

Experiments in Silence 3: Jan 15 - Jan 21, 2023

(Sunday Murli 15/01/2023 – Sunday original Murli 18/11/1993)

Sunday 15/1/23

Self-respect: I am a master world benefactor.

Thoughts: What is the duty of souls who are the image of support for the world? Do I always have this awareness?

Practise of yoga: Being the master creator, an image of support for the world, sustain everyone with the water of virtues and powers that you have received through knowledge. Be a master sun of knowledge and spread the rays of peace, power and attainment over the whole globe.

Monday 16/1/23

Self-respect: I am a self-sovereign, a master of the self.

Thoughts: Are all the workers in the activity of self-sovereignty carrying out all duties according to law and order? Are any of the physical organs deceiving the workers?

Practise of yoga: I, the soul, the king, am a master of the mind, intellect and sanskars, including the physical sense organs. Being a self-sovereign, I sit on the seat of the forehead, hold a court of the workers, the physical sense organs and ask each one of the workers their condition.

Tuesday 17/1/23

Self-respect: I am an almighty emperor of purity.

Thoughts: The sanskars of purity are the foundation of the future world. How? What is the method to make the dharna of purity natural?

Practise of yoga: I, the soul, am an almighty emperor who fully imbibes purity in my thoughts, words, actions, relationships and connections. Experience the pure rays from Baba falling on I, the soul, and immediately finishing all traces of impurity. Be a master sun of purity and do the service of spreading the rays of purity everywhere.

Wednesday 18/1/23

Self-respect: I am a soul who has the experience of supersensuous joy.

Thoughts: What is the experience of supersensuous joy? What things do I need to pay attention to, in order to experience that happiness?

Practise of yoga: Stay beyond the senses, be full with all attainments, sit beneath the rays of the ocean of happiness and while experiencing supersensuous joy, practice spreading vibrations of happiness on the globe. Experience sorrow and suffering finishing from the world.

Thursday 19/1/23

Self-respect: I have a right to a kingdom of unbroken peace.

Thoughts: How can a situation of peacelessness or a storm be made into a gift? Do I have unbroken peace in my self-sovereignty?

Practise of yoga: I, the soul, in my original religion, am an embodiment of peace, I am a child of the ocean of peace, and am a resident of the land of peace. I am unshaken and immovable even in upheaval, and experiencing peace in peacelessness, sitting beneath the rays of the ocean of peace, I am spreading cool rays of peace.

Friday 20/1/23

Self-respect: I, the soul, am a jewel of contentment.

Thoughts: What is the stage that is ignorant of the knowledge of limited desires?

Practise of yoga: I, the soul, am full of knowledge, virtues and powers... I am full with all attainments, I am beyond all limited desires. I have become a jewel of contentment and am spreading rays of contentment. Practice spreading the vibrations of contentment everywhere into the atmosphere.

Saturday 21/1/23

Self-respect: I am an easy yogi soul.

Thoughts: What are the specialities of an easy yogi soul? By paying attention to which things can I experience easy yoga?

Practise of yoga: I, the soul, am combined with Baba. Let the tilak of the awareness of the soul always be applied. With the awareness of the words "My Baba", be an easy yogi and practice: Karankaravanhar Baba is with me and continue to experience receiving virtues and powers from Baba.