

In order to experience the subtle divine games, be introverted and practise constantly being in the soul conscious stage.

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, those who always sit in the cave of introversion and remain detached from the influence of the old world, who stay in the double light stage, please accept sweet love-filled remembrance.

The month of June is the month of remembrance of our deeply loved Mateshwari Jagadamba Saraswati Maa. Revising the sweet teachings of our sweet Maa from 1st to 30th June, keeping the aim of becoming an image of virtues and full of all powers, let us all race in making intense effort. For this, special homework is being sent from Madhuban. Sweet Mama heard every word of Baba with a lot of love and merged it in herself. She always made the lesson of the drama very firm and was always a detached observer. While observing any scene, she never came into any fluctuation. We never saw any signs of worry on Mama's face. Mama always maintained a very high level of spiritual intoxication. Through her face and her character, she always donated virtues. With memories of such a sweet mother, let us all keep the aim of bringing her virtues and powers into our lives.

Along with this, beloved BapDada's special signal is: Children, now be introverted, be detached from this body and practise staying in the soul conscious stage. Do everything while being introverted and you will be saved from all types of obstacles, all waste thoughts and the influence of the old world. This will save you time and the eye of the soul will continue to become powerful. By being introverted, you will experience many divine activities, such as invoking souls, having heart-to-heart conversations with souls, transforming the nature and sanskars of souls and enabling souls to have a connection with the Father. For this, have love for solitude, just as Father Brahma did, and make the lesson firm, "I am a soul, I am a soul!" You will then remain merged in the ocean of happiness and peace and, with your pure thoughts, vibrations, attitude, words and connections, enable all souls to experience peace and happiness.

According to the present circumstances, we all have to especially increase the practise of serving with our minds. Every evening, give all souls and matter the sakaash of your subtle powers. Just as you have an interest in listening the news of the world, in the same way, Baba says: Be stable in your original religion of happiness and peace, be master merciful and have mercy on those who are unhappy. Especially observing silence of the mind and the mouth, stay in the cave of introversion, practise being stable in the soul conscious stage beyond the body and this physical world. For this, let there be continuous yoga bhatthis taking place everywhere with which the atmosphere can become powerful and there will then be no trace of anything wasteful or gross. Tell me, keeping this aim, all of you are having collective yoga, are you not? Attention please!

All of you must be receiving news of the service taking place in the unlimited home of Madhuban. Along with yoga tapasya and the many programmes of the Wings, Raja Yoga camps are also taking place. Everyone is going back from Baba's home fully refreshed and experiencing a lot of happiness. Achcha. Lots of love and remembrance to all.

Avyakt Signal: Practise being in the stage of soul consciousness, be introverted.

