


WHY DOES THE  
**SOUL**  
GET DEFEATED BY  
**MAYA?**


*“Behind every defeat lies a reason...  
And within every soul lies  
the power to be victorious.”*

**SWATI VILHEKAR (GAIGOLE)**

 Inspired by Avyakt Murlis

 Om Shanti

# Why Does the Soul Get Defeated? And How to Attain Victory Over Maya

 “Behind every defeat lies a reason...  
And within every soul lies the power to be victorious.”



 **A Deep Spiritual Guide**  
*Self-Awareness • Rajyog • Transformation*

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 **Swati Vilhekar (Gaigole)**

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**Om Shanti**

 **Dedication**

**To every soul**  
seeking victory over Maya,  
and aspiring to live a life filled with  
peace, inner power, and divine excellence.

## ✨ Preface: A Call to Inner Awakening

Sweet, beloved children,

In today's world, despite achieving external success, human beings often feel restless within.

The main reason for this is the influence of Maya, which causes the soul to forget its true identity.

When the soul begins to identify itself with the body, the five vices—lust, anger, greed, attachment, and ego—take control over it.

This book, "*Reasons for Defeat by Maya*," has evolved from a simple presentation into a profound spiritual guide.

It explains how the soul becomes defeated by Maya and how, through remembrance of the Supreme Father, it can once again become victorious.

BapDada says:

*"Children, remember Me and become victorious."*

If even one soul is able to experience peace and stability in life through this book, then this effort will be successful.

— Swati Vilhekar (Gaigole)

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## **About the Book**

This book is a **deep spiritual journey** that presents, in a simple and clear way, the soul's struggle, its defeat, and the path to victory.

In today's world, even though people may appear successful externally, they often feel restless within.

Anger, worry, fear, dissatisfaction, and habits—these are all subtle traps of Maya that gradually weaken the power of the soul.

This book will not only help you understand:

- Why the soul gets defeated by Maya
- How Maya influences our mind, intellect, and sanskars (impressions)

But it will also guide you to:

- Attain victory over Maya through Rajyog
- Bring real transformation into your life
- Experience lasting peace, power, and contentment

This book is inspired by **Avyakt Murlis** and presents profound spiritual wisdom in a simple and practical language.


### **What You Will Gain from This Book**

- ✓ A clear understanding of self-awareness
- ✓ The ability to recognize Maya
- ✓ Simple practice of Rajyog meditation
- ✓ Positive transformation in life
- ✓ Inner peace and stability

### **Who Is This Book For?**


- Those seeking peace and balance in life
- Those struggling with recurring negative thoughts
- Those who wish to grow spiritually
- Those who want to overcome Maya and live a higher life

## **One Step Towards Transformation...**

This is not just a book to read,  
 it is a guide to **transform your life**.

If you are ready—  
then this journey is yours.

 **Author: Swati Vilhekar (Gaigole)**

 *Inspired by Avyakt Murlis*

**Om Shanti**

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## Chapter Introduction

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- Message for world transformation

## ◆ Chapter 1: Understanding Maya (What is Maya?)

Sweet, beloved children, BapDada explains—Maya is not something external; it is a state of the soul’s forgetfulness. When the soul forgets its true nature—peace, purity, and bliss—the rule of Maya begins.

| **BapDada says:**

| *“Children, recognize Maya, only then can you protect yourself from it.”*

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### ◆ Definition of Maya (Murli Essence)

**Maya = Body-consciousness + the combined effect of the five vices**

BapDada says:

*“Children, body-consciousness is the main gateway to Maya. Wherever body-consciousness comes, Maya enters.”*

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### ◆ The Five Vices – The Five Heads of Ravan

1. **Lust (Impure desire)** – Wrong search for happiness
2. **Anger** – Reaction when expectations are not met
3. **Greed** – Desire to acquire more than needed
4. **Attachment** – Attraction towards the unreal
5. **Ego** – The grip of “I” and “mine”

Together, these weaken the power of the soul and make it dependent.

Maya is the form of these five vices...

| **BapDada says:**

| *“Children, body-consciousness is the doorway to Maya.”*

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### ◆ How Does Maya Work?

Maya does not come directly—it enters in the form of thoughts:

- “I am right” → Ego
- “Why did he do this?” → Anger
- “Let me get a little more...” → Greed

Gradually, these thoughts become **sanskars**, and then they shape our nature.

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### ◆ The Subtle Game of Maya

The biggest trick of Maya is **making you forget**:

- Forgetting the Father
- Forgetting your true self (soul-consciousness)
- Forgetting your goal

BapDada says:

*“Maya does not allow you to remain in remembrance, and forgetfulness is the cause of defeat.”*

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### ◆ Real-Life Examples

#### 🌿 Example 1: Anger

Someone criticizes you at work. Instantly, a thought arises—“How can they say this to me?”

👉 Body-consciousness activates → Anger arises → Peace is lost

#### 🌿 Example 2: Attachment

Spending hours on mobile/social media

👉 Mind gets trapped → Soul’s power decreases → Concentration is lost

#### 🌿 Example 3: Greed

Making a wrong decision for small temporary gain

👉 Short-term pleasure → Long-term regret

### ◆ Relationship Between Maya and the Soul

The soul is inherently pure, but due to company, sanskars, and lack of remembrance, it comes under the influence of Maya.

