



Spiritual Drill By Bapdada

SPIRITUAL DRILL BY BAPDADA # 1

I come into the stage of being an ancestor in just one second, become a lighthouse, a resident of the supreme abode with the Father, and give light to the world. In one second, I become a lighthouse and give all souls everywhere in the world light, sakaash, and powers.

SPIRITUAL DRILL BY BAPDADA #2

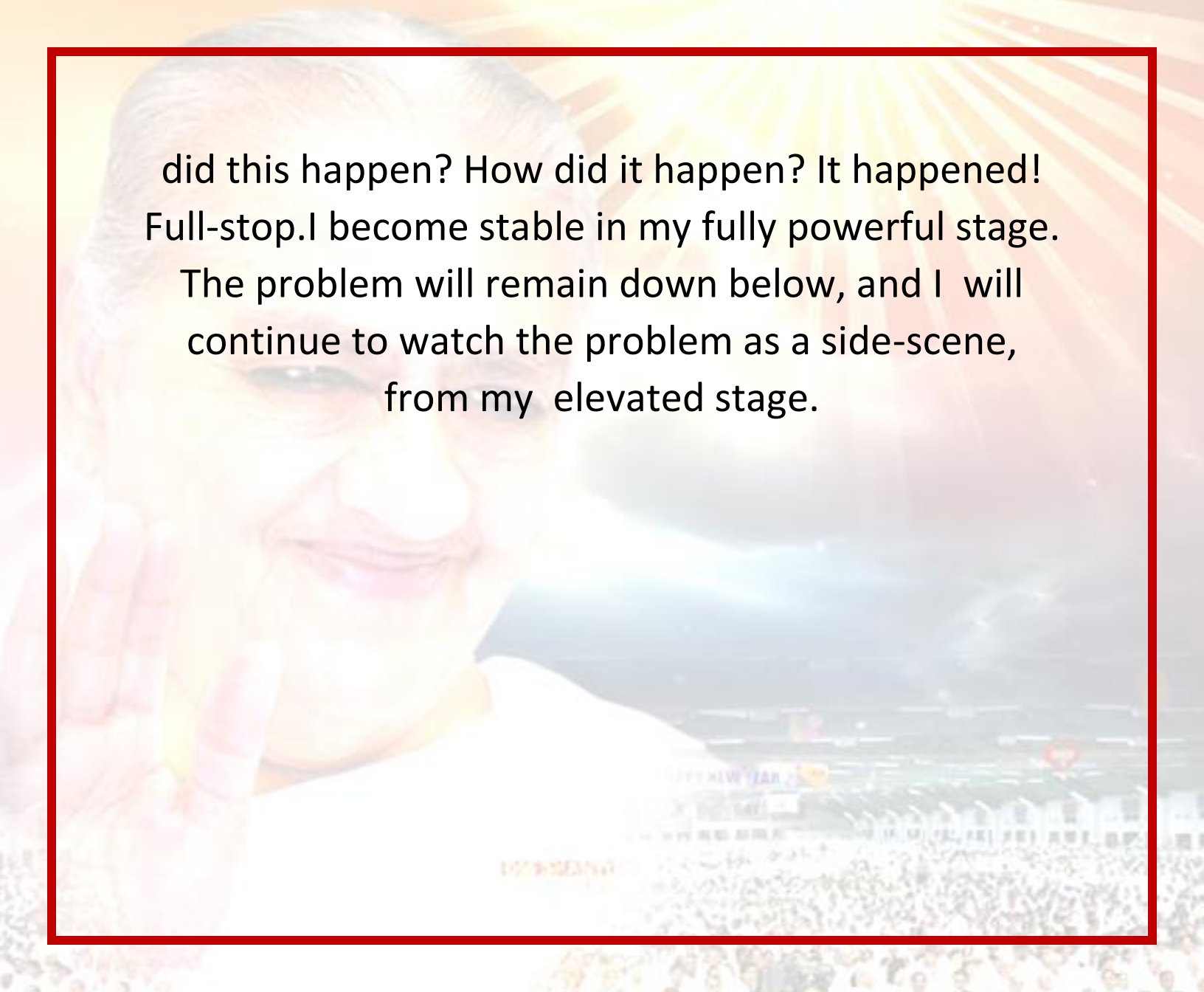
I make my mind stable and concentrated wherever I want, in a second. I constantly continue to perform this drill of concentration. I become a master of the mind in one second, and become stable in the awareness of “I am the soul, and my world is Baba and none other”.

SPIRITUAL DRILL BY BAPDADA #3

In any situation, I remain stable in my original stage.
I become an embodiment of the awareness of the
three points. I Simply put a full-stop!

SPIRITUAL DRILL BY BAPDADA #4

I become detached from the body, and become stable in a powerful stage of soul-consciousness, in one second. Full-stop. One moment I come into action, and the next moment I become detached from it, and become stable, from the corporeal to the incorporeal stage. Whenever any problem comes, I become a detached observer in just one second. I consider the problem to be a side-scene. I consider the storm (tophan) to be a gift (topha), and overcome it. Full-stop. Not a question-mark. Why

A woman with dark hair, wearing a white shirt, is shown from the chest up, looking towards a large audience. She has her hand near her face as if speaking. The background is a large stadium filled with people, with bright lights and a sunburst effect in the upper right corner. The entire scene is framed by a thick red border.

did this happen? How did it happen? It happened!
Full-stop. I become stable in my fully powerful stage.
The problem will remain down below, and I will
continue to watch the problem as a side-scene,
from my elevated stage.

SPIRITUAL DRILL BY BAPDADA #5:

Just as the Father has three forms, in the same way, I also have three forms - Brahmin, angel and deity. I Keep my mind busy in the awareness of these three forms through the drill.

SPIRITUAL DRILL BY BAPDADA #6:

I become incorporeal at one moment, to be angelic in the next, and to be a karma yogi in the corporeal form in the next: it does not take long. Just as the corporeal form belongs to me, in the same way, the incorporeal form and the angelic form also belong to me.

SPIRITUAL DRILL BY BAPDADA #7:

In one second, I become an embodiment of the power of silence; a concentrated mind and a concentrated intellect. Throughout the whole day, I take a second every now and again and practise this. As soon as I have a thought of silence, I become an embodiment of that. I don't need time for this. I Simply practise it for a second.

SPIRITUAL DRILL BY BAPDADA #8:

I am able to stabilise and concentrate my mind in a second. I become stable in the point stage in a second. I continue to practise this whilst moving and walking around.

SPIRITUAL DRILL BY BAPDADA #9:

I change my dress to angelic dress for however many times I am able to sit throughout the day, even if it is only for three minutes, but I definitely I sit! I Instil those sanskars from now since I cannot become a deity without becoming an angel.

SPIRITUAL DRILL BY BAPDADA #10:

I become detached and loving to the Father. I am detached.. these physical organs are my companions.. they are my companions while I perform actions, but I am loving and detached.

Throughout the entire day, while performing actions, I let this awareness emerge, and I will easily be able to experience the karmateet stage.

SPIRITUAL DRILL BY BAPDADA #11:

I stabilise myself into the karmateet stage of being beyond the bondage of the body. I am the one inspiring actions to be performed, but remain detached. I may be seeing everything, I may be speaking, but do this while being detached. I am a master, and a soul who has been made an instrument by the Father. I Stabilise my mind and intellect in this awareness once again.

SPIRITUAL DRILL BY BAPDADA #12:

In one second, I become lost in the experience of a very sweet silence stage.

I perform this throughout the day.

SPIRITUAL DRILL BY BAPDADA #13:

Even whilst coming into sound, I can stay in super sensuous happiness, for this I stabilise myself in the incorporeal stage beyond sound, and then come into the corporeal, I will be able to bring others into that stage also. I become incorporeal in one second, and corporeal the next. With this stage of mine everyone will have a vision of my incorporeal form.

