

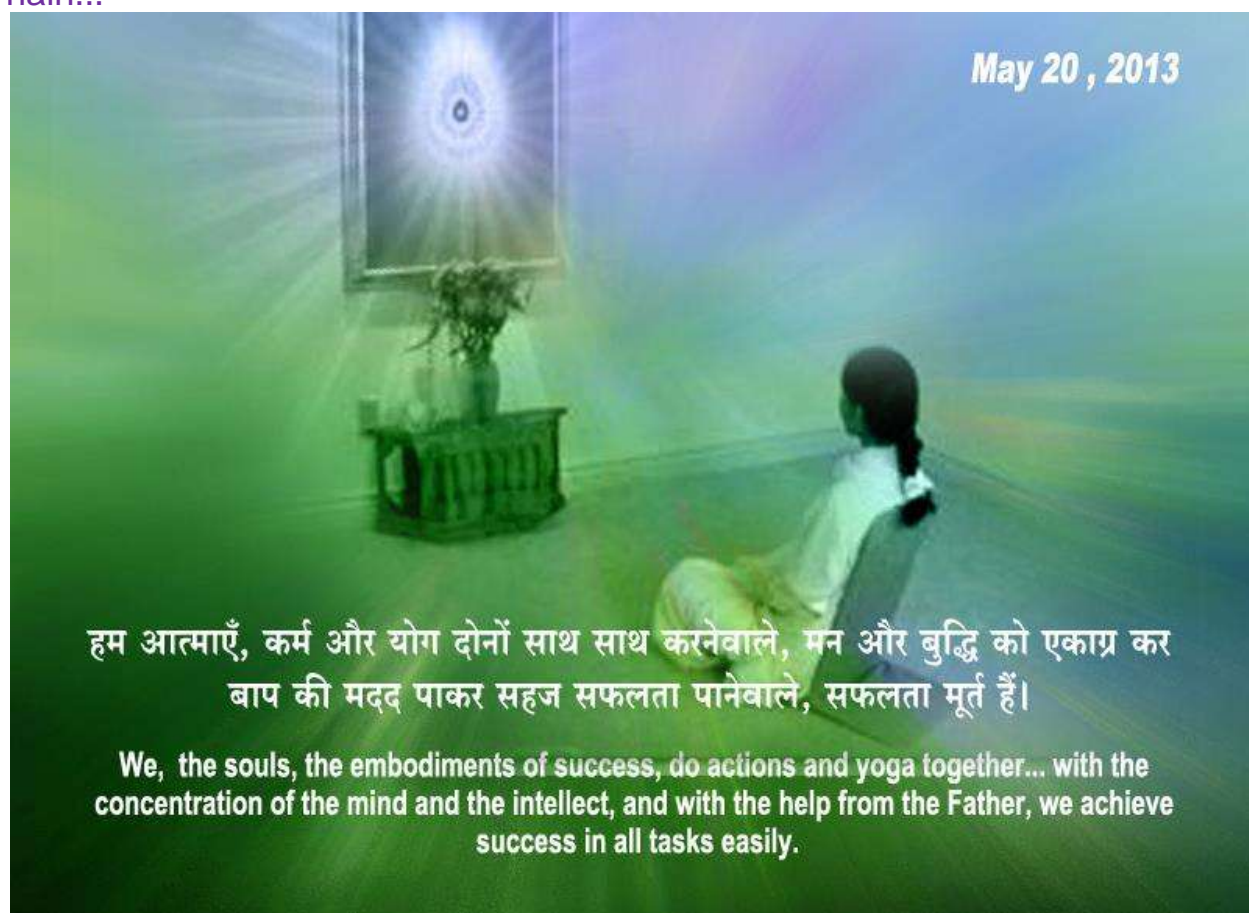
## **SWA MAAN / SANKALP / SLOGAN: SWAROOP BANO**

**May 20, 2013:**

हम आत्माएँ, कर्म और योग दोनों साथ साथ करनेवाले, मन और बुद्धि को एकाग्र कर बाप की मदद पाकर सहज सफलता पानेवाले, सफलता मूर्त हैं...

We, the souls, the embodiments of success, do actions and yoga together... with the concentration of the mind and the intellect, and with the help from the Father, we achieve success in all tasks easily...

Hum atmaayen, karm aur yog dono saath saath karnewale, man aur buddhi ko ekaagr kar baap ki madad paakar sahaj safalta paanewale, safalta moort hain...



