




आत्मारूपी पुरुष को श्रेष्ठ बनाने वाले ही सच्चे पुरुषार्थी हैं।

SHANKHADHWANI

## Experiences & Experiments with Rajyog meditation

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सबसे बड़े ज्ञानी वह हैं जो आत्म-अभिमानि रहते हैं।

SHANKHADHWANI

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# PREFACE

Raj yoga meditation, currently taught by our almighty spiritual father SHIVBABA in this confluence age, is a complete & holistic meditation technique. The main objectives of this Raj yoga meditation are: Self Realization, God Realization, World Realization & Time realization. Through these realizations, the ultimate aim is to divinise the human beings & transform the whole iron aged world into golden aged world. The whole meditation practice is based on the spiritual perceptions, which one attains through the spiritual knowledge currently imparted by our most beloved supreme teacher SHIVBABA through the corporeal media of Prajapita Brahma. Hence for those who want to practice this meditation must have undertaken the basic course on spiritual knowledge. If they are studying BABA's Murli regularly, it would be still better.

Several meditation drills are described here for better experiences & experimenting in our daily Raj yoga meditation practice, especially in AMRITVELA. These meditation scripts are prepared to fulfil the following objectives.

- To experience deeply several innate attributes of the self, by being soul conscious.
- To attain & experience seed stage, angelic stage & other higher stages of yoga.
- To meet, to converse with BAPDADA & to have deep experiences of different divine attributes of our beloved BABA, either in incorporeal world-PARAMDHAM or in subtle world.
- To transform our negative personality traits into positive ones.
- To enjoy all different relationships with BABA, especially of Supreme Father, Supreme Teacher & Supreme Preceptor.
- To carry out MANSA SEVA of different fields for transformation of the self and that of the world.

- To get rid of several physical & mental abnormalities like illness, stress, anxiety, depression, worry, anger, ego etc. & to solve any personal & global problems.

These meditation drills will definitely improve the level & quality of your Yoga practice. Let BABA bless you with deep profound experiences.



# Experiencing Deep Immense Peace

## Introduction:

The objective of most of the meditation practice has always been reaching the destination of inner peace. The process of meditation is like a journey to that destination, which many human souls have undertaken since thousands of years. Since our last several births we have been indulging in habits of anger, fear, ego, sorrow, jealousy, hatred, greed etc. All of which have blocked our access to this inner pure emotion of peace. These blockages can easily be removed through spiritual perceptions & by practicing Raj yoga meditation.

We being mostly extrovert & ignorant, generally we are trying to search out peace from the external material world. But we should know that out of the seven basic innate qualities of the soul, peace is the most vital innate quality. Hence the real peace lies in 'I' the soul. The deep inner peace can only be experience by being introvert, by introspection of self & by realising the self through deep meditation practice. Following meditation script may be use for said purpose.

## Meditation Practice:

### Experiencing Peace by Being Soul Conscious:

Along with clear & stable visualization affirm: "I am sitting in comfortable posture and I allow my body to relax, gently releasing my any area of stress & anxiety....Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point of light.... My mind, intellect & personality are the three basic functional powers of my soul.....Here I take a moment to look at the screen of my mind....Gradually the speed of my thought is decreasing and my mind is now quiet and still.....Now my mind & body are relaxed....I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I express and act myself through this physical body which is temporary... But I the soul, am an eternal immortal, indestructible, indivisible, invisible soul...

Out of seven basic innate & original qualities of "I" the soul, peace is one of the most vital one...Peace is my innate original nature...Peace is my personal value...

Peace is my *SWADHARM* ... I am full of peace.... I am peaceful soul...Peace is the neckless of my throat, which I was searching out side so long.... Being the son of, ocean of peace, almighty *SHIVBABA*, I am the master ocean of peace.....I am experiencing deep peace.....

### Experiencing Peace Being in *SHANTIDHAM*:

The peace world, *PARAMDHAM*, comprising of sixth element, called *BRAHM*, is my original abode, which is beyond these corporal & subtle worlds ....I, the soul, am now leaving behind my physical as well the subtle bodies on this earth and moving upward towards *SHANTIDHAM* in my seed stage.....Now I am entering the peace world.... Here in the peace world, there prevails eternal golden red divine light....Here exists neither thought, nor word, nor action; just complete stillness, silence and immense peace all around everywhere..... I, the peaceful soul, am experiencing immense eternal peace here...I am absorbed in profound peace....

### Experiencing Peace Being with Ocean of Peace *SHIVBABA*:

Here, in the peace world, my most beloved *SHIVBABA* the ocean of peace, is just in front of me.... The powerful vibration of peace is spreading all around from the divine star *SHIVBABA* ... Some of the vibrations are touching me also....I am getting fully charged with peace.... I am full of immense peace..... I am experiencing deep peace, being with ocean of peace *SHIVBABA*.... I am fully absorbed in deep tranquillity....The powerful rays of peace is now radiating all around from me.....

### Spreading peace all over the globe:

In this powerful & peaceful seed stage, I am descending in the corporal world, stabilizing myself in the space just in front of earth planet.....The abandon rays of peace, radiating from me, is spreading all over the globe... Every human being on the earth planet, every inert elements of nature, every consciousness of lower species are receiving these rays of peace...They all are feeling peaceful.....The entire environment is turning into peace....Now I am sure that within very short time there will be long lasting peace in the world.....Peace, purity & prosperity will prevail all over the world....The whole world will turn into a peaceful world.

# Experiencing Highest Level Purity

## Introduction:

Purity is one of the most vital innate qualities of the soul. The level of emergence of other innate qualities of the soul, like peace, love, happiness, bliss, power & truth, is based on the level of purity of the soul. All these values & positive emotions are naturally remain in emerged stage in deities because of highest level of purity, the deities have. In this confluence age we are able to experience highest level of purity; as we become soul conscious, as our supreme father, the ocean of purity, beloved SHIVBABA is with us & as we can emerge our golden aged deity life at present. To experience this highest level of purity, following meditation script may be used during our yoga practice.

## Meditation Script:

*Sit in comfortable posture.... Start breathing deeply.... Inhale and exhale slowly.... When you inhale let your belly gradually come outward and when you exhale let your belly go inward..... Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively..... Hope you are sensing this..... Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmth of the air which you are breathing out..... Hope you are experiencing this..... Now your mind is fully concentrated and stable and peaceful..... Now withdraw you attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead..... At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.....*

## Experiencing Innate Purity Being Soul conscious:

Now affirm along with this visualization "I am neither this physical body nor the subtle one... But I am a soul, a luminous point of light just like twinkling star... I, the soul, am tiniest and minuet point of light..... I am an eternal entity...My existence is since negative infinity and it will be sustain up to positive infinity as I am an immortal soul...Basically & originally I, the soul, am pure, peaceful, love full, blissful, powerful, truthful & knowledge full....Out of my these innate qualities, purity is my most vital original value.... I am a pure soul....Purity is my personality....Purity is my perfection....This the reason, why I like purity in my self

as well in others....Purity is my reality.....Purity is my royalty.....Now I am soul conscious.....I have been stabilised in my originality, the purity....Now I am experiencing my high level purity.....

### **Experiencing Purity Being with Ocean of Purity, SHIVBABA, in PARAMDHAM:**

I, the soul, tiniest and minuet point of light, is now living behind my physical and subtle body and now I, the soul in my seed stage, am moving upward in the sky... I am going up and up leaving behind the earth planet along with solar planetary system... I am moving towards the *PARAMDHAM* leaving behind all galaxies....What a pleasing journey it is!!! Now I am entering my original abode, the incorporeal world.... Here there prevails eternal golden red divine light all around....Here exists neither thought, nor word, nor action; just complete stillness, silence and immense peace all around everywhere.....Here, in this supreme abode, my most beloved *SHIVBABA*, the ocean of purity, is just in front of me.... The powerful vibration of purity is spreading all around from the *MAHAJYOYY SHIVBABA* ... Some of the vibrations are touching me also....I am getting fully charged with purity.... I am fully filled with purity..... I am experiencing highest level of purity, being with ocean of purity, *SHIVBABA*.... Now I am most powerful source of purity..... The powerful vibrations of purity are radiating all around from me....

