

Essence: Sweet children, perform every action whilst staying in remembrance and many people will receive vision through you.

Question: With which method can you make your heart pure at the confluence age?

Answer: Prepare food whilst in remembrance and eat it in remembrance and your heart will become pure. The pure Brahma bhojan prepared by you Brahmins at the confluence age is very much liked by the deities. Those who value Brahma bhojan rinse their plates and drink that water. There is also a lot of praise of it. By eating food prepared in remembrance, you receive a lot of power and your heart becomes pure.

Om shanti. The Father only comes at the confluence age. He has to tell you children every day that the spiritual Father explains to you spiritual children. Why does He say: Children, consider yourselves to be souls? So that you children remember that He truly is the unlimited Father and that He is teaching you souls. He explains various *points* for doing *service*. Children say: There is no *service* to do; how can we do *service* outside? The Father shows you very easy way to do *service*. Have the pictures in your hands. Have the ugly picture of Raghunath (very name of Ram) and the beautiful picture too. Also have the ugly and the beautiful pictures of Shri Krishna and Shri Narayan, even if they are small. People make very small pictures of Shri Krishna too. You can ask the priests looking after the temples: Why has this one been shown in an ugly image when, in fact, he was really beautiful? In fact, the body cannot be ugly. You also have many beautiful ones, but why has this one been made ugly? It has been explained to you children how that soul adopts different names and forms as he continues to come down. The soul becomes ugly from the time he climbs on to the pyre of lust. There are many pilgrims at Jagadnath and Shrinath and you receive invitations too. Tell them: We will tell you the biography of the 84 births of Shrinath. Brothers and sisters, come and listen to it. No one else can give such lectures. You can explain to them why he (Shri Krishna) has become ugly. From being pure, each one definitely has to become impure. It was when the deities went on to the path of sin that their ugly images were created. By sitting on the pyre of lust, they became *iron aged*. *Iron* is black and gold is *golden*; they would be called beautiful. They then become ugly while taking 84 births. You should also definitely have a picture of the ladder in your hand. If the picture of the ladder is big, anyone can see it very clearly from a distance, and you can explain that that has become the condition of Bharat. It is also written: "Rise and fall". You children should have a lot of interest in doing *service*. You have to explain how the cycle of the world turns through the *golden age*, *silver age*, *copper age* and *iron age*. Then, you also have to show this auspicious confluence age. You don't have to take many pictures. The picture of the ladder is the main one for Bharat. You can explain how, from being impure, you can now become pure once again. Only the one Father is the Purifier. By remembering Him, you can receive liberation-in-life in a *second*. You children have all of this knowledge. All the rest are sleeping in the sleep of ignorance. When Bharat had knowledge, it was very wealthy. Bharat is now in ignorance and has become so poverty stricken. There are also knowledge-full and ignorant human beings. Deities and human beings are very well known. Deities exist in the golden and silver ages and human beings exist in the copper and iron ages. It should constantly remain in the children's intellects how *service* can be done. The Father continues to explain that too. The picture of the ladder is very good to explain to someone. The Father says: You may live at home with your families. You have to earn an income for the livelihood of your bodies. You also have to study a worldly education. However, whatever *time* you have after that, you have to think about doing *service* and how to benefit others. Here, you cannot benefit many. You come here just to listen to the Father's murli. It is only in this that there is magic. The Father is called the Magician, is He not? You sing: There is magic in your murli. The murli that You speak through Your mouth has magic. We become deities from human beings. There is no Magician like this, other than the Father. It is also remembered that it didn't take God long to change human beings into deities. The old world definitely has to become new again. The old world definitely has to be destroyed. At this time you are studying Raja Yoga and so you are surely going to become kings. You children now understand that after your 84th birth, you will have to take your first birth because the *history* and *geography* of the *world repeat*. The golden and silver ages that existed definitely have to *repeat*. Whilst you are sitting here, you have to keep it in your intellects that you are going back home and that you will then become satopradhan deities; they are called deities. At present, human beings don't have those divine virtues. So, you can do *service* anywhere. No matter how much business etc. you have to do, you can still continue to earn this income while living at home. The main thing for this is purity. When there is *purity*, there is also *peace* and *prosperity*. If you become *completely pure*, you cannot stay here because you would definitely need to go to the land of peace. When you souls have become *pure*, you can no longer remain in these old bodies,