Just like the sun always shines but is covered by clouds—  
Similarly, the light of the soul is covered by the clouds of Maya.

| **BapDada says:**

| *“Maya enters through body-consciousness, so remain alert.”*

### ◆ BapDada’s Warning

*“Children, be careful! Maya is very powerful. It can make even the strongest souls fall.”*

### ◆ First Protection from Maya

- To consider yourself a soul (soul-consciousness)
- To remember the Father (remembrance)
- To observe your thoughts (self-checking)

### ◆ Today’s Practice (Practice Box)

1. Every 2 hours, pause for 1 minute and think: *“I am a soul”*
2. Before any reaction, take a 5-second pause
3. At night, reflect: Which vice influenced me today?

### ◆ Reflection Questions

- Do I remain in body-consciousness most of the time?
- Which vice affects me the most?
- Do I consciously remember the Father during the day?

Thus, understanding Maya is the first step towards victory. Awareness brings caution, and caution ensures victory.

## ◆ Chapter 2: Introduction to the Soul and the Supreme Soul

| **BapDada says:**

| *“Children, you are not the body; you are a point of light—the soul.”*

Sweet, beloved children, BapDada explains—the first and most important knowledge is to **know the self** and to **recognize the Supreme Soul**. Until these two understandings become clear, complete victory over Maya is not possible.

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### ◆ What is the Soul?

We are souls—**eternal, imperishable, and immortal**, embodiments of peace. This body is just a costume (dress) that the soul adopts.

BapDada says:

*“Children, you are not this body; you are a point of light—the soul, resident of the Soul World.”*

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### ◆ Original Qualities of the Soul

- Peace
- Purity
- Love
- Bliss
- Power

These are the natural qualities of the soul, but they become covered due to the influence of Maya.

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### ◆ **The Journey of the Soul (Cycle of 84 Births)**

The soul plays its part through 84 births in this world:

- **Golden Age (Satyug)** – Complete purity
- **Silver Age (Treta)**
- **Copper Age (Dwapar)**
- **Iron Age (Kaliyug)** – Maximum degradation
- **Confluence Age (Sangamyug)** – Time of transformation

At present, we are in the **Confluence Age**, where the Supreme Soul Himself comes to purify us once again.

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### ◆ **Who is the Supreme Soul?**

The Supreme Father, Supreme Soul **Shiv**—the Ocean of Knowledge, Peace, and Bliss—is our true Father.

He is incorporeal (formless), not bound by a physical body.

He is the Creator of this world, the Giver of Knowledge, and the True Guide.

BapDada says:

*“I am your Father, your Teacher, and your Satguru.”*

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### ◆ **Three Main Roles of the Supreme Soul**

1. **Father** – The One who gives us our inheritance
  2. **Teacher** – The One who gives us knowledge
  3. **Satguru** – The One who takes us back home (Liberation)
- 

### ◆ **Relationship Between the Soul and the Supreme Soul**

The relationship between the soul and the Supreme Soul is that of **Father and child**.

When the soul experiences this relationship, it gains **power, security, and freedom from fear**.

 **Example:**

Just as a small child feels safe with their father, similarly the soul becomes fearless in the remembrance of the Supreme Soul.

| **BapDada says:**

| *"I am your Father, Teacher, and Satguru."*

---

◆ **Why Does Maya Win?**

Because the soul forgets its Father.

- Forgetting the relationship with shiva (God) → Loss of power
  - Loss of power → Entry of Maya
- 

◆ **Importance of Knowledge**

Without knowledge, the soul remains in ignorance and experiences sorrow again and again.

BapDada says:

*"Only through knowledge does the darkness of ignorance disappear."*

---

◆ **Practice of Soul-Consciousness**

Remind yourself repeatedly during the day:

👉 *"I am a soul; this body is my instrument."*

Through this practice:

- Anger reduces
- Ego dissolves
- The mind becomes stable

- ♦ **How to Connect with the Supreme Soul?**
  - Concentrate the mind
  - Experience yourself as a soul
  - Remember the Supreme Soul as a point of light
- 

♦ **Today's Practice (Practice Box)**

1. In the morning, spend 5 minutes experiencing: *"I am a soul"*
  2. Remember the Supreme Soul 3 times during the day
  3. Before sleeping, do a self-check of the entire day
- 

♦ **Reflection Questions**

- Do I consider myself a body or a soul?
  - Do I understand all three roles of the Supreme Soul?
  - Do I remember the Supreme Soul regularly during the day?
- 

When the soul realizes its true self and establishes a relationship with the Supreme Soul, it becomes **stable, unshakeable, and powerful**. This is the foundation of victory over Maya.

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✦ **BapDada says** ✦

*"Children, remember Me and you will become victorious."*

## ◆ Chapter 3: Why the Soul Gets Defeated by Maya

Sweet, beloved children, BapDada repeatedly explains one thing—  
*“Children, it is not your nature to be defeated by Maya, but due to forgetfulness, defeat happens.”*

In this chapter, we will deeply understand why the soul repeatedly gets defeated by Maya.

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### ◆ 1. Lack of Remembrance (Forgetfulness of the Father)

The first and main reason is—**forgetting the Father.**

BapDada says:


*“Children, remembrance is life, and forgetfulness is death.”*

When the soul does not remain in remembrance of the Supreme Soul:

- The mind wanders
- Thoughts become negative
- Power decreases

#### Real-life example:

You did meditation in the morning, but got so busy throughout the day that you forgot the Father.

