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**14/02/10 Madhuban Avyakt BapDada Om Shanti 26/11/94**

**The practical form of Godly sustenance and the power of transformation is the easy yogi life.**

Today, BapDada is especially seeing the three lines of the special three types of elevated fortune on the forehead of each child. The fortune of each child is constantly most elevated anyway, but the three lines are especially sparkling today. One is the line of fortune of Godly sustenance, the second is the line of fortune of the most elevated study. The third is the line of fortune of attaining the most elevated directions. In this life, whether lokik or alokik, everyone has these three attainments in their life: they receive sustenance, teachings and also directions. Through these three, every soul becomes an instrument to create his own present and future. From whom are you elevated souls receiving sustenance? You are being sustained with Godly sustenance at every *second*. Just as God is the Highest on High, so too, Godly sustenance is just as elevated. Who has become worthy of this Godly sustenance and how many have become worthy of it? The souls of the whole world say "Father", but they do not become worthy of the sustenance or the study, whereas you few souls have become worthy of this fortune. For how long do you receive Godly sustenance in a cycle? You receive Godly sustenance for this short time. Divine sustenance and human sustenance are received during many births, but this elevated sustenance cannot ever be received again if it is not received now. Do you constantly experience the elevated line of such elevated fortune sparkling on your forehead? Or, only sometimes? Do you wish to attain something for all time or for only some time? You wish to attain it for all time, do you not? So, should the effort for the attainment be all the time or only sometimes? Should it be constantly intense or should it sometimes be ordinary and sometimes intense? What is the *practical* situation? There is a difference between what you desire and what happens *practically*, is there not? In fact, you think about something a lot, but you do not maintain your awareness as much as you should. Do you have to become an embodiment of thoughts (sochna swaroop - someone who just constantly keeps thinking) or an embodiment of awareness (smruti swaroop)? You are those who are going to become embodiments of awareness, are you not? So, keep one thing in your awareness: who wakes you up at amrit vela? The Father's love awakens you. The beginning of the day is so elevated! And the Father Himself is calling you to celebrate a meeting! He has a heart-to-heart conversation with you and fills you with power. So the beginning of every day is so elevated. Do you wake up with the Father's love or do you sometimes even wake up out of compulsion? In reality, it is the songs of love that awaken you. From amrit vela, the Father calls you with so much love: Sweet children, lovely children, come! He awakens you and calls you with so much love. So imagine what the middle and end would be of someone who has such an elevated beginning! It would be elevated, would it not?

BapDada was seeing to what extent the children have attained the fortune of sustenance of the present time. So, do you take as much benefit as you have attainments? In your dreams too, you never thought that you would be worthy of such fortune. It was beyond your thoughts, and yet you attained it so easily! The *practical* form of the Father's sustenance of love is the "easy yogi life". Whomever you have love for, you cannot bear to see or hear of that one in a difficult situation or going through something difficult. So the Father also made the difficult easy, did He not? It is constantly easy. So constantly let the speed of your effort be intense. If today, your effort is very good whereas tomorrow the *percentage* reduces slightly, would you call that constantly easy? Then, who makes it difficult all the time? You yourself make it difficult, do you not? So what is the reason? You have the habit of thinking, and you sometimes keep the sanskars of an embodiment of awareness *emerged* and sometimes *merged*. So, an embodiment of awareness is an embodiment of power. An embodiment of thinking is not an embodiment of power; awareness is power. So, why do you become forgetful? You are compelled by your habits. If you are not strong (majboot), you would then be compelled (majboor). When you are strong, there will be no compulsion since your *original* habit is not that of forgetfulness. You are the deity souls who attain the reward of being embodiments of awareness; you do not make effort to have remembrance but you attain the reward of being embodiments of awareness. So, you have the practical life of being embodiments of awareness in the beginning and when you, the eternal souls, come down from the supreme abode the sanskars of you special souls are then automatically those of embodiments of awareness. At the end, too, you become embodiments of awareness, do you not? So, eternally, in the beginning and at the end, during all three aspects of time, you are embodiments of awareness. Forgetfulness is the middle; it came in the middle. So, should the original and eternal form be easy or should the middle form be easy? You are thinking about this, "Yes, I am a soul", but there is a difference between that and in conducting yourself, in seeing and speaking as an embodiment of awareness. Therefore, have the awareness of being the souls who have a right to Godly sustenance.

