1. As well as having zeal and enthusiasm for service in a practical way, you also have zeal and enthusiasm for yourself to be an intense effort maker and to make others the same.
2. At amrit vela, you imbibe God's love in your heart to its full capacity, and so there is no question of Maya coming to you during the day.
3. At amrit vela, you pay attention tirelessly to staying in a powerful angelic form of light and might.
4. At Amrit Vela, you sit as an embodiment of the experience of light and might, the same as the Father.
5. At amrit vela, you spread the sakaash of light and might everywhere into the atmosphere, like Father Brahma.
6. Bapdada has garlanded you with the garland of self-respect and given you a right to self-sovereignty. It is with this awareness that you carry out your task.
7. Bapdada is pleased that you are doing *double* service – one is your own effort and the second is service of other souls.
8. Bapdada is seeing the star of fortune sparkle on your forehead, for you are one of the very lovely members of His small, extremely lovely family. You know this self-respect of yours, do you not?
9. Bapdada is seeing you as part of his lovely, small family, those who are a handful out of multimillions. You are lovely, because you have recognized the Father and claimed a right to His inheritance.
10. Because you are a cremator of your old sanskars at present, you will receive a palace in the future.

11. Because you constantly color your life with the Father's company, you lead a life filled with enthusiasm.
12. Because you have a carefree life, you experience a divine light constantly sparkling on your forehead.
13. Because you keep your heart full of God's love, Godly powers and Godly knowledge you have no attachment or love for anyone else.
14. Because you keep your mind busy in service throughout the day, you finish all waste.
15. Because you on the seat of a master almighty authority, you keep determined thoughts to finish your old sanskars and achieve success.
16. Because you pay attention to your timetable, the *tension* of your sanskars continues to reduce.
17. Because you stay so strongly in the Father's company, you are able to become *double* pure: Both your body and soul are pure
18. Because you surrender yourself to Bapdada with all your thoughts, Maya is never able to attack you.
19. By being cooperative with others in karma yoga, you help to make the atmosphere as well as your companions powerful.
20. By changing the limited "mine" in to "yours", you free yourself from all worry and remain a carefree emperor.
21. By constantly following the Father's rule, instead of the rule of the self or others, you become a future ruler of the world.

22. By constantly following the shrimat of the Satguru, you remain safe from the dictates of the self and the dictates of others.
23. By following Bapdada's directions, you claim a number in two things: 1. Finishing all wastage, and, 2. becoming free from obstacles in service.
24. By keeping one point of self-respect in your awareness every day, and putting it into your practical form, you become an intense effort maker and continue to move forward.
25. By making all the limited "mines" into "yours" you lead a happy and carefree life.
26. From the Teacher you have received teachings which have made you into a king of self-sovereignty, a rule of the self.
27. From the Teacher, you have received a *source of income* and through the teachings you receive a royal status in the future.
28. Instead of going into expansion, you stabilize yourself in the form of the essence.
29. No matter what situations come in front of you, instead of the situations you keep the Father in front, and through this you become equal.
30. The Father's sparkle remains visible on your face and in this way you definitely help reveal the Father.
31. The light of the sparkling soul is visible on the forehead of you, the carefree emperor
32. Through the fire of yoga, you have burnt your weaknesses and sanskars, so no name or trace of them remain.
33. Through the subtle vibrations of the mind, you have become a support for souls in their sorrow and peacelessness.
34. Through the teachings, you have attained a double kingdom: You rule the self now, and receive the fortune of the kingdom in the future.

35. Through the teachings, you have become a self-sovereign -- a ruler of the self who is uninfluenced by the physical senses.
36. When any situation comes in front of you, you keep the determination to put a stop to all waste thoughts.
37. When others look at you, they see a powerful angel because you have burned all waste through your light and might form of yoga.
38. When others see your face and your activity, they see a soul who has attained something special.
39. When you see the specialty, virtue or service of another Brahmin soul, you remember the One who bestowed and not the soul.
40. Whenever you begin a task you first sow the seed of determined thought and that definitely bears fruit.
41. While making your hands and feet move according to your wishes, you also exert control over your mind, so it has only the thoughts you wish it to have.
42. With volcanic yoga, you have cremated your old sanskars and so you are able to become a form of *light* and *might* and give other souls cooperation through your rays.
43. You always have feelings of mercy and benevolence, even for those who are weak.
44. You always remain ever ready, so that anyone who comes to you takes something away through seeing your face and your activity.
45. You are a carefree emperor while performing every action -- You don't have any worry
46. You are a carefree emperor who maintains your pure pride and dignity. You have given all your worries to the Father.

