

## December Newsletter – 2025

### Pure inspirations for the instrument teachers, brothers and sisters who are the decoration of the Brahmin clan. (21/11/2025)

#### **With the practice of being bodiless, experience the karmateet stage.**

Supremely beloved Avyakt Image, Mother, Father, BapDada's deeply loving instrument teachers, brothers and sisters from this land and abroad who are the decoration of the Brahmin clan, ones who are beyond any effect of any type of bondage of karma, ones who constantly perform actions while having a detached and loving stage and who have an alokik and an elevated life, please accept love-filled sweet remembrance.

At present, adverse situations and problems of the elements are also coming in front of you. At such a time, Baba says: Children, you now need to be a conqueror of sinful actions, karmateet and have a bodiless stage. The more you practise this and create your elevated stage, accordingly at the time of all the different circumstances, you will definitely receive help, but you need to have practised these over a long period of time. Whatever I had practised earlier, today, matter is taking tests and so whatever I had practised earlier is helping me a lot at this time. To have created your stage for when you are given your test papers, to be double light – this is needed at the present time. It feels as though this is also a scene of the drama. It feels like a game. Nothing feels heavy. Being light and understanding every part of the drama, continue to move forward. Baba also says: Children, now have the concern to become karmateet. For this, you mustn't be tied to the karmic accounts of your karma or in the bondage of service. Be free from bondage and do service. You also have to remain free from any limited, royal desires. The bondage of the body, the bondage of bodily relationships, any personal motive in service – all of these bondages become an obstacle to your becoming karmateet. No matter how much expansion there is in service, do not forget the essence in the expansion. Father Brahma in his physical life, before becoming karmateet, practised being detached and loving. He didn't renounce any service or any karma but, while being detached, he finished his service, even on the last day. Similarly, we have to follow the Father. While performing actions, let there be lightness of the body and lightness in the stage of your mind. Do not let the result of karma pull your mind. Be a master who is making the body perform actions and as an instrument I am doing everything. With this practice you will easily become complete, perfect and karmateet.

So tell me, my sweetest sisters and brothers, you are all practising this, are you not? Now, for some time I am in America. Hearing about all the different types of service taking place in Bharat, in my heart I constantly continue to sing praise of Baba and all of you tireless servers, my brothers and sisters. I am just seeing how Baba makes His children instruments and gets them to do unlimited service. Everywhere, very good service is taking place. The splendour of Madhuban is always unique. In this alokik meeting with BapDada, children from everywhere reached here. Even from the subtle region Baba gives the experience of His presence to all the children. Baba is also making every child full with all treasures. This is also Baba's wonderful sustenance, which I am sure all of you are definitely experiencing. Achcha.

