

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 3rd week of JUNE 2003

Week Three: SELF RESPECT, THE KEY SOLUTION

"Now, this year, because of love for the children, BapDada doesn't want to see any of you children having to labour in any problem. Let the problem end and you become a powerful embodiment of solutions. Is this possible? No matter what happens, even if the form of the problem is 100 times bigger than the Himalayas, even if the problems come through your body, mind, another person or the elements of nature, the problems that are external situations are nothing in front of your original stage, and the way to create your original stage is through **self-respect**. Let there be self-respect in a natural way. You should not have to remember it; you should not repeatedly have to make that effort. 'No, really I am a spinner of the discus of self-realization, I am seated on the heart-throne.' Who became this in the previous kalpa? It was you, it is you and you will become this every kalpa. You are the same ones of many kalpa, are you not? You have received the pass certificate, have you not? Or, do you still have to claim it? You received it in the previous kalpa, so will you not receive it now? Become an embodiment of this awareness. You have received the certificate There will be a difference of whether it is of passing with honors or simply passing, but you are the same ones."

Discovery (Churning-based and experienced-based answers)

- Describe a time when your stage of self-respect worked wonders during a difficult situation or with a difficult person. What was the wonder you created? What was in the impact of that?
- There is a saying that: "A humble soul is one who is constantly seated in his seat of SELF-RESPECT." How is this possible? Can you think of example in the BK family (a senior and a junior)?
- What is the difference between the self-respect of agyani souls and the self-respect of BK's?
- What are the signs of souls who are constantly seated on the seat self-respect?
- What are the subtle signs of lack self-respect? What are your personal yuktis to keep your self-respect in the face of karmic settlement with souls and also with your body?

Deepening (Through Yoga Experience)

Choose a consciousness for the whole day which you could concentrate on during Amrit Vela before murlis and evening meditation (or meditation before bedtime) and during traffic control. The aim is to increase your spiritual intoxication and become the embodiment of these titles of self-respect.

- "I am the **confluence-aged Brahmin**, the top-knot and the soul who plays a special role with God in this auspicious time of His Divine Acts (Creation-Sustenance-Destruction). Brahmin means to have a nature and sanskars that are liked by everyone. This means that others should experience lightness in your words, behaviour and attitude."
- "I am a **raj rishi**, that is, one who has sovereignty over everything including the subtle powers of mind, intellect and sanskars. Sovereignty is only possible when there is an attitude of unlimited distaste. I am a raj rishi soul, that is, one who easily and constantly stays at a distance from the attraction of this old world, old world of the body, gross

feelings, and feelings for objects. With the power of silence I go beyond all limited attractions to eventually reach a stage of being complete and perfect like the Father."

- "I am a **holy swan**. I have an honest heart and I am an embodiment of cleanliness. Now I make my body, mind, and heart completely flawless, that is, pure. To become this means I must remain completely clean and honest."
- "I, the extremely subtle soul am the **embodiment of peace**, and I am sitting in the temple of the body. I am a bodiless soul taking the rays of peace from Baba, the Ocean of Peace and spreading the vibrations of peace to peaceless souls. Through my eyes I give blessings of peace to everyone."
- "I am soul, a point of pure energy of light. I am a **supremely pure soul**. The rays of purity emanating from I the soul cleanses the atmosphere and changes the souls who are under the influences of negativity and vices. I am the master sun of purity "killing" the germs of vices."
- "I am a **spinner of the discus of self-realization** and by keeping the knowledge of time, I end all questions." The children who are spinners of the discus of self-realization and have a vision of the self, can automatically visualize the world cycle. Those who know the secrets of the drama remain constantly happy. They can never question "Why?" or "What?" because in this drama you yourself are benevolent and time too is benevolent. Those who look at the self and become spinners of the discus of self-realization easily continue to move forward.
- "I am an **easy yogi**, constantly remaining happy and distributing happiness with the awareness of my fortune and the Bestower of Fortune. I am in the confluence age which is the age of happiness and pleasure."

Note: You could also use other titles of your choice. Usually the blessing for the day at the end of the murli is the best choice to churn and experiment on until the next morning

Activities (Optional things to do during the week.)

- Add to the list of self-respect statements as you discover new experiences or from the daily murli. Write them on your notebook.
 - *SELF-RESPECT is the true sign of self-transformation.*
 - *SELF-RESPECT enables to go beyond praise and defamation and keep our spiritual dignity intact.*
 - *Where there is SELF-RESPECT, there cannot be any body consciousness.*
- Daily, share with at least one person, (gyani or agyani) points from BapDada's teachings that will inspire them. Keep your wings of zeal and enthusiasm spread out and help others fly with your wise words, and shining example.

Daily Chart:

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Self-respect Title							
% of awareness during the day							
Describe your experience at the end of the day							

Additional Challenge: 108 yoga hours for the month of June