

Om shanti,
Divine brothers & sisters,

On the good occasion of **International Yoga day** and **Mamma remembrance day**, I am sharing baba's another new project – **5 forms practice using ten methods** to Brahmin family for self-progress through intense effort in this year of completion . In this project, **ten various types** of 5 forms practice method is depicted which if practiced can benefit ourselves and others. Therefore it is very essential to be shared to those in connection. These **ten methods** are as follows:

- 1) **Basic Five forms practice**
- 2) **Five forms practice through three stages**
- 3) **Sakash to five forms rosary through five forms**
- 4) **Five forms practice through seven virtues**
- 5) **Five forms practice through eight powers**
- 6) **Five forms practice through various trinity relations**
- 7) **Sakash to five vices through five forms**
- 8) **Sakash to five elements through five forms**
- 9) **Sakash to five stages through five forms**
- 10) **Sakash to world through five forms with Aadi ratnas**

Just as in **11th Chapter of Gita** Shri Krishna gave vision of **Virat Vishwa swarup (Enormous World form)** to Arjuna, in a similar way the compilation of ten methods of five forms is an enormous weapon, powerful drill, Shivastra (weapon of Shiva), God bomb, powerful swadarshan chakra through which ten vices in the form of 10 heads of Ravana can be destroyed, can get **100% rid of waste thought, speech, attitude, vision, action and vices (5 of male and 5 of female)** and able to gain victory over it for half the cycle and come in **1-1-1** at the beginning of Satyuga.

Bapdada has specially mentioned on 5 form practice in **30-11-10 Avyakt vani** that today Bapdada is teaching an exercise to keep your **mind constant and stable**. Throughout day perform this 5 forms exercise at least for **5 seconds to 5 minutes** every hour, whatever forms you think about, experience that in your mind, make your mind busy. This will make your mind healthy and powerful. Whatever form you bring in front of you, you will experience its specialty. **Waste incorrect thoughts will vanish**. Performing this exercise repeatedly, you will become intoxicated while doing your work because the **Father's mantra** is also **Manmanabhav (Connect your mind with me)**. Your mind will become a weapon for you to become a conqueror of Maya, mind intellect and sanskars will follow the orders, can easily be able to put full stop, will become conqueror of mind and world, sanskar will become equal to Father. Then Bapdada asked to fix a date that Bapdada will have a *ceremony* for those who had a thought and put it into *practical* form accordingly that is who become complete according to their date. If you go fast having come last and show everyone, then your day of intense effort will be celebrated at the Centre. We will hold a function.



Fortunately, this soul got advantage of listening this valuable versions of Bapdada through his mouth followed by eye meeting and receiving his blessings on stage as a resultant since then I am earning benefits through the five forms practice and now not only I have obtained this golden opportunity of doing version churning and extract butter in the form of essence but also a chance to create re-awareness of that special version amongst every brahmin soul.

On god fatherly service,

BK Anil Kumar

(pathakau71@gmail.com for any queries & request for earlier other projects)