 Result: You became angry over a small matter → Victory of Maya

| **BapDada says:**


| *“Remembrance is life; forgetfulness is defeat.”*

### ◆ 2. Body-Consciousness

This is the biggest gateway of Maya.

When we think:

- “I am this body”
- “My respect, my position...”


 Then immediately ego, anger, and sorrow arise.

BapDada says:

*“Body-consciousness is the root of all sorrow.”*

 **Example:**

Someone did not appreciate you → You felt hurt

 This is body-consciousness, not soul-consciousness

 **BapDada says:**

*“Children, body-consciousness is the root of all sorrow.”*

### ◆ 3. Lack of Remembrance While Eating

Baba’s instruction is: *“Children, eat in remembrance.”*

But today:

- Eating while using mobile
- Eating while talking

 Result:

- Mind becomes restless
- Energy decreases
- Influence of Maya increases

BapDada says:

*“If you do not offer food to Baba, Maya consumes it in between.”*

### ◆ 4. Laziness and Carelessness


A subtle form of Maya is **laziness**.

- “Not today, I’ll do it tomorrow”
- “This much is enough”

 This stops the soul’s progress

 **Example:**

It was time for meditation, but you chose mobile or sleep

 Gradually it becomes a habit → Remembrance weakens

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◆ **5. Influence of Company (Sang)**

“As is the company, so is the color.”

- Negative people
- Gossip and criticism
- Impure environment

 All these weaken the soul

BapDada says:

*“Children, choose your company carefully; vibrations have a deep impact.”*

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◆ **6. Habit of the Five Vices**


Lust, anger, greed, attachment, and ego are no longer just thoughts—they have become **deep sanskars**.

Therefore:

- Reactions happen instantly
- Regret comes later

 **Example:**

You spoke in anger immediately, then regretted it later

 This is the effect of habit, not the true nature of the soul

| **BapDada says:**

| *“Children, you are not made to lose, you are made to win.”*

---

## ◆ 7. Lack of Self-Checking

The soul does not observe what it is thinking or doing throughout the day

👉 Without checking, change is not possible

BapDada says:

*“Children, check yourself—only then will you change.”*

---

## ◆ The Cycle of Maya (Understanding the Pattern)

1. Forgetting the Father
2. Body-consciousness arises
3. Vices become active
4. Wrong actions are performed
5. Regret follows

👉 Then the same cycle repeats

| **BapDada says:**

| *“Children, the only way to be safe from Maya is remembrance.”*

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## ◆ BapDada’s Loving Message

*“Children, you are not made to lose; you are victorious souls. Just strengthen your awareness.”*

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## ◆ Today’s Practice (Practice Box)

1. Every 2–3 hours, pause for 1 minute → *“I am a soul”*
  2. Before reacting, pause for 5 seconds
  3. At night, write: Where did Maya defeat me today?
-

**◆ Reflection Questions**

- Do I remember the Father throughout the day?
- What is my biggest weak point?
- Do I observe my thoughts consciously?

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When we deeply understand these reasons, the game of Maya becomes clear. And once the game is understood, victory becomes certain.

## ◆ Chapter 4.1: Effects of Maya

Sweet, beloved children, BapDada explains—

*“Children, the influence of Maya is very subtle and deep. Until you recognize it, you cannot protect yourself from it.”*

In this chapter, we will understand how Maya affects the soul and gradually drains its power.

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### ◆ 1. Loss of Inner Peace

The natural nature of the soul is peace, but Maya first steals this peace.


- Restlessness without reason
- Overthinking
- Getting disturbed over small matters

BapDada says:

*“Where there is no peace, there is definitely Maya.”*

#### **Example:**

Even at night, the mind is not calm—same thoughts keep repeating

 This is the effect of Maya

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### ◆ 2. Weak Decision-Making Power

Another major effect of Maya is the weakening of decision-making ability.

- Confusion between right and wrong
- Decisions based on emotions

#### **Example:**

A decision taken in anger → Later regret

 Maya first confuses the intellect, then leads to wrong actions

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### ◆ 3. Bitterness in Relationships

Maya does not affect only the individual but also relationships.

- Misunderstandings over small issues
- Ego clashes
- Increasing distance

BapDada says:

*“Where there is ego, love cannot sustain.”*

#### **Example:**


Two good friends stop talking due to ego

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### ◆ 4. Loss of Self-Confidence

When the soul repeatedly loses to Maya, its self-confidence decreases.

- “I cannot do this”
- “I always fail”


 This becomes a negative belief system

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### ◆ 5. Becoming a Slave to Habits

Gradually, Maya makes the soul a slave to habits.

- Anger becomes a habit
- Mobile addiction
- Laziness

 Then the soul is unable to change even if it wants to

#### **Example:**

**“Just 5 minutes on mobile...” → Turns into 1 hour**

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## ◆ 6. Energy Drain

Maya silently keeps draining the soul's energy.

- Fatigue
- Lack of enthusiasm
- No motivation

BapDada says:

*“Children, remembrance gives power, and forgetfulness drains it.”*

| **BapDada says:**

| *“Where there is no peace, there is definitely Maya.”*

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## ◆ 7. Losing Focus on the Goal

The biggest loss— the soul forgets its goal.

