

**Essence:** Sweet children, continue to say "Baba, Baba" from your hearts and there will be unlimited happiness. This is not just something to say, but let there be this continual remembrance internally and all your sorrow and suffering will be removed.

**Question:** When some children say, "Baba, my mind is confused, I have problems", what teaching does Baba give to show them how to stay in happiness?

**Answer:** Baba says: Children, these words that you say are *wrong*. It is wrong to say, "My mind is confused." When the intellect's yoga with the Father breaks, the intellect wanders and there is unhappiness. This is why Baba shows you a method: Keep your *chart*. Continue to say "Baba, Baba" internally. Take shrimat at every step and your confusion will finish.

**Song:** Dweller of the Forest, your name is the support of my life!

Om shanti. Incorporeal God speaks to you incorporeal children. Through whom does incorporeal God speak? Through this body that He has taken on *loan*. It has been explained that the incorporeal Supreme Father, the Supreme Soul, doesn't have a bodily name. All human souls have bodily names and they are called by those names. Here, the incorporeal Father says to the incorporeal children: Forget those bodies. You souls have to shed those bodies and come to Me. You must no longer take birth in this land of death. Those physical parents bring you into relationships with bodies - "This one is your so-and-so" - whereas the Father from beyond says: I am the Incorporeal. I am called the Supreme Father, the Supreme Soul. You too are incorporeal souls. I have taken the support of this body, whereas you have your own bodies. This body I take is on loan. Now, remember Me, your Father. I am the incorporeal Father of you souls. Say, "Baba, Baba." Sometimes, some children say: My mind is confused. My mind is unhappy. Oh! but why do you use the word 'mind'? Say, "Why do I forget Baba? Why do I forget Baba who makes me worthy of heaven?" Renounce the consciousness of the body and become soul conscious. Baba says: You now have to return home. Remember Me. Incorporeal Baba says to incorporeal souls: Continue to say, "Baba, Baba." That One is the Father whereas the mother is incognito. A mother is definitely needed with the *Father*. No one in the world knows that the Father creates the mouth-born creation through this one and that that is why He is called the *Father*. So, where is the *mother*? Jagadamba would not be called the mother. Jagadamba is the instrument to look after everyone because this one cannot look after everyone as he is a *male*. This is why there is Jagadamba. Her mother is also this one; Brahma is the senior mother. All of you are Brahma Kumars and Kumaris. They speak of the Mother and Father, and so the Father sits here and explains. This is not the task of a sage or holy man. The Father establishes heaven. Maya Ravan begins to change it into hell. The Father gives happiness and Maya causes sorrow. This is a play about happiness and sorrow, and it is about Bharat. Bharat was like a diamond. It has now become like a shell. There was the pure household religion in Bharat and there are its images. There used to be the kingdom of Lakshmi and Narayan, but no one knows when it was established. They say that the duration of a cycle is hundreds of thousands of years. It has been explained to you children that 5000 years ago it was the kingdom of Lakshmi and Narayan. There were Lakshmi and Narayan *the First, the Second, the Third* etc. There were eight in the dynasty. Then there were twelve in the moon dynasty. There are the *dynasties*: the *dynasty* of Mughals, the *dynasty of Sikhs*. It has been explained to you children that 5000 years ago there was just the one kingdom of Lakshmi and Narayan in Bharat. There used to be the *World Almighty Authority Government*. Only the Father creates that. This is what the people of Bharat ask for. Now, there is no kingdom; there is no *king* nor *queen*. This is the temporary rule of people over people. There is no happiness in this. As time goes by, there will continue to be more sorrow. This is called happiness like a mirage. In the scriptures there is the example of Draupadi and Duryodhan. In fact, it was not like that. They sat and made up all of those stories. This kingdom is like a mirage. They (the people of Bharat) got their kingdom and yet they continue to be even more unhappy. There wasn't as much sorrow at the time of the *British Government*. Everything was very cheap. Everything now is so expensive! *Famine*, torrential rainfall, *earthquakes* etc. will all come in front of you. People will be desperate for water. You children are now sacrificing your bodies, minds and wealth in the service of making Bharat into heaven. You help the Father. The Father then establishes the *one World Almighty Authority Government*, the *one* kingdom. After the cries of distress, there will be cries of victory. You are to see with your eyes in a *practical* way the visions you had of destruction. The Father sits here and explains: Consider yourselves to be souls. You are the children of Baba. Therefore, continue to say "Baba, Baba!" When you say, "My mind is confused" or "My mind is unhappy", remove the word 'mind'. How can there be happiness if you don't remember Baba? You become unhappy because of not knowing yourself. Why do you use the word 'mind'? Oh! can you not remember the Father? Is it that

