

**In order to keep your mind healthy, *exercise* it
for five *seconds* every now and then.**

Today, BapDada, the Resident of the far-away land, has come to meet His children who live in the various countries of the corporeal world. BapDada sees all of you residents of the various countries as residents of the one land. No matter where each one of you has come from, you have all originally come from the same place. So, you do remember your eternal land, do you not? You do love it, do you not? As well as loving the Father, you also love your eternal land, do you not?

Today, BapDada is seeing all of you children in your five forms. Do you know what those five forms are? You do know them, do you not? Brahma with the five faces is also worshipped. Therefore, BapDada is looking at all the five forms of all you children.

First: Your eternal form of a point of light. Do you remember your form? You don't forget it, do you? Second: Your original form of a deity. Have you reached your deity form? Third: Your worthy of being worshipped form of the middle period. Do you remember that? Is it all of you who are worshipped or is it the residents of Bharat who are worshipped? Are you worshipped? Kumars, speak! Are you worshipped? So, the third form is your worthy of being worshipped form. Fourth: Your confluence-aged Brahmin form, and, finally, your angelic form. So, do you now remember all your five forms? Achcha. Are you able to experience all of these five forms of yours in a *second*? You can at least count: *one, two, three, four, five!* All of these five forms are so lovely! Whenever and in whichever form you want to stabilise yourself, as soon as you think of it, you experience it. This is a spiritual *exercise* for the mind. What does everyone do nowadays? They *exercise*, do they not? In the beginning of your world - and the golden age was your world, was it not? - at that time, you had *natural exercise* as you walked and moved. You didn't *exercise* by standing somewhere and saying, "*One, two, three*". Therefore, now that it is the end, BapDada is making you also do this *exercise*. Your bodies become healthy by doing physical *exercise*. Similarly, continue to *exercise* your minds whilst walking and moving around. You don't need to find a special *time* for this. Are you able to take five *seconds* at any time or not? Are any of you so *busy* that you can't even find five *seconds*? Is there anyone? If so, raise your hand! Then, you wouldn't say, "What can I do? I don't have any *time!*" would you? You wouldn't say this, would you? Do you have *time*? So, every now and then, perform this *exercise*. No matter what task you are doing, *exercise* your minds for five *seconds* and your minds will thereby remain constantly healthy. BapDada says: Perform this five *second exercise* every hour. Are you able to do this? Look, you are all saying that this is possible to do. Therefore, remember to do it! Remember this Om Shanti Bhawan. Do not forget it! You have many different *complaints* about your minds. "What can I do if I can't focus my mind?" You make your minds (man) weigh a ton (mann). You make them heavy. Earlier, for measuring weight, you used this system of measurement. However, that system of measurement has now changed (to metric). You make your minds weigh a ton, that is, you make them very heavy. However, if you continue to perform this *exercise*, you would become very *light*. So then develop this practice. Whenever you want to stabilise in any particular form, for instance, the Brahmin form, you will then experience the Brahmin life. Say, "Angel", and you become an angel. Is this difficult or not? Kumars speak! Is it difficult? Is it a little difficult? Are you angels or not? Is it you who are angels or is it someone else? So, how many times have you become angels? You have become those countless times. Are you the ones who have become those? Achcha. Is something you have done countless times difficult to *repeat* once more? Is it sometimes difficult? Now practise this! Wherever you are, take your mind on a five *second* tour. You like touring, do you not? *Teachers*, is this OK? You know how to go on a tour, do you not? Go on this tour and carry on occupying yourselves in your work. Go on this tour every hour and then occupy yourselves in your work. You can't leave your work. You have to fulfil your *duties*. However, you can take five *seconds*, not even a minute, but *seconds!* Are you not able to find time for this? Can you find this time? Are you able to find this time whilst you are in the *U.N. Office*? You are *master* almighty authorities! Therefore, what can *master* almighty authorities not do?