47. You are a carefree soul who has become free from all vices – you are one who wears a double crown.
48. You are a clever child with a broad, elevated and clean intellect.
49. You are a constantly burning lamp who lights up the whole world.
50. You are a cooperative soul who gives courage with love and thereby makes the center into one of intense effort makers.
51. You are a fortunate soul who has received the Father's guarantee: If you use one second in a worthwhile way here, then your 21 births will be worthwhile.
52. You are a jewel of contentment who by imbibing the power of contentment, is loved by the self, by the Father and by the family.
53. You are a jewel of contentment who experiences the different forms of upheaval of Maya and matter, as though you are a watching a cartoon show.
54. You are a loving and cooperative soul with a big heart, who is always ever ready at a time of need.
55. You are a Mahavir soul who remains unshakeable and fearless.
56. You are a Mahavir who always remembers: I own my mind, and therefore have control over that which is mine.
57. You are a master almighty authority who constantly plays with the diamond of God's love, instead of the clay of waste thoughts.
58. You are a master almighty authority who remains in your elevated stage, and so you remain seated on Bapdada's heart throne.

59. You are a Master of the Self who constantly maintains the intoxication of your fortune.
60. You are a Master of your mind and put a full stop to all waste with your elevated thoughts.
61. You are a master sun of knowledge who burns the rubbish of weaknesses and defects in a second with the rays of your powers.
62. You are a Master who has tightened the reins of your mind by keeping your mind busy, and so you have finished waste thoughts.
63. You are a member of God's family – this means you are one who has good wishes and feelings of benevolence for everyone.
64. You are a merciful soul who never allows the sanskar of anyone's weakness to reduce your good wishes for that soul.
65. You are a server who constantly remembers, "I am karavanhar and a trustee, and Shiv Baba is the Karavanhar Master".
66. You are a successful soul who with determination finishes waste thoughts.
67. You are a true server who has good wishes for those who defame you.
68. You are a victorious soul who celebrates the ceremony of finishing waste thoughts.
69. You are a world benefactor soul who experiences mercy for your sorrowful brothers and sisters. You keep your mind, intellect and sanskars under your control so that you are able to serve these souls with your mind.
70. You are a world benefactor who pays attention to the tension of the self and finishes the tension of the world.

71. You are an ancestor soul who cannot bear to see the sorrow or disturbance of any soul, and so you always have the pure desire to serve.
72. You are an ancestor soul who enables rays of happiness and peace to reach souls who are calling out.
73. You are an elevated soul who makes intense effort to reach your stage of perfection.
74. You are an embodiment of total success who uses the elevated treasure of time in a worthwhile way for the benefit of the self and others and so you accumulate all the treasures automatically.
75. You are an ever ready soul who has become an image of experience in every subject and so you never have to labor.
76. You are an *ever-ready* child who can put a full stop in a second, with no name or trace of waste thoughts.
77. You are an image of success because you have imbibed the Father's teachings and do every form of service; Bapdada can show you as an example and put enthusiasm into others.
78. You are an image of support who brings souls close in relationship all the time. You first become an instrument and then make others the instruments.
79. You are an image of support who is an instrument to bring about the world of happiness.
80. You are an intense effort maker who has made a plan in your heart of what you have to renounce and what you have to become in order to be complete and perfect, the same as the Father.

81. You are an intense effort maker who pays attention to time and thoughts over a long period of time. Through this you claim a fortune of the kingdom for 21 births
82. You are an intense effort making child who always keeps Bapdada in your heart, and so Bapdada also keeps you in His heart.
83. You are an obedient soul who never has waste thoughts, because you give situations to the Father who is responsible.
84. You are becoming equal to the Father in thoughts, words, deeds, relationships and connections. Whoever sees you, whoever you meet says: "Wah transformation! Wah!"
85. You are constantly merciful and stable in the stage of a world benefactor.
86. You are intense effort maker who has the determined thought, "I definitely have to become equal to the Father".
87. You are making preparations to return home: You apply a full stop in a second; become complete and perfect and fly.
88. You are one who celebrates the true Holi: You have become *holy* by burning your old sanskars.
89. You are one who checks at every step: "Did Father Brahma do this?" and so you become victorious.
90. You are one who constantly remains stable in the experience of the sparkling light on the forehead.
91. You are one who finds a solution to every problem and so experiences success.
92. You are one who finishes the storm of waste thoughts in a second, with your power of concentration.

