

Letter from Dadi Janki
International Plan for Self-Progress

September 2003

Greetings of love to the extremely beloved, powerful and fortunate children who are the foundation of the world tree.

This past month of celebrating the lovely festival of Rakhi has been a chance to fill the self with love and power from Baba. It is the true love from the True Father that makes us lovely and loved by Him.

This month Nairobi has created the Self-Progress Plan, sweetly reminding us to become like the father. It refreshes our memory with the aim that Baba gave us last year to constantly keep in our awareness the three words: incorporeal, egoless and viceless.

Baba asked us to give the return of all we have received by becoming equal. The easy method for this is to check our thoughts, words and actions against the father's. What were the father's thoughts? What were the father's words? What were the father's actions? Just follow the father and do whatever father Brahma did.

With love-filled thoughts for all the sweet, lovely and most loved family around the world.

In loving remembrance of the One

BK Janki

**International Plan for Self-Progress May – October 2003
to Become the Embodiment of Awareness**

Please use these points, questions and commentaries for self reflection, bhattis,
workshops and other creative activities during the month.

SELF PROGRESS PLAN FOR SEPTEMBER 2003

Being Incorporeal, Egoless and Viceless:

Become equal with the awareness of the word “return”
and become an embodiment of awareness of the return journey.
Avyakt Murli 30th November 2002

**According to the time, make the qualifications equal
to the aim by becoming equal to the Father.**
Avyakt Murli 15th December 2002

Week One: Tally your every thought, word and action with that of Father Brahma to become egoless.

Being Egoless

“One who is egoless can become incorporeal. The last mantra the Father gave to Brahma was together with being incorporeal, be egoless. Let the stage of soul consciousness become 'natural and your nature' by following Father Brahma”

- 1) Having a stage of soul consciousness whilst walking moving or performing any task.
- 2) First think and then act, so first weigh your words and then speak.
- 3) Let there be the awareness of being an instrument (Nimit) and having humility (Nirman).
- 4) Let your words and language always be pure, serene and sweet.
- 5) Constantly create an attitude of good wishes and elevated feelings in your relationships and connections.
- 6) Feeling of serving in your actions.
- 7) Swing in the swing of supersensuous joy, the swing of happiness or the swing of bliss.

Week Two:

Being Incorporeal

Drill: To give the return of all the attainments, the love and co-operation you have received from the Father. To give a return means to become equal. Incorporeal and angelic. Bap and Dada. Be incorporeal and the next moment become the angelic form. Neither has the consciousness of the body. Therefore, if you want to go beyond the consciousness of the body do this spiritual exercise whilst walking and moving around throughout the day and this will easily remind you of Baba.

Week Three: At each step this week check to see how far am I following the great mantra of the three words.

Being Viceless

Only those who are incorporeal and egoless are viceless. The Father says “Oh beloved Children why do you sometimes leave the heart throne and attach your heart to the mud of the body. Body consciousness is also placing your feet in the mud”.

- 1) From the beginning of the confluence age until now for how long have I remained seated on the heart throne and seat of self sovereignty.
- 2) Carefree emperor – double light in activities and on the face.
- 3) No burden of worry in the mind.
- 4) No sign of tiredness on the face.
- 5) No carelessness.
- 6) Pass in the two special forms of Maya's tests – 1) waste thoughts 2) I alone am right.
- 7) No gross form of arrogance or bossiness.

Week Four: Practice a point of self-respect for the whole day. Remembering it especially at traffic control times.

Points of Self Respect

I am a master of the self.

I am constantly an embodiment of the awareness of the return journey.

I am a soul whose words and language are always pure, serene and sweet.

I am seated on God's heart throne so I am able to attain the throne of the world.

I am a carefree emperor and therefore double light.

I am the crown on BapDada's head.

I am a knowledgeable and powerful soul.