SPIRITUAL DRILL BY BAPDADA #14

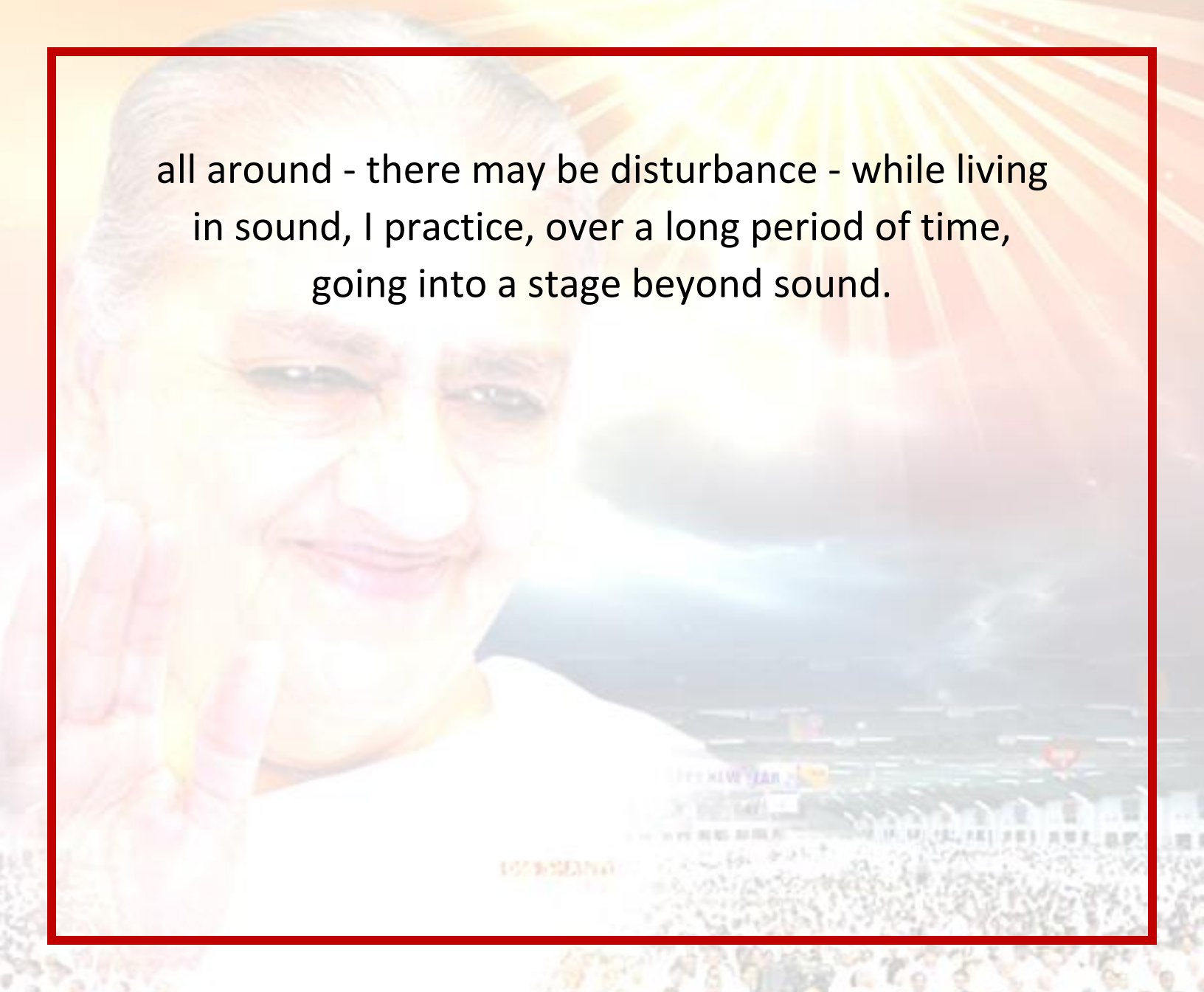
For one minute I come into awareness of Brahmin,
then an angel, then a deity. I constantly perform
this drill of the mind.

SPIRITUAL DRILL BY BAPDADA #15:

Sometimes I practise the incorporeal stage the same as the incorporeal Father. Then sometimes become an angel. I continue to perform actions, but whilst performing actions, I stay in the angelic form, and the burden of the action will not influence me in any way. Whatever is my daily duty. I Fix a time according to that. If I practice this drill 24 times, then it will become continuous.

SPIRITUAL DRILL BY BAPDADA #16:

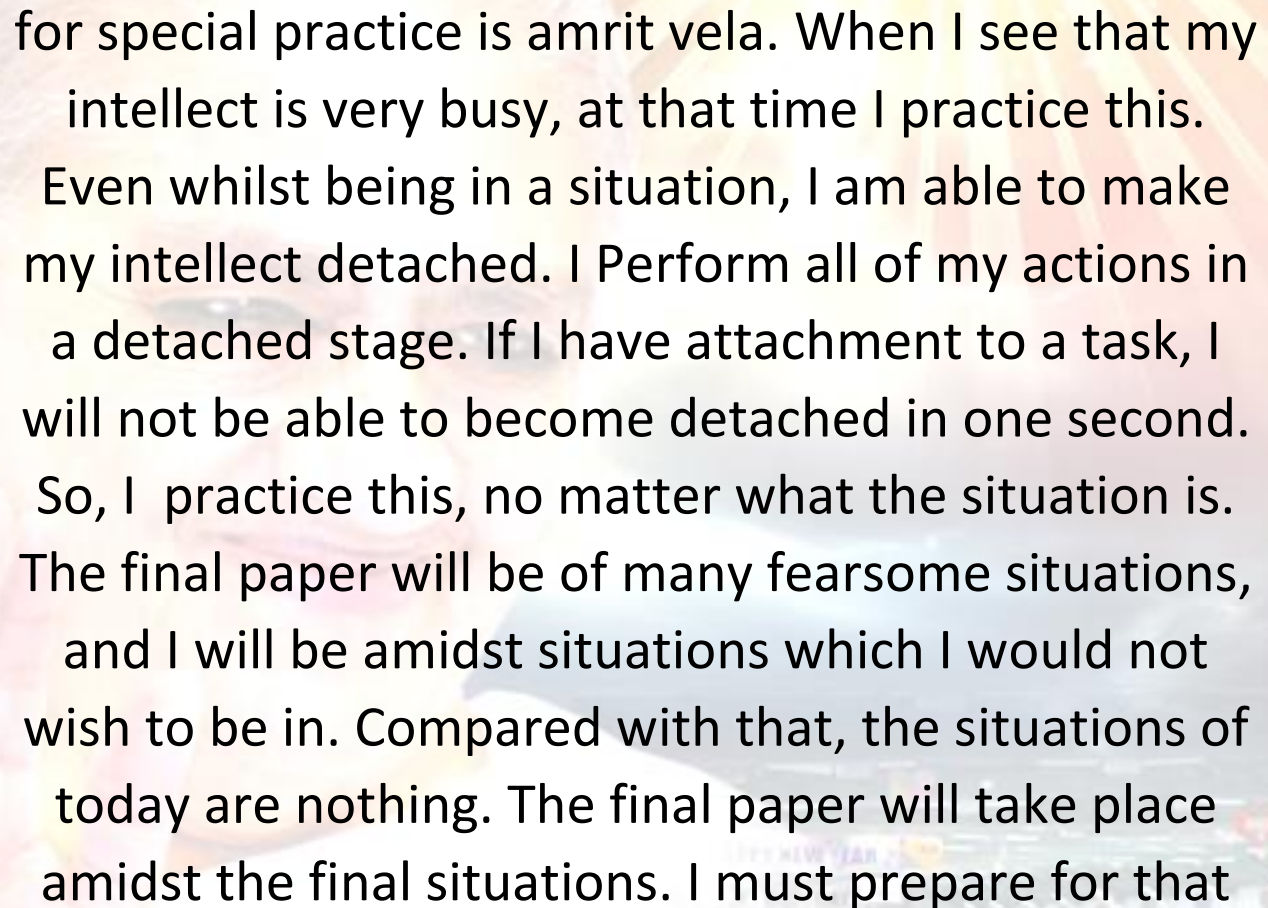
I become stable in the state of silence in a second. My eternal form is of sweet silence. Because the cycle is finishing, I have to return to my home of silence. Now the time to return home is close. Now it is time to close my role of the three aspects of time - the beginning, middle, and end - so stabilise myself in my eternal state and eternal form. I Check myself and see if I have conquered the senses. This is spiritual drill - spiritual exercise to make me powerful. No matter what the atmosphere there is



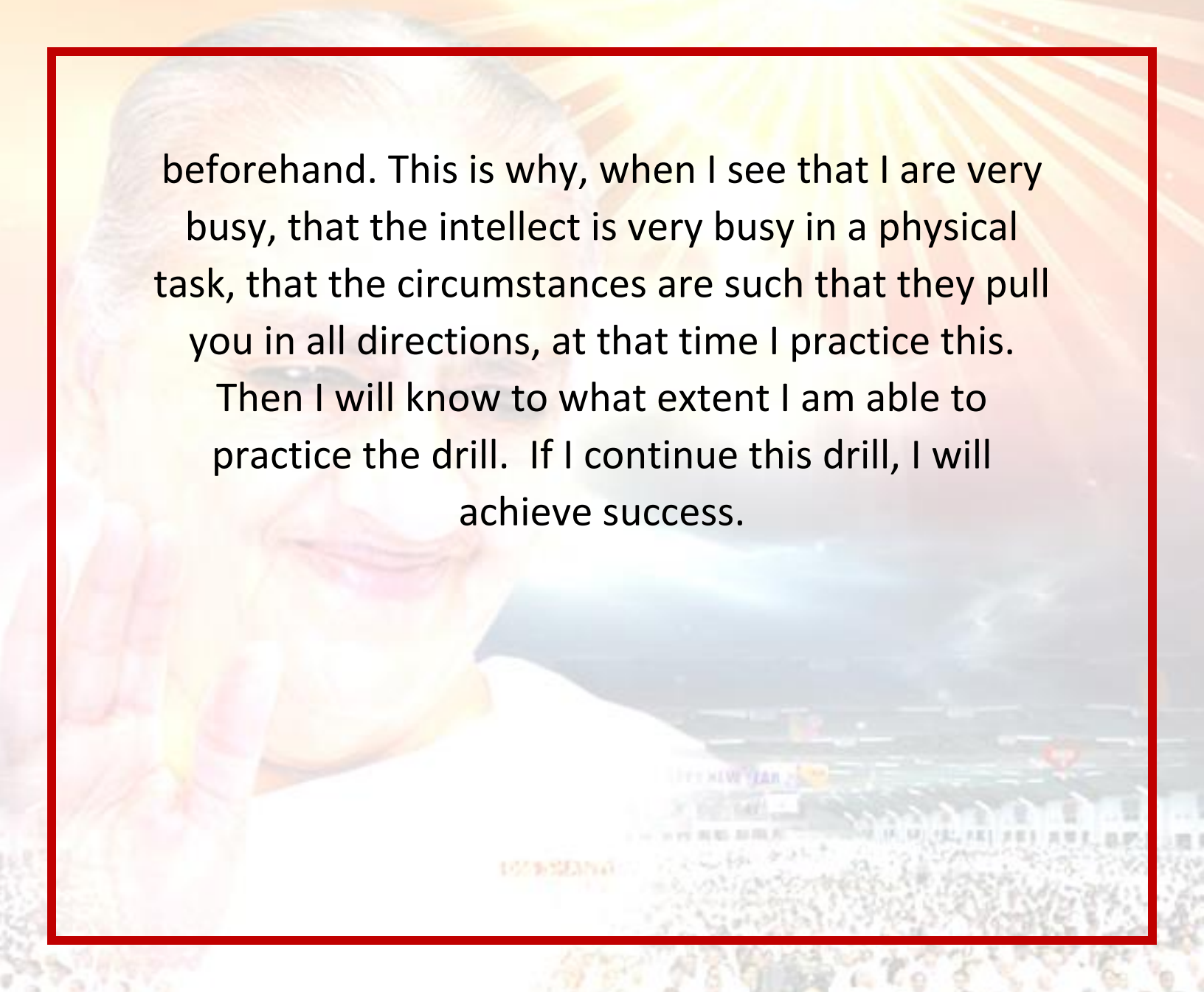
all around - there may be disturbance - while living
in sound, I practice, over a long period of time,
going into a stage beyond sound.

