.
- Tolerance develops.

Gradually, old sanskars begin to change.

4. Because Baba Wants Children to Become Like the Father

The goal of the Confluence Age is not merely to become a good human being.

The goal is to become:

- A deity
- An angel
- Equal to the Father

But to become like God:

- We must remain in His company.
- We must stay in His remembrance.



Just as iron becomes red-hot when placed in fire,
the soul acquires divine qualities by staying in Yoga.

What Powers Does Yoga Give?

In the Avyakt Murlis, BapDada speaks of many spiritual powers:

- The power to pack up
- The power to face situations
- The power to decide
- The power to tolerate
- The power to discern
- The power to cooperate

These powers do not come merely by studying.

They emerge through:

- Constant Yoga
 - Staying in Baba's company
-

Why Does Yoga Seem Difficult?

Baba says:

“Maya creates obstacles in remembrance.”

When we sit for Yoga:

- Old memories arise.
- The mind wanders.
- Sleep comes.
- Waste thoughts appear.

Why?

Because the mind has been running outward for many births.

Now, stabilizing it in God requires practice.

How Does Baba Make Yoga Easy?

Shiv Baba does not frighten His children.

He lovingly says:

“Children, simply remember Me.”

He does not ask for difficult austerities.

Instead, He says:

- Remember Me while walking.
- Remember Me while working.
- Remember Me from the heart.

Because this is the path of love.

Yoga and Divine Love

Worldly love:

- Changes
- Breaks
- Causes sorrow

But God's love is:



- Constant
- Pure
- Selfless

When the soul stays in Baba's love:

- Loneliness disappears.
- Fear vanishes.
- The heart becomes full.

That is why many children say:

“The happiness experienced in Baba's Yoga cannot be found anywhere in the world.”

An Inspiring Example

A brother used to live under great stress.

He worried about:

- Business
- Family problems
- Fear of the future

He listened to Murli regularly, yet did not experience peace.

One day he made a firm decision:

“Every Amrit Vela, I will sit with Baba.”

Daily he practiced:

- Soul-consciousness
- Experiencing Baba's rays
- Speaking to Baba from his heart

After a few months:

- His face changed.
- His mind became peaceful.
- Circumstances remained the same, but his vision changed.

He said:

“Earlier I was fighting alone. Now I experience that Baba is with me.”

Yoga: The Greatest Treasure of the Confluence Age

In the Confluence Age we receive:

- Knowledge
- Service opportunities
- A spiritual family

But the greatest treasure is:

God's companionship.

And that companionship is experienced through Yoga.

Summary of the Chapter

Shiv Baba teaches Yoga because:

- The soul must become powerful.
- Sins must be destroyed.
- Maya must be conquered.
- Sanskars must be transformed.



- Children must become equal to the Father.
- Souls must become worthy of the Golden Age.

Knowledge gives direction, but Yoga gives the power to fly.

Therefore Baba repeatedly says:

“Sweet children, remain on the pilgrimage of remembrance.”

Chapter 3

How Are Sins Burnt Through Yoga?

The Power of Remembrance — The Divine Process of Purifying the Soul

One of the deepest and most mysterious teachings of the Confluence Age is:

The destruction of sins through Yoga.

People in the world try many methods to erase their sins:

- Worship
- Charity
- Pilgrimages
- Fasting

Yet even after all this:

- The mind remains restless.
- Sanskars do not change.
- Sorrow does not end.

Why?

Because the root of sin lies within the soul.

And only the Supreme Soul possesses the power to purify the soul completely.

Therefore Shiv Baba says:

“Remember Me and your sins will be destroyed.”

This is not merely a sentence—
it is the very heart of Rajyoga.

What Are Sins (Vikarm)?

“Vikarm” refers to actions that:

- Pull the soul downward
- Become causes of sorrow
- Arise from body-consciousness and vices

Examples include:

- Anger
- Attachment
- Greed
- Jealousy
- Ego
- Deceit
- Giving sorrow to others



Every action leaves an impression upon the soul.
Baba explains:
The soul is like a recording machine.
Everything we think, speak, and do becomes recorded within it.

The Effect of Sins on the Soul

When the soul repeatedly performs sinful actions:

- Its power decreases.
- Purity diminishes.
- The mind becomes disturbed.

This is why today people experience:

- Pain over small matters
- Quick anger
- Tension in relationships
- Inner emptiness

This is not merely the result of one lifetime,
but the burden of many births.

Why Do Sins Not Easily End?

Many people say:

“I want to change, yet I keep repeating the same mistakes.”

Why?

Because sanskars do not change merely through desire.

For example:

A person knows anger is wrong,
yet becomes angry when circumstances arise.

Why?

Because an old recording exists within the soul.

That recording:

- Is understood through knowledge,
 - But is erased through Yoga.
-

How Does Yoga Work?

Baba calls Yoga:

“The fire of remembrance.”

Just as:

- Fire purifies gold,
- Sunlight dries impurities,

similarly,

God’s remembrance purifies the soul.

Baba says:

“The rust of many births will be removed through the pilgrimage of remembrance.”



What Is the Rust on the Soul?

Originally, the soul was:

- Pure
- Peaceful
- Loving

But through many births:

- Vices
- Sorrow
- Body-consciousness

have covered the soul with rust.

As a result:

- Happiness has decreased.
- Tolerance has weakened.
- Love has diminished.

Yoga is the process of removing this rust.

What Actually Happens During Yoga?

When the soul:

- Experiences itself as a soul,
- And lovingly remembers Shiv Baba,

a divine connection forms between the soul and the Supreme Soul.

At that moment:

- Divine power flows into the soul.
- The soul becomes lighter.
- Inner impurities begin to burn away.

This is the process known as:

“The destruction of sins.”

Example: The Sun and Ice

If ice is placed under the sun,
it gradually melts.

No separate effort is needed to remove it.

Similarly,

when the soul remains in the love and power of God:

- Anger melts away.
- Sorrow melts away.
- Fear melts away.
- Ego weakens.

Yoga does not force transformation—
it transforms naturally.

Why Are Sins Not Removed Merely by Asking for Forgiveness?

People in the world often:

- Confess their mistakes
- Ask for forgiveness



- Perform acts of charity

Yet their sanskars remain unchanged.

Why?

Because:

- The soul remains weak.
- It has not received power.
- The inner recording has not changed.

Shiv Baba does not merely forgive—

He empowers the soul.

And that power destroys sins.

Yoga and Karmic Accounts

Many children ask:

“If we practice Yoga, why do difficulties still come?”

Baba explains:

- Old karmic accounts still remain.
- Certain karmic consequences must be settled.

However, through Yoga:

- The karmic burden becomes lighter.
- Tolerance increases.
- The experience of suffering decreases.

Example

Two people may suffer from the same illness.

One person:

- Becomes fearful
- Breaks down emotionally
- Remains unhappy

The other:

- Remains peaceful
- Experiences Baba’s support
- Stays internally stable

What is the difference?

The power of Yoga.

How Does Yoga Change Sankars?

Sins do not create only actions;

they also create sanskars.

For example:

- Repeated anger → Angry sanskar
- Repeated worry → Habit of anxiety
- Repeated sorrow → Sorrowful nature

Yoga makes the soul powerful enough to:

- Pause before reacting
- Tolerate situations



- Remain peaceful

Gradually:

Old sanskars begin to weaken.

A Deep Signal from the Avyakt Murli

BapDada says:

“To remain in remembrance means to fill the soul with God’s love and power.”

This means Yoga is not dry austerity.

Yoga is:

- An experience of love
 - An experience of power
 - An experience of divine companionship
-

Yoga and True Repentance

When the soul comes close to Baba,

it begins to recognize its past mistakes.

But Baba does not keep children in guilt.

He teaches:

- Understand the mistake.
- Transform yourself.
- Take power from Baba.
- Move forward.

This is true transformation.

What Does the Experience of Yoga Feel Like?

As sins begin to burn:

- The mind feels light.
- The soul becomes peaceful.
- Inner happiness increases.
- Waste thoughts decrease.

And the most beautiful experience is:

“Baba is with me.”

An Inspiring Story

A brother had a habit of anger.

He would shout over small matters.

Again and again he thought:

“I want to change.”

But transformation did not come.

Then he began practicing daily:

- Amrit Vela Yoga
- Soul-consciousness throughout the day
- Remembering Baba whenever anger arose

Gradually:

- His voice softened.



- Reactions reduced.
- People began experiencing peace in his company.

One day he said:

“I did not fight anger. I strengthened my connection with Baba.”

Yoga and Purity

To enter the Golden Age, the soul must become:

- Satopradhan
- Pure
- Light

But purity does not come merely from external rules.

It comes through:

- Inner cleansing
- Pure thoughts
- Divine love

And this is possible only through Yoga.

The Depth of Yoga

In the beginning, Yoga feels like practice.

Then it becomes an experience.

And eventually—

it becomes one’s nature.

At that stage, the soul naturally becomes:

- Peaceful
 - Loving
 - Stable
-

Summary of the Chapter

Shiv Baba teaches Yoga because:

- The soul carries the rust of many births.
- The burden of sins must be removed.
- Sanskars must be transformed.
- The soul must become pure.
- It must become worthy of the Golden Age.

Knowledge shows the mistake, but Yoga transforms the soul.

Therefore Baba repeatedly says:

“Children, remain on the pilgrimage of remembrance.”



Chapter 4

Yoga and the Battle with Maya

The Real Mahabharata of the Confluence Age

The greatest battle of the Confluence Age is not taking place outside—
it is taking place **within**.

This battle is not between:

- Nations
- Weapons
- People

Rather, it is the battle between:

The soul and Maya.

On one side is the soul,
which wishes to fly toward Shiv Baba.

