

Exercise your mind with the five forms every hour and make it powerful.

Since Baba is your world (sansaar), also make your sanskars the same as those of the Father.

Today, BapDada has come to meet all the children of the one land, the *original* land. You all know how lovely that one land is, do you not? BapDada has also come from that one land to meet all of you children. Children have the happiness of meeting the Father and the Father has the happiness of meeting you children. Today, BapDada is seeing all of you children in your five forms and this is why there is the memorial of the five faces of Brahma. You know your five forms, do you not? The first form of everyone is that of a point of light; has it come in front of you? It is such a lovely and sparkling form. The second form is the deity form. That is also such a lovely and unique form. The third form is that of the middle, the worthy-of-worship form. The fourth form is the confluence-aged Brahmin form; this form is also so great, and the fifth form is the angelic form. All these five forms are so lovely. Today, BapDada is teaching you children the *exercise* for the mind, because the mind sometimes pulls you children towards itself. So today, BapDada is teaching you the *exercise* to make your mind constant and stable. Throughout the day, *exercise* with and experience these five forms. Whatever form you think about, experience that in your mind. For example, when you said “point of light”, the sparkling form came in front of you. In the same way, bring these five forms in front of you and experience those forms. Every hour, perform this *drill* for five *seconds*. If not five *seconds*, then five *minutes*. Bring each form in front of you and experience it. Keep your mind *busy* in this spiritual *exercise*, because with this *exercise*, your mind will always be good. Just as physical *exercise* keeps your body healthy, in the same way, this *exercise* will keep your mind strong. Concentrate on that form in your mind for even a *second*. Do you feel that this is easy or do you find it difficult? You will not find it difficult, because you have performed this *exercise* many times. You have done it every cycle. It is not difficult to bring your own form in front of you. As you bring each form in front of you, you will experience the speciality of each form. Sometimes, some children say that they want to experience these same five forms but their mind goes off in another direction. Instead of concentrating your mind on one thing for as long as you want, wasteful or incorrect thoughts also enter. Sometimes, there is carelessness of the mind. BapDada wants you to experience this exercise for five *seconds* or five *minutes* every hour. Do this for five *minutes* and then make your mind work in that direction. It is good to move along in that way, is it not? Then, engage yourself in your work - because you do have to do your work; you cannot move along without doing your work. All of you are doing service of the yagya and the world, and you have to do it. After performing this five *minute drill*, engage yourself in whatever other work you were doing. Is there anyone who doesn't have five *seconds* or five *minutes*? Is there anyone? Then raise your hand! Is there anyone who doesn't have five minutes? Is there? All of you can find the *time*. So, repeatedly perform this *exercise* and you will become intoxicated while doing your work, because the Father's mantra is Manmanabhav. With this mantra and the experience of the mind, your mind will become a weapon for you to become a conqueror of Maya, because BapDada has told you that, as time progresses, you will have to put a *stop* in a *second*. By doing this exercise, you will receive help in becoming Manmanabhav, because BapDada has seen that whenever you give a lecture or message then what do you say? You say that you are the ones who will transform the world. Since you are going to transform the world, first of all make your mind powerful, so that it is able to have those thoughts that you want it to have at any time. *Order* it in a *second*, just as you order the body and your physical organs, for example: “Raise it!” “Lower it!” You do this, do you not? In this way, your mind will be saved from anything wasteful or incorrect. You are the master of your mind. You say, “My mind!” So, “my mind” should remain in *order* to that extent, and that is why you have been shown this *exercise* of the mind.

BapDada has seen that every child wants to become a conqueror of the mind and a conqueror of the world and this is why, before the time comes, you have to practise easily stabilising your mind wherever you want. So, today, BapDada wants every child to become so powerful that his mind, intellect and sanskars follow his *orders* in whatever thought he has. Those who have this practice will definitely become the conquerors of the world. You all have love for BapDada and the family. The children have love for the Father, and the Father has even greater love for you children. So, children have been very clever. By saying “Mera Baba, mera Baba (My Baba)”, you have made Him belong to you. Each child says with this faith: “Mera Baba” and the Father says: My children. This word “mine” has performed wonders. Each one of you has so much enthusiasm in your heart: “My Baba, lovely Baba”, and the Father also repeatedly says: My children. Maya can wage war at any time because you had made Maya belong to you for half a cycle, had you not? So, Maya would also have that love for you, would she not? This is why she repeatedly tries to come to you. However, when you say: “My Baba” from your heart, you receive the Father’s co-operation. When you say: “My Baba” just once from your heart, the Father is bound to give you a thousandfold powerful co-operation. You experience this, do you not? Simply put this experience into a *practical* form at the right time.

