

09.12.2014



The One with Rights in Conversation with the ONE with all Treasures

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am the one with all rights to Baba's treasure store. I, the Brahmin soul, have come to meet BapDada to claim my rights from Him.

To whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I belong to You, the One with an open treasure store.

You give unlimited treasures to me.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. All of Baba's treasures are yours. Baba offers you the throne of all rights. A king who holds a throne for even a limited time, achieves great things – but you now have a golden opportunity to claim an unlimited throne. You can easily claim the consciousness of your golden stage, the elevated stage in the future golden aged world.

Receiving Inspirations and Clearing Confusions

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

"Because you live as a sweet and constant companion to the Father, you feel surrounded by an ocean of support, you soar through challenges with strong wings, and what once required effort has become natural, easy and entertaining.:"

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.



A Spiritual Rose in Conversation with the Innocent Lord

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a spiritual rose. I, the soul, have beauty, form, fragrance, and color. Baba sustains me with special love and power.

To whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba.

I belong to You, the Innocent Lord. You give me blessings from the treasure store of blessings.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me.

You can attain all that your mind desires by connecting to Me, the Innocent Lord, during the amrit vela, the spiritual hour, dawn the border of night and day. This is the time when you effortlessly attain limitless blessings

from Me, the Innocent Lord. Experience at this time elevated happiness and attainments.

Receiving Inspirations and Clearing Confusions

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing: ***You are a peaceful and carefree soul whose light of awareness is constantly lit. This light dispels the darkness of your attachments and reveals the sweetness and beauty of God's heart. In this light, you find your wings and are now destined to help the whole world fly.***

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check:

was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 11th, 2014



A Maharathi In Conversation with the Ocean of Love

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a Maharathi child. As soon as I sit down at amrit vela. I feel connected as part of Baba, the Ocean of Love. My form and Baba's form are equal. Baba is incorporeal and I am incorporeal. Baba's qualities are my qualities. I become a master at experiencing Baba's love.

To Whom do I Belong?

Soul converses with Baba:

I belong to You, the Ocean of Love. However I am, whatever I am, I am Yours and You are mine. I am lost in your love, sweet Baba.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. If your form is like Baba's, then His virtues will also be yours. Meet Me as a Maharathi child and become one with Me. Just as rivers flow into the ocean and merge within it, so all of Baba's qualities enter the soul. Brahma Baba's experience in the corporeal form will also be the experience of Maharathis. Experience your complete, perfect stage.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

You are a wise and clever soul who has learned to dance with maya's games by using the right spiritual powers at the right time. Because of your wisdom, the mark of victory is on you. God's golden hand of blessing is over you, and the love of the divine family is with you.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

12.12.2014



A Clean and Pure Soul in Conversation with the Supreme Magnet

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a clean and pure soul. As soon as I sit down for amrit vela, I feel a magnetic pull toward the Supreme Magnet. I have attained everything I need from the Supreme Magnet, my sweet Baba. These attainments become a magnet that attracts everyone to Baba.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I belong to You, the Supreme Magnet. Wherever I look and whomever I see, I only think of my experiences with You. I attain everything from You the Supreme Magnet.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Remember attainment makes you a magnet. With the power of your own attainments, you extract water from a hard stone, and draw the water to the desert, making it green. Remember all your attainments from the moment of your Brahmin birth till now. Remember your original pure nature. Then, you will become a spiritual magnet and your pure personality will attract all souls of the world toward Baba.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

You have the supreme fortune of happiness because you have received BapDada's heart throne. You constantly partake of, and share with all, this nourishment of joy. In your heart, you sing the song "Wah my fortune wah!" and live each day in a carefree way.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

13.12.2014



A Successful Soul in Conversation with the Bestower of Fortune

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a successful soul because I am an obedient child. As soon as I sit for amrit vela, I feel Baba as the Bestower of Fortune applying the tilaka, mark, of success on my forehead. He has personally come to apply this mark of success.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I light the flame of alertness and focus on You knowing that even if I doze a little, I will lose some of my fortune. I sit with the flame of soul consciousness ignited

and invoke you the creator of Lakshmi to come and create my fortune.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. If you remember Baba, Baba remembers you a million times more at amrit vela. Every day, Baba goes on tour and He gives you this generous return of your remembrance. If you are sleeping, you will not fully receive what Baba offers you. (In other words, if you hit the snooze button, you hit the lose button.) So you must make an effort to catch Baba's help. Check, stay alert and obedient and you will receive nourishment for the entire day.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

