

The Living Yagya: My Stage – My Life – a personal reflection

Baba comes at the confluence age to transform the world. To perform this task he creates the Yagya.

We are the Living Yagya, the instruments to carry out this auspicious task.

As an invaluable member of this Living Yagya let me reflect on my stage presently.

In the spirit of this Living Yagya let me be completely honest with myself. This reflection is only for me and need not be given to anyone else.

Q1: Coming into the retreat at this time, what do I love most about my Brahmin Life?

How does it make me feel?

Q2: What transformation have I seen in myself this year?

Q3: Am I happy and content?

At this point of time, do I feel satisfied with my Brahmin life?

If not, what is the main source of discontentment?

Q4: Have I attained what I wanted to?

If not, what do I still want to attain in my Brahmin life?

Q5: What is my unique virtue/ quality/ strength that is presently helping me progress in my Brahmin life?

Q6: Do I feel enthusiastic for self-progress?

If not, or if I would like to be more enthusiastic, what would help?

Q7: What does the murli mean to me at this point in my Brahmin life?

Do I find newness in the murli?

Q8: Am I happy with my level of purity?

Does anyone pull me whether through attraction or repulsion?

If so, what am I going to do to resolve this?

Q9: How am I living my Brahmin life? Which of the following would describe it?

- With a lot of enthusiasm
- With fluctuating enthusiasm
- With little or no enthusiasm
- Out of habit
- Living within my comfort zones
- Surviving
- With boredom
- Other _____

What would help me change the way I am presently leading my Brahmin life?

PART 1

If soul consciousness is the ultimate result of this study, how much am I contributing to the Living Yagya by becoming soul conscious?

1. How far have I travelled from body consciousness to soul consciousness? Put an 'x' on the line to show how far you have travelled.

Body consciousness

Soul consciousness



unstable and moody
easily influenced
Discontent
like and dislike
Sensitive

stable
uninfluenced
content
good wishes for all
detached

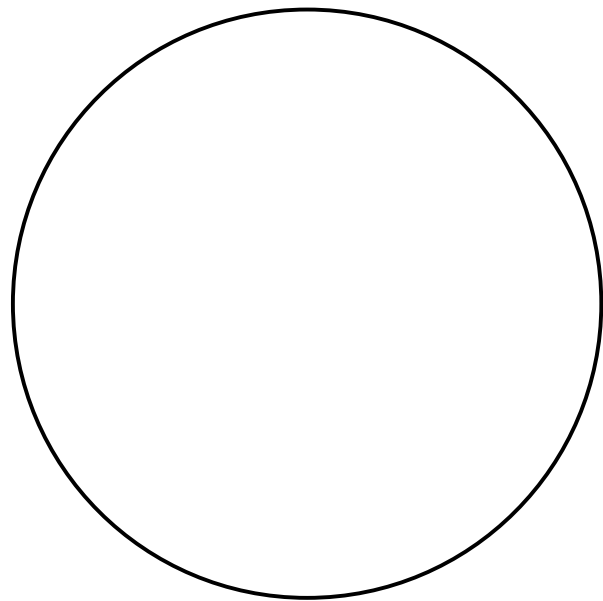
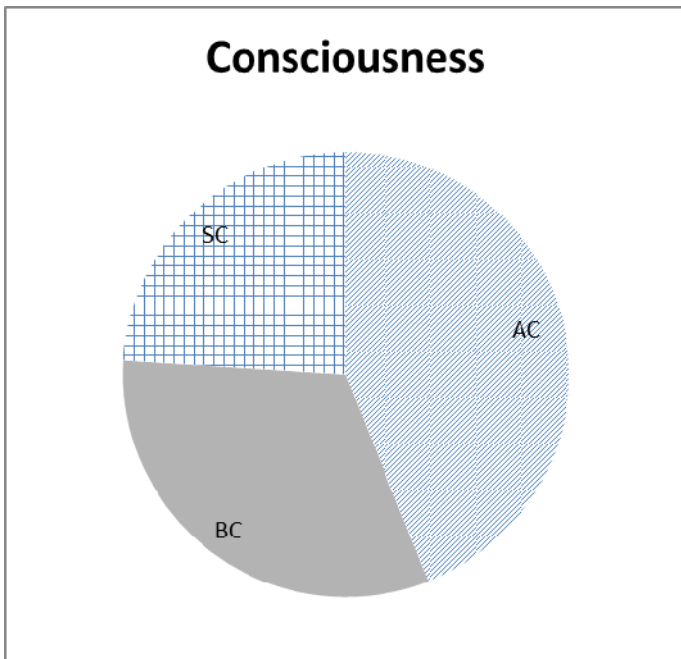
2. As I go about my day how far am I ;

- AC – Action Conscious – my mind is absorbed in doing and getting results
- BC – Body Conscious – my mind is absorbed in my body and the external world
- SC – Soul Conscious – my mind retains the gentle awareness of the eternal self as I act and interact.
-

Fill out your own chart

Example

My Experience



What have I learnt from this reflection?

