

Letter from Dadi Janki

International Plan for Self-Progress – August 2003

Sweet love filled remembrances to Baba's sparkling jewels of complete purity who are the highest, greatest and holiest souls in the whole world.

Where there is purity, we do not have waste thoughts and nor do we become an instrument to create waste thoughts in others. When we put into practice the significance of purity in thoughts, our every thought is filled with the importance of purity and our every word with the vibrations of purity.

Our brothers and sisters of North America have lovingly prepared this month's International Self-progress Plan on the royalty of purity so that we may receive the crown of the light of purity from Baba.

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.

The basis of Brahmin life is the royalty of purity

Dear Brothers and Sisters,

In order to study the Royalty of Purity, we have taken the ornaments of Vishnu as the basis of our study and practice. We will study one ornament each week. As each ornament corresponds to one of the 4 subjects, the order of our study will correspond to the way in which the 4 subjects build upon each other. The picture of Vishnu below may provide you with powerful visual inspiration.

A general suggestion: As part of your every day practice during all four weeks, we suggest that you pick 4 points from each day's Murli – one for each ornament. For example, had you used a recent Murli (19th June), you could have selected the following points:

Discus:I am a lucky star because of my purity.

Conch Shell:I need to tell everyone: Remember the Supreme Father.

Lotus:I am becoming pure because of my yoga with Baba

Mace:I will not let the evil spirit of arrogance take me over.

Selecting 4 points each day in this way will make Murli points very easy to remember, churn and experience.

ROYALTY OF PURITY



PLAN FOR 1st week of AUGUST 2003- Discus (Knowledge)

"The royalty of Brahmin life is purity"—BapDada 25/10/03

Awareness of Royalty at Amrit Vela – A Seven Day Plan

Begin each day in the awareness that you are a pure, elevated soul and that Baba, who is tied with the string of your love, has personally arrived in front of you and is seeing upon your head the crown of the light of purity, the symbol of spiritual royalty. Then each day you can additionally use a different one of the following suggested points of awareness, which are based on the seven letters making up the word "Royalty".

R as in Respectful

From my Heart Throne of self respect, I see the world through the eyes of my Father- the King of Kings. I maintain the most elevated vision towards myself and others.

O as in Obedient

I honour the directions and disciplines which uphold my dignity. With my hand in the Hand of The Bestower of Fortune, I bend my head in obedience to receive the crown of all rights.

Y as in Yogi

I naturally and easily remain combined with the Ocean of Peace, enabling me to radiate with the nobility of coolness of mind and warmth of heart.

A as in Altruistic

I follow in the footsteps of the One who is truly Altruistic – enabling my generosity to flow from a heart filled with love for humanity. My dignity is expressed through my freedom from seeking name, fame or recognition.

L as in Love

My Father, the Ocean of Love, gently and tenderly molds me into an instrument for healing and empowerment. My sense of purpose is rooted in a pure desire to free all from souls from any trace of weakness, beginning with the self.

T as in Truthful

My Father, Shiva, the Seed of Truth, colors me with the fragrance of truth. With the decorations of integrity and self mastery, I become an example of purity on the world stage.

Y as in Youthful

Stabilized on my immortal throne, I sit in counsel with the Lord of Immortality, Amarnath and reawaken my eternal and elevated qualities of purity, peace, love, truth and happiness. I return to the beauty and royalty of my childhood.

A Seven Day Plan for Daily Murli Study Churning & Awareness. Focus: Discus (Knowledge)

- Before the Murli, read the following point of Self Realization corresponding to the day of the week, and throughout the day experience that point of Self-Realization.
- During the Murli, note down any points related to your eternal and original spiritual royalty. Especially take note of the variety of ways Baba talks about our innate personality of purity.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Day 1- "BapDada is seeing the royalty of purity in every child. The royalty of Brahmin life is purity. So, Baba is seeing on each child's head the symbol of spiritual royalty, the crown of light of purity."

You are keeping this awareness generally every day at Amrit Vela, but today especially, make it a *Point of Self Realization*:
Baba is seeing in my head the symbol of spiritual royalty, my crown of light of purity.

Day 2- " If you remember the beginning period how special was the personality of spiritual royalty in your form of deities? You do remember your spiritual royalty and your personality of purity , do you not? Have you now remembered? "

Point of self realization: In the beginning period how special was the personality of spiritual royalty in my form of a deity?

Day 3- " From the middle period, that is, the Copper Age, when your worth-of worship pictures are made from the Copper Age onwards , are there any other pictures that have that royalty or the royalty of worship? There are many pictures, but are there any other souls who are worshipped accurately in the right way as you are? No other pictures have had such accurate worship or sparkle and spirituality, nor will there be such pictures. Why? You have the royalty of purity. You have the personality of purity."

Point of self realization: In the Copper Age my worthy of worship images have royalty and are worshiped accurately in the right way. No other images have such sparkle and spirituality.

Day 4- Even at the Confluence Age, out of the whole world, the royalty of purity is the basis of Brahmin life. If there isn't purity, there isn't the experience of God's love, and there isn't the experience of all God's attainments."

Point of Self Realization: The royalty of purity is the basis of my Brahmin life, through which I can experience God's love and all Godly attainments.

Day 5- " Purity is the greatest of all decorations of you Brahmins. This is why they decorate your images so much. That decoration is a memorial of your purity—complete purity, not purity just for the sake of it. Complete purity is the greatest of all property, royalty and personality of your Brahmin life. This is why even devotees hold a fast for a day. They have copied you."

Point of Self realization: Purity is my greatest decoration and this is why devotees decorate my image so much.

Day 6- "Are you firm in your food and drink? This is why devotees also hold a fast of their food and diet"

Point of Self Realization: The devotees are fasting, they are coping me because I am very firm.

