

Madhuban Newsletter – June 2023

**Be stable in your elevated self-respect, be humble and continue to give regard to everyone.
(19/05/2023)**

Beloved Avyakt BapDada's deeply loving instrument teachers, brothers and sisters of this land and abroad, who always remain stable in your highest and elevated self-respect and give regard to everyone, humble and instrument souls, ancestor souls of the world tree and the images of support, ones who are the decoration of the Brahmin clan, please accept Godly love-filled sweet remembrance.

From time to time, Beloved BapDada has given us many points of self-respect, and being aware of these, body consciousness finishes easily. Along with Himself, BapDada has made all of us children also the ancestor souls for the whole world. Baba says: Children, you are the image of support and the examples at the roots of the world tree. Constantly continue to give the sakaash of powers to your dynasty. Ancestor souls who are the image of support should always have this spiritual intoxication, be carefree ancestors and understand: whatever is happening is very good, and whatever is going to happen will be the best of all. Surrender the burden of all worries to BapDada, be double light and remain crowned.

Baba always says: Children, when you remain stable on your elevated seat of self-respect, then others will also give you self-respect. Unless you are seated on your seat of self-respect, Maya too will not surrender to you. To be seated on your seat means to consider yourself to be a master almighty authority. Self-respect and regard – both are deeply connected. The more we stay in our self-respect, the more regard we automatically receive from others. Then you are able to remain free from the feeling of insult and arrogance. At present, sweet Baba's hope for us children is that 'My children's record will always be the best of all. Baba tells us children: The method to keep your record good is to continue to give regard to everyone.

Baba shows us this method to be the blessed children: Every morning, as soon as you open your eyes, bring this self-respect in your awareness: "I am a supremely pure soul". Be seated on the seat of this seat of elevated self-respect and then perform actions. Always have the awareness: I am a charitable soul who performs charity at every step. I am a great soul who always has elevated thoughts, speaks elevated words and performs elevated actions. When you are seated on this seat, Maya can never come close to you. Tell me, keeping this aim, you are always victorious conquerors of Maya and conquerors of the physical organs, are you not?

In this hot season, a variety of service programmes are taking place in BapDada's home and there is a very good splendour. All of Baba's complexes are full. On one side is the wave of tapasya and on the other side, there are yoga camps for Baba's new children and the Wings programmes. Many of Baba's heir children come and are claiming their birthright. In July, in the monsoon season, bhatthi programmes of the different groups of teachers will be taking place in the Diamond Hall. Achcha.

Lots of love and remembrance to all.

In Godly service,

B.K. Ratanmohini

Avyakt Signals – June 2023

Be one with elevated self-respect and continue to regard to everyone.