BASIC FIVE FORMS PRACTICE

FIVE FORMS	<i>I am a sparkling soul, in the beginning i was in deity form then in bhakti (devotion) my deity form was worshipped, now at confluence I have become most elevated brahmin, the child of god and now at the end I will become an angel.</i>
ANADI (ETERNAL) FORM 	<p style="text-align: center;">POINT LIGHT FORM – THE SPARKLING LOVELY FORM</p> <p>I am a sparkling light... rays are spread through me in all four directions.....i have entered into this body... I am an embodiment of peace...an embodiment of purity... the rays of purity emerged through me is spreading in my entire body... I am owner of this body...owner of motor organs...owner of mind, intellect, sanskars also...owner of all powers...the rays of power emerged through me is spreading in all four directions... I detach from the body and move towards Paramdham (Soul world)...Now, I am in Paramdham, in a liberated state...in front of Shivbaba... go on perceiving your divine form.</p> <p>Through this form practice, the soul regains all its virtues, detachment will enhance and vices will get eliminated.</p>
FIRST FORM 	<p style="text-align: center;">DEITY FORM – LOVELY AND DETACHED</p> <p>I descend from Paramdham and enter into deity form...i am devi (goddesses), I am devta (god)... I am in divine and pure body...in heaven...in golden palace...seated on throne...I am 16 degree complete, full with divine virtues...complete viceless...pushpak vimanas are parked in front of me...the beauty of nature is everywhere...nature is my slave...nature is comforting and mind pleasing... chirping of beautiful birds in all direction, sweet music of nature...deities are seen roaming everywhere.</p> <p>Through this form practice, we will start gaining all the virtues of deities easily, our joy will increase, sanskars will start transforming and imbibing purity will become easier.</p>
MIDDLE FORM 	<p style="text-align: center;">WORSHIP WORTHY FORM –BESTOWER OF BLESSINGS AND MERCIFUL</p> <p>My devotees are worshipping me, the Isht dev (desired god) with so much systematic methods and disciplines...I am eight armed Durga... I am destroyer of devil...destroyer of sins...world uplifter...I am in temple... thousands of devotees are standing with their various desires...sakash (currents) are coming out through my head and falling over them... everyone's desire is being fulfilled. I am destroyer of obstacles Siddhi vinayak Ganesha... bestower of intellect, power... merciful...fulfiller of wishes... they are having visions of my Isht (desired) form... they are singing praises...everyone's obstacles are destroyed.</p> <p>By remaining in this form, self-respect will get awakened...sanskar of giver and merciful will be created... internal powers will increase and purity will start becoming natural.</p>

<p>CONFLUENCE BRAHMIN FORM</p> 	<p style="text-align: center;">BRAHMIN FORM – HOW GREAT, ELEVATED</p> <p>I am that Brahmin soul who has been chosen by God, selected by him...No one is as fortunate as me... since I am fostered by Godly sustenance... I am master almighty authority... I am ancestor...I am a victory jewel... I am an image of support, Image of upliftment, Image of example, I am a World server, World transformer & World benefactor...Wow...I had never thought that God would become mine...never visualized that we would come so closer to him... he has given me blessings...he has given me never ending treasures...in this way by remembering your brahmin life experience joy, bliss and self-respect...now after acquiring the true knowledge my thirst of innumerable births has been quenched.</p> <p>Through this form practice, daily our importance of life, awareness of godly blessings and intoxication of attainments will increase and impact of Kaliyuga won't be there on mind.</p>
<p>LAST ANGELIC FORM</p> 	<p style="text-align: center;">ANGELIC FORM – COMPLETE KARMATEET (BEYOND ACTION)</p> <p>I, the soul is present in the sparkling body of light...I am double light... light is spread through my each organ... I am completely liberated...equal to Father Brahma... completely pure...detached... at rest... completely free... can go anywhere within a second... I am an avyakt (imperceptible) subtle angel...seated on lotus throne... white pure rays of baba are falling on me from upwards.</p> <p>Through this form practice, awareness of body will start vanishing. Mind will remain completely lighter, bondages and attachment will come to an end and various subtle services will happen.</p> <p>Experience that there is no limit for me, beyond all limitations, I am wandering in open sky like a free bird... the rays of peace, bliss, love is emerging through me and reaching to the entire globe. The sorrowful and restless souls of the world are experiencing peace.</p>
<p>Benefit</p>	<p>To practice these five forms is to become Swadarshan Chakradhari (spinner of the discus of self realization). This will burn away the sins, enable to practice elevated part in various births of the entire cycle and mind will easily be stabilized in seed form experiencing supreme bliss. This drill has to be practiced for 5-5 minutes many times a day. This drill need to be practiced at least 8 times.</p> <p>This drill of mind, exercise will make mind ever happy, keep in zeal and enthusiasm and enable to experience flying stage.</p>

FIVE FORMS PRACTICE THROUGH THREE STAGES

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1. I am an atma deepak (soul lamp) shining in the centre of forehead.
2. I am a mass of divine light in subtle world.
3. I am master sun of knowledge shining in soul world.

D
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1. I am child Krishna in beginning deity form.
2. I am murlidhar Krishna in beginning deity form.
3. I am world Sovereign Shri Laxmi Narayan in beginning deity form.

