

For May 23, 2015

Smriti or to Remember

Sweet child: May you become completely victorious by adopting the tilak of the form of the three forms of awareness.

Sweet Baba, I remember that all knowledge expands through awareness of three things: self, the Father and the drama. This three-part awareness constitutes the tree of knowledge. I remember that a tree is first a seed. Then two leaves emerge. Thus the tree expands. Similarly, the seed of all knowledge is awareness of the Father, which leads to knowledge of the soul and the drama.

Samarthi or Power

I constantly plug myself into the power that is received from the above smriti. I become aware how my smriti is recharging my self-respect. I pay attention to how my smriti is giving me strength and is allowing me to operate with equanimity and patience in an ever-changing world.

Mano-vritti or Attitude

Baba to Soul: It is good to remain pure. Do not become slack by being influenced by bad company. We are brothers and sisters. Therefore, why should we become trapped in someone's name and form?

I have an attitude of vigilance. I remain cautious about the thoughts in my own mind. Am I giving good company to my mind?

I remember defeat happens first in the mind. I carefully fix my mind and heart in a pure, powerful attitude.

Drishti or Pure Vision

Baba to Soul: Those actors change their costumes and play their different roles. You change your bodies. There, they wear the costume of a male or a female for a temporary period. Here, when a soul takes a male costume, he remains in a male body throughout that lifetime.

I maintain a vision of brotherhood toward all souls. I neither see myself nor others as male or female.

Creating a Wave

I will do mansa seva and be part of creating a beautiful wave of pure remembrance and attitude spanning the whole globe during the 7:00pm to 7:30pm meditation. I will engage the smriti, mano-vritti, and drishti from above and give sakaash to the whole world as a humble instrument.