

**Pure inspirations from BapDada and the Didis for the instrument teachers and all brothers and sisters who are the decoration of the Brahmin clan. (24/9/2025)**

**Stay free from all waste and become the embodiment of the mantra of “Manmanabhav” and only then will you be able to serve with your mind.**

Supremely Beloved Avyakt Mother and Father, BapDada’s sincerely loved instrument teachers, brothers and sisters of this land and abroad, who are the decoration of the Brahmin clan, ones who constantly accumulate your stock of pure thoughts, ones who remain full with good wishes, ones who are experienced in serving with your mind with your stage of happiness and also your attitude of happiness, along with Godly love and sweet love and remembrance, also accept very, very hearty auspicious greetings for the pure festival of Deepawali.

This month of October is the month of festivals and we will celebrate some of these festivals of the confluence age this month with a lot of splendour. The festival of Vijaya Dashmi (Dashera) is a memorial of victory over the vices, and then the festivals of Deepawali that come numberwise – Dhan Teras (worshipping of wealth), Goverdhan Puja (worship of the mountain being lifted with everyone’s finger of co-operation), little Diwali, big Diwali, the New Year, Bhai Duj (celebrating the relationship of brother and sister), etc. etc. All of us know the spiritual significance of these and give everyone greetings with a lot of zeal and enthusiasm, and sweeten everyone’s mouths. Our sweet Deepraj (King of Lamps??) Baba has ignited the lamps of all of us souls by pouring the oil of knowledge into us. All of us lamps who have been ignited will ignite the lights of many other lamps and celebrate Deepmala, the rosary of lights. We will close the old account book and begin a new account book. We cleanse every corner within and invoke Shri Lakshmi. Multimillionfold greetings to all of you for the many festivals of the confluence age that are full of such significance.

Now, according to the time, Baba says: Children, in order to ignite the light of all souls, make yourselves complete with good wishes, elevated feelings, an elevated attitude and elevated vibrations. Become a light-and-might house. With your stage and form of happiness, become experienced in serving with your mind. Liberate your mind and intellect from thinking anything wasteful. Become the easy embodiment of the mantra of “Manmanabhav”. The mirror of the power of your mind are your words and actions. Those who have a pure and powerful mind will automatically have powerful words and actions and these will be filled with pure and good wishes. So, now, sit in the laboratory of practice and experiment with the powers of yoga. Until now, you have been moving along the surface of the waves in the ocean of knowledge, virtues and powers, but now, you have to go to the bottom of the ocean and attain many unique jewels.

In order to accumulate the power of yoga, Baba says: Children, keep a balance of karma and yoga. While performing actions, have a powerful stage of yoga. Just as you create inventions for service, in the same way, in order to have special experiences of yoga, make time, bring newness and become an example in front of everyone, because according to the present time, all souls wish to see instant fruit, that is, the practical proof. With the power of silence you have, first of all experiment with that on the self, on any illness in the body, and then see how the form of karmic bondage will change into the form of a sweet relationship. With the power of silence, the suffering of karma and the severe bondage of karma will be experienced to be like a line in water.

Tell me, sitting in such a laboratory, experimenting with the good wishes in your mind, you have become images of success, have you not? Now, make special time for this and experiment with the subtle powers of your mind. Achcha. All of you must be flying high to accomplish the task of making your stage complete and also reveal the Supreme Soul.

Please accept love-filled very, very sweet remembrances. Om shanti.