P
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1. In middle, I am worthy of worship home god & goddesses.
2. In middle, I am worthy of worship clan god & goddesses.
3. In middle, I am worthy of worship temple god & goddesses.

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1. At Confluence, I am Brahmin at Home.
2. At Confluence, I am Brahmin at Centre.
3. At Confluence, I am Brahmin at Madhuban.

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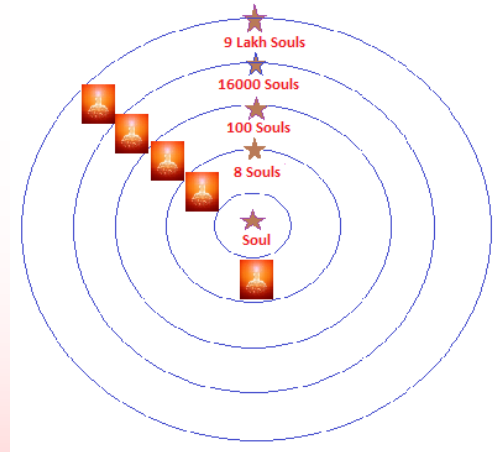


1. At end, I am a child angel.
2. At end, I am a youth angel.
3. At end, I am equal to Brahma father angel.

By practising five forms through this method that is giving current being stabilised in three stages, the soul rises above the three stages and finally attains Satopradhan (intense pure) stage.

SAKASH (CURRENT) TO FIVE FORMS ROSARY THROUGH FIVE FORMS

POINT LIGHT FORM

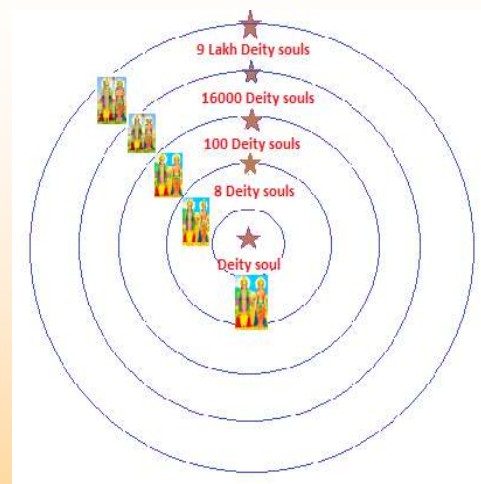


1. Eternal form : Incorporeal point light star sparkling in Paramdham (Soul world)

1. At centre, I (soul) and Supreme soul combined star
2. In first circle, 8 souls on all sides.
3. In second circle, 100 souls on all sides.
4. In third circle, 16000 souls on all sides.
5. In fourth circle, 9 lakh souls on all sides.

In Paramdham ,I (soul) and God Shiva in combined form is giving current to rosary of souls on all sides in four circles.

DEITY FORM

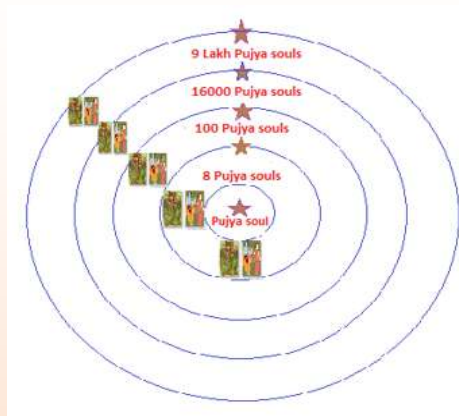


2. First form: Elevated, lovely, joyful, viceless deity

1. At centre, I (soul) Laxmi Narayan combined deity
2. In first circle, 8 Deity souls on all sides.
3. In second circle, 100 Deity souls on all sides.
4. In third circle, 16000 Deity souls on all sides.
5. In fourth circle, 9 lakh Deity souls on all sides.

In Heaven, through my Laxmi Narayan combined form I am giving current to rosary of deities on all sides in four circles.