- 1) In order to experience God's love, increase the practice of being introverted, detached from your body and remain stable in the soul-conscious stage. Constantly stay in the cave of introversion and you will continue to go beyond the atmosphere of this old world. You will not be affected by the atmosphere.
- 2) There isn't any Brahmin who doesn't make effort to be soul conscious. However, to become constantly soul conscious through which you have complete victory over your physical organs and each of your physical senses you have to become satopradhan and clean. In order to die alive completely to all your old sanskars and relations, you must be introverted. It is by making with this effort that you will claim your number.
- 3) The way to become free from any obstacle is to become aware of your form, that is, of your soul-conscious form of light in a second and when acting, have the consciousness of being an instrument. Become stable in this double-light form and you will take a high jump in a second. No obstacle will then obstruct you from moving forward.
- 4) The easy way to stay in constant remembrance is to have an attitude of being beyond (par vriti) while staying in your household (pravruti). An attitude of being beyond means soul consciousness. Those who maintain the awareness of their soul conscious form are constantly detached and loving to the Father. Whatever they do, they will not feel as though they have done anything, but have just played a game. Their spiritual eyes and spiritual image will become a divine mirror in which every soul will be able to see their soul-conscious form without making any effort.
- 5) When souls experience your soul conscious form, they will be attracted to the Father, sing songs of, "Oho Prabhu (O God), and will easily offer themselves, out of body consciousness. Oho your fortune! Oho. My fortune. Because of experiencing this fortune, they will renounce the awareness of the body and bodily relations.
- 6) Constantly have unlimited soul-conscious vision and an attitude of brotherhood in your relationships and also have good wishes for all souls, and you will definitely receive the fruit of that. Therefore, do not get tired of making effort. Do not become disheartened. Let your intellect have faith and become detached from the consciousness of "mine" and you will continue to give souls the co-operation of peace and power.
- 7) Powerful thoughts will enable you to accumulate soul power, that is, you will accumulate energy and you will also use your time in a worthwhile way. Wasteful thoughts will make you waste your *energy* and time. Therefore, now stop creating wasteful thoughts. It is this creation that disturbs the soul, the creator. So, constantly maintain this pride, "I, this soul, am a master almighty authority, I am a powerful soul", and you will never be disturbed. You will become one who finishes the disturbance of others.
- 8) Be introverted and with the practice of churning this knowledge, remain constantly intoxicated in alokik intoxication - then, none of the problems of this world will attract you. Just as military people go underground in order to save themselves from the impact of bombs, etc., in the same way, when you practise being introverted and underground in your soul-conscious stage, the things of extroversion will not disturb you.
- 9) By doing everything while introverted, you will be saved from obstacles and waste thoughts and your time will also be saved. When you remain introverted, you develop the power of awareness and the eyes of you souls become powerful. Then, when any obstacle is to come, you will feel in advance that you are going to have a test paper on that day. The more you get to know about it in advance, the more success you will achieve because you remain wise.

- 10) The basis for concentration is introversion. By being introverted you will experience the wonders of the subtle powers. To stay in your soul-conscious stage and invoke souls, to have a heart-to-heart conversation with souls, to transform the nature and sanskars of souls, to enable souls to make a connection with the Father: you will experience these spiritual wonders.
- 11) Father Brahma had love for solitude and so was always introverted. He made firm the lesson of, "I am a soul, I am a soul" due to which he himself constantly remained merged in the ocean of peace and happiness. With his pure thoughts, vibrations, attitude, words and connections, he continued to give others the experience of peace and happiness. Follow the Father in the same way.
- 12) The sign of being introverted is to be constantly lost in the depth of the ocean and to be an image of sincerity and maturity. Signs of the soul conscious stage would be visible on one's face. On the one hand, there would be a face that is churning and on the other hand, there would be an entertaining, that is, a smiling face. Both these characteristics would be shown on the face. An introverted soul would constantly be seen as someone cheerful because opposition from Maya would be finished.
- 13) When you go onto the stage to do service, let others experience you as a soul who has come out of the cave of introversion and spirituality after a long time for the sake of doing service; let your tapaswi form be visible. Let lines of unlimited disinterest be visible on your face. Together with being merciful, let the spiritual intoxication of the form of a Shakti also be visible. Let there be as much deep spiritual intoxication as there is mercy. It is now the time to do such service.
- 14) Introversion means to have silence of the mouth and of the mind. People of the world also observe silence of the mouth, but here, you have to have silence of the mind by abstaining from waste thoughts. When you have traffic control, you control the traffic of waste. In the same way, every now and then, have traffic control of the waste in your mind.
- 15) As well as churning this knowledge, fix a day for having silence of the mind or traffic control of the mind by only practising having thoughts of good wishes and pure feelings and of giving sakaash. The more research you carry out sitting in your room of introversion, the more touchings you will have that are the best of all. Through these touchings, many souls will benefit.
- 16) No matter what the circumstances are, whether they are good or they make you fluctuate, souls who are introverted will be able to adjust themselves to any circumstances. Whether you are alone or in a gathering, to be able to adjust yourself to both situations is to have a Brahmin life.
- 17) It is said: Those who are introverted are constantly happy. They cannot be attracted by any external attractions. They cannot be attracted by the dictates of their own minds or of others. Those who remain introverted and constantly happy, will be master bestowers of happiness, children of the Bestower of Happiness. They will be free from extroversion.
- 18) Only those who remain introverted are able to go into the depths of every jewel of this knowledge. They will churn every point of this knowledge to understand its significance and when to use it, how to use it and how to use it in the service they do. Churn this and go into the depths of the sweetness of its significance and you will be able to experience intoxication.
- 19) Introverted souls are experienced in three types of language. 1) Language of the eyes. 2) Language of feelings. 3) Language of thoughts. These three languages are the languages of a spiritual yogi life. The more you continue to remain introverted in the form of sweet silence, the more experience you will be able to give souls through these three languages. Now, develop your practice of these spiritual languages.
- 20) Astronauts in a space shuttle are able to take a picture of the whole globe because they are so high above. In the same way, with the power of silence, with the space shuttle of introversion, with the power of mind, you can inspire any souls to become elevated and those of character.

