



The  
**Spiritual  
Sovereign**

Experiments with the  
Power of Thought

Experience the  
Magic of Royalty



THE SPIRITUAL SOVEREIGN



Journal Series:  
“Experiments with the Power of Thought”

Part 1:  
The Science of Silence

Part 2:  
The Spiritual Sovereign

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# The 8 Step Method for Yoga Experimentation

Step 1: Inner Preparation

Step 2: Choosing

Step 3: Concentration

Step 4: Experience

Step 5: Observation

Step 6: Surrender

Step 7: Newness

Step 8: Record



# The 8 Step Method for Yoga Experimentation

## **STEP 1: Inner Preparation**

- Create the right inner environment and become introverted.
- Disconnect your mind from everyday life (including Brahmin life and service).
- Disconnect your mind from the body and the role.
- Disconnect your mind from the whole drama and focus on the higher being, the inner being, the soul.

## **STEP 2: Choosing**

- Choose your topic of exploration.
- Introduce thoughts (that is based on Baba's versions) into your mind.
- Be sure that you have enough accurate information about your topic.
- Observe your initial feelings when choosing the subject and take note of them.
- Check your conviction (nischay); it is essential for experiences and success.



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# The 8 Step Method for Yoga Experimentation

## STEP 3: Concentration

- Focus your mind on the chosen thought/topic with 100% concentration and determination for a fixed period of time (for example, 5 minutes).
- Stay with that thought/topic.
- Only allow thoughts or images in your mind that are connected to that topic. Keep other thoughts/ images/ associations out of your mind for the duration of the experiment. If other thoughts and images do come in your mind, it is an indication of attachments, etc. Don't fight with them. Just affirm that right now is the time for this specific yoga experiment, and let them fade away.
- Visualization is a very powerful tool in enhancing the concentration. Baba uses many visual images in murlis to inspire us to also think in images, apart from thinking in words and concepts.
- The deeper the concentration, the deeper will be the experience.



# The 8 Step Method for Yoga Experimentation

## **STEP 4: Experience**

- Whilst staying with the chosen thoughts and visual images, observe the feelings that emerge.
- The thoughts (with conviction, recognition, and concentration) will become a deeper experience.

## **STEP 5: Observation**

- Silently observe the experience.
- Catch/capture all details of the experience.

## **STEP 6: Surrender**

- Surrender to the experience.
- Surrender completely.
- Conviction and experience will make all reservations, hesitations, and doubts, that might still have been there, fade into the distance. All inhibitions completely disappear.
- This step makes your yoga volcanic (see pages 42 and 43).



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# The 8 Step Method for Yoga Experimentation

## **STEP 7: Newness**

- Stay with the experience and see if any new insight emerges. Other forgotten truths might come up.
- Thoughts and experiences based on truth will give peace and will uncover other truths.
- Identify connections with other areas of gyan.

## **STEP 8: Record**

- Reflect on, and write down your observations and experiences.
- Use them in future experiments.



# For Reflection

The aim of remembering Baba is to become Bapsamaan.

**Bapsamaan means:**

Having the perspective that Baba has  
(from the Home, from eternity),  
Understanding what Baba understands,  
Seeing how Baba sees,  
Feeling what Baba feels,  
Knowing what Baba knows,  
Having the vision that Baba has,  
Thinking the way that Baba would think,  
Explaining the way that Baba would explain.

**Bapsamaan also means:**

Experiencing what Baba experiences,  
Having the sanskars that Baba has,  
Having the same mission that Baba has.

**Suggestion for Experimentation:**

Take every above mentioned aspect of the Bapsamaan stage through the eight steps, and explore and discover the richness, the depth, and the beauty of who and how Baba is. In the process, you are experiencing those same qualities within the self; they emerge and strengthen within you.

**Understand, Reflect, Experiment, Apply, and Become.**



## Finishing Waste

“The basis of waste thoughts is your mind which does not allow you to be Manmanabhav. Since Father Brahma became victorious over having waste thoughts and wasting his time and became karmateet, you have to follow the Father.”

“You are the creator of your mind and so you control the mind. You are the masters. Because of not having enough controlling power it still deceives you.”

Avyakt Murli, 19 October 2011



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# Masters of the Mind

“The mind is also said to be a horse,  
but you have the reins of shrimat.  
Become a master of your mind and  
keep your mind so busy that it cannot be attracted  
to anything else and make the reins slack.”

“Just like Father Brahma checked his mind every day,  
in the same way, check your mind every day  
and finish the waste thoughts.”

“Only those who are the masters of the mind  
are to become the masters of the world.”