Points are in 3 languages: Hindi, English and Hinglish (Hindi written in English Script) Please scroll down to the language of your choice.

These points are especially useful to those learning Hindi or English.

Om Shanti Divine Angels!!!

Points to Churn from the Murli of May 20, 2013

***Praise of Baba:***

The Ocean of Knowledge, the Incorporeal Purifier, the Supreme Father, and the Supreme Soul Shiv Baba is.... My Baba...Sweet Baba...Lovely Baba...Kind-hearted Baba...Compassionate Baba...the True Father...the True Teacher...the Unlimited Father... the Almighty Authority...the Truth, the Living Being, the Blissful One and the Seed... the Bestower of Salvation... Knowledge-full...

***Points of Self-Respect and Soul Study:***

***Knowledge:*** We, the souls, the jewels of knowledge with divine intellects, sitting in the court of the knowledge of Indra, transform from dirty beings to pure deities in the Godly University...

***Yoga:*** We, the souls, the Brahmin children, with the original religion of peace, renounce the old world, take refuge with the Father, become detached from our body and remember the Father ...by remaining Manmanbhav, we attain the inheritance of peace and happiness , and become the masters of heaven sitting on the Father's eyes...

***Dharna:*** . We, the souls, with faith in the intellect, make double effort and become pure, holy, supremely worthy of worship, elevated, unadulterated, satoguni, satopradhan and karmateet.....we are the deities of the future, transferring from the land of Kans to the land of Krishna, and from the land of Ravan to the land of Rama...

**Service:** We, the souls, fulfill the desires of liberation and liberation-in-life of all human souls by showing them the path to peace and happiness...we are the spiritual social workers who serve to make Bharat heaven and the land of sorrow to the land of happiness...

**Blessing:** We, the souls, are the Brahmins of the confluence age who give ourselves a pill of happiness or an injection of happiness and cure our own illness, and with the light and might of knowledge, bring about change...

**Slogan:** God Shiva says: Manmanabhav! Madhyaajibhav!... We, the elevated souls, give the Father's communication, message, instruction, introduction, identification and revelation day and night... we like solitude, we live in solitude, and are the true tapasvis stabilized in a concentrated, economical and a constant stage of the One...we attain success by using the right methods, experience super sensuous joy through remembrance and make the impossible possible... we keep the awareness of our perfect form full of powers emerged every second, attain the power of the sweetness of determined faith and of the practical fruit, and become the embodiments of success...by making the seed of thought powerful with the water of determined faith, we become embodiments of instant success...we are the embodiments of success who enable many souls to attain success...we are the master bestowers of fortune and blessings, embodiments of all attainments, who, through every thought fulfill desires of many...we, the souls, take the name of only the One, by remaining in solitude, by loving solitude, by concentrating on one thought, and by stabilizing in the remembrance of One in a constant and stable stage... we are embodiments of success who, whether performing physical actions or alokik actions, do actions and yoga together... with the concentration of the mind and the intellect, and with the help from the Father, we achieve success in all tasks easily...

So, let us cremate our old sanskars. (Sanskar ka sanskar karo) Not just to suppress them, but to completely burn them, so there is no trace or progeny left. Check and change now. Have volcanic yoga (Jwala swaroop) We have time until the next Milan in October . Let us work on one each day with the following

### Yog Commentary:

**cremate our old sanskars 34.....to laugh at others, make fun of others.....** replace them by **being royal, peaceful, mature and entertaining.....**I am a soul...I reside in the Incorporeal world...the land of peace...Shivalaya...I am with the Father...I am close to the Father...I am equal to the Father...I am sitting personally in front of the Father...safe...in the canopy of protection of the Father...I am the eight armed deity...a special deity...I am great and elevated...I, the soul am the master sun of knowledge...a master creator...master lord of death...master almighty authority... Shivshakti combined...immortal image...seated on an immortal throne...immovable, unshakable Angad, stable in one stage, in a constant stage, with full concentration....steady, tireless and a seed...the embodiment of power...the image of a destroyer...an embodiment of ornaments...the image of a bestower...the Shakti Army...the Shakti troop...an almighty authority...the spiritual rose...a blaze...a volcano...an embodiment of a blaze...a fiery blaze...I am cremating the sanskar of **laughing at others, making fun of others.....** I am burning them...I am turning them into ashes...I, the soul am a maharathi...a mahavir...I am the victorious spiritual soldier that is conquering the vice of **... laughing at others, making fun of others.....** **being royal, peaceful, mature and entertaining.....**I, the soul, am soul conscious, conscious of the soul, spiritually conscious, conscious of the Supreme Soul, have knowledge of the Supreme Soul, am fortunate for knowing the Supreme Soul.....I am full of all virtues, 16 celestial degrees full, completely vice less, the most elevated human being following the code of conduct, doubly non-violent, with double crown...I am the master of the world, seated on a throne, anointed with a tilak, seated on Baba's heart throne, double light, belonging to the sun dynasty, a valiant warrior, an extremely powerful and an extremely strong wrestler with very strong arms...eight arms, eight powers, weapons and armaments, I am the Shakti merged in Shiv...

