

Elevated
directions
for
becoming
elevated
human
beings

Elevated directions for becoming elevated human beings

BapDada's shrimat, teachings, maryadas and dharna

A spiritual army is one that always adorned with weapons and follows the law and order. The main virtue that is seen in an army is to what extent there is law and order. So, are you all within law and order? Which is the main law in spiritual army wherein rest all laws are included? The main law of the spiritual army is never to look at your own body and other bodily beings. Take every step towards Father alone; this is the main law of a spiritual army. Even if you look at your own body and other bodily beings little then you cannot reach the destination to reach or meet God is not possible. — Avyakt BapDada, 30 June 1974

The firm godly directions in this booklet describe the spiritual attitudes and actions that reflect the accurate study of Brahma Kumaris students, and are offered for inspiration and clarity to live an elevated spiritual life that benefits everyone in the community.

The strict codes expressed in these points are for personal use—not for judgment of others—are intended to build an internally robust yoga stage, from which light and might can become *sakaash* and reach souls who wish to be reassured of Baba's company, love and power.

They are to be understood in the context that, in these closing years of *Kaliyuga*, the Brahmin souls have a unique role to become lighthouses and mighthouses on the unlimited world stage, spreading light and love to all souls.

1. Sweet children, save yourself from the company of people influenced by Maya and those who spread peacelessness. Conquer your sense organs, and step away from those who are influenced by lust.
2. Sweet children, in order to claim limitless wealth of knowledge from the Unlimited Supreme Father, bathe in spiritual knowledge twice a day.
3. Sweet children, study every day and never give lame excuses.
4. Sweet children, never be trapped in the company of people who have vicious desires.
5. Sweet children, never be trapped in any bondage of karma that comes from expectations and desires.
6. Sweet children, never allow yourself to be distressed during this spiritual (*alokik*) life.
7. Sweet children, remain humble and never resort to anger. Be sweet natured. Keep the company of those who have virtues and imbibe those virtues like Datatrya. Never speak at great length and never become peaceless. Get work done by speaking little. Remain quiet and essenceful.
8. Sweet children, you are the swan who picks up pearls; you cannot collect pebbles and stones of defects. Virtuous children see only virtues in others. Continue to collect pearls of knowledge during the day and churn the ocean of knowledge while walking and moving around. Give the

Supreme Father's introduction to everyone. Never speak about anything else except godly knowledge.

9. Sweet children, stay in the Supreme Father's remembrance in order to make your nature sweet and peaceful.
10. Sweet children, understand that when a child is sick or something happens, Baba looks at everything as a detached observer and does not regret anything. In the same way, become detached observers. Never be attached to this old world. Each one has his/her own karmic accounts. The soul has to experience the fruit of whatever wrong action has been done. Continue to watch as a detached observer and send good wishes.
11. Sweet children, become *Bhasmasur* (a demon who burnt himself) and connect your intellect's yoga with no-one else other than one Supreme Father.
12. Sweet children, engage yourself in the Supreme Father's service for at least for eight hours every day, remembering Him at all times while spinning the discus of self realization.
13. Sweet children, love only the one Supreme Father. Neither allow yourself to be trapped in any physical body by becoming body-conscious nor trap others in you. Never attach your heart to any bodily being.
14. Sweet children, in order to become pure have the firm vision that we souls are brothers and sisters of Father Brahma.

15. Sweet children, never hate or dislike anyone.
16. Sweet children, do not watch films, TV, videos etc. because they are doorways to hell and will put false ideas in your mind.
17. Sweet children, in order to make your life diamond-like, be cautious of the company you keep. Bad company influences you. Some people become like diamonds through company and others become like stone through such company. Knowledgeable souls will make others like themselves and save others from negative-minded company.
18. Sweet children, pay attention to the words you speak. Hurtful words should never emerge from your mouth. Let there be no negative vision, disrespectful behaviour nor hurtful actions.
19. Sweet children, be careful at every moment. By being body-conscious, you will remember human beings instead of remembering the Father. You will continue to have negative vision and have impure thoughts. This is a large sin. In these circumstances, you should consider that you are being attacked by Maya.
20. Sweet children, become *Rupbasant* and always let jewels of knowledge emerge from your lips. Never make jokes or laugh in a way that has the smell of vice. Never speak bitter, harsh words.
21. Sweet children, never develop doubts by listening to anything misinformed.

22. Sweet children, let your behaviour be royal. Speak with manners, imbibe humility and become supremely sweet.
23. Sweet children, if you want to pass with honour, your intellect must not wander even slightly from the remembrance of the one Supreme Father. Never develop attachment to another bodily being. Never become entangled in anyone's name and form.
24. Sweet children, listen only to what Baba says. Never listen to evil things and don't speak evil.
25. Sweet children, speak less and do more.
26. Sweet children, become an embodiment of virtues. Instead of describing others defects or weakness, describe their virtues. It is better not to talk at all if you are talking in a rough or rude way.
27. Sweet children, keep firm determination to remember only Baba day and night and definitely do what Baba says.
28. Sweet children, now you belong to the Father, the Lord and Master, never quarrel and fight among yourselves.
29. Sweet children, take care of your food in order to make your stage top quality. Sensible children will prepare and eat their food in remembrance. If you prepare and eat food in Baba's remembrance with a lot of love, Baba also will sense the fragrance and elevated your stage. Sensible children should become active and should do all types of service with their own hands.

30. Sweet children, never perform wrong actions that defame the Satguru. Never disregard or doubt the Supreme Mother–Father.
31. Sweet children, have pure greed to claim the inheritance from the unlimited Father. Have attachment with only the One Supreme Father. If you have impure ego, impure greed or attachment then your status will become low.
32. Sweet children, never have special interest in anything.
33. Sweet children, drink all knowledge from the Ocean of Knowledge. Definitely read or listen to *murli* 5–6 times. Only then will the knowledge sit in the intellect and raise the mercury of happiness. *Murli* has to be read under all circumstances. Never miss a single *murli*.
34. Sweet children, become introverted, and don't speak anything externally. If you follow this *shrimat*, you will easily be able to go beyond sound. *Amrit vela* time is best for remembrance. Wake up at that time, be introverted and sit in soul consciousness.
35. Sweet children, promise yourself to wake up early each morning to sit in remembrance. Never be careless in this.
36. Sweet children, never perform wrong actions by being influenced by an old habit.
37. Sweet children, renounce the nature of seeing and listening to wasteful ideas.

