

Questions & Answers

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Sharing some thoughts (Man ki baatein)

Question : In the Avyakt Murli of October 24, 2010, Avyakt BapDada talked about always sitting on the Godly throne. We need to know in detail, how can one become entitled to sit on the Godly throne?

Baba had discussed about three types of thrones. Throne of heart of God, throne of forehead, and ruling throne of future. All three are closely related to each other. Those who stay soul conscious and thus remain seated on the throne of forehead, they are seated on the Throne of Heart of God too, and these souls get the ruling throne of the future too. Hence, you can understand briefly who makes space in God's heart and who is loved dearly by God.

The rightful owners of the Throne of God's Heart are - The souls who are loyal, honest, and truthful. Those who bring comfort to others, those who look after His Yagya with love. Those who are very pure and viceless and those who have made their life meditative (Yogyukt).

Question : Baba said in the same Murli that those play in the dust of body consciousness, or do not play in the swings of God's love, they are also not entitled to the Throne of God's Heart; please explain this too.

Body consciousness and proud over one's body are two different things. The dust of proud over one's body is very deep. But body consciousness also attracts the intellect towards the body. When we are not soul

conscious, we are body conscious. But proud over body includes – ego and proud. To play in the dust of body consciousness means to do vicious actions. t

The person who is egoist or proud can neither meditate nor do something great for the Yagya. Such souls are not dear to God. Those who are humble and pure, they are always in God's Heart. The 108 jewels are such souls only who are offered so much love by devotees too. Just think how lovely those souls would be, whose souvenir – beads are also offered so much love by the devotees. By setting oneself in soul consciousness, such virtues emerge automatically in a soul. Hence, one automatically gets the swings of peace, comfort, joy and love.

Question : The Maya of waste thoughts is very powerful. Baba had indicated in this direction but it does not seem to be easy to free oneself from this. Sometimes, the force of waste is so strong in mind that we get anxious. How to be free from this?

As the time is progressing towards the end, the speed of thoughts is also increasing. This is true that many people are anxious about the waste thoughts and they are not able to find any solution for this. Some even see the doctors for this and doctors give medicine to make their brains dull. But these are not the solutions.

I am writing a remedy here – write down 16 reasons because of which the waste thoughts are created. For example, due to imagination, habit of feeling , because of conflict, because of insult or pride, etc. Then write how to finish that waste by the

knowledge of great thoughts. Hence, do this homework for six months. Make it a target that I have to liberate myself from waste.

To reduce the force of waste thoughts, mainly inculcate three compliances:

First – Detachment – Use the knowledge of drama and use it to pacify your mind.

Second – Surrender – Practice to stay thoughtless by surrendering the burdens, anxieties, and other problems to God.

Third – Selflessness – Renounce the desire of respect and ego and pacify yourself. These three things are the most useful. v

The practice of self respect and intoxication pacifies the mind. We have thousands of personal experiences and experiences of others where the practice of self respect has brought peace to mind, cleared the dilemmas, eased out the problems or brought sweetness in relationships. Hence, make the intoxication of self respect the foundation of freedom from waste.

Question: Avyakt BapDada has given directions to pay special attention to all four subjects. How to score maximum marks in Knowledge, Meditation, Compliance and Service- we wish to know this, because all of us are good in knowledge and we sit for meditation in Amritvela too.

Knowledge is an important topic of the Godly studies. By the contemplation of knowledge, one develops interest in this subject. The churning of knowledge makes the thoughts great, enhances the dimensions of intellect, and provides it divinity. Knowledge is a force too. The churning of knowledge liberates us from waste. We are knowledgeable, our actions are implementation of knowledge, we have clean intellect, we speak knowledge laden words, our intellect is full of intoxication of knowledge – these points get us full marks in the subject of knowledge. But if our life is not embodiment of knowledge, if we act like ignorant despite having knowledge, then we will score less. Those who enjoy the Murli completely, also get good marks in knowledge.

Meditation - Those have made meditation a part of their life, those who are absorbed in Godly love, those who have connected the action and meditation, those who have become free from attachment and have no desires, and those who have won over the senses – they get full marks in the subject of Meditation (Yog). But those who sit in Amritvela meditation but stay in waste for the whole day, their marks are deducted.

Compliance – This subject is the adornment of one's life. By the inculcation of purity, good wishes, humility, clear heartedness, contentment, happiness, and simplicity, one's life becomes full of compliance. These virtues get us full marks in this subject. But those who are proud, those who stay in conflict and ego issues, those who are busy in bringing others down, they lose their marks.

Service – When someone has the attitude towards service, those who extend the services selflessly and surrender themselves, those who carry out the services that is given to them without any obstacles, and those who satisfy the elders by their services, they get more marks. The service of giving sakaash get us more marks.

Question : What is the significance of points of self respect? Can we set ourselves in a great stage using the points of self respect?

God Shiva's versions – 'To set oneself in self respect is to become complete'. Stage of self respect means complete soul consciousness. Self respect means 'I am a soul', not only this, 'I am such a soul'- to stay in this remembrance and intoxication.

The way we practice self respect, it shapes our form (stage). I am an incorporeal soul – this brings us the experience of intense peace. Similarly the remembrance – I am a great soul, brings greatness to our lives. I am a royal soul of the deity clan- this emerges the deity habits, enhances purity, and brings in royalty. I am a victorious jewel – this makes one victorious over Maya. I am a beloved deity – this frees one from the clutches of attachments. I am master almighty – this removes fear. Hence the self respect enhances one's stage.

Although there are many benefits of self respect, however, we are listing four main things here. The practice of self respect enhances the power of concentration and finishes the waste thoughts. Those who stay in self respect, respect follows them like a shadow. By staying in self respect (position), the conflict

(opposition) finishes. The stage self respect finishes the ego and pride. Hence, the practice of self respect is very beneficial.

Question : What is the feeling of insecurity? Why does it influence us and how to stay free from this emotion?

The feeling of insecurity creeps in because of many manifest and obscure reasons. The obscure reasons are – incidents and sins of previous lives. For example, if someone died because of snake bite or dog's bite, then he would have this unknown fear of these animals.

Some people have nightmares, or afraid to be alone in a room, or afraid of dark. The reason behind all this is grave sins only. 'What would happen with us? What if I have to face loneliness in future? What if someone kills me? I have renounced everything, left the house, what if I have to go back home again? What if I have to live with some soul who troubles or tortures me?' such thoughts create insecurity. He did this with them, what if he does the same with us? We do not even have money, we cant have home, what would we do? – such thoughts enhance security in our lives.

The lack of self confidence, God is holding my hands – lack of this faith, lack of knowledge of drama, and by ignoring knowledge and meditation (yog). This creates a fear in one's mind and one feels inclination towards money or the corporeal relationships.

But one should pay attention to the good stage, good deeds, and service of **Yagya**. Those who do not do good deeds, those who stay in waste, those who do not make effort (sadhna), those who acted against Godly directions, they had to leave and face the defeat.

Good deeds are man's true companions. Have faith in self and Baba. Your future would be golden. Remember – 'Whatever thought one creates times and again, you create that situation or stage'. Hence, think times and again that your future is very beautiful. The path that I am following would lead me to success. I would live and die like a lion. I am master almighty, shiv shakti (might of God Shiva), I have all powers of God. I am fearless, even the ghosts would not dare to come near me. All such thoughts would enhance your confidence, and remove the sense of insecurity. However, I would say that serve as much as you can in Yagya, do good deeds open heartedly and increase meditation.

Question : I am a mother. I remember Baba a lot. I lack the power of tolerance. I request Baba everyday to bestow the power of tolerance upon me, but he doesn't. How should I convince Him to bestow this power upon me?

Dear sweet mother of Baba, to ask something is devotion. You are rightful heir of Baba. When you said 'Mera Baba' sincerely, then He has given you all His powers there and then. When you request Him in the morning – Baba please give me power. He replies sweetly – My dear daughter, I have already given you the power. As soon as I adopted you, I gave you all

of my powers. Just remember, all powers of the Almighty are mine. Whenever you feel you are lacking a power, just remind yourself – I am master almighty, I have this power. Tell yourself – I have the power of tolerance, I am the deity of tolerance.

Don't seek powers from Baba. If you will ask, He will give you some power for sure. But if you would focus on His form, then you would start imbibing all of His powers. These powers would destroy your sins and the remembrance of master Almighty would invoke all powers means activate them.

Question : I do not like one thing when Baba says that you abused me by calling me omnipresent. We did not mean that, we used to sing his praises out of love. Why does Baba say this? He also says that the downfall of Bharat happened because we claimed Sri Krishna to be the God of Geeta. Kindly clarify this too.

Baba is aware of the feeling that we have, but because of this belief system we could not understand the true form of God and His abode. We did not get to know about the place where we go after liberation (muktidham), we just continued to aspire for liberation. I asked many great souls that you wish liberation, but where would you go after liberation? So, some replied that they would merge in Brahma, and others said that they would live with Him and be in supreme bliss. I further asked that as per you God is here, there is nothing else, then why do you wish to leave Him and where do you wish to go? And when it is only Him everywhere then who would merge in whom?

Baba has given us true knowledge, so that we could connect to Him. By considering him omnipresent, we cannot connect to Him. Hence, He said this so that we leave the illusion. Actually, to say that He is in dirt, in stones, in animals etc is abusing Him, nothing else. Similarly, by writing Sri Krishna's name on Geeta, everyone got connected to Sri Krishna, whereas only the Incorporeal Almighty has the power to purify the impure souls. Sri Krishna is next to God. But only the power of Almighty can liberate the souls from sins. Hence, everyone got disconnected from the Supreme soul; as a result the deterioration of powers happened, vices and sins increased and there was downfall of Bharat.

Question : Many negative thoughts cross my mind. I loose my control due to these thoughts. No matter how much I try, I am not able to control these thoughts. I feel disheartened. I am not able to meditate. Kindly take me out of this problem.

In the present, many souls are faifcing these problems since we are surrounded by negativity and due to sins everyone's mind has debilitated. Hence, with the negative thoughts, one loses control over the mind. first of all, take a solemn resolve to liberate yourself from the waste thoughts and give yourself a target that I have to free myself from this disease; create this attitude for yourself. The positive thoughts are multimillion times powerful as compared to the negative thoughts. Since the negative thoughts are waste, hence their speed is very fast. Hence, it is important, that one has the treasure of at least 50 beautiful thoughts. You will say why only 50? Although the treasure of great

thoughts is unlimited, still 50 great thoughts would act to be strength for your mind.

Mostly, one thinks negatively because of insult. Some people consider themselves to be insulted even in small things or feel defeated, or they feel that the other person is trying to supersede them. In such cases, only one practice can stabilize a person, that is the points of self respect. Note ten points of self respect and practice them very well. This would pacify your mind and enhance your powers.

I have talked about 50 thoughts. You can collect them from the Godly version within a month. Out of these, collect at least 10 points of knowledge which make you firm and stable – for example, drama is beneficial, whatever happens would be for good, Almighty Himself is with me, etc. Hence, if you would pay attention for three months, the waste thoughts would finish. You should be able to realize when the waste thoughts start.

Question : What are the various methods to become incorporeal? When we meet someone, we forget to see the soul, how to make this practice natural?

To see others as a soul – is the main effort. Fix any three periods during the day. At that time, look at the shining soul in others' forehead for five minutes. This must continue for three months.

Practice incorporeal stage like this – As soon as you wake up, practice – I, the soul, have incarnated in this body. While taking shower, practice – This body is my temple, I am a beloved deity. Before Murli, around

5-6 a.m., practice – this body has disappeared and what is left behind is the incorporeal shining diamond. While listening to the Murli, practice – I, the shining star, am seated on the throne of forehead and listening through the ears. Before going to work, practice – I, the soul, am a king; I am seated on the throne of forehead, I am master Almighty. While at work, practice the points of self respect times and again. The practice of self respect would make you soul conscious. When you are back home, sit in the relaxed form in your original abode (Soul world). Before going off to sleep, practice – now the cycle of 84 births is going to complete, I, the point of light, leave this body and fly back to my original abode. Hence, when you would practice in various manners, you will set yourself in incorporeal stage.

Question : I am not able to sit for Amritvela. I am either not able to wake up, even if I get up, I feel very drowsy. I wish good morning to Baba, and then again go back to sleep. I wish to meditate early in the morning.

There are many reasons of drowsiness in the morning. Having the meals late at night, having too much or heavy food (fried etc), indigestion, constipation or acidity. All these things make the body heavy. These conditions even make one's brain drowsy. It takes time to digest a meal. If we have too heavy meal, or eat very late, the food is not digested until 4 in the morning. You must have light meals at night around 8. Thereafter you must lie down peacefully for about 20 minutes, do not talk, don't read anything. Practice incorporeal stage. Food would digest easily and body would be light. If you

do not have time, then sit in Vajrasana for seven and a half minutes. Practice Meditation before going to bed for 15-20 minutes. Whatever thought you have when you go to bed, you would wake up with the same thought. Lack of determination and slackness of thoughts also does not let you wake up early. Take a determined thought and give the thought to your mind seven times – I need to wake up at four. The alarm of mind would wake you up fresh.

