

For January 10, 2015



Introverted Soul in Conversation with the Ocean of All Qualities

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 an introverted soul. Through the power of introversion, I experience with newness the depth of qualities such as peace, love, purity, and bliss.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I experience new things when I remain in solitude. My awareness is filled with being with only You and going into the depth of You. When my mind focuses on the ONE, I become an instrument to experience newness and share it with others.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. When you reflect on a quality such as peace, and think, "I am peace," then be sure to experience peace in a new way each time. For example: When you think, "I, the soul, am a resident of the abode of peace." – Then this will be your experience. Or, if you think, "I, the soul, am peace in the

Golden Age” – that will be a different experience. When you are act among souls with no peace, and still you think, “I am a peaceful soul”, this will be your experience. With various thoughts you will have various experiences. When you think of yourself as peace in the Golden age, you have a different experience than when you think of the peace that comes from residing in the soul world.

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 have become a detached observer who strolls through each moment with the Beautiful Companion that all souls have sought through time. Because of this, you sing the song of your fortune and bubble with joy in the Diamond Age.

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.