

Essence: Sweet children, you should not become trapped by the name and form of any bodily being. Become bodiless and remember the Father and your lifespan will increase and you will become free from disease.

Question: What are the main signs of *sensible* children?

Answer: 1. *Sensible* ones first imbibe knowledge themselves and then enable others to do so. Clouds fill themselves and then go and shower on others. They do not yawn at the time of studying. It is the teachers' *responsibility* to bring here only those who become *refreshed* and who then go and shower on others. 2. Only those who remain in yoga accurately, who help in making the atmosphere *powerful* and do not create obstacles are the ones who should come here. Here, silence should be observed all around; there should be no noise of any kind.

Song: Salutations to Shiva.

Om shanti. The meaning of Om shanti has been explained. The Father says: Souls and the Supreme Soul are embodiments of peace. As is the Father, so the children. So, the Father explains to you children: You are embodiments of peace anyway. You do not receive peace from outside. This is the kingdom of Ravan. At this time, you must only remember your Father. I am sitting in this one, and so you have to follow the directions I give you. Baba does not trap you in anyone's name or form. This one's name and form are external; you should not become trapped in his form. The whole world traps everyone in name and form. Baba says: All of them have names and forms; do not remember them. Remember your Father and your lifespan will increase and you will remain free from disease. Lakshmi and Narayan were also like you but they were decorated. It is not that they were as high as the ceiling. Human beings are human beings. So the Father says: Do not remember any bodily beings. Forget your bodies and consider yourselves to be souls. You

have to shed those bodies. Another thing: don't become careless! There is a great burden of sins on your heads. There is a huge burden and, without your having remembrance of the one Father, it cannot decrease. The Father has explained that those who become pure and the most elevated are the ones who then become the most impure. There is no question of being in wonder at this. You have to look at yourselves and remember the Father a great deal. Remember the Father to whatever extent you can. It is so easy! You have to remember such a beloved Father while walking and moving around. He is the One whom you used to call out to: O Purifier, come! However, no one has that true, deep love for Him. Their love goes to their husbands and children etc. They simply used to say: O Purifier, come! The Father says: Children, I come at the confluence age of every cycle. The sacrificial fire of the knowledge of Rudra has been remembered. Krishna is the prince of the golden age. He cannot come in any other name, form, place or time. Nehru will also come in the same form and position after a cycle. In the same way, Shri Krishna will come in the golden age; his features will not change. The name of this yagya is Rudra Gyan Yagya, the sacrificial fire of knowledge into which the horse is sacrificed in order to claim self-sovereignty. To sacrifice yourself in order to claim the kingdom means to belong to Him. Now that you belong to the Father, you should only remember the One. You have to break your connections with limited things and have a connection with the Unlimited. The Father is very great. You understand what the Father gives when He comes. The unlimited Father is giving you the unlimited inheritance which no one else can give. Human beings continue to beat and stab one another. This never used to happen previously. You understand that Baba has come once again. He says: I come at the confluence of every cycle when the new world has to be established. People ask for a new world, a new kingdom of

Rama. There, there is happiness and prosperity; there is everything. No one there fights or quarrels. In the scriptures, they have made the golden and silver ages into hell. That is a mistake. They tell lies whereas the Father speaks the truth. The Father says: You call Me the Truth. I come and tell you the true story. Whose kingdom existed in Bharat 5000 years ago? You children understand that 5000 years ago, there was definitely the kingdom of Lakshmi and Narayan. It is said that 3000 years before *Christ*, Bharat was *Paradise*. This account is straightforward. They ask: Why have you made the duration of the cycle that length of time? Oh! but just calculate it! *Christ* has been here this length of time. There are only four ages. It takes half a cycle for the day and half a cycle for the night. Someone who can explain very well is needed. The Father explains: Lust is the greatest enemy. It is the people of Bharat who sing praise of the deities, saying that they are completely virtuous, 16 celestial degrees full. So, where did 16,108 queens come from? There are no religious scriptures there. A religious scripture is made of the things the founder of the religion says. A religious scripture is made in the name of the founder of that religion. You children are now going to the new world; all of those things are old and tamopradhan. This is why the Father says: Remove your intellects' yoga from those old things, remember Me alone and your sins will be absolved. If someone is careless, Baba would think: Such is that one's fortune! It is a very easy thing. Can you not understand these things? Remove every thread of attachment from everywhere and remember the one Father and then you will not experience any sorrow for 21 births nor will you become so crippled. There, it is understood that when the lifespan finishes, you leave one body and take the next. There is the example of a snake. The example of animals is also given. Surely, they must have some understanding. Animals have more sense than human beings of today. The

example of how buzzing moths transform insects also applies here; see how they take away the insects. Your days of happiness are now coming. Daughters say: We wish to remain pure and this is why we are beaten a lot. Yes children, you have to tolerate some things. It is said: There are assaults made on innocent ones. Only when there is assault can the urn of sin become full. Many obstacles will be created in the Rudra Gyan Yagya; it is the assault on innocent ones. This is remembered in the scriptures. Daughters say: Baba, we met You 5000 years ago; we received the inheritance of heaven and became empresses. Baba says: Yes daughters, you have to make that much effort. You have to remember Shiv Baba, not this one. He (Brahma) is not a guru. His ears are also listening. Baba is your Father, Teacher and Satguru. You learn from that One and teach others. The Father of all is One. He is the One who teaches us. This is why we have to remember the unlimited Father. Brahma and Vishnu cannot be called the Husband of all husbands. Only Shiv Baba is called the Husband of all husbands. Therefore, why should we not get hold of Him? All of you will first go to the incorporeal world, your Parent's home, and then you will go to your in-laws' home. First, we all have to come in front of Shiv Baba and salute Him, then we will go to the golden age. This is a very simple thing, only worth a few pennies. Baba looks at all the children to see whether anyone is nodding off. If you nod off or yawn, your intellect's yoga has gone. When your intellect's yoga wanders outside, it spoils the atmosphere. Therefore, Baba always says: Bring such clouds who become refreshed and who then go and shower knowledge. Otherwise, what else would they do when they come here? The responsibility is on those who bring them. Which one is a sensible teacher who fills herself and then goes and showers? You have to bring such ones here. What is the benefit of bringing others? You have to listen to these things