WORSHIP OF WORTHY FORM

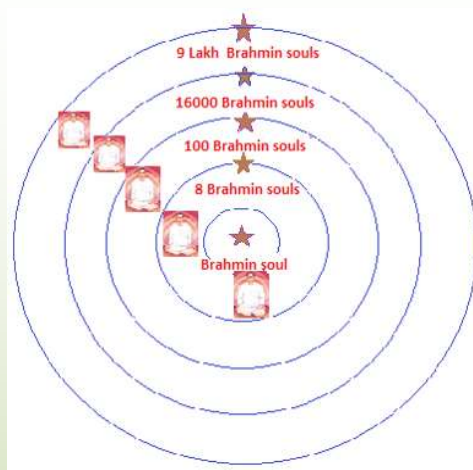


3. Middle form: Memorial in temples Pujiya (worthy of worship) god-goddesses

1. At centre, I (soul) adorned, worthy of worship god-goddesses
2. In first circle, 8 worthy of worship souls on all sides.
3. In second circle, 100 worthy of worship souls on all sides.
4. In third circle, 16000 worthy of worship souls on all sides.
5. In fourth circle, 9 lakh worthy of worship souls on all sides.

In temples, through my worthy of worship god-goddesses combined form, I am giving current to rosary of worthy of worship souls on all sides

BRAHMIN FORM

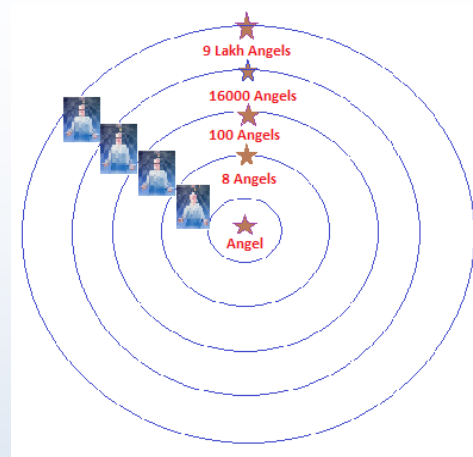


4. Confluence form :Great Swadarshan chakradhari Ishwar vanshi (God clan) Brahmin Kulbhushan

1. At centre, I (soul) egoless Rajyogi Brahmin soul.
2. In first circle, 8 Brahmin souls on all sides.
3. In second circle, 100 Brahmin souls on all sides.
4. In third circle, 16000 Brahmin souls on all sides.
5. In fourth circle, 9 lakh Brahmin souls on all sides.

In Madhuban ,I (Brahmin soul) and Bapdada in combined form is giving current to rosary of Brahmin souls on all sides in four circles.

ANGELIC FORM



5. Last form : Double light Avyakt (imperceptible) subtle angel

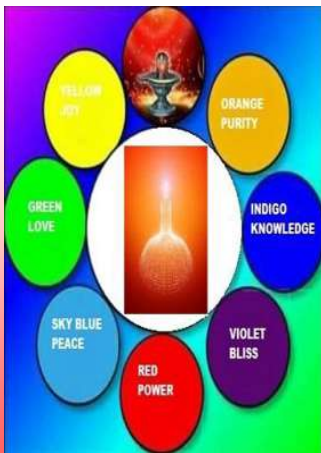
1. At centre, I (soul) equal to Brahma Father full complete Angel
2. In first circle, 8 Angel souls on all sides.
3. In second circle, 100 Angel souls on all sides.
4. In third circle, 16000 Angel souls on all sides.
5. In fourth circle, 9 lakh Angel souls on all sides.

At Globe, I and Father Brahma in combined Angelic form is giving current to rosary of Angelic souls on all sides in four circles and invoking all souls along with 9 lakh angels to make their way to Paramdham(Soul world).

This practice is for coming in number one that is for beginning souls. If current is passed to all these rosary of five forms being stabilized in five forms, you will come in the first 9 lakh souls.

FIVE FORMS PRACTICE THROUGH SEVEN VIRTUES

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1. I am an embodiment of Knowledge in my eternal form.
2. I am an embodiment of Purity in my eternal form.
3. I am an embodiment of Peace in my eternal form.
4. I am an embodiment of Love in my eternal form.
5. I am an embodiment of Joy in my eternal form.
6. I am an embodiment of Bliss in my eternal form.
7. I am an embodiment of Power in my eternal form.