SPIRITUAL DRILL BY BAPDADA #17:

I come into thoughts about service in one second, and going beyond thought, and stabilising myself in my original form, in one second. This drill is absolutely essential. It shouldn't be that I am not able to come away from physical consciousness. I Come into physical consciousness, for the sake of a task, in one second, and then become bodiless in one second. With this drill being made firm I am able to face all situations. I practice this especially at amrit vela. I do it throughout the day, but the time



for special practice is amrit vela. When I see that my intellect is very busy, at that time I practice this. Even whilst being in a situation, I am able to make my intellect detached. I Perform all of my actions in a detached stage. If I have attachment to a task, I will not be able to become detached in one second. So, I practice this, no matter what the situation is. The final paper will be of many fearsome situations, and I will be amidst situations which I would not wish to be in. Compared with that, the situations of today are nothing. The final paper will take place amidst the final situations. I must prepare for that



beforehand. This is why, when I see that I am very busy, that the intellect is very busy in a physical task, that the circumstances are such that they pull you in all directions, at that time I practice this. Then I will know to what extent I am able to practice the drill. If I continue this drill, I will achieve success.

SPIRITUAL DRILL BY BAPDADA #18:

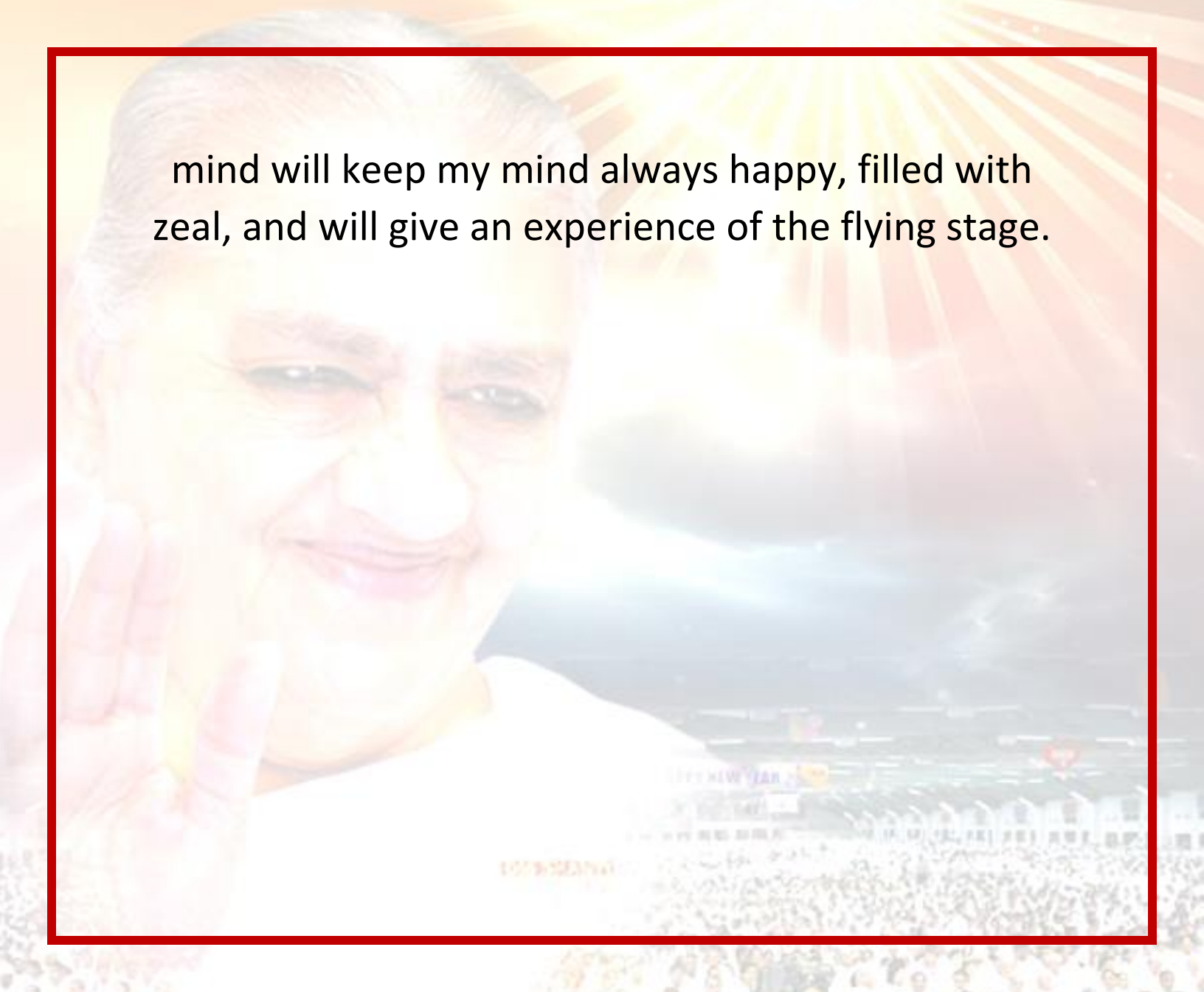
One moment I become the resident of the Supreme abode, the next moment I become an angel of the subtle region, and the next become a karma yogi by taking support of the physical organs. This is known as having control over the power of thought.

Thoughts are my creation, and I am their creator. I only have thoughts for as long as they are necessary: I engage my intellect where it should be.

This is known as having a right.

SPIRITUAL DRILL BY BAPDADA #19:

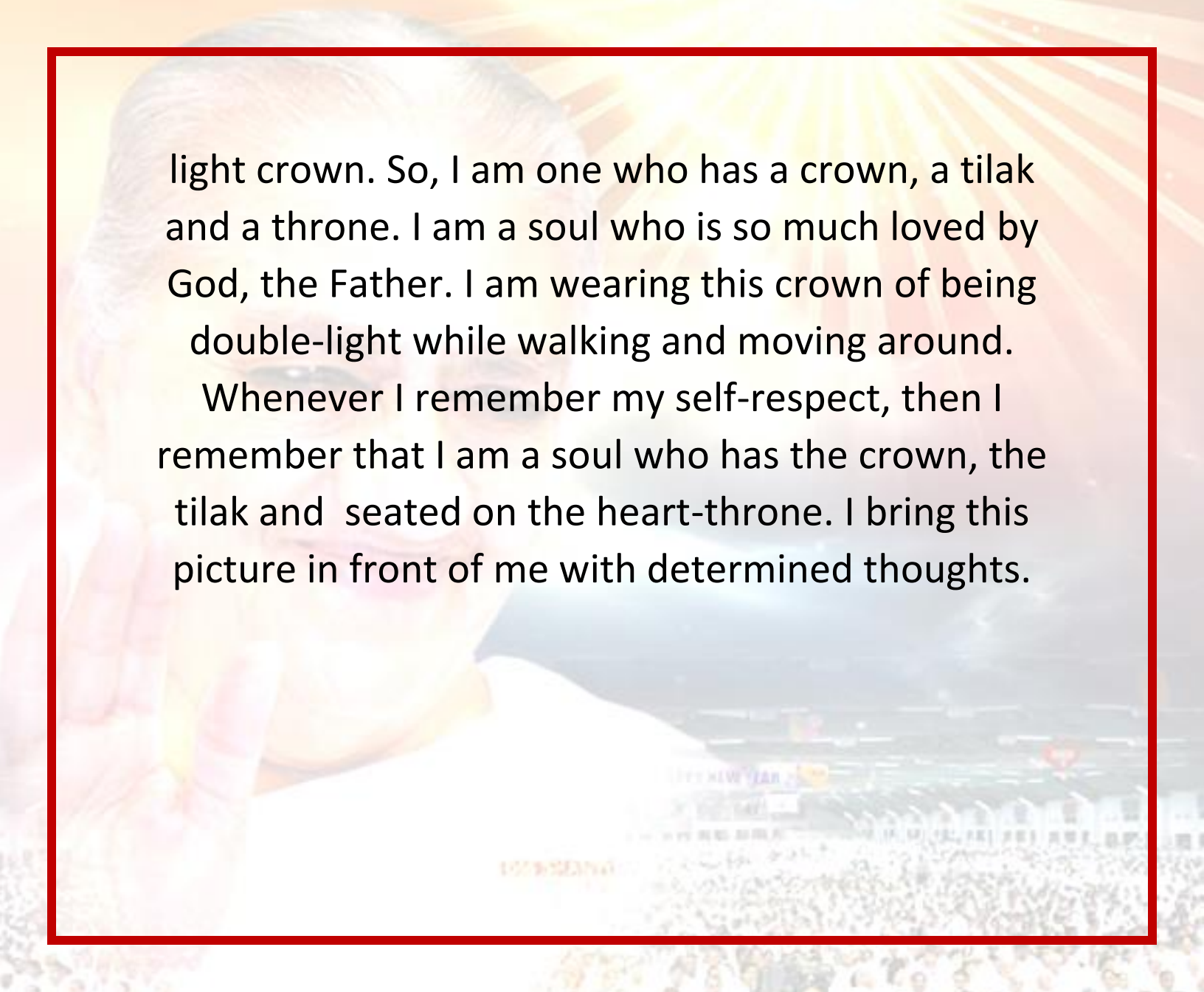
Throughout the day, every now and then, whenever I have 5 minutes, I exercise My mind. I Bring it from the supreme abode to the subtle region. I Remember my angelic form, then remember my worthy of worship form, then remember my Brahmin form, and then my deity form. I do this throughout the day, while walking and moving around. I don't need any ground or field for this - I don't need to run. I don't need a chair, I don't need a seat, I don't need a machine. This exercise of the



