

Global Bhatti, January 2022

Aim of Yoga Practice for Each Day

16/1/22 – Practice of the Bodiless Stage (Class by Didi Mohini, New York)

- 1) **Full concentration** – for volcanic remembrance, let the mind and intellect be stable and concentrated, and with determination, focus the third eye of the intellect on one Baba and experience Baba's wonders.
- 2) **Incorporeal stage** – In one second, go beyond the consciousness of the body, all bodily relations and possession. While seeing the body, do not see it. Be detached and go beyond and become bodiless. Experience this throughout the whole day. .
- 3) **Unlimited disinterest** – This stage enables me to go beyond the pull and attractions of the old world. The old world is tasteless and like a graveyard. With this consciousness, I remain detached and loving to the One Father and none other.
- 4) **World benefactor stage** – In the evening during World Meditation Hour, sit in the stage of being a World Benefactor and give sakaash to the world.

17/1/22 – Angelic Stage (Class by Sister Jayanti)

- 1) **Angelic consciousness** – Experience yourself being the emperor of the angels and experience love and purity in your relationship with perfect Brahma Baba.
- 2) **Remembrance in all relationships** – Experience all relationships and the attainments from those relationships. Remain merged in Baba's love such that no attraction or influence can pull you.
- 3) **Soul conscious stage** – I am a sparkling star. Create a very deep and powerful stage of soul consciousness. Experience: I am a sparkling star seated in the centre of the forehead.
- 4) **Deep, intense love for God** in which body consciousness has melted and you remain merged in Baba's love.
- 5) **Master almighty stage** – Experience this powerful stage. I am a master almighty. Experience Baba's powerful form in Paramdham.

18/1/22 – Embodiment of Light and Might House (Class by Brother Brijmohan)

- 1) **Bestower of fortune** – I belong to the Father, the Bestower of Fortune. Looking deep into Baba's eyes, merged in His powerful drishti, I am reminded of my elevated fortune of being a special child of God. I receive blessings of unlimited treasures from God and share these treasures and elevated vibrations with other souls.
- 2) **Power of silence** – A powerful stage of silence, deep silence. Baba is my world and He is my ultimate pillar of support – I have to just simply hold onto Him. Simply Baba, Baba and Baba. Deeply experience this practice.
- 3) **Master sun of knowledge** – Stabilize the self in the stage of a master sun of knowledge and give rays of all powers to souls who are fearful and distressed, those who are in great upheaval, all over the world. Give them powerful rays and spread those powerful vibrations.
- 4) **Karmateet stage** – Experience the stage of being liberated-in-life.
- 5) **Stage of being a light and might house** – By sitting, having connected yourself to Baba, the Satellite, Baba's powerful rays of light and might will begin to spread everywhere like a light and might house.