

The way to have remembrance easily is to consider yourself to be a Godly helper.

Today, BapDada is always very pleased to see His co-operative and easy yogi children who are called Godly helpers. A Godly helper is one who always remains engaged in the task, that is, in the service, that God the Father has given him. Children should also have the special intoxication of being engaged in the service given to them by God. Whilst carrying out a task, you would never forget the One who has given you that task. Even if you may be doing something physical, that physical service is a task given to you by God. Therefore, whilst doing any physical service, remain aware that the Father gave you that *direction directly*; that you are doing it according to the Father's *directions* and you will then never forget the Father. A special task would be given by a special person. When a *President* gives someone a task to carry out, that person would never forget the *President* whilst performing that task; he would easily and naturally remember him. Without even wanting it, that President would appear in front of him. In the same way, the highest-on-high Father has given you this task to perform. Therefore, whilst performing this task, how could you forget the One who gave you this task? So, the way to have remembrance easily is constantly to consider yourself to be a helper of God.

They have a saying on the path of devotion; although they don't understand what's behind it, they believe that, even when a leaf moves, it is the Father who is making that leaf move. However, you know the secret behind it: that it is not the Father that is making the leaf move, but in fact everything that happens is according to the *drama*. This saying doesn't apply to physical leaves, but to all of you who are the first leaves of the kalpa tree. All of you *golden-aged* leaves of the confluence-age have been changed by the Father from being like iron to divine being. All of you living leaves are being moved *directly* by the Father at this time. The Father's *direction* is: The Father's thought should be your thought. Your every thought, your every word and your every deed should be equal to those of the Father. That is, the thoughts of all of you are according to this shrimat. At this time, all of you leaves are moving along at every moment according to the Father's elevated instructions. He is making every leaf move, that is, He is making all of you leaves move along. Any thought you might have that is not according to His shrimat would be a waste thought. So, this saying does not belong to the path of devotion but is the praise of the confluence age. All of you leaves are moving, that is, you are moving along according to the Father's shrimat, are you not? You are moving along in this way, are you not? It is the Father's duty to instruct you how to move. So, why do you still find it difficult? Since the Father has taken all of your burdens, why are you not constantly flying? Anything light constantly flies high. You should be so light in every thought that, if the Father makes you have a thought, then you will do so; you will move along as He makes you move. This was everyone's promise and the Father *guarantees* is that He will make you move along, so what *order* have your intellects been given? Do you know what task the Father has given your intellects? The place for your intellects to sit is next to the Father and your task is world service. You have promised Baba that you will sit where He seats you and move along as He makes you move, have you not? Is this in terms of your body or your intellect? Together with your body, have you also given your mind? Or have you only given your body? You have promised, have you not, that you will sit, move, do and eat whatever Baba asks you to do with your body and also your intellect? So, the food for your intellect is pure thoughts. You have promised that you will eat whatever Baba gives you to eat, and so why do you take the food of waste thoughts? Your mouth is not allowed to eat anything impure, so how can you allow your intellect to eat the impure food of wasteful or sinful thoughts? It would then be *wrong* to say that you eat whatever He feeds you. You are those whose words and deeds are the same, are you not? Therefore, by constantly remembering this promise for your mind and intellect, you will become an easy yogi. As soon as the Father said something, you did it. Do not keep a burden on yourself. Without becoming free of the burden of, "How can I do this? How can I move?" you will be unable to reach your elevated stage. Therefore, continue to follow shrimat even at the level of your thinking and you will become free from having to labour.

