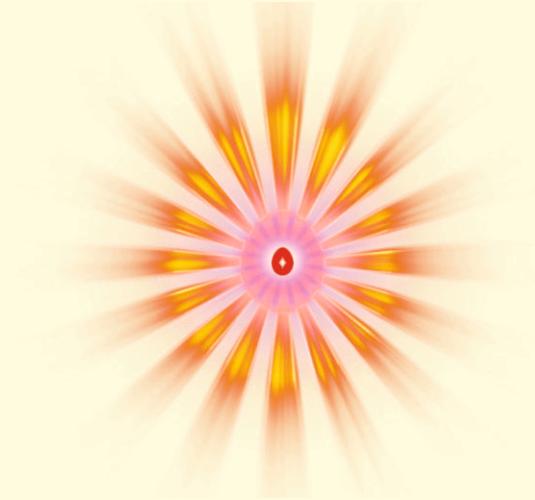


# RAJYOGA MEDITATION COMMENTARIES

**(Guided Meditation)**





# **RAJYOGA MEDITATION COMMENTARIES**

**(Guided Meditation)**

**Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya  
Shantivan, Abu Road (Rajasthan)**

## BLESSING



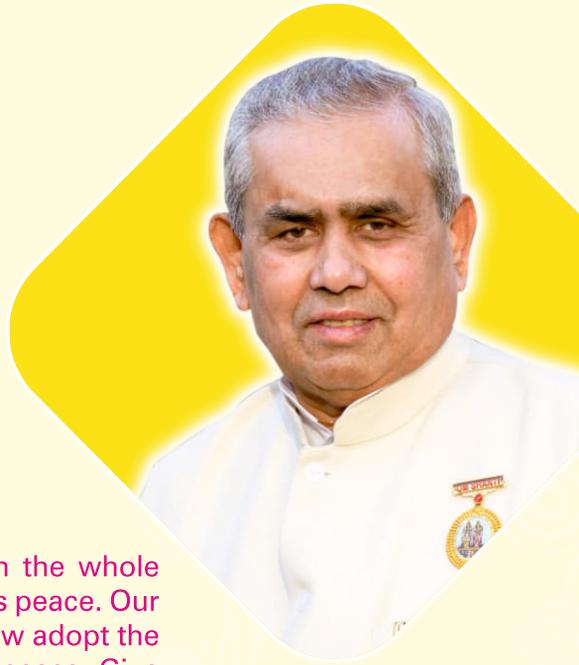
At present, pain and sorrow is increasing in the whole world. In such circumstances, everyone needs peace. Our Beloved Supreme Father, Shiv Baba says: Now adopt the form of angels and serve the world. Spread peace. Give power to the powerless souls. Purify the elements of the nature. Help the needy by service through your minds; mansa seva!

For this service, Guided Raj Yoga Meditation Commentaries can be very helpful. This book contains many different commentaries based on experimentation with Raj Yoga on service through mind; mansa seva. Apart from this, it has very beautiful yoga commentaries related to the different situations, the small and big problems that occur in our daily lives! Also, the practice of Raj Yoga in this way will increase our intense effort in the path of knowledge.

With the help and blessings of BapDada, these helpful, beautiful and guiding RajYoga meditation commentaries have been made by BK Rahul Bhajji. May Baba give him more strength, and he makes more such commentaries, that's what I wish!Om Shanti.

**Om Shanti**

**BK Mruthyunjaya Bhajji  
(Madhuban)**



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**Practice of 5 forms in 5 minutes..**  
**- A beautiful meditation drill**

**OM SHANTI.** Set yourself between the centre of the forehead... I, the soul, am master almighty authority... a point of light...

1) Incorporeal soul form - Now let's fly towards the sky... I, the soul have covered the distance of sky, stars and galaxies... and have reached my original home - Paramdham... the adobe of peace... my real home... to my Almighty Father Shiv Baba....

2) Deity form - Now I, the soul, see myself coming down to the Earth, and taking my first birth in the Golden age... I am double crowned deity... See the pushpak vimans standing in the courtyard of the house... Feel the natural and sweet smell of the flowers in the air... also some natural and soft musical sounds... A natural feeling of eternal bliss... surroundings filled with lots of happiness...!!

3) Worthy-of-worship form - Now I, the soul, see myself in my worthy-of-worship idol form! I am destroyer of obstacles; Ganesh... placed in the temples... Millions of devotees are worshipping me... they are receiving the rays of bliss and happiness from me...

In copper and iron age, all the souls have recieved blessings of peace and bliss from me... All the good wishes of the devotees have been fulfilled by me, through the form of Ganesh, sometimes Durga, sometimes through the form of mother Lakshmi, sometimes Hanuman and sometimes Tirupati Balaji form...

4) Brahmin form - Now I, the soul, see myself in the invaluable diamond aged brahmin form... I am among a handful out of multimillions, and a few out of that handful....!! I am an extremely fortunate soul who has been chosen by God himself for His task of transforming the world... I am a great and special soul..!

5) Angelic form - Now I, the soul, see myself in my angelic form in the subtle world... BapDada is in front of me... He is giving me powerful vibrations... and now giving me

tilak on my forehead... and blessing me - "Child, May you be an elevated yogi..! May you have success...! May you be world benefactor..!!" From my angelic form, colorful rays of light and might are radiating in the whole world... The 5 elements of nature - earth, water, air, sky, fire and all the souls are becoming satisfied... They are feeling immense peace and bliss ...!!

**OM SHANTI.**



**5 Minutes Yog Commentary -**  
**Before performing any action, practice this and**  
**you will achieve success in all your endeavours.**

**OM SHANTI.** Set yourself at the centre of your forehead... I, the soul, am a point of light... This body of mine is a costume... I am a peaceful soul.... My vibrations of peace are continuously radiating in all the directions.... Feel that from me, these rays are radiating all over my body also, inside out... As if this physical body does not exist! I am a double light angel.... I am an angel of peace....

Now we will take our intellect to Paramdham..... To the Almighty Shiv Baba... who is the Ocean of Knowledge.... Ocean of Divine Virtues.... Ocean of Divine Powers.... Visualise that the rays of divinity coming out from Him are radiating in all the directions, all around the universe.... Now we will feel a white coloured ray filled with divine powers is emerging out of Almighty Shiv Baba, and has got connected to me.... Those divine powers are continuously being absorbed by me, the soul.... Completely concentrate on Almighty Shiv Baba.... Keep visualising that, from Him, the vibrations of divine powers are flowing into me... I am a powerful soul!

Now, we will see Shiv Baba, Shiv Almighty is gradually coming down towards this corporeal world... I can feel He has come above my head.... and He has become my powerful canopy.... From Him, constant rays of divine light and might is showering upon me(the soul). Shiv Almighty is my canopy... He is constantly combined with me.... In the feeling of this combined form, in this feeling of happiness, I am experiencing Supreme Bliss.. Just like Shiv Baba is the Almighty Authority, similarly I am master almighty authority..! He is with me continuously....

In this combined form; with the feeling of Him being with me., I am getting success in all my endeavours..... every impossible work is now possible! Where there is the Father Shiv Baba, no one can do any harm... Success is predestined for me!! I am a successful soul...

Baba says, - before performing any action, be determined that success is my birthright! With this positive attitude, that Almighty God is always combined with me, I can feel His presence in all my actions...!! I, the soul, will become successful and victorious soul....!

**OM SHANTI.**



## **5 Minutes Paramdham Meditation - The experience of Jwalamukhi Yoga in Paramdham**

**OM SHANTI.** Set yourself at the middle of the forehead... I am a soul... an energy.. a point of light.. self sovereign... the master of my physical senses... Now within a minute, see yourself in your original incorporeal home... in the land of peace.. golden red light all around... a deep silence... Now see the Supreme Father, the Supreme God, Shiv Baba with you... Feel that the rays of purity are flowing out of Him and merging in me, the soul... I am becoming completely bodiless by these completely pure rays.. These rays are purifying me.. As these rays are flowing into me, the sins of all my births are being absolved... I am becoming pure... My karmic accounts with all the souls are completely being settled...

Now see that I, the soul have become completely pure... just as a spotless diamond.... no spot, no negativity is left in me... I am a pure, clean soul .. My thoughts, my sanskars, my nature have also become pure....

Now visualise the scene - from me these rays are radiating all around... and reaching down the corporeal world... due to which the five elements of nature - fire, air, sky, water, earth are being purified.... They are becoming completely pure and clean by these rays of purity... Innumerable souls of the world are also becoming pure... They are experiencing peace and happiness as a result of purity... Feel deeply that the Earth is becoming purer and purer.. As these rays of purity are falling upon the Earth, on the souls and on the elements, they are becoming pure.... See that this world is turning into golden age Satyuga... Here all the souls are completely pure... Here is the kingdom of Shri Lakshmi and Shri Narayana... Here is happiness spread all over... everywhere...!

**OM SHANTI.**



**Clean the 7 chakras; energy points of  
the body through Raj Yoga meditation.  
Healing & activating 7 Chakras  
- Guided Meditation**

**OM SHANTI.** This guided meditation is on activating the 7 Chakras; energy points of the body with Raj Yoga meditation. In this practice, we will do 3 minutes yog on every chakra. In this, we will take rays from the Supreme Soul; God, and will activate every chakra. Each chakra has a different colour. We will take rays of that particular colour from the Supreme Soul & will focus on that chakra. So, let's begin.

Focus your intellect in Paramdham; the soul world...on our Supreme Father, Shiv Baba, who is a point of light, just like we souls... I am a soul.. a child of the Supreme Soul... I am a peaceful soul.. right now, seated inside my angelic body of light... I am a peaceful angel... Now visualise that the rays of divine powers are coming from the Supreme Soul and flowing into me.....

1) First, we will experience rays of red colour flowing into me from the Supreme Soul... These rays are spreading all over my body... my whole body now appears red in colour,.. as if it is not anymore a physical body.. it has become a body of red light.. Red colour stands for Power! With these red coloured rays, my Root Chakra is getting activated... I can see my red coloured subtle body... These rays of red light are also radiating in all the directions... With these rays, as my Root Chakra gets activated, so does my will power... All the bones & muscles of my body are becoming strong... My physical strength is increasing with this exercise... I am feeling very powerful with these rays...my Root Chakra is getting completely activated & cleaned... I see that it is now completely activated & has been cleansed...

2) Now, experience rays of orange colour coming from Shiv Baba and falling on my body... My whole body has become orange in colour... I radiate these orange coloured rays in all the directions... With these orange rays, my Sacral Chakra is getting awakened... With the activation of this chakra, my immunity power &

illness fighting capabilities are increasing.. anything that is not working properly in my reproductive system or urinary system is getting balanced... Orange colour stands for Purity! With this exercise, my purity is increasing... my immunity power is strengthening.. I have become completely focused... completely intoxicated in these orange coloured rays.. This is a very happy experience!

3) Now, we will experience receiving yellow coloured rays from the Supreme Soul... my whole body has turned yellow.. With these yellow coloured rays, my Solar Plexus Chakra is getting activated & cleaned..with the cleaning of this chakra, my mind is experiencing a lot of happiness... Yellow colour stands for Happiness! With this colour, I experience a lot of happiness... As this chakra is getting cleaned, my digestive system is getting activated.. it is getting balanced... the dirt that lies in my intestines & stomach is getting cleaned.. These yellow coloured rays are completely activating this fourth chakra... experience that my Solar Plexus Chakra is now completely cleaned & activated..!

4) In the same way, we will practice for our fourth chakra; Heart Chakra.. Experience green coloured rays flowing out of Shiv Baba & falling on my subtle body... my whole body is appearing green... Now we will focus on this Heart Chakra... The more we practice receiving these green rays, the more love we will experience... Green colour symbolises Love! We will develop a loveful vision for ourself & for others... As I experience receiving these green rays, my Heart Chakra is getting activated.. it is getting completely cleaned.. It's a joyous experience..! I start radiating these green coloured rays in all the directions from my subtle body... With the cleansing of this chakra, my entire blood circulation is getting reset.. getting healed.. Now experience that my Heart Chakra is completely activated & cleaned... Whatever blood circulation takes place from the heart is now completely normal & activated.. This system has started working with complete balance!

5) In the same manner, we will practice for our fifth chakra- The Throat Chakra.. Experience blue coloured rays coming from Shiv Baba and falling on my subtle body.. my whole subtle body appears to be a blue lighted body.. Blue colour is the colour of Peace! With these rays, I experience immense peace.. my whole subtle body appears blue.. I am radiating these peaceful blue rays in all the directions... Experience the cleansing & activation of my Throat Chakra...With this, my respiratory system & thyroid system is completely balanced... now it is working in a normal way.. I experience a lot of peace through these blue coloured rays..

6) In the same way, we will practice for our sixth chakra, that is The Third Eye Chakra.. Experience indigo coloured rays coming from the Supreme Soul & falling on my subtle body... my whole subtle body appears indigo in colour... Indigo colour stands for Knowledge! With this practice, my Third Eye Chakra is getting awakened.. Experience the complete cleansing and activation of this chakra... With it's activation, my nervous system works in complete balance... with this practice, my concentration power increases.. This chakra is a knowledge chakra.. The more this chakra will get activated, the more successful I will be in my power to concentrate in any work and any field... any knowledge will be easily imbibed by me.. with this practice, I get the complete knowledge that I am a soul..!

7) In the same manner, we will practice for our seventh chakra; The Crown Chakra, which is the most important chakra of all..! Experience receiving violet coloured rays from the Supreme Soul.. concentrate completely on the subtle body becoming violet in colour.. Violet colour stands for Bliss! I radiate these rays in all the directions.. With this practice, my Crown Chakra gets completely activated and cleaned.. This chakra is the chakra of bliss/joy, or we can say Supreme Joy.. It is the best chakra and it is the best stage to have an experience with it.. It is the most beautiful experience! The more this chakra will get activated, the more I will experience being a soul and the fact that the Father of all souls in the universe is the One; Shiv Baba..! All souls are my brothers... This chakra can also be called the Awakening Chakra..

The more my sixth chakra- the Third Eye Chakra and this seventh chakra will get activated & cleaned, the more I will experience meeting the Supreme Soul... The most blissful experience in this world is the experience of meeting the Supreme Soul..! With this experience, all my 7 chakras will automatically get balanced..! And in this blissful stage of meeting the Supreme Soul, with the experience of this bliss, my sins from various births will also get absolved.. The more I will concentrate on this stage, the more health, wealth & happiness I will constantly experience in my life...

**OM SHANTI.**



**Amritvela Guided Meditation -**  
**Visit to the Incorporeal world and the Subtle world,**  
**the experience of meeting the Supreme Soul,**  
**and the method of Mansa Seva**

**OM SHANTI.** Bring your awareness in the middle of the forehead... I, the soul, a light form... a shining star in my subtle body, in a light body of angelic form... Now I, the soul, in this angelic dress fly beyond the sky, the moon, the stars and reach the subtle world.... Visualise yourself in the subtle world... BapDada is in front of me.... Now BapDada has kept His hand on my head and He is filling me with the rays of purity... See that these rays of purity are flowing into me, the soul.. And from me, it is spreading into my entire subtle body... I have become completely pure with these rays... Now BapDada is giving me a blessing, "Child, May you be an elevated yogi...! May you be an elevated yogi...!"

The best blessing in this Brahmin life is the blessing of being an elevated yogi... Whoever receives this blessing, receives all other blessings automatically..! God has given me this blessing today- "Child, May you be an elevated yogi..!"

Now, BapDada is giving me the second blessing, "Child, May you be an embodiment of success..! May you be an embodiment of success..!" With the attainment of this blessing, my every task, every thought will be successful... I will become an embodiment of success in every field...

I am now receiving the third blessing from BapDada, "May you be equal to the Father...! May you be world benefactor..! May you be equal to the Father..!" With the attainment of this blessing, I am imbibing all the qualities and powers of BapDada in me... Just as the Father is the Ocean of Knowledge, I, the soul, am master ocean of knowledge... Just as the Father is the Ocean of all Virtues.... I, the soul, am master ocean of virtues... Feel that my light is glowing fully just as the Father... I am becoming a complete shining star, an immaculate diamond, completely pure...

Now, feel that the rays of purity are flowing into me from BapDada and from me, these rays are radiating to the whole world below... Each and every soul is

receiving these rays... Visualise these rays are flowing down like a fountain.... all the five elements- fire, air, sky, water, earth are becoming pure .. All the souls on Earth are experiencing peace and happiness with these rays of purity.... For 2 minutes we will visualise this scene of radiating these rays to the whole world.....

Now, Fly to your original home, the incorporeal world in just a second... Visualise yourself, a bodiless soul in the land of peace... There is golden red light all around... a deep silence all around... Now see, the Supremely Dear, Supreme Father, the Supreme Soul, Shiv Baba is with me.... the rays of purity are radiating from Him and are merging into me... With these completely pure rays, I am feeling completely bodiless.... These rays are making me pure... As these rays are getting absorbed by me, my sins of many births after births are being absolved.... I am becoming purer and purer... My karmic accounts with all the souls are being completely settled... Now visualise that I, the soul, have become a completely pure and an immaculate diamond..! There is no stain, no alloy, no negativity in me.... I am completely pure... holy soul... My thoughts, my sanskars, my nature have become completely pure...

Now see, that these rays are radiating from me to the whole world below..... and all the five elements of nature are getting purified... Fire, air, water, sky, earth all are becoming pure with these rays... With these rays, innumerable souls of the world are also becoming pure.... They are experiencing happiness and peace... Deeply experience that this world is becoming pure... As these rays of purity are falling upon these souls and the elements of the Earth, they are becoming pure...!

Visualise, this world is transforming in the Golden age, Satyuga... All the souls here are completely pure..... Here is the kingdom of Shri Lakshmi and Shri Narayana... Happiness is spread all around here...!

**OM SHANTI.**



**Meditation commentary  
for future Golden Age  
- Satyug**

**OM SHANTI.** Setting everything aside, concentrate your mind and intellect on the centre of the forehead... I, the soul, a tiny point of light... ruler of my sense organs; self sovereign... I am a divine and royal soul of the heaven... I have completed my part of 84 births in the previous cycle of this world drama...

Now in a second, I, the soul, visualise myself in my first birth in heaven, experiencing that I have taken my first birth as a prince... Oh! I am such a fortunate soul! I am seeing the beautiful & mesmerizing scenarios of the heaven... All the palaces are made up of gold all around me.. with numerous pushpak vimans in the palace garden... The whole palace is lit up with the shine and glitter of huge diamonds and gold studded in the palace.... I am born in one of the royal families, as Baba says it's like a golden spoon in the mouth..! Now I am looking at the schools of this heaven... I am Shri Krishna's friend and with him I am going to school.... Even the school here is just like a play! Drawing, painting, acting and music, these are the only subjects that we study.... Shri Krishna; the first prince of Satyuga is playing a flute and we all are getting mesmerized by the sound of the flute..... Oh! What an experience! What a beautiful world it is! It cannot be described in words! The leaves are floating in the air and the birds are singing as if natural music is being played.... In this heavenly world, each and every soul is like an artist and a painter, because they are playing music so naturally.. and painting so beautifully... Oh ho! I am getting lost in this musical world... I am experiencing myself dancing with Shri Krishna and Shri Radha and have got completely lost in dancing and enjoying with them...! My mind is completely merged in this musical world...

Now I'm in the middle of the garden of my palace, sitting in the pushpak viman..! And with just a single thought and in a single second I am roaming around the whole world.... I am viewing the heavenly world from the top of my plane.... Oh!

What a sparkling world it is! Gold palaces all around there.... They are studded with diamonds and gold jewels..... I can see happiness all around and happy faces all around.... Flying and flying I have reached above America, Australia, and England... as Baba has said that these all places are going to be picnic spots..! What an amazingly beautiful environment it is! With waterfalls, rivers, birds and greenery all around..! This beautiful world is beyond description...!

Now I am landing back in the garden of my palace from the pushpak viman... Oh! Such beautiful flowers and fruits are here in this garden! The fruits, flowers and milk are the nourishing food here... And the fruits are so natural and soft that with just a gentle squeeze, there is a splash of sweet juices....! Also, there is no need of sugar or salt here, since the flowers and fruits have natural flavours...

Now I am experiencing myself sitting in the court of Shri Narayana and Shri Lakshmi who are seated as the emperor and the empress of this golden world..! This is a beautiful court where a lot of princes and princesses are sitting and indulging themselves in spiritual talks... How fortunate I am that I have been able to see the first birth of Shri Krishna and been in the company of Shri Lakshmi and Shri Narayan...! I am a fortunate soul to have taken the first birth in heaven.... Multimillion thanks to Shiv Baba from the bottom of my heart...!

Wah Baba Wah!! We will thanks to Baba again and again for adopting us and making us the masters of this beautiful world...!

**OM SHANTI.**



## **Practice of bodiless and angelic form 12 times each**

**OM SHANTI.** Bring your awareness in the middle of the forehead... I, the soul, am a point of light.. an incorporeal light form.... Now see - I, the soul, have reached the subtle world in just a second..in my angelic form... Here is white light spread all around... An experience of infinite peace and joy... BapDada is in front of me... He is giving me very sweet vision full of love.. And is embracing me.... Now, I feel His hand of blessings on my head... the divine light of powers are flowing out of BapDada and is merging into me... BapDada is now blessing me, "Child, May you be a great yogi..! May you be an embodiment of success..!" By receiving these blessings, BapDada will always be with me... And I will easily be successful in every task..!

Now, I the soul, am flying to my original home; the incorporeal world, in a second.... Here is red light all around.. I, the soul, am stable in my bodiless form... I now experience Supreme Soul, Shiv Baba, a light form with me... A divine light is emerging out of him and getting absorbed into me... I am experiencing infinite ecstasy... My sins of many births after births are being absolved in this divine light ... The alloy of negativity is being removed from me completely... The sins committed by me in the last 63 births knowingly or unknowingly, are completely burning away... I am becoming a complete divine being with this divine light... Just as Shiv Baba is Almighty Authority, in the same way, I am master almighty authority.

**OM SHANTI.**



## Yoga Nidra - Guided Meditation

**OM SHANTI.** For Yoga Nidra, we have to lie in the corpse pose. Eyes should be closed ... In the corpse pose, lie down on your back in a complete relaxed state. Now let's start.

Withdraw your intellect from all your surroundings and concentrate your intellect on the energy within.. I, the soul.. a point of light.. incorporeal light form.. I am situated in the middle of my forehead .. I am a peaceful soul.. This body of mine is just a costume... Completely detach yourself from this body..... Now visualise and experience the Supreme Soul Shiv Baba with the third eye of your intellect.... He too, the incorporeal form of light... The Ocean of Peace... See that the rays of peace are constantly radiating from Him all over the world... Now feel a fountain of those rays is constantly flowing into me from Shiv Baba... like a laser beam those rays are merging into me... I, the soul, am in a completely peaceful state....