mind will keep my mind always happy, filled with
zeal, and will give an experience of the flying stage.

SPIRITUAL DRILL BY BAPDADA #20:

I Put aside all other thoughts and see myself seated on BapDada's heart-throne. I, a special soul, a soul with self-respect, BapDada's first creation, an elevated soul, am seated on BapDada's heart-throne. I bring the awareness of being a soul who is God's creation, sitting amongst the roots of this tree, an ancestor and a worthy-of-worship soul. I also bring the awareness of being a carefree emperor: I have surrendered to BapDada the burden of all my worries and am wearing a double-

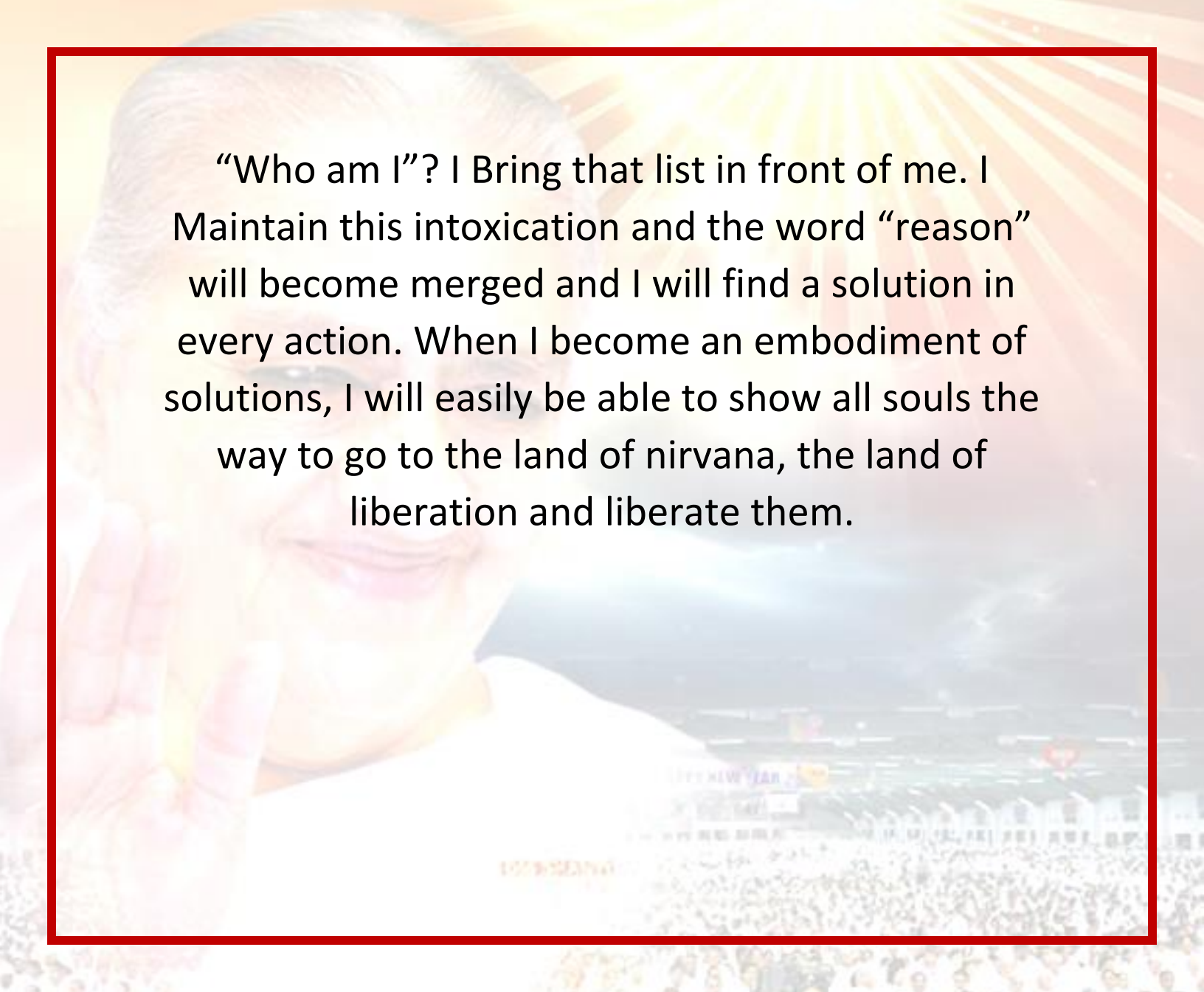
The image features a close-up of a person's face, likely a woman, with a crown and a tilak on her forehead. The background is a bright, sunburst-like light. The text is overlaid on the image, describing the person's identity and their relationship with God.

light crown. So, I am one who has a crown, a tilak and a throne. I am a soul who is so much loved by God, the Father. I am wearing this crown of being double-light while walking and moving around.

Whenever I remember my self-respect, then I remember that I am a soul who has the crown, the tilak and seated on the heart-throne. I bring this picture in front of me with determined thoughts.

SPIRITUAL DRILL BY BAPDADA #21:

I bring into the awareness of just the one expression: “Who am I?” Who am I? Again and again I bring this into my awareness, “Who am I?” and remember my titles of self-respect I have received from God. Nowadays, human beings receive titles from human beings and they still give so much importance to them, whereas I have received so many titles from the Father. I have received so many self respects. Always I keep churning the list of self respect in my intellect.




“Who am I”? I Bring that list in front of me. I Maintain this intoxication and the word “reason” will become merged and I will find a solution in every action. When I become an embodiment of solutions, I will easily be able to show all souls the way to go to the land of nirvana, the land of liberation and liberate them.

SPIRITUAL DRILL BY BAPDADA #22:

In one second, I become a master who can concentrate my mind on something for as long as I want, in the way that I want. My mind does not wander anywhere, here or there. “Mera Baba, sweet Baba, lovely Baba”.

SPIRITUAL DRILL BY BAPDADA #23:

Father Brahma is now invoking all of us children, with a lot of love from the depths of his heart, saying: “Come quickly! Come quickly! Come, now! Come now!”. I have received wings from the father. I Finish all thoughts now. “Oh Baba! Sweet Baba! Lovely Baba! We are now about to become those with the avyakt form, just like you, right now”. I Become complete angel. Now, I sprinkle the diamonds of various colours over my subtle sparkling body, and constantly remain coloured



