

# Experiments in Silence 5: Jan 29 - Feb 4, 2023

(Sunday Murli 29/01/2023 – Original Murli 02/12/1993)

## Sunday 29/1/23

**Self-respect:** I am a constant, great donor.

**Thoughts:** While taking part in all activities, how can I be a constant great donor? Who is called a great donor?

**Practice of yoga:** I, the child of the Bestower, am a constantly great donor. The rays of all powers from Baba are falling on me and from me onto the globe. All souls are experiencing themselves to be powerful.

## Monday 30/1/23

**Self-respect:** I, the soul, am an embodiment of virtues.

**Thoughts:** How can I donate virtues in Brahmin life?

**Practice of yoga:** I, the soul, am combined with BapDada. Colourful rays of all virtues and powers are coming from Baba and falling on I, the soul. I, the soul, become an embodiment of virtues, the same as the Father, and am donating virtues to everyone.

## Tuesday 31/1/23

**Self-respect:** I am an angel and so a deity.

**Thoughts:** How can I always experience the angelic stage?

**Practice of yoga:** I, the soul, who is to become an angel and then a deity, am seated in this body of light. Powerful and pure rays are emerging through I, the soul, and spreading everywhere and liberating souls from their weaknesses and making them powerful and fearless.

## Wednesday 1/2/23

**Self-respect:** I am the Arjuna soul who acquires knowledge.

**Thoughts:** How can I make myself the practical example, that is, how can I become a sample?

**Practice of yoga:** I, am a jewel of the forehead, seated on the forehead. Become stable in your form and look at yourself. I am an example and a sample, the same as Father Brahma. Stabilise yourself in this elevated self-respect and have yoga.

## Thursday 2/2/23

**Self respect:** I am a number one soul, the same as Father Brahma.

**Thoughts:** How can I make myself number one? What would be the signs of souls who are number one?

**Practice of yoga:** I, am bodiless, seated in this body. I do not look at others, but always look at BapDada. With His light and might, I, the soul, am becoming number one and I am always busy in giving to everyone.

## Friday 3/2/23

**Self-respect:** I am a loving and detached soul.

**Thoughts:** How can I always remain happy in every situation?

**Practice of yoga:** I, the soul, a master bestower of happiness am a child of the Bestower of Happiness. I am full with all powers. No waves of any type of sorrow can come to me. I stay beyond the influence of sorrow and am an embodiment of happiness. I am loved by God. Become merged in the ocean of happiness.

## Saturday 4/2/23

**Self-respect:** I am a soul who is full and overflowing with all treasures.

**Thoughts:** How can I make myself always full? What would be the signs of souls who are full?

**Practice of yoga:** I, the soul, am a master almighty authority. Rays of all powers and virtues are falling on me. I, the soul, am experiencing being complete and full through which my stage is becoming unshakeable and immovable.