

VCD No.1445, Dated 07.03.2011 at Gazuwaka (AP),
Clarification of Morning class 16.01.1969+Night class 15.01.1969

Today's morning *class* is of the 16th January, 1969. Firstly the children have to explain a *point*: We all are brothers [among ourselves] and He is the Father of all. The Father of all of us brother [like] souls is called 'Almighty' (*sarvashaktivaan*). Even you had all the powers when you ruled over the world. And the kingdom of the deities, who ruled the entire world, was in Bharat (India) itself. It means, it was the kingdom of just you children when you were pure deities. Your clan and dynasty were vice less (*nirvikaari*). Who were vice less? It will be said, the souls. Now you are becoming vice less again. It is like you are taking power from the Almighty Father by remembering Him. The Father has explained: The soul itself plays the role of the 84 [births]. The strength of *satopradhaan* stage that they have reduces day by day; this is why they do have to become *tamopradhaan* from *satopradhaan*. Just as the *motor* stops working when the power of its *battery* reduces, because the *battery* is discharged. Similarly, the *battery* like soul also does not *discharge* completely. The power remains to certain extent. Just as, when someone dies, they light a lamp [and] put ghee in it, so the flame does not extinguish. When the power of the *battery* reduces, it is kept to charge.

Now you children understand: your soul was almighty. Now, you make the connection of your intellect with the Almighty Father again, so that the power of the Father comes in you. It is because your power has reduced. So, some power certainly remains [in you]. It is because if the power finishes completely, this body will not survive at all. The soul becomes completely *pure* by remembering the Father. In the Golden Age, your *battery* was fully charged, then it reduces gradually. Until the Silver [Age], it reduces by two litres or meters, it is called celestial degree. Then it will be said, the soul was *satopradhaan*, then it became *sato* [*saamaanya*] because the power keeps reducing. You understand: we become deity from human being in the Golden Age. Now the Father says: Remember Me, then you will certainly become *satopradhaan* from *tamopradhaan*. Now you have become *tamopradhaan*, so your strength has exhausted. Then, you will regain [your] complete strength by remembering the Father because you know, all the bodily relationships along with the body are to be destroyed. Then, you receive the unlimited kingdom; the Father as well as His inheritance is unlimited.

Now you are impure, the power of your soul has diminished totally. 'So, O! Children, now remember Me, I am *Almighty*. You obtain the *almighty* kingdom through Me.' In the Golden Age, the deities were the masters of the entire world; they were pure and had divine virtues. Now they do not have the divine virtues because everyone's *battery* has started to *discharge* completely. Then, now you have to charge your *battery* and it cannot be charged without making a connection with the Supreme Father Supreme Soul. It is because the Father alone is *ever pure*; all the other souls are *impure* here. When you are *pure*, your *battery* is charged.

So, now the Father explains that you have to remember the Father alone, He is the highest on high God [and] all the rest are His creation. And the topic of [being] the highest on high concerns this very world. The creation gets the inheritance from the Creator. He is said to be the *Creator*; and the *Creator* is only One. He is the unlimited Father. As for the rest Abraham, Buddha, Christ etc. are the limited [fathers]. So, by remembering the unlimited Father, you obtain the unlimited kingship. So, the children should understand [from] within their heart: Baba is establishing the new world for us. The heaven is being established according to the *drama plan*. You understand: the Golden Age is about to come and there is

constant happiness there. The Father sits and explains, how you receive that constant happiness [He says:] Remember Me alone, I am Almighty and pure; I never take on a human body. I neither take on a divine body nor a human body, it means I don't enter the womb [or] [the cycle of] birth and death. When this one reaches his age of sixty years [i.e.] the *vaanprasth* stage (the stage of retirement), I come in his body, just to give you children the kingship of heaven. This one alone has become *tamopradhaan* from completely *satopradhaan* and he has become *No. 1 tamopradhaan*.

God is the highest on high, then there are Brahma, Vishnu and Shankar, the dwellers of the subtle world. Now there aren't those Brahma, Vishnu or Shankar [shown in the path of *bhakti*]. The Father explains its [real] meaning because all those are mere visions. The subtle world is in between; bodies can't exist there. The subtle body is seen only through divine vision. Brahma is anyway dressed in white and Vishnu is decorated with diamonds and jewels, then they show snakes etc. around the neck of Shankar. Well, Shankar etc. can't be like that.