On seeing one thing of you children, BapDada is amused in His heart. Do you know which aspect? All of you say that Baba is your world. You say, do you not, that the Father is your world? You say this, do you not? Those who say that the Father is their world, raise your hands! Achcha, the Father is your world. You do not have another world, do you? You do not have another world, but what else do you have? Sanskars. Since the Father is your world, you do not have any other world. There isn’t another world, so how are the sanskars born? Nowadays, according to the time, BapDada wants to erase the word “sanskars”. Can it be erased? Can it? Those who think that their sanskars cannot become an obstacle and are able to have this determined thought? Those with determination thought who can, even today, make this determined effort of definitely having to finish them? Not: “I will do it, I will think about it, I will see” but: “I definitely have to do it.” It is the duty of the sanskars to come and the duty of you children is definitely to finish them. Do you have this much courage? Do you have this courage? You raised your hands earlier too, but now check whether you are doing everything practically according to the thought that you had. Those who feel that the Father said something, that it is the Father’s duty to give an aim and the children’s duty is definitely to do what the Father asked and that they must *fix a date* for this. Just as the devotees have *fixed a date* to celebrate Shiv Ratri, so *fix a date* for this. OK, if you are not able to fix a *date* for this collectively, then each one of you can at least *fix a date* for yourself. Can you do this? If you can do this, raise your hands! So, have you fixed it? If you can do it, have you done it? *Double* foreigners, have you *fixed a date*? Those sitting in the front, have you *fixed it*? Whatever *date* you have *fixed*, give that to BapDada in writing. BapDada will congratulate you children on *passing your paper* with courage. Then, He will sing songs of the children: Wah children! Wah! He will celebrate with a *ceremony*. BapDada will have a *ceremony* for those who had a thought and put it into a *practical* form accordingly, because there will of course be a difference, will there not? Whatever *date* you have *fixed*, as you progress towards that date, you will come closer, will you not? There will begin to be a difference. BapDada will have a *ceremony* for those who become complete according to their *date*. When you do this internally, those who observe you will *verify* it, because they would come into connection with you, would they not? Sanskars will emerge with someone or other, will they not? BapDada has seen that every child has the pure intoxication that he is a *master* almighty authority. You are *masters*, are you not? Since you are almighty authorities, ones with all powers, then to fulfil a thought is also a power, is it not? Achcha.

Those who have come for the first time, stand up! Look, so many have come. BapDada is giving congratulations. Congratulations, congratulations, congratulations for coming to Madhuban! BapDada still feels that you have come before the *board* of “*too late*” has been put up and, therefore, the whole family has

this pure hope. BapDada has this hope anyway, and the whole family also has this hope, that you will constantly make *double* effort and go *fast* even though you have come *last*. Do you have this courage? Those who have come for the first time, do you have the courage, that even though you have come *last*, you will go *fast* and come *first*? In the *first number*. There isn't just one who is *first*. Come *first* in the *first class*. Is this possible? Those of you who think that you can go *fast* and come *first*, raise your hands! Do you have faith in yourself? Achcha. Those at the back, raise your hands! Is this possible? Achcha. There are a few. The whole family and BapDada want to co-operate with you and want to make you move forward and this is why, whatever *centre* you have come from, remember this promise of yours again and again at that *centre*. It is possible. It is not impossible. It is possible, but it requires *double attention*. If, having come *last*, you go *fast* and show that to everyone, then your day of intense effort will be celebrated at the *centre*. We will hold a *function*. Everyone has this enthusiasm in their heart to become equal to the Father quickly and to show that to everyone. When children speak to BapDada at amrit vela, He is pleased: Wah children! wah! The Father gives every child, whether new or old, lots and lots of blessings from His heart. When you take one step, the Father gives one thousand steps of help, because the transformation of the time is now moving at a *fast* speed. Achcha.