- Why am I studying?
- What is the purpose of life?

👉 Life becomes mechanical

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## ◆ The Subtle Web of Maya

Maya never attacks directly—  
It gradually takes control:

1. A small thought
2. Repeated again and again
3. Becomes a habit
4. Turns into nature

👉 And the soul becomes completely influenced

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### ◆ BapDada's Warning

*"Children, do not take Maya lightly. It can make even great yogis fall. Always remain alert."*

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### ◆ Today's Practice (Practice Box)

1. Check 3 times a day—Is my mind peaceful or disturbed?
  2. Replace any negative thought immediately
  3. At night, write—Where did Maya influence me today?
- 

### ◆ Reflection Questions

- Am I peaceful from within?
  - Are my decisions clear?
  - Are my relationships pure and light?
  - Am I a slave to any habit?
- 

### ◆ 8. Misuse of Time and Energy

Maya keeps the soul busy in wasteful activities.

- Scrolling social media without purpose
- Useless discussions
- Worrying about past or future

👉 Result: Time lost, energy lost

BapDada says:

*"Children, time is very valuable—do not waste it."*

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### ◆ 9. Distortion of Nature

When Maya influences for a long time, the nature of the soul begins to change.

- Peaceful → Irritated
- Loving → Harsh
- Content → Dissatisfied

👉 This is the state of downfall

#### 🌿 Example:

Earlier you were calm, now small things irritate you

👉 This is the accumulated effect of Maya

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### ◆ 10. Decreasing Interest in Spirituality

A very subtle effect—loss of interest in spirituality

- No interest in meditation
- No desire to listen to knowledge

👉 The soul gradually moves away

BapDada says:

*“Where interest decreases, Maya has taken hold.”*

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### ◆ 11. Heaviness of the Soul

When under Maya’s influence, the soul does not feel light

- Guilt
- Regret
- Inner heaviness

👉 This is a sign that the soul is moving away from its truth

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## ◆ 12. Repeat Cycle Trap

The most dangerous effect—the soul repeats the same mistakes

- Anger → Regret → Anger again
- Distraction → Guilt → Distraction again

👉 This cycle weakens the soul continuously

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## ◆ Final Deep Realization

The effect of Maya does not come suddenly—  
It slowly takes control over the soul.

That is why BapDada says:

*“Children, recognize it early; later it becomes difficult to handle.”*

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When the soul recognizes the effects of Maya, awareness arises. And this awareness becomes the first power to protect oneself from Maya.

## ◆ Chapter 4.2 (Extended): The Deep Impact of Maya

Sweet, beloved children, BapDada says—

*“Children, the influence of Maya is not only external, but it affects the mind, intellect, and sanskars in a very subtle way. Until you understand its depth, complete victory is not possible.”*

This extended section reveals the deeper and more subtle effects of Maya.

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### ◆ 1. Restless Mind Syndrome

The first subtle attack of Maya is making the mind unstable.

- A flood of thoughts during meditation
- Thinking about something else while doing one task
- Lack of concentration

👉 This is a sign that the soul is not the **master**, but has become a **slave**.

BapDada says:

*“Children, make your mind your master, not your slave.”*

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### ◆ 2. Intellect Blockage

When the influence of Maya increases, the intellect loses its clarity.

- Repeating the same mistakes
- Knowing what is right, yet doing wrong

👉 This is called: *“Understanding is there, but power is not.”*

🌿 **Example:**

You know anger is wrong, yet you still get angry repeatedly

👉 Reason: A veil of Maya over the intellect

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### ◆ 3. Subtle Ego

This is the most dangerous form because it is difficult to recognize.

- “I am right”
- “I know more”
- “My thinking is better”

👉 It stops spiritual progress

BapDada says:

*“Children, where ‘I’ comes, ‘Baba’ goes away.”*

---

### ◆ 4. Comparison Trap

Maya pulls the soul into comparison:

- “They have more than me”
- “They are better than me”

👉 Result:

- Discontent
  - Jealousy
  - Inner disturbance
- 

### ◆ 5. Seeking Happiness Outside

Maya teaches the soul that happiness lies outside:

- In people
- In objects
- In situations

👉 When these are not available → sorrow arises

BapDada says:

*“Children, you are the children of the Ocean of Happiness, not beggars.”*

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### ◆ 6. Disconnection from the Present

Maya keeps the soul either:

- In the past (regret)
- Or in the future (worry)

👉 The joy of the present moment is lost

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### ◆ 7. Spiritual Ego

This is even more subtle:

- “I am a good practitioner”
- “I do meditation regularly”

👉 This too is a refined form of Maya

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### ◆ 8. Inability to Accept Truth

Under the influence of Maya:

- One does not accept one’s mistakes
- Blames others

👉 Growth stops

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### ◆ 9. Energy Leakage Points

Maya drains the soul's energy through:

- Unnecessary thinking
- Over-talking
- Emotional reactions

👉 Gradually, the soul becomes powerless

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### ◆ 10. Loss of Original Nature

The biggest loss:

👉 The soul forgets its true nature

- Peace → Stress
- Love → Irritation
- Bliss → Boredom

| **BapDada says:**

| *“Maya is very powerful—remain alert.”*

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### ◆ Deep Realization (Murli Point)

Maya is not an enemy, but a **test**.

