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A Special Soul with BapDada

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 special soul. Because I belong to Baba, Baba sees me as a very special and unique soul.

To Whom do I Belong?

Soul converses with Baba:

Good morning sweet Baba. I sit face-to-face with you in the subtle regions. I feel the pull of your love and your special care. I experience the subtle power you give me with your special thoughts.

Baba converses with the Soul:

Sweet child, wake up! Sit down with Me. Sweet, special soul, you belong to Me and I belong to you. The awareness of this spiritual belonging blesses and fills you, the soul, with great power. BapDada need not give blessings in words. BapDada's mere

loving thought gives you an experience of the highest benefit. I sustain you with these subtle thoughts of love. I sit in the subtle regions and give special nourishment to you, the special soul.

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:

Your wings have grown strong with your love for Bapdada. These wings of love carry you beyond the physical world and beyond the shadow of Maya in a second. They keep you flying in a carefree stage where effort is entertainment and victory is a guarantee.

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.