Now experience these rays of peace slowly radiating from me to my whole body.... and relaxing the whole body... this light is reaching each and every organ... Starting from the forehead at the top, to the throat and the face... these peaceful rays are being absorbed in the eyes.. Slowly these rays are spreading in the shoulders.. the chest.. the lungs.. the intestines.. the stomach.... As these rays are being absorbed in every single organ, they are becoming completely relaxed and calm... experience these rays upto the kidneys down... to both the feet... upto the toes... My whole body is now relaxed and peaceful... let the whole body release the burden and become loose ... These rays of peace have spread all over my body... the whole body has become completely light... As if this body is not physical anymore... I, the soul, am in my subtle body of light, in my angelic form..... A complete burden free state ... I am thanking Supreme Soul, my Supreme Father for these rays of peace... and throughout the day, whatever mistakes I might have committed, caused anyone sorrow and happiness..... I am

surrendering everything to Him..... and I am thanking Him wholeheartedly.... Whatever has happened throughout the day, the souls whom I might have hurt during the day.. knowingly or unknowingly.. I seek forgiveness from them..... And I also completely forgive the souls who have hurt me knowingly or unknowingly... I am letting go of the hurt.... I feel completely free by this practice ... I am just a body of light.. completely free ... The rays of peace are constantly flowing into me from Supreme Soul... I am completely surrendered to Shiv Baba.. I am constantly connected to Shiv Baba, just as a string is connected to a kite...! In this state, I am completely concentrated... I am completely at peace.. I am completely relaxed... I am feeling the state of liberation in life... I am an angel... I am an angel....

**OM SHANTI.**



## **Meditation to make the mind powerful** **- Increase Your Brain Power!**

**OM SHANTI.** To be successful in any field or work, it is very important to have a powerful brain. For the brain to be powerful, fast and accurate, it is very important for the blood circulation of the brain to be proper. Through this meditation commentary, we will energize the brain by sending vibrations of peace to it. That is, we will slow down the speed of our thoughts. And when our thought process will slow down and the brain will become calm, then in that state, we will fill our brain with the divine powers of the Supreme Soul. By this practice, our brain will become very powerful. Blood circulation of the brain will increase, our concentration and controlling power will increase. The creative powers of our brain, the power to discriminate and decision making power will also increase. And then, we will easily achieve success in every task. So let's start..

Concentrate on the centre of the forehead... I am a soul... a point of light.. I reside in the center of my brain, between the hypothalamus and the pituitary gland... See that, I am a bright beautiful star... a peaceful soul... I am an embodiment of peace... Peace is my nature... I am focused.. I am intelligent... My brain is calm and powerful... calm and focused...

Now visualise this scene with the third eye of the intellect- the vision of supreme abode... There, the Supreme Father; God; Shiv Baba... a point of light, Ocean of Peace,.. radiating innumerable bright peaceful rays.... Feel those rays of peace emerging from Him and flowing into me, the soul... these peaceful vibrations are spreading in my whole brain... and my brain is becoming completely relaxed... I am feeling very much calm and peaceful.. relaxed... My whole brain is completely calm and relaxed now... In this state of peace, my brain's blood circulation is now working normally and accurately... My whole brain is receiving those peaceful powerful vibrations.... all the nerves and neurons are receiving powers through these rays.... See these powers in the form of red coloured light.. feel that the red

light of powers has spread in my entire brain... These red rays have illuminated my entire brain.... The Supreme Soul; my Father, is Almighty Authority!! I, the soul, his child, am master almighty authority... He is always with me!! His powers and purity are merged in me... My brain is full of divine powers... My brain is powerful... I am healthy... I am intelligent... I am focused... My brain is filled with those red rays of all the divine powers... My brain is powerful! It has infinite divine creative powers..! For 2 minutes, we will remain stable in this divine powerful stage- rays of divine powers flowing out of Shiv Baba and being absorbed by me, the soul... and spreading in my whole brain.... My brain is perfectly healthy..!

**OM SHANTI.**



**Daily Morning Affirmations -  
5 Minutes Morning Motivation  
for health, wealth, happiness and success.**

**OM SHANTI.** Om Shanti. What we think, we become! What goes around, comes around. Now close your eyes and feel each of the word very deeply. Let's feel them! First of all, we will thank God for today...!

Now, create these thoughts:

- Today will be a great day!
- I am completely happy and healthy!
- I am full of health, wealth and happiness!
- God is always with me! I am fearless! I am safe!
- I am a special soul!
- I am a great soul!
- My nature is calm!
- I am intelligent!
- I take right decisions and achieve success in every task!
- I forgive all the souls for their mistakes done in the past.. and if anyone is hurt because of me, I apologize to them!
- I am the child of Almighty God!
- I am master almighty!
- Nothing is impossible for me!
- I can make every impossible task possible!
- I am very powerful!
- I am fearless!

- I am successful in every task!
- I am very rich!
- I am full of divine blessings!
- I am filled with all the Qualities and Powers of the God!
- I thank all the souls and thank all my relationships with them! I give them blessings from the heart!
- I have a great relationship with everyone! All the souls in my family, contact and in my relations are very good and loving!
- I am an angel sent by God in this world!
- The vibrations of peace are continuously radiating from me in all the directions!
- All the souls always receive the gift of peace from me!
- From me the five elements of nature also always get the vibrations of peace!
- I, the angel, have to give love to all the souls of the world!
- All the souls of the world bless me!
- The blessings and powers of God are always with me!

From today, only good things will happen to me!

From today, only good things will happen to me!

From today, only good things will happen to me!

**OM SHANTI.**



**Soul form, Angelic form and Combined form - 3 Minutes drill**  
**- Guided meditation commentary**

**OM SHANTI.** I, the soul, residing in the centre of my forehead.... I am not this body, but bodiless.. a point of light..., a soul.... I am completely pure.. like a spotless diamond... I am a very peaceful soul... I am bodiless and a subtle point of light...

Now within a second, I, the soul, adopt my angelic dress and fly towards the subtle world.... Here, in front of me is BapDada...He is giving me drishti with a heartfelt smile.... Now, He has kept His hand on my head..! From His hands, completely pure vibrations in the form of rays are flowing into me, the angel...! And I am absorbing these vibrations.... BapDada is blessing me - "Child, May you be an ever happy soul..! May you have all the happiness...!"

Now in a second, I, the soul, removing my angelic dress fly upwards.... towards my original home; the incorporeal world.... the land of silence... Visualize the Supreme Soul, Shiv Baba here... Shiv Baba...a point of light... I see myself reached very close to him now... experience the combined form with Him... Powerful rays from Baba are flowing into me..... With these rays, all my sins from many births after births are getting burnt... I am becoming completely pure.. and I am completely enjoying this stage absorbed in love., this combined form...

**OM SHANTI.**



### **Three methods of doing service through mind (mansa seva)!**

**OM SHANTI.** Stabilize yourself in the centre of the forehead... I, the soul,.. a light form.. an energy.. a point of light.... Now, I the soul, fly towards the sky... Slowly and gradually crossing the sky, the moon and the stars, I, the soul, have crossed even the subtle world and have reached the incorporeal world... Paramdham, the land of peace... Visualise Shiv Baba, a point of light., the Supreme Soul.. in this incorporeal world... Now see that He has combined with me through a wire of light.... Rays of peace are radiating from Him and flowing into me.... and from me, they are being radiated to the whole world below.... Visualise these peaceful rays of light making everyone peaceful in the universe.... The five elements of the nature - fire, air, sky, water and earth are experiencing extreme peace... The 800 crore souls on the planet earth are experiencing these rays too, and becoming peaceful..! Supreme Father Shiv Baba is the Ocean of Peace.. I, the soul, his child, am master ocean of peace..! Shiv Baba is serving the whole world with these peaceful rays through me.....

Now, I, the soul, combined with Shiv Baba fly down towards the subtle world... See avyakt BapDada in the subtle world in combined form with me... He is blessing me, "Child, May you be bodiless..!" I am combined with Him in my angelic form.... Visualise that rays of love are flowing into me from Baba's eyes... Baba is the Ocean of Love... I, his child, am master ocean of love... Now here in this subtle world, we will emerged the five elements of nature- fire, air, sky, water and earth in the form of light.. and we will also emerge all the 800 crore souls... See that the rays of love emerging from Baba are being radiated to all these through me... I am serving them with the rays filled of divine love..! All the elements and all the souls are feeling very much satisfied., completely filled with love...!

Now, I, the soul, in my angelic form, fly down towards the corporeal world along with BapDada taking His hand into mine.... Visualise that crossing the stars, the

sun, the moon and the sky..., I, an angel, have descended above the globe of earth, combined with BapDada... See that light of powers is radiating from Baba and is flowing into me.... and emerging from me, this light is falling upon the entire globe... The rays full of powers are being received by the nature and all the souls of the world.... Receiving these powerful rays, all are feeling powerful and fearless.... They are getting the power to face any kind of circumstances... They are blessing me and God with all their heart... Om Shanti!

In this manner, we can do service through our mind in the 3 worlds - incorporeal, subtle and the corporeal world. Throughout the day, we have to practice this drill 4 to 5 times for 5 minutes each. Baba has told us in many murlis that if we serve with mind; (mansa seva), then our sins from past births will get absolved.... We will become pure and our account of blessings will also get accumulated and we shall claim a high status in the golden age.

**OM SHANTI.**



**Protection from evil souls, negativity and  
all types of problems in our lives and houses  
- Safety Armour Guided Meditation**

**OM SHANTI.** Set yourself in the centre of the forehead... I, the soul, an energy seated on the immortal throne... a shining star... a point of light.. I am a child of the Ocean of Peace; Supreme Soul, I am a peaceful soul.... Now experience the rays of peace radiating from me and spreading throughout my subtle body... I am an angel of peace, a child of God... I am an incarnated angel.... Now, focus your intellect in the incorporeal world (paramdham)... Shiv Baba, a point of light.... we will invoke Him from the bottom of our heart into our home.... Experience that Shiv Baba is slowly coming down and has reached the subtle world in avyakt Brahma Baba's angelic body... Now accepting our invitation BapDada is coming down.... He has reached my home... very near to me.. and giving me sweet drishti of pure love... Now visualise that His hand full of blessings is on my head and from His hands, rays of power in the form of red light is flowing into me..... He is blessing me - "Child, May you be master almighty authority..! May you be destroyer of obstacles..! May you be fearless forever..! May you always be safe..!" Red light of all these powers is constantly flowing into my subtle body... My light body has turned completely red in colour.... I am receiving divine powers from God as His blessings..... Visualise that these powerful red light after spreading into my whole subtle body has formed a protective shield (aura) all around me... God himself has created this powerful aura around me..! Inside this protective shield, I am always safe. No negative energy or atmosphere can ever affect me! I am always powerful! Supreme Father, Shiv Baba is always combined with me..! His Divine Powers are continuously flowing into me... I shall always be in remembrance of this combined form and always be safe from all the obstacles, evil souls or negativity.... God himself has blessed me - May you be master almighty authority... May you always be safe...!

Now slowly and gradually these divine powers are radiating out of me, the angel, and spreading throughout my house, in every room and in every corner.... The

whole house is sparkling with red rays of powers... God's powerful red rays have spread in my house thoroughly and these red rays are creating a protective shield around the house as well... Visualise that Shiv Baba has created a circle of red light with powerful rays all around the house.. and this red circle has made the complete atmosphere of the house very powerful.... God is blessing me again- "Child, May you be master almighty authority... May you be destroyer of obstacles.... May you be fearless forever...."

These divine rays of powers from God will always protect this house and all the souls living in this house... We all will be free from obstacles and fearless. No negativity of this world will have any effect on this house! I and this house is always under the protection of the Almighty Authority! God himself has blessed me- "May you always be fearless and protected.!"

If any soul ever thinks negative about me, it shall have no effect on me. Similarly, any obstacles of this world, evil souls or any negativity cannot cause me and my family any harm! This house belongs to God now and we are all God's children... And when the Supreme Father is with us, then nobody can do any harm at all! When God is with us, anything impossible turns into possible. We shall always be free from obstacles and victorious! God would always keep His children comfortable in their body, mind and wealth - this is the Father's guarantee!

**OM SHANTI.**



## **Practice and Experience of Angelic Form** **- Very beautiful Meditation Commentary**

**OM SHANTI.** Set yourself in the middle of the forehead... I am a soul... a point of light... a pure being... a light form... Visualize that the light of purity from my soul is radiating to my whole body... See this light spreading from the forehead at the top, till the feet at the bottom.... Gradually this physical body of mine has disappeared.... Left behind is just me, the soul, in the body of light... in my subtle body... in my angelic form.... I am an incarnated angel on this earth... I am a completely pure angel... Now I, the angel fly up towards the sky... experience yourself crossing the sky, the moon and the stars.... Now I have reached the subtle world.... Here is white light spread all around.... in front of me is my BapDada... giving me sweet drishti full of love... and He is embracing me... Now BapDada has kept His hand on my head... and is giving me a blessing - Child, May you be completely pure..! May you always be happy..!

Experience the light of purity flowing out of His hand and merging into me.... I am a completely pure angel... God has made me His righthand server child in the task of transforming the world... I am such a fortunate soul..! I am among a handful out of multimillions... and a few out of that handful..!

Now, we will emerge all the souls of the world in front of us here in the subtle region... While giving them drishti, visualize that the light of purity is flowing out of BapDada and merging into me., is being radiated to all these souls.... Purity is the mother of peace and happiness! After receiving these rays of purity, all the souls of the world are experiencing happiness and peace... They are getting free from all their sorrows...

Now while giving the rays, I, the angel, fly down towards the corporeal world... From me, the light of purity is spreading in the whole world.... I am an angel sitting above the earth.... Visualize that all the elements of the nature are receiving the light of purity from me.... fire, air, sky, water and earth... all these five elements and

all the souls of the world are becoming pure.... They are experiencing happiness and peace.... I am an angel sent by God... Now experience that I am giving messages to the souls who have not received the message of God's arrival in this world... "Oh souls, come, God is still doing the work of transforming the world. Connect with Him and make your fortune by remembering Him..!"

**OM SHANTI.**



## **Soul form and angelic form - 3 Minutes drill** **- Guided Meditation Commentary**

**OM SHANTI.** I am a soul... an energy... a point of light... I am situated in the middle of my forehead... in my corporeal body... I am a completely pure soul... self sovereign... the master of my physical senses... From me, the soul, the rays of purity are radiating throughout my body....

Now, within a second, I, the soul, fly to the subtle world., in my angelic form..... BapDada is in front of me... giving me a loveful drishti... He is giving a blessing - Child, may you be an elevated yogi..! May you be an elevated yogi..! With the attainment of this blessing, my concentration power will increase and Supreme Father Shiv Baba will always be combined with me.... With concentrated intellect, my life will become free from obstacles... Every work of mine will be successful..!

Now, in just a second, I fly to my home; the incorporeal world... golden red light is spread all around... Supreme Soul, Shiv Baba is near to me..... The rays of power are flowing out of Him and are merging into me, a bodiless soul... Just as the Supreme Soul is Almighty Authority... in the same way , I, the soul , am master almighty authority...!

**OM SHANTI.**



## **Method to charge water and food** **- Guided meditation**

**OM SHANTI.** Focus your intellect in the centre of the forehead... I, the soul, a tiny point of light.. completely pure... See that vibrations of purity are radiating from me, the soul., and spreading into my whole subtle body... and from my eyes these rays are going inside the food and the water..

Now visualize, Shiv Baba, point of light is coming down from the incorporeal world.. and has reached the subtle world.. has entered the body of Brahma Baba and now BapDada is coming down towards this corporeal world... He has reached my home, right in front of me.... and giving me sweet drishti.... Vibrations of purity flowing from BapDada's drishti are merging into my food and water completely.... Due to these vibrations from God, this food and water is completely becoming pure and powerful.... Now, we will ask BapDada to accept the food and also experience that we are making BapDada accept the food along with water..!

Now, this food and water is completely pure and powerful, whoever now accepts this food and water, their mental and physical illness shall be cured and their thoughts will become completely pure....

Shiv Baba has told us many times in murli that one should be in remembrance while making food and even while eating food. This will help us imbibe 50% purity! That means our 50% efforts of becoming pure will be successful by just following this shrimat. Similarly, while eating food also, we have to practice different-different drills. Sometimes we can experience that we are accepting food in front of BapDada.. sometimes we can see that we are offering food to BapDada.. sometimes BapDada is offering me food! We can also experience that while eating food, vibrations of purity are spreading in my house and are slowly spreading in the whole world. While having food, we can also have spiritual talks with BapDada. In this way, we can use various ways of accepting the food. We

have to remember that the kind of thoughts we have in our mind, the same will be my ideas or thought process. For instance, when we are in the state of silence or power or purity, then the atmosphere will become pure with this state of mind. And after consuming that food, even our thoughts will become completely pure.

**OM SHANTI.**



**The best blessing of Brahman life -  
"May you be an elevated yogi!"  
- Guided Meditation commentary**

**OM SHANTI.** The best blessing in this brahmin life is the blessing of being an elevated yogi. The one who receives this blessing is automatically blessed with all the other blessings. So today we will take the blessing of being an elevated yogi and stabilize ourselves in that state. Let's begin.

Focus yourself in between the centre of the forehead... I, the soul, a shining star... a point of light... concentrate on your light form.... I, the soul, self sovereign... ruler of my sense organs... Visualise that from me, a white light is emerging and radiating to the entire body... From the top of the head to the bottom, my whole body is getting filled with this light.... and gradually my physical body has disappeared... Left behind is just me, the soul, in a light body.., in my angelic form..

Now, I focus myself in this state... I am an elevated yogi...

Now, in one second I reach the subtle world.... Witnessing the beautiful white light scattered all around... In front of me is - BapDada... He is giving me a loveful drishti.... He has kept His hand full of blessings on my head... Divine light is flowing out of His hand and is merging into me, the soul... and spreading in my whole angelic body... I am focused in this state... And now, BapDada is blessing me, "Child, May you be an elevated yogi..! May you be an elevated yogi..!" I feel the God's hand above my head and His blessing - May you be an elevated yogi..!

After receiving this blessing from God, I will constantly have the awareness that I am an elevated yogi soul..., and a child of Almighty God...! He himself has blessed me with the beautiful blessing of being an elevated yogi. Through this blessing, I can connect to Him whenever I wish! And I can take divine powers from Him... can even have conversations with him... With the attainment of this blessing, I will constantly be powerful... and succeed in all of my task..! The best blessing in

Brahman life is the blessing of being an elevated yogi. The one who receives this blessing, automatically receives all the other blessings. Baba says, "Those who are elevated yogis, shall see none but the One; the Father!"

To make this blessing fruitful, we have repeat this atleast 4-5 times a day, that I am an elevated yogi... and we have to be stable in this state only... Whatever happens in this world, we do not have to see it despite of seeing it.. and do not have to listen to it despite of listening things... Every soul has it's own role. I don't have to mess with anyone. Whatever is happening, is the truth. In this way we have to keep the awareness that God is with me... I am an elevated yogi... By this awareness, we will be an embodiment of success in our every task. By having God on our side, all His powers will work with us automatically and we will continue to achieve success!

**OM SHANTI.**



**- Practice of 108 Powerful Self Respect!**  
**Experience a Powerful State of Concentration**  
**by imbibing these Self Respect.**

**OM SHANTI.** This meditation is about the practice of 108 powerful stages of self respect. We will stabilize ourselves in the soul conscious stage for the first one minute. Let's start.

Focus your intellect in between the centre of the forehead... I, the soul... a point of light... an energy... Experience that a white light is radiating from me, the soul., and is spreading throughout my body... and gradually my whole physical body has disappeared... Left behind is me, the soul, in the body of light... in my angelic form... Now we will stabilize ourselves in these stages of self respect one by one..

I am master almighty authority!

I am an elevated yogi!

I am a completely pure soul!

I am an embodiment of success!

I am destroyer of obstacles!

I am master bestower of happiness and remover of sorrow!

I am an incarnated angel!

I am great soul!

I am a divine soul of the golden age!

I am a prince of golden age!

I am equal to the Father!

I am world benefactor!

I am a peaceful soul!

I am a child of God!

I am an incognito effort maker!  
I am conqueror of attachment and embodiment of remembrance!  
I am conqueror of nature!  
I am master liberator/bestower of salvation!  
I am an image that grants this world vision!  
I am a constant server!  
I am a constant yogi!  
I am an embodiment of all the achievements!  
I am a master of yoga/yogeshwar!  
I am a carefree emperor!  
I am a wealthy soul!  
I am a fortunate soul!  
I am an embodiment of blessings!  
I am free from dictates of other souls, thinking about others and looking at others!  
I am God's helper!  
I am a holy soul!  
I am an elevated soul!  
I am peacemaker!  
I am master of the self/self sovereign!  
I am a jewel of contentment!  
I am a victorious jewel!  
I am a lawmaker!  
I am a Raj Rishi!  
I am master seed form!  
I am a might house!  
I am protector of sacrificial fire!  
I am master creator!

I am conqueror of my mind!

I am a loyal soul!

I am a soul having thoughts of the original self (swachintan), have pure and positive thoughts (subh chintan) and have good wishes for others (subh chintak)!

I am a star of hopes/lamp of hopes!

I am loved by God!

I am an ever cheerful soul!

I am Shiv Shakti!

I am spinner of the discuss of self-realisation!

I am resident of the subtle world!

I am the most elevated great soul!

I am filled with all the attainments!

I am lighthouse!

I am a spiritual rose!

I am a Raj Yogi!

I am a guest in this world!

I am conqueror of Maya and conqueror of the world!

I am a master ocean of forgiveness!

I am a master ocean of mercy!

I am resident of Madhuban!

I am master Brahma!

I, the soul, live in the Father's canopy of protection!

I am free from bondage and liberated-in-life!

I am a charitable soul!

I am an ancestor!

I am one who has faith in the intellect!

I am an embodiment of solutions!

I am a fearless soul!  
I am light of Baba's eyes!  
I am a viewer of the three aspects of time!  
I am with the third eye!  
I am double crowned!  
I am a trustee!  
I am light of the world!  
I am a Godly student!  
I am an introverted soul!  
I am a detached observer!  
I am a karmayogi soul!  
I am ignorant of the knowledge of desire!  
I am a contented soul!  
I am one with eight powers!  
I am a specially loved deity!  
I am one who fulfils the desires of the world!  
I am a tireless server!  
I am an altruistic server!  
I am seated on the immortal throne!  
I am seated on the Father's heart throne!  
I am a great donor!  
I have died alive!  
I am an instrument of God!  
I am an obedient child of God!  
I am worthy-of-worship soul!  
I am multimillion times a fortunate soul!  
I am free of obstacles!