BapDada says:

*“Children, Maya does not come to make you fall, but to make you strong—if you are aware.”*

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◆ **Today's Deep Practice**

1. Pause before every reaction
  2. Observe every thought
  3. Check 5 times a day—What is my current state?
- 

◆ **Self-Reflection**

- Am I the master of my mind?
  - Can I recognize subtle ego?
  - Does my happiness come from within or from outside?
- 

When the soul recognizes these subtle effects, it not only protects itself from Maya but rises above it and becomes victorious.

**Om Shanti.**

## ◆ Chapter 5: Methods to Overcome Maya (Rajyog-Based Solutions)

Sweet, beloved children, BapDada says—

*“Children, it is not difficult to conquer Maya if you adopt the right method. The foundation of victory is remembrance, yoga, and Shrimat.”*

In this chapter, we will understand how the soul can protect itself from Maya and become victorious.

---

### ◆ 1. Constant Remembrance

The first and most powerful method is **remembrance of the Father**.

BapDada says:

*“Children, remember Me and your vices will end.”*

👉 What is remembrance?

- Not just in words
- But living in the experience

👉 *“I am a soul... my Father is the Supreme Soul...”*

🌿 **Practice:**

- Stay connected while walking, working
- Take a 1-minute “remembrance pause” every hour

👉 This is **easy Rajyog**

---

### ◆ 2. Soul-Consciousness Practice

The root cause of Maya is **body-consciousness**

👉 The solution is **soul-consciousness**

BapDada says:

*“Become soul-conscious, only then Maya will stay away.”*

 **Practice:**


- “I am not this body”
- “I am a peaceful soul”

 **Result:**

- Anger reduces
- Ego dissolves
- Mind becomes stable

◆ **3. Following Shrimat (Divine Directions)**


**Shrimat = Guidance of the Supreme Soul**

 **When we follow Shrimat:**

- Decisions become clear
- Maya cannot interfere

 **Example:**

Anger arises → Shrimat: “*Remain calm*”

 Followed → Victory

 Reacted → Defeat

| **BapDada says:**

| “*Children, remember Me and your vices will end.*”

#### ◆ 4. Making Food Yog-Yukt (Charged with Remembrance)

BapDada's clear instruction:

*"Children, eat in remembrance, and food will become power."*

##### Practice:

- Pause for 10 seconds before eating
- Offer food mentally to the Supreme Soul

##### Result:

- Calm mind
  - Light body
  - Pure vibrations
- 

#### ◆ 5. Self-Checking and Self-Transformation

Without checking, change is not possible

BapDada says:

*"Check and change."*

##### Daily Practice:

Ask yourself at night:

1. Where did Maya defeat me today?
  2. How did I react?
  3. What will I improve next time?
-

## ◆ 6. Power of Company (Sang)

👉 Good company = Power

👉 Wrong company = Downfall

BapDada says:

*“Children, company has a deep influence.”*

### 🌱 Practice:

- Stay in a positive environment
  - Listen to spiritual knowledge
  - Avoid negativity
- 

## ◆ 7. Purity of Thoughts (Thought Management)

Every action begins with a thought

👉 Therefore:

- Replace negative thoughts immediately
- Create positive affirmations

### 🌱 Example:

✗ “I cannot do this”

✓ “I am a powerful soul”

---

## ◆ 8. Regular Rajyog Practice

**Rajyog = Connection with the Supreme**

### 🌱 Practice:

- 10–15 minutes of silence in the morning
- Experience yourself as a point of light
- Connect with the Supreme Soul

👉 Result:

- Power increases
- Maya becomes weak

| **BapDada says:**  
| *“Remembrance is the shield of protection.”*

---

### ◆ 9. Service (Spiritual Service)

When we uplift others, our own power increases

BapDada says:  
*“Service increases power.”*

🌿 **Examples:**

- Motivating others
  - Giving positive vibrations
- 

### ◆ 10. Living in the Present (Power of Now)

Maya traps the soul in:

- Past → Regret
- Future → Worry

👉 Solution:

- Stay in the present moment
- 

### ◆ 11. Strong Determination

Without determination, victory is not possible

👉 *“I have to change.”*

BapDada says:

*“Firm determination brings success.”*

---

## ◆ 12. Stay Light and Happy

Maya makes the soul heavy

👉 Baba says—stay light

### 🌿 Practice:

- Avoid overthinking
  - Practice forgiveness
  - Practice gratitude
- 

## ◆ Daily Power Routine

### Morning:

- 10 minutes Rajyog
- Positive affirmations

### During the day:

- 3–5 pauses

### Night:

- Self-checking
- 

## ◆ Deep Understanding (Final Murli Insight)

To overcome Maya does not mean to fight it

👉 It means to rise above it

BapDada says:

*“Children, remain in a flying stage, and Maya cannot even touch you.”*

---

### ◆ Reflection Questions

- Do I remain in remembrance regularly?
  - Do I react or remain aware?
  - Am I the master of my thoughts?
- 

When the soul adopts these methods in life, it gradually rises above Maya and becomes victorious.