you forget the Father? Do you ever say of your physical father that you can't remember him? Even little children are taught: This is your mother and father. Here, the unlimited Father says: Remember Me and I will take you to heaven. You simply have to belong to Baba. The Father says: Continue to follow My directions. You have to show your account to the Father. A father is aware of how much his children earn. So, the Father, too, will only know when you tell Him. The Father quickly tells you: I am making you into the masters of Paradise. Baba says: I am the Bestower. I have come to give to you. Also use everything you have in a worthwhile way because this is how you now have to create your future. You will receive the huge sovereignty of Paradise to the extent that you use everything in a worthwhile way. There is the account of give and take; you *exchange* everything. In return for the old, He gives you everything new. He is a *first-class* Customer. Give with one hand and take with the other. There is a saying: Lord, let my first customer be such that the earning from that customer is enough. The Father comes to make you into a complete master of the world. The Father says: All of this wealth and property is to turn to dust. Therefore renounce it. Forget all your bodily relations, including your own body, and consider yourself to be a *trustee*. All of this has been given by God; it is all His. However, you have to perform actions for the livelihood of your body. If Baba is aware of everything He can continue to advise you. Some ask: "Baba, should I buy a car?" OK, if you have the money, you may buy a car. "Baba, I want to build a building." OK, you may build it. Baba will continue to advise you. If you have money, build many buildings, travel by *aeroplane*; experience a lot of happiness. Baba only gives directions to the children. Some ask about getting their daughter married. If she is unable to follow the path of knowledge, get her married. The father (Brahma) would always give *right directions*. If he gives *wrong* directions, Shiv Baba is *responsible*. He is also Dharamraj. This is not a *common* spiritual gathering. This is the *Godfatherly University*. The Father advises you: Children, become the masters of heaven. Follow shrimat. Become soul conscious. The names there are so beautiful. There are no names such as 'Mr. Basarmal' etc. there. There, the names are those such as Ramachandra, Krishnachandra. They also receive the *title* Shri because they are elevated. Here, they continue to give the *title* Shri Shri to cats and dogs etc. The Father explains: This is a dirty old world. It is all to be destroyed. You now have to follow My shrimat. The Shrimad Bhagawad Gita is the main one. However, there are innumerable Vedas and scriptures. The Father establishes all three religions: Brahmin, deity and warrior. Then Abraham establishes his own religion. His scripture is such-and-such. Achcha, which religion are the Vedas a scripture of? They don't know anything. The Vedas are not the scripture of the sannyas religion. If their scripture is the Vedas, they should just study that. So, why do they take up the Gita? Christians are sensible: they would never take up a scripture of another religion. The people of Bharat make many people their gurus. Baba has explained that when a group of four or five people come, you should explain to each one individually, just as you used to sit with each one individually in Pakistan. By explaining to each one individually, you would be able to feel each one's pulse. Get each one to fill in a *form* because the illness of each one is different. A *surgeon* would call each patient individually, feel the pulse and give medicine after seeing each one. Have the faith: I am a soul. It is the soul that listens. It is the soul that becomes impure. To say that souls are immune to the effect of action is a lie. Whatever actions a soul performs, he receives the fruit of that accordingly. People say: This one has performed such actions. Now, Baba is teaching us such good actions that we will remain happy for 21 births. There is the philosophy of karma. In the golden age, actions become neutral. There are no sins committed there. Maya, who makes you commit sin, doesn't exist there. The kingdom is being established and so you would definitely receive the inheritance. You have to reach your karmateet stage. There are the sins of many births on your head. Your sins cannot be absolved by your bathing in the Ganges or by chanting or doing tapasya. Sins can only be absolved with the fire of yoga. At the end, everyone's karmic accounts will be settled, numberwise. If they are not settled, there will have to be punishment. They have to be settled by having remembrance of the Father. It is because you don't remember the Father that you souls wilt. The Father says: If you don't remember Me, Maya will attack you. Remember Me as much as possible. If you remember Me for a minimum of eight hours, you will *pass*. Keep your *chart*. Storms come when you don't consider yourself to be a soul and remember the Father. It is remembered: Receive happiness by having constant remembrance. You have to remember internally. You have to remain silent. You don't have to say "Rama, Rama" or "Shiva, Shiva". Your sorrow and suffering will be removed by having remembrance and you will become free from disease. This is a straightforward matter. You are slapped by Maya when you forget the Father. The Father says: You may live at home with your family. Continue to ask Baba for advice at every step so that you don't do anything sinful. If your daughter doesn't follow the path of