93. You are one who follows the Father by becoming victorious over having waste thoughts and wasting time.
94. You are one who frees souls from the conflict of sanskars through your words and thoughts.
95. You are one who gives others the experience of sweetness and cheerfulness through your lips and your face.
96. You are one who gives respect and constantly claims respect from the entire world.
97. You are one who has burned the many forms of "I" and made the "I" of "I am a soul" firm.
98. You are one who has claimed the Godly right of being a king who is a master of the sense organs.
99. You are one who has finished arrogance of the body through self-respect.
100. You are one who has fulfilled Bapdada's hopes: You are a *double* king: A master of the self at the present time and a ruler of the world in the future.
101. You are one who has love for the Father's Yagya and so you continue to serve it with your body, mind and wealth.
102. You are one who has made Bapdada's blessing firm: No matter what happens, never let go of your contentment.
103. You are one who has made soul consciousness your natural nature.
104. You are one who has merged, "My Baba" in your heart, not just through words, and so matters of the heart are never forgotten

105. You are one who has removed every name and trace of waste – you only have pure and positive thoughts for the self, and pure and positive thoughts for others.
106. You are one who has the practice of becoming bodiless over a long period of time, like Father Brahma.
107. You are one who is creating your fortune of many births through your intense effort of this birth.
108. You are one who makes determination your companion and always keeps the Father in front of you. You keep the Father merged in your eyes and do the same in your thoughts words and deeds.
109. You are one who never loses courage because you always remember that Bapdada is combined with you.
110. You are one who never loses courage, and so you receive the Father's help.
111. You are one who only remembers the Father, the Father's Murli and service, and so you continue to move forward.
112. You are one who serves throughout the day by giving rays through your mind to unhappy souls.
113. You are one who shows wonders with your constant elevated thoughts.
114. You are one who stays alert during amrit vela, and so you never miss the Father's visit and thereby receive His blessings.
115. You are one who will help to open the gates to heaven because you maintain an attitude of unlimited disinterest in this old world.

116. You are ready to celebrate the completion ceremony of any waste, wasteful feelings or wasteful intentions for any soul.
117. You are the children of the Almighty Authority who remains a Mahavir in any situation that comes before you.
118. You are who constantly pleases the Lord with a true heart.
119. You attain the jewels and diamonds of experiences by going to the bottom of the Ocean through your concentration power.
120. You become an intense effort maker over a long period of time, and thereby become a close bead of the rosary.
121. You become lost in the experience of the bliss of being seated on Bapdada's heart throne and so that experience is never forgotten.
122. You cannot be defeated by Maya because your Companion is the Almighty Authority.
123. You come into the experience of the flying stage in a second -- this practice will be very useful to you at a time of need.
124. You constantly practice being *set* on your *seat* of a master almighty authority, and so the powers obey your orders at a time of need.
125. You create your fortune by paying attention to using time and thoughts in a worthwhile way over a long period of time.
126. You give a vision of the future through your features: Your future is to remain always happy in the heart, always to have a right, and not to be dependent.
127. You give souls the blessing of happiness through your face and activity and continue to move forward in this way.

128. You give your burdens and worries to the Father and live a carefree life, remaining in your stage of pure pride, dignity and intoxication.
129. You have all three relationships with the One: Father, Teacher and Satguru, and so you easily experience remembrance.
130. You have become an embodiment of knowledge whose every action is filled with light and might.
131. You have become an unlimited instrument responsible for unlimited world service.
132. You have become free from stress by burning the many forms of "I".
133. You have claimed the authority of self-respect given by the Father, and so no type of body consciousness can pull you.
134. You have completely filled your heart with the Father's love, and so you are not attracted by the many forms of love for Maya, either in the form of other people or in the form of material comforts.
135. You have given the gift of the subtle consciousness of "I" to the Father and have the determined thought never to take it back. With this determination, you achieve total success.
136. You have left all *tension* and waste thoughts because you remain on your seat of self-respect.
137. You have received this gift from Baba: Children, I am always with you as soon as you say 'My Baba' from your heart.

