

PREPARATION FOR RAKHI

DISCOVERING MY PERSONALITY OF PURITY

Inspiration:

The ceremony '*raksha bandhan*' reminds the soul of its original purity. In Bapdada's Murli of April 28, 1982 on the topic of a complete renunciate, He took us into the deep meaning of the personality of purity. He spoke to us as close, equal, and elevated children. These are the qualities that we aspire to experience at the time of receiving our *rakhis*.

Sister Mohini's inspiration is for us to dedicate quality time to some committed daily practices in preparation for *rakhi*. Let us take this opportunity to explore and experience the deep meaning of the personality of purity as we accept our *rakhi* from Bapdada this year.

7-Days Virtue Chart:

We have created a 7-days Virtue Chart. Each day of the week features a specific virtue. The virtue will serve as a container to hold the daily practice, bringing the pieces together in harmony.

THE DAILY PRACTICE IS FROM TUESDAY, AUGUST 1 TO SUNDAY, AUGUST 13

PERSONALITY OF PURITY DISCOVERY CARD

Bapdada said that He wanted us to offer ourselves to Him for bhog. On Sunday, August 13 Sister Mohini will offer bhog to Baba and will present our discoveries to Him.

We are calling on your creativity and beauty to prepare your card (post card size) and to capture one or two discovery insights of your personality of purity that made you feel elevated, close and equal to Baba.

Bring this card with you on Sunday and place on the tray provided before 8:00 am. This has to be done before bhog is offered.

Daily Intentional Practice:

The practice is simple, easy, and creative. Using the 3 specialities of incorporeal thoughts, egoless words, and viceless actions, we will apply these specialities with intention and mindfulness in our awareness as we engage in the creative activities. You may wish to keep a daily chart to write your daily observations.

SPECIALITY 1:

"Although corporeal, to be constantly incorporeal in your thoughts and to be souls who are constantly detached and loving to the Father."

INTENTIONAL PRACTICE:

Commit to reading and reflecting on the blessing of the daily Murli. The aim is to read the blessing for 10 times or write the blessings down 10 times. The purpose is for the mind to absorb the subtle meaning so that the thoughts are moulded and shaped directly by Baba's supreme versions. The more the mind stays with the blessing, the more incorporeal the thoughts become.

Centers are encouraged to do a commentary on the blessings as a closing meditation after the Murli.

SPECIALTY 2:

“To be constantly egoless in your words, that is, to have spiritual sweetness and humility.”

INTENTIONAL PRACTICE:

There is a saying ‘words create worlds.’ In order to pay attention to your words and language, use the traffic control times to observe how words take shape in the soul. Use the virtue of the day to create your words – CREATE A WORD THAT DESCRIBES THE CREATOR -- and make the effort to express this word with sweetness and humility. You may start with one word, and then build a bouquet, one word at a time.

SPECIALTY 3:

“To be viceless in your actions, with all the physical senses, that is to have the personality of purity.”

INTENTIONAL PRACTICE:

Forehead: Be soul conscious and from the seat of the soul, the forehead, remind everyone of their original form.

Eyes: With spiritual *drishti* give others a glimpse of liberation (lifting their heaviness with peace) and liberation in life (offering happiness and cheerfulness).

Lotus Feet: Follow the Father at every step and accumulate an income of multimillions. Use your virtues and powers to bring benefit to change situations, for making weak ones powerful, and transforming the atmosphere and attitude.

7-Days Virtue Chart

SUNDAY	Being sacred
MONDAY	Silence
TUESDAY	Joy
WEDNESDAY	Trust
THURSDAY	Blessings
FRIDAY	Gratitude
SATURDAY	Being victorious