Question : What should we do to make the morning meditation powerful so that the foundation of the entire day becomes powerful?

In the morning we accumulate the blessings and powers which are required for the world of actions throughout the day. We can say that we charge ourselves in the morning.

First of all we should freshen our mind and awaken it since despite opening the eyes, the mind does not wake up for some time. Then take a short walk and bring yourself in Godly intoxication. Think – How beautiful time this is! The entire world is in deep slumber and we are enjoying meeting with God. Remember your great fortune and blessings received from God. Remind yourself of the Godly achievements. Remember the better is the contemplation, the better would be the experience. Then divide the Amritvela in four parts, play some divine music or song. Every 10-12 minutes practice something different. In the first ten minutes practice the five forms many a times. Next ten minutes, practice the spiritual drill of entering and leaving the body. Next ten

minutes practice two things simultaneously- Almighty is a canopy over my head and I am facing the Sun of knowledge, his rays are falling on my face. Thereafter, next ten minutes give pure vibrations to the entire world. Baba's rays are falling upon me and spreading through me these divine rays are spreading in the entire world. Hence, making a target of sitting in meditation for 10 minutes at a time would result in very powerful experiences in meditation.

Question : My question is – What should we do during the Traffic control and what should be done during the International meditation?

In personal life, you might not be playing the song of Traffic Control. In the centres and in Madhuban, it is played regularly. You can even decide your own time of Traffic Control. Make a plan for a week that during Traffic Control you will do a certain practice. For example, you may take three different exercises for three minutes. In the first minute – practice incorporeal stage, look at your divine form. In the second minute – take powerful vibrations from Shiv Baba. In the third minute – establish yourself in any point of self respect. You can follow any sequence. Then make another plan for the next week. In the first minute, you may practice – I am the world benefactor, I have to benefit everyone, I have to bless everyone, pure vibrations are spreading from me in the surroundings. In the second minute – keep looking at the Sun of Knowledge Shiv Baba in the soul world. In the third minute, practice – I am an angel. Any one exercise can also be done for three minutes.

During the international meditation, although the meditation is to give vibrations to the world, however, concentrating in the remembrance also automatically spreads the vibrations in the surroundings. As soon as you sit in meditation, prepare yourself mentally, I need to send vibrations to all souls. Divide this in four parts and send the vibrations for 15 minutes per part:

First – I have to remove the sorrows of the distressed souls.

Practice – I am master sun of knowledge, I am absorbing the rays of the Sun of Knowledge and spreading them in the surroundings.

Second – I have to send vibrations to the sick to remove their pains.

Practice – I am the sun of purity, master of the nature; I am absorbing Baba's rays and then touching the sick souls.

Third – I need to send peace to everyone.

Practice – I am an ancestor soul. I am master bestower of peace. I am seated in the roots of the inverted Kalpa Tree. I am absorbing the rays of the Ocean of Peace and spreading them to the entire Kalpa Tree.

Fourth – I have to empower everyone to be victorious over the obstacles.

Practice – I am master Almighty, seated above the globe. I am absorbing the rays of the Almighty and spreading them to the surroundings. If you are not able to

concentrate for 15 minutes, you can practice each exercise for 5 minutes and then repeat the cycle. This would help us make the most of our time and we would be able to progress at a great speed.

Question : Since childhood I have a habit of rushing with the things. People consider me to be foolish (budhu). How should I liberate myself from this habit?

Remember, I am a royal soul of the Godly and deity clan. The royal souls are always patient. Remember this five times a day. Remember this fact seriously before going to bed and as soon as you wake up in the morning. Your mind would become peaceful and patient and your intellect would grow. As soon as you wake up, take the thought seven times, Baba you have given me divine intellect, I am wise. Take this thought for twenty one days, you will notice transformation and people would start considering you wise.

Question : I like your knowledge completely. I have faith that this is truth as well. However, while following your rules, we finish the entire storage of water in cleaning and bathing only. There is scarcity of water in Rajasthan and then during the destruction, so much water would not be available. How do you manage while travelling?

There is great power in truth. Everything becomes available to those who follow the rules and religion. In Abu too, there is scarcity of water; we take bath using less water, save water, donate water; hence we always have water available. During travel too, we take bath in the bathroom of the train. Where there is a will, there

is a way.

When soul becomes pure, the nature becomes its slave, that is, starts providing it everything. So, there stays no scarcity of water to the Yogi and pure souls. If you would meditate well, there would be plenty of rain, like it has happened in Rajasthan this time.

Cleanliness is necessary. Clean body and clothes enable the creation of clean thoughts. However, dirt invokes dirty thoughts.

Question : I shed tears while practicing meditation. But Baba has told us not to cry. I become sorrowful to see others sorrow, but Baba has said that we do not have to give or take sorrow. I am in dilemma, please provide solution to this question.

You are a sensitive person. It is good to be sensitive, but to be too much sensitive is not the sign of a capable soul. The tears of Godly love become the garland of God. These are not tears of sorrow. Baba has told us not to cry in sorrow. Baba wants to make us mighty. The stage of capability and sensitivity must go hand in hand in our life. We have to make ourselves so capable that we are able to remove others' sorrow. Enhance the power of churning of knowledge into yourself, increase your self respect, and fulfill yourself so much with the Godly gifts that others are liberated of the sorrows as soon as you look at them. We have received Godly might, there are divine comforts in His remembrance, we need to fulfill ourselves with divine joy in Amritvela. You must have understood that you may cry remembering Shiv Baba as much as you want

but you must never be distressed since you are master comforter, master destroyer of sorrows.

Question : If you understand the world cycle, you would become *Chakravarti*. Please explain this Godly version.

There are four stages of this world cycle. After the iron age, the cycle again starts from the Golden Age. There is no knowledge of the world cycle or how the ages change in the epics. Only God has the knowledge of all these mysteries and He reveals these secrets when He comes. Golden Age and Silver Age are the Deity Ages. There neither the humans nor the demons exist. The Copper and Iron Age are the eras of death (Hell), where humans live and many of them turn into demons.

During the entire cycle, the pure souls continue to descend from the soul world. The power of souls gradually declines, as a result Maya's influence begins. In the Golden Age, deities were master of nature, now nature is the master of humans. The original might of the nature is purity. In this world cycle, purity and great actions (punya) are the most important. There are many such secrets hidden in the world cycle which cannot be described in one article.

We, not only have to know the world cycle, however, we need to become embodiment of that knowledge. It is not enough to know that we were deities, we need to stay in this form. We can become the emperors of the world if we become pure and set ourselves in the stage of Yog through the embodiment of remembrance. Only those would become the world

emperors who are completely pure, divinely intellectual, and mighty. Hence, it is important that we spin the discus of self realization times and again and we achieve the stage of embodiment of remembrance.

Question : Baba always says, act in the stage of powerful remembrance. What is meant by powerful remembrance? How to practice this in action and how does this destroy the effect of sins?

Powerful remembrance means the seed stage. Seed stage or point stage means to establish oneself in on thought. To clarify it further – the mind becomes peaceful and intellect stabilizes in the Godly form. This is the stage of powerful meditation. But this can be experienced by those who stay peaceful for the whole day, introvert, and those who are not provoked by various situations by the implementation of knowledge. Additionally, in order to stabilize the intellect in Godly form, keep the intellect clean. Clean intellect means there should be absence of hatred, envy, revengefulness, lust, anger, ego, or respect – insult.

While performing the actions, fix the intellect on the point form of Shiv Baba in soul world and carry out the actions with hands. However, intellect is also required in action; thus, the intellect would stay both in soul world and corporeal world if it is clean. If you cannot manage this constantly, then practice that sometimes, it is up there and sometimes down in the corporeal world. Add the practice – the rays from Baba are falling upon me. By such practice, the rays from the Almighty touch the soul and then spread to the brain and destroy

the subtle waves of sins.

Question : We give vibrations to others or to the globe. How do we get to know that they receive our vibrations? How would we experience it and what are the benefits of doing so?

When we are in meditation, our vibrations spread everywhere. If our meditation is powerful, then the vibrations spread in the entire world. These vibrations touch those who we wish to send them to. For example, if we take the thought that the vibrations must touch all the sick souls, then the vibrations would reach them. If we would give the vibrations of peace to the world, then we would experience deep peace. If we send the vibrations of purity, our purity would be enhanced, and if we send powers, we would be more empowered.

Emergence of the globe in front of you or feel that you are seated under the Kalpa Tree and then practice in meditation – powerful vibrations are spreading from my forehead and eyes and globe is absorbing them. It would be very good if we do this ten times a day for one minute each time. The vibrations reduce the sorrows of the souls, their anxieties reduce, their obstacles are destroyed, and they are empowered. Hence, this is the biggest benevolence (punya). In reciprocation, our life becomes free from obstacles, our efforts become intense and the service increases; because by doing this we become form of attraction (aakarshanmurat). Have faith and enhance the experience that our vibrations are touching others.

Question : As per the medical science, man uses hardly ten to twenty percent of our brain. Even the research scientists use this much only. Why are we not able to use our brain to the maximum of our capability and if we wish to do so then what would we have to do?

It is the truth that human mind is the treasure of knowledge, powers, and other abilities. Every human has the ability to dance and sing, poetic ability and power to contemplate. However, stress, sins, lust, addictions, anxieties, burden of responsibilities have kind of made the various abilities obscure. They have created various mental blocks, hence man is able to use hardly ten to twenty percent of the brain. Consider the thought, in Golden Age we were deities, at that time, our intellect was divine. At that time, we used to perform various actions through our thoughts only, even the planes would function by thoughts. We were masters of the nature. If we remove the various layers obscuring our powers through Rajyoga, enhance our purity, pacify our mind, then our ability to function would multiply ten times. We have let our intellect wander a lot. Let us concentrate the intellect and then realize its potential. One can become master of all mystic powers.

Question : How do our thoughts affect the nature? How do we make the nature virtuous?

Our thoughts spread in the surroundings. Just like the sun rays affect every part of the nature, similarly our thoughts affect the nature. Plant two saplings in your house. Give the vibrations in meditation to one plant

for five minutes every day; and abuse the second one every day, then check the results. The first plant would blossom and the second one would die. The flowers would not blossom in the house where there is tension and even if they blossom, they would not be fragrant.

The vibrations of purity affect the nature the most. The smallest particle of matter is called atom. There are neutrons, electrons and protons inside an atom. The electrons revolve in an orbit. The properties of an atom depend upon the speed and number of electrons which is also called the atomic number. The pure vibrations affect these electrons, this changes their properties and their nature changes.

Question : I am a shopkeeper. Can I increase the number of customers through the power of meditation?

Certainly. By the practice of Rajyoga, you will become more polite, you would win over anger, and your words would become effective. Your purity would enhance, hence you would become more attractive. These compliances would prove to be helpful in the progress of business. Practice two points of self respect on the shop – I am a great soul and I am master Almighty. Look at the passers by and your customers in soul consciousness. Make Baba your partner and invoke Baba before starting and before winding up the shop for five minutes each. The number of customers would increase.

Question : I am a Kumar (bachelor), I am in Gyan for two years. Many souls of my family are not in Gyan.

They cook separately for us and consume onions and garlicks for their own use. I do not like food cooked by them. They do not find any vice in onions and garlicks. What should I do so that they start following the knowledge?

You can bring them in knowledge by your great stage, not by sharing knowledge. For great stage, practice the point of self respect, I am a great soul. Everyday, the chart of remembrance should be for four hours at least. In this chart, you must include practice of incorporeal stage, soul consciousness, points of self respect, spiritual chit chat with Baba, and concentrating on Baba's form. The most effective part would be your purity. Remember the more pure is the soul, the more number of souls are able to serve. Although onions and garlicks have medicinal properties, but they are aphrodisiac; hence, those who wish to be victorious over lust must renounce them.

Question: I am a divorcee (Adhar kumar). My wife has taken away my one year old son and has abandoned me. She is totally into the Iron Age habits (kalyugi) but I miss them. I am losing my memory. I wish comfort and peace in life.

Excess of lust and storm of attachment does all this to man. You have found God. If one has to abandon something after Godly achievement, then one should not find it difficult. If you remember your achievements times and again that renouncing something or someone abandoning you would not pinch you. Extend your effort of meditation, practice the point of self respect, then

the Godly joy hence received would make you content. As soon your happiness returns, your memory would return. Look at your wife and your child as a soul ten times a day, everything would normalize.

Question : I am a Kumar (bachelor). I suffer from hypersomnia. I miss Amritvela every day, which makes me sad. There are many big tests ahead and I wish to accumulate power of meditation for that. What should I do?