### **Radiating & Spreading Vibrations of Purity over the Globe:**

In this powerful & purest seed stage, I am now descending in the corporal world, stabilizing myself in the space just in front of earth planet.....The abandon rays of purity are radiating from me & are spreading all over the globe... Every human beings on the earth planet, every inert elements of nature and the consciousness of lower species are all receiving these rays of purity.....They all getting filled up with purity .....From the entire environment impurities of all kinds are being eliminated.....With the light of my purity all the vices & sins on the earth are being extinguished.... Now there prevails purity everywhere....Now I am sure that within very short time there will be long lasting highest level of purity in the world..... Again there will be golden age on the earth....

### **Experiencing Purity Emerging Golden age Deity Life:**

To play my eternal role in this world drama, I begin my journey right in the beginning of the golden age....To start my divine role, I leave *PARAMDHAM* and



descend on the earth in a form of twinkling star and take my first birth as deity in the kingdom of first Lakshmi Narayan.... Here I experience highest level of purity, peace and prosperity...Here my physical body is extremely pure, beautiful & completely healthy..... There is abundant wealth and happiness....Here I am completely vice less and enriched with all values and virtues...I experience highest level of purity....Here I am double crown holder, the crown of purity & crown of prosperity.... The elements of nature are also perfectly pure and serve me in their best possible way....In the entire environment I find & feel purity!!! Purity!!! In golden age I play such role for 8 births.....”

## **Experiencing the Divine Attributes of God in Paramdham**

### **Aims of Meditation:**

In most of the *SAKAR MURLI BABA* repeatedly tells us to be soul conscious and to consider our self a peaceful soul. Hence firstly we will put our intense effort to be soul conscious and to experience various attributes of soul.

Next we will attain our seed stage & go to *PARAMDHAM*, enjoying the astral travelling. Here we shall have divine experience of *PARAMDHAM*.

At last we shall be in front of BABA & converse with him with immense love. We shall also deeply experience various divine attributes of BABA & will thank him whole heartedly for giving us the treasure of knowledge.

### **Meditation practice:**

Let us begin. Sit in comfortable posture and allow your body to relax taking few deep breaths and gently releasing any area of tension. Focus your attention at the centre of your forehead and here try visualize your own self in the form of divine, luminous point of light along with the clear visualization of your combined physical & subtle bodies.

Now affirm: “I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies.... I am a pure shining star... This body is my mere costume which I adopt to play my role in this world drama....

I, the soul, express myself and act through this physical body which is temporary & mortal.... But I, the soul, am an eternal, immortal, indestructible, indivisible, invisible & imperishable soul....Mind, intellect & personality are the three basic functional powers of the soul through which my consciousness is manifested.... The common powers, like thinking, imagining, feeling & desiring, are the powers of my mind.... The logical or cognitive powers, like discrimination, analysing, interpretation, perceiving, judging, decision making are the powers of my intellect....My capability of retaining the impressions of my thoughts, my decisions & actions is the third functional power I, the soul....Due to this power my acquired personality traits build up.....

I, the soul, possess seven basic innate qualities like purity, peace, happiness, bliss, love, power & truth.... Out of these, the peace is one of the most vital one....Peace is my original nature...Peace is my personal value... Peace is my *SWADHARM* ... I am full of peace.... I am peaceful soul...Peace is the neckless of my throat, which I was searching out side so far..... Now I am experiencing deep peace within me.....

Now with the help of my divine intellect I, the soul, am leaving behind my physical as well the subtle bodies on earth and moving upward towards *SHANTIDHAM* in my seed stage.... I am flying far beyond the corporal & subtle worlds & now entering my sweet silence home, the *SHANTIDHAM*... The peace world, also called *PARAMDHAM*, is comprising of sixth element, called *BRAHM*.....This is my original abode.... Here, in the peace world, there prevails eternal golden red divine light all around up to infinity....Here, there exists complete stillness, silence and immense peace all around everywhere..... I, the peaceful soul, am experiencing immense eternal peace here...I am absorbed in profound peace....

Here, in the *PARAMDHAM*, my most beloved *SHIVBABA*, the ocean of all the values, virtues & powers, is just in front of me as a self-luminous, divine, shining star.....O my sweetest & most beloved *BABA*, though you are just a point of light but you are supreme in your attributes & ever constant.....You are ocean of peace and purity, ocean of happiness and bliss, ocean of love and power, ocean of truth & knowledge... You are the liberator of all mankind & merciful benefactor of all souls.....

Being a child of ocean of peace & purity and being in the land of peace, I am experiencing absolute peace, tranquillity & highest level of my purity ....Being with ocean of love, I am filled with unlimited love...My dearest *BABA* you are showering upon me your immense love & I am highly delighted, bathing in this divine love.....Now I feel that I am fully capable of sharing my impartial love to all my fellow soul brothers with full sense of equality & brotherhood....

Here I am sitting very close to the ocean of bliss & happiness.....I am experiencing eternal, uninterrupted, divine bliss & super census joy...BABA you have also given me the clear vision of land of happiness & of my golden aged deity life, which always keeps me happy & cheerful.....

Being a child of almighty spiritual father, I am getting empowered with all sorts of power....I have a profound feeling that I am master almighty soul, capable of facing any adverse situation.....Now I can extend my all possible share in the process of world transformation.....

O my ocean of knowledge *SHIVBABA*, as a supreme teacher you have enlightened me with all the eternal truths & knowledge....You have imparted me the complete knowledge about man, matter and supreme GOD.... Now I have complete knowledge about my own self; about you, my sweet spiritual father; the world drama & the geography of whole universe..... I am realizing that now I am master *TRIKALDHARSHI, TRINETRI & TRILOKINATH*.....

*BABA*, you are so merciful that in your company I am also enriched with mercy & other positive emotions like love, compassion, sympathy, empathy & sense cooperation..... My emotional wisdom has been enhanced & now I am sensitive enough to identify & to feel the pains & sorrows of my soul brothers....

Here I am in the land of liberation with the liberator of all the mankind, the supreme *SATGURU, BABA*.... I am experiencing complete freedom from the bondage of my physical body and of my bodily relations... Here I feel fully liberated from the bondage of vices, my *KARMIK* accounts & the burden of my sinful acts.....

O my sweet father now I have my all relations with you...Especially you are my supreme father, supreme teacher and supreme *SADGURU* and you are the only one who has given me the divine intellect..... You are now leading me to the land of peace and to the land of happiness.....

These precious moments with you means a lot to me... O dearest *BABA* you have made me experience all that I wished, which I can never forget.... Now I feel that I am interrelated and interconnected with every nuke and corner of the whole universe.... I feel myself globalized & unlimited.....

I am extremely thankful & indebted to you. May all your blessing remain showered upon all of us.....

# Emerging & Experiencing Five Forms of the Soul

## Aims of Meditation:

Our part in the world drama is all round, right from beginning of the world drama cycle, i.e. golden age, to the end of the drama, i.e. iron age, through the 84 births in 5000 years. The earth planet is the stage on which we play our role adopting different bodies as consumes. We the souls come to this world from the incorporeal world the land of peace, land of liberation or salvation. There is a complete record of our role in our soul. During the cycle of our role we are passing through five important stages. *BABA* says that at this time you should recall & emerge these five stages from your memory. This is very important meditation drill, which we should do frequently to have deep experience of these five forms, at a time, in this confluence age.

## Meditation Practice:

Let us perform this drill to have deep experience of all these five forms. These five forms are:

- 1) Seed stage – when we are in the land of peace
- 2) Deity stage – when we are in the land of happiness
- 3) Worthy of worship stage – when we are in the land of devotion
- 4) Brahmin stage – when we are in the land of confluence
- 5) Angelic stage – when we are in subtle land

Let us emerge these stages one by one.

Sit comfortably and relax with few deep breaths. Focus your attention at the centre of your brain and visualize yourself as a luminous point of light at this place. Along with this, you visualize your body also.

