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## A Worthy Child in Conversation with the Bestower of Blessings

### 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 worthy child endowed with courage and enthusiasm. I am worthy to claim the power that Baba is giving me at this time. My deep love for Baba makes me a worthy child.

### To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. You are my Baba. I belong to You and You belong to me. My love and acceptance of You make me worthy to receive your blessings. I take blessings from you and erase my weaknesses.

### Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Amrit vela is a special time that Baba sets aside for you, the Brahmin soul. You can receive whatever you wish at this time. It is at this time that I see your special qualities and your virtues in service. I give you special blessings and make your qualities, virtues, and service imperishable. This is why I reserved this time especially for you. You receive the first chance of blessings from Me.

### 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, pure vision, He gives me this blessing:

*By making the One Father your world, you have transcended the golden chains of attraction and become innocent of desire. Baba's world fulfills your every need, wish and dream. By transferring all the things of "mine" to "My Baba", you've become a jewel of contentment and a master sun of happiness.*

### 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.