

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.

Become an idol of soul-conscious love and give co-operation as well as teachings (correction).
(special meeting for Madhuban residents with BapDada) Avyakt BapDada 08/10/02

PLAN FOR MAY 2003

DISCOVERY

Nature and Nurture

“Remember the beginning period of your Brahmin birth. So many souls of different natures belong to the Father. The Father, the Ocean of Love, made all of you belong to Him just with His eternal nature of the form of the Ocean of Love. If He were to look at all the different natures of all of you, would He be able to make you belong to Him? Therefore, ask yourself: What is my *natural nature*? The *natural nature* of Brahmin life is to be a master ocean of love. Since even people of the world say that love can change stone into water, then can those who receive and give soul-conscious love and God’s love not transform different types of *nature*? Are you able to do this or not?”

- What was special to you about your Brahmin birth?
- What one experience brought out your Brahmin nature?
- When you first came to Baba, you would have seen a variety of *sanskars* within the family, what was your vision then? What did you see in others and what was the basis of your exchanges with the Brahmin Family?
- Remember and relate a time when you felt the magic of love at work; when different types of nature were harmonised. What made the experience of diversity still feel like harmony?
- What is the one main characteristic that is universal in the Brahmin family for you?
- How would you define your natural nature?
- Relate an experience of being a master ocean of love, when your practice of being an embodiment of love became a loving relationship and created a spiritual atmosphere.

Drama and Dharma

“*Circumstances* also come. The *circumstances* have to come. They are the *side scenes* of the path of Brahmin life, and *side scenes* are never the same. Some are beautiful and some are even dirty. However, it is a traveller’s duty to pass by them and not to try and change those *side scenes*. So what does BapDada want? *All of you have become clever in knowing this.*”

- What is your experience as a spiritual traveller?
- As a spiritual traveller, what’s been your experience? Which signposts particularly made the journey easier? When you happened to digress into the side-roads, how did you find your way back?
- What is part of your personal kit to deal with unforeseen circumstances during your trip?
- Looking back, maybe there were moments when you forgot that you’re a traveller. What is it that enables you to be a traveller, and enjoy the journey? How do you see yet not see? How do you simply pass by the circumstances instead of becoming engrossed.

- What natural sanskar do you use so that you are free from the feeling of having to change someone or something and hence become caught up in the side scenes?
- What is it that BapDada wants from you at this particular stage in your spiritual journey?

Sculpting the Idol of Soul Consciousness

“Therefore, BapDada wants, at present, a balance to be maintained between *law* and *love*. However, the *law* should be such that there is a balance of *law* and *love*, so that it doesn't feel like just *law*. Let the *love* be experienced in the *law*. You saw the father in the corporeal form; together with *law*, he gave so much *love* that the words that emerged from everyone's lips were: Baba loves me! He is my Baba! Definitely take up the *law*, but together with *law*, also give *love*. Don't just give *law*. Because souls are weak, when there is just *law*, souls become disheartened. When you yourselves become the idols of soul-conscious love, you will be able to give that love to others (soul-conscious love, not the other love). Soul-conscious love means to co-operate in helping to find a solution to every problem. Don't just give teachings. Together with teachings, also give co-operation. This is to become an idol of soul-conscious love. Therefore, today, BapDada is especially underlining for all the Brahmin souls everywhere, in this land and abroad: Become an idol of soul-conscious love, and become the bestowers and deities who quench the thirst of souls for soul-conscious love.”

- What is your natural consciousness in which you experience both love and law as a balance?
- Remember a time when you gave soul conscious love. How did that bring harmony into relationships?
- What consciousness is the basis of giving co-operation? What has been your experience? Tell a story.
- When did you first experience someone who was an idol of soul-conscious love?
- Remember and share a time when you experienced yourself being an idol of soul-conscious love? What effort did you make to make this experience possible?

Tuning the Song of Fortune

“Do all of you consider yourselves to be fortunate? Out of the whole world, who has the greatest fortune of all? What does each of you think? That yours is the greatest fortune of all. Do all of you think this? If you have the fortune of happiness, do you remain happy? Do you always remain happy? It is not that you are only sometimes happy, is it? Since BapDada has made the star of fortune sparkle, do you remain happy seeing the sparkling star? Do bands of happiness constantly play in your heart? Do they? What song does your heart sing? “Wah, my elevated fortune!” Do you sing this song? Your fortune is praised throughout the whole cycle. For half the cycle you experience the reward of the fortune, and for half the cycle many souls continue to sing praise of your fortune. The most special thing is: Out of the whole world, whom did the Father like? He liked you, did He not? There are so many souls, and yet He liked you. What could be greater than being liked by God? So, together with remembering the Father, always also remember your fortune. God (Bhagwan – Bestower of Fortune) and fortune (bhagya). Throughout the whole cycle, would there be any other souls who receive love and remembrance, God's love, every day? You receive love and remembrance every day, do you not? Who are the most loved of all? You are the most loved ones, are you not? When you constantly remember your fortune, all wasteful things will run away. You won't have to chase them away, they will easily run away by themselves.”