ॐ शान्ति दिव्य फरिश्ते !!!

विचार सागर मंथन: मई 20, २०१३

### **बाबा की महिमा:**

ज्ञान के सागर पतित पावन निराकार परमपिता परमात्मा शिव बाबा हैं...मेरा बाबा... मीठा बाबा...प्यारा बाबा... दयालु बाबा...कृपालु बाबा... सत बाप...सत टीचर...सत गुरु... बेहद का बाप... सर्वशक्तिमान...सत चित आनंद स्वरूप...बीजरूप...सदगति दाता... नॉलेजफुल...

### **स्वमान और आत्मा अभ्यास :**

**ज्ञान:** हम आत्माएँ, गॉडली यूनिवर्सिटी में मलेच्छ से स्वच्छ देवता बननेवाले, ज्ञान इन्द्र सभा में पारस बुद्धि ज्ञान रत्न हैं...

**योग:** हम आत्माएँ, शान्ति के स्व धर्म वाले, शरीर से डिटैच होकर इस पुरानी दुनिया से सन्यास लेकर, बाप की शरण में आकर मनमना भव रहकर, बाप को याद कर सुख शान्ति का वर्सा पानेवाले, बाप की आँखों पर बैठ स्वर्ग के मालिक बननेवाले, ब्राह्मण बच्चे हैं...

**धारणा:** हम आत्माएँ, निश्चय बुद्धि बन, डबल तीव्र पुरुषार्थ कर, पवित्र, पावन, परम पूज्य, श्रेष्ठ, शुद्ध, सतोगुणी, सतोप्रधान, कर्मातीत बन, कंसपुरी से कृष्णपुरी, रावणपुरी से रामपुरी में जानेवाले, भविष्य के देवी-देवता हैं...

**सेवा:** हम आत्माएँ, सभी मनुष्यात्माओं की मुक्ति जीवन मुक्ति की मनोकामनाएँ पूर्ण करनेवाले, सुख शान्ति का रास्ता दिखानेवाले, भारत को स्वर्ग बनानेकी सेवा करनेवाले, दुखधाम से सुखधाम बनानेवाले, रुहानी सोशल वर्कर्स हैं...

**वरदान:** हम आत्माएँ, स्वयं ही स्वयं को खुशी की गोली देकर वा खुशी का इंजेक्शन लगाकर, अपनी बीमारी की दवाई स्वयं ही करनेवाले, नॉलेज की लाइट और माइट से चेन्ज लानेवाले, संगम युगी ब्राह्मण हैं...

**स्लोगन:** हम महान आत्माएँ, दिन और रात बाप का पैगाम मसेज संदेश परिचय पहचान और बाप को प्रत्यक्ष करनेवाले, एकान्त वासी, एकान्त प्रिय, एकरस, एक्टिक, एकाग्र, एकनामी, एकान्मि करनेवाले, सच्चे तपस्वी हैं...विधि द्वारा सिद्धि पानेवाले, याद द्वारा अतीन्द्रिय सुख का अनुभव करनेवाले, असंभव को संभव करनेवाले, दृढ़ निश्चय से हर सेकण्ड अपनी संपूर्ण सर्व शक्ति स्वरूप संपन्न स्वरूप की स्मृति में रख प्रत्यक्ष फल के रस का बल पानेवाले, सिद्धि स्वरूप हैं...संकल्प रूपी बीज को दृढ़ निश्चय रूपी जल से पावरफुल बनानेवाले, प्रत्यक्ष सिद्धि-स्वरूप हैं...अनेक आत्माओं को सिद्धि प्राप्त करानेवाले, सर्व सिद्धि स्वरूप, मास्टर विधाता और वरदाता, अपने संकल्प द्वारा अनेकों की अनेक कामनायें पूर्ण करनेवाले, सर्व प्राप्ति स्वरूप हैं... एकान्त वासी बन, एकान्त प्रिय बन, एकाग्र और एक्टिक बन, एक की ही याद में, एक रस स्थिति में स्थित रहनेवाले, एकनामी हैं... चाहे स्थूल कर्म हो, चाहे अलौकिक कर्म हो, कर्म और योग दोनों साथ साथ करनेवाले, मन और बुद्धि को एकाग्र कर बाप की मदद पाकर सहज सफलता पानेवाले, सफलता मूर्त हैं...