1. Consider yourself to be a soul with elevated self-respect and remain stable in your self-respect and this self-respect will enable you to forget body consciousness. You stayed in body consciousness for half the cycle and, because of that body consciousness, you were a beggar asking for temporary respect. The Father has now come and made you into someone with elevated self-respect. Therefore, constantly remain stable in your self-respect. This self-respect will easily fulfil all desires.
2. One who has self-respect is always a carefree emperor and an embodiment of all attainments. Such a soul is ignorant of any lack of attainment. Someone with self-respect is always seated on the Father's heart-throne because he is a carefree emperor. Such souls cannot have any type of worry.
3. Just as the Father is always stable in His self-respect, in the same way, souls who are equal will also stay in their self-respect. They will not come down. Their every step will be of self-respect. Those who have such self-respect are equal to the Father. Self-respect is their throne. Before receiving the throne of the future, constantly remain seated on the throne of self-respect. Never get off the throne.
4. If any effort-maker falls down due to his or her own weakness or because of carelessness, that is, even if someone comes down from his *stage*, the duty of you charitable souls who are stable in your self-respect, is to uplift those who have fallen and make them co-operative. Those who are stable in their self-respect should never think that that soul is suffering the consequences of his actions, or that those who do something will definitely receive the return of it. That is also a trace of bossiness or arrogance, which souls who have self-respect cannot have in them.
5. Nowadays, people in the world have self-respect because of their position. When someone is a *president*, he receives such respect because of having that high position. In the same way, you children will also become world emperors by having such self-respect, and because of this self-respect, the world will respect you. Therefore, simply remain stable in your self-respect and you will receive all attainments.
6. Whether someone is young or old, an elephant rider or part of the infantry, look at everyone with a look of regard. Give regard even to those who don't give you regard. Show the destination to those who reject you. Become one who sings the praise of those who defame you. Only then will it be said that you are one who gives regard to all. Those who give such regard attain everyone's respect.
7. Pay attention to all three – your thoughts, words and deeds, 1) You always have to maintain your self-respect. 2) You have to take every step according to the Father's orders. 3) Give regard to anyone you come into contact with. However, only those who constantly remain humble can become bestowers of such self-respect. Because they are beyond any desire of receiving respect, they become worthy to receive elevated respect from everyone. This is an eternal law.
8. Constantly remain stable in your elevated self-respect, be humble and give respect to everyone and this giving will become receiving. To give respect means to bring zeal and enthusiasm into that soul and make him move forward. Therefore, constantly remain stable in your self-respect and continue to give respect to everyone.
9. When an important *officer* or a king is seated on his *seat* of self-respect, others also give him respect. If he himself is not seated on his *seat*, no one listens to his *orders*. In the same way, unless you are seated on your *seat* of self-respect, Maya will also not be able to *surrender* herself to you because she knows that you are not *set* on your *seat*. To be *set* on your *seat* means to consider yourself to be a *master* almighty authority.
10. In order to keep your *record* good, give *regard* to everyone. To the extent that someone gives *regard* to others, accordingly, his *record* remains fine. Give *regard* to others and make your own *record*. Just as to help the yagya is to receive help, in the same way, to give *regard* is to receive *regard*

11. Children who have self-respect in this one birth continue to receive respect throughout the whole cycle. In their own kingdom too, because of having a right to the kingdom, they receive respect from their people, and for half the cycle, they receive respect from their devotees. At this time, the Father Himself has given you children respect. This is why you have received a right to receive imperishable respect. Self-respect and respect are connected with each other.
12. Whenever you order any power, first of all check whether you are stable on your seat of awareness and your seat of self-respect. Remain stable on the seat of the awareness of being a master almighty authority and all powers are bound to come to you at the right time. You have to remain powerful in your self-respect to this extent.
13. Just as the Father is always stable in His self-respect, in the same way, souls who are equal will also be in their self-respect. Seeing their self-respect, it will emerge from everyone's lips: This one is in his or her self-respect, the same as the Father. Before being seated on the future throne, they will also be seated on the throne of their self-respect.
14. Because a charitable soul stable in his self-respect is a merciful bestower, he will uplift those who have fallen. Those who are in their self-respect will never have thoughts or speak words such as, "Why did you fall? You had to fall! You are suffering for your own actions. If you do something, you will definitely receive the return of it." They will not have the slightest trace of bossiness. Those who are in their self-respect will never become body conscious.
15. Those who maintain their self-respect in this one birth become worthy of receiving respect throughout the whole cycle. In their kingdom, they receive respect from their people and for half the cycle they receive respect from their devotees. In this last birth, you see and hear of them receiving the respect of the deity souls or the Shakti form from their devotees. Even now, everyone gives them so much love and respect from the bottom of their heart.
16. You Brahmins are the trunk of the tree of all souls. All the branches, that is, souls of all the different religions have also emerged from the main trunk. So, all of them belong to you. Those of you who have such self-respect should constantly consider yourselves to be master creators and original jewels of Adi Dev Brahma, the original actors, and give everyone respect and stay in your elevated self-respect.
17. Those who stay in their self-respect never desire to receive some limited respect or honour; they are ignorant of the knowledge of desire. All limited desires are merged in the one self-respect and they have no need to ask for anything.
18. Those who maintain their self-respect are constantly carefree emperors and embodiments of all attainments. They are ignorant of any lack of attainment. So always remember: I am a soul stable in my self-respect. A soul maintaining his self-respect is always seated on the Father's heart-throne because he is a carefree emperor. People in the world have so many worries. They wake up with worry and go to sleep with worry, whereas you are constantly carefree.
19. Seeing your self-respect, BapDada always says to you children: Wah my children with elevated self-respect who are self-sovereigns! Wah! The Father can see each child's speciality sparkling on the forehead of each one. You too have to recognize your own speciality and continue to use it for world service. Check to what extent you have become one who is loved by God and the family.
20. Always keep in your awareness the self-respect of being an elevated soul that you have received from BapDada: I am not an ordinary soul, I am a soul who has supreme self-respect. This self-respect will definitely enable you to achieve success in your every thought and every action. This self-respect will finish any arrogance because self-respect is elevated pure pride. This elevated pure pride finishes all types of different impure body-consciousness.
21. A soul stable in his self-respect and who naturally gives respect becomes worthy of respect in everyone's heart. You saw Father Brahma: although he is Adi Dev, the first soul in the drama, he always gave respect to the children. He enabled souls to receive even more than himself the respect of being children