They show: Shankar narrated a story to Parvati at Amarnath. Well, what story will he narrate in the subtle world? It is the incorporeal Supreme Father Supreme Soul who has to narrate the story. Then, how did human beings come in the subtle world? Second *page* of the *vani* of the 16th January, 69. In fact, the human world is present here. As for the rest, those *farishta* (angels) are seen only in the visions because those who become completely pure are seen through visions. After becoming such angels, you will come here itself and become the masters of heaven in the Golden Age. This Brahma does not remember Vishnu; he too remembers Shivbaba and becomes Vishnu. So, you should understand how these ones obtained this kingdom, shouldn't you? No war and so on takes place. So, you should think: Will these deities practice violence? Now you obtain the kingship by remembering the Father. Whether someone believes [it] or not, it is mentioned even in the Gita, 'Children, leave the body along with all the bodily religions and remember Me alone.' And all the bodily religions are only at the end of the Iron Age. The dwellers of the subtle world do not have a body to have attachment. I say: I take on this body for some time on *loan*. If I don't take [it on] *loan*, how will I give the *knowledge*?

I am the seed form; I have the *knowledge* about this entire tree. And no one knows about this *knowledge*. No one knows: what the age of this world is. Just like the establishment, sustenance and destruction take place... human beings should certainly know [about it]. Only the human beings study, animals won't study. However those human beings study the limited study and the Father teaches you the unlimited study. He makes you the unlimited master through that unlimited study. So, you should understand that a human being or a bodily being is never said to be God. Bodily being itself means the one whose intellect remains engaged in the body and the intellect of God does not remain engaged in the body. He always remains beyond the *attachment* of the body. Thus, a human being can ever be called God. The intellect of the human beings remains engaged only in the body [and] their mind is always inconstant. These deities have subtle body, their very names are different and they are not called God either.

This body is the throne of the soul of this *dada*. It is an immortal throne (*akaaal takht*). Now this is the throne of the *akaalmuurt*¹ Father. Did you understand? Whose throne is it? (Someone said: An immortal throne.) It is certainly an immortal throne. (Someone said: The

¹ The one who is not devoured by death

throne of the immortal Father.) It is the throne of the Father. This *vani* is of when? It is of 69, Brahma Baba was alive at that time. So, can we call it an immortal throne? Didn't death devour that throne? Then? *Arey!* This body [which is] the throne of the soul of this *dada*... the soul of *dada*... it is an immortal throne, isn't it? Now this is the throne of the *akaalmuurt* Father. Which throne are we talking about? In its memorial, there is an *akaal takht* even in Amritsar². The great people go and sit on the *akaal takht*. Who are the great people? Which throne is the throne of the soul of *dada*? The throne of Brahma... will it be called the immortal throne? He left the body, then? So certainly who was said to be *dada* here? He can be *dada* or *dade*. If you call him *dada*, which soul is senior among the souls? Prajapita. What will the elder brother amongst the souls be called? He will be called *dada*; this is why He said [this]. And was he in front [of Him] in practice or will He have brought him forth and said [this]? He will have brought him forth and said [this]. There is an immortal throne even in Amritsar, in its memorial. It is because the great people go and sit one after the other on the immortal throne. So, who are the great people in the Brahmin world who go and sit on His immortal throne number wise³? *Arey!* How many Narayans are there in the Golden Age? Eight Narayans. On whose throne do they sit? This itself is the immortal throne [i.e.] the throne of the kingship of the world, on which they sit one after the other.

Now the Father explains: All these are the thrones of the immortal souls. The soul is immortal, death cannot devour it. Nevertheless, the thrones keep changing. The *akaalmuurt* soul sits on this throne. Initially the throne is small, later it becomes big. The soul leaves one body and goes and sits on another small throne. The soul says: This is my body; I leave one body and take on another. So, the soul is immortal, but there are good or bad *sanskaars* in it. Then, it is said that this is the fruit of actions. The soul is never destroyed. The Father of soul is One, you should understand this topic.

This Baba does not narrate the topics of scriptures. It is because all the scriptures belong to the path of *bhakti* (devotion), they are called husk. So, that husk is of no use. By reading the Vedas and scriptures we have descended the ladder. The sages and *sanyasis* too go to have a bath in the Ganges, but no one can become pure by bathing in the Ganges. And no one can go back at all because everyone has to go back only at the end when the Father comes to take [them] back. Just like a [group of] ants, a swarm of bees goes. There is a *queen* for those bees as well, everyone follows her. When the Father goes, all the souls will go after Him. It is as if there is a gathering of all the souls in the Soul World (*muul vatan*). Here, in the world, there is the crowd of human beings; this crowd will also run back one day.