and imbibe them and enable others to imbibe them. You have to make effort. When you eat from this treasure-store, your pain and sorrow will end. Those who remain in yoga accurately are the ones who should come here. Others would spoil the atmosphere. At this time, you have to be even more cautious. There should be no question of even taking a *photograph* etc. To whatever extent you can, you must stay in remembrance of the Father and give the donation of yoga. Silence should be maintained all around. *Hospitals* are always in a quiet area where there is no noise because the *patients* need silence. You receive *directions* to remain in that silence. To remember the Father is *real* silence whereas the rest is *artificial*. People say, "Two minutes' *dead silence*", but their intellects wander everywhere in those two minutes. Not a single one can maintain true silence. You become *detached*. "I am a soul" means to remain in the religion of oneself. Trying to remain in silence after choking yourself is not *real* silence. "Become bodiless and remain in *silence* for three minutes!" No one has the power to say this. These are the Father's great versions: Beloved children, remember Me and your sins of every birth will be cut away. Otherwise, you will destroy your status and you will also experience punishment. There is a lot of benefit in following Shiv Baba's *directions*. Remember the Father constantly. To whatever extent you can, remember the *most sweet* Father. *Students* should be very concerned about keeping the honour of their *teacher*. If many *students* don't *pass*, the *teachers* do not receive a reward. Here, there is no question of blessings or mercy. All of you have to have blessings and mercy for yourselves. *Students* have mercy for themselves; they make effort. This too is a study. You will become conquerors of sin and claim a high status according to how much you stay in yoga. By having remembrance you will become *ever* free from disease. Manmanabhav! Krishna cannot say this. The incorporeal

Father says: **Become bodiless!** This is **an unlimited Godly family**. There is a mother, a father, brothers and sisters, that's all! No other relations! In other relationships there are maternal and paternal uncles etc., but, there is only the relationship of brothers and sisters here. It is not like this at any other time; it is only at the confluence age. Since we are taking our inheritance from the Mother and Father, we are receiving a lot of happiness. **In the kingdom of Ravan, there is a lot of sorrow.** **In the kingdom of Rama, there is a lot of happiness,** for which you are now making effort. However much effort you make now, that will become fixed for every cycle. The attainment is very great. **All the wealth of those who are multimillionaires is going to turn to dust. Just look what happens when a small war begins!** However, the story is of you children. By listening to the true story, you become the masters of the land of truth. You have this firm faith. **No one without faith can even come here.** **You children should not become careless. You have to take your full inheritance from the Father,** just as Mama and Baba are doing. Achcha.

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

Essence for dharna:

1. Remain *detached* from your body and practise stabilising in the religion of yourself. Remember the *most beloved* Father to whatever extent you can. Remove every thread of attachment from everything.
2. Pay full attention to studying and have blessings and mercy for yourself. Break your intellect's yoga away from anything limited and connect it to the Unlimited. Sacrifice yourself fully by belonging to the Father.

Blessing: May you become an easy yogi and gyani soul by finishing all your weaknesses with the constant company of the Truth.

Any weakness comes when you step away from the Truth and become engaged in other company. This is why they say in devotion: Constantly stay in the company of the Truth. The company of the Truth means to stay constantly in the company of the true Father. To have the company of the true Father is easy for you children because you have a close relationship with Him. So, stay constantly in the company of the Truth and become an easy yogi and gyani soul who finishes all weaknesses.

Slogan: In order to remain constantly happy, renounce the desire to hear any praise.

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Invaluable elevated versions of Mateshwariji

The stages of liberation and liberation in life.

The stages of both liberation and liberation in life are their own. When we use the word “liberation”, it means to be liberated from playing a part in a body; it means the soul no longer has a part to play in a body on this earth. When a soul does not have a part as a human being, it means the soul is in the incorporeal world, it is in the world that is beyond happiness and sorrow. This is called the stage of liberation. It is not the status of liberation in life. A soul that is free from any bondage of karma, that is, while being an actor in a body and still detached from any bondage of karma, is in the status of liberation in life; the highest stage of all. That is our deity reward. By making effort in this birth, we receive the golden-aged, deity reward. That is our high status, but how can we

say of souls who are not playing a part that they have a status? When a soul doesn't have a part on the stage, it doesn't have the status of liberation. All humans are not going to go to the golden age because the human community is very small there. Those who have yoga with God and become karmateet will receive the golden-aged, liberation in life status of deities. The rest will experience punishment from Dharamraj and become free from the bondage of karma. They will become liberated and pure and go to the land of liberation; they are in liberation but they have no status in the land of liberation. That stage is received automatically according to the time without you having to make effort for it. The desire that human beings have from the copper age to the end of the iron age of not coming into the cycle of birth and death is fulfilled now. It means all souls definitely have to pass via the land of liberation. Achcha.