



Effort for This Week

6th January 2008

1. **Self Respect**: You are the foundation of the whole world.
 - There can be no tree or building without a foundation...the strength of the foundation determines the strength and longevity/duration of the tree or building... we are the living foundations of the whole world...the effect of our stage, thoughts, words, actions, life and each activity has an impact on the whole world...our positivity and stage of becoming complete, transforms the whole world into heaven...do we move along considering ourselves to be responsible to this extent...!!!
2. **Yoga Practice**:
 - Come, this week let us merge ourselves in God's love...think...what all has Baba given me...for each of Baba's gifts, thank Baba and become merged in Baba's love...
 - Practice keeping the third eye of the intellect completely concentrated on Shiva Baba.
3. **Dharana – No Complaint**
 - Let there be no complaint for any person...whatever is happening is completely accurate and should happen in just that way...every actor in the drama is faultless...everyone is playing their part as per their good or bad sanskars and their future part.
4. **Churning – Love for the murli and alert stage**
 - What is meant by love for the murli?
 - What will the actions of those who love the murli be like?
 - How can we increase our love for the murli?
 - How to listen to the murli? How to extract maximum benefit from the murli?
5. **For Effort Makers** – Dear Effort makers! As per BapDada's directions, we will celebrate this year as the '**Year of Success**'. Our slogan will be '**Use everything in a worthwhile way, become successful**' (Safal karo, safal bano).Everyday at amritvela, remind yourself that the bestower of blessings has himself given you the blessing that success is your birthright... God himself is with you...if you will not attain success, who will? So come, let us use all our treasures in a worthwhile way and attain the blessing of success for the whole cycle ...

Om Shanti



Effort for This Week

27th January 2008

1. **Self Respect:** I am one who has unlimited dispassion.
 - What will I take along with me from this world...? Will wealth, land and assets, people and possessions accompany me...? That which I consider to be mine... are they really mine...? The fact is that I have come alone and alone shall I return...why then any attachment from this old world, why then any pull towards it?
2. **Yoga Practice:**
 - Emerge Brahma Baba's life of unbroken dispassion in front of you...Baba's body was constantly surrendered to Shiva Baba...his mind was constantly manmanabhav (belonging to Shiv Baba with the mind)...his wealth was for the yagya...no trace of the feeling of 'mine' even in thoughts...how ordinary was his attire...how tiny his hut...totally detached from the whole world...how far have I become like him in being detached and beyond from this old world...?
 - Emerge the vision that had made Brahma Baba completely dispassionate from the world... the terrifying scene of destruction...chaos in all directions, the game of bloodshed without cause, the full blown attack of the five elements and the five vices...everyone lying dead and the great death taking every soul back home with him like a swarm of mosquitoes...in this way fill yourself with dispassion and get ready to go back home...
3. **Dharana – Self Transformation**
 - Our slogan is 'self transformation leads to world transformation' and not 'transformation of others leads to world transformation.'
 - The victory garland will be around the neck of those who transform themselves.
 - Those who transform themselves will receive blessings from the supreme soul.
4. **Churning –**
 - What is meant by the attitude of unlimited dispassion? What is the need for it as per the current time?
 - What is the cause of the lack of the attitude of dispassion?
 - How can we bring about the attitude of dispassion within us?
 - Write ten such thoughts that emerge dispassion from the old world from within you.
5. **For Effort Makers –** Dear Effort makers! The basis of the revelation of the Supreme is the attitude of unlimited dispassion. The method of rapid progress in our spiritual endeavour is also the same. Since we anyway have to leave everything here and go, why should we hang onto, get entangled with, or wander around with anything? Brahma Baba was seen to be dispassionate till the end...let us also check ourselves how far have we become dispassionate from the body, its relations, facilities, and old habits and sanskars...do I have any thread of bondage still remaining with the old world?

Om Shanti



Effort for This Week

10th February 2008

1. **Self Respect:** I am a master Sun of knowledge.
 - ‘Just like in the early days, many souls experienced the Sakash of peace and comfort from BapDada even whilst they were in their own homes...there should be the experience of receiving Sakash of waves of peace and comfort from you the master suns of knowledge. For this, you need concentration of the mind.’ – God Shiva
2. **Yoga Practice:**
 - I, the master sun of knowledge, am sitting under the rays of the Sun of knowledge Shiva Baba...rays of all powers are emanating from him and merging in me...
 - My face is towards the Sun of knowledge Shiva Baba... rays of all his powers are merging in me...my eye of the intellect is absolutely focused on the Sun of knowledge...
 - Do the practice of concentrating your mind and intellect on the five forms...sometimes the eternal and sometimes the original...at times the middle form and at times the final form...slowly and slowly increase your concentration power...
3. **Dharana – Giving and taking happiness**
 - We are not to follow those who give sorrow. We are the children of the Bestower of happiness and so we are to give and take happiness from all. If someone gives something dirty, why should we take it? Sorrow is a dirty thing.
4. **Churning – Concentration of the mind and intellect**
 - Why is concentration necessary?
 - Why does concentration break?
 - How to increase concentration?
 - Baba’s elevated versions on the power of concentration.
5. **For Effort Makers** – Dear Effort makers! Beloved BapDada’s elevated versions are: *‘The main task of you Brahmins is to take the rays of all powers from the Sun of knowledge and to spread them to the whole world. All other services are just for the sake of it.’* So let us look at ourselves, how much are we carrying out our main task? Do we get caught up in our variety physical tasks and further away from the main task? Just like the Sun constantly radiates light, let us become walking master suns of knowledge and constantly give Sakash to the world.

Om Shanti



Effort for This Week

17th February 2008

1. **Self Respect**: I am a deity of tolerance.

- Stay set in the elevated seat of your self-respect...these things that we have to tolerate are so tiny and insignificant in comparison to our greatness and attainments...after all, those who tolerate (sahan) are the ones who become emperors (shehenshah)...

2. **Yoga Practice**:

- In the whole day, whenever you say 'I', remember, '**Who am I**'...i.e., emerge your (various points of) self respect in front of you...and experience and embody them...similarly, whenever you say 'mine', remember, **who is mine**...? (Just one Baba).
- **Spiritual drill** – stabilize yourself in the incorporeal form in the soul world at one moment... in the angelic form in the subtle world in the next moment and in the corporeal form in the following moment...in this way practice concentrating your mind and intellect whenever you want, wherever you want for any extent of time...

3. **Dharana** – **Tolerance**

Ponder over the following thoughts for increasing your tolerance power:

- Remember, who has given me the order to tolerate... (God himself has given this order).
- Each time you tolerate, Baba will shower a 100 fold blessings
- Those who have tolerance power attain all powers automatically
- To tolerate is not to die, instead, it is to fly
- Your bowing is not bowing at all, it is making the soul in front of you bow for all time
- The ones whom you tolerate will come into your kingdom and serve you in the future.

4. **Churning** –

- Why are we unable to tolerate?
- How can we become the deities of tolerance?

5. **For Effort Makers** – Dear Effort makers! In this season Beloved BapDada has time and again been giving us the signal of the closeness of time. In the last murli too Baba said – **Do not consider the closeness of time to be a common thing. Keep the words – suddenly and ever-ready always in your awareness throughout your karmayogi life.** Therefore let us check, do we give so much significance to time...? Are we waiting or are we preparing...?

Om Shanti



Effort for This Week

2nd March 2008

1. **For Effort Makers**: Dear Effort makers! Beloved Baba is our world... all our relationships are with him...Baba says, 'take the fragrance of all relationships from me...if there is a shortcoming even of one relationship, that relationship will pull you in the end'...so in the end we should remember none except one Baba... in order to have that stage, come, let us take the fragrance of all relationships from him...this time let us see and experience Baba as our mother...
2. **Self-Respect**: I am an obedient child... I am the lamp of my Godly clan.
 - (Speak to Baba as the mother): Mother! I had become tired after playing game after game (taking birth after birth)... I had lost everything and become dirty...my self respect, my dignity, my elevated clan, I had lost everything...mother after coming into your cool lap, I feel peace and contentment...in your lap, I have regained my lost self respect and dignity, my elevated sanskars....I will never again leave your lap even by mistake..
3. **Yoga practice** :
 - In Baba's room in Madhuban or in the hut, place your head in BapDada's (mother's) lap and experience the hand of blessings on your head.
 - Emerge your angelic form in the subtle world and watch how mother keeps decorating me with virtues and powers in different ways
 - Along with my big mother the sun of knowledge and my little mother the moon of knowledge, I the star of knowledge am lighting up the world... purifying it...
4. **Churning**
 - Who can be called an ideal child? Write 10 specialities and check within
 - Note where all can we use God in the form of the mother
 - Write down the attainments and your experiences of God in the form of the mother.
5. **Special**
 - When I sit down to eat, my mother comes running to serve me... what about me?
 - Whenever I am in difficulty, my mother comes running to support me... what about me?

Om Shanti



Effort for This Week

9th March 2008

1. **Self-Respect**: I am a Godly student.
 - How fortunate I am that God himself comes from the soul world to teach me everyday... how can I ever excuse myself from this elevated study? Through this study I am changing from human being into a deity...from a sinner to an elevated great soul...so how much regard I should have for this study...

2. **Yoga practice** :
 - To listen to the murli face to face with BapDada in the subtle world
 - I the angel imbibe knowledge from the ocean of knowledge and shower knowledge on the whole world...
 - I the master sun of knowledge am combined with the sun of knowledge and removing darkness from the whole world...
 - I the messenger am blowing the conch of knowledge from the middle of the world stage and the sound is awakening all the Kumbhakarna (brother of Ravana) souls around the world from their slumber of ignorance.

3. **Dharana** – Regular and Punctual
 - A good student is regular and punctual in studies.

4. **Churning** - Prepare a word sketch of an ideal student

5. **For Effort Makers**: Dear Effort makers! There is no soul or religious founder in the whole world who has the fortune of having God himself as the teacher. In the whole cycle, we alone are the fortunate souls who have the Godly guarantee of earning the highest positions birth after birth as a result of studying for one birth. The ones who had been rejected by the world have been taken up by God for imparting the knowledge of the three aspects of time and making them worthy.

Om Shanti



Effort for This Week

16th March 2008

1. **Intoxication**: God is my friend!

- My friend, I am proud of your friendship... I am the most fortunate soul in the world that I have regained my long lost friend... my friend, I had lost all my divinity, purity and divine qualities, but even in that situation you have kept the sanctity of our friendship...my friend you have made me pure and elevated like you...my friend, I will uphold my promise of purity that I made to you, till my last breath...because I know that purity is very dear to you...for your love and for the happiness that I have attained from you, I am willing to renounce the world....

2. **Yoga practice** :

- Stay with God, your friend the whole day and use him.
- Share all matters of your heart with your friend...play and eat with him, walk with him...

3. **Dharana** – Honesty and Cleanliness

- There is just one thread that binds me with my friend and that is honesty and cleanliness. He is innocent and very sweet and completely pure, he does not like body consciousness at all.

