

For January 5, 2015



True Sita in Conversation with the ONE Rama

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a true Sita. I follow shrimat at every step. I live within the codes of conduct.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. Even though I act in the world, fulfilling my worldly duties, I always remain conscious that I am Your true Sita. I remember You, Rama, with every breath.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Rama is the ONE God and you are a true Sita. As a true Sita you, the soul, should always remember the Father and constantly follow Baba's shrimat. Don't take a single step against Baba's directions. As a train moves safely on its rails, so too at amrit vela, set yourself on the rail of remembrance. Amrit vela sustains the whole day. If you make this foundation strong, you will receive Baba's cooperation throughout the day.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one who receives great joy when you enable others to rise, shine and soar. By putting others first and letting go of all desires for your self, you have won the heart of all and have become a world benefactor.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.