Baba is bestowing the spiritual powers of life to you. You radiate with this divine shakti and have mastered the most essential power of remembrance, the ability to focus and concentrate your mind and intellect wherever you want in a second.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my

pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

14.12.2014



A Worthy Child in Conversation with the Bestower of Blessings

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a worthy child endowed with courage and enthusiasm. I am worthy to claim the power that Baba is giving me at this time. My deep love for Baba makes me a worthy child.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. You are my Baba. I belong to You and You belong to me. My love and acceptance of You make me worthy to receive your blessings. I take blessings from you and erase my weaknesses.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Amrit vela is a special time that Baba sets aside for you, the Brahmin soul. You can receive whatever you wish at this time. It is at this time that I see your special qualities and your virtues in service. I give you special blessings and make your qualities, virtues, and service imperishable. This is why I reserved this time especially for you. You receive the first chance of blessings from Me.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

By making the One Father your world, you have transcended the golden chains of attraction and become innocent of desire. Baba's world fulfills your every need, wish and dream. By transferring all the things of "mine" to "My Baba", you've become a jewel of contentment and a master sun of happiness.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

15.12.2014



An Angel in Conversation with Avyakt Brahma

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an angel. As soon as I sit for amrit vela, I gaze lovingly at Avyakt Brahma. I deeply appreciate all the service that Shiv Baba carries out through him. I see Brahma Baba doing unlimited service from the subtle regions.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Brahma Baba. As an angel, I sit here with you in the subtle regions. I experience your beacon of powers through your drishti. I am complete just by being here with you. Your tireless service inspires me to become an angel like you. You work so hard for me. I must reciprocate Your selfless love. Just as you are a constant yogi and a constant server, I too should become a constant yogi and constant server.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Brahma Baba understands your weaknesses and fills you with strength and courage. BapDada places you on the seat of unlimited service. I fill you with power so that you can maintain hope and enthusiasm for world service. Just as a sculptor creates a face by shaping the eyes and nose etc., I busily fill you with all spiritual qualifications.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

You are the one who observes your thoughts with care. You have the power to let go of wasteful and negative thoughts in a second and the ability to align your self with thoughts that reflect your divinity and spiritual destination. Because of this practice, you are now infused with the magic to transform the self and restore a world of Beauty.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

16.12.2014



An Experienced Soul in Conversation with the Innocent Bestower

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an experienced soul. Just by one second's immersion in amrit vela, I embody experience and attainment for the entire day and night that follows. I need only connect with the Innocent Bestower.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. The Innocent Bestower is my Dad. I fill my soul with all fortunate experiences. I experience deep peace. I remember Your love for me –embedded in my soul. I recollect my original purity and strengthen it.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Make use of Me. I am available to you, however you want to persuade Me, sit with Me,

or play with Me, however you wish to relate to Me. Whatever experience of easy method and attainment you seek – all are readily available. Both the treasure store of all attainments and I as the Innocent Bestower of all, are easily accessible at amrit vela. The mine of all virtues and the mine of all powers are open for you.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are a karma yogi soul whose every second, thought, and action is spiritual. You surrender every breath to Baba, every step to truth, and every action to that which is benevolent and life giving. Because of this, contentment is the king of your heart and the gift you bestow to everyone you meet.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba.

Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

17.12.2014



A Loving Child with the Innocent Guardian of Destiny

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a loving child with pure, deep love for Baba. I have a right to Baba's property. Now I need only claim that right from Baba at this time. I need not engage in hard labor.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Whatever I am, as I am – I am Yours. I have this one simple thought and no other.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. I, the Innocent Guardian of Destiny, am ready to draw the path of your destiny. Allow Me, the Guardian of Destiny to draw for you the most elevated lines of fortune. Now, God shows His innocent form –full of love. With your love, take from Me the most elevated fortune. However

many births you choose, whatever you choose – whether to be in the 8 jewels, or in the rosary of 108 – God gives you an open offer. Do not settle for less. Don't ask for peanuts at this time – "I want a worldly relationship," "I want more money etc". These boons are peanuts compared to the palace I have prepared for you.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are content with the self, and the Father and the family are content with you. Wherever you go, your natural and easy yoga brightens the atmosphere so others can see their goodness, glimpse the Heart of God, and step onto the trail of transformation.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba.

Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

18.12.2014



A friend with God the Friend

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am Baba's friend. I have an open, honest relationship with Baba. I don't hide anything from Him.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. . I recognize the value of this early morning for easy attainment of Your friendship. I take full benefit from this time. You are God and You are my Friend. You are a Bestower of Fortune and Blessings and You are my Friend. You give me blessings and fortune without reserve and without my asking.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. At this time, BapDada freely speaks to you to your heart's content. I freely listen to

your requests, erase your weaknesses, and forgive your sins. I see both your love and your mischief. I am free and available to you. Our meeting at amrit vela is not an official meeting. I am here as your Friend, the ONE who bestows purity, peace, and prosperity.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You receive the fresh fruit of your actions not just in the golden age but here and now in the Confluence Age. Because you serve with humility and a pure heart that belongs to One, you eat the fresh fruit of happiness, supersensuous joy and lightness every day of your exquisite life.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions,

attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

19.12.2014



A Child with the Mother and Father

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a child, a soul, and I belong to Baba. I receive sustenance from the Mother and Father, BapDada. He sustains me with special hospitality and care.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. My Baba, beloved Baba, sweet Baba. From the bottom of my heart, I know you are mine.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. I love you so much. Just as in the morning, a mother and father prepare their child for the coming day. They clean and feed him, and ready him for the day. In that way, BapDada sustains you at amrit vela. I fill you, the soul, with power and prepare you for the entire day. Because

you recognized Baba and said from your heart, "My Baba", BapDada gives you spiritual love multi-million times over.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

At the confluence age, the Ocean of Love gives you platefuls of diamonds and pearls of love. With the power of this Love, the mountains of adverse situations become as light as water. No matter how fearsome the form of Maya is, you know how to merge yourself in the Ocean of Love in a second and turn the lioness of Maya into a kitten.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and

remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

20.12.2014



A Special Soul with BapDada

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a special soul. Because I belong to Baba, Baba sees me as a very special and unique soul.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I sit face-to-face with you in the subtle regions. I feel the pull of your love and your special care. I experience the subtle power you give me with your special thoughts.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Sweet, special soul, you belong to Me and I belong to you. The awareness of this spiritual belonging blesses and fills you, the soul, with great power. BapDada need not give blessings in words. BapDada's mere

loving thought gives you an experience of the highest benefit. I sustain you with these subtle thoughts of love. I sit in the subtle regions and give special nourishment to you, the special soul.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

Your wings have grown strong with your love for Bapdada. These wings of love carry you beyond the physical world and beyond the shadow of Maya in a second. They keep you flying in a carefree stage where effort is entertainment and victory is a guarantee.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and

remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

21.12.2014



Light of the Eyes with Mother Brahma

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am the light of Baba's eyes. I am the sparkle of His life. Brahma Baba has motherly attachment toward me. I have a special invitation and invocation from Baba to meet him in the subtle regions.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. At amrit vela, mother Brahma calls me and nourishes me with all spiritual powers. I think of each power and experience it being fed into the soul with great love by mother Brahma.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Increase the power of your intellect. Go on a journey – at one moment, go to the soul

world and the next moment, arrive in the subtle regions. Then go to the physical world and experience your elevated Brahmin life. Create the habit of racing through the three worlds.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are a self- sovereign soul whose treasure store constantly flows with spiritual knowledge, virtues, and powers. You bestow these gifts naturally through your every breath, thought, and action. Because of this, you live with prosperity, unbroken happiness and peace and a right to the kingdom of the new world.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and

remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 22, 2014



A Soul Basking in the Rays of the Sun and the Silver Light of the Moon

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a soul, Baba's child. I experience the sweetness of all relationships with Baba. The intoxication of these two thoughts propels me easily to the subtle regions.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. These two thoughts -- that I am a soul, Baba's child; and that I have all relationships with Baba -- make me a constant, natural, easy yogi.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. You like to go on picnics and vacations. Instead, accept my special invitation to come visit me in the subtle regions during amrit vela. Come to the shore of the Ocean of Knowledge -- without spending any money. You will benefit greatly. Bask in the rays of the Sun of Knowledge and the silver rays of the moon of knowledge. Have a spiritual picnic and play many games.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, pure vision, He gives me this blessing:

By being set on the seat of your elevated reality, you have become a hero actor who rises above all adversity. When you remember that you're a victorious jewel and a master of all spiritual powers, this awareness forms the seat of self-respect. From this seat, your every wish is obeyed and Divine Magic is in your hands.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 23, 2014



Fortunate Soul in Conversation with the Master of Nature

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a fortunate soul because in the Golden Age, nature's own music awakens me, but, in the confluence age, God, the Master of Nature Himself, awakens me.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Baba, I hear the sweet music of Your voice, telling me, "Child, sweet child." These words are more melodious than the celestial sounds of heaven. I am so fortunate to be a Brahmin of the confluence age.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Now is the time to fill yourself with the sanskaras and attainments of the confluence age, for that will be your reward. In the golden age, the fruits are satopradhan, completely pure, sweet, tasty, and full of juice. Here, in the confluence age, the Master of Nature gives you spiritual juice. Baba lets you taste the sweetness of all relationships. Drinking this spiritual juice leads you to all attainments.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

If there is a lot of service but remembrance is weak or if remembrance is good but you are weak in service, there cannot then be a fast speed. You have learned this secret and have grown the strong wings of remembrance and service. With these wings, you soar through the Godly skies to the heights of love, purity and wisdom.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 24, 2014