To normalize your sleep, practice the sound of Om (twenty five times) and Pranayam – Anulom Vilom for ten minutes comfortably. Slowly, your brain would become fresh and your disease would be cured. For some days forget Amritvela and as soon as you wake up, sit in meditation for one hour and then sit in meditation for one hour in the evening. If you are not able to sit for one hour then practice meditation for ten minutes each four times a day. Read one Avyakt murli every day. To strengthen your purity, surrender your forthcoming problem to God.

Question: I have the habit of anxiety since childhood. As soon as people see me, they understand that I am foolish. How do I free myself from this habit?

Remember, I am a royal soul of deity clan. Royal souls are always patient. Remember this five times a day. Remember this before going off to sleep and as soon as you wake up, this would pacify you, enhance your patience, and would develop your intellect.

As soon as you wake up, take the thought, Baba has given me divine intellect, I am an intellectual. Take this thought for twenty days; people would start calling you wise.

Question : I am a mother. I am never calm. I am not peaceful and I am not able to connect to God, what should I do?

You have certainly filled your mind with dirt. Our mind and intellect are our temples, we should stay clean, but those who fill dirt in there, they stay upset and turbulent. Hence, clean your mind. Remove the vicious thoughts of envy-revengefulness, hatred, ego, selfishness, evil eyes, and anger. Have the lamp of knowledge always burning in your temple of mind. After waiting for so long, we have met God, we have received His true knowledge, if even now we would not light the lamp knowledge in the temple of our mind then we would not be able to earn good fortune.

Probably you would say that it is difficult to get rid of the vices. But this is easy for those who wish to get rid of them. No dirt can sustain itself against fragrance. Give yourself a target – now if you wish to achieve everything from Baba then the things would be left behind. The mothers who stay perplexed in various things never become peaceful.

Question : My question is – what should we during the Traffic Control and what should be done during International Yog?

In personal life, you might not be playing the song of

Traffic Control. In the centres and in Madhuban, it is played regularly. You can even decide your own time of Traffic Control. Make a plan for a week that during Traffic Control you will do a certain practice. For example, you may take three different exercises for three minutes. In the first minute – practice incorporeal stage, look at your divine form. In the second minute – take powerful vibrations from Shiv Baba. In the third minute – establish yourself in any point of self respect. You can follow any sequence. Then make another plan for the next week. In the first minute, you may practice – I am the world benefactor, I have to benefit everyone, I have to bless everyone, pure vibrations are spreading from me in the surroundings. In the second minute – keep looking at the Sun of Knowledge Shiv Baba in the soul world. In the third minute, practice – I am an angel. Any one exercise can also be done for three minutes.

During the international meditation, although the meditation is to give vibrations to the world, however, concentrating in the remembrance also automatically spreads the vibrations in the surroundings. As soon as you sit in meditation, prepare yourself mentally, I need to send vibrations to all souls. Divide this in four parts and send the vibrations for 15 minutes per part:

First – I have to remove the sorrows of the distressed souls.

Practice – I am master sun of knowledge, I am absorbing the rays of the Sun of Knowledge and spreading them in the surroundings.

Second – I have to send vibrations to the sick to remove their pains.

Practice – I am the sun of purity, master of the nature; I am absorbing Baba’s rays and then touching the sick souls.

Third – I need to send peace to everyone.

Practice – I am an ancestor soul. I am master bestower of peace. I am seated in the roots of the inverted Kalpa Tree. I am absorbing the rays of the Ocean of Peace and spreading them to the entire Kalpa Tree.

Fourth – I have to empower everyone to be victorious over the obstacles.

Practice – I am master Almighty, seated above the globe. I am absorbing the rays of the Almighty and spreading them to the surroundings. If you are not able to concentrate for 15 minutes, you can practice each exercise for 5 minutes and then repeat the cycle. This would help us make the most of our time and we would be able to progress at a great speed.

Question : I am new in knowledge, I feel perplexed because of small issues, the waste thoughts go very fast in my mind. Even the small situations seem very huge; I am not able to stay content. What effort should I make to get rid of all this?

The best part is that you are aware of your condition where others always take themselves to be right. Undoubtedly, this is a weak state. In such a state, no one can stay content, neither can one make the full

of the life at confluence age.

One needs to elevate the thoughts and by the power of yoga, one needs to make a powerful stage. To make oneself stable and focused, as soon as you wake up, take the thoughts- I am a great soul. I have found God. I have found the true knowledge. I am the remover of troubles of others. I am power of Shiva. These situations are nothing for me. I am a renunciant. For first ten minutes take these thoughts. Practice this for twenty days.

Remember two points of self respect every hour – I am a great soul and I am master Almighty. This would calm you down. The more stage of self respect would elevate, the more you would be empowered and the situations would attenuate.

Question : Sometimes I am hesitant to inculcate the points of murli since there is a doubt what if I am not able to implement the compliance (dharna), would it bring me hundred times punishment! Is it true that after you pledge to follow the compliance (dharna), you get punished hundred times if you are not able to follow it. I stay in dilemma and cannot decide if I should go ahead or not.

Your doubt in self is making you weak. There is great power in pledge and one gets Godly support too. If we would not follow the compliance then we will stay impure only. The fear of hundred times punishment forces you into thousand times sins. Hence inculcate everything by this determination that nothing can move you since I have Godly support with me. Water the seed

of inculcation by meditation (Yog). Intellect is not cleaned without the practice of meditation and without the clean intellect one cannot inculcate anything. God Himself has come to teach us everything. He has told us to take the pledge of purity, so we have to do it. We do not have to nurture the dilemma of inability to fulfill the pledge. For whatever long you are able to be complaint, for that long you will earn good fortune. Because of the fear of inability to fulfill the compliance, avoiding inculcation, is the sign of a weak soul; however, you are master Almighty.

Question : My brother is sixteen years old. I want that he becomes completely pure. I wish to keep him away from bad company. How can I help him?

The good wishes towards your brother are truly praiseworthy, since it is Tamopradhan (where the vices rule) time and the environment is full of negativity. In such a time, it is not easy for the youth to stay away from negativity. He is fully responsible for the purity. The foundation would be laid by the knowledge and practice of meditation.

You must share knowledge with him, teach him connection with God (Yog), and feed him with pure food. Purify the atmosphere of house. There should be good literature in the house. Whenever you look at him, you must see him as a pure soul- this would helps him and empower him. If possible donate him Yog everyday for half an hour.

Question : I have a weird question. Who created God and why did He create this world? Doesn't God feel sorrow at the plight of this world, if yes, why doesn't He remove the sorrows? Does He enjoy the sorrowful state of human beings?

It is not only your question, you too are weird. First understand, who created you. Dear brother, soul, supreme soul and nature; all three are eternal entities, no one creates them. Hence this question is baseless.

God has not created such a world. When He created the world, at that time this world was heaven and human beings were deities. There was no existence of the words – sorrow and turmoil. The present condition of this world is because of five vices. Sorrow is the result of the sins. This sorrowful world is the creation of Maya(five vices), not God. God has arrived on this earth to free his children from these sorrows. He is giving us the true knowledge. Meeting Him finishes the sorrows. He does not feel sorrowful to see others sorrows, However, he has mercy. You can also free yourself from sorrow by receiving the knowledge from Him. God doesn't enjoy the sorrow of this world, however, He is the destroyer of sorrows. He has come to remove everyone's sorrows and through destruction He would end this sorrowful world and then, the deity age would begin on this earth.

Question : Some people wish liberation from the world drama (Moksh) and others yearn for liberation (Mukti). Some have an opinion that soul would merge in the supreme soul and others feel that one has to

return after liberation. Some opine that after liberation we live with the supreme soul, it is blissful there; and others say that there is no experience there. What is the truth?

Once we asked an aspirant of liberation – why do you want liberation? He answered – I would live with Supreme soul in bliss, this is why I wish liberation. Then we asked – you say that God is within you. Then, where would you go and with whom would you live? This set him thinking.

Even God has to come on this earth, which means even He is not free from the world drama, even he has to play a role here, then how can anyone else get this exception. Soul is an actor and has to act. And if soul would merge in the supreme soul that the existence of soul would be no more; however, soul is eternal and exists forever.

Actually, soul lives in the world of liberation with the supreme soul after liberation. Since in that world soul is without a body, the mind or intellect remain inactive, hence there is no feeling or experience; however, the divine experience stays.

If someone has not tasted a mango, how would he describe the taste of a mango? If someone has not returned after liberation, how would he say how beautiful achievement is liberation. The truth is that everyone has to return after liberation and the period of stay in the world of liberation for everyone is different. Now, the bestower of liberation has come to take

everyone to the world of liberation.

Question : Mumma day is approaching. Jagdamba Saraswati was our mother, we have not met our divine Mother, still there is a strange attraction towards her. We wish, if we could have experienced her love. How can we fill this gap?

You were born without a mother, isn't it strange? However, there is another mother, Brahma (vrihad mother) is our another mother. He also left the body before your birth. Still He is there, His presence is experienced by everyone. The true love and the feeling of motherhood towards Jagdamba would make you experience many things through her. There is one form of love, that many received from her when she was in the body (sakar), but they could not return her love. Ther other form of love is the subtle love, like you have. This form of love provides great comfort. We must stay in the intoxication that we are children of a mother who is offered devotion by the world, only then we can easily experience her support and love.

Question : We hear many beautiful things about Mumma. What qualities did she have that she got such a great designation (pad). God Himself praises her from all His might.

The great souls have the great qualities already in seed stage from their original form only. As soon as the seed gets proper sunlight and water, it manifests itself. Mumma is a number one soul. As soon as she met Brahma Baba and God looked at her, everything was invoked in her. She saw the vision that she was Radha

and she has second number in this creation. As soon as she realized this, she became embodiment of consciousness (smriti swaroop). However, many other Brahmins are taking years to reach this stage. She became Jagdamba. You must have read the stories of her greatness, still she devoted herself to practice of meditation (Yog Sadhna). She would wake up very early in the morning to practice meditation. Her entire day would be spent in soul consciousness and incorporeal stage. She was everyone's mother, hence there is no question of impurity. She was a kind of manifestation of purity. Because of all these reasons she became complete and perfect. Her intense tapasya was the secret behind her greatness.

Question : I am in knowledge for ten years. I have a question, whose remembrance removes the sickness and sorrows of the devotees, why did that great soul – Jagdamba Saraswati face the terrible physical illness in the end? She even did not have any sins in her account.

This is true that the great soul Mumma who was completely pure soul, who was full of virtues and was the bestower of comforts and a great Yogi, had to leave this body after suffering the pain of sickness. See, sickness is the nature of the body, however, she was beyond the influence of disease. The body was suffering, not her. This is the stage of great Yogis. Undoubtedly, there was no sin in her account from this birth; however in this cycle of drama, the hero actors have bigger sins. The various kinds of pollution in today's world make a person sick these days. There was no effect of disease

on her face. She did not even leave the service. She was indeed victorious over diseases, which is why her sight only removes the suffering of the sick. I would like to mention one subtle secret. The great Yogis stay beyond their body, hence their subtle body stays in the subtle world for most of the time. The subtle body is the life force. Because of the absence of the subtle body, the preventive capacity of the body reduces, because of which the body catches disease. Hence the great yogis must take care of their health.

Question : Did Mumma never used to lose temper? It is said that she used to stay very serious. People are scared of serious people.

People are scared of serious people if they are proud too; but where seriousness is accompanied by politeness, good wishes, and spiritual love, it becomes a point of attraction. Her meditation practice (yog sadhna) was the reason behind her seriousness. A person who practices a lot of meditation becomes automatically serious. It would be better that her seriousness is taken as intense peace. Mumma did not have even a cinch of anger. She was completely away from Maya (Maya jit) from the day one. Such great souls practice meditation for others more than themselves. A mother has to be serious. The one who is vast, has to be serious. Ocean is vast and is serious inside. Here seriousness means to accept everything. A person belonging to a huge organization can be benevolent to others if he can accept others the way they are.

Question: I sincerely love Mumma. Sometimes I dream of her. Where is mumma, I have a deep desire to know this. Would we never meet her?

Mumma took another birth immediately after leaving the body. Mumma is not in the subtle world like Brahma Baba. When Baba invokes Mumma in the subtle world, that does not mean that the soul leaves the body and goes there. We are here, but Baba shows us too in the subtle world. This is Baba's power to show the visions. In the subtle world, there is only Brahma Baba. There are many more great souls in various other bodies. The main task that these souls need to carry out is to transfer the rule to the father of Sri Krishna in the end so that the rule could be transferred to the deities later on. It is impossible to find out where they have taken birth. The reason is that if the mystery of rebirth is revealed then the functioning of the world would be disrupted. They do not have to take the knowledge again since they achieved the perfect stage of knowledge. Baba told this that that soul still wakes up in the morning at sits in silence. The intellect goes somewhere above, but not on Shiv Baba. However, I have a faith that in the end this divine mother would definitely meet the deity souls of this world. Because in the end, all the hero actors of this creation would come on the stage which means that would manifest themselves to the world. At that time, you would meet the mother.