38. Sweet children, never frown or sulk with the Supreme Mother–Father, family, the godly gathering or amongst service companions.
39. Sweet children, always keep your companions ahead in service. You should not show off for your own benefit.
40. Sweet children, always be cheerful. Deities remain cheerful, and do not laugh loudly. To laugh loudly is also a vice. Remain in the incognito happiness of remembrance. Familiarity is a harmful *sanskar*. The attitude of disinterest is necessary for success in service. Let there not be even the slightest odour of name and form.
41. Sweet children, perform actions being a *karma yogi* and allow at least eight hours for self effort.
42. Sweet children, Speak about only that which is spiritual. Never speak about things connected to body-consciousness.
43. Sweet children, if you happen to commit a mistake, ask for forgiveness from the Supreme Father. The basis for ascending stage is to never hide anything from the Father. You will be hidden if you continue to hide.
44. Sweet children, erase the habit of telling lies.
45. Sweet children, you are the ones who bring benefit to all. Those who hate others are known as half caste Brahmins. Never hate anyone.
46. Sweet children, claim strength from the Supreme Father by remaining in yoga. Never ask for blessings or mercy.

47. Sweet children, keep a constant stage when facing insult or praise, defamation and fame. Never stop studying while this is happening; cross these side scenes by considering them to be a game.
48. Sweet children, create the habit of waking up early. Become the one who conquers sleep. Morning time is best. Wake up early and remember Me, your Supreme Father, and you will become strong. If you remain the one who sleeps, you will experience loss. To focus on just eating and sleeping means to lose fortune.
49. Sweet children, become the knowledgeable soul who behaves sweetly with everyone. To be a friend of one and an enemy of another is not the sign of a knowledgeable soul.
50. Sweet children, Baba is never afraid and never wilts. Some are Brahma's worthy children and some are unworthy children. Some do service and others do disservice. Never wilt under any circumstance.
51. Sweet children, listen with tolerance while hearing someone tell you unnecessary things. Become tolerant. Never confront anyone.
52. Sweet children, perform actions to earn your livelihood during the day. At night, sit and churn spiritual knowledge, while remembering Baba and spinning the discus of self-realization in your intellect. Then you will experience joy and spiritual intoxication.

53. Sweet children, become *murlidhar* children who are the Supreme Father's helpers. The Supreme Father will be pleased with such children who donate the imperishable jewels of knowledge and become true philanthropists and clever godly salespeople. Their intellect becomes creative, humble and refined because they continue to do service. Never become egoistic when donating knowledge.
54. Sweet children, always remain in the intoxication of knowledge and yoga. Decorate yourself with knowledge and yoga. This is your real decoration. Never worry about this old body. The more your intellect goes towards the body, the more you will feel troubled. To decorate this body with powder, or makeup etc. is a waste of time and money.
55. Sweet children, become the conqueror of sleep and wake up in the night and remember the Supreme so that your burden of *karma* will lighten. Knowledge cannot be imbibed if there is a burden of sinful actions. If you have performed such actions repeatedly, there will be obstacles on your spiritual path that won't allow you to progress.
56. Sweet children, be faithful to the Supreme Father by following *shrimat*. Practise being bodiless in unadulterated remembrance. Continue to think about service at each moment so that your intellect continues to become pure. Such worthy children can imbibe every aspect of spirituality. They can never divorce the Supreme Father.
57. Sweet children, speak the truth whenever you commit a mistake. There will be progress when you speak the truth. Study well and teach others. The Supreme Father is the₉

Ocean of Love who enables you to claim high status. That is His love. If you accept service here, you will have to do the chores there. Never take personal service from others.

58. Sweet children, cook food in remembrance, eat and serve food to others in godly remembrance.
59. Sweet children, to create someone's spiritual life is elevated effort. Be engaged in this service. The Supreme Father loves knowledgeable and yogi children who constantly remain in yoga. If you happen to make a mistake, continue to do service so that the mistake no longer pricks your conscience.
60. Sweet children, have great enthusiasm to share *murli*. Reveal the Supreme Teacher through your behaviour. Speak with great sweetness.
61. Sweet children, there is no need to display yourself in either the *lokik* or *alokik* world. Continue to make incognito effort in order to pass with honour.
62. Sweet children, make your nature sweet and peaceful. Speak less and with royalty.
63. Sweet children, never have any impure desire or wish.
64. Sweet children, forget the past. Let the past be past and remain cheerful.
65. Sweet children, share godly knowledge with patience and love.

66. Sweet children, always be concerned for your progress and have full attention on your behaviour. If you wish to become deities, you need royal manners. Become so sweet that everyone feels that all the words that emerge from your lips are uplifting. The elevated effort maker never frowns or sulks in the study. This godly study has no connection with fighting and quarrelling. Never cause sorrow to anyone.
67. Sweet children, detach your intellect's yoga from all sides. Only those who are completely free from attachment can take refuge with the Supreme Father. When your intellect is not attached to friends and relatives, and you have firm engagement with only the One Supreme Father, keeping your intellect with none other than One Baba, can you do elevated service. The Supreme Father also gives refuge to such children.
68. Sweet children, never take the law in your hands in anger.
69. Sweet children, always accept each opportunity to do service.
70. Sweet children, never stop studying because you fear someone.
71. Sweet children, consider yourself to be soul and talk to your brotherly soul. Keep your vision firm that no evil enter you. If you see evil in anyone, step away from them. Never speak against the divine law or rules. If evil has entered someone or he/she has impure vision, then move away from that company.

