

For May 21, 2015

Smriti or to Remember

Sweet child: If you become trapped in someone's name and form, you would be completely finished off. Only the fortunate children are able to make the effort to forget the consciousness of the body, to become bodiless and remember the Father. The Father explains every day: Children, forget the consciousness of your body. The Father says: You now have to return bodiless. Consider yourself to be a soul and remember Me. It is the soul that has become impure.

Sweet Baba, during the course of the day I will reaffirm the awareness that I, this bodiless soul, am now returning home. I have to shed this body here. Only when I constantly stay in remembrance of the Father and become karmateet can I then shed it. It remains in my buddhi that I first came here bodiless, that I then became bound in karmic relationships of happiness and then became trapped in the vicious bonds of the kingdom of Ravan. Baba is now freeing me.

Samarthi or Power

I constantly plug myself into the power that is received from the above smriti. I become aware how my smriti is recharging my self-respect. I pay attention to how my smriti is giving me strength and is allowing me to operate with equanimity and patience in an ever-changing world.

Mano-vritti or Attitude

Baba to Soul: You should not cause sorrow for anyone through your thoughts, words or actions. The Father comes to make you into such deities. Do they cause anyone sorrow? The Father comes every day to educate you and teach you manners. You yourselves ought to be strong.

I am determined to not give sorrow nor take sorrow today. I will embrace an attitude of strength and kindness.

Drishti or Pure Vision

Baba to Soul: May you be an image of support for the world who remains constantly busy in the task of world benefit.

I hold the unlimited souls of the world constantly in my drishti. When I see all souls in front of me, I cannot be even slightly careless. By my unlimited drishti, I receive the blessing of being an image of support from BapDada.

Creating a Wave

I will do mansa seva and be part of creating a beautiful wave of pure remembrance and attitude spanning the whole globe during the 7:00pm to 7:30pm meditation. I will engage the smriti, manovritti, and drishti from above and give sakaash to the whole world as a humble instrument.