Avyakt Murli, 19 October 2011



# Experimentation to Finish Waste and to Master the Mind

## Experiment 1

- Keep the mind busy in serving through the mind.
- See the subtle and invisible behind every scene in drama.
- See the character in the drama but greet the invisible angelic being that belongs to God's world.
- See with the eye of your mind the immortal, innocent, angelic, prince-like being that is made of light and who has come from God's Home.
- Even just thinking about someone in your mind, see the alokik.
- See the character in the drama and see the beautiful higher being from beyond. Salute that being through your mind.
- Do not mix the being with the physical personality in the drama.
- Reality is what is eternal and alokik.



# For Experimentation

## Experiment 2

- Keep your mind busy in serving through words.
- Continuously be busy in finding ways to explain.
- Find new analogies and methods to refine knowledge and to make it easy for others to understand.

## Experiment 3

- Make a daily timetable for your mind and keep it busy in the churning of knowledge.
- Make a list with points from the day's murli that you will churn and take them through the 8-steps.



# For Experimentation

## Experiment 4

- Keep your mind absorbed in experiences of being in the Home.
- Experience what Baba experiences from His perspective of the Home:
  - eternity
  - eternal security
  - belonging
  - an eternal family of selfless, loving, God-like beings of light
  - a world of silent bliss and silent love
  - from the Home the silent observers see the drama as a temporary, short story
  - the sweet bond of clean, eternal love between the prince-like beings of light and the Father, the King of light



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# For Experimentation

## Experiment 5

- Conquer attachments.
- Experience all relationships and the love and attainments of all relationships with One.
- Use the eight step method to explore all the different aspects of relationships and the different qualities of love and its attainments.



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## Intense Effort

### **To double foreigners:**

“BapDada is pleased that the children who became separated are today meeting their family and their Father. Very good. Now everyone has to become an intense effort maker because you have to claim a number ahead in a short time. So, become an intense effort maker and continue to move ahead the furthest of all.”

“Now, with the very easy pilgrimage of remembrance, make yourself complete and make effort to go ahead of everyone, for you can go ahead of everyone. Even those who have come late should not be left behind, but should move ahead. Achcha.”

Avyakt Murli, 19 October 2011



# Suggested Thoughts/ Experiments for Intensifying Efforts...

Intense effort is when it is natural and easy to be detached, to be avyakt.

1. When the temporary and story-like nature of drama (including body and role) is clear and obvious, drama is perceived as a cartoon show.
2. Effort is intense when it does not feel like effort but rather like a game.
3. When one aims for Number One. An intense effort maker does not settle for less.
4. When there is total conviction of the total knowledge. No doubts and no hesitations. It is not a nice theory or an ingenious model or a belief. One just knows Truth.



# Suggested Thoughts/ Experiments for Intensifying Efforts...

1. Effort is intense when not a single chance  
is missed for Ram.

Every moment and every thought  
is used for Ram.

Ravan has no chance to kidnap  
the thoughts or time.

Not even for a second.

No postponement.

Soul consciousness is right now.

Not tomorrow or later  
or during evening meditation.

It is now.

Use the divine intellect...right now.

See the subtle, invisible being of light...right now.

Experience the Home...now.

The Supreme Companion is experienced...now.

Angelic beings are seen everywhere...now.



Determination and the  
ending of carelessness  
makes the effort intense.



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# Master Almighty Authority Children

“Today, the Almighty Authority Father, the One with all Powers has come to give the treasure of all powers to His master almighty authority children.

The treasure of all powers is attained so easily.

In one second you recognised “Mera Baba” and Baba said, “My child” and, through just that, you became a master of all the treasures. BapDada has given them but do all of you have all the treasures with you all the time and do you use all these treasures all the time?

BapDada is asking all the children: Children, who have become instruments to bring about the world of happiness, have you become images of support who are complete and perfect?

BapDada has the hope for all the children, because all of you are the Father’s companions.”

Avyakt Murli, 15 November 2011



## THE SPIRITUAL SOVEREIGN

“BapDada knows that you are all ready,  
but you still have to become ever-ready.

BapDada has asked you these things: Children who  
can put a full stop in a second are needed.

There should be no name or trace of waste  
thoughts. Whomever you give the message to,  
should have zeal and enthusiasm to transform  
themselves. This is the result that BapDada  
now wants.

Whomever you serve, serve them in three forms  
and in three ways at the same time. The three forms  
are to be knowledge-full, power-full and love-full.  
The three ways are through your thoughts, words  
and deeds simultaneously.

Do not serve just through words but, together with  
words, also serve through your thoughts.

Your mind should be powerful. So, now the need  
is for the mind to be powerful at the same time  
through which the minds of other souls can be  
transformed. Through words, all the knowledge  
should become clear and by serving through your  
actions those souls should feel that they have  
reached their family. By experiencing the feeling of a  
family, they will become close companions.”

