Am.rit.ol.o.gy (noun)

The Art and Science of Amrit Vela

Lucky Star in Conversation with Sweet Baba

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 lucky star. God Himself sings my praise. I am a north star for the whole world.

To Whom do I Belong?
Soul converses with Baba:
Good morning sweet Baba. When I stay in your company, I experience super-sensuous joy. In your company, I transform from a pale star to a shining, lucky star!

Baba converses with the Soul:
Sweet child, wake up! Sit down with Me. Experience the joy of being a lucky star and all your sorrows will drift away.   At amrit vela, see yourself in the mirror of your heart. At this time, see your shining fortune and soaring future again and again in this mirror.

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 serve with a pure heart that glows with love for One. Because of this purity, you transcend attractions and bondages of karma and perform wonders on the stage of the world.

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.