## Now affirm that

“I am not this physical body comprising of these five inert elements, but I am a soul, a point of divine light, different from the physical body.... The body is my mere consume or instrument to play my role in the world drama cycle birth by

birth.... Every birth I adopt a new body and continue to play my role.... I am an immortal & eternal soul.... There is complete record of my role of 84 births in me, the soul.....

### Seed stage:

I begin my role with my seed stage in *PARAMDHAM*, the land of peace and salvation.... Here I retain my identity in an incorporeal form as point of light.... Here in the land of peace there is nothing corporeal or subtle... There is golden red light spreading all around up to infinity... In this incorporeal seed stage, I am experiencing immense peace and complete salvation...This in my dormant & latent stage.....

### Deity stage:

I begin my journey to play my role in this world drama cycle right in the beginning of the golden age.... I leave *PARAMDHAM* and descend on the earth in a form of twinkling star and take my first birth as deity in the kingdom of first Lakshmi Narayan.... Here I experience highest level of purity, peace and prosperity...Here my physical body is extremely beautiful, pure & completely healthy..... There is abundant wealth and happiness....Here I am completely vice less and enriched with all values and virtues....Elements of nature are also perfectly pure and serve me in their best possible way.... In golden age I play my role for 8 births...

### Worthy of worship stage:

When I complete my golden aged and silver aged 20 vice less births in 2500 years, the era of *DWAPARYUG* (copper age) begins.... Here all the souls become body conscious, losing their memory of soul consciousness.... Hence all the souls come under the influence of vices and start committing sins....As a result of this, souls start suffering from pain and sorrow, unrest and unhappiness...Because of this every once intellect moves towards all mighty god....The bhakti cult begins from here....

People start worshiping my idols with great expectations.... This is my worship worthy stage.... Here my role, in this worship worthy form, is to fulfil the wishes of my devotees depending upon their faith, dedication and devotion...In this stage I am able to visualize a long queue of my devotees in the front of my worship worthy

image in the temple....They are whole heartedly urging for the fulfilment of their desires....As per their dedication, their desires are being fulfilled....

### **Brahmin stage:**

At the end of the cycle that is at end of *KALYUG* I become *TAMOPRADHAN*.... At this time my spiritual father *SHIVBABA* descends from *PARAMDHAM* and impart me the spiritual knowledge through the corporal body of *PRAJAPITA BRAHMA*....This is my new birth as *BRAHMIN*... By following baba's *SHRIMAT* and practicing *RAJYOG* meditation, I start ascending towards *SATOPRADHAN* stage....Here I am enjoying all my relations with almighty god father *SHIVBABA* and experience the eternal peace, purity, love, bliss, happiness and power....Here I also experience extra sensuous joy....This Brahmin stage is a diamond stage of my soul & is the highest stage....

### **Angelic Stage:**

My last stage in the cycle is that of an angelic form.... As I have full perceptions of Baba's knowledge and as I am practicing Raj yoga regularly following *BABA'S SHRIMAT* & imbibing all virtues; my intellect is now divine.... I am now easily able to get detached from my own body, my bodily relations & from this material world.... Adopting my double light subtle body, which is of subtle light & weightless also, I stabilize myself in my angelic stage.... In this form I feel double light... This is my most detached and unlimited stage, still in activity.... In this stage I am just flying and travelling anywhere in cosmos..... In this angelic form I frequently go to the subtle world to meet *AVYAKT BAPDADA* and converse with them and enjoy all the relations with them....

My five form role in this eternal world drama is really wonderful & outstanding.....Thank you very much BABA.....

# Emerging & Experiencing Golden Age Deity Life

## Introduction:

We, the Brahmins souls, play our all-round role in this world drama right from the beginning of the golden age to the end of the iron age taking 84 births in 5000 years. Our role in golden age as deity is our purest, highly elevated and most prosperous role which we play for 8 births in 1250 years. While playing this role we are fully soul conscious hence vice less. Here we are 16 degree complete and totally non-violent. *BABA* says” this is the end of the cycle and now you are standing at the confluence age. Forth coming age is a golden age, where you are to begin your deity role. Now your one eye should be on your deity role.” Hence one of our aims, during yoga practice, should to emerge and experience our elevated role of golden age, which has been recorded in our souls. This may help us to get detached from the painful and sorrowful iron age. This is one of the important drills to be practiced by us, the *BRAHMINS*

## Golden Age



## Meditation practice:

Sit in comfortable posture and allow your body to relax taking few deep breaths and gently releasing any area of tension. Focus your attention at the centre of your forehead and try to visualize your own self in the form of divine and luminous point of light.

Let's now visualize and affirm: "I, the soul, am beginning the journey of my role with the beginning of the golden age... I am leaving my original aboard *PARAMDHAM*, the soul world and now I am descending on the earth as a twinkling star...I take birth as deity in extremely pure, beautiful and completely healthy body and I begin my role in the kingdom of first *LAKSHMINARAYN*... Here I experience highest level of purity, peace and prosperity...there is complete health, wealth and happiness...Here I am completely vice less and fully enriched with the all virtues...

I am young prince/ss of *SATYUG (Golden age)* residing in glorious golden palace, nicely decorated with precious diamonds & pearls...

It is early morning.... I have just opened my eyes, with the choir of the birds, to begin the day....My mother and father are looking lovingly and smiling at me....Outside there is a gentle breeze which produces pleasant music with the leaves....The birds are also flying around the palace and pleasing me by their music....The peacocks are dancing on these music....Now I take my bath with highly pleasing scented water.... Then I get dressed with the glorious garments woven from gold and silver fabrics along with precious diamond jewellery on the different parts of my body, especially shining crown on my head, precious neckless on my throat, the bracelets on my arms.... I have just come out of my palace and walk through the garden on the road covered with highly fragrant flowers, spreading aroma all around....

During the day time I learn and enjoy different performing arts especially singing, dancing, playing musical instruments, painting, sculpture etc.....

My breakfast and other meals of the day specially contains delicious fruits and sweets, which I enjoyed the most.....The water, I drink, is like elixir.....

It is afternoon time.... I am moving outside of garden with other prince and princesses.... The whole environment is fragrant, pure and pleasing....Here we all dance together in a circle (*RAS*) with the accompaniment of sweet music.....



It is early evening time..... I am ready to step in my *VIMAN* (aeroplane) to go to the palace of *LAKSHMINARAYAN*, where special celebration is to take place....The *VIMAN* lifts me up into the air and within short time I land at the palace of *LAKSHMINARAYAN*....The glorious celebration is going on...I receive a cordial welcome and I take my seat..... I am keenly participating in the celebration and fully enjoying it.....

Now it is a night time.....Time to go to sleep..... I go to my nicely decorated, cosy & most comfortable bed....Now I am going to sound and pleasing sleep.....”

## **Experiencing Eternity of my Soul & my Role in World Drama**

### **Aim:**

Eternity is one of the most vital attributes of mine, the soul. One of the most important principles of spiritual science is that the soul, supreme soul-the God & the world drama are eternal. Hence not only the soul is eternal but its role in this world drama is also eternal. Eternity of soul would not have any meaning, if its role is not eternal. Eternity is one of the most vital attributes of mine, the soul. Hence one of the most important aspect of self-realization is the realization of my eternity & of my eternal, all round role in world drama. This is the only time in the world drama, when I can experience these. Following meditation script may be useful for the purpose.

### **Meditation Practice:**

*Sit in comfortable posture and allow your body to relax taking few deep breaths, gently releasing any area of tension. Now visualize your physical and subtle body in combination. Focus your attention in the centre of your forehead and try visualize your own self in the form of divine and luminous point of light seated in the combined bodies.*

## Now affirm:

'I am a soul... a shining point of light different from my physical and subtle bodies... both the bodies are my mere costume or the instruments to play my role in this world drama...I, the soul, am tinier than tiniest point of divine light & might... My physical body, comprising of five inert elements, is a mortal one but I the soul, am an immortal & eternal one... Eternity is my one the most important originalities... Because of this I am imperishable, indivisible, indestructible & incombustible... My existence as conscious point of light is from negative infinity & my existence as conscious point of light will be sustained up to positive infinity....There is no beginning of mine & there is no end of mine.... I, the soul, am *ANADI-ANANT* ....