I am incorporeal, egoless and viceless!  
I am master knowledge-full!  
I am double light!  
I am four-armed Vishnu!  
I am double non-violent!  
I have a good character!  
I am a bodiless soul!  
I am world mother!  
I am Godly friend!  
I am conquerer of my physical senses!  
I am constantly combined with the Father!  
I am an image of support and image of upliftment for the world!  
I am world transformer and world protector!

**OM SHANTI.**



**Back Pain- Sciatica - Arthritis -  
Slip Disc - Fix it with Meditation  
- Yog Commentary**

**OM SHANTI.** Any type of arthritis, pain in the waist, back pain, or any disease or pain associated with the spinal cord, as well as any joint pain if we have, then in any such type of pain and problems, this practice of meditation is very beneficial. In this commentary, we will take powerful rays of red color from the Supreme Soul, and give those rays to each of the joints and muscles. By doing this practice we will feel completely bodiless. By doing this exercise 4 to 5 times a day, we will gradually experience that we're getting relief from all the pain and disease that we experience in our muscles and joints. All the pain will slowly and gradually come to an end. Let's start.

Concentrate your intellect in the centre of the forehead... I, the soul, a form of light.... a shining star.... I am completely detached from this body... This body is different and I am different... I am a point of light residing in this body... This body is just a costume of mine!

Now, with the third eye of the intellect, we will visualise Shiv Baba in the incorporeal world., in the form of light... Shiv Baba, the Almighty Authority! See that red coloured rays filled with Godly Powers are flowing out of Him and falling upon me! I am continuously imbibing those rays in me... as if a fountain of red light from God is flowing into me... Like a laser beam this light is absorbing into me.... God is Almighty Authority.. and I the soul, his child, am master almighty authority..! Now we'll experience that from me, this red light is spreading throughout my entire body.... From the brain at the top to the hands.. and to the feet at the bottom.... See that my entire body has illuminated with red light.... Experience deeply, this red light from me, the soul, has spread in my every muscle.. in every bone.. every organ... Now focus on the spine/ the spinal chord... See it has turned red in colour.... My whole body is glowing in red coloured light with powers from the Almighty! I feel like the physical body of mine is no more

visible.... It is just a body of red light.... completely powerful... made up of red light!!! Red is the colour of power!

Now we will concentrate on that part of our body where we are experiencing much more pain... We will see that, that particular organ has completely illuminated with red light..... Any pain or disease or black spots of negativity has completely been eliminated from that organ.... A red light of powers from God has spread in it thoroughly.... The disease or problem related with this organ has completely ended with this powerful light.... I am completely healthy and stable in this bodiless state.... I am perfectly a healthy soul... My body is entirely healthy... Visualize that God has prepared a protective shield around my body from these red coloured rays of powers... No disease, no pain or any virus can survive in this body..! I am completely a healthy soul.... My body is perfect healthy... I am a child of God... I am master almighty authority...! I am Shiv Shakti!

**OM SHANTI.**



## **The Practice of Seven Virtues** **- Raj Yog Meditation Commentary**

**OM SHANTI.** Today we will experience seven original qualities of the soul. We will concentrate on each quality for 3 minutes. In this meditation practice, we will take rays from the Supreme Soul and stabilize ourselves in the feeling of each quality, and then we will spread the rays all around. Let's start.

Set yourself in the middle of the forehead... I, the soul., an energy... a point of light... I, the soul, am master sun of knowledge.... Now visualize the Supreme Soul, Shiv Baba, who is the Sun of Knowledge... See that the divine light of knowledge is radiating from Him and is merging into me.... the indigo coloured rays of knowledge are constantly flowing into me.... I, the soul, am master sun of knowledge.... I am a child of God..... Now see from me, these rays are radiating all around.... They are being received by all the souls of the world... Millions and millions of souls are experiencing these rays filled with divine knowledge of God... I, the soul, am master sun of knowledge...! I am master sun of knowledge...! Be focused in this experience- indigo coloured rays of knowledge flowing from Shiv Baba, merging into me and being radiated to all the souls of the world.... The whole world has illuminated in this indigo coloured light!

Now, I, the soul, am situated in the center of the forehead... I am a completely pure soul... I am a completely pure soul... I am a completely pure soul... I am an angel of purity... Visualize Shiv Baba in the light form..... His divine orange coloured rays of purity are flowing into me... I am a pure soul... I am a pure soul.. I am a child of God... These rays of purity are constantly flowing from Shiv Baba into me and from me, spreading in the entire world.... All the five elements of nature and all the souls of the world are receiving these rays of purity and getting satisfied.. The impurity of the world and all the souls is getting burnt away... Five elements are becoming pure too.... Be focused in this experience - Orange coloured rays of purity continuously flowing into me from Shiv Baba and I am serving the whole

world with these pure rays..... The world is glowing in orange coloured light!

Now I, the soul, situated in the centre of the forehead.... I am a peaceful soul... I am a peaceful soul... I am a peaceful soul... Visualize Shiv Baba, a point of light... See that peaceful rays in sky blue colour are radiating from Shiv Baba and merging into me.... I am fully absorbed in this state... I am a peaceful soul... I am a child of God.... now see these rays of peace spreading from me to the whole world... All the souls of the world are experiencing intense peace... All the five elements of nature are also receiving these rays and calming down... All are becoming fully satisfied with these rays of peace.... Get completely focussed in this experience - I am serving with these sky blue coloured rays of peace received from Shiv Baba to all the souls and elements of the nature... The whole world has glowed in sky blue coloured light... I am God's instrument..!

Now I, the soul, a form of light situated in the centre of the forehead... I am a loveful soul... I am a loveful soul... I am a loveful soul.... Visualise the Supreme Soul, Shiv Baba.. form of light, in the incorporeal world.... The green rays of love are flowing like a fountain from him into me, the soul... They are merging in me constantly... I am a loveful soul..... I am a child of God, I am a loveful soul.... Now experience that the rays of love are radiating from me to the whole world... All the souls of the world are experiencing these loveful rays... They are getting fully satisfied.... Be fully focussed in this state - Green rays flowing out of Shiv Baba continuously and merging into me.. and from me, being received by the whole world.. The world is illuminating in green coloured light... Each and every soul of the world is experiencing the rays of divine love.... I am a loveful soul... I have to give God's rays of love to every soul of the world... as if I am an instrument of God!

Now, I the soul, am a happy soul... I am a happy soul... I am a happy soul... I am completely happy.. joyful and cheerful..... Visualise Shiv Baba in the form of light in the incorporeal world.... Yellow rays of happiness are radiating from Him and flowing into me, the soul, like a fountain.... These rays are constantly getting absorbed in me.... I am experiencing great happiness with these rays.... I am completely happy... a child of God.... Visualize that these rays of happiness are being received by all the souls of the world..... These rays have destroyed the sorrows and pains of all the souls... they have become completely happy.... I am a peaceful soul, I am completely happy... Concentrate on this visualization - yellow rays of happiness flowing from the Supreme Soul, constantly absorbing in me and from me radiating to the whole world..... The whole globe has glowed in

yellow colour.... Experiencing these rays all have become completely happy....

Now, I am a blissful soul... I am a blissful soul... I am a blissful soul... See that violet coloured rays of bliss are flowing from Shiv Baba into me, the soul.. being imbibed by me continuously... I am a blissful soul... a child of God..! Now experience, that the rays of bliss are radiating to the whole world from me... All the souls of the world are receiving these rays of bliss.. With these rays, they are feeling total blissful... They are completely happy... Focus on this scene - the rays of bliss constantly flowing from Shiv Baba into me and radiating to all the souls of the world from me... I am an instrument of God... God is serving all the souls with these rays of bliss... The world is glowing in violet colour light... I am a blissful soul... I am a blissful soul...

Now, I am master almighty authority... I am master almighty authority.... Visualize Shiv Baba.. the Almighty in the incorporeal world.... The divine light of powers is flowing into me from Shiv Baba... I am a child of God... I am master almighty authority... I am master almighty authority... I am master almighty authority.... See that these rays of powers have spread all over the world from me.... God is giving these powers to each and every soul of the world through me... Visualise the scene that the red light has spread all around the world... All the souls of the world and all the elements are becoming powerful... I am master almighty authority... I am a child of God.... Divine light of powers are constantly flowing from me to the whole world..... The world has illuminated with red light... All are becoming powerful...

**OM SHANTI.**



## **Practice of 21 blessings - Receiving a garland of very powerful blessings from God at Amritvela**

**OM SHANTI.** Today we will practice 21 blessings. Baba has said in the murlis that, "You are born with blessings and you are sustained with blessings." The more we practice these blessings, the more we become an embodiment of blessings. Our stage also becomes powerful. So from these 21 blessings, we have to note down and keep at least ten blessings for us so that our stage becomes powerful by revising them. We have to repeat these blessings at least 2 to 3 times a day and also feel them deeply.

So let's start.

Focus your intellect in the centre of the forehead.... I, the soul, a point of light... A shining star... I, the soul, am situated in the body of light... in my angelic form... I am an angel... My physical body has disappeared completely... and I have been completely detached from it... Now, I, the angel, fly towards the sky... Crossing the sky, the moon and the stars, I have reached the subtle world..... Here is white light present everywhere... It is a world of angels... Visualize BapDada in the front... He is giving me a loving drishti... Now see He has embraced me... After embracing BapDada I have become completely light... Surrender all your thoughts to Him.....nothing belongs to me... I am an angel... Now sit in front of BapDada and feel that he has placed his hand of blessings on my head... and now He is giving me these blessings -

- May you be an elevated yogi..!
- May you be a completely pure soul..!
- May you be victorious..!
- May you be destroyer of obstacles..!
- May you be bestower of happiness and remover of sorrow..!

- May you be a karmayogi angel..!
- May you be a carefree emperor..!
- May you be world benefactor..!
- May you be a divine soul of the golden age..!
- May you be conqueror of nature..!
- May you be a liberator..!
- May you be an image that grants this world vision..!
- May you be a constant server..!
- May you be a constant yogi..!
- May you have a soul conscious vision..!
- May you have all the accomplishments..!
- May you be a master of yoga..!
- May you be conqueror of attachment and an embodiment of remembrance..!
- May you be master almighty authority..!
- May you be Shiv Shakti( power of Shiv)..!
- May you be equal to the Father..!

We will repeat this exercise once again.

- May you be an elevated yogi..!
- May you be a completely pure soul..!
- May you be victorious..!
- May you be destroyer of obstacles..!
- May you be bestower of happiness and remover of sorrow..!
- May you be a karmayogi angel..!
- May you be a carefree emperor..!
- May you be world benefactor..!

- May you be a divine soul of the golden age..!
- May you be conqueror of nature..!
- May you be a liberator..!
- May you be an image that grants this world vision..!
- May you be a constant server..!
- May you be a constant yogi..!
- May you have a soul conscious vision..!
- May you have all the accomplishments..!
- May you be a master of yoga..!
- May you be conqueror of attachment and an embodiment of remembrance..!
- May you be master almighty authority..!
- May you be Shiv Shakti( power of Shiv)..!
- May you be equal to the Father..!

**OM SHANTI.**



## **Meditation for Students - Best way to improve concentration and memory power!**

**OM SHANTI.** This meditation is for students. In this, we will stabilize in our soul conscious stage and practice the combined form with the Supreme Soul. This meditation practice will increase our power to focus. And hence, it will increase our concentration power or the memory power. By this, we will easily be able to grasp whatever we study. It will also help in other fields in which we might be. With the help of concentration power, our intellect easily imbibe the knowledge that we study. We are able to memorize things perfectly. So let's start.

Focus your intellect between the forehead... I, the soul.. a point of light.. a shining star... Feel yourself, I am a soul... residing in the middle of the brain.... I am a peaceful soul.... I am master almighty authority... Now visualize the Supreme Soul above your head... Supreme Soul, Shiv Baba...a point of light.... Parallel to my head.... He is with me.... I am combined with Him.... Feel His company.... I am a child of God.... I am master sun of knowledge... master almighty authority...!! Concentrate on God; Shiv Baba... a light form..... And concentrate on your incorporeal soul form.... And now create these thoughts - I am master sun of knowledge... I am a child of God... I am master almighty authority... God is with me... Whatever will happen to me will be good... By God being with me, I will be successful in every exam.... I will succeed with good marks.... I am master almighty authority.... I am a child of God....

Now for a minute we will concentrate on the light form Shiv Baba... the Supreme Soul.... on the top of the head... Visualize that rays of divine powers are emerging from Him..., and like a laser beam of light those rays are getting absorbed in me, the soul.... God is giving me all His powers as a gift..... Keep on receiving these powers... I, the soul, am child of God... The powerful rays flowing from him are merging in me, and I am being filled with His divine powers.... I am master almighty authority.... By God being with me, and having His powers with me, I will

be free from all the obstacles and achieve success in my every task.... I will pass my exams with very good marks...!

We have to practice this meditation at least 3 to 4 times a day. Whenever we start studying, first we have to practice this for 3 to 5 minutes and then start studying. Similarly, when we go for any exam, we have to do this exercise for 3 to 5 minutes there as well! This practice will increase our concentration power. Whatever we study, this concentration power will help us to grasp it and to recall it in the exams. Also, by doing this meditation, we would enjoy while studying, or while giving exams! And we will pass with great marks! Remember this self respect always that - God is always with me!! I, his child, am master almighty authority...!

**OM SHANTI.**



**Experience the Peace within!**  
**Tension free, Relaxing and**  
**Peaceful Meditation Commentary.**

**OM SHANTI.** Withdraw all your thoughts from everywhere else and concentrate your intellect... I, the soul... a point of light... an energy... residing in the centre of the forehead... I, the soul, controller of my body... This body is separate... and I, the soul, the driver who runs this body, am separate... I am a point of light... I am a peaceful soul... Peace is my power.... Now I, the soul, removing the costume of this physical body, fly upwards to my home, the incorporeal world..... Crossing the sky.. the moon.. and the stars... I have reached my original home... the land of peace... the Supreme abode... Here is golden red light all around.... I have reached very close to my Supreme Father, Supreme Soul, Shiv Baba.... Visualize the rays of peace flowing out of Shiv Baba, a light form... and merging into me, the soul..... I am a peaceful soul... Peace is my original religion... my original nature... Peace is my strength... My nature is peaceful... I, the soul, am fully relaxed... I am in my home, with the Supreme Father, the Supreme Soul, Shiv Baba...! I am experiencing great happiness receiving these rays... Now check your thoughts as a detached observer... These thoughts are my creation... No one can hurt me... The feeling of hurt is the creation of my own thoughts... Till today, I was looking for peace and happiness outside, in people, things, splendor or circumstances..! But now, I have realised that happiness derived from external things is temporary...

Experience that we are receiving rays of peace from God... Whatever memories I have of the past in my mind, of people, or of sorrowful events., everything is getting burnt... God says - "Memories of the past are forgotten with the help of elevated memories!" The more we stabilize ourselves in our original nature, the more the sad memories of the past in our mind, will disappear automatically! I am a lucky soul... I am very happy... From today, my happiness is not dependent on any person, thing or situation.. I am the master of my mind...! I am the master of my mind...! I am always peaceful... I am always happy... I am always peaceful... I am always happy...

God says, "Neither person will change.. nor place will change.. nor the circumstances will change! It's you who will have to change yourself!" So from today onwards, my state of mind is not dependent on any external circumstances... I am an unshakeable and immovable soul... I am a fortunate soul... I am always peaceful... I am always happy...

**OM SHANTI.**



**How to take blessings from God at Amritvela?  
If you meditate in this way,  
God will fulfill all your pure wishes!**

**OM SHANTI.** Amritvela(the time between 2:00 am to 4:45 am) is a time for blessings. At this time, we can take whichever blessing we want from God. At this time, by connecting to God through meditation, whatever thought we create and visualize, it will take the shape of a reality. We have to take at least 5 to 10 blessings daily from Baba during amritvela. When everyday we repeat those blessings, we will realise that our life have become free from obstacles, and we have become an embodiment of success. We will naturally be pure, an embodiment of virtues and powerful. All our old impressions and negative impressions will automatically change. So let's start.

Focus your intellect.. in the soul conscious stage... in the centre of the forehead... I am a soul... a point of light... I, the soul, am controller of this body.... master of my physical senses... Feel the white light emerging out of me, the soul, and spreading all over my body.... This light has spread throughout the physical body of mine... and the whole body has disappeared.... Only I, the soul, left behind in the body of light.... in my angelic form... Now I, the angel, fly towards the sky.... Crossing the sky, the moon and the stars, I have reached the subtle world... Here is white light present all around... BapDada is in front of me... giving me sweet drishti filled with love.... and embracing me... I am feeling completely free from all the burdens in Baba's arms... feeling completely thoughtless.. completely relaxed.. completely focussed.... Now sit in front of Baba... and experience that He has kept His hand of blessings on my head.... Divine Powers in the form of light are flowing into me from His hands... I am completely focussed in this state.... BapDada is now giving me blessings - "Child, May you be an elevated yogi...! May you be an embodiment of success...! Child, May you be destroyer of obstacles...! May you be master almighty authority...! May you be equal to the Father..!

We will repeat these blessings: May you be an elevated yogi...! May you be an

embodiment of success...! Child, May you be destroyer of obstacles...! May you be master almighty authority...! May you be equal to the Father..!

Now we will merge ourselves into deep realisation of these blessings. Experiencing these blessings, we will visualize ourselves in these stages of self respect - I am an elevated yogi...! I am an embodiment of success...! I am destroyer of obstacles...! I am master almighty authority...! I am equal to the Father..!

Our life will be free from obstacles by the attainment of these blessings.... We will achieve success in every task... By being in the awareness of master almighty authority, the Supreme Powers of God will work with us in every task..! We have to constantly stabilize ourselves in the self respect that I am master almighty authority...just like the Almighty Father! We have to practice this meditation during Amritvela and at Numasham Yog time in the evening; (6:30 pm to 7:30 pm).... Along with this, we also have to revise these blessings in between the works throughout the day, and in traffic control drills. As much as we will practice these stages of self respect, our lives will become independent and free from obstacles and we will become powerful! Whatever negative emotions or negative thoughts, or any old impressions that we are unable to change, will automatically change with the continuous practice of these blessings! The old memories will fade away with the elevated memories of these blessings.

**OM SHANTI.**



## **How to remember the Beloved God Father every morning at Amritvela? | How to talk to Him? | How to get help from Him?**

**OM SHANTI.** This meditation is about how to remember the Supreme Soul Shiv Baba and experience His help. It is a law of nature that we become like them whom we remember! So as much as we remember the Almighty God, we will become powerful like Him! By remembering Him, our stage will become immovable and unshakeable, free from obstacles and we will remain stable in every situation. It is very easy to remember the Supreme Father, the Supreme God Shiv Baba. We just have to detach ourselves from our body to remember Him. The Supreme Father, the Supreme Soul, is ever bodiless. The minute we detach ourselves from our body, we automatically connect with Him and get the current of powers from Him. Our Father, the Supreme God, solves all our problems. God says, "Children who are merged in my remembrance, I do the work of thinking for them!"

So we will do this practice as a meditation. Let's start.

Completely detach yourself from your body.., I am a soul... an energy... a light form... a star shining in the centre of the forehead... I am a bodiless soul... Experience that I have got completely detached from the physical body... as if the physical body no more exists... I have become completely light... I, the soul... am a light form... Now visualize the Beloved Father, the Supreme Soul Shiv Baba in the incorporeal world... in Paramdham, the land of peace.... The incorporeal world is our real home... The home of all the souls.... Visualise the Supreme Father Shiv Baba.. a point of light, shining in the incorporeal world..... Just like I, the soul, am a point of light, similarly, my Father Shiv Baba is also a point of light... He is the Ocean of Peace.... He is the Ocean of Virtues... the Almighty Authority.... Now see that a white light is emerging from Him... and flowing down into me... I am absorbing these rays... I am becoming very much powerful with this light.... Be fully immersed and focused in this state.... in the experience of union with the Beloved Shiv Baba.... In this state, we can also talk to God! We can share

everything that is in our mind, whatever the confusion or problem we have, we can tell Him..! We have to surrender all our thoughts and disturbances to Him.... He is our eternal Father! He will guide us 100% in the right direction regarding any problem... He will save us from all the problems.... See that His rays are constantly flowing into me.... He is with me.... in combined form... From today onwards, I am not alone... My Father, My Companion is with me... His divine powers are always with me by remembering Him.... When the Supreme Father is with me, none can do any harm to me.... Shiv Baba says, " Baba is your Companion. Whenever you feel something is difficult, say with your heart, "Baba, My Baba, My Companion, come and help me", and Baba is then bound to help!" So He will help us for sure...

**OM SHANTI.**



**"Everything will be great with me"  
- this one magical thought will change your life  
- Three minutes meditation.**

**OM SHANTI.** There is creative energy in our thoughts. The thought that we create again and again eventually turns into reality. God says - "Always say, whatever happens to me, will be very good. Then even if anything wrong or bad is about to happen, then that will turn into good." If we always keep in mind that whatever happens to me will be good, then only good will continue to happen in our lives. So, today we will meditate on this positive thought. We shall practice this for 3 minutes and after this, our mind will be refreshed. Our negative thoughts will turn into positive. So, let's begin.

Experience yourself as a soul... a light form... a shining star in the centre of the forehead... Stabilize yourself in this soul conscious stage...

Now, create this thought 3 times - whatever happens to me, will be very good...! whatever happens to me, will be very good...! whatever happens to me, will be very good.....

Now, visualize that Shiv Baba, the Supreme Soul is above my head... He is with me... He is my father.... Experience his company...! From him, divine rays of power are flowing into me.... God is with me, whatever happens with me, will be good..! God is with me, whatever happens with me, will be good... God is with me, whatever happens with me, will be good. When God is with me, no one can do any harm..! When God is with me, all His powers are always with me..! Everything will be great with me...!

Whatever happens to me today, will be good... because I am God's child..! I am a fortunate soul..!

**OM SHANTI.**



**Whenever any difficulty arises, just say this from the heart -  
"Baba, My Baba, My Companion, come and help me!"  
- Meditation commentary.**

**OM SHANTI.** On 31st december, 2008, the Supreme Soul said - "BapDada is your Companion. Whenever you feel something is difficult, say with your heart, "Baba, My Baba, My Companion, come and help me", and Baba is then bound to help. You have to say it with your heart though..!"