On the other side is Maya,
which tries to pull the soul downward.

Therefore Baba says:

“Maya does not allow you to remain stable in remembrance.”

This is not an ordinary statement.

It contains the secret of the entire spiritual effort.

What Is Maya?

Many people think Maya simply means:

- Wealth
- Property
- Material possessions

But according to BK knowledge, Maya has a much deeper meaning.

Maya is:

Anything that pulls the soul away from its true state.

The Main Forms of Maya

1. Body-Consciousness

The first and greatest form of Maya is:

“I am this body.”

From this arise:

- Anger
- Sorrow
- Fear
- Comparison
- Feelings of insult

When someone praises us, we feel happy.

When someone criticizes us, we feel hurt.

Why?

Because the soul has mistaken itself for the body.



2. Lust

Baba says:

Lust is the greatest enemy.

It:

- Takes away the soul's purity
- Weakens the intellect
- Makes relationships sorrowful

3. Anger

Anger burns away the power of the soul.

A moment of anger can:

- Destroy years of relationships
- Eliminate inner peace

4. Attachment and Greed

“This is mine.”

This feeling itself is attachment.

Attachment:

- Binds the soul
- Causes sorrow
- Creates dependency

Greed keeps the soul dissatisfied.

No matter how much one receives,
the desire for more continues.

5. Laziness and Waste Thoughts

Many times Maya does not come in the form of major vices.

It comes as:

- Sleep
- Laziness
- Procrastination
- Waste thoughts

The moment we sit for Yoga:

- Old memories arise
- The mind wanders
- The mobile phone comes to mind
- Imagination begins

These are subtle forms of Maya.

Why Does Maya Attack More During Yoga?

Many children ask:

“As soon as I sit for Yoga, the mind wanders even more.”

Why?

Because Maya knows:



If the soul forms a connection with Shiv Baba, it will become powerful.

And a powerful soul:

- Conquers Maya
- Becomes free from vices
- Becomes equal to the Father

Therefore Maya attacks Yoga the most.

Why Is This Called the Mahabharata War?

Mahabharata is not merely history.

It is a spiritual symbol.

- **Pandavas** = Yogi souls
- **Kauravas** = Vices and Maya
- **Battlefield** = The mind and intellect
- **Shrimat** = The path to victory

Inside us:

One voice says:

“Remember Baba.”

Another says:

“Later.”

This inner conflict itself is the real Mahabharata.

Maya’s Greatest Trick

Maya does not always appear in the form of obvious negativity.

Sometimes it comes disguised as:

- Responsibilities
- Relationships
- Seemingly reasonable excuses

For example:

- “I am too tired for Yoga today.”
- “Let me check my phone first.”
- “Who can make so much effort every day?”

Slowly, the soul becomes weak.

The Subtle Form of Maya: Human Opinion

Many times the soul leaves Shrimat and begins following human opinions.

As a result:

- Confusion increases
- Sorrow increases
- Dissatisfaction increases

BapDada says:

“Where there is Shrimat, there is victory.”

On Whom Does Maya Attack the Most?

Maya attacks especially those souls who:

- Want to progress spiritually



- Want to become yogis
- Want to do service

Why?

Because these are the souls destined to become future deities.

Therefore:

The greater the goal, the greater the paper.

Why Is Yoga a Protective Shield?

When the soul remains:

- In Baba's remembrance
- In soul-consciousness

a shield of spiritual power forms around it.

Then:

- Waste thoughts decrease
 - Situations shake the soul less
 - Others' words affect less
-

Example: The Mobile Network

If a mobile phone becomes disconnected from the network:

- Calls do not connect
- Messages do not go through

Similarly,

when the soul disconnects from Baba:

- Power decreases
- The mind becomes weak
- Maya quickly defeats it

But when the connection is strong,
the soul remains stable.

How Can We Recognize Maya?

If:

- The mind feels heavy
- Peace disappears
- Waste thoughts increase
- Yoga feels difficult
- Faults of others become more visible

then understand:

Maya is nearby.

The Greatest Mistake in Fighting Maya

Many children try to fight Maya directly.

For example:

“I will not get angry... I will not get angry...”

But the more they suppress it,
the stronger it becomes.



Baba teaches:

Do not fight Maya directly—strengthen your connection with Baba.

When light enters,
darkness disappears automatically.

How Is Victory Achieved Through Yoga?

1. Soul-Consciousness

Keep the awareness:

“I am a soul.”

This weakens body-consciousness.

2. Experience Baba as Your Companion

If the soul fights alone, it becomes tired.

But the feeling:

“Baba is with me.”

gives immense strength.

3. Constant Remembrance

Morning Yoga alone is not enough.

Throughout the day:

- While walking
- While speaking
- While working

maintain remembrance.

4. Murli Churning

Murli changes the direction of the mind.

The more one churns Murli points,
the weaker Maya becomes.

An Inspiring Story

A sister used to become upset very quickly.

If someone said something unpleasant,
she would think about it for days.

She would ask Baba:

“Why am I so weak?”

Then she started:

- Remembering Baba for one minute every hour
- Pausing before reacting
- Practicing Amrit Vela Yoga

Gradually:

- Sorrow decreased
- The mind became stable
- Other people’s words stopped affecting her

She said:



“Earlier I looked at situations; now I look at Baba.”

The Avyakt Stage: Beyond Maya

When the soul becomes:

- Detached from the body
- Beyond situations
- Absorbed in Baba’s love

Maya begins to weaken.

This is called:

- The double-light stage
 - The angelic stage
 - The avyakt stage
-

The Secret of Victory

Baba says:

“Children who remain in remembrance become conquerors of Maya.”

The power to defeat Maya comes:

- Not through argument
- Not through suppression

But only through:

Yoga.

Summary of the Chapter

Maya:

- Pulls the soul downward
- Creates body-consciousness
- Distances the soul from Yoga

But Yoga makes the soul:

- Powerful
- Stable
- Fearless
- Victorious over Maya

The Mahabharata is not outside—it is taking place within our own mind.

And there is only one way to win this battle:

“Remember Baba.”



Chapter 5

Why Is Amrit Vela Yoga Necessary?

Brahma Muhurta — The Divine Meeting Time of the Soul and the Supreme Soul

If there is one of the greatest treasures of the Confluence Age, it is **Amrit Vela**.

Many children say:

- “I don’t get time during the day.”
- “My mind does not settle in Yoga.”
- “The mind wanders too much.”

Yet those who regularly wake up for Amrit Vela experience:

- Baba’s special companionship
- Deep peace
- Mental stability
- Spiritual power

This is why Shiv Baba repeatedly emphasizes the importance of Amrit Vela.

What Is Amrit Vela?

The word “**Amrit**” means:

- Immortality
- Divine power
- Life-giving spiritual experience

And “**Vela**” means time.

Thus, Amrit Vela is:

The sacred time when the soul draws power from the Supreme Soul and prepares itself for an eternal fortune.

In BK life, the time around **4:00 a.m.** is generally considered Amrit Vela.

It is not merely a routine;

it is the divine meeting time of the soul and God.

Why Is Brahma Muhurta So Powerful?

The atmosphere during the early morning hours is:

- Peaceful
- Pure
- Subtle

At that time:

- Worldly activity is minimal
- Mental vibrations are calm
- Distractions are fewer

Therefore, the soul becomes concentrated more easily.

Scientific and Spiritual Perspective

In the early morning:

- The mind is relatively fresh



- The subconscious mind is more receptive
- The environment is quieter

However, BK Rajyoga goes even beyond this.

Amrit Vela is not merely mental relaxation—
it is an experience of divine connection with God.

Why Does Baba Give So Much Importance to Amrit Vela?

Because:

The way we begin our day determines how the rest of the day unfolds.

If the morning begins with:

- Waste thoughts
- Laziness
- Mobile phones
- Worries

then the whole day continues in the same vibration.

But if the day begins with:

- Baba's remembrance
- Soul-consciousness
- Peace

the entire day becomes powerful.

Baba says:

“Wake up early in the morning and remember the Father.”

This is not merely discipline—

it is a method to empower the soul.

What Is the Experience of Amrit Vela Like?

Children who practice Amrit Vela regularly often experience:

- A very subtle atmosphere
- The mind becoming peaceful quickly
- Baba's nearness
- A feeling of lightness

Many children describe it this way:

“It feels as if the whole world is asleep, and I am sitting alone with Baba.”

This is the beauty of Amrit Vela.

Why Is Maya Less Active During Amrit Vela?

Throughout the day, the mind is disturbed by:

- Mobile phones
- Work
- People
- Noise
- Responsibilities

But early in the morning:

- The mind is comparatively peaceful
- Worldly vibrations are slower



Therefore, Baba's remembrance becomes easier.

The First Battle of Amrit Vela

In the beginning, Amrit Vela feels difficult.

Why?

Because Maya first comes in the form of:

- Sleep
- Laziness

The mind says:

- "Let me sleep a little longer."
- "I'll start tomorrow."
- "Why wake up so early?"

This itself is the first spiritual paper.

Why Is Victory Over Sleep Necessary?

A soul that cannot conquer sleep—
how will it conquer Maya?

Amrit Vela teaches:

- Self-discipline
- Self-mastery
- Determination

Every morning becomes a victory over the self.

How Should We Practice Yoga During Amrit Vela?

1. First Experience Yourself as a Soul

Affirm:

"I am a peaceful soul."

If body-consciousness arises at the beginning, the mind will wander quickly.

2. Experience the Supreme Abode

Visualize yourself as:

- A point of divine light
- Residing in the Supreme Abode

Then experience Shiv Baba as a point of light.

3. Build Relationships with Baba

Do not merely remember Baba—
experience your relationship with Him.

