

Week of Tapasya

Self Respect: I am a great Tapaswi like Shankar

Like Shankar, burn away all of your weaknesses by the third eye of knowledge.

Yoga Practice:

- I, the powerful Soul am the Master. I the Soul perform the tasks myself and get things done too. Keep increasing the experience of being the Master (who gets things done).
- The Almighty Shiv Baba is my Canopy of Protection. I am completely fearless and worriless under the Canopy of Protection of the Supreme Soul.
- The Angelic I am in the Subtle Region. BaapDada is standing in front of me. He is spreading his thousand arms upon my head and blessing me that, "My Child, I am always with you... you are a Victorious Jewel. Success is your birth right. You are the Star of Success... the Diamond of the World... the Master Almighty Authority. My Child, you are exactly same as me... "

Point of Inculcation: Detachment

- The one, who can be always seated on the Seat of Detachment, can be a Constant Yogi. And, the one who has the subtle knowledge of Karma along with being an embodiment of remembrance can remain constantly detached. We should remain detached to save the power of our thoughts.
- Remaining constantly seated on the seat of Detachment is a big Penance.

Point of Churning:

When we start attaining Spiritual happiness from penance, then onwards we have no more desire to get anything from human beings. That is why our attention should be towards attaining Spiritual happiness instead of name and fame. Experiences of Spiritual happiness make us Jewels of Contentment and we start becoming detached from the gross World. Any gross desire doesn't let us remain in Godly remembrance. It will make our minds wonder around. That is why, in order to become an elevated Yogi, we must become ignorant of Worldly desires. Thus immerse yourself in deep penance while pondering upon such subtle aspects.

For the Effort Makers:

O' the great Tapaswis, your penance will liberate the World from grave problems. That is why you should become embodiment of Tapasya/Penance, not the embodiment of problems. Problems will come and go; but they should give you the power of experience in stead of leaving you in distress. Your path of journey is straight, simple and clear. Hence, constantly keep traveling on that path. The Success is waiting for you with the Garland of Victory.