The Father comes and takes all the souls [back]. It is called the *baraat*⁴ of Shiva, it is not said to be the *baraat* of Shankar. Call them children, queens or brides. The Father comes, teaches the children and having taught them the journey of remembrance, He takes them back. As for the rest, the soul cannot return without becoming pure. You will go to the Abode of Peace (*Shantidhaam*) first of all, when you become pure. All the souls go and reside there, then they keep coming from there gradually. Then the expansion also takes place. You have become *tamopradhaan* from *satopradhaan*, then you yourself will run behind the Father first of all. You have yoga with the Father or the Bridegroom. This capital has to be established; everyone doesn't come simultaneously in it. The tree expands gradually.

² A place in Punjab in north India

³ According to their rank

⁴ Marriage party

At first there is the Ancient Deity Religion, which the Father establishes. He makes us Brahmins first of all. He is Prajapita Brahma, isn't he? So, the subjects become brothers and sisters. There are many Brahma Kumar and Kumaris. Surely, they will have become the ones with a faithful intellect, only then so many of them were created. Some ask: Baba, how many will become Brahmins? Among them, how many will be firm and how many will be weak? Some score 99 *marks* while some even score 10 *marks*. So, those who score 10 *marks* will be said to be weak. Among you, the firm ones will certainly come first and the weak ones will come later.

All the souls reside in the Soul World. Later the expansion takes place. How will the soul play roles without the body? So, that is the world of us souls, the actors who keep coming [in the cycle]. In the Golden Age, we were deities then we became warriors, then we became merchants and Shudras⁵. Now, this is called the Confluence Age. So, you should also know, this is not only the Confluence Age, what is it? It is the Elevated Confluence Age. And the Father Himself has said this now. What? That this is the Elevated Confluence Age. It is because there were many confluence ages, the confluence of the Golden and Silver Ages, the confluence of the Silver and the Copper Ages, the confluence of the Copper and Iron Ages and there is the confluence of the Iron Age and the Golden Age as well in which the Father comes and tells [us]: who the elevated souls among the souls (*purush*) are.

Third *page* of the vani of the 16th Janaury 69. Initially we thought the wrong thing. We thought that the age of a cycle is millions of years. Now Baba has said: The cycle is not of millions of years [whereas] it is the cycle of the full 5000 years, in which there is the kingdom of Ram for half the cycle and the kingdom of Ravan for another half of the cycle. The kingdom of Ram means the rule of one head (one person), [everyone] follows the direction of One. And the kingdom of Ravan means the rule of many (people), the world follows several directions; this is why they show Ravan with ten heads. How many religions are there? There are many religions in the kingdom of Ravan. So, by following several directions we experience sorrow and only sorrow. We experience happiness and only happiness by following one direction. We attain liberation in life by following one direction, and we come in the bondage in life by following the directions of many. So, it is divided equally. The world of liberation in life is for half [the time] as well as the life with bondage is for half [the time]. Half [of the cycle] is the kingdom of Ram and half [of the cycle] is the kingdom of Ravan.

The *history* of the kingdom of Ravan is available to everyone. Within 2500 years, many religions have spread in the kingdom of Ravan, where there is sorrow and only sorrow. The *history* of the sorrowful world is written; the days are counted. Does a person count days at the time of sorrow or during happiness? He counts days during sorrow. So, this history is about the world where days are counted. The history of 2500 years is of the kingdom of Ravan. It is the history of many religions but no one knows what the history of the kingdom of Ram is. The Father comes and narrates [it].

So, the cycle cannot be of millions of years. It cannot be half [of it] either. Here there is the kingdom of Ram for the complete half cycle and the kingdom of Ravan for half the cycle. This world of happiness and sorrow is made, so that the people understand, how we experience happiness and how we experience sorrow. How does it come? We experience happiness by following the direction of One and we experience sorrow by following the directions of many.

⁵ Untouchable; member of the fourth and the lowest division of the Indo-Aryan society.