Avyakt Murli, 15 November 2011



## THE SPIRITUAL SOVEREIGN

“The essence of what BapDada is saying is that each one now has to make intense effort and have the determined thought: I definitely have to become equal to the Father because BapDada has already told us that transformation will take place suddenly.

No matter what situations come in front of you, instead of the situation, keep the Father in front.”

BapDada has the thought that for one month, on the basis of determination, are you able to stabilize in the stage of being equal to the Father?

“Your effort is to follow Father with determination.”

Avyakt Murli, 15 November 2011



# Suggested Thoughts For Experimentation...

- Experience the higher being, the eternal prince-like being of light, to unconditionally belong to that Parlokik One, the eternal King. Play with different words and different aspects of the relationship. Then observe the beautiful feelings and the power that emerges in the self because of that deep sense of belonging and eternal bonding.
- Experiment with the thoughts, images, and feelings of belonging eternally to this family of noble, invisible, wise and worthy for highest respect ‘people’ who are made of light, living beings that look like stars. A family of beautiful beings who reside in a dimension of light and silence, filled with an atmosphere of absolute security and eternal, authentic love. No one can ever be lost, no one is ever rejected, all are equally loved and equally loving.



# Recognize the Time and Your Fortune

“BapDada is seeing the fortune of the children sparkling on the forehead:

1. The fortune of your birth
2. The fortune of your relationships: Father, Teacher, and Satguru in One
3. The fortune of the attainments of every relationship:
  - an elevated inheritance that lasts for so long
  - teachings that are a source of elevated income and give you a royal status of double king shrimat,
  - shrimat to replace manmat and parmat. The most important shrimat is: “consider yourself a soul and remember Me, your Father.”

Only if you become complete and perfect will you be able to return Home with the Father.

In this small birth, the attainments of 21 births are guaranteed.”

Avyakt Murli, 30 November 2011



# For Reflection

## **The Value of the Time of the Confluence Age**

The Confluence age is the time of creation.  
The blueprint for the whole cycle  
is created in your consciousness.

All the different impressions  
in the Confluence age  
will be like the data-base for the coming  
21 births, but also for the rest of the births.

Whatever is stored in your heart now  
will manifest itself throughout the whole  
journey and create its own reality  
during the cycle.



## Examples of What This Might Imply...

1. If now, during the Confluence, there is the imprint of immortality and eternity, of security and belonging to Shiv Baba in the consciousness, then that will be reflected throughout the cycle in feeling secure and belonging to God.
2. If now, during the Confluence, there is the experienced imprint of God as my eternal Parent, then, throughout the cycle, parents will be God-like or reflect God-like qualities.
3. If there is complete wisdom accumulated and the attitude of constantly sharing wisdom now at the Confluence, then that will reflect throughout the cycle as being wise and having access to wisdom.
4. If now there is the experience of spiritual health, that will reflect in general health and health through the body also.
5. If now there is the natural experience of abundance because of being taken care of by God's treasure store, that will reflect in fortune and abundance throughout the cycle depending on the strength and the depth of the impression created in the consciousness now.



# For Reflection

## The Value of Thoughts

When there is the highest wisdom, then every thought can create the most potent fruit, the highest possible treasures and elevated karma. Every thought can produce new and deep insights. Every thought has the potential of reminding the self and others of their great and eternal truth.

The proof of the recognition of time and of the value of thoughts is that one will not miss any opportunity to create fortune.

- So what kind of thoughts will create the highest return?
- In what kind of thoughts will an angel be busy?
- What will be the best investment of time?

**...be attentive**

**because there are thieves around...**

- What will be Maya's reasoning to kidnap your thoughts and your time?
- What will be the ego's strategy to get your thoughts and your time for itself?



# Homework

Avyakt BapDada 30 November 2011

1. Can you renounce following manmat and parmat?
2. You have to claim your fortune of 21 births in this birth, so how valuable is the time of the Confluence age! What will you do knowing this value? You have to pay special attention to Thoughts and Time. Your thoughts should not be wasted, your time should not be wasted. Any of you can create as much fortune as you want. However, you need to pay attention over a long period of time.
3. Bapdada has given all the powers to everyone. When a certain power does not come to you, the reason for that is that you are not seated on the seat of a master almighty authority, on your seat of self-respect. Then there is body consciousness. If seated on the seat of body consciousness, the powers will not listen to you. Constantly practise being set on the seat.
4. At amrit vela, BapDada wants you to sit as an image of an embodiment of the experience of light and might because the sakaash of the yoga at amrit vela spreads everywhere into the atmosphere. Increase this experience even more. Brahma Baba's stage was that of such a powerful angelic form.



