

The Easy Way to Spirituality is Contentment.

Today, BapDada was looking at the contentment, the spirituality and the smile of satisfaction of all the children from everywhere who are far away and yet remain close. Contentment is the easy way to experience spirituality and cheerfulness is the easy attainment. Those who have contentment are definitely seen to be embodiments of cheerfulness. To have contentment is to be an embodiment of all attainments. Contentment is the easy way to imbibe all specialities. The treasure of contentment automatically attracts all other treasures towards itself. Contentment is the practical proof of the *subject* of knowledge. Contentment makes you a carefree emperor. Contentment is the way to remain constantly *set* on your *seat* of self-respect. Contentment constantly and easily makes you into a great donor, a world benefactor and a bestower of blessings. Contentment frees you from spinning the cycle of the limitations of "mine and yours" and makes you into a spinner of the discus of self-realisation. Contentment makes you constantly free from negative thoughts and enables you to claim a right to the victorious seat of steadfastness and stability. It enables you to remain stable in the perfect form of having a right to remain constantly seated on BapDada's heart throne, to wear the tilak of easy remembrance and the crown of the service of world transformation. Contentment is the donation of life in Brahmin life. It is the easy way to progress in Brahmin life. When you are content with yourself and the family, the family is content with you. Whilst living in the midst of any situation, atmosphere or *vibrations* of upheaval, you remain content. Similarly, those who are embodiments of contentment claim a right to the *certificate* of being an elevated soul, a victorious jewel. You have to claim three *certificates*.

1) Contentment of the self with the self. 2) Constant contentment of the Father with the self. 3) Contentment of the Brahmin family with the self.

Through these you can make your present and your future elevated. Even now, there is time to claim the *certificates*. You can claim them, but you don't have too much time. It is *late* now, but it isn't *too late*. Even now, you can move forward with the speciality of contentment. Even now, there is a *margin* for coming *last* and going *fast* and coming *first*. Later, those who come *last* will remain *last*. Therefore, today, BapDada was *checking* these *certificates*. You can *check* yourself too. Are you cheerful or are you full of questions? Are you *double*-foreigners cheerful and content? If all your questions have ended, you remain cheerful. The time for contentment is the confluence age. It is at this time that you have the knowledge of contentment. There, you will remain beyond the knowledge of being content or discontent. It is at this time that there is the treasure of the confluence age. All contented souls are those who give others the treasures of contentment. You are *master* bestowers, children of the Bestower. You have accumulated this much, have you not? Have you accumulated a *full stock* or is there a *margin* for a little more? If your *stock* is low, you cannot become a world benefactor. You can only be a benefactor. You have to become equal to the Father. Achcha.

All of you, who have come from this land and abroad, are going back as *master* almighty authorities, full of all treasures, are you not? Since you have come here, you also have to return. The Father comes here and so He also goes back. You children too come here and go back having become full. You go back to make others equal to the Father. You go back to make your Brahmin family grow. You go back to quench the thirst of thirsty souls. This is why you are going back, is it not? You are not going back due to your own heart's desire or because of any bondage, but you are going back according to the Father's *directions* for service for a short time. You are going back with this understanding, are you not? Don't think that you belong to America or Australia etc., no. BapDada has made you instruments for service and sent you there for a short time. BapDada is sending you there; you are not going there due to your own desire. You don't say, "My home, my country" etc. No, the Father is sending you to a service place. All of you are always detached and loving to the Father. You don't have any bondage, not even any bondage of service. The Father has sent you and so He knows. You have become instruments and so you are instruments for as long as and wherever He makes you instruments. You are *double light* in this way, are you not? You Pandavas are also loving and detached, are you not? No one here has any bondage. To become detached means to be loving. Achcha.

To those who constantly maintain the spirituality of contentment, to those who remain cheerful and give everyone the power of contentment through their every thought, word and deed, to those who make disheartened souls powerful with the treasures, to the constant world benefactors, unlimited carefree emperors, BapDada's love, remembrance and namaste.

