

Essence: Sweet children, become a nightingale of knowledge and continue to chirp the knowledge throughout the day and you will be able to *show* (reveal) your physical and spiritual Mother and Father.

Question: It is said: Grind your own ingredients and your intoxication will rise. What is the meaning of this?

Answer: To grind your own ingredients means not to let your intellect's yoga wander here and there, but to remember the one Father. If only the one Father remains in your intellect, your intoxication can rise. However, body consciousness causes a lot of obstacles in this. When some are even a little ill, they become distressed. They begin to remember their friends and relatives and this is why their intoxication doesn't rise. If they were to stay in yoga, their pain would lessen.

Song: You wasted the night in sleeping and the day in eating...

Om shanti. All of these things are also written in the scriptures. They even explain them to one another. Gurus give many types of direction. Many very good devotees sit in a little room with their hands in a little cloth bag, which they call a gaumukh, and turn the beads of a rosary. That is also a *fashion* they have been taught. The Father now says: Renounce all of that. The soul has to remember his Father. There is no question of turning the beads of a rosary in this. The best song is: Salutations to Shiva. It is only in this song that they have explained: God alone is called the Father, the Creator. Since He is called the Creator, what does He *create*? Surely, everyone understands that He would only create the new world. People also sing: You are the Mother and Father and we are Your children. So, first of all, God is the *Father* of all. Since there is a *Father*, the *Mother* is also needed. He cannot *create* without the *Mother*. It is just that people don't know how He *creates*. Secondly, all of us are brothers and sisters amongst ourselves. So, then there cannot be any vision of vice. There is the one Mother and Father. So these *points* are very good to understand and then explain. Thirdly, the Father must definitely have created the world. We were His children and we now have become that once again. After completing the cycle of 84 births, we now belong to the Mother and Father, whom the people on the path of devotion remember. The Mother and Father create the world, we become His children and so He must definitely give us a lot of happiness. No one knows that God also becomes the Mother and Father. He is the *Teacher* and also the Satguru. We children of Brahma are brothers and sisters amongst ourselves. We are called Brahma Kumars and Kumaris. He is the One who also creates us. We are studying Raja Yoga from the Father in order to receive a lot of happiness. Only when we are in sorrow can we receive a lot of happiness. It is not that He will come here in the future, when we are happy, to give us these teachings. It is when we are in sorrow that we receive the teachings for going into happiness. That Mother and Father comes and gives us happiness. Adam and Eve are very well-known. They too are definitely the children of *God*. So, then, who is *God*? You children know that the *knowledge* the Father gives is for those of all religions. The intellect's yoga of the whole world has broken away from that Father. Maya, the *ghost*, doesn't allow you to connect your intellect's yoga. Instead she breaks away the intellect's yoga even more. The Father comes and enables you to conquer the *ghost*. Nowadays, there are many people in the world with occult powers. This is the world of *ghosts*. The *ghost* of the vice of lust makes you cause sorrow for one another from its beginning through the middle to the end. It is the work of the *ghost* to make you cause sorrow for one another. *Ghosts* don't exist in the golden age. It has been explained that the *ghost* is also mentioned in the *Bible*. Ravan means the *ghost*. This is the kingdom of *ghosts*. There are no *ghosts* in the golden age, the kingdom of Rama. There is a lot of happiness there. The song "Salutations to Shiva" is very good. Shiva is the Mother and Father. Brahma, Vishnu and Shankar cannot be called the Mother and Father. Shiva would still be called the *Father*. Adam and Eve, that is Brahma and Saraswati, are here. There the Christians pray to *God*, the *Father*. This Bharat is the land of the Mother and Father. His birth takes place here. So you have to explain: Since you remember the Mother and Father, we are brothers and sisters. He creates creation through Prajapita Brahma. He *adopts* them. Saraswati is also *adopted*. Prajapita Brahma has *adopted* us and this is how so many have become Brahma Kumars and Kumaris. Shiv Baba continues to have us *adopted*. Only through Brahma is the new world created. There are many yuktis with which to explain.