This world drama is also eternal & my role in this eternal world drama is also eternal.... My role is all round.... In this cyclic world drama I take 84 births....I have repeated this cyclic role of 84 birth infinite number of times & I will keep on further repeating the same for infinite number of times.....This not the only body I have taken....In every birth, in every cycle I adopt new body leaving the old one.....My life is continuous....My role is continuous...

## Continue to visualize and affirm:

I begin my journey to play my role in this world drama cycle right in the beginning of the golden age.... I leave *PARAMDHAM* and descend on the earth in a form of twinkling star and take my first birth as deity in the kingdom of first *LAKSHMI NARAYAN*.... Here I experience highest level of purity, peace and prosperity...Here my physical body is extremely beautiful, pure & completely healthy..... There is abundant wealth and happiness....Here I am completely vice less and enriched with all values and virtues....Here I am 16 degree complete....Elements of nature are also perfectly pure and serve me in their best possible way.... In golden age I play my role for 8 births...Then the silver age begins, where I take 12 births in the kingdom of *RAM SITA*....My these births are also vice less, pure, peaceful & blissful.....Here also there is health, wealth & happiness....Here I am 14 degree complete.....

When I complete my golden aged and silver aged 20 vice less births in 2500 years, the era of *DWAPARYUG* (copper age) begins.... Here I lose my soul conscious state & become body conscious.... Due to this I, the soul, come under the influence of vices and start committing sins....As a result, I start suffering from pain and sorrow, unrest and unhappiness...Because of this my intellect moves towards all mighty

god....I start praying & worshipping God...here I, the worship worthy, become worshiper.....Here I take 21 births in 1250 years....Here I am 8 degree complete.....Every birth my level of purity diminishes....

With the ending of Copper age, I enter the era of iron-age.....Here I take 42 births in 1250 years.....In initial births of this age, I remain *TAMOGUNI* but at end of *KALYUG* I become *TAMOPRADHAN*.....The burden of sins on me goes on increasing.....My pains & sorrows, unrest & unhappiness become extreme...

At this time my spiritual father *SHIVBABA* descends from *PARAMDHAM* and impart me the spiritual knowledge through the corporal body of *PRAJAPITA BRAHMA*....This is my new birth as *BRAHMIN*...This my last 84<sup>th</sup> birth of the world drama cycle.... By following baba's *SHRIMAT* and practicing *RAJYOG* meditation, I start ascending towards *SATOPRADHAN* stage....Here I am enjoying all my relations with almighty god father *SHIVBABA* and experience the eternal peace, purity, love, bliss, happiness and power....Here I also experience extra sensuous joy....This Brahmin stage is a diamond stage of my soul & is the highest stage...

At the end of iron-age hues destruction takes place....My all *KARMIK* account are settled in *BABA'S* remembrance and at the end of my eternal role in the cycle, I go back to *PARAMDHAM*, my original abode, the land of peace & salvation..... Here I retain my identity in an incorporeal form as point of light.... Here in the land of peace there is nothing corporeal or subtle... There is golden red light spreading all around up to infinity... In this incorporeal seed stage, I am experiencing immense peace and complete salvation...This in my dormant & latent stage.....

Again with beginning of golden age, I descend & come back on the earth, in golden age, to repeat my role identically.....I have repeated my this eternal role infinite number of times & will keep on repeating again & again, infinite number of times.... My all round eternal role in this eternal world drama is really wonderful & outstanding.....Thank you very much *BABA*.....I am proud of you & of my role in the drama.....

# Volcano Meditation

## Introduction:

Volcano meditation also called flame form *YOG* is the highest level of yoga practice in which the soul of the practitioner experiences profound light & might. In this stage he is completely detached & is in very love full & powerful union with almighty supreme father Shivbaba. In this stage his several births sins are absolved and the soul turns into its golden *SATOPRADHAN* state. Here he feels completely liberated. To attain this state is not too difficult but definitely needs intense effort.

## Meditation Practice:

Along with visualization affirm:

“I am sitting in comfortable posture and I allow my body to relax, gently releasing my any area of stress & anxiety....Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point of light.... My mind, intellect are basic functional powers my soul.....Here I take a moment to look at the screen of my mind....Gradually the speed of my thought is decreasing and my mind is now quiet and still.....Now my mind & body are relaxed....I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I express and act myself through this physical body which is temporary... But I the soul, am an eternal immortal, indestructible, indivisible, invisible soul...

Today I am being inspired by my sweet Baba to stabilize myself in the highest flame form of yoga, the volcano stage, so that I can absolve my sins of several births. For this Baba is inviting me to meet him in *PARAMDHAM*. With the help of my divine intellect, now I am separating myself from my combined physical & subtle bodies. Leaving behind these bodies, I am flying, as a star, far beyond the space to my sweet silence home the *SHANTIDHAM*... Here I am surrounded by infinite golden red light... Here I am experiencing immense peace ... I am free from the bondage of my physical body and free from all my bodily relations... This is the world of eternal peace and liberation... My supreme spiritual father Shivbaba is just in front of me as a divine shining star.... Though he is point of

light, but is supreme in his attributes, ever constant, ocean of peace and purity, ocean of happiness and bliss, ocean of love and power, ocean of knowledge....  
Baba you are the only one merciful liberator and benefactor of all mankind....

Powerful rays of light & might are radiating all around from almighty Baba.....Some of the rays are touching me also....And I am getting charged with profound light & might.... The rays are absorbed in my soul and are now turning into intense burning flame....I am experiencing so much power in me and I am also feeling that my firmly rooted sins of several births are getting burnt out in the flame of light & might spreading all around me.... Now I am feeling extremely light & liberated.... Thank you very much my sweet Baba for making me experience this stage... I am now master almighty....Taking leave of my sweet Baba and maintaining the same powerful volcano stage, I am now descending into corporal world.... And I am stabilizing myself in the space such that the whole turning globe of the world is just in front of me....The powerful rays, full of light & might, are radiating from me and are spreading over the globe....All my fellow brother souls are receiving these rays and their evil personality traits are turning into divine traits....They also feel liberated from stress, anxiety, pain, and sorrow.....They are also awakening now.... They are also eager to learn about Baba's knowledge.....

## **Conquering and Ruling over all Senses**

### **Introduction:**

As a human being our total existence is tri level existence.

1. The inner most is "I ", the soul, the spiritual being, the point of light, tinier than tiniest.
2. Outer to "I "is my subtle body comprising of subtle white light, having same feature as of that of physical body. The three subtle sense namely mind, intellect and personality of the soul are manifested through this subtle body.
3. The outer most is my physical body comprising of five inert elements of nature. This body has five senses of perception & five senses of action.

The manifestation of my soul in this world is through my body, especially through these senses.

This three level existence can also be viewed as *NIRAKAR- AKAR-SAKAR*.

At present, at the end of Iron Age, we, the souls, have become so much body conscious that our consciousness about our own self is almost lost. Because of this deep rooted body consciousness, we have been highly influenced by vices like sex-lust, anger, greed, attachment, ego, jealousy, hatred, selfishness etc. Hence our control over our senses have been lost and now we have become the slave of our senses. Now Baba says you have to conquer these senses and once again you have to be the ruler of all these senses.

Totally we have thirteen senses five senses of perceptions, five senses of actions and three subtle senses. Baba says these senses are your ministers. Sometimes baba also says these senses are your workers. You must check whether these senses are under your control, because our ultimate aim, in this confluence age, is to be *INDRAJEET* or *JITENDRA* i.e. conqueror of all the senses.

The 3 subtle senses are mind, intellect and personality. The 5 senses of perception are sight, hearing, taste, smell and touch. Out of the 5 senses of action only 3 senses are of important for us Brahmins. They are mouth (speech), hands and legs.