## THE SPIRITUAL SOVEREIGN

1. Constantly keep your mind busy.  
Whether in serving through the mind, serving through words or with churning power – keep the mind busy. Churn knowledge! Churning power makes your mind concentrated. Now also increase your churning power. Lack of determination and carelessness make your effort slack. Make your own timetable for the day to keep your mind busy. To make yourself complete means to bring the time close.
2. BapDada has given one special month in which each one has to become an intense effort-maker. Do you agree to this? You ancestor souls who are to transform the time, do you not feel mercy for your unhappy family? Become merciful! Show the path of happiness to those who are unhappy, whether through your thoughts, your words or your connections and relationships. They are your family, are they not? So, you have to remove the sorrow of the family. Become merciful! Achcha.



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## Carefree Emperors

“Today BapDada is seeing the gathering of carefree emperors. All the children have given away their worries (fikar) to the Father and have taken intoxication (fakhur) from Him. From the moment you wake up and perform actions, you remain carefree and move along as a carefree emperor, do you not? This carefree life is so lovely.”

“Since the Father has made you a conqueror of nature and a conqueror of vices, then how can you have any worry? If you have any worry sometimes, then a very easy method is to change “mine” into “Yours.” Changing the limited “mine” into “Yours,” you have become carefree emperors.”

Avyakt Murli, 15 December 2011



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# Suggestions for Experiments

## ‘I’ and ‘My’

BapDada seldom uses these words ‘I’ and ‘My.’

Angels do not use these words.

The right use of these words will be to indicate that which is eternal, that which is beyond the drama. These words can subconsciously easily promote ego.

So as an exercise:

Experiment during the day avoiding the use of the words ‘I’ and ‘my’ in words and also in thoughts.

Observe what happens inside.

Another exercise:

Whenever the word ‘my’ appears in thought or word, change it into ‘Yours’ also in thought and word and with the heart. Not as a phrase that is learned by rote, or as accepted in Brahmin language, but as a sincere experience.



# Ever-Ready

Take time out during the day for a few minutes  
and put a full-stop in a second

•

No thoughts about the drama

•

No thoughts about the character/role

•

Take the mind beyond to Baba's World  
and experience the silent bliss and love  
in that detached state



# Carefree Emperor

Experiment with seeing the drama as if from the Home, as if from the perspective of eternity, as if from Baba's perspective.

Drama appears so far away, so small, so insignificant.

From that perspective, what is there to worry about? The Home is so big and beautiful; Supreme Father is magnificent and immensely wise. The family of alokik sparkling beings is so attractive. That whole setting of the alokik is complete with all eternal treasures and perfect in all its expansion and details:

- Supreme wisdom
- Bond of clean love, that is unbreakable
- Eternal belonging and security
- Authentic respect and equality
- Clean friendship
- A family of royal, innocent, pure and God-like beings of light
- Understanding of drama

**Whatever the head wanted to attain is attained!  
Whatever the heart wanted to attain, it is attained!  
The carefree, alokik sovereign...eternally content.**



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# Divine Attainments

“You have a double crown:

1. the sparkling light on the forehead is the sign of a carefree soul
2. the second crown is for becoming victorious over the vices

BapDada has made you a master of three thrones:

1. the centre of your forehead
2. BapDada’s heart-throne
3. the throne of the world

BapDada’s heart-throne is the most elevated throne.

Who can sit on BapDada’s heart-throne?

Those who have constantly BapDada sit on their heart-throne; those who are always a master almighty authority in their elevated stage.”

Avyakt Murli, 15 December 2011



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# A Poetic Experiment

## The Invisible Meeting

Intensely feeling the self to be light  
Going beyond this gross world of matter  
The mind dives into the golden light  
Into that supreme silence of the eternal HOME  
Total stillness  
A deep sense of belonging  
Feeling unpolluted...clean  
Totally light  
Floating in this infinite, golden light.  
Softly there is the sensing of Your sweet Company  
Your innocent benevolence...Your absolute fullness  
You just seem to know everything  
and yet be so quiet  
You have everything  
Bliss, Beauty, Love, Wisdom,  
So totally self-contained  
Authentic, uninhibited and unending.  
Your presence emanates absolute security  
You know eternity and immortality  
This certainty creates  
an environment in which to feel totally safe.



Knowing that supreme love  
Tasting that sweet silence  
Long forgotten memories emerge  
And those highest feelings are experienced within.

All other memories merge naturally  
Thoughts contain just You and Your world  
Time fades into eternity.

Coming back to the awareness of the body  
The world feels so strange  
So far away.

Observing the body  
The sense organs  
But there is no real pull to use them  
And when they are used  
It is not in an intruding way  
More like a subtle, gentle perceiving  
And the use is minimal  
Just for Your task  
The sense organs serve  
They have no fire in them.



The feelings are angelic,  
god-like,

Subtle, soft, refined.  
When beyond the body and senses,  
Drama appears so insignificant,  
So gross.

