

For January 15, 2015



A Spiritually Fit Soul in Conversation with the Personal Trainer

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 spiritually fit. I exercise my mind and intellect (buddhi). One minute I am bodiless, and the next minute I sit before BapDada and have a sweet spiritual chitchat. I nourish my buddhi with a diet of controlled thoughts. I take care not to eat the unhealthy food of waste thoughts.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. My buddhi feels light Baba because I give You all my burdens. I take care not to love sleep more than I love You. Recollecting Your praise, Sweet Baba, I experience all powers coming to me. I aim to experience the seed stage and not go into any expansion.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. The purpose of sitting in meditation is to have a sweet spiritual conversation. Therefore, don't open a file of complaints about yourself or others. As your Personal Trainer, Baba advises you to reduce the weight of your buddhi and become light. End its grossness and become subtle. Do not take the food of extra thoughts. This requires self-control -- the ability to fix buddhi where you wish, when you wish, and for as long as you wish. Only then will your intellect become subtle. This is true greatness.

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:

Just as one drop of water cannot penetrate waterproof material, similarly, God's love has made you Maya proof. No illusion or attraction can penetrate the barrier of this eternal and altruistic Love.

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.