**Imbibe the power of contentment to show on your face and in your activity and become like Father Brahma. Remain constantly happy and share your happiness.**

Today, BapDada is seeing His children, you jewels of contentment who are in front of Him and also those who are in distant places. Each child, sparkling with his power of contentment, is smiling and celebrating this meeting. This power of contentment is the greatest power of all and this is why there are all attainments in it. You jewels of contentment who imbibe the power of contentment are loved by yourselves, loved by the Father and also loved by the family, because where there is contentment, all the powers are merged in that contentment. The atmosphere of the power of contentment spreads everywhere. Souls who are jewels of contentment can never be defeated by Maya; Maya herself is defeated. Souls who are jewels of contentment can make everyone's heart belong to them. Souls who are jewels of contentment experience the different forms of upheaval of Maya and matter, as though they are watching a *cartoon* show. So, does each of you children experience yourself to be full of the power of contentment in this way? Ask yourself: Am I a jewel of contentment? Some children say that they are this sometimes; not all the time. BapDada does not like this word "sometimes". BapDada constantly gives love, remembrance, and happiness to each and every child. BapDada does not like this word "sometimes". "Constantly" happy. BapDada wants to know if you can transform this word "sometimes". The word "sometimes" does not even exist in the *dictionary* of Brahmins, only "constantly". So, today children, you who love the Father and have become free from the influence of Maya, can you finish this word "sometimes"? Can you finish it? BapDada has been telling you for a long time that any type of upheaval is to come suddenly. In order to prepare for that, if you still have the sanskar of "sometimes", would you be able to claim a right to the fortune of the kingdom for all time? You all have love for Father Brahma in your hearts. You have promised Father Brahma: We are together, we will go back together and we will rule together. This is a firm promise, is it not? Nod your heads! Is it firm? How firm is it? Did Father Brahma ever use the word "sometimes"? He always gave all of you love at amrit vela, and, together with that, the Father always spoke of matters of knowledge, matters of love and matters of zeal and enthusiasm. If Baba were to ask you to raise your hands if you have love for BapDada, all of you would raise both your hands. Isn't that right? Are you sure? When you love someone, you also have love for every word that that loved one speaks. Father Brahma never said to Father Shiva that it happens only sometimes. He always *followed the Father* and also made you follow Him because Father Brahma has deep love in his heart for you children. Therefore, what is your name? Brahma Kumari, your name is not Shiv Kumari. To have love for Father Brahma means that whatever Father Brahma says, the Brahma Kumaris follow. Love means surrender. So, what will you surrender to? To His directions. Whatever He (Shiv Baba) said, he (Brahma Baba) did, because Father Shiva is also with Father Brahma. He is not alone. You say, "Bap Dada, Bap Dada", do you not?

Today, BapDada wants every child to finish saying the word "sometimes". All of you children are the Father's companions. You do love Him, do you not? Out of love, you also surrender yourselves to Him, and here, it is just a matter of surrendering this word, because BapDada wants to make every child a victorious jewel of the rosary. Do you consider yourselves to be beads of the rosary? Do you consider yourselves to be victorious? Some children say that the number of Brahmins is huge and that the rosary is only of 108 and so only 108 can become part of it. Do not think that it is a rosary of 108. If you become complete and victorious, BapDada will add more strings in the middle. However, you do have to become victorious. Some children think: I don't know whether I will receive a *number* or not. If you become complete, the Father will give you a *number* because the Father has love for every child. You were told earlier that even if it is the *last* child, the Father has love for him too, because even if that child is influenced by his sanskars, he has recognised the Father and said "My Baba". There are people in the world with such high positions who have not recognised the Father, but that child has recognised Him. Even if he is influenced by some weakness, he has at least recognised the Father. At least he says "My Baba" with love and this is why, Baba had also told you earlier that the Father not only loves even the *last* number child, but that He also has a vision of benevolence, an attitude of benevolence for that child to continue to move forward. Today, BapDada is telling you clearly: Do not think about other things: "How will this happen? What will happen?" Simply make yourself into a worthy soul. Make yourself a karma yogi soul. The Father will give every child who makes himself worthy the blessing of all attainments and make him move forward; He will not keep that child behind.