Day 7- "The sign of being together is that there is lots and lots of love between you and the Father. And in the terms of occupation, the occupation of the Father and the children is of transforming the world. What is the promise that you have made? That you will go to Paramdham , your sweet home together. Or will you go later? You want to go together do you not? So there is such love between you and the Father. "

Point of Self Realization: I will go to Paramdham, my sweet home, together with my Father.

Additional Practice of Awareness During the Day

At least 10 times during the day, Spin the Cycle of Spiritual Royalty—the four forms of your eternal and original purity— and transform your thoughts as suggested below. (Five of those times could be during Traffic Control.) Experience intoxication!

1. **In the Soul World** (My eternal royalty): When I am living in the supreme abode, my spiritual *royalty and purity* in the form of the soul is special, elevated and unique.
2. **As a Deity** (My original royalty and purity): In the beginning period, I was a special *personality* of spiritual *royalty* in the form of a deity.
3. **Worthy of Worship Form:** When my worthy-of-worship pictures were made from the Copper Age onwards, I had that *royalty, sparkle, spirituality and the royalty* of worship. I picture myself being worshipped accurately in the right way because of my past-elevated actions. *I have the personality of purity.*
4. **Confluence Age Form:** *Royalty of purity* is the basis of my Brahmin life. Because of my purity, I experience of God's love, and Godly attainments. The *personality* of my Brahmin life is *purity*, and my *purity* is spiritual *royalty*.

Awareness During Evening Meditation

I am touring the world in my angelic form. I am giving drishti to all the souls of the world. When everyone looks at me, they only see the Father. This soul is hidden in front of the Supreme Soul. Only the Supreme Soul is visible.

Mirror of My Heart Chart

Check in the mirror of your heart every night before going to bed.

Description	Sun	Mon	Tue	Wed	Thru	Fri	Sat
What percentage of royalty of purity did I inculcate today?							
Was my vision towards everyone constantly in the soul conscious form or the angelic form?							
Was my attitude filled with good wishes and pure feelings?							
Did I constantly give happiness to every soul and receive happiness in my actions?							
Was the sparkle of spiritual intoxication visible in my behavior and face?							
Was I a Devta of tolerance?							

Suggestion: This chart can be graded from 1 to 10 or in percentages. 100% being one did something constantly without any fluctuation.

Additional Exercises for Week One: Review of BapDada's October 25th 2003 Murli

Fill in the following blanks as best you can. You can do this at home, after reviewing the full Murli, or before. Then check your answers against the Murli.

The exercise can also be done in groups. Hand it out and have small groups discuss the answers. The teacher can then read the appropriate passages out loud.

- The 1. _____ is seeing His loving children. Just as they arrive in Madhuban, pulled by that string of love, so, too, the Father, tied by the string of the children's love, has personally arrived in front of the children. Baba is pleased. This spiritual, imperishable love, this love of God, this 2. _____ love, is only experienced now, in the whole cycle.
- If there isn't 3. _____, there isn't the experience of God's love. Then there is no experience of Godly 4. _____.
- Baba is seeing on each child's head the symbol of spiritual 5. _____, the crown of the light of purity. Are all of you seeing your crown of purity? The 6. _____ of Brahmin life is purity. This purity is spiritual royalty. The royal family of the children is so elevated...
- 7. _____ means the royalty of purity. Have you made the promise to always stay in the personality of purity?
- Look in the mirror to check to what extent you have the 8. _____ in you. To what extent is that sparkle visible on your face? In your behavior?
- An attitude of purity is one of 9. _____, no matter what someone else is like. An outlook of purity means to see everyone in the soul conscious or the angelic form. Purity in action means 10. _____. All three are the 11. _____ of purity.
- If someone gives you rubbish, would you take it? Insults, disrespect, disturbances – this is all rubbish. So why do you take it? To take it means 12. _____. Instead, remember your personality of the whole cycle. No matter what anyone does, no one can take away your personality.
- Remember, your duty is to follow BapDada, even if someone gives you a lot of sorrow or insults you a lot. Did Father Brahma give sorrow, or happiness? Don't forget your duty by 13. _____. Always have the awareness that you are a deity/goddess of tolerance. A deity means 14. _____.
- Through your tolerance, the one who insults you will embrace you, even though it may take a little time. Tolerance has that 15. _____.
- Let the soul remain hidden in front of the Supreme Soul so that only the Supreme Soul is visible. Plan together how 16. _____ through your behavior and face.
- Service and self progress should both be together. Such service brings success close. Make a plan for 17. _____ in the self and in service and for what additions have to take place.
- BapDada eternally fulfils the responsibility of companionship. As soon as you say Baba, Baba is present. "I belong to the Father, and the Father belongs to me". Always maintain this spiritual intoxication: 18. _____." You are most dearly loved; you are extremely loved by BapDada.

PLAN FOR 2nd week of AUGUST 2003 – Mace (Yoga)

"All of you are combined—the self and the Father"—BapDada 25/10/03

Awareness at Amrit Vela – A Seven Day Plan

This week we will have powerful points for Amrit Vela time and have the same awareness while moving, walking, eating and doing our karma Yoga.

Day 1- "Remember your eternal royalty. When you souls are living in the Supreme Abode your spiritual royalty in the form of the soul is special".

Amrit Vela experience: I am so special soul and my royal family is so elevated.

Day 2- "All souls are also a form of a light, but compared to the rest of the souls, your sparkle is elevated. Do you remember the Supreme Abode?"

Amrit Vela experience: I am a form of a light but my sparkle is elevated.

Day 3- "From the beginning of time your sparkle and intoxication are unique. You must have seen in the sky how all the stars are sparkling, and how they are all light. but out of all star, the sparkle of some special stars is more lovely and unique. In the same way, compared to all others souls, the sparkle of you souls, the sparkle of your spiritual royalty and purity is unique.