BapDada is very sweetly amused seeing one thing in the children. What is that? You issue *challenges*, you have leaflets printed, you give lectures and *courses*. What else do you do? You say that you will transform the world. All of you say this, do you not? Do all of you say this? Or, is it only those who give lectures who say this? On the one hand, you say that you will transform the world, that you are *master* almighty authorities. You also say that your minds belong to you, that you are the masters of your minds; that you are *master* almighty authorities. Even then, on the other hand, you still say that it is difficult! So would Baba not be amused by this? He would be amused, would He not? So when you think that your minds are not listening to you, then you too should be amused with yourselves. BapDada sees the three types of lines that are remembered for when anything enters your minds. One is a line drawn on water. Have you seen a line drawn on water? As soon as you try to draw such a line, it is instantly erased. You do draw this line, do you not? The *second* is to draw a line on paper or on a *slate*. However, the biggest line is a line etched on stone. It is very difficult to erase a line etched on stone. BapDada sees that, sometimes you children etch a very deep line on your minds like a line etched on stone. You can't then erase it even when you try to do so. Is such a line good? You promise so many times, "I will now not do this anymore. It will not happen anymore", but you then become influenced by something. This is why BapDada does not dislike you children, but He does have mercy for you. You are influenced. Therefore, one feels mercy for someone who is influenced. When BapDada sees you children with His vision of mercy, then what appears on the curtains of the *drama*? The question: "For how much longer?" Therefore, you have to reply to this. Will you reply? How much longer? Can you kumars reply? When will all of that finish? You kumars make many *plans*, do you not? So, for how much longer? Are you able to reply to this? How much longer is this to continue before it eventually stops? Speak! Do you know the answer? Dadis, speak! (It will continue a little whilst it is still the confluence age.) But, for how much longer is the confluence age going to continue? (Until we become angels.) But when will that be? (Baba should tell us.) Is it you who have to become angels or is it the Father? Therefore, think about the answer to this. The Father would say "Now!" So, are you ready? You didn't raise your hands for even half of the rosary being ready!

BapDada constantly wants to see you children in your perfect form. You say that the Father is your world (sansar). All of you do say this, do you not? Do you have any other world? If the Father is your world, can there be anything outside this world? It is just a matter of transforming your sanskars. In your Brahmin life, for the *majority* of the time, it is sanskars that cause obstacles, whether they are your own sanskars or the sanskars of others. All of you have this knowledge, all of you have the powers, but what is the reason for obstacles? Whatever particular power you need at a particular time, it *emerges* a little later than it should. Afterwards, you think, "Instead of saying that, if I had said this, it would have been much better." "Instead of doing that, if I had done this, it would have been a lot better." However, the time you had to pass that test has by then passed by. You even think about all the powers you have: "I have the power to tolerate, I have the power to discriminate, I should *use* this power." There is just the difference of a short time. What else happens? OK, you were not able to use that power at that time, and you even realise what you should have done instead of what you did. You *realise* later what you should have done. Having made that mistake once, become experienced and *realise* what your mistake was so that you don't make that same mistake again. Even then, there can be *progress*. At that time, you can understand what is *wrong* and what is *right*. Make yourself *realise* very clearly, so that you do not make that same mistake again. However, even in this, not all of you are able to pass to the *full percentage*. Maya too is very clever. She comes to test you again in the same thing. For instance, if you lack the power to tolerate, then, even though you have realised that once, Maya will again bring about a situation for which you would need the power to tolerate, but, at that time, she would change her form a little. It is the same thing, but Maya changes her form a little. It is the same old thing, but as happens nowadays, something old is *polished* very well and made to appear newer than new. So, Maya, too, comes *polished* in such a way, that you don't recognise the significance of the situation to be the same. For instance, you may have become jealous. Jealousy too is of many types, not just of one type. So, the seed would be of jealousy, but it would come in a different form. It will not come in the same form, so you would sometimes think, "The thing that happened before was different. This thing is totally different." However, the seed is the same. It's just that its form has been transformed. What power do you need to recognise this? The power to discern. For this, BapDada had also told you earlier to pay *attention* to two

