

Essence: Sweet children, make yourselves *ever-free* from disease with the medicine of remembrance. Instil the habit of remembrance and of spinning the discus of self-realization and you will become a conqueror of sinful actions.

Question: What is the sign of the children who are constantly concerned about their self-progress?

Answer: Their every *act* will be on the basis of shrimat. The Father's shrimat is: Children, don't come into body consciousness. Keep a *chart* of your pilgrimage of remembrance. Keep a record of your account of profit and loss. *Check* for how long you stayed in remembrance of Baba and for how long you explained to others.

Song: You are the Ocean of Love. We thirst for one drop from You...

Om shanti. When you sit here, sit in remembrance of the Father. Because you are body conscious, Maya prevents you from staying in remembrance. Some remember their friends and relatives, and others remember food and drink etc. When you come here, you should invoke the Father, just as they invoke Lakshmi when they worship her. However, she doesn't really come. Whether you say "Remember the Father" or "Invoke Him", it is the same thing. It is through remembrance that your sins will be absolved. You are not able to imbibe this knowledge, because you have committed many sins. This is also why you are not able to remember the Father. The more you remember the Father, the more you will become conquerors of sinful actions and the more *healthy* you will become. It is very easy, yet Maya, the sins of the *past*, hinders you. The Father says: For half a cycle you have been remembering Me inaccurately. You are invoking Him in a *practical* way because you know that He is going to come and speak the murli. However, this habit of remembrance must be instilled. In order to make you free from disease, the *Surgeon* gives you medicine: Remember Me! Then, you will come to meet Me. You will attain your inheritance by remembering Me. Remember the Father and the *sweet home*. Keep in your intellect the place you are to return to. Only the Father comes here and gives you the true message. No one else can give you God's message. Others come down here onto the *stage* to play a *part*. They forget who God is. They don't know about God. In fact, they cannot be called *messengers*. It was human beings who gave them that name. They come down here to play their *part*, so how would they remember Him? Whilst playing their *part*, they have to become impure. Then, at the end, they have to become pure. It is the Father who comes and makes them pure. You become pure by remembering the Father. The Father says: There is only one method for purification: forget all your bodily relations including your own body. You know: I, the soul, have been given the order to have remembrance. By following this order you will be called obedient. The more effort you make in this, the more obedient you become. If you have less remembrance, it means that you are less obedient. It is the obedient ones who claim a high status. The Father's first order is: Remember Me, your Father and secondly imbibe this *knowledge*. If you do not stay in remembrance, you will have to endure a great deal of punishment. You will receive a great deal of wealth if you continue to spin the discus of self-realisation. God speaks: Remember Me and spin the discus of self-realisation, that is, understand the beginning, the middle and the end of the *drama*. Recognise Me and understand from Me the beginning, the middle and the end of the cycle. These are the two main aspects. You have to pay *attention* to these. If you pay full *attention* to shrimat, you will claim a high status. Become ones with a merciful heart and show the path to everyone. Bring benefit to them. Create a method to take all your friends and relatives on this true pilgrimage. Those are physical pilgrimages whereas this is the spiritual pilgrimage. No one else has this *spiritual knowledge*. All of their knowledge is just *philosophy* of the scriptures. This is *spiritual knowledge*. The *Supreme Spirit* gives this *knowledge* to explain to the spirits and then take them back home. When some children come and sit here, it is just for the sake of it. They don't have any concern for their own self-progress. They have a great deal of body consciousness. If they were to become soul conscious they would become merciful and follow shrimat. They are not obedient. The Father says: Keep a *chart* of how long you stayed in remembrance and at what times you stayed in remembrance. Previously, you used to keep a *chart*. Achcha, if you don't send your *chart* to Baba, at least keep it with you. Look at your face and see if you have become worthy of claiming Lakshmi. Business people keep their accounts. Some people keep an account of their whole day's activity. It is as though they have the *hobby* of writing it. It is very good to keep an account of how long you stayed in remembrance of Baba and for how long you explained to others.