Avyakt BapDada meeting Dadiji and Dadi Janki:

The pair of you being the holy swans of rup (the form) and basant (showering with words) is good. This one (Dadi Janki) prefers mostly to be an embodiment of silence and do service, whereas this one (Dadiji) has to speak. This one goes into solitude whenever she wants. This one prefers to serve through her form. In fact, all of you are “*all-round*”, but this is the partnership of Rup and Basant. In fact, there is a need for both these sanskars. Where words don't work, the form works, and where the form doesn't work, then words will work. Therefore, this is a good pairing. All the pairs that are formed are good. That pair was good and this is also good. (Referring to Didi). She has become an incognito river in the *drama*. Those from abroad also have a lot of love for her. It doesn't matter. You have seen the other form of Didi. Everyone is so happy to see you. All the Maharathis are together. Brij Indra, Nirmal Shanta - all are companions, even though they are far away. The Shaktis co-operate very well. Because you all place each one of you ahead of the other, you have moved forward, and, because of placing the instrument shaktis ahead, you are all ahead. This is the reason for the growth of service: through this you are making one another move forward. There is love for one another and there is *unity*. To speak constantly of the specialities of others is to make service grow. There has always been growth through this method and there will continue to be growth. To look constantly at the specialities and to teach others how to see specialities is the thread of the rosary of the gathering. Pearls are also threaded together on a thread. The thread of the gathering is: not to speak about anything except specialities. Because Madhuban is the great land, there is great fortune and great sin too. If someone goes back from Madhuban and speaks wasteful words, then that sin is accumulated. Therefore, always wear the spectacles of seeing specialities. You cannot then see anything wasteful. For instance, when you wear rose-tinted glasses, you cannot see anything that is not rose-coloured. Similarly, always wear the glasses of seeing specialities. Even if you do sometimes see something, don't speak about it. When you speak about it, you lose your fortune. If there are weaknesses etc., the Father is responsible for those. Who made you instruments? The Father. So to speak about the weaknesses of those who are instruments means to speak about the weaknesses of the Father. Therefore, let no one say anything except something with good wishes for the other.

BapDada sees you jewels as even more elevated than Himself. You are the decoration of the Father. So, the children who decorate the Father are even greater than He is. BapDada is pleased and sings praise of the children. Wah, My jewel So-and-so! Wah, My jewel So-and-so! He continues to sing this praise. The Father never looks at anyone's weaknesses. Even when He gives a signal, He gives that signal with *regard*, according to your speciality. Although the Father has the *authority*, He always gives a signal with that *regard*. Let this speciality of the Father's constantly *emerge* from the children. You have to *follow the Father*, do you not?

All the main senior sisters (Dadis) are sitting in front of BapDada:

The praise of Janak who was liberated in life is your memorial, is it not? There are the two *titles*: Liberated-in-life and Videhi (bodiless) - (for Dadi). This one –Dadiji - is a jewel anyway. The jewel of contentment, the jewel of the forehead, the jewel of success - so many jewels! All are jewels and nothing but jewels. No matter how much you try to hide the sparkle of jewels, they cannot remain hidden; a jewel will sparkle even in mud. It will work like a *light*. Therefore, that is your name and that is the work you do. This one (Dadi Janki) also has those virtues: bodiless and liberated-in-life. You always stay in the depths of the experience of happiness in life. This is called being liberated-in-life. Achcha

Avyakt version: Be humble and construct the new world.

The main basis of being constantly and easily successful in service is humility. To be humble means to maintain your self-respect and it is also the easy way to receive respect from everyone else. To be humble doesn't mean to bow down, but to make everyone bow down to your speciality and love. The sign of greatness is humility. To the extent that you are humble, you will accordingly be considered great in the

heart of everyone. Humility easily makes you egoless. The seed of humility automatically enables you to attain the fruit of greatness. Humility is the easy way to receive blessings from everyone's heart. The sign of being egoless is humility. When you have the virtue of humility in your attitude, vision, words, contacts and relationships, you become great. Just as the bowing of a tree serves others, so too, to be humble means to become a server and bow down. This is why there has to be the balance of greatness and humility. Those who remain humble attain everyone's respect. When you are humble, everyone respects you. No one respects those who are arrogant; everyone moves far away from them. Those who are humble give everyone happiness. Wherever they go and whatever they do, they will give happiness to everyone. Whoever comes in contact with them experiences happiness.