Child Sitting in Baba's Lap

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am Baba's child. The Supreme Soul is my Mother and Father. Baba's hands take care of me.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Baba, in the Golden Age, I play on swings embedded with jewels. But, here in the Confluence Age, I experience playing in Your lap. This is the most lovely pastime for me. I sit in Your lap and experience super-sensuous joy.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Yes, child, in the Golden Age, you will play with jeweled toys in the company of other pure souls. But here, at any moment, you can sport with Me in whatever form you choose. You can play with Baba as your Friend and Companion; you can play with Me as your Mother and Father. You can play as a child or you can make Me your child. You will never find such an imperishable Toy – one that never wearies or fades, and never involves any expense.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

To donate is to fulfill. People tire of listening and want to see proof. You fulfill their wish by becoming an image of virtues. Your eyes radiate virtues, your actions teach virtues, your words illustrate virtues and your thoughts are wings that lift souls into the light of their own virtues.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 25, 2014



Joyful Soul Meeting the Seed of the Tree

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am the one who receives the supreme treasure of happiness. I attain everything I want. I dance in joy and ecstasy.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I feel there is a feast in front of me - a feast of all relationships with You. This feast is my birthright. I have a right to experience everything I need from You.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. From the start of morning, use this treasure of joy and happiness, think over it – talk to yourself of happiness. The moment you open your eyes, the Creator of the World, the Bestower of gifts should appear before your mind's eye. Come and meet me as the Seed of the Human World Tree. Within Me, the Seed, the entire Tree is contained.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You switch on the light of your angelic awareness and the darkness of waste is dispelled in a second. Because you have learned the art of this switch you have become powerful and because you have become powerful, you have become a bestower for all of creation.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 26, 2014



Long Lost and Now Found Child in Company of the Supreme Soul

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a long lost and now found child of the Supreme Soul. I know that Baba cherishes me with great love and respect.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Baba, I realize that you came looking for me to give me the sovereignty of the Golden Age. Your one pure desire is that I become worthy to claim this sovereignty. You never take anything but always give.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. I come from the Supreme Region just to find and teach you. I don't come from London, America, or India, but from a place far beyond this world. Imagine, I come from such a far away land to find you and teach you and I don't charge any fee for this. Is there any greater joy than to learn from God Himself? Remain always in this happy consciousness.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You emerge the awareness of being the one with all spiritual powers every morning at the hour of nectar. This daily practice has made you a constant yogi who is always blessed with help from the Father. Because of this, you are destined to conquer maya with grace and ease.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 27, 2014



An Heir in Conversation with God

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an heir in the family of God. I inherit my fortune from God Himself.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Thank you Baba for bringing me into a loving relationship with the Brahmin family. You gave me not only knowledge that I am an elevated soul but also knowledge that I am your child. By entering this Parent – Child relationship with you, I also enter a pure brother – sister relationship with all my divine family.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Did you ever dream you would receive the fortune of being My heir? You have a right to all My property. I come here to give you the experience of Parent-Child relationship and to grant you your inheritance. You receive this fortune when you join the family of God. Leave the world of sorrow and enter this world of happiness. Become the highest of human beings by following the highest maryadas.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

When the meeting of the Ocean of Love and the rivers filled with love takes place, the rivers then become master oceans of love. You are a master ocean of love who ties everyone with the thread and sustenance of pure love and fulfills the deepest wish of souls. You give them a sense of belonging and lead them to the Father's heart where they can heal, grow, and thrive.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

For December 28, 2014



The One Seated on the Heart Throne in Conversation with My Baba

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a child of the family of God and I sit on His heart throne. I belong to this divine family hence I sit in His heart.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. My Baba, I know however many children you may have, we all sit in your heart. I do not compete with anyone because we all have a right to your heart-throne. Your heart is so magnanimous that it accommodates all of us and still has space for more.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. As soon as you say, "My Baba" from your heart, I seat you on the heart-throne. This heart-throne makes you self-sovereign and you become a king. This throne is for you to become a ruler. Celebrate your coronation day, your day of receiving this royal throne. The awareness of this throne helps you remove all obstacles.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

In the confluence Age, your praise is: child of the Ocean of Happiness, deity of happiness. Because of your humility, you spread the light of Divine joy wherever you go. This light illuminates the beauty of those you meet and endears you to all of creation.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 29, 2014



Royal Child in Conversation with the Creator of the World

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a royal child. I remember my tilak (awareness) of original purity, the crown (responsibility) of bringing benefit to the world, and BapDada's heart throne.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. You are the Creator of the World. I feel so connected with You. There is nothing that is unavailable to me as your child.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The life in which you belong to the family of God the Creator is the only life in which there is total attainment. Remember who you are and liberate yourself from the trouble of forgetfulness. When you remember who you are, you become a master.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the soul who has an imperishable fortune of happiness. Your songs of "why" have ended and each day, you sing "Wah Baba!" "Wah fortune!" and "Wah sweet family!"