Lots of love and remembrances from the heart to all.  
In Godly service,

B.K. Mohini  
Administrative Head, Brahma Kumaris

**With the practise of being bodiless, experience the karmateet stage.**

- 1) The blessing of the main teachings of the incorporeal form is “May you be karmateet!” The blessing of the subtle form, that is, the angelic form is “May you be double light!” “Double light” means to be light in all bondages of karma and light means to remain constantly stable in the form of light. Those who remain double light in this way can easily attain the karmateet stage. So, while engaging yourself in doing service, now have this deep concern, “I have to become complete and karmateet.”
- 2) Karmateet does not mean that you go beyond karma. Do not become detached from karma, but be detached from being trapped by any bondage of karma. This is known as being karmateet. The stage of karma yoga enables you to experience the karmateet stage. A karma yogi is extremely loving and detached. With this stage, no matter how big a task may be or how much effort it make take, it will feel as though you are not doing any work, but that you are just playing a game.
- 3) Karmateet means to be beyond, that is, to be detached from all types of limited natures and sanskars. Anything limited is a bondage and anything unlimited is being free from bondage. Now, celebrate the avyakt day of being free from any limited consciousness of “mine”, the same as Father Brahma. This is known as the proof of love.
- 4) In order to attain the karmateet stage, constantly perform actions as a detached observer. I am an alokik soul, who constantly stays in the stage of a detached observer, that is, in the stage of being constantly detached and loving while doing everything. I am a soul who has the alokik experience, an alokik life and an elevated life. Constantly have this intoxication. While performing actions, continue to increase this practice and you will attain the karmateet stage.
- 5) In order to become karmateet, increase the practice of being bodiless. The bondage of the body, the bondage of people, the bondage of material comforts, the bondage of nature and sanskars – let none of those bondages attract you. It is those bondages that are tight on the soul. For this, constantly practise being immune, that is, detached and loving.
- 6) In order to become karmateet, become free from any accounts of karma. In doing service, too, do not be a server who is tied in any bondage of service. Serve while being free from bondage, that is, be free from limited, royal desires. There are bondages of the body and bondages of the relations of the body. Similarly, selfishness in the service you do is also a bondage, which creates obstacles to you becoming karmateet. To be karmateet means to be free from these royal karmic accounts.
- 7) Remain unshakeable, immovable, free from obstacles, free from bondages and free from sinful thoughts and sinful actions. This means: be incorporeal, viceless and egoless over a long period of time, for only then will you able to become karmateet. No matter how much you expand service, while going into expansion, do not allow your staying in the stage of the essence to reduce. Do not forget the essence in the expansion. Eat, drink, do service, but do not forget to be detached.
- 8) In order to experience the karmateet stage, together with listening to this knowledge and relating it, now pay special attention to becoming detached and bodiless, the same as Father Brahma. Father Brahma gave the practical experience of remaining detached and loving in corporeal life, before becoming karmateet. He did not stop doing service or performing any other actions, but became detached and, till the last day, continued to serve the children. Follow the father in the same way.
- 9) To be karmateet means to be detached from and not even touched by any bondage of karma. Increase your experience in this. No action should touch you, so do not let yourself be touched by even the result of any task you have performed. Continue to experience complete detachment. It is as though someone else inspired you to do it and you just did it. Experience being detached even when you are an instrument for something. Whatever happened, put a full stop to it and become detached.
- 10) While doing anything have lightness in your body and lightness in your state of mind. Don’t let your mind be pulled by the result of any action. However much the task continues to increase, increase the lightness accordingly. Do not let any action pull you, but be a master, knowing that the one who is inspiring you is making it happen and the one who is carrying out the action is doing that as an instrument. Increase this practice and you will easily become complete and karmateet.

- 11) In order to become karmateet, check to what extent you have become detached from any bondage of your actions. To what extent have you become free from selfish motives in regard to your lokik and alokik and in actions and relationships? When you become free from any influence of karmic accounts and any wasteful nature or sanskars, you will then become able to attain the karmateet stage. No type of service, gathering or adverse situation should make you fluctuate in your original, elevated stage. To be free from even this bondage is to become close to the karmateet stage.
- 12) Karmateet means not to be influenced by karma, to be the master, the authority, and have relationships with your physical senses. Be detached from limited desires and act using your physical senses. Actions should not make the soul, the master, dependent, but the soul should be one with all rights who has actions performed. To be the one who inspires and inspires actions to be performed is known as having the relationship of karma. A karmateet soul has a relationship, not any bondage.
- 13) As a result of the karmic account of your past actions, you can have an illness of the body, or some conflict of sanskars with the sanskars of others. To become karmateet, do not be influenced by the suffering of karma, but settle your accounts as a master. To settle the suffering of karma by being a karma yogi is a sign of becoming karmateet. Practise being a karma yogi one moment and having the karmateet stage the next.
- 14) Your creation, the tortoise, is able to merge (pack up) all its organs in a *second*. Even the creation has the power to pack up. On the basis of the power to pack up, you *master* creators can stop all thoughts in a *second* and become stable in one thought in a *second*. When you stabilise yourself in the soul-conscious form, beyond any awareness of the actions of all your physical organs, you will then experience the karmateet stage.
- 15) Just as it has become easy to perform the actions of seeing, listening and speaking, similarly, experience the stage of becoming karmateet, that is, use your power to pack up to, become one who is beyond any effect of action. One is the stage of being dependent on action and the other is the karmateet stage, that is, the stage of having authority over actions. So, check that the royal activity of you, the self-sovereign soul, the conqueror of your physical senses, is working under your orders.
- 16) Every Brahmin has to become a living image, the same as Father Brahma. Become a showpiece of a light-and-might house. Prepare a lecture on thought power and silence and play the part of being an image that grants blessings in your karmateet stage and you will then come close to perfection. Then, in less than a second, you will be able to give directions through the wireless wherever you have to carry out a task. On the basis of your karmateet stage, you will have a thought and it will reach wherever you want it to in a second.
- 17) The effort of maharathis is especially to practise this: be a karma yogi one moment and then go into your karmateet stage the next. In the old world and in the final old body, do not let any illness bring any type of upheaval to your elevated stage. Let there only be thoughts of your original self, thoughts of this knowledge and pure and positive thoughts for others. Only then will you be said to have the karmateet stage.
- 18) Just as it has become easy to be in your corporeal form, in the same way, you souls have to practise being in your karmateet stage. One moment be a karma yogi and action and, as soon as you finish that action, be in your karmateet stage. This experience will then continue to become easy. Always have the aim to be in your karmateet stage. Become a karma yogi as an instrument to action and then become karmateet.
- 19) Just as it is natural to act, similarly, let it become natural to be karmateet. Perform actions and also stay in remembrance. Those who constantly stay in the karma yogi stage can easily become karmateet. Start to act when you want and then become detached when you want. Continue to practise this every now and then.
- 20) You saw in the sakar form that the part of the last karmateet stage was that of just giving blessings. It was the speciality of keeping a balance and the wonder of giving blessings. Follow the father in the same way. This is easy and powerful service. The part of special souls is now to give blessings, whether you give them through the eyes or the jewel on the forehead.
- 21) Just as there was just the one sound, "My Baba", emerging from everyone's lips for the Father, similarly, let there be this love and realisation for each of you elevated souls. Let there be the feeling of belonging