4. **Churning**

- What is true friendship?
- Difference between the friendship of God and the friendship of other souls
- How would my friend God like to see me?

5. **For Effort Makers**: Dear Effort makers! In each of our lives, an amazing incident took place. We found such a friend who has taken up all of our responsibilities. He has given us everything for 21 births and made our fortune way better than that of kings, emperors and billionaires. He has not desired for anything from us, he has just kept on giving. All of us had lost our original virtues and powers and become poverty stricken like Sudama. We had nothing with us except a handful of rice. God has made us his friends and transformed us from shells into diamonds. How fortunate we are!!!

Om Shanti



Effort for This Week

23rd March 2008

1. **Intoxication**: I am Shiva's bride.

- Thank you my supreme beloved! You have made me yours, accepted me... now nothing belongs to me, this body, mind and wealth are yours... I know that you love the bride who is detached... now I shall stay free from the body and all bodily relations and live with you as my support...my beloved, I am your half partner... your tasks are mine as well... I will assist you heart and soul in the pure task of world transformation...

2. **Yoga practice** :

- I am Parvati...I am sitting with Amarnath (Lord of immortality)...He himself is narrating the story of immortality...sit with this intoxication and listen to the murli.
- At amritvela, get the tilak (anointment) of soul consciousness applied by Shiva the bridegroom, wear the crown of purity, virtues and powers...experience the decoration of crown and tilak throughout the day...
- I am Shiva's Shakti... I am incomplete without my bridegroom Shiva...I am constantly combined with him...He is filling me with all his powers...

3. **Dharana** – Faithful to One (Ekvrata)

- Ekvrata means One father and none other
- Ekvrata soul will always be lost in the love of one and makes everyone belong to that one. Their eyes do not get pulled towards anyone.

4. **Churning**

- Write the specialities of the soul who is faithful to the one.
- How can we become the beloved of Shiva the bridegroom?
- The attainments from Shiva the bridegroom.

5. **For Effort Makers**: Dear Effort makers! In this confluence age all of us brides have got such a bridegroom who is eternal. We are the constantly wedded souls of the eternal bridegroom. Constantly wedded means complete purity, no trace of vice even in the mind. If there is any attraction towards any human being even in the thoughts or dreams, it will be considered a great sin for the constantly wedded one. The constantly wedded one remains in the stage of... I will speak only with you, I will listen only to you, I will eat only with you...

Om Shanti



Effort for This Week

30th March 2008

1. **Intoxication**: God is my sweet child, the star of my eyes
 - My dearest child! I was leading an aimless life, a life without purpose...now I have got a reason and basis to continue my life. I was worried to death about managing this body and wealth, but now I have found my true heir in you...now you have come to take care of my responsibilities and to give me happiness...now this body, mind and wealth is all yours, nothing belongs to me...

2. **Yoga practice** :
 - If my intellect gets distracted during murli, my son draws my attention right back.
 - Using my son from time to time whilst performing action... sending him to different parts of the world from time to time to give powerful Sakash...
 - At meal time, feeding him each morsel before having the same (otherwise he will stay hungry while you finish your meal and get up).
 - Lovingly putting him to bed beside you at night... (otherwise he will stay awake the whole night...)
 - Speak lovingly to your son...I have only one sorrow and it is that you will become my son only in this final birth and then you will give me the elevated kingdom of the elevated world and go far away for 5000 years...

3. **Dharana** – Disciplined life
 - What is not pleasant to my child is not pleasant to me...my son is with me every moment so every moment of my life should be fully within the maryadas (code of conduct) as he is watching me every moment...

4. **Churning**
 - What does it mean to make God your heir?
 - What are the attainments of making God your heir?
 - What transformation came into your life (what great attainments did you gain) by making God your child?

5. **For Effort Makers**: Dear Effort makers! It is an invaluable, unforgettable moment of our life when as a fruit of all our charitable actions and of all our devotion, the supreme soul himself incarnated as our child and we had the honour of becoming a parent and making him the heir – there is praise about this in the path of bhakti as the birth of Krishna in Nanda-Yashoda's house, as the birth of Rama in Dasharath-Koushalya's house.

Om Shanti



Effort for This Week

6th April 2008

1. **Intoxication**: I am the heir to the supreme preceptor, I am a master preceptor
 - Birth after birth I kept looking with hope towards lokik gurus, but instead of improving, I kept falling. But Baba became my true preceptor (satguru) and gave me support...by giving me the blessing of purity and all powers, he has made me fulfilled... Baba now I am ready to become completely pure like you and to accompany you...
2. **Yoga practice** :
 - Taking blessings from the satguru as soon as I open my eyes...
 - Going to Satguru Baba in the subtle regions 5 times in the day to share all the news and to take shrimat for each activity
 - I the master Satguru sit atop the temples and give blessings of liberation and salvation to all saints and devotees.
3. **Dharana** – Master Satguru means there should be true thoughts, true words and true deeds. Let there be ignorance of untruth.
4. **Churning**
 - Note down every Shrimat that Baba has given right from getting up in the morning to sleeping at night and make a plan to make it practical.
5. **For Effort Makers**: Dear Effort makers! In the path of Bhakti, our praise has been sung in the form of King Janak who attained liberation and salvation in a second. This praise belongs to the present time when we have the true Satguru with us and attained the right to his blessings of liberation and salvation. The souls of the world have become tired of bodily gurus and have given up hope from them. They are seeking the true Satguru. We are the image of blessings who can comfort them and show them their destination.

Om Shanti



Effort for This Week

13th April 2008

1. **Intoxication**: I am equal to God.

- In the lokik world they say that this child looks just like his father...people should say the same about us as well that these ones are equal to the father...through our eyes and face they should see the father...when we become completely equal to God, the part of visions will begin.

2. **Yoga practice** :

- I am equal to the Father... I am with Baba in the soul world...both of us are showering rays on the whole world...
- Keeping the globe in the palm of the hands and giving Sakash to all souls...
- Throughout the whole day, keep Baba in your own place and think, if Baba were in my situation... how would he think...how would he speak...how would he eat...walk...how would he meet and interact with people...just as Baba would do, I should also follow him.

3. **Dharana** – **Contentment**

- Contentment is a great power. It invokes other powers too.
- Contentment is the mother of all virtues
- Contentment transforms the biggest challenges into entertainment
- Just think – does Baba ever feel discontented?

4. **Churning** - **Stage of being equal to the Father**

- What was Baba like? Sketch a word portrait of Baba
- What are the things that do not allow us to be equal to the Father?
- How can we become equal to the Father?
- Make a practical plan for becoming equal to the Father

5. **For Effort Makers**: Dear Effort makers! You must also be repeatedly experiencing being lost in intoxication – how fortunate we are that God himself is teaching us! The people of the world cannot imagine that God can incarnate into this world and create such a beautiful experience. Let us delight in our fortune and along with that let us become great students and do the homework given by the supreme teacher. You remember do you not, that sweet Baba has given us 6 months time to become equal to the Father. Let all of us intense effort makers take a determined pledge that whether anyone else achieve it or not, I have to become equal to the Father.

Om Shanti



Effort for This Week

20th April 2008

1. **Intoxication**: I am Arjuna.

- Arjuna is the one who imbibes knowledge
- Arjuna is the one who sets the ideal
- Arjuna is the one who takes initiative

2. **Yoga practice** :

- I the soul am Arjuna...this body is my chariot... Baba is sitting beside me in this chariot and narrating the true knowledge of the Gita... teaching me the techniques to win over Maya... motivating me to fight against evil... showing me the path...
- Just like there are rays with the sun... waves with the ocean... and fragrance in the flower... I too am combined with BapDada... he is mine and I am his... I do not have an existence separate from him...
- **Drill**: Do mental exercises to make the mind concentrated... concentrate every now and then on the point of soul...at times on the point of the supreme soul...and at other times on the point of the drama...

3. **Dharana – Determination**

- Where there is determination, the word 'reason' does not even arise. Reasons change into solutions – God speaks.
- Determination is the mother of success.

4. **Churning**

- What is meant by claiming full marks in all the four subjects?
- Why are the four subjects always mentioned in a specific order (Knowledge, Yoga, Dharana and service)? Do we attribute significance to them in the same order?
- How can we include each subject in our daily timetable? Make a personal plan.
- How can we claim full marks in all four subjects?

5. **For Effort Makers**: Dear Effort makers! We are to be constantly in beloved Baba's company. We are to make only him as our companion. Baba has advised us never to be alone, away from the combined form. To be alone means to welcome Maya. Just think, when the almighty himself is offering to become our companion, should we not take full benefit of this...???

Om Shanti



Effort for This Week

27th April 2008

1. **Intoxication**: I am an ancestor soul.
 - Baba's Godly versions are that you are ancestors of the souls of all religions and therefore you should have pure feelings towards all...irrespective of religion, creed, race, language, category, nationality...
 - As the ancestors, so the descendents... the virtues and vices of the ancestors get inherited automatically to their descendents...how would I as an ancestor, like to see all my descendents...? If I become lazy or careless, all my descendents would become lazy and careless...!!!

2. **Yoga practice** :
 - I the ancestor, am sitting at the roots of the genealogical tree of humanity...I take the Sakash of all virtues and powers from Baba and pass it on to every leaf of the tree... the whole tree is changing from tamopradhan to satopradhan...
 - The lord of the soul world is my Baba... his thousand arms form a canopy over my head...how carefree and fearless should I be...!!!

3. **Dharana** – **The witness intent (sakshi bhaav)**
 - Those who stay as a witness (saakshi), experience companionship (saathi) of the Father.
 - Watch the whole world as a witness... all souls are playing their unique parts... in this drama, there is none who is at fault...everyone is blameless...

4. **Churning** - **The Authority of Experience**
 - How can we become the authorities of experience?
 - What are the signs of an experienced soul?
 - What are all the aspects in which we should become experienced? Prepare a list.

5. **For Effort Makers**: Dear Effort makers! The seat of the authority of experience is very great. Maya cannot do anything to the one who is experienced as the authority of experience is multi million times greater than the authority of Maya. The experienced soul never gets deceived...so let us keep deepening our experiences.

Om Shanti



Effort for This Week

4th May 2008

1. **Intoxication**: I am a great tapaswi soul equal to father Brahma.
 - Brahma's tapasya (intense meditation) is world famous...on the basis of his tapasya he won over God himself and won over the whole world...we too should do great tapasya like our father...without tapasya we can neither conquer the self nor conquer the world.
2. **Yoga practice** :
 - Sit on the globe of the world doing great tapasya to give rays of light and might to the whole world...
 - Sit under the genealogical (kalpa) tree along with Mamma and Baba doing great tapasya to nourish the kalpa tree with the water of peace, happiness and power...
 - Make an effigy of your weaknesses and shortcomings and sitting in great tapasya open the third eye and through the fire of yoga burn the effigy to ashes...
 - Just like Brahma Baba used to connect every thing and every event with Baba's remembrance and used to have the constant effort of staying merged in the love of the one, let us also follow father.
3. **Dharana – Introversion**
 - Those who are to become successful in effort making should make themselves introverted. Introversion is the first step on the path of effort making.
 - It is said, 'one who is introvert is constantly happy'.
4. **Churning** - **Where there is tapasya, there is no samasya (problem)**
 - How can we increase our chart of tapasya?
 - What factors cause obstacles in our path of tapasya?
 - How does tapasya finish all problems?
5. **For Effort Makers**: Dear Effort makers! Beloved Baba has spoken the following elevated versions: **'The main duty of you brahmins is to take the rays of powers from the sun of knowledge and to give it to the world. All other services are only for the sake of it.'** The significance of tapasya is made very clear with the above elevated version. So come, let us great tapaswi souls together kindle such a fire that burns away and finishes the dirt of vices from the whole world and heralds a new golden dawn.

