

## *The Avatar's Journey*

### *Siddhi Swaroop Formulas - Set 2*

#### **How to engage the formulas?**

The formulas featured in *The Avatar's Journey* are excerpted from the Murlis and are designed to make us siddhi swaroop. For the meanings of the words avatar and siddhi swaroop, refer to the attached document. Before launching each formula, make the intention to give up any doubts you may have about yourselves. This is a good one to start with from BapDada's Murli: "So today, BapDada is selecting the children who are siddhi swaroop. The memorial images of these children are even today enabling many souls to attain many types of siddhi."

Each formula has a practice component and an attainment component. The practice component has three strands (triad). Practice the first part of the triad, then the second, and then the third, in sequence. When you keep practicing the triad in its entirety in sequence, then you will experience the resulting attainment associated with it.

We recommend that you practice and experience each triad 108 times. These 108 times can be done 30 minutes in the morning, 30 minutes in the evening, during traffic control times, while eating, while moving around, or at your own pace. You have the freedom to complete the 108 repetitions in 1 day or 2 days.

For January 15 and 16, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

### Formula

(Bodiless - Ashariri) + (Soul Consciousness - Dehiabhimani) + (Incorporeal - Videhi) =  
Safety

### Practice

**Bodiless State (Ashariri):** I become aware of myself, soul, in this body. I separate myself from this body.

**Soul Consciousness (Dehiabhimani):** Even in this body, I'm aware of all the original qualities of the soul. In soul consciousness all my innate qualities emerge. I use my body's sense organs in soul consciousness.

**Incorporeal (Videhi):** I'm totally detached from body – in absolute silence. I've no knowledge or awareness of my material or subtle body.

### Attainment

**Safety:** Let others only see your form of light – this is your safety! This is the only means of safety at a time of upheaval. In the beginning, you had such a practice while walking that your stage would make others think that a light is passing by and they wouldn't see the body. You can pass every type of test paper with this practice. Now, very bad times are coming, hence, increase this practice of remaining light.

Avyakt BapDada

For January 17 and 18, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

### Formula

(Incorporeal - in thoughts) + (Egoless - in words) + (Viceless - in actions) =  
Integration

### Practice

Incorporeal (Nirakari): I'm totally and completely aware of myself as a soul. There is no awareness of anything material.

Egoless (Nirahankari): I stabilize myself in the stage of being a humble instrument of Baba, free from waste thoughts.

Viceless (Nirvikari): My actions are not tainted by any of the vices. My actions are elevated and my intellect is clear and pure.

### Attainment

Integration: These three words - nirakari, nirahankari, and nirvikari - were Brahma Baba's last words. He became a conqueror of attachment and an embodiment of remembrance through this practice. I become an embodiment of total power. I constantly see the Father in all relationships and in all relationships I see all attainments. I experience the bliss of being complete.

For January 19 and 20, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

### Formula

(Detached Observer - Saakshi) + (Company of the Companion - Saathi) + (Current of Light and Might - Sakaash) = Unshakeable

### Practice

Detached Observer (Saakshi): As a detached observer, I watch the scenes, scenery, and actors in this grand epic movie called "drama". I perform every action today as a detached observer.

Companion (Saathi): I keep the company of the true and eternal Companion. A worldly companion may deceive me, cause sorrow, change his or her mood, smile at times and cry at other times. But this alokik Companion will be ever joyful. He will save me from all deception. He is such a Bestower that, whatever I offer to Him, He will always give me a thousand-fold return.

Powerful Current (Sakaash): I'm a child of the Bestower of Happiness and hence I give every soul happiness through my attitude. I serve through my mind and give them a powerful current (sakash).

### Attainment

Unshakeable: Under the canopy of this practice, I become fearless and unshakeable. My stage remains stable and elevated even in an atmosphere of upheaval. No matter how disturbing someone may be, Baba's remembrance becomes my fortress and I remain safe.