

Essence: Sweet children, don't allow your intellects to hang on to bodily beings. Remember the one bodiless Father and also remind others of the Father.

Question: What main things do you need to pay *attention* to in order to make your life as elevated as a diamond?

Answer: 1. Prepare and eat your meals whilst being very yogyukt. 2. Remind one another of the Father and give the donation of life. 3. Don't perform any sinful acts. 4. Protect yourself from the company of those who speak of useless matters. Don't gossip. 5. Don't let your intellect be attracted to bodily beings. Don't hang on to bodily beings. 6. Continue to take advice from the eternal *Surgeon* at every step. Don't hide your illness from the *Surgeon*.

Om shanti. Children, in whose remembrance are you sitting? (Shiv Baba) Remember Shiv Baba alone and no bodily beings. This bodily being is sitting in front of you, but you mustn't even remember him. You simply have to remember the one bodiless One who doesn't have a body of His own. This Mama, Baba and the special beloved, *serviceable* children all learn from Shiv Baba. Therefore, you have to remember Shiv Baba. Although some children go and explain to others, your intellects have to understand that Shiv Baba has taught them. Let your intellects have remembrance of only Shiv Baba and no bodily beings. If you remember this bodily being, that is *common*. The Father says: Never hang on to bodily beings. You have to remember the One who grants salvation to everyone. If you remember this corporeal being, that remembrance is fruitless. For instance, children remember their worldly father, but there is no benefit in that. If you remember a Brahmin teacher or think that a particular teacher should teach you, that too is fruitless. You mustn't have remembrance of anyone else. Shiv Baba is teaching us. Shiv Baba is the Benefactor. Never surrender yourself to bodily beings. This Baba also tells you: Manmanabhav! If you remember bodily beings, you will go into degradation. The Father knows that the intellects of some are attached to Brahmin teachers, but that is *wrong*. There mustn't be any attraction to bodily beings. Baba's orders are: Constantly remember Me alone. Wake up early in the morning and remember Me. Bodily beings are said to be worldly. You mustn't remember them. Remember Me, the incorporeal One, alone. Only the One is remembered: Salutations to Shiva. Shiva is bodiless. You have to claim your inheritance from the Father. Even this body is not His. The Father says: It is only because I don't have a body of My own I teach you through this body. This is why I take his support. I taught you children easy Raja Yoga through this one in the previous cycle through which you became pure. It is My service to purify the impure. It is useless to ask for blessings or mercy. Those things continue on the path of devotion, not here. It isn't that if someone falls ill, I would make that person well; that is not My business. People call out: Come and purify us impure ones! Take us from degradation into salvation! They sing this but they don't know the meaning of it. There are devotees throughout the whole world. Whom do all of them remember? They remember the one Purifier Father. He is the *Liberator* and also the *Guide* of all the human beings of the whole world. It is only the Father who *liberates* everyone from sorrow and takes them to the supreme abode. Therefore, you should follow the Father's shrimat. Take advice at every step as to what you should do in certain circumstances. There is just the one *Surgeon*. This one (Brahma) is the place where the *Surgeon* stays and also the one through whom He speaks. No one else can give you directions such as this *Surgeon* does. You children mustn't *waste* your time. Day by day, your lifespan is getting shorter. Destruction is just ahead. If you make any mistakes, there will have to be great repentance. By wasting your *time* in gossiping, you cause yourself a lot of damage. You have to save others. Human beings are unable to make others meet the Father. Instead, they divert them even further from the Father. At this time it is everyone's stage of descent and so they would definitely give wrong directions. You children have now received knowledge and so you mustn't perform any sinful acts. You mustn't hide anything. You know that we have been committing sin for birth after birth. If, after belonging to the Father, you still continue to commit sin, what would others say? They would say: You say that God is teaching you and yet you continue to commit sin! If you commit sin and don't tell Baba, that burden will not decrease. That habit will then become firm. You might think that no one can see you, but God sees everything. How else would someone receive punishment in the womb? Your conscience will then bite because you committed that sin. For instance, if someone indulges in vice and then sits here, the Father knows about that. Those who don't understand this have very degraded intellects. They continue to commit sin and don't tell Baba about it. Even this physical father knows some things, but children don't tell him about them. The Father says: If you continue to commit sin, that continues to increase and then there will have to be one hundred-fold punishment. A thief continues to steal and so he can't think of anything except stealing. He is called a