and this was why Father Brahma became worthy of respect in the heart of each one of the children. To give respect means to sow seeds of love in the hearts of others.

22. With what vision did BapDada see any child who came in front of Him, whether it was a weak soul, a soul under the influence of his sanskars, a soul with the burden of his sins or a soul with harsh sanskars? My long-lost and now-found, beloved child, a child of the Godly family. He gave that respect and that one became someone with his own self-respect. Follow the Father in this way.
23. If you want to become full of all virtues easily, remain stable in your self-respect and give respect to everyone, just as the Father gave self-respect even higher than that of Himself to all the children. He liberated every child from falling at His feet and made him the crown on His head. He always called Himself the servant of the beloved children. He gave the respect of such a huge authority to the children. To the extent that you have self-respect, to that extent become humble and thereby loved by everyone.
24. Children who maintain their own self-respect not only look at others with that respect, but they will also come into relationship and connection with that respect because self-respect finishes body consciousness. Where there is self-respect, there cannot be ego of the body. The easy way to finish body consciousness is to stay constantly in your self-respect.
25. The speciality of everyone is merged in the vision, attitude and deeds of a soul stable in his self-respect. Anyone who belongs to the Father is a special soul. Although that soul may be numberwise, he is one of a handful out of multimillions. Consider yourself to be a special soul in this way, and remain stable in your self-respect.
26. According to the present time, BapDada constantly wants to see each child in the self-respect of being stable and concentrated. The first self-respect is: You have become a direct child of the Father whom you had been remembering; you are the number one child. BapDada selected you children out of multimillions from everywhere and made you belong to Him. The Father selected you directly from the five continents and made you belong to Him. Therefore, constantly remain in this self-respect.
27. BapDada, together with Himself, also made you children the first creation of the world and the ancestors of everyone. You are ancestors of the world, the worthy-of-worship souls. You are images of support, the roots of the whole tree. BapDada made each of His children an image of support and an example for the whole world. Constantly stay in this spiritual intoxication and remain a carefree emperor. Have the thought that whatever is happening is very good and that whatever is still to happen will be the best of all. Surrender the burden of all your worries to BapDada and become double-crowned.
28. Those who give respect consider even those who defame them to be their friend. They don't just consider those who give them respect to belong to them, but they even consider those who insult them to belong to them, because the whole world is their family. You Brahmins are the trunk (support) for the whole world. All those branches, that is, all the souls of the different religions have emerged from the main trunk. Therefore, give the respect of belonging; that everyone belongs to you.
29. Constantly have the self-respect of being a *master* creator and be a bestower of self-respect to all. Always consider yourself to be an original jewel of Adi Dev Brahma, a soul who plays the part from the beginning. Just as Father Brahma gave equal respect to all – small, young, mature and his equals, so *follow the father* in the same way.
30. “I am a supremely pure soul”. Remain stable on the seat of this elevated self-respect while performing actions and you will become someone who easily bestows blessings. To keep this in your awareness is to have the *seat* of the throne. Therefore, always have the awareness: I am a charitable soul who performs charity in every action. I am a great soul who always has elevated thoughts, speaks elevated words and performs elevated actions. When you remain stable on this seat, Maya can never come close to you.