

How to develop Love

- 1. Offereing bhog/brahma bhojan.**
 - (a) I'm making this for you, Baba.
 - (b) Eating in silence, introversion, while being alone with Baba.
 - (c) give bhog to those who don't appreciate gyan/yog words.
- 2. Practise the combined form with baba: One Baba and none other.**
- 3. Behaviour: Not reacting to our souls.**
- 4. Every hour remember Baba for 3 minutes.**
- 5. Develop all relationships with Baba through yoga experimentation.**
- 6. start amrit vela with loving thought/ feeling for Baba.**
- 7. Do all varieties of service, be an all rounder.**
- 8. Follow Shrimat and maryadas with love.**
- 9. Karma Yoga: Baba is my employer etc..**
- 10. Use discrimination power to experience the right relationship at the right time.**
- 11. Use gyan and churning for back-up to yoga.**
- 12. Churn on all relationships.**
- 13. Keep chart on all relationship.**
- 14. Soul consciousness.**
 - (a) Practise every hour;
 - (b) Practise gross stage of soul consciousness as our intellects are not completely subtle; e.g. the coconut peel is the costume; the juice is the soul.

Benefits of Love

1. Will become pure diamond through easy effort.
2. No punishment at Dharamraj.
3. No more sins committed.
4. Past will be cleaned through fire of yoga.
5. At end of play, soul will return to Paramdham with Baba (not in procession).

6. No more laziness and carelessness.
7. Obstacles become a game; the soul will be able to cope with everything magnificently.
8. Sanskars will be changed.
9. Our whole life will be transformed from physical to spiritual.
10. Soul consciousness will ne practised longer, and will be natural.
11. Glimpses of the future (satyog) will be seen.
12. Makes it easy to surrender the intellect.
13. No feeling of loneliness as the Father becomes friend and companion.
14. Makes it easy to purify all relationship with human souls.
15. Love is pre-requisite for support only.
16. Every soul has need for love, so Baba fulfills this need as no one else can.
17. Makes the soul ever-ready.
18. The soul passes with honour and happiness.