The speciality of a server is being a very humble *world servant* who also has the *authority* of knowledge. To the extent that you remain humble, you accordingly remain a carefree emperor. Keep a *balance* of being humble and an *authority*. The consciousness of being humble and unlimited and of being an instrument are the main bases of successful service. To the extent that you have self-esteem, you also need to have humility. Let there be no arrogance in your self-esteem. Do not feel that you are more elevated than those younger than you. There mustn't be any feelings of dislike for them. No matter what souls are like, look at them with the vision of mercy. There mustn't be any arrogance or feeling of insult with others. Let there never be that type of behaviour in your Brahmin birth. When there is no arrogance, you won't feel insulted even when you are insulted. Such souls would constantly remain humble and busy in the task of construction. Those who are humble will be able to work for the construction of the new world. To consider oneself to be an instrument and to remain humble is the seed of good wishes and pure feelings. Instead of expecting any limited respect, be humble. Stubbornness indicates bad manners whereas humility indicates good manners. To be humble in your interactions with everyone indicates that you are good-mannered and truthful. You will become a star of success when you are not arrogant about your success and you don't speak about it. Do not sing your own praise, but to the extent that you are successful, be humble, constructive and easy-natured. Others may sing your praise, but you only sing praise of the Father. Such humility easily enables you to carry out the task of construction. Unless you are humble, you cannot carry out the task of construction. Because people *misunderstand*, they think that the souls who practise the lesson of remaining humble and who say "Ha ji" to everyone to be defeated. However, such souls are, in fact, victorious. Do not allow your intellect to change from having faith to having doubts because of what others say at that time or because of the atmosphere. Do not doubt whether you'll be victorious or defeated. Instead of that doubt, be firm in your faith. Today, others may say that you are defeated, but tomorrow, those same people will praise you by showering you with flowers. To have sanskars of having the specialities of being humble and constructive are the signs of a master. As well as this, others who come into contact with such souls will find them to be loving and will give them blessings from their hearts. They will have good wishes for them in their heart. Whether others know you or not, whether they have a distant relationship with you or not, through your love, let everyone who sees you feel that you belong to them. To the extent that you become full by imbibing all virtues and experiencing the fruit of all virtues, you must also become humble. Reveal every virtue you have by remaining in your stage of humility. Only then will you be called a great soul who has the authority of righteousness. A server is one who is constructive whilst also remaining humble. Humility is the means of success in service. By remaining humble, you will constantly remain light in service. When you are not humble but want respect, that becomes a burden, and those who are burdened will always come to a halt; they cannot go fast. Therefore, whenever you feel that you have a burden, you must understand that you are not humble. Where there is humility, there will not be any bossiness, there will be spirituality. Just as the Father comes here with so much humility, so *follow the Father* in the same way. If there is the slightest bossiness in service, that service will not be successful. Brahma Baba lowered himself with such humility. He was such a server who served with so much humility that he was even ready to massage the children's feet. He always felt that the children were ahead of him and could give better lectures than he could. He never put himself first. He always put the children first, he always let them go first and considered them to be senior. Because he did this, he didn't put himself down but, in fact, became even more elevated. This is known as being a number one worthy server. To give respect to others and keep yourself humble is a sign of having mercy for others. This form of constantly giving becomes a form of receiving for all time. Renounce temporary, perishable respect and remain stable in your self-respect. Remain humble and continue to give respect to others. This form of giving becomes a

form of receiving. To give respect to others means to put them ahead and infuse them with zeal and enthusiasm. When you give them the treasures of zeal, enthusiasm, happiness and co-operation all the time, you are made into a charitable soul for all time.

Blessing: May you be a powerful soul who transforms your waste thoughts into powerful thoughts and becomes an easy yogi.

Some children think that they don't have such a visible *part*, that they are unable to have yoga or become bodiless; these are waste thoughts. Transform these thoughts and have the powerful thought that remembrance is your original religion. "I am an easy yogi every cycle. If I do not become yogi, who else would?" Never think, "What can I do because my body is not working well? This old body is useless." No. Have thoughts of "Wah, wah!" Sing songs of wonder of your final body and you will receive power.

Slogan: The power of good wishes can transform the wasteful feelings of others.

*** OM SHANTI ***