Now, the unlimited Father gives this unlimited *knowledge*. Shivababa does not have any name of His body, because this body is of this *dada*, he is not Baba? (Someone said something.) No, this body belongs to this *dada*. Of which *dada*? No, this body belongs to this *dada*. It means, it is the body of Brahma Baba. This Brahma Baba will not be called Shivababa. Baba has taken this (body) on *loan* for a short time. So, is it a *temporary* chariot or a permanent chariot? It is a *temporary* chariot. The Father says: I certainly need a mouth; in its memorial they have made *gaumukh* (the mouth of a cow) here. As for the rest, water does keeps flowing from the mountains here and there and they have made the mouth of a cow here, on the Himalayas. They show that water comes out of it. Does clean water come or does muddy water come? Clean water comes. They drink it considering it as the water of the Ganges. Well, from where did the Ganges come now? All these are false topics.

Where did the Ganges come from? Is it about the Ganges of water or the water of knowledge? It is about the water of knowledge; from where did it come? Shiva entered this *gaumukh*. In fact, this Brahma is your Jagadamba. So, He narrated murli through the *gaumukh* and then that murli itself... From where did it come out? It is said: the murli, the Ganges came out of Brahma's *kamandal* (a water pot of sages). Call it the Ganges or the murli it is one and the same. What is the *kamandal*? What is this head? This is a *kamandal*. That murli comes out from this *kamandal*. Where was the same murli assimilated later on? It was assimilated in the head of Shankar. It was assimilated in the hair locks. Are the hair locks tangled or disentangled? Are the hair locks old or new? The hair locks are old meaning the knowledge of the scriptures is shown in the form of hair locks on the head of Shankar. When the Ganges of knowledge or the Ganges of murli comes, the hair locks are disentangled. So, they drink that water considering it to be the water of the Ganges. Now you should think, from where did this Ganges come? All those are false things. It is not about the physical water.

Maya is false, the body is false, the entire world is false. Everything is false and only false in these scriptures. When Bharat was heaven, it was called the land of truth. Then Bharat itself becomes old and it is called the land of falsity. The Father says: You defame Me so much. Who? Whom did He *introduce* by saying 'you'? Who defames [Him] the most? When He said 'you', did He indicate someone or not? If He indicated everyone, then did He say them [the ones who defame] number wise⁶ or does everyone defame [Him] equally? Everyone defames [Him] number wise but there will be someone who is No. 1; who is he? He will have brought forth someone by saying 'you', [wouldn't He?] (Someone said: The ones who are sitting in front.) [Did He indicate] the ones who are sitting in front? They are many in number. Then, who is No.1 among them? Who? (Someone said something.) Yes. The one who is shown with hair locks. The old *sanyasis* are shown to have the oldest hair locks, aren't they? So, they defame [Him] so much. They have insulted the Father so much by saying [Him] to be omnipresent. And from where did the knowledge of omnipresence come? Who became the instrument to bring out the knowledge of omnipresence? The one who compiled the scriptures, he himself became the instrument. You *defame* [Me] so much. Now tell [Me:] Who will file a *case* against this? So, the Father comes and files a *case*. You yourself say; what? What do you say? Who defamed [Him] the most? The thief himself should confess. What should he confess? 'It is me who has robbed the most'.

Now you say: Baba, take us from this old world by making us pure. The Father says: All My children have become black by sitting on the pyre of lust, they have become bankrupt.

⁶ At different levels

The Father sits and tells the children: ‘You were the masters of heaven. Do you remember it?’ He explains only to the children. He certainly doesn’t explain to the entire world. Does He explain to the five billion [souls]? And if at all He explains, will the five billion [souls] understand it? Why won’t they understand it? What is the reason for the five billion [souls] not understanding it? It is because five billions are not souls at all, they are not at all the ones who play an *all round* role. There are only 450 thousand children, even among them those who stay as an *all round* soul are also number wise⁷. So, He explains only to you, so that you know who your Father is. They say for the Father Himself: He is present in dogs, cats, lumps of mud and walls. Well, such a high Father, will He enter a high body, will He enter someone high or low? Who is the highest actor? The one who is named as the *hero* actor is the highest actor. All the religious fathers; are they [high] number wise or are they [high] alike? They are number wise. So, certainly the highest religious father should enter the highest on the high [person]. The second religious father will certainly enter [the one who is high in] the second *number*. So, now [the people of] this world have become like wild animals. This world is called ‘the *forest of thorns*’. The biggest thorn that they prick is of lust. This Iron Age (*Kaliyug*) is anyway an impure world [whereas] the Golden Age (*Satyug*) is a pure world.