because they are *impure*. The five elements are still *impure* and the bodies are made of those. They are called puppets of clay. One body of the five elements finishes and another one is created, but the soul exists for ever. A soul is not something that is made. A body is very small at first and then it becomes large. A soul receives so many *organs* with which he performs his entire *part*. This world is *wonderful*. The Father who gives the introduction of souls is the most *wonderful*. We souls are so tiny. Each soul enters a body. Each and everything is *wonderful*. It is a *wonder* how the bodies of animals are created. There is a similar tiny soul in everything. An elephant is so big and a tiny soul goes and sits in it. The Father, however, explains about human births. How many births do human beings take? There aren't 8.4 million births. It has been explained that there are as many *varieties* as there are religions. It is a *wonder* how each soul takes a body with so many *features*. Then, as the cycle *repeats*, the *features*, name and form change in every birth. It would not be said: The ugly Krishna and the beautiful Krishna. No, that soul is at first beautiful and then as he takes 84 births, he becomes ugly. You souls also play your *parts* with different *features* and different bodies. This too is in the *drama*. You children should never have any worries. All are *actors*. You have to shed your bodies, take others and play your *parts*. In every birth, your relations etc. change. The Father explains: This *drama* is predestined. It is you souls that have become tamopradhan by taking 84 births. Therefore, you souls now have to become satopradhan. You definitely have to become pure. The world was pure, it has now become impure and it has to become pure again. There are the words "satopradhan", "tamopradhan". There is the satopradhan world, and then the sato, rajo and tamo worlds. How can those who have now become tamopradhan become satopradhan? How can you become pure from impure? One cannot become pure with rain water. Through rain, people can even die: when there are *floods*, so many people drown. The Father now continues to explain: None of those lands will remain. *Natural calamities* will also help. So many human beings and animals etc. get carried away in the floods. It isn't that they become pure with that water, but the bodies just flow away. It isn't bodies that have to become pure from impure. It is souls that have to become pure. For that, only the one Father is the Purifier. Although those people call themselves Jagadgurus (World Gurus), the duty of a guru is to grant salvation and only the one Father is the Bestower of Salvation. The Father, the Satguru, alone grants salvation. The Father continues to explain a great deal; this one also listens. Gurus make their disciples sit next to them to teach them. This one is also sitting next to that One. The Father is explaining and so this one must be explaining too. This is why Guru Brahma becomes *number one*. For Shankar, they say that, when he opened his third eye, he burnt everyone. In that case, he cannot be called a guru. Nevertheless, the Father says: Children, constantly remember Me alone. Some children say: We have so many worries about our business, so how can we consider ourselves to be souls and remember the Father? The Father explains: On the path of devotion too, you remembered God and said, "O Ishwar! O Bhagawan!" You remember Him when there is some sorrow. When a person is about to die, people say, "Chant the name of Rama". There are many organizations' who give a donation in the name of Rama. Just as you give a donation of knowledge, so they say: Say, "Rama, Rama". You also say: Remember Shiv Baba. Those people don't even know Shiva. They simply say, "Rama, Rama". Why do they say, "Chant the name of Rama", when they say that God is in everyone? The Father sits here and explains: Neither Rama nor Shri Krishna can be called God. Even they are called a deity, and their degrees also decrease. The degrees of everything decrease. Clothes too are at first new and then they become old. So, the Father explains all of these things and then says: My sweetest, spiritual children, consider yourselves to be souls. Experience happiness whilst remembering Him. Here, this is a land of sorrow. Remember the Father and the inheritance. By having remembrance you will attain an abundance of happiness. All of your sorrow and suffering and illnesses etc. will end. You will then become free from disease for 21 births. All the sorrow and suffering of the body ends and you receive the status of liberation-in-life. They sing this, but they do not enter that *act*. The Father explains to you in a *practical* way: Remember the Father and your desires will all end and you will become happy. It is not good to receive punishment and then receive a small piece of chapatti. Everyone loves hot chappattis. Nowadays, oil is used for everything. There, rivers of ghee will flow. So, you children have to remember the Father internally. Baba doesn't say: Sit here and remember the Father. No, whilst walking, touring and moving around, remember Shiv Baba. You also have to do your job etc. Let there be remembrance of the Father in your intellects. Children of a physical father remember him whilst doing their jobs etc. If anyone asks them, they would instantly say whose children they are. They also keep their father's *property* in their intellects. You have become the Father's children and so you also remember His *property*. You also have to remember the Father and have no relationships with anyone else. A whole *part* is fixed in each soul and that continues to *emerge*. Whatever *part* each of you has played every cycle in this Brahmin clan, it

