

## The Avatar's Journey Siddhi Swaroop Formulas - Set 1

### Context

Avatar means one who crosses down, descends from the spiritual plane to the material plane. Usually, when an avatar comes, he/she creates a *tirth*, a pilgrimage place, where one can cross back up to the spiritual plane. An avatar creates a channel between the higher and lower worlds and hence one can cross up, along the same route that the avatar crossed down.

*Siddhi swaroop* means who we really are when we achieve perfection. *Siddhi swaroop* also means being an embodiment of success, full attainment, complete perfection and spiritual beauty.

In *The Avatar's Journey*, there are two ultimate stages: 1) ascending or becoming and being *siddhi swaroop*; and 2) descending as avatars to help other people ascend.

An avatar comes down as an instrument of Baba. An avatar never forgets he/she is an instrument of Baba. Being *siddhi swaroop* and having an instrument consciousness qualifies us to be avatars. When I become a perfect transparent instrument of Baba and when people ascend with me, they are actually following Baba.

### 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*. 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 3 and 4, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

(Om Shanti – the religion of the self is peace) + (Om Shanti – my Father is the Ocean of Peace, + (Om Shanti – my silent homeland is a place of infinite peace) = Deep Silence

### Practice

1st Om Shanti

Self: I become detached from this body and these sense organs. I remember I'm a soul and my original religion is peace.

2nd Om Shanti

Baba: My Baba is the Ocean of Peace. I have the same spiritual DNA as my Baba.

3rd Om Shanti

Home: I am a resident of the land of peace. Baba and I are close and connected here in the Soul World.

### Attainment

Deep Silence: Through the above practice, I increase my experience of deep silence. I'm part of a unique spiritual army. Its special weapon is the power of silence. It is an army that brings about non-violence and peace. The power of silence transforms human souls and nature. Through the language of the eyes, and with the power of silence, I'm giving an experience of Baba.

## For January 5 and 6, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

(Celibacy – purity inculcated according to the teachings given through Brahma) + (Yoga – purity required for unadulterated remembrance) + (Dharna – purity of original innate virtues of soul) = Angelic Form

### Practice

**Celibacy:** I abstain from sex-lust in my thoughts, words, and actions. This is the foundation of purity according to the teachings given through Brahma Baba. I'm the same soul from the previous cycle that conquered the greatest enemy, lust.

**Yoga:** I follow Brahma Baba at every step. I've cultivated purity required for unadulterated remembrance. I experience a deep and sustained connection with Shiv Baba.

**Dharna:** I adorn myself everyday with at least one of the original innate virtues of the soul. I remember a particular virtue and recollect that it is intrinsic to me, the soul. I, soul, strengthen it with remembrance of Baba as the Ocean of that virtue. I remember again and again that Baba and I have the same spiritual nature. His virtue is my virtue.

### Attainment

**Angelic Form:** I have a clear glimpse of my angelic form in the mirror of my heart. This effort will also bring the attainment of

impactful spirituality in which others will experience the angelic form.

## For January 7 and 8, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

Corporeal World (I'm a guest) + Subtle Regions (I'm an angel) + Incorporeal World (I'm in my Home) = Eternal

### Practice

Corporeal World: I am guest in this body. I'm a guest in this world – just here temporarily. This body and this world will age and fall away as all material things do. I am the soul within – a guest in this body and this world.

Subtle Regions: I become aware of my subtle body. I walk into my subtle body and into the Subtle Regions with my body of light. I take drishti from BapDada in the Subtle Regions.

Incorporeal World: I'm in my Home. I live in this Supreme Region of light where all souls ultimately reside. I, soul, am incorporeal and my Baba is incorporeal here with me.

### Attainment

Eternal: I see behind the veil to the real me. I, living being am beautiful, wondrous, and eternal. I, soul, am eternal and my part is also eternal. In my eternal form, my light shines to its fullest capacity.

## For January 9 and 10, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

(Truth - Satyam) + (Benevolence - Shivam) + (Beauty - Sundaram) = Magnificence

### Practice

Truth (Satyam): I, soul, am aware of my true form. There is a deep acceptance of belonging to Baba, the Truth. I create thoughts, speak words, and perform actions from this stage of truth.

Benevolence (Shivam): I, soul have pure thoughts and good wishes for everyone. By being a companion of the ONE who is constantly benevolent, I maintain feelings of benevolence for everyone constantly.

Beauty (Sundaram): Letting truth transform my thoughts, and being constantly benevolent, I bring my beautiful original form before me. I see the beautiful sparkling form of myself.

### Attainment

Magnificence: I'm able to have a vision of my true and real magnificence. I attain all virtues. These virtues are the jewels on my crown of light. I must keep this magnificence with me eternally.

## For January 11 and 12, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

(Ekvrata – faithful to ONE) + (Ekbal -- one strength) + (Ekbharosa -- one support) = Protection

### Practice

Faithful to ONE – Ekvrata: I, soul, commit myself to Baba. I cultivate royal purity by loving Baba and detaching from everyone and everything around me.

One Strength – Ekbal: Keeping Baba with me throughout the day, I choose a power I need today and reflect on one aspect of that power. Then I experience that form of power coming to me from Baba, the ONE with all powers.

One Support – Ekbharosa: I experience all my attainments through love for Baba. I step away from temporary attractions. I consciously transform my desires into an experience of love for Baba.

### Attainment

Protection: I, the soul, feel safe. Wherever I go, and whatever I do, I experience Baba's canopy of protection shielding me. I feel secure.

## For January 13 and 14, 2016

I become introverted and in solitude I experiment with and experience the formula below. 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

(Nimit – instrument) + (Nirmal vani -- pure words) + (Nirman – humility) = Belonging

(These were Dadiji's 3 words and the basis of her success.)

### Practice

Instrument – Nimit: I belong to Baba and therefore I truly serve when I am conscious that I am an instrument. Today I perform every action with the awareness of being a nimit.

Pure Words – Nirmal vani: I take great care to keep my mind pure and powerful so that I speak only pure words today.

Humility – Nirman: I deeply understand that Baba is doing everything and giving me, the soul, credit. I take care today not to seek acknowledgement for the self. I value every soul no more and no less than I value myself.

### Attainment

Belonging: I experience complete belonging to Baba. Everyone who comes into contact with me has a sense of belonging and I receive their blessings.