Nothing is more important than  
Your company,  
Your blessings, Your drishti,  
It so totally fills the heart.

The only wish remaining is  
For everyone else to also experience this;  
This unimaginable JOY !



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# Homework

Avyakt BapDada 15 December 2011

1. Check whether you are always seated on the heart-throne or do you sometimes come in the mud?
2. BapDada is giving a signal of the time. Make the lesson of “suddenly” very firm. Give a lot of importance to the Confluence age because in this one birth you have to create the reward of many births. Pay attention to two things at every moment. Time and thoughts. You have to finish all your waste thoughts for only then will you be able to give the experience of peace and happiness to the unhappy souls.



## THE SPIRITUAL SOVEREIGN

1. To become an intense effort-maker, the main effort is to put a full stop in one second. What preparations do you have to make in order to return Home with Him? The Father will become bodiless in a second. Put a full stop in a second, become complete and perfect and fly; have you made such preparations? Give your hand in His hand and this means become equal. So, check because that time will come suddenly. Are you ready if destruction were to take place tomorrow? Much service is still left to be done.
2. All of you know what BapDada's wishes are. To become equal and perfect. Always check these two words. Am I fulfilling the Father's hopes? BapDada considers every child to be the star of His hopes. An intense effort-maker means one who fulfils BapDada's hopes in a practical way.



THE SPIRITUAL SOVEREIGN

# Bidding Farewell

“Today, the Creator of the Brahmin family is seeing His family everywhere. It is a small family, a small world, but very lovely. Why lovely? Because all have recognised the Father. All have claimed a right to the Father’s inheritance.”

“Today is the day of confluence: it is a day of farewell and also of greeting. Each one of you has made a plan in your heart of what you have to renounce and what you have to become.

So, what are you going to renounce? BapDada has seen that you pay good attention in your effort for renouncing the old world and old relationships. But it takes you a little effort to renounce the old sanskars.”

Avyakt Murli, 31 December 2011



“Have this determined thought for your mind:

You will never have any waste thoughts for anyone or anything under any circumstances and that you will definitely have constant good wishes and pure feelings for every soul!

Can you not erase waste thoughts and impure feelings?

Together with this old year, BapDada wants every child to bid farewell to that old attitude and vision. Can you have that determined thought? In the coming year.”

Avyakt Murli, 31 December 2011



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# Amrit Vela and Volcanic Yoga

“Today at amrit vela, BapDada went on tour everywhere. The majority of you sit for yoga at amrit vela. You sit with love, you have a conversation, you sit in soul consciousness, you even take power from BapDada.

**However, BapDada wants newness.**

You now need to have volcanic yoga.

Volcanic yoga means to be in a powerful form of light and might.

You need to give powers to unhappy and disturbed souls through special volcanic yoga.

You have to give them some powers and peace through the service of your mind.

There is need for volcanic yoga.

It is only through volcanic yoga that the remaining sanskars will be burnt.”

Avyakt Murli, 31 December 2012



## For Reflection

A volcano can be seen as a big fire  
that cannot be controlled,  
that cannot be put out.

Volcanic yoga is when there is no  
internal resistance any more,  
just a continuous full blast experience  
that can not be stopped by anything.  
All doubts, all hesitations, all inhibitions  
have completely disappeared.

No matter the scene in the drama,  
the volcanic form of the fire of yoga  
cannot be put out by it.



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# An Authority of Experience

“Each one of you should fix a time for yourself:  
By when will I make myself equal to the Father?  
Whoever looks at you, should see from your face,  
the angelic form. They should experience you as an  
angel; for this you have to have volcanic yoga. Not  
any wastage. Through your light and might form of  
yoga, burn the waste.

At amrit vela remember this in your timetable:  
I am a Brahmin and so an angel.  
As you move along, be in your angelic form.

What is the homework this year?  
Stay in your angelic form.  
This is known as intense effort.”

Avyakt Murli, 31 December 2011



# For Reflection...A Poem

## The Angelic Form

An angel is in love with God,

His heart lives for God

and he comes from the abode of God.

The angel belongs to the civilisation of angelic beings,  
perfect beings who live in a state of complete freedom.

An angel is like an invisible prince,  
who belongs to the King of light.

The angel knows no 'I' nor 'my,'

An angel's heart is benevolent, harmless  
and beyond harm,

innocent, powerful and wise.

A mind free from desires,

a mind free from sorrow,

a mind free from confusion,

involved in selfless actions for God's task,  
taking no credit for any of it.

The ego, the demon,

is in love with the drama,

obsessed with the body

and the physical personality.

The ego has no interest in God,  
nor in God's world.



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# An Authority of Experience

“Seeing the conditions of the delicate times, the need now is for volcanic yoga, which will do double the work.

