

**Special effort for the Avyakt Month – January 2014**  
**Transform the atmosphere by serving through the mind.**

Beloved children of most beloved Avyakt BapDada, ones who are constantly doing the service of giving sakaash through the power of your mind, all instrument teachers and all Raj Yogi brothers and sisters, please accept love-filled hearty greetings.

Now, the avyakt month of January is coming close especially bringing new experiences for us Brahmin children. BapDada and the Dadis especially want to see the return of the divine sustenance that we powerful souls have been receiving through the avyakt form. Now, each and every child of Baba, through their elevated, pure and powerful stage of the mind, should take out time to experiment with the power of silence and give a drop of peace and happiness to the unhappy, peaceless, distressed and wandering souls and to purify the five elements of matter. Each one should be co-operative in transforming the atmosphere through their mind and along with being yogi, also be one who experiments, through which the obstacles of your own weak sanskars, the obstacles that come through the polluted atmosphere, all types of bondages, and obstructions will finish and the flag of God's revelation will be hoisted in the world. With this aim, a variety of special points along with an explanation are being sent as special efforts for the four weeks of the month of January. It is hoped that all of Baba's children will make special time with discipline to definitely spend one hour of mansa seva in the morning and one hour in the evening during the avyakt month so that there is definitely one or another wonder in the New Year through which all obstacles are finished, our Baba is revealed in every corner of the world, the drums of victory beat, and the gates to liberation open for all souls. A four week programme is being sent to you with this bhavna. It is hoped that all of you will discuss this among yourselves in meetings prior to putting it into practice.

*With good wishes,*

**BK Janki**

**Week One – 1<sup>st</sup> to 7<sup>th</sup> January 2014**

**Be full of good wishes and serve through the mind with an attitude of being one with pure and positive thoughts for others.**

**Explanation:** While considering every soul in the drama to be innocent, have thoughts filled with good wishes for everyone. Do not keep in your attitude anyone's virtues or weaknesses. Put a full stop to the past in one second, stabilise your mind and intellect, and with the elevated feelings of being merciful and uplifting others, do this service with your clean mind. **Experience:** Stabilise yourself in your soul-conscious form, being seated on the seat of the forehead, receiving God's rays and giving sakaash to the unlimited.

- 1) The special instrument for the power of silence is pure thoughts and an attitude of pure and positive thoughts for others. Have thoughts filled with good wishes through this elevated attitude that there should be benefit for every soul. Each soul should recognize his or her own religion and form. The desire of birth after birth of all souls should be fulfilled.
- 2) Keeping your real satopradhan sanskars and Godly sanskars in your awareness, have the thought: Each soul has to recognise their original pure form and the Almighty Authority Father, and become doubly non-violent.
- 3) Be liberated from all limited desires and with the method of contentment, constantly show the glimpse of contentment through your face. Constantly remain content in your mind, in your heart, with everyone, with the Father and with the drama and have the thought that every soul should always remain content. Spread the wave of happiness through your body and mind.
- 4) Bringing your original and eternal sanskars into a practical form, have thoughts filled with love and good wishes for every soul: Each soul should recognise their own original and eternal sanskars. Claim the birthright that you have lost and become a constant jewel of contentment.
- 5) With the power of your mind, give all souls the blessings of your good wishes through which the big and small problems in their lives are finished. Let there be blessings emerging for all souls at every moment.

- 6) With the power of pure thoughts, become a light-house or a searchlight and serve the world. Keeping your vision and attitude in the unlimited, let your powerful vibrations reach the souls of the world.
- 7) Good wishes mean powerful and merciful thoughts. Become stable in the stage of being merged in the merciful form, stabilise your mind and intellect in one second and go into the depth of One and give all souls the sakaash of peace.

### **Week Two – 8<sup>th</sup> to 14<sup>th</sup> January 2014**

#### **Serve through the mind with the awareness of being worthy of worship and an ancestor.**

**Explanation:** Worthy of worship form means to experience yourself in the form of the special deity, to emerge a queue of devotees in front of you and to fulfil their desires. In the ancestor form, stabilise yourself at the trunk of the tree with Father Brahma as an embodiment of tapasya and give the whole tree the water of all powers. **Experience:** A variety of the light of all different powers is emerging through I, the soul, and spreading over the whole tree.

- 8) Remain stable in the awareness of being an ancestor and while listening to the sorrowful news of the world, with your concentrated intellect, give vibrations of peace and happiness to souls who are unhappy and experiencing sorrow. Peaceless souls should experience that rays of peace and happiness are coming to them from somewhere.
- 9) Just as you find a physical place for the body to sit, in the same way, stabilise your mind and intellect in a good stage. I am a supremely pure worthy to be worshipped soul – remain stable in this self-respect and spread rays of purity into the atmosphere.
- 10) Remain stable in your worthy to be worshipped form and give the devotees who are calling out to you blessings of contentment. Give discontented souls a drop of happiness, peace, purity and knowledge.
- 11) With the awareness of your being an ancestor, considering it to be your responsibility, sustain all souls with the power of peace. In the peaceless atmosphere, give souls the donation of peace. Do special service through your attitude and the power of your mind.
- 12) In order to transform the tamoguni nature of matter and souls, remain stable in the awareness of being worthy to be worshipped and an ancestor and spread the rays of purity. I am an incarnation of purity, I am a master bestower of peace and power. Give vibrations to everyone through this awareness.
- 13) Constantly remain seated in the awareness: I, a worthy to be worshipped soul am sitting in the temple of this body. Then remain stable in your position of being an ancestor and through your thoughts, order the five vices to take leave from you for half the cycle. O matter, become satopradhan and bestow happiness.
- 14) With the awareness of being a world benefactor master creator, a soul worthy to be worshipped the same as the Father, do not keep any defects or weaknesses of any soul in your heart and forgive them. After that, for the benefit of such souls, keeping their original form and virtues in front of you, praise them, that is, remind those souls of their greatness. This is the elevated service through the mind.

