

International Plan for Self-Progress May – October 2003  
to Become the Embodiment of Awareness

Please use these points, questions and commentaries for self-reflection, bhattis,  
workshops and other creative activities during the month.

This year, stay in your self-respect,  
give regard and co-operate with everyone and make them powerful.  
BapDada 17/03/03

**PLAN FOR 2<sup>nd</sup> week of JUNE 2003**

**SMRITI SWAROOP IS OUR NATURAL FORM & SERVICE**

**Discovery (Churning-based and experienced-based answers)**

“Those who remain embodiments of awareness are constantly in their natural form. Those who remain an embodiment of thoughts have to make effort. This confluence age is not the age of making effort. It is the age for experiencing all attainments. You made efforts for 63 births, but now it is the age, the time to attain the fruit of those efforts... Did you make any effort to have the awareness of body consciousness? ‘I am So and so.’ Body consciousness became your nature, did it not? It became such a strong nature that, even now, at the time of becoming soul conscious, body consciousness pulls some children... Now, in your birth of dying alive, let your stage of soul consciousness, the awareness of the soul, also become your nature and just as natural. You shouldn’t have to make effort, ‘I am a soul, I am a soul.’ What introduction did you Brahmin child receive when you were born? Who are you? The lesson on the soul was made firm for you, was it not? So let this first introduction become your natural nature. A nature is natural and constant. You don’t have to make effort to remember it. In the same way, according to the time now, the soul conscious stage of every Brahmin child should be natural. Some children do have this stage. They don’t have to think about it, they are embodiments of awareness. You now definitely have to become constantly and naturally an embodiment of remembrance. The last, final paper of all Brahmins is this small paper of becoming a conqueror of attachment and an embodiment of awareness.”

“For this year, BapDada says, “May you always be soul conscious and an embodiment of awareness. You are to attain liberation-in-life anyway, but before you become liberated-in-life, become free from having to labor. This stage will bring time closer and liberate all your brothers and sisters of the world from sorrow and peacelessness. This stage of yours will open the gates to the land of liberation. Souls everywhere are crying out in distress, so your liberation will enable all to receive liberation. Therefore, check to what extent you have this natural awareness and thereby a powerful form. To become an embodiment of power means all waste will easily end. You will not repeatedly have to make that effort.

**Discovery (Churning-based and experienced-based answers)**

- Recall the most outstanding experience of silence and/or a prolonged experience of soul consciousness. What impact did it have on your on you, on others and the atmosphere?
- What are the most obvious as well as subtle signs of natural soul consciousness?
- From your experience and/or seeing the Dadis and Didis, what are the more subtle signs of freedom or liberation in life?
- A powerful form and waste cannot exist together, check the ‘barometer’ of your thoughts what forms of waste still trap your mind. How quick can you get out of it?

**Deepening (Through Yoga Experience and Activities)**

***Amrit Vela Consciousness take one every half hour***

- “Body consciousness became your nature, did it not? Now, in your birth of dying alive, let your stage of soul consciousness, the awareness of the soul, also become your nature and just as natural... You receive the introduction to: ‘Who am I?’ The lesson on the soul was made firm for you, was it not? So let this first introduction become your natural nature that is natural and constant. In the same way, according to the time now, the soul conscious stage of every Brahmin child should be natural.”
- “For this year, BapDada says, ‘May you always be soul conscious and an embodiment of awareness.’ You are to attain liberation-in-life anyway, but before you become liberated-in-life, become free from having to labor. This stage will bring time closer and liberate all your brothers and sisters of the world from sorrow and peacelessness. This stage of yours will open the gates to the land of liberation.”

- “Souls everywhere are crying out in distress, so your liberation will enable all to receive liberation. Therefore, check to what extent you have this natural awareness and thereby a powerful form. To become an embodiment of power means all waste will easily end. You will not repeatedly have to make that effort.”
- “BapDada, the image of immortality, is seeing all the children who are seated on the throne of immortality, wearing the crown of world benefit, and who have a tilak sparkling on the center of the forehead... This alokik gathering is so lovely and unique compared to the golden-aged royal gathering and the iron-aged royal gathering. So souls who have a right to such gathering are so lovely and unique. Stabilize yourself in the stage of being an elevated soul, an immortal image, seated on the throne of immortality. The sparkle of this most elevated stage makes your face into an angel; not an ordinary face but an angelic face. (Avyakt BapDada 18/02/84)
- “BapDada was seeing the stage of sweet silence in the children... Your eternal form is of sweet silence. Your original form is of coming into sound but your eternal form and imperishable sanskars are of silence... Now the time to return home is close. Now it is time to close your role of the three aspects of time – the beginning, middle and end – so stabilize yourself in your eternal state and eternal form... The final paper is extremely easy and you have been warned in advance that you will be tested in this way. Your stage should be so powerful that although the body, bodily relations, bodily sanskars, individuals or wealth, vibrations and atmosphere may be present, nothing can attract you. This is what is called. ‘Nashtamoha smriti swaroop’ – the one who has destroyed all attachment and is the embodiment of awareness. Do you have this practice?” (Avyakt BapDada 16/3/86)
- “It is with the power of spirituality that you transform yourself and all others. It is with this power that you are liberated from numerous bondages... The soul’s lack of power to control its thoughts is the main bondage because the soul is trapped by its own thoughts. The power of realization finishes with the bondage of the mind. The method of attaining liberation is to make all three – thoughts words and actions powerful simultaneously, to make all three spiritual. If the soul is skilful and accurate in all three, then it is jeevanmukti (liberated in life)... Continue to experience freedom through spiritual power. To have the experience of jeevanmukti at the confluence is to claim the reward of jeevanmukti for the future.” (Avyakt BapDada 2/12/85)

**Activities**

- As you listen to the murli daily, take notes related to the following topics: soul consciousness, silence, mukti and jeevanmukti. Churn these points to deepen your understanding of the fundamental truths about our true identity and ultimate purpose.
- Try an hourly checking of your stage of soul consciousness and/or deep experience of the soul’s eternal form and imperishable sanskars of silence.
- Join a group of three and share your answers to the questions on the discovery section and summary of your effort at the end of the week. Make a summary of your effort in a creative form (draw it, sing it, mime it, write a poem, haiku on it, etc.)

**Dharna (Serving through Being)**

- Coming from deep inner silence, I speak less, sweetly and softly.
- Do not waste time, breath, thoughts and other treasures you have received from the Father. Use everything in a worthwhile way. Constantly have good wishes for others.
- Become light and easy in your thoughts, words and in relating to others. Others should experience you to be loving yet detached, carefree yet careful.
- Speak to a bodily being whilst in the awareness of that one being your brother soul. Let there be truth and sweetness in your words.

**Daily Chart: Rate by percentage**

Checking Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
• Increased experience of natural soul consciousness							
• Increased spiritual drill of inner silence and/or silence of sweet home							
• Increased sweetness in words and lightness in action							
• Decreased wastage of thoughts							

**Additional Challenge: 108 yoga hours for the month of June**