Question : How should we pay homage to Jagdamba on her 45th death anniversary (punya tithi)?

Mumma left the body on June 24, 1965. Her life is a great inspiration to everyone. We do not feel sorrow, however, we are filled with bliss to remember her. We must pay homage to her by becoming calm, polite and contented like her. We can imbibe her qualities and do whatever she did if we wish to pay her a true homage. This would be our true love towards her.

Question : I am a Kumar (bachelor). Before receiving knowledge, because of ignorance, I got into bad company and I did not live a celibate life. Now I have learned the knowledge and Yog, but in dreams I still am not able to maintain celibacy. I feel very depressed and sad that I am not able to follow the Godly directions. Kindly suggest a wayout to this problem.

In the end of iron age both the souls and the nature is Tamopradhan. Because of too much of lust in parents, children also imbibe this habit. Since the body is also composed of impure elements, lust attacks in a very young age. Due to this many boys and girls get into bad company and pick up bad habits. When they receive knowledge, they receive help but the imprints of these bad habits are seen on their brain. You must increase the practice of Rajyoga. A soul is purified by Yog (connection with God) only. You must neither feel hopeless or sad. However, you must treat this. Renounce the spicy food, tea and coffee. Never miss Amritvela and Murli. Some or the other meditation practice (sadhna) during the day must go on. Stop watching TV completely

and read some Godly literature before going off to sleep. Taking bath with cold water before going to bed would also help. Whenever you have water, look at it and take a thought – I am a supremely pure soul. Everything would be all right.

Question: I am a Kumar (bachelor). I work at a shop until 11 at night. Then I cook and eat. I sleep by 12.30. I miss the Amritvela everyday. I feel sad that I was unable to follow the Godly direction. What should I do?

Sadness would spoil your entire day, hence you must not feel sad. It would not be healthy to wake up at 4 since you sleep so late. Hence, some other way out needs to be sought. Whenever you wake up, fill your heart with Godly intoxication. Take the thoughts – I am a fortunate soul, God has selected me, He has come to give me the long lost share of kingship, etc. Then sit in meditation for half an hour and read or listen to the murli. Take out some time between six to eight in the evening and practice good meditation. Even while cooking, continue your conversation with Baba – Baba you have given me such a beautiful life. Then sleep in bliss. Accept this routine. Whatever cannot be changed must be accepted and we must enjoy the rest of time. Invoke Baba at shop, practice the points of self respect and soul consciousness.

Question : The service of birds and animals has been given a lot of importance in the scriptures. But Baba never recommended that. Why? Should we not serve these organisms? What do you say about service of a

cow?

In Indian philosophy everyone has been offered a great respect. Even there is an arrangement of food and devotion for crow, dog, snake and pigeon. Undoubtedly, it is a great deed (punya) to serve others, that might be service a cow or a buffalo. It is not in good of humanity to create sorrow for anyone since they are living beings. Their affection and subtle blessings help us. When God comes, He does not give us the knowledge which is already famous. His main divine work is to purify the human souls. These acts of service are quite ordinary in comparison to those divine tasks. As soon as human souls become great, everything changes. The world becomes a heaven, the animals become happy and contented, nature again becomes complete, Satopradhan and comforting. When human souls would become pure, the attitude of mercy and service would naturally grow in them. Without making the humans pure, other types of service cannot free the animals from sorrows. It is great to serve the cow, but to purify the human souls is supremely great.

Question : Is there any solution to stop the spread of corruption everywhere? Do you take any steps towards this?

Ever since we have gained consciousness of our surroundings, we have seen the black cobra of corruption growing. Even the governments promise to uproot it. However, unless the human life is made virtuous (shreshthachari), the corruption cannot be finished. What is the reason of growth of corruption?

The attitude of lust increased, the desire of money rose, and one felt that without money life is meaningless. He saw that at all levels people are following corrupt practices. One realized that because of deficient money, one cannot even marry off the children properly. Science brought attractive inventions. To make them available to the children, one needs money, else the children feel inferior to others and are dissatisfied. All these reasons led to corruption. One feels that price inflation is occurring and he needs to make money by whatsoever means. Many of those who are following the path of knowledge and connection with God (yog), have learnt to be content with the truthful income, their desires have reduced, they have become free of addictions, their lust has reduced, hence they are saving themselves from sins. The income by unrighteous means neither earns comfort nor does it influence the children appropriately (shrestha prabhav).

Question : If we all are actors in this creation, then who are the audience?

Soul is an actor and audience itself. We play our role and watch others playing the role in a detached form.

Question : My sister loves her husband a lot however, her husband does not consider her. He goes to the hotels and seeks money from others. What should be done?

All this is because of the past Karmic accounts. Your sister must become a true Yogini, she must stay absorbed in Godly love and give him best wishes. She

must stay in this point of self respect – I am a great soul. Then, his thoughts would change.

Question : I follow the knowledge but my life partner fights with me everyday on the issue of purity. I am scared that my family may not break.

You must enhance your purity, this would affect your wife. Fix a time and donate her half-an-hour-meditation(Yog) for 21 days. She would also understand the importance of pure life and your house would become a heaven.

Question : My question is – what is the attitude of no desires? What is its benefit and how to renounce the desires easily?

For the entire life, we use things and luxury, we have food and we stay with humans. The attitude of no desires is related to things, food and luxury. To be free from their attachment while using them, means to be free from desires. For example – we have food and everyone likes tasty food and one must have good food. But if at times we get simple food or we do not get the food of choice, then one must not become upset. One must enjoy every type of food, this means to be free from desires. We need all this sweet, without this food is tasteless – this is desire. One must derive equal contentment from a lavish or a simple meal. Either one gets to deliver speech in a crowd of thousands or the service to broom – in both cases, one must derive equal bliss – this is freedom from desires.

Similarly clothes, means like car- these things are

the means to carry out the functioning of life. If we experience comfort only in their presence that means the attitude of desire is there, or losing them upsets us indicates the presence of attitude of desire. We might have everything, we may even use them; however, we must not become slave to them, we must not make them our foundation – that is freedom from desire.

How to become free from desire? Food is only to satisfy the hunger, not for tongue. Means are mortal – not for comfort of the soul or progress of self. Remember that the comfort of the soul is in becoming incorporeal or connecting to God (Yogyukt). All these means would not exist forever – remember this. We need to only use them, not become their slave. By practicing this, the attraction of the senses would finish and we would become desire-free Yogi. We would be content in all situations.

Question : I am a Kumar (Bachelor). I am perplexed because of storm of waste thoughts these days. I have done many mistakes too. I have no joy left, and I am very upset. I have no other way out than ending my life to escape these sorrows. Should I go ahead with this?

Kumars must be Mahavirs (great warriors). God Himself has bestowed this title upon you. You must not be hopeless. Sins and good deeds are done by a human only. You committed the sins, now increase the account of good deeds. By the service of Yagya, you would be able to reduce your burden.

To end life, is not the solution to the problem. It is a great sin to end life. This would multiply your sins. You must remember that after the suicide, the soul wanders in the same suffering state for a long time. Hence, take a thought of living rather than ending life. Do not be coward. Remember you have held God's hands. He is with you.

Have courage, make yourself busy in service. To come out of this turmoil of waste, practice – I am a great soul, continuously for seven days. Conquer this difficult time by courage and determination. You have to bestow life upon many a souls.

Question : I wish that I become a great Yogini having tasted the comfort of Godly love and become an instrument to His service. But, for some days I have good experiences in Yog and then again I lose interest, to the extent that I do not feel like reading Murli. Why does this happen, and how can I avoid this?

Sins and good deeds of many births are imprinted on our brain and hence sometimes the influence of good deeds and at other times the influence of sins becomes obvious in our stage. With good Yog, some layer of sins is destroyed and the good deeds stay manifested. Then some thick layer of sins comes up and the good deeds are not manifested, this makes the mind sad.

This goes on for some years, but then later the stage becomes uniform. When this happens, make yourself busy in service, impart knowledge. To make yourself embodiment of consciousness, listen to some good classes, you will come out of this state quickly.

Keep some very powerful Godly versions with yourself, read them. This would help you make the stage uniform. We need to remember for the power of Yoga, the power of renunciation and knowledge are very important. Check that whenever this deterioration of stage happens, do you commit some subtle mistake before that?

Question : These days cases of suicides are on an increase. Children are being victimized more by this tendency. Some children even discuss it that it would be rather better to die. Even many doctors and educated people are victim to this epidemic. We wish to know the reasons behind it and the solutions as well.

Man has committed many sins by now, or it can be said that his store of sins is reaching its maximum level now. Lust is the main feature of the iron age, hence everyone's mind has gone weak. The weak mind goes negative. The weak mind is more affected by the external bad energy. Hence, when someone's mind is pressurized times and again or he has to tolerate more than its capacity, or he is rendered hopeless due to worries, obstacles or too much debt and he cannot find any way out, he takes this immoral step. You can observe that most of the cases are of men. The reasons that force the students into this are – the pressure from their parents, fear of failure and the expected behavior of parents after failing, fear of examinations etc. it has been noted that even those students have committed suicide who scored more than sixty percent. Excessive expectation and parents' pressure have been

responsible for such cases.

These days, in the schools no knowledge of like skills is provided. Children must be taught courage, bravery, and to maintain hope even when they fail. Parents and teachers must motivate them by appreciating their talents. Parents must not expect results at the cost of their children. They must remember that everyone does not have the similar intellect. Everyone cannot take the first class. If the children are taught Rajyoga, this problem can be uprooted completely. Parents must maintain a jovial environment at home. A wise person must stay away from bitter words, must not trouble others and must not become too emotional in the love affairs.

Question : my brother is 17 years old. He scored 73 per cent in class 12 against the expected score of 85 per cent of which he was capable enough. Now he stays very sad, he says even Baba did not help him. Hence, he is cross at Baba too. What should be done, should he surrender?

To understand Baba's help, one required knowledgeable intellect. He helps His children, but not as per their expectations. One must not be annoyed with Baba and the distinguished fortune because of this. Remember the subtle fact – our present is affected both by our past and our future.

One cannot function with sadness. Only that person progresses in life who has courage and determination. One faces victory-defeat, joys and sorrows in life; we must accept them and plan the bright

future. Just realize in many students' families who have just passed, it's a celebration time, and you are sad even with 73 per cent. Move forward, life is a long journey. He does not have to surrender. Otherwise too is not beneficial to surrender in a sad state. His hidden desires would surface in some time. He must study further and realize his potential.

Question : I am a married (grihasthi). I wish prosperity for my family and a son. Please advise.

The best son is – Shiv Baba. If you adopt Him to be your son, your house would be full of jewels; and if you wish a son like Sri Krishna, then become pure and Yogi. If you like both the proposals, then take the oath of purity from today itself.

To bring prosperity to your family – first solution is that both partners remain free from arrogance and respect and understand each others thoughts. Only I am right, this attitude brings in conflict. Where both the man and woman are virtuous, only that place is prosperous.

Be cooperative to each other in the family. Increase the belongingness, and remove the selfishness from your house. Do not allow anger to enter your place. Remember that family is wealthy where love and happiness are present. Increase good wishes and soul conscious love for each other.

God Himself has brought the treasures of happiness for us. Those who follow His directions, always stay prosperous. Be His children and you will stay

out of many waste issues.

Question : What is the difference between Dhyan and Yog? If a person always stay in Dhyan, would his sins be dissolved?

If one concentrates on the point form of the Supreme soul then the sins would definitely dissolve. But this dhyan (meditation) must be knowledgeable. Yog means establishing a loveful relationship with the Supreme Father. He is mine, enhancing this sense of belonging, to be with Him intellectually, and to receive the rays of purity and powers from Him.

Question : I am a Kumar (bachelor). I am on this path of knowledge since last twenty years. While pursuing the path of knowledge, I committed many sins, which have cast the influence on my brain. Even though I am able to connect to God appropriately, but the influence is still present. Kindly suggest some way to remove the influence completely.

You must write 108 times at any time of the day with full concentration – I am a great soul. Even feel that ‘I am great’, this would send very good vibrations to brain and the influence would start to fade. Do this for at least 21 days.

When you have water, look at water and take this thought seven times– ‘I am supremely pure soul’, and then have water. Do this at least five times a day. As soon as you wake up in the morning, take the thoughts seven times – ‘I am the most fortunate soul’, ‘My mind is peaceful’, ‘My brain is completely fresh’. Very soon

you would be free. Continue increasing your chart of Yog (Meditation).

Question : I wish to intensify my efforts and increase the chart of Yog. Please suggest some easy method.

