

Focus for the Month of May 2004:

AMRIT VELA 'Good morning Shiv Baba!'

Avyakt BapDada's elevated versions:

"Everyday at Amrit Vela, the time of the early morning hours of nectar, BapDada celebrates the meeting with all the spiritual roses and He sustains them with special love and power. Amrit vela is the special time of sustenance from God. Amrit Vela is the special time for meeting the Supreme Soul; it is the time for spiritual conversation. Amrit Vela is the time when one can easily attain blessings from the treasure store of blessings of the Innocent Lord. The praise of attaining all fruits that the mind desires from the Innocent Lord originates from the praise of Amrit Vela at this time. This is the time when without effort, one can attain limitless treasures from the open treasure store. You know of this auspicious period through experience, do you not? Only when you experience it, will you know of its elevated happiness and elevated attainments..."

Introduction:

Baba has with love and mercy for His children suggested a beautiful daily timetable for all His especially beloved Brahmin children, which if followed is their protection and sustenance throughout the day. Baba advises us to begin our day with special meditation from 4am to 4:45am. This is Amrit Vela, the precious hour of nectar.

The month of May has been specially designated to explore the treasure of Amrit Vela.

The following are some suggestions for yoga to create and maintain that love for Amrit Vela.

The suggestion for the month of May is to have Amrit Vela at Baba's Centres every Sunday morning (if appropriate and according to your situation) with the following themes:

Week 1: Celebrating a meeting with Avyakt BapDada

Place Avyakt BapDada's picture in Baba's room. Play three of the songs that are played in Madhuban when Baba is invoked. Thereafter play recordings of BapDada's voice interspersed with silence. End with BapDada's farewell songs.

Week 2: Emerging the 5 Forms

- "I am a sparkling point of light close to Baba in the Home... I come down to earth as an incarnation of peace..." (9 min)
- Visualise yourself as a divine being of Satyug. (9 min)
- You are the idol sitting in the temple giving drishti to the devotees. (9min)
- Sitting in front of Brahma Baba's picture, I reflect on the beauty of my life at the confluence age. (9min)
- I now visualise myself with Baba in the subtle region as an angel giving love and light to the world. (9 min)

For Amrit Vela at the Centre you may like to sit in a circle for this or have some other creative set-up with groups for brothers and sisters.

Week 3: Ancestor Souls at the Roots of the Human Family Tree.

Use the picture of the tree and every day donate powers to the entire human family. At the Centre if there is Amrit Vela on Sundays – provide everyone with a card on which is written one of the 8 powers of the soul. All sit in a semi-circle facing the picture of the tree and give the entire human family the donation of the powers.

Week 4: The Soul with Baba and the Whole Family

Amrit vela to be interspersed with excerpts from the latest season's Murlis.

Panel Interview:

A selected panel of Brahmins who play different roles can be interviewed on their experience of Amrit Vela. It would be recommended to include a full time teacher, a centrewassi who is also working, a householder, an older Brahmin and a younger Brahmin. Below is a recommended list of questions:

1. What inspired you to practice Amrit Vela? What continues to motivate you?
2. Share a significant experience you have had at Amrit Vela?
3. How has Amrit vela enhanced your spiritual progress?
4. Have you observed any benefits of Amrit Vela in your practical life: home, work, family, friends, service etc?
5. Have you observed a contrast in your stage between the times you were accurate and when times you were careless with Amrit Vela. Please share.
6. What subtle preparations do you carry through to ensure a powerful Amrit Vela?
7. What physical preparations do you make to ensure alertness during Amrit Vela and freshness during the day?

Amrit Vela Workshop:

Suggested resources: the Amrit Vela book and Creative Study of Raj Yoga Meditation.

1. What is the importance of Amrit Vela? Use BapDada's Murlis to explore the deep significance of Amrit Vela. Share experiences of the benefit to my stage, at home, at work, in relationships and service.
2. What is the preparation before going to bed that will enable me to enjoy this time?
3. What attention do I need to pay during the day which will create a powerful Amrit Vela?
4. Suggested stages of consciousness to practice in order to develop our Amrit Vela.
 - Heart to heart conversation with Baba emerging the blessing of the crown, tilak and throne of self sovereignty.
 - Emerge the awareness of being an ancestor soul serving the whole tree
 - Creating the feeling of being Baba's Raj Dulare child and worthy of sitting on the unlimited heart-throne of the Father.
5. End the workshop with each soul writing a letter to Baba renewing their commitment to a powerful Amrit Vela.