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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.