By the power of knowledge, churning of knowledge and solitude, you can do this. Churn the knowledge of drama in depth and make yourself completely detached so that your mind can stay tranquil. No questions and no complaints. This means – understand the knowledge of drama so deeply that no doubt must arise to see anything. Whatever is going on is the truth. Everyone is playing the role assigned to them – no one is at fault. If you accept this secret, there would be no complaint left towards anyone. Free yourself from issues and concentrate your attention and powers on your great target. It is very important to write the chart of yog. The enjoyment of Murli and great experience of Amritvela would intensify your efforts. Make it your nature to look at every incident positively.

Question : I am leading a very upset life. I continue to commit sins. I am always upset whether I listen to Murli or not. Because of the sorrows, I am not even able to eat. How to get rid of these sorrows?

You have sown the seeds of these sorrows yourself. The continuous thought that I am upset is increasing your sorrows. As soon as you wake up in the morning take the thought 21 times – I am very happy (sukhi), I am embodiment of happiness (sukh swaroop). If your mind wanders then sit and write. When man commits the sins, he feels happy but when he bears the

fruits of his actions, then he feels intense sorrow. Now focus of knowledge and yog. Dedicate yourself completely to the service of Yagya and you would be blessed with happiness.

Question : We need to give sakaash (pure vibrations) to the souls of all religions. What is sakaash and how to give it?

As per our stage, the vibrations spread from us into the surroundings. Like from an object, the rays of light spread, similarly divine light spreads in the surroundings from every soul. We are elders, ancestors, and beloved deities of this creation. The influence of our distinguished stage and good deeds reaches the entire world. If we would send good vibrations in a good stage having established ourself in a good point of self respect, they would touch everyone and remove their sorrows. Godly versions – If you stay in the consciousness of being an ancestor then automatically the pure vibrations would spread from you and touch the souls of all religions. We need to feel that we are ancestors. Similarly, if we stay in the consciousness – I am master sun of knowledge, then the germs of vices would continue to dissolve from this creation and everyone would receive pure vibrations. If we stay in the consciousness of master almighty and send the pure vibrations to the globe, then the entire world would receive our distinguished vibrations.

Question : I lead a very busy life, I have to take care of many tasks. I wish that my life must become Yog yukt, however, the presence of so many

responsibilities does not let this happen. What should I do?

Psychologists have defined the difference between 'work' and 'play'. 'Work' is something that we have to do and 'play' is something that we do by choice. So, if we convert the work into play, then our work would become easy. One of the surrendered Kumars (bachelor) had a similar life. He had to go to Railway Station and Airport all through the day and night. He used to say – I am very busy, what to do? He was given a solution – where you go, sit in yog in Baba's room before going and while travelling too do not look here and there, rather practice meditation. He did it. Hence, he used to visit Baba's room around ten times a day. He narrated his experiences like this – 'Now the task of reservation on the Railway station has become simple, the clerks have started doing the task with lot of love and respect as if they wait for me. It seems as if everything is happening on its own. This was the magic of Karan-Karavanhaar Supreme Father. Hence my life became blissful within a month. The mental and physical fatigue, and irritability everything disappeared. Earlier when I used to return late at night, there used to be no food or it would be cold which made me angry. But now I feel so happy that I find bliss in whatever I get. It takes two hours to travel to and from the airport. Now, I take these two hours as the time of Tapasya; hence I do not feel that I missed Yog. I wish to narrate one of my experiences. Most of the times, I used to go to the airport alone, and when I used to be back, I would feel very tired. One day someone was going to the airport

and he invited me to accompany him. I went with him with a feeling of going for a recreational outing. When we returned after two hours, I was feeling fresh and happy. Now, this kindled the thought process that when I go to receive someone, I feel so tired and today I am feeling fresh after the same amount of physical effort. Then I realized that everyday I used to consider it to be 'work' and today I took it as a 'recreation'. Hence because of the difference in consciousness, there appeared a difference in the experiences.

Hence, if we practice connection with God before starting any task, even for some time; and we perform our actions like a game, then even the busy life would change into a recreation, and would naturally be able to set in the stage of connection (yog).

Question : I am married and live with my family. I am practicing meditation (yog) for five years. My family members too pursue the path of divine knowledge. I wish to make the environment of my house powerful. What should I do?

You are multimillion fortunate soul that your entire family is a divine family. You are the master of your house. There are some suggestions – many people have adopted them and empowered the vibrations at their place. You must also follow them with determination. A. Everyone must wake up in the morning and sit in meditation together. B. you have to perform all tasks at home. Hence, connect with God (yog) for two minutes before starting any task. C. Every hour, play some intoxicating song that fills you with

Godly bliss. Enforce some rules in your house since now your house is a temple. The guests must also follow those rules. Offer Bhog regularly. In the evening or before going to bed, sit together and discuss the points of Murli. Before going to bed, sit together and meditate for fifteen minutes. Apart from this, conduct intense meditation (bhatti) for yourself. During that period, have light food, speak less, if possible maintain complete silence, study knowledge and practice meditation. If the entire family cooperates, it would be the best. This would empower the environment of your house.

Question : I am a doctor. Everyday almost 30-40 patients visit me. I have a busy schedule, I feel very tired physically and mentally. I do not feel contented in Yog. Is there some easy way out for me?

Whenever you see a patient, first take him as a soul. While treating a body, keeping the consciousness of soul is very easy. Secondly, when you ask him about his problems, connect to the Supreme surgeon and take His advise – what should be given to this soul? Hence, you would be connecting to God as well as the medicine would become very effective. At the same time, you would find your routine very enjoyable. Apart from this, to keep your mind full of knowledge, ensure that you read one Avyakt murli everyday.

Question : I am a Kumar (bachelor). My previous life was quite vicious, I did many immoral acts. I am not able to connect to God (Yog). I feel very sad and hopeless. I don't feel like doing anything. I cannot share anything with anyone. Can my life be filled with joy?

Please advise, I am ready to take any punishment.

It is the end of the iron age and the influence of iron age is clearly visible on every human. The most prominent one is the negative influence of lust. Hence, now forget whatever you did out of ignorance. Thinking about all those things and feeling sad would not help now. It is true that if you wish a new life, you would have to take up some tough steps. The path of Rajyoga is easy and there is no space for Hatha yoga in it. Still to get rid of a chronic sickness, you would have to take some bitter treatment.

First – have light food. For six months have your meals once a day and at night take only milk and fruits. This would help you enjoy the Amritvela and the turmoil of impurity would end. The heavy food creates difficulty for purity.

Second – Read one Avyakt murli everyday and write its summary. If you do not succeed in first go, then read again and write the summary in ten lines. This would enhance your power of churning and your contemplation would increase. Contemplation is essential for good effort making. One can not receive good inspirations without good contemplation.

Third – Apart from Amritvela and Bedtime Yog, ensure three minutes of meditation every hour.

Fourth – Conduct your individual Yog Bhatti every week or fortnight. Go to some place away from your place and in solitude conduct Bhatti for yourself.

Fifth – every morning repeat the promise of purity that you have made to God and determine it further. Then remember your power of purity and come in the consciousness – ‘I am sun of purity on this earth, the germs of Maya are destroyed by my rays’. By such Tapasya, your mind you become pure, powerful, and blissful.

Question : We remember our divine father Prajapita Brahma in January. He was truly great. We wish to be like him too. How can we do this?

He became great by the great sacrifice, by his attitude of surrender, his intense Tapasya, and complete purity. Pride could not touch him. Many scriptures can be written about his sacrifices. He never remembered what sacrifices he had made. The glow of sacrifices used to reflect from his face. His words and gait were very royal. People used to feel as if he was some great king when they used to see him walking.

Question : What aspect of Baba influenced you the most?

It was Baba’s humility and Tapasya. Shiv Baba also said about him – he became the number one soul because he was number one in the sacrifice of ego. Everything is happening by Godly powers – this was not only in his words; but was also, as an experience, embedded in his mind. Any great personality has an unforgettable influence on others when he is humble.

Question : Even though I have full faith, however, other ask – why did God take his body, why not

someone else's body?

He was the appropriate medium for God because this soul was Sri Krishna, Narayana which means completely pure and next to God in the beginning of cycle. The Incorporeal God had to manifest His real form, which was possible only through the greatest soul.

In whatever body God would enter, the vibrations of His powers would go to his brain. If that person does not have complete purity and powers, then he wouldn't be able to sit, and it is possible that his brain bursts. This is the primary reason why God chooses only that soul who is next to Him.

Question : Some people claim that Shiv Baba enters their body too, what is the method to check their truth?

True, this is happening at several places. Some souls who wander because they do not get a body, enter in some body and say – 'I am Shiv Baba' and this pleases many devotees of Shiva. Such incidents have happened at many places. Later that soul accepted that it was not Shiv Baba, I said this only to enjoy the Bhog. Hence, the truth is that Baba does not come anywhere but in Madhuban.

Question : We wish to be celebates, only then we would be considered completely pure. Kindly suggest us some simple and practical tips to achieve this.

We are suggesting five things to you – First, Vision like Brahma; second, the attitude of unlimited like

Brahma; third, Godly intoxication like Brahma; fourth, great feelings like Brahma; and fifth – firm faith on Shiv Baba like Brahma.

This would simplify your journey. Make an effort on the soul conscious attitude – these are all souls. Make an unlimited attitude like Baba, free from ego; the main factor is sacrifice of ego and selfishness. The intoxication of Baba was wonderful. He used to be always in Godly intoxication. He was always absorbed in the supreme consciousness – what am I going to become and who is my companion! May everyone be benefitted and each one is my child – this good wish was seen in their character. Yagya faced many obstacles but he stayed firm because of his faith in Shiv Baba.

Question – What was the compliance that earned so much love and respect for Baba?

That great compliance was cordiality (apnapan) towards everyone. Everyone used to say – Baba is mine, he loves me the most. Since he is the Prajapita, all are his children. Hence he also has love and good wishes for everyone. He had good wishes for people of all castes and religions. Since in his mind there was only one Shiv Baba. Hence the thought in everyone's mind was – My Brahma Baba. Because he did not have ego, everyone used to find him theirs.

Question : I am a Kumar (bachelor). I always have had a question that many effort makers (tapasvi) could not achieve perfection even in 72 years and Baba became Karmatit (beyond the actions) in hardly 30-32

years. What did he do?

It is a beautiful question. He was truly a great effort maker like Shankar. He was fond of solitude and self analysis and he used to be busy in knowledge of Geeta. But most importantly he was *vitrage*, completely away from the senses (*vairagi*). This made him great *renunciant* (*tyagi*). He neither required status-respect nor money-property. He was free from life here only.

At the same time he was intensely dedicated to become perfect because he had to carry out the great task from the subtle world. Hence, during the last few years he practiced continuous connection with God (*nirantar योग्युक्त*). This practice made him incorporeal like Shiv Baba. When he used to play, he was connected to God; when he was at picnic, he was up in the soul world with a stable mind. He used to be in Godly consciousness while writing letters, in complete connection with God while having food, and combined with the Almighty in sleep and while awake. Hence, he was first to become complete. He neither had any dilemma, nor any problem. He did not spend even a moment in waste, that is how he became the writer of fortune (*bhagya vidhata*).

Question: We have heard that in yagya, there came the Beggary part too. Many children of Brahma fell sick. There was nothing to eat. How did he manage the responsibility of 380 souls?

Since he was medium of God, he knew many subtle secret facts too. Two of them are being listed here.

First, since in the upcoming time, ShivBaba had to start the services in the entire world. For this purpose, powerful souls adorned with the power of purity were required so that obstacles could be faced in the field of service. The beggary part segregated the weak souls.

Second, everyone loved Baba and Mumma so much that no one wished to leave them. The beggary part motivated them to go in the field of service.

Brahma Baba knew that the Yagya has been created by God Himself, he was just an instrument to service. Everyone has surrendered to Shiv Baba, He is responsible for them, He is their nurturer, hence he used to be always free from concern (nishchint).

He was also aware that he was being tested. The gold is purified upon heating it. He would become mightier after passing the test only, hence he used to be always happy. One does not get the designation without exam. Apart from this, he used to look at this drama in detached form, that let us see what happens next. He knew that future is golden, hence he stayed comfortable.

Question : Quote some unforgettable incident from Baba's life.

Baba had become embodiment of consciousness. He could see the future clearly. Many a times, he would be absorbed in the consciousness that I would become lovely child Krishna after leaving this body; and at that time the emotions of purity and innocence of a child would reflect in him. Anyone who looked at him at that

time, would forget everything in wonder. Didi Manmohini saw his such state many a times. She used to describe it. This intense consciousness of future helped him tremendously to inculcate all qualities and complete purity.

Question : I am facing a problem - when my father falls sick, I am not allowed to see him. I am told that this is attachment. It makes me heavy. My father is completely against knowledge. Is it correct? What should I do?

Many knowledgeable souls are not able to differentiate between attachment and responsibility. They do not know how to fulfill the responsibility of relationships without getting involved in them. This is the sign of partial knowledge.