To establish the control and rule over all these senses, we will take the sense one by one:

### **Meditation Practice:-**

Along with visualization affirm: "I am sitting in comfortable posture and I allow my body to relax, gently releasing my any area of stress & anxiety....Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point of light.... My mind & intellect are the basic functional powers of my soul.....Here I take a moment to look at the screen of my mind....Gradually the speed of my thought is decreasing and my mind is now quiet and still.....Now my mind & body are relaxed....I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I

express and act myself through this physical body which is temporary... But I, the soul, am an eternal immortal, indestructible, indivisible, invisible....”

*Emergence of your 3 levels of existence. Clearly visualize your physical body along with the organs related with 5 senses of perception namely eyes, related with sense of sight; ears, related with sense of hearing; nose, related with sense of smell; tongue related to sense of taste and the skin, related to sense of touch. Along with these also emerge your 3 senses of action namely mouth (related to speech), hands and legs, mainly used to carry out physical action.*

Continue to affirm: “I began my role in this world drama, with the beginning of golden age, where I was fully soul conscious....There was no influence of any of the vices on my soul....I was completely pure, peaceful & powerful soul....All my senses were fully under my control & were obeying my all the orders....But on the onset of copper age, I lose my soul consciousness & become body conscious....Due to this, I get highly influenced by vices & start committing sinful acts....This causes degeneration & degradation of my soul & I lose my control over my all senses...At the end of iron-age, which is current time, I just become the slave of my senses....At this time, the almighty god, my beloved SHIVBABA awakens me by imparting the spiritual knowledge about man, matter & god....Practicing RAJYOGA meditation, based on this knowledge, now I am gaining control over my all sense....

The eyes, my sense of sight, are now under my controls & sees only that which I, the soul, wish to....Due to the spiritual wisdom gained, now my perceptions about what to see & what not to see is very clear.... My sight is purified....As I am soul conscious now, I see every one as a soul, especially when I see or deal with anybody.....This soul conscious sight has enabled me to see every one with sense of equality, sense of brotherhood, sense of goodness & sense of respect....

The ears, my sense of hearing, are also under my full control....Now I like to listen only those matters or aspects which enlighten me, enrich me, empower me.....Due to the spiritual perception, which I gained from SHIVBABA, the almighty, I am now able to recognize what is good to hear what is not good to hear....Listening the supreme teacher beloved SHIVBABA is most pleasing & enlightening for me.....Now I never like to listen any negative or wasteful talks.....My ears are not going against my will & now they obey my all the directions....

The tongue, my sense of taste, which was out of my control, is now fully under my rule.... So far I liked to eat only those things which was pleasing to my sense of taste, even if it is harmful to my health.....But since I am practicing RAJYOG meditation & living RAJYOGI life style, my tongue has come under my full control..... Now I eat or like to eat only those food items which are pure, sacred & good for my health, even it may have any taste....Now I am able to enjoy any taste... Now for me there is no like or dislike regarding taste.....

The nose, my sense of smell, which was not that tolerant to any smell is now tolerant enough to any smell.....So far I was getting disturbed by foul or pungent smell.....But now due to the empowerment of I, the soul, I can bear any smell, if compelled to, maintaining the state of my mind....Of course I feel more comfortable with fragrance....

My skin, my sense of touch, is now under my full control....Due to body consciousness, so far I was slave of sensual pleasure enjoyed, touching the body especially of opposite sex....I also did not like the rough & hard touches....But due to my enlightenment by the spiritual knowledge, now I am fully soul conscious & see every one as a soul....I dislike & generally avoid such touches.....I am now comfortable even with rough & hard touches....I can sleep comfortably even on hard surface....My mind remains in balance with any sort of touches.....

Being in soul conscious state & being with almighty sweet BABA, my mouth, my sense of speech, is also under my rule....The teachings of BABA' speak less. Speak slowly & softly, speak truth & speak sweet' has impressed me so much that now I like to speak accordingly.....I have understood the importance of the words, while dealing with others....I would never like to utter any bitter words, which may hurt anyone.....Now my perceptions are so clear that I am the master of my unspoken words, not of the spoken one....Hence now I think twice before the words come out of my mouth.....

Now my thoughts are so positive & pure, my decisions are so true & perfect that all my actions, especially carried out by my hands & legs, are positive & creative.....Now I am using my limbs for carrying out my necessary routine work & for helping others.....I never perform any actions which can give pain & sorrow to any one..... My all the body limbs are under my control.....

Thank you BABA for enabling me to establish my complete conquer & rule over my all the senses.....Now I am the master of my all senses.....



# Purification and Empowerment of Five Elements of Nature

## Introduction:

Since last few centuries, we the human beings have exploited the five basic elements of nature up to such an extent that most of the elements are now polluted. Due to abnormal increase in population of the world, the burden of sustenance of human being over the elements of nature has also increased abnormally. This has created degeneration & toxification of the elements. As a result of it, an ecological imbalance has been created and hence today we are all facing very severe and alarming pollution problems like land, air, water & noise pollution; greenhouse effect; global warming; depletion of ozone layer; deforestation; desertification etc. The ultimate cause of all these problems is the mental pollution of the human beings. We have to except that we the human beings are responsible & accountable for this condition of the world. Hence it becomes now our responsibility to correct it & should put our sincere effort for the purification, detoxification, regeneration & empowerment all the elements of nature. The almighty God SHIVBABABA expect us to do this through the vibration of our positive, powerful, love full thought. The five elements are 1. *PRITHVI*- Earth-which represents all the material in solid form 2. *JAL*-Water-which represents all the materials in liquid form 3. *VAYU*-Gas-which represents all the gaseous material 4. *AGNI*- Fire- which represents all the forms of physical energy 5. *AAKASH*-which represent space.<sup>9</sup>

## Meditation Practice:

*Sit in comfortable posture.... Start breathing deeply.... Inhale and exhale slowly.... When you inhale let your belly gradually come outward and when you exhale let your belly go inward..... Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively..... Hope you are sensing this..... Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmth of the air which you are breathing out..... Hope you are experiencing this..... Now your mind is fully concentrated and stable and peaceful..... Now withdraw you attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead..... At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.....*

## Now affirm along with this visualization

"I am neither this physical body nor the subtle one... But I am a soul, a luminous point of light just like twinkling star... I am an eternal entity...My existence is since negative infinity and it will be sustain up to positive infinity as I am an immortal soul...

I, the soul, tiniest and minuets point of light, is now living behind my physical and subtle body and I the soul, in my seed stage, am moving upward in the sky... I am going up and up leaving behind the earth planet along with solar planetary system... I am moving towards the *PARAMDHAM* leaving behind all galaxies..

Now I am entering the *PARAMDHAM* comprising of the sixth element *BRAHM*...what a nice experience it is!!! There is nothing physical or subtle here...Golden red light is spreading all around in this region up to infinity....What an immense peace I am experiencing here!!! My beloved spiritual father almighty *SHIVBABA* is just in front of me in a form of a divine light...what a pleasant vision it is!!!The rays of purity, the springs of peace, vibrations of power are spreading all around from *SHIVBABA*...Some of these rays, springs and vibrations are also touching me...I am getting charged with peace and purity...I am getting filled with different powers...what a powerful experience it is!!!

Now I am entering the corporal world & descending towards earth planet in my seed stage.... I am taking my position high up in the space such that the whole globe of the world is in my vision...Today my intention is to dispel the darkness of ignorance & purify & empower all the five elements of nature.....

Hai...PRITHVI ...Hai... JAL...Hai...VAYU...Hai...AGNI...Hai...AAKASH...First of all I apologise you all, as I have exploited & polluted you enormously, especially in this *KALYUG*-the iron age.....I very much feel that now it is my responsibility to purify & empower you, with the purity & power of my soul & that of our almighty spiritual father, beloved *SHIVBABAA*.....

The intense vibrations of peace, purity & power, radiating from me, are now spreading all over the globe.... Each & every particles of the earth are getting charged with purity & power.... The polluted earth is getting purified & empowered ....All the poisonous & hazardous substances from every solids on the earth are being eliminated....The land, which has turn into barren due to its exploitation, is regaining its fertility & fragrance.... The earthquakes are getting minimised as the earth is getting charged with the vibration of peace & purity.....Let there be all *MANGALAM* of *PRITHVI*.....

