

**Essence:** Sweet children, continue to perform the *drill* of “Manmanabhav” and you will become ever-healthy for 21 births.

**Question:** To follow which shrimat of the Satguru requires incognito effort?

**Answer:** The shrimat of the Satguru is: Sweet children, forget your body and remember Me. Consider yourself to be only a soul. Make effort to remain soul conscious. Give everyone the message: Become bodiless! Forget your body and all bodily religions and you will become pure. You children have to make incognito effort to follow this shrimat. Only the fortunate children are able to make this incognito effort.

Om shanti. Children are sitting here to teach this *drill* to their brothers and sisters. What *drill* is this? In this drill, children don't have to say anything. In the physical *drills* they perform, they have to say something. This is the *Supreme Teacher*, who is also the God of the Gita, and He sits and teaches you children the *drill* of yoga. This *drill* is also incognito. *Drill* is taught so that *students* can remain ever-healthy. You children know that with this *drill* of “Manmanabhav” you will become ever-healthy for 21 births; you will never become ill. Therefore, this spiritual *drill* is very good. The Father says: Manmanabhav! There is no need to say anything. You are just told to consider yourself to be a soul. May you be soul conscious! To be this constantly means to remember the Father and you will become *ever healthy*. You became *ever healthy* with this spiritual *drill* in the previous cycle too. Only the spiritual Father, the Supreme Father, the Supreme Soul, Shiva, teaches this spiritual *drill*. Only that One who is worshipped is called God. People also say “Salutations to Shiva.” They say “Salutations to the deity Brahma” and “Salutations to the Supreme Soul, Shiva.” It isn't a physical human being who is teaching you this *drill*. It isn't Brahma teaching you this *drill*; no. Although you are called Brahma Kumars and Kumaris, you address the letters you write to: Shiv Baba c/o Brahma. That One is incognito. How can people understand this? Brahma is the Father of People. Therefore, all the people of the world are his children. He is the Father of People. The One who teaches you *drill* is the incorporeal Father. He is incognito. Because He is incognito, people have *difficulty* in understanding Him. Brahma cannot be called God. The name you use here is Brahma Kumars and Kumaris, which means children of Brahma. When anyone comes, explain to him that it isn't Brahma who is the Creator of the new world, but it is the incorporeal Father who is that. He creates creation through Brahma. The Supreme Father, the Supreme Soul from beyond this world, creates creation through Brahma, which means that it is the creation of the *Supreme Soul*. You address your letters: Shiv Baba c/o Brahma. Therefore, this too is a method for remembering Him. Shiv Baba teaches you through Brahma. He simply tells you: Manmanabhav! He doesn't give you any other difficulty. He simply says: If you wish to make progress and become the masters of the land of truth, then remember the one true Father who establishes the land of truth. The unlimited Father comes and tells you children: Remember Me and you will be liberated from your sins. Krishna is not called the Purifier. No name, other than that of the Supreme Father, the Supreme Soul, is mentioned in connection with this. He is called *God, the Father*. Everyone calls Him the *Father*, so how can you say that He is omnipresent? It is said that He comes to *liberate* everyone, but people don't understand this. Therefore, they have written a wrong duration for the cycle. You children now have to perform this *drill*. You have received knowledge. When you sit here, consider yourself to be a bodiless soul and remember the Father and your sins will be absolved. When a *teacher* sits on a gaddi in front of the students, that seems right. It is a rule that a *teacher* is definitely needed to teach *drill*. Some are senior *teachers* and others are junior *teachers*. There is now no need to give you an exam because you know for yourselves how long you remember the *most beloved* Father. Brahma isn't the *most beloved*. The *most beloved* is the One who is always pure. You children know who is the loveliest of all. People remember God and say: O Remover of Sorrow and Bestower of Happiness. He is also called the *Liberator*, that is, He is the One who liberates you from sorrow. You children have to make effort for yourselves. According to the *drama plan*, this world definitely has to become pure and a fire is to be ignited for the world to become pure. You also know how the fire will be ignited. The world cannot become pure without destruction taking place. This is the sacrificial fire of the knowledge of Rudra. There is no difference between Rudra and Shiva, but the name, Shiva, is the main one. However, people have given many different names in their own languages. His real name is Shiva. People also celebrate the birthday of Shiva. The birthday of Shiva is very well known in Bharat. Since there is the birthday of the unlimited Father, He must definitely come here. Shiv Baba's name is very well known. He is the One who carries out establishment of heaven through Brahma. So that highest-on-high Father has to be remembered.

