

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.