

**Become free from all weaknesses with God's love and experience  
the stage of liberation-in-life.**

Supremely Beloved Avyakt 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 always yogyukt and stay free from the bondages of the body, bodily relations and possessions of the body, confluence-aged souls who are liberated in life, please accept God's love-filled sweet remembrance.

According to the time, all of you must be checking your subtle bondages, becoming free from bondage, being yogyukt and experiencing the stage of liberation-in-life. This time in the avyakt signals Baba has especially given the signal: Children, in order to become part of the nine jewels, become free from the nine main things. All of you must definitely have checked your chart to see to what extent you are free from all of these bondages. Today, the avyakt signals we are sending you with this Patra Pushpa (newsletter) are the methods that BapDada has shown us from time to time to become free from these many bondages. One very easy method that Baba has shown to become free from bondage is: Children, always remain merged in God's love, this Godly love will make you free from all bondages. So, in the month of December, let us all remain merged in this alokik love and make special effort to become free from bondage so that in the New Year, we can become avyakt angels, the same as Father Brahma and always experience the flying stage. The month of January is especially for the memories of our beloved sakar Father Brahma. For the whole month, let us all be introverted and, staying in avyakt silence, through our angelic form, give everyone a vision of our divinity and our spirituality.

Look, we are repeatedly receiving the same signal again and again from our Beloved BapDada: Children, whatever time you have, continue to practise being bodiless. Take the support of the corporeal whenever you want and become detached from the corporeal whenever you want. Never be influenced by your mind, that is, never be influenced by waste thoughts. Keep complete control over your waste thoughts, imbibe complete power to face the adverse situations and be victorious. If you remain constantly merged in God's love, you will easily be coloured by His colour. Then, you won't need to make effort to cut each bondage individually. Therefore, be constantly loving and continue to perform actions. Then, nothing will tie you in bondage and you will become double light.

Now, seeing the time in front of you, always keep this promise in your awareness: "One Father and none other." With this, you will easily create the stage of "manmanabhav" and you will continue to experience alokik supersensuous joy and sweetness of the mind. Then, nothing of this old world and none of the physical senses will attract you.

Tell me, my sweet brothers and sisters, in keeping such an aim, you are staying beyond all karmic bondages and experiencing the stage of liberation-in-life, are you not? Now, there is the beautiful glamour of the meeting of the Father with the children taking place in your unlimited home, Madhuban. Many children from this land and abroad come running here to their unlimited home and become full with all treasures and powers. In the coming New Year, with an even more intense speed, with new zeal and new enthusiasm, make effort to become complete and perfect, the same as Father Brahma. Achcha.

With lots and lots of love and remembrance.