Today, at amrit vela, BapDada went on a tour everywhere, in this land and abroad. You were told earlier too that generally when BapDada tours around, your special ancestor Dadis also go on the tour with Baba. So, what did Baba see while touring around? You know that too. You have very good thoughts: We will definitely do this, we will definitely become this. We will move along holding on to Your hand with our hand. So, what is the hand? Father Shiva does not even have an angelic form, so what hand is it? It is the hand of shrimat. Abroad, they have the *fashion* of walking hand in hand. So, here, the hand is of shrimat, and so all of you are those who move along with your hands in His hand, are you not? Do you have that power? Father Brahma took every step according to shrimat and demonstrated that to all of you. He is the *example* of what you have to do and how you have to do it. He was the *example* in the corporeal form. Let alone the Incorporeal, but Father Brahma was your companion in the corporeal form. Just as Father Brahma put his hand in the Father's hand of shrimat and became an angel, so, you are *following* the *father* in the same way, are you not? You remember to *follow* the *father*, do you not? So, what do you have to *follow* him in? He showed you everything very clearly. All of you know Father Brahma's face and his activities, do you not? You can make Father Brahma *emerge* with your intellect, can you not? Whatever the timetable was, Father Brahma did that. While in that physical body, he experienced everything here in the corporeal. All of you know Father Brahma's character. So *follow* the *father*. Every step of Father Brahma's has been *revised* by you to make it firm. You have read about his eight steps, of what he did, have you not? You simply have to *follow* him, that's all. To *follow* means to become equal to Father Brahma. So, just think: You have love for the Father, you have love for both Fathers. You were told earlier too what it means to have love. The *practical* form of love is that Father Brahma says and the children do exactly the same as the Father. This is the love of a true heart. What do some children do? They think that they have to do the same as Father Brahma, but they first do it and then think about it. So, they did not do the same as Father Brahma did, whatever they did. If you are going to *follow*, then first think. Think before you have a thought: Is this the thought of Father Brahma? If it is, then do it *practically*. Do not think about it after doing it. First think about it and then *follow*. To *follow* Father Brahma means to become equal to Father Brahma. Do you have this courage? Do you have the courage to *follow* Him? Those of you who think that you are going to do it, raise your hands! First think and then do. Do not do and then think.

Today, BapDada especially wants to see every child have the power of contentment the same as Father Brahma. All other powers will come with this one power of contentment. So, today, BapDada's special blessing is: May you have the power of contentment! No matter what happens, never let go of your contentment. Some children say when they have their heart-to-heart conversations: It is easy to become content, but difficult to make others content. When someone is doing something and you know that that is not right, why do you keep it in your heart? This one is doing this. That one is doing that. This one's nature is like this, that one's is like that. Do not keep this in your heart, because you have made the Father sit in your heart. You have seated Him in your heart, have you not? Nod your heads. Have you sat Him there? Are you sure? Or do you also remove Him and then sit Him there? If you have sat Him there, and then you have also kept those things in your heart, then, as well as the Father, you would have also kept these things in your heart. So, do not keep those things in your heart.

BapDada has told you this method earlier too, that you must always have good wishes and pure feelings for such souls and use your good wishes. In any case, you understand that what that one is doing is not good, and so it is bad. If someone gives you something bad, will you take it? Since it is something bad, why should you keep it in your intellect or in your heart? Why did you take something that was bad? While keeping the Father in your heart in this way, you will become equal to the Father. This is your promise, is it not? You are going to become equal to the Father, are you not? You are definitely going to become this, are you not? Or do you have doubts: I don't know whether I will become equal or not? You do not think in this way, do you? To have love means to *follow* the *Father*. BapDada now wishes to see each child filled with good wishes and pure feelings.

Will you *teachers* become this? BapDada has special love for the *teachers*. Why does He love you? Because you have maintained the courage to sit on the Father's gaddi. So, *teachers*, you have courage, do you not? The Father wants from each *teacher*, the *future* to be seen in your *features*. BapDada is speaking to the instrument *teachers*, but all of you are companions too, are you not? 75 years ago in the *boarding* school,

BapDada had given these teachings to the little children: happy and fortunate - each one's face has to be like that. Even now, BapDada wants each child's face to be seen as that of a soul who has happiness and is fortunate. You have done a lot of service with words and you have done it well and you have the *certificate* of that. However, now, move forward in doing service with your face and activity. When a poor person wins a *lottery*, his face and activity speak. When they see his face, everyone feels that he has received something special today. In the same way, when they see your face and activity, let them believe that you have attained something special.