knowledge, you have to give something to her. If a son is unable to remain pure, he can earn his own income; he can go and get married. Some have big fights over their father's property. They don't give their full news. They are stepchildren, whereas real ones will definitely tell Baba. How can the Father know unless you give Him your news? If your face is cheerful here, you will remain constantly cheerful there too. In the Birla temple, there is a *first-class* picture of Lakshmi and Narayan. However, people don't know when they came. Where did that kingdom of Bharat go? You can go and explain to them. At first, there was satopradhan, unadulterated devotion. Then, later, devotion became adulterated, rajo and then tamopradhan. Earlier, they used to say that God is infinite. Now they say that all are God. That is called a tamo intellect. Therefore, you shouldn't say that you can't focus your mind. Why do you say this? Your condition becomes like that when you forget the Father. Remember the Father and your mercury of happiness will remain high. By remembering the Father, there is a huge income. Remember the Father the whole night. Become conquerors of sleep. You have been singing: I will surrender to you. He says: I have come. Therefore constantly remember Me. He is the Father of me, the soul. You have to remember Him. All attachment to this one should be broken. Become a destroyer of attachment and connect your intellect to the One and you will become strong. I now have to go to the new home. Why should I have attachment to the old world? When a new house is being built, the heart is removed from the old one. The Father says: Everything, including this body, is old. Now remember the Father and your inheritance. Through this study, we will become *princes* and *princesses* in the golden age. Baba gives the practical fruit in a *second*. This is a *college* for becoming *princes* and *princesses*. It is not a *college* where *princes* and *princesses* study. You have to become that here. Then, having become *princes*, you will surely become kings. Achcha.

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

#### **Essence for dharna:**

1. Sacrifice your body, mind and wealth in serving Bharat to make it into heaven. Become a full helper of the Father.
2. Remain cheerful here. Don't wilt in any situation. End all your sorrow and suffering through having remembrance of the Father.

**Blessing:** May you be a constant yogi and a constant server and serve with your activity and your face. Constantly maintain the awareness that you are one out of a handful of multimillion souls who know the Father and who have found Him. Maintain this happiness and your face will become a mobile centre for service. People will continue to receive the Father's introduction from your cheerful face. BapDada considers every child to be so worthy and capable. So, while moving along, while eating and drinking and by doing the service of giving the Father's introduction through your behaviour and face, you will easily become a constant yogi and a constant server.

**Slogan:** Those who remain constantly unshakeable and immovable like Angad cannot be shaken even by the enemy, Maya.

\* \* \* O M S H A N T I \* \* \*