Feel:

- My Father
- My Teacher
- My Companion
- My Friend

When the relationship becomes alive,
Yoga becomes easy.



4. Experience Rays of Spiritual Power

Feel:

- Baba's peace filling the soul
- Baba's love filling the heart
- Baba's power strengthening the soul

The Greatest Benefit of Amrit Vela: Protection Throughout the Day

If the morning Yoga is powerful, then:

- The mind remains stable throughout the day
- Reactions reduce
- Situations shake us less

Just as:

A mobile phone that is fully charged in the morning functions well all day, similarly,

Amrit Vela fully charges the soul.

Amrit Vela and Decision-Making Power

Children who practice deep Yoga during Amrit Vela gradually develop:

- Decision-making power
- Discernment power
- Tolerance power

Why?

Because their intellect becomes connected to Baba.

The Subtle Experience of Amrit Vela

In the Avyakt Murlis, BapDada says that special subtle cooperation is received during Amrit Vela.

Many children experience:

- Sudden solutions to problems
- A peaceful mind
- Spiritual inspiration

during this sacred time.

Amrit Vela and Transformation of Sanskars

Throughout the day the soul:

- Reacts to situations
- Hears wasteful things
- Gets entangled in circumstances

But Amrit Vela resets the soul.

It:

- Removes old impressions
 - Refreshes the soul
 - Fills it with new power
-



An Inspiring Example

A brother used to live under great stress.

Throughout the day he experienced:

- Anger
- Worry
- Confusion

Someone suggested to him:

“Practice Amrit Vela regularly for just 21 days.”

At first it felt difficult.

But he made a firm decision.

Every day he began:

- Waking up at 4:00 a.m.
- Practicing Yoga for 45 minutes
- Churning Murli points

After some time:

- His face changed
- His mind became peaceful
- His reactions decreased

He said:

“My situations did not change; my power to face them changed.”

Amrit Vela and the Angelic Stage

During Amrit Vela, the soul gradually becomes:

- Detached from the body
- Detached from the world
- Very close to Baba

Slowly it experiences:

- Lightness
 - The double-light stage
 - The angelic stage
-

Obstacles in Amrit Vela

The main obstacles are:

1. Sleep
2. Laziness
3. Waste thoughts
4. Irregularity
5. Staying awake late at night

If one’s daily routine is not balanced,
Amrit Vela cannot become stable.

How to Make Amrit Vela Powerful

- Sleep early at night.
- Remember Baba before sleeping.
- Avoid checking the mobile phone immediately after waking up.



- Freshen up before sitting for Yoga.
- Sit in a fixed place every day.
- Churn Murli points after Yoga.

Amrit Vela and Fortune

Baba says:

“Children who remember Me during Amrit Vela receive special help.”

This means:

Amrit Vela is not merely a routine—it is the time for creating fortune.

Summary of the Chapter

Amrit Vela is important because:

- The soul receives divine power.
- The mind becomes peaceful and stable.
- Sanskars are transformed.
- The soul receives protection throughout the day.
- The connection with Baba becomes deep.

Amrit Vela is the sacred time when the soul meets the Supreme Soul in silence and love.

Chapter 6

Yoga and the Angelic Life

The Journey from Human Consciousness to Angelic Consciousness

The aim of the Confluence Age is not merely to become good human beings.

Shiv Baba has come to transform ordinary human beings into **deities and angels (farishtas)**.

Therefore, BapDada repeatedly reminds us:

“Become double light and become an angel.”

But what is an angel?

Is an angel a being with wings?

No.

In BK knowledge, an angel is:

A soul that lives in the body, yet remains beyond body-consciousness.

What Is the Angelic Stage?

An angelic stage is a state in which the soul:

- Is detached from the body
- Is free from burdens
- Is beyond waste thoughts
- Remains constantly connected to Baba

An angel lives in the world,

but does not become trapped by the world.

Such a soul:

- Performs actions,
- Fulfills responsibilities,



- Maintains relationships, yet remains internally detached.

This is called:

Living in the world while remaining beyond it.

What Does “Double Light” Mean?

BapDada often uses the term:

Double Light

This has two meanings:

1. Light in Weight

The soul becomes free from:

- Burdens of the past
- Worries about the future
- Attachment to situations

Such a soul feels internally light.

2. Light as Divine Illumination

The soul becomes filled with:

- Peace
- Purity
- Spiritual power

It begins to radiate divine vibrations.

Thus, an angel is both:

- Light in burden
 - Filled with spiritual light
-

Why Is the Angelic Stage Necessary?

The final destination of the Confluence Age is not merely knowledge.

It is transformation.

Baba wants children to become:

- Equal to the Father
- Masters of the self
- Future deities

To attain this, the soul must become angelic.

The Greatest Obstacle to the Angelic Stage

The greatest obstacle is:

Body-consciousness

When the soul thinks:

- “I am this body.”
- “This is mine.”
- “People must respect me.”

it becomes heavy.

From body-consciousness arise:

- Ego
- Attachment



- Fear
- Sorrow

Therefore Baba repeatedly teaches:

“Become soul-conscious.”

How Does Yoga Create the Angelic Stage?

Yoga gradually transforms the soul.

When the soul remains in remembrance:

- Attachments weaken
- Waste thoughts reduce
- Inner peace increases
- The intellect becomes subtle

Slowly the soul experiences:

“I am a soul, separate from this body.”

This is the beginning of the angelic stage.

The Angelic Life Is Not Escape from the World

Many people think spirituality means leaving home or responsibilities.

But Baba does not teach renunciation of action.

He teaches:

Renunciation of attachment while performing actions.

An angel:

- Lives with the family,
- Performs duties,
- Does service,

yet remains internally free.

This is true spirituality.

Signs of an Angelic Soul

A soul moving toward the angelic stage displays certain signs:

1. Stability

Situations change,

but the soul remains stable.

2. Lightness

The mind does not carry burdens.

3. Love

Relationships become pure and selfless.

4. Tolerance

The soul learns to accept and endure.

5. Spiritual Happiness

Happiness arises from within,

not from external circumstances.



How Does Yoga Reduce Burdens?

Many people carry invisible burdens:

- Old memories
- Regrets
- Worries
- Expectations

These make the soul heavy.

When the soul sits in Yoga and experiences Baba's love:

- The past loses its grip
- Fear decreases
- Inner healing begins

The soul feels:

“Baba is carrying my burdens.”

The Angelic Stage and Relationships

An angel does not break relationships.

Instead, relationships become elevated.

In ordinary relationships:

- There are expectations
- There is dependency
- There is attachment

But angelic relationships are based on:

- Respect
- Pure feelings
- Spiritual love

Then relationships become a source of happiness rather than sorrow.

Example: The Lotus Flower

Baba often gives the example of the lotus flower.

The lotus lives in water,
yet remains untouched by it.

Similarly,

an angel:

- Lives in the world,
- Works in the world,
- Interacts with people,

yet remains detached internally.

This is the lotus stage.

The Angelic Stage During Service

When service is done without Yoga:

- Ego may arise
- Expectations may arise
- Fatigue may arise

But when service is performed in Yoga:



- The soul remains humble
- Power flows naturally
- Service becomes elevated

This is called:

Yogyukt Seva (Service performed in Yoga).

The Experience of the Angelic Stage

As the soul progresses in Yoga, it begins to experience:

- Lightness
- Peace
- Detachment
- Divine companionship

Sometimes the soul feels:

“I am only an instrument; Baba is the Doer.”

This awareness makes the soul free from burdens.

An Inspiring Story

A sister was deeply affected by people’s opinions.

Praise made her happy.

Criticism made her sad.

One day she decided:

“I will practice becoming an angel.”

She began:

- Practicing soul-consciousness
- Remembering Baba every hour
- Offering every action to Baba

After some months:

- Her reactions reduced
- Her peace increased
- People’s opinions affected her less

She said:

“Earlier I carried everything in my heart. Now I give everything to Baba.”

The Final Stage: Becoming Like the Father

Baba’s aim is not merely to make us good.

His aim is:

To make us equal to the Father.

The more the soul remains in Yoga:

- The more it becomes light
- The more it becomes powerful
- The more it becomes angelic

Eventually the soul reaches the stage of:

Complete detachment and complete love.



Summary of the Chapter

Yoga helps the soul become:

- Double light
- Detached from body-consciousness
- Free from burdens
- Filled with divine qualities
- Equal to the Father

An angel is not one who leaves the world, but one who lives in the world while remaining beyond it.

And the key to becoming an angel is:

Constant Yoga with Shiv Baba.

Chapter 7

Yoga and Service — The Secret of Powerful Service **Service Is Not Just Words, But Vibrations**

At the Confluence Age, Shiv Baba has given children a divine task:

To bring benefit to souls through service.

However, service is not merely:

- Giving lectures
- Distributing literature
- Organizing programs

True service happens when:

The soul itself becomes an embodiment of peace and power.

This is why Baba repeatedly says:

“First become yogi, then become a server.”

Why Is Yoga Necessary for Service?

Many people perform service.

But not all service produces the same result.

Why?

Because the power of service depends upon the stage of the server.

Two people may speak the same words,
yet one touches hearts while the other does not.

The difference is:

Yoga.

Knowledge gives content.

But Yoga gives power.

Service Without Yoga

When service is done without Yoga:

- Ego may arise.
- Expectations may develop.
- Fatigue may increase.



- Disappointment may occur.

Then thoughts such as these arise:

- “No one appreciated my service.”
- “I worked so hard.”
- “People did not cooperate.”

This is because the soul has become body-conscious.

Yoga-Filled Service (Yogyukt Seva)

Service performed while connected to Baba is called:

Yogyukt Seva.

In such service:

- The soul remains an instrument.
- Baba is experienced as the Doer.
- Ego does not arise.
- Service becomes effortless.