Brahma is not the Highest on High, but, in fact, he becomes that. Then, he comes down. You *BKs* were also down and are now becoming the highest. You will go to the very top, the Father's home. You become trikaldarshi at this time. You yourselves know that you are spinners of the discus of self-realisation. We know Brahmand and the beginning, the middle and the end of the world. Brahmand is the place at the top where all souls reside. There is no one else in the world who can explain that souls reside in the incorporeal world. The world here and Brahmand are separate from each other. Souls reside in the land of nirvana which is also called the land of peace. Everyone loves that. The real name of that place is the land of nirvana or the land of peace. The form of the soul is that of peace. There is the land of silence, then the land of "movie" and then the land of "talkie". You do not stay in the land of "movie" for a long time. Many have to stay in the land of silence. There is no other place. When souls remember the Father and the home, they remember them up above. Apart from you, no one else knows about the region in between. People don't have that much knowledge. They simply say that Brahma, Vishnu and Shankar reside in the subtle region, but no one knows their *occupation*. They take 84 births. Brahma becomes Vishnu and Vishnu becomes Brahma. This is the *leap* age; it only lasts for a short time, just as you have the leap month of charity (according to the Hindu calendar). This birth is your elevated birth in which you become as valuable as a diamond. To become Brahmins from shudras is considered to be most elevated. When you become Brahmins you claim a right to the Grandfather's inheritance. The Father says: Children, constantly be "Manmanabhav"! Continue to give the Father's *message* to everyone! The Father is called the *Messenger*. No one else is a *messenger*. Those others simply come and establish their own religion. There is only the one Messenger who comes and gives you the message to become pure. The others come to establish their own religions. They are not *guides* who take you back. Only the one Satguru can grant salvation. Only the one Supreme Father, the Supreme Soul, Shiva, speaks the truth and shows you the true path. You children have to make a lot of incognito effort. You now know that you have to forget your bodies and remember the one Father. When you souls renounce your bodies, you renounce the whole world and each soul becomes alone. The Father says: Become soul conscious and you won't remember your friends and relatives. I am a soul and I will return home with the Father. The Father advises you how you can go to Him. This Baba is also very well known. The Father becomes the *Guide* of all souls through this one and takes everyone back home like a swarm of mosquitoes. Only you children have this real knowledge in your intellects. You are also called the Pandava Army. The Father of the Pandavas is the Supreme Father, the Supreme Soul, Shiva who is now teaching you children *drill* in a practical way, exactly as He did in the previous cycle. When destruction takes place all souls will shed their bodies and return home. In the golden age, there is only one kingdom and there are few souls. Now there are innumerable kingdoms and there will again be only one. Make your intellects continue to churn this knowledge throughout the day. You children also have to explain at the exhibitions. When it was New Delhi, there was new Bharat. There was just the one original eternal deity religion. The Hindu religion is not the original eternal religion. We Brahmins become deities. Those of other religions will not accept this. Those who come first take 84 births. These matters are very simple to understand. It is in the intellects of you children that this play is now about to end. All the *actors* have now come here. You have completed your 84 births and you now have to return home because you have become very tired. The path of devotion is the path to become tired. The Father says: Now remember Me and give everyone the message: Forget your body and all bodily religions, consider yourself to be a soul and remember the Father. Become bodiless and you will become pure because you now have to return home. Death is just ahead of you. You children personally come here in front of the Father in order to be *refreshed*. The Father explains to you children face to face: Children, renounce body consciousness and constantly remember Me alone. This old world is now to be destroyed. Remember the one Father and you will become pure and the masters of the pure world. If you don't make effort, you won't receive the fruit and punishment will then have to be experienced. The Father says: Continue to accumulate an income and also give an invitation to others. Show everyone the path to the Father. You children have to become benevolent; benefit your friends and relations too. Here, you are told to become soul conscious. You are given the great mantra. The Father Himself came and taught you ancient yoga of which it is remembered: Your sins will be burnt away through the fire of yoga. You also received this signal in the previous cycle. The Father signals to you: Consider yourself to be a soul and remember Me! You may live at home with your family. It is remembered: I seek refuge with You. This too happens. When someone experiences sorrow, he goes and seeks refuge with someone who has greater power. This happens here in a *practical* way. When you see that there is a lot of sorrow and are unable to tolerate any more or you are in a desperate

situation, you come running here to seek refuge with the Father. No one, apart from the Father, can grant salvation. You children know that the old world is to be destroyed. Preparations are being made. On this side there is preparation for your establishment and on that side there is preparation for destruction. Once establishment has taken place, destruction will definitely take place. You know that Baba has come to carry out establishment and you will also definitely receive your inheritance through this one. However, nothing can be achieved through inspiration. Would you tell your *teacher* that you will be able to study everything through his inspiration? If everything could be done through inspiration, why is the birthday of Shiva celebrated? In that case, there would be no need to celebrate the birthday of Shiva, the One who would do everything through inspiration. There is the birthday of all souls. All souls enter bodies. A soul plays a *part* when both the soul and body come together. The original religion of souls is peace. *Knowledge* is imbibed by the soul. It is the souls that take good and bad sanskars with themselves. The Father is the Creator of heaven. There is only purity there; there is no name or trace of impurity. This is the ocean of poison. It is explained so *clearly*. In spite of that, it doesn't sit in anyone's intellect, but you cannot blame anyone; everyone is tied in the bondage of the *drama*. You understand that you have come down the ladder from the very top. According to the *drama*, we have to descend. Then the Father says: Now make effort to climb up. Even after being here for two to four years, some fall. Then they realise that they have made a great mistake and that they have hurt themselves very badly. This is the sickness of half the cycle; it is not a small thing! You have been diseased for half the cycle. By indulging in sensual pleasures (bhogi) you become diseased (rogi). The Father comes and inspires you to make effort. Krishna is also called Yogeshwar. At this time you are true yogis. Yogeshwar is teaching you yoga. You are also gyan-nyaneshwar and will then become raj-rajeshwar (princes and princesses). Through knowledge you become wealthy and through yoga you become free from disease and *ever healthy*. All your sorrow is being removed for half the cycle. Therefore, how much effort should you be making for this? 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. In order to become pure, practise being bodiless. Give everyone the message to remember the one Father. Forget everything including your body.
2. Study yoga with Yogeshwar Father and become a true yogi. Through knowledge become wealthy and through yoga become free from disease and *ever healthy*.

**Blessing:** May you be obedient and an image that grants visions by putting every teaching into the practical form and giving the proof of that.  
The children who do not keep the teachings just in their intellects, but put them into their form remain stable in the stage of an embodiment of knowledge, an embodiment of love and an embodiment of bliss. Those who put every *point* of knowledge into their being will be able to remain stable in the *point* form. It is easy to churn, that is, to speak about the *point*, but to be that form and enable other souls to experience that form is to give the proof, that is, to be obedient and an image that grants visions.

**Slogan:** Increase the power of concentration and the wanderings of the mind and intellect will stop.

\*\*\* OM SHANTI \*\*\*