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1. I am an embodiment of Knowledge in my first deity form.
2. I am an embodiment of Purity in my first deity form.
3. I am an embodiment of Peace in my first deity form.
4. I am an embodiment of Love in my first deity form.
5. I am an embodiment of Joy in my first deity form.
6. I am an embodiment of Bliss in my first deity form.
7. I am an embodiment of Power in my first deity form.

P
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1. I am an embodiment of Knowledge in my middle Pujya form.
2. I am an embodiment of Purity in my middle Pujya form.
3. I am an embodiment of Peace in my middle Pujya form.
4. I am an embodiment of Love in my middle Pujya form.
5. I am an embodiment of Joy in my middle Pujya form.
6. I am an embodiment of Bliss in my middle Pujya form.
7. I am an embodiment of Power in my middle Pujya form.

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1. I am an embodiment of Knowledge in my Confluence Brahmin form.
2. I am an embodiment of Purity in my Confluence Brahmin form.
3. I am an embodiment of Peace in my Confluence Brahmin form.
4. I am an embodiment of Love in my Confluence Brahmin form.
5. I am an embodiment of Joy in my Confluence Brahmin form.
6. I am an embodiment of Bliss in my Confluence Brahmin form.
7. I am an embodiment of Power in my Confluence Brahmin form.

**A
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1. I am an embodiment of Knowledge in my last Angelic form.
2. I am an embodiment of Purity in my last Angelic form.
3. I am an embodiment of Peace in my last Angelic form.
4. I am an embodiment of Love in my last Angelic form.
5. I am an embodiment of Joy in my last Angelic form.
6. I am an embodiment of Bliss in my last Angelic form.
7. I am an embodiment of Power in my last Angelic form.

This is our final stage full with seven virtues in which if stabilized, we can cure both physical and mental ailments cum pain of self and others thus making them abundant and satisfied. Through this practice devil qualities will vanish and divine qualities will go on emerging. The soul will be stabilized in its original form.

FIVE FORMS PRACTICE THROUGH EIGHT POWERS

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1. In Eternal light form I have power to Co-operate.
2. In Eternal light form I have power to Face.
3. In Eternal light form I have power to Discriminate.
4. In Eternal light form I have power to Judge.
5. In Eternal light form I have power to Tolerate.
6. In Eternal light form I have power to Accommodate.
7. In Eternal light form I have power to Withdraw.
8. In Eternal light form I have power to Pack up.

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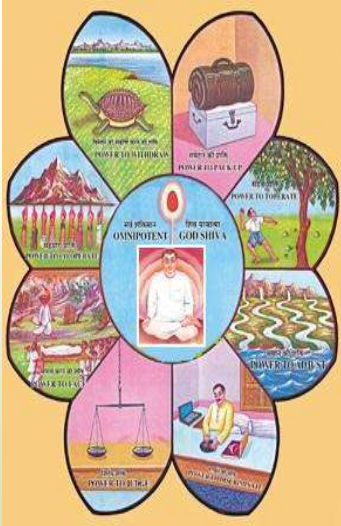
1. In Deity form I have power to Co-operate.
2. In Deity form I have power to Face.
3. In Deity form I have power to Discriminate.
4. In Deity form I have power to Judge.
5. In Deity form I have power to Tolerate.
6. In Deity form I have power to Accommodate.
7. In Deity form I have power to Withdraw.
8. In Deity form I have power to Pack up.

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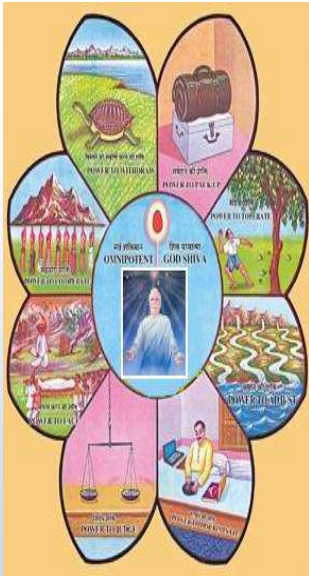
1. In Worthy of worship form I have power to Co-operate.
2. In Worthy of worship form I have power to Face.
3. In Worthy of worship form I have power to Discriminate.
4. In Worthy of worship form I have power to Judge.
5. In Worthy of worship form I have power to Tolerate.
6. In Worthy of worship form I have power to Accommodate.
7. In Worthy of worship form I have power to Withdraw.
8. In Worthy of worship form I have power to Pack up.

