

The Avatar's Journey

The Avatar's Journey is a golden opportunity to help us:

- Make intense effort and have divine experiences and complete attainments.
- Transform Baba's centers/spaces into pure portals for transcendence.
- Create a powerful atmosphere and a sacred space so that the service we do flourishes.

This *bhatthi* is for instrument souls taking care of service worldwide and will last for 36 days beginning January 3, 2016.

Avatar Meaning

In Sanskrit "Ava" means down or downward and "Tara" means crossing. Even though avatar is popularly translated as an incarnation, it really means one who crosses down, descends from the spiritual plane to the material plane. Usually, when an avatar comes, he/she creates a *tirth*, a pilgrimage place, where one can cross back up to the spiritual plane. An avatar creates a channel between the higher and lower worlds and hence one can cross up, along the same route that the avatar crossed down.

Brahmatirths

Brahmatirth means a spiritual pilgrimage or crossing, and specifically is a holy place in India with that name. Our centers/spaces are spiritual oasis for people to take benefit and hence, ascend to the spiritual plane. On **The Avatar's Journey**, the question we are asking ourselves is: How can we become an avatar? How can we make our centers/spaces into *Brahmatirths*?

We as Baba's instrument with the right method can create a channel between the Soul World and Subtle Regions and the material world. Then the center/space will become a magnet to attract others. As Baba's instrument, our number one priority right now is to become avatars and make our centers/spaces into *Brahmatirths*.

Just as Brahma Baba had *tapasya* in Pandav Bhavan and transformed it into a *Brahmatirth*. He was a *tapasvi* in that area. He was an embodiment of love, light, and might as he talked and moved around. As a result of this there are healing and transformational vibrations in Pandav Bhavan. In much the same way, how can we as Baba's instruments transform our centers/spaces into mini Pandav Bhavan's or *Brahmatirths*? Whether cooking, giving class, or sleeping, if we are doing it in Baba's remembrance then we can transform that space into a *Brahmatirth*. To aid us in our remembrance, we are suggesting *siddhi swaroop* formulas.

Siddhi Swaroop Meaning

Swa means one's own and *roop* means beautiful form. Swaroop means one's own beautiful form or our real nature. *Siddhi swaroop* means who you really are when you achieve perfection. My real form when I achieve perfection. *Siddhi swaroop* also means being an embodiment of success, full attainment, complete perfection and spiritual beauty.

Siddhi swaroop is not to be mistaken with *riddhi siddhi*. *Siddhi swaroop* is for those who truly aspire for spiritual perfection, whereas those who go after *riddhi siddhi* seek only material gain through occult powers. The word *siddhi* can be used in three contexts: 1) full achievement (*siddhi*); 2) going after success through occult powers (*riddhi siddhi*); 3) one who attains magical and mystical spiritual powers through intense yoga with Baba (*siddhi swaroop*).

Dual Aims of this Journey

In ***The Avatar's Journey***, there are two ultimate stages: 1) ascending or becoming and being *siddhi swaroop*; and 2) descending as avatars to help other people ascend.

An avatar comes down as an instrument of Baba. An avatar never forgets he/she is an instrument of Baba. Being *siddhi swaroop* and having an instrument consciousness qualifies us to be avatars. When I become a perfect transparent instrument of Baba and when people follow me up, they are actually following Baba.

Siddhi Swaroop Formulas

When the quality of my thought is similar to Baba's thought consistently then we become *siddhi swaroop*. Therefore, within the practice of being an avatar – how do we be *siddhi swaroop* to create this pathway for souls to ascend to the Soul World and Subtle Regions? How can we fill capacity within the soul?

We are proposing 18 *siddhi swaroop* formulas for us to work with. Each of the formulas presents an important avatar's principle and a spiritual *sadhana* (effort) to demonstrate that it works. These formulas are excerpted from the Murlis and reveal secrets, give power, and help us concentrate. Even though we are proposing an effort to be made to become an avatar, the focus is on the attainment. The formula will create a transcendent environment inside of us and within Baba's centers/spaces.

How does a siddhi swaroop formula work?

