

Sweet letter of remembrance for instrument teachers and the Brahmin family (20-9-26)

Become complete with the feeling of uplifting others and uplift everyone.

Beloved Avyakt BapDada's deeply loving instrument teachers, brothers and sisters of this land and abroad, the light of Baba's eyes and the decoration of the Brahmin clan, who with your good wishes and pure feelings make everyone virtuous, ones who are the great donors, and uplift everyone who defames you, please accept Godly love-filled sweet remembrance.

At present, there is a very good wave of tapasya among the whole Brahmin family everywhere. Everyone is paying attention to service and self-progress and with a plain intellect are making all plans practical. Now, according to Beloved BapDada's advice and instructions, all of us have to be powerful, knowledge-full and love-full in our thoughts, words and actions, and do unlimited service. Now, all of us have these good wishes in our hearts that our Beloved BapDada is revealed in every corner of the world very quickly, because day by day, sorrow and peacelessness are increasing everywhere. On the one hand, the elements of nature are showing their tamoguni form to the world. Suddenly, we get to hear news that, in just a short time, there was a huge flood which took the lives of so many people, and so many people became homeless. Matter is showing its own form, and on the other hand, all the many types of old karmic accounts are suddenly emerging, and souls are stressed and experiencing sorrow and peacelessness. On the third side, souls who are to bring about destruction are carrying on with their work at a fast speed. At such a time, all of us souls, who are instruments for the establishment, are uplifting everyone through the elevated feelings in our mind, and we have to give everyone sakaash and give everyone the good news of the beautiful golden world that is to come. We have to become complete by constantly being a bestower and having feelings of uplifting others. Never have the vision of dislike for anyone. Just as the Father never has any dislike for any child, and always has good wishes for everyone, we have to follow the Father.

BapDada now wishes to see such a group of souls who uplift others, who sacrifice their time, happiness, name, respect, pride and the desire for all attainments, who renounce the desire to take anything, and are just great donors. Keep yourselves content at all times and be a jewel of contentment who is always complete and makes others content. With the good wishes of uplifting everyone, with your love, power, sweet words, and through the co-operation of your zeal and enthusiasm, make those who are disheartened powerful. In every situation, in every task, in every co-operative gathering, let there be altruism – a group of such souls who uplift everyone is needed now. So tell me, you will fulfil the pure hopes of sweet BapDada, will you not?

Now, in Madhuban, there is soon going to be the splendour of the Avyakt meetings and all of you must be making your programme to come to Madhuban according to your turns. All of you are warmly welcomed to Baba's home. Achcha.

Lots of love and remembrance to all.

In Godly service,

BK Mohini
Administrative Head, Brahma Kumaris

Embrace the spirit of uplifting others and uplift those who have defamed you.

- 1) In order to embrace the spirit of uplifting others, only see the virtues of every soul. While seeing the weaknesses and defects of anyone, use your good wishes and desire to help him, to donate power to that soul and make him virtuous. Sacrifice your time, happiness, name and fame and desire for any attainment. Become the great donors who have renounced the desire to receive, for only then would you be said to be full of the motive of uplifting others.
- 2) To donate all your treasures to all souls is to uplift them. Those who uplift others in this way will experience themselves to be full of all treasures and emperors of the land without sorrow. No sanskars of sorrow can emerge, even in their thoughts. When doing service, do not see anyone's weak sanskars, but have a merciful vision for them and uplift those who defame you.
- 3) To donate endlessly with the power of your thoughts, the power of your words, the colour of your company, your love-full relationships and your limitless treasure of happiness is to have mercy for others and uplift them. Let any soul who comes into contact with you go back filled with the treasure of happiness. Become such endless donors.
- 4) Do not have the desire to give to others only after having received something from them. Let it not even enter your thoughts: If this one does this, then I will do this, if this one changes, then I will change; only if they change a little will I also change a little. Only those who make even beggars full of all treasures and uplift those who defame them can be filled with the feelings of uplifting others.
- 5) Through being trikaldarshi and remaining fully co-operative with the soul in front of them, while recognising the weaknesses of every soul, they will not imbibe that weakness into themselves, they will not speak about it, but through their benevolent form, they will finish the thorns of weaknesses of all souls. Instead of becoming thorns, they will make thorns into flowers.
- 6) Those who are full of feelings of upliftment and mercy will constantly be jewels of contentment; they themselves will be content and they will make others content. Their wonder is that they will create hope in those who are hopeless. Their lamps of hope always remain ignited for people and situations in which others have shown hopelessness. With their good wishes for uplifting others, they will give love, power, sweet words and the co-operation of zeal and enthusiasm, and make disheartened souls powerful, that is, they will make beggars into emperors.
- 7) If any co-operative brother or sister or any soul of the family, through their misunderstanding or childish stubbornness, considers temporary things to be permanent attainment and have any desire for temporary name, fame, respect and attainment, then to give regard to that one while being humble yourself is to uplift others. To give in this way is to receive for all time.
- 8) At this time, a group of those who uplift others, those who are bestowers who give to others, is needed. Just as kings who are full always give to their subjects; the hands of kings who are full are never hands that take, but hands that give, so you children are those who play the parts of bestower, as emperors in heaven, and so let that sanskar be filled in you from now.
- 9) Those who are free of the knowledge of desires for themselves and are unending donors are the ones who uplift others. The father gave his own time for service. He himself was humble and gave respect to the children. "Children first!" Although it was the name of the children, it was his work. He even renounced the attainment of any name for the work that he did. Even through his name, he became one who uplifted others. Follow the father in the same way.
- 10) Father Brahma made the children into the masters and considered himself to be a server. He gave them the respect of being the masters. He gave them honour and name. He never glorified his own name, but always said, "My children". The father renounced his name, honour and respect and uplifted others, and considered his own happiness to be in the happiness of the children. He considered any experience of unhappiness of the children to be his own unhappiness. In the same way, follow the father and become full of feelings of upliftment, for only then will the task of world benefit be completed.
- 11) To uplift even those who defame you is the duty of a knowledgeable soul. The father even saw defamation with benevolent vision. Even people of the world have mercy for those who have mercy,

