

19.12.2014



## A Child with the Mother and Father

### 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 child, a soul, and I belong to Baba. I receive sustenance from the Mother and Father, BapDada. He sustains me with special hospitality and care.

### To Whom do I Belong?

#### Soul converses with Baba:

Good morning sweet Baba. My Baba, beloved Baba, sweet Baba. From the bottom of my heart, I know you are mine.

#### Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. I love you so much. Just as in the morning, a mother and father prepare their child for the coming day. They clean and feed him, and ready him for the day. In that way, BapDada sustains you at amrit vela. I fill you, the soul, with power and prepare you for the entire day. Because

you recognized Baba and said from your heart, "My Baba", BapDada gives you spiritual love multi-million times over.

### 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:

*At the confluence age, the Ocean of Love gives you platefuls of diamonds and pearls of love. With the power of this Love, the mountains of adverse situations become as light as water. No matter how fearsome the form of Maya is, you know how to merge yourself in the Ocean of Love in a second and turn the lioness of Maya into a kitten.*

### 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.