**Om Shanti.**

---

### ✦ Direct Message from BapDada ✦

*“Children, remember Me and become victorious.”*

## ◆ Chapter 6: Rajyog and the Depth of Remembrance

*(A Journey of Experience)*

Sweet, beloved children, BapDada says—

*“Children, merely listening to knowledge is not enough; bringing it into experience is true Rajyog.”*

Rajyog is not ordinary meditation—it is a **living connection** between the soul and the Supreme Soul.

---

### ◆ 1. What is Rajyog? (True Meaning)

Rajyog = “*Royal Yoga*”

👉 Meaning: To become the master of the mind, intellect, and sanskars

It is not just sitting with closed eyes, but:

- Remaining stable in every situation
- Remaining powerful in every circumstance

BapDada says:

*“A Rajyogi is one who is the king of his mind.”*

---

### ◆ 2. What is Remembrance? (Beyond Words)

Remembrance is not just “thinking”

👉 Remembrance = **Experience (feeling + connection)**

- I am a soul
- The Supreme Soul is in front of me
- I am receiving power from Him

👉 The deeper this experience, the weaker Maya becomes

---

### ◆ 3. Stages of Remembrance

#### 1. Effort Stage

- Mind wanders repeatedly
- Requires effort

#### 2. Experience Stage

- Peace is felt
- Connection starts feeling natural

#### 3. Natural Stage

- Remembrance stays effortlessly
- Mind remains stable

BapDada says:

*“Through practice comes naturalness.”*

---

### ◆ 4. The Stage of “Manmanabhav”

“Manmanabhav” = To absorb the mind in the Supreme

👉 Meaning:

- Do not allow the mind to wander
- Lift it again and again

🌱 **Practice:**

Whenever the mind wanders:

👉 *“I am a soul... Baba is with me.”*

---

### ◆ 5. Dead Silence Experience

This is a higher stage of Rajyog:

- Mind becomes completely silent
- No thoughts
- Only experience

👉 In this state, the soul receives deep power

| **BapDada says:**

| *“There is immense power in silence.”*

---

### ◆ 6. Experience the Soul as Light

See yourself as a **point of light**

- A light in the center of the forehead
- Peaceful, stable, powerful

👉 This practice removes body-consciousness

---

### ◆ 7. Connection with the Supreme

Experience the Supreme Soul also as a **point of light**

- Ocean of Peace
- Ocean of Love
- Ocean of Power

👉 Rays of power are filling the soul

---

## ◆ 8. Experience of Spiritual Powers

Through Rajyog, the soul develops **eight powers**:

- Power to tolerate
- Power to face
- Power to decide
- Power to pack up
- And others...

👉 These are the real weapons against Maya

---

## ◆ 9. Living Meditation (Walking Meditation)

Rajyog is not only while sitting, but:

- While walking
- While working

👉 Maintain connection at all times

🌿 **Example:**

While working:

👉 *"I am a soul, Baba is with me."*

---

## ◆ 10. Obstacles and Solutions

✗ **Problems:**

- Mind wanders
- Sleepiness

✅ **Solutions:**

- Short, repeated practices

- Consistency
  - Self-motivation
- 

### ◆ 11. Signs of True Experience

How to know your yoga is effective?

- Mind becomes peaceful
- Feeling of lightness
- Positive thoughts
- Reduced reactions

👉 These are signs of increasing inner power

---

### ◆ 12. BapDada's Deep Message

*“Children, if you remain in remembrance, Maya cannot come near you. Remembrance is the shield of protection.”*

| **BapDada says:**

| *“Children, remember Me and your vices will end.”*

---

### ◆ Daily Deep Practice Routine

**Morning:**

- 15 minutes deep Rajyog

**During the day:**

- 5 remembrance pauses

**Night:**

- 5 minutes silence

| **BapDada says:**  
| *“Become a yogi, not a bhogi.”*

---

◆ **Reflection Questions**

- Do I treat yoga as a practice or an experience?
  - Is my mind under my control?
  - Do I maintain connection throughout the day?
- 

◆ **Final Realization**

Rajyog is not just a technique—it is an **art of living**

When the soul masters this art:

- Maya becomes powerless
- The soul becomes the master

BapDada says:  
*“Children, become yogis, not bhogis.”*

---

**Om Shanti.**

## ◆ Chapter 7: Transformation in Life

*(From Impure to Pure – The Journey of Change)*

Sweet, beloved children, BapDada says—

*“Children, this knowledge is not just for listening, it is for transforming your life.”*

The true result of Rajyog and knowledge is **transformation**.

When the soul applies this knowledge in life, its entire life changes.

### ◆ 1. What is True Transformation?

Transformation does not mean just changing behavior, but:

👉 A change in **thoughts, nature, and sanskars**

- Reaction → Response
- Restlessness → Peace
- Weakness → Power

| **BapDada says:**

| *“Transformation itself is service.”*

### ◆ 2. From Impure to Pure

Due to Maya, the soul becomes impure

👉 But through remembrance of the Father, the same soul becomes pure

🌿 **Transformation:**

- Lust → Purity
- Anger → Peace
- Greed → Contentment
- Attachment → Spiritual love
- Ego → Humility

👉 This is the true result of Rajyog

### ◆ 3. Experience of Inner Peace

#### Before:

- Easily disturbed
- Overthinking

#### Now:

- Stable in every situation
- Calm mind

#### 🌿 Example:

Earlier, criticism would cause anger

Now: You remain calm and understand

👉 This is proof of transformation

---

### ◆ 4. Improvement in Relationships

When the soul changes, relationships also change

- Ego dissolves
- Understanding increases
- Acceptance develops

BapDada says:

*“Children, first change yourself, and the world will change automatically.”*

---

### ◆ 5. Awakening of Self-Confidence

Before:	Now:
<ul style="list-style-type: none"> <li>• “I cannot do this”</li> </ul>	<ul style="list-style-type: none"> <li>• “I am a powerful soul”</li> </ul>

👉 This is the result of soul-consciousness

---

## ◆ 6. Stage of Detachment (Nashtomoha)

When the soul becomes fully aware:

- Attachment ends
- Dependence ends
- Inner freedom emerges

👉 This is a high spiritual stage

BapDada says:

*“Become detached, only then you will experience true bliss.”*

---

## ◆ 7. Living Light and Happy

The most beautiful result of transformation:

- Lightness
- Happiness without reason
- Tension-free life

👉 This comes from within, not from outside

---

## ◆ 8. Stability in Situations

**Before:**

- Mood changed with situations

**Now:**

- Stable in every situation

👉 This is the **“unshakable stage”**

---

## ◆ 9. Spirit of Service

A transformed soul does not live only for itself

👉 It uplifts others

🌿 **Examples:**

- Motivating others
  - Giving positive vibrations
- 

## ◆ 10. Before vs After

✗ **Before:**

- Anger
- Worry
- Dissatisfaction
- Dependency

✅ **Now:**

- Peace
- Stability
- Contentment
- Self-respect

👉 This is true life transformation

---

## ◆ 11. BapDada's Inspiring Message

*"Children, when you change, the world will change.  
Your transformation is the beginning of world transformation."*

| **BapDada says:**

| *"First change yourself, and the world will change."*

### ◆ **Daily Transformation Routine**

1. **Morning:** Soul-awareness + positive resolve
  2. **Day:** Awareness in actions
  3. **Night:** Self-check + gratitude
- 

### ◆ **Reflection Questions**

- Has real transformation taken place within me?
  - Have my reactions reduced?
  - Am I more peaceful and happy than before?
- 

### ◆ **Final Realization**

Transformation is not a one-day task

👉 It is a continuous journey

But every small change:

👉 Takes the soul closer to perfection

BapDada says:

*“Children, do not move slowly now—move fast, time is short.”*

---

When the soul transforms completely, it gains the power not only to transform itself but also the world.

**Om Shanti.**

## ◆ Chapter 8: Goal – Heaven and the Highest Status

*(Attaining a Divine Life)*

Sweet, beloved children, BapDada says—

*“Children, you have not come here to live an ordinary life; you are studying to become the masters of heaven.”*

The ultimate aim of this knowledge is not just to attain peace, but to achieve a **high spiritual status** and to play a role in establishing heaven.

---

### ◆ 1. What is the True Goal of Life?

Today, people aim to:

- Earn money
- Gain name and fame
- Seek happiness

👉 But all of this is temporary

The true goal is:

👉 To become **perfect** and become worthy of heaven

BapDada says:

*“Children, your aim is very high—to become deities.”*

---

### ◆ 2. What is Heaven? (Heaven Explained)

Heaven is not imagination, but a **real state**:

- No sorrow
- No vices
- Only peace, love, and happiness


👉 This is the world of the Golden Age (Satyug)

### Qualities of Heaven:


- Divine virtues
  - Pure relationships
  - Natural beauty
  - Complete contentment
- 

### ◆ 3. Journey from Human to Divine

This knowledge teaches:

 *From human to Narayan, from woman to Lakshmi*

This is not a story, but:

 The result of self-transformation

BapDada says:

*“Children, you are the future Lakshmi and Narayan.”*

---

### ◆ 4. What is the Lakshmi-Narayan Status?

This is the **highest spiritual status**:

- Complete purity
- Complete peace
- Complete contentment
- Complete power

 This is the highest achievement of life

---

## ◆ 5. How to Attain This Goal?

👉 There is only one path:

- Rajyog
- Remembrance
- Shrimat

🌿 **Formula:**

👉 The deeper the remembrance → The higher the status

---

## ◆ 6. Importance of the Confluence Age

The present time is the most important:

👉 Confluence Age = Time of transformation

- The Supreme Soul Himself has come
- He is teaching us
- He is transforming us

BapDada says:

*“This is the only time when you can create your fortune.”*

| **BapDada says:**

| *“Your aim is very high—to become deities.”*

---

## ◆ 7. Value of Time

👉 Time is very limited

- What you do now → You will receive
- What you postpone → You will lose

🌿 **Example:**

No effort today → Regret in the future

| **BapDada says:**

| *“Children, now is the time—wake up and become victorious.”*

---

### ◆ 8. Staying Focused on the Goal

Maya’s job is to distract

👉 Our job is to remain focused

🌿 **Practice:**

- Remember your goal daily
  - Visualize heaven
- 

### ◆ 9. Experience Heaven Now

Heaven is not only future

👉 It can be experienced now:

- Peace in the mind
- Love in relationships
- Contentment in life

👉 This is the **beginning of heaven**

---

### ◆ 10. BapDada’s Inspiring Message

*“Children, remember your goal—you are worthy of a very high status. Do not consider yourself small.”*

