

Daily Chart

- 03.00 – 04.00am I am an incarnation in this body. I am a victorious jewel
- 04.00 – 05.00am Practice the spiritual drill of the awareness that I am a point of light.
- 05.00 – 06.00am I am the spinner of the cycle of self-realization. Maintain the awareness of your original and perfect form.
- 06.00 – 08.00am By remaining under Baba's rays of light and might, I maintain intoxication and concentration whilst listening to the murli.
- 08.00 – 09.00am I am equal to the father. Remain in this awareness and spread elevated vibrations to everyone.
- 09.00 – 10.00am Practice being bodiless. See the self under the canopy of protection of the father.
- 10.00 – 11.00am "Baba is my friend". With this intoxication, experience having a spiritual conversation with the father.
- 11.00 – 12.00pm "I am a great soul". Practice the awareness of being soul conscious.
- 01.00 – 02.00pm I am a supremely pure soul. I am spreading the vibrations of purity.
- 04.00 – 05.00pm I am an incarnated angel in this body. I am spreading light and might in all four directions.
- 05.00 – 06.00pm I am the embodiment of all powers. I am combined with the father, the embodiment of all powers. I am under the fountain of all the powers
- 06.00 – 07.00pm I am the bestower of peace. I draw rays of peace from the ocean of peace and donate peace to everyone.
- 07.00 - 08.00pm I am the world benefactor and I am spreading the vibrations of purity to the world.
- 08.00 – 09.00pm Baba's vision is on me. Practice having the awareness of this vision.
- 09.00 – 10.00pm Remain under the ray's of Baba's light and might.

Note - Give your daily chart to Baba. Every night go to the subtle region with Baba.