

Madhuban Newsletter – June 2026

Make your nature simple and tolerant and you will always remain cheerful.

**(Sweet letter of remembrance for the instrument teachers,
brothers and sisters of the Brahmin family – 20/05/26)**

Beloved avyakt image, Mother, Father, BapDada's deeply loving instrument teachers, brothers and sisters of this land and abroad, who are the decoration of the Brahmin clan, ones who maintain your spiritual pride and watch every game of Maya as a detached observer, ones who are always cheerful and attract everyone, please accept Godly love-filled, sweet remembrance.

At present, all of you must be doing very good tapasya at your own places. Every month, homework is especially being sent for yoga and tapasya. According to that, all of you must be giving sakaash with the power of your mind to the whole world, and with your elevated attitude continue to do the service of transforming the tamoguni atmosphere. In our unlimited home of Madhuban, at present, a variety of service is taking place in all the complexes of Madhuban. On the one hand is the bhatthi for the spiritual endeavour of being double light and on the other hand, programmes for all the Wings and also Raja Yoga camps are taking place. From time to time, many souls come here and are very well refreshed by the powerful atmosphere of peace and purity, and they return with new zeal and enthusiasm. In the world everywhere, there is the atmosphere of fear, worry and tension. At such a time, sweet Baba has made our unlimited home a tapasya-kund (sacred place for doing tapasya), where everyone comes running to have very good experiences.

Here, in the month of June, the month of our sweet Mama, souls who have stayed with Mama and taken physical sustenance from her relate very good experiences. Our Dadis have also related many specialities of Mama, which we are sending to you with this newsletter. In her life, Mama taught everyone the lesson: Every moment is the final moment. We have to remain ever-ready. Mama claimed number one by following each instruction from Baba, saying "Ji Baba, ha ji!" She always used to say: The One who is giving us orders is making us move. Now, all of us have to follow her and along with doing service, also create our complete and perfect stage.

Now, beloved BapDada's special signal is: Children, make your nature simple and easy and be tolerant. Always remain set on the seat of a detached observer and practise seeing the puppet show of Maya and matter as entertainment. When you see any scene, do not become confused with questions such as "Why? What? How?" Inculcate the virtue of easiness and tolerance and create your unshakeable, immovable and constant stage. Baba says: Children, always remain happy and distribute the treasure of happiness. Spread the wave of happiness in everyone. This is real service. What the world calls a calamity, you consider that to be a game and, with the power of tolerance, experience it to be entertainment. Now, do not look at the past of the self or of others and practise putting a full stop in a second. Whatever you have heard, seen or done, let it be very essence-full. When you look at the essence of everything, you will be able to remain very simple and always cheerful.

Tell me, while bringing into practise form such sweet avyakt signals full of love, all of you are practising staying in a constant stage, are you not? Achcha.

Lots of love and remembrance to all.

In Godly service,

B.K. Mohini
Administrative Head, Brahma Kumaris

Avyakt Signals – June 2026

To remain constantly cheerful, be easy-natured and tolerant.