The server thinks:

“Baba is doing everything through me.”

This stage keeps the soul light and powerful.

The Power of Vibrations

Service is not done only through words.

Every soul radiates vibrations.

When a soul remains in Yoga:

- Peace spreads naturally.
- Love is felt by others.
- People experience comfort.

Sometimes, even silence becomes service.

This is called:

Silent Service.

What Is Silent Service?

Silent service means:

Serving souls through pure vibrations.

A yogi soul may not speak much,
yet people feel peace in its presence.

Why?

Because vibrations travel beyond words.

Baba says:

“The greatest service is through the mind.”

Service Through the Mind

The mind is extremely powerful.

Pure thoughts create subtle vibrations.

When children sit in Yoga and spread good wishes:

- Souls receive cooperation.



- The atmosphere becomes peaceful.
- Nature also benefits.

This is called:

Service through elevated thoughts.

Why Does Service Sometimes Feel Difficult?

Many servers experience:

- Tiredness
- Stress
- Discouragement

Why?

Because they try to serve with personal power.

Human power is limited.

But God's power is unlimited.

Therefore Baba teaches:

First fill yourself through Yoga, then serve.

A lamp can light other lamps only if it is already lit.

Example: The Battery and the Device

A device may have excellent features,
but without a charged battery it cannot function.

Similarly,

service without Yoga becomes weak.

Yoga charges the soul,

and then service becomes powerful.

The Relationship Between Yoga and Service

Yoga and service are like two wings of a bird.

Without one wing, a bird cannot fly.

Similarly:

- Yoga without service becomes incomplete.
- Service without Yoga becomes powerless.

A complete spiritual life requires both.

Service with Humility

One of the greatest obstacles in service is ego.

Thoughts such as:

- "I did this."
- "My program was successful."
- "People appreciated me."

create spiritual weakness.

A true server thinks:

"Everything belongs to Baba."

Humility protects the soul.



The Fruit of Pure Service

When service is performed with Yoga:

- Blessings increase.
- Happiness increases.
- Spiritual power increases.

The soul feels:

“I am an instrument for world benefit.”

Such service never becomes a burden.

Instead, it becomes a source of joy.

Service and Relationships

During service, many people work together.

Differences may arise.

At such times, Yoga helps the soul:

- Remain stable
- Avoid conflict
- Maintain good wishes

Service flourishes where there is unity.

And unity comes through Yoga.

The Secret of Success in Service

Baba does not ask children merely to do more service.

He asks them to become:

- Powerful
- Soul-conscious
- Yogyukt

Because:

Quality is more important than quantity.

Even a few words spoken from a powerful stage can transform lives.

An Inspiring Story

A brother was very active in service.

He worked hard,

but often became upset when people did not cooperate.

One day an elder BK told him:

“Increase your Yoga more than your service.”

He began:

- Practicing regular Amrit Vela
- Remembering Baba during service
- Offering every task to Baba

Gradually:

- His stress disappeared.
- His happiness increased.
- Service became effortless.

He said:



“Earlier I was doing service; now I experience Baba doing service through me.”

The Highest Service

The highest service is not merely speaking knowledge.

The highest service is:

To become an embodiment of what we teach.

When a soul becomes:

- Peaceful
- Pure
- Loving
- Stable

its very presence becomes service.

This is called:

Service through life.

Service and the Future Kingdom

Baba says that service performed now creates future fortune.

Those who serve with Yoga accumulate:

- Blessings
- Elevated sanskars
- High status in the future kingdom

Therefore service is not merely an activity—

it is the creation of destiny.

Summary of the Chapter

Yoga makes service:

- Powerful
- Selfless
- Humble
- Effective

Without Yoga:

- Service becomes tiring.

With Yoga:

- Service becomes divine.

Words may touch the mind, but vibrations touch the soul.

Therefore Baba teaches:

“Become yogi and then serve.”



Chapter 8

The Method to Become a Constant Yogi

The Greatest Effort of the Confluence Age

Listening to knowledge is easy.

Doing service is also possible.

But Baba repeatedly reminds us:

“Children, remain in constant remembrance.”

Why?

Because the greatest attainment of the Confluence Age is not merely knowledge—it is becoming a **constant yogi**.

A constant yogi is not someone who remembers Baba only during meditation, but one who remains connected to Baba throughout the day.

Who Is a Constant Yogi?

A constant yogi is a soul who:

- Remains soul-conscious
- Remembers Baba naturally
- Stays stable in every situation
- Experiences God’s companionship constantly

Such a soul does not remember Baba only during special moments.

Rather, remembrance becomes its nature.

Why Is Constant Yoga Necessary?

Morning Yoga is powerful,

but if remembrance is lost throughout the day, Maya gets opportunities to enter.

Just as:

A mobile phone disconnects when the network is lost, similarly,

when the soul disconnects from Baba:

- The mind becomes weak.
- Waste thoughts increase.
- Situations begin to shake the soul.

Therefore Baba says:

“Remain in remembrance while performing actions.”

Why Does Remembrance Break?

Many children ask:

“Why does my remembrance not stay?”

The reasons include:

- Body-consciousness
- Waste thoughts
- Attachment
- Excessive involvement in work



- Lack of practice

For many births, the soul has remembered the world.

Now learning to remember Baba requires practice.

The First Step: Soul-Consciousness

The foundation of constant Yoga is:

“I am a soul.”

When this awareness becomes firm:

- Body-consciousness weakens.
- Ego decreases.
- Fear reduces.
- Peace increases.

Therefore Baba repeatedly teaches:

“Consider yourself a soul and remember the Father.”

Remembering Baba While Performing Actions

Rajyoga does not teach renunciation of action.

Instead, it teaches:

Action with remembrance.

Whether:

- Cooking
- Working
- Driving
- Speaking
- Serving

the intellect remains connected to Baba.

This is Karma Yoga.

The Practice of Traffic Control

Baba has given a beautiful method:

Traffic Control

This means pausing for a minute every hour and remembering Baba.

Even one minute of powerful remembrance:

- Refreshes the mind
- Recharges the soul
- Reduces waste thoughts

Many children experience great benefit through this practice.

The Art of Keeping Baba with You

Constant Yoga does not mean forcing the mind.

It means developing a loving relationship.

Feel:

- Baba is with me.
- Baba is my Companion.
- Baba is guiding me.



When remembrance becomes relationship,
Yoga becomes easy.

Obstacles in Constant Yoga

The main obstacles are:

1. Waste Thoughts

Waste thoughts drain spiritual energy.

Examples:

- Overthinking
- Imagining unnecessary scenarios
- Repeating old memories

Baba says:

“Waste thoughts are a leakage of power.”

2. Attachment

Attachment makes the soul dependent on people and situations.

When expectations are not fulfilled:

- Sorrow arises.
- Peace is lost.

Yoga helps the soul become loving yet detached.

3. Irregularity

Some days we practice Yoga deeply,
and other days we neglect it.

This irregularity weakens the soul.

Just as physical exercise requires consistency,
spiritual power also requires regularity.

The Power of Short Remembrance

Many think Yoga requires long hours.

But Baba teaches:

Quality is more important than quantity.

Even a few moments of deep remembrance can transform the soul.

A single second of true connection with Baba can fill the soul with power.

The Practice of Being a Detached Observer

One of Baba’s important teachings is:

Become a detached observer.

This means:

- Observe situations without getting disturbed.
- Observe thoughts without becoming trapped.
- Observe actions without ego.

When the soul becomes a detached observer:

- Reactions decrease.
- Stability increases.



- Peace remains.
-

The Role of Murli Churning

Murli is food for the intellect.

The more we churn Murli points:

- The intellect becomes elevated.
- Remembrance becomes natural.
- Maya becomes weak.

Knowledge creates awareness.

Churning creates realization.

Realization creates Yoga.

Constant Yoga in Relationships

Constant Yoga does not make a person distant.

Instead, it purifies relationships.

A yogi soul:

- Gives respect
- Does not demand
- Sees souls rather than bodies

Such relationships become free from sorrow.

Example: The Fragrance of a Flower

A flower does not make effort to spread fragrance.

Its fragrance spreads naturally.

Similarly,

a constant yogi naturally spreads:

- Peace
- Love
- Happiness

without speaking many words.

An Inspiring Story

A brother often complained:

“I forget Baba during work.”

An elder BK advised him:

“Do not separate work and Yoga. Work with Baba.”

He began:

- Offering every task to Baba
- Remembering Baba before meetings
- Taking one-minute pauses throughout the day

After some months:

- His stress reduced.
- His concentration increased.
- His mind remained peaceful.

He said:



“Earlier I worked alone; now I work with Baba.”

The Final Stage of Constant Yoga

In the beginning:

- Yoga is effort.

Later:

- Yoga becomes an experience.

Finally:

- Yoga becomes one’s nature.

At that stage:

- The soul remembers Baba naturally.
- Peace remains constant.
- Maya loses its influence.

This is called:

The stage of a constant yogi.

Summary of the Chapter

To become a constant yogi:

- Practice soul-consciousness.
- Remember Baba while performing actions.
- Use Traffic Control.
- Churn Murli points regularly.
- Become a detached observer.
- Build a loving relationship with Baba.

Constant Yoga is not about leaving the world—it is about staying connected to Baba while living in the world.

And Baba’s loving message remains:

“Sweet children, remain constantly in remembrance.”



Chapter 9 Avyakt Stage and Yoga Rising Beyond the Physical World

The ultimate aim of Rajyoga is not merely to attain peace.

Its goal is:

To elevate the soul into the Avyakt (subtle and bodiless) stage.

BapDada repeatedly inspires the children:

“Become avyakt, become double light, and become equal to the Father.”

But what exactly is the Avyakt stage?

How does Yoga help us attain it?