Amrit Vela experience: The sparkle of my spiritual royal and pure light is unique.

Day 4- " Now create a plan to become complete. Have the deep concern that you have to become karmateet. No matter what happens, you have to become this. You have to do this. This has to happen"

Amrit Vela experience: I have to become karmateet. I am becoming karmateet.

Day 5- "Many are unhappy. BapDada can't bear to see so much sorrow. First of all you Shaktis and Pandavas who are the form of deities should feel mercy. They are calling out so much. The sound of their calling out should be echoing in yours ears. Now listen to the call of those who are in sorrow. Now at least listen to a little bit of their call. Poor helpless ones are calling out a great deal. They are calling out from their heart".

Amrit Vela experience: I am bringing time closer.

Day 6- " According to the time, become masters ocean of peace. Have mercy for yourself and for all souls. Now let your form be that of a lighthouse and give the rays of different lights to everyone. "

Amrit Vela experience: I am a lighthouse and I am spreading different rays of lights to the souls.

Day 7- "Give the drops of attainments to all souls of the world who are lacking everything"

Amrit Vela experience: Wah Baba Wah! Wah my fortune Wah!

Daily Murli Study Focus: Mace (Yoga)

- Before the Murli, invoke Baba powerfully and experience that He is the one who is making you into a master of the world.
- During the Murli, note down any points related to self mastery and churn about the relationship between mastery of the self and the power of yoga. Also note down points about purification through the power of yoga. What is the connection between purification and self-mastery?
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

Select from the following list things to churn on different days of the week

1. How do I feel when I am at my highest stage of purity?
 - a. What yuktis – if any – can I use to achieve & sustain this state?

2. How much do I use the virtue of purity to clarify and reinforce other virtues?
3. Purity of Thoughts, Words and Actions
 - A. THOUGHTS
 1. What creates obstacles in purity of thought?
 2. What is at the seed of my resistance?
 3. What awareness(es) enables me to enjoy purity of thoughts?
 - B. WORDS
 1. In what circumstances do I abandon purity of words?
 2. What roles do silence, simplicity and patience play in maintaining purity of words?
 3. What is the consciousness of "I" when I speak?
 - C. ACTIONS
 1. What feelings indicate that I am enjoying purity in actions?
 2. Understanding my responsibility as a lawmaker on the world stage, how can I support myself in maintain purity of action?
4. Have I become a master? Reflect on these things:
 1. I have a double kingdom, not just the kingdom of the future. Before becoming a future king, I have to claim the right to self-sovereignty at the present time.
 2. Spiritual royalty at the confluence age means to become the angelic form. Do I experience this form?
 3. In this alokik birth, I am experiencing supreme love and affection. I have become the beloved, royal child of God through this divine affection.

Suggestions for Evening Meditation

Have yoga with a common theme: Remembering myself very well as a deity, being the sovereign of the self. Share experiences.

Have yoga for 15 minutes together with other Brahmins, experiencing a particular aspect of purity. Then write or discuss in small groups what that particular aspect of purity means and feels like for you. Churn and discuss how to sustain this aspect of purity in action and relationships.

"The angelic form should be visible in the features of every teacher"

In a small group (6-8) take turns, in silence, leading the group in drishti meditation. Give each person in the group as many slips of paper as there are people in the group, and, after each person conducts meditation have the rest of the group put that person's name on a slip and write down a special quality experienced through the person who conducted the meditation. After everyone has taken their turn conducting meditation, have the group members distribute their slips to each other. Each person in the group will have slips of paper with the angelic qualities experienced through them by the others.

Points for checking one's chart. Have I become a master in these ways?:

1. Impurity is the external influence and purity is my original religion. Those who have the personality of purity, who have the royalty of purity, will not touch that which is bad, even through their mind or intellect. Have I achieved such purity?
2. The main sign of the spiritual royalty of Brahmins is royalty, that is, honesty. How honest am I?
3. To be simple means to have royalty and greatness whilst being ordinary. Simple means completely pure. No waste. Have I become this?
4. To have waste thoughts or enable waste thoughts to be created, to have waste thoughts yourself or to be an instrument to create waste thoughts in others; is it purity? As a master, have I finished all waste?
5. A spiritually royal soul will not give their time or intellect to the little things about other souls. Do I?
6. Spiritually royal souls will not have the sanskar of asking for anything, whether physical or subtle. Wanting a limited attainment for the self is royal begging. Have I, the master, gone beyond all limited desires?

Additional Exercises for Week Two: Review of BapDada's February 2nd 2003 Murli

Exercise One: Fill in the blanks.

Love

Baba has come to celebrate the anniversary of His own incarnation and also of the children's incarnation. The wonder is that the birthday of the Father and the children is on the same day. The sign that they are together is that there is lots and lots and lots of love between you and the Father. This is why your birthday is together and you remain 1)_____ throughout our life.

The occupation of the Father and the children is also the same: to transform the world. The Father on His own can't do anything nor can the children on their own do anything. Such is the love between you and the Father. This is why He has taken the support of Father Brahma – 2)_____ all of you Brahmin children. Without Brahmins even the Father can't do anything.

Devotees are no less in their bhavna. But they are devotees, they are not 3)_____. Every year, for one day, the devotees celebrate the incarnation of Shiva. However, you celebrate the importance of the incarnation once, for the whole cycle. They take a vow every year. We took it once.

Complete Purity

Devotees take a vow for purity, but your vow is for complete purity: purity of all the 4)_____ – with all their traces and progeny. The devotees also fast, in memory of how you children become firm about our food and drink. They also stay awake at night, in memory of how you vow to awaken from the sleep of ignorance.