When BapDada *checks* the *chart*, sometimes the line is high and sometimes low; sometimes there is a stain and sometimes it is straight. Sometimes, there is no stain on the paper of your life, but, at other times there is nothing but stains. One after another, the second and then the third: all you see are stains. Why? You make a mistake, but then, even after making a mistake, you continue to think about it. "Why?, What?, How? It should not be like this, it should be like this." You do not leave the situation alone in any way. The situation leaves you and goes away, but you do not let go of the situation. Then, for as long as you become the embodiment of those thoughts, you do not become an embodiment of awareness accurately, and the stains begin to accumulate, one after another. The duration of the *paper* is very short, but, because of having the sanskars of having wasteful thoughts, you increase the duration of the *paper*. As soon as that *second* passes by, your stage should become completely free from any wasteful thoughts. Now let this sanskar *emerge*. Do you know how to become free from sinful thoughts? Whilst keeping your elevated fortune in your awareness, remain constantly cheerful. Constantly bring your Godly sustenance into your awareness. You know how to listen, you know how to

think, but what is the difference? BapDada continues to see the games of the children. Do you *check* at night the games that you played throughout the day? The toys of Maya are very attractive. You begin to play with the toys of Maya. At first, Maya plays with you with a lot of love; then after she has defeated you in playing games, you become conscious again. The *majority* of you especially have one weakness in one particular power. You move along very well; sometimes you walk and sometimes you fly. You continue to move forward, but, whilst flying, why do you come down? What is the main reason for this? It is the lack of the power of transformation. You understand when something is not accurate, but although you do understand it, you lack bringing about the transformation. You have brought about transformation in your Brahmin life, and so would any of you say that you are not a Brahmin? What do you all write your name as? You write B.K., do you not? You consider yourselves to be Brahmins, do you not? The power of transformation is essential for the tests that come in Brahmin life. When you have wasteful thoughts, you understand that they are wasteful, but, just as there is great force in a river or an ocean, so the flow of wasteful thoughts is so fast that they pull you. No matter how much you try to stop them, they still continue to flow. You understand and you also think that it is not right; you understand that it causes a lot of loss, but you still continue to flow with them. What is the reason for this? A lack of the power of transformation. The first special transformation is the transformation of your form. Look at the first transformation of your form: I am not a body, but a soul. This is the first transformation of your form. *Check* this: when there is the force of body consciousness, whether you are able to stabilise yourself in soul consciousness or whether you flow away. If the power of transformation were to be used in one *second*, so much of your time and thoughts would be saved. From being wasted, they would be accumulated in the best way.

The first transformational power is that of the form and of your nature. The old nature deceives you in your effort-making life. You even understand that your nature is not right and that it deceives you from time to time. You understand this, but nevertheless, you come under the influence of your nature. Then, in order to justify yourself, you say, "That was not my intention; my nature is like that; I did not wish it, but my nature is like this." Your birth has changed; you became Brahmins and so your birth has changed, has it not? Your relationships changed, your father changed, your mother changed, your family changed, but your nature has not changed. What *royal* words do you then use? "My *nature* is like this." So, the first weakness is of the transformation of the form. The second is the transformation of your nature. The third is the transformation of thoughts. Transform the wasteful into powerful within a *second*. Many think that it was just a storm of half-an-hour, that it did not last long, only half-an-hour; it only lasted 15 minutes. However, whether it was half-an-hour or 15 minutes, weakness for 15 minutes or half-an-hour creates a sanskar. When someone becomes physically weak again and again, he becomes weak for all time. So 15 *minutes* is not a small matter. Each *second* of the confluence age is equal to many years. So, do not become careless in this way. "It did not last for long", but how much did you lose? When you speak of multimillions in one step, how many steps could you take in 15 minutes and how many multimillions would you lose? You keep a very good account of your accumulation, thinking that you have accumulated multimillions in every step, so also keep an account of your loss and what you are losing. However, the sanskars pull you even against your conscious wish. Whatever repeatedly