- What was the first fortune you experienced?
- How has that flowed through your Brahmin life?
- Describe why that is the greatest fortune and why it unleashes happiness for you?
- When you remember and feel that fortune can you remember how your consciousness sings? Are there specific images or words that are part of this song?

- How have you felt, (either in meditation or when you were in front of Baba) when you feel that the Father particularly liked you?
- Take a moment and remember the fortune you have experienced through each of the ages. How would you describe your fortune through each of the ages?

Timelessness

"Now, according to the present time, understand the importance of the time of the confluence age and continue to make your reward elevated at every *second*. Not a single *second* should go to waste, because every second has a lot of importance. It is not just a second wasted, but a lot of time is wasted and you won't find that time again. You have a very clear introduction of time, do you not? Do you remain aware of it?"

- What practices do you have throughout the day that help you value every moment of the Confluence Age?
- What is the most important aspect of the Confluence Age for you?
- In 6 months time when you look back, what will you have done that will have made you free from waste and master of time? Describe it step by step.

Gifts from God

"All of you are special souls. Simply know your speciality and use it for service. Each one's speciality will become a very fast method for the flying stage. Use it for service, but don't develop arrogance about it, because at the confluence age, according to the drama, every speciality is a gift from God. There wouldn't be any arrogance about a gift from God. For instance, no one would consider prasad to be his or her prasad; it is God's prasad. These specialities are also Prabhu prasad (something received from God). Prasad is not just used for the self, it is distributed. You distribute it. You are great donors. You are open treasure-stores. You are bestowers of blessings."

- When you look into Baba's eyes, what main quality do you experience? Have you accepted this as your own?
- When interacting, which qualities do you naturally use?
- When doing a task, which specialities are essential to you in your task?
- Which gifts did you receive at the time of your Brahmin birth that have been your Prabhu prasad, and sustained you?
- What quality have you admired in Brahma Baba that formed the eternal relationship between you both? Do you accept this speciality as your own?
- Our Brahmin life is a gift from God, how we use it is our gift to Him. What is in your treasure store? Which blessings in particular are you aware of?

Generosity Mood Switch

"Continue to give a drop to souls. There is such a big line of beggars, and you have such an overflowing treasure-store! You have an unending treasure-store. You are not being *economical* in distributing it, are you? Distribute this generously. Be economical when it comes to wasting something, but when it comes to distributing, distribute with an open heart."

"Are all of you happy? It isn't that sometimes you have an *off-mood* and sometimes you are very happy, is it? *Follow the father*. Does BapDada ever have an *off-mood*? Therefore, you are *following the Father*, are you not? Everyone's different moods appear on BapDada's TV. The mood of those who are constant great donors never changes. You are bestowers, so continue to bestow."

- For a moment, feel your mind's unending treasures – now remember moments in your Brahmin life when you've been unexpectedly pulled into that state of donating precious drops of powerful thoughts.

- How do you prevent wastage?
- When we are economical there is a sense of abundance. Can you describe a time when that was inspiring for you and others?
- When you feel the generous and open heart, what mood are you in and what mood do you create for others?
- How would you describe the mood of a constantly great donor?
- Having experienced Baba, which switch of mood has occurred for you?

Dev, Dev, Devta Dev

"You are not those who take, but devta (those who give). How many times have you become deities? You have become that many times, have you not? So, a dev (deity) means one who has the sanskars of giving. No matter what others give, you just continue to give a drop of happiness, a drop of peace, a drop of love. People only have peacelessness and sorrow and so what would they give? They would only give that, would they not? Whereas, what do you have? Happiness and peace."

- Describe the pleasure you experience from giving and sharing?
- Our natural nature of being a deity is immortally ingrained in us. Take a moment and in that silence emerge this for yourself. Can you share the main characteristics you see in yourself?
- What yuktis do you have to be able to give or share in any situation? Can you describe them?
- How do you increase your own happiness, peace and love?

Service

"Know your speciality and use it for service."

"You create your fortune in the name of service because the charity of serving this yagya is very great. You serve through your body anyway, but you also serve through your mind. So that is double charity – serving with the mind and also the body. Whoever comes, they come and see the service that you are doing; they see this atmosphere and go away taking that benefit. Therefore, so much charity and blessings are accumulated for you souls. You are doing such service through your body and mind. Do you do *double-service*?"

"To serve means to accumulate. Whatever time you have available, earn a double income. Receive instant fruit and also fruit for the future. BapDada has special love for servers because BapDada is also the World Server. So you are equal, are you not? Do you keep your mind *busy* or empty? Whilst walking and moving along, your mind should be busy in remembrance and service. Do all of you remain happy? You are not those who are only happy sometimes, are you? You are those who are always happy. Even seeing your happiness, others become happy. Whatever time you have for service, use every second of that in a worthwhile way. It should not be wasted. It should not be ordinary either. Your time should be spent in spiritual intoxication and spiritual attainment. You are keeping such an aim, are you not?"

- What do you do to create a very powerful atmosphere on the field of service?
- What elevated stage is experienced when you have attention on creating a powerful atmosphere?
- What benefit have you seen others take from a powerful atmosphere?
- What is the instant fruit you've enjoyed when having done karma yoga in Baba's house?
- How would you describe the fruit you have accumulated for the future?
- Describe the experience of being a master world server?
- Who inspired you with their happiness to be happy? Can you describe how it touched you to blossom in happiness?