In Godly service,

B.K. Mohini



**Experiment on yourself and others with your mind with the powers of yoga.**

- 1) Just as BapDada has mercy, in the same way, you children have to become master merciful and with the attitude of your mind, give souls the powers you have received from the Father through the atmosphere. Since you have to serve the whole world in a short time and purify everyone, including the elements, serve with your mind at a fast speed. Experiment with the powers of yoga.
- 2) None can say that they do not have a chance to do service. If someone is unable to speak, he can serve with his mind, with his attitude and stage of happiness. Even if your health is not good, sit at home and be co-operative. Simply accumulate a *stock* of pure thoughts in your mind and remain full of good wishes.
- 3) You can serve many souls through the mind (*mansa*) while staying at any place with your elevated feelings, good wishes, elevated attitude and elevated vibrations. The method for this is to become a lighthouse and a might house. It is not a question of having physical facilities, a chance or time for this. You just have to be full of light and might.
- 4) In order for you to serve with your mind, your mind and intellect have to be free from thinking wasteful thoughts. Let there be the easy form of the mantra of Manmanabhav. Such elevated souls who have powerful thoughts, good wishes and pure feelings can give the donation of powers with their minds.
- 5) The mirror of the power of the mind is your words and actions. Whether it is souls without this knowledge or souls who have this knowledge, when in a relationship or connection with either of them, let your words and actions be full of good wishes and pure feelings. Those who have pure and powerful minds will automatically have pure and powerful words and actions. When you have a powerful mind, it means the power of your remembrance will be elevated and powerful and you will be an easy yogi.
- 6) Just as you set your timetable for the day according to your physical work, in the same way, set a programme for the powerful state of your mind and you will never become upset. The busier you keep your mind in your powerful thoughts, the more time you will have not to get upset. When your mind is constantly set, that is, when it is concentrated, then your good *vibrations* automatically spread everywhere and service takes place.
- 7) At every moment, you, yourself, and others should automatically experience having the pure vibrations of good wishes and pure feelings for every soul. At every moment, let there always be blessings emerging from your mind for all souls. Just as you have become experienced in remaining busy in serving with words, so keep your mind constantly busy in doing this service. When you are not given any service to do, you experience yourself to be empty. Let service with your mind continue to take place automatically in this way just as service is done with words.
- 8) Just as serving with words has become natural, in the same way, let service with your mind also take place simultaneously and naturally. Together with serving with words, also continue to serve with your mind, you will then have to speak less. The energy you would have used when speaking will be saved when you co-operate by serving with your mind, and that powerful service of the mind will make you experience greater success.
- 9) The more you use your body, mind, wealth and time, by serving with the powers of your mind, the greater the success you will achieve in a shorter time. The effort you now have to make on yourself to transform your nature or to move along in the gathering, and to stop being disheartened when you don't see that much success in service, that effort will all finish.
- 10) When you have the natural practice of giving good wishes and auspicious blessings with your mind, your mind will remain busy and it will automatically step away from any upheaval that takes place within it. You will then never become disheartened with your efforts as you sometimes do now. There will be magic.
- 11) Now, increase the quality of your mind, and quality souls will then come close to you. There will be double service through this - of yourself and of others. You will not have to do anything separately for



yourself. You will experience the stage of having received the reward. The elevated reward of the present time is: “remaining constantly full with all attainments and making others full.”

- 12) According to the time now, do service with your mind and words at the same time. However, it is easy to serve with your words, but serving with your mind is a matter of paying *attention*. Therefore, constantly have thoughts of good wishes and pure feelings for everyone in your mind. Let there be the newness of sweetness, contentment and easiness in your words and you will easily continue to achieve success in the service you do.
- 13) The busier you keep yourself in serving with your mind, the more easily you will become a conqueror of Maya. Do not have feeling just for yourself, but also do the service of transforming others with your good wishes and pure feelings. Let there be a *balance* of your devotional feelings with this knowledge, love and yoga. You have become benevolent, so now become unlimited world benefactors.
- 14) Service with your mind is unlimited service. To the extent that people see you as a sample of serving with your mind and with words, they will accordingly be attracted. Simply have this determination and service will easily continue to take place. If you do not have time to serve with words, then you at least have time to bring about transformation by serving with your attitude and your mind. You must now not waste time in anything, but just do service. Be a constant yogi and a constant server. If you do not know how to serve with your mind, you can serve with your connection and your behaviour.
- 15) While doing any physical work, do the service of spreading your *vibrations* with your mind. A *businessman* would see his *business* even in his dreams. In the same way, your duty is to benefit the world. This is your *occupation*. Keep this *occupation* in your awareness and remain constantly busy in doing service. When you receive the fruit of your service, you will easily become a conqueror of Maya. Therefore, whenever your intellect is free, engage yourself in doing this service.
- 16) When you use science, you understand that science does very good work. In the same way, experiment with the power of *silence*. For this, increase the practice of concentration. The main basis of concentration is the *controlling power* of the mind with which the power of your mind increases. For this, stay in solitude.
- 17) Your thoughts are made successful by your soul-conscious vision. That occult power is for a short time, but by using the method of remembrance, the result of this success in your thoughts and actions becomes imperishable. Those people use occult power, whereas you use the method of remembrance and are thereby successful in your thoughts and actions.
- 18) Sit in the laboratory of practice and experiment with yoga and you will experience the support of the one Father and move away from the many types of obstacles of Maya. At present, you are moving along in the waves of the ocean of knowledge, the ocean of virtues and the ocean of powers just on the surface, and through this, you only experience temporary *refreshment*. However, when you go into the depths of the ocean, you will have unique experiences and attain jewels.
- 19) In order to accumulate the power of yoga, increase your practice of the *balance* of karma and yoga. While performing actions, let there be a *powerful stage* of yoga. Increase this practice. Just as you create *inventions* for doing service, in the same way, make time for the practice of these special experiences. Bring about newness and become an *example* for everyone.
- 20) According to the present time, all souls want to see some instant fruit, that is, some *practical proof*. So, try to use your body, mind, actions, relationships and connections with your power of *silence*. By using your power of silence, your thoughts can reach any soul even faster than a *wireless*. The special tool for this power is pure thoughts and with the tool of these thoughts, you can see whatever you want to see happening in a practical way.
- 21) First of all, experiment with the power of silence on yourself and any illness of your body and examine yourself. By using this power, your karmic bondages will change their form into sweet relationships. By using the power of silence, any suffering of karma, or strong bondage of karma will be experienced to be like a line on water. You won't feel that you are the one suffering but rather the witness, with being a detached observer you will then continue to observe the scenes while settling your karma.