Supreme Soul Shiv Baba is our Father. We have our right over Him. Whenever a difficult situation arises in which we cannot do anything, or when any obstacle comes in our way, or when we have any papers in our lives, be it related to any person, money or any situation.., then at that time practice these elevated lines... Like a mantra, remember this sentence by carving it in your heart! The moment we will remember Baba with our heart and ask him for help, He is our Father.. He is our Baba.., He will surely help us in some way! He will handle the situation very easily and solve it.This is guaranteed! Just we have to do this practice whole heartedly! So let us see how to practice these elevated lines in the form of a meditation. Let's start.

Let's see with the third eye of intellect... Supreme Father.. Supreme Soul.. Shiv Baba...a point of light... Let's focus our mind on Shiv Baba, the light form... Now we will see a wire of light is connecting me to Shiv Baba.., just as a string is connected to a kite... I, the soul, a point of light... Shiv Baba too, a point of light... Connect yourself to Shiv Baba just like a string connected to a kite... Now looking at Shiv Baba we will say with our heart - "Baba! My Baba! My companion! Come and help me! I am confused in this difficult situation... I am unable to take decision in this situation... I am your child Dear Baba.. My Baba!My companion! Come and help me! I need you... Please help me... I am your child, your heir... I am calling out to you with my rights as your son - Baba! My Baba! My companion! Come and help me!"

Repeat this practice many times in a day.., atleast four to five times a day! By doing this, you will see it's magic within a short period...The Supreme Soul is the Almighty Authority! He will definitely help you in any situation! You will feel as if some magic has happened! And some wonderful power has helped you, and you have come out of these circumstances, these difficulties! It's 100% Guaranteed! You just have to do this exercise from the heart... with 100% faith!

**OM SHANTI.**



## Healing Diabetes with Rajyoga Meditation.

**OM SHANTI.** Set yourself in the middle of the forehead... I am a soul... an energy... a point of light... master of my body... Visualize God Father Shiv Baba... light form.. on the top of my head... He has become my canopy of protection... I, the soul, am a child of Supreme Soul... Now see yellow coloured rays flowing out of Shiv Baba and merging into me... Yellow colour is the colour of joy, happiness! These rays are getting absorbed in me... Experiencing these rays I am feeling very much happy... ecstatic... Visualize that these rays are spreading in my whole body... These yellow rays are flowing all over my body from the top to the bottom... flowing into the hands... the heart... the pancreas.. the lungs... down into the feet... Yellow color has spread all over my body... I am feeling completely relaxed... completely relieved with these divine rays... These rays are flowing into me, the soul....

Now, focus on the pancreas..! See it has turned completely yellow in colour... and glowing in yellow coloured light...!! With these rays receiving from the Supreme Soul, it has started working completely normal... It is perfectly healthy! I see my whole body is glowing yellow in colour.., ignited with yellow colour..! I am perfectly healthy..! I am completely disease free... My body is perfect! It is working normally... My pancreas is healthy..! Supreme Soul Shiv Baba is my canopy of protection... He is combined with me... I am always safe in His company.. in His protection..! He has blessed me, "Child, May you be ever healthy, wealthy and happy!" God is with me! Whatever happens, will be good...!

"God would always keep His children comfortable in their body, mind and wealth. This is the Father's guarantee!" ~ 19.05.83.

**OM SHANTI.**



**Meditation on How to serve the mind of a sick  
or depressed soul through our mind.  
- Guided Meditation to Heal our Family or Friends.**

**OM SHANTI.** Today's guided meditation is based on a method of giving sakaash to a sick, ill or a depressed soul. In this meditation, we will emerge that sick soul in the subtle region and will give the rays of divine powers; a healing energy to that soul. By serving that soul with the powerful and healing rays taken from the Supreme Soul, that soul will get the power to fight from that disease or condition. He will attain a mental power. And with the healing energy, the physical pain of that soul and the pain caused in the recovery process will automatically keep reducing... By this service through our mind(mansa seva), the immunity power of that soul will increase too... And so the disease that lies in their body or mind will heal, and the soul will recover from that disease soon! So let's start..

Om Shanti. Let's concentrate the intellect in the center of the forehead... I, the soul.. a form of light... a point of light... master of my sense organs... self sovereign... I am fully focussed in this incorporeal form of mine... Experience that I, the soul, am situated in my body of light... in my angelic form... I am an incarnated angel... I am a liberator.. I am a master bestower of salvation.. I am a master spiritual surgeon... I am a liberator... I am a master spiritual surgeon... Now in a second, I, the angel fly towards the sky... Crossing the sky, the moon and the stars I have reached the subtle region... BapDada is giving me sweet drishti in the front... While giving drishti, He has kept His hand full of blessings on my head... And He is blessing me, "Child, May you be master bestower of salvation..! May you be a liberator..! May you be a master spiritual surgeon...!" With the attainment of these blessings, I am feeling completely powerful... Now sit with BapDada in the subtle region and we will emerge that soul who is sick or depressed.. someone who is suffering from physical or mental illness... Emerge that soul in front of your eyes... Now feel that, light filled of divine powers radiating from BapDada., is merging into me.... And from me, it is passing into the soul sitting in front of me... Visualize that, this soul is receiving powerful rays from my eyes.... As

if these powerful rays of God are flowing into this soul through me.... By receiving this light from God, this soul is feeling very much empowered and peaceful... The more these rays are merging into this soul, the more empowerment he is getting. A new excitement to live life is being developed in this soul. By becoming peaceful and powerful, the illness of his mind or body is getting cured automatically. He is recovering completely.

Now put your hand on his head... and feel from your hand, divine rays of powers in the form of red light is passing into him... His whole subtle body is receiving it... as if his whole subtle body has illuminated with red light.... Now we will give this soul blessings from God- "May you be completely healthy.... May you be completely free from diseases.... May you be completely happy..!" Visualize that from my hands, the rays of blessings passed to me by God, is flowing into this soul like a fountain... For 2 minutes we will be concentrated in this experience - Red rays of divine powers emerging from Baba, merging into me, and radiating to this soul... He is feeling powerful after experiencing these rays... His physical and mental pain has reduced... His mental capacity to face illness or depression has increased... Feeling relieved, he is deeply thanking me and God from his heart...

Now visualize that God has given him a red colored protection shield as a blessing. In this protective shield, he will always remain protected and powerful..! All his sorrows and pain will be destroyed....

In this way, we have to do this exercise three to four times a day for that soul. In this meditation practice, we can also emerge many souls at the same time. By this practice, souls will soon recover from any physical or mental illness... They will be healed...

**OM SHANTI.**



**Practice this yoga commentary before you sleep  
- and get free from all the stress of the day!  
- Sleeping Meditation.**

**OM SHANTI.** Preparation of our night-time sleep is very important to make the Amritvela powerful. We have to meditate for at least 15 minutes before sleeping. Here, we will practice sleeping meditation(Yoga-nidra). We can also call it peaceful sleep or pleasant sleep. By doing this practice, our sleep will be very pleasant.. and when we wake up at Amritvela, our intellect will get concentrated in elevated thoughts automatically. We can do this practice sitting or lying on the sleep bed. Let's start.

Concentrate the intellect, in the supreme abode.... On Shiv Baba, the Supreme Light... Shiv Baba, the Supreme Father, the Supreme Soul... the Ocean of Knowledge... the Ocean of Virtues... the Almighty Authority.... I am calling Him from the heart to come to me... See Shiv Baba slowly coming down.... And He has come to the subtle region, entered in the body of Brahma Baba.... Now, together, BapDada is coming down to me slowly... And have come to me ... Feel that Baba is sitting near us.... He has put His hand on my head... White divine light is flowing out of his hands and absorbing in me.... These peaceful rays have reached my whole brain... my brain is completely relaxed now.... completely light... calm... Now, slowly this light is spreading throughout my whole body... Feel these rays spreading throughout the entire spine... spreading in my face... in both my hands... heart... lungs... in my entire abdomen.... slowly these rays have spread down to the feet.... And my whole body has now turned into body of light... I have become completely bodiless, completely relaxed.... Now I offer to Baba all my works of today... "Baba, my time, thoughts, property, deeds, all relations and my body is yours... I offer these to you..... Throughout the day knowingly or unknowingly, if I have made a mistake, then that too, I offer to you...! And I apologize to you., that this mistake will never happen again....!"

Now, in front of our eyes, we will emerge the souls who came in contact with us today. I give these rays of light to all these souls also.... Visualize radiating these peaceful rays to those souls.... And we will talk to them - "O souls, knowingly or unknowingly if I have made any mistake, then I seek your forgiveness. I apologize to you.... Forgive me... And if knowingly or unknowingly you have hurt me, then I also forgive you completely... unconditionally..!" Now, this is a completely light stage...! Baba, the light form... I, the soul, too light form.... All the souls of the world are also light form.... Baba says - "The more light we become, the more might we receive... and the more might we receive... the more right will be our actions...!" So, be completely light, completely bodiless!! And fully focus in this experience right now... See Baba's hand is on my head and my body is completely shining in light... I am now in a completely thoughtless state of mind...

**OM SHANTI.**



## **Meditation to keep the mind light and stress free from all burdens.**

**OM SHANTI.** Concentrate the intellect in the supreme abode... Shiv Baba in His light form ... Supreme Father.., the Supreme Soul.. Shiv Baba.. the Ocean of Knowledge... the Ocean of Virtues... the Almighty... We will invoke Him from the heart, "Baba, I need you..! Please come.. Baba, my companion.. please come...!" See that Shiv Baba is slowly coming down... He has come in the subtle world, in the subtle body of Brahma Baba... Now slowly, BapDada is coming down towards this world.... and has come right in front of me... He is giving me a sweet drishti... I am feeling completely light with His drishti....

Today mostly all souls in the world are troubled by some burden. Some are troubled by relationships, some by their own habits, some by diseases, and some by the speed of their thoughts. Baba says in murli, "Whenever you feel something is difficult, say with your heart - Baba, My Baba, My Companion, come and help me.., and Baba is then bound to help." Now, take Baba's hand in your hands and surrender your each and every burden to Him... See that one by one, I am surrendering all my troubles, all my burdens in His hands ...

"Baba, I am giving my time, thoughts, relationship, property, my every deed and my body in your hands... I am surrendering all this to you...!" Now see that Baba kept all these burdens and troubles into his pocket... And then He is saying, "Child, I am always there..! Do not worry!" Now I am feeling completely light and relaxed.... I am feeling bodiless by Baba's drishti.... And by surrendering all my thoughts and burden to Him, I am feeling much much lighter... Visualize that Baba's rays are flowing into my brain... And Baba is giving me a blessing through these rays - "May you be bodiless... May you always remain relaxed...! May you become bodiless... May you always be relaxed...!" With these blessings, I have become fully focused. In this bodiless stage, in this feeling of becoming completely light, I am experiencing supersensuous joy...! Now, in this joyous

feeling, embrace Baba!!!! See that you have embraced Baba... and Baba has held you in His arms.... From Him, continuous divine rays are passing into me... and making me completely light, burden free and relaxed... Completely concentrate in this experience... This is the best experience of brahmin life... This is the best experience of this confluence age... This meeting with the Supremely Beloved Father has been experienced after 5000 years... Baba is assuring me, "Sweet child, you don't worry, I am there!! Your all actions and relations are my responsibility. You are free.. You are relaxed..! When the father is there with you, no one can do any harm! With the Father being on your side, nature will always help you!"

We have to do this exercise two to three times a day. The more regularly we do this practice, the more our happiness will increase... We will experience complete relaxation.. and carefree stage!! We will feel that every problem, difficulties or burden is easily ending... and our stage is becoming stable and free from tensions...carefree... We are becoming destroyer of obstacles..!

**OM SHANTI.**



**Evening Meditation-**  
**Numasham Yoga Commentary**  
**- Angelic stage, Mansa seva(service by mind)**  
**and practice of five forms!**

**OM SHANTI.** Set yourself at the centre of the forehead.. I, the soul... a point of light... completely pure... a light form... I now experience the rays of purity radiating from me, the soul.. and spreading in my entire body... Visualise that this light has spread all over my body from the brain to the feet... slowly this physical body of mine is disappearing ... Only I, the soul am left in my subtle body of light... in my angelic form... I am an incarnated angel on this earth ... I am a completely pure angel...

Now I, the angel am flying above the sky... Crossing the sky.. the moon.. the sun.. the stars., I have reached the subtle world now... White light all around... BapDada is in front of me... He is giving me sweet drishti full of love... and embracing me.... Now BapDada has put His hand on my head .... and He is giving me blessings- "Child, May you be completely pure..! May you always be happy..!" Experience that light of purity is flowing into me from BapDada's hand... I am a complete pure angel.... God has made me His right hand in the task of world transformation.... I am a fortunate soul... I am among a handful out of multimillions and a few out of that handful...!

Now we will emerge all the souls of the world here in this subtle region... Giving them drishti we will experience that the rays of purity are flowing out of BapDada.. and getting absorbed in me.... And from me, these rays are being radiated to all the souls... Purity is the mother of peace and happiness..! After receiving these rays of purity, all these souls of the world are experiencing peace, happiness and joy... They are getting free from all the grief and sorrow... We will remain stable in this vision for sometime.....

Now I, the angel fly down towards the corporeal world radiating the rays... I witness my light of purity spreading in the whole world.... Visualise yourself sitting above the globe of the earth in the angelic form... From me, the light of

purity is flowing down to all the five elements of nature... Fire, air, sky, water and earth... all these five elements and all the souls in the world are becoming pure... they are experiencing happiness and peace... I am an angel sent by God...!

- Practice of five forms:

Now I, the soul, removing the costume of this body, fly up above all the elements and the subtle world... and have reached the supreme abode, the Paramdham... the land of peace.. my real home... Here, I see myself residing close to my Supreme Father, the Supreme Soul... the brightest light... Shiv Baba...!

Now I, the soul, fly to my first birth of golden age... See the double crown on the head... Pushpak vimans standing in the courtyard of the palace... Natural fragrance of flowers... natural music of birds, trees... natural supersensuous joy... Happiness and only happiness all around....

Now I, the soul, fly into my worship worthy form Ganesha; destroyer of obstacles... seated inside the idol of the temple... Millions of devotees are worshiping me... The rays of happiness are flowing out of me, the destroyer of obstacles; Ganesha... and are being received by all these souls.... In the copper and iron age, I have fulfilled all the pure wishes of these devotees, sometimes in the form of Ganesha, sometimes in the form of Durga, sometimes in the form of Goddess Lakshmi, sometimes in form of Hanuman....

Now I, the soul, fly into my confluence aged brahmin life, in my brahmin form.... I am among a handful out of multimillions, and a few out of that handful...! I am a fortunate soul., whom God has chosen for the task of transforming this world... I am a fortunate soul...!

Now, I, the soul, fly in my angelic form in the subtle world .... BapDada is in front of me and giving me Drishti.... He is applying tilak on my forehead... and giving me blessings- "Child, May you be a great yogi...! May you be victorious...! May you be a world benefactor...!" Visualise that colorful rays are flowing out of me, the angel..., and are being absorbed by the whole world.... The five elements of the nature - fire, air, water, sky and earth, and all the souls of the world are becoming satisfied by these rays... They are experiencing happiness and peace...!

**OM SHANTI.**



**How to change a person with difficult nature  
or a stubborn nature in the house  
- Guided Meditation Commentary**

**OM SHANTI.** The Supreme Father, Supreme Soul, Shiv Baba, says: "With the vision of mercy, vision of hatred changes." If there is hatred for any soul in our mind, then the way to change it is to have mercy for that soul in our mind. For this, Baba has given us a very beautiful knowledge. Baba has told us that if any soul is angry with us, or if someone is opposing us or becoming an obstacle for us, then that soul is mentally and emotionally weak; that soul is ill; that soul is under the influence of its acquired nature! With this perception, we will have mercy in our mind for that soul! Baba tells us a very beautiful secret in the murlis that any angry or opposing soul can also be transformed by our good wishes. If a soul is becoming an obstacle in our works, behavior, relationships, or getting angry at us or has a feeling of hatred for us, then we can change that feeling of that soul completely by the practice of this meditation. By this meditation practice, positive thoughts will be generated in their minds for us, they will create a vision of affection and love for us! This is a law of nature that whatever we give, comes back to us in return! Maybe we had been angry with them in the past births, maybe we had opposed them or created obstacles for them! So now, to clear this karmic account, we will serve that soul with our mind. So let's start.

Om Shanti! Let's concentrate our intellect... on the centre of the forehead... I, the soul, a point of light... a shining star... I am a peaceful soul... Feel that a white coloured peaceful ray is radiating from me, the soul., and spreading all over my body..., from the top of the brain to the feet below... This light of peace has spread throughout my body... I am feeling very much calm and relaxed... due to this light my entire physical body has disappeared... Only I, the soul, am left in the body of light... in my angelic form... I am an angel of peace.... The child of God Shiv Baba... Now, within a second, I, the angel fly towards the sky.... Flying, I reach the subtle world... BapDada is in front of me... Giving me a sweet drishti(look) full of love... and embracing me... Now sit down in front of BapDada... Feel that BapDada

has placed His hand on my head.. and He is giving me blessings.... From His hands a divine light is flowing into me... He is blessing me- "Child, May you be a destroyer of obstacles..! May you be completely happy..!" With the attainment of these blessings, all my obstacles have finished...! And my life is happy, I am happy, I am healthy, I am disease-free..!

Now, in the subtle world, we will emerge that soul who has a negative feeling towards us., or who is upset with us or angry at us, or someone who becomes an obstacle in our work or has a feeling of hatred towards us.... visualise that soul in front of yourself.... give a very sweet and loveful drishti to that soul... Feel that green coloured rays of love are flowing out of BapDada and are getting absorbed in me.... and from me, it is radiating to that soul sitting in front of me... Visualise that I am sitting with BapDada, rays of love coming from BapDada are constantly flowing into me., and that soul is getting these rays through me.... I and BapDada both are giving loveful drishti to that soul.... Loveful vibrations are being received by that soul.... Let the whole concentration be on this vision... Now, in this state of concentration, let's talk to that soul..... "Oh soul, knowingly or unknowingly I might have hurt you...! Maybe in this birth or in previous births... I apologize for that whole heartedly... please forgive me... forgive me...!" Experience that the other soul is feeling the rays of love., and forgiving me.... He is smiling.. and getting satisfied..! "And due to any of your actions if I got hurt in this birth or any, then I also forgive you unconditionally...! If you had been angry at me or become an obstacle or had a feeling of hatred towards me due to any acquired nature or any weakness, I do forgive you unconditionally.. forgive you..!!" This way, for 2 minutes we will send the rays of love to that soul.....

Be completely concentrated in this state.... Feel that our relationship is a very loving relationship... Now embrace that soul in the subtle world itself... we will feel that our relationship is a very loving relationship.... I have no hatred for that soul in my heart... Only Love is there... Affection and only affection...! And that soul also has one and only love for me...! From today onwards, this relationship is perfectly healthy...! All my relationships are healthy... All the souls in my family, in my relations and all those who come in contact with me, they all are good.... all are children of God.....

**OM SHANTI!**

By using this practice for 21 days, we will get very beautiful results.... Along with this practice, we should also take care of one thing, that whenever we deal with that soul, we have to describe their good qualities... we don't have to criticize or taunt them..! As we practice this, we will feel that, that soul will become calmer and calmer... His nature will become affectionate towards us... He will change... We just have to keep in mind that we have to keep good wishes and pure feelings for that soul, and also the other souls, for all the relationships....! And with these positive attitude and positive vibrations of ours, all our relations will be healthy and full of affection...!

**OM SHANTI.**



**The method of invoking BapDada  
in your home! Give the burden of mind to Baba  
- Meditation Commentary**

**OM SHANTI.** Concentrate the intellect... I, the soul, in my angelic body... a point of light... a shining star... in the centre of my forehead... in my angelic dress... completely light... I, the soul, in an angelic form that is detached from the body.... Now take your intellect to the supreme abode, to the soul world... See there Shiv Baba... a light form... the Ocean of Knowledge.... the Ocean of Virtues.... the Ocean of all the Powers.... Talk to Him now.. "Shiv Baba, I thank you from the bottom of my heart! You met me at the end of this iron aged world; Kaliyuga and You freed me from the sorrows of birth after birth!"

Now, Invoke Baba from the heart... "Baba come to my home... I am calling You whole heartedly..!" I now see that slowly, Shiv Baba is coming down in the form of light... He has come to the subtle world.... in the subtle body of Brahma Baba ... Bap and Dada both are now combined.... Now BapDada is coming down slowly... I see Him coming towards this corporeal world... Now He has come in front of me, in my home... Feel that BapDada is looking at me with love and giving me sweet drishti.... He is embracing me... Now we will feel that.... He has placed his hand on the top of my head and blessing me, "My child, May you be an elevated yogi..! May you be an elevated yogi..! May you be victorious...! May you be victorious in every task... May you be an embodiment of success...!" Visualize BapDada in our home, sitting near us.... In this experience, we can keep a separate place for BapDada.... can keep a separate chair... or we will feel that there is a subtle chair of light which we have especially kept for BapDada... in which we will invite BapDada daily and make him sit with love.... Now have a spiritual chit chat with him... "Baba, this home is Yours.. I am completely Yours! I am completely surrendered to You.... My everything is Yours..!" Say this completely in a trustee manner!

Baba has told us in the murlis that, when we experience the state of being a trustee; that nothing is mine - this relationship, place, my every thought, my body,

my time.. all belongs to Baba, then we will experience that when this house now belongs to Baba, then it's storehouse is always filled abundantly... There is no shortage of anything... Shiv Baba's storehouse will always be full..! We have to feel, BapDada is a member of our house... At least eight times a day we have to invite BapDada in the house... and talk to him... and feel his company..! This will make the atmosphere of our house spiritual, alokik and powerful... We say from the experience of innumerable souls, that all those souls who have surrendered everything to Baba, their houses and stores have been filled abundantly! God has promised in murli - " God would always keep His children comfortable in their body, mind and wealth. This is the Father's guarantee." ~ 19.05.83.

