

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 4th week of JUNE 2003

Week Four: FAST SPEED SERVICE NOW!

"You have asked what you should do this year, have you not? Simply give regard and maintain your self-respect. Become powerful and make others powerful. Do not engage yourself in wasteful situations. Weak souls are weak anyway, and if you continue to look at their weakness, how would you become co-operative? Give co-operation and you will receive blessings. When you are unable to do anything else, the easiest effort of all is to give blessings, and receive blessings. Give regard and become praiseworthy. Only those who give regard become worthy of receiving respect from everyone. To the extent that you become worthy of respect now, to that extent you will have a right to the kingdom and become worthy of worship soul. Continue to give, don't think of receiving. To give when you receive is the work of a businessman. You are the children of the Bestower... All of you have done very good service. However, you now have to move forward, do you not? You ended the complaints of many souls but together with that, seeing the fast speed of time, BapDada doesn't only want you to serve a few souls, for you are the instruments for bestowing liberation to all souls of the world because you are the Father's companions. So according to the speed of time, you now have to do three types of service at the same time. **One is through your words, then your powerful stage and thirdly your elevated spiritual vibrations.** Wherever you serve, spread such spiritual vibrations that everyone is easily attracted by the influence of the vibrations. Look how even in your last birth your non-living images are serving. Do they say anything through words? Their vibrations are such that the devotees easily receive the fruit of their devotion. In this way let the vibrations be powerful. Let the rays of all powers spread through the vibrations and change the atmosphere. Vibrations are such that they make an imprint on your heart. All of you have experienced how long the effect lasts when you have an impression of someone's good or bad vibrations in your heart. So, your vibrations of the rays of all powers will work like an imprint. Words can be forgotten, but an imprint created by vibrations cannot be removed easily."

Discovery (Churning-based and experienced-based answers)

- Describe the atmosphere of the center the first time you came for a programme or a course. What did you think created that atmosphere? What was the impact of the atmosphere on you?
- (Only for those who have been there.) Madhuban vibrations are the best example of service through powerful vibrations. Describe your experience of the vibrations on your first Madhuban visit. What did it do to you? Describe your best Madhuban experience so far, what made it the best and what were the overall vibrations of Madhuban at that time?
- During the week, try having 24 hours (or more) of silence. Observe your stage and later observe how your stage and vibrations impacted on others.

Deepening (Through Yoga Experience)

Amrit Vela Consciousness take one every half hour

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- Wherever you serve, spread such spiritual *vibrations* that everyone is easily attracted by the influence of the *vibrations*. Look how even in your last birth your non-living images are serving. Do they say anything through words? Their *vibrations* are such that the devotees easily receive the fruit of their devotion. In this way let the *vibrations* be powerful. Let the rays of all powers spread through the *vibrations* and change the atmosphere.
- According to the time, whilst you Brahmins bring souls closer, you must also continue to serve to make the atmosphere as powerful as fire. When conversing with each other, have only deep conversations of your realisations and transformation. When sitting in yoga experience the intense form of love and also give others this experience. Remain busy in service and all trivial matters will be removed.

Dharna for the Week:

Use the blessing after murli, to create an atmosphere and vibration at home or in your workplace. Serve others through your being and vibrations.

End of the Month Self-Assessment:

Write a letter to BapDada at the end of the month. Describe the gains, insights and learning you have experienced during the month of June.

Additional Challenge: 108 yoga hours for the month of June