

Beloved Avyakt BapDada's deeply loving instrument teachers, all brothers and sisters who are the decoration of the Brahmin clan, those who always have a plain intellect and make BapDada's every plan practical, those who are always the masters of their mind and with the practice of concentration, spread peace and the vibrations of peace into the atmosphere, all powerful souls, please accept Godly love-filled sweet remembrance.

The annual meeting of the yagya to reveal our Beloved BapDada in every corner of the world finished on 10th April, and everyone made very good plans for self-progress and service with a lot of zeal and enthusiasm. After that, on 11th and 12th April, in the quarterly meeting of the sisters in charge of the zones and sub-zones and the main centres, the sound emerging from everyone's hearts was that we all must do special tapasya with the power of our mind and serve everyone through the mind. Drawing our attention to the delicate situations at the present time, Beloved BapDada gave the special signal: Now, everywhere, at all the centres, there is a need to create a shanti-kund, a tapasya kund (place of peace and place of tapasya). It is only through this that many of the unhappy, peaceless and distressed souls will come close to you to seek support. Children now have to emerge your kind, merciful and compassionate form and do service to give sakaash to all souls and especially to serve matter. Therefore, it is suggested:

1. At every service place, plan to especially have on Sundays a continuous yoga bhatthi for the whole day.
2. Let everyone pay special attention to amrit vela yoga and the times that have been fixed by BapDada and our Dadis every now and then to control the traffic of our thoughts, according to that, have a spiritual drill for one minute every hour, on the hour.
3. All Baba's children to have one hour of yoga in the evening, at a convenient time according to your country. It is suggested to have collective yoga every evening from 6.30 to 7.30 pm, and have powerful tapasya to make the world free from obstacles.
4. Keep that aim that at the very least, you practise being introverted from 4.00 – 8.00 am and 6.00 – 10.00 pm, observe silence of the mind and the mouth and accumulate your internal powers. Have deep experiences in yoga.
5. In the early days, we especially used to observe silence on Mondays. In the same way, even now, on Mondays, let instrument brothers and sisters at the centre observe silence through which the atmosphere will be filled with divinity and become alokik. Let each one keep the aim to observe one day of silence of the mind, mouth and mobile and stay in solitude. On the day of silence, have light meals, so that you enjoy the yoga. Those living at home with their families can observe silence according to their own convenience any day of the week, so that they can also develop their internal powers.
6. May, June and July – have the aim to keep these months as months of silence, and create programmes of service according to that and do tapasya for the maximum time.
7. Every fortnight (15 days), homework in the form of 15 points will be sent from Madhuban, so let each one definitely pay attention to these.

Special Note: At all the Brahma Kumaris centres in this land and abroad, observe every Monday as a day of silence. Avoiding all other forms of service, let everyone observe silence of the mind and the mouth. If you have to speak for some essential work, then speak very softly and accomplish your task with only a few words so that the atmosphere of avyakti silence can be maintained in the centre for the whole day.

With all good wishes, in Godly service,

B.K. Mohini
Administrative Head, Brahma Kumaris

What is the power of silence, its experience and application?

From time to time, sweet BapDada has given us clarification about deep silence, sweet silence and dead silence. For the first 15 days, let us experience this in our yoga practice and, by giving a commentary, let everyone experience it too.

Beloved BapDada has spoken many murlis on the power of silence in which He has spoken about its importance. Some of those points are noted here.