**OM SHANTI.**



**"I am completely happy!"  
Feel the Divine Happiness  
- Meditation Commentary**

**OM SHANTI.** Let's experience that, I, am a soul... an energy, a point of light... I am situated in the centre of my forehead.... on the Bhrikuti throne (empty space in our brain between the hypothalamus and pituitary gland)... I am the power that drives this body... I am an energy... I am different from this body; I and this body are completely different! This body is just a costume of mine... I am a happy soul... I am calm... Now, visualize the Supreme Soul, Shiv Baba in the form of light... above my head... like a canopy of protection.... Focus on Him... the Supreme Soul, Shiv Baba... the Ocean of Happiness... the Supreme Light... my Supreme Father... I am His child.... Now feel that the rays of happiness are emerging out of Him and flowing into me, the soul... I am imbibing all these rays into me... As if a fountain of rays full of happiness is flowing down to me... and getting absorbed in me, the soul... In this state, I am fully concentrated... I am feeling the happiness which is merged in these rays., which I am receiving continuously.... I am absolutely happy absorbing these rays of happiness.... I am feeling full of ecstasy..!! I am completely dissolved in these rays... God's powers and protection is surrounding me completely... I am completely safe under his loving canopy... I am completely happy... Experience these rays of happiness radiating from me, the soul, to all over the world.... As if I am an instrument of God... These rays of happiness are flowing out of God Shiva and all the souls of the world are receiving them through me.... They are experiencing it, and hence, becoming free from all the sorrows.... All the souls are becoming completely happy.... God Shiva Baba is the Ocean of happiness... Bestower of happiness...!! And I, the soul, his child, am master bestower of happiness...! I, his child, am remover of sorrow and bestower of happiness.... I am a very happy soul....

**OM SHANTI.**



**Have these four determined thoughts  
and get whatever you want  
- Job, Home or Success!**

**OM SHANTI.** If we are getting failures or facing a lot of difficulties in some task, even after trying very hard we are not succeeding, perhaps due to some situation, person, or weak thoughts of ours, then we will practice this meditation for twenty-one days. This practice has to be done in the first 5 minutes of the early morning as soon as we wake up. Many souls who have done this practice, have got very beautiful results. For instance, some work of some souls was getting delayed for years., there were obstacles, but with 21 days of this meditation practice, that work started happening very easily!

Our subconscious mind is active for first five to ten minutes as soon as we wake up in the morning. So we have to do this meditation at that time. Let's begin.

Om Shanti. Experience that I, the soul... a point of light... Master of my body..., master of all the physical senses... Now in front of the eyes, visualize the Supreme Soul Shiv Baba.. a light form... "Baba, good morning!" Feel that Baba is also wishing us good morning in return.... Now we will have these determined thoughts..

- "God is with me... Whatever will happen with me, will be good. .. God is with me... Whatever will happen, will be good... My day will be very good... My time, thoughts and all relations are very good., because God is with me..! From today, whatever happens with me, it will be good..!"
- Second determined thought - "I am a master almighty authority... I am a master almighty authority... Feel deeply I am a master almighty authority... When the Father is with me, no one can do any harm..! With God; the Father, being with me, all obstacles will end... I am free from obstacles.. God Himself is my canopy of protection... I am His child... I am master almighty authority..."

• Third determined thought - I am a victorious soul... I am a victorious soul... Feel deeply that I am victorious.... I will achieve success in my every task... God Himself is with me... I am an embodiment of success... When God is with me, His Powers will work in my every task... And when the Supreme Powers are with me, my every work will succeed without any problems... I am an embodiment of success... I am conqueror of obstacles...

• Fourth determined thought - I am a carefree emperor... I am a carefree emperor... The responsibility of all my actions, my body, mind and wealth, all belongs to God. I am always carefree and easy... In my each task, I am an embodiment of success... I am free from obstacles... I am a master almighty authority... Whatever will happen to me, will be good... I am a carefree emperor....

**OM SHANTI.**



**To be protected from any bodily disease.  
(Meditation For Protection From Corona Virus)  
- Powerful stage of self respect  
and Meditation Commentary.**

**OM SHANTI.** Let's concentrate our intellect on Shiv Baba..., a form of light in the Supreme abode... Supreme Father.. Supreme Soul Shiv Baba..., the Ocean of Knowledge, Ocean of Virtues, Almighty Authority... Now let us invoke Shiv Baba from heart.. See that accepting our invitation, Shiv Baba has started coming down.... came to the subtle world and entered into Brahma Baba's subtle body... Now BapDada is slowly coming down towards this corporeal world... He is now in front of me... Feel that BapDada is giving me sweet drishti.... Now He has placed His hand of blessing on my head... and giving me a blessing, "Child, May you be master almighty authority...! Child! May you be destroyer of obstacles...! May you be a conqueror of nature..! " Now see that from Baba's hand, red coloured rays are flowing into my entire brain... Red colour stands for power! Feel that gradually this powerful light of red colour is spreading throughout my body..... This light of divine powers has slowly spread in my whole body... expanding from the brain to the hands and then legs., the entire body is sparkling with this red coloured light... These rays are filled with divine powers of the Supreme Soul... I am master almighty authority... I am a child of Supreme Soul Shiv Baba...

Now visualize that, with the rays of red light coming out of my physical body, a protective shield; an aura of one feet has been prepared all around my body... And I am always safe in this aura.... No obstacle can touch me... No virus, no negativity can enter this aura... Supreme Doctor; Supreme Soul Shiv Baba himself has given me this blessing that, "Child! May you be master almighty authority... May you be destroyer of obstacles... May you be conqueror of nature..." With the attainment of these blessings, Supreme Powers will always be with me. No obstacle, virus or negativity can touch me...

Elevated version from avyakt murli - "No harm can be done by anyone when the Father is with you! God would always keep His children comfortable in their body,

mind and wealth. This is the Father's guarantee. When Father is with you, the 5 element of nature will always be cooperative."

For two minutes, experience BapDada's hand of blessings on your head... Divine powers in the form of red light is absorbing in me continuously from BapDada's hand.. and has spread throughout my body... A protective shield has been created around me!

**OM SHANTI.**



## Amritvela Paramdham Meditation

**OM SHANTI.** Let's concentrate our intellect on the centre of the forehead.. I, the soul.. an energy.. a point of light.. a shining star.. completely pure.. self sovereign... master of my senses.. I, the soul, am set in the middle of my brain... Now, within a second I, the soul, fly to Paramdham... my original home... red light all around.. Here, billions of souls are set at their places... Paramdham.., the land of peace.., the land of nirvana..! Gradually, feel that I am close to Shiv Baba, very close... this is my seed stage.. completely formless.. completely free state.. Now feel that divine light of powers and virtues is flowing out of Shiv Baba and filling me, the soul.. feel the state of complete bliss... the state of freedom.. I am completely absorbed in this state.. merging this divine light within me... feel that as this light is merging into me, the soul, the sins of my multiple past births are getting burnt.... the dust of vices on me is getting cleaned.. the entire negativity is getting cleaned... The Sins committed by me knowingly or unknowingly in the copper and iron age are being absolved.. Gradually feel that I, the star, have become completely clean, just like a spotless diamond..! All my sins have got burnt... And now I am completely pure.., knowledge-full and a powerful soul..! I am equal to the Father..

Now visualise that the divine light of powers and virtues is flowing out of Shiv Baba and after getting absorbed by me, it is being radiated to the entire world.... From my seed stage the entire kalpa tree is receiving the divine light... Feel that all the five elements of the nature are getting this light... fire, air, sky, water and Earth are feeling completely content by this light..! They are thanking me for this..! Visualise that this light is also being received by all the souls in the world.. Today, uncountable; nearly 800 crore souls are present on the planet earth... see each and every soul is experiencing absolutely blessed with this divine light... each and every religion, each and every leaf of this world tree is absorbing this divine light..

I am the master seed of this creation... I am equal to the Father... I am world benefactor.. savior of the world.. and world transformer.... I have to free this world from all the pain and sorrow... Feel deeply that all the souls in the world are receiving this light from my seed stage and hence getting free from all their pain and sorrow...!

**OM SHANTI.**



**Create these three thoughts  
before sleeping and after waking up.**

**- Powerful Healing Meditation - What we Think we Become!**

**OM SHANTI.** We tend to make those situations or events a reality, whose thoughts we create repeatedly! What we think, we become! Our thoughts have a creative energy, so whatever thoughts we create repeatedly, we build situations and events in alliance to them by default in our lives. In the first five minutes of the morning after we get up, our subconscious mind is active. So whatever thoughts we create in those first five minutes, we bring those situations into reality because of its effect! So the moment we get up, we have to stabilize ourselves in our soul conscious state. Feel that I am a soul.. a peaceful soul.. in the middle of the forehead..The moment we stabilize in soul conscious state, we will say good morning to Baba with a smile and from the depth of our hearts.. and create the first thought that I am Master Almighty..! God, the Supreme Soul says- The souls who stay in the consciousness of Master Almighty, can make the impossible possible! We have to stabilize in the feeling that Yes, I am Master Almighty..! I am the child of God, Supreme Soul..! Connected to this thought we will create another thought that I am Successful.. I am Victorious... And will set ourselves in the visualisation of our success... We will visualize whatever we want in our lives, and the purpose of our lives.. we have to visualize accordingly. For example, if we want a good job, then we will visualize that Yes, I have got a good job.. And if we have the habit of getting angry, then we have to think that I am a peaceful soul.. I am very peaceful..! I am peaceful in all my actions..! We have to visualize such an event and such a situation. We will feel the thought- Yes, I am successful.. Then the third thought we will create - I am completely happy..! Feel that, Yes.. I am completely happy... My body is completely healthy... My mind is very powerful, I have abundant of wealth..! We have to desire for this event, this situation.. I am completely happy.. By this practice, we will get results within few days. We will use this practice like a meditation! So, let's start.

**OM SHANTI.** The moment we get up, stabilize in the soul conscious state... feel that

I am a soul... A shining star.. Set in the middle of my forehead.. stable... Now, whole heartedly I say Good Morning to The Supreme Soul, Shiv Baba ... Now we will create our first thought- I am Master Almighty Soul...! I am Master Almighty..! I am Master Almighty..! Child of the Supreme Soul..! God is Almighty and I, his child am Master Almighty..! Every work will successfully be done without any obstacles when the powers of God are working with me..!

Now we will create the second thought- I am a successful soul..! I am victorious...! I am successful..! I am victorious..! Be completely stable in this feeling and experience.. That yes I am successful... visualize your success... Whatever event you want in your life, visualize that to be 100% successful...! Get absorbed in that experience...

Related to this we will create the third thought- I am completely happy..! I am completely happy..! I am completely happy...! I have achieved success in life..! My life is full of bliss..! Visualize that I am completely happy...! My body is healthy..! I am completely disease free... My mind is powerful..! I am blessed with abundant of wealth.. I am Master Almighty..! I am successful..! I am completely happy....

After stabilizing ourselves in this soul conscious state, we will repeat these thoughts 5 times..

I am Master Almighty... I am Successful...I am Completely Happy...

I am Master Almighty... I am Successful...I am Completely Happy...

I am Master Almighty... I am Successful...I am Completely Happy...

I am Master Almighty... I am Successful...I am Completely Happy...

I am Master Almighty... I am Successful...I am Completely Happy....

In the same way, we need to practice this for 10 minutes before sleeping. We can do this practice with the help of commentary or by just creating thoughts in our mind. The thoughts that we will create just before sleeping will have effect throughout the whole night while we are asleep. And in the morning when we will get up, the mind will already be concentrated on these thoughts! As we will continue to practice this regularly, we will experience that yes, I am being able to build my thoughts into reality! I am getting success in my life. Practice this continuously for 21days and gradually this practice will become natural and we will see it's wonderful results.

**OM SHANTI.**



**"I am sacred form of Lord Ganesh, destroyer of obstacles!"**

**Meditation to make the world happy by the form of Ganesh;  
Remover of Sorrow and Bestower of Happiness!**

**OM SHANTI.** Today we will emerge our sacred worthy-of-worship form - Ganesh, the destroyer of obstacles. In this meditation, we will take blessings from BapDada in the subtle world and emerge this form. And after that, we will emerge the entire globe of Earth and send vibrations of happiness to all the souls... Today, millions of devotees on Earth are calling out to us.. they are worshipping us.. our sacred idols are established in every respected household. By sending rays of happiness to those souls, we will be able to destroy their anguish and obstacles. Let's start..

Focus on the centre of the forehead.. I, the soul.. a shining star.. a point of light.. completely pure.. I, the soul, stabilize myself in the body of light.. in my subtle body..

Now reach the subtle world within a second... white light all around.. BapDada is in front of me.. He is giving me drishti... Sit in front of Him.. While giving drishti, He has kept His hand of blessings on my head... And He is blessing me - "Child, May you be Ganesh, the destroyer of all obstacles..! Be the Remover of Sorrow and Bestower of Happiness..!" Baba has blessed me to be Ganesh, the destroyer of obstacles by these blessings.. Now I have stabilised myself in this form; the bestower of happiness and remover of sorrow, who is being worshipped in every house.. All the devotees are worshipping me.. they are calling out to me...

I am that Ganesh who has been blessed by the Supreme Soul Shiv Baba to be knowledge-full, wise,.. remover of sorrow and bestower of happiness...! I have to make all these devotees happy... I have to fulfill all their auspicious desires..

Now we will emerge the globe of earth in the subtle world.. Visualize that my idols have been established in every temple and household.. these souls are worshipping me with all their heart... They are singing songs of my praise... Feel

that these souls are getting rays of happiness from me, through these idols.. I am blessing these souls to be completely happy.. Feel that the rays of happiness from Shiv Baba are flowing into me and radiating to all the souls on the earth... All the souls of the world are receiving these rays.. and with these rays of happiness, all their sorrows, troubles and obstacles are being destroyed.. They are becoming completely happy.. I am fulfilling all their pure wishes.. they are worshipping me with all their heart.. praying..

Now for a minute feel that prayers are being sung for me; destroyer of obstacles.. and in these prayers all the devotees of Ganesha in the world are worshipping me, praying to me by singing songs of my praise... calling out to me.... and from me they are getting the rays of happiness...

Now, feel that all the souls of the world have become happy.. they are thanking me with all their heart.. all their pure desires have been fulfilled.. they are thanking me from the bottom of their heart.. O, Destroyer of all obstacles! Bestower of happiness and remover of sorrow, Ganesha.. Million of thanks to you!!

**OM SHANTI.**



**Forgiveness - to be ever happy and healthy!**  
**Guided meditation-**  
**To forgive others, and to ask forgiveness from others**

**OM SHANTI.** Today's meditation commentary is on forgiveness, to forgive and to apologize. In this meditation commentary, we will emerge souls in the subtle world, give them the rays of love from the Supreme Soul and ask for forgiveness. As much as rays of love we will give, all their negative emotions will be transformed into positive emotions, to which Supreme Soul, Shiv Baba says- Change of attitude from attitude! Our pure feelings automatically change the mood of others. Baba has given us a very beautiful knowledge in the murlis, that no matter whatever anyone gives, you have to give only blessings to them. As we continue to practice this meditation, our karmic accounts will be settled. Automatically, our mind will start remaining light and happy.

If we have any challenges in this life from people, from our body or related to wealth, all these situations are due to our past deeds of previous births. With this meditation practice, our karmic account will automatically get lighter. All the situations or difficulties related to health, wealth or people will also get settled. We ourselves will experience that these problems are automatically getting resolved through this meditation. So, let's start.

Om Shanti. Detach your mind from all the surroundings.. and concentrate on the centre of the forehead... I am a soul... a point of light... I am a peaceful soul.... My nature is very calm and peaceful.... Peace is my original nature...! Feel that, the light of peace radiating from my forehead is spreading throughout my body..., from the brain to the feet, this light has been scattered.... I am completely relaxed...! My whole physical body has disappeared.... Only I, the soul, remain in this body of light... in my angelic form...!

Now, I, the angel reach the subtle world within a second... Here, white light is present all around.... From the front, BapDada is giving me pure vibrations through His drishti (vision/look)... Now, He has kept His hand of blessings over my

head... and from His hands, rays of love is flowing into me continuously.... Now, He is blessing me - Child, May you be bodiless..! May you be happy forever....! Feel that, I am completely filled with these rays of love..... Now, sitting with BapDada, emerge those souls in the subtle world, who have ever hurt us in this birth.., whether they are our family members or any friend at workplace... Visualize those souls in front of yourself..! And also emerge those souls who have ever hurt us in our previous births... Now, visualise that - rays of love are emerging from BapDada.... and are merging into me.... and from me, these rays are radiating to all these souls present in front of me.... See these souls are getting filled with these rays of love...! We can see these rays of love in green colour, since green colour is the colour of Love! If these souls have ever hurt me knowingly or unknowingly due to their nature, habits or circumstances, they don't have any fault... they are not to be blamed.... I forgive them unconditionally...! In this way, we will radiate these rays of love to them for 1 minute.....

By getting completely filled with these rays, these souls are giving me blessings from their heart.... Our whole karmic account has been settled with all these souls....

Now, we will emerge those souls in the subtle world, whom we might have hurt! It may be in this birth or any previous births... Visualise these souls in the front... Feel that the rays of love are emerging out of Shiv Baba... flowing into me... and radiating to all these souls... Now, we apologize to them from the bottom of our heart...! "Oh souls, knowingly or unknowingly, I have hurt you! Please forgive me.... I apologize to you whole heartedly...!" For 1 min, we will give these rays of love to these souls....

After getting fulfilled from these rays of love, these souls are also blessing me whole heartedly.... All my karmic account with these souls has been settled. I am free from all the bondage now....!!

**OM SHANTI.**



**Practice these five affirmations  
every morning and night before going to sleep.**

**Law of Attraction! 5 thoughts- attract what you want!**

**OM SHANTI.** It is a Law of Attraction that we tend to make those situations or events a reality, whose thoughts we create repeatedly! Even if there is any obstacle or any negative situation in our life today, then also we should neither think of them, nor describe about them much to others. Instead of that, we just have to be situated in positive thoughts. Whatever we want in our life- success, health, wealth or happiness, we have to think about that only constantly! We have to imagine only those situations! As soon as we wake up in the morning, the first 5-10 minutes in which our subconscious mind is awakened, the effect of the resolution we will make will remain throughout the day and we will stay in that positivity. So the moment we get up from sleep in the morning, we have to say Good Morning to God with a big smile and with all our heart. We have to thank him for this life. Then we have to create the first thought that I am master almighty! There is immense miraculous power in this thought. We are the children of God, the Master Almighty! By creating these thoughts, God's powers start working with us. Also, we have to feel with this thought that an aura of positive powers has been prepared all around me. Then we will feel that I am master almighty, the child of Almighty! Along with this thought we will also think that only good things will happen to me. While creating this thought we have to imagine that whatever will happen in my life will be good. Whatever we want, accept it with heart and then imagine it. The situation might not be very good today, it might be negative yet we do not have to think about those, rather we have to create a positive thought that all good things will happen to me. God says that if we talk about our problems and weaknesses or think about them, then there is an increase in their number. Hence we do not have to think about any negative situation in our life. Nor do we have to talk about it to anyone. We always have to create the thought that only good things will happen to me.

Along with this thought we will create a third thought that I am very wealthy. We will visualise this thought to have taken the shape of reality. We have to visualise that we have abundant of wealth. Whatever amount we need in our bank account, we have to visualise that amount and feel very happy, and feel that I am very wealthy! My house and store are filled with abundant of wealth. I am very wealthy! Related to this thought we will create a fourth thought that my body is completely healthy.. completely disease free.. we will imagine whatever we want related to our health; disease free & completely healthy body. And the fifth thought that we will create is that my relationships are very good.. we are all united in the family.. we are all together.. very happy.. very blessed.. All these five thoughts are related to each other. By creating these thoughts just after getting up and 5 minutes before sleeping, our lives will be full of health, wealth and happiness. There will be no obstacle in our lives. We will be completely happy and blessed. So how we have to do this meditation, let's start.

#### **OM SHANTI.**

Let's say Good morning to Shiv Baba with all our heart.... and now the first thought that I create is- I am Master Almighty... I am Master Almighty... the child of God... Visualise and feel that the rays of powers are flowing out of the Supreme Soul, Shiv Baba... and absorbing in me... By these rays a powerful aura has been created around my body... I thank God for all these powers with all my heart...

Now, we will create the second thought- Only good things will happen to me... All good things will happen to me... God's powers are with me... I am always carefree and relaxed... I am fearless... From today onwards only good things will happen in my life...!

Now, I create the third thought- I am very wealthy... God has blessed me with immense wealth of knowledge and material wealth... I am very wealthy... the stores and stocks in my home are filled abundantly.... Visualize the amount of money that we want... feel happy that I am very wealthy and rich..!

The fourth thought I create is- My body is completely healthy... my body is completely healthy... Visualise your completely healthy body as you want... I am completely disease free.. I am completely healthy....free from all the diseases... my body is completely healthy...!

The fifth thought that I create is- All my relations are very good.... we all are united in the family... we are all together.... we are very happy... we are blessed... My

relationships with all the souls are very beautiful... all the souls are very good ... I do not have any negative feeling towards any soul... All the souls are just playing their parts.... If under some circumstances they make any mistake, then they are not to be blamed... Whatever is happening, is the truth... From today onwards all my relations are very good., and healthy... I am very happy... I am blessed....

**OM SHANTI.**



**Telepathy - convey your thoughts  
to others with your thoughts!  
Way to transform a soul with service  
through our mind(mansa sewa)**

**OM SHANTI.** This topic is on telepathy. We can also call it service through mind(mansa sewa), or how to serve someone's mind by sending them positive thoughts. Many times Baba has said in murli that - "Increase the practice to remain introverted. Use the power of silence. Invoke the souls with the power of concentration. Have a spiritual conversations with souls. Transform their attitudes. Inspire them to become elevated." In the murli dated 15.04.1981, Baba says- "Messages were used to be sent by birds in the old days. The bird would carry the message and come back. What is your service? Those people sent messages via birds and you can serve any soul with the power of your thoughts. As soon as you press the button of thoughts, your message reaches there. Just as you can help someone with your subtle body of light, in the same way, you can solve the problems of many souls with the power of your thoughts. On the basis of your elevated thoughts, you can transform the wasteful and weak thoughts of others."

In another murli dated 15.12.1999, Baba says - "Just as the instruments of science, the wireless, the telephone, etc. do their work, in the same way, when you have the treasure of pure thoughts, then even though you may be sitting in London, you are able to catch very clearly the vibrations of souls just as clearly as you would be able to do through the wireless, the telephone or the TV etc. So many of these facilities have been invented, but your catching power will be much clearer than any of them. This will also increase with your power of concentration."

These sentences prove that we can give a message to any soul with our thoughts. We can give the message of the arrival of God, we can change their attitudes.. or in any of their problems, we can give them the touching of positive resolution. Many times in our lives, we are connected with many people whom we cannot help with words in their problems. Sometimes some misconceptions become such that we

cannot explain them through speech. In such circumstances, we can change the feelings of their mind by serving their mind. If someone thinks negative for us, then we can change it into positive. By this practice, we will feel that a good feeling is being created by that soul towards us, without saying anything. His behavior towards us will have changed. He will automatically think good about us. Sometimes during any work or service, we do not want to, but we make a mistake. And due to which many souls start thinking negative about us. In this situation too, we can clear their misunderstanding by serving through our mind. So today we will use this telepathy and meditate.