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 30, 2014



Lucky Star in Conversation with Sweet Baba

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a lucky star. God Himself sings my praise. I am a north star for the whole world.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. When I stay in your company, I experience super-sensuous joy. In your company, I transform from a pale star to a shining, lucky star!

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Experience the joy of being a lucky star and all your sorrows will drift away. At amrit vela, see yourself in the mirror of your heart. At this time, see your shining fortune and soaring future again and again in this mirror.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You serve with a pure heart that glows with love for One. Because of this purity, you transcend attractions and bondages of karma and perform wonders on the stage of the world.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For December 31, 2014



A Prosperous Soul in Conversation with the Jeweler

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a prosperous soul. In my treasure chests are jewels of knowledge, virtues, and powers.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I strike a bargain with you the Jeweler – the Ocean of Knowledge. You give me plateful of jewels of knowledge, virtues, and powers. I play with these jewels and am sustained by these jewels.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The more you apply these jewels in your activity, the more they increase. The most prosperous souls are the ones who remain busy with these jewels. Don't waste your valuable time. Don't see, listen to, think, or speak of anything else.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

Your consciousness has become pristine and clean. It glistens with the light of truth and Baba's love. The beauty of your purity is painting the portrait of a future beyond your wildest dreams.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 1, 2015



A Brahmin Soul in Conversation with the Ocean

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a Brahmin soul. I am born through the lotus mouth of Brahma Baba. Waves of love are emerging when I remember these thoughts.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Dear Baba, I attain a unique alokik inheritance from You. My only wish in this Brahmin life is to merge within You, the Ocean, till I become an ocean like you.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. To the extent that the rays and light of the Sun of Knowledge increase within you, to that extent waves of love will arise and you will experience them. This is the work that the Murlis of Knowledge from the Sun of Knowledge begins to do from the time of amrit vela. Numerous waves then surge: waves of knowledge, love, happiness, peace, and power. All these waves surge at amrit vela.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You stay in the reality of your true form and radiate the royalty of divinity. Because of this, your presence is an alchemist stone that illuminates the golden light in each soul you meet.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 2, 2015



A Moth in Conversation with the Spiritual Flame

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an imperishable moth. I only see and interact with the Spiritual Flame. There is none but ONE in my awareness.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Baba, You, the Flame, and I, the moth, are imperishable. My love for You is imperishable.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Today the Spiritual Flame has come into the gathering to see you the moth because of My imperishable love for you. Those who recognize and fulfill this responsibility of love will attain everything. Having experienced this love, you know how easy it is to fulfill the responsibility of this loving relationship.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You understand that throughout the whole cycle, such precious days as these are not going to come again. You take the golden chance of the confluence age and use every treasure from the Father and time to become powerful and victorious.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 3, 2015



Beloved Child in Conversation with Beloved Baba

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am Baba's beloved child. Baba has such deep pure love for me. Remembering Baba's love for me soothes my heart and quiets my mind.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I wake up to the song: "My Baba, Sweet Baba, Beloved Baba." I realize that to progress, I need only sing this imperishable song again and again throughout the day.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Sweet child, beloved child, and long lost and now found child! Hear this sweet sound of Baba's love for you constantly in your ears. Sing songs of Baba's praise and songs praising your most elevated life. Sing songs of knowledge and songs of the experience of all attainments. Just keep busy hearing and singing this music and you won't have time for anything wasteful.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

Whenever any obstacle comes, you are the spiritual magician who invokes the Father and your angelic stage in a second. By doing this, you rise above the grasp of Maya and soar to boundless heights.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 4, 2015



Conqueror of Maya in Conversation with the Fulfiller of All Relationships

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a conqueror of Maya. I conquer Maya when I realize that I have eyes only to see Baba. I use my ears only to hear Baba. My feet are meant to follow Baba. With every step, I follow in Baba's footsteps.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I see only You Baba, I listen only to You Baba, I rest with You Baba, and I eat with You Baba. When I serve, I introduce You, and inspire other souls to meet You, Baba. This unadulterated surrender to You makes me a conqueror of Maya.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. At one moment I am your Father, the next moment, I stand before you as your Teacher, and the moment after I stand before You as the Friend. Baba can fulfill all relationships for you. Only Baba can play all these parts, He does so only at the confluence age. Meet with Baba in whatever form you choose and so attain your great fortune.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