However, you don't explain fully. Baba has told you many times: Play the song "Salutations to Shiva" everywhere. How are we the children of the Mother and Father? The Father sits here and explains this. The new world was established through Brahma. It is now the end of the iron age and we are establishing the golden age once again. This has to be imbibed by the intellect. *Knowledge* is very easy. Storms of Maya do not allow you to stay in knowledge and yoga. The intellect is amazed. You should always explain: God, the Creator of all, is One. Everyone would call Him the *Father*, would they not? That Incorporeal One is beyond birth and death. Brahma, Vishnu and Shankar have subtle costumes. It is here that people take 84 births; they don't take them in the subtle region. You know that we are the children of the Mother and Father. We are the new children. The Father has *adopted* us. Since he is Prajapita, the Father of the People, how many people there would be! He must surely have *adopted* them. They portray Brahma with many arms, but they don't understand the meaning of that. All the images and scriptures that have emerged have to be based on the *drama*. It was the day of Brahma and then the path of devotion began. That has been continuing. Only the Father comes and teaches us this Raja Yoga. This should remain in your intellect. It is said: Grind your own ingredients and your intoxication will rise. However, your intellect's yoga has to be connected to the Father. Here, the intellect's yoga of many wanders. They remain trapped in the friends and relatives of the old world or in body consciousness. When they become even slightly ill, they become greatly distressed. Ah, but if you were to stay in yoga, your pain would decrease. If there is no yoga, how can you become free from illness etc? You should think about it: The mother and father who become the *number one* pure souls are the ones who come furthest down. They have to go through a lot of the settling of karma. However, because of staying in yoga, their illness continues to be removed. Otherwise, they would have had to have the maximum suffering of karma. However, with the power of yoga, their sorrow is removed and they have a lot of happiness: We are receiving a lot of happiness of heaven from Baba. Many children don't consider themselves to be souls. Throughout the day, they only think about their body. Baba comes and teaches you how to chirp knowledge. So you have to become nightingales of knowledge. Outside, there are many very good, very young daughters who continue to chirp this knowledge. It was through the kumaris that the arrow was shot at Bhishampitamai. The little children have to be made to become alert and active. Little children *show* (reveal) their physical mother and father and the spiritual Mother and Father. Then both this world and that world are glorified. So the physical mother and father also have to be uplifted. You will see how little daughters will uplift their mother and father. Kumaris are given respect. Everyone bows down to kumaris. In the Shiv Shakti Army, all are kumaris. Although some are mothers, they are still called kumaris. Very good kumaris will emerge. It is the young daughters who will *show* everyone. Some daughters are very good. However, some also have a lot of attachment. This attachment is very bad. This too is an evil spirit that turns you away from the Father. It is the business of Maya, the *ghost*, to turn you away from the Supreme Father, the Supreme Soul. This song "Salutations to Shiva" is the best song of all. It is in this that they say: You are the Mother and Father. Generally, in the Radhe and Krishna Temple, they show the form of a couple. There is no mention in the Gita of Radhe together with Krishna. The praise of Krishna is separate: Full of all virtues, sixteen celestial degrees full... The praise of Shiva is different. When people sing an arti (form of worship with a steel plate (thali) and diva (lamp) in it) to Shiva, they sing so much praise, but they don't understand the meaning of it at all. They have become tired by worshipping all the time. You know that Mama, Baba and you Brahmins have been the ones who have done the most worship. You have now come and become Brahmins. It is numberwise in this too. There is also the suffering of karma which has to be settled through yoga. You have to break your body consciousness. You have to remember the Father and stay in a lot of happiness. We receive a lot of happiness from the Mother and Father. This Brahma says: I receive an inheritance from Baba. Baba has taken my chariot on *loan*. So Baba would offer special hospitality to this chariot. Previously I used to think: I, the soul, am feeding this chariot. This is also a chariot. Now it would be said: That One is the One who feeds this one. This chariot has to be looked after. When lords sit on a horse, they also feed them with their own hands. Sometimes, they would rub their backs. They look after them well because they ride them. Baba rides this one and so would Baba not offer him that special

hospitality? When Baba bathes, he thinks: I am bathing and I also have to give a bath to Baba because He has taken this chariot on *loan*. Baba says: I also give a bath and feed your body. I don't eat but I do feed the body. Baba feeds it, but He Himself doesn't eat. Baba has all these different thoughts at the time of bathing and whilst walking around. This is something of his experience. Baba Himself says: I enter this one at the end of his many births. This one doesn't know about his births; I know them. You say that Baba is once again giving you knowledge. You have to claim your inheritance of heaven. In the golden age there are kings and also subjects. You have to make effort to claim your full inheritance from the Father. If you don't claim it now you will *miss* it every cycle. You won't be able to claim such a high status. It is a deal for birth after birth. Therefore, how much shrimat you have to follow! You will become instruments every cycle. You have been receiving your inheritance every cycle. This study is for cycle after cycle. You have to pay a lot of attention to this. You can keep the aim for seven days and then also study the murli at home. It is made very easy for you. The *drama* should remain in your intellect. This is called The *World University* so if you go anywhere, even to America, you can claim your inheritance from the Father. You simply just have to imbibe this for a week. You are the children of God and so you are brothers and sisters. There is Prajapita Brahma and so all his children are brothers and sisters. When you live at home with your family as brothers and sisters, you will surely remain pure. It is very easy. 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. In order to save yourself from Maya, the *ghost*, remain engaged in knowledge and yoga. Renounce the evil spirit of attachment and *show* the Father. Chirp knowledge.
2. Pay full attention to the study and claim your inheritance from the Father. Under no circumstances should you lose this chance for every cycle.

Blessing: May you be detached and immune to anything and thereby remain free from bondage by practising coming and going.

The essence of the whole study or knowledge is coming and going. You have in your intellect the happiness of going home and coming back to your kingdom. However, only those who always have the practice of coming and going will be able to go in happiness. Whenever you want, stabilise yourself in the bodiless stage and whenever you want, become karmateet. This practice has to be very firm. For this, no bondage should attract you towards itself. It is bondages that make the soul *tight*. There is a struggle to remove *tight* clothing. Therefore, always make the lesson of remaining detached and immune very firm.

Slogan: Let your account of happiness be full and everyone will continue to experience happiness through your every step.

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