

*Letter from Dadi Janki*  
*International Plan for Self-Progress*

*October 2003*

*To the most valuable souls of the entire kalpa, please accept love-filled remembrance,*

*This month South America, Mexico and Central America have prepared a powerful self-progress plan for the final month of international plans for self-progress. The time for returning to our sweet Madhuban is almost here. This plan gives us an opportunity to prepare ourselves for meeting our beloved BapDada again.*

*Baba wants us to become the examples in front of the world by remaining stable in our powerful stage beyond sound. Create an atmosphere of such powerful remembrance that it envelops you in safety and gives peace and power to Brahmin souls as well as the souls of the world. **Become the image of the Flame** and serve the whole world through your good wishes and pure thoughts.*

*I look forward to seeing each one of you in Madhuban soon.*

*With love from the heart,*

*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.

## SELF PROGRESS PLAN FOR OCTOBER 2003

### **To Become the Image of the Flame – Month of powerful bhattis**

**Since we are beginning a new season with BapDada's murli, this month is an opportunity to review the essence of the 2002-3 season and to evaluate our stage and prepare for the new season. The essence of each murli is as follows:**

#### **1) 08/10/02**

- The basis of the Brahmin gathering is soul-conscious love in attitude, vision, words, relationships, connections (actions)
- Soul-conscious love means to give co-operation to help find solutions not just giving teachings (correction).
- Let love be experienced in the law

#### **2) 25/10/02**

- The basis of Brahmin life is the royalty of purity
- Be extremely close to the Father
- Pure vision means to see others in soul-consciousness
- Have a right to royalty from the beginning until now
- Reveal the sparkle of purity through their face and behaviour
- Become number one by always making intense effort in remembrance and service
- Remain embodiments of all powers and all virtues, like the Father

#### **3) 14/11/02**

- The foundation of Brahmin life and the basis of success is faith in the intellect
- Be the embodiments of easy success through having constant faith in the intellect – in all four types of faith
- Achieve success in every service with the right of constantly saying “My Baba”
- Constant embodiments of solutions, who transform problems
- Put into a practical form the plans of revealing the Father

#### **4) 30/11/02**

- Becomes a master of the self
- Become equal to the Father as a return for BapDada's love
- Be the embodiment of the awareness of the return journey
- Body-consciousness is the mud of false intoxication
- Constantly follow the father in thoughts, words and deeds

#### **5) 15/12/02**

- According to the time, make qualifications equal to the aim of being equal to the Father
- Be careful of the naturalness of body-consciousness
- Only one who is egoless can become incorporeal
- Give the course of force
- Give the course first to yourself

## **6) 31/12/02**

- Use all your treasures of knowledge in a worthwhile way and show the speciality of becoming an image of success
- Baba has given the gift of the golden world
- Effort is entertaining if you keep in your awareness who you are
- The biggest treasure is of elevated thoughts
- Give a gift to everyone

## **7) 18/01/03**

- Become powerful through the awareness of the Brahmin birth and make everyone powerful.
- Be karanhar as a soul and karavanhar with your sense organs to be a karma-yogi
- Use all their powers at the right time
- Merciful to all souls
- Put into the corporeal form the thought of becoming equal to the Father

## **8) 13/02/03**

- Reveal your merciful and bestower form
- You are the purifiers
- Unshakeable and immovable souls who remain constantly set on the seat of a detached observer
- Maintain the awareness of being a bestower and who bestow on everyone knowledge, power and virtues
- Show the image of the Father through your face
- Spiritual roses and who constantly remain happy and fortunate

## **9) 28/02/03**

- Together with doing service make plans to become complete
- Be aware of the other four vices
- Have constant zeal and enthusiasm
- Bring about the total transformation of the word 'I'
- Take steps equal to the Father's
- Be full with the power of concentration (stability)

## **10) 17/03/03**

- Stay in your self-respect and give regard
- Co-operate with everyone and make them powerful
- Difference between embodiment of thoughts and embodiment of awareness
- Have natural soul-consciousness
- Embodiment of remembrance and thereby an embodiment of power
- Always seated on the unshakeable and immovable seat

## **Four attitudes for a life of freedom and spiritual power**

If we study BapDada's murlis carefully, especially from the whole 2002-3 season, we come to the conclusion that we have four main attitudes to develop if we really wish to become karmateet. Each of the four main relationships that constitute our existence requires a specific attitude in order to have maximum benefit from our efforts. In other words, instead of breaking our heads over specific problems we just have to develop these four attitudes in all our dealings and connections.

