

Pure inspirations from BapDada and the Didis for the instrument teachers and all brothers and sisters who are the decoration of the Brahmin clan. (22/10/2025)

In order to experience the bodiless stage, always remain easy and alert.

Beloved Avyakt BapDada's deeply loving instrument teachers, brothers and sisters of this land and abroad, who are the decoration of the Brahmin clan, those who are always in this body and experiencing the bodiless stage, beyond the consciousness of being the one who is "doing", always remain easy and alert and experience the bodiless stage, please accept Godly love-filled sweet remembrance.

All of you must have celebrated the pure festival of Deepawali with the DeepRaj Father with a lot of splendour in an alokik way. At present, all of us are seeing how so many things of the new situations everywhere, the atmosphere and nature, are bringing upheaval everywhere. While staying in the midst of all of this, let there always be zeal and enthusiasm and be victorious and a conqueror of matter. For this, it is essential to be beyond the body and to remain in the soul conscious stage. Baba says: Children, all of you now have to pay special attention to practising staying in the bodiless stage. Some ask what effort they should be making now. At present, Baba's signal is: As much as possible, stay beyond sound, beyond all situations, loving and detached. For this, it is absolutely essential to stay in silence. Whatever we do, seeing us, others are inspired. When we do something, others also benefit.

Baba and time are telling us, Brahmin family: The practice of the bodiless stage is needed a lot now and so put aside everything else, finish all questions, continue to increase the practice of the bodiless stage. Just as you put on or off a switch in one second, in the same way, take the support of the body in one second and go beyond the body, in the bodiless stage, in one second. Come into the body one moment and become bodiless the next. When there is a need, adopt the costume of the body, and when there is no need, become separate from the body. This has to be practised a lot. For instance, Baba may suddenly give a direction: Leave the home of your body, leave the stage of body consciousness and become soul conscious, go beyond this world to your sweet home. Will you be able to go or will your time pass away while battling on the battlefield? If your time is taken up for becoming bodiless, how many marks will you get in the final paper and what division will you be in? It is necessary to check this. Baba gives us the mirror of knowledge every day. So, definitely, all of you must be making time to see yourself in that mirror, transforming yourself and must be moving forward.

In the land of blessings in Madhuban, Baba is enabling us to do many types of service. I am seeing all of these as a detached observer, and making Baba my Companion, always singing praise of Baba, "Wah Baba, wah!" All of you must also be paying attention to your own stage, along with doing service. Please give everyone my sweet remembrance along with my very, very good wishes.

In Godly service,

B.K. Mohini
Administrative Head, Brahma Kumaris

Increase the practice of the bodiless stage (ashariri and videhi).

- 1) To become bodiless means to go beyond sound. There is sound when there is the body. Go beyond the body and there is silence. Have thoughts of service for a second and then become an embodiment of one who is beyond any thoughts in a second. Become aware of your body to carry out a task and then become bodiless. When this drill becomes firm, you will be able to face all adverse situations.
- 2) Just as BapDada is bodiless and enters a body, in the same way, you children have to be bodiless and then come into your bodies. Remain stable in the avyakt stage and then go into your corporeal forms. Everyone has the experience of leaving a body and then taking another body. In the same way, renounce the consciousness of that body when you want and become bodiless and take the support of that body to perform actions when you want. Experience that physical costume to be completely separate from I, the soul, who adopts this body.
- 3) Just as it is essential to know the Father in all His forms and in all relationships, in the same way, it is also essential to know yourself through the Father. To know means to accept. If you move along while considering yourself to be as you are and how you are, you then create a stage where you are able to remain bodiless while in your body, be avyakt while in the vyakt (physical body), be an angel while walking and moving around and karmateet while performing actions.
- 4) Just as bodiless BapDada has to take support of a body in order to make you children bodiless, in the same way, each of you, while in this life and in that body have to be stable in the stage of a bodiless soul, in soul consciousness and, as a karavanhar (one who gets things done) enable that body to perform actions. That body is a karanhar (one who does) and you are its bodiless karavanhar. This stage is known as the bodiless stage and following the Father. The stage of following the Father is to be constantly bodiless, beyond any awareness of your body, to be incorporeal.
- 5) It is actually easy to become bodiless but, in order to think and become bodiless when you have a situation in front of you, when there are some complications in service or a situation that brings upheaval, you need to practise it over a long period of time. When your thinking and doing take place simultaneously, you will then be able to pass the final paper.
- 6) You will be able to become detached from your costume in a second when there is no tightness of any sanskars. When something is stuck, it is difficult to undo it. When there is looseness, it is easy to become separated. In the same way, if there isn't any easiness in your sanskars, you will not then be able to experience being bodiless or remaining easy and alert.
- 7) Become Arjuna (the one who takes the initiative) in becoming bodiless. The speciality of Arjuna is: constantly being an embodiment of the point form and becoming victorious. Those who are destroyers of attachment and embodiments of remembrance are Arjuna. Arjuna is the one who constantly listens to this knowledge of the Gita and churns it. Everyone has to become bodiless in this way and die alive. Those who have such an unlimited attitude of disinterest are Arjuna.
- 8) In order to become close and equal to the Father, practise being bodiless while in your body. Just as you saw sakar Father Brahma being an example of the karmateet stage, follow the father in the same way. While you have that body, while you are playing your part with your physical senses on the field of action, take the support of your physical senses to perform actions and then become detached. This practice will make you bodiless.
- 9) When someone is weak, he is given *glucose* to give him energy. In the same way, when you consider yourself to be a bodiless soul, detached from your body, this stage of a detached observer works to fill you with power. For as long as you have the stage of a detached observer, you will also remember the Father, your Companion, that is, you will have His company.
- 10) Practise forgetting your body and the world of bodies and become bodiless, a resident of the supreme abode. Then, from being a resident of the supreme abode, become stable in the avyakt stage. Then come into sound to do service. While doing service, maintain the awareness of your form. Engage your intellect wherever you want in less than a second and you will then be pass with honours.