1. You become the form of light and might through which you
2. will be able to burn your old sanskars.
3. You can give others cooperation through your rays.

You are not those who simply have yoga, you are those who have a yogi life. A life for all times, not only sometimes.

The majority of you have passed in love for the Father. Now you have to pass in becoming equal to the Father.

Sit at amrit vela and experience the bliss of being an authority of experience. The greatest authority is the authority of your own experience. Become lost in the experience. Stay in the experience of the form that you have in your awareness.”

Avyakt Murli, 18 January 2012



# Tilak of Sovereignty

“Today is the special day of love.  
All the children everywhere are celebrating  
a meeting with their loving form.

Seeing their love BapDada became merged  
in everyone’s love and from His heart emerged:  
Wah children! Wah!

The Father was seeing the children with the  
vision of making them into kings.

Today is the day of the children  
receiving the tilak of sovereignty.”

Avyakt Murli, 18 January 2012



## Equal to the Father

“BapDada now wants every child to have this zeal and enthusiasm, and determined conviction for making intense effort:

**I definitely have to become an angel, equal to the Father, because everyone now has to make the return journey with the Father.**

Brahma Baba showed his angelic form in his life. Even though he had so many responsibilities, he remained loving and detached. He always remained a carefree emperor, no worries, but a carefree emperor.

In the same way, you children also have to become equal to the Father, carefree emperors—angels.”

Avyakt Murli, 18 January 2012



## Masters of the Mind

“BapDada sees that everyone has love,  
but you also need power.

For this, make amrit vela powerful.  
You now have to pay deeper attention  
to volcanic yoga.

The more attention you pay,  
the more help BapDada will give you.  
Masters of the mind, make your mind function  
just as you make your hands and feet function.

Every night check:  
To what extent did I have ruling and  
controlling power of the mind?  
You now need to pay greater attention  
to the stage of being a karma yogi.”

Avyakt Murli, 18 January 2012



THE SPIRITUAL SOVEREIGN

# The Highest Self-Respect...

“Each and every child is a king child.  
BapDada has made every child one who has  
a right to self-sovereignty and  
a right to the sovereignty of the world.  
You have a right to double sovereignty.  
At this time you are the kings of your mind,  
intellect, sanskars and the physical senses.”

Avyakt Murli, 2 February 2012



# The Drill for Self-Respect

“BapDada has garlanded every child  
with a garland of self-respect.

Just remember how great your self-respect is in  
the **eternal form**. Each one’s self-respect is:

I am a sparkling soul with the Father.

Do you remember your eternal form?

Now, stabilise yourself in your eternal form  
in a second, for one second.

You become so intoxicated.

Now move forward: you have now come to the  
beginning of the world cycle. Perform this drill:  
See your form at the beginning of **Golden Age**.

An embodiment of happiness.

It is a form of being an embodiment of all  
attainments. There is no name or trace of  
sorrow. Even the five elements are beautiful  
and satoguni. Just experience your **deity form**.

Can you see your own form?

You enjoy being in your self-respect.

BapDada is conducting this drill.”



## THE SPIRITUAL SOVEREIGN

“Then come down – then come down –  
which age is it?

In the Copper age, too,  
your self-respect is of being worthy of worship.  
Can you see you worship worthy form?

Did you see your self-respect?  
Did you experience it?

Now, come to the Confluence age.  
Look at your self-respect because you are those  
who have a right to self-sovereignty.

At the Confluence age, God Himself, the Master  
Himself, fills the lives of you children with the  
speciality of purity. This purity is the mine of all  
types of imperishable happiness. Purity is the basis  
of all attainments. All of you have become master  
almighty authorities through purity.

The Father has given all the power but the reason for  
the powers not coming to you at the time of need is  
that you are not seated on the seat of awareness of  
being a master almighty authority. Whenever you  
order any power, first check:

Am I seated on the seat of awareness?  
Am I seated on the seat of self-respect?”

Avyakt Murli, 2 February 2012



THE SPIRITUAL SOVEREIGN

# Doubly Pure

“Where will you go after the Confluence?  
You will be on the return journey, will you not?  
That is why BapDada wants you to continue  
to perform this exercise throughout the day.  
Make time for this again and again.

By garlanding you with the garland of self-  
respect and by your experiencing it, BapDada  
has given you a right to self-sovereignty.

Every now and then, stabilise yourself in your  
form of the awareness of self-respect.

Fix a regular time in your routine to have the  
awareness from the beginning period till the  
return journey.”



THE SPIRITUAL SOVEREIGN

# The Divine Birth

“Today, everyone is celebrating the happiness of the divine birth. The Father is also celebrating the happiness of the children.

It is a birthday of deep love.

This love will easily make every child a karma yogi.

This love constantly makes everything easy;  
it makes you powerful.