happens will take on the form of a sanskar. So transform your sanskars! Do not just think about it, "I should not do this, what can I do?" Do not say, "What can I do?" Think and do it practically. You say that you have to put a full-stop to the past. You give this knowledge to one another, do you not? When anyone comes and tells you anything that has happened, you say, "It's all right, just put a full-stop!" However, do you put a full-stop? In order to put a full-stop, what power do you need? The power of transformation. Those who have the power of transformation are constantly pure and gentle and humble. BapDada also told you earlier that those who are able to mould themselves are real gold. The sign of *real gold* is that they are able to *mould* themselves. So check whether you are able to use the power of transformation at a time of need, or whether you keep thinking about it after the time of need. You need to increase the power of transformation. Those who have the power of transformation are loved by everyone. They will be easy in their thoughts. As you move forward, you remain engaged in service, do you not? What form does an obstacle take even in service? "My idea, my *plan*, my service is so good and yet why was my idea not accepted?" Would such a person be called *real gold*? When there is the consciousness of "mine", it means that *alloy* is mixed with it. So, when *alloy* is mixed into *real gold*, does it remain *real* any more? Does it have any value? There is then so much difference. In this too, you need to consider the time and the atmosphere. It is easy to bring about transformation in big matters, but you need to understand the time and the atmosphere in every situation, in every relationship and in every connection and then bring about transformation in yourself. This is what it means to become *number one*. Do not think: This one should also understand. This one should also transform himself. Why should I be the only one to transform myself? Those who take the initiative are Arjuna. If you transform yourself in this, then this transformation is the sign of being victorious. Do you understand? Achcha.

**Teachers:** All the teachers are constantly embodiments of knowledge and embodiments of remembrance. Just as the Father comes as the Teacher, so too, you are instrument teachers the same as the Father. You are not like the Father, but you are instrument teachers. So, the speciality of *teachers* is that they have the feeling of being an instrument and of being humble. A successful *teacher* is one who has a pure and clean nature. Now, especially *underline* having a pure and clean nature. No matter what happens, your nature should always remain pure and clean. This pure and clean nature is a sign of humility. So now *underline* "A pure and clean nature". Completely cool; the praise of coolness is remembered in the form of the goddess of coolness. To have a pure and clean nature means to have a cool nature. The situation may be one that has force, but if you remain pure and cool, you would then be called a successful *teacher*. So, what is BapDada making you *underline* even now? A pure and clean nature. Do you understand? Achcha.

To all the souls in all four directions who are embodiments of awareness, to the elevated souls who, within a second, bring about self-transformation through the power of transformation, to the experienced souls who constantly experience yoga to be easy, to the

elevated souls who constantly maintain the zeal and enthusiasm of being close to and becoming the same as the Father, to all souls, BapDada's love, remembrance and namaste.

**Blessing:** May you be a carefree emperor who renounces any subtle form of the consciousness of “mine” and who remains constantly fearless.

In today's world there is wealth and also fear. To the extent that people have wealth, so they eat, live and sleep in fear. Where there is the consciousness of “mine” there will definitely be fear. Even if someone has a golden deer, there will be fear. However, if “mine” is one Shiv Baba alone, that one will become fearless. So, *check* the consciousness of “mine” even in any subtle form and renounce it and you will then receive the blessing of remaining a fearless and carefree emperor.

**Slogan:** Give regard to the ideas of others and you will automatically receive respect.

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