Let's consider any such soul who has developed a negative perspective about us creating negative thoughts, whether today or in the past. So now we will use 3 minutes of service through mind(mansa seva) and will change his attitude of thinking. By this, they will automatically develop good feelings towards us and give us blessings. So let's start.

Concentrate on the centre of the forehead... I, the soul... a point of light.... a shining star.... I am master almighty.... Visualise the Supreme Soul Shiv Baba.... embodiment of light... in the sweet silence home..... Visualize that light of divine powers is flowing out of Him and is being absorbed by me, the soul, constantly..... we will stable ourselves into this powerful experience.... See the rays flowing into me constantly from the Supreme Soul... Now, we will emerge that particular soul in front of our eyes with whom we need to talk, or clear some misunderstanding or change some feeling of his mind or change his attitude towards us..... We will feel that the rays flowing into me from Shiv Baba is now radiating from me in the form of powerful light and is being imbibed by that soul.... stay focused in this experience... I am radiating these rays to that soul with completely pure feelings.... With this, his feelings towards me has started changing... He is developing completely pure feelings for me....and blessing me whole heartedly... In this state of mind, we can talk to that soul... We can share our state of mind to them... whatever we wish to communicate we can share it with that soul....

With this practice, we will feel that when we come in contact with that soul, automatically things will have changed. Automatically that soul will think positive about us which will be visible in their behaviour. Similarly we can emerge more than one soul at once and give them any message we want or we can change their attitude.... or we can even give them the message of God's arrival on earth.

**OM SHANTI.**



## **Destruction of Vices with Volcanic meditation.**

**OM SHANTI.** Withdraw your intellect from everywhere else and concentrate in the centre of the forehead... I, the soul.. a shining star.. light form... I ,the soul, master of my senses... self sovereign... completely focussed... Feel that I, the soul, am present inside my light body... in my angelic form... Now, focus your intellect in Paramdham... the land of peace... Visualise the Supreme Father, the Supreme Soul, Shiv Baba, an embodiment of light.... Shiv Baba, Ocean of Knowledge... Ocean of virtues... Almighty Authority... Now, I am calling Him to come to me with all my heart... Visualize that He has accepted my invitation and is coming down to me gradually... and He is now on the top of my head... I, the soul, is residing in the centre of my forehead... Shiv Baba has become my canopy of protection... This form is called the combined form.... Now experience that golden rays of light are flowing down from Shiv Baba and are merging into me.... Just like a golden volcanic fire is merging into me..... Become stable in this stage... Experience that I, the soul, am imbibing these volcanic rays... Like a blaze of fire these rays are emerging out of Shiv Baba and merging into me...! As these rays are being absorbed by me, the soul, all the rust of many births accumulated in me is getting removed.... All the vices are getting destroyed.... Visualize the rays of the Supreme Soul constantly merging into me..... And now, I have become completely clean, pure...! Experience that I, the soul, have become completely clean and golden.... rust free and unalloyed.... completely pure..! Shining with golden rays... like a spotless diamond....!! In this combined form, now I am leaving this body and flying upwards... Visualize that Shiv Baba and I are gradually leaving this corporeal world and going upwards... crossing the sky, moon, stars and the galaxies, we have reached the incorporeal world; Paramdham.... Red light everywhere... I, the soul, am with Shiv Baba... Golden rays of light are constantly coming from Baba and merging into me.... like a volcano... Become completely stable in this incorporeal stage... in this eternal stage... in this seed stage.....

Now experience that the golden light of purity flowing out of Shiv Baba is merging into me... and from me, this light is radiating to the whole world below.... All five elements of nature - fire, air, sky, water and earth and all the souls are receiving these golden rays.... This whole world is absorbing these golden rays... The five elements and all the souls are getting completely content... See that all the souls are shining in these golden coloured rays... They are fully golden... getting completely cleaned... Like a volcano these golden rays from Paramdham is spreading all around the world.... All the souls are giving me and Baba blessings from their hearts... Feel that the whole world has become completely pure.... and has transformed into heaven... happiness is spread everywhere here.... peace all around... all the elements of nature are completely pure... all the souls of the world have become completely happy.... completely pure....

**OM SHANTI.**



**To finish the trace of vices -  
while performing work, frequently practice  
this meditation in between for five minutes**

**OM SHANTI.** Today's meditation commentary is about what efforts are required to destroy the trace of all the vices. By doing this, our subconscious mind will be peaceful. All negative and waste thoughts in our mind will naturally finish. During the whole day, practise of this meditation frequently in between any work or activity will destroy all the trace of all the vices naturally.

Baba has given us some elevated versions in avyakt murli dated- 21.02.1985 as how to destroy all the trace of vices- "The way to save yourself from even the slightest trace of the fire of vices is to remember your original and eternal clan. I am a completely satopradhan soul belonging to the clan of the eternal Father. I am a deity soul belonging to the original clan. A deity soul is sixteen celestial degrees full and fully viceless. So remember your eternal and original clan and even a trace of the vices will end."

In another revised sakar murli of 26 Aug 2020, Baba mentioned - "Constantly make effort to remain introverted. To be introverted means to become detached from your body in a second. You should completely forget everything of this world. Go up above and come down in a second. When you practise this, all trace of the vices will finish. In between doing everything, become introverted; it should feel like absolute dead silence. There should not be the slightest noise or movement. It should be as though this world doesn't exist."

So based on these elevated versions of Shiv Baba, we will practice this meditation time to time in between our daily activities. So let's get started.

Om Shanti. Reach Paramdham in one second... I, the soul.. a point of light... completely satopradhan in my home... in the land of peace... red light all around... It is the soul world... Fly closer to Shiv Baba... very close... Experience that I am a completely pure soul, child of Supreme Soul... Visualize that a wire of light

coming from Shiv Baba has connected to me... Be completely stable in this stage... I, the soul, am experiencing my incorporeal form..., combined form with the Supreme Soul..... Shiv Baba, my Father is Almighty Authority..! I, the soul, his child, am master almighty authority....

Now in one second, I, the soul, have reached my first birth in Golden age.. in my original form... Feel that I am a divine soul in deity clan... double crowned... completely pure... 16 celestial degrees full... completely viceless... I am a deity... Visualize the scenes of Satyug... golden palaces everywhere... pushpak vimans in every courtyard... natural melody of the birds singing... I am a royal soul belonging to the deity clan... Glance at the divine glow of Lakshmi Narayan...who are 16 celestial degrees full... completely viceless...! I am a divine soul...with royal nature..! My words , thoughts and actions are divine...

**OM SHANTI.**



**Follow these seven guidelines -  
and experience magic in your life, whatever  
you desire will happen and you will be successful in every path**

**OM SHANTI.** This meditation is based on 7 guidelines which we should follow in order to get rid of all our problems and doubts. Many people send messages, comments & emails related to test papers based on different problems and situations. For instance, some get a test paper of money, some of relationships, whereas some are unhappy because of their own habits! For all these problems, the solution lies in just one line - "Finish the problems by the power of tapasya!"

Baba has given us an elevated version based on this, "You just stay busy in creating an alokik (pure & divine) atmosphere by your vibrations and yog, and everything else will happen on its own. When the state of mind is elevated, then the external situations change on it's own!"

The base of the elevated state of mind is powerful self respect. So in order to elevate your state of mind, here are seven guidelines which will resolve all the problems by their implementation for few days. We will become completely viceless and experience positive energy flowing in our body.

- The first guideline is Amritvela. At Amritvela, BapDada unlocks all His treasures of blessings, Virtues and Powers for His children. This time is for receiving these as blessings. In one murli, Baba said that if we make our amritvela good, then He will make our rest things good. If we meditate properly at amritvela, and stabilize ourselves in an elevated stage, then that elevated state of mind will stay with us all the day... And by receiving Shiv Baba's blessings, we will become free of obstacles very easily... All our problems, challenges and difficult situations will disappear very soon.
- Just like this, we have to follow the 2nd guideline, that is to listen to murli or to read murli. After amritvela, whenever we get time in the morning at 6:00am, 7:00am or 8:00am, we need to sit in a good mental state connecting to Baba and then we have to listen to murli or read murli. During the day, we need to revise

good/powerful points of murli. Whatever good/powerful points we get from murli - two or three, we should note down and keep revising them. Baba has said that this Godly Knowledge is Power. Murli is a Sanjeevani (Great Cure). The more we will churn the knowledge given in the murli, the more powerful we will become automatically.

- The third guideline - The souls who come in contact with us all the day, we have to keep only pure feelings and good wishes for them. This can also be considered as having soul conscious vision for them. All souls are children of God, they are our brothers. All have got different roles.. so even if a soul has negative feelings for us, then too, we should have only pure feelings for them. We have to give them only blessings. In one murli, Baba mentioned - "Don't do anything else.. just give blessings & receive blessings. This will easily make you free from obstacles!"

- The fourth guideline - practice being bodiless. By practising this bodiless soul conscious stage in between our daily activities, the speed of our thoughts will slow down. This will result in saving of our thoughts. And hence, our stage will become powerful. We can do this practice according to our convenient time or during the time of traffic control.

- Just like this, we will follow the fifth guideline - we have to accept food and water in remembrance of Baba. In one Murli, Baba mentioned that if food is prepared in Baba's remembrance and eaten with His thoughts in mind, we will become 50% pure. That means 50% of our efforts to become pure will be successful in this way. Nowadays, the five elements of nature have become completely negative. That is why whatever food we eat should be accepted in Baba's remembrance. It is only then that we will become powerful and filled with the power of yoga.

- The sixth guideline is - Numasham Yog. We must meditate for atleast half an hour between 6 pm to 8 pm in the evening. In one avyakt message(sandesh), Baba has mentioned that if any problem comes at any place, then that place can be made free from obstacles by doing meditation from 7:00 to 7:30 pm in the evening. On doing meditation at this time, all problems & obstacles will be removed easily.

- And finally the 7th guideline is - Before falling asleep, for 30 to 60 minutes we have to do good practice of establishing connection with God. During this time, we can spend 15 minutes in reading Baba's knowledge; murli.. and 15 minutes can be spent in meditation. In this meditation, we have to give all our news/chart of that day to Baba and surrender all our deeds to Him. After surrendering

everything to Baba, we will become completely tension free and carefree. By churning of the knowledge and by meditating before sleep, our amritvela will automatically become very powerful. We will not have to make efforts to do meditation at amritvela! It will be very easy and great! And due to that, our life will become free from obstacles, unshakable and immovable! We will be successful in all the paths of life.

**OM SHANTI.**



## Relaxing Yog Nidra - Guided Meditation

**OM SHANTI.** Let's disconnect from the outside world and concentrate... I, the soul.. a point of light... a shining star in the middle of my forehead... I am a peaceful soul..! Peace is one of my strengths..! Peace is my nature...! Feel that the rays of peace are radiating from me, the soul... and spreading into my entire body.... Visualise these rays being spread in the entire brain... Slowly these rays are spreading into the neck below... ears.. shoulders... both arms.. fingers of both hands.... See that these rays of peace are gradually reaching every part of my body..... Each organ, each muscle is getting relaxed..... Feel that slowly the flow of these peaceful rays has spread into my legs... into the knees... and reached upto my toes.... I am completely relaxed..... and gradually I feel getting detached from this physical body..... I feel as if this body is made up of just light.... Every part and muscle has become light... They are completely relaxed... There is no disturbance in any part...! Feel this peace.... I am a peaceful soul.... I am an angel of God.... Completely light, relaxed and bodiless.....

Now, visualise with the third eye of the intellect - the Supreme Soul, Shiv Baba.... a subtle point of light... Just as the Supreme Soul is light, similarly I, the soul, his child am also a point of light...! Now we will talk to God, our Supreme Father... We will thank him with from the depth of our heart.... He is our father!! We call him Baba with love....! "Thank you Baba for today!! Whatever happened today, positive or negative, I completely surrender that to you....! Now all the works, relations, thoughts, actions, property, and even this body is yours....! These all belong to You.... Whatever will happen to me, will be Good...!"

And now, create these thoughts - The Supreme Soul Shiv Baba is always with me... I am an angel of Shiv Baba... My body is completely healthy... All my relations are good... My entire family is united... I pray for the welfare of every soul with all my heart.... I send blessings to all the souls... And these blessings are returned to me

hundredfold by them... With the power of these blessings, I will always be unobstructed, successful and safe in all the situations...! When God is my companion and His blessings are with me, nobody can do any harm to me..!! Whatever will happen to me will be good....!

We will repeat these thoughts three times - I am an angel of God... My body is completely healthy... All my relations are good... My entire family is united... Whatever will happen to me from today will be good.... - Repeat these five thoughts three times.....

**OM SHANTI.**



**Do mansa seva(service with mind)  
with this method during amritvela every morning**

**OM SHANTI.** Stabilize yourself in paramdham... I, the soul, a point of light.... I am combined with the Supreme Soul Shiv Baba...as if a ray of light coming from Shiv Baba has connected with me... I am a pure soul... I am a peaceful soul...I am a soul who is equal to the Father... Feel that I am receiving the rays of peace flowing out of Shiv Baba...and these rays of peace are radiating from me to the whole world below.... All the five elements of nature- water, fire, air, earth and sky are receiving these rays of peace... and becoming completely peaceful... Feel that all souls of the world and all the five elements are experiencing these rays of peace... as if a fountain of peaceful rays flowing out of me is pacifying all the souls of the world... The sun, the moon, the nine planets and the stars in this sky are also receiving the rays of peace... Shiv Baba is the Ocean of Peace... I, the soul, am master ocean of peace... I am an instrument of the Supreme Soul in Paramdham... I am a trustee... Shiv Baba is constantly serving the world with the rays of peace through me... All the souls of the world have become peaceful by receiving these rays... The five elements of nature have also become peaceful... and the entire universe has become quiet and peaceful as well....

Now, I, the soul, fly towards the Earth... I am constantly radiating rays of peace all around me... Slowly I, the soul, cross the sky and enter into my body...in the middle of the forehead... I, the soul, am situated in my angelic form... I am an angel who has incarnated in this body... Experience that Shiv Baba's rays of powers are flowing down from Paramdham... they are falling upon me like a fountain...and has spread throughout my angelic form... The Supreme Soul, Shiv Baba is Almighty Authority... I, the soul, am master almighty authority... Experience that the divine light of powers is radiating from my angelic form to the entire globe... All souls of the world are receiving this divine light filled with powers... These powers will help them in all the situations..! All the souls of the world are thanking me from their hearts... Baba's rays full of all powers are constantly flowing into me and then

flowing from me to theGlobe... I am an angel sent by Shiv Baba... My main work is to serve the world along with all souls and all the elements with the rays of powers... I have pure feelings and good wishes for all souls of the world.... I do not need anything from anyone... I only have to give... Experience that all souls of the world have become free from their sorrows and pain... and have become completely peaceful, pure and powerful..! They are giving thanks to me and the Supreme Soul whole heartedly....

**OM SHANTI.**



**Practice these five miraculous thoughts  
after getting up in the morning,  
and before sleeping in the night.**

**OM SHANTI.** Today we will practice five thoughts 21 times. These five thoughts are the most powerful thoughts. The more we use these five thoughts in our life and in our work, the more powerful, free of obstacles and successful we will become. By using these 5 thoughts, there will automatically be health, wealth and happiness in our life. All our relations will be very good. In our lives and actions, a positive energy will work with us. We have to practice these thoughts 21 times in the morning and at night. We can also write down these thoughts and revise them for 10 seconds.. 20 seconds.. or 1 minute... while doing actions during the day. But keep in mind that, we have to practice these thoughts with full faith and determination, whenever we practice! We have to do it with full confidence! So let's start practicing these 5 thoughts 21 times.

Stabilize yourself in the soul conscious stage...

**I am master almighty authority..!**

**From today onwards, only good things will happen to me..!**

**I am extremely rich..!**

**My body is perfectly healthy..!**

**All my relationships are very good..!**

~ Repeat 21 times.

**OM SHANTI.**



**Give sakaash to your family members,  
relatives and connections.**

**- Guided Meditation Commentary**

**OM SHANTI.** Today, whatever connections we have, whether it is in a friend circle or in a family, we will give sakaash to all those souls. We will serve them through our mind (mansa seva). By doing this meditation, our relationships with all those who come in contact with us, will automatically be good and healthy. All the souls will bless from their hearts. They will have good feelings for us. All our relations in the family too will be beautiful and there will automatically be peace and happiness in the family. Our tasks will be accomplished successfully. So let's start.

I, the soul... a light form... a shining star... I am completely a peaceful soul... Peace is my original nature.... Experience that, my whole body has disappeared... And only I, the soul, am remaining in the body of light...in my angelic form... in my double light form... I am an incarnated angel... I am completely happy... All my relationships are very good... My life is full of health, wealth and happiness... Now I, the soul, am flying in my angelic form towards the sky.... Crossing the sky, the moon, the stars.. I have reached the subtle region... A white light is scattered all around here in the surrounding... In the front, BapDada is giving me a sweet drishti... Sit down in front of Baba... See that He has placed his hand of blessings on my head... and giving me sweet drishti full of love... Now He is blessing me - "Child, May you be happy forever...! May you be happy forever...!" By giving me this blessing, God has made me completely happy!! From today onwards, I am completely a happy soul! Because I have God's blessing with me that, I am completely happy for ever and ever! By the attainment of this blessing, I am automatically full of health, wealth and happiness... My all relations are good.... Visualize that all my relations are good!

Now sitting in the subtle region with BapDada., we will emerge the souls, who are in our family; our siblings, cousins, parents etc whoever are there, emerge them... With them, we will also emerge all those who come in contact with us in our friend

circle or workplace... Emerge all those souls altogether... Now visualize that the rays of love emerging from Shiv Baba are flowing into me... and from me, being radiated to all these souls sitting in front of me.... All these souls are getting the rays of Baba's love from me. BapDada is serving with His rays of love.. and receiving His divine rays of love, all souls are becoming loveful... They are getting fully satisfied... God's Love, the Supremely Divine Love is the selfless Love in the world.... It is the True Love! See that becoming content, all these souls are thanking me and God Shiv Baba whole heartedly..

All these souls are those who have some karmic accounts with me.., whether it is of happiness or of sorrow... All these souls are children of God, and hence my brothers and sisters... They are very good... They always help me... I thank them from my heart... They have good feelings in their hearts towards me... They consider me theirs...

For two minutes we will give sakaash to these souls in the same way - The rays of love constantly flowing out of BapDada.. merging into me... and from me, reflecting to all these souls... All are getting the divine rays of BapDada's love..!

**OM SHANTI.**



## Flower showers of powers and blessings from God

**OM SHANTI.** Today we will do a new practice. Many times it comes in the murlis that BapDada showers flowers on his children. In one of the murlis Baba has said that- "BapDada showers golden flowers of love." In other murli- "BapDada showers golden flowers of contentment." Just like this, flower showers of powers, blessings and praise is done by BapDada!! So today, we will experience Baba showering colourful flowers of various virtues on us! So, let's begin!

Concentrate on the centre of the forehead.. I, the soul... a point of light.. I am a peaceful soul..! Peace is my original nature... I am stable in my angelic form... I am an angel of peace... Incarnated in this world, I am an angel sent by God...!

Now concentrate the intellect on Paramdham.... On the Supreme Soul.. God.. Shiv Baba, our Supreme and Beloved Father...! Shiv Baba... a point of light... Ocean of peace.. Ocean of all the virtues.... Almighty Authority....

Now, visualize that shower of golden flowers is coming down to me from Shiv Baba.. and is raining upon me, the soul.. It's like a rain of golden flowers.., which Baba is showering upon me with loveful heart..! He is my Father..! He loves me a lot..! These golden flowers are the flowers of love...! Deeply experience this love of God.... See that these flowers are constantly getting merged in me... Be completely absorbed in His love! This shower of flowers is completely satisfying me, the soul.. I have become completely satisfied and content.... Experience this abundance... Baba is filling us with all His virtues through these flowers - happiness.. peace, love, bliss...! With the shower of these flowers, experience the state of Supreme joy...!! Get filled with all the virtues... Just as Baba is Ocean of all the virtues.., similarly I, the soul, am master ocean of all the virtues..! God himself praises us... congratulates us.. greets us... He makes us equal to Himself... I am such a fortunate soul..! Completely blissful.. completely happy...!

Now we will experience that Baba is showering red flowers upon us.... He is giving us powers with these red flowers.. giving us blessings... Let's feel these powers of God... Visualize this shower of red flowers coming from Shiv Baba and getting imbibed in me.... Be completely focused in this state... Now, with these flower showers Baba is blessing us - "Child, May you be master almighty..!" Feel completely powerful... God has just blessed me..! Just as Baba is Almighty Authority, similarly I, his child am also master almighty authority. Feel these rain of powers and flowers of blessings being showered on me constantly... Feel the blessings.. "May you be master almighty..! May you be completely an angel..! May you be an embodiment of success..! May you be a conqueror of nature..! May you be equal to the Father..!" Constantly feel the shower of these blessings through colourful flowers... It's a shower of all the powers and flowers of blessings... I am completely equal to the Father... In this confluence age, Baba is showering upon us a lot of love, powers and flowers of blessings... And in the copper age, devotees will shower flowers of glory upon our idols.. sometimes on Hanuman, sometimes on Ganesh, sometimes on Mother Durga or Mother Lakshmi...! We are such fortunate souls! For two minutes we will stay absorbed in this experience - flowers of blessings and all the powers are constantly showering upon us from Shiv Baba..!!

**OM SHANTI.**



**Create these thoughts as soon as  
you open your eyes in the morning**

**OM SHANTI.** Good morning Baba!! I am master almighty authority! I am a victorious soul! I am a fortunate soul! In this confluence age, God himself wakes me up! I am such a fortunate soul! I am a great soul! God himself has chosen me in His task of world transformation! I am among a handful out of multimillions and a few out of that handful, whom God himself has chosen! I am master almighty authority! I am master of the self; self sovereign! I am ruler of my physical senses! I am filled with the powers of God! I am wealthy! I have a healthy body! My whole body is perfect! My body is disease free! I have a perfect body! I, the child of God, am very happy, very prosperous! All the souls of this world are very nice! Each soul has it's own role which they are playing! All the souls are children of God and hence, are good! They are all my brothers and sisters! They will all experience me as an angel! They will be blessed by me! I, the child of God, am master almighty authority! I am an incarnated angel in this world!