अप्रैल 5, 2013, के मिलन में बापदादा ने कहा था के :

“जो भी कमी है उसको छोड़ना ही है | छोड़ना ही है, यह है पक्का? इस सीज़न में जो संकल्प कर रहे हो, वो संकल्प नहीं, पर करना ही है | कुछ भी हो जाए, बदलना ही है | यह दृढ़ संकल्प करो | आखिर समय को समीप लाना है |”

तो ज्वाला मुखी अग्नि स्वरूप योग की शक्ति से संस्कारों का संस्कार करो ; सिर्फ मारना नहीं, लेकिन जलाकर नाम रूप खत्म कर दो.... अक्तूबर पहले सारे अवगुण और पुराने संस्कार जला देना ...हररोज़ एक लेंगे और जला देंगे...

योग कोमेन्ट्री:...

**पुराने वा अवगुणों का अग्नि संस्कार : ३४** ..... हंसी मजाक करना ..... बदलकर मैं आत्मा रोयल शान्त गंभीर और रमणीक हूँ....

मैं आत्मा परमधाम शान्तिधाम शिवालय में हूँ ..... शिवबाबा के साथ हूँ ..... समीप हूँ ..... समान हूँ ..... सम्मुख हूँ ..... सेफ हूँ ..... बाप की छत्रछाया में हूँ ..... अष्ट इष्ट महान सर्व श्रेष्ठ हूँ ..... मैं आत्मा मास्टर ज्ञानसूर्य हूँ ..... मास्टर रचयिता हूँ ..... मास्टर महाकाल हूँ ..... मास्टर सर्व शक्तिवान हूँ ..... शिव शक्ति कमबाइनड हूँ ..... अकालतक्खनशीन हूँ ..... अकालमूर्त हूँ ..... अचल अडोल अंगद एकरस एकटिक एकाग्र स्थिरियम अथक और बीजरूप हूँ ..... शक्तिमूर्त ..... संहारनीमूर्त ..... अलंकारीमूर्त ..... कल्याणीमूर्त हूँ ..... शक्ति सेना हूँ ..... शक्तिदल हूँ ..... सर्वशक्तिमान हूँ ..... रुहे गुलाब .... जलतीज्वाला .... ज्वालामुखी .... ज्वालास्वरूप .... ज्वालाअग्नि हूँ .... हंसी मजाक करना.....  
.....अवगुणों का आसुरी संस्कार का अग्नि संस्कार कर रही हूँ ..... जला रही हूँ ..... भस्म कर रही हूँ ..... मैं आत्मा महारथी महावीर ..... हंसी मजाक करना..... के मायावी संस्कार पर विजयी रूहानी सेनानी हूँ ..... मैं आत्मा रोयल शान्त गंभीर और रमणीक हूँ.... मैं देही -अभिमानी ..... आत्म-अभिमानी..... रूहानी अभिमानी ..... परमात्म अभिमानी..... परमात्म ज्ञानी ..... परमात्म भाग्यवान..... सर्वगुण सम्पन्न ..... सोला कला सम्पूर्ण ..... सम्पूर्ण निर्विकारी ..... मर्यादा पुरुषोत्तम ..... डबल अहिंसक हूँ ..... डबल ताजधारी ..... विश्व का मालिक हूँ ..... मैं आत्मा ताजधारी ..... तख्तधारी ..... तिलकधारी ..... दिलतक्खनशीन ..... डबललाइट ..... सूर्यवंशी शूरवीर ..... महाबली महाबलवान ..... बाहुबलि पहलवान ..... अष्ट भुजाधारी अष्ट शक्तिधारी अस्त्र शस्त्रधारी शिवमई शक्ति हूँ .....  
.....