You must definitely meet him. You are the beloved deity soul. He will be healed by your blessings. You must see him in soul consciousness and give good vibrations every day. Both young and old must learn to fulfill the expectations of the relationships in divine form (alokik). We must deal with each other with such love and good wishes that brings about the manifestation of knowledge; otherwise selfishness, pride and demeaning thoughts are manifested. You must not feel heavy, keep your mind light, fulfill your responsibility at whatever cost required.

Question : in our town, the services do not grow. The land here is quite *Kalrath*. What should be done?

You have accepted this thought that the services

do not grow here. Due to this, the services have paused. The souls of deity clan are present in your city too.

Change the thought from today. Think that you are a beloved deity. Wherever I would be present, the devotees and deity souls would definitely come. I have to make the desert green. I would definitely make the impossible possible.

Every morning give yourself a thought that now many souls of this city would become Baba's children. Show a vision to your mind that after two years, I am reading the murli and hundred brothers and sisters sitting in front of me. Everyday visualize this scene, your mind would accept it. If you would have complete faith, this will happen. The only thing is that don't let the negative thought enter your mind.

Question : I am asking an indirect question – someone says that he is following Godly knowledge, but in parties he has alcohol and says that it is not his habit, he does this only for fun. What would be the plight of such a person?

Such a great soul would bear the same fruits as an alcoholic does. Actually he is not following Godly knowledge, he must not call himself Baba's child. Baba's children cant even think of having alcohol. There is no connection between the two. The alcohol is related to devilish clan. He must give up this bad habit. He must establish himself in a great stage through the consciousness of the deity form and great form of the self.

Question: In our centre many people take the course. They take the course for seven days but do not continue further. What should we do? At least 300 people take the course in a year. It would be so good if they continue further.

It is a very good thought. Knowledge actually removes the darkness of ignorance. On the path of knowledge, what most of the aspirants find tough point is the compliance of purity. However, remember the Godly versions – the foundation of the growth of service is the vibrations of the souls who are instrument to service and the vibrations of the centre. Hence all instrument souls must enhance their power of self respect and connection with supreme soul (Yog). The environment amongst them should also be very divine and full of love. The souls are keen, what they require is the divine attraction.

Apart from this the course needs to be such where one is able to experience. The traditional way of imparting knowledge does not work for every soul. The course can be modified to a simple and subtle manner. The teacher must be able to analyse what the aspirant is looking for and what points of knowledge would influence or attract him. Only the crammed up course would not be effective. The foundation is based on the stage of the teacher. Hence, a small programme can be arranged, once in three months, for those who take the course, so that they stay in connection with the centre. They would experience love and that they would be benefitted from this place only.

Question : There is a soul with us who is very short tempered. Everyone is in trouble because of her and the environment is also very tense. What should we do?

At many places, some or the other person is short tempered. Amongst the life partners too, one is short tempered; but if both are of this nature, then it takes away the comfort of the family.

The problem is that the short tempered person does not realize the mistake done by him. Some bitter people take themselves to be too sweet. Pride kills one's realization power. Such a person would be largely benefitted if he practices the points of self respect.

You must look at that soul with the consciousness – this is a great soul of deity clan, three times a day. If you would have the good wish for him, his short temper would mellow down. Apart from this, together everyone must sit in Yog four times a day for fifteen minutes each, this would lighten the environment.

Question : The brothers and sisters visiting the centre do not have affinity towards Yog. What should we do?

It is in our hands to create the environment of Yog and develop the affinity. You must conduct Yog through commentary. The brothers and sisters living in family are busy and surrounded by problems. However, Yog and practice of points of self respect are the solutions, they must experience this. Those who come for half an hour, must be helped like this. They may read

the murli themselves and sit in meditation on their own, would not help them. Most of the souls lack the power of concentration.

Question : How can the effort makers intensify their efforts?

This is a great question. This is true that everyone does not wish to do intense efforts. Those who have must make their own plan of making efforts. Make a small chart for the self progress.

If you are busy but wish to make efforts then make a one-point or three-point chart for one week. That must include one point of self respect, one point of yog, and some compliance. After a week, change it. God Himself is guiding us, continue as per His directions. Pay special attention to Amritvela and Murli.

Good effort makers must have a chart of four hours of Yog daily. Apart from this, special attention must be paid to the practice of points of self respect and good actions (punya karma).

Question – You, the followers of Om Shanti, celebrate the anniversary of Shiva every year and say that this is the 72nd anniversary, this is the 73rd anniversary. Did Shiva incarnate before this? We are not able to understand that on one hand you claim that he does not take birth and on the other hand, you celebrate His anniversary. Everyone else celebrates Shivaratri and you celebrate the anniversary of Shiva. Kindly explain.

Your question is actually an intellectual question. See, even if someone is born at night, however, we celebrate the birthday. Shiva also incarnates at night, however that night is the great night, not a regular one. The great night means when the entire world is under the darkness of ignorance; when the five vices, like some burglars, would have snatched the comfort, peace, and powers of all souls; when the humanity is wandering in search of the truth. In such a great night, the sun of knowledge Shiva comes and impart the light of knowledge to everyone, frees them from the clutches of vices; hence the human souls feel obliged to him and offer him prayers.

The truth is that 73 years ago, Almighty and the purifier of the impures, Supreme soul Shiva incarnated on this earth and started His Divine act of transformation. This is true that Shiva does not take birth and is incorporeal, hence He is not born from the womb of mother, but he enters the body of Prajapita Brahma to carry out His divine tasks. His main responsibility is to impart the knowledge to purify the souls. He comes in the body of Brahma, imparts knowledge and leaves. Even in scriptures it is mentioned that God imparted the knowledge through Brahma. He is not bound to the body in which He enters like other humans. Hence, his arrival is called incarnation. But he never becomes human.

Question : Supreme soul has been carrying out His task on this earth for 73 years, He comes here, we wish to know what has He done so far? We do not see the sorrows-anxiety, tension, and sickness reducing any

where.

God has established the great Yagya (Rudra Yagya), in this Yagya many great souls have incinerated their vices and almost 390 souls have surrendered themselves completely to the Yagya. These are the same souls who were present as great deities. The ocean of knowledge, Supreme soul reminded them of their original and eternal form. Then, He imparted them the true knowledge and guided them towards the path of liberation and liberation from life through Rajayoga. All these souls progressed towards the deitship by the practice of knowledge and Yog.

After the Tapasya of fourteen years, these souls (Yog yukt) spread the knowledge to the various parts of country. Until now millions of people have taken the oath of Rajayoga and billions have taken the inspiration of great life. Billions of people have been freed from sorrows-anxiety, tension, and sickness. Taking up the increasing anxiety, sickness, and sorrows; those who are riding on the waves of materialism, those who are adding on to their sins, those who are indulged in addictions, those who are giving pains to others because of their pride or anger, and those who are away from religion and spirituality are victims of anxiety. If they also take the path of knowledge and Yoga, their life can become comfortable too.

Question : We cannot believe that God comes, who has seen Him? Is this not superstition? If this is true, then please tell us how can we see Him?

Millions of pure souls see and experience the Supreme soul every year when He enters a body in front of us. When he incarnates, as per his greatness, there are vibrations in the group. The entire audience is absorbed in the Godly love in His presence. Everyone experiences supreme bliss. All children of Brahma experience the presence of God. the group of twenty five to thirty thousand is contented to receive Godly love, Godly bliss and divine peace. He does now show any miracle, however imparts knowledge to become complete and beyond the effects of Karma. He adorns His children with various qualities, powers and blessings. It is the right of His children to meet Him, and thus it is your right too. He is invoking every one, He is for everyone, all religions. If you also wish to come close to Him, then become a child of Brahma, take the knowledge of Rajayoga and take the oath of staying pure for one year. To meet the God, you would have to raise the spiritual level. Remember, the impure and committers of sin cannot go close to Him.

Question : Many people say that in our Guru also God Shiva enters and many people have started visited them. Does God Shiva come at many places and people go there too? Do people do the fake publicity? What are the signs of incarnation of God?

This is true that when God comes then many disguised gods appear. We are presenting a secret here. Many good and bad souls, due to some reasons, are not able to take the rebirth and wander in the universe. Due to many actions done by them, the bad souls wander in sorrow. Some good souls wander simply.

Such souls sometimes enter someone and call themselves to be Shiva. Later on, after having Bhog they say that we are not Shiva, we said this to have Bhog. These souls do not trouble anyone, however, help others.

God cannot enter anyone's body. His medium has to be very pure, simple-minded, and powerful. When Shiva enters the body, the face of the medium sparkles with divinity, there is intense peace and love in the surroundings and everyone is mesmerized with His sight. An important thing to be noted is that when He comes, He narrates the great versions, rather than rectifying the previous great versions. How would Shiva falsify His own statements! So, whenever someone says that Shiva comes in their Guru, ask them for the great versions (Murli) spoken by him. Hence the final truth is that God comes only in the body chosen by Him in Madhuban, nowhere else.

Question: I am a Kumar (bachelor). I wake up in the morning, but I feel anxiety and I am not able to sit in Yog. I wish to enjoy the Amritvela, kindly advise.

While we are asleep, there are three main influences on our brain. One is the influence of the food, if it was heavy or it was not digested then its bad effect would be there on the brain.

Second, the influence of the negative energy around us and third is the influence of the negativity in our mind. These influences render the mind kind of inactive.

You need to activate your brain. For this, as soon

as you wake up in the morning, hum the song – God is with you, there is nothing to fear (Ishwar apne saath hai, darne ki kya baat hai). Take a short walk. Play some Avyakt Murli or Sakar Murli or some song. Brush your teeth and take bath. This would activate your brain. You must have noted that some are able to sit in Yog at 5:00, others at 6:00, and yet others are able to concentrate after Murli. The reason is the activation of brain.

Take light and easily digestible food at night. Do the same practice that you wish to do in the morning for fifteen minutes before going to bed. If you would go to bed at night in happiness and bliss then your Amritvela would also be blissful. It is not beneficial to sleep late or sleep while watching TV.

Question : My sister follows the path of knowledge, her husband totally cooperates her but does not take up the knowledge himself. Sister yearns to come to Madhuban, please suggest some way out.

A great fortune is required to come on the path of knowledge, the account of good deeds (punya) needs to be full since Godly meeting cannot be everyone's destiny. The soul who cooperates others to follow the path of knowledge is definitely a good soul. One day that soul would also follow the path of knowledge.

Tell your sister to remember the point of self respect 108 times – 'I am a beloved deity' and practice Yog for half an hour especially to become bondage free. She must practice this for three months, her desire would be fulfilled.

Question : Our religious epics have also been teaching good things but why don't the people inculcate those points?

The great compliances have been mentioned in all religious epics. For example pride is bad, anger is fire, greed is the seed of sin, one must be true and honest or one must not get involved in sins, keep your mind pure, etc.

However, at present the powers of the soul or mind and intellect have reduced to a great extent, hence, it is not able to hold the goodness but on the other side one gets easily influenced by negativity.

If we wish to inculcate the great compliances, then we would have to enhance our inner powers. For this we need to identify the true form of God and practice connection with Him.

Question : I always have this question in mind- why are the diseases increasing and how can one gain complete health? Even though some find the bad eating habits to be a reason still there are many who have good eating habits and they are not free from disease.

It is the artificiality of food, vegetables and fruits and faulty life style which are responsible for sickness. As per doctors, stress is also breeding diseases. There is one more important reason - the sins committed by man during the various births which get recorded in the mind and have a negative influence over the brain.

At present, another prominent reason is the

multiplying influence of lust. This has been inspired by the medical science only. Thus, until the science does not accept the fact that lust destroys the immunity of the body and weaknes the body, mind and intellect, we cannot win over the diseases.

Now Yogeshwar Shiv Baba is making us victorious over the vices through 'Manmanabhav'(Rajyog). He says that by being Manmanabhav you would be free from diseases for 21 births. Hence, those who wish to be completely healthy, must pay attention to good deeds, keeping the mind happy and simple life along with Pranayam.

Question : Shiv Baba comes to bless us. It is written in the scriptures that when God is pleased at someone's Tapasya, He aks the effort maker to seek some blessing and says Tathastu (it may come true). However, on confluence age God is already pleased with us. We wish to receive His blessings.

It is true that God who is the bestower of blessings is pleased with us now and He is blessing all of His children, however, some are able to receive the blessings and others are not. Remember the souls who stay in Godly intoxication for a long time, only their intellect has the power to receive the blessings. This is because only the Godly intoxication cleans the intellect. Clean intellect is the way to the summit of spirituality.

Some are able to please the Bestower of blessings by their services, others please Him by obeying His guidelines and yet others by saying 'yes' to His tasks. He is always pleased with the pure and Yogi children and

blesses them.