devotee souls also have that. However, to be a knowledgeable soul means to have feelings of benefit for everyone and not to have the slightest thought of causing a loss. Only when you have feelings of mercy and upliftment for those who defame you will you be said to be a world benefactor.

- 12) At present, many souls have the desire to uplift themselves, but they don't have the courage or the power. You children who uplift others are the instruments to uplift such weak souls. Only when you have a true heart can you uplift others. In order to have a right to the sovereignty of the kingdom of the world, together with uplifting yourself, you also have to uplift others.
- 13) BapDada always gives the shrimat: Constantly have good wishes and pure feelings in your mind for every soul. Have an attitude of uplifting even those who defame you. Your thoughts for everyone should always be elevated and altruistic. Constantly have the feeling of being a bestower. When you always have self-transformation, then, with your elevated actions, you can inspire others to perform elevated actions. Only then will you be called one who uplifts others.
- 14) Let there always be feelings of mercy, feelings of constant co-operation and feelings of giving courage to every soul. In every situation, in every task and in every co-operative gathering, let there be feelings of altruism. Then, it can be said that you have the desire to uplift everyone. Father Brahma did not accept anything for himself. He neither accepted praise, nor things. Nor did he accept a place to stay in. Both physical and subtle, it was always, "children first". This is called uplifting others. Follow the Father in this way and become equal to Him.
- 15) An enlightened soul is constantly an ocean of love for every soul. Such a soul has nothing but love. He would only treat with love anyone who comes to him. Nowadays, the need of love is greater than the need of wealth. With the power of love, you can change an enemy into a friend.
- 16) In order to serve with your mind, constantly have elevated and altruistic thoughts for everyone. Always have the motivation of uplifting everyone. Always maintain your elevated power of uplifting those who defame you. Always have the feeling that you are a bestower. Transform yourself and keep your actions constantly elevated and thereby inspire others to perform elevated actions.
- 17) No matter what type of souls come into contact with you, whether they are satoguni or tamoguni, always have pure thoughts for everyone. Always uplift even those who defame you. Never have a vision of dislike for any soul, because you know that that soul is influenced because of not having this knowledge. You know that that soul has no understanding. One would never dislike a child who acts without understanding. Instead, there would be feelings of mercy and love for that child.
- 18) BapDada co-operates with you children in every task and He will continue to do so until the end. Baba doesn't dislike anyone. He always has positive thoughts for even those who defame Him. Therefore, follow the Father. Constantly have pure motives and positive feelings for every soul. Instead of wondering why someone did something, think about how you can benefit every soul. You will then be called a world benefactor soul who has positive thoughts for everyone.
- 19) Even if someone insults you or accuses you falsely, do not get angry. It is the duty of you Brahmins to uplift those who defame you. When they insult you, embrace them. This is the wonder. This is called transformation. To embrace those who embrace you is not a big thing. However, when you consider someone who defames you to be your true friend, you will be known as someone who uplifts others.
- 20) You can sustain any soul with your benevolent attitude and feelings. No matter how much a soul defames you, you can make that soul into one who uplifts others with the sustenance you give him. No matter how impure a soul may be, you can purify that soul with your attitude of a purifier. A mother never looks at the weaknesses or defects of her children. She always has the feeling of putting them right. Similarly, stabilise in your form of a sustainer for others and you will then be able to continue to make accurate progress.
- 21) It isn't brave or courageous to make contented souls content, or to give love to lovable souls, or to co-operate with those who are co-operative. You are called brave when you use your power of co-operation to make unco-operative souls co-operate with you. Do not put aside weak ones because you consider them to be weak, but give them strength and make them strong. Enable weak souls to take a high jump. You will then be called a brave one who uplifts others.