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1. In Brahmin form I have power to Co-operate.
2. In Brahmin form I have power to Face.
3. In Brahmin form I have power to Discriminate.
4. In Brahmin form I have power to Judge.
5. In Brahmin form I have power to Tolerate.
6. In Brahmin form I have power to Accommodate.
7. In Brahmin form I have power to Withdraw.
8. In Brahmin form I have power to Pack up.

**A
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1. In Angelic form I have power to Co-operate.
2. In Angelic form I have power to Face.
3. In Angelic form I have power to Discriminate.
4. In Angelic form I have power to Judge.
5. In Angelic form I have power to Tolerate.
6. In Angelic form I have power to Accommodate.
7. In Angelic form I have power to Withdraw.
8. In Angelic form I have power to Pack up.

This is our final stage complete with eight virtues in which if stabilized, we can get rid of obstacles of self and others. This if practiced will act like an atomic bomb and any task will be successfully achieved.

FIVE FORMS PRACTICE THROUGH VARIOUS TRINITY RELATIONS

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1. In my eternal form I am a divine star in the form of a child amidst Bapdada and Mamma in Paramdham (soul world)

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2. In my deity form I am a child Krishna in the form of a brother amidst Laxmi Narayan in Heaven.

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3. In my worthy of worship form I am Ganesha in the form of a companion amidst Shankar and Parvati in temples.

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4. In my Brahmin form I am a Godly student amidst Brahma Baba and Mamma in History Hall.

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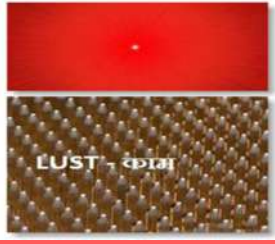


5. In my Angelic form I am a Godly follower with dadis amidst Brahma baba and Mamma in Subtle world.

By practicing five forms through various trinity relations loveful sustenance in every form will be experienced with a secure feeling in their canopy of protection.

SAKASH (CURRENT) TO FIVE VICES THROUGH FIVE FORMS

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1. I am clearing Lust vice including minute traces and progeny with red rays of Power being stabilized in eternal point light form.

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2. I am clearing Anger vice including minute traces and progeny with orange rays of Purity being stabilized in first Deity form.

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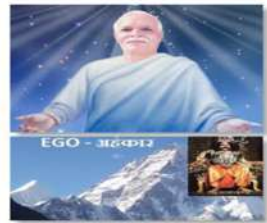
3. I am clearing Greed vice including minute traces and progeny with yellow rays of Joy being stabilized in middle worthy of worship form.

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4. I am clearing Attachment vice including minute traces and progeny with green rays of Love being stabilized in confluence Brahmin form.

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5. I am clearing Ego vice including minute traces and progeny with sky blue rays of Peace being stabilized in last Angelic form.

By giving current to five vices through this five forms practice, all these vices become calm, cool and sanskars will become pure, divine, satopradhan (extremely pure stage).

SAKASH (CURRENT) TO FIVE ELEMENTS THROUGH FIVE FORMS

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1. I am giving current to Earth element with red rays of Power being stabilized in eternal point light form.

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2. I am giving current to Water element with orange rays of Purity being stabilized in first deity form.

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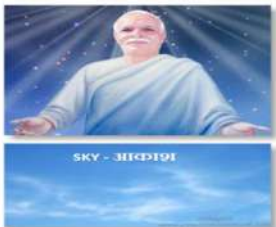
3. I am giving current to Fire element with yellow rays of Joy being stabilized in middle worthy of worship form.

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4. I am giving current to Air element with green rays of Love being stabilized in confluence brahmin form.

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5. I am giving current to Sky element with sky blue rays of Peace being stabilized in confluence brahmin form.

By giving current to five elements through this five forms practice, all these elements will become pure, powerful, cool, satopradhan (extremely pure stage) and attain their original form.