And why is this stage so important at the Confluence Age?

Let us understand deeply.

What Is the Avyakt Stage?

The word “**Avyakt**” means:

- Beyond the gross
- Subtle
- Bodiless
- Detached from the physical

The Avyakt stage is a state in which the soul:

- Lives in the body but remains beyond body-consciousness
- Performs actions but remains detached
- Experiences Baba’s constant companionship

It is the stage where the soul is in the world—
yet not bound by it.

The Difference Between Sakar and Avyakt Stages

Sakar Stage

In the Sakar stage:

- The soul is influenced by circumstances.
- Reactions arise quickly.
- The mind fluctuates.

Avyakt Stage

In the Avyakt stage:

- The soul remains stable.
- Circumstances have little effect.
- The mind stays peaceful and powerful.

The difference is not external—
it is a difference in consciousness.

Why Is the Avyakt Stage Necessary?

The final examination of the Confluence Age requires more than knowledge.

It requires:



- Stability
- Detachment
- Constant remembrance

The times ahead may bring challenges.

Only souls established in the Avyakt stage will remain unshaken.

Therefore Baba repeatedly reminds:

“Become detached and loving.”

The Meaning of Being Detached and Loving

Some people misunderstand detachment.

Detachment does **not** mean:

- Indifference
- Coldness
- Avoiding relationships

True detachment means:

To love without attachment.

A detached and loving soul:

- Cares for everyone
- Serves everyone
- Loves everyone

but remains internally free.

The Greatest Obstacle to the Avyakt Stage

The greatest obstacle is:

Body-consciousness

When the soul thinks:

- “I am this body.”
- “This is mine.”
- “People should behave according to my expectations.”

it becomes trapped in sorrow.

From body-consciousness arise:

- Ego
- Attachment
- Fear
- Anger
- Comparison

Therefore Baba repeatedly teaches:

“Become soul-conscious.”

How Does Yoga Create the Avyakt Stage?

Yoga gradually lifts the soul upward.

When the soul remains in remembrance:

- Waste thoughts reduce
- Attachments weaken
- The intellect becomes subtle



- Inner peace deepens
- Slowly the soul experiences:
“I am a soul, separate from this body.”
This is the doorway to the Avyakt stage.
-

The Witness Consciousness

One of the important aspects of the Avyakt stage is:

Sakshi Bhav — Witness Consciousness

This means:

- Observe situations
- Observe thoughts
- Observe actions

without becoming disturbed.

A witness soul does not react immediately.

It first observes,

then responds with wisdom.

Example: Watching a Drama

Imagine sitting in a theatre.

You watch the drama,

but you know:

“I am not the character.”

Similarly,

in life:

- Situations come and go.
- People play their roles.
- Circumstances change.

The soul remains a peaceful observer.

This is witness consciousness.

The Double Light Stage

BapDada often says:

“Become double light.”

Double light means:

Light in Burden

Free from:

- Past memories
- Worries
- Expectations
- Attachments

Light as Illumination

Filled with:

- Peace
- Purity
- Spiritual power



Such a soul naturally radiates divine vibrations.

The Experience of the Avyakt Stage

As Yoga deepens, the soul begins to experience:

- Lightness
- Silence
- Stability
- Detachment
- Divine companionship

Sometimes the soul feels:

“I am a point of light.”

Or:

“Baba is with me.”

These are glimpses of the Avyakt stage.

Why Does the Mind Wander?

Many children say:

“I want to stay in an elevated stage, but my mind wanders.”

Why?

Because for many births the mind has been attached to:

- Bodies
- Relationships
- Possessions
- Situations

Now it must learn a new habit:

To remain connected to Baba.

This requires practice and patience.

The Role of Silence

The Avyakt stage is closely connected with silence.

External silence is helpful.

But more important is:

Inner silence.

Inner silence means:

- Fewer waste thoughts
- Stable awareness
- Constant remembrance

In silence, the soul can hear the subtle inspirations of Baba.

The Avyakt Stage During Difficult Times

Life brings:

- Loss
- Criticism
- Change
- Uncertainty



An ordinary soul becomes disturbed.
But an avyakt soul remains stable.
Why?

Because it remembers:

“This world drama is accurate and beneficial.”

The soul remains above the situation.

An Inspiring Story

A sister was easily affected by circumstances.

A small problem would disturb her for days.

Then she began practicing:

- Soul-consciousness
- Witness consciousness
- Deep Yoga at Amrit Vela

Whenever a situation arose, she reminded herself:

“I am a peaceful soul. I am a detached observer.”

Gradually:

- Her reactions decreased.
- Peace increased.
- Stability became natural.

She said:

“Earlier situations controlled me; now I observe them.”

The Angelic Experience

As the Avyakt stage deepens, the soul experiences:

- Detachment from the body
- Nearness to Baba
- Freedom from burdens

This is known as:

- The angelic stage
- The double-light stage
- The avyakt stage

All these point toward the same spiritual reality.

The Final Stage

The highest stage of Yoga is:

To remain constantly with Baba while performing every action.

At that stage:

- Remembrance becomes natural.
- Peace becomes permanent.
- The soul remains beyond Maya.

This is the stage of becoming equal to the Father.



Summary of the Chapter

The Avyakt stage means:

- Living in the body while remaining beyond body-consciousness
- Becoming detached and loving
- Remaining stable in every situation
- Experiencing Baba's constant companionship

Yoga helps the soul become:

- Double light
- A detached observer
- Angelic
- Equal to the Father

The Avyakt stage is not escape from life—it is the art of remaining above life's situations.

And Baba lovingly reminds:

“Become avyakt and become equal to the Father.”



Chapter 10 The Deeper Secret of Becoming a Constant Yogi Making Yoga a Natural Way of Life

In the beginning, Yoga appears to be an effort.

Later, it becomes an experience.

And finally—

Yoga becomes one's very nature.

This is the stage Baba wants His children to attain.

Baba does not wish us to remember Him only during meditation sessions.

He wishes that remembrance becomes:

- Natural
- Continuous
- Effortless

This is the true stage of a **constant yogi**.

What Is Deep Yoga?

Deep Yoga is not determined by:

- The length of meditation
- Sitting for many hours
- Closing the eyes

Rather, deep Yoga is measured by:

The quality of remembrance.

Even a few moments of true connection with Baba can fill the soul with immense power.

When Does Yoga Become Natural?

Yoga becomes natural when:

- The soul develops love for Baba.
- Soul-consciousness becomes firm.
- Remembrance changes from effort to relationship.

Just as we naturally remember someone we love,

the soul naturally remembers Baba when love awakens.

Baba repeatedly says:

“Remember Me with love.”

Because love makes remembrance easy.

The Secret of Constant Remembrance

Many children ask:

“How can I remember Baba throughout the day?”

The answer is simple:

Do not merely remember Baba—live with Baba.

Feel:

- Baba is with me.
- Baba is guiding me.



- Baba is my Companion.
- Baba is my Support.

Then remembrance becomes a living relationship.

Yoga as a Lifestyle

Yoga is not limited to:

- Morning meditation
- Murli class
- Special programs

Yoga becomes complete when it enters daily life.

While:

- Walking
- Working
- Cooking
- Driving
- Speaking

the intellect remains connected to Baba.

This is:

Living Yoga.

Why Does Remembrance Break Again and Again?

The soul has practiced body-consciousness for many births.

Therefore old habits arise repeatedly:

- Waste thoughts
- Attachments
- Expectations
- Ego

Maya tries to break remembrance because she knows:

A soul connected to Baba becomes powerful.

Thus, remembrance requires continuous practice.

The Power of Spiritual Awareness

Whenever remembrance weakens, return to the awareness:

“I am a soul.”

This one thought changes consciousness.

The moment the soul becomes body-conscious:

- Ego arises.
- Fear increases.
- Reactions begin.

But soul-consciousness brings:

- Peace
 - Stability
 - Power
-



The Importance of Baba's Company

Company influences consciousness.

Worldly company often fills the mind with:

- Waste
- Fear
- Negativity

But Baba's company fills the soul with:

- Peace
- Love
- Strength
- Purity

The more we remain with Baba,
the more we become like Baba.

The Law of Spiritual Transformation

There is a simple spiritual law:

The one we remember, we gradually become like.

If we constantly remember:

- Situations, we become disturbed.
- People, we become dependent.
- Possessions, we become attached.

But when we remember Baba:

- Peace increases.
- Purity grows.
- Spiritual power develops.

This is why remembrance is so important.

How to Keep the Intellect Connected?

The intellect can remain connected through simple practices:

1. Traffic Control

Pause every hour for one minute and remember Baba.

2. Commentary Practice

Maintain an inner conversation such as:

“Baba, You are with me.”

3. Relationship Awareness

Feel Baba as:

- Father
- Teacher
- Satguru
- Friend

4. Offer Every Action to Baba

Before beginning any task, think:

“Baba, I am doing this with You.”



The Signs of a Constant Yogi

A constant yogi gradually develops these qualities:

- Stability in difficult situations
- Freedom from waste thoughts
- Natural happiness
- Fearlessness
- Spiritual maturity

Such a soul becomes:

An embodiment of peace.

Yoga and Victory Over Maya

Maya cannot easily influence a soul that remains connected to Baba.

When remembrance is strong:

- Temptations weaken
- Reactions decrease
- Negative thoughts reduce

Baba says:

“Children who remain in remembrance become conquerors of Maya.”

Therefore:

Remembrance is the greatest protection.

The Experience of Baba’s Constant Company

As Yoga deepens, children begin to experience:

- Baba’s subtle guidance
- Spiritual support
- Inner strength

Sometimes solutions arise naturally.

Sometimes the mind becomes peaceful without effort.

The soul feels:

“I am not alone. Baba is with me.”