138. You have the determined thought in your mind: You will never have any waste thoughts for anyone or anything under any circumstances and you will definitely have constant good wishes and pure feelings for every soul. You do this practically.
139. You have the intoxication that with God at your side, victory is your birthright.
140. You have the sparkling stars of fortune on your forehead: The fortune of your birth, of your relationships and of your attainments. Baba is pleased seeing all three fortunes.
141. You have the vision of mercy and benevolence, pure feelings and good wishes and so you are cooperative to each brother and sister of your family.
142. You keep the courage in front of Baba to give up your waste thoughts, and so you receive a thousand fold help.
143. You keep the Father seated in your heart, and so you never fill that space with thoughts of others.
144. You keep three forms while doing service: You are *knowledge-ful, powerful and love-full.*
145. You keep your mind *busy*, whether through churning power, serving through words, or in serving through the mind, and so you keep your mind concentrated.
146. You keep your mind constantly busy in service, and thereby saved from useless and wasteful thoughts.
147. You maintain full rights over your mind, intellect and sanskars and so you have become a Master of the Self.
148. You maintain the enthusiasm that no matter what situations come in front of you, instead of the situations, you will keep the Father in front of you.

149. You make BapDada sit in your heart and seat yourself in His heart. In this way you become fearless and a *master* almighty authority and continue to move along. You continue to fly
150. You never allow your zeal and enthusiasm to decrease under any circumstances, and so you constantly move forward.
151. You never have subtle feelings of dislike for any soul because you always remember that soul is your brother.
152. You order the power you need in any situation while being seated on the seat of the awareness of being a master almighty authority, and so that power always obeys your orders.
153. You perform the dance of harmonizing sanskars, and so everyone remains light with you.
154. You receive the Father's congratulations, because each day you make effort to finish old sanskars and give the Father the result.
155. You remain constantly ever ready to return home with Bapdada by becoming complete and perfect the same as the Father.
156. You remain free from obstacles and also make your companions and connections free from obstacles. In this way you help to bring time close.
157. You remain in your carefree form because you put a full stop in one second to waste thoughts.
158. You remain set on your seat of a master almighty authority and so each power comes to you at the right time.

159. You serve automatically through your thoughts, words, deeds, relationships and connections.
160. You serve through your thoughts, words and deeds simultaneously and keep your *mind powerful.* Through this, you transform the minds of other souls.
161. You sing the song, "My Baba has come": Your face, your image, and your every word reveal the Father.
162. You stabilize yourself in the stage of a sparkling soul who always has the self-respect of being in the Father's company.
163. You stay on your seat of self-respect and so you never have *tension* or waste thoughts.
164. Your happiness never disappears because you constantly serve with your cheerful face.
165. Your mind is concentrated because you constantly keep busy churning points of knowledge.
166. In service, because you have the faith that this elevated task definitely has to happen and it is already accomplished, you are able to remain carefree, free from worry and have faith in the intellect
167. Because you remain busy in remembrance and service and remain free from waste thoughts, you have reached the stage of being carefree and double light.
168. Because you are humble and interact with others with correct manners, you are able to help carry out the task of renewal.
169. Because you have considered yourself to be an instrument in service, you have developed humility and therefore you never experience conflict or a clash of sanskars.

170. You have learned the lesson: To the extent that you bow down in your sanskaras and in your thoughts, accordingly the world will bow down to you. Because of this you receive everyone's blessings.

171. To attain perfection, you remain beyond and an observer. Whenever you use the word "I" you remember Bapdada; your understanding is based only on Baba's shrimat, not on your own ideas or those of others.

172. You are able to give sakaash to others because you have made the attitude of unlimited disinterest emerge; you have broken even the subtle strings of attachment.

173. You have become a destroyer of attachment: You never have dislike for anyone, nor is your intellect pulled to the love and virtues of others.

174. You have become an embodiment of both love *and* power. To the extent that there is deep love, so you are also a destroyer of attachment.

175. You are becoming karmateet because you practice remaining in the unshakeable and immovable stage, the stage of being free from obstacles and free from bondages, free from sinful thoughts and free from sinful actions over a long period of time.

176. You are becoming karmateet by practicing being beyond the effect of any bondage of action: No action affects you in any way, and even the result of that action does not affect you. You continue to experience total detachment, as though someone else made you do it and you did it.

177. Your practice of becoming bodiless takes you beyond the bondage of the body, the bondage of actions, the bondage of people, the bondage of material comforts, the

bondage of sanskars and nature – none of these bondages attract you towards themselves. Instead you remain detached and extremely loving.

178. In order to become karmateet, you do service while being free from the bondage of service, that is, free from the limited royal desires.

179. In order to attain the karmateet stage, you constantly perform actions as a detached observer, in a loving and detached stage as an alokik soul, having an alokik experience, an alokik and an elevated life.