1. The power of silence...
 - Cools down the fire of anger.
 - Finishes the upheaval of waste thoughts.
 - Transforms the sanskars, no matter how old they may be.
 - Easily finishes all types of mental illnesses.
 - It can give the donation of life to souls who are suffering.
 - It can enable many souls to have a meeting with the Father, the Ocean of Peace.
 - It can enable souls who have been wandering for many births to experience reaching their destination.
 - It can make souls into great, charitable souls, religious and righteous souls.
 - It can enable you to travel through the three worlds in a second.
 - It can enable you to have greater glorification through less effort and less expense.
 - It can enable you to be economical with the treasure of time, that is, it can enable you to have maximum success in a very short time.
 - It can bring cries of victory from cries of distress and garland you with garlands of success.
 - It can bring greenery in a desert and make a mountain into a mustard seed.
 - Destruction will take place through the power of science and the new world will be established with the power of silence, so adopt it systematically. When everyone constantly has this great power of silence in their thoughts, words and action, then they will become master bestowers of peace. For this, merge all expansion of any situation and practise being stable in the form of its essence. Whenever you see or hear about any situation, know its essence and merge it in a second. Do not go into the expansion of “why?” or “what?”
2. The special power of the confluence age is the power of silence. The aim of confluence-aged souls is to go to the sweet silence home. Just be the embodiment of peace and give everyone peace – this is the main qualification of confluence-aged souls. At present, the world needs this power. All problems are now to be resolved with the power of silence.
3. Silence means: because a soul who is an embodiment of peace is in solitude, he is always concentrated, and because of that concentration, always attains two special powers – the power to discern and the power to decide. These two powers are the main means to resolve all problems in your interaction with others and on your spiritual path.
4. In order to be a destroyer of obstacles on the spiritual path, adopt the powers to discern and decide with the power of silence. If you cannot discern the different forms of Maya, then you will not be able to chase her away either. For children on the spiritual path, Maya comes to them by creating a royal, Godly form and to discern her, you need the power of concentration. The power of concentration can only be attained with the power of silence.
5. Now, make all the centres and households places of peace (shanti kund). Then, the rays of peace will attract souls of the world to experiencing peace. You will become magnets. The power of silence is a very great power, so know its greatness and become master bestowers of peace. No matter how peaceless a soul is, be an embodiment of peace and give that soul rays of peace and even the peacelessness will be transformed into peace. To remain an embodiment of peace is to give everyone rays of peace. For this, especially increase the power of silence. Become bestowers of peace for

yourselves and also for others – this is the greatest of all donations. Where there is peace, all virtues and powers will automatically come.

6. To have good wishes means to have an attitude of being merciful. Just as the Father uplifts those who defame Him, in the same way, no matter what type of soul is in front of you, with your attitude of mercy and with your good wishes, transform that soul. Just as with science they are able to grow grains in sand, in the same way, with silence transform the land. For this, become full with good wishes.
7. In order to serve with your mind, increase the power of silence. With the power of silence you can transform the attitude and vision of any soul. No matter how far away a soul may be living physically, you can give that soul an experience of being personally in front of you. With the power of silence, distance will be removed and you will experience being in front of that soul and other souls will also experience the same thing – this is called the power of yoga.
8. The power of silence enables you to make less effort and spend less and brings greater glorification. The power of silence enables you to be economical with your treasure of time, that is, in a short time, you can have greater success. True economy is to belong to One. Let there always be the name of One in your awareness. Those who belong to One in this way are able to be economical. Those who do not belong to One cannot truly be economical.
9. When it is a special day, they stop all the traffic and make everyone have three minutes of silence. They stop all activity that is taking place. In the same way, when you are carrying out any task or talking to anyone, practise putting a stop to the traffic of thoughts. Even for one minute, whether it is the thoughts in your mind or whatever you are doing through your body, stop that and practise this and your thoughts will become powerful.
10. Just as the power of science has an impact, so does the power of silence. Experience the impact that the power of concentration of thoughts has. Then the flag of revelation will be hoisted.
11. Introverted souls are experienced through three languages: 1) The language of the eyes. 2) The language of feelings. 3) The language of thoughts. These three languages are the languages for a spiritual and yogi life. The more you continue to stabilise yourselves in introverted, sweet silence, the more you will be able to give an experience to all souls through these three languages. Now, practise these three spiritual languages.
12. While the drums being beaten through the mouth are more, the drums of revelation cannot be beaten. When the drums of revelation are beaten, the drums of the mouth will finish beating. It is remembered: victory over science with silence, not words. So, the basis of God's revelation is silence and the power of truth. The basis of truth is cleanliness and fearlessness.
13. With the power of silence use the power of transformation. Transform negative into positive. No matter how many problematic forms Maya comes in, with the power of transformation and the power of silence, change the problem into a form of solution. Transform reasons and excuses into solutions. You children have received this power of transformation as an inheritance from the Father. BapDada is giving those who have the power of transformation the blessing: May you be immortal!
14. A carefree soul is able to transform anything bad into something good and therefore, always remains happy. With the power of silence, whether it is a bad situation, or the relationships are not experienced to be so good, a happy soul will transform something bad into good and will imbibe that himself and, with the elevated thoughts of his good wishes, transform their bad things into goodness and give them the power to imbibe the good.
15. Increase the power of silence with the purity of your thoughts, words and actions, and then, with the power of your mind you will be able to transform the attitude, vision and the atmosphere of any place. It doesn't matter how far away a person may be living physically, you can give them the experience of being in front of you.

***** OM SHANTI *****