

Experiments in Silence 1: Jan 1 - Jan 7, 2023

(Sunday original Murli 26/03/1993)

Sunday 1/1/23

Self-respect: I am a bodiless soul

Thoughts: How can I create the bodiless stage whilst in this body? What is the experience of that?

Practise of yoga: I am a bodiless soul, separate from this body. I am free from all attractions and attachments to the body and am becoming complete and perfect. Through this practice, experience the body and the soul to be separate.

Monday 2/1/23

Self-respect: I am a double-light angel.

Thoughts: How can the subtle, angelic stage be created? What is the experience of this stage?

Practise of yoga: I, the soul, in the subtle orb of light, beyond the consciousness of the body, become an angel in the subtle region and am spreading rays of light and might.

Tuesday 3/1/23

Self-respect: I am an incorporeal soul.

Thoughts: What is the experience of the eternal, incorporeal form? What are the attainments through this practice?

Practise of yoga: I, the incorporeal soul in my original form in the supreme abode, am peaceful, pure, in a divine sparkling stage. Being stable in this form, experience the stage of a master sun of knowledge.

Wednesday 4/1/23

Self-respect: I am completely egoless.

Thoughts: What are the subtle obstacles in becoming egoless? What are the signs of an egoless soul?

Practise of yoga: Being free from the consciousness of the body, I am egoless, like Father Brahma. Instead of "I", "I, the soul" and instead of "mine", "my Baba" – being stable in this stage, I remain merged in love.

Thursday 5/1/23

Self-respect: I am a soul who spreads spiritual vibrations.

Thoughts: How can I spread vibrations through my attitude?

Practise of yoga: Being beyond the vibrations of waste, being stable in a powerful stage, be a master sun of knowledge and, with your powerful attitude and spiritual vibrations, practice making the atmosphere satopradhan.

Friday 6/1/23

Self-respect: I am a great soul.

Thoughts: How can I become great? What are the qualifications of a great soul?

Practise of yoga: Being a master creator and always carrying out the task of renewal, I am a great soul. I am a master bestower of happiness. Rays of happiness are spreading everywhere through me.

Saturday 7/1/23

Self-respect: I am a living idol.

Thoughts: What is the duty of I, the living idol? By being stable in this stage, what type of service takes place?

Practise of yoga: I, the soul, the living idol, am present in the temple of this body and am fulfilling everyone's desires. Many devotee souls are happy to have a glimpse of me. A long line of devotees is in front of me.