### **Week Three – 15<sup>th</sup> to 21<sup>st</sup> January 2014**

#### **Service through the mind through the double light angelic form.**

**Explanation:** You have to create a pure galaxy everywhere around you with the power of pure thoughts.

**Experience:** I have entered a body of golden light and with the vehicle of a divine intellect, I am now in front of Father Brahma in the subtle region. While being looked at with his drishti filled with love, experience his loving and happy form. Then with Brahma Baba, throw rays of light over the whole globe. Become an image that grants visions and fulfil the desires of all the souls who are calling out.

- 15) Become double light and with the vehicle of the divine intellect, stabilise yourself in the highest stage of all, become a resident of the subtle region and spread the wave of the co-operation of good wishes and pure feelings for all souls of the world.

- 16) Nothing is mine, everything belongs to the Father – surrender yourself with the intellect in this way and hand over all your burdens to the Father. Then become double light and experience the flying stage. Stay in the angelic form and spread light and might everywhere.
- 17) Become an angel through your flying stage and tour around everywhere and through your angelic form give everyone the experience of whatever they want, whether it is peace, happiness or contentment. They should experience that they are receiving peace, power and happiness through these angels.
- 18) The inner vehicle of the body, that is, the final stage, the powerful stage is my vehicle. Emerge this form of yours in front of you and tour around in the angelic form and give sakaash to everyone.
- 19) Everything can continue to happen in the physical world, but angels remain detached observers from up above and watch everything from up above and continue to give sakaash. You are instruments for unlimited world benefit and so continue to watch all the games as detached observers and do the service of giving sakaash, that is, co-operation.
- 20) Perform any task while being double light. The foot of the intellect should remain beyond the attraction of matter, that is, the earth. Remain stable in your avyakt form, become a resident of the subtle region and tour around the world with Father Brahma. Give your devotees the fruit of their devotion.
- 21) Just as you always saw Father Brahma in the double light form, and he didn't have any burden of service, but was always in the avyakt angelic form, in the same way, become double light, stabilise yourself in the incorporeal stage and with the practice of powerful yoga, spread vibrations of peace and power everywhere.

#### **Week Four – 22<sup>nd</sup> to 28<sup>th</sup> January 2014**

#### **Service through the mind through the volcanic stage full of light and might:**

**Explanation:** Become stable in the highest stage of paramdham, experiencing yourself to be with Shiv Baba, the Sun of Knowledge, sit in the stage full of light and might. **Experience:** I, the soul, a master sun of knowledge, am giving the whole globe the sakaash of all powers. With the practice of powerful yoga, sit in the seed stage, merge yourself into the ocean of experience and experience spreading vibrations of peace and power everywhere into the atmosphere. Stabilise yourself in the volcanic stage and transform your old sanskars.

- 22) With your unlimited attitude, sit on the globe of the world with the power of your mind and serve through your stage of being with the Father in Paramdham. With the awareness of being a master sun of knowledge, become full of light and might and give the whole world the light of all powers.
- 23) Become a light-and-might-house and do the service of giving sakaash. Spread the impact of light and might everywhere. For this, your forehead, that is, your vision and awareness of the intellect should not see anything except the form of the soul. Thoughts and feelings for the benefit of every souls should remain in an emerged form.
- 24) Just as you give sakaash from an elevated tower and spread light and might, in the same way, you children can sit in your elevated stage, that is, in your highest position (being a resident of paramdham) and give light and might to the world. Just as the sun is able to give light to the world because of being so high up, in the same way, in order to give sakaash to the corporeal world, become a resident of the highest place.
- 25) You are master suns of knowledge who constantly dispel darkness and give light. You are those who never enter the darkness of Maya. Just as the sun is a bestower, so too, you have become master suns, that is, master bestowers, who remain busy in the task of giving light to the world.
- 26) The sakaash of the physical sun is able to dispel darkness and brings light and with the power of its rays, it transforms many things. In the same way, I, a master sun of knowledge, with this awareness and powerful attitude have to transform my harsh sanskars and the polluted atmosphere. I have to show the path to wandering souls.
- 27) Merge all your thoughts in one second, become stable, emerge your volcanic form and spread the rays of all powers into the atmosphere. Become a master world protector and give all souls power and enable them to experience happiness and peace.
- 28) Through the practice of being bodiless, remaining stable in the highest stage of paramdham, sitting with the Highest on High Father, give searchlight to the whole globe. \* \* \* \* \*