In Godly service,

B.K. Ratanmohiniji

## December 2023 – Ayvakt Signals

### **In order to experience the stage of liberation-in-life become free from bondage.**

1. While leading a confluence-aged Brahmin life, remain free from the tamoguni atmosphere, vibrations, tamoguni attitudes and the attacks from Maya, then you will be said to be liberated-in-life. Those who are liberated-in-life now will claim a status of liberation-in-life in the future.
2. It is the body that ties everyone in bondage the most. In order to become free from this bondage, enter the body with the awareness of your duty, and as soon as you finish your actions, become detached. Those who are free from the bondage of their body are yogyukt, and to the extent that you are yogyukt, you are liberated-in-life.
3. It is easy to finish the attachments with relatives of the body and possessions of the body, but a lot of effort is required to finish the consciousness of the body. For this, practise very strongly: Take the support of the physical body whenever you want and become detached from it whenever you want. Not to have liberation from anything means to be lacking power. If you want liberation from obstacles, then imbibe power, that is, be one who has all the ornaments.
4. Those who are free from bondage will never be controlled by their mind, that is, they will not be influenced by waste thoughts. They will have total control over their waste thoughts. They will not be influenced by external situations. They will have full power to face all adverse situations. They will be easy yogis and co-operative with everyone. They will also automatically receive everyone's co-operation.
5. A soul who is free from bondage will consider the body to be their support for namesake and will never be dependent on it. Only those who are images of support just for namesake can become images of upliftment for all souls. To the extent that you are beyond being dependent, accordingly you will be an embodiment of success in service. In order to become free from bondage, remember two words: 'detached observer' and 'companion'. With this, you will very quickly have the stage of being free from bondage.
6. Sometimes to have a very high stage and sometimes to have a low stage – now become free from this cycle of going up and down. People want to become free from the cycle of birth and death and you have to make effort to become free from the cycle of remembering and forgetting. By always invoking your perfect form, you will automatically step away from anything wasteful and you will become free from this coming and going.
7. By willing your every thought and every second, you will develop will-power. If you will away everything, you will easily become a destroyer of attachment and free from bondage. Whatever actions you perform or thoughts you create, verify these against the measuring stick of Sakar Baba's activity and character as to whether it is right or wrong. Whether it is wasteful or powerful. After testing against this measuring stick, whatever actions you perform will be easy and elevated. This method will enable you to attain liberation from every obstacle.
8. The most refined (subtle) and beautiful thread is the word "I". The word "I" makes you soul conscious and also brings you into body consciousness. "I am So-and-so. I know everything. What am I lacking in? I can do everything. I know who I am and what I am. How I tolerate everything, how I face all problems, how I move along while having died". This "I" becomes a very refined and beautiful thread in the wrong way, instead of the right way. Now become free from this bondage of "I, I".
9. The method to become free from all weaknesses is always to be loving to God. By constantly staying in the company of that One you love, you will easily be coloured by the colour of spirituality. If you try to bring each code of conduct into your life one by one, you will sometimes find it difficult and sometimes find it easy, and time will go by in trying to practise this or finishing a weakness. Therefore, in order to become the highest being who follows the highest code of conduct in one second, be constantly loving.
10. While performing actions, always remain double light and free from the bondage of karma. Let the dress of your body not be tight. To be free from bondage means to have a loose dress. As soon as you receive

an order, you become detached from the body, bodiless. In the final moments, do not remember even your body, otherwise, as well as the body, all the relatives of the body, the possessions and the world will come after you. For this, remember the promise, “One Father and none other”, and you will become free from bondage.

11. Always be stable in the stage of “manmanabhav” and experience spiritual supersensuous joy and sweetness of the mind and you will become free from the sweetness of the senses, that is, free from the attraction of perishable sweetness. Those who remain trapped in anything of the old world or in the sweetness of the senses, cannot experience the sweetness of the mind, and so become free from this.
12. Nowadays, the whole world is trapped in the web of Maya in the form of name, honour, respect and crying out in desperation. In order to liberate them from this web, first of all liberate yourself from this subtle web. Let there not be any attack from Maya even in your thoughts or dreams. Let nothing attract you, be free from even subtle temptations and be ignorant of the knowledge of desire.
13. Just as the Father takes the loan of the body and does not come into bondage - He comes when He wants and goes away when He wants, He is free from bondage - in the same way, you children also have to become free from the bondages of the body, sanskars and nature. Create whatever sanskars you want, whenever you want, make the body function however you want, create whatever nature you want. Do not say: “My nature is like that, my sanskar is like that. What can I do?” Now become free from this too.
14. In order to become complete, become free from the bondages of extroversion. The sweetness of extroversion attracts you very much externally. This sweetness becomes a subtle bondage and distances you from your goal of success. Therefore, cut these away. Do not speak wasteful or ordinary words. Speak less, speak slowly, sweetly and speak words of happiness. Become free from words that disturb others and become free from anger.
15. “I” and “mine” make you into residents of the Earth. To become an angel means to become free from the bondage of “I” and “mine”. In this alokik life, “I” and “mine” is a golden chain. “I am a very good gyani, I am a gyani soul, I am a yogi soul. This is my speciality. This is my nature. Now, become free from this “I” and “mine”.
16. Always remember: I am a worthy to be worshipped soul. A worthy to be worshipped soul means one who is always pure and doesn't have any body conscious vision. Do not blame others and make yourself careless. To be subservient to any bodily being even in your thoughts is a sign of attachment is a great sin. So, while coming in relationship of service, be free from this great sin.
17. In order to experience the stage of being a conqueror of sinful actions, become free from sinful and waste thoughts. Keep yourself busy in remembrance and service at every moment. Surrender your mind completely. Let there not be any other thoughts except shrimat in your mind, then you will be able to remain free from wasteful and sinful thoughts.
18. While looking after your household and doing service, always remain beyond. Remember it is not your service but the Father has given it to you and you will remain free from bondage. “It is not my household, I am a trustee, I am free from bondage” – practise this. Become free from the strings of subtle attachment, become a destroyer of attachment and an embodiment of remembrance.
19. If you constantly and naturally spin the discus of self-realisation, you will remain free from looking at others. Now, for all time, become free from the trap of the questions of “Why? and What?” and you will become yogyukt, liberated-in-life, a spinner of the discus and along with the Father, continue to tour around for the service of world benefit. The discus of self-realisation will finish the spinning of everything wasteful.
20. This world is your service place and so, stay in the unlimited. Do not come into limitations. To the extent that you keep the aim of being in the unlimited, accordingly you will easily become free from limited bondages. The thoughts you have now such as “I don't have any time” or “I do want to, but this body doesn't function, I don't have any strength”, are all bondages. When you have the determined