They are:

<b>Relationship</b>	<b>Attitude to develop</b>
With the self	Self-respect
With God	Surrender
With matter	Trusteeship
With other souls	Benevolence

### **PLAN FOR 1<sup>st</sup> week of October, 2003 Moving towards total Self-respect**

#### **Topic for weekly group churning session**

What are the key ingredients to create such a stage of self-respect that no one and nothing can move me from it?

#### **Fiery consciousness at Amrit Vela**

Please use the following themes (one per day):

1. What is it that BapDada sees in me that I was unable to see in myself?
2. Do I really understand that my deepest qualities are the same as God's?
3. Now in a second become incorporeal soul and absorb yourself in the love and remembrance of the incorporeal Father.
4. One moment be incorporeal and the next angelic.
5. How do I really see my future?
6. What is the reason why BapDada called me into this family?
7. What is the main contribution that I can make towards service from my stage?

#### **Consciousness while listening to the murli**

What are the titles that Baba is giving me today? What are the hints in today's murli for me to feel good about my Brahmin life and my efforts?

#### **Interaction with others**

Every time I come into contact with others – service companions, lokik relatives and work colleagues, I make a conscious effort to remain stable in self-respect and have respect for the intrinsic worth of the other.

#### **Group yoga bhatti**

Create a fiery stage of unshakeable self-respect based on the following:

*Only that which you want should happen, only if you fill yourselves with the sanskars of a self-sovereign from now, will you be able to rule the kingdom there. Never get off the seat of being self-sovereign. If your physical senses are under your orders, then all the powers will remain under your orders. Every power should be ready according to your orders, because each power is a gift from God; therefore God's gift has become something that belongs to you.*

#### **Service**

I understand what is my deep speciality and I serve with that. The speciality is the reason why BapDada chose me to contribute in His service. I understand that if my stage goes 'off' for any reason, it's because I have not been able to express my speciality properly.

## **Daily Chart: Rate by percentage**

- Check yourself to see to what extent you have the stage of this awareness of having your rosary of self respect
- Ask your self: are your aim and qualifications equal?
- Did I put into practice the insights that today's murli brought me?

## ***PLAN FOR 2<sup>nd</sup> week of October, 2003*** ***Moving towards total Surrender***

### **Topic for weekly group churning session**

Why is surrender the ultimate key to coming closer to God and claiming my full inheritance?

### **Fiery consciousness at Amrit Vela**

Please use the following themes (one per day):

1. What is my favourite relationship with Shiv Baba?
2. What is my relationship with Brahma Baba?
3. What is my favourite title for Shiv Baba?
4. How does my consciousness contribute to the flames of this yagya?
5. Is there anything in my activities, which prevents me having a clear relationship with God?
6. What is the extent of my humility towards Baba and His service?
7. What is my experience of being in Baba's lap?

### **Consciousness while listening to the murli**

Each day I listen for specific points to bring me closer to Baba in my yoga. Listening to Baba's titles I see their specific relevance to my own efforts.

### **Interaction with others**

Every time I come into contact with others – service companions, lokik relatives and work colleagues, I am a total instrument of Baba's will and desire to uplift them. Baba knows exactly what the other souls require through me as an instrument. My ego does not interfere.

### **Group yoga bhathi**

Create a fiery stage of 'None but One'. Absolutely no one else should come in my thoughts except Baba. I am purely an instrument of God's will.

### **Service**

I make a special effort to assure that my own personality doesn't interfere with the service that I do. I am genuinely interested in uplifting whoever comes into contact with me. Just as Baba never forgets His role, I am only aware that I have to do the same as Him.

## **Daily Chart: Rate by percentage**

- How easy was it to connect with Baba today?
- Check whether you are fulfilling the great mantra (incorporeal, egoless and viceless). Are your thoughts elevated? Are your words humble? And your actions filled with the spirit of serving?
- Did I put into practice the insights that today's murli brought me?