jailbird. The Father explains to you children: If someone gossips with you about useless matters, instead of reminding you of the Father, consider that one to be your enemy. You mustn't listen to or speak of useless matters. Continue to caution one another to remember Shiv Baba. Some even become angry, thinking: Why is so-and-so telling me this? However, it is your duty to remind others. Your sins will be absolved by having remembrance. Until you reach your karmateet stage, there will continue to be one mistake or another made through your thoughts, words or deeds. You will reach your karmateet stage at the end. In that too, only a few will *pass with honours*. Those who don't do *service* will not reach that stage. Those who remain occupied in *service* remind one another of Baba. What is your relationship with the Supreme Father, the Supreme Soul? Baba gives his own example: When I sit down for meals or when I go for a bath, remind me to remember Shiv Baba. Although you yourself may not be staying in remembrance, you have to put Baba's *direction* into practice. If you want to benefit yourself, then remind one another of Baba. There is a lot of praise of Brahma bhojan. The yoga of the Brahmins who prepare food has to be accurate, for only then will there be that strength in the food. You receive the donation of life by having remembrance. Make your life like a diamond. The easiest of all is to remember Me and to become pure. If you become impure, there will be one hundred-fold punishment. If you continue to remember Me, your Father, your sins will be absolved and I will also give you your inheritance. If you remember Me a little, you will receive a little inheritance. At the beginning and at the end of the Gita, it is written: Manmanabhav! You mustn't remember bodily beings. If you remember Shiv Baba, you benefit; your sins are burnt away. Your sins are not absolved by bathing in the Ganges. Although they say that they have that bhavna (feeling), that bhavna is *wrong*. The Ganges is not the Purifier. Only the one Father is the Purifier. You mustn't remember physical things. Remember Shiv Baba alone! The soul says: Oh *God, the Father!* Oh Supreme Father, Supreme Soul! The Father says: I have come to show you a very easy method: Remember Me! At the end, you will remember Me and you will then come to Me. There are the soul and the body. A human soul is said to be a sinful soul or a charitable soul. It isn't said: Charitable Supreme Soul. It is souls that become impure and so they receive impure bodies. The Father speaks to souls. Souls are imperishable. The Father and the children are both imperishable. The Father says: O beloved, long-lost and now-found children, I only come once and make you pure. I make you soul conscious and say: May you be bodiless! Remember Me, the Father! That's all. This is the pilgrimage of the soul. Those are physical pilgrimages. You know that souls now have to return home. Only in the fire of yoga will your sins of many births be cut away. You have to become Brahmins. If you don't become this, you will claim a low status among the subjects. Even if they hear a little knowledge that is never destroyed. Those who study well and also teach others will claim a high status. The easiest thing of all is remembrance. Remember the Supreme Father, the Supreme Soul. The Highest on High is only the one God. Therefore, it is all right to sing songs of just Shiv Baba. Your intellects should be aware that Shiv Baba is speaking to you. The play is now coming to an end. All the *actors* now have to renounce the consciousness of their bodies and return home. By remembering the Father, your sins will be absolved. Then, the more you remember Him, the higher the status you will claim. For instance, they have a *pillar* (as a goal) to which they race and the one who reaches there first and returns wins. Your *pillar* is Shiv Baba and your race is the pilgrimage of remembrance. The more you remember Him, the sooner you will reach the *pillar*. You then have to go to heaven. You mustn't become tired on this pilgrimage. The land of sorrow is now to end. We have to go to the land of peace and the land of happiness. Today, it is the land of sorrow and tomorrow it will be the land of happiness. Remind everyone of that Father. The Father has brought heaven for you on the palm of His hand and He says: Constantly remember Me alone and your boat will go across. You mustn't *waste* your *time*. Even on the path of devotion you used to gossip a lot. When some people do devotion, they shout so loudly, calling out to God: Come and grant us salvation! The Father has now come and He tells you children to become pure. You may live together as a couple but check that a fire is not lit. If a fire takes place, your status would be destroyed. Once that fire has been lit, it will continue to be flare up again and again. This is why you have to protect yourself. A lot of *practice* is required to stay in yoga. No matter how much noise there may be during yoga - even if there are earthquakes or *bombs* are dropped - you mustn't be afraid of those things. Just look what happens nowadays! You know that rivers of blood are going to flow in Bharat alone. When there was *partition*, rivers of blood flowed, did they not? Many calamities are yet to come. You will have to see how there will be death for the prey and happiness for the hunter. You are becoming angels. Those who are very good and *serviceable* will be able to stay at that time. You need to be very strong in this. Remember Shiv Baba. You will never again find a Father as sweet as Shiv Baba. You have to follow His

directions. The main thing is to become pure. Those who indulge in vice are called impure. Deities are completely viceless. Here, all are those who indulge in vice. That is the Temple of Shiva (The golden age) and this is the brothel (The iron age). You are now becoming viceless from vicious and you have to claim your fortune of the kingdom of heaven. The Father says: I have come to establish the pure world. I will make you into the masters of the pure world. Simply help Me by becoming pure. Give everyone the Father's invitation. Five thousand years ago, when I spoke the Gita, I said: Constantly remember Me alone and you will become pure. If you spin the discus you become the kings and queens who rule the globe. You will receive *health, wealth and happiness*. You had everything in the golden age. The Father says: Remember Me, and you won't be diseased for 21 births. If you continue to spin the discus of self-realisation you become rulers of the globe; I promise. God speaks. Baba just teaches you Alpha and beta, "Manmanabhav" and "Madhyajibhav", that's all! This study is so easy! Simply write it on your heart. Scarcely any businessmen study this art of business from the Master. You may do that business etc. You are not forbidden to do that. Achcha.

The sweetest, beloved, long-lost and now-found children who stay in remembrance of Alpha and beta and who also remind others; they are the ones who are loved. To such children, love, remembrance and *good morning* from the Mother and Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

1. Don't become tired on the pilgrimage of remembrance. Continue to caution one another and remind them of the Father. Don't *waste your time*. Neither gossip nor listen to gossip.
2. In order to *pass with honours*, make no mistakes in your thoughts, words or deeds.

Blessing: May you become filled with all virtues and become *number one* by making *virtues emerge* with knowledge.

At the present time, amongst yourselves, there is a need to be a bestower of virtues through special actions. For this, along with knowledge, also make the virtues *emerge*. Have the thought: I always have to be an image of virtues and definitely perform the special task of making others images of virtues, and there will then be no time for seeing, hearing or doing anything wasteful. Instead of looking at others, *follow* Father Brahma and continue to donate virtues at every *second* and you will become an *example* who is filled with all virtues and makes others this and will become *number one*.

Slogan: To transform *negative* into *positive* with the *power of silence* is real service of the mind.

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