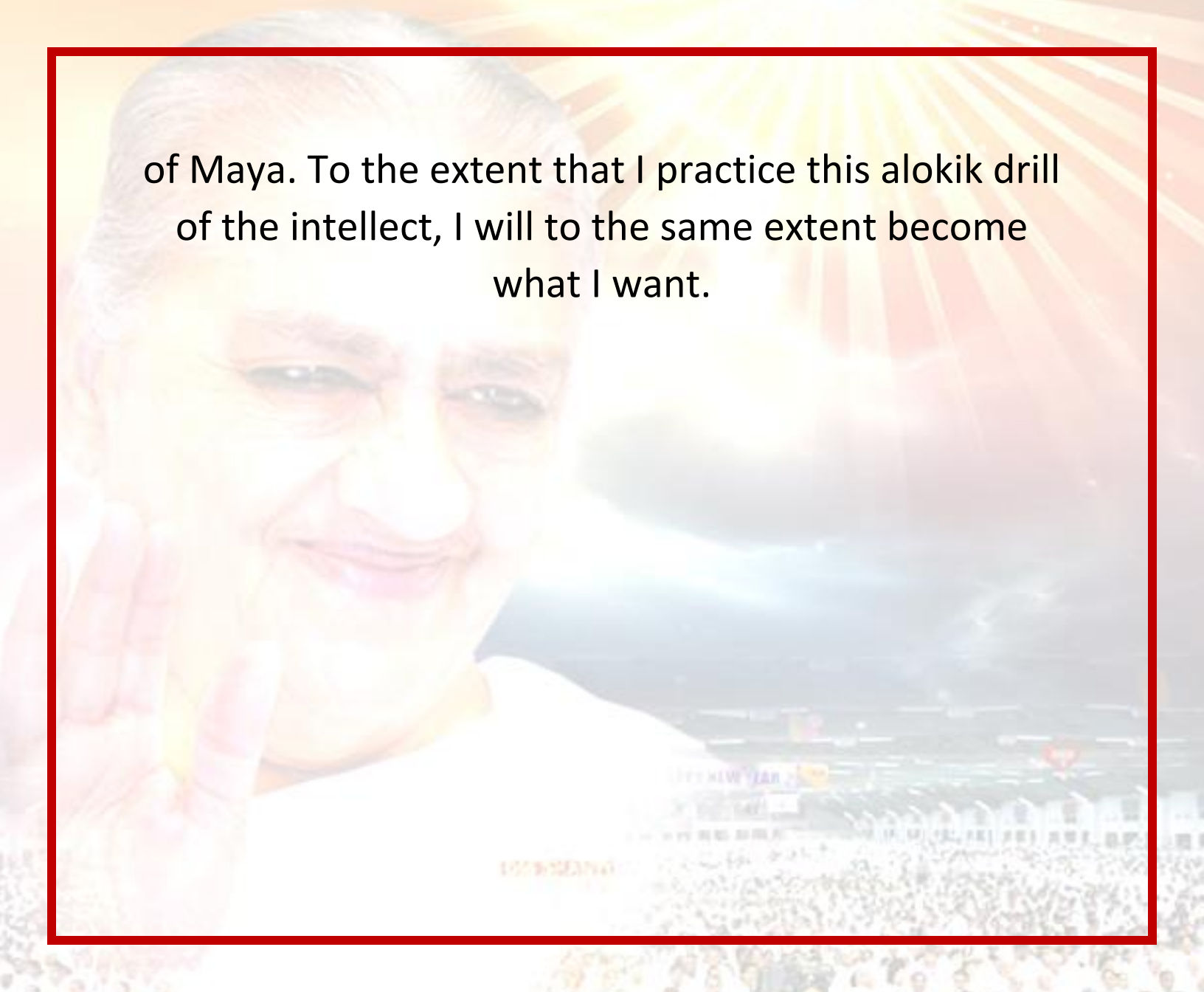
with the divine colours of virtues, powers, and knowledge. The greatest colour of all is to be coloured by BapDada's company. Therefore, I constantly remain coloured with this colour and Baba says to me May you remain like this eternally!

SPIRITUAL DRILL BY BAPDADA #24:

I Take a second from time to time throughout the day. I bring into awareness that “I am a bodiless soul”. I Become stable in the form of a soul. Body consciousness should does not pull me to itself. It is essential for me to do it, otherwise, I will not be able to make my hand hold onto the hand of shrimat. My promise is: “we will return home together and come in the kingdom together”. So, I perform this drill.

SPIRITUAL DRILL BY BAPDADA #25:

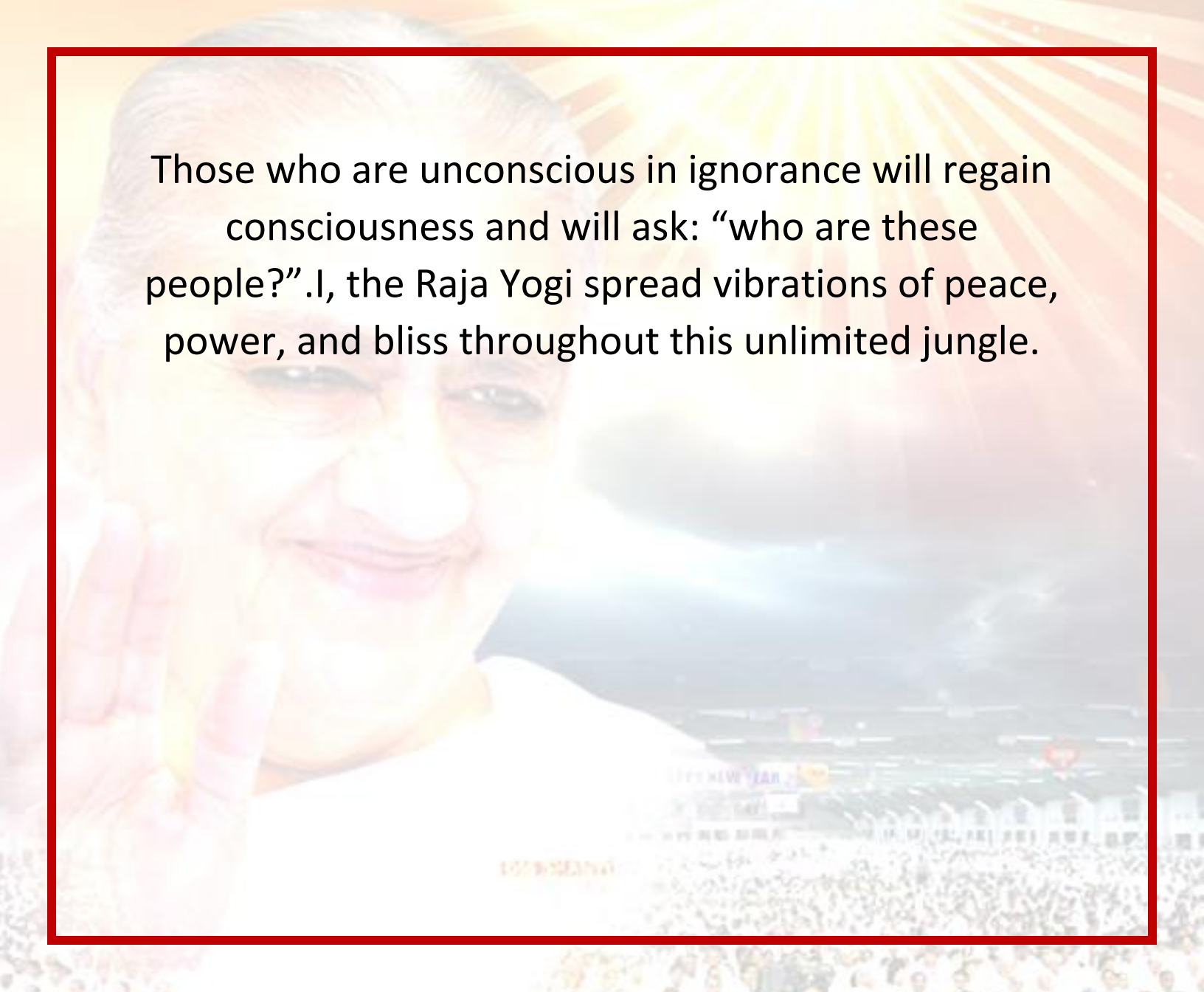
I bring into awareness the remembrance of One and that I am helper in just the one task. If I am not involved in service, there is no need to use my intellect for anything except the One. I Remember just these things, and I will easily be able to attain perfection. To whatever extent I practice this drill, that will be the extent to which I remain the embodiment of power, and free from the sickness



of Maya. To the extent that I practice this alokik drill
of the intellect, I will to the same extent become
what I want.

SPIRITUAL DRILL BY BAPDADA #26:

In a second, I spread the fragrance of the various powers, of peace, of bliss, of love. I spread the beauty of this fragrance in all directions so that all souls come to experience it and ask “from where is this fragrance coming?”. If someone who is anxious experiences peace, or if one who is thirsty receives water, then the eyes open and they regain consciousness. In the same way the vibrations of the essence of peace and bliss will open the third eyes of the blind and of the children of the blind.



Those who are unconscious in ignorance will regain consciousness and will ask: “who are these people?”. I, the Raja Yogi spread vibrations of peace, power, and bliss throughout this unlimited jungle.

SPIRITUAL DRILL BY BAPDADA #27:

There is sound in this world, whereas in the subtle region there is no sound. So I go beyond sound. It is essential at this time to be able to come into sound in one second, and to go beyond sound in one second. Through this drill I will come to know the feelings within someone's mind through the signals of the eyes.