Human beings go and bow before the pure deities. Many devotees are vegetarian, but it does not mean that they do not indulge in vices. There are many who are *baalbrahmacaari*⁸; they don’t eat dirty food etc. since their very childhood. The Sanyasis also say: Become vice less. They make you leave the house and premises [and] make you practice renunciation. Still, in the next birth, they are born to the householders, leave the house and premises and go. In the Golden Age this Krishna and other deities never renounce their house. Do they renounce [their house]? No. So, theirs is the limited renunciation. Now yours is the unlimited renunciation; and it is the renunciation of the entire world. You renounce even the relatives and so on. All your desires for heaven are fulfilled.

Now, heaven is being established, isn’t it? Your intellect will go only towards heaven. So, you have to remember Shivababa. The unlimited Father says: Remember Me. For this He says, ‘*manmanaabhav*’⁹ then He says ‘*madyaajibhav*’¹⁰. Why does He say ‘*manmanaabhav*’ first? Why [does He say] ‘*madyaajibhav*’ later? It is because when your intellect is engaged in Me, all your actions will be for Me alone. Then, you will certainly become a deity. This is the same *episode* of the Gita and this is also the Confluence Age. I come only in the Confluence Age and narrate to you. You have certainly studied Raja yoga in the previous birth in the Confluence Age itself. This world keeps changing, doesn’t it? You become pure from impure. Now this is the Elevated Confluence Age, when we become *satopradhaan* like this from *tamopradhaan*.

So, you have to understand every topic nicely, with faith. Any human being doesn’t say this; this is the *shrimat* of the highest on high Father, the *shrimat* through which you become the most elevated deities and that direction belongs to God Himself. The direction of all the other human beings is *manushya mat* (the direction of human beings). You have been falling only through the opinion of human beings. Now, you ascend through *shrimat*; the Father makes [you] deities from human beings. The divine direction belongs to the *Suryavanshis*¹¹ and that is

⁷ According to their purushaarth

⁸ The one who practices celibacy since childhood.

⁹ Merge in My mind

¹⁰ Whatever actions you perform, perform them for Me.

¹¹ Those who belong to the Sun dynasty.

the opinion of the *Shudravashis*¹². The [direction] of the residents of hell is the direction of human beings; it is called Ravan's direction. The kingdom of Ravan is not small; there is the kingdom of Ravan over the entire world. This entire world is an unlimited Lanka (the kingdom of Ravan) on which there is the rule of Ravan. Then, only the deities will rule in the new world. There is a lot of happiness there. That heaven is praised so much! If someone dies, they say that he went to heaven but nobody goes [there]. Then certainly there must be hell in this world, mustn't there? If he departed from *hell*, surely he will return to *hell* itself, won't he? It is not heaven now.

All these things are not in the scriptures. The Father says: All these Vedas and scriptures are of the path of *bhakti*. This path of *bhakti* is anyway the path of descent and this is your path of knowledge, the path of ascending celestial degrees. For which the Father sits and gives the knowledge, He fills your *battery*; then Maya breaks your *link*. [Children] say: Baba, stop this Maya, don't allow her to come [to us]. I write: I tell Maya¹³, 'give a strong punch '. You should see your strength. As for the rest, it is not about Hanuman and so on. All those are false stories; by listening to false things they become just false. *Acchaa*, remembrance, love, *good morning* and greetings to the sweet children from Bapdada.

[The murli] is of the 15th January, 69. The Father has certainly explained this to the spiritual children: When you sit in front [of the Father] think that you are sitting in front of the unlimited Father. He is the Father of all the **souls**. In front of whom are you sitting? You should not have in your intellect: we are sitting in front of the bodily father; he is the father of the bodily human beings. What should be [in your intellect]? He is the Father of all the **souls**. Everyone calls Him 'the *Father*' and everyone says: Remember Him. They point their finger upwards and say: *God* the *Father* resides above. So, this is not about Prajapita, the father of the human beings [who resides] down. Everyone knows that He is a resident of the Supreme Abode; He lives beyond everything; where all the souls reside. Then, everyone comes to play their *part*. Five billion *actors* are the *actors* of this play of defeat and victory. So, why do we have to remember the Father especially now? It is because the soul has to become pure so it has to certainly remember the Supreme Soul. It should consider itself as a soul and the Father to be the Father. He is Shivababa, they call Him: The Purifier of the sinful, come. So, this is Gita *Paathshaalaa* (the school of Gita), we won't call it any other school. The Father comes to teach Raja yoga itself. The topics of Raja yoga are [mentioned] in the Gita, aren't they? He explains: Children, this study itself is [your] income. The more you study, you will earn to that extent. God speaks (*Bhagwaanuvaaac*): I will make you the king of kings.