BapDada continues to see the different *poses* of the efforts of many children. Throughout the day, He sees many *poses* of many children. He has an *automatic camera*. *Scientists* have *copied* everything from the subtle region. You should come to the subtle region sometime and see what there is there. You would find there whatever you want. All of you would then say: "Bring all of those things here." The Father asks: Do you just want to see the subtle region or do you want to stay there? (We will try it.) Do you have any doubt

about it that you want to try it first? Father Brahma is waiting just to call all of you there, so why don't you become complete? You could very easily become complete; however, since the copper age, you have been developing many sanskars of *mixing* everything. First, you *mixed* everything up in your worshipping: you put the face of a monkey on the deities. You *mixed* everything up in the scriptures. In the biography of the Father, you replaced the Father's name with that of the child. Similarly, with your household, instead of maintaining a pure household, you *mixed* impurity into it. Even now, you *mix* up the dictates of your own mind (manmat) with shrimat. Because of being *mixed* up, you become heavy. Real gold is very light, but when anything is *mixed* into it, it becomes heavy. Similarly, shrimat, the most elevated directions, makes you light, but when you *mix* manmat into it, you become heavy. You then find it difficult to continue to move along. Therefore, don't *mix* up anything of yours with shrimat. By remaining constantly light, you will be able to watch all the *scenes* and *scenery* of the subtle region whilst remaining down here. You will experience it all as clearly as though you are watching some *scene* of this world. For this, you simply have to keep your power of thought, your mind and intellect, completely free from any of your own dictates. You have a strong habit of using your mind unnecessarily. When you try to keep it still, it continues to run by itself, and you then have to make effort again. The way you can remain free from your mind racing unnecessarily is similar to what you do when someone cannot be *controlled* and causes a lot of trouble or goes a bit wild or crazy. He then has to be given an *injection* to calm him down. In the same way, if you are unable to *control* the power of your thoughts, take an *injection* of becoming bodiless. Come and sit next to the Father! Then, your thought power will not run wildly unnecessarily. Do you not know how to sit next to Baba? The only task that Baba has given you is to sit next to Him - nothing else! You now understand that this is very easy but, because you take back the reins of your intellect after having given them to the Father, you then have to make unnecessary effort to control your mind. Now become free from having to labour over anything wasteful. Seeing the children labouring, the Father would feel mercy, would He not?

The Father says: Each of you children should come and sit comfortably on the throne with the Father. Remain seated on your throne and *order* both your physical organs and your subtle organs – your mind, intellect and sanskars. When you are seated on your throne, you are able to give them *orders*. If you try to issue an *order* after you have got off your throne, your organs don't listen to you. Nowadays, there is upheaval in even a thorn seat (seat of position). However, here, Baba is offering you the seat of a throne, so why do you still get down from it? To get down means to become a *servant*. Whose *servant*? You become your *servant's servant*; the *servant* of your many organs. This is why you have to labour. Become God's *servant*! Become God's server. Don't become your *servant's servant*. You can do Godly service whilst remaining seated on your throne; you don't need to get down. The Father wants to make you sit next to Him, but what do you do? Instead of being confluence-aged queens with the Lord, you become slaves. So, become the true wives of the true Lord – do not become slaves. No one's vision can fall on someone who remains constantly behind a veil. So, when Maya is in front of you, stay behind your veil and sit with your Lord, and all your slaves will then be ready to serve you. Do you understand what you have to do? From today, step away from labouring. Remain a constantly easy yogi seated on your throne next to the Father.

Today, those from Gujarat and Indore have come here. So, stay behind your veils, that is, remain *indoors*. Those from Indore must remain constantly *indoors*. You don't come out, do you? Each *zone* is growing very well. Those from Gujarat have made the *hall full*. Those of you from Gujarat now have to make yourselves *full* and come quickly and sit comfortably in the subtle region. According to the time, Father Brahma is now invoking all of you children. What will those from Gujarat do? Those from Gujarat should bring "*mikes*" who have loud voices - not physical "*mikes*", but living "*mikes*". The *set* of "*mikes*" you bring should be so *powerful* that they can make the sound of revelation be heard. Achcha. What will those from Indore *Zone* bring? Bring a *powerful TV set* from Indore *Zone* through which the destruction of the world can be seen very clearly and a bright future is visible. Do you understand what you have to do? Prepare such people through whose *TV* of experiences the world will be able to have a vision of destruction and establishment. So, both of you *Zones* prepare such a *set* before you come again. Achcha.

To such Godly helpers, to those who remain constantly free from labouring, to those whose thoughts and deeds are filled with significance, to those whose every thought and deed are according to the Father's shrimat, to those who make their deeds equal to their words, to such children who are the Father's companions, BapDada's love, remembrance and namaste.