Om Shanti



Effort for This Week

11th May 2008

1. **Intoxication**: I am a master sun of knowledge.
 - Through this self respect, we can change the atmosphere of any place... if you are in an atmosphere that lacks peace, become a master sun of knowledge and spread the rays of peace. You will see that the atmosphere will gradually turn peaceful...in this way you can change any negative atmosphere to positive.

2. **Yoga practice** :
 - I am a master sun of knowledge and am combined with the sun of knowledge Shiva Baba...I take rays of powers from the sun of knowledge and spread it over the whole world and destroy the germs of Maya...
 - When hearing news of disasters in any part of the world, don't just hear the news, instead become a master sun of knowledge and reach there in the angelic form and give the Sakash of peace, comfort and power to all the suffering souls... this is our duty.

3. **Dharana** – **Obstacle free stage**
 - I should live in such a way that minimum number of obstacles come my way
 - Even if any obstacle does come, I need to remember that I am a destroyer of obstacles and am more powerful than the obstacles...

4. **Churning** - **Concentration**
 - What is concentration?
 - What is the need for concentration?
 - What are the bad habits that break concentration?
 - How to enhance concentration?

5. **For Effort Makers**: Dear Effort makers! Baba has given us many blessings. Remember these blessings at Amritvela and during karma yoga. Make use of them in a practical way, become an authority of experience and make your blessings immortal.

Om Shanti



Effort for This Week

18th May 2008

1. **Intoxication**: I am Master God.

God Says – All of you elevated souls are masters, you are equal to the Father in all virtues, all powers and all attainments...when you become equal to the Father now, you will be able to become a world sovereign in the future...it is said, 'like father, like son'... and 'son shows father'.

2. **Yoga practice** :

- I am the soul am sitting under the rays of the sun of knowledge Shiva Baba... all powers from Baba are descending on me... I am slowly becoming a donor, a great donor, a bestower of blessings, and a world benefactor... God is slowly making me Master God.
- I the soul exit this corporeal form and go to my home the supreme abode...Baba gives me loving drishti and seats me on this seat. I sit on Baba's seat and becoming Master God fulfill the desires of all souls... giving everyone the vision of their beloved deities...showing them the path to liberation and salvation...
- I am an angel who incarnated into this world on God's command...I give God's message to all souls and am now returning to my abode...I discard my subtle body in the subtle world and I the soul situate myself under Baba's rays in the soul world...slowly I become combined with Baba... becoming equal to the father, I become master God and look at the whole world...

3. **Dharana** – Benevolent feelings for all

- Just like the seed is full, i.e., it has the essence of the whole tree within it, similarly every thought of a soul who is equal to the Father has good wishes, pure feelings for all. Such a soul has the intention of empowering the weak, intention of making souls who are lacking peace and comfort into ones who are constantly peaceful and happy on the basis of all the powers attained by the self, and feelings of benevolence towards all.

4. **Churning** - If I am Master God, equal to the Father, how should I be? Sketch a word portrait

5. **For Effort Makers**: Dear Effort makers! You must all be wholeheartedly doing the homework that beloved BapDada gave of becoming equal to the father in 6 months. When the goal is great, the qualifications follow automatically. Make a personal plan for attaining the goal and fully dedicate yourself to that goal. We have the pure wish that you attain the first position in the race of becoming equal to the Father.

Om Shanti



Effort for This Week

25th May 2008

1. **Intoxication**: I am Master Brahma.

The creation would definitely have the qualities of the creator. Mother Brahma has created us and so his virtues and specialties will definitely be in us as well...emerge those divine qualities in the self...Baba will be revealed in front of the world when we become completely equal to the Father...

2. **Yoga practice** :

- Brahma Baba used to constantly stay with Shiva Baba...he used to constantly converse with Shiva Baba...used to do every task after asking him...likewise we should also be with Baba at every moment...as much as we stay together, so much will we become equal.
- To go 10 times in the day to the subtle world to see Brahma Baba... and each time taking the mantra of becoming equal to him, to practice the same...
- In the final years Brahma Baba used to practice one thing a lot and also made others practice the same – ‘**Going and Coming**’. Let us also practice this. Let us as souls go to the soul world and then come down to the Golden aged world as deities...

3. **Dharana** – **Detached and Loving**

- Brahma Baba is the symbol of being extremely detached and loving. His ability to be detached in every way made him loved by the whole world. Likewise, we too should sit on the lotus seat.
- To the extent we are detached from the body and the world, to the same extent we experience companionship of God and as much as we stay with the father, so much we become equal to him.

4. **Churning** – ‘**Thus was Brahma Baba**’ – Churn on this topic and write one page daily.

5. **For Effort Makers**: Dear Effort makers! Just like from the beginning and until the end of his life Brahma Baba was an image who was worthy of being seen, similarly every soul who comes into your contact should feel that this one is detached, alokik and worthy of being seen. Let your face and every word, action, behaviour of yours automatically prove – who has created this one? Your practical life will reveal the Father.

Om Shanti



Effort for This Week

1st June 2008

1. **Intoxication**: I am an incarnation of peace.

Father Shiva has sent me as the messenger of peace for the purpose of putting out the fire of vices in the world and establishing peace.

2. **Yoga practice** :

- I am seated on the inverted kalpa tree (genealogical tree). Taking rays from the seed Shiv Baba who is the ocean of peace, I donate peace to every leaf of the kalpa tree...
- I take the globe of the world in my hands and donate peace to all peaceless souls...
- I emerge all souls of the world and have spiritual conversation with them...reminding them that they are peaceful by nature and are children of the ocean of peace...and they stabilize in their original nature of peace...
- Every hour practice bodilessness and spread the vibrations of peace in the atmosphere through your stage of being an embodiment of peace.

3. **Dharana** – **Spiritual practice of being in silence**

- It is said – ‘When one person maintains silence, hundred people experience happiness’
- Stay in silence from amritvela till murli class and contemplate on the soul.
- Eat food in silent remembrance of Baba
- At least one day in the week maintain silence for the whole day.

4. **Churning** – **Power of silence**

- Significance of the power of silence
- How to enhance the power of silence?
- Baba’s elevated versions on the power of silence.

5. **For Effort Makers**: Dear Effort makers! Along with giving us the homework of becoming equal to the Father, Beloved BapDada has also inspired us to become the authority of experience... to become equal to the Father means to become full of all spiritual experiences...we are also celebrating this year as the ‘**Year of experiencing God’s power**’. Therefore come - let us become the authorities of experience. So starting this week let us go into the depths of each point of knowledge and bring it into our experience...we are starting with the power of silence...

Om Shanti



Effort for This Week

8th June 2008

1. **Intoxication**: I am a spiritual moth.
2. **Yoga practice** :
 - The spiritual flame Shiv Baba is lit up like a lamp in the soul world and is attracting me the spiritual moth towards himself...in his love I forget the body and the world and am being pulled towards him...I gaze at his beauty and my eyes forget to blink...I go nearer and nearer and merge...I merge in his love...
 - Lovingly merge Shiva the flame in your eyes... and at times become light and merge with him the supreme light...do this drill many times a day...
 - Relationships provide love as the attainment ...we have all our relationships with Baba...have spiritual chitchat with Baba with each relationship (or the relationship that you particularly cherish) and merge in the experience of love...
 - I am a master ocean of love... I have attained unfathomable love from the ocean of love...now I spread the waves of spiritual love in the whole world...
 - To become lost in Baba's love, take benefit from some of those loveful songs such as "your love is such Baba that it cannot be explained..."
3. **Dharana** – **Complete dedication**
 - In their love, people sacrifice their lives...can we not – for the sake of our supreme beloved – sacrifice our old nature and sanskars?
 - The sign of true love is to 'sacrifice oneself completely' (balihaar) on the beloved – Baba says those who sacrifice themselves completely become the garland (haar) around my neck...and the victory garland (haar) will also be around their neck...
4. **Churning** –
 - Write commentaries that help merge in Baba's love
 - 'Attainments give birth to love' – therefore make a list of all attainments from Baba
5. **For Effort Makers**: Dear Effort makers! The Ocean of love the supreme soul our father has given us so much love that there is praise in the world that 'God is love and love is God.' Godly versions also state – 'to merge in the love of God is true knowledge and easy Rajayoga.' In this one Godly version is the essence of all knowledge. So come, this week let's dive into the ocean of love and distribute the toli of spiritual love to all souls...

Om Shanti



Experiencing Love - Week 2

15th June 2008

1. **Intoxication**: I am a true Meera of knowledge.

The crown jewel on the path of bhakti was Meera whose all consuming love for Krishna is renowned... for the sake of her beloved she renounced her palace and started staying in a hut... instead of 56 varieties of dishes to savour, she started having dry rotis... she drank the cup of poison....bore the brunt of all kinds of hardships...all and only for the sake of love... truly her love was incomparable...do I truly have such heartfelt love for Baba...???

2. **Yoga practice** :

- True lovers are unable to think of anyone except each other...they keep looking at each other and their hearts sing – come near I wish to keep looking at you...let us also gaze with unblinking eyes of the intellect at our beloved and constantly sing the songs of love...
- Just like Meera would stay lost in the love of one... would think of, describe and praise that one alone...likewise let us (the Meeras of knowledge) be lost in his love...let only Baba be in our thoughts and words...
- One who is in love constantly seeks the company of the beloved...let us also stay coloured in the company of the lord of our lives Baba...I will stay with you...I will play with you...do every activity with you...just like our breath is constantly with us...you too should be constantly with me...let us stay lost in each other...let nothing except you be visible to me...

3. **Dharana** – Faithfulness

- Love is another name for faithfulness...faithfulness makes love pure and worship worthy...faithfulness makes us worthy of God's respect...therefore belong to only the one...never allow your mind and intellect to wander towards human beings and get the black mark of faithlessness be applied on you....faithlessness provides nothing else but disrepute and disaster...
- Remember, if we do not stay loyal to our bridegroom Shiva, no one will be loyal to us in the whole cycle...

4. **Churning** – How to increase love for Baba?

5. **For Effort Makers**: Dear Effort makers! The easy method for becoming an easy yogi is spiritual love. This love makes you forget the old world...it is the foundation of Brahmin life. Those who stay merged in Baba's love cause Maya and nature to turn into servants in front of them. So come, let us, the Meeras of knowledge, merge in the love of the lord of the Gopis the supreme soul and through our loving vision, loving attitude and loving actions bring a loving world of heaven closer .

