

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.