

The Avatar's Journey **Siddhi Swaroop Formulas - Set 3**

For January 21 and 22, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

Formula

(Constant and Stable - Ekra) + (Unity - Ekta) + (Fond of Solitude - Ekantpriya) = Blessings

Practice

Constant and Stable (Ekra): I know who I am and to Whom I belong. I recharge my spiritual battery every day by remaining constant and stable in this awareness.

Unity (Ekta): I harmonize within and with those who are present in my life and work. I appreciate each person and each one's unique contribution.

Fond of Solitude (Ekant-priya): I stabilize my mind and intellect in the experience of myself as incorporeal and subtle in this corporeal body.

Attainment

Blessings: The Father loves this word "one" (ek). Those who make the lesson of this word "ek" firm never experience anything to be

difficult. Such blessed souls receive special blessings and this is why they experience the incorporeal and subtle to be like the corporeal.

Avyakt BapDada

For January 23 and 24, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

Formula

(Free from Vicious Thoughts - Nirvikalp) + (Free from Obstacles – Nirvighan) + (Free from Sinful Actions - Nirvikarmi) = Elevated Life

Practice

Free from Vicious Thoughts (Nirvikalp): My mind and intellect are completely clean and pure. Vicious thoughts do not touch my mind, and the vices do not tempt my intellect.

Free from Obstacles (Nirvighan): I become aware of the beginning, middle, and end of each action I perform. In sweet Baba's remembrance, I become a destroyer of obstacles by clearly seeing the consequence of each action I perform.

Free from Sinful Actions (Nirvikarmi): I perform pure actions by remaining in the incorporeal stage even while in the corporeal.

Attainment

Elevated Life: Dharma means the art of living an elevated life. Check and see: Are you leading a Brahmin life? A Brahmin life means one that is constantly free from vicious thoughts (nirvikalp), free from obstacles (nirvighan) and free from performing sinful actions (nirvikarmi) and to be constantly incorporeal whilst in the

corporeal (nirakari so sakari). This is known as having the art of living. It is a life in which there are no desires, where nothing is unattainable and where you constantly sing the song: I have found what I was looking for.

Avyakt BapDada

For January 25 and 26, 2016

I become introverted and in solitude experiment with and experience the below formula. Solitude doesn't mean I move away from people and things, it means to be stable in any one powerful stage while living and working in the world. Solitude means I stabilize my mind and intellect in one powerful thought.

Formula

(Truth - Sat) + (Consciousness - Chit) + (Bliss - Anand) = Ecstasy

Practice

Truth – Sat: Truth is imperishable. I remain stable in my original satopradhan form, in the reality of who I am and who God is.

Consciousness – Chit: Without fluctuations, I keep truth alive in my consciousness. I keep remembering Baba as the Truth and the immortal ONE.

Bliss – Anand: When I constantly keep truth in my consciousness, I the soul dance. I feel alive and experience a joy beyond the senses.

Attainment

Ecstasy: I experience super-sensuous joy. I feel fearless and powerful. I remain impervious to the vibrations of all other attractions. I dive deep into the Ocean of Knowledge with my pure thoughts. Sweet Baba and the Ocean of Knowledge are my world.

Avyakt BapDada