---

### ◆ 11. Strong Determination

👉 *“I must achieve this status”*

- Consistency

- Discipline
- Dedication

👉 These are the keys to success

---

## ◆ 12. Final Vision

Imagine:

- You are a divine soul
- There is peace and beauty everywhere
- No sorrow, no stress

👉 This is your future

| **BapDada says:**

| *“Those who make effort now will rule in the future.”*

---

## ◆ Daily Goal Alignment Routine

1. **Morning:** Remember your goal
  2. **Day:** Act according to your goal
  3. **Night:** Check—how connected was I to my goal?
- 

## ◆ Reflection Questions

- Is my goal clear?
  - Am I living according to it?
  - Do I forget my goal due to Maya?
-

◆ **Deep Understanding (Final Murli Insight)**

This life is not just for living

👉 It is for becoming **elevated**

BapDada says:

*“Children, those who make effort now will rule in the future.”*

---

When the soul keeps its goal clear and makes consistent effort, it surely attains a high status and becomes worthy of heaven.

**Om Shanti.**

## ◆ Chapter 9: Final Message & Inner Awakening

*(Awakening of the Inner Self)*

| **BapDada says:**

| *“Children, now awaken... time is very short.”*

Sweet, beloved children, this is BapDada’s final message—

*“Children, now awaken... time is very limited, and your goal is very high.”*

This life is not just for eating, earning, and living.

👉 It is a **Golden Chance**—to realize yourself and become the highest.

### ◆ 1. This Time Will Not Return

This Confluence Age:

- Is very short
- Is extremely valuable

👉 The one who recognizes this time creates their fortune

BapDada says:

*“Children, if this time slips away, you will regret it later.”*

| **BapDada says:**

| *“Children, now is the time—awaken and become victorious.”*

### ◆ 2. The Soul’s Inner Calling

Sometimes a voice arises from within:

- “Something is missing...”
- “I need something more...”

👉 This is the call of the soul

It is a sign that:

👉 The soul is remembering its true home and true form

### ◆ 3. Time to Decide

Now there are two paths:

#### ✗ Old Life:

- Maya
- Restlessness
- Habits

#### ✓ New Life:

- Peace
- Power
- Soul-consciousness

👉 The choice is yours

---

### ◆ 4. Small Efforts, Big Results

Every small effort:

- 1 minute of remembrance
- 1 right thought
- 1 peaceful response

👉 Gradually transforms life

---

### ◆ 5. Falling and Rising

In this journey:

👉 Falling is not wrong

👉 Rising again is essential

BapDada says:

*“Children, the one who rises after falling is the true victor.”*

## ◆ 6. Baba is Always With You

You are not alone

👉 The Supreme Soul is always with you:

- As a guide
- As support
- As a source of power

👉 Just maintain remembrance

---

## ◆ 7. True Identity of the Soul

Who are you?

👉 A powerful soul

👉 Embodiment of peace

👉 A future deity

👉 Never consider yourself small

---

## ◆ 8. Make Life Light

- Do not overthink
- Let go of the past
- Practice forgiveness

👉 Stay light and fly high

---

## ◆ 9. Final Call

BapDada says:

*“Children, now is the time to move fast.*

*Whatever you have to do, do it now.*

*Whatever you have to become, become now.*

## ◆ 10. Your Destiny

Not imagination—but truth:

👉 One day you will:

- Be a divine soul
- Become worthy of heaven
- Live in complete peace and bliss

👉 This is your destiny

| **BapDada says:**

| *“Children, you are victorious souls.”*

---

## ◆ 11. Final Practice

From today:

- 5 minutes of silence daily
- 5 times “I am a soul”
- Nightly self-check

👉 Even this much will begin transformation

---

## ◆ 12. Final Reflection

- Have I awakened?
  - Am I moving toward my goal?
  - Am I recognizing this opportunity?
-

### ◆ Final Realization

This book is not just for reading

👉 It is for living

When you apply this knowledge in life:

- Maya ends
  - The soul becomes victorious
  - Life becomes heaven
- 

### ☀️ Final Words

*“O traveler of the night, do not get tired...  
The destination of dawn is not far...”*

Your journey has already begun...

👉 Just keep moving forward...

BapDada is always with you.

👉 BapDada says:

*“Children, time is very short—move fast.”*

---

**Om Shanti.**

 \***“Every soul is powerful...**


**Yet why does it get defeated by Maya?”\***

---

This book is a **simple yet profound spiritual journey** to understand the inner conflict of the soul and rise above it.

It explains in an easy and practical way how the subtle influences of Maya—such as anger, worry, fear, and dissatisfaction—steal our inner peace, and how victory over them can be achieved through **Rajyog**.


This is not just a book to read,


 but a powerful path to **transform your life**.

---

 ***What You Will Learn from This Book:***


- ✓ How to recognize Maya and protect yourself from it
  - ✓ How to remain in soul-consciousness
  - ✓ Simple and practical Rajyog meditation
  - ✓ How to control negative thoughts
  - ✓ How to bring peace and stability into life
- 

 ***If you truly wish to transform your life,***

 this journey is for you.

---

 **Swati Vilhekar (Gaigole)**

 *Inspired by Avyakt Murlis*

**Om Shanti.**

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**SWATI VILHEKAR (GAIGOLE)**



Inspired by Avyakt Murlis



Om Shanti