The powerful vibrations are spreading through the atmosphere also....The polluted air is getting purified....The whole atmosphere is getting cleaned up and empowered.....I am extremely happy that *BABA* is making me the instrument for this noble cause of purifying the VAYU i.e. all the gaseous substances on the globe .... All the poisonous & hazardous gases are being eliminated from entire environment.....The pleasing aroma is spreading all around....I whole heartedly wish, let there be SHUBHAM of all VAYU.....

The positive vibrations of purity, peace & power are entering the entire amount of water & other liquid substances on the earth planet.... Each drop of water is getting charged with peace, purity & power....All the polluting substances are being removed from the water of all the oceans, rivers, lakes, wells, underground streams ect. .... Entire amount of water on the globe is now clean, transparent & fragrant....Especially the river water flowing through the mountains & forests are now just like elixir.....The rain fall all over the globe is balance and proportionate ... Now there is no danger of any flood or feminine.....Water is trying to satisfy & please every consciousness on the globe....Let there be all SUBHAM of every drop of JAL....

Especially the vibrations of purity & power, radiating from me, are now spreading through the entire domain of diff. physical energies, especially through heat energy or fire-AGNI.....We are highly obliged by this element of nature, as without it life would not have been possible on the earth.....The entire amount of heat energy in universe is now in ecological balance & serving mankind extending all ease & comfort.....The conversion, transmission, consumption, utilisation of these energies is so much in harmony & balance that the green-house effect & global warming are being minimised.....Let all be MANGAL of AGNI.....

I see & realise that the space-AAKASH is the largest elements of corporal world, accommodating all the planets, stars, star groups, galaxies etc. ....It comprises of ether through which the transmission of diff energies are taking place....The power of purity & peace, which I have gained from almighty SHIVBABA, is now spreading in entire space all-around.....All the activities & processes, going on in the space, are getting normalised in such a way that all the inert elements & conscious entities on the earth planets are getting enlightened & entertained.....Let there be all SHUBHAM & KALYANAM of the ANTARIKSH.....

# For the Success of service program of B K Centres

## Aims of meditation:

- To impart light and might to the whole globe
- To bestow the light of purity, peace and power to the particular city.
- To spread positive and powerful vibrations for the success of short term program in that city.

## Steps of the Meditation:

We shall carry out this meditation in five steps to fulfil the aims:

1. To get detached from our own body & our bodily relations & to stabilize our own self in soul conscious state
2. To attain complete double light angelic state by separating our subtle body from the physical one, leaving behind the physical body on the earth. To fly away and take the position high up in the space such that the whole globe is in your clear vision.
3. Giving light and might to whole globe.
4. Emerging the city of your choice (e.g Mumbai) just in front of you to bestow vibration of peace, purity and power to the whole city.
5. Spreading positive and powerful vibrations for the success of the short term program in that city.

## Meditation practice:

Sit comfortably in fully relaxed state. Take few deep breaths. Visualize your physical and subtle body in combination. Now focus your attention in the centre of your forehead and try visualize your own self in the form of divine and luminous point of light, seated in the combined bodies.

Now affirm: "I am a soul a shining point of light different from my physical and subtle body....Both the bodies are my mere costume or the instruments to play my role in this world drama.... I am an eternal entity and am the son of my eternal spiritual father almighty *SHIVBABA*.... Now remaining seated at the centre of the forehead of my double light subtle body, I am gradually separating my subtle body from my physical body.....Now my physical body is left behind on the earth.....

Now I am flying out into the cosmos as an angel enjoying the journey... now I am taking my position high up in the space such that the whole globe of the world is

in my vision...Today my intention is to dispel the darkness of ignorance from the world...I have to destroy the germs of vices from this world...I have to reveal *BABA* to all the mankind on the earth..."

Continue to affirm that: "I am knowledge full soul... I am the world benefactor soul ... I am looking at the globe as detached observer... Baba's sweet words are echoing in my ears 'you are my responsible child for removing suffering of millions of souls on the earth'... (Emerge *BABA* by the side of you)... He fills me with rays of peace..... Through me *BABA* is spreading these vibration of peace on the globe... Souls thirsty of peace are receiving these vibrations and are becoming silent within....They are getting filled with immense peace....."

Now emerge the city of your choice and affirm: "The whole city of (e.g. Mumbai) is in my clear vision... *BABA* has sent me here to spread the vibration of peace, purity and power... *BABA* you are with me to share your power to the souls living in this city...*BABA* is showering on me with the rays of light, rays of power and rays of peace... These rays are reaching all the souls of the city through me... They are now experiencing the power of God's light and might and now are feeling protected...They are also experiencing deep peace and are getting free from stress and anxiety....Their pains and sorrows are disappearing....."

Now focus at Baba's service centre (e.g. Gamdevi of Mumbai) and visualize that the Brahmins and other people are gathering in large number at the centre to attend the program... *BABA* is showering all his blessings on these gathered souls.... The whole environment is filled with vibration of peace, power and purity.... Let all participating souls be absorbed in *BABA*'s remembrance..... All are getting more and more enlightened, enriched and empowered..... The program is going on nicely and moving ahead toward success..."

# Releasing Stress & Anxiety

## Introduction:

Releasing stress & anxiety in everyday life is vital today to maintain our overall health; improve mood; boost up immune function; promote longevity; to be more proactive & productive. When we let our stress & anxiety unmanaged, we put our self at risk of developing a range of physical & mental illnesses. Stress has a very powerful negative impact on our wellbeing.

## The Science of Stress:

When you become stressed, the brain undergoes both chemical and physical changes that affect its overall functioning. During periods of high stress, certain chemicals within the brain, including the neurotransmitters dopamine, epinephrine and norepinephrine begin to rise, causing larger amounts of these and other "fight-or-flight" hormones such as adrenalin to be released by the adrenal glands. The release of these chemicals contributes to certain physiological effects, including rapid heart rate, higher blood pressure, and a weakened immune system. Chronic stress, when left unmanaged long time, can lead to the development of other serious problems, such as stomach ulcers, stroke, asthma, cancer and heart disease. One of the most common physical reactions to stress is the tensing of muscles, which can ultimately trigger headaches, migraines and other neuromuscular & musculoskeletal conditions. Stress also affect adversely on your digestive system and can provoke you to eat more or less than you normally do. The disruption of your body's natural digestive processes can cause nausea, pain, vomiting, heartburn, constipation, acid reflux or diarrhea.

In addition to the various physical effects of stress, it can also contribute to a number of mental and emotional disorders, including depression, anxiety, phobias, and panic attacks. This emotional stress can make it difficult to concentrate, make decisions or remember things. Stress may also cause irritability, making you easily frustrated and impatient with others, and can even contribute to depression, anger, feelings of insecurity, and relationship conflicts. Hence it is important not to ignore stress & anxiety, as they have large effect on your health

## Stress Management Technique:

Several physical, psychological, intellectual, yogic technique are suggested for management of stress & anxiety. But one of the most effective and rewarding techniques is Rajyoga meditation, which encourages us to relax our mind and examine our inner self with a sense of honesty and compassion, rather than judgment and criticism. Meditation practice helps us to release stress, tension, anxiety and distraction by exploring & emerging our inner, innate healing tchanges in our life.

Committing to just 15 minutes of consistent daily Rajyoga meditation practice twice a day assures us relief in stress & anxiety. In addition to meditation, regular moderate exercise such as walking, [yoga](#) or swimming are also beneficial for Stress reduction, as exercise releases positive stress-busting endorphins and lower the symptoms associated with anxiety and depression. It increases self-confidence & willpower. Regular exercise also helps to improve your sleep, which has positive impact on stress, depression and anxiety. Now it has been proved that the food we eat has high impact the state of your mind. As you eat so you think & behave. Hence healthy whole grain foods diet rich in **green leafy vegetables & fruits** are helpful for treating stress. . Diet should be SATVIK also

It would be better if your food is free from onion, garlic, & too much spices. As far as possible avoid non vegetarian food.