72. Sweet children, in order to burn the sins or increase your life span, stay on the pilgrimage of remembrance. Only through constant remembrance can you become pure. Fill your chart of remembrance with at least eight hours of yoga.
73. Sweet children, remain satisfied in every situation. Never cause distress to another person through body-consciousness and never be jealous, back bite or compete with others.
74. Sweet children, receive love from the Supreme Father by remaining faithful, serviceable, and sweet. When there is great love in the gathering, no words that cause sorrow will emerge from your mouth. Maintain the spiritual love of brotherhood for only then you can reveal Shiva Baba.
75. Sweet children, never make a habit of listening to worldly news or waste time in worldly affairs.
76. Sweet children, because you are in the stage of retirement, don't have interest in eating special food. Pay full attention to the study and character development. Become introverted and reform yourself.
77. Sweet children, become pure in your thoughts, words and actions. Take precautions to not commit sins through your sense organs. Never perform any sinful action under the influence of bad company.
78. Sweet children, practise dying alive from this body. You will become free from attachment with the practice that, "I'm a soul and you are a soul." Let all attachment for

bodily beings break away. Let there be constant awareness that “we are brothers”. This is the highest destination. The one who practises soul-consciousness in this way can reach the destination. If there is no soul-consciousness, you will be trapped in your body or in your connections to friends and relatives. You will prefer someone speaking or being present. Those who attain the highest destination will never be bound by the experience of their body because all consciousness for the body will have finished.

79. Sweet children, become a conqueror of attachment and promise that you will never cry when someone leaves his/her body. Never attach your heart to or love someone’s perishable body.
80. Sweet children, perform actions for your livelihood keeping the awareness to never be trapped in mess or chaos. Don’t think too much about your *lokik* business such that you forget to remember the Supreme Father.
81. Sweet children, if you want to travel this path quickly, let go of all other thoughts and stay engaged in Shiva Baba’s remembrance. Through this method, all sins will be burnt and the garbage will be removed. The pilgrimage of remembrance is the basis of your elevated status. Only through this method will you transform into a diamond from a shell.
82. Sweet children, rust is removed only by remembering the Supreme Father and this godly knowledge. Never have any desire to receive visions. There is no benefit in having visions.

83. Sweet children, remain busy in spiritual study. Never develop a habit of reading novels etc. Forget everything that you have read and become a godly child. Only then can you pass in this spiritual study.
84. Sweet children, pay great attention to the quality and quantity of your eating and drinking because we are becoming deities. Have control over your tongue and taste so that it does not become mischievous and desire special food.
85. Sweet children, consider everyone to be brothers and have spiritual love for each other. If you want to become *satopradhan*, continue to forget everything other than the one Supreme Father. Never see defects in others. Never correct others. Don't waste your time in matters such as comparing and commenting on others, "this one is like this and that one is like that ..." Cling to the Supreme Father in love.
86. Sweet children, never interrupt two people speaking together.
87. Sweet children, never give unsolicited advice.
88. Sweet children, listen and study from the one Supreme Father alone. You don't have to listen or read anything else. Be cautious of your company. Churn the ocean of knowledge in solitude early in the morning.
89. Sweet children, in order to get love and blessings from everyone, fill your apron with the jewels of knowledge and continue to donate them with respect during the day.

90. Sweet children, have true love for one Supreme Father as this is the basis of progress. If you are close but experience little progress, there must be a lack of love. You will remember someone only when there is love. You will imbibe all the teachings when you remember. Keep an honest chart for your progress. Never hide anything from Baba. Continue to reform yourself by becoming soul-conscious. Speak less.
91. Sweet children, in order to pass the final test paper, forget everything from the old world. Only remember the Supreme Father. Never have interest in anything. Finish attachment in all relationships. Let there be firm vision and the stage of brotherhood. Let body-consciousness end.
92. Sweet children, you are the royal student of a royal clan. Your behaviour must be dignified for only then can you reveal the Supreme Father.
93. Sweet children, always make effort to be obedient. Give yourself the *tilak* of being obedient in order to receive the *tilak* of the future kingdom. Disobedience means to not follow orders. Such souls cannot receive the *tilak* of the kingdom. Never hide any disease from the Supreme Surgeon. If you hide something, your final status will be reduced. Become an Ocean of Love like the Supreme Father.
94. Sweet children, never let a bomb of anger emerge from your mouth. Remain quiet.
95. Sweet children, in order to reach the highest destination be cautious of your eyes. They may deceive you a great₁₅

deal. Criminal eyes cause harm. Consider yourself a soul and remember the Supreme Father as much as possible. Sweet children, be cautious about lust, your greatest enemy.

96. Sweet children, maintain interest in unlimited service so that the strings of attachment break. Remain aware that whatever you see through these eyes will be destroyed. Don't see while seeing. Continue to make effort only to see the formless soul. The soul is seated on the immortal throne between the eyes. Look at the forehead when speaking to others.
97. Sweet children, make the Supreme Father your constant companion in order to have the experience of "I eat with You, sit with You.... "
98. Sweet children, in order to pass with honour, go beyond the consciousness of doing actions.
99. Sweet children, continue to make others equal to yourself. Donate the wealth of knowledge to many people. Worthy Brahmin souls have Baba's spiritual knowledge on the tip of their tongue. Such Brahmin souls won't carry any ghosts. Make effort to be free of ego and become soul-conscious. Don't let your intellect become attached to any bodily being. Never comment about differences of opinion.
100. Sweet children, the proof of those who enjoy solitude and practise soul-consciousness is that no harmful words will emerge from their lips. They will have brotherly love for each other and cooperate with each other like sugar and milk. They imbibe knowledge well and don't perform₁₆

sinful actions. Their vision remains sweet and they never cause sorrow to others.

101. Sweet children, connect your intellect to one Supreme Father. Don't go into conversations such as, "...So and so is like that, he does this, he has that defect.." Turn your face away from seeing defects. Never sulk with or frown about this study. Continue to imbibe helpful points from Baba's *murli*.
102. Sweet children, all the strings of your attachment should break because it is time to go home. Never perform sinful action that will defame the Brahmin clan.
103. Sweet children, accept the Supreme Father's advice immediately in your intellect and remember. "I speak only with One Father and will stay in front of Father's eyes". Baba says, "those children who do My service are loved by Me. I remember such children". The Supreme Father is pleased to see the serviceable children who create others who also give happiness to others.
104. Sweet children, never gossip about worldly issues. If someone comes to gossip, change the topic. However, children who enjoy listening to and talking about non-essential things, waste much time and don't progress. Worthy children remain engrossed in the joy of Baba's remembrance after they complete their service duties.
105. Sweet children, focus on divine virtues and remember, "whatever action I perform, others will follow". Never trouble others with unhelpful words and don't cause sorrow to anyone through your mind, words and actions. When₁₇

we have aim to give happiness to others like the Father then it is said to be having attention on virtues.