Om Shanti divya farishte !!!

Vichaar Sagar Manthan: May 20, 2013

### ***Baba ki Mahima:***

Gyan ke Sagar Patit Paavan Niraakaar Parampita Paramatma Shiv Baba hain...Mera Baba... Meetha Baba... Pyaara Baba...Dayalu Baba...Kripalu Baba... Sat Baap...Sat Tichar...Sat Guru... Behad ka Baap... Sarv shakti maan...Sat Chit Anand Swaroop...Beejroop...Sadgati Data... Nolej ful...

### ***Swamaan aur Atma Abhyas :***

**Gyan:** Hum atmaayen, godly yuniversity men malechch se swachch devta ban newale, gyan indra sabha men paaras buddhi gyan ratn hain...

**Yog:** Hum atmaayen, shanti ke sw dharm wale, sharer se ditaich hokar is puraani duniya se sanyaas lekar, baap ki sharan men aakar man mana bhav rahkar, baap ko yaad kar sukh shanty ka varsa paanewale,baap ki aankhon par baith swarg ke maalik ban newale, Brahman bachche hain...

**Dhaarna:** Hum atmaayen, nishchay buddhi ban, dbl tiv purushaarth kar, pavitr, paavan, param pujy, shreshth, shuddh, satoguni, satopradhaan, karmateet ban, kanspuri se krishnapuri, ravan puri se rampuri men jaanewale, bhavishy ke devi-devta hain...

**Seva :** Hum atmaayen, sabhi manushyaatmaaon ki mukti jeewan mukti ki mano kaamnaayen poorn karnewale, sukh shanti ka rasta dikhaanewale,



bharat ko swarg banaaneki seva karnewale, dukhdhaam se sukhdhaam banaanewale, ruhaani soshal warkars hain...

**Vardaan:** Hum atmaayen, swayam hi swayam ko khushi ki goli dekar va khushi ka injekshan lagaakar, apni bimaari ki dawaai swayam hi karnewale, nolej ki laait aur maait se chenj laanewale, sangam yugi Brahman hain...

**Slogan:** Shiv Bhagwaanuvaach: Manmanabhav! Madhyaajibhav!... Hum mahaan atmaayen, din aur raat baap ka paigaam mesej sandesh parichay pahechaan aur baap ko pratyaksh karnewale, ekaant wasi, ekaant priy, ekras, ektik, ekaagr, eknaami, ekaanmi karnewale, sachche tapasvi hain...vidhi dwara siddhi paanewale, yaad dwara atindriy sukh ka anubhav karnewale, asambhav ko sambhav karnewale, dridh nishchay se har sekand apni sampoon sarv shakti swaroop sampann swaroop ki smriti men rakh pratyaksh fal ke ras ka bal paanewale, siddhi swaroop hain...sankalp roopi beej ko dridh nishchay roopi jal se paavarful banaanewale, pratyaksh siddhi-swaroop hain...anek atmaaon ko siddhi praapt karaanewale, sarv siddhi swaroop, mastar vidhaata aur vardata, apne sankalp dwara anekon ki anek kaamnaayen poorn karnewale, sarv praapti swaroop hain... ekaant waasi ban, ekaant priy ban, ekaagr aur ektik ban, ek ki hi yaad men, ek ras sthiti men sthit rahnewale, eknaami hain... chahe sthool karm ho, chahe alokik karm ho, karm aur yog dono saath saath karnewale, man aur buddhi ko ekaagr kar baap ki madad paakar sahay safalta paanewale, safalta moort hain...

Aprail 5, 2013 ke milan men bapdada ne kaha tha ke:

“Jo bhi kami hai usko chhodna hi hai. Chhodna hi hai, yah hai pakka? Is sizan men jo sankalp kar rahe ho, vo sankalp nahin,par karna hi hai . Kuch bhi ho jaaye, badalna hi hai. Yah dridh sankalp karo. Aakhir samay ko sameep lana hai.”

To jwala mukhi agni swaroop yog ki shakti se sanskaaron ka sanskaar karo; sirf maarna nahin, lekin jalaakar naam roop khatm kar do...aktoobar pahle saare avgun aur puraane sanskar jala dena...haroz ek lenge aur jala denge...