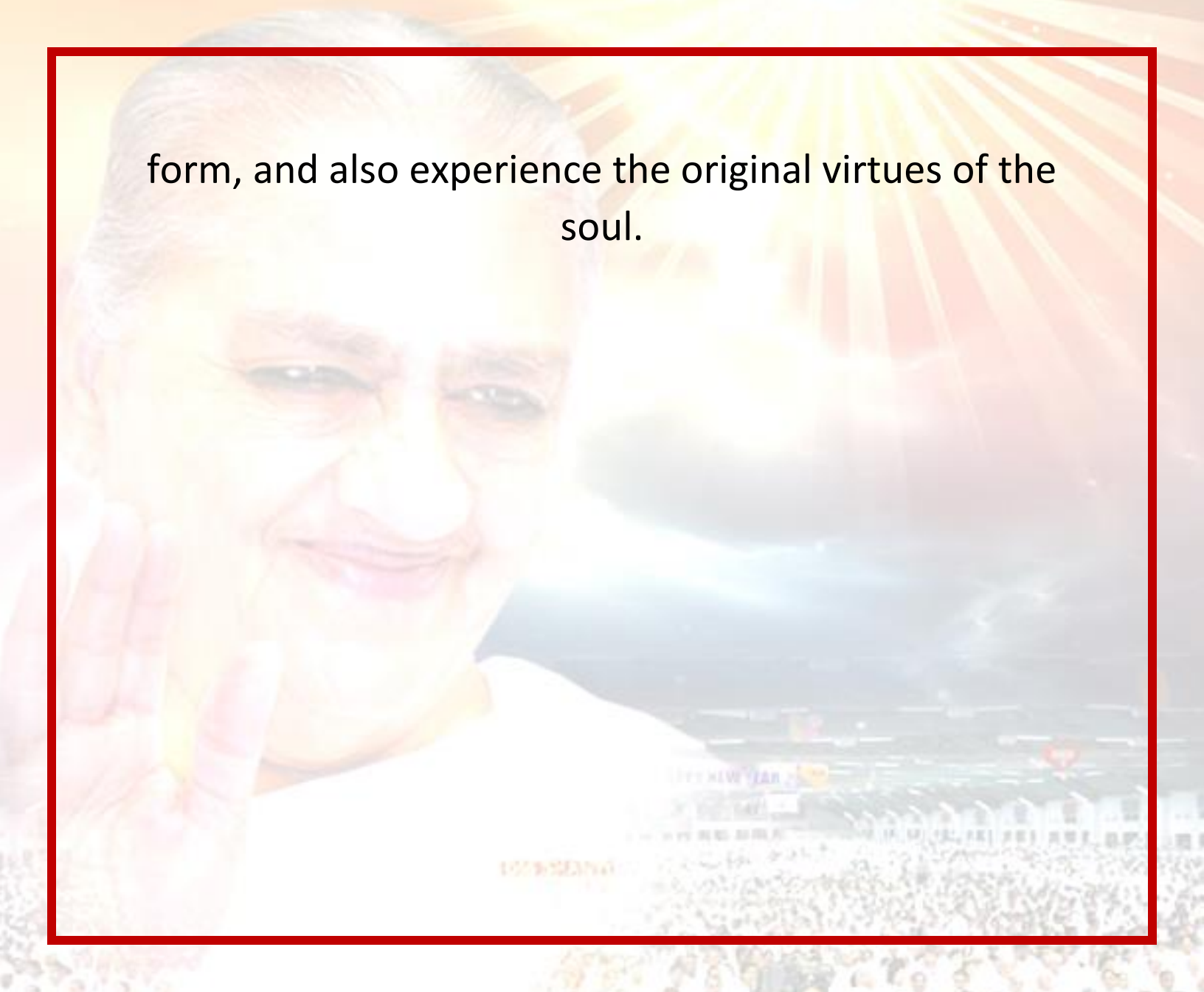
SPIRITUAL DRILL BY BAPDADA #28:

At one moment it will be the extreme, and the next it will be the end. This is the last stage of mine. I Make such a plan. I Rehearse this, and perform this drill. I go into the extreme, and then the end. At one moment be in a close relationship, and the next moment I am just as detached as I was in connection, as though merged in a lighthouse. A “lighthouse” means my home of light. One minute I come on the field of action and the next minute I go to the supreme abode.

SPIRITUAL DRILL BY BAPDADA #29:

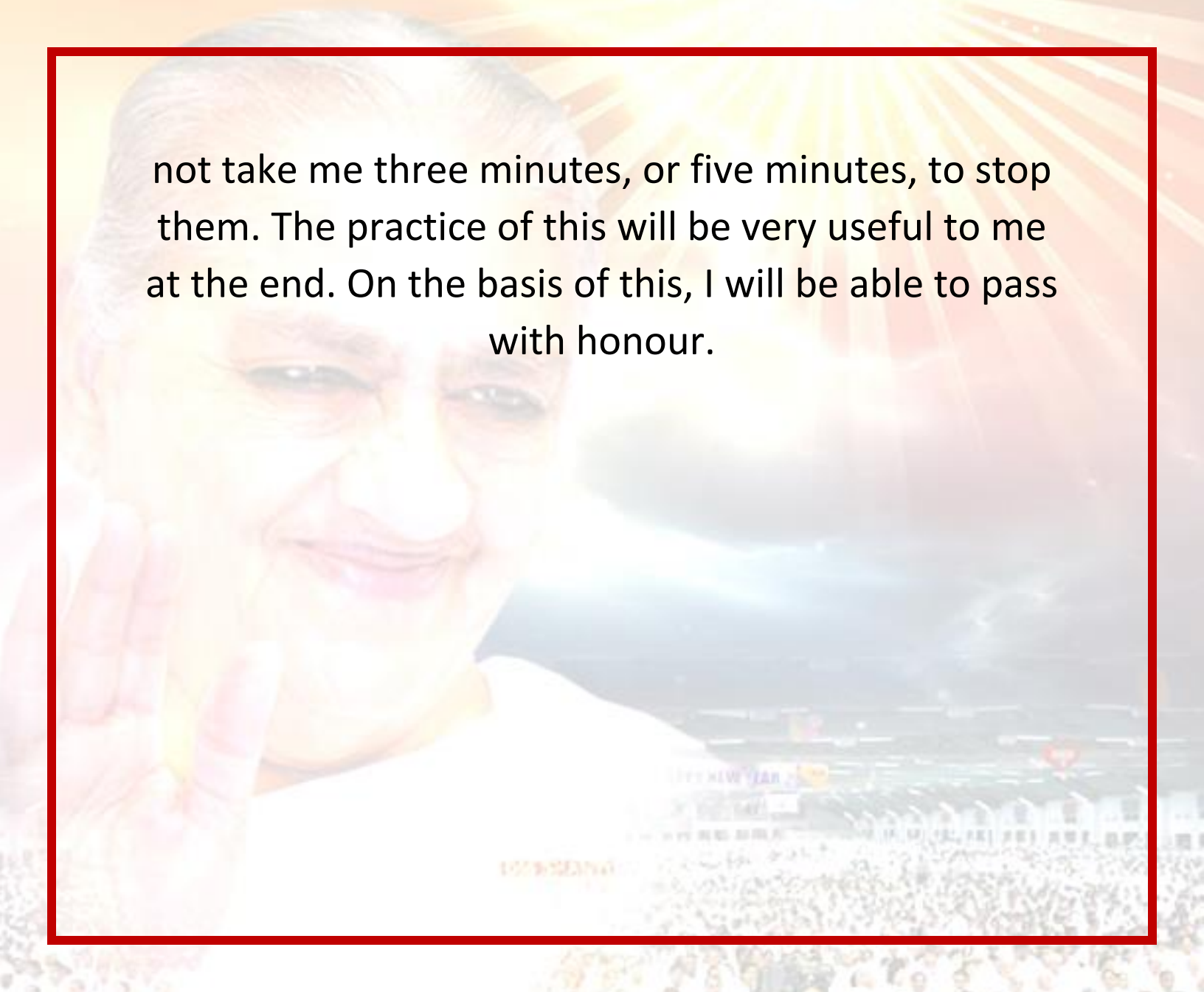
Soul consciousness means remembrance of the Father. When I visit a cool place, then even if I don't want to, I will experience coolness. In the same way, it is not possible to be soul conscious without also being in Baba's remembrance. Just as Bap and Dada are not separate, in the same way, a soul conscious intellect that has faith is not separate from Baba's remembrance. Now I stabilise myself in the point-form in one second. When I stabilise myself in the point form, I experience the point

form, and also experience the original virtues of the soul.



SPIRITUAL DRILL BY BAPDADA #30:

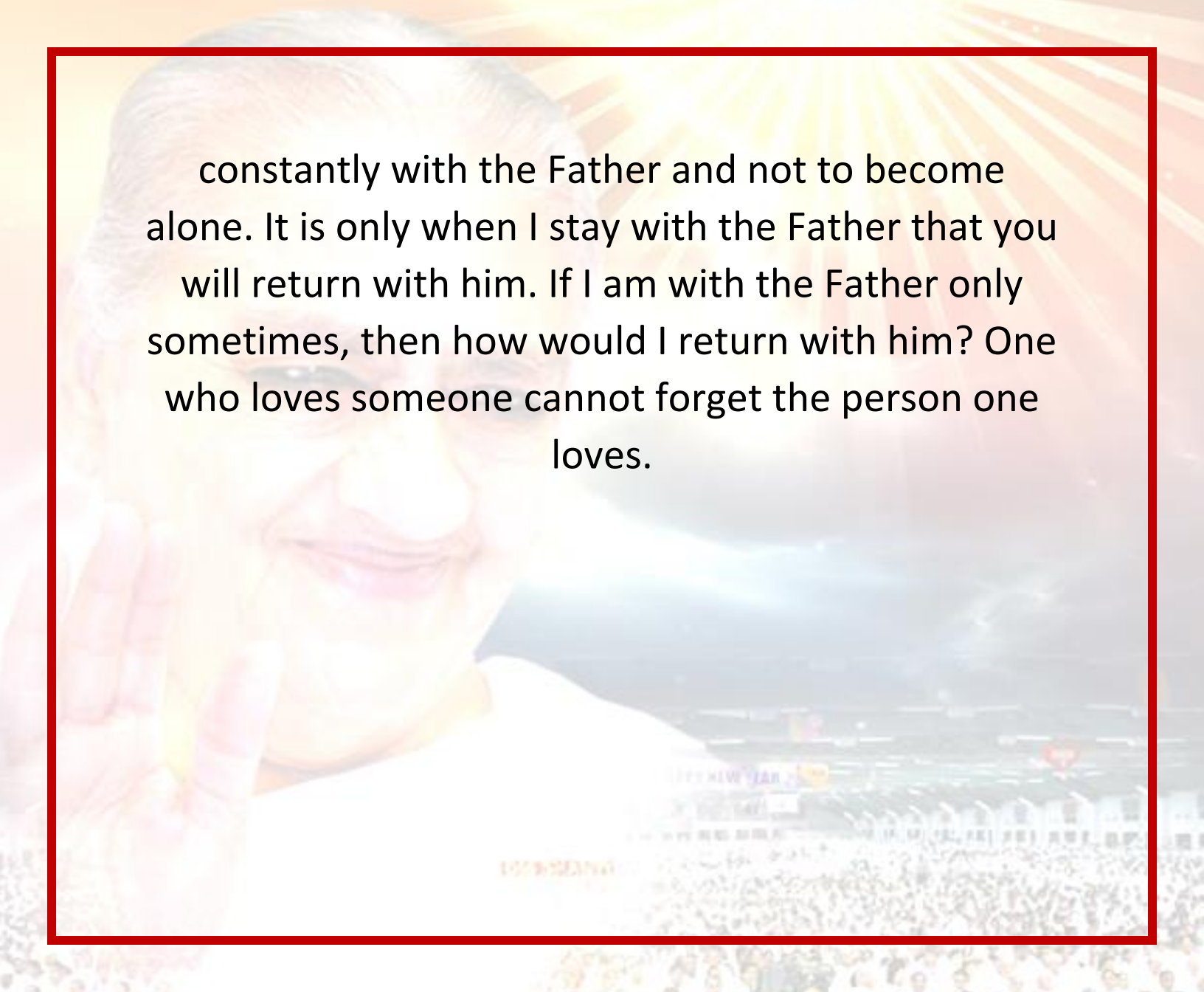
I am one with ruling power. I am able to rule my physical organs whenever you want. I Have become self sovereign and hence become master of the world. Whenever I want, no matter what the atmosphere is like, if I order my mind and intellect to stop, I am able to stop them. I make this effort, every now and again, throughout the day. Whenever my mind and intellect are busy, then try and see, at that time, whether I am able to stop them in a second. So, when I think “stop!”, it should



not take me three minutes, or five minutes, to stop them. The practice of this will be very useful to me at the end. On the basis of this, I will be able to pass with honour.

SPIRITUAL DRILL BY BAPDADA #31:

I emerge my angelic form while moving and walking around and I give the experience of my angelic dress to other. The form of the soul is angelic. I Experience this again and again. It is only when I have the angelic form that I will become a deity. Sometimes I wear my Brahmin dress, sometimes the angelic dress, and sometimes the deity dress. In these three forms, I can automatically be seated on the seat of being trikaldarshi, and continue to carry out every task as a detached observer. I remain



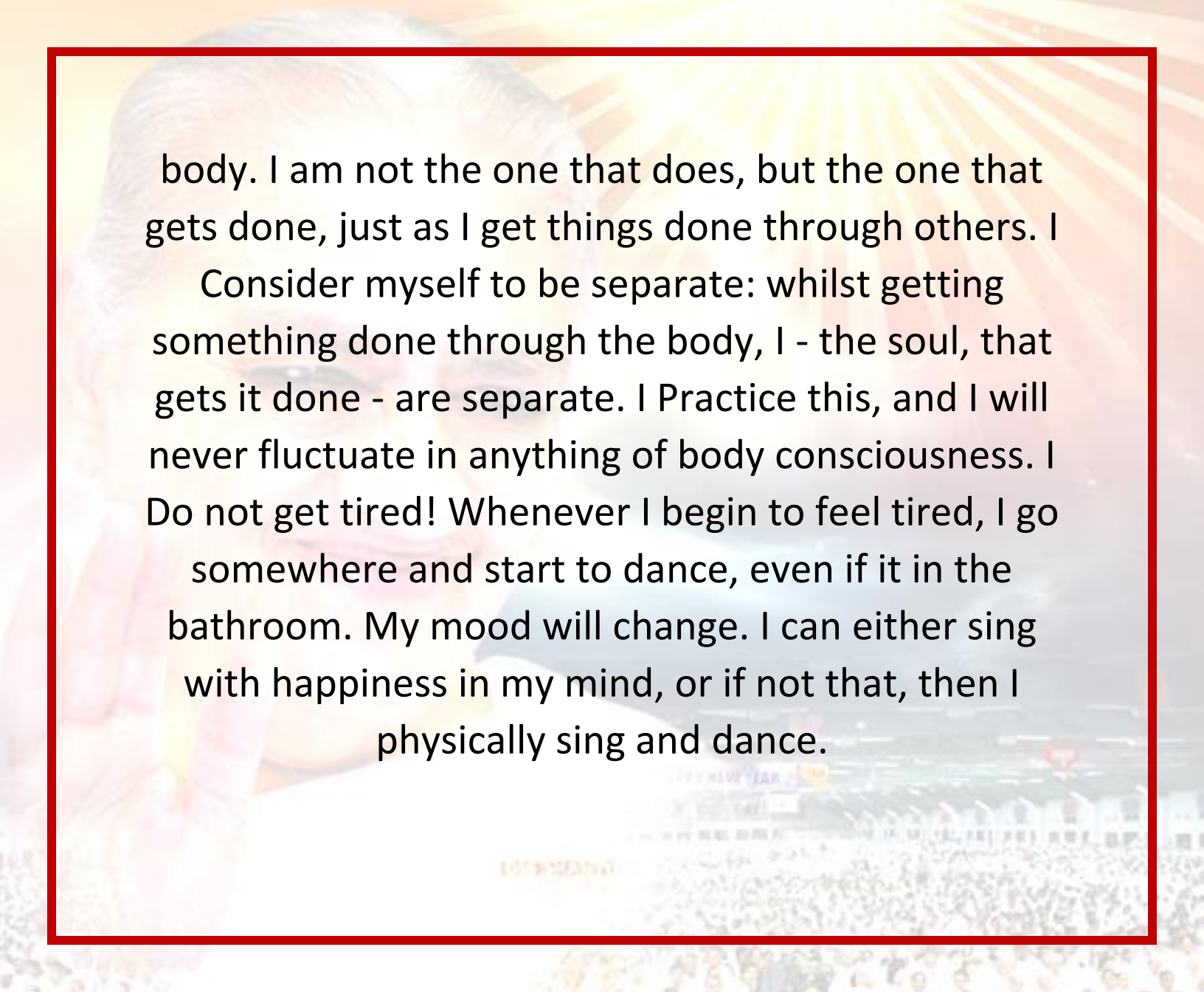
constantly with the Father and not to become alone. It is only when I stay with the Father that you will return with him. If I am with the Father only sometimes, then how would I return with him? One who loves someone cannot forget the person one loves.

SPIRITUAL DRILL BY BAPDADA #32:

I Merge all thoughts.... now, in one second, I reach my sweet home with my mind and intellect.... now, from the supreme abode, I reach the subtle region.... now, from the subtle region, I come to my kingdom of heaven in the corporeal world.... now I come to most auspicious confluence age.... in this way I continue to be swadarshanchakradhari and continue to go around the cycle.

SPIRITUAL DRILL BY BAPDADA #33:

Every now and then, throughout the day, I continue to perform the drill: “I am detached, bodiless and loved by the Father”. I Continue to perform this drill throughout the day, as many times as I can. Even if I do it for just one minute, I will receive a lot of help in becoming bodiless in the final moments. I Become bodiless when I want, and come into the body when I want. When I have to do something, I take the support of the body, but I do not forget that it is the soul that is taking the support of the

A woman with her hand to her forehead in a crowd, with a red border around the text.

body. I am not the one that does, but the one that gets done, just as I get things done through others. I