COMMENTARIES

(Direct quotes from BapDada's Murli)

SUGGESTED USE:

Take a commentary for a week, use it every day and see how its experience changes for you.

Commentary:

"Today, BapDada, the Ocean of Love is celebrating a meeting with His children who are master oceans of knowledge. This Godly love is the basis of the children's sustenance...God's love is the basis of Brahmin life...Only you children experience this soul-conscious love...this real, altruistic soul-conscious Godly love. No one apart from you Brahmin souls are able to attain this real love...Do you experience yourself to be merged in God's love and soul-conscious love at every moment?"

Commentary:

"Follow the *father*, follow the *mother*. Remember the beginning period of your Brahmin birth. So many souls of different natures belong to the Father. The Father, the Ocean of Love, made all of you belong to Him just with His eternal nature of the form of the Ocean of Love...Therefore, ask yourself: What is my *natural nature*?...The *natural nature* of Brahmin life is to be a master ocean of love. "

Commentary:

"Do all of you consider yourselves to be fortunate? Out of the whole world, who has the greatest fortune of all? What does each of you think? That yours is the greatest fortune of all. If you have the fortune of happiness, do you remain happy? Do you always remain happy? Since BapDada has made the star of fortune sparkle, do you remain happy seeing the sparkling star? Do bands of happiness constantly play in your heart? What song does your heart sing? "Wah, my elevated fortune!" Your fortune is praised throughout the whole cycle. For half the cycle you experience the reward of the fortune, and for half the cycle many souls continue to sing praise of your fortune. The most special thing is: Out of the whole world, whom did the Father like? He liked you, did He not? What could be greater than being liked by God? So, together with remembering the Father, always also remember your fortune."

Commentary:

"Follow the *father*...You are bestowers, so continue to bestow. To be a deity means to be one who gives... How many times have you become deities? You have become a deity many times, have you not? A deity means one who has the sanskars of giving...Continue to give a drop of happiness, a drop of peace, a drop of love."

EXTRA COMMENTARY TOOLS:

End of Murli Commentary to help you maintain the intoxication of the murli throughout the day:

- "Throughout the whole cycle, would there be any other souls who receive love and remembrance, God's love, every day? You receive love and remembrance every day, do you not? Who are the most loved of all? You are the most loved ones, are you not? Baba loves me! He is my Baba!"

Commentary for Refocusing when those 'little' challenges come:

- *Circumstances* also come. The *circumstances* have to come. They are the *side scenes* of the path of Brahmin life, and *side scenes* are never the same. Some are beautiful and some are even dirty. However, it is a traveller's duty to pass by them and not to try and change those *side scenes*.

CONSCIOUSNESS ON AWAKENING

"I am an idol of soul conscious love"

RELATIONSHIPS WITH BABA

| | |
|------------------|-------------------------|
| Monday | Ocean of Love |
| Tuesday | Bestower of Fortune |
| Wednesday | The Innocent Lord |
| Thursday | The Open Treasure-Store |
| Friday | World Server |

SELF-RESPECT BLESSINGS

To be able to crystallise and become an idol of soul conscious love, take a blessing each day and allow it to resonate 108 times. Then you will become a bead of the rosary of victory.

- I am the master ocean of knowledge
- I am merged in God's love
- I am a bestower of love
- I am a deity of love
- I am a Brahmin
- Baba loves me! He is my Baba
- I am an idol of soul-conscious love
- Out of the whole world, I have the greatest fortune of all
- I have the fortune of happiness
- Out of the whole world the Father likes me
- I receive God's love every day
- I receive God's remembrance every day
- I am the most loved one
- I am a special soul
- I am a great donor
- I am a bestower of blessings
- I am a deity
- Out of all the souls of the world, I am an elevated soul

YOGA CONSCIOUSNESS TO BUILD INTOXICATION

Type out these points onto separate cards and keep them in a box. Each day randomly choose one and watch the mercury of your intoxication rise!

- Go into the experience of soul-conscious love, real, altruistic soul-conscious Godly love
- Become an idol of soul-conscious love
- Experience yourself to be merged in God's love and soul-conscious love
- Realise and think about your fortune. Out of the whole world, you have greatest fortune of all "Wah, my elevated fortune!" Your fortune is praised throughout the whole cycle. For half the cycle you experience the reward of the fortune, and for half the cycle many souls continue to sing praise of your fortune.
- Do you experience that out of the whole world the Father likes you? What could be greater than being liked by God?
- Together with remembering the Father, always also remember your fortune. Throughout the whole cycle, would there be any other souls who receive love and remembrance, God's love and remembrance every day?
- Who are the most loved of all? You are the most loved ones, are you not? When you constantly remember your fortune, all wasteful things will run away. You won't have to chase them away, they will easily run away by themselves.
- Practise being a world server like BapDada. You are equal, are you not?
- Remember your fortune, and remember who you now belong to.

FINALLY

Each week write a letter to Baba, sharing what you have achieved and experienced through living this murli.