106. Sweet children, don't think about the past. Neither think nor speak repeatedly of the past.
107. Sweet children, the main subject in this study is to have brotherly vision. Do not let your eyes deceive you even slightly. Do not let your intellect become trapped in the name and form of any human being. Do not let any dirty sinful thoughts in your mind. Have this attention. Those who pass in this subject will become the masters of the world.
108. Sweet children, in order to become worthy of praise, become humble. Never have ego in any aspect. Become very sweet.
109. Sweet children, have all relationships with one Supreme Father. Do not let your intellect wander to anyone else. Let your intellect's yoga be connected only to the Almighty Authority, the Father. Have this complete attention on self. Use your wings of the divine virtues to free you from karmic bondage.
110. Sweet children, practise being soul-conscious. All spiritual disease of name and form is born from body-consciousness and will make you vicious. The disease of getting trapped in name and form is severe. Never have attachment to this body and let go attachment for your body and bodily relatives. Remember the one Supreme Father and become pure. Become introverted, check yourself and be free of

this disease in order to celebrate true love for the Supreme Father.

111. Sweet children, be cautious and tell the Supreme Father honestly if your intellect wanders during remembrance; confess if it drifts to bodily beings. The Supreme Father will forgive you. If your intellect is trapped in anyone's name and form, there can be no connection to the Father. Such children do disservice and defame the Supreme Father. They will have to face severe punishment.
112. Sweet children, have true love for the one Supreme Father. Love other souls as brothers and remain disinterested.
113. Sweet children, remain soul-conscious while in the body and see whilst not seeing. Do not let anything that you see in front of you enter your attitude. Don't remember anything else in your intellect except the Supreme Father and the supreme abode. To achieve this stage, become introverted, check for defects and remove them.
114. Sweet children, you should not ask anyone for anything. It is better to die than to ask. Desire acts like a scavenger. Everything you need will come by itself. You cannot collect donations like outsiders. The BK Centre will not progress if you ask for donations. Improve service without asking.
115. Sweet children, keep a true and honest chart. Your character will be reformed only when you keep a chart. You have to check and see how was your character reformed each day. Check: Did I cause sorrow to anyone? Did I speak waste things? Did help others feel happy?

How often did I remember Baba and consider myself to be a soul. How many did I make the same as me?

116. Sweet children, in order to transform from poor to rich, imbibe the Supreme Father's imperishable jewels of knowledge. Each jewel is worth millions. You have study because this *gyan* is source of income. You will attain the highest status only through this study, so never miss *murli*. If you don't love *murli*, you lack love for Baba.
117. Sweet children, practise being peaceful. If anyone speaks roughly, don't reply. Remain peaceful and never gossip. To speak harsh words is evil. Avoid this by placing a bead of peace in your mouth. If this devilish behaviour enters anyone causing damage, step away from them.
118. Sweet children, the highest spiritual destination is to become completely civil-eyed. Let there be no mischief in your sense organs. When there is such a stable stage, you will receive the world kingdom. While paying attention to the loss, profit and honour, finish criminal-eyes.
119. Sweet children, never ever spoil your stage by listening to what others say. Never take sorrow by listening to false things.
120. Sweet children, the deities are shown always smiling and cheerful. No matter what happens, always smile. Never allow anger or sad moods. Never be confused.
121. Sweet children, never keep anything that is unnecessary. If you have accumulated many objects due to subtle greed,

you will remember them at the end and obstruct your progress.

122. Sweet children, walk in Baba's remembrance. Enjoy walking to keep your body fit, but never engage in gossip (ungodly 'fried food').
123. Sweet children, remain completely free from attachment. Such souls will be free of all falsehood and never be trapped in human love. The Supreme Father's eyes alone keep them satisfied. Baba gives you such imperishable love now, such that you will enjoy much love in the gathering in the golden age.
124. Sweet children, if you remember Me, I guarantee you will go home without punishment. Attach your heart to the one Supreme Father. Don't see this old world while seeing. Stay pure while living in this world then Baba will definitely give you the kingdom of the world.
125. Sweet children, never express ego and retort when a senior tries to correct your behaviour. If you question why Baba's instrument said this to you and feel that you have lost your honour, understand that any body consciousness will only cause you further harm and loss. Baba wants you to understand that your honour is only lost in the kingdom of Ravan.
126. Sweet children, maintain a personal register of your character in order to remove defects and attachment to old things. Use it to record your everyday actions and you will be able to remove them easily. As you remove all your

defects, you will reach a stage where you don't remember anyone except the one Supreme Father.

127. Sweet children, the sword of death (Damocles) is hanging above your head. So never postpone any charity. Never desire special privilege or ask for anything. Let there be no interest for anything impure.
128. Sweet children, stay in peace. Never conflict with anyone. If someone doesn't like what you say, keep quiet. Don't distress one another. You will sit on the heart throne of *BapDada* when there are no more evil spirits in you, and no bitter words emerge from your lips. Speaking sweetly becomes your *dharna*.
129. Sweet children, win a scholarship by removing attachment from everything. Remember “nothing belongs to me”. Don't remember wealth, children, house or anything. Continue to remember Shiva Baba alone. Surrender to Baba to attain the highest status. As is your aim, so are your words.
130. Sweet children, keep your promise to Baba to remain pure and save yourself from an attack from Maya. Never become subservient to Maya. Have such a broad intellect that you are always satisfied and don't get attracted to anything.
131. Sweet children, love the imperishable Supreme Father and be saved from crying. Attachment to perishable bodies is unrighteous and artificial. Souls with attachment to perishable things will cry.

132. Sweet children, in order to remain light, place all sins from this birth in front of the Supreme Surgeon.
133. Sweet children, those who have no criminal thoughts in their mind and are completely civil eyed attain the *karmateet* stage. They will become one of the eight jewels.
134. Sweet children, maintain a distance while sitting in the gathering because there is a difference of night and day in each one's yoga stage. Do not let your body touch another body.
135. Sweet children, keep the aim to go ahead of the older ones by removing all defects. Never see other's defects. Be such an honest flower who never becomes a slave to Maya. Never become part of Maya's conflict. Honest flowers stand first even though they came late.
136. Sweet children, elevated effort means to follow *shrimat* always. Only children who keep full attention on the intellect's yoga with the one Supreme Father will be able to make complete effort. The highest effort is to sacrifice fully to the Supreme Father. Children who sacrifice themselves are loved by the Supreme Father.
137. Sweet children, anger is destructive and will burn you. Never forgo any *shrimat* under the influence of anger.
138. Sweet children, have a godly shrewd intellect that is interested to share godly knowledge with others. Such an intellect will not wander to thinking about friends and relatives. The one with a shrewd intellect will not yawn in class nor will the student close his/her eyes when

studying. When the soul is absent-minded and allows its intellect to wander, knowledge will not make sense.

