

18.12.2014



A friend with God the Friend

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 Baba's friend. I have an open, honest relationship with Baba. I don't hide anything from Him.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. . I recognize the value of this early morning for easy attainment of Your friendship. I take full benefit from this time. You are God and You are my Friend. You are a Bestower of Fortune and Blessings and You are my Friend. You give me blessings and fortune without reserve and without my asking.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. At this time, BapDada freely speaks to you to your heart's content. I freely listen to

your requests, erase your weaknesses, and forgive your sins. I see both your love and your mischief. I am free and available to you. Our meeting at amrit vela is not an official meeting. I am here as your Friend, the ONE who bestows purity, peace, and prosperity.

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 receive the fresh fruit of your actions not just in the golden age but here and now in the Confluence Age. Because you serve with humility and a pure heart that belongs to One, you eat the fresh fruit of happiness, supersensuous joy and lightness every day of your exquisite life.

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.