

## How to create a powerful stage of yoga.

You have come to the land of blessings to celebrate a spiritual meeting. Can you have a spiritual meeting by being stable in the stage beyond sound or does it take place through words? Do you love the stage of going beyond sound or the stage of coming into sound? The stage of going beyond sound is powerful and becomes instrumental to serve everyone. Or do you experience the stage of serving through words to be more powerful? Does unlimited service take place by going beyond sound or through words? Can you achieve the final stage of perfection, in which you have the stage of being complete with all powers, a master almighty authority and master knowledgefull in a practical way, by going beyond sound or by coming into sound? Is the stage of being a world benefactor for all souls, a great donor, a bestower of blessings and one who fulfils the desires of all souls, the stage of going beyond sound or the stage of coming into sound? Have you experienced both stages? Do you know both these stages? Out of the two, in which stage do you spend more time? Which stage is experienced easily? Are you everready to the extent that whenever you are given a direction, you can be stable in a that particular stage? Or does your time pass by in trying to become stable in that stage? The time for becoming perfect is approaching, so are you experiencing this speciality in yourself before that time actually comes? The most elevated method of putting the final fullstop is to be stable instantly in the stage you are told to. Are you making this method your practical experience? Do you practise this? BapDada has been teaching you this practice for a very long time and is still teaching you, but to what extent are you accomplished in this practise? Will you be able to make

yourself everready by the end of this year? Are you ready, or on seeing the time, have you become even more careless in this practice for your self? Thinking that you don't know when destruction is going to take place, instead of becoming perfect through your efforts, have you become one who loves rest and comfort due to the weakness of wasteful thinking and wasteful thoughts?

Seeing the speed of children's effort nowadays, BapDada continues to smile. You give all souls the message, "Become yogi and gyani", time and again, but do those who give this message also give themselves this message? Most souls appear to be weak in the subject of the pilgrimage of remembrance and the stage of being a yogi. Time and again, you bring the same complaint to BapDada and the instrument souls: Why am I not able to have yoga? Why isn't yoga constant? How can I create a powerful stage of yoga? Although you are often given many types of methods, BapDada keeps on receiving the same notes. What can one understand from this? Although you are a child of the One with all powers, you are such a powerless soul that you are unable to control yourself<sup>3/4</sup> so how would you be able to control the kingdom of the world? What is the reason for this? You have learnt yoga, but do not know how to use the methods of remaining yogyukt. You continually speak of yoga, but you do not pay attention to experimenting with yoga.

At present, Baba is seeing a particular wave. Whenever anything comes in front of you, instead of using the power to face that you have received from Baba, you begin to put the Father in front and say, "You have to take me back home with You! Give me power! It is Your duty to help me, because if You don't, who will? Give me a few blessings! You are the Ocean, so just

give me a few drops!” You lose the courage to face the situation by yourself, and because of lacking courage, you deprive yourself of help. The special basis of Brahmin life is courage. Just as you don’t have a life if you are unable to breathe, so too, you can’t have a Brahmin life unless you have courage. Baba has promised you children that when you maintain courage, He will help. There isn’t just the Father’s help alone. Nowadays, you leave everything to the Father and become careless yourself. Now, what do you have to do? The main weakness is that you don’t use the powers you receive and the many yuktis of knowledge you hear, that is, you simply speak about them rather than practise them. Now, become introverted and use every power in the practise of your dharna. Just as an inventor remains deeply engrossed in his or her invention day and night, so too, you should be totally absorbed in practising every power. What is the power to tolerate and what is the power to face? What do you attain from the power to tolerate? At which time would you use the power to tolerate? What type of obstacles are you influenced by without the power to tolerate? How can you become victorious when Maya comes to you in the form of anger? In which situations does Maya test your power to tolerate? Prepare yourself by going into the detail of these test papers in your intellect in advance. Before going into the real examination hall, become your own master and give yourself a testpaper and you will never fail the real exam. Put each of the powers into practice. All of you practise this very little. You have become Vyas, but do not practise (abhyas) as much. You don’t know how to keep busy in this way, and this is why Maya makes you busy. If are you constantly busy in this practice, there will no longer be the complaint of having waste thoughts. As well as this, the impact of your practice would be visible on your face. What would be visible? Someone introverted is constantly happy because the opposition from Maya will be over. By increasing your experience in this way, you will be liberated from making the same complaint time and again. Just as Baba has told you to practise using all the powers, so too, do you practice

the points of knowledge about becoming yogi souls that you relate to others?