3. How much attention do I pay to soul conscious practice?
- Constant
 - Regular (when I am not busy)
 - Occasional (when I remember)
 - Rarely
 - Never
4. What determination do I have to create the soul conscious habit?
What practical things will I do?

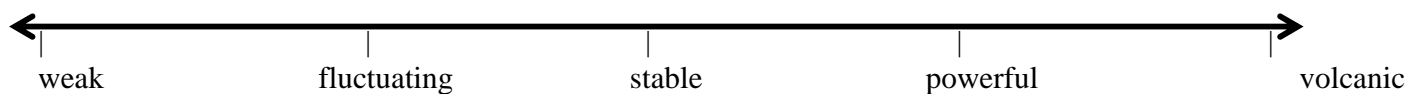
PART 2

What is the quality of yoga I have with Baba, the Creator of the Living Yagya?

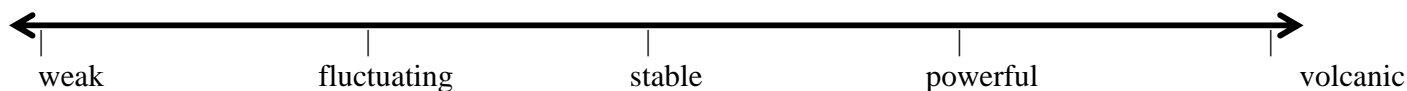
1. How much time do I sit for yoga in a day?

- 3 hours
- 2 hours
- 1½ hours
- 1 hour
- ½ an hour
- other _____

2. What is the quality of my sitting yoga?
(put an 'x' on the line as to how you rate your sitting yoga)



3. What is the quality of my karma yoga?
(put an 'x' on the line as to how you rate your karma yoga)



4. Is there a difference between my sitting yoga and my karma yoga? If so, what is it?

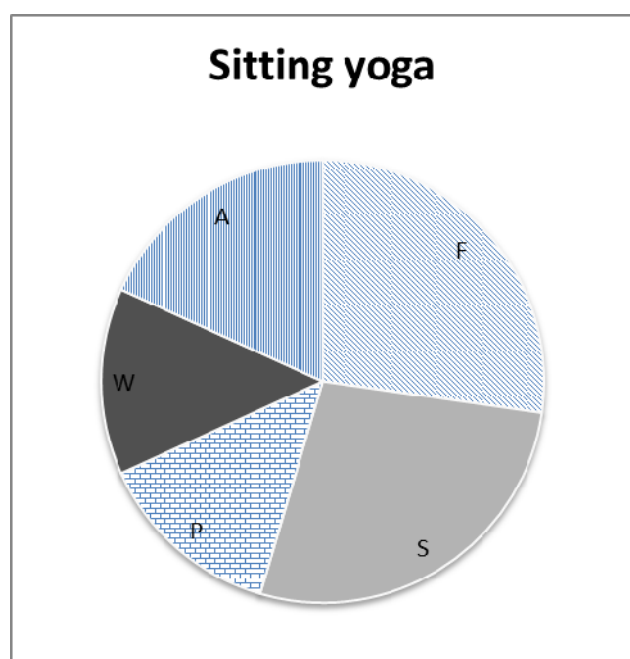
What have I learnt from this?