By renouncing the old world, your hands have become full of the treasures of God's world. You share these treasures with everyone you meet and emerge the sanskaras of being a bestower and world emperor.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 5, 2015



True Sita in Conversation with the ONE Rama

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a true Sita. I follow shrimat at every step. I live within the codes of conduct.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Even though I act in the world, fulfilling my worldly duties, I always remain conscious that I am Your true Sita. I remember You, Rama, with every breath.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Rama is the ONE God and you are a true Sita. As a true Sita you, the soul, should always remember the Father and constantly follow Baba's shrimat. Don't take a single step against Baba's directions. As a train moves safely on its rails, so too at amrit vela, set yourself on the rail of remembrance. Amrit vela sustains the whole day. If you make this foundation strong, you will receive Baba's cooperation throughout the day.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one who receives great joy when you enable others to rise, shine and soar. By putting others first and letting go of all desires for your self, you have won the heart of all and have become a world benefactor.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 6, 2015



Contented Soul in Conversation with the Holder of the Mirror

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a contented soul. I derive all benefits from the ONE. I am ignorant of the knowledge of desire. This brings me complete satisfaction.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Birth after birth, I looked to human souls to fulfill my desires. I stumbled from door to door and weakened my intellect. In this life, I experience all attainments from You. Only You lead me to my destination.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. When you become discontent, look in the alokik mirror Baba holds up for you. Keep this spiritual mirror with you and make a habit of looking at yourself in it again and again. If there is something not right with your physical appearance you can see and correct it by looking in a physical mirror. Similarly, correct your real self by looking in the mirror of knowledge. See yourself in

the mirror of your original qualities and pull yourself at once out of body consciousness. This effort will make you a contented soul for all of eternity.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one whose luminous presence gives hope to the hopeless and courage to the disheartened. Your light dissolves the weaknesses of souls and ignites the flame of power within.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 7, 2015



Unlimited Soul in Conversation with the Unlimited ONE

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an unlimited soul. I take up unlimited responsibility to bring benefit to the whole world. By fulfilling this unlimited responsibility I ascend.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I realize that limiting attachment comes when I think, "I am a householder. These are my relatives etc." I break these limits when I transform my awareness and reflect: I stand on the field of service and my responsibility is to bring benefit to the whole world.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Remember your alokik responsibility. If instead you devote time and thought to limited responsibility, you neglect your real duty. In limited consciousness, you disturb, rather than benefit, those souls for whom

you are responsible. Not seeing your alokik activity, they remain separated from their alokik Father. So your so-called responsibility, being limited, becomes a burden.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

With your stock of happy and Godly thoughts, you finish the stock of wasteful words and actions. Because of this, your spirituality fills the atmosphere with power and electrifies souls with the current of the Divine.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 8, 2015



Conqueror of Attachment in Conversation with Karmateet BapDada

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a conqueror of attachment. I conquer attachment by remembering throughout the day these five forms: 1. I am a child. 2. I am a Godly student. 3. I am a spiritual pilgrim. 4. I am a warrior. 5. I am a helper of God.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I promise to take up the duty of bringing benefit to the world. I am committed to helping You bring the Golden Age. To fulfill this duty properly, I must conquer attachment and embody remembrance.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. As soon as you awaken at amrit vela, have a spiritual conversation with Baba. Experience the five forms of being a child, a Godly student, a spiritual pilgrim, a warrior, and a helper of God. As you, the soul, meet Baba with these forms, you will become free from the bondage of karma. Remember

these five forms throughout the day according to the various actions you perform. Then by embodying this remembrance, you will conquer attachment, becoming karmateet like Brahma Baba.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one whose magical eyes see the beauty and specialty of each soul. This vision unites the gathering and infuses every heart with a sense of belonging.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 9, 2015



Double Light Angel in Conversation with the Spiritual Coach

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a double light angel. I place the burden of all my responsibilities on Baba. I dance in my body of light in the subtle regions.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I remember three forms as I sit in front of You. I am Your child. I am a master. I am an angel. As Your child, I give you my burdens. As a master of my subtle organs, I am able to stay in unadulterated remembrance. As an angel, I remain in the stage beyond sound. The old world does not attract me.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Place your responsibility on Baba and experience constant happiness. All day and night you will dance like an angel, that is, you will dance with your mind. To be body conscious is to be human; to be soul conscious is to be an angel. Awaken at amrit vela, stay conscious of your own angelic

form and dance in happiness. This happiness will end any adverse situation that may come to disturb you.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are a child of the Bestower whose hands, heart and mind flow with the riches of the Divine. Because of this, desire has dissolved and the stamp of being a child of the Bestower is imprinted on your soul for all time.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 10, 2015