thought that you have to do unlimited service, you have to engage yourself in this, then these bondages will finish in a second.

21. While seeing the image of your fortune and performing actions, stay free from hard work and experience happiness. Never allow tears of sorrow to come. To have a wave of sorrow in your mind means tears in the mind. So, let there not be any tears through your eyes nor in your mind. Become free from crying in this way. No wave of sorrow can come to fortunate souls who have the fortune of happiness.
22. In Brahmin life, laziness and carelessness are big bondages. These become obstacles to your reaching the highest destination; and therefore, become free from them. Always have zeal and enthusiasm and anything difficult will become easy.
23. To become trapped in the problems of “why? what? Or how?” is the biggest jamela. It is through this that you get caught up in mental worries and mental situations. In order to become free from this, apply the knowledge of the drama and then you will be able to put a full stop. Never become trapped in any jamelas and become a problem for your lokik family, in your interaction with others or for the divine family.
24. Check the difference between self-respect (swaman) and arrogance (abhimaan) in a refined way, and become free from the arrogance that is visible in your way of speaking or in your moving and interacting, or in any feeling of insult that comes. When you become free from the arrogance of your intellect, the arrogance of your elevated sanskars and nature, the arrogance of success in service, then you will be able to become a perfect angel, the same as Father Brahma.
25. The speciality of Brahmin life is happiness and therefore, let the sparkle of happiness always be visible on your face and in your behaviour. Even if someone is insulting you, let there be no wave of sorrow on your face. Become free from such unhappiness. The awareness of all your attainments will make you always happy-hearted.
26. Look at yourself: to what percentage have you become free from the bondage of the five vices and the five elements of nature? Are you a soul who is engrossed in this or liberated from this? Let there not be any bondage of the body or relations. You are simply fulfilling your duties as a game. The duties have to be fulfilled for namesake, not with attachment. Then you will be said to be free from bondage.
27. To remain free from all bondages of Maya, always be seated on BapDada’s heart throne. By sitting on this throne Maya cannot do anything. Souls who are seated on the heart throne can easily become free from the bondage of the body. The final paper is: ‘Your final thoughts lead you to your destination’. In the end, for you to easily become free from the consciousness of the body is a sign of passing with honour, but this will only be possible when the costume of the body is not tight.
28. A soul who is free from bondage can take the support of the body and shed the consciousness of the body and become bodiless when it wants. For this, let there be easiness in your sanskars. Take the support of the garment of the body and as soon as that service is finished, become light from the burden of the garments and become detached.
29. To do service is a sweet bondage to make yourself complete. To the extent that you tie yourself in this bondage, the more you will continue to be liberated from all other bondages. This sweet bondage is for now, and it will never be there again. Tie yourself in this bondage of God’s love and all other bondages will continue to be cut away automatically.
30. To be karmateet means to be free even from the bondage of your own body. You are performing actions, but not creating any account of those actions, then you will be completely detached. There won’t be any attachment. The one who is performing actions is separate from the action. In this stage, you don’t need to use your intellect a lot. You just have a thought and only that which is to happen will happen.
31. Now, make a plan to save your time, thoughts and energy and every now and then increase the practice of being stable in the point form. By being in this stage, no force of any evil spirit or evil sanskar will be able to attack you. Your form of power will even liberate the evil spirit. However, in order to face them, you have to become free from your problems.

**\*\*\* OM SHANTI \*\*\***