

For January 9, 2015



Double Light Angel in Conversation with the Spiritual Coach

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 double light angel. I place the burden of all my responsibilities on Baba. I dance in my body of light in the subtle regions.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I remember three forms as I sit in front of You. I am Your child. I am a master. I am an angel. As Your child, I give you my burdens. As a master of my subtle organs, I am able to stay in unadulterated remembrance. As an angel, I remain in the stage beyond sound. The old world does not attract me.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Place your responsibility on Baba and experience constant happiness. All day and night you will dance like an angel, that is, you will dance with your mind. To be body conscious is to be human; to be soul conscious is to be an angel. Awaken at amrit vela, stay conscious of your own angelic

form and dance in happiness. This happiness will end any adverse situation that may come to disturb you.

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 a child of the Bestower whose hands, heart and mind flow with the riches of the Divine. Because of this, desire has dissolved and the stamp of being a child of the Bestower is imprinted on your soul for all time.

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.