If you keep such a *chart*, you can make a lot of progress. The Father gives you advice about what you should do. You children have to make your own progress. Those who are to become the beads of the rosary have to make a great deal of effort. Baba has said that the rosary of Brahmins cannot be created now; it will only be created at the end when the rosary of Rudra is created. The beads of the rosary of Brahmins keep changing. Those who are in the third or fourth number today become the *last* ones tomorrow. There is such a difference! Some fall and become degraded. They don't just fall out of the rosary, they go and become cremators of the subjects. If you want to be threaded in the rosary you have to make a great deal of effort. Baba gives very good advice on how to make self-progress. Baba says this for everyone. Even someone who is dumb can remind others of Baba with a signal. He can go even higher than those who are able to speak. Someone blind or crippled can claim a status higher than those who are healthy. A signal is given in a *second*. "Liberation-in-life in a *second*" has been remembered. As soon as you belong to the Father, you certainly receive an inheritance. However, the status you receive is surely numberwise. As soon as a child is born, he receives the right to his inheritance. Here, all of you souls are *males* and so you have to claim from the *Father* the right to the inheritance. Everything depends on effort, but then it would also be said that you also made the same effort in the previous cycle. This is *boxing* with Maya. The Pandavas fight with Maya, Ravan. Some make effort and become the masters of the world with a *double* crown, whereas others become maids and servants of the subjects. All are studying here. A kingdom is being established. Baba's *attention* is definitely drawn towards the leading beads. It is understood from their efforts how much progress the eight beads are making. It is not that He knows the secrets of everyone's heart or that He *reads* what's happening inside everyone. No. To be Janijananhar means to know everything. It is not that He knows everything in each one's heart. Janijananhar means to be *knowledge-full*. He knows the beginning, the middle and the end of the world. It is not that He would sit and *read* what is in the heart of each one. Do you think I am a *thought-reader*? I am Janijananhar, that is, *knowledge-full*. The *past*, *present* and *future* are called the beginning, the middle and the end of the world. I know how the *repetition* of this cycle *repeats*. I come to teach you children this *knowledge*. Each one of you can understand how much *service* you do and to what extent you are studying. It is not that Baba sits and knows what is inside each one of you. Baba would not sit and do that business. He is the Knower of all Secrets. He is the *knowledge-full* Seed of the human world tree. He says that He knows the beginning, the middle and the end of the human world and its main *actors*. The rest of creation is limitless. The word "Janijananhar" (One who knows all secrets) is very old. I teach you whatever *knowledge* I have. Nevertheless, I will not sit all day and watch what you do. I come to teach you easy knowledge and yoga. The Father says: I have many children. I reveal Myself to the children. All My business is with the children. I am the Father of those who become My children. Then only can I understand whether that child is a real one or a step-child. Each one is studying. You should *act* on the basis of *shrimat* and become benefactors. You children understand the *day* of the Lord of the Tree as the day of the Lord of Jupiter, As well as Shiva, He is the Lord of the Tree. Both are one. Children start *school* on a Thursday (the day of the Satguru), and so that is like adopting a guru (their teacher). Today it is Monday, the *day* of Somnath (Lord of the Nectar), and so Shiv Baba is giving you nectar to drink. In fact, His name is Shiva but because He teaches you He is called Somnath. Somnath is also called Rudra. He creates the sacrificial fire of knowledge of Rudra and so He becomes the One who gives knowledge. He has been given many names and an explanation is given of each one. From the beginning only this one yagya has continued. No one knows that everything of the whole old world is going to be sacrificed into this sacrificial fire. All human beings and everything else, including the elements, will be transformed. You children are going to see this. You have to become mahavirs (brave and courageous) in order to see it. No matter what happens, you should not forget Baba. Human beings will continue to cry out in distress. First of all, explain to everyone: Just think, in the golden age, there was only one Bharat. There were very few human beings and there was only one religion. Now, at the end of the iron age, there are so many religions. For how long will this continue? The golden age will definitely come after the iron age. Now, who would establish heaven? Only the one Father is the Creator. There is establishment of the golden age and destruction of the iron age. That destruction is standing in front of you. You have now received the *knowledge* of the *past*, *present* and

future from the Father. You have to spin the discus of self-realisation. Remember the Father and the Father's creation. It is such an easy thing.