SAKASH (CURRENT) TO FIVE STAGES THROUGH FIVE FORMS

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Be stabilized in your **eternal form**. Give sakash with sankalp (determined thought) to the gathering of souls who are in the **womb jail stage** being in the awareness of **point light form soul**. 1) You are a point light form soul, an embodiment of peace. 2) You are a lovely child of ocean of peace – Godfather Shiva. 3) You are a resident of highest Soul world, Silence world. 4) Acquire your inheritance of Mukti-Jeevanmukti (Salvation - Heaven) 5) Now return to your original home.

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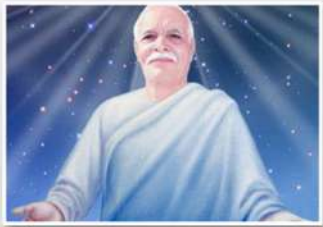
Be stabilized in your **first form**. Give sakash with sankalp (determined thought) to the gathering of souls who are in the **childhood stage** being in the awareness of **viceless deity**. 1) You are a point light form soul, an embodiment of peace. 2) You are a lovely child of ocean of peace – Godfather Shiva. 3) You are a resident of highest Soul world, Silence world. 4) Acquire your inheritance of Mukti-Jeevanmukti (Salvation - Heaven) 5) Now return to your original home.

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Be stabilized in your **middle form**. Give sakash with sankalp (determined thought) to the gathering of souls who are in the **youth stage** being in the awareness of **Pujya or worthy of worship form**. 1) You are a point light form soul, an embodiment of peace. 2) You are a lovely child of ocean of peace – Godfather Shiva. 3) You are a resident of highest Soul world, Silence world. 4) Acquire your inheritance of Mukti-Jeevanmukti (Salvation - Heaven) 5) Now return to your original home.

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Be stabilized in your **confluence aged form**. Give sakash with sankalp (determined thought) to the gathering of souls who are in the **old stage** being in the awareness of **egoless brahmin form**. 1) You are a point light form soul, an embodiment of peace. 2) You are a lovely child of ocean of peace – Godfather Shiva. 3) You are a resident of highest Soul world, Silence world. 4) Acquire your inheritance of Mukti-Jeevanmukti (Salvation - Heaven) 5) Now return to your original home.

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Be stabilized in your **last form**. Give sakash with sankalp (determined thought) to the gathering of souls who are in the **bodiless stage (spirits)** being in the awareness of **double light subtle angelic form**. 1) You are a point light form soul, an embodiment of peace. 2) You are a lovely child of ocean of peace – Godfather Shiva. 3) You are a resident of highest Soul world, Silence world. 4) Acquire your inheritance of Mukti-Jeevanmukti (Salvation - Heaven) 5) Now return to your original home.

Practice this at least 3-5 times a day and as per time availability do as much you can to avail maximum benefit and spread the vibrations of peace into the world.

Current through **Point light form** will lead across those souls who are eager to get relieved from the sufferings of **womb jail**.

Current through **Deity form** will lead across those **child hood stage** souls who are going through sufferings and craving for **happiness**.

Current through **Worthy of worship form** will lead across those **youth souls** who are trapped in the attachment web of vices with a hope of fulfillment.

Current through **Egoless Brahmin form** will lead across those **old aged souls** who are undergoing physical sufferings.

Current through **Subtle angelic form** will lead across those **bodiless souls (spirits)** who are wandering with the desire of salvation.

SAKASH (CURRENT) TO WORLD THROUGH FIVE FORMS WITH AADI RATNAS (FIRST JEWELS)

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1. I am giving current to the world with Bapdada through my eternal point light form.

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2. I am giving current to the world with Mamma through my first Deity form.

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3. I am giving current to the world with Dadi Prakashmani through my middle worthy of worship form.

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4. I am giving current to the world with Dadi Janaki through my confluence Brahmin form.

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5. I am giving current to the world with Dadi Gulzar through my last Angelic form.

By giving current to the world through five forms practice with Aadi ratnas, all souls and five elements of nature will become satisfied and pure by receiving powerful rays and vibrations.