Avyakt BapDada's sweet elevated versions especially for Teachers:

In what subject should you *teachers* make special effort? What deep and subtle efforts are you *serviceable* children making? The subtle effort you have to make is to *check* your thoughts. Do you keep a *balance* of remembrance and service in your thoughts? Was your every thought *powerful*? You *serviceable* children should not have any waste thoughts because you are world benefactors. You are *acting* on the world *stage*. The whole world is *copying* you. If even one thought of yours is wasteful, everyone would *copy* that. You didn't just waste your own thought; you became an instrument to make many others waste theirs. Just as you receive the *gift* of a *lift* by doing service and you also receive a *share* of the fruit of having served many, in the same way, if you do something wrong, you become an instrument to teach something wasteful to many others. Therefore, now finish your account of wastefulness. Nowadays, stability of the mind is *checked* with instruments of *science*. They have been carried out in London and other places, have they not? These are the instruments of *science*. However, you need to keep the instruments for your *checking* at every step. Just as they keep their instruments with them and connect the person to them at the time of *checking* him. You *serviceable* children should keep your *checking* instruments with you at all times. It is not a small thing to become a *teacher*! You are not just wearing that name; you also have to act according to that name.

Serviceable children should never have any waste thoughts. If you say that you are having waste thoughts, what would others do? Others would have sinful thoughts. Of course, each of you does pay *attention*, but you now need to pay much deeper *attention*. Service should also be done through your thoughts. When you keep the power of your thoughts *busy* in service, waste *automatically* ends. Nowadays, they try to keep the *youth groups busy with* one task or other so that their energy is not channelled into anything destructive. In order to stop rain water being wasted, they build dams and channel that water usefully. In the same way, in order to stop your thought power being wasted, keep it *busy* in service and then, instead of any thought being wasted, it will become powerful. None of the power of your thoughts, words, deeds or knowledge should go to waste. You have to be *economical* with all your thoughts, words, deeds and all powers, do you not? In the world, when a family is not *economical*, it is not able to function well. In the same way, when you children who are instruments are not *economical*, the *centre* does not function well. Those are limited households whereas this is an unlimited one. You should *check* whether you were extravagant in your thoughts, words or powers, and then *change* yourself accordingly. You must make subtle effort to *budget* all of your treasures *economically* and conduct yourself accordingly. You know how to *budget* things, do you not? Just as you create a register of your physical treasures, in the same way, create a register of these subtle things. As the practical fruit of having renounced everything and become instruments, you have received a *centre* and also have students. You now have to progress further! Everything you have received is according to however much you have done. Devotees and ordinary people should now be bowing at your feet. You now have to show this practical fruit. You have also received the *title* of being equal to the Father. The elements too are continuing to be your servants according to your capacity. You must now make progress. You will definitely receive such fruit in a practical way, but you must not accept it. You must now become one who serves through your mind. Those who give others the seven days' *course* serve through words. All of you also serve through your acts, but your speciality is of serving through your mind. Adopt this speciality and claim a special *number*. All of you are content and you have to remain content. In order to become an instrument to teach lessons to others, you must also be able to conduct yourself according to the *directions* you are given. You are those who teach lessons in a *practical* way by example; not just through your words. You have taken a good *jump*. What will you do now? After you have *jumped*, you must stay in the flying *stage*, and constantly fly to the subtle region in the bodiless stage. Constantly continue to fly in your bodiless *stage*. Achcha.

Blessing: May you be a flying bird who claims the *first number* in the *final result* by making elevated effort.

In order to claim the *first number* in the *final result*, 1) With imperishable disinterest in your heart, burn the things of the past and the seed of sanskars. 2) From amrit vela till night time, make a vow constantly to observe the Godly disciplines and codes of conduct. 3) Be a constantly great donor and charitable soul through your thoughts, words, relationships and connections and continue to make donations and perform charity. When you make effort to take such a *high jump*, you will be able to become a flying bird and claim *number one* in the *final result*.

Slogan: To make the atmosphere *powerful* through your attitude is the *last* effort and *service*. * * *