139. Sweet children, run to take the treasures of knowledge being shared by the Supreme Father. Never use any lame excuse for not coming to class. You will never feel tired even if you walk ten miles in Baba's remembrance.
140. Sweet children, Baba's remembrance will not stay if you have any habit of watching violent or R-rated pictures and reading such news. Baba says the cinema is the gateway to hell because the images spoil your attitude.
141. Sweet children, *shrimat* includes directions from the Father-Mother, Teacher, and Satguru. *Shrimat* contains all tastes of sweetness.
142. Sweet children, if you enjoy the superficial happiness of familiarity, you cannot attain success in service.
143. Sweet children, remain firm in the lesson “none but one Baba”. Then Maya cannot pull you towards herself. Shiva Baba is giving you your inheritance for 21 births so that you become the master of the new world. So why would you remember others instead of Baba?
144. Sweet children, never give wrong directions or dictate what others must do. Don't back bite.
145. Sweet children, keep studying *gyan* and be cautious not to catch the disease of name and form. When you become trapped in the name and form of a bodily being, you don't

feel like studying. Maya will place this big obstacle on your path and defeat you.

146. Sweet children, use your time in worthwhile ways. By remembering Baba, he will seat you on his heart throne and make you a bead of the rosary. Become a destroyer of sorrow and a bestower of happiness. Imbibe good manners. Sin includes telling a lie, hiding a mistake, and hurting anyone's heart. These acts are a waste of time and destroy your spiritual value.
147. Sweet children, the nature of a *Brahma Kumar* and *Brahma Kumari* is to remain sweet. If someone has a devilish nature, and avoids another student due to differences of opinion, they are like wild thorns.
148. Sweet children, have 'greed' to claim the unlimited inheritance from the Supreme Father, and ditch greed for possessions and power. Otherwise you will remember those things in your final moments and destroy your *Satyugi* status. Greed interferes with your yoga connection, so never hide actions that are linked to greed. If there is greed for anything perishable such as an interest in wearing fashionable clothes or eating tasty food, the yoga of the intellect with Baba will be weak. Baba's *yukti* is to accept everything given to you from Shiva Baba's *bandhara* (treasure-store) so that you can enjoy every moment in Baba's remembrance.
149. Sweet children, make your spiritual life valuable by serving through words and actions. We receive blessings from everyone through service. If we who don't serve for even

for half an hour, we waste time, energy and everything. Our status will finish and life will have little value.

150. Sweet children, keep your intellect's yoga with the one Supreme Father and claim a high status. Follow the one Father alone. No matter how lovely someone is, never be lost in love for him/her. If a person's intellect wanders towards relatives, it means he/she is under the influence of old habits or doesn't fully understand *gyan*. Maya pulls such children towards her and gradually destroys their spiritual stage. Company affects all of us quickly, so Baba reminds us to stay under the canopy of Baba's protection at all times.
151. Sweet children, no matter how virtuous, sweet, or wealthy someone appears, never be attracted towards him/her. Never remember any body. Loving someone's body is a symptom of the disease of body-consciousness.
152. Sweet children, never collect extra things due to greed. If you keep more than you need, you will develop attachment to it and will forget Father's remembrance.
153. Sweet children, you have the intoxication that you are God's children who live with royalty and dignity. Royal people speak less.
154. Sweet children, never chase anyone. The yoga connection breaks when the intellect wanders into unnecessary matters and scatters remembrance power. To imbibe *gyan* successfully, have full focus in yoga and remember none but one Baba.

155. Sweet children, don't waste your time sitting here and there chattering about wasteful matters. Stay in Baba's remembrance and serve the world family so that all your time is used in worthwhile ways.
156. Sweet children, remove all trace of vice, even in your mind. Any thoughts of lust and anger are great enemies of the soul. Children who are influenced by anger create chaos and cause themselves harm.
157. Sweet children, if someone shares wasteful or evil ideas with you, don't become his/her friend by continuing to listen and agree with their thoughts. To do this means you are disobedient to the Supreme Father.
158. Sweet children, your thoughts, words, actions and lifestyle should all be authentic for only then can you be a godly sample who serves.
159. Sweet children, each sense organ of a *yogi* will be cool. If you joke about someone amongst a group, there may be the sinful odour of vice. Such mischief prevents you being a *yogi*.
160. Sweet children, subtle sin occurs when your mind wanders to remember a bodily being while sitting in meditation.
161. Sweet children, *maharati* children continue to check themselves at each moment. They will not allow any dirt to remain inside.
162. Sweet children, fashion is a trap and tries to attract others to you. Never waste time in following fashions and being₂₇

over concerned about your bodily health. This focus cheapens the intellect and pulls you into body-consciousness. Work towards making your intellect pure and clean so that it does not get drawn to body image. Only have deep love for the Supreme Father.

163. Sweet children, consider yourself to be a star. Remember the Supreme Father as a Star too. This divine effort will help you to forget your own name and form.
164. Sweet children, transform your stage from 'movie' to 'talkie' and from 'talkie' to 'silence'. So practise speaking less and slowly.
165. Sweet children, you are studying to become a diety from a human being. Have close attention on each of the divine virtues. Express yourself with respect and royalty. Your eating and drinking must be simple, clean and pure; free of greed.
166. Sweet children, the true *vaishnav* won't cause sorrow to anyone nor harm anyone's life by listening to wasteful chat. Their food and drink will be clean and pure.
167. Sweet children, serviceable yogis will transform or remove all impure desires.
168. Sweet children, little time remains to make effort. Don't waste this invaluable time running after shells.
169. Sweet children, remain celibate in body and mind. Become a Master Ocean of Purity like the Supreme Father. Imbibe purity and study until the end of the *kalpa*.