One are the pure kings and the other are the impure kings. Those impure kings are below in the Iron Age and the pure kings are above in the Golden and Silver Ages. At present the world is *tamopradhaan*. The *satopradhaan* world is said to be the Golden Age. The Golden Age is the abode of happiness and the Iron Age is the abode of sorrow. Earlier there was the abode of happiness. You fall to the ground having the 84 births. Then, the Father shows the way to become *satopradhaan*. As for the rest, you won't ask the teacher for favour or blessings, etc. His very duty is to *teach*. The students should study well and do favour and so on to themselves. 'I am the *Teacher*'. If you study, you will become a prince (*nawaab*). The children fail when they come in bad company. Otherwise, when God teaches, they should

¹² Those who belong to the Shudra dynasty

¹³ Edited

obtain such a high position! First you should have [this] faith: The Supreme Father Supreme Soul teaches us Raja yoga.

You are *Rajarishi* (royal sages), you study for the kingship. So, you certainly have to become pure to become the master of the abode of happiness. If there is *purity*, there is *peace* and *prosperity* as well. The souls are silent in the Soul World. Then, there is peace as well as happiness in the Golden Age too. There is everything; *purity, peace, prosperity*. Yes, there is not any name and trace of sorrow for half a cycle. You should memorize this study. This should go on in your intellect, no matter where you sit: Now we have to return home, there is purity and only purity there. Now such stage is required. Baba will ask: In whose remembrance are you sitting? Everyone will reply: In the remembrance of Shivababa; this is called unadulterated remembrance. Your sins will not be destroyed by remembering anyone else. Why? Why won't they be destroyed by remembering anyone else? (Someone said: Adulterous remembrance.) Yes, if you remember someone else; it is the remembrance of two. Only the One is said to be the Purifier of the sinful. This is an impure world, not even a single person is pure.

Everyone is born only through adultery and corruption. Later they become pure. Had they been pure [earlier], why would they go to bathe in the Ganges? The Father explains this to you: How the water will make [someone] pure from impure. All these are the *wrong* things. The Father alone explains the right thing. The main thing is that we souls are the children of the unlimited Father. They also say, 'the Supreme Father Supreme Soul', they remember Him, so all are the creation. Creation cannot obtain inheritance from the creation. The kingdom of Ravan is for half a cycle. You know that you were pure for half a cycle [and] there was the abode of happiness. From the abode of happiness to the abode of sorrow and from the abode of sorrow to the abode of happiness; this cycle keeps rotating. You *insult* the Father so much. So, the Father says, they have defamed [Me] so much in Bharat! They insult even Me. They also say for Krishna that he had these many queens. Now you become so multimillion times fortunate! You earn multimillions at every step. Your *aim* and objective is also in front of you. The Father just says, you will have to become pure or else you cannot go to heaven at all. You obtain the inheritance of heaven for 21 births, then why won't you become pure for one birth?

The old world will certainly be destroyed. The mines and so on become full in the new world. Now you become the master of heaven. The Father alone is the Father, the *Teacher* and the *Sadguru*. Now He says: Remember Me, then all your sins will be destroyed. You have to certainly assimilate the divine virtues as well as become sweet. You shouldn't give sorrow to anyone and you should not even insult [anyone]. A *tamopradhaan* soul insults [someone]. The deities seem so attractive. Everyone goes to see them. Here, the main subject is of study. The *No.1* topic in it is of purity and there is no hard work involved in it. He doesn't give you any other hard work to do. You should not consider [yourself] anything else; you should only consider [yourself] to be a soul. This is the foremost thing. Remember the Father and assimilate divine virtues, there is no other difficulty. The weak women (*ablaa*) suffer atrocities a lot when the impulse of lust [of men] is not fulfilled. *Achhaa!* Remembrance, love, *good night* and greetings to the sweet and spiritual children from the Spiritual Bapdada.