continues to *emerge*. The Father explains: You may prepare food, sweets, but continue to remember Shiv Baba. If you prepare then whilst remembering Shiv Baba, then those who eat those sweets will also benefit. Sometimes, they might even have visions. They can even have visions of Brahma. If they eat pure food, they can have visions of Brahma, Shri Krishna or Shiva. Brahma is here. There is the name of the Brahma Kumars and Kumaris. Many will continue to have visions because they remember the Father. The Father shows you many methods. Those people say, "Rama, Rama" through their lips. You don't have to say anything through your lips. Just as those people understand that they are offering bhog to Guru Nanak, so you understand that you are preparing bhog to offer to Shiv Baba. If you prepare it whilst remembering Shiv Baba, many can be benefitted. There is power in that food. This is why Baba asks those who prepare food: Do you prepare it whilst remembering Shiv Baba? It is written: Are you remembering Shiv Baba? If you prepare it while you are in remembrance, then, even those who eat it will receive power and their hearts will become pure. Brahma bhojan is also remembered. Even deities love the food prepared by Brahmins. This is also mentioned in the scriptures. By eating food prepared by Brahmins, your intellects become pure and you receive power. There is a lot of praise of Brahma bhojan. Those who value Brahma bhojan very much even rinse their plates and drink that water. They consider that to be very elevated. No one can stay without eating. In a *famine*, people die without food. It is souls that eat the food with their *organs*. Each soul tastes everything. It is the soul that says whether something is good or bad: This is very tasty; this is very nourishing. As you move forward and make progress, you will also continue to receive such bhojan. Therefore, you children are told to prepare food while in remembrance of Shiv Baba. You should put into practice what the Father explains to you. You are in the Father's home now and you will then go to your in-laws' home. They meet one another (Brahmins and deities) in the subtle region when bhog is carried there. Bhog is offered to the deities. Deities go there, and you Brahmins go there and a meeting takes place there. 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 you spiritual children.

Essence for dharna:

1. Do not worry about anything because this *drama* is created absolutely *accurately*. All *actors* are playing their own *parts*.
2. In order to attain the status of liberation-in-life and become constantly happy, remember internally the one Father alone. Do not say anything. Whilst preparing and eating food, definitely stay in remembrance of the Father.

Blessing: May you remain free from anger by also remaining free from selfishness, jealousy and irritation. You may give some ideas and *offer* yourself for doing service, but do not let those ideas change into desires. When your thoughts change into a desire, you then have irritation. Just offer your ideas altruistically, not with selfish motives. Do not think that, because you said it, it has to happen. *Offer* yourself, but do not go into "Why?" or "What?", then the other companions in the form of jealousy and dislike will come. Anger also arises out of selfishness and jealousy, so now become free from this.

Slogan: Your *occupation* is that of a messenger of peace and to give everyone peace.

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