In science a formula is usually stated as $x + y = z$. There are two aspects to this science formula: 1) if you add x with y , it will always result in z ; 2) this formula works everywhere, whether you are on land, at sea, or on the mountain. It is replicable anywhere anytime.

The great advantage of *siddhi swaroop* formulas is that they are unprejudiced. They work outside of a problem or a situation and they work for everyone. We will have attainment irrespective of where we live, the problems of the center, or our own personal weaknesses as long as we put our heart into them and make the right effort.

Suggested Effort

We will provide 18 formulas for each one to work with over a period of 36 days. We recommend that you practice and experience each formula 108 times. These 108 times can be done 30 minutes in the morning, 30 minutes in the evening, during traffic control times, while

eating, while moving around, or at your own pace. You have the freedom to do 1 formula per day or take several days to finish the 108 times practice.

Each of the following formulas presents an important avatar's principle and a spiritual *sadhana* to demonstrate that it works. Before launching each formula, make the intention to give up any doubts you may have about yourselves. This is a good one to start with from BapDada's murli: "So today, BapDada is selecting the children who are *siddhi swaroop*. The memorial images of these children are even today enabling many souls to attain many types of *siddhi*."

The following are the suggested formulas. These formulas will be further developed as drills to aid in remembrance before rolling them out. We will also send one formula each time via our email list every other day.

1. (Om Shanti – the religion of the self is peace) + (Om Shanti – my Father is the Ocean of Peace, + (Om Shanti – my silent homeland is of infinite peace) = DEEP SILENCE
2. Corporeal (I'm a guest) + Subtle (I'm an angel) + Incorporeal (I'm in my Home) = ETERNAL
3. (Satyam – Truth) + (Shivam -- Benefactor) + (Sundaram -- Beautiful) = BEAUTY
4. (Ashariri – bodiless) + (Dehiabhimani -- soul consciousness) + (Videhi – Incorporeal) = SAFETY
5. (Sat – truth) + (chit – living) + (anand – bliss) = LIVING JOY
6. (Celibacy – purity inculcated according to the teachings through Brahma) + (Yoga – purity required for unadulterated remembrance) + (Dharna – purity of original innate virtues of soul) = ANGELIC FORM
7. (Nimit – instrument) + (Nirmal vani -- pure words) + (Nirman – humility) = BELONGING
8. (Incorporeal – in thoughts) + (Egoless – in words) + (Viceless – in actions) = INTEGRATION/INTEGRITY
9. (Ekvrata – Faithful to One) + (Ekbal -- one strength) + (Ekbharosa -- one support) = PROTECTION
10. (Raazyukt – Secrets of knowledge remain very clear in the intellect and awareness) + (Yogyukt – Constantly connected to the Father, the Creator) + (Yuktiyukt – Constantly using the accurate method underpinning actions) = DIVINE INSIGHT
11. (Ektras -- constant and stable) + (Ekta – unity) + (Ekantpriya -- love for solitude) = BLESSINGS

12. (Nirvikalp – free from vicious thoughts) + (nivighan – free from obstacles) + (nirvikarmi – free from doing sinful actions) = ELEVATED LIFE
13. (Eknami -- in remembrance of One) + (Economy -- less thoughts) + (Ekagrata -- concentration of mind and intellect on One) = TOUCHING AND CATCHING POWER
14. (Sustenance – Highest on High Father’s love) + (Study – teachings received from the elevated Teacher) + (Shrimat – directions received from the Satguru) = FORTUNE
15. (Manmanabhav – a focused mind concentrated on One) + (Madyajibhav – embodiment of the perfect/heavenly form) + (Mansaseva -- serve with the mind) = SURRENDER/FREEDOM OF THOUGHT
16. (Yaad – to remember Baba without any selfish motive) + (Pyar – a love that reconnects a forgotten relationship) + (Namaste – a combination of humility and greatness) = SPIRITUALITY
17. (Creation – pure thoughts) + (Sustenance -- imperishable sanskars) + (Destruction - old sanskars, old nature, weak thoughts) = BENEFACTOR
18. (Taj – crown of light of purity) + (Takt – immortal throne of forehead, Baba’s heart-throne) + (Tilak – soul-consciousness/yogi) = SELF-SOVEREIGNTY