- 11) In order to detach yourself from all bondages of your body, consider yourself to be an incarnation. Take the support of your body with the awareness of being an incarnation and then perform actions. However, perform actions while being detached from the awareness of doing. Surrender the thought, "I did it" or "I am doing it" and you will not be tied in any bondage of karma. While being in the body, you will experience the bodiless stage.
- 12) Whatever circumstances come, or are to come, they require a lot of practice of the bodiless stage. Therefore, put aside everything else and even stop thinking, "Perhaps this will happen, perhaps that will happen, what will happen?" Now increase the practice of the bodiless stage. No circumstances or any type of upheaval can influence children who have a bodiless stage.
- 13) Just as a switch is switched on or off in a second, in the same way, take the support of your body in a second and become stable in the bodiless stage in a second. Come into your body one moment and become bodiless in one moment. Adopt the costume of your body when there is a need and then, when there is no need, become detached from your body. You have to practise this. This is known as the karmateet stage.
- 14) If BapDada suddenly directs you to leave the home of your body, to renounce the stage of body consciousness and to become soul conscious, to go beyond this world to your sweet home, would you be able to go there? You would not spend time battling on the battlefield, would you? While becoming bodiless, if your time is spent battling, what sort of marks would you then receive in the final paper and into which division would you go?
- 15) Hatha yogis are able to hold their breath for as long as they want. You easy yogis, natural yogis, constant yogis, karma yogis, elevated yogis, need to be able to become stable in your thoughts and your breath for as long as you want and in whatever thought you want on the basis of this knowledge that is given to you by the Father, who is the Lord of your Life. Play with pure thoughts one moment and have deep love for just the one Father or become bodiless and have a meeting with Him. Become stable in this one pure thought.
- 16) There is upheaval everywhere. The upheaval of people and nature is going to increase. At such a time, the means of safety is to make yourself bodiless, to go beyond your body and become soul conscious in a *second*. So, try this out every now and then and you will be able to stabilise your mind and intellect wherever you want. This is known as making spiritual endeavour.
- 17) The way to become bodiless is to become a point. The way for all of you to become bodiless and karmateet is to become a point, and this is why BapDada says: Before celebrating a meeting with BapDada at amrit vela and having a heart-to-heart conversation and before you start to act, first of all, put a tilak of the three dots on your forehead. Then check that that tilak is not wiped off due to any reason. The tilak should remain so imperishable that it cannot be wiped off.
- 18) Now, in a collective form, practise stabilising in one pure thought, that is, create a constant and stable stage for only then will you be able to glorify the name of the Shakti Army in the world. Take the support of your body when you want and renounce the support of your body and become a bodiless form when you want. Just as you adopted a body, in the same way, become detached from that body. This practice is the basis of claiming a first number in the final paper.
- 19) In order to experience your bodiless stage, let there not be any attachment to anything, even to your thoughts, in a subtle way. There should be no attachment to any relatives or connections or to anyone's specialities. If there is any attachment to your own speciality, that attachment will create bondages and will not allow you to become bodiless.
- 20) The more you remain light in the avyakt form, that is of having the practice of being beyond any awareness of your body, of being bodiless for two to four minutes the more it will be like taking a rest for four hours. Such a time will come when, instead of sleeping, you will become bodiless for four to five minutes and your body will have had rest. By making your awareness of this form of lightness very strong, you will become very light in settling your karmic accounts.
- 21) The power to pack up is essential for you to become bodiless. You have to pack up any thoughts of body consciousness and thoughts of adverse situations of this physical world. Apart from having the thought of returning home, do not have the expansion of any other thoughts. Simply have the thought