You should clean your intellect and whatever Godly point of self respect you receive, you must accept it as a blessing wholeheartedly. There must be no doubt. Stay in that intoxication and use them with full faith, then those blessings would start functioning.

The blessings have a power to transform even fire into water. The consciousness of blessings makes us so blessed that we become master bestower of blessings. In order to receive the blessings it is very important to be pure; and it is much more important to have complete control over the tongue and that the mind is free from waste. In order to keep the vessel of intellect clean, do not allow the entrance of hatred and envy in your mind. To look at and to think about others is not our subject. Then, why should we abandon the contemplation about the self and engage in such activities! It is primarily important that we do not waste time in meaningless issues. Those, who are still diving into the ocean of issues, they can neither be yogis nor be bestower of blessings. Hence, in order to receive the blessings of your choice from the Bestower of blessings, clean your intellect and make it capable.

Question : I am a government officer. I have a son. We have been following the path of knowledge and spending a comfortable and happy life. One year ago, my son got married and thereafter our daughter-in-law has converted our house into a battlefield. She bullies everyone. We need a method to pacify her.

We have received such questions from many families. First a mother desires a daughter-in-law and then later yearns for freedom from her. The boy is also very upset and feels that he was better off as a bachelor. He regrets that he has purchased this life-long anxiety having heeded to the desire of his mother and maya and having disobeyed Baba. Somewhere mother-in-law is perturbed by daughter-in-law and other places vice versa is true. All this is the drama of actions. When someone hurts others by his bitter tongue, he does not realize that he would have to bear its repercussions. One faces the consequences immediately and in future too in the form of anxiety.

Your daughter-in-law is troubling you, definitely you have also troubled that soul in the previous births. Now, solve it like this. You must apologize from her. Hence, every morning, all three of you must apologize from her by the practice of point of self respect – I am a great soul. Take her as a soul and realize that she is innocent. Do this for seven days, she will be pacified. Look at her in soul consciousness and bear the attitude that she is a great soul of deity clan. Hence, her sanskars would start to change.

Question : We have met Avyakt BapDada a number of times. We have complete faith too. But, some people say that only Brahma Baba enters in Dadi's body and not God Shiva. Kindly advise.

Many people say this to express their feelings of anger, hatred, and envy; and to publicize themselves. When you have seen and experienced that God Himself

comes then there is no entity in front of the authority of experience. Let me clarify that Brahma Baba is not some ordinary soul. He is close to God, the soul of Sri Krishna, he is complete and totally like Father. If Shiv Baba is 100 degrees, he is 99 degrees. Would it not be supremely blissful to meet him too? This is also true that the people who feel that Shiv Baba comes at their place, they are mistaken and are very innocent.

The medium of Shiv Baba is Brahma only, may in sakar (corporeal form) or akaar (incorporeal form). When Dadi goes in dhyaan her subtle body gets detached from her, and the subtle body is the life force of the body; hence Shiv Baba has to enter the body of Dadi with Brahma Baba. They do not come separately. They function together. Since all souls desire to meet God, they are able to quench their thirst of many births upon meeting God, hence Shiv Baba comes to meet everyone and brings Brahma along. To doubt this is ignorance.

Question : I have a question that when Bap Dada come in Dadi's body, why does He speak so softly? When Bhog is offered to Baba, who eats it?

If you practice continuous Yog for a week in silence and then speak, you too would speak softly . Now, He who lives in the subtle world, away from the world of voice, when He comes on this earth, even His voice would be subtle. Shiv Baba does not eat anything, Bhog is accepted by Brahma Baba only.

Question : I am a Kumari, I am 15-years-old. I am disturbed by so many waste thoughts that it feels that my mind would burst. I am not able to control them. This is making me weak and I stay upset. It is as if I do not know the meaning of true happiness. Kindly suggest me the method of liberation from this.

In the Iron age, the force of waste thoughts in the mind is becoming uncontrollable. Its results are showing up in the form of many diseases like mental disorders, heart attack, diabetes, high blood pressure etc. take a determined thought that we need to become free from this epidemic. Say goodbye to TV, internet, and mobile for atleast three months. Everyday read Avyakt murli for ten minutes each five times a day. Write a point of self respect 108 times. Mainly take two points of self respect – I am a great soul and I am a sun of purity. If you would practice meditation at four in the morning, you would become free from waste very soon. The reason of the waste is the impurity of many births, there is lot of dirt in the intellect. Hatred, envy, revengefulness, and lack of simplicity are responsible for this. Free yourself from all these. If possible, accumulate the treasure of charity by giving your services in Yagya for fifteen days. Then you would start experiencing the blissful thoughts.

Question : I am a 27-year-old woman, however, I have habits of men. Because of this, I find life to be a punishment. My intellect and mind have become weak because of this continuous stress. Even my parents are very upset because of this. Should I end my life? Kindly advise solution.

If you would practice incorporeal form with the consciousness – I am a soul, this problem would disappear completely. The soul is neither a male nor a female. The emotions of lust are the reason of your stress. Now, honestly accept purity and experience the Godly comfort.

You must accept this event of drama and enjoy this life. Make up your mind that I am going to become a deity for many births by following the Godly path of knowledge. I need to fulfill myself with the blissful experiences of Godly meetings. Rather than being upset thinking what cannot be done, it would be better to do whatever can be done.

Your parents are upset because they do not know how to solve this problem. They are innocent, your actions of previous births are responsible for this. However, they must love you. They have probably brought you on the path of knowledge keeping your problem in mind. Now, it is in your hands to be happy. Suicide is a great sin. You would continue to wander in pain forever. Hence, you must give up this thought.

Question : I am able to bear the ignorance of the ignorants, however, it is difficult to bear the ignorance of the knowledgeable people. Kindly suggest a way so that I am able to bear this too.

Remember that when the knowledgeable person is expressing ignorance, he is no longer knowledgeable. This would pacify your questions – why is person doing this despite being a knowledgeable person and your tolerance power would be invoked again.

Question : I wis to progress in my life, but I am not able to tolerate. How to enhance the power of tolerance.

Every morning take the thought seven times – I am master almighty. Almighty Baba has bestowed His powers upon me, hence I have tolerance too. I am the deity of tolerance. This would enhance your tolerance. Practice this for atleast 21 days.

Question : there are some people in this world who stay upset without any reason. What is the reason behind this and how can this be solved?

It is a habit of some people to stay upset because of small things. They stay upset only by the thought of many things. The true reason behind this is that they have troubled many souls for many births. Those who trouble others do not have the power to tolerate sorrow. Hence, if we have to free ourselves from this thought, we need to practice Rajyoga more and start giving others comfort and increase the account of charity. Everyday, we must give our time in the service of Yagya and extend our services with lot of sincerity and love.

Question : Some people follow the path of knowledge, however, continue with the addictions too. They call it a hobby and not a habit. Is this true?

Those who consume alcohol and enjoy in the parties even after becoming Baba's children, are not true children of Baba. They may please themselves by the thought that these things do not disturb us, we consume just a little out of hobby; however, Baba does not accept

them. This slowly affects their brain too. Hence, a BK must follow the Godly directions, only then one would be able to experience all achievements. The truth is that they are not able to give up the addictions and thus they use some excuse or reason. One disobeys the Godly direction easily; however, one is not able to tolerate the repercussions easily.

Question: I always fix a huge target but I am never able to achieve the target. What is the reason behind it and how to achieve the target?

You do not plan to achieve the targets. Take a small example, if you need to catch a train at four, how are you going to plan! First, you would plan to wake up, then you would plan the luggage to be carried, and then you would plan how to reach the station from home. If you set a great target, make a simple plan to achieve it.

For example, if you set a target to practice the drill of incorporeal form and angelic form eight times a day, then you may plan to practice twice in the morning, twice before the class, once after the class, once somewhere during the day and twice in the evening. Then you will be able to do it. Also plan, if you miss at some time then when are you going to do it, then you would be successful.

Question: How do you foresee the future of this world? Would the world not exist after 2012?

T h e world would be here, however, you need to realize whether you would be here or not. The Mayans

predicted this, so it is possible they are extinct by now. It seems that during that time there would definitely be some disasters, however, complete catastrophe would not happen. Bharat is an eternal region since God comes here, devastation would occur here slowly. This period of destruction would be Dharamjrajpuri too and would complete everyone.

The future of this world is golden. Heaven would be created on this earth, the creator has laid its foundation. This land has to be vacated and prepared for the deities. The hidden treasures in the earth would come to the surface.

Question : What should we do to stay stable during the devastation? We wish to know what sort of tests would come during the destruction?

This question is very useful, however, the answer can be very upsetting for you. Any ways, everything that is 'mine' would be destroyed. All those, who you consider to be yours and not as souls, would leave the body and go to the subtle world; you may have to see all this. The wealth that you have accumulated and that you consider to be 'mine', would be lost in front of you. It is not necessary that it is destroyed, it may be stolen, burnt in fire, or the government may take it away. However, if you have the attitude 'everything is Yours' then you would not feel pain, since you would not lose anything.

The five elements of nature would attack together, the earthquakes would be horrendous, too heavy rains would manifest the catastrophe, strong winds would fly away everything along. Somewhere there would be

extreme heat, at other places there would be extreme cold. There would be rain of fire through bombs. There would be devastation and pain all around. There would be civil wars at many places. As per Godly version, there would be light at every 25 kilometers. Humans would not be visible at long distances. You would have to walk over the dead bodies. Everywhere you would see the dead. There would be wandering souls everywhere. Only the very strong souls would be able to witness all this. Rest of them would leave body in anxiety. The great souls would not only have to stay stable, but also spread the powerful vibrations (sakaash).

Those who have stayed in the consciousness, those who have practiced detached form for a long time, those who become good yogis, and bearers of points of self respect – ‘I am master Almighty and I am sovereign soul’, they would be able to bless others with liberation from life or liberation from karma (jeevan mukti) and liberation or liberation from the body – going to subtle world (mukti).

However, those who would continue to suffer from their own sorrows, fears, despair, and doubts; they would experience extreme suffering; since at that time Shiv Baba would not be manifest which means He would not help us. The effect of the stage of self would be visible everywhere. Hence, especially there would be the test of attachment. The five vices would strike fiercely. The relatives and companions would abandon each other and one would find himself alone and without any foundation.

Question : I am from Tamil Nadu. I have a doubt, we talk to Baba in Tamil, however, Baba does not understand Tamil. Does he understand us? The devotees too talk to God in various languages, does he understand them too? He responds to us too, what is the secret behind this?

God (Baba) is incorporeal. God and soul have no language. Their talk is in the language of vibrations. Soul functions through brain. The vibrations of the soul convert in the language whose vibrations get imprinted on the brain since childhood. God would use the language of the medium in which He enters. Hence one must not have the doubt why God does not understand English.

You may have conversation with God in any language. Your thoughts leave your mind in the form of vibrations and reach God, and He is able to catch your thoughts. Baba's response is also transmitted in the form of vibrations and your mind converts it into your language. Hence, you must enjoy the conversations with Baba.

Question : It is said that knowledge of Vedas was God's inspiration to the Rishis. Is it true?

'Inspiration' is a good experience. God inspires the souls and souls also inspire each other. In order to receive the Godly inspiration, the Rishi must be completely pure, the intellect needs to be thoroughly clean and complete surrender needs to be there. Since, the receiver of Godly inspiration would mix his own thoughts into that. This can be noted from the inspirations received by various philosophers. Hence, we cannot say that complete truth

can be conveyed through inspirations.

Knowledge is quite vast, it cannot be received completely by inspirations. Hence, God has to come Himself to impart knowledge. The truth is that the knowledge was imprinted in the intellect of the rishis who created the vedas, as soon as they connected themselves to God (dhyaan), the knowledge was invoked. At that time, there was no printing press, the manuscripts were handwritten, hence later on the mixture of thoughts happened. We have been imparted the knowledge by the ocean of knowledge Himself. He shared that He does not give knowledge by inspirations. He comes Himself to give knowledge since even a pinch of impurity creates mixture in the inspirations. Even when God imparts knowledge face to face, some people are not able to imbibe; then how would they understand by inspiration.

Question : Who is a successful teacher? I wish to be ideal and successful teacher. What should I do?

Those who have been entrusted with the responsibility of the divine task, must be divine. The Godly task would be obstacle-free as per the divinity of one's life.

The successful teacher must be meditative (yog yukt), hence the chart of Yog should be more than 4 hours. The success of teacher would be measured by the meditative (Yog yukt) environment of the centre. Since the teacher is equal to mother, hence she must have the ability of spiritual nurturing.

The direction of the teacher who follows the Godly directions becomes Godly direction. Many people come to seek advise from a teacher, hence, if she would be soul conscious, then her advise would be useful.

The teacher who is full of good wishes (shubh bhavna), renunciant of ego, affectionate and cooperative towards all, and kind, is a successful teacher. You must become Yogi and simple hearted. Create such an environment in your centre that whoever comes there becomes Baba's child. That place may become a light house and peace house so that anyone who visits the place is comforted and is peaceful. The light of true knowledge may radiate from this place to the entire world. Hence, there must be no mental conflicts over there.