in each one. Let everyone consider you to be someone who has pure and positive thoughts for them and is their co-operative companion. This is known as being equal to the father and seated on the heart throne, in the karmateet stage.

- 22) Do not now have any bondage of actions while doing service. "My place, my service, my students, my co-operative souls." These too are karmic bondages of service. Be karmateet even of these karmic bondages. This is becoming karmateet. Give them the realisation that this is the same One, that this One is everything, and bring souls close to their destination.
- 23) Signal your power to each of your physical organs and you will be able to make them move as you want with such signals. Become a conqueror of the physical organs in this way and you will then be able to become a conqueror of matter, be seated in the karmateet stage and so become a ruler of the kingdom of the world. Each of your physical organs should continue to function, saying, "Yes my lord", "Present, my lord". When your physical organs constantly welcome you royal rulers, that is, when they continue to salute you, you will then be able to become karmateet.
- 24) When you come close to your karmateet stage, neither will your intellect be subservient to any soul nor will you create any karmic bondages. This means that you will be free from all karmic bondages, be detached and as an instrument you will enable actions to be performed through matter. In order to experience the karmateet stage, you do not repeatedly have to make effort to be detached. It will be an easy and natural experience. The physical organs that are doing everything are separate from the soul who is making it happen.
- 25) The vehicle of the inner stage, the stage that is free from any bondage of karma, and the karmateet stage, that is, the final stage: in this stage, you will be able to fly together in a second. For this, become a victorious jewel who is beyond all limitations, stable in your unlimited form and on unlimited service, who has attained victory over all limitations. Only then will you become an embodiment of experience of the karmateet form.
- 26) Become stable beyond sound, in your elevated stage, and you will make your stage be beyond all gross attractions, powerful, loving and detached. If you remain stable in this elevated stage for even a second, the effect of it will be that, while acting throughout the day, you will especially experience the power of silence in yourself. This stage is known as the karmateet stage, the stage of perfection, that is the same as the father's.
- 27) In order to attain the karmateet stage, it is especially essential to imbibe the power to pack up and the power to accommodate. A soul who is in some bondage of karma will only be able to perform an action where he is, whereas a karmateet soul will be able to play his part everywhere, while being anywhere because he is karmateet. The speed of such a soul is so fast that he can reach wherever he wants in a second. So, increase this experience.
- 28) At the time when your mind and intellect are very busy with action, give them the *direction* to put a stop. All thoughts of acting also have to stop. Practise this for even a second and continue to do this every now and then because you will receive the final certificate on putting a full stop in a second. In one second, merge any expansion into its essence and become an embodiment of that essence. This practice will make you karmateet.
- 29) Once a machine is set, it continues to work *automatically*. In the same way, set the stage of your complete and perfect stage, the stage equal to the Father's, that is, of the karmateet stage in such a way that your thoughts, words and deeds *automatically* continue according to that *setting*.
- 30) Know the deep philosophy of karma, that is, be trikaldarshi before you perform any action for only then will you be able to become karmateet. If you make even trivial mistakes in your thoughts, then, those too create a very severe karmic account. This is why you have to consider even a small mistake to be a big mistake because you are now coming close to your perfect stage.
- 31) To be karmateet means not to be attached to your actions, not to be subservient to your actions. Be liberated and make your physical organs act. There is the praise of being someone who is free from doing anything while doing everything, being karmateet while being in a relationship or connection. Do you have such a stage? Let there not be any attachment and do not do any service out of attachment, but just do it as an instrument. By acting in this way, you will easily become karmateet.