5. When I sit in yoga, what % is;

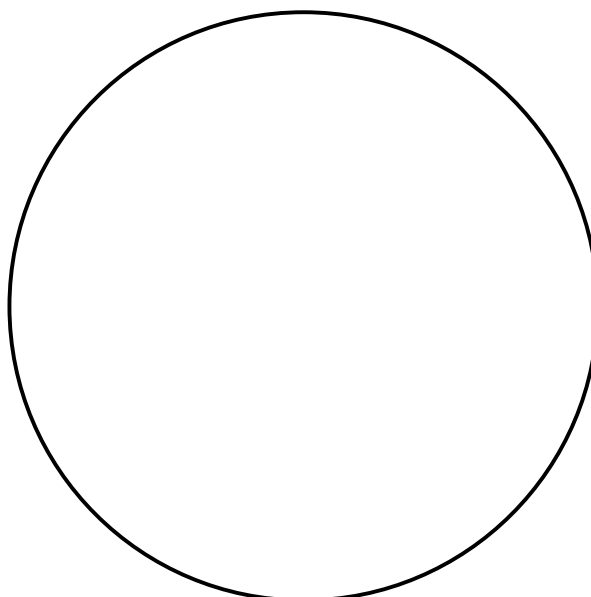
- F – Focused – concentrated on Baba and churning
- W – Wandering – the mind being pulled here and there
- A – Analysing – analysing the self, others and situations
- P – Processing – processing my feelings about what others have said or done
- S – Service

Fill out your own chart

Example



My Experience



What did I learn from this exercise?

6. When I sit to remember Baba do I mainly;

- Think about Baba mainly intellectual, thinking about Baba, His qualities and knowledge
- Believe in Baba mainly devotional based on faith
- Connect with Baba I become bodiless and connect with Baba as a point
- Absorb in Baba I become bodiless and have a deep relationship with Baba of love and belonging
- Feel transformed by Baba I go beyond everything and Baba's purity and light transforms my sanskars

What did I learn from this?

7. If remembrance is the main subject of this life, what determination do I have to;
 - a. Increase the quality of remembrance?

 - b. Increase the quantity of remembrance?

What practical things will I do to create the habit of remembrance?

PART 3

Baba said in the last Murli of the season “See the speciality in others. Never see anything else.”

1.

a) When I see the speciality in others how do I feel?

b) When I see the defect in others how do I feel?

2. In the honest observation of myself what are the reasons I get stuck on the defects of others?

- I feel threatened by others qualities and virtues
- I feel better about myself when I see others also have defects
- Familiarity
- I am over critical
- I allow others’ defects to influence me
- my ego / lack of self-respect
- my habit of taking sorrow
- I remember others’ pasts
- Other

3. What have I learnt from this?

4.. What practical things will I do to create the habit of seeing specialities?

5. Which of the following would describe my relationship with my seniors?

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Loving | <input type="checkbox"/> Reserved |
| <input type="checkbox"/> Open | <input type="checkbox"/> Fearful |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Subservient |
| <input type="checkbox"/> Respectful | <input type="checkbox"/> Lacking quality communication |
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Holding resentments from the past |
| <input type="checkbox"/> Loyal | <input type="checkbox"/> Other _____ |

If I ticked any in the second column, what would I like to do to change this?

6: Which of the following would describe my relationship with those I live with?

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Formal |
| <input type="checkbox"/> Supportive | <input type="checkbox"/> Business-like |
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Competitive |
| <input type="checkbox"/> Honest | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Teamwork | <input type="checkbox"/> Uncooperative |
| | <input type="checkbox"/> Other _____ |

If I ticked any in the second column, what would I like to do to change this?

7: How does the Family at my centre see me?

- | | |
|---|--|
| <input type="checkbox"/> Sweet | <input type="checkbox"/> Bossy |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Controlling |
| <input type="checkbox"/> Inclusive | <input type="checkbox"/> Favouring those who cooperate with me |
| <input type="checkbox"/> Giving feelings of belonging | <input type="checkbox"/> Defensive to criticism |
| <input type="checkbox"/> Yogi & Gyani | <input type="checkbox"/> Uncooperative |
| <input type="checkbox"/> Well-organised | <input type="checkbox"/> Lazy |

If I ticked any in the second column, what would I like to change and what will I do?

8: Do I feel burdened by _____?

- | | |
|--|--|
| <input type="checkbox"/> my role | <input type="checkbox"/> lack of time |
| <input type="checkbox"/> amount I have to do | <input type="checkbox"/> pressure from my seniors |
| <input type="checkbox"/> conflict | <input type="checkbox"/> lack of resources |
| <input type="checkbox"/> lack of cooperation | <input type="checkbox"/> when something goes wrong |
| <input type="checkbox"/> criticism | <input type="checkbox"/> Other _____ |

Do I really feel I am an instrument? Or, is it more namesake?

What will I do to let go the feelings of burden?

PART 4

My next steps in the Living Yagya.

1.
 - a) How would I most like to contribute to the Living Yagya? What is in my heart?

 - b) Am I doing this now? If not how will I make this happen?

2. What do you feel is the most important next step for the Living Yagya?