- 21) Stay in the stage of soul consciousness and let go of extroversion and you will be saved from labouring and become merged in an ocean of experiences. There aren't just one or two experiences but plenty of them. Do not just have one or two experiences and bathe in just a pool of experiences. As children of the Ocean, merge in the ocean of experiences.
- 22) While coming in connection with many types of people, material comforts and possessions, imbibe soul-conscious feelings and an attitude that is free from being attracted. All of those material comforts and possessions would be like servants in front of those who are free from being attracted, whereas those who are attracted would be pulled like a magnet and become trapped.
- 23) Now become so transparent that the soul residing in your body is clearly visible to everyone. Let your soul-conscious form give them a vision of the form of their own soul. This is known as giving an experience of the avyakt or soul-conscious stage.
- 24) When you consider yourself to be a soul who is an image of immortality, you will be able to save yourself from untimely death and all problems. There is just one way to remove mental worries and problems. It is to finish the consciousness of that old body of yours. By your finishing your body consciousness, all adverse situations will finish.
- 25) Just as your body is clearly visible, similarly, the form of your soul should be clearly visible, that is, it should be experienced. Nothing, apart from the soul-conscious form be visible on your forehead, that is, in your intellect's awareness in your vision. Let nothing else come into your awareness. Become such a constant tapaswi soul that you will then be able to have pure, benevolent thoughts for all souls.
- 26) Just as you have had the natural awareness of the form of your body for many births, so can you not experience the awareness of your original form, even for a short time? Complete this first lesson and you will then become an instrument to grant all souls a vision with your stage of soul consciousness.
- 27) Do not look at the weaknesses of any weak soul. Remain aware that all souls are different. Let there be soul-conscious vision for everyone. By remembering everyone as a soul you will be able to give them power. The soul is speaking, these are the sanskars of the soul: make this lesson firm and you will have good wishes for everyone.
- 28) When you become aware of the word "soul", as well as having spirituality, you will also have good wishes and your vision will become pure. Even if someone is insulting you, constantly stay aware that that soul is playing a tamoguni part and you will then not dislike that soul, but will be able to have good wishes for that soul.
- 29) When anyone is standing in front of a mirror, he is able to see himself. In the same way, any soul who comes in front of the mirror of your stage of soul-consciousness, your power, should be able to see himself, in a second. Let there be the attraction of spirituality in your every action and your behaviour. Souls who are clean and pure and have the power of soul consciousness definitely attract everyone to themselves.
- 30) When an atom bomb explodes somewhere, its radiation spreads over everyone. That is an atom bomb and this is a soul-conscious bomb. Its influence will attract many souls and the number of people coming will easily increase. Therefore, increase the practice of soul-consciousness in the gathering. Become an embodiment of awareness and the atmosphere will become powerful.

*** OM SHANTI ***