Om Shanti



Experiencing Love - Week 3

22nd June 2008

1. **Intoxication**: I am a master ocean of love.

God says: There are many millionaires and billionaires in this world but they are all poor in terms of experience of God's love. They do not have the experience of a life full of love and contentment. Everyone has some or the other worries. They are searching for true spiritual love. Therefore give the experience of such love to these thirsty souls. Give them true selfless love.

2. **Yoga practice** :

- By becoming merged in the ocean of love, I too have become equal to him as a master ocean of love...I situate myself on top of the globe of the world and am showering the cool shower of love on them...
- Vibrations of pure love are constantly spreading in all four directions from me - the master ocean of love...through these vibrations, the feelings of jealousy, spite, contempt and hatred are getting wiped out of the minds of people...everyone is becoming spiritually loving to each other... the whole world is now full of love and only love...
- If there are any souls who harbour ill will towards you, give the Sakash of pure love to them too...make your attitude and behaviour towards them more loving...this will transform their ill will into pure feelings and love for you...experiment with this and see the results.

3. **Dharana** – Loveful and Effortless

- “I even do the task of thinking on behalf of those who stay lost in remembrance” – BapDada
- Loveful souls who are merged in love neither labour nor experience difficulties because both nature and maya become subservient to those who are constantly loving

4. **Churning**

- How is love the key to luck?
- Why is it that the more you are *lovely*, the more you can be merged in love (loveleen)?
- Make notes of Baba's elevated versions on the topic of love

5. **For Effort Makers**: Dear Effort makers! If you wish to reach the pinnacle of knowledge and yoga...if you wish to awaken your dormant inner powers... if you wish to become a self sovereign and therefore a world sovereign... if you wish to conquer maya and nature...if you wish to fulfill all the hopes of the lord of our lives...if you wish to finish as soon as possible the homework given by Baba and become equal to him...then submerge yourself in God' love... there is magical power in Godly love that can transform you and make you complete and perfect...

Remember this (adapted from an old, famous hindi couplet):

*“The world has dedicated lives to reading scripture after scripture,
but none have reached God
If you just learn the ‘two and a half letters’ (of the alphabet) of love (prem, in hindi),
you can become equal to God”*



Experience of being a Soul- Week 1

29th June 2008

1. **Intoxication**: I the soul am the owner of this body.
 - (Give yourself a commentary as follows) I the soul am separate from this body...I have come into this body to play an elevated part... I am the owner of this body...these sense organs are my cooperative assistants... my mind and intellect are under my control...I the soul, am a sovereign.

2. **Yoga practice** :
 - I am a soul... I am a soul... I am a soul...break into a fervour on soul consciousness...as you walk and move about, as you do your actions...constantly practice this one thing...I am a soul who is seeing through these eyes...speaking through this mouth...hearing through these ears...doing work using these hands...going for a walk using the legs... I am a soul...the owner of this body...
 - I visualize Almighty Shiv Baba above my head...his powerful rays are falling on me...through these rays, my physical body is slowly fading away...and only I the diamond remain...I am observing my own divine radiant form... my form is so beautiful ...I am radiating divine light in all four directions...
 - Spend a minute every hour in practicing the stage of being completely separate from the body...

3. **Dharana** – Introversion
 - Introversion is nectar to the soul...
 - Those who want to become equal to the Father need to become blind, deaf and dumb towards the old world, that is, to stabilize in the self.
 - ‘To pass with honour, it is essential to have the dharana of introversion’ - BapDada

4. **Churning**
 - Note down the benefits of soul consciousness and the harm from body consciousness
 - Why are we unable to stay in the soul conscious stage?
 - How can we constantly stay soul conscious?
 - Write 10 beautiful elevated versions from Baba on the stage of soul consciousness.

5. **For Effort Makers**: Dear Effort makers! In each day’s murli Baba inspires us to become soul conscious. This stage is the basis of all spiritual experiences. In the very first day, we had gained the knowledge that we are not bodies, we are souls. While we gained the knowledge, how much did we experience it? How much spiritual pride do we really have? This first lesson in the path of knowledge is also our last lesson. So come, this week let us deeply study, practice and experience this first lesson of ours.

Om Shanti



Experience of being a Soul- Week 2

6th July 2008

1. **Intoxication**: I the soul am a self sovereign.
2. **Yoga practice** :
 - I the soul am seated on the throne in the centre of the forehead...multi-coloured rays of each virtue radiates from me into all four directions...
 - I the soul exit this body and go near Baba in the soul world... I touch the supreme light Baba and return... do this drill many times in the day...
 - Just like every night Brahma Baba would hold the court of all the sense organs... he would order – “O mind, my chief minister! Your conduct is not appropriate! Do as ordered! Sanskars - You too must obey my orders! Explain to me, why did you go astray? Tell me the reason, find a solution!” In this manner, hold your court thrice a day.
3. **Dharana** – Spiritual intent/feelings (Atmic bhav)
 - To become equal to the Father, we must imbibe spiritual intent and feelings. To have spiritual intent means we have this natural feeling that we are all souls.
 - Just like in the early days in order to enhance the spiritual stage, Brahma Baba would practice by writing again and again – I am a soul, Yashoda is a soul, Narayan is a soul, Radhika is a soul... - let us also improve our spiritual stage through the practice of writing this again and again...
4. **Churning** – A self sovereign becomes a world sovereign
 - What is meant by self sovereignty?
 - What are the qualifications of a self sovereign soul?
 - Why is it that only self sovereigns become world sovereigns?
5. **For Effort Makers**: Dear Effort makers! A self sovereign is one who rules over all gross and subtle senses. To the extent (both in duration and authority) we are able to rule our senses, to the same extent we become world sovereigns in the future. If for this one birth we are unable to become self sovereigns, how can we become world sovereigns for 21 births? So check - am I constantly a self sovereign or am I able to rule only now and then...Does the mind move me or do I move my mind...?

Om Shanti



Experience of being a Soul- Week 3

13th July 2008

1. **Intoxication**: I the **soul** am an incarnation in this body.

Just like the supreme light the supreme soul incarnates into this corporeal world...takes the support of a corporeal body to share the knowledge of the Gita...performs divine acts...and returns back to the supreme abode... let us also incarnate to perform divine acts and become a point again to return to our divine world...

2. **Yoga practice** :

- In the whole cycle, we have to stay in this corporeal world...so during the confluence age let us reside in our original home, the soul world as much as possible...let us experience our eternal and perfect stage...
- When we look down at the world let us only see sparkling gems (souls)...and when we look above, let us only see the sun of knowledge...let nothing else be visible to us...
- Throughout the day, whenever we use the word 'I', add the words 'the soul'. For example, I the soul am eating food...I the soul am going to the centre...etc. In this way along with you others will also make the lesson of the soul firm.

3. **Dharana** – **Spiritual vision**

- We create our world through our vision...bodily vision takes us to hell and spiritual vision takes us to heaven...where would you like to go?
- 'You have grown tired of looking at bodies...What did you gain by looking at bodies? You became sorrowful. Therefore take a pledge that henceforth, I will look only at the spiritual jewel (soul) and nothing else and that I will become a jewel bead in the necklace and sparkle in the midst of the whole world.' - **BapDada**

4. **Churning**

- The significance of spiritual vision
- How to increase the practice of spiritual vision?
- Baba's elevated versions about spiritual vision. For example:
§ "When your spiritual vision becomes natural, natural calamities will start all over the world..."

5. **For Effort Makers**: Dear Effort makers! Spiritual energy is from a point and helps in establishment... and destructive energy in the form of atomic energy is also from a point. Both destruction and establishment take place from the point. In the beginning of the cycle we descend as points and finally we return at the end of the cycle as points. The significance is all in the point, knowing which everything else is known and attained. So now we must 'become' souls... points...Let us not see anyone's body nor should our body be seen by anyone.

Om Shanti



Experience of Happiness - Week 1

20th July 2008

1. **Intoxication**: I am the most fortunate soul in the world.

There is one for whom millions are wandering from pillar to post... for whom sages perform austerities and penances in caves...for whom the devotees keep fasts and hold prayers...I have found that lord of my lives... he has become mine...he has bestowed on me everything that he has...he is my mother, father, friend, teacher and preceptor...he is holding my finger and taking me across the ocean of life... every moment of my life is in his presence...I eat with him, play with him, move around with him... can there be anyone in the whole world as fortunate as me...!!!

2. **Yoga practice** :

– Spin the cycle of self realization and practice the 5 forms:

- § Eternal – incorporeal form
- § Original – deity form
- § Middle – worship worthy form
- § Confluence – Brahmin form
- § Final – Angelic form

“When you spin the cycle of self realization, the whole world receives vibrations of happiness” - God

– Baba says “remember and feel happy...” Remembering knowledge makes our hearts blissful... therefore throughout the day let us remember Godly acts and the true knowledge of the Gita and swing on the swing of happiness and bliss...

3. **Dharana** – **To give happiness and take happiness**

– I must give happiness to everyone through my sweet words and humble behaviour... if I do not give happiness to others, who will call me ‘child of the ocean of happiness’?

4. **Churning**

- What is true happiness?
- How can we give happiness through thoughts, words and deeds?
- Write 10 such thoughts that provide immense happiness to you.

5. **For Effort Makers**: Dear Effort makers! Today’s world is mired in sorrow. It is unlikely that we can find any person who is constantly happy. Every mind is plagued with disease-sorrow-quarrels-pain. The trade of giving and taking sorrow is at its peak. As such the thirst for true happiness is increasing in the world and yet the nectar of bliss is not visible anywhere near or far. Now it is our duty, as the master oceans of happiness, to take this nectar of happiness and to go to everyone and quench their thirsts for several lives. Is it not?



Experience of Happiness - Week 2

27th July 2008

1. **Intoxication**: I the soul am a bestower of happiness.

As one who recognized God and held his hand, I am a soul who has been sustained by happiness throughout the cycle... I am the most fortunate soul in the world... My happy future is in the hands of God, the bestower of fortune... I am a bestower of happiness who has incarnated along with God in order to make the world happy again...

2. **Yoga practice** :

- I the soul, am a bestower of happiness... I am a master ocean of happiness... Baba, the ocean of happiness is filling me with the vibrations of happiness and bliss... and I am spreading these vibrations around the world which is getting rid of the darkness of sorrow in the world.
- I the bestower of happiness am an angel traveling with BapDada who is the bestower of happiness and remover of sorrows... I am dispelling sorrow from sorrowing-suffering souls and bestowing happiness on all...
- Have sweet conversations with yourself and keep swinging on the swing of bliss and happiness... Wah me! The Ocean of happiness is my father! He has bestowed unfathomable happiness on me... so much happiness... so much that apart from the confluence age, even in the next two ages I will be ignorant of sorrow... The word sorrow will not be in my dictionary! Wah Baba Wah!!!
- God says – make me your child and I will give you lot of happiness... so make God your heir and become lost in the ocean of happiness...!