170. Sweet children, have great patience and never become delicate. Tolerate heat or cold and stay equipoised (balanced) in happiness/sorrow, insult/praise during these final days in the land of sorrow. Never give lame excuses such as, “Baba, I cannot do service here because it is too hot”.
171. Sweet children, the habits of the path of *bhakti* (devotion) do not apply in this godly community. To express, “Hai Shiva Baba” means to call out in sorrow. Make elevated effort and learn to remain happy and beyond sorrow.
172. Sweet children, any attack from Maya makes your face wilt. Don’t be deceived in this way.
173. Sweet children, karmic accounts are created quickly. You have found the most Beloved Baba so there is no need for personal correspondence or private chats with any bodily being. Remember none but one Shiva Baba.
174. Sweet children, become a royal, yogi child who keeps a chart of remembrance and donates his/her bones in godly service of the *yagya*. Children who speak too much knowledge cannot maintain their chart of remembrance.
175. Sweet children, continue to be busy in godly service. Come to Madhuban to be refreshed and then return home to refresh others. Excessive rest and comfort is harmful; it makes you lazy.
176. Sweet children, make elevated efforts to transform from *tamopradhan* to *satopradhan*. Face all of Maya’s storms with courage and leave rest periods behind. There will be

difficulties and loss but stay steady in Baba's remembrance.

177. Sweet children, have inner intoxication that the Highest on High God has come to teach you. You remember that, “He is my Divine Teacher so I cannot stop this study. I can tolerate all storms of Maya and remain detached from any feelings of doubt or lust that may come to test me.”
178. Sweet children, fill yourself with the treasures of knowledge and experience super-sensuous joy. The richest souls are those who have imbibed knowledge in their life. If there is no inculcation of knowledge, the soul remains poor.
179. Sweet children, do not become those who cannot sleep without watching a film. Baba cautions you that watching dirty films will lead the soul into vice. There is no need for godly children to watch suggestive films that put impure desires in your mind.
180. Sweet children, the eyes deceive the soul the most. Attainment depends on making your eyes civil. Baba has given several *yuktis* for this. Check yourself to see if you have criminal vision. If you continue to have vicious attitudes, this signals that you have not had the complete 84 births. Such a soul cannot become Narayan from an ordinary man.
181. Sweet children, wake up early in the morning, freshen up and remember Me. Those who don't wake up early are considered unworthy. Worthy children will become a world emperor-empress because they follow each of Baba's orders.

182. Sweet children, body-consciousness comes in many forms: to be delicate and over-sensitive, to frown, to cry. Become tolerant in all circumstances.
183. Sweet children, service slumps when you watch defects in each other; don't get along with each other, or have differences of opinion. To think. "I cannot get along with so and so; I cannot stay here under these circumstances etc." are signs of being delicate. Become obedient and immediately follow all orders. Never overlook any command or turn a deaf ear to requests.
184. Sweet children, keep your heart easy and free of spiritual garbage such as doubts and assumptions.
185. Sweet children, keep your intellect free from thinking about others. Neither listen to idle chat about others nor add to these conversations. The subtle interest to listen to comments about others is a waste of energy.
186. Sweet children, keeping people's comments to you in mind is body-consciousness. When you continue to think about what they said, asking why she/he said this to me and planning ways to take revenge, creates obstacles along your spiritual path. Any thoughts of hatred will block your progress towards being *satopradhan*. Stay free of the effect of defamation and don't be puffed up by praise.
187. Sweet children, never seek name and fame. Serving for the sake of name or fame is like black market business. Desires for name and fame should not be mixed with earning a true godly income. Never think, even subtly, "I'm not being honoured; what respect do I hold here?" These subtle

impure thoughts prove that I am not a pure soul. These thoughts reveal that there is still falsehood inside that will make you fluctuate, weep and wail. How can this soul be God's true child?

188. Sweet children, there is no need to ponder what has happened. Not even the slogan 'nothing new' need emerge. To think about the past is like churning water; a waste of time that tires the mind. Your stage should be such that even if something happens, you feel as if it were only a dream.
189. Sweet children, remember that Maya will tempt you and bring storms in the mind. Your vision may be spoilt when you look at a beautiful face. Look only at the soul while looking at a person. If your attitude becomes mischievous, don't stand there and keep talking. Step away. Speaking honestly to Baba about this will help you finish that habit.
190. Sweet children, become completely egoless and cheerful by being a full helper in Baba's service. Transform all strong *sanskaras* or nature that *might* cause laziness. Stay enthusiastic according to *shrimat* and continue with *karma yoga*, at least.
191. Sweet children, worthy children will be sweet and lovely like the Supreme Father, always sharing knowledge and giving happiness to others. They will display no hint of ego, nor any bitterness that would defame the Supreme Father. Even if a challenging situation emerges in front of them, they will remain peaceful and pass the test. They never fight or quarrel. They become master world benefactors.

192. Sweet children, always have an honest heart with the true Supreme Father. If you place a chart, with lies, in front of the Supreme Father, He will not protect you. The burden of sin will increase if you hide any defects.
193. Sweet children, never desire marriage. If you marry, your heart will become deeply attached to the body. Baba underlines, “never have attachment for this old shoe.”
194. Sweet children, finish all your dirty habits and become a *mahatma* (great soul). If you cause sorrow to anyone, indulge in any vice, eat unclean food, or drink alcohol the burden of sin will deepen. All these are direct sins.
195. Sweet Brahmin children, promise that you will never quarrel among yourselves. You are children of the Ocean of Love so become Ganges of love and share spiritual love. Only orphans become like salty water and quarrel with others. To fight means to belong to the devilish community. Such behaviours dishonour the Supreme Father and lowers the soul’s status; they earn a cremator’s birth. Make efforts to become sweet and claim high marks.
196. Sweet children, you fulfill everyone's heartfelt desires like the Supreme Father. You have grown beyond having desires for the self and have no need to have *sanskaras* of asking. The Supreme Father has made you *Kamdenu* (the one who fulfill the desires of all) in this confluence age.
197. Sweet children, while earning your livelihood, you understand in your intellect that all this is for Baba. Baba, everything I have belongs to You, and You sustain me. Such a surrendered intellect remembers the Unlimited₃₃

Father/Mother and continues to study well and inspire others.