## Yog Kometry:

**Poorane va avguno ka agni sanskar...34.....Hansi , majaak udaana.....**badalkar.... mai atma **royal, shant, gambhir aur ramnik hun.....** mai atma paramdham shantidham, shivalay men hun...shivbaba ke saath hun...sameep hun...samaan hun...sammukh hun...safe hun...baap ki chhatra chaaya men hun...asht, isht, mahaan sarv shreshth hun...mai atma master gyan surya hun...master rachyita hun...master mahakaal hun...master sarv shakti vaan hun...shiv shakti combined hun...akaal takht nasheen hun...akaal moort hun...achal adol angad ekras ektik ekagr sthiriom athak aur beej roop hun...shaktimoort hun...sanharinimoort hun...alankarimoort hun...kalyani moort hun...shakti sena hun...shakti dal hun...sarvshaktimaan hun...roohe gulab...jalti jwala...jwala mukhi...jwala swaroop...jwala agni hun... **Hansi , majaak udaana.....**avguno ka asuri sanskar kar rahi hun...jala rahi hun..bhasm kar rahi hun...mai atma, maharathi mahavir **Hansi , majaak udaana.....**ke mayavi sanskar par vijayi ruhani senani hun...mai atma **royal, shant, gambhir aur ramnik hun.....**mai dehi abhimaani...atm abhimaani...ruhani abhimaani...Parmatm abhimaani...parmatm gyaani...parmatm bhagyvaan...sarvagunn sampann...sola kala sampoorn...sampoorn nirvikari...maryada purushottam...double ahinsak hun...double tajdhaari vishv ka malik hun...mai atma taj dhaari...takht dhaari...tilak dhaari...diltakhtnasheen...double light...soorya vanshi shoovir...mahabali mahabalwaan...bahubali pahalwaan...asht bhujaadhaari...asht shakti dhaari...astr shastr dhaari shivmai shakti hun...

In the daily murlis, Bapdada gives vardaan to the entire Brahmin family spread all over the world. *Baba also remarked in the murli, dated 7-1-2012 that serviceable children will make cartoons after listening to the murli.* Visualization makes remembrance of the blessing throughout the day easier and thus makes it more fruitful.

20-05-2013:

**Blessing:** May you be knowledge-full and cure yourself by taking the pill or injection of happiness.

Brahmin children can cure themselves of their own illness. The nourishment of happiness is such that it begins to take effect in a second. When doctors give you a powerful injection, it brings about a change. In the same way, when Brahmins give themselves a pill of happiness or an injection of happiness, the form of their illness changes. The light and might of knowledge helps a lot in making the body function. When an illness comes, that is a means of giving rest to the intellect.



20-05-2013:

**Essence:** Sweet children, you are spiritual social workers. You have to serve to make Bharat into heaven and make the land of sorrow into the land of happiness.

**Question:** In which aspect do you Brahmin children become experts at the confluence age?

**Answer:** You have now become experts at fulfilling the desires of all human souls. Human beings desire to attain liberation or liberation-in-life and you have to fulfil that desire. You show everyone the path to peace. Peace is not found in the forests, but the original religion of the soul is peace. Become detached from your body and remember the Father and you will receive the inheritance of peace and happiness.

**Song:** Mukhda dekh le praani... मुखड़ा देख ले प्राणी... Look

at your face in the mirror of your heart.

[http://www.youtube.com/watch?v=Fpl8Y\\_jYODI&feature](http://www.youtube.com/watch?v=Fpl8Y_jYODI&feature)

=email

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

1. Renounce the old world in this one birth and become the Father's complete helpers. Give your finger of purity and remain manmanabhav.
2. Do the service of taking Bharat into supreme peace. Detach yourself from that body, stay in remembrance of the Father and take power from Him. Give the donation of peace.

**Blessing:** May you be knowledge-full and cure yourself by taking the pill or injection of happiness.

Brahmin children can cure themselves of their own illness. The nourishment of happiness is such that it begins to take effect in a second. When doctors give you a powerful injection, it brings about a change. In the same way, when Brahmins give themselves a pill of happiness or an injection of happiness, the form of their illness changes. The light and might of knowledge helps a lot in making the body function. When an illness comes, that is a means of giving rest to the intellect.

**Slogan:** Those who attain total success with concentration of the mind become embodiments of success.