3. **Dharana** – Constantly offering the ‘happy heart’ sweet to all

- Offer the happy heart sweet through your sweet words and interactions to everyone who comes in contact with you throughout the whole day

4. **Churning**

- Who can stay constantly blessed out?
- Write a commentary that will make you lost in super sensuous joy.

5. **For Effort Makers**: Dear Effort makers! Just like BapDada’s presence fills the entire atmosphere with joy and bliss... likewise, let us as bestowers of happiness also make the atmosphere fragrant with joy and bliss wherever we go... Let us drink the poison of sorrow (in mythology Shankara is supposed to have drunk it) of all souls and give them the blessing of happiness. Let people say that by your coming and through a glimpse of you our sorrows have vanished. Who are you mysterious one who have provided solace to my soul? And then let us humbly introduce them to Baba the ocean of happiness. This is the service that will make Baba’s revelation come close.

Om Shanti



Experience of Purity - Week 1

3rd August 2008

1. **Intoxication**: I am a supremely pure soul.

I have incarnated in this world along with God in order to establish the pure religion...the impurity of the iron age cannot touch me...I am here to give the donation of purity to all souls...

2. **Yoga practice** :

- I am a supremely pure soul...the pure drishti of the ocean of purity Shiva Baba is on me...I the soul am bathing in the light of this pure drishti...my subtle body and mind are becoming pure...this powerful light of purity is emanating from Baba and entering into me (the soul)...the accumulated alloy of sins is melting away...and I the soul am gaining the power to remain completely pure for 21 births...
- I am a powerful packet of purity... my powerful rays of purity are radiating in all four directions...these powerful rays of purity are spreading in every pore of my body...purifying each of my sense organs ...they are becoming cool, peaceful and fragrant...my whole body is glowing with purity...Now the white rays of purity are going out beyond my skin and spreading in every direction...the whole world is getting inundated with these pure rays...and everyone and everything is getting purified...

3. **Dharana** – *Don't just be a celibate(Brahmachari) but one who follows Brahma (Brahmaachari)*

- Purity does not mean just taking the vow of celibacy. There are many in the world who take the vow of celibacy – what would be the difference between them and us? Don't just be happy that we are celibate. We need to be ones who follow Brahma. Baba has given this as the homework for the year. You remember this do you not?

4. **Churning**

- What is meant by Brahmaachari?
- What am I doing in order to become a Brahmaachari? Write your plan.

5. **For Effort Makers**: Dear Effort makers! The greatest jewel of this world is **purity**. The whole world kneels down in front of one who has adorned this. Just like all the worker bees follow the queen bee, all virtues and powers automatically follow purity. Not only the virtues and powers but the Ocean of virtues and powers is also bound in the bondage of purity. Where there is purity, God resides. You would want to become pure and stay with the Ocean of purity, would you not?

Om Shanti



Experience of Purity - Week 2

10th August 2008

1. **Intoxication**: I am a supremely pure angel.
2. **Yoga practice** :
 - I am a supremely pure angel...the white rays of purity are emanating from the Ocean of purity and are falling on me...and spreading through me into all directions...
 - I the pure angel stand on the world globe and give pure vibrations to the world...my pure rays are spreading all over the world...and now from my perfect angelic form, 5 other subtle angels emerge and situate over each continent...they are giving Sakash of purity to all souls...every man and woman is changing from impure to pure...
 - I the angel of purity exit this body and go to the world of angels where the five elements of nature are standing in their degraded form, with hands folded in front of me...I sit on the lap of the ocean of purity BapDada and give them pure drishti...and their poverty stricken condition is changing...they are changing into their divine forms...
3. **Dharana** – **Vow of Belonging to only the One**
 - Not only BapDada but the whole world adores those who have taken the vow of belonging only to the One. They are the ones who get consecrated in the palaces and the temples. Those who belong to many are like those broken statues that are used as posts on which coconuts are broken. The decision is yours!
 - Just think, if we are not able to stay faithful to God, that is to take the vow of belonging only to the one, will any human be able to stay faithful to us in the whole cycle?
4. **Churning** - **Prepare a word sketch of a completely pure angel.**
5. **For Effort Makers**: Dear Effort makers! It is written in Shivasamhita (a scriptural text) that Brahmacharya (celibacy) is life and breaking it is death. Among all the vows, the vow of purity is the highest. This is the greatest pilgrimage. This is supreme strength. This is the seed of spiritual efforts and is the way to attain the supreme. All the religious texts of the world are united in accepting the greatness of purity and believe impurity to be the path that leads to degradation. It is said that there is no suffering like lust...so come let us imbibe purity from deep within and change the world into heaven.

Om Shanti



Experience of Purity - Week 3

17th August 2008

1. **Intoxication**: I am equal to the Father, a master ocean of purity.
 - Just like Baba is constantly worship worthy on account of being an ocean of purity, let me also become equal to the Father and become a synonym for purity in this world.
2. **Yoga practice** :
 - I am a fountain of purity...just like the water fountain drenches everyone who comes near it...similarly I am a fountain of purity who drenches every soul who comes in contact with the cool water of purity... giving solace to the souls who are burning in fire of vices...they are experiencing supreme peace and bliss...
 - I am a sun of purity...my face is shining like the sun...vibrations of purity are spreading from me in all directions...and the whole world is getting purified...
 - I the packet of purity exit this body and am going towards my home the soul world where my father the Ocean of purity resides...his rays of purity are spreading far and wide...and as I near him, my glow increases...as I go nearer to Baba I become the master ocean of purity...
3. **Dharana** – **Free from waste and negative**
God Says:
 - Waste thoughts are also a form of impurity
 - Those who avoid waste and negativity will receive an award from the Supreme soul
4. **Churning**
 - What are the subtle forms of lust and how can we win over them?
 - Write 10 powerful points that will enable you to make your Dharana of purity unshakeable, immovable and unbroken
5. **For Effort Makers**: Dear Effort makers! As we have died alive this is our new life and we should now be ignorant of impurity. The awareness of having died alive and that of returning home makes it easy to inculcate purity. Purity is our decoration, it is our true religion. Let us be willing to renounce our lives but not forsake purity. If we protect our purity, purity will protect us. Where there is purity, there is joy, peace, health, truth and prosperity. So come, today **on the occasion of Raksha Bandhan** let us all children of Brahma take this determined vow that we will not take it easy until we become equal to the father, master oceans of purity and transform our earth into a heaven of purity.

Om Shanti



Experience of Power - Week 1

24th August 2008

1. Intoxication: I am a master Almighty Authority.

- Those who stay in the intoxication of being a master almighty authority get the blessing of accomplishment of all their thoughts.
- If you stay in the intoxication of being a master almighty authority, you will not be influenced by any power of Maya.

2. Yoga practice :

- Every moment I stay under the rays of Almighty Baba...Multicoloured rays of each of the 8 powers emerge from Baba and fall on me...as soon as I look at souls, these rays from Almighty Baba start falling on them too...
- My companion is the one with a thousand arms...Almighty Shiva Baba. His thousand arms form a canopy of protection on top of my head...I feel completely secure and powerful under his canopy of protection.
- I am a master almighty authority – with this awareness invoke all powers and make use of them...

3. Dharana – Tolerance Power

- Those who tolerate (sahan) will become emperors (shahenshah) in the future
- All powers automatically come to those who have tolerance power
- Always remember – who has given us the order to tolerate? (God himself)
- If you tolerate once, Baba will give hundred fold blessings
- Tolerance is not dying but flying
- The ones you tolerate will come into your kingdom, i.e., they will serve you in the future
- Constantly sit on the seat of elevated self-respect. In comparison to our elevated stage and all our attainments, these matters to be tolerated are tiny little things.
- Your bowing down is not bowing down but making the soul in front bow down forever.

4. Churning

- Why is the power of tolerance necessary at the current time?
- What are the benefits of tolerance?
- What are the things that prevent us from tolerating?
- BapDada's elevated points on tolerance.

5. For Effort Makers: Dear Effort makers! Beloved BapDada has mentioned that those who say yes (Ji huzoor) to every aspect of Shrimat given by BapDada(Lord - Huzoor), every power also says yes and becomes present (haazir). So let us check ourselves from Amritvela to night from our subtle attitudes to our behaviour – how much do we follow every order given by BapDada?



Experience of Power - Week 2

31st August 2008

1. **Intoxication**: I am a master Almighty Authority.

- I am a master almighty authority, the child of the world almighty authority...almighty Baba has given all powers to me as an inheritance...now I have all the powers that Baba has...I am the owner of all the powers...whenever I want, wherever I want, I can use these powers...all the powers implicitly obey my orders...

2. **Yoga practice** :

- I, the master almighty authority, am combined with the world almighty authority...I am sitting in the aura of all powers...the rays of all powers are spreading from me in all four directions...
- Invoke Baba, the world almighty authority...BapDada has descended from the subtle world and has come to me and has placed his hand of blessings on my head...multi-coloured rays of all powers come out of his hand and merge into my whole body...I am getting charged with all powers and am becoming a master almighty authority...and sitting on the globe of the world I am giving Sakash to the whole world...

3. **Dharana** – Power of Cooperation

- The power of cooperation increases mutual love and makes the gathering powerful.
- *“If you have the aim to be **cooperative (sahayogi)** through body, mind, wealth, thought, words and deeds, you will automatically become an **easy yogi (sahajyogi)**. Just like the Father is the one who cooperates with the whole world... follow Father” - BapDada*

4. **Churning**

- What are the powers that Baba has bestowed upon us?
- When, where and how should each power be used?
- What are the factors that weaken our powers?
- How can we make ourselves powerful?
- Write 5 qualifications of a powerful soul.

5. **For Effort Makers**: Dear Effort makers! The psychologists and neurologists of the world believe that each human being is endowed with immense powers but use only a small percentage of these powers. If one recognizes these powers and uses them properly, one can change from human to super human. But no one has the knowhow to awaken these dormant powers. Beloved Baba has given us the method that the more we are embodiments of awareness, the more we become embodiments of powers. So come let us become the embodiment of every point of awareness that Baba has reminded us about and develop each power to its highest potential so that we become equal to the Father and fulfill his hopes (and complete our homework).

Om Shanti



Experience of Power - Week 3

7th September 2008

1. **Intoxication**: I am a child of the most powerful, Almighty Authority.
 - When my Father is the most powerful entity of all, how can I ever feel helpless? I am full of powers, like my Father...I must empower the weak, help the helpless and rescue the ones who are sinking....

2. **Yoga practice** :
 - I have the company and cooperation of Shiva Baba the most powerful one and his hand of blessings is constantly on my head... keep this picture constantly in front of your eye of the intellect...
 - I the master almighty authority am seated on top of the globe of the world... the canopy of protection of almighty Shiva Baba is over my head... I take the Sakash of powers from Baba and am giving to the whole globe....
 - Look at everyone with a spiritual vision and donate powers...