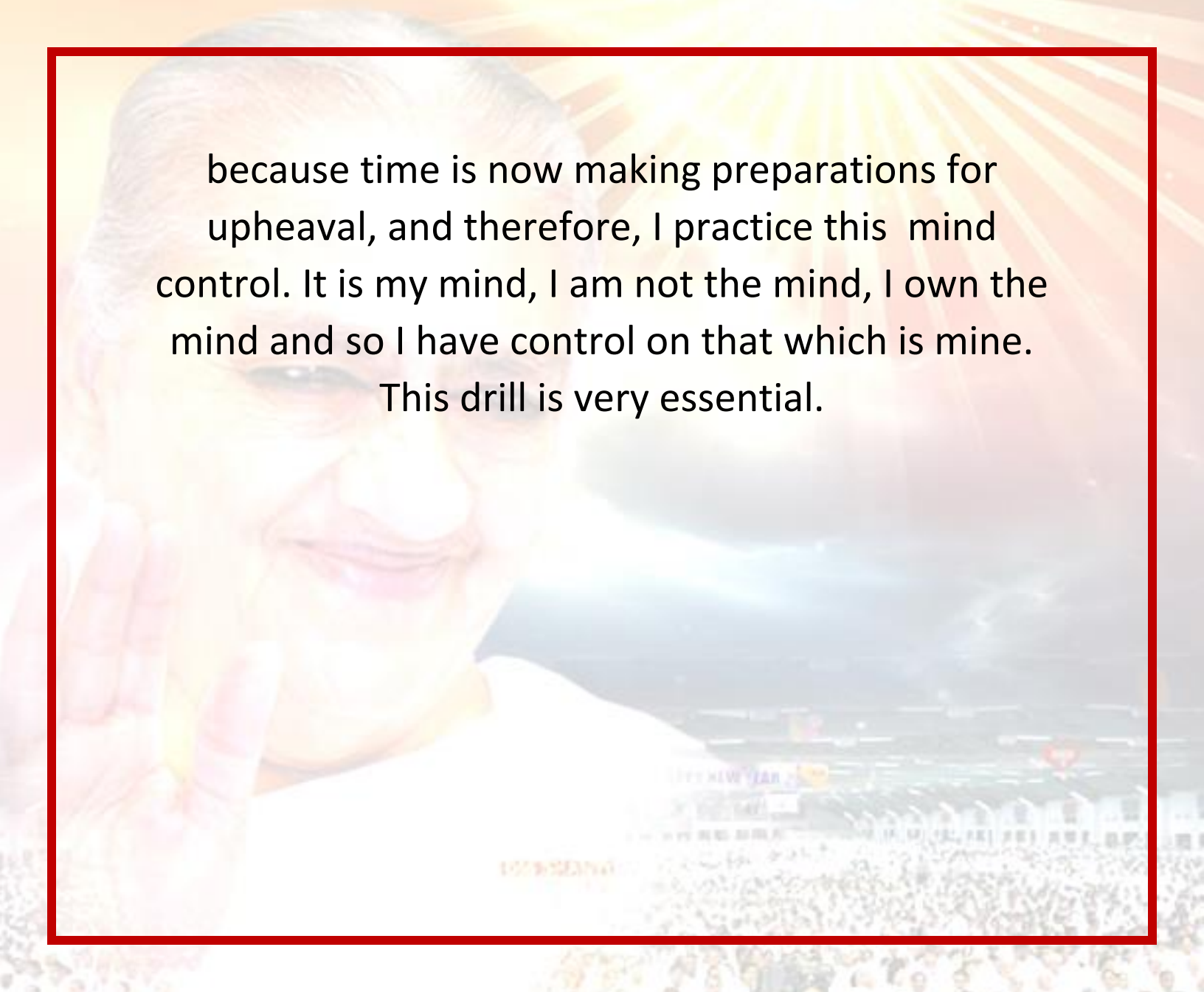
Consider myself to be separate: whilst getting something done through the body, I - the soul, that gets it done - are separate. I Practice this, and I will never fluctuate in anything of body consciousness. I Do not get tired! Whenever I begin to feel tired, I go somewhere and start to dance, even if it in the bathroom. My mood will change. I can either sing with happiness in my mind, or if not that, then I physically sing and dance.

SPIRITUAL DRILL BY BAPDADA #34:

Whenever I am experiencing a storm of waste thoughts, for one reason or another, I am able to stabilise my mind and intellect at that time. If I am not able to use the power of concentration in a second at that time, then as I move further, such situations will come again and again. This is the practice of the stage of concentration.

SPIRITUAL DRILL BY BAPDADA #35:

I am able to stabilise my mind and intellect in the supreme abode in a second. Now, I stabilise myself in the angelic form. Now, stabilise myself in the stage of being a Brahmin, a master almighty authority. I stabilise myself in the stage of being a master almighty authority. Whenever I have time throughout the day, I practise this drill. Repeatedly I stabilise my mind. Stabilise my mind whenever I want on whatever I want. It may take me a minute or a second in your effort, but I apply a full stop,



because time is now making preparations for upheaval, and therefore, I practice this mind control. It is my mind, I am not the mind, I own the mind and so I have control on that which is mine. This drill is very essential.

SPIRITUAL DRILL BY BAPDADA #36:

I repeatedly practise concentrating and stabilising my mind and intellect in the point-form, within a second. As soon as I say “Stop!”, my mind and intellect should become completely still, and beyond any wasteful body consciousness. Throughout the whole day I use such controlling power. I check whether it takes me a second, a minute, or a few minutes, to be able to control my mind. I practice this drill for 3 months

SPIRITUAL DRILL BY BAPDADA #37:

If I receive an order now, I stabilise myself in the stage of being incorporeal, viceless, and egoless. I go beyond the attraction of the body within a second. The basis for victory or defeat is one second. So, I win the game of “one second”.

SPIRITUAL DRILL BY BAPDADA #38:

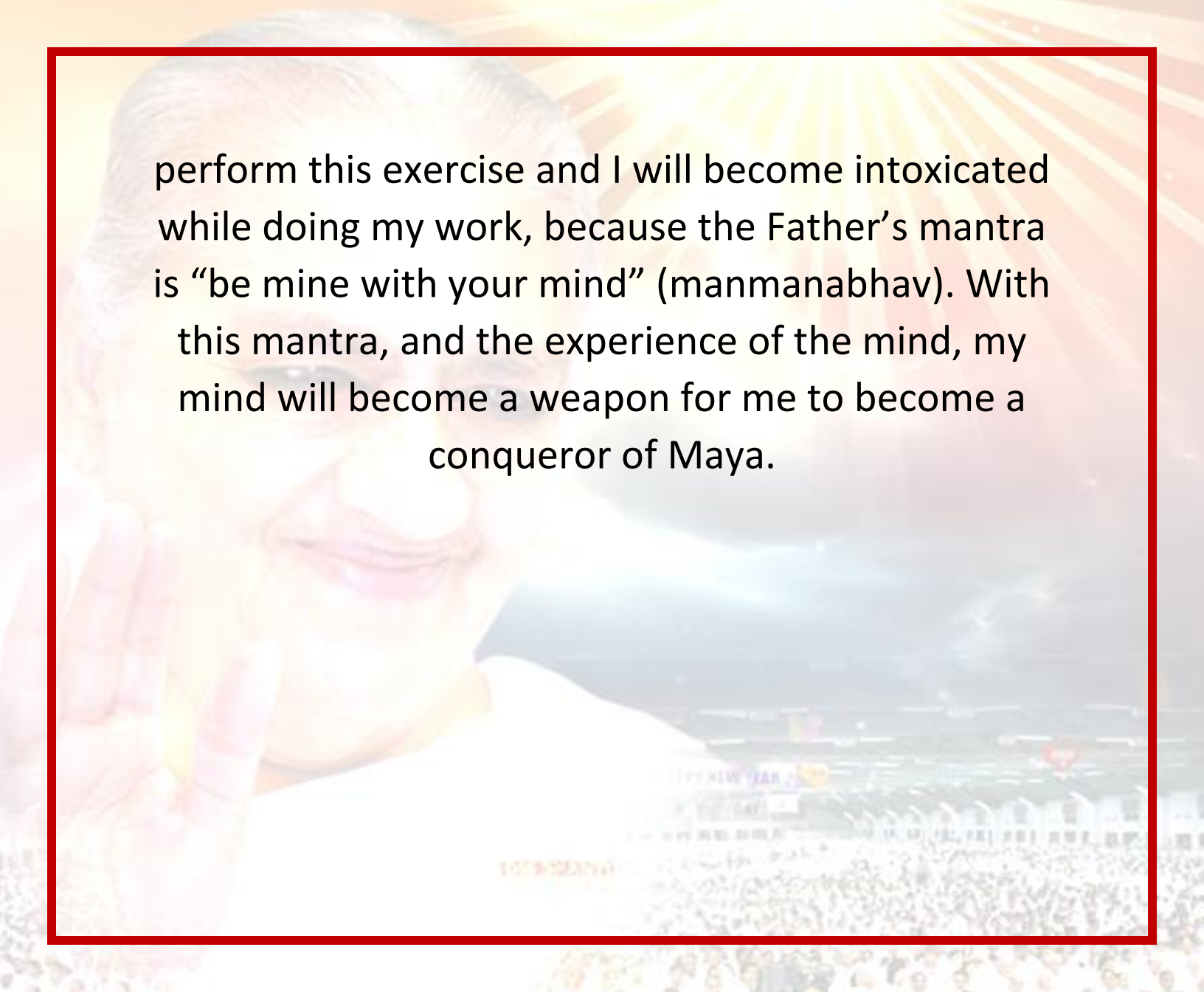
I am able to create whatever type of thoughts I want within a second. This practice will be very useful at the end. Since I am the master of my mind and other subtle organs I can easily control them. I am also able to control my sanskars.

SPIRITUAL DRILL BY BAPDADA #39:

I sit with the thought that success is my birthright,
and that victory is the garland around my neck.
With this faith and spiritual intoxication, I sit as an
embodiment of the experience of this.

SPIRITUAL DRILL BY BAPDADA #40:

Throughout the day, I exercise with five forms, and whatever form I think about, experience that in my mind. When I say ""point of light", I experience the sparkling form .In the same way, I bring these five forms in front of me and experience those forms. Every hour I perform this drill for five seconds. If not five seconds, then five minutes. I Bring each form in front of me and experience it. I Keep my mind busy in this spiritual exercise, because with this exercise, my mind will always be good. So, I repeatedly



perform this exercise and I will become intoxicated while doing my work, because the Father's mantra is "be mine with your mind" (manmanabhav). With this mantra, and the experience of the mind, my mind will become a weapon for me to become a conqueror of Maya.