

For January 8, 2015



Conqueror of Attachment in Conversation with Karmateet BapDada

First Awareness

The moment I open my eyes, I realize: I am a soul. I descended from the Sweet Home of Light in order to give radiant light to the world.

Who am I?

I am a conqueror of attachment. I conquer attachment by remembering throughout the day these five forms: 1. I am a child. 2. I am a Godly student. 3. I am a spiritual pilgrim. 4. I am a warrior. 5. I am a helper of God.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I promise to take up the duty of bringing benefit to the world. I am committed to helping You bring the Golden Age. To fulfill this duty properly, I must conquer attachment and embody remembrance.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. As soon as you awaken at amrit vela, have a spiritual conversation with Baba. Experience the five forms of being a child, a Godly student, a spiritual pilgrim, a warrior, and a helper of God. As you, the soul, meet Baba with these forms, you will become free from the bondage of karma. Remember

these five forms throughout the day according to the various actions you perform. Then by embodying this remembrance, you will conquer attachment, becoming karmateet like Brahma Baba.

Receiving Inspirations

I take a moment to quiet my chattering mind by focusing on Baba, the Ocean of Silence. In this silence, I receive from Baba pure, inspiring thoughts for service.

Receiving a Blessing from Baba

I manifest my angelic form before sweet Baba in the subtle regions. With much love and powerful drishti, He gives me this blessing:

You are the one whose magical eyes see the beauty and specialty of each soul. This vision unites the gathering and infuses every heart with a sense of belonging.

Unlimited Subtle Service (last 15 minutes)

I bestow on the world the blessing described above. I take this blessing from Baba and gift it to the whole world through my pure thoughts. With my angelic costume, I circle the earth globe and give this blessing to all souls.

Before Going to Bed

I steady myself in the stage beyond sound. I mentally check: was I disobedient in anyway during the day? If so, I admit it to Baba. Did I succumb, mentally or physically, to any attractions, attachments, or selfish preferences? I chart my actions, and remove the impact of faulty actions with 30 minutes of yoga. I go to sleep with a clean and clear heart.