3. **Dharana** – **Saving thought power from being wasted**
 - Thought power is the basis of revealing the Supreme
 - Thought power is the basis of all our elevated spiritual experiences
 - Thought power can transform crisis situations too...
 - Thought power is the key to all accomplishments

4. **Churning** – **Thought power**
 - What is the significance of thought power?
 - What are the disadvantages of waste thoughts?
 - What are the causes of waste and negative thoughts?
 - How to save thought power from getting wasted?

5. **For Effort Makers**: Dear Effort makers! Beloved BapDada has told us that **thought energy is also the energy that powers our fortune**. Therefore do not waste your thought power on unnecessary things. In the whole day, make a practice and a habit of transforming any incidental waste thoughts into powerful thoughts. Make a promise that no matter what happens, I will not think waste or negative and instead in every situation I will think elevated and powerful thoughts and claim an award from God.

Om Shanti



Experience of Power - Week 4

14th September 2008

1. **Intoxication**: I am a Shiva Shakti.

- Just like rays are from the sun...fragrance from the flower...waves of the ocean...breathing associated with life...I too am a Shakti, combined with Sadashiva (the constantly benevolent one)...I am his half partner...I am his and he is mine...everything that is mine is his and everything that is his is mine...I have incarnated into this world only for the sake of Shiva's service...

2. **Yoga practice** :

- I am Shiva's Shakti...I am incomplete without Shiva, my beloved... I am constantly combined with him...He is decorating me with all his powers...
- Almighty Shiva Baba, the sun of knowledge is in front of me...I am gazing at him with admiration...all his powers are merging in me...and transforming me into a master almighty authority...
- Become a Shiva Shakti and have spiritual chit chat with Shiva the beloved – “O beloved! You are not alone in this noble task of world transformation...I am also with you with my mind, my life...your duties are my duties...I too will do the service of changing thorns into flowers, stones into touchstone and purifying the impure...” while conversing with Baba in this manner, go around the whole world and give powerful Sakaash to all souls.

3. **Dharana** – **To stay immovable and unshakeable through the power of truth**

God Says:

- The boat of truth may rock but will not sink
- The sun of truth cannot be blocked for long by the dark clouds of untruth. Truth has the blessing of getting proved. Where there is truth, there is Shiva (the benefactor).

4. **Churning** – **Power of Truth**

- Significance of the power of truth.
- How will the power of truth come?
- Write 5 powerful Godly versions on the power of truth.

5. **For Effort Makers**: Dear Effort makers! We hope that the weekly efforts based on various virtues and powers are taking you into deeper levels of effort making. Experiences are our true attainments that help us stay unshakeable, immovable and maintain equanimity even in adverse situations. An experienced soul can never get deceived. So keep increasing your treasures of experiences. Now such a time will come when people will demand experiences from us. At such a time, only those souls who are the image of experiences will be able to provide experiences of peace, happiness, love bliss to others in one second through their spiritual vision.

Om Shanti



Experience of Power - Week 5

21st September 2008

1. **Intoxication**: I am Mahaveer (a great warrior, also another name of Hanuman).

Mahaveers are those

- Who keep the comforter of hearts in their hearts.
- Who are completely pure in thought, word and deed
- Who use the life giving herb of knowledge to revive those who have become unconscious
- Who are obedient to Rama the supreme lord and are constantly available on service
- Who become double light and constantly keep flying in the flying stage

2. **Yoga practice** :

- I am a Mahaveer child who is constantly at the feet of my lord Rama who makes everyone elevated...i.e., I am constantly sitting under his cool and powerful rays.
- I the Mahaveer am constantly merged in the love of the One...my life is for my lord...in my life and in my divine activities I have only Rama...my breath is offered in his remembrance and service...if my chest is torn open, the world will find the comforter of hearts in my heart (Note: there is a picture in the path of bhakti that shows Hanuman tearing open his heart and showing Rama and Sita in there).
- I the Mahaveer am flying around the five continents and using the light of knowledge and the sakash of powers, I am reviving the souls who have become unconscious due to Maya's attack.

3. **Dharana** – Power to accommodate

- Accommodation is the sign of the ocean. Those who accommodate (samaana) become equal to the Father (Bap Samaan).
- *'Do you know why Dadi is Dadi? Because Dadi listens to all...tolerates everything...and merges everything'* – Dadi Prakashmani.

4. **Churning**

- Write a commentary that is very empowering for the self.
- Just like in the path of bhakti your praise is sung in the form of 'Hanumaan Chalisa' (40 stanzas of Hanumaan's glory), prepare a 'Gungaan chalisa' (40 stanzas in praise of one's own fortune)

5. **For Effort Makers**: Dear Effort makers! The world drama moves on the basis of power. When we are powerful, we are rulers. When we are weak, we become slaves. Only those who are powerful are able to rule the world. You know, that it is only once during the whole cycle that those beautiful moments come when the almighty, the supreme soul bestows all of his powers so that we can rule the whole undivided world. This is that time. At this time, to the extent one fills oneself up with spiritual power, becomes a world ruler to the same extent. Therefore decorate yourself with all powers in the remembrance of the almighty.

Om Shanti



Experience God - Week 1

28th September 2008

1. Intoxication: God is with me.

It is a matter of such great fortune and intoxication that God is with me... the one for whom the devotees were ready to even chop off their heads...for whom the aspirants did austere penances...that almighty authority, God is with me...

2. Yoga practice :

- Take yourself into deep contemplation...in the confluence age, God has become mine...he has come from the soul world just for me...he is staying with me and making me equal to himself... as master God...Wah me! I do not have words to begin to express how elevated my fortune is... (sing the song of your fortune and that of God's virtues...)
- At least 10 times a day emerge this deep feeling in your awareness that God is with me...his thousand arms form a canopy of protection on top of my head...I am experiencing an 'other worldly' peace, happiness and power under his canopy...
- Keep humming this song in your mind 'When God is with me, why should I fear anything... constant success is with me, and my hand is in his hand...' and along with the lyrics, experience the companionship of God...
- Have the company of God in all your three forms and have sweet chit chat – sometimes in the corporeal form...sometimes as an angel in the subtle world...sometimes as a point of light in the soul world...

3. Dharana – Complete faith

- Constantly have this faith that my father, God himself is with me...where there is the Father, the whole world is merged in the Father. In front of the Father, even an army that is multimillion strong is nothing. Therefore never even in your thoughts should you experience sadness, helplessness and loneliness. Just like Brahma Baba constantly had faith in the intellect and stayed carefree... Follow father.

4. Churning – Those with faithful intellect are victorious, those with doubting intellects perish

- How does faith lead to victory and doubt lead to destruction?
- Why does faith get shaken?
- How can we stay immovable and unshakeable in our faith? Write 5 such thoughts that make your faith firm.

5. For Effort Makers: Dear Effort makers! During tough times, let our eyes not start seeking help from those who have only two arms. Can those with two arms really free us from sorrow, peacelessness and difficulties? How can one who is stuck in a swamp rescue others from the swamp? Baba says that when the one with a thousand arms is ready to help you, why do you look towards the two armed ones for help? We need to ponder deeply on this point. Let us not – like Draupadi - cry out to our maternal uncles and paternal uncles for help. If we have to cry out to someone, why not cry out to God almighty...!!

Om Shanti



Experience God - Week 2

5th October 2008

1. **Intoxication**: I am a master seed of the tree of humanity.
 - The more we stay in our own form of the soul, the more we will be able to know, recognize and experience Baba the seed...
 - As the creator, so the creation...as my father, so am I ...the closer I get to him, the more I understand him and the more I become like him...

2. **Yoga practice** :
 - I the soul, am with Baba the seed in the soul world and I am connected to all souls of the inverted family tree of souls ... As the seed, so the fruit...i.e., my thoughts and stage influence the whole tree...therefore what should I be like...?
 - I the seed-like soul am seated on the throne in the centre of my forehead...and the whole tree of humanity is above my head...I am giving the tree the vibrations of love, power and good wishes...
 - From time to time whilst carrying out your tasks throughout the day, practice making your stage concentrated...at times on your own form of the self, and at other times on the form of Baba the seed in the soul world...

3. **Dharana** – **Honesty and Cleanliness**
 - *‘I have never spoken a lie in my life’ – Dadi Prakashmani ji.*
 - It is not possible to know the supremely pure supreme soul without a clean mind and intellect.
 - The easiest way to experience the supreme soul is to have an honest mind (sachcha man) and a clean intellect (saaf buddhi).

4. **Churning**
 - What is meant by honesty and cleanliness?
 - What is the significance of honesty and cleanliness?
 - What are the things that pollute our mind?
 - How can we stay constantly honest and clean?
 - Elevated versions of Baba on the topic of honesty and cleanliness.

5. **For Effort Makers**: Dear Effort makers! Baba says, *‘Rare are the ones who know me as I am, the way I am’*. Let us ask ourselves, how far have we been able to know Baba? Baba is an Ocean. It is possible to get to the bottom of the physical oceans but it is not easy to fathom the depths of God, the Ocean of knowledge. What an irony that we are his children and yet do not know him fully!! So come, through the study of the subtleties of the knowledge of the Gita and through in-depth spiritual endeavour, let us know him, experience him and become like him.

Om Shanti



Experience God - Week 3

12th October 2008

1. **Intoxication**: I am a soul who is merged in love.

God says – ‘For those who are merged in my love... I even do the task of thinking for them...’ Attain this experience. In a world with population of several billions, how many souls would have the fortune of God himself thinking for them...!!

2. **Yoga practice** :

- Baba says – ‘**when you remember me, it is as though you are in front of me.**’ Therefore whenever you remember Baba, go in front of him (in Madhuban in corporeal form... in the subtle world in the subtle form... and in the incorporeal form in the soul world...) and experience his company and Sakash.
- Baba if I had not got you, where would I have been...? I would have been wandering around in the world of Maya...I would have been far away from truth, locked up and rotting away in the jail of untruth...Baba you have taken me way beyond...you have transformed me from a beggar to prince! You have done so much for me and are doing so much for me...what can I not do for you Baba...(in this manner, talk to yourself and with Baba and become merged in his love...)
- Constantly sing from the heart ‘My Baba... My Baba’ throughout the day and merge in his remembrance...Remember, as much as we remember him, so much he will take care of us...

3. **Dharana** – **Detached and Loving**

- Those who stay constantly detached, i.e., those who do every action with the consciousness of a witness, automatically experience the companionship of God.
- Those who are detached are much loved. Those who are detached and loving receive BapDada’s support as well.
- The easy method to be safe from Maya’s attack – become detached from the world and loving with the father.

4. **Churning**

- Why is it necessary to have Godly experiences?
- How can we increase our Godly experiences?
- Write down your Godly experiences and share with your companions.

5. **For Effort Makers**: Dear Effort makers! BapDada’s main specialty on the basis of which we all became special, that which made us forget everything, and made us soul conscious... it is **love, and to be merged in love**. Therefore we too should be loving in our actions, words, with our relations and contacts, and to stay merged in love in our awareness and our stage. To the extent one becomes *lovely*, to that extent one becomes merged in love which is the fastest way to make us equal to the Father.

Om Shanti



Experience God - Week 4

19th October 2008

1. **Intoxication**: God is mine.

