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A Clean and Pure Soul in Conversation with the Supreme Magnet

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 clean and pure soul. As soon as I sit down for amrit vela, I feel a magnetic pull toward the Supreme Magnet. I have attained everything I need from the Supreme Magnet, my sweet Baba. These attainments become a magnet that attracts everyone to Baba.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I belong to You, the Supreme Magnet. Wherever I look and whomever I see, I only think of my experiences with You. I attain everything from You the Supreme Magnet.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Remember attainment makes you a magnet. With the power of your own attainments, you extract water from a hard stone, and draw the water to the desert, making it green. Remember all your attainments from the moment of your Brahmin birth till now. Remember your original pure nature. Then, you will become a spiritual magnet and your pure personality will attract all souls of the world toward Baba.

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, pure vision, He gives me this blessing:

You have the supreme fortune of happiness because you have received BapDada's heart throne. You constantly partake of, and share with all, this nourishment of joy. In your heart, you sing the song "Wah my fortune wah!" and live each day in a carefree way.

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.