You have taken a vow, but your vow is weak, because of the one word 'I'. When this word is used in an arrogant, body conscious way, it makes you weak. You then become disheartened. There has to be total transformation of the word 'I'. You are doing good service, but have you made preparations for 5)_____? Before revelation takes place, BapDada needs to receive a report that 16,000 have become complete with total purity.

We need to have the deep concern to become 6)_____. Not that it will happen, or that we are doing it. Baba doesn't want that. That has gone on for too long. Baba wants a 7)_____.

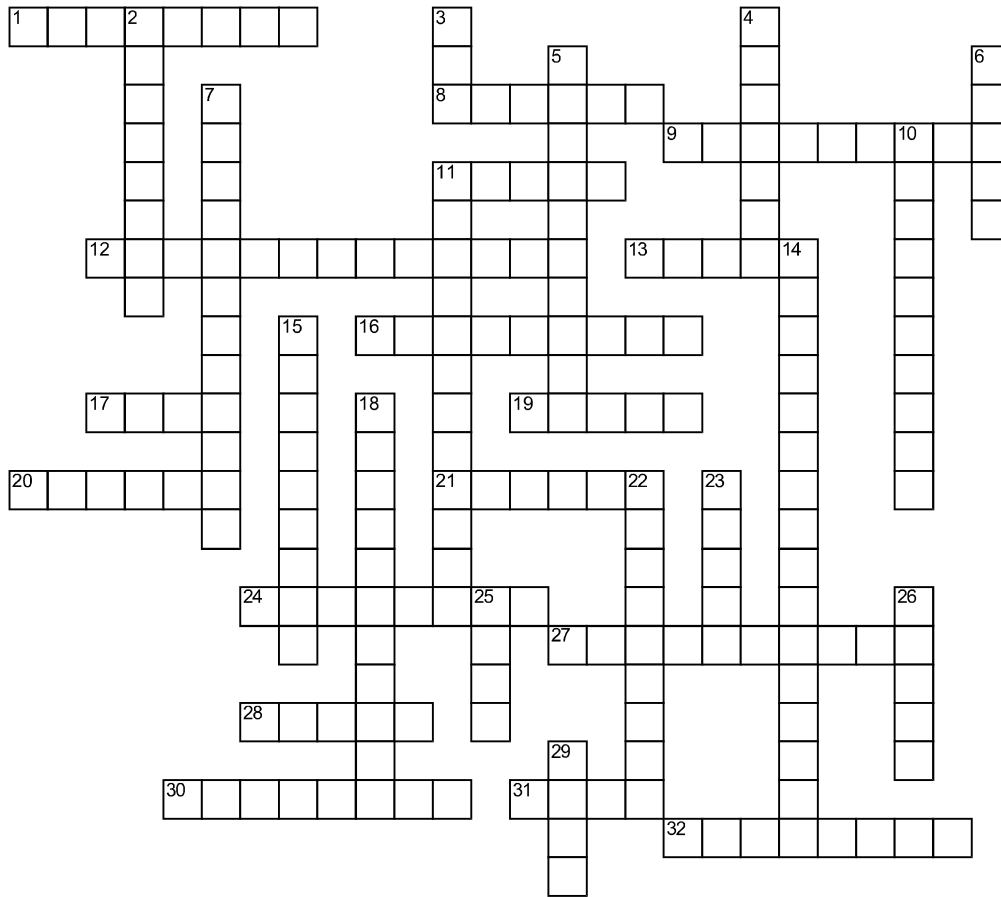
BapDada gives multimillion fold birthday greetings to all the elevated souls who are images of the Father in person, to the children who take every step equal to the Father's, who are 8)_____ of congratulations of Brahmin birth...

Exercise Two: Practise staying in the awareness of your elevated self respect by reading the above exercise again, and changing the vocabulary/grammar so that it is all about Baba and ME.

For example (one): *"The wonder is that the birthday of the Father and of the children is the same day"*, is changed to : *"The wonder is that the birthday of the Father and MY birthday is the same day"*.

Example (two): *"Devotees have been celebrating the memorial of this birthday of yours from the copper age to now,"* is changed to : *"Devotees have been celebrating the memorial of MY birthday from the copper age to now"*.

Exercise Three: Murli Crossword: Try the puzzle on the following page before or after studying the murli again. Either way you will enjoy the extra details on love and complete purity.



Across

- 1 Create a plan to become _____.
- 8 BapDada cannot bear to see so much sorrow. _____ to the call of the devotees. They are desperate.
- 9 We have to do this to the arrogant form of 'I'
- 11 Don't just add one more paper to the 'file'. Make your promise _____
- 12 The power of concentration automatically brings this. And this is the key to success.
- 13 Baba is giving you six months to see from where more _____ and heirs can emerge.
- 16 Another way of saying 'complete with total purity.' (Two words)
- 17 The Father's birthday, that is, His day of incarnation, and the children's, is the _____
- 19 Your mind should become this. This results in the power of concentration.
- 20 To celebrate means to _____
- 21 Hindi word for 'ok'.
- 24 Your vow for purity is not just about this.
- 27 Let your form be that of a _____
- 28 The Advance Party is asking for a date to be _____
- 30 If someone tells an arrogant person, even slightly, that this is not right, become a little humble, (s)he would feel _____
- 31 Baba also wants us to give Him a ____.
- 32 When you fully surrender the consciousness of even the slightest bit of 'I' people will begin to say, 'This is the Father _____'