The advance party was especially remembering you instrument souls.

The sound emerging from them was:

When will you open the gates to go Home?

Especially Didi and Dadi were asking:

What date have you fixed to return Home?”

Avyakt Murli, 19 February 2012



THE SPIRITUAL SOVEREIGN

# Unlimited Disinterest & Renunciation

“The key to open the gates:  
Have unlimited disinterest and  
renounce wasting both thoughts and time.

To renounce body consciousness and to be soul  
conscious while walking and moving around is  
unlimited disinterest. This is not renunciation  
but it is fortune.

You have to finish this subtle form of ‘I.’  
Body consciousness comes in this form.  
This is the gift that BapDada wants for His  
birthday. Do you have the courage to give this  
gift? Use determination in your thought and  
then your gift will not come back to you. Put  
determination in your heart today and create  
the determined thought to finish having waste  
thoughts and to finish wasting time.”

Avyakt Murli, 19 February 2012



THE SPIRITUAL SOVEREIGN

# Lines of Fortune

“Today, BapDada is seeing the lines of fortune of each child.

1. the line of the sparkling star on the forehead
2. the line of love and power in the eyes
3. the line of the smile on the lips
4. the line of multi-millions at every step on the feet

Seeing your fortune, always remain happy.

Only now, at the Confluence age,  
do you receive this fortune.

Each moment of the Confluence age becomes  
imperishable because it is connected with 21 births.

Do not waste a single moment at the Confluence age  
because it is not that you will have wasted one birth  
but you will have wasted 21 births.

So, did all of you do your homework  
of not wasting time or thoughts?

Always keep your fortune in your mind.”

Avyakt Murli, 5 March 2012



# Double King

“BapDada wants each child to become a double king: a master of the self at present and a ruler of the world in the future.

Self-sovereignty means: you have ruling power and controlling power over your mind, intellect and sanskars.

Sorrow and peacelessness are increasing everywhere. According to the time, it is time for each one of you children to reveal your world benefactor form.

Do you not feel mercy for your family?  
Your brothers, your sisters, your family,  
are all experiencing sorrow.”

Avyakt Murli, 5 March 2012



THE SPIRITUAL SOVEREIGN

# World Benefactor

“You have to become a world benefactor in all ways. Service through mind, words and deeds, that is, through your face and activity – all three types of service are now needed.

Through the vibrations of your mind you have to become a support for souls in their sorrow and peacelessness.

Increase the service through the mind.

Fix a time for doing service through the mind.

Make your world benefactor form emerge.

Keep your mind busy in this; waste will then easily finish.”

Avyakt Murli, 5 March 2012

# Doubly Pure

“Today, you all have come to celebrate Holi.  
Your celebrating Holi means:

1.

You have coloured your life  
with the Father’s company.

2.

You become pure in the colour of His company.  
You stay in the colour of His company so  
strongly that you will be double pure  
(body and mind) in the future.

3.

Past is the past. With the fire of yoga, you  
burned your weaknesses and sanskars.  
To burn means no name or trace remains.”

Avyakt Murli, 5 March 2012



THE SPIRITUAL SOVEREIGN

# Jewels of Contentment

“Today, BapDada is seeing His children,  
the jewels of contentment.

Each child, sparkling with his power of contentment,  
is smiling and celebrating a meeting.

The power of contentment  
is the greatest power of all.

The atmosphere of contentment spreads everywhere.

Jewels of contentment  
can never be defeated by Maya.

Jewels of contentment experience  
the different forms of upheaval of Maya and matter  
as though they are watching a cartoon show.

**Ask yourself: Am I a jewel of contentment?**

Not sometimes but always.

Brahma Baba never said ‘sometimes.’

He always gave love at amrit vela,  
and, together with the Father,  
always spoke of matters of knowledge,  
matters of love

and matters of zeal and enthusiasm.

He always followed the Father  
and made you follow Him.”

Avyakt Murli, 5 March 2012



## For Reflection...A Poem

### **Jewel Of Contentment**

An intellect...embedded in wisdom,  
a mind...drowning in love,  
rich in head and rich in heart,  
thus is...the jewel of contentment.

Conviction is total,  
about eternity, about Home,  
about belonging to the family of light.

Absolutely convinced  
such is...the jewel of contentment.

Forever bonded to the Father,  
alike and beyond,  
all emotional tangle has finished,  
such is...the jewel of contentment.

Confusion has ceased,  
what is real and lasting is obvious and clear,  
the road ahead is clear and paved with fortune,  
such is...the jewel of contentment.



THE SPIRITUAL SOVEREIGN

# As an Experiment on Detachment

See the whole drama as a cartoon film.

All the characters are fictional  
and strange cartoon characters.

Nothing to do with the being of light.