Following meditation script of auto-suggestion & visualization will be very useful

### Meditation Practice:

Sit in comfortable posture.... Start breathing deeply.... Inhale and exhale slowly.... When you inhale let your belly gradually come outward and when you exhale let your belly go inward..... Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively..... Hope you are sensing this..... Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmness of the air which you are breathing out..... Hope you are experiencing this..... Now your mind is fully concentrated, stable and peaceful..... Now withdraw you attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead..... At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.....

Now affirm along with this visualization "I am neither this physical body nor the subtle one... But I am a soul, a luminous point of light just like twinkling star... I am

an eternal entity...My existence is since negative infinity and it will be sustain up to positive infinity, as I am an immortal soul...

Basically & originally, I the soul, am peaceful....Peace is one of the most vital innate qualities of "I" the soul...Peace is my innate original nature...Peace is my personal value... I am full of peace....Being the son of, ocean of peace, almighty *SHIVBABA*, I am the master ocean of peace.... The peace world, *PARAMDHAM*, comprising of sixth element, called *BRAHM*, is my original abode... I being the resident of peace world how can I be peace less...Apart from this; purity, love, bliss, power, contentment are also the innate attributes of my soul.....They are all now in emerged state.....I am profoundly experiencing all of them....

The course on spiritual science & Rajyoga meditation, which I undertook in Bramakumaries, has developed a very sound spiritual wisdom in me..... I have gained a new positive sight & a new creative vision to look at my own self & the external world..... Now I have very well understood that situations, circumstances, events, other person or persons are not responsible for my stress or anxiety.....But my negative thinking, my negative attitudes, my negative emotions, my lack of inner strength & ability to cope with the situation are responsible for my stress & anxiety.....I have now sought natural tendency to see positive qualities even in a most negative person & to move forward even in most negative or adverse situation.....Now I have enough courage & enthusiasm to make the best out of every situation...I am able to see positive under all circumstances.....My attitudes are now positive... I have learnt to evaluate every situation positively....I am now able to mould, adjust, accommodate myself to every person, to every situation.....I have now enough patience & tolerance which has reduced my anxiety.... I am now free from stress of any kind....

I have realised that I, the soul, am the son of my spiritual father, almighty God, *SHIVA*.....My concept regarding God is so clear now that I feel that almighty is always with me to guide.....He is my strength..... Now I am also free from fear of any kind.....No situation, no circumstance, no event, no person can create stress in me without my consent...".



# Seeing Yourself in a Positive Light

## Meditation Script:

*Sit down in solace.... Be silent & relax.... Breathe deeply and create a space within you... Now focus at the centre of your brain....Now feel yourself looking at your being, with your third eye, as a point of divine light & might at the centre of your brain....*

With this visualization affirm: "I am a soul different from my physical body, comprising of five inert elements.....I am luminous point of light tinier than tiniest...My body is my mere instrument or costume to play my role in this eternal world drama.....My body is mortal one but I am an immortal, eternal soul.....Originally I, the soul, am full of values, virtues & powers.... "

*Instead of focusing on your weaknesses, failures, what you lack inside, what is lacking in your life; look out for what beautiful treasures, qualities, specialties, talents etc. you had & now also you have inside you. Look at the positive aspects of your life and bring them into your conscious awareness.*

Continue to affirm: "Originally I, the soul, am pure, lovely, peaceful, happy, blissful, powerful, truthful & knowledge full.....My role in this world is all round & outstanding....During my golden aged deity role I was sixteen degree complete, completely vice less, full of values & virtues, completely nonviolent.....My idols are still being worshiped in temple....Today also, after getting Baba's knowledge, remembering him & following his *SRIMAT*; I have been freed from all the vices like sex lust, anger, greed, attachment, ego, jealousy, hatred, feeling of revenge ect.... My all negative personality traits have been sublimed & now I have regained all those values, virtues & powers to lead a contented, happy, peaceful life.....Now I am honest, truthful, sincere & cheerful enough....I have regained enough positive emotions like patience, tolerance, love, sympathy, empathy to deal nicely with anyone, with any situation....Now I see my present & my future highly elevated"

*Becoming 'self-aware' in this way, realize, you have so much to offer, so much to give to others. Now, create a beautiful image of yourself where you see yourself as free. Free of negative feelings for yourself and others, with a pure heart and a*

*peaceful mind. Feel and see your inner greatness, discover that you are special and unique. Come back to being your own friend. Love yourself, accept yourself and respect yourself. Also appreciate and value the qualities of others.*

Along with this perception continue to affirm: “The course on spiritual science & RAJYOGA meditation, which I undertook in BRAHMAKUMARIS, has developed a very sound spiritual wisdom in me..... I have gained a new positive sight & a new creative vision to look at my own self & the external world.....I have now sought natural tendency to see positive qualities even in a most negative person & to move forward even in most negative or adverse situation.....Now I have enough wisdom, courage & enthusiasm to make the best out of every situation....I am able to see positive under all circumstances.....My attitudes are now positive... I have learnt to evaluate every situation positively....I am now able to mould, adjust, accommodate myself to every person, to every situation.....I have now enough patience & tolerance to deal positively with every situation.....

I have realised that I, the soul, am the son of my spiritual father, almighty God, SHIVA.....My concept regarding God is so clear now that I feel that almighty is always with me to guide.....He is my strength..... Now I am also free from fear of any kind.....No situation, no circumstance, no event, no person can now make me unhappy without my consent....”

*Feel fine being yourself in that space that is there within you; where you are secure and safe; where you can enjoy your own company, the company of a positive beings & that of the all mighty spiritual father SHIVBABA. Having seen yourself in a positive light, prepare yourself to enter into action, maintaining your self-esteem.*

# Sustenance of Personal Health & Fitness

## Introduction:

Baba says “My sweet children the physical body which you souls possess is very important instrument for you now in this confluence age to do baba’s service and to practice *KARMYOG*. Hence it is your responsibility to maintain and sustain its physical fitness and health. Mentally and physically you have to keep yourself fit, fine and free from any sort of diseases and disorder”.

To keep the body healthy, lifestyle is of course important but apart from this, *Healing RAJYOG* meditation can also help us a lot for keeping the body fit and fine as well as for curing the diseases, we suffer from.

## Meditation practice:

Sit in comfortable posture. Start breathing. Inhale deeply and exhale slowly. When you inhale let your belly gradually come outward and when you exhale let your belly go inward. Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively. Hope your sensing this. Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmness of the air which you are breathing out. Hope you are experiencing this. Now your mind is fully concentrated and stable and peaceful.

Now withdraw your attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead. At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body. Also visualize different organs and systems of the body as much as you know about them

Now affirm that: “I am a soul the point of divine light... though I am different from my physical body, my body is completely under my impression and influence...my body is highly affected by my thought i.e. by the state of my mind, intellect & personality traits... As I think so will be the state of my body.”

Now let’s get charged with all sorts of power, values and virtues from almighty SHIVBABA. Emerge beloved sweet BABA just in front of you as a shining twinkling divine star.

Continue to affirm: “The powerful rays of peace, purity, power and bliss are spreading all around from my almighty spiritual father *SHIVBABA*, who is the ocean of knowledge.... Some of these rays are falling on me, the soul, and I am getting fully charged and empowered with peace, purity, power and bliss..... I am getting absorbed in eternal bliss.....Sweet *BABA*, with your power of purity, I am now completely free from all the vices like sex lust, anger, attachment, greed, ego, jealousy, hatred etc. .... My intellect is now divinised by the knowledge you have given to me....The rays of peace, purity, power and bliss are spreading, through my soul, throughout my body.....

### **Empowerment of Brain & Central nervous System:**

I, the soul, being at centre of the brain, I am in the vicinity of most vital organs; thalamus, hypothalamus and pituitary gland.....Hence these organs, along with the whole brain, are highly influenced by the powerful positive vibration radiating from me....My whole brain is now fully charged & empowered.... Every cell of my brain is getting healthier.... Functioning of my brain is quite normal...The whole network of my central nervous system, comprising of sensory nerves & motor nerves, is also functioning very well under the influence of vibration of peace, purity & power..... Through my brain & central nervous system, these powerful vibrations are also spreading in my all senses, my all body organs and in all the systems of my body..... All the senses and systems are getting charged with the vibration of purity and power..... Now all my senses & systems are functioning very well in harmony with each other..... My all the organs are becoming more and more healthy.....