Song: You are the Ocean of Love. On the picture it is written "*Ocean of Knowledge, Ocean of Bliss*", but you must definitely add the words, "*Ocean of Love*". The Father's praise is totally unique. By saying that He is omnipresent they destroy His praise. Therefore, the words "*Ocean of Love*" must definitely be written. This is the love of the unlimited Mother and Father. It is of Him that they say: "Through Your grace we receive limitless happiness." However, they don't know this. Now the Father says: By knowing Me, you will come to know everything. Only I explain the knowledge of the beginning, the middle and the end of the world. It is not just a question of one birth, but He knows the *past, present* and *future* of the whole world. So how much should enter your intellect. Those who do not become soul conscious cannot imbibe this knowledge. Body consciousness has continued for the whole cycle. Even in the golden age, there is no knowledge of God. You forget the knowledge of God when you come down here to play your *part*. You do understand that a soul sheds one body and takes another. However, there is no question of sorrow there. The Father's praise is that He is the Ocean of Knowledge and the Ocean of Love. The one drop is: Manmanabhav and Madhyajibhav. By receiving this drop, you are able to go across the ocean of poison into the ocean of milk. People say that rivers of milk and ghee flow in heaven. All of that is just praise. How can there be rivers of milk and ghee? After a rainfall, only water would flow. Where would ghee come from? That is just an indication of the richness there. You also understand what is known as heaven. Although there is a *model* of heaven in Ajmer, no one knows anything. You can explain to anyone and they will understand very quickly. Just as the Father has the knowledge of the beginning, the middle and the end of the world, in the same way, this should spin in the intellects of you children too. You have to give the Father's introduction. You have to relate His praise *accurately*. His praise is limitless. Not everyone can be the same. Each one has received his own *part*. As you go further you will see whatever Baba showed you in divine visions happening in a *practical* way. He continues to give you visions of establishment and destruction. Arjuna was also granted visions which he later saw in a *practical* way. You too will see destruction with your physical eyes. You have had visions of Paradise. Those visions will come to an end when you go there in a *practical* way. Very good things are being explained, which you children have to explain to others. Brothers and sisters: Come and claim your inheritance from Baba through this knowledge and yoga. Baba is *correcting* the invitation letter. At the bottom, He signed it: We are present on Godly service, using our mind, body and wealth for this task. As time goes by there will be praise. Those who claimed their inheritance a cycle ago will definitely come. However, you do have to make effort. Then, gradually, your degree of happiness will rise and that happiness will remain stable. Then you will not wilt again and again. Many storms will come but you have to overcome them. Continue to follow shrimat. Also stay in connection with others. Until you give Baba the proof of *service*, Baba cannot engage you fully in this *service*. 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. Pay full *attention* to shrimat and bring benefit to yourself and others. Become merciful and enable everyone to go on this true pilgrimage.
2. Follow every order Baba gives you. Definitely keep a *chart* of remembrance and service. Spin the discus of self-realisation.

Blessing: May you be obedient and receive blessings from God by placing your foot in the footsteps of the Father.

To be obedient means to place your foot (your intellect) in the footsteps of BapDada's orders. Only such obedient children receive God's blessings of all relationships with the One. This is also a law. Ordinarily, when you say "Ha ji" and carry out the task that someone is requesting of you, you definitely receive blessings from that soul. However, here, the blessings from God that you obedient souls receive make you constantly *double-light*.

Slogan: You will stop being ordinary when you decorate your life with divinity and spirituality. * * *