This is one of the greatest attainments of Yoga.

The Difference Between Effort and Love

In the beginning:

- Yoga requires effort.

But when love develops:

- Yoga becomes easy.

A child does not struggle to remember a loving parent.

Similarly,

a soul that loves Baba remembers Him naturally.

Thus:

Love is the secret of constant Yoga.



An Inspiring Story

A brother often complained:

“My remembrance breaks during work.”

An elder BK advised him:

“Do not separate work and Yoga. Keep Baba with you.”

He began practicing:

- Speaking to Baba mentally
- Taking one-minute breaks
- Remembering Baba before every task

Gradually:

- His stress decreased.
- Peace increased.
- Work became lighter.

One day he said:

“Earlier I worked alone. Now Baba works with me.”

The Final Stage of Constant Yoga

The highest stage of Yoga is when:

- Remembrance becomes natural.
- Baba’s company is constantly experienced.
- The soul remains stable in every situation.

At that stage:

- Maya loses power.
- Peace becomes permanent.
- Happiness becomes natural.

This is called:

The stage of being equal to the Father.

Summary of the Chapter

The deeper secret of becoming a constant yogi is:

- To make Yoga a lifestyle
- To live with Baba throughout the day
- To remain soul-conscious
- To strengthen the relationship with Baba
- To transform remembrance from effort into love

At first Yoga is a practice, then it becomes an experience, and finally it becomes one’s nature.

And Baba lovingly reminds:

“Sweet children, remain constantly in remembrance.”

.....



Chapter 11

The Final Avyakt Stage — Living Beyond the Body While in the Body The Highest Attainment of Rajyoga

The ultimate aim of Rajyoga is not merely to gain knowledge or experience peace.
Its highest aim is:

To become avyakt while living in the body.

BapDada repeatedly gives children the signal:

“Become detached and loving.”

This is not merely a spiritual slogan—
it is the final stage of spiritual perfection.

An avyakt soul lives in the world, performs every duty, and yet remains beyond the influence of the world.

This is the stage Baba wants His children to attain.

What Is the Final Avyakt Stage?

The final avyakt stage is the state in which the soul:

- Lives in the body but remains beyond body-consciousness
- Performs actions without attachment
- Remains stable in every situation
- Experiences constant companionship with Baba

Such a soul does not become disturbed by:

- Praise or criticism
- Gain or loss
- Success or failure

It remains peaceful and stable.

Living in the Body While Being Beyond It

Being beyond the body does not mean leaving the body.

It means:

Using the body as an instrument while remaining soul-conscious.

Just as a driver uses a vehicle but does not become the vehicle,
the soul uses the body but remains separate from it.

This awareness creates freedom.

Why Is This Stage Necessary?

The final examination of the Confluence Age requires:

- Stability
- Soul-consciousness
- Detachment
- Constant Yoga

The situations of the future may become intense.

Only those souls who are stable in the avyakt stage will remain unshaken.

Therefore Baba repeatedly reminds:

“Become complete and equal to the Father.”



The Meaning of Stability

Stability means:

- Remaining peaceful in changing situations
- Not reacting impulsively
- Remaining connected to Baba

A stable soul does not fluctuate according to circumstances.
Instead, it becomes a giver of peace.

The Power of Detachment

Detachment is not indifference.

Detachment means:

To love everyone while remaining free from bondage.

A detached soul:

- Cares for others
- Serves others
- Maintains relationships

yet remains internally free.

This is the stage of being:

Detached and loving.

Freedom from Body-Consciousness

Body-consciousness creates:

- Ego
- Fear
- Attachment
- Expectations
- Sorrow

The more the soul becomes soul-conscious,
the more these weaknesses disappear.

Baba teaches:

“Become soul-conscious and remember the Father.”

This is the foundation of the avyakt stage.

The Experience of Lightness

One of the signs of the avyakt stage is:

Lightness

The soul no longer carries burdens such as:

- Past memories
- Regrets
- Worries
- Expectations

It feels:

“Everything belongs to Baba.”

This awareness makes the soul free.



The Angelic Experience

As the soul progresses in Yoga, it begins to experience:

- Lightness
- Peace
- Subtle joy
- Freedom from burdens

This is known as:

- The angelic stage
- The double-light stage
- The avyakt stage

The soul feels as if it is flying beyond limitations.

Beyond Situations

Life constantly changes.

There are:

- Challenges
- Losses
- Criticism
- Unexpected events

An ordinary soul becomes disturbed.

But an avyakt soul remembers:

“This world drama is accurate and beneficial.”

Therefore it remains peaceful.

The Power of Being a Detached Observer

A detached observer:

- Watches situations
- Understands people’s roles
- Responds with wisdom

Instead of reacting, it observes.

Instead of becoming emotional, it remains stable.

This stage gives immense power.

The Avyakt Stage and Relationships

An avyakt soul does not withdraw from relationships.

Rather, relationships become elevated.

Such a soul:

- Gives respect
- Does not expect
- Sees the soul beyond the body

Therefore relationships become:

- Pure
- Harmonious
- Free from sorrow



Example: The Sky and the Clouds

The sky remains vast and stable.

Clouds come and go.

Similarly:

- Situations are like clouds.
- Thoughts are like clouds.
- Circumstances are like clouds.

But the soul, in the avyakt stage, remains like the sky—
vast, peaceful, and untouched.

The Role of Silence

Silence is the language of the soul.

The deeper the silence,
the deeper the Yoga.

True silence is not merely external.

It means:

- Freedom from waste thoughts
- Inner peace
- Stable awareness

In silence, the soul experiences Baba's subtle companionship.

An Inspiring Story

A brother used to become disturbed by criticism.

Whenever someone spoke negatively, he felt hurt.

Then he began practicing:

- Soul-consciousness
- Witness consciousness
- Deep Amrit Vela Yoga

Whenever criticism came, he reminded himself:

“I am a soul. This is part of the drama.”

Gradually:

- Reactions decreased.
- Stability increased.
- Peace became natural.

One day he said:

“Earlier words controlled me. Now I observe them.”

The Final Experience

As the soul becomes avyakt:

- Body-consciousness ends
- Peace becomes natural
- Baba's companionship becomes constant
- Maya loses its influence

The soul experiences:



“I belong to Baba, and Baba belongs to me.”

This is the final stage of spiritual attainment.

Summary of the Chapter

The final avyakt stage means:

- Living in the body while remaining beyond it
- Becoming detached and loving
- Remaining stable in every situation
- Experiencing constant companionship with Baba
- Becoming equal to the Father

The avyakt stage is not leaving the world; it is rising above it while living within it.

And Baba lovingly reminds:

“Become detached and loving, and become equal to the Father.”

Chapter 12

The Final Result of Yoga(Remembrance) — Attaining a High Status **Remembrance and Destiny**

Every soul desires:

- Happiness
- Peace
- Prosperity
- A high destiny

But Baba explains that destiny is not created by desire alone.

It is created by:

Yoga and elevated actions.

At the Confluence Age, Shiv Baba gives every soul an equal opportunity.

Yet, in the future kingdom, all souls do not attain the same status.

Why?

Because:

Status is determined by Yoga.

Baba repeatedly says:

“The more remembrance you have, the higher the status you will attain.”

What Is a High Status?

A high status does not merely mean worldly position or wealth.

In BK knowledge, a high status means:

- Becoming a deity in the Golden Age
- Receiving royal happiness
- Experiencing peace and prosperity
- Earning spiritual fortune for many births

The future kingdom is based on:

Purity, Yoga, and elevated sanskars.



Why Do Souls Attain Different Statuses?

All children receive:

- The same knowledge
- The same Baba
- The same Murli

Then why are the attainments different?

Because souls differ in:

- Their remembrance
- Their effort
- Their transformation

Knowledge is available to all.

But Yoga is practiced according to individual effort.

Therefore Baba says:

“The kingdom is being established now.”

Yoga Is the Basis of Royalty

In the future world:

- Some become kings
- Some become queens
- Some become royal family members
- Some become subjects

What creates this difference?

Not birth.

Not luck.

But:

The quality of Yoga practiced now.

The deeper the remembrance,
the higher the future status.

The Relationship Between Yoga and Fortune

Fortune is not accidental.

It is created.

Yoga creates fortune because:

- It purifies the soul.
- It transforms sanskars.
- It increases spiritual power.

As the soul becomes elevated,
its destiny also becomes elevated.

The Final Examination of the Confluence Age

Every student must pass an examination.

Similarly, spiritual life also has a final examination.

This examination tests:

- Stability



- Soul-consciousness
- Remembrance
- Detachment

At that time:

- Knowledge alone will not be enough.
- External actions alone will not be enough.

The soul will pass through:

Its stage.

Therefore Baba repeatedly teaches:

“Become ever-ready.”

What Does It Mean to Be Ever-Ready?

Being ever-ready means:

- Ready to leave the body at any moment
- Stable in remembrance
- Free from attachment
- Connected to Baba

Such a soul has no fear.

It remains peaceful because it knows:

“I belong to Baba.”

The Importance of the Last Moments

Baba explains:

The final moments have great significance.

The consciousness present at the end influences future attainment.

Therefore Baba teaches children to practice:

- Constant remembrance
- Soul-consciousness
- Detachment

So that remembrance becomes natural at the final moment.

Example: A Student’s Examination

A student studies throughout the year.

But the final result depends on the examination.

Similarly:

- Daily effort is important.
- Yoga is important.
- Transformation is important.

The final stage determines the final reward.

The Accumulation of Spiritual Wealth

Yoga creates invisible wealth.

This wealth includes:

- Peace
- Power



- Purity
- Blessings
- Elevated sanskars

Unlike worldly wealth,
spiritual wealth accompanies the soul from birth to birth.
Therefore Yoga is the greatest investment.