- 1) To make your face constantly cheerful is the biggest gift of the confluence age. Never let there be any lines of distress on your face. A full moon looks so beautiful, in the same way, let your face be constantly cheerful. Let your face shine so much that others are able to see their form in your face. For this, make your nature simple and be tolerant.
- 2) The virtue of remaining cheerful can help you a lot in your efforts. Just as your face remains cheerful, in the same way, also keep your soul cheerful. Let this natural virtue be inculcated in the soul. If you remain constantly cheerful, no attraction of Maya will be able to attract you. This is the Father's guarantee. However, in order to remain constantly cheerful, maintain your spiritual honour, be tolerant and watch the games of Maya as a detached observer.
- 3) To remain cheerful is a virtue of this knowledge and you simply have to add spirituality to that. The sanskar of remaining cheerful is also a blessing which will help you a lot at any time of need. Those who remain constantly in a cheerful state are able to make others cheerful, no matter what the condition of their minds may be. Those with an easy nature, make a heavy atmosphere very light with their cheerful and happy face.
- 4) The memorial of those who remain constantly cheerful has been shown in the form of Vishnu. Vishnu is lying comfortably in an ocean of milk, churning knowledge and remaining very cheerful. The way to remain cheerful is to churn this knowledge. To the extent that someone churns this knowledge, so he remains cheerful. No adverse situation can reduce his courage, zeal or enthusiasm. With the power of tolerance, he easily overcomes all adverse situations.
- 5) People of the world are sitting on a pyre of hopelessness while alive. Make such souls die alive and give them the donation of a new life. With your cheerful and happy face, teach them how to lead a human life. On seeing you, let them receive courage, zeal and enthusiasm. For this, make your nature easy and be constantly stable in a double light stage, on the seat of the lotus stage.
- 6) I am a player on this unlimited stage. The stage of a player gives you the experience of remaining constantly cheerful. Whatever the situation, people of the world would say that it is a calamity, but a player who is constantly playing a game and seeing everything as a detached observer will consider that calamity to be a game and, with the power of tolerance, experience it as entertainment.
- 7) Those who do not look at their own past or the past of others and who put a *full stop* in a *second* are easy-natured. From their easy natures, you can see the practical sweetness and cheerfulness in their eyes, their faces and their activity. Those who have the stage of being easy-natured will also make others easy-natured. To be easy-natured means that whatever you hear, see or do has to be essenceful and that you only select the essence.
- 8) Those who are easy-natured remain constantly cheerful. Those who have a cheerful heart attract everyone. Cheerfulness means to swing in supersensuous joy. While churning this knowledge and experiencing the avyakt stage, to be swinging in supersensuous joy is known as being cheerful. For this, remain set on the seat of a detached observer and watch the *puppet show* of Maya and matter as a form of entertainment.
- 9) Only those who are tolerant are able to remain stable and also cheerful using the shield of the drama. If you are not tolerant, it will be difficult for you to hold the shield of the drama. Whatever actions you do at this time, constantly remain aware of Karankaravanhar. The Father is inspiring you do to everything and the ones who are doing everything are His instruments. If you act in this awareness, you will experience yourself to be playing a part as a detached observer.
- 10) Let your every thought and every word be special. Constantly have an easy nature, speak simple words, and let your actions be easy-natured. Be an embodiment of easiness. Always follow the directions of the One, have all relationships with the One, attain everything from the One, have the easy practice of

constantly being stable with the One. Remain constantly happy and distribute the treasure of happiness. Spread waves of happiness over everyone: this is real service.

- 11) When you have an easy nature, then, as well as being cheerful, sweetness will be visible in your eyes, on your face and in your activities. Harsh or bitter words will never emerge through your lips. Your heart, head and words will all be equal. To have one thing in your heart and something else in your words is not a sign of easiness. Those with an easy nature will constantly be humble hearted, egoless and selfless.
- 12) The specialities of a holy swan are to be easy-natured, using simple words and having a simple attitude and simple (pure) vision. BapDada loves those who have pure hearts the most and is closest to them. Those with clean hearts are always seated on BapDada's heart throne and, because all their elevated thoughts are fulfilled, they are seen to be easy, simple and clear. They are equal in their attitude, vision, words, relationships and connections.
- 13) BapDada wants to see simplicity, easiness and sweetness in the activity, faces, words and actions of all you children. If, due to force or tiredness, your words are not even a little sweet, if your face isn't sweet, but *serious*, you would not be said to be full of all virtues. No matter what the *circumstances* are, whatever your virtues are, let them emerge. Just as BapDada is, let the same virtues, task, words and thoughts be experienced through you. Let it emerge from everyone's lips: "This one appears to be the same as BapDada."
- 14) One minute, come into sound and the next minute, go beyond sound. The more this practice becomes simple and easy, the more you will appear to be close to perfection. The sign of the stage of perfection is that your efforts will be easy and simple. The pilgrimage of remembrance and service are both included in easy efforts. When you experience both to be simple and easy, you can then understand that you are about to attain your stage of perfection.
- 15) It is necessary to have easiness, simplicity and tolerance in your thoughts, words and deeds. If there is easiness and simplicity, but not tolerance, you cannot be said to be elevated. If, together with easiness and simplicity, there is tolerance you would then be said to be an embodiment of power. They have portrayed the Shaktis with both the virtues of easiness and tolerance. In the present result, in some cases, there is more tolerance and in other cases, there is more easiness. Now, make both of them equal.
- 16) To the extent that you have an easy nature, so your remembrance will also be easy. To the extent that you are clear, that is, clean in every situation, to that extent you will be easy and simple. Whatever you are like, your creation would have those same sanskars. Therefore, become a practical example of every virtue.
- 17) BapDada has the most love for the children who have clean hearts. Those who have clean hearts are constantly seated on BapDada's heart throne. In their attitude, vision, words, relationships and connections, they are seen as being easy, simple and clear with everyone equally. The sign of easiness is that your heart, head and words are equal. It is not a sign of easiness to have one thing in your heart and something else in your words. Those who have an easy nature are constantly humble hearted, egoless and altruistic. They have easy and simple hearts; they speak simple words and have a simple attitude and vision.
- 18) Some souls have particular types of nature and they continue to move along with that nature even against their conscious wish. They say: I don't want to do it, but that is my nature. Similarly, you children should have such easy and simple natures that everyone experiences you to be easy and natural yogis. What can I do? How can I have yoga? All those things finish. You are constantly co-operative, that is, yogi. By making this one aspect your natural nature, you will become perfect in all subjects.
- 19) The children who are full renunciates will definitely have the main virtues of easiness and tolerance. Such children remain cheerful and they also attract everyone. They are loving to one another. If there isn't easiness, there cannot be love. You saw in the sakar form that to the extent he was knowledge-full, his nature was accordingly easy and simple - mature with mature ones and a child with children.