Introverted Soul in Conversation with the Ocean of All Qualities

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an introverted soul. Through the power of introversion, I experience with newness the depth of qualities such as peace, love, purity, and bliss.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I experience new things when I remain in solitude. My awareness is filled with being with only You and going into the depth of You. When my mind focuses on the ONE, I become an instrument to experience newness and share it with others.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. When you reflect on a quality such as peace, and think, "I am peace," then be sure to experience peace in a new way each time. For example: When you think, "I, the soul, am a resident of the abode of peace." – Then this will be your experience. Or, if you think, "I, the soul, am peace in the

Golden Age” – that will be a different experience. When you are act among souls with no peace, and still you think, “I am a peaceful soul”, this will be your experience. With various thoughts you will have various experiences. When you think of yourself as peace in the Golden age, you have a different experience than when you think of the peace that comes from residing in the soul world.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You have become a detached observer who strolls through each moment with the Beautiful Companion that all souls have sought through time. Because of this, you sing the song of your fortune and bubble with joy in the Diamond Age.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 11, 2015



Enthusiastic Soul in Conversation with the Bestower of a Divine Intellect

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

Every day, I reflect on a new point of knowledge. I become soul conscious and change the way I remember. This gives me courage and enthusiasm. I eagerly wake up for amrit vela to receive new things from Baba.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. At amrit vela, I realize I'm going on a spiritual picnic. This gives me great enthusiasm and laziness runs away. Sometimes I go to the Supreme Abode, then I go to Paradise, and sometimes I visualize my meeting with You in Madhuban.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. BapDada elevates you with His gift of divine intellect. Everyone receives this gift, but not all use it equally. The divine intellect is very powerful and easily available. It enables you to travel throughout the three worlds

(Supreme Abode, Subtle Regions, and the physical world). Pull the switch of remembrance and, within a second you are there. With this switch you can experience any world for as long as you wish simply by remaining conscious of that world. The way to use this gift most effectively is by being careful at amrit vela.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are a special actor whose elevated treasures last for the whole cycle. You claim this fortune because from the beginning of your Brahmin life, you have been one who benefits others and remains in complete purity.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 12, 2015



A Soul with Divine Eyes in Conversation with the Flight Instructor

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I receive the gift of divine eyes from Baba. With these eyes, I clearly see the difference between manmat, parmat, and shrimat. I see what makes me satopradhan. I detect the slightest trace of rajo or tamo in myself.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Thank you for the gift of divine, spiritual eyes. With these eyes I see Maya from a distance. Now I know that any experience of difficulty means that Maya is influencing my divine eyes.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The gift of divine eyes is a spiritual airship. By touching one button, you can go wherever you wish in a second. The switch is pure thoughts. Turn on the switch through elevated thought and instantly become steady in that state. If there is but a shadow of Maya on your divine eyes, the airplane will not fly properly. If you are unsteady in self-respect, and feel distressed, you won't reach your destination.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one who breaks the cage of bondages by letting go of the word "Mine". From a caged bird, you have become an angel who soars through Godly skies with the wings of freedom, light, and love.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 13, 2015



Unlimited Server in Conversation with the World Benefactor

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an unlimited server. I give to the world the light of knowledge and the strength of all powers.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. When I carefully use my legs of courage, Maya does not overshadow me. By this effort, I easily experience all the jewels of knowledge. I hold all the spiritual powers at my command.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Simply steady yourself in a high spiritual altitude. Become an unlimited server and spread waves of cooperation and pure feelings to all the souls of the world. Remember you are a child of the World Benefactor and hence you should embody divine virtues. Gift these to the world.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are a perfect yogi who experiences entertainment even in the scenes of calamities. You continue to smile and sing songs of wonder knowing that the greatness of sorrow is how it allows our days of happiness to come.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 14, 2015



An Angel in the Court of Indra

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am an angel in Indra's Court, the land of angels. With the wings of soul consciousness, I, the angel, always fly.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. From your wings of knowledge and yoga, I gather strength. I know that to fly high, I must go beyond the old world and its relationships of bondage.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. This is not an ordinary gathering – this is the unique gathering of angels. I shower the rain of knowledge that changes a forest of thorns into a garden of flowers. Only angels live in the kingdom of Indra –Lord of Rain. Angels smell the bad odor of body consciousness and transform it into the fragrance of a sweet garden. Can you instantly transcend this forest of thorns, and find your original land, in your original state? Practice the spiritual drill of going to your Sweet Home in a second.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You benefit yourself and shine with the glow of God's light. Because of this, you remove the illness of spiritual disheartenment in all souls. Your example infuses them with faith and inspires them to rise to their soul's heights.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 15, 2015