It is the turn of Delhi and Agra to serve: BapDada has seen that, from the beginning, Delhi has been doing new things in service. You have been doing this, have you not? Delhi has been doing this. So, now create a new *invention* for service. The lectures and *programmes* that you have been having are good, because expansion takes place through those and people form a relationship with you. Whatever is happening now is good but these *programmes* have now been going on for a long time. Now, create something new so that those who are doing service have some new zeal and enthusiasm. You will do this, will you not? It is good. Create enthusiasm in everyone and make them *busy* in doing that. Those who give lectures remain *busy* with the big *programmes* that you have and others simply accompany them. That is also necessary, but now invent something in which those who are *quality* souls remain *busy* themselves because Delhi has to be the capital. So, let those from Delhi create some such *invention*. Is this OK? Is it OK? Will you all do this? Raise your hands! It is good. Anyone can create it. New ones can also invent this. If anyone else has a thought about this, they can write to Madhuban, the *head office*. Everyone has a *chance*. Achcha. Let those from Delhi also claim *number one* for effort. BapDada said a long time ago that any *centre*, whether in this land or abroad, and the *centres* in *connection* with that centre, has to remain free from obstacles for six months. No obstacles should come. Free from obstacles. If you claim *number one*, we will celebrate a *day* for being free from obstacles. BapDada is now telling you to do this for six months and when you have had six months of practice this, the habit will then be formed. However, in order for you to claim a prize, Baba is giving you six months. What *number* will Delhi claim? The first *number*. BapDada is pleased. The whole family is also pleased. Let those who are content speak. Whether in service or in the disciplines that have been created, BapDada has asked for names, but, as yet, no names have come. If not the *zones*, even if the *centres* in *connection* with the main centres do this, BapDada will accept it. You now have to take fast steps. Why? Anything can happen suddenly. Baba will not give you a date. Achcha.

Agra sub zone: Agra has to perform such a task and such service because Agra is very well known in the *Government's list*. Let those from Agra find such service through which the *Almighty Government* becomes well known. Just as there is the Taj Mahal in Agra, so do something in the same way. There is hope. Congratulations for the hope. What will you do? In how much time will you do it? (We will have a mela and a mega programme.) Everyone is doing *mega programmes*, but create such a new *invention* which no other *zone* has done before. Agra is worth seeing by everyone. The *Government* has the Taj Mahal. There is some *propaganda*; Agra is known for that. Now perform such a task. Think about it. Sit at amrit vela and think about it and you will have one *touching* or another. Is that all right? *Teachers*, raise your hands! There are

many. So, perform a wonder. BapDada is telling all of you children: Do something new now. There is newness in whatever is happening according to the time, but now create a new *invention*. Any *zone* can do it, but do something new. BapDada loves each child and He also knows each child's speciality. Each one definitely has a speciality, but some use it for a task, whereas in others, it remains hidden and this is why the Father is saying that every child is lovely and long-lost and now-found. The Father wants you to keep flying and make others fly. Achcha.

All of you children everywhere are the children who are especially loved by the Father's heart. Each of you children repeatedly takes and has to take this aim into your awareness: I have to make intense effort and reveal the Father so that everyone's heart says: My Baba has come. Such thoughts of zeal and enthusiasm are reaching BapDada nowadays. The *majority* of you have this zeal and enthusiasm in your heart. BapDada's desire is that this message now reaches everyone as soon as possible. Let no one be deprived of it. Let them claim something or other as their inheritance. Even if not liberation-in-life, at least let them claim the inheritance of liberation with love because the Father has to give an inheritance to everyone. However many you enable to receive their inheritance, to that extent you will claim the inheritance of a right to your kingdom. Lots and lots of love and blessings from BapDada to all of you children everywhere. Achcha.

Blessing: May you be benevolent to all and achieve success in the service you do with your renunciation and tapasya.

Just as a physical fire is experienced from a distance, in the same way, let the glow of your renunciation and tapasya attract everyone from a distance. As well as being a server, also be a renunciate and an embodiment of tapasya. Instant and practical fruit will then be experienced from the service you do. A renunciate means that none of your old thoughts or sanskars are visible. A tapaswi means that nothing is visible except the consciousness of your intellect and your soul-conscious form through your drishti. Let benefit for every soul be merged in whatever thought you create and you will then be said to be benevolent to all.

Slogan: In order to go beyond any consciousness of bodies, do not look at the form but look at the living being and the character.

***** Om Shanti *****

Avyakt Signal: To remain constantly cheerful, be easy-natured and tolerant. All of you are master world creators. When you have this awareness, you will easily develop the virtue of humility. When you have humility, that is, easiness in a *natural* way, all other virtues come *automatically*. First be stable in the constant awareness of this form and then think and act. All of the little things that come to oppose you, which you have to face, will then be experienced to be like the games of little children who play in front of their elders, who are not affected by them at all.