What does BapDada want today? Become equal to Father Brahma. *Follow Father* because, when one sees the condition of these times and how upheaval is coming - and it will come - this is why BapDada wants to give each child the teachings: Remain constantly happy and share happiness. The more happiness you share, the more your happiness will increase. Seeing you happy, others will at least become happy for five *minutes*. If unhappy souls become happy for five *minutes* when they see you, they would then love that very much. Today, BapDada is especially drawing your attention so that each child imbibes the power of contentment to show on his face and in his activity and makes others imbibe it also. Achcha.

All those who have come for the first time today, stand up! Look, you can see them. Half the *class* is of those who have come for the first time. Raise your hands! Look at all their hands! Your new brothers and sisters! Look, how many have become your companions! Congratulations! Many, many congratulations! You have all reached here. You have all reached here to meet BapDada. What are you going to do next*? Follow* Father Brahma. BapDada is also pleased to see you all. Wah, the children have come! The whole family is happy: Our brothers and sisters have come, they have come, they have come! Now, *follow Father* Brahma. Whenever something happens, when you have a *question* or any *problem* - after all, it is a world of *problems* - then instantly find a solution for it from your *teacher*: Do not wait for two days and then say this problem is still there. You have come very late, haven't you? So, you want to go ahead, don't you? Do you want to stay behind? No. You want to go ahead, then to go ahead, just do this one thing: do not keep any wasteful matter in your heart. For this, after meeting the Father at amrit vela, first, you have to do amrit vela, and after that, BapDada has taught you many *drills*, keep doing one *drill* or another during the *busy* routine of your whole day. BapDada is speaking to everyone. Take some time every now and then whether you are old or new, everyone definitely has to perform the *drill* to become bodiless instantly, because in the times to come you will have to become bodiless in a *second*. So, perform this *drill*. Some say that they don't have time. No matter how *busy* someone is, if you are thirsty for water, then will you not get up to get some water? You consider that essential and so you will get up to get water. So definitely practise this *drill* for a *minute* to become bodiless. At that time, you will not be able to *practise* it. Some think that they will do it when the time comes. However, no; this practice of *body consciousness* for birth after birth will not allow you to become bodiless at that time. Therefore, make some time from now on. Whatever time you are able to fix for this during the whole day, fix that from time to time for a *second*: I am a bodiless soul. Become stable in the form of a soul. Do not let *body consciousness* pull you to itself. Everyone has to practise this, whether old or new, because BapDada has been telling you this for some time. However, it is essential for you to do it. Otherwise, you will not be able to make your hand hold onto the hand of shrimat and move along. Your promise is: We will return home together and go into the kingdom together. So, everyone has to perform this *drill*. To all the new ones who have come, "May you be happy, prosperous and continue to move forward." Achcha.

BapDada is seeing all the children everywhere who are sitting far away and merging everything in their hearts. The fragrance of everyone's love is reaching Madhuban. So, now, everyone has to move along at a fast speed. You have to make intense effort. You have to give happiness to people in the world at a fast speed. You have to make unhappy ones happy. By giving everyone the message to make them happy, make everyone happy. There is intensity in this service and you also have to bring about more intensity. Achcha. Everyone, accept lots of love and remembrance from the heart.

**Blessing:** May you be constantly content and cheerful and do service even while renouncing your own rest. A server renounces his own rest day and night and experiences rest in service. Those who come into contact with such souls, or who live with them, or have a relationship with them, experience

their closeness as though they are sitting under a spring of coolness, power and peace. They become servers with elevated characters, like Kam Dhenu, and fulfil everyone's desires for all time. Such servers automatically receive the blessing of remaining cheerful and content.

**Slogan:** In order to become an embodiment of this knowledge, pay *attention* to this *study* at every moment. Let there be equal love for the Father and this study.

**Avyakt signal: Experience the complete and perfect stage, the same as Father Brahma.**

The reason for having wasteful or sinful thoughts is just one question: Why did this happen? The *queue* of waste thoughts begins with the word "Why?" Perfection will only come when this word "Why?" is finished and then that *queue* will begin. When the word "Why?" finishes, you will be able to remain stable on the destiny of the drama.

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

**Special notice: Yoga practice for the 3rd Sunday of the month.**

Today is the 3rd Sunday of the month. All brothers and sisters collectively sit for yoga from 6.30 to 7.30 pm. Stabilise yourselves in your form of power, imbibe the powerful rays of the Sun of Knowledge and use these rays to be co-operative in doing the service of world transformation.