The creator of the whole world... the lord of the three worlds...the sustainer of all souls...the ocean of all virtues and powers...the one who takes us across... God himself is mine. The one whom everyone worships, adores, and pays obeisance... he is mine...even these thoughts make us completely joyous and intoxicated...

2. **Yoga practice** :

- Take yourself into deep contemplation... all the people I thought were ‘mine’ – actually it was due to my ignorance...actually there is only one who is ‘mine’... this is the imperishable truth...I am supremely fortunate that God himself has become mine...not only God but everything that belongs to God has become mine...now I want to stay merged in his experience... merged in the experience of all his divine treasures...
- Whenever you say ‘mine’ throughout the day, remind yourself, who is ‘mine’? Who is that one who has become ‘mine’? This awareness will stabilize you on the throne of an elevated stage.
- **God Shiva says – ‘I am waiting for the moment when my children will use me. I have come to give company and support to my children.’** So this time let us deeply experience Baba’s help. Whether it is in finishing my weaknesses and shortcomings...or in making my efforts more intense...or in gaining victory over situations...or at the time of diseases...or...

3. **Dharana** – **When the child maintains courage, the Father helps**

- Baba says that if you take one step of courage, the Father will take a thousand steps of help towards you... experience this.
- It is said - God helps those who help themselves...

4. **Churning**

- Who is God? What is God?
- God in my view (To what extent do I know God?)
- If God is mine, then how should I be? What should I be doing?

5. **For Effort Makers**: Dear Effort makers! For half a cycle we have been in the lap of the deities and for half a cycle in the lap of humans. Now we have come into the lap of God. This is a rare lap, one that we get only once in a cycle. Therefore take full benefit of this lap. The child ‘Dhruva’ (remembered as the child who became the pole star) had performed severe penances to attain this lap...but we have attained it as our right. Come, let us sit in our Father’s lap and become equal to him.

Om Shanti

1. **Intoxication**: I am a jewel of contentment.

God Says: 'This is the time to become jewels of contentment and making others contented. Nowadays everyone invokes Santoshi Maa (the Goddess of contentment) because contentment is the basis of all attainments. Where there is contentment, there is nothing lacking. Desire leads to distress. Desires will never let you become good.'

2. **Yoga practice** :

- I, the jewel of contentment, am seated on my throne in this body...the light of contentment is spreading from me into all four directions...and making all souls of the world contented...

- I am the Goddess of contentment...I am bestowing the wealth of contentment upon all souls...

- Give special good wishes and pure feelings to the souls who are discontented.

- From time to time throughout the day, take time to practice becoming bodiless. Try different practices for becoming bodiless. For example:

§ This body is my temple and I am the image within...

§ This body is a hut and I am the lamp within...

§ This body is a mannequin that has 84 cracks in it...this old body wears out and only I the diamond remain...stabilize your vision on your eternal form...

3. **Dharana** – **Being contented and making others contented**

- Remember, what is in my fortune cannot be taken away from me, and what is not in my fortune cannot be given to me by anyone. No one gets anything before time and beyond their fortune. Therefore, be contented.

- Talk to yourself, 'If I don't become contented even after attaining God, the bestower of fortunes, then when will I become contented?'

4. **Churning**

- Why is contentment necessary?

- What are the causes of discontentment?

- What should we do to stay contented and make others contented?

- Write down Baba's elevated versions on contentment.

5. **For Effort Makers**: Dear Effort makers! How fortunate are we that God himself (the Supreme teacher) is teaching us. The glory of our fortune will be sung about in the scriptures. The souls of the world will sing the praise of our fortune and experience themselves to be fortunate. So let us also keep looking at God and at our elevated fortunes... and remain contented.

Om Shanti

1. **Intoxication**: I am a well wisher jewel.

- As per the current time, there is a need for well wisher jewels who finish everyone's worries.
- A soul who is a well wisher can claim the certificate of contentment from all.
- If someone were to ask – 'How is such and such a person?' It should emerge from your heart – 'He/She is very good'. Then you can be called a well wisher who is equal to the Father.

2. **Yoga practice** :

- Baba says that even if someone is like coal, I should see that one as a sparkling diamond so that he or she can gain the power to transform the self ...therefore, this week we will see only the sparkling diamond in the centre of each one's forehead.
- If there is anyone who has bad wishes for you or is not contented with you, this week experiment with the power of good wishes...and along with having good wishes, have good behaviour while interacting with them.
- Just like the sun spreads its rays in all four directions in the world, likewise spread the rays of good wishes and pure feelings for all souls of the world...
- Beloved BapDada has given us the signal that no matter how busy you are, you should prepare yourself to face the delicate times that are coming by practicing the bodiless stage. We need to practice this stage at least 25 times in a day.

3. **Dharana** – Good wishes and pure feelings for all

- Good wishes and pure feelings increase the account of charity. Feelings of waste, hatred and jealousy increase the account of sin.
- Souls who are to become world emperors will have a full stock of good wishes. Your aim is also the same, is it not?

4. **Churning**

- Why is it necessary to have pure feelings and good wishes? Why are these significant?
- What are the reasons due to which our pure feelings and good wishes reduce or get finished?
- How can we constantly maintain pure feelings and good wishes towards all?
- If you have transformed any situation on the basis of the power of good wishes, write it down and share the experience with your companions.

5. **For Effort Makers**: Dear Effort makers! Beloved BapDada has given us the mantra of 'good wishes and pure feelings' in order to safeguard us from the influence of waste, and also asked us to check how far we express, as our natural nature, the sanskars of good wishes and pure feelings in our attitude and vision towards all souls. We need to check ourselves deeply and move from impure to pure...

Om Shanti

1. **Intoxication**: I am a victorious Pandav/Shakti.

- 'It is the Father's task to bring you into the rosary of victory and your task is to become victorious. Just make yourself victorious in your thoughts, words, actions, face and behaviour.' - **BapDada**

2. **Yoga practice** :

- Baba has said that the speciality of the Pandavas is remembered that they became victorious when they took the company of the Father of the Pandavas... so let us also constantly stay in the company of the Father of the Pandavas. He is showing me the path through this field of action...telling me the secrets of truth-untruth, justice-injustice, religion-irreligiou sness, victory-defeat, life-death etc and taking me from darkness to light...he is helping me have unlimited disinterest from this old world and stabilize in the comforting stage of 'Manmanabhav' .

- BapDada is giving me the Victory anointment and blessing me – 'Child, be victorious... be victorious... be victorious my dear child.'

- Baba, nature, devotee souls and time are all waiting... ready to receive me with the victory garland... (let me ask myself, how long do I really wish to keep them waiting? When will I finally decide to move over to their side?).

- Keep increasing the practice of becoming bodiless throughout the day

§ I the soul have come here from the soul world...practice coming and going...

§ I the soul am the master of this body...I am a self sovereign...etc.

3. **Dharana** – Sweetness

- 'Make your words, relationships and connections constantly sweet. Sweetness is greatness because at the current time people want to see your practical life' – BapDada

- For years God has been addressing us everyday as 'Sweet child, sweet child'... if we still don't become sweet then...!!

4. **Churning**

- If I have to come into the rosary of victory, what should I do?

- Where do I get defeated?

- How can I become victorious?

- Baba's elevated versions on becoming victorious and coming into the rosary of victory.

5. **For Effort Makers**: Dear Effort makers! Whether wise or ignorant, illiterate or educated, from Bharat or from other countries, the whole world now knows that in the war between the religious and the irreligious, it is the Pandavas who won. Our victory is world renowned. We were victorious and will remain victorious as God himself, the almighty authority, is with us. Even the times when we occasionally doubt ourselves, are the times when we forget that the Almighty authority, the Father of the Pandavas, is our protector. When I always remember my companion, victory will become my birthright.

Om Shanti

1. **Intoxication**: I am a beloved kingly child of God.

- 'The one who follows father is the one who is specially loved... and if you follow in one aspect, you can easily follow in all aspects. And that one aspect is **consider yourself to be a soul and remember me your father.**' – God Shiva

2. **Yoga practice** :

- BapDada is holding me, his loving child, the little angel, in his arms and singing a song – "Should I call you a Sun or a Moon, should I call you a lamp or a star...my beloved child will glorify my name in the whole world... even when I am gone, your name will live on in the world, whoever sees you will call you my child... in your form my presence will continue on... my beloved child will glorify my name in the whole world..

- My divine birth has taken place in God's home...Brahma is my mother and the Supreme Soul Shiva is my Father...I am the beloved of my father and mother...he is showering unlimited love on me...I am merged in his love...

- Practice of being bodiless – I am a guest in this body...I have come from above and I have to discard this physical costume of the body and return back up...

3. **Dharana** – Vow of belonging to Only One

- The true lover doesn't see anyone else except the beloved...Laila only sees Majnu...Heer only sees Ranjha... (these are names of famous lovers – like Romeo and Juliet)... Meera only used to see Shri Krishna... we too should also stay merged in the love of the supreme beloved, the supreme soul...in every aspect remember only that one...even in the dreams let there be no one else...only the souls who have taken the vow of belonging only to the one are specially loved by Shiva the bridegroom...

4. **Churning - Shrimat**

- What are the elevated directions given by Baba for every part of the day from Amritvela to night?

- What is the Shrimat given for our vision and attitude?

- What is Baba's Shrimat for thoughts, words and deeds?

- Do we follow these elevated directions completely?

- What should we do to make our day completely as per Shrimat (Prepare a plan)?

5. **For Effort Makers**: Dear Effort makers! How much love is filled... in every word that BapDada speaks to us... perhaps we cannot even estimate how much he loves us. Should we not sacrifice ourselves on the one who loves us so much...? It is not enough to say that we also love Baba very much. If we have true love for Baba, we have to show the proof which is to **walk on his Shrimat at every step**. Now let us check if our love for Baba is in percentage or is it hundred percent...???

Om Shanti

1. **Intoxication**: I am a soul who is specially loved by God.

God Says:

- A soul who loves God constantly considers the self to be a companion of God.
- A soul who loves God stays constantly committed and carefree.
- A soul who loves God has a good sense of humour and is not dry.
- A soul who loves God experiences the self to be an easy yogi.

2. **Yoga practice** :

- Have a sweet chit-chat with Baba – 'Baba if you were not there for me, where would I have been? Baba you have taken me so far beyond from where I was...' Remember the favours that God has granted and become lost in that love...

- Every relationship is connected to the bondage of love...In the world, love is distributed amongst many relationships...for us, all relationships are with one Baba alone...so this week, each day take up any relationship that you like and go into the depth of the experience of love in that relationship.

- Listen to such songs and hum along such songs that you become merged in BapDada's love...For example there is a song: 'Baba, where shall I find such love in the Golden age... sometimes you swing me in your arms, sometimes you seat me on your eyelids...'

- **God Shiva Says** – 'The more you become bodiless, the more you develop love for the bodiless father. So in the spirit of practicing to be bodiless, this week we will practice being bodiless whenever we eat or drink anything.