things. One is to have an honest heart. Honesty! Do not keep anything hidden within you. What happens when you keep it within you? What would happen if a balloon were to be filled with too much *gas*? It would eventually explode, would it not? Therefore, keep your hearts honest. OK, perhaps you hesitate a little before speaking in front of other souls. Perhaps you are a little ashamed, worrying about how they would see you. However, along with realisation, also have an honest heart and put it in front of BapDada. Don't say, "I have already told BapDada about the mistake I made." Don't say it as though you are issuing an *order*, "Yes, I made this mistake." With your power of realisation and your honest heart, place it in front of BapDada - with your heart, not your head - with your heart. Your heart will then be emptied of that rubbish which will be destroyed. Your heart becomes full of little things, and they are always little things, those things are never big. You fill your heart with all the little things you collect. Then your heart is no longer empty, and when your heart is not empty, where can the Comforter of Hearts sit? There should at least be a place for Him to sit! Or not? So, the Lord is pleased with an honest heart. "Whatever I am, however I am, Baba, I am Yours." BapDada knows that everyone is going to be numberwise. This is why BapDada doesn't see you with that vision. However, each of you must have an honest heart. *Secondly*, the *line* of your intellect must always be *clear*. There should be no *disturbance* in your *line*. The line should not be *cut off*. Otherwise, you become unable to receive the *extra* power, blessings and help that BapDada wants to give you at your time of need. If your line is not *clear*, if it is not *clean*, the line is *cut off*. You are not then able to attain what you should. Many children say - if they don't say it, they think it, "Some souls receive a lot of co-operation. They receive it from Brahmins, from seniors and even from BapDada. I don't receive as much as they do." What is the reason for this? Baba is the Bestower, He is the Ocean. Any of you can take as much as you want, because BapDada's treasure store has no lock or key. There are no guards. As soon as you say "Baba", Baba replies, "Ji Hajir" (I am present.) As soon as you say, "Baba", He gives. He is the Bestower. He is the Bestower and He is also the Ocean. So, what could He lack? Therefore, pay attention to these two things: An honest heart, a clean heart. Do not try to be clever! Many of you become too clever! You try to be clever in different ways. *Check* that you have a constantly *clean* and honest heart and that the line of your intellect is constantly *clear* and *clean*. Even when there is a little *disturbance* with the facilities of *science*, you can see that that stops it from being *clear*. Therefore, definitely do this.

One more thing: This is the *last turn* of the *season*. This is why Baba is telling you this. It is not just for the *double* foreigners, but for everyone. Because it is you, who are in front of Baba in the *last turn*, Baba is saying this to you. BapDada has seen that there is still one particular sanskar, or, you can call it *nature*. Even though each of you has your own *nature*, it is only when you have love for everyone and everything, when your relationships are successful, your thoughts are victorious and your words are full of sweetness that you are called one with an *easy nature*. Do not have a careless *nature*. Carelessness is something else. An *easy nature* is to recognise the time, the person and the *circumstances* and thereby make yourself *easy*. To be *easy* means to be in harmony. Do not have a *tight nature* of being *too official*. It is good to remain official, but not *too much*! If you become *official* at the wrong time, then for that time, it no longer appears to be a special virtue. No matter whether you are young or mature, you need to be able to *mould* yourself and be flexible. With adults, you need to be able to become like them, and with children, you need to be able to become like them. With your companions, you need to be able to continue with them as their companion. With the elders, you need to be able to carry on with them and have *regard* for them. You need to be able to *mould* yourself *easily*. Some people keep their bodies *easy* (flexible), so that they are able to turn as they want, but if some are too tense, they are unable to turn themselves. You should still not be careless. It isn't that if you are *easy*, you can become *easy* and careless about everything. No! Do not then say, "Well, BapDada told us to be *easy* and so we have become *easy*!" To have an *easy nature* means to be able to adjust your form according to the time. Achcha, you *double* foreigners have received a good *chance*.

Do all of you remember the *drill*? Or, have you forgotten it? All of you, perform this *drill* right now. Go on a tour. Achcha.

To all the most elevated souls everywhere. Those who sent love, remembrance and news and those who have also sent very good love letters of their various relationships, their service news and very good plans – they have reached BapDada. Each one of those who has written and made that effort should personally accept love and remembrance from the heart of BapDada, the Comforter of Hearts, by name. Children love the Father and the Father loves the children multimillion-times more. This will remain constantly eternal. You loving children can neither become separated from the Father nor can the Father become separated from you. You are together and you will remain together.

To all the children everywhere who make themselves equal to the Father, to those who are constantly close to the Father and in His eyes, in His heart and His forehead, to those who constantly remain in the one world of the Father, to those who constantly *follow* BapDada at every step, to those who constantly maintain the faith and intoxication of being constantly victorious, who have been victorious and who will always remain victorious, to such extremely elevated, long-lost and now-found children, who are the most loved, BapDada's love, remembrance and namaste.

Blessing: May you be a powerful soul and know the importance of every *second* and every thought and thereby fill your account of accumulation.

At the confluence age, you receive imperishable attainments from the imperishable Father at every moment. It is only at this one time out of the whole cycle that you receive such fortune and this is why your *slogan* is: "If not now, then never". Whatever elevated tasks you have to carry out, you have to do those now. When you have this awareness, you will never waste your time, thoughts or actions. Through your powerful thoughts, your account of accumulation will become full and you, the soul, will become powerful.

Slogan: The uniqueness of every word and every act is purity. Transform ordinariness into uniqueness.

*** OM SHANTI ***