The main specialities of yoga are that it is easy yoga, Raja Yoga, constant yoga and yoga with God. Have you put into practice all the things that you speak about? Why is it called easy yoga? Do you know the answer to this very clearly? Have you also put it into practice? You are full of knowledge about this, now put it into practice. You need to practise all the specialities, for only then can you become a complete yogi. If you practise easy yoga but not Raja Yoga, you cannot pass with top marks. Therefore, practise every speciality of yoga, every power and every main point of knowledge. Due to weakness in this, most of you become weak. Due to lacking this practise, you become weak souls. No type of obstacle can come in front of a soul who practises this, and who is lost in love. The obstacle is burnt away from a distance with the fire of love. You have created models of a Shakti burning Ravan, the five vices, and of Ravan running away from the Shakti. Whose model have you created? What will you do now? Engage yourself in experimenting with every aspect. Sit in the laboratory of this practice and you will experience the support of the one Father and all the obstacles of Maya will move away from you. At present, you are only moving along on the surface of the Ocean of Knowledge, the Ocean of Virtues and the Ocean of Powers, and therefore you only experience refreshment for a short time. Now go into the depths of the Ocean and you will attain jewels and have many unique experiences. Now make yourself powerful. Do not write the same notes to Baba any more. Baba is just amused by them. They are trivial matters and you write the same things time and again. You even give Baba the job of a physical doctor. You give Baba the duty of breaking the karmic bondages that you have created¼ they are your creation! Is Baba's duty simply to give you a yukti or to do it for you? Is He simply instrumental to show you or should He even do it for you? You become very mischievous.

Mischievous children leave everything to their father. People say: The child is not listening¼ you put him right! But Baba is giving you the method to put everything right. If you do it, you will receive the reward. You wish to leave everything to the Father because He is the World Servant. Therefore, pay great attention to putting into practice all the directions you receive and you will become free from all obstacles. Do you understand? Achcha.

To the obedient children who constantly follow all of Baba's directions¼ to the faithful children who make firm the lesson of belonging to the one Father and none other¼ to those who keep themselves constantly busy in this practice¼ to the special souls who put the speciality of knowledge and yoga into their life, BapDada's love, remembrance and namaste.

BapDada meeting Dadis at the time of leaving:

The speed of you maharathis is the fastest of all, but your ability to quickly apply your brakes should also be just as powerful. You should have such a practice that, at every second and in every thought, you are able to bring, not just the world, but the cycle of the three worlds in front of you and also tour around the three worlds. If you need to stop, then you should be able to stabilise your intellect in the seed stage within a second. You should be able to go to an extreme point and then also be able to stop. Your brakes should be so powerful that it wouldn't take you time to stop. In the military, when someone running as fast as he can is given a martial order to stop, he has to stop that instant. Anyone who takes longer than a second is shot. That is a physical practice, and this is subtle practice. The speed of effort of the maharathis should be intense and the brake should be powerful. Only then will you be able to pass with honour. Situations will be such that they can

bring thoughts into your intellect, so at that time you need the practice of going beyond all those thoughts and stabilising yourself in one thought. If your brake is not powerful at the time when adverse situations pull you, you will not pass. Therefore, the maharathis should practise applying a full stop when the intellect is scattered in many directions due to the expansion of thoughts. When someone is learning to drive, he is deliberately taken on certain roads so that the examiner can see his ability to avoid accidents. In the same way, you need to practice this in advance: to stop as soon as you say, "Stop". This is the gift for the eight jewels. Not even one second should be wasted anywhere else. This is why there are only eight who pass. Do you have such a practice? The practice of controlling the subtle power of your thoughts should be as easy as controlling your physical hands. In fact, this is about controlling the expansion of thoughts, whereas people have taken it to mean control of the breath. Here, instead of going into expansion, you have to stabilise yourself in one thought, whereas those people started the practice of controlling their breathing. The maharathis have to be such results of the pilgrimage of remembrance. Those who have one thought should be able to stabilise their intellect for as long as they want.

Blessing: May you be a confluence aged brahmin who becomes a deity and who eats and distributes to others the prasad (holy food that has been offered to God) of divine virtues. Divine virtues are the most elevated prasad. Distribute this prasad very well. You feed one another toli as a sign of love. Now feed everyone with the toli of virtues. Whatever power a soul needs, donate that power to that soul through your mind, that is, through your pure attitude and vibrations, and give the cooperation of your dharna by becoming an embodiment of virtues in your deeds. When you adopt this method, the aim of the confluence age of becoming an angel and so a deity, will easily be

visible to everyone.

Slogan: To constantly maintain zeal and enthusiasm is the breath of Brahmin life.

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