A Spiritually Fit Soul in Conversation with the Personal Trainer

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am spiritually fit. I exercise my mind and intellect (buddhi). One minute I am bodiless, and the next minute I sit before BapDada and have a sweet spiritual chitchat. I nourish my buddhi with a diet of controlled thoughts. I take care not to eat the unhealthy food of waste thoughts.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. My buddhi feels light Baba because I give You all my burdens. I take care not to love sleep more than I love You. Recollecting Your praise, Sweet Baba, I experience all powers coming to me. I aim to experience the seed stage and not go into any expansion.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The purpose of sitting in meditation is to have a sweet spiritual conversation. Therefore, don't open a file of complaints about yourself or others. As your Personal Trainer, Baba advises you to reduce the weight of your buddhi and become light. End its grossness and become subtle. Do not take the food of extra thoughts. This requires self-control -- the ability to fix buddhi where you wish, when you wish, and for as long as you wish. Only then will your intellect become subtle. This is true greatness.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

Just as one drop of water cannot penetrate waterproof material, similarly, God's love has made you Maya proof. No illusion or attraction can penetrate the barrier of this eternal and altruistic Love.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 16, 2015



A Trustee in Conversation with the Lord and Master

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a trustee. Baba entrusts to me my body, mind, time, and wealth. Baba merely loans them to me; I am a trustee and not the owner.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I sit wherever you make me sit; I do whatever you ask me to do. Baba, I am in a sweet relationship with you, and not in bondage to my karmic accounts. I am free. I feel how You, the Lord and Master, inspire me to move. I perform every act by your divine inspiration.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. When you give all you have to Baba, you experience living death and rebirth. This is a new divine birth that cannot be compared to anything else. In this birth you are free and not dependant. This freedom comes when you transform "mine" into "yours". When you remember that this body, this service, these virtues, and these powers have been loaned to you. Then in a second, you will be able to fly. Don't spread the net of, "This is karmic bondage." "This is bondage of my old body." "This is the bondage of being part of a group, etc." You spread a net, trap yourself in it, and then call out to Baba, "Free me!" Baba says, "You are already free – let go of the net and see that you are free."

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

With the magic mantra of remembrance, you can achieve whatever you wish. By keeping this mantra in your awareness constantly, you achieve boundless success and a future beyond your wildest dreams.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 17, 2015



A Holy Swan in Conversation with the Powerhouse

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a holy swan. Jewels of knowledge and pearls of love are my food. I connect with the Powerhouse and fill myself with the power of discernment.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I realize Maya is very clever. Especially at amrit vela she comes to pull me away from You, Baba. Maya uses the game of many excuses to tempt me. She tricks me with various forms of carelessness and laziness. I see how Maya comes and stay away from her. I take this golden opportunity to be with You. I find all I need in You.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The power of discernment enables you to glide through life with ease. Don't let Maya snatch away this easy yogi life by drawing you to herself. Do not let Maya rob your innocence and steal the gift of discernment that God gave to you. Know thy enemy: Maya. The Godly gift of discernment spreads a canopy of protection, but, Maya casts her shadow and the canopy flies away. Then only the shadow remains. But in the Powerhouse's gift of discernment, there is no sorrow or deceit. Those who possess the power of discernment are never deceived and are safe from adversity. At amrit vela, check to see if your power of discernment is working properly. By correcting it at amrit vela, you fill your entire day with strength.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You see yourself as special and you only see and speak of the specialties of others. Because of this, you radiate Godly royalty and you fill the hearts of those you know with dignity and divinity.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.

For January 18, 2015



A Self Realized Soul in Conversation with the Fortune Makers

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a self-realized soul. I possess the power of self-transformation. I have a right to everything that belongs to Baba. I clearly see that both Brahma Baba and Shiv Baba are my fortune makers.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I realize the mistakes I'm making. Instead of thinking of the self, I think of others. Instead of transforming myself, I want others to change. Instead of thinking, "I work for Baba, so let Baba be glorified," I think, "I did this for Baba, so I should be glorified." When I make these mistakes, I receive only a handful instead of multimillions.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. At amrit vela, when you come to meet the fortune makers, you receive blessings and fortune. However, there are some who simply receive fortune (bhagyashali), some who receive a hundredfold fortune (soubhagyashali), and some who receive fortune of hundred thousand fold. There are two keys. When you turn them in the right direction, the lock on your fortune opens. The first key is: Mine is One Baba and none other. The second key is: Brahma Baba creates my fortune. Use these two keys to unlock and receive overflowing treasure chests of fortune -- an ever-healthy body, a free mind, limitless wealth, the kingdom of the world, and the full cooperation of nature.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

When something is being cooked and is almost ready, it begins to leave the sides of the pan. You are now releasing all attachments and binding to the heart of the Beautiful One. Because of this, you are leaving all sides and becoming a perfect angel.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.