Question : I am a Kumar (bachelor). The boys of my colony trouble me a lot, ask money from me and bully me. What should I do? I wish to get rid of them as well as wish to make them good. What is the solution?

If they trouble you too much, you can file a report in police. That would help you. Along with this, you can practice – I am a great soul, I am master almighty. By such practice, they would pacify. You must not be afraid, remember the Almighty is with me.

Question: I am an *adharkumar*. I have heard that the sould of Sri Krishna takes the ninth birth as Sri Ram. If not, then why do they celebrate Ramnavmi after Sri Krishna janmashtami?

The soul of Sri Krishna and Sri Ram is different. They are not one. Sri Krishna is next to God and then it is Ram.

He is offered more devotion, which means that he served more but in the subject of Yog, he scored only 25 percent. However, Sri Krishna scored full marks in all four subjects. As far as devotion is concerned, all the ceremonies were started by the Rishis in the Copper Age based on the beliefs of that time. Janamashtami and navmi does not mean eighth or ninth, these are just the dates. Hence, one must not be confused by this.

Question: We gifted our anger to Shiv Baba on Shivaratri, however, this gift comes back to us times and again. How can we easily get rid of this?

When the gift comes down to you again, tell it to go back, you are no longer ours, we do not take the gifts back. It is a long journey to give up anger. One must neither be tired nor be hopeless. If you pay complete attention on the thought that you wish to get rid of anger completely, then the force of anger would mellow down. Reducing your stress and imbibing positive attitude towards others would help immensely. Remember at least ten times a day - I am a peaceful soul, detached from this body. Apart from this, remind yourself seven times as soon as you wake up- My mind is completely peaceful. By such practices, you would win over this vice completely within three months.

Question : In Godly versions, Baba has told us to look at others in the original form. Do not only look at the soul. Kindly explain this and how to do this. What would be the benefits?

God has come to purify us. He wants that our thoughts and feelings must become pure and our relationships

must become more affectionate. However, when we look at soul only, we may take a thought that this is a bad soul. This means we look at the soul but are still in body consciousness. This does not fulfill the objective of looking at others in soul consciousness. Hence, when we look at others, we must have the attitude that the soul is completely pure and peaceful, that the soul is great and belongs to the deity clan. This is a soul who has been selected by God out of millions, God Himself is looking after this soul, etc. such consciousness would enhance the mutual affection, good wishes, and there would be warmth in relationships. This would make the vibrations powerful and we would have concentration in meditation (yog).

Question : Baba has told us that we are ancestors. We need to nurture the souls of all religions. We are sitting in the roots. Clarify these thoughts. How do we have to spread the vibrations (sakaash).

We are souls of deity clan, we were the first to take birth in the Golden Age. We multiplied and hence our clan was established. We are the seed of our clan and hence the ancestors. We influence the entire clan.

We, the ancestors are seated in the roots of the Kalpa tree, which means, the entire Kalpa tree is above us. The vibrations of our stage, our purity, our powers, and our actions of charity spread in the entire Kalpa tree. Hence Baba has told us two things – the souls of all religions are now attracted towards you and if you stay in the consciousness of ancestor then the entire Kalpa tree would automatically receive the vibrations. We

have to spread the vibrations to the entire world. The method suggested by Baba is like this – Emerge yourself in front of the globe. Establish yourself in the points of self respect – I am master sun of knowledge, I am master almighty, I am a world benefactor soul; and practice that the rays are emitting from my eyes and forehead and radiating to the entire globe. To practice it simply- do it ten times for a little while at a time. Have faith that your vibrations would spread to the entire world.

Question : Baba says – Do the service of giving the vibrations, your obstacles would be automatically removed. How would this happen?

Most importantly, by the service of spreading vibrations, our meditation practice would become very simple. Secondly, the issues of life, loneliness and bondages would finish automatically. Third, our powerful vibrations would empower many souls, which is a great charity. By doing such charity, your account of sins would also reduce and the obstacles and bondages of your life would also finish.

Question : Baba says – If you share what sins you have done , you would become light. But, now Baba is no more, so should we write them down and put in the box of Baba in Madhuban or it is essential to share it with the soul who is instrument to service?

If the instrument soul is equal to Baba, has the power to merge and has the power of good wishes, it would be good to share. However, if you are not able to do this that write it down with clear heart and give it to Baba in Madhuban. Here clear heart means to realize

the mistake and to vow to never repeat the mistake again. It would not be beneficial to continue to repeat the mistakes and to share too.

There is one more beautiful method – inculcate the habit to share everything with Baba before going to bed. Thus you would be able to have to beautiful experiences. You would experience Baba’s love, you would have connection with Baba, your mind would be light, and your life would be transformed swiftly.

Question : I am a 32-year-old spinster (Kumari). I have severe back ache and I am not able to sleep properly since many years. I am very sensitive. I get anxious easily. I am very sick. Kindly suggest the remedy.

Insomnia gives birth to many diseases. This happens because of too many sins. Those, who would have created lot of obstacles in others’ sleep in previous births, suffer from this disease. Your sensitivity is also the cause of many diseases. You need to get rid of this too. You need to churn the knowledge and practice points of self respect to achieve this. Use this method to churn knowledge – read one Avyakt murli and write down its points, this would begin the churning. I am master Almighty – remember this 1008 times for a week, this would help you experience the power of this point of self respect. Then do it 20 times a day. Gradually, your sensitivity would go away. To normalize your sleep, apologize from the souls who you have offended, every morning and evening. Emerge them in your mind, apologize, and give them pure vibrations. Apart from this, before going to bed at night write 108 times – I am

a great soul. You must feel it too, this would send good vibrations to the brain and normalize the flow of energy. This method has solved the issue of sleeplessness of many. You must have complete faith that you would get rid of this problem completely. Pay attention, you need to live a simple life.

Question : I am not able to meditate, I feel very upset. I found knowledge as well as God, however did not find comfort. I am not able to set myself in the seed stage. Kindly suggest some easy method.

You may forget the thought of seed stage meditation for some time. First make preparations for fifteen days to be meditative. What preparations should we make? However, only two things ten times a day. First, look at yourself as a soul shining in the middle of the forehead. Second, look at the soul shining in others' forehead. If you are not able to look at the self as a soul, then experience that you have entered the body. You must remember, who is not able to meditate? We must pay attention to two compliances – one is purity and the other is that we must not perform negative actions. If there is the sanskar of purity then the intellect would be heavy and dirty. If one performs subtle negative actions, like body consciousness, involvement in waste, to have bad attitude for others, to use bitter words – this would also not let you have good experiences in meditation (Yog). If you would chase the worldly achievements too much, even then you would not receive the Godly comforts (paramatam such). If you wish to achieve something, then you would have to abandon something.

Question : I am a girl (kanya). My parents have had a discriminating attitude towards me since childhood. I have never been happy. Since childhood, I have inferiority complex. I find my life to be incomplete. I wish to get rid of this psychology. What efforts must I make?

This is a weakness of iron age that girls face discrimination. What is more upsetting is that a woman has discrimination against the woman. We must remember that when a woman who is sad and has hopeless attitude, becomes a mother, she would carry forward the same psychology and hence this would lead to the downfall of the future generations.

Dear sister, if the worldly parents do not love the daughters, God loves the girls a lot. Experience the love of the ocean of love and fill the gap. Whatever happens to someone carries some reason. Now, you must teach the mothers not to do this. You must practice the incorporeal stage to experience Godly love. If you would stay in Godly love, the ocean of love would love you immensely. Your parents discriminated against you, that is why you became Shiv Baba's child. now, you must spend your life in Godly bliss. Forget your past, stay busy in service, you would get love from many souls. You must not be upset, those who are slaves are upset.

Question : I am fearful. I start shivering at even little bit of noise. This fear is not letting me become powerful. Kindly help me in becoming fearless.

Dear soul, there are many reasons of fear. Do not take it negatively, I am sharing the reason in brief. Those who

have bullied others a lot in the previous births, they are fearful now. Those who have committed sins, their sins scare them now. Those who die because of some fearful incident, they have the imprints of the fear in their mind. Lack of faith in self also scares the humans.

Now, Shiv Baba has told us – you are Shiv shaktis (powers of Shiva). I have bestowed all of my powers upon you. Remind yourself many times a day – I am powerful, all Godly powers are with me, I am not afraid of anything. God Himself is with me. I am an eternal soul. I never die. I am a pure soul. Practice the points of self respect regularly and fear would be erased and your powers would be invoked. Apart from this, write ten powerful thoughts and read them everyday.

Question : I am a housewife. I have four children. I am very much attached to them. I worry unnecessarily. I am not able to detach. I wish to be victorious over attachment. Kindly help me.

Attachment has become a part of the soul like other vices. Since the souls always stays in the body, hence the attachment with the body has developed. The ego is the main reason of attachment. Attachment would be created with whoever or whatever we call to be 'mine'. Hence surrender the feeling of possession to Shiv Baba. Practice everyday – everything is yours. Surrender is a great compliance in effort making. This must be practiced number of times. Everyday contemplate – they are not children, they are souls. They are all shining stars. Were they my children in the previous birth, would they be my children in the next birth? These are relations of

the body and would continue to change.

Practice incorporeal stage. As your body consciousness is removed, you would become detached from your children too. If there would be too much attachment, there would not be love with Shiv Baba. As a result you would not get His love too. However, being detached does not mean that you do not carry out your responsibilities towards your children or you don't love them. Be soul conscious even while doing all this, then you will be detached.

Question : I am a kumar (bachelor). Many souls of my family are not following the knowledge. They cook for us separately and cook the food with onions and garlics for themselves. I do not like the food cooked by them. They argue that there is no harm in the food with onions and garlics. What should I do so that they start following the path of knowledge?

You can bring them on the path of knowledge through your good stage, not by sharing knowledge. For good stage, practice the point of self respect- I am a great soul. The chart of remembrance should be four hours a day. This must include incorporeal stage, soul consciousness, points of self respect, conversations with Baba, and concentrating over the form of Baba. Your purity would have the maximum effect. Remember the level of purity is proportional to the number of souls benefitted by you. Eventhough there are medicinal properties in onions and garlics, those who wish to win over lust, must abandon them.

Question: I am a divorcee (Adhar kumar). My wife has taken away my one year old son and has abandoned me. She is totally into the Iron Age habits (kalyugi) but I miss them. I am losing my memory. I wish comfort and peace in life.

Excess of lust and storm of attachment does all this to man. You have found God. If one has to abandon something after Godly achievement, then one should not find it difficult. If you remember your achievements times and again that renouncing something or someone abandoning you would not pinch you. Extend your effort of meditation, practice the point of self respect, then the Godly joy hence received would make you content. As soon your happiness returns, your memory would return. Look at your wife and your child as a soul ten times a day, everything would normalize.

Question : I am a Kumar (bachelor). I suffer from hypersomnia. I miss Amritvela every day, which makes me sad. There are many big tests ahead and I wish to accumulate power of meditation for that. What should I do?

To normalize your sleep, practice the sound of Om (twenty five times) and Pranayam – Anulom Vilom for ten minutes comfortably. Slowly, your brain would become fresh and your disease would be cured. For some days forget Amritvela and as soon as you wake up, sit in meditation for one hour and then sit in meditation for one hour in the evening. If you are not able to sit for one hour then practice meditation for ten minutes each four times a day. Read one Avyakt murli

every day. To strengthen your purity, surrender your forthcoming problem to God.

Question: I have the habit of anxiety since childhood. As soon as people see me, they understand that I am foolish. How do I free myself from this habit?

Remember, I am a royal soul of deity clan. Royal souls are always patient. Remember this five times a day. Remember this before going off to sleep and as soon as you wake up, this would pacify you, enhance your patience, and would develop your intellect. As soon as you wake up, take the thought, Baba has given me divine intellect, I am an intellectual. Take this thought for twenty days; people would start calling you wise.

Question :I am a mother. I am never calm. I am not peaceful and I am not able to connect to God, what should I do?

You have certainly filled your mind with dirt. Our mind and intellect are our temples, we should stay clean, but those who fill dirt in there, they stay upset and turbulent. Hence, clean your mind. Remove the vicious thoughts of envy-revengefulness, hatred, ego, selfishness, evil eyes, and anger. Have the lamp of knowledge always burning in your temple of mind. After waiting for so long, we have met God, we have received His true knowledge, if even now we would not light the lamp knowledge in the temple of our mind then we would not be able to earn good fortune.

Probably you would say that it is difficult to get rid of the vices. But this is easy for those who wish to get rid

of them. No dirt can sustain itself against fragrance. Give yourself a target – now if you wish to achieve everything from Baba then the things would be left behind. The mothers who stay perplexed in various things never become peaceful.