198. Sweet children, keep your temper sweet. Transform all anger and never cause sorrow to anyone, even by mistake.
199. Sweet children, if you want to be a bead in the Rosary of Victory, continue to fill yourself with jewels of imperishable knowledge and donate eternal life to others.
200. Sweet children, as you are the direct creation of God, have the specialty of being always cheerful. God's children never cry. If they misbehave and cry, they dishonour God.
201. Sweet children, forget your body and all bodily relations and consider yourself to be a soul. This effort will make your *sanskaras* completely pure.
202. Sweet children, it is a big mistake to go around telling others about your brother/sister's wrong doings. Tell the Father and become burden free.
203. Sweet children, always think before you act because others will follow what you do.
204. Sweet children, nothing in this world is useful, so learn to not see while seeing. Before long, everything will catch fire. Don't attach your heart to anything.
205. Sweet children, be innocent about desires if you want to save yourself from the Maya's deception. Never have impure desires.

206. Sweet children, give full proof of your purity. Reform yourself. The highest character is one of purity.
207. Sweet children, never hide any sin that you have performed in this birth. Sins grow if you hide them from the Supreme Father.
208. Sweet children, remain cheerful by remembering Baba's incognito knowledge. Instead of worshipping or folding your hands before any images of the deities, adopt divine virtues and become like them.
209. Sweet children, always let the sweet words, not pebbles and stones, emerge from your mouth.
210. Sweet children, never become disheartened or tired during service. Have high hopes and always live with zeal.
211. Sweet children, to churn about the self and how to improve is the ladder to progress. To think about others is the seed of spiritual downfall. Never waste time in useless matters.
212. Sweet children, hear no evil, see no evil, talk no evil, and think no evil. Never heed that which does not concern you. It will spoil your stage.
213. Sweet children, in order to become *satopradhan*, travel up and down the ladder of remembrance, never tiring.
214. Sweet children, never take the law into your hands. The Supreme Father has the contract to remove all defects and it is not your task to chat about or reform others' defects.

Let a senior instrument know about such mistakes if you happen to see them.

215. Sweet children, never miss *murli* by sulking about other's behaviour.
216. Sweet children, always remember those who insult you are your friends. Never return an insult.
217. Sweet children, give your bones in Baba's service in order become an angel. This *yagya* will give you the fruit of your heart's desire. Serve the *yagya* with great love.
218. Sweet children, insure everything and transfer all your baggage to the future new world before destruction.
219. Sweet children, always sing 'Wah Baba, Wah drama' and remain cheerful.
220. Sweet children, this is your spiritual new life of dying alive. You are dead for this world. This white dress is also the symbol of death.
221. Sweet children, remain in exile and live simply. Do not chase after fashions and trends.
222. Sweet children, use Baba's *yuktis* (tactics) to fulfill all relationships with your *lokik* connections.
223. Sweet children, never call your husband a brother and, your mother in-law a sister; this approach causes disservice. Observe the *lokik* customs and for example, call your daughter-in-law, daughter in-law and your mother in-law,³⁶

mother in-law. This godly knowledge is incognito. Relationships are also incognito; only you know this. Give regard to each person.

224. Sweet children, erase all your dirty habits. Company colours you. If just once you smoke with them, that taste will become a strong habit. Be free of such influences.
225. Sweet children, always stay aware of this most beneficial age and beneficial Supreme Father. Move through even a fearful situation by considering it to be 'nothing new'. Never be afraid or confused.
226. Sweet children, you receive new points during each morning class. But if there is a family curfew, storms, heavy rain etc, you can sit at home and remember the Supreme Father. Read godly versions and remember Alpha and Beta wherever you are.
227. Sweet children, maintain good wishes for everyone. Become merciful and also benefit your equals. Give one another true honour, respect and support.
228. Sweet children, you are an instrument to establish one world, one kingdom, one religion, and one direction. Always remember that we have to be united; don't create breakaway groups. Never sustain any difference of opinion.
229. Sweet children, cancel enmity with anyone. Your biggest enemy is Ravan. Conquer him.
230. Sweet children, the conqueror of your heart is the one Supreme Father. Speak your heart to the one Father alone₃₇

and not with any bodily being. Have true love for one Supreme Father.

231. Sweet children, make your thoughts-words-actions consistent. Think and do. Remain accurate. Remember the Brahmin clan especially when you are in the company of *shudras*. Never defame the name of the godly clan.
232. Sweet children, perform each action as a *karmayogi*. Spend eight hours earning your livelihood, and remember the Supreme Father for at least eight hours.
233. Sweet children, open a shop that distributes imperishable jewels of knowledge. Conduct this true imperishable business with the one Supreme Father. Earn this true income and enable others to do the same. Use your time in such a worthwhile way.
234. Sweet children, use everything you have in Baba's service. Build a home for yourself and live with comfort. If you have spare money, open a meditation centre.
235. Sweet children, remain like a lotus flower while living at home with your family. No matter how much someone causes chaos, trouble or behaves violently, remain pure. Never be afraid of anything.
236. Sweet children, marriage leads to ruination. However, if any daughter is not following knowledge, let her go to that world. If a son doesn't listen to his father's advice, let him earn for himself and have his own family. Be free from attachment to these souls.

237. Sweet children, if you learn Baba's knowledge after your engagement and you must proceed with the marriage, take up the challenge and prove you are a *mahavir*. You can be a celibate yogi although you have to live together. The destination is high but the attainment of purity is enormous.
238. Sweet children, make Shiva Baba your true Heir. Donate whatever you have to Him and He will surrender to you for 21 births.
239. Sweet children, have regard for all. Learn to speak with respect as it is your duty to respect everyone, whether senior or junior.
240. Sweet children, cook with love and serve with love. You will get marks for this subject too.
241. Sweet children, the sapling of the sweetest *kalpa* tree has been planted. So once again, become very sweet like the deities.
242. Sweet children, play a hero part in this unlimited drama. Be soul-conscious and never compete for the role of someone else.
243. Sweet children, remain free from worries by understanding that everyone has a unique and definite part. Remain immovable by respecting the great pre-destined drama.
244. Sweet children, always stay happy with the spirit of service. Do service with your heart and soul. Never make any excuse.