## ***PLAN FOR 3<sup>rd</sup> week of October, 2003*** ***Moving towards total Trusteeship***

### **Topic for weekly group churning session**

How can we guarantee protection and freedom from worry by developing a sense of trusteeship towards our bodies and the physical things that we are connected with in our homes and in the centres.

## **Fiery consciousness at Amrit Vela**

Please use the following themes (one per day):

1. What is really mine?
2. What is the essence of obedience in the use of my body, mind and wealth?
3. Having You, I have everything.
4. There should be no speck of impurity, waste or negativity even in my thoughts about things and others.
5. My only connection with the world is in order to serve it.
6. No one belongs to me and I don't belong to anyone.
7. There is nothing to look back on, only look forward.

## **Consciousness while listening to the murli**

What are the special instructions that Baba has given about the use of my body, mind, wealth, contacts and connections?

## **Interaction with others**

I am the selfless server. Everyone who comes into contact with me will receive some gift or other from BapDada's treasure store.

## **Group yoga bhakti**

Become the fiery form of the embodiment of detachment. Only a truly free intellect is able to remember Baba and serve at an unlimited level. Reflect on the following:

*Only with the fire of Yoga, not with ordinary yoga will the burden of the sanskars of the past burn. At the moment you have yoga, but it isn't the volcanic fire through which sins can be burnt. This is why they are destroyed for a short time, but they then emerge again. Everything has to be completely incinerated; the sanskars of the past weak sanskars should all be completely incinerated. They are killed, but not yet burnt. The world will be transformed through the transformation of sanskars. Specially underline this, because the sanskars are not transformed, there are also waste thoughts.*

## **Service**

I make a special effort this week to make available for service anything, any contact or any idea that I have been holding back on. Let it happen now!

## **Daily Chart: Rate by percentage**

- How obedient was I in the use of my body? My mind? My wealth?
- Did I put into practice the insights that today's murli brought me?

## ***PLAN FOR 4<sup>th</sup> week of October, 2003 Moving towards total Benevolence***

## **Topic for weekly group churning session**

- How is soul-conscious love in attitude, vision, words, relationships, connections (actions) the basis of the Brahmin gathering? How does it help me serve the world?

## **Fiery consciousness at Amrit Vela**

Please use the following themes (one per day):

1. Is my intellect working according to the feelings that Baba has for everyone of bringing benefit, and making everyone worthy.
2. With the vision of the soul and Baba's love, now make your vision peaceful and use understanding.
3. I am the master world benefactor.
4. I am an unlimited lighthouse.
5. I am the master ocean of mercy sensitive to the cries of distress of my brothers and sisters throughout the world.
6. I experience the joy and depth of Baba's drishti.

7. Let me keep only Baba's image in front of me because it is through His drishti that my drishti becomes that which has love and feelings of benevolence for everyone.

## **Consciousness while listening to the murli**

I am aware of the feelings of mercy and service that BapDada is bringing out each day.

## **Interaction with others**

Just as, at the end, Brahma Baba remained busy in creating his stage of detachment, great peacefulness and quietness, so too will be our interaction with others. My stage will inspire everyone who comes into contact with me.

## **Yoga bhakti**

Each one should emerge their original and eternal sanskars of a bestower in a fiery way and serve the world. Visualize the world as a tiny planet swimming in space. Become part of a rosary of bestowers who, together with BapDada in the subtle regions, sends love and power as a constant flow of pure thoughts towards the world.

## **Service**

- In every interaction be proactive and give co-operation to others to help them find solutions not just give teachings or corrections.
- Your drishti should have such sparkle that others definitely experience something or another through your drishti.
- Anyone who sees your face should ask you, "What you have received?", because you look very happy. Each one's face has to give the Father's introduction.

## **Daily Chart Questions?**

- Was I able to experience love within law in my dealings with others?
- Do the original and eternal sanskars of a bestower constantly remain in your life in an emerged form?
- Note how much you accumulated throughout the day in your account of charity through your thoughts, words, relationships, and connections as a charitable soul.
- Did I put into practice the insights that today's murli brought me?

## ***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 October.

## **Additional Challenge:**

108 yoga hours for the month of October