Observe the drama during the whole day  
in this mode and note down the realizations  
and discoveries.



THE SPIRITUAL SOVEREIGN

## Another Experiment

Play with the thoughts:

The higher being is like an alien.

An alien from another world.

His world is totally different in every aspect.

He is like an alien prince from a civilization of divine beings of light, angelic beings.

This alien prince has come into this physical dimension to look for his brothers, invisible, angelic princes of light.

His brothers are lost because their wings have been cut by ego and attachments.

They are confusing the physical dimension with their Home.

For the alien prince, everything is strange,

body...sound...movements...objects...

the way of interacting, everything is so strange, so unattractive, so empty and of no use to him.

He is on his mission....un-distracted...

His intellect is focused,

and his mind is full of memories of Home, memories of family and of the Father of light.



## An Eternal Bond

“Even if it is the last child, the Father has love for him too, because even if that child is influenced by his sanskars, he has recognised the Father and said ‘my Baba.’

People in the world with high positions have not recognised but that child has recognised the Father. Even if he is influenced by some weakness, he has at least recognised the Father.

The Father not only loves even the last number child, but He also has a vision of benevolence, an attitude of benevolence for that child to continue to move forward.”

Avyakt Murli, 20 March 2012



THE SPIRITUAL SOVEREIGN

# Hand in Hand

“BapDada is telling clearly: Do not think about other things. Simply make yourself into a worthy soul.

Make yourself a karma yogi soul.

The Father will give every child who makes himself worthy the blessings of all attainments and make him move forward.

Do you move along with your hand in His hand?

His hand is shrimat.

Do you have that power?”

Avyakt Murli, 20 March 2012



## Jewels of Contentment

“All of you know Brahma Baba’s face  
and his activities, do you not?  
You can make Brahma Baba’s face emerge  
in your intellect, can you not?  
Brahma Baba followed  
the complete timetable.  
You know Brahma Baba’s character.  
So follow the Father.  
Think before you have a thought:  
is this the Father’s thought?  
BapDada specially wants to see every child  
have the power of contentment  
the same as Brahma Baba.  
All powers come with  
this one power of contentment.  
No matter what happens,  
never let go of your contentment.”

Avyakt Murli, 20 March 2012



THE SPIRITUAL SOVEREIGN

# Good Wishes and Pure Feelings

“Do not keep in your heart what others do because you have made the Father sit in your heart. Always have good wishes and pure feelings for such souls and use your good wishes.

If something is bad, why keep it in your intellect? Why keep it in your heart? Keeping the Father in your heart, you will become equal to the Father.

BapDada now wishes to see each child filled with good wishes and pure feelings. The Father wants from each, the future to be seen through your features.”

Avyakt Murli, 20 March 2012



## Obstacle-Free

“Seeing all of you (teachers), BapDada is pleased, but, BapDada still has one more desire that still has to be fulfilled.

Every Centre should give the good news that their centre is obstacle-free, that it is harmonious.

The news that all Baba’s children are accurate, busily engaged in service and obstacle-free has not come from any zone.

You have to become that.

Your tapasya is no less.

Whether it is the teachers or the students, each one of you is a great soul.”

Avyakt Murli, 20 March 2012



## Remain Happy and Share Happiness

“Each one’s face should show the teachings –  
happy and fortunate.

Move forward in service  
through your face and activity.

When a poor person wins the lottery,  
his face and activity speaks.

Always remain happy and share happiness.

The more happiness you share,  
the more your happiness will increase.”

Avyakt Murli, 20 March 2012



## Changing 'Mine' into 'Yours'...

“Today, BapDada is seeing His carefree emperors from everywhere. This life is so lovely because you have given your worries (fikar) to the Father and taken spiritual intoxication (fakhur).

The method of a carefree life is: you have made all the limited “mine” into “Yours.”

The basis of a life filled with worries is waste thoughts.”

Avyakt Murli, 3 April 2012



THE SPIRITUAL SOVEREIGN

# Homework from BapDada on 3 April 2012

“The next 5 to 6 months, you have to keep your mind constantly busy in:

1. Giving rays of happiness and peace to the unhappy souls of the world, through your powerful attitude.
2. The Father’s love and in His service
3. Churning the murli
4. Every now and then, do the drill of becoming bodiless or the drill of the three forms – Brahmin, angel, deity.

Have this determined thought to finish waste. It is their duty to come but it is your duty to finish them.

Pay attention to Thoughts and Time.”



THE SPIRITUAL SOVEREIGN

# Notes



THE SPIRITUAL SOVEREIGN



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The Angelic Sovereign,  
The invisible royal,  
The eternal God-like being of light,  
The inheritor of spiritual royalty.  
That is **you**  
Raja bachcha,  
Child of the King of Light.



BRAHMA KUMARIS