

Letter from Dadi Janki

International Plan for Self-Progress – June

30th May, 2003

Dear Baba's especially fortunate children from around the globe, whose Father is the Bestower of Fortune, the True Father, the True Teacher and the Satguru, special loving remembrance filled with divine fortune.

We hope you have taken benefit from last month's international self-progress plan and that your inner world is filled with happiness. The wave of that happiness, that supreme bliss, should spread. How many treasures are there are in us? We are not ordinary. We have such elevated fortune. Never ever forget this.

This month the self-progress plan comes from the family in the Philippines. We hope it will help you to become the embodiment of the awareness of your fortune.

In loving remembrance of the One

BK Janki

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 03/03/03

PLAN FOR 1st week of JUNE 2003

WEEK ONE

UNIQUE BRAHMIN FORTUNE

Discovery (Churning-based and experienced-based answers)

"BapDada the Bestower of Fortune, is seeing the three lines of fortune on the forehead of each of His children everywhere. One is the line of fortune of Godly sustenance. The second is the line of the fortune of the elevated teachings of the true Teacher. The third is the sparkling line of shrimat... All of you are also seeing your lines of all three types of fortune are you not? ... Generally, all these three things – sustenance, study and elevated directions – are essential for every human being in their life. However there is the difference of day and night in this Godly sustenance and the directions, sustenance and study received from deity souls and human souls. So your fortune is so elevated, you never even imagined it. Have you attained or do you still have to attain it? Don't just keep this fortune in you awareness but always remain an embodiment of that awareness. Some children think very good things but you mustn't become an embodiment of thoughts (sochna swaroop). Become an embodiment of awareness (smriti swaroop). An embodiment of awareness is an embodiment of power (samarth swaroop). An embodiment of thoughts is not an embodiment of power. . .

- Recall the most exceptional sustenance you have experienced in your life from another person. What impact did it create on you?
- Describe the experience you have of receiving God's sustenance on a daily basis.
- Reflect on what subtle sources you may sometimes look to for sustenance and support. At that time are you consciously aware of taking support in this way?
- How does listening to the murli every day create your fortune?
- Seeing and observing seniors (particularly Dadis and Didis) what are the qualities about them that you feel have come about through their following shrimat?

Deepening (Through Yoga Experience and Activities)

Consciousness for Amrit Vela:

- "All of you are seeing your lines of three types of fortune, are you not? Since the Bestower of Fortune is the Father of you children, then apart from you, could anyone else have such elevated fortune? So your fortune is so elevated you, you never even imagined it. Don't just keep this fortune in you awareness but always remain an embodiment of that awareness. Become an embodiment of awareness (smriti swaroop). An embodiment of awareness is an embodiment of power (samarth swaroop)."
- "You are being sustained by Godly sustenance at every second. Just as God is the highest on High, so too, Godly sustenance is so elevated. Divine sustenance and human sustenance are received during many births, but this elevated sustenance cannot be received again if it is not received now. Do you constantly experience the elevated fortune sparkling on your forehead?"

- You are those who are going to become the embodiment of awareness, are you not? So, keep one thing in your awareness: who awakens you at amrit vela? Baba's love awakens you. He meets you, has a heart to heart conversation with you and fills you with power. The song of love awakening you is the correct method. He awakes you and calls you with so much love: "Sweet children, lovely children come." So imagine what the middle and end would be of someone who has such an elevated beginning! It would be elevated, would it not?
- "BapDada was seeing to what extent the children have attained the fortune of sustenance at the present time. So, do you take as much benefit as you have attainments? In your dreams also, you never thought that you would be worthy of such fortune. It is beyond your thought and yet you attained it so easily. You received it easily, did you not? The practical form of Baba's sustenance of love is the "easy yogi life." Whomsoever you have love for, you cannot bear to see or hear of that one being in a difficult situation or going through something difficult. So Baba also made the difficult easy, did he not?"

Daily Activities

- As you listen to the murli, write points and experiences which are related to the fortune of Godly sustenance, elevated directions and study.
- Every day be aware of when Brahmins are giving cooperation to one another through these three things. At the end of the week write sweet loving notes to the Brahmins who gave such co-operation.
- Start with five, and make a list of the fortune you received through the elevated study, Godly sustenance and elevated directions. Add to your list every day until you have reached 108 at the end of the month.

Dharna (Serving through Being)

- Let there be truth and sweetness in your words. In your words there should only be greatness and making others great. Speak to a bodily being whilst in the awareness of that one being a soul or my brother soul.
- Do not listen to the defamation of others this is also a sin. Listen with one ear and let it out the other. Listen only to the versions of Father Shiva.
- Coming from deep inner silence, speak less, sweetly and softly.
- Practice speaking and interacting with others in essence. Stop expansion of thoughts and become the embodiment of blissful silence.
- Transform sorrow into happiness on the basis of the light of knowledge as well as the rights of happiness claimed from the Father.
- I experience myself as worthy in the eyes of God. Baba accepts me on the throne of His heart. I hear God's words in the silence of my mind – "My child, you have a right to my love eternally. I am with you always!" My self-respect comes from recognizing my right to God's love.

Daily Chart: Rate by percentage

Checking Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
• Increase of intoxication about my fortune							
• Decrease in thinking and increase becoming smriti swaroop							
• Increase in experience of sustenance from God							