### **Empowerment of Immune System:**

Especially the rays of purity and power, which I am receiving from almighty *SHIVBABA* are getting transferred to my immune system..... And now my whole network of immune system, especially the lymph nodes, are getting strengthened.... And now it is capable of fighting out any sort of viruses, bacteria & parasites...The functioning of my whole defence mechanism is quite perfect & is in harmony with all others systems of the body.....Now I see no possibility of occurrence of any illness, disorder or diseases in my body....

### **Balancing the Endocrine System:**

“The rays of peace and purity through my soul and through the pituitary gland are getting transferred to my whole endocrine system and its various glands..... Hence, most of the body functions, which are governed by the hormones secreted by

these glands, are being carried out very nicely....Particularly my thyroid & parathyroid glands, adrenal glands & gonad glands are getting quite healthy & there is perfect balance in the secretion of hormones of these glands....

### **Balancing the Autonomic Nervous System:**

“My autonomic nervous system, both sympathetic and para sympathetic, is also receiving the powerful rays of bliss and peace..... Both the systems are now working in balance and harmony with each other..... My all involuntary functions, which are govern by these systems, are being carried out very effectively & perfectly.....

### **Empowerment of other Systems of Body:**

The rays of purity, peace and power are also transferred to all my other systems and organs of the body.....The digestive system, respiratory system, circulatory system, excretory system & skeletomuscular, vasomuscular, neuromuscular systems are all under the control of my elevated state of mind.... Now all these systems are functioning very well ..... All the senses – five senses of action, five senses of perception and three subtle senses are also under my full control and working in harmony.....

I am becoming healthier and healthier and I now am completely free from any type of disease, illness or disorder.....Now I very much like to follow all the principle of healthy life style.....I like to eat only that food which is pure, SATVIK, balanced & highly nutritious.....I also like to do my exercise regularly.... Now I am physically, mentally, socially, emotionally and spiritually quite healthy.....Almighty god’s blessings & power are always with me.....

**Note:** Daily practicing this meditation, at least ones a day, for 15 to 20 minutes will have very positive effect on our subconscious mind, which is most responsible for our holistic health.

# Getting Relieved from Depression

## Introduction:

Depression, one of the fast growing mental disorder in the world, needs to be taken care of seriously & urgently. Medical science is putting its sincere effort to fight this disorder through medication. However if it is supplemented by some alternative therapies like psychotherapy, meditation or yoga therapy; we will surely get much better result to control the depression. The RAJYOG meditation, taught by BRAHMAKUMARIS, is also one the effective supplementary therapy to get relief from depression. Following meditation script may be useful for the purpose.

***If you identify several of the following signs and symptoms, you may be suffering from depression.***

Difficulty in Sleeping or Sleeping Too Much; Difficulty in Concentrating; Feeling of Hopelessness or Helplessness; Overwhelming and Uncontrollable Negative Thoughts; Loss of Appetite or Significant Increase in Appetite; Increase in Irritability; Aggression or Anger; Increase in Alcohol Consumption, if Drinking; Reckless Behavior; Thoughts That Your Life is not Worth Living

## Meditation Practice:

*Sit in comfortable posture.... Start breathing deeply.... Inhale and exhale slowly.... When you inhale let your belly gradually come outward and when you exhale let your belly go inward..... Focus your attention on your breathing and try to sense the inward and outward flows of the air on the inner walls of your nostrils during inspiration and expiration respectively..... Hope you are sensing this..... Enhance your concentration on your breath and now try to experience the coldness of the air which you are breathing in and the warmth of the air which you are breathing out..... Hope you are experiencing this..... Now your mind is fully concentrated, stable and peaceful.... Now withdraw you attention from your breath and focus it as at the centre of your brain just behind the centre of the forehead..... At this place visualize your own self in a form of a self-luminous point of light along with visualization of your own physical body.....*

## Now affirm along with this visualization

"I am neither this physical body nor the subtle one... But I am a soul, a luminous point of light just like twinkling star... I am an eternal entity...My existence is since negative infinity and it will be sustain up to positive infinity as, I am an immortal soul...

Basically & originally, I the soul, am peaceful....Peace is one of the most vital innate qualities of "I" the soul....Peace is my innate original nature...Peace is my personal value... Peace is my *SWADHARM* ... I am full of peace....Being the son of, ocean of peace, almighty *SHIVBABA*, I am the master ocean of peace.... The peace world, *PARAMDHAM*; comprising of sixth element, called *BRAHM*, is my original abode.... I being the resident of peace world how can I be peace less.... Here in the peace world, there prevails eternal golden red divine light & **complete stillness, silence and immense peace** all around everywhere..... I, the peaceful soul, experiencing immense eternal peace here...

Here my most beloved *SHIVBABA*, the ocean of peace, is just in front of me.... The powerful vibrations of peace & power are spreading all around from the divine star *SHIVBABA* ....Some of the vibrations are touching me also.... I am experiencing profound peace & power in me.... I am fully absorbed in deep tranquillity....Now I am feeling fully charged with all powers....The powerful vibrations of peace & power are radiating from me & spreading all around....

## Along with this realization continue to affirm:

"The course on spiritual science & RAJYOGA meditation, which I undertook in *BRAHMAKUMARIS*, has developed a very sound spiritual wisdom in me..... I have gained a new positive sight & a new creative vision to look at my own self & the external world.....I have now sought natural tendency to see positive qualities even in a most negative person & to move forward even in most negative or adverse situation.....Now I have enough wisdom, courage & enthusiasm to make the best out of every situation....I am able to see positive under all circumstances.....My attitudes are now positive... I have learnt to evaluate every situation positively....I am now able to mould, adjust, accommodate myself to every person, to every situation.....I have now enough patience & tolerance to deal positively with every situation.....

I have realised that I, the soul, am the son of my spiritual father, almighty God, *SHIVA*.....My concept regarding God is so clear now that I feel that almighty is always with me to guide.....He is my strength..... Now I am also free from fear of

any kind.....No situation, no circumstance, no event, no person can now make me unhappy without my consent.....

I am now confident enough to face any adverse situation, event or circumstance, what so ever it may be in my life....My perceptions about the very purpose of my life is now so clear that I have fully regained my will power.....My attitude are so positive that I am now completely free from toxic, negative or wasteful thoughts..... My sleeping cycle is just normal & now I am getting sound balanced sleep....I am able to concentrate on all of my daily activities.....Now my appetite is also normal..... I enjoy eating each of my meals....Lot more hopes have arisen in me now I am fully optimist....

I am completely relieved from depression, as I am now enlightened & empowered by my spiritual father, my most beloved SHIVBABA....I am extremely thankful to you BABA.....”

***Feel fine being with yourself & with the all mighty spiritual father SHIVBABA, where you are secure and safe.***



# Meditation for Diseased and Depressed

## The aims meditation:

- To get detached from our own body and bodily relation and to stabilize our own self in soul conscious state.
- To attain complete double light angelic state by projecting this state on white mental screen
- To get empowered and enriched with different powers like power to tolerate, power to face and positive emotion like patience, love,
- To enter the corporeal world and stand over the hospital you have chosen
- To impart the above gained powers and emotions to the patients who are diseased and depressed.

## Meditation practice:

Sit in comfortable posture and allow your body to relax taking few deep breaths and gently releasing any area of tension. Focus your attention at the centre of your forehead and try visualize your own self in the form of divine and luminous point of light.

## Now affirm that:

“I am a soul a shining point of light different from my physical and subtle bodies...both the bodies are my mere costume to play my role in the world drama...as a soul I am an eternal son of my eternal spiritual father almighty *SHIVBABA*, who is the oceans of all powers and virtues...Today it is my desire to go to the subtle world, attaining double light angelic state, to meet *AVAYAKT* bap dada and get empowered and enriched by him.....”

Emerge white screen of shining light in front of you and