245. Sweet children, you now belong to the Supreme. Never allow yourself to be angry in any situation and hurt others. Never be angry even in your dreams. Anger is a dominant evil spirit and hurts others. Anger creates obstacles in this great sacrificial fire of Rudra.
246. Sweet children, behave royally and don't upset anyone's heart.
247. Sweet children, become *RupBasant* and serve to make others equal to you.
248. Sweet children, always keep the company of serviceable students.
249. Sweet children, harmonize with each other like milk and sugar. To become like salty water creates disservice.
250. Sweet children, become like Bap and Dada; do not have any type of ego. They are egoless, simple and always say, "We are your obedient servants." Never take service from anyone.
251. Sweet children, all the vices will attack you if you fight, quarrel or become bossy. Do not become body-conscious in this manner.
252. Sweet children, be clean inside and outside. If your heart is clean, all your desires will be fulfilled. Have true love for the divine family.
253. Sweet children, never allow your intellect to be influenced by others' dictates and the dictates of your own mind.

254. Sweet children, this study is a source of income. Study for as long as you live. You become a deity from human through this study so learn until the end. Never consider yourself to be clever.
255. Sweet children, take advice from the Supreme Surgeon at every step. Be honest and tell Him about any internal disease. If you make a mistake, ask the Supreme Father for forgiveness and repeat it.
256. Sweet children, perform an act of charity every day. The highest charity is to give Shiva Baba's true introduction and remind others of the Supreme Father.
257. Sweet children, never waste time in debating the scriptures with anyone.
258. Sweet children, clear all your old karmic accounts through the power of yoga. Never create new accounts with anyone. We have to return back home. Cut your intellect's yoga from this old world and go beyond.
259. Sweet children, become spiritual fragrant flowers. Remove any defects within you in the form of defects and stop hurting others with these thorns.
260. Sweet children, there is much benefit in accepting everything that the Satguru says, without second thought. Never have doubt in any of Baba's directions and stay free of confusion.
261. Sweet children, remember One Supreme Father when you are sick. Consider any disease to be an old karmic

account and clear it happily. Never cry in distress. Never be attached to the body.

- 262. Sweet children, continue to pass all vices to the Father and donate imperishable wealth of knowledge. Share the secrets of peace, happiness and purity to everyone. You have received these jewels from the Supreme Father so never be miserly.
- 263. Sweet children, take care of the body properly but never be attached. This spiritual birth is invaluable, worth diamonds. Make both body and soul pure and never be fed up with your ill health.
- 264. Sweet children, become a spiritual social worker and serve with a true heart.
- 265. Sweet children, become doubly non-violent. Neither use the sword of lust nor cause sorrow to anyone under the influence of anger. Anger is violence.
- 266. Sweet children, give *dristhi* to your food before eating in Baba's remembrance. Remain silent when eating and practise being bodiless when you get some time at home or in the office.
- 267. Sweet children, you are a spiritual lighthouse. Show the way home to Soul World. Let the discus of self realization continue to spin in your intellect.
- 268. Sweet children, remain silent in the Supreme Father's remembrance while taking for a walk just as Christian nuns do. Race in this.

269. Sweet children, this is a delicate and crucial time. Keep the secrets of *karma* in your mind and perform only elevated actions. Understand *vikarma*, *akarma* and *sukhkarma*.
270. Sweet children, if someone leaves his/her body, understand that they have gone to play another role. There is no need to cry. Have full faith in drama and remain carefree.
271. Sweet children, to know the Supreme Father means to have the sweetest of all relationships. Only He can give love that fulfills all relationships. Never have love for bodily beings. Make this lesson firm that there is ‘none other than the one Supreme Father.
272. Sweet children, become a complete philanthropist like Father Brahma and sacrifice everything to be a great donor. Follow Father.
273. Sweet children, make spiritual service your hobby. Listen and relate the true story of becoming *Narayan*. Keep yourself busy in service.
274. Sweet children, the knowledge of drama is there to make you strong, unshakable and immovable. Never say ‘drama’ and become slack in effort. Wrong thinking says, “... if it is in the drama then we'll do it”.
275. Sweet children, as children of Vyas, the true *Sukhdev* (the one who gives happiness), donate happiness to everyone. Imbibe gyan and don't become a *pandit*.
276. Sweet children, become a holy swan who picks up only specialties from others.

277. Sweet children, Shiva Baba is your big Banker, give Him your shells and you will receive a palace in return. Think, understand and donate but never have money transactions with sinful souls. If they drink alcohol, or perform other sins, that sin will mount on your head.
278. Sweet children, never become distressed with your *lokik* children. Never hit or slap them in anger if they are mischievous. You may tie them up or restrict food but never hit them.
279. Sweet children, never borrow money from anyone and never waste money. Eat just two *rotis* and remember God.
280. Sweet children, everyone has their *lokik* job with tact. For instance, if you have a police job and have to show a stern eye, do it with the right method. As much as possible get things done with love. Don't use your fists.
281. Sweet children, if you have to go to a party, be peaceful and respectful but don't eat snacks and meals cooked by non-yogis. Create your own *yuktis* to save yourself because food has great influence on your mind.
282. Sweet children, keep the centre door open all day. No one should return empty handed from Baba's door.
283. Sweet children, conquer sleep. Stay awake during the night and earn a true income.
284. Sweet children, create a service group with the virtue of tolerance. Talk to yourselves and inject enthusiasm into all activity, whilst remaining a detached observer.

285. Sweet children, make the lesson *Ha Ji* (yes) firm. To say 'no' means to be negative-minded and to act like an atheist.
286. Sweet children, BapDada have placed the urn of knowledge on mothers' heads as mothers are known as 'gurus'. Respect all mothers and keep them in the forefront to keep their status high.

Signs of those who stay on the pilgrimage of remembrance:-

- * sensible, matured and peaceful
- * always have the intoxication: “I'm God's child”
- * loving among themselves, never become like saltwater.
- * do everything just by indicating
- * behave in a royal manner
- * speak first-class
- * speak very less and slowly
- * never have impure ego
- * don't like anything except remembrance of One Father
- * don't speak or laugh loudly

In order to become a constant yogi:

- * never perform any sinful action through your sense organs
- * never be influenced by bad company
- * overlook others’ defects that you notice while listening and seeing

OM SHANTI



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