Down

- 2 The Father has a file of these and it has become very big.
- 3 Have mercy for yourself and for _____ souls.
- 4 The virtue you need so that your promise does not become simply one more paper in 'the file'.
- 5 Give drops of this to all the souls who are lacking everything
- 6 No one except you can have this.
- 7 "I am unable to do this. I am not able to continue. It is very difficult". This is an example of becoming _____
- 10 The sign of arrogance is to be unable to tolerate _____
- 11 _____ is also asking for a date to be fixed.
- 14 Another way of speaking about weaknesses, carelessness and laziness. (Three words)
- 15 When the arrogant form of 'I' is not _____ you become disheartened.
- 18 'I' brings you into body consciousness but it can also remind you of your _____
- 22 _____ will not allow you to tolerate being insulted.
- 23 An example of the wrong use of 'I' is: "What I said, what I did, what I understood, that alone is _____"
- 25 In celebration of Shiv Ratri, don't just cut the _____ but end the 'I'
- 26 Take the initiative. The sparkle of personal service and service through the mind can make these emerge.
- 29 Some children are very clever. They say, "I wasn't angry. Someone _____ me angry."

PLAN FOR 3rd week of AUGUST 2003 – Lotus (Dharna)

"The attitude of purity is good wishes and pure feelings. No matter what someone is like, a pure attitude means good wishes and pure feelings. And, a pure vision means to see everyone constantly in the soul-conscious form or the angelic form. Therefore, attitude, vision and the third is actions. So, in your actions, too, constantly give happiness to every soul and receive happiness. This is the sign of purity. Let there be this dharna in your attitude, vision and actions.—Bapdada 25/10/03

Awareness at Amrit Vela

1) Sing the song of congratulations to the Father about this alokik Brahmin birth.

"Are you able to do anything without the Father? The Father too is unable to do anything. This is why he has taken the support of Father Brahma to create all of you Brahmin children... This is why on the birthday of this alokik incarnation, the Father is giving you and you are giving the Father multimillion fold congratulations and greetings." Bapdada 28/02/03

2) My occupation is the same as the Father's occupation, that of transforming the world.

"The sign of these (the children and the Father's birthday) being together is that there is lots and lots of love between you and the Father. This is why your birthday is together and you also remain combined throughout your life, that is, you are together. Have you ever seen such love? And in terms of the occupation, the occupation of the children and the Father is of transforming the world." Bapdada 28/02/03

3) I am a pure divine jewel. The purity I receive from Baba transforms the world and is remembered throughout time.

"Therefore, purity is the greatest decoration of you Brahmins. This is why they decorate your images so much. That decoration is a memorial of your purity-complete purity, not purity just for the sake of it. Complete purity is the greatest of all property, royalty, and personality of your Brahmin life. This is why even devotees hold a fast for a day. They have copied you." Bapdada 28/02/03

4) I am the right hand of the Father and we are engaged in transforming this old world. With our hands we are holding the earth, healing it with the drishti of purity, peace and love.

"All the teachers are BapDada's right hands. The Pandavas are not left hands. Panadavas are also right hands... All of you are right hands. Teachers now have to become images that grant visions." Bapdada 28/02/03

Daily Murli Study Focus: Lotus (Dharna)

- Before the Murli, invoke Baba powerfully and experience that He is the Purifier and the Transformer of the World.
- During the Murli, note down any and all dharna points or points about living a lotus life.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

1) As a detached observer, notice when you are being influenced, when your mood is changing, or when there is the feeling of arrogance or insult. What "I" is creating these feelings? Then ask the self which "I" will transform that form of Maya. Which "I" can I become aware of to create happiness?

The word "I" is used in the form of arrogance and also in the form of making you weak. 'What I said, what I did, what I understood, that alone is right. That is what should happen'. This is the "I" of arrogance. When that "I" is not fulfilled, then you also become disheartened: 'I am unable to do this. I am unable to continue. It is very difficult'. The "I" of body consciousness should change. "I" reminds you of your self-respect and "I" also brings you into body consciousness. "I" makes you disheartened and "I" also brings happiness in your heart." Bapdada 28/02/03

2) Whilst moving about, I emerge the form of a lighthouse spreading the different lights (peace, purity, power, compassion, wisdom . . .) to all souls of the world.

"Now let your form be that of a lighthouse and give the rays of different lights to everyone." Bapdada 28/02/03

3) As I come into contact with individual souls, I become quiet. I listen to their unspoken needs and send out whatever light they are seeking.

" Give the rays of the drops of attainment to all the souls of the world who are lacking everything." Bapdada 28/02/03

Evening Meditation

Develop the power of concentration and experience silence of mind.

"Your mind should become still and then the power of concentration will be able to make very good decisions. This is why they portray a set of scales in court. The scales are shown as a symbol for judgment, for the needle becomes totally still. Therefore, at that time when there is upheaval everywhere, with the power of concentration, you can stabilize your mind on whatever you want. You can judge which power to use in a particular situation. The power of concentration automatically brings determination and determination is the key to success." BapDada 28/02/03

Points for checking one's chart

- 1. Is my attitude of purity one of constant good wishes and pure feelings?**
 - a) Do I have a determined thought to transform my attitude?
 - b) Have I taken a firm vow to change my attitude?
 - c) Am I the one who is stable in the stage of self-respect and who is a bestower who gives respect to others and does not have an attitude of ego or insult?
 - d) Am I the one who has the personality of purity, the royalty of purity and I will not touch that which is bad even through my mind and intellect?
 - e) Am I a deity of tolerance?

- 2. I am an example in the showcase of the world. Is the sparkle of purity visible on my face?**
 - a) Are my eyes, with the spirituality of purity, constantly visible as clean and pure?
 - b) Is there constantly the experience of the sparkle of the spiritual soul and spiritual Father in my eyes?
 - c) Does my face show the virtue of tolerance and constantly reveal contentment?
 - d) Am I constantly cheerful in my heart and also in my features?
 - e) Do I have both a cheerful heart and cheerful face?.