**I am master almighty authority!**

**From today, only good things will happen to me!**

**I am very much wealthy!**

**My body is perfectly healthy!**

**My all relationships are beautiful and healthy!**

~ Repeat these 5 thoughts twice.

**OM SHANTI.**



## Practice of 5 thoughts for students

**OM SHANTI.** Today we will practice 5 thoughts 21 times. Whoever is a student, or if anyone wants to get success in any profession, then these five thoughts have to be created when you get up in the morning, and you need to practice them 21 times deeply. By practicing these 5 thoughts daily, whatever exam we give or if we are in any profession or a student, we will naturally remain powerful. We will remain undisturbed. We will get success in whatever exam we give and score good marks. Whatever the result will be, it will be very good.

So, waking up in the morning, we have to create the first thought experiencing it deeply that - "I am a master almighty authority.." While practicing this thought we have to feel - We are children of God and hence, we are master almighty authority... We are powerful! God is with us! When God is with us, His powers will work with us automatically...

Then we will create the second thought connected with this thought, "I am very intelligent!" This thought will help in increasing our intellectual power and brain power! Our power to grasp will increase too.

Then the third thought that we have to create connected to this is - "I am a soul with focused mind!" By practicing this thought, our concentration power will increase.... With the increase of concentration power, our power to discriminate and decision making power will increase.

Connected with this thought we will create the fourth one - "I am very successful!" Whatever exam we will give by practicing this thought, whatever we study., we will automatically become successful in that! And our mind will remain positive. This memory will remain in our subconscious mind that we will be confidently successful in every task.

And finally we will create the fifth thought associated with these four thoughts - "I, the soul, am destroyer of all obstacles!" By practicing this thought, whatever obstacles will come in our way, or in our job, we will easily overcome them. We will become destroyer of obstacles. No problems will remain. We will become free from problems and life will become smooth.

So let's start.

Stabilize yourself in your soul conscious stage... and create these thoughts :

I am master almighty authority...! I am very intelligent...! I have a focussed mind...! I am very successful...! I am destroyer of obstacles...!

~ Repeat 21 times.....

**OM SHANTI.**



## **Meditation practice of diamonds of seven colours**

**OM SHANTI.** Here we are going to do a very beautiful meditation practice. This practice is very charming, which will give us an experience of internal happiness. By doing this practice, we will feel like dancing in happiness. This practice is about the diamonds of seven colours. In avyakt murli dated 09.03.09, Baba has taught us how to do this practice. In which, Baba sitting in the subtle region, makes the powder of seven coloured diamonds and sprinkles them on us! These seven colours are of knowledge, divine virtues and powers. As soon as we angels will imbibe these divine colours, we will start dancing in happiness.... In this meditation, we will then put our hands into Baba's hands and start dancing! So, let's begin.

I, the soul, an embodiment of light.... I am a subtle point... seated in the centre of my forehead.... I am a peaceful soul.... Peace is my original nature.... This body is just my costume... I am separate from this costume.... Now, we will change our dress..... Feel that I, the soul, have adopted my angelic costume.... I am an angel of peace... Now in a second I fly to the world of angels; the subtle region.... white light all around... Right in front of me is - BapDada! He is giving me sweet drishti..... Now, visualize that while giving me drishti, Baba has emerged diamonds of seven colours in his hands.... And He is making powder of these seven coloured diamonds.... And now, He is sprinkling them on me, the angel...! Feel that these seven colours are imbibing in me.... My angelic form is completely filled with these colourful rays.... I, the angel, getting filled with these colours am feeling very ecstatic.... These rays are an embodiment of knowledge, divine virtues and powers....! This is a powerful feeling.....

Experience that my angelic form has completely been filled with these seven colours now.... and I, now take Baba's hands in mine.... And we both start dancing together in happiness...! How beautiful is this feeling..! I feel supersensuous joy in

this experience....!

Now, visualize that BapDada has emerged numerous angels here in this subtle world... And He is sprinkling these powder of colourful diamonds on all these angels.... All the angels have wore different coloured costumes and are dancing in great happiness...! Oho! Such a beautiful experience is this..! Such a beautiful scene is this of the subtle world..! Oho! The angels are dancing all around here in great joy!! It seems like they are playing the festival of colours(holi) here.... Getting filled with knowledge, virtues and power, they are all dancing in happiness...! How fortunate am I, the soul, to witness this wonderful scene!!

**OM SHANTI.**



## The experience of eight powers

**OM SHANTI.** In this meditation commentary, we will experience the eight powers that is attained by Raj Yoga. We will take rays of eight powers from the Supreme Soul - Shiv Baba, and feel each of the powers deeply! After getting filled with all the powers, we will serve the entire universe with the rays of powers. So let's get started.

Concentrate on the soul conscious stage... I, the soul, a point of light shining at the centre of my forehead... I am the master of my physical senses... I am self sovereign.... I am an energy that drives this body... Now see the Supreme Father, the Supreme Soul; Shiv Baba with the third eye of knowledge.... He too, is a point of light.... the Ocean of Knowledge... the Ocean of Virtues.... The Almighty Authority.... Visualize that from Him, colourful rays of 8 powers are flowing into me... Like a fountain of powers, these rays are emerging from Shiv Baba and falling upon me... concentrate deeply... Baba is filling me with eight powers... and I, the soul, am becoming completely powerful!! Now we will deeply experience each power one by one....

- Visualize that Shiv Baba is first filling me with - The Power to Accept/Adjust! With this power, Baba is empowering me... This power will help me to accept people's presence, their thoughts and desires in a broader way. It will help me to adjust to various situations in life and also to adjust with people and stay happily with them. I will accept people as they are.. all souls are good. With the attainment of this power, I accept all the souls of this world....

- Now Baba is giving me the second power - The Power to Tolerate! Feel that Shiv Baba is empowering me with this power... This power will help me to stay unaffected from any external or internal situation and help me to remain positive, and stay powerful! No situation can make my mind unstable. I will stay unshakable and immovable in any obstacle. I will stay happy in all the relations....

- After the attainment of these powers, now Baba is giving me the third power - The Power to Face! Rays filled with the power of face is flowing into me from Shiv Baba. This power will give me the strength to face external and internal problems, exams and challenges. I will always stay fearless and become courageous... With the attainment of this power, I can face any challenge or difficult situation in life!
- After power to face, Baba is giving me the fourth power - The Power to Let Go/Pack up! Experience the rays filled with this power are flowing into me from Baba.... This power will help me in putting a fullstop to all the unpleasant things and wasteful thoughts. This power will help me to move ahead in life after letting go of all the past, and the present problems and the unpleasant incidents. This power will also help me to be Eveready at every moment of life, as Baba says! Feel that Baba is empowering me with this power...
- Now Baba is giving me the fifth power - The Power to Discriminate/Discern! Feel that the rays filled with this power are emerging from Shiv Baba and flowing into me... This power will help me to identify things in a subtle way... It will help me to differentiate between right and wrong in every situation of life! The power to discriminate will eventually lead me to take right decisions in life!
- Now Baba is giving me the sixth power - The Power to Decide/Judge! Feel that the rays of this power is flowing into me from Shiv Baba.... This power is connected with the power to discriminate... The more we can discern about any situation, the more we will be able to take right decisions! With the attainment of this power, I will easily differentiate the good and bad in life and make a correct decision. This power to decide will help me to achieve success in every work. My life will always be free from obstacles... and I will stay powerful and be successful!
- After filling with this power, Baba is giving me the seventh power - The Power to Co-operate! Visualize Baba's rays filled with the power to cooperate are continuously flowing into me.... This power will help me to give attention and time to others, to serve others with my experience and knowledge.., and to work with others with full cooperation! By charging myself with this power, I will cooperate with all the souls in a humble and egoless manner! I will serve them being an instrument of God!
- And finally, Baba is giving me the eighth power - The Power to Withdraw/Detach! This is a power that will help me, the soul, to look at every scene of this drama as a detached observer! "I am a soul and the Supreme Soul is combined with me.." this awareness will work with me always having attained this power. In the state of

detached observer, my stage will be powerful for ever! I will always experience Baba's presence with me! I will experience liberation-in-life! I will be successful in every path of life! Whatever situations may come, I will cross them easily... All the souls who come in my contact, will be satisfied with me.....

Now let's feel all the eight powers.... as if colourful rays filled with all these powers are emerging from Baba and getting absorbed in me..... I, the soul, have become completely powerful..... I am Shiv Shakti! I, the soul, am master almighty authority! I am unshakable and immovable! I am free from obstacles... I am an embodiment of success... Like the Almighty Father, I am master almighty authority...

And now visualise that from me, these colourful rays of eight powers are radiating into the entire universe..! These rays are reaching out to all the souls and making them powerful as well! As if I am an instrument of God, and He is using me for world service...! His blessings of powers are spreading all around the entire universe...and being received by all the souls.... Feel that as these rays are falling upon the souls, all their sorrows, sufferings and problems are disappearing! They are becoming powerful, free from obstacles and successful... They are thanking Baba and me whole heartedly..!

**OM SHANTI.**



## I am Shiv Shakti, one with eight arms

**OM SHANTI.** Withdraw all the thoughts from the surroundings, and concentrate in the centre of the forehead... I, the soul... a point of light... a shining star... a self sovereign soul... I am the master of my body, which is just a costume..! I, the soul, am a child of the Supreme Soul Shiv Baba... I am master almighty authority... I, the soul, am full of all the powers... I am master almighty authority... I am Shiv Shakti (Shiva's Power)... Now see from the third eye of intellect - Shiv Baba is present over my head.. image of light... Supreme Soul Shiv Baba has become my canopy of protection... He is with me... I am combined with Baba.. Feel His presence... I, the soul, am Shiv Shakti..! I am combined with Shiv Baba... Now feel that this physical body of mine has disappeared and only I, the soul, am remaining... I, the soul, am combined with the Supreme Father, Supreme Soul, Shiv Baba, a point of light! I am Shiv Shakti.. Visualize that a wire of light is connecting me to Him.... and I am connected to Him... combined with Him... By being with Him, all His powers are being imbibed in me.... Just like the Supreme Father Shiv Baba is Almighty Authority, in the same way, I, his child am master almighty authority... I am Shiv Shakti....

Being in the awareness of Shiv Shakti, every impossible task become possible... All our thoughts and words are accomplished... We always remain free from obstacles... We get success in every work... All the souls keep experiencing spiritual love from us, that is beyond this material world; alokik! The souls that remain in the awareness of master almighty authority and Shiv Shakti, automatically keeps receiving all the physical comforts as well... Those who are merged in God's intoxication, are full of all the attainments... I am Shiv Shakti.. full of knowledge.. full of virtues... filled with all the powers.. I am Shiv Shakti.. one with eight arms... I am an embodiment of all the eight powers... The more we stay in the awareness of being a Shiv Shakti with eight arms.. the more easily we will experience the stage of being a detached observer.., and naturally we will keep

experiencing the presence of Shiv Baba with us... I, Shiv Shakti, am always combined with the Almighty Shiv... I am one with eight arms; an embodiment of the eight powers... The Supreme Father is always with me...

**OM SHANTI.**



## **Avyakt Bapdada Homework**

**OM SHANTI.** Let's concentrate our minds on our sweet silent home - Paramdham..., and on the light form Father Shiv Baba... who is our beloved Supreme Father... who is the Ocean of Knowledge.. Ocean of Virtues... the Almighty...! From Him, see the infinite rays radiating to the whole world... Now, feel that these rays of peace and happiness flowing from him have reached me... They are entering into me, the soul., a point of light...! My supreme Father is the Ocean of Peace...! Similarly I, the soul, his child, am master ocean of peace...! I also am master almighty..! Like the Father, I am a world servant... Feel that the rays of peace and happiness are constantly flowing into me, the soul.. And now, from me these rays are radiating all around.. everywhere....

Now, we will emerge the globe of planet earth in front of our eyes... And we will also emerge all the souls along with it.... Visualize that the rays of peace and happiness flowing down into me from Shivbaba are now being radiated to the globe in the front.... See these rays falling upon the globe... and reaching to each and every soul of the world....

Today, many sorrowful and disturbed souls are calling out to God and we angels... they are crying out... they are calling out to we ancestors - "Give us peace! Give us some handful of happiness! Save us.....!" Visualise that through these rays, all their pain, disturbances, diseases and problems are vanishing.... ending.... All the souls who are suffering from mental or physical problems are becoming peaceful..... They are feeling great relief!! See the rays, constantly flowing from us to all those souls.... See them all becoming very very peaceful.... We are just instruments of God... See Him pacifying all those souls through us.....

See that each and every soul has become peaceful., happy., and joyful through the rays flowing to them through us...! Constantly visualize the rays of peace and happiness flowing into the globe of the earth... to the five elements of the nature...

See that those elements too, have become very very peaceful... and calm...! By the pure feelings and positive vibrations of we ancestors, all the souls and their minds have become peaceful! Their minds are free from all the pain, disturbances, waste or negative thoughts now..... They are heartfully thanking to us and Baba for this...!

These rays of peace and happiness, these pure feelings and positive vibrations of us, will also benefit brahmin souls present in the globe... Baba says - "Perform this mansa seva(service through mind) throughout the whole day, in between the intervals! Because along with the Father, you children are also world servants! Just like you do service through speech, now practice doing service through your minds! In this, not only of others, but your benefit lies too! Because when your mind will always be busy, then you will be saved from Maya! Maya, who brings waste and negative thoughts in your mind!"

So for 2 minutes, we will concentrate on this visualisation that - the rays of peace and happiness constantly emerging from Shiv Baba... flowing into me... and through me, radiating to the whole world.. to all the souls..! And receiving these rays, all the souls are becoming free from all their pains, sufferings, disturbances, and grief..! And ultimately, all have become peaceful...! And.. joyful....!

**OM SHANTI.**



**Gratitude - thankfulness - will change the fortune**  
**Miracles of Grateful Heart!**

**OM SHANTI.** Mahatma Gandhi has said in his book, "I was sad because I didn't have any shoes.. and then I saw a man with no feet!" So, we must always be thankful to the Supreme Soul. He has given us life, health, wealth and happiness!! We must be thankful towards our family members, thankful to the people who come in our connections whether in everyday life or at our work place.. We should be thankful to the five elements of nature - air, water, fire, earth and sky, who always support our existence! We must also thank the people who have been obstacles in our life, those who think negative about us, or those who criticize us. We should really thank them! Because if they were not present, we would never know our weaknesses! And if we would have never known our weaknesses, then we would have never worked on them and tried to overcome them. So, we must thank them as our strength increased during those obstacles. In this way, as we keep doing the practice of thankfulness and gratitude in life, our way of our thinking will improve, our thoughts will become elevated, the strength of our mind will increase. Our mind would automatically remain peaceful, satisfied and happy! And all our relations will improve! Our thoughts of gratitude work like a magnet. A philosopher from abroad has said, "A grateful heart is a magnet for miracles." The attitude of gratitude creates miracles in our life! We will practice this thankfulness for a few minutes everyday. How we have to do this exercise, let's start.

Let's withdraw our attention from the surroundings around... We will emerge and visualize Supreme Soul Shiv Baba in front of us... We will thank him for this life - "O Beloved Father.. Supreme soul, God! I thank you for this life! You gave me a healthy mind and body! I thank you whole heartedly..!" Now, we will emerge our family members in front of us.. who live with us.. "I thank you from my heart..! No matter what the circumstances are.. up and down.. it is not your fault..! I thank you wholeheartedly.. I give you blessings from my heart..." Now, we will emerge the souls who come in our contact, in everyday life or at work place.. or those who have

sometimes helped me... I see them emerged in front of me and thank them deeply from my heart...!! And with them I emerge the souls who have become obstacles in my life at some point or the other.. or at the present, think negative towards me... I thank these souls from the heart... "Oh souls, if you were not there, then I would never know my weaknesses and hence, would never have worked on them...! My strength has increased due to those obstacles... my soul power has increased..! Thank you!" And finally, I emerge the five elements of nature in front of me - fire, air, sky, water and earth... I thank all these five elements from my heart..! Thanks to all.... Thanks to all... Thanks to all....

**OM SHANTI.**



**"Everything is Yours!" - Create this thought  
and see wonders happening in your life  
- storehouse and treasures will be full!**

**OM SHANTI.** The Supreme Soul Shiv Baba says - Those who believe that the house in which they live belongs to Shiv Baba, they eat the Brahma bhojan itself. Their storehouse and treasures are always full. So whatever we have, the more we transform the consciousness of 'mine' into 'Yours', the more our mind becomes peaceful and powerful. Our stage becomes free from obstacles. We get success in every work and relationships. There is never any shortage of anything in the house whether it is material things or money. Our stores are always plentiful.

In avyakt murli dated 17-10-1987, Baba has said, "By transferring mine into yours.. by the consciousness that nothing belongs to me, everything is Yours(the Father's).. When everything is Yours, then what is the need to worry? Those who transfer everything to the Father, become carefree emperors!" Further He added, "There is a slight difference between the words 'yours' and 'mine'. Saying 'yours' means getting everything. Saying 'mine' means losing everything. What happened since the copper age by saying 'mine'.. 'mine' ? You lost everything! You lost your health, peace of mind and wealth. From being the King of the world, you became a clerk in some small office, or a businessman, which is nothing in front of the Emperor of the world."

Avyakt murli- 12-12-1984, "To say "mine" means to become confused. To say "Yours" means to stay in pleasure."

Avyakt Murli 10-1-1994, "If there is anything mine, then it is a burden! Therefore become an angel by saying all is Yours!"

Avyakt Murli 01-12-1989, "Saying everything is Yours and only Yours is advantageous. It's not of any advantage to the Father, it has your own advantage. Because by saying 'mine', you get trapped, and by saying 'Yours' you get detached. By saying 'mine' you get burdened, and by saying 'Yours' you become a double light trustee."

So, the more and more we practice this feeling whole heartedly, that "Everything is

Yours... Everything is Yours... Everything is Yours... This mind, body, wealth and relations... all is Yours!.., then the more we become relaxed and carefree! We become fearless and powerful. "Everything is Yours" - we have to practice this thought multiple times a day, with true feelings! So how to do this practice, let's start.

Detach yourself from all the sides and focus in the centre of the forehead... I, the soul.. an energy... a point of light.. I am an embodiment of peace... Peace is my original nature, my power... Now visualise the Supreme Soul Shiv Baba with the eye of the intellect... Shiv Baba... the form of light.. The Supreme Father.. the Ocean of Knowledge... Ocean of Virtues... the Almighty Authority.... I, his child, am master almighty authority... See that a wire of light is coming from Shiv Baba and has connected to me, the soul... Now I am combined with Him... In this combined stage, I am receiving all His powers.... With these powers, my mind will stay powerful! I will achieve success in every work...! Completely focus the intellect on Shiv Baba, the light form... and now, talk to Baba with all the heart, "Baba! You have given me a healthy mind, a healthy body, abundant of wealth..! I am really thankful to You! All this belongs to You, nothing is mine.. Everything is Yours... Everything is Yours... Everything is Yours... I have surrendered to you my body, mind and wealth... My every moment of this life, my thoughts, property, my every action, all my relations, this body and this house all are Yours... I am just a caretaker of all these, I am a trustee! And so, I am always relaxed.. I am at ease! Baba, every member of this family is Yours. There is always peace and happiness in this house... All the souls are full of health, wealth and happiness... The storehouse and treasures of this house are always full... Everything is Yours... Everything is Yours... Everything is Yours..!"

Karankaravanhar Baba is getting things done through me, I am just an instrument of God.. I am a trustee!

The more we increase this practice, the more we will have a recording in our subconscious mind that "everything is Yours... everything is Yours... everything is Yours"... By this consciousness that everything belongs to Baba, we will be light and free from tension whenever any emergency, obstacle or any problem comes in our path related to health, wealth, relationships etc. We will always be relaxed, our mind will be peaceful and powerful!

Because nothing is mine... Baba, everything is Yours... everything is Yours... everything is Yours!!

**OM SHANTI.**



**"I am the star of success" practice this 2-3 times daily  
and you will make success your slave!  
- Guided Meditation.**

**OM SHANTI.** Today we will practice a special exercise. That is "I am the star of success! Success is my birth right." In this meditation commentary, we will take the blessing of "I am the star of success" from the Supreme Soul, Shiv Baba. By doing this meditation everyday, the power of our mind will increase. Our confidence level will increase too. We will become fearless while doing any work. This practice will also increase our confidence related to people at our work place. If we have inferiority complex, then that too will end and we will stabilize ourselves in the stages of our self respect. And we will give respect to all. So let's begin!

Disconnect your mind from everything around you... and concentrate... I am a soul... a point of light... I, the soul, am situated at the centre of my forehead... completely detach yourself from your physical body.. as if the body does not exist... Just me, the soul.... a point of light.. I am self sovereign... master of my self... I am a great soul ... I am the most fortunate soul in this world... Now focus your mind on Paramdham... Shiv Baba, a point of light... Supreme Soul.. Shiv Baba.. the Ocean of Knowledge, the Ocean of Virtues, Almighty Authority... Now with all my heart I call upon Him to come to me! Visualize that Shiv Baba is slowly descending from the supreme abode... Crossing the stars, the sun, the moon and the sky, He has reached above my head... He has become my canopy of protection... Strongly feel His presence... I, the soul, am combined with the Supreme Soul Shiv Baba.. He is above my head... my canopy... Supreme Soul Shiv Baba is with me... Now visualize that divine rays of powers is radiating from Him and falling upon me... Feel deeply the rays of His divine powers.. and I, the soul, am getting filled with all these powers... Just as the Supreme Soul Shiv Baba is Almighty Authority, similarly, I, the soul, His child am master almighty authority... Now through these rays, Baba is giving me a divine blessing, "My Child, May you be the star of success..! May you be the star of success..!"

Baba has today filled me with His blessings!! From today, I am filled with God's Powers, I am master almighty authority.... I am the star of my success... Success is my birth right! I will easily achieve success in every work I do.... Concentrate on these thoughts.. - Rays of divine powers, rays of blessings are constantly flowing out of Shiv Baba and merging into me... I, the soul, am master almighty authority... I am the star of my success... Success is my birth right... I am always successful in making efforts... I have Baba's blessing with me, "May you be the star of success!" In work, behaviour, relationships or in difficult situations, I will always be successful... Sometimes, it may take time but success is my birth right..! At times, I may have to face difficult situations, may have to tolerate other people but that tolerance will be a means of my progress. Those situations will become the instrument to experience my flying stage... And thus in every walk of life, success will come to me automatically, easily and necessarily...