Why Is Yoga More Important Than External Actions?

External actions are visible.

Yoga is invisible.

Yet the invisible is more powerful.

A seed is small and unseen beneath the soil,
yet it creates a mighty tree.

Similarly:

Yoga is the seed of destiny.

Actions become elevated when they are filled with Yoga.

The Sign of an Elevated Soul

A soul progressing toward a high status becomes:

- Peaceful
- Stable
- Fearless
- Humble
- Loving

Such a soul naturally attracts blessings.

People feel peace in its presence.

This itself is a sign of spiritual royalty.

Royalty Begins Here

Golden-Aged royalty does not begin after destruction.

It begins now.

The soul that develops:

- Dignity
- Purity
- Stability
- Spiritual power

becomes a future royal soul.

Royalty is first created internally,

and later manifested externally.

The Role of Purity in Attaining High Status

A high status cannot be attained without purity.

Purity means:

- Purity of thoughts
- Purity of words



- Purity of actions
- Purity of relationships

Yoga gives the power to maintain purity.

Without Yoga,
purity becomes difficult.

The Final Victory Over Maya

The soul that conquers Maya becomes worthy of a high status.

Victory over Maya means victory over:

- Anger
- Ego
- Attachment
- Waste thoughts
- Fear

This victory is attained through:

Constant remembrance.

An Inspiring Story

A sister once asked:

“Baba, how can I attain a high status?”

The answer she received was simple:

“Remain in remembrance.”

She began practicing:

- Regular Amrit Vela
- Traffic Control
- Soul-consciousness throughout the day

Gradually:

- Peace increased
- Waste thoughts reduced
- Stability became natural

She realized:

High status is not earned in a day—it is created through daily Yoga.

The Greatest Attainment

The greatest attainment of Yoga is not merely a future kingdom.

It is:

The experience of Baba’s companionship now.

When the soul experiences:

- Peace
- Love
- Power
- Belongingness

it realizes that the journey itself is already a reward.



Summary of the Chapter

Yoga leads to:

- Purity
- Transformation
- Spiritual wealth
- Victory over Maya
- A high future status

Destiny is not created by luck—it is created by remembrance.

Therefore Baba lovingly reminds:

“Children, the more remembrance you have, the higher the status you will attain.”

Chapter 13

Shiv Baba’s Three Roles and the Divine Plan of Transformation The Unique Identity of Shiv Baba

In the world, people remember God in many forms and names.

But in BK knowledge, Shiv Baba is known as:

The Supreme Soul, the Father of all souls.

He is:

- The Seed of the Human World Tree
- The Ocean of Peace
- The Ocean of Love
- The Ocean of Knowledge
- The Purifier

Unlike human souls, Shiv Baba:

- Never enters the cycle of birth and death
- Remains eternally pure
- Descends only once at the Confluence Age for world transformation

At this sacred time, Shiv Baba performs three divine roles.

These roles form the foundation of the entire spiritual journey.

The Three Divine Roles of Shiv Baba

Shiv Baba acts as:

1. **The Father**
2. **The Teacher**
3. **The Satguru**

Each role fulfills a unique spiritual purpose.

1. Shiv Baba as the Father

The Bestower of Love and Inheritance

The first relationship the soul experiences with God is that of a Father.

Baba lovingly calls:

“Sweet children.”

No matter how many mistakes a soul has made,



Baba never rejects it.
He reminds every soul:

“You are My children.”

This relationship gives the soul:

- Love
 - Security
 - Belongingness
 - Spiritual inheritance
-

The Inheritance from the Father

Every father gives an inheritance to his children.

What does Shiv Baba give?

He gives:

- Peace
- Purity
- Happiness
- Spiritual sovereignty
- The kingdom of heaven

The inheritance of Shiv Baba is not temporary.

It lasts for many births.

This is why Baba says:

“Remember the Father and claim your inheritance.”

The Father Removes Sorrow

The world today is filled with:

- Fear
- Stress
- Sorrow
- Uncertainty

But when the soul remembers Baba as its Father:

- Loneliness disappears.
- Fear decreases.
- The heart becomes light.

The soul experiences:

“I am not alone. My Father is with me.”

2. Shiv Baba as the Teacher

The Supreme Teacher of Rajyoga

At the Confluence Age, Shiv Baba also becomes:

The Teacher.

He teaches:

- Spiritual knowledge
- Rajyoga meditation
- The secrets of karma
- The world cycle



- Soul-conscious living

No worldly university can teach these truths.

Therefore Baba is called:

The Supreme Teacher.

What Does Baba Teach?

Baba teaches the soul:

Who am I?

I am a soul.

Who is God?

Shiv Baba, the Supreme Soul.

What is the world drama?

A predestined cycle of time.

Why is there sorrow?

Because of body-consciousness and karmic accounts.

How can the soul become pure again?

Through Yoga and elevated actions.

This knowledge awakens the soul.

Knowledge Gives Direction

Knowledge is like a map.

Without a map, a traveler becomes lost.

Similarly,

without spiritual knowledge:

- The soul wanders.
- It becomes confused.
- It remains trapped in sorrow.

Baba's knowledge gives:

- Clarity
- Understanding
- Purpose

Yet knowledge alone is not enough.

Yoga gives the power to put knowledge into practice.

3. Shiv Baba as the Satguru

The Liberator and Guide

The third divine role of Shiv Baba is:

Satguru — the True Guide.

A Satguru leads souls:

- From darkness to light
- From sorrow to peace
- From bondage to liberation

Shiv Baba does not merely give teachings.

He takes souls back home.



The Journey Back Home

The original home of the soul is:

The Supreme Abode (Paramdham).

It is:

- A world of silence
- A world of peace
- A world beyond sorrow

At the end of the cycle,

Shiv Baba becomes the Satguru and guides souls back to their original home.

Why Is a Satguru Necessary?

The soul has wandered for many births.

It has forgotten:

- Its identity
- Its home
- Its Father

Therefore a guide is needed.

Just as a traveler needs a guide to reach home,

the soul needs the Satguru to return to its eternal home.

The Divine Plan of Transformation

Shiv Baba does not come merely to teach individuals.

He comes to transform the entire world.

This is known as:

The Divine Plan of Transformation.

From Iron Age to Golden Age

The present world is called:

Kaliyug (Iron Age).

It is characterized by:

- Sorrow
- Violence
- Body-consciousness
- Conflict

The future world is:

Satyug (Golden Age).

It is characterized by:

- Peace
- Happiness
- Purity
- Prosperity

The Confluence Age is the bridge between these two worlds.



The Role of Souls in World Transformation

Baba does not transform the world alone.

He transforms it through His children.

Therefore He teaches:

- Knowledge
- Yoga
- Purity
- Service

The more souls transform themselves,
the more world transformation takes place.

This is why Baba says:

“Self-transformation is world transformation.”

The Selection Process for the New World

Not all souls attain the same status in the future world.

Their place depends on:

- Their Yoga
- Their purity
- Their service
- Their transformation

The kingdom is being established now.

Every thought, word, and action creates future destiny.

The Human World Tree

Baba explains that humanity is like a tree.

The roots have become weak because:

- Purity has declined
- Spiritual power has diminished

Therefore the Seed—the Supreme Soul—comes to rejuvenate the tree.

Through knowledge and Yoga,
the world tree is renewed.

The Final Call of the Father

At the Confluence Age, Baba repeatedly gives one message:

“Children, remember Me.”

Why?

Because remembrance:

- Purifies the soul
- Ends sorrow
- Creates fortune
- Prepares souls for the new world

Yoga is not merely meditation.

It is the bridge between:

- The soul and God
- The old world and the new world



- The present and the future
-

An Inspiring Story

A brother once asked:

“Baba, who are You really?”

As he continued studying Murli and practicing Yoga, he realized:

Baba is not only my Father.

He is:

- My Teacher
- My Satguru
- My Companion

This realization transformed his life.

He said:

“I no longer feel alone in this journey.”

Summary of the Chapter

Shiv Baba performs three divine roles:

As the Father:

- He gives love and inheritance.

As the Teacher:

- He gives knowledge and Rajyoga.

As the Satguru:

- He guides souls back home.

Through these three roles, Shiv Baba carries out:

The Divine Plan of World Transformation.

And Baba lovingly reminds:

“Children, remember Me and become worthy of the new world.”



Special Chapter
The Art of Living in the Confluence Age
Life Is Not Meant Merely to Be Spent—It Is Meant to Be Elevated

Every human being desires:

- Peace
- Happiness
- Love
- Success

Yet despite all achievements, many people still feel empty within.

Why?

Because true happiness does not come from the outside.

It arises from the soul's connection with the Supreme Soul.

The Confluence Age is a special period in which Shiv Baba teaches us:

The art of living an elevated life.

This art is not merely about surviving life—

it is about living life beautifully, peacefully, and powerfully.

What Is the Art of Living?

The art of living means:

To remain peaceful in every situation and joyful in every circumstance.

An elevated life is not free from challenges.

Rather, it is a life in which the soul learns:

- How to think correctly
- How to respond wisely
- How to remain connected to Baba

The Foundation of Elevated Living

The foundation of an elevated life is:

Soul-consciousness

The moment the soul forgets its identity,

it falls into:

- Ego
- Fear
- Anger
- Attachment

But when the soul remembers:

“I am a soul.”

it experiences:

- Peace
- Stability
- Self-respect



The Power of Self-Respect

A soul filled with self-respect does not seek validation from others.

True self-respect arises from the awareness:

“I am a child of Shiv Baba.”

When this awareness becomes firm:

- Insults affect less.
- Fear decreases.
- Confidence increases.

Self-respect protects the soul from weakness.

