

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.