- 20) In order to have easiness and simplicity, definitely pay attention to one thing – your stage must not depend on praise. Some children have a greater desire for some fruit of their actions and, therefore, when they are not praised, their stage fluctuates. When they are defamed, they become like orphans. They let go of their stage and even forget the Master to whom they belong. Therefore, do not let your stage depend on praise.
- 21) When you have an easy nature, you will automatically have the power to pack up. When you have an easy nature, you will be loving and co-operative with everyone. To the extent that you have an easy nature, accordingly, Maya will not oppose you as much. When you have an easy nature, you do not have any waste thoughts, nor do you waste your time. Your intellect is unlimited and far-sighted. This is why no adverse situation comes to oppose you.
- 22) Cleanliness is a sign of easiness. To the extent that you are easy, accordingly, there will be cleanliness and you will therefore attract everyone to yourself. There will be honesty and cleanliness when you make your nature easy and simple. Those with easy natures can also be multifaceted. Those who are easy-natured will be constantly cheerful and will attract everyone.
- 23) A person is given a title according to the actions he performs. If your actions are elevated, you will be given the title of an elevated jewel. In order to become an elevated jewel, both virtues of simplicity and tolerance are needed in your thoughts, words and actions. If there is simplicity but not tolerance, then too, you cannot be said to be elevated. Therefore, as well as having simplicity, also be tolerant.
- 24) In order to keep the mirror of your avyakt stage clean and clear, pay attention to three things: easiness, greatness and tolerance. If even one of the three is missing, a stain of that lack will then appear on the mirror. Therefore, whatever work you do, let ordinariness not appear in that. Transform that ordinariness into greatness, have tolerance in every task and imbibe easiness in your words, and success will then be visible in your service.
- 25) Tolerant children can use the power of their tolerance to make those with harsh sanskars and difficult tasks cool and easy. Those with the virtue of tolerance will be mature and go into the depths of everything. They will never be afraid. They will go into the depths and attain success.
- 26) Those who are tolerant will not be afraid, not just of any vibrations of extroversion, but of the thoughts arising in their minds. With their tolerance, they will face everything. Their faces will constantly be visible as content and happy. Their eyes and their mannerisms will never be seen to be discontent. Because they are jewels of contentment, they remain constantly content.
- 27) If you experience difficulties in this easy yogi life, then how would you then rule easily? The sanskars from here will take you there. Look at the pictures of the deities, they definitely show easiness and simplicity on their faces. To the extent that someone is an easy effort-maker, he will accordingly be simple in his mind, simple with his words and simple in his actions. Such a soul is called an angel.
- 28) All of you are master world creators. When you have this awareness, you will easily develop the virtues of humility. When you have humility, that is, easiness in a natural way, all other virtues come *automatically*. First be stable in the constant awareness of this form and then think and act. All of the little things that come in front of you, which you have to face, will then be experienced to be like the games of little children who play in front of their elders, who are not affected by them at all.
- 29) The Father is called the Innocent Lord, but He is not so innocent that He is not able to oppose anything. As well as being the Innocent Lord, He is also the Almighty Authority. You too mustn't forget your form of power and simply become innocent. Otherwise, you will be hit by an arrow of Maya. Become such a form of power that Maya bows down and salutes you before opposing you. Remain very careful and alert.
- 30) BapDada's blessing is: Remain constantly happy and share the treasure of your happiness. Spread waves of happiness in everyone. Let your face always have a sparkling smile of happiness. Remain cheerful in this way. For this, definitely let there be sweetness, contentment and the newness of simplicity in your words. Let the words of Brahmin souls not be ordinary words. Let there be such newness in your every action that everyone experiences some attainment from it.