**OM SHANTI.**



## **20 Minutes Powerful Jwalamukhi Amritvela Meditation to burn away all your sins.**

**OM SHANTI.** God says, - "Purity is the mother of peace and happiness." Today we will practice purity in this meditation. We will take two blessings from God - "May you be a supremely pure soul.." and "May you be a sun of purity!" Having attained these blessings, and being stable in our stage of complete purity, we will give rays of purity to the entire world. The more we imbibe purity in ourselves with the help of this meditation, the more our sins of previous births will burn away. Also the power of yoga will increase in us. Our stage will become powerful. Whatever work we engage ourselves in, we will accomplish it successfully. And the more we stabilize ourselves in the stage of purity, the more we will experience the company of God! So let's begin.

Withdraw the attention from all the sides, and concentrate on the soul conscious stage... I am a soul... a form of light... a shining star... This body is my costume... I, the soul, am separate from my physical body... I am completely detached... I am bodiless... I am a completely pure soul... Purity is my original nature... Feel that the rays of purity is radiating from me, the soul, and have spread throughout the body... From the brain at top to the feet below the flow of these rays has spread... My entire body is illuminated by these rays of purity... And now I feel that this physical body of mine has completely disappeared... Just I, the soul, am left behind.., in my body of light... in my angelic form... I am an angel of purity... Now I, the angel, fly up towards the sky... Crossing the sky, the moon, the stars and the galaxies, I have reached the subtle world... white light all around... In front of me is BapDada... He is giving me a sweet drishti full of love... He is embracing me... I now sit in front of BapDada... He has placed His hand of blessings on my head... From His hands, the divine rays of purity are flowing into me... and spreading throughout my subtle body... I am completely absorbed in this experience... Now BapDada is giving me a blessing - "Child, May you be a supremely pure soul..!! May you be a supremely pure soul..! May you be a sun of purity..!! May you be a sun of purity..!!"

I am a supremely pure soul... BapDada has blessed me with both these blessings... From today this gift of purity will work naturally in me. I am a supremely pure soul... I am the sun of purity!! I am a completely pure and clean soul...

Now I, the soul, removing the costume of my subtle body, fly to the supreme abode..... the land of peace.. my original home... Experience here the company of Shiv Baba... Visualize that the divine light of purity radiating from Shiv Baba, is absorbing into my soul... Be completely concentrated in this experience... Rays of purity flowing out of Supreme Soul Shiv Baba, and merging into me, the soul... By these rays, the sins of my birth after birth, are absolving... are being burnt away.... I am stable in a completely pure, holy and satopradhan stage... God has blessed me - "May you be a supremely pure soul!! May you be a sun of purity!!"

Now we will visualize that the light of purity flowing into me from Shiv Baba is being radiated to the world below... It seems like from me, a fountain of pure rays is falling upon the whole world... And all the souls of the world are receiving it... By these rays, all their troubles and sorrows are ending... Purity is the mother of happiness and peace! All the souls of the world are experiencing happiness and peace by these rays of purity..! These rays are also being received by all the five elements of nature - fire, air, sky, water and earth... All the five elements are becoming pure., and clean... The upheaval of nature is calming down.... Mother Earth is giving me a blessing from the heart – "May you always be healthy! May you always be successful!" All the souls of the world are experiencing happiness and peace from these rays of purity... They are thanking us from their heart...!!

Now I, the soul, fly down to my angelic body... and reside in the middle of my forehead... Visualize that I am an angel present above the globe of earth... I am a supremely pure soul... I am an angel of purity... I am a sun of purity... See that the rays of purity from me are continuously spreading all around... Visualize - The rays of purity from Shiv Baba in the supreme abode are flowing down.., merging into me, the soul, and being radiated to the whole world..... God says - "Just like I shine in that incorporeal world, you shine in this corporeal world! You are the light of this world! If you were not there, then this world would have become deserted..!" Feel that I, the soul, am shining like a sun of purity..! All souls of the world are getting light of purity... Purity is the mother of happiness and peace! See that by receiving these rays of purity, all souls of the world have become peaceful and happy... The Supreme Soul, Shiv Baba, is giving the gift of purity to all the souls through me... He is making them peaceful and happy...!

**OM SHANTI.**



**Create these thoughts for 5-10 minutes every morning  
and get what you want! What we Think We Create!**

**Heal Your Mind, Body and Soul!**

**OM SHANTI.** We tend to make those situations or events a reality, whose thoughts we create repeatedly! What we think we create! There is a creative energy in our thoughts. The thoughts we create over and over again eventually takes the shape of reality. The more we think positive, the more positive situations we create.

Our subconscious mind is active for 5-10 minutes in the morning and 5-10 minutes before sleeping at night. The thoughts that we create in the first 5-10 minutes in the morning, their effect remain throughout the day. We will remain in that positive state throughout the day. So today we will experiment with 5 such thoughts. By their practice, our stage will become strong, our mind will be positive, life will become smooth, we will be successful in every work, and all our relationships will also become good. By using this practice for 21 days, we will get very beautiful results. So as soon as we wake up in the morning, first we have to visualize God in front of us and wish him Good Morning from the heart! And then we have to thank him for a new day! By thanking him and seeing him in front, we will create the first thought - "I am an angel!" Deep inside we will realise that we are an angel sent by God. We only have to give. By creating this thought, we will be light throughout the day, and by being light we automatically will receive the might of the God, and then, our every action will be right! Connected to this, we will create a second thought - "I don't need anything from anyone!" By creating this thought we have to feel that, because I am an angel sent by God, I just have to give! I don't need anything from anyone! The more we will revise this thought, the more our stage will become beyond desires and expectations! And it is a law of nature that as our stage becomes beyond any desires, automatically we keep receiving whatever we want in our lives! And, being free from desires will keep us calm and content. Also, those who come in our contact will be satisfied with us and we will keep receiving their cooperation. Then connected to this second thought, we will create the third thought - "This my body is perfectly healthy!" Along with this, we have to visualize

that I have a perfect healthy body, I am disease free, perfectly fit and fine! Connected to this we will create the fourth thought - "This home is Baba's home!" By practicing this, automatically the stores of the house will be abundantly full! We won't have any shortage. And the final thought that we will create connected to others, is - "All the family members living in this house are happy and united!" So we have to practice these five thoughts together in the morning. So how to practice them, let's start.

In front of the eyes, visualize - Supreme Soul Shiv Baba... a point of light... We will say good morning to Him with a smile.... We will thank him for today... Now concentrating on the soul, we will create the first thought - I am an angel..! I am an angel..! I am an angel sent by God in this world... I just have to give... Everyone will continue to experience happiness and peace by me... I am an angel of God..!

Second thought - I do not want anything from anyone... I only have to give.. I do not want anything from anyone.. I am satisfied.. God has filled me with all the attainments... I just have to give...

Third thought to create - My body is completely healthy.. my body is perfect... I am completely healthy.. healthy.. fit and fine... Visualize your perfect healthy body, disease free body...! This body is a gift given to me by God... I am completely healthy... I am healthy... I am healthy... I am fit...

Fourth thought to create - Our house is the house of God... This house is the house of God...! And being the house of God, it's stores are always full... There is no shortage here... This house is full of happiness and prosperity.. This house of ours is the house of God... This house is the house of God..!

Fifth thought - All souls are happy in this house... All are united.. helping and loving... All souls are happy in this house... This family is happy.. All are united... Everyone has one opinion... All are full of happiness and prosperity... All my relations are good.. We are all united... All souls of the world are also good... All are children of God.... all are very nice... My relations with them are very beautiful... **OM SHANTI.**

Similarly, we have to practice these thoughts at night also while sleeping. When we create such thoughts while falling asleep at night, these thoughts continue to work in our subconscious mind throughout the night and then they continue to be formed... We also have to repeat these thoughts for 5 seconds, 10 seconds or 1 minute in between the whole day.

**OM SHANTI.**



**To finish the old accounts till date**  
**A powerful commentary for absolving the sins**

**OM SHANTI.** Supreme Soul Shiv Baba says - "The weaknesses, the defects, the lack of power, and the delicate nature, which still remain today, have to be finished in the old account. This is what it means to celebrate Diwali. Not for a temporary period, but to finish them with all their forms permanently, is to celebrate Diwali." - 29.10.1970.

In this meditation commentary, we will cleanse the soul through the rays of purity, which we will receive from the Supreme Soul. The old habits, defects, weaknesses and delicate nature of the soul will be finished with these pure rays. And then we will take rays of virtues and powers from the Supreme Soul. So let's begin.

Withdrawing the self attention from all the sides, let's focus on the centre of the forehead... I am a soul... a point of light... a shining star... a light form, energy... I, the soul, am shining like a lamp(deepak)... I am a completely pure soul... This body is separate from me, the soul... I am the master who runs this body... master of all the sense organs.... Now I, the soul, leaving this body start flying towards the sky... Crossing the sky, the moon, the stars.., I have reached the supreme abode... red light scattered all around... It is a world of souls... I, the soul, have reached close to my Supreme Father Shiv Baba... I am just near Him... Feel the company of the Supreme Soul... Now visualize that.. the rays of purity are flowing out of Shiv Baba...and merging into me, the soul.... I am becoming completely clean... My old habits, weaknesses, incapability and sensitiveness are finishing... I am becoming completely clean... With these powerful rays, the sins committed by me in the previous births are getting burnt.... The rays are constantly flowing into me... I have become completely clean... All the old habits and weaknesses have been destroyed... I am a pure soul.. completely pure... child of the Ocean of Purity... Experience this feeling that I am a completely clean soul... and from the Supreme Soul, rays of divine virtues and powers are merging in me... Feel that these

colourful rays are the rays of all the virtues and powers.... With these rays.. I, the soul, am getting filled... It feels like the Supreme Father is giving me all His Virtues and Powers in blessings... Just as the Supreme Soul Shiv Baba is the Ocean of Virtues, similarly, I, the soul, have become master ocean of virtues... I am filled with knowledge, love, bliss, happiness, purity, peace and power..! Constantly the divine rays are flowing into me from Shiv Baba.... Just like the Father is the Almighty Authority... I, his child, have become master almighty authority... The lamp of self realisation has ignited inside me completely..! Now there is no darkness, no negativity, no stain... I am completely satopradhan, completely clean... pure... filled with all the virtues and powers...

Now feel that from me, these divine rays of virtues and powers are radiating to the whole world below... It is being received by the 5 elements of nature., and all the souls... With these rays, all their sorrows and pains are disappearing... and their lamp of self realisation is getting ignited as well... The light flowing into me from the Supreme Soul Shiv Baba is falling upon the world below... and this light is spreading everywhere there... The darkness is being removed from the world.... All the souls are shining like lamps... They are filled with purity, knowledge, peace, love, bliss and powers... It seems like Diwali is being celebrated in the world... and all the souls are celebrating in happiness... Nature is in it's satopradhan stage... It is peaceful, calm, unshakeable and immovable.... All the souls are dancing in happiness... and thanking Supreme Soul Shiv Baba and me whole heartedly..!

**OM SHANTI.**



## **The practice of ten blessings!**

**With the powerful experience of these blessings,  
get your concentration power increased  
and make your yoga effortless.**

**OM SHANTI.** In this meditation, we will experience receiving ten blessings from the Almighty. For our spiritual progress, it would be great to choose atleast 5-10 blessings which we can experience everyday, and become stabilized in their forms. The Supreme Soul, Shiv Baba says - "You are born with blessings..and you are sustained with blessings!" So the more we practice becoming the form of these blessings, the more we become an image that grants blessings! So let us begin.

Concentrate in the middle of the forehead... I, the soul... a form of light...a sparkling star... an energy... I, the soul, am the master of my body... I am a peaceful soul... Visualize that a ray filled with peace is emerging out of me, the soul.. and spreading all over my body... This peaceful light has spread from the top of the brain.. to the feet at the bottom! I am feeling completely relaxed... I, the soul, am detached from this body... In this state, I feel as if this physical body has completely disappeared... Only I, the soul, am left in the body of light... in my angelic form... I am an angel of God....

Now within a second, I, the angel, reach the subtle world... Here is white light scattered everywhere... BapDada is in front of me... giving me a sweet, loving drishti... He is embracing me..... Sit in front of BapDada... feel His presence... Now, BapDada has placed His hand of blessings on my head... Divine light full of powers and virtues are flowing into me from his hand.....

- BapDada is giving me the first blessing - "Child, May you be an elevated yogi.. May you be an elevated yogi..!" With the attainment of this blessing, my yoga will become effortless from now on... I will not have to labor in yoga... I will always be in the awareness of being an elevated yogi soul... The blessing of being an effortless yogi is the most elevated blessing of Brahmin life... One who receives this blessing, automatically receives all the other blessings!

• Now, BapDada is giving me the second blessing - "Child, May you be master almighty authority.. May you be master almighty authority..!" With the attainment of this blessing, Baba has given me all His powers.... I, the child of God, am master almighty authority... All impossible tasks become possible with the awareness of being master almighty authority! This blessing will give me success in all tasks.. I will perform all my duties with ease... When the Father is with me with all His powers, nothing wrong can happen to me... No negativity of this world can touch me... I am master almighty authority!

• Now, BapDada is giving me the third blessing - "Child, May you be a completely pure soul... May you be a completely pure soul..!" My practice of purity becomes very natural with the attainment of this blessing... I am completely pure in my thoughts, words and actions..!! God Himself has blessed me that, I am a completely pure soul!

• Now, BapDada is giving me the fourth blessing - "Child, May you be an embodiment of success... May you be an embodiment of success..!" With the attainment of this blessing, I will be successful in all my tasks, at my office, in any business, in my studies, or in any service... The Almighty has blessed me - may you be an embodiment of success! From today, I am victorious in all my tasks... Success is my birthright.... The Supreme Soul is always with me.... His company makes me successful in all my tasks.

• Now, BapDada is giving me the fifth blessing - "Child, May you be destroyer of obstacles... May you be destroyer of obstacles..!" With the attainment of this blessing, all problems and obstacles of my life will be destroyed. Even if some obstacles arise in any work, I will overcome them very easily... As if all obstacles or papers will turn from a crucifix to a thorn, because God Himself has blessed me to be destroyer of all obstacles!

• Now BapDada is giving me the sixth blessing - "Child, May you always be happy... May you always be happy..!" With the attainment of this blessing, my life will be prosperous and full of happiness and comforts! I am a happy soul... I have all the attainments and comforts related to mind, body and wealth... I am content... God has blessed me - may you always be happy... I am completely a happy soul!

• BapDada is giving me the seventh blessing - "Child, May you always be free from diseases... May you always be free from diseases..!" With this blessing, God has blessed me to be the one, who is always free from all types of diseases! I am completely disease-free. I am perfectly healthy! My body is healthy, free of all

diseases... I am completely fit and fine... My mind is healthy... My mind is always positive... I am perfectly healthy!

- Now, BapDada is giving me the eighth blessing - "Child, May you be an angel of peace... May you be an angel of peace..!" With the attainment of this blessing, I, an angel of peace, will automatically become a donor of peace for all the souls of this world... All the souls will receive and experience peace from me... They will experience peace in my thoughts, words, actions and my drishti.

- Now Bapdada is giving me the ninth blessing - "Child, May you be a divine soul of the Golden Age... May you be a divine soul of the Golden Age..!" With this blessing, Baba has filled me with all the divine virtues of a golden aged soul... I, the soul, am sixteen celestial degrees full... I am completely satopradhan... With this blessing, God is giving me the blessing to receive the most elevated position in the Golden age; the position of a King! From today, all the souls will experience divine qualities and divine powers from me.. I am a divine soul of the Golden age!

- Now Bapdada is giving me the tenth blessing - "Child, May you become equal to the Father... May you become equal to the Father..!" With this blessing, Baba has given me all His powers, virtues, blessings, all His treasures and all His knowledge to me as a gift..as a blessing..! From today onwards, I am a soul who is equal to the Father... I have to serve the world like the Father... Like Him, I am world benefactor! I have to uplift all the souls of this world... I have to give them Baba's message... I am equal to my Father!

At last, we will repeat all these ten blessings from deep within our hearts. Let's experience these blessings in their depth... "I am the most elevated yogi soul... I am master almighty authority... I am a completely pure soul... I am an embodiment of success... I am destroyer of obstacles... I am always happy... I am always free from diseases... I am an angel of peace... I am a divine soul of the Golden Age... I am a Soul who is equal to the Father..!"

**OM SHANTI.**



## **Surrender these 6 things to God as soon as you wake up every morning**

**OM SHANTI.** God says that, the more we are surrendered to Him, the more perfect we become! So when we surrender to God with our complete mind and intellect, our yoga;connection with Him becomes powerful. Our thoughts automatically become positive. Our determination and will power increases. We become healthy, wealthy and happy! We remain powerful in every situation, and easily achieve success in every aspect of life. So as soon as we wake up in the morning, we have to surrender 6 things to God. But before that, first we have to thank Him for the new day, and wish Him good morning with a heartfelt smile.

In avyakt murli - 29.06.1970, Shiv Baba said - "The more you imbibe the form of surrender in an unlimited way, to that extent you will make your intellect unlimited and become one with a right to the world."

Then He explained the depth and the unlimited form of surrender - "Firstly, your every thought should be surrendered. Secondly, every second should be surrendered, that is, your time should be surrendered. Thirdly, your actions should be surrendered, and then, your relationships and wealth should also be surrendered. There also has to be the surrender of all relationships. Lokik relations are of course included in that anyway. However, the relationship between the body and the soul should also be surrendered."

So the six things that we have to surrender to Him are - thoughts, time, actions, relationships, wealth and body. The more we keep on surrendering these things, the more our mind will become lighter and the speed of our thoughts will decrease. We will constantly experience the company of God. We will feel powerful, safe and secure. So let's practice surrender of these 6 things as a meditation.

Let's experience the soul conscious stage... I am a soul... a point of light... shining in the center of the forehead.. I am a shining star... I am a peaceful soul... Peace is my original nature... All my thoughts are calm... My body is completely relaxed.... Feel

that I, the soul, have become completely relaxed.... Now, visualize in front of the eye - the Supreme Soul Shiv Baba.. a point of light... the Ocean of Knowledge... Ocean of Virtues... the Almighty Authority... I am His child! I am Shiv Shakti! I am very much powerful... Keep looking at Him, and talk to Him... "Baba! I thank you for this day.. good morning!!"

And now the first thing that we will surrender to Him - All the thoughts! "Baba, all my thoughts are surrendered to you... My every thought is elevated.. It is according to your shrimat.. I don't have any thought of my own... I surrender all of them to You.... I am completely thoughtless... I am carefree... I have no burden... All my thoughts are surrendered to You, the Supreme Soul, Shiv Baba..."

The second thing we will surrender - Time! "Baba, I surrender to you all my time of this life... All the time I will remember that I am Your child., I am Shiv Shakti, I am master almighty authority... I surrender my whole time to You.... this my whole life is Yours..."

Third thing to surrender - Actions! "Baba, whatever action I do, whether it is simple household work, or any job, or any business related, I surrender my entire actions to You... These deeds are Your service... I am a constant yogi, a constant server... My every action is dedicated to You.. it is elevated... I am victorious in every action... Success in my birthright!"

Fourth thing to surrender - All our relationships! "Baba, I surrender to You all my relationships... By surrendering all relationships to You, they will always be good.." Visualize and Deeply feel - I have pure feelings for all these relationships... I have good wishes for everyone, "May all be well!" I am compassionate with everyone... All are very good... Everyone loves me very much... They all bless me from heart!

Fifth thing to surrender - Wealth! With whole mind and heart, I surrender all the property, whatever the wealth I have, to God... "Baba, from today onwards this property, this wealth everything is Yours... I am a trustee to handle it... This wealth is earned honestly and hence, it is pure... This wealth will be used for good work... All the storehouse and treasures of this house belong to You., and are always full..!"

And the sixth thing we will surrender - Body! "Baba, this body is Yours, You can use it whatever way You want..!" Feel that, by surrendering the body to the Supreme Father Shiv Baba, I am feeling very light... I, the soul, am present in a body of light, completely free from any burden... By surrendering the body with complete mind

and heart, my body will remain healthy and perfect! Whatever diseases are present in the body, they will automatically get lighter...

We will repeat once again – "Baba, my thoughts, time, actions, all relationships, wealth and body.. everything is Yours.. everything is Yours..!"

Similarly we have to practice this form of surrender at the night before sleeping as well.

**OM SHANTI.**

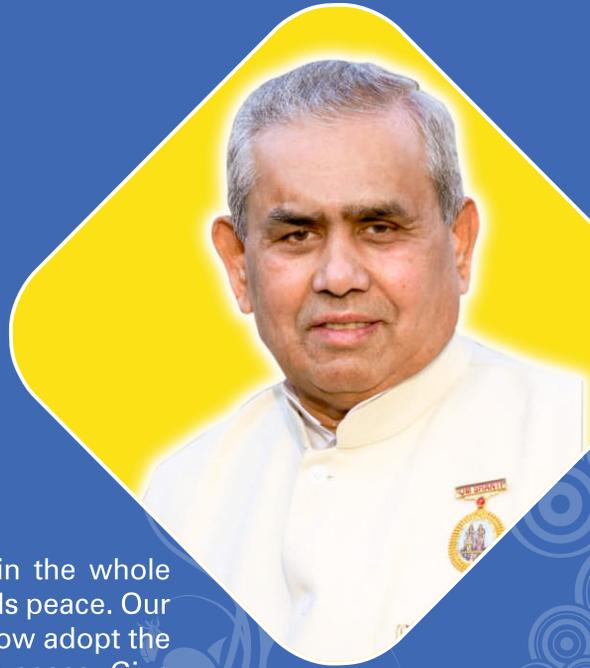
**For More Details Contact:**

**BK Rahul**

**Phone - +91 9850055544**

**E mail - paramdham8@gmail.com**





## BLESSING



At present, pain and sorrow is increasing in the whole world. In such circumstances, everyone needs peace. Our Beloved Supreme Father, Shiv Baba says: Now adopt the form of angels and serve the world. Spread peace. Give power to the powerless souls. Purify the elements of the nature. Help the needy by service through your minds; mansa seva!

For this service, Guided Raj Yoga Meditation Commentaries can be very helpful. This book contains many different commentaries based on experimentation with Raj Yoga on service through mind; mansa seva. Apart from this, it has very beautiful yoga commentaries related to the different situations, the small and big problems that occur in our daily lives! Also, the practice of Raj Yoga in this way will increase our intense effort in the path of knowledge.

With the help and blessings of BapDada, these helpful, beautiful and guiding RajYoga meditation commentaries have been made by BK Rahul Bhaiji. May Baba give him more strength, and he makes more such commentaries, that's what I wish! Om Shanti.

**Om Shanti**

**BK Mruthyunjaya Bhaiji**  
**(Madhuban)**