The Art of Remaining Peaceful in Every Situation

Life brings:

- Praise and criticism
- Gain and loss
- Success and failure

If peace depends on situations,
peace will never remain stable.

True peace comes when the soul remembers:

“Everything in the drama is beneficial.”

A peaceful soul responds,
rather than reacts.

Positive Thinking and Spiritual Vision

Positive thinking does not mean ignoring reality.

It means seeing reality with spiritual wisdom.

Instead of thinking:

“Why is this happening to me?”

an elevated soul asks:

“What is this situation teaching me?”

This change in vision changes life itself.

The Power of Acceptance

Many sorrows arise because we resist reality.

Acceptance does not mean weakness.

Acceptance means:

Understanding the drama and responding wisely.

When the soul accepts:

- People
- Circumstances
- Time

its mind becomes peaceful.

Acceptance creates inner strength.



Relationships: The Art of Giving

Relationships become painful when they are based on:

- Expectations
- Possessiveness
- Attachment

Baba teaches:

Become a giver.

Give:

- Respect
- Good wishes
- Cooperation
- Love

When we stop expecting,
relationships become lighter.

How to Remain Safe from Maya

Maya attacks in many forms:

- Anger
- Laziness
- Waste thoughts
- Fear
- Attachment

The greatest protection is:

Constant Yoga.

A soul connected to Baba becomes:

- Powerful
- Stable
- Fearless

Just as an umbrella protects from rain,
Yoga protects the soul from Maya.

The Importance of Daily Spiritual Practice

An elevated life requires daily spiritual nourishment.

This includes:

- Amrit Vela
- Murli study
- Yoga
- Traffic Control
- Self-reflection

Just as the body needs food every day,
the soul needs spiritual food every day.



The Art of Making Every Day Divine

Every day can become divine if it begins with Baba.

Start the day with:

- Gratitude
- Remembrance
- Soul-consciousness

Before sleeping:

- Review the day
- Offer everything to Baba
- Sleep in remembrance

In this way, life becomes elevated.

The Secret of Happiness

People often search for happiness outside.

But Baba teaches:

Happiness is the original nature of the soul.

When the soul becomes free from:

- Waste thoughts
- Ego
- Attachment

its natural happiness emerges.

True happiness is not obtained—
it is uncovered.

Living Every Moment with Baba

The highest art of living is:

To live every moment with Baba.

While:

- Walking
- Working
- Speaking
- Serving

maintain the awareness:

“Baba is with me.”

Then life becomes:

- Light
 - Peaceful
 - Meaningful
-

An Inspiring Story

A sister often felt overwhelmed by responsibilities.

Family duties, work, and expectations created stress.

One day she decided:

“I will not carry life alone. I will walk with Baba.”

She began:



- Starting the day with Yoga
- Taking one-minute pauses
- Offering every task to Baba

Gradually:

- Stress reduced
- Peace increased
- Happiness became natural

She said:

“My life did not become easier, but I became stronger.”

The Final Message of Elevated Living

The Confluence Age is not merely a time of knowledge.

It is a time of transformation.

An elevated life means:

- Living in self-respect
- Remaining peaceful in all situations
- Loving without attachment
- Staying connected to Baba

This is the true art of living.

Final Message

“The soul that makes Yoga its life transforms life into heaven.”

May every soul:

- Experience peace,
- Attain spiritual power,
- And remain constantly connected with Shiv Baba.

Om Shanti.

Book Conclusion

Remembrance(Yoga) is Life.

Remembrance(Yoga) is Power.

Remembrance(Yoga) is Transformation.

Remembrance(Yoga) is the bridge between the soul and the Supreme Soul.

And this is why Shiv Baba lovingly reminds us again and again:

“Sweet children, remember Me.”



Thank You Note

Om Shanti

With a heart full of gratitude, I offer my sincere thanks to **Shiv Baba**, the Supreme Father, Teacher, and Satguru, whose divine knowledge and love inspire every step of this spiritual journey.

This book is a humble effort to share the essence of Rajyoga and the transformative power of remembrance. May every reader experience peace, purity, and spiritual strength through their connection with the Supreme Soul.

I also extend my heartfelt gratitude to the Brahma Kumaris spiritual family and to all seekers of truth who strive to live an elevated life.

If this book inspires even one soul to remember Baba with love and experience inner transformation, its purpose will be fulfilled.

May we all continue to walk on the path of peace, purity, and divine remembrance.

With spiritual good wishes,

Swaati Vilhekar (Gaigole)

Om Shanti

Feedback & Contact

Thank you for reading this book.

Your thoughts, suggestions, and experiences are deeply valued. If this book has inspired you or helped you in your spiritual journey, I would be delighted to hear from you.

For feedback, suggestions, or spiritual reflections, please write to:

 **Email:** shivbaba311218@gmail.com

Your encouragement and insights help in spreading spiritual wisdom and creating content that benefits many souls.

May peace, purity, and divine love always remain with you.

Om Shanti



Poem: The Journey of Remembrance

When the world grows noisy and the heart feels alone,
Remember the One who calls every soul His own.
Not in distant skies, nor in temples afar,
The Supreme resides where pure thoughts are.
A moment of Yoga, a second of light,
Can turn darkness into a future bright.
The soul that remembers with love sincere,
Finds peace, power, and Baba ever near.
For remembrance is not merely a thought to begin—
It is the journey from the world back within.

Om Shanti

Shayari

The world may change from day to day,
But Baba's love lights every way.
In remembrance lies the soul's true art,
For heaven begins within the heart.

Om Shanti

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Not wealth, not fame, nor worldly claim,
Can match the soul's eternal flame.
Remember Baba with love so true,
And He will walk life's path with you.

Om Shanti

.....

**A moment of Yoga(Remembrance), a second of light,
Can turn darkness into a future bright.
The soul that remembers with love sincere,
Finds peace, power, and Baba ever near.**



WHY DOES SHIV BABA WANT US CHILDREN TO PRACTICE YOGA?

A Spiritual Journey of Remembrance, Purity, and Transformation

In today's fast-paced world, peace, purity, and happiness seem elusive. Shiv Baba, the Supreme Soul, the Teacher of teachers, repeatedly says to us, "Children, remember Me." But why does He want us to practice Yoga?

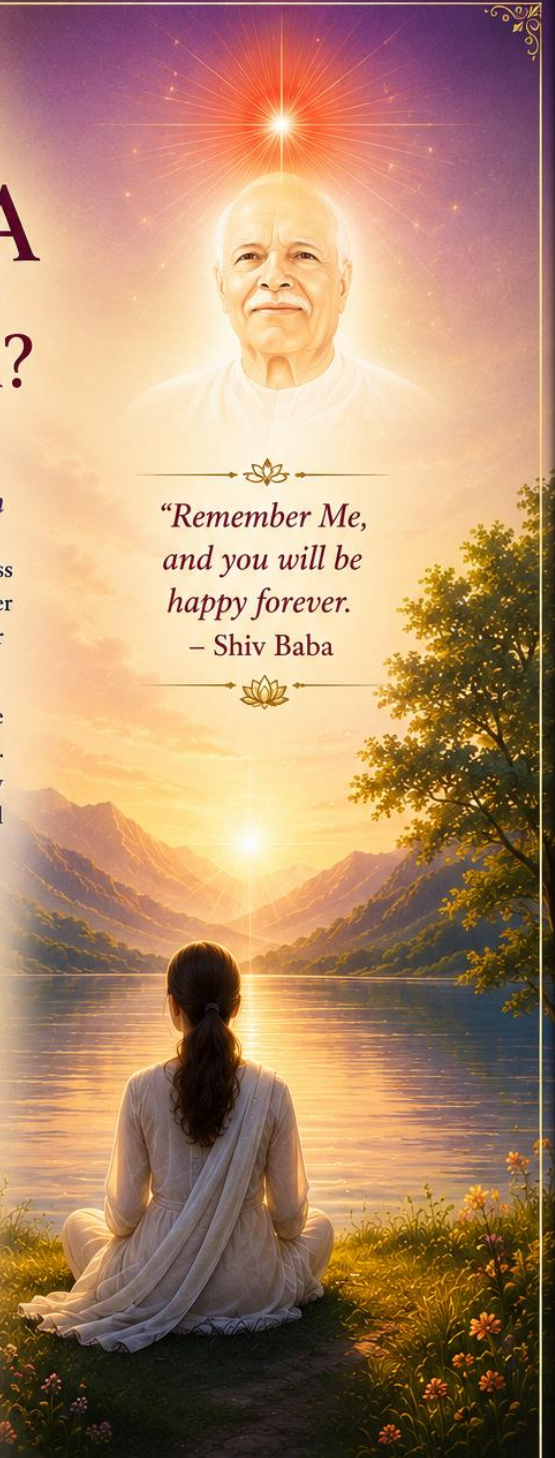
This book reveals the divine wisdom of Rajyoga – the science of the soul's connection with the Supreme Soul. It explains how Yoga helps us overcome Maya, purify our sanskars, transform our life, and attain our original status of peace, love, and power.

- ☀ What is the true meaning of Yoga?
- ☀ Why does Shiv Baba want us to remember Him?
- ☀ How does Yoga burn sins and purify the soul?
- ☀ Yoga and the battle with Maya
- ☀ The power of Amrit Vela Yoga
- ☀ How to become a constant yogi
- ☀ The final result of Yoga – attaining a high status

A practical guide for every spiritual seeker who wants to experience a life of peace, purity, and divine love.



OM SHANTI



"Remember Me, and you will be happy forever."

– Shiv Baba

YOGA TRANSFORMS LIFE



Remember Shiv Baba



Practice Rajyoga



Purify the Soul, Elevate Life



Transform Yourself



Create a Better World

Make Remembrance Your Life and Life Divine.