- 22) The experimentation of yoga means to experiment and see the effects of your pure thoughts on your body, mind and sanskars, and you will then continue to move forward. In this, do not look at one another. “What is this one doing? This one is not doing this! Are the older ones doing this or not?” Do not look at these things. First of all, experience the effect of this because this is a matter of personal effort. When you busy yourself in making personal effort in this way and you experience growth in yourself, then the collective power of the silence of each one will make an impact on the world.
- 23) Just as by practising speaking you have become powerful with words, in the same way, continue to become experts in the power of silence. As you progress further, you will not have time to serve with words or physical facilities. At such a time, the facilities of the power of silence will be necessary because, to the extent that someone is very powerful, that person is also extremely subtle. Pure thoughts are subtler than words. Therefore, the impact of something subtle will be more powerful.
- 24) When you are not able to accomplish a task with words, it is said: This one will not understand with words, but transformation will take place with good wishes. Where words are not able to accomplish a task, then the instruments of the power of silence - which are your good wishes, pure feelings, mercy with the language of your eyes - and their experiencing love will be able to achieve it.
- 25) To experiment with yoga is to be able to spend very little of any treasure and yet have great attainment with it. Experiment with the method of labouring less and having greater success. Just as time and thoughts are elevated treasures, so have fewer thoughts and yet experience greater attainment. Ordinary people would attain success in something after thinking about it for two to four minutes, whereas you would be able to attain that in one or two seconds. This is known as greater glorification through less expenditure. Spend less and have 100% attainment and use whatever time and thoughts you save with this method in serving others, giving donations and performing charity. This is how to experiment with yoga.
- 26) Souls who experiment always become victorious over their sanskars, the situations that appear through matter and over the vices. For a yogi soul or a soul who experiments, the snake of the five vices becomes a garland around the neck or a stage on which to dance.
- 27) Electricity (light) is the basis of experimenting with the power of *science*, and a *computer* is considered to be *might*, but its basis is *light*. In the same way, the basis of your power of *silence* is also *light*. Since many types of experiments can be demonstrated practically through physical light, what can you not experiment with when you have the imperishable light of God, the light of your soul and the light of your practical stage.
- 28) When you use any electrical instruments, you would first check if they have power. In the same way, when you experiment with yoga, powers and virtues, first of all check the main basis: the power of your soul, God’s power and the lightness of your own stage. If you are double light in your stage and your form, you can easily succeed with your experimentation.
- 29) In order to make this practice powerful, first of all experiment on yourself. Every month or every 15 days, take one or another particular virtue or power and experiment on yourself with this. There will be test papers in gatherings and in connections and relationships. So, first of all, experiment on yourself and if any paper comes, check which particular virtue or power you used to success and how many times you used it. When you experience success in yourself, the zeal and enthusiasm to experiment with this on others will then automatically increase.
- 30) In order to experiment with yoga, you have to underline even more having purity in your vision and attitude. Make the foundation of your thoughts, pure, knowledge-full and powerful. No matter how much someone who comes in front of you has been wandering has become distressed with waves of sorrow and thinks that it is impossible to remain happy, as soon as he comes in front of you, let your image, your attitude and your vision transform that soul. This is how to experiment with yoga.
- 31) Use the vehicle of your divine intellect to stabilise in the stage of the highest peak. Be a resident of the avyakt region and spread waves of the co-operation of good wishes and pure feelings for all souls. With the experimentation of yoga, give unhappy and peaceless souls the sakaash of peace and power.

\*\*\* OM SHANTI \*\*\*