3. **Dharana** – Honest and Clean Heart

- The supreme soul is supremely pure...even his remembrance can be maintained only in a clean and honest heart...if there are the sanskars of lying, deceit and manipulation, there will be effort in remembrance. .. there will not be experience of Godly love...therefore to please the innocent lord and to say bye bye to Dharmaraj the supreme judge, imbibe honesty and cleanliness...

4. **Churning** – The power of love

- What is the significance of Godly love?
- Who do I love? Who should I love?
- How to increase love for Baba?
- Baba's elevated versions on the power of love

5. **For Effort Makers**: Dear Effort makers! There is the difference of only one letter between loyal (Wafa) and disloyal (Bewafa) but that one letter can make all the difference in our life for the whole cycle. If we have had love for the one, the supreme soul, we should be loyal to our love. It should not be that there is love for one and then there is give and take of love with a second or third person. Why two or three, you can have love for the whole world but keep the love spiritual, there should not be the bad smell of body consciousness in your love. To be influenced by anyone's virtues or specialties is also not loyalty.

Om Shanti

1. **Intoxication**: I am an instrument soul – BapDada is the one who is getting things done.

God Says: To be equal to God, just bring one word into practice – God is getting it done (Karavanhaar)... I am just an instrument...

2. **Yoga practice** :

- I am a puppet... my strings are in Baba's hands...He is sitting in the subtle world and getting things done through me...I am not doing anything...whatever is getting done through me is happening from up above...I am just an instrument...the doer and the inspirer is Baba...

- To increase the awareness of being an instrument, throughout the day, whenever you say 'I', remember 'I am a Soul' and whenever you say 'My', remember 'My Baba'.

- Practice of Bodilessness – The word Karavanhaar (one who gets things done) makes me easily soul conscious...so this time let us increase this practice that I the soul am the one who gets things done through the sense organs.

3. **Dharana** – Instrument consciousness

- 'Those who consider themselves to be instruments are the ones who become pure and humble.' – Dadi Prakashmani

- Only those who have instrument consciousness can imbibe the final three invaluable jewels that were gifted by Sakar Baba – 'Be bodiless, viceless and egoless'.

- Only souls who are instruments can stay detached and be loved by the whole world and the creator of the world.

4. **Churning**

- What is Instrument consciousness? What are the attainments of instrument consciousness?

- Why doesn't instrument consciousness last?

- How can we constantly maintain instrument consciousness?

- Baba's 5 elevated versions on instrument consciousness.

5. **For Effort Makers**: Dear Effort makers! Beloved BapDada has given the teachers one month homework so that they can reveal BapDada and the future through their features. Whoever looks at the teacher should see Baba. Along with that they should see the future of the self and the world. There should be no signs of worry or waste thoughts on the teachers' faces. The stage should be that of 'No problem.' This stage will bring instrument consciousness close easily. Remember, this homework is not only for the teacher sisters but for all of us. Don't you consider yourselves to be teachers (those who teach) for yourself?

Om Shanti

1. **Self Respect**: I am a completely pure soul.

God Shiva Says:

- Purity is the foundation of Brahmin life
- Purity is the basis of attaining God's love and having all attainments from God
- Purity makes me the recipient of everyone's blessings
- Purity is true personality, reality and royalty

2. **Yoga practice** :

- Practice of the 5 forms – Eternal, completely pure stage...original royalty of purity, with a crown of purity, completely pure body and soul, pure world of the pure deities...in the middle of the cycle, devotee souls receiving pure vibrations and attainments from my stone images...in the brahmin form, purity being my true religion and my birthright...the final angelic form being full of the power of purity...
- I am a supremely pure soul who is seated on the throne of purity...I am radiant like the sun...just like the rays of the sun spread into all parts of the world, my rays of purity are spreading all over the world...and through it the world and all souls are getting purified...
- Practice applying a full stop – Just like we used to play the game of 'Stop- stop', play this game with the self and with your companions – say stop and let whatever that is going on in the mind get stopped and you become manmanabhav, become bodiless or stabilize yourself in any elevated stage...

3. **Dharana** – Good wishes and pure feelings for all

- 'Complete purity means to have the attitude of good wishes and pure feelings for all' – Baba
- Would Baba be thinking ill of any soul...? I too have to become equal to the Father and so how can I possibly have ill will for anyone...?

4. **Churning** – Full Stop

- When do extra thoughts (the ones for which I need to apply a full stop) start emerging?
- In those circumstances, what thoughts should we maintain or practice so that we are able to apply a full stop?
- Write and share your experiences of how you apply the full stop under different situations.

5. **For Effort Makers**: Dear Effort makers! Beloved BapDada has unlimited love for us... he wants to take us along with him with honour and dignity...so he keeps reminding us of the coming times and says that this is not the time to be slack, instead there is need to have intense effort. He wants to see us become **completely pure** and a **yogi who can apply a full stop**. Who will fulfill this pure desire (homework) of beloved Baba? We will, will we not? Will we not...??

Om Shanti

1. **Self Respect**: I am a master ocean of purity.

God Shiva Says:

- Purity is my religion...I will die but not forsake it...
- Purity is my birthright
- Significance of Brahmin life is purity in thoughts, words and deeds
- Purity is novelty, greatness and being a great warrior.

2. **Yoga practice** :

- I am the child of the ocean of purity, a master ocean of purity...like father, like son...the supreme father has made me full of purity...I take purity as a **blessing and an inheritance** from the father and donate it to the whole world...I the master ocean of purity take the globe in my hand and am giving the **Sakash** of peace, happiness and purity to all the souls of the world...

- Now let this song constantly play in our hearts that... we now have to return home to the land of peace and then come to our kingdom, the land of happiness... practice going as an angel and returning as a deity...this practice of coming and going will rapidly take us towards our goal of becoming complete.

- **Practice of applying a fullstop** – In order to practice applying a full stop, do not wait for situations...instead from time to time throughout the day, practice applying the full stop to all thoughts and become bodiless...check am I able to apply a fullstop in a second?

3. **Dharana** – Free from waste and full of power

- 'Waste thoughts and words are also impurity' – BapDada
- We are holy swans... swans constantly pick up pearls and avoid pebbles and stones.

4. **Churning** – Complete Purity

- Why is complete purity necessary?
- Write a word sketch of a completely pure angel.
- What is the effort that is needed in order to become an embodiment of the above word sketch by 18th January.
- Make a personal action plan for the self

5. **For Effort Makers**: Dear Effort makers! As per beloved BapDada's inspirations, the whole brahmin family needs to **work itself into a fervour** of becoming completely pure. First of all, we should become examples of perfect purity so that others can get inspiration and power from us. Along with this, we should empower those in our family who have difficulty in imbibing complete purity (instead of inadvertently cursing them by saying – these ones are just like that). Baba has said that serving in this manner is a great act of charity.

Om Shanti

1. **Self Respect**: I am a deity of purity.

God Shiva Says:

- Purity is the mother of success and all attainments.
- Purity is being divine and alokik
- Purity is the basis of coming close to Baba

2. **Yoga practice** :

- **Seven days in heaven** – We were residents of heaven and will become residents of heaven again...we were the living deities of heaven... it is on the basis of our purity and divine sanskars that we are being worshipped in the temples...in heaven, our purity was natural nature... we were ignorant of impurity...and now, in order to transform this world into heaven again, we need to make purity our natural nature again...for this, we will live in heaven this week...we will become deities and move around the world...we will bring our heavenly sanskars into physical form...our walking, talking, looking, sleeping, waking, interacting should all be like the deities...this pure nature of ours will transform nature (the elements)... these divine sanskars will make the world divine...

- I am the deity of purity...the ocean of purity Shiva Baba is above me... the white rays of purity are continuously falling from him on me...I am becoming a tower of the light of purity...this light of purity is spreading through the whole world...

- **Practice of applying a fullstop** – 'To apply the full stop, remember the easy slogan – whatever has happened, is happening or is going to happen, is all good. The confluence age is good, every second is good.' - BapDada

3. **Dharana** – Complete Purity

- Even one drop of impurity can poison a pool of purity...so let there be no name and trace of impurity even in your thoughts and dreams...

- Royal laziness (procrastination) and carelessness is also impurity...therefore remove the language of 'ge, ge' (procrastination) and 'toh toh' (carelessness) from the brahmin dictionary.

4. **Churning** – 'The heaven of my dreams' – write an essay on this topic

- Ponder over this – just like in heaven there is unity in every aspect – one kingdom, one religion, one language, one 'law and order' – is there only one kingdom, one religion etc within me...?

5. **For Effort Makers**: Dear Effort makers! In the early days of the yagya, along with 'Do you remember Shiv Baba', everyone used to remind each other 'Do you remember the inheritance of heaven?' So let us also remind each other of the inheritance of heaven. The Dadis tell us that Sakar Baba had unlimited intoxication about the future. When Baba used to say that tomorrow I will go and become 'Michnu' (little Krishna), he would dance on his heels with happiness and intoxication. Let us also emerge our memories of the future at the present time, then complete purity and divine sanskars will become natural nature.

Om Shanti

1. **Self Respect**: I am a master world transformer.

- Baba has incarnated in this old world in order to transform it...it is my incredible fortune that he has made me his companion in this great task...I am transforming myself with the help of Baba and inspiring the whole world to transform...being a master world transformer, I can not even begin to utter the words – I do not want to do this, but I am unable to transform such and such a sanskar or nature...

2. **Yoga practice** :

- **Transformation of 'I and Mine'** – Throughout the whole day, whenever you speak the word 'I', also bring into your intellect or in speech any one of your points of self respect such as – I am a master world transformer...I am a master almighty authority...I am a beloved deity...etc. Whenever you say 'Mine', let 'My Baba' be remembered...this transformation will take us very far ahead on the spiritual path...

- **Transformation of Intentions (Bhav) and Feelings (Bhavna)** – Whenever you think or speak of any Intention, bring into your awareness 'spiritual intent'...and as soon as you say 'Feelings', remember 'pure feelings'... therefore have spiritual intent towards everyone and give the Sakash of pure feelings...

- **Transformation of waste thoughts and words** – Whenever waste begins, apply the **full stop** and transform waste into something powerful...when waste becomes zero, you will become hero...

3. **Dharana** – Transforming lokik into alokik

- Just like Brahma Baba used to transform every lokik thing into alokik...whilst seeing a tree he would remind everyone of the Kalpa tree...whilst seeing an aeroplane, he would remind everyone to go into the flying stage...likewise, let us also learn and imbibe the art of transformation.

4. **Churning** – Transformation Power

- Why is transformation power necessary?

- Why are we unable to transform our old nature and sanskars?

- What is the method for transforming?

- How can we make transformation sustainable?

5. **For Effort Makers**: Dear Effort makers! The old year is going and the new year is coming. Beloved BapDada always tells us, along with the old year, also bid farewell to old nature and sanskars. Just like we wear new clothes in the new year, let us wear the new sanskars of the new world in the new year. It is our benevolent desire that you enter the new year by completely transforming yourself as per the wishes of BapDada the lord of our lives...Heartfelt good wishes on the occasion of new year for all of you...

Om Shanti