that you are now about to return home. Experience yourself, a soul, to be flying beyond the element of the sky. For this, now increase the practice of being seated on the immortal throne.

- 22) Becoming bodiless is to be like a wireless set. Becoming viceless is the setting for the wireless set. The slightest trace of any vice will make the wireless set useless. Therefore, from being one who has some bondage of karma, become a karma yogi. Consider yourself to be liberated from all bondages and related to only the one Father and you will remain constantly ever ready. Check yourselves: Are there any vices hidden within?
- 23) No matter how much of a tug of war there may be between the tasks to be carried out, even if your intellect is very busy doing service, try being bodiless at such a time. Real service can never be a bondage, because a yogyukt and yuktiyukt server remains constantly beyond while doing service. It isn't that you are unable to become bodiless because there is too much service to do. Remember that it is not your service but that the Father has given it to you to do and you will then remain free from any bondage.
- 24) In the final moments, the five elements of nature will try to shake you a great deal. However, you souls, who practise the bodiless stage, will pass with honours by being unshakeable and immovable. All the situations will then pass and you will give the proof of your passing with honours, the same as Father Brahma. To achieve this, make time to serve the five elements of nature and continue to give the sakaash of good wishes.
- 25) You may think of and makes the plans for service that you want, but do not do this while wondering what is going to happen, but do this while being bodiless and a detached observer. Think of something, make a plan for it and then instantly make your stage plain. There is now a need for that stage. With your bodiless stage, you can very easily overcome all adverse situations, just as clouds come and go. Someone who is bodiless simply watches any game while being unshakeable and immovable.
- 26) Father Brahma became avyakt and karmateet with the bodiless stage, and you are worthy of special sustenance from avaykt Brahma. Therefore, give the return of that avyakt sustenance by becoming bodiless. Keep a balance between your service and your stage. "Bodiless" means to be detached from your body. Nature, sanskars and weaknesses are all connected with ones body and so, once you are detached from your body, you are beyond all of those things. Therefore, this drill will help you a lot, but; for this; you need controlling power.
- 27) Throughout the day, even when you have a second, practise becoming bodiless again and again. Use even two to four seconds and you will receive a lot of help by doing this. Otherwise, your intellect will continue to work throughout the day and it will then take time to become bodiless. If you practise this, you will become bodiless whenever you want. At the end, everything will come suddenly, so the practice of being bodiless will be most essential in the paper of "suddenly".
- 28) To the extent that you are busy, it is just as essential for you to practise being bodiless every now and then. The tiredness that you have from doing service or from any upheaval with one another will not then take place. If you practise becoming detached in a second, then, when anything happens, because of that practice you will be able to go beyond in a second whatever has happened. As soon as you think about it, it will happen. You will not have to battle.
- 29) If you do not practise becoming bodiless in a second, the final moments will then be spent battling and, whatever you are weak in, whether it is your nature, in relationships with others, in your thought power, attitude, or being influenced by the atmosphere, whatever you are weak in, Maya will then test you in that particular thing in the last paper. Therefore, the practice of being bodiless is most essential.
- 30) Just as you are easily able to take off a costume, in the same way, you must be able to take off the costume of your body just as easily, and also adopt just as it easily at a time of need. This practice is needed. If your costume is tight, you cannot take it off easily. In the same way, let the costume of your body not be tight or stuck to any sanskar. For this, remain easy in all situations. If you remain easy, all tasks will be carried out easily. The more detached you remain from your old sanskars, the more your stage will be detached, that is, you will easily become bodiless.

***** O M S H A N T I *****