- 22) It is not a big thing to have pure feelings for those who have pure feelings for you or uplift those who are already uplifted. However, when someone repeatedly tries to make you fall or tries to shake your mind, you must still have unshakeable and immovable pure feelings and thoughts for that soul. Your feelings for any soul must not change because of a situation. When someone defames you, transform that defamation in a second into upliftment. This would be called a wonder.
- 23) When souls, because of their nature or sanskars, come to test you, then, in a second, with the awareness of the One, use your elevated sanskars, the sanskars and nature that you have imbibed of being merciful for such souls. This is what it means to uplift them.
- 24) When anyone with body-conscious vision comes to you, transform his vision into soul-conscious vision in a second. When anyone comes, intending to make you fall or to influence you with their company, then on the basis of your constantly elevated company, remove that influence from them and make them into those who keep elevated company. When you learn the way to perform this type of transformation, you will never be defeated by any obstacle. Those who come into contact with you will surrender themselves to you when they see this elevated subtle service that you do.
- 25) Instead of stepping away from those who defame you daily or cause you a loss, continue to benefit them. This is the duty of you enlightened souls. The Father is praised because of His special virtue of being merciful. When you see images of the Father, either in this land or abroad, He is portrayed as the Merciful One. Therefore, all of you are master merciful. Therefore, become merciful and uplift everyone
- 26) You mustn't dislike or hate even very sinful souls who cause a lot of defamation or who are like storks. Do not disrespect them, but stabilise in the stage of a world benefactor and remain merciful. With your feelings of mercy, consider that relationship to be for service and continue to do service. The more you serve someone who seems to be a hopeless case, the more worthy you will become of claiming a prize and be praised as a famous world benefactor. You will also receive the prize of a peacemaker.
- 27) A soul who is going to reach the highest destination of a yogi life will transform slander into praise, rejection into respect, an insult into self-confidence, defamation into upliftment and remain constantly victorious. Such a soul will be equal to the Father, one of the eight jewels and a special deity of the devotees. Do not have any feeling of "When that one changes a little, I will then change." This is the feeling of taking. "I have to give vibrations. I have to be merciful. I have to give the co-operation of virtues and powers." Become a master bestower in this; be generous hearted.
- 28) BapDada always gives the shrimat: Let your mind constantly have good wishes and pure feelings for every soul. Have an attitude of uplifting even those who defame you. This is having a clean mind. When you have wasteful thoughts about yourself or others, that is not having a clean mind. When you have a clean mind, a clean and clear intellect, you will then be able to create a double-light stage. This is the easy way to make your stage equal to that of the Father.
- 29) To have feelings about any situation is a sign of failure. No matter how much someone defames you, let your vision and attitude always be that of uplifting that one. To the extent that you have a right, you will accordingly be egoless. Renounce even the ego that develops after you come onto this spiritual path. When you have such a vision and attitude of renunciation, you will then be able to have BapDada in your awareness and you will have such words on your lips.
- 30) Always keep your three forms in your awareness: 1) I am one who uplifts others. 2) I am egoless. 3) I have all rights. No matter how much someone defames others, let your vision and attitude always be that of uplifting others. Then, to the extent that you have all rights, you will accordingly be egoless. When you renounce the consciousness of "I" in your attitude, when you always have Bap and Dada in your awareness, and you have these words on your lips, you will then be able to become a Lord of the World and be able to serve the world.
- 31) Just as tiny "homeopathic" pills are able to finish a severe illness, in the same way, you master almighty authorities can finish the disease of anyone's harsh sanskars with your attitude and vision. Just as that medicine does not ask: How can I finish this illness? In the same way, you souls who uplift others have to become master suns of this knowledge and do the service of burning the impure thoughts and attitudes of all souls. Uplift those who defame you.

*** OM SHANTI ***