- 3. Is the sparkle of intoxication visible in my behaviour?**
 - a) Is the decoration of purity experienced by others through my activity?
 - b) Does my speaking, walking, eating & drinking, sitting & standing, and
 - c) every action automatically reveal divine manners and the truth?

- 4. Has my mind become still such that I am able to make very good decisions?**
 - a) Does the dharna of my purity automatically bring me accurate thoughts, words, actions, and dreams filled with wisdom?

- 5. Does the power of stability enable me to have a constant attitude of benevolence for all?**
 - a) Do I see everyone in the soul-conscious form or angelic form?
 - b) Is my vision ever drawn to anything insignificant or negative?
 - c) This power naturally creates the vision of brotherhood towards all. Do I experience love, regard and respectful behaviour in my relations with every soul?

- 6. What is my duty? The occupation of the Father and the children is of transforming the world.**
 - a) Through the power of purity can I transform the vision, the attitude and the activity of any soul?
 - b) Is the sign of pure love, the relationship of pure love, and the pure vision and attitude of a pure life are sparkling on my forehead?

Additional Exercises for Week Three: Royalty of Purity—A Creative Commentary

In Avyakt BapDada's murli of October 25, Baba invited us to look at ourselves in the mirror of our hearts:

All of you have a mirror, do you not? Do you have a mirror? Can you see in that? Then, look and see to what percentage you have the royalty of purity within you. Is the sparkle of purity visible on your face? Is the sparkle of intoxication visible in your behavior? The sparkle of intoxication means – intoxication. In your behavior too, is the sparkle of intoxication, is spiritual intoxication, visible? Have you seen yourself?

Commentary Suggestions

Using the commentary and attached diagram (below) and some creative materials if you choose (example: felt pens, virtue words, glitter, crayons, etc), create the mirror of purity for self. To use the diagram with the commentary, you can include the following points, as prompts. Each numbered point of the commentary corresponds with a line on the diagram.

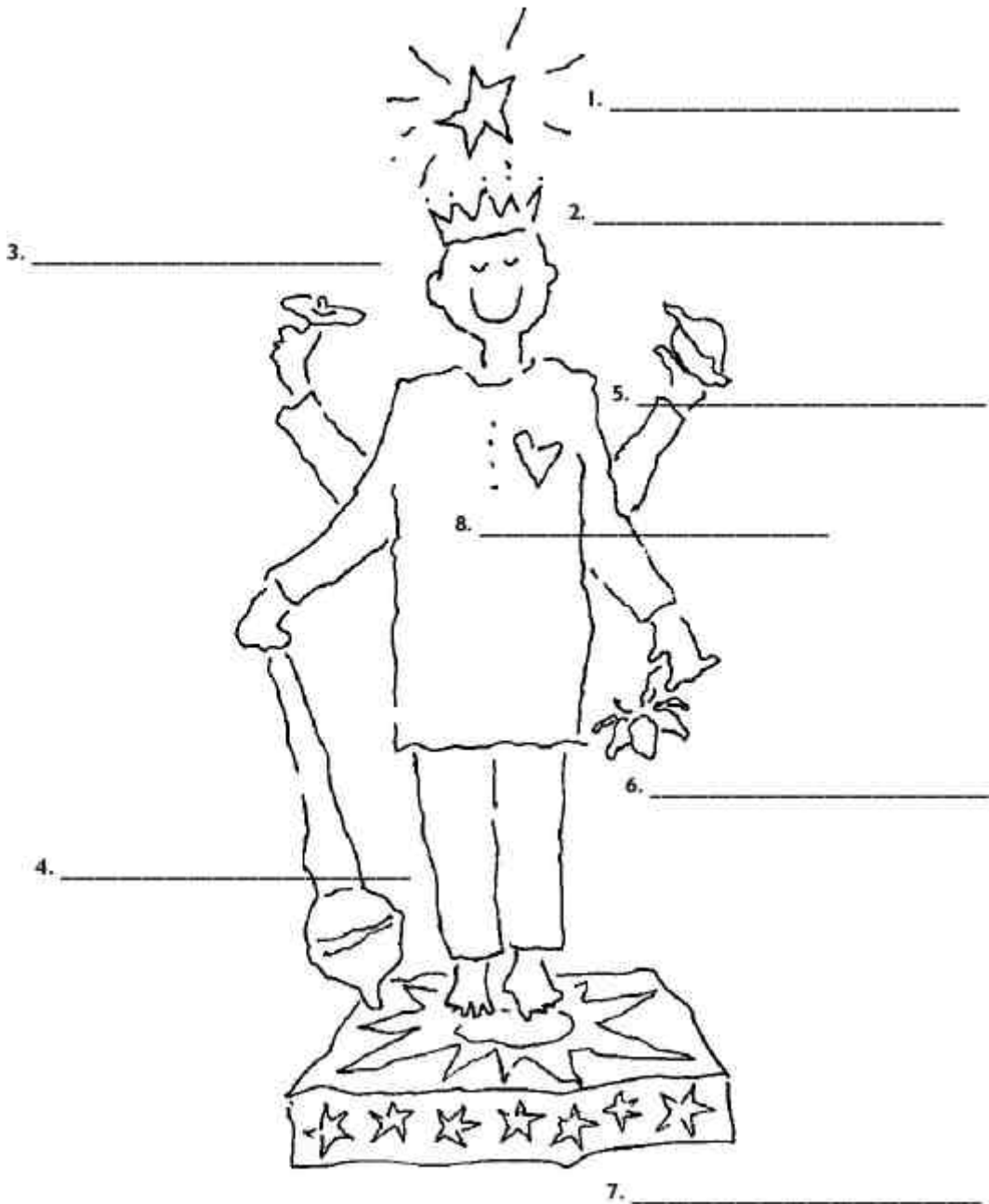
BapDada sees the royalty of purity of every child. More importantly, He inspires me to see my own royalty of purity. Using the diagram as a mirror, let me touch those experiences that will open my eyes to see me as Baba sees me.

1. *Remember your eternal royalty. When you souls are living in the supreme abode, your spiritual royalty in the form of the soul is special. All souls are also a form of light, but compared to the rest of the souls, your sparkle is elevated. Do you remember your supreme abode? From the beginning of time, your sparkle and intoxication are unique...out of all the stars, the sparkle of some special stars is more lovely and unique.* The depth of my eternal royalty enables me to dive into the Ocean of Purity, such that I am eternally touched and imprinted with the power of pure intention, pure feelings and pure light. This real experience of my true self activates a sparkle that time and space cannot touch. As I sit in the brilliance of my eternal form, I feel _____.
2. *BapDada is the Companion of all of you and He eternally fulfills the responsibility of companionship. As soon as you say Baba, Baba is present. It is said that the Lord is always present. Therefore, you remain in pleasure, do you not? There is nothing but pleasure. "I belong to the Father and Father belongs to me."* Seated on the throne of Baba's Constant Companionship, I am free and light to fulfill my responsibility as a true friend of humanity. With one hand of the intellect holding onto Baba, and the other hand bestowing love to my fellow man, I recognize the unique and royal sparkle of my purpose on the world stage. As I put on the crown of my benevolent form, I give to others through my vision and attitude the gift of _____.
3. *Remember your eternal royalty of purity and your personality of the whole cycle. No matter what anyone does, no one can take away your personality...Simply remain immortal in this. Never forget the blessing of being immortal.* I spin this blessing in my intellect, and it protects my self respect. As a deity, I have the special personality of spiritual royalty. As an image of inspiration in the middle period, I provide an accurate focus of spirituality for others. And, in the confluence age, as a Brahmin, I have the incomparable experience of being sustained, taught and guided by the Ocean of Purity. With my own unique story of unwavering purity, my mind remains untouched by any thoughts of degradation. I spin this powerful tool of self-realisation, allowing feelings to bubble up in the form of a word or phrase. These become the basis of a personal "mantra" that I can spin in a second, enabling me to constantly honour my personality of purity. That "mantra" is _____.
4. *I am a deity of tolerance.....a deity means a bestower who gives. If someone is insulting you and not respecting you, then that is rubbish, is it no? Or, is it something good? So, why do you take it? Is rubbish to be taken from others? If someone gives you rubbish, would you take it?* I am heir to the King of Kings – a child of the most Powerful Soul. My power as a ruler is determined by my internal ruler – or standards - of purity. Claiming direct power from my Father, the Bestower, I naturally and easily maintain self respect and regard for others. I have the power to transform rubbish into respect. Holding the mace of such integrity, I consider the virtue that supports my power of tolerance. That virtue is _____.
5. *Whilst you are living a Brahmin life, you definitely have to remain completely pure. Have you made such a promise? If your promise is firm, wave one hand....remain very strong.* Let the strength of my commitment dictate the expression of my purity. Only if there is a sincere promise deep inside, borne from a sense of self worth, will there be natural spirituality in my life. I will become a spokesperson of purity in every breath I take. As I sit in the quiet solitude of re-affirming this promise, I consider the realization which is key to maintaining my commitment. In a few words, that realization is _____.
6. *You are those who issue a challenge, are you not? All of you are those who challenge...you are not a little afraid, are you – that perhaps, when you challenge them, you don't know what will happen?* I maintain the sparkle of purity in even the darkest moments. At especially those times, I dare to shine with the decoration of truth. I busy my mind in planting seeds of reality. The world may challenge my purity, but my sense of destiny conquers any doubts. Any time a weed of impurity threatens to overwhelm my mind, I use the following point of knowledge to transcend: _____.
7. *The attitude of purity is of good wishes and pure feelings. No matter what someone is like, a pure attitude means good wishes and pure feelings. And, a pure vision means to see everyone constantly in the soul-conscious form or the angelic form. Therefore, attitude, vision and the third is actions. So, in your acts, too, constantly give happiness to every soul and receive happiness. This is the sign of purity.* Baba places me on the world stage as a sample of purity, revealing the feelings, attitude, vision and

actions of true royalty. There is the feeling of this not being a duty, but a rare and unique honour. I take a moment to consider my fortune of playing such a heroic role. The quality which transforms my ordinary actions into extraordinary is _____.

8. *BapDada is seeing the children who are personally in front of Him and also the children sitting far away and is pleased with them. This spiritual imperishable love, this love of God, this soul-conscious love is only experienced now throughout the whole cycle.* I sit in Baba' Heart, and experience the purity of His vision on me. He sits in my heart, and awakens the capacity to bravely decorate my world with pure love. This subtle heart to heart connection can never be broken or destroyed. If I had one word or state to express my love for God, that word or state would be _____.

My Sparkling Image of Purity



PLAN FOR 4th week of AUGUST 2003 – Conch Shell (Service)

"Together with doing service, also make plans to become complete. Be deeply concerned to become karmateet." BapDada 28/02/03

Awareness at Amrit Vela

At the time of nectar, experience the attainments of the being a world server. Select a point to establish the foundation of your day:

- "Let the soul remain hidden in front of the Supreme Soul so only the supreme Soul is visible".
- "If you now fully surrender the consciousness of the slightest bit of "I", people will begin to have visions. This curtain of the consciousness of "I" sometimes come in-between. When this curtain is removed, everyone will have visions of BapDada in each of you. Then these drums will beat: The Father has come in person. He has come, He has come. The visions will not be through divine vision, but they will be in practical form".

Also take this time to churn on the depth of the service through the mind.

- "The sparkle of personal service and service through the mind can make heirs emerged. Sustenance is needed. Take the initiative".
- "You have made very good plans for service because it is only when service is complete that your kingdom will come. Therefore, methods of service are also essential. However, there should also be service through the mind as well as through words. They should go together. Service and self-progress should both be together. Such service brings success close".
- "Until you fix a date, you are unable to accomplish any task. First of all, maharishi should fix a date, and then everyone will follow. Those who are to follow are ready. And with your courage, they will receive extra power".
- "Therefore, create a plan to become complete. Have the deep concern that you have to become karmateet. No matter what happens, you have to become this. You have to do this. This has to happen".

Daily Murli Study Focus: Conch Shell (Service)

- Experience the intoxication of sitting among the royal family during the pre-murli meditation as well as during the murli and spread your elevated vibration.
"BapDada is seeing the royalty of purity of every child. The royalty of Brahmin life is purity. So, Baba is seeing on each child's head the symbol of spiritual royalty, the crown of the light of purity. Are all of you also seeing the crown of purity and the crown of royalty? Are those sitting in the back seeing it? This is such a beautiful gathering of those who are crowned. It is, isn't it, Pandavas? The crowns are sparkling, are they not? You are seeing such a gathering, are you not? Kumaris, you are Kumaris with a crown, are you not? BapDada is seeing that the royal family of you children is so elevated". BapDada 25/10/02
- During the Murli, note down points about service.
- Also remember to pick a Murli point for each of Vishnu's ornaments.

Daily Churning & Awareness

Traffic Control

With the power of concentration, stabilize your mind on BapDada's powerful words while doing the following service through your vibrations during traffic control.

" Now let your form be that of a lighthouse and give the rays of different lights to everyone. Give the rays of drops of attainments to all the souls of the world who are lacking everything."

Karma Yoga

During the day, sustain the following points of awareness while performing actions:

- ❖ *"So, in your actions too, constantly give happiness to every soul and receive happiness."*
- ❖ *"No matter what someone is doing, even if he is giving sorrow or insulting you, what is your duty? Do you have to follow the one who is giving sorrow or to follow BapDada? You have to follow the Father do you not? Did the Father Brahma give sorrow or happiness?"*
- ❖ *"Don't forget your own duty by looking at the duty of others".*
- ❖ *" I belong to the Father and the Father belongs to me. The Father will co-operate with you in service". (...)* The Father on is own cannot do anything nor can the children can do anything on their own".

- ❖ "Always think that you are the messengers who give God's message".
- ❖ "Therefore, always remember the Father and continue to do service".

Evening Meditation

1) I emerge the final form of being free from the consciousness of "I". I am a clear instrument allowing other souls to have visions of the Supreme.

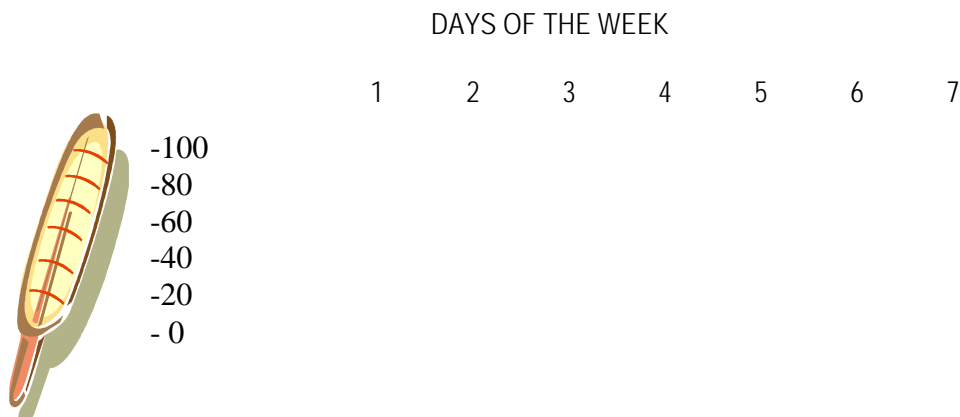
"If you now fully surrender the consciousness of even the slightest bit of "I", people will begin to have visions. This curtain of the consciousness of "I" sometimes comes in between. When this curtain is removed, everyone will have visions of Bapdada and each one of you. Then, these drums will beat: The Father has come in person. He has come. He has come." Bapdada 28/02/03

2) I emerge my deity form. I listen to the call of the devotees and with Baba, fulfill their wishes.

"Many are unhappy. Bapdada can't bear to see so much sorrow. First of all, you Shaktis and Pandavas who are in the form of deities should feel mercy...Now listen to the call of the devotees." Bapdada 28/02/03

Points for checking one's chart

While reviewing your actions at the end of the day, "Then look and see to what percentage are you do you have the royalty of purity within you"? Place a dot every day and trace a graph at the end of your week.



Have the intoxication of the royalty of Brahmin life and observe the mercury of purity rising!

Additional Exercises for Week Four

Hold a public of BKworkshop on the theme: Be truthful to yourself (using the word TRUE for royal)

- Interact with everyone with the attitude of good wishes & pure feelings.
- See others' best through your own best. Never allow yourself to be drawn to anything insignificant.
- In your actions constantly give and receive happiness.
- Make your words powerful, true. Words that bear fruit, accurately filled with significance.
- In your connection your company should work like a touchstone which makes everything elevated.

Hold a public of BKworkshop on the theme: The Power of Tolerance

- What are the qualities of someone who has the power of tolerance?
- What is it about the power of tolerance which allows those who insult you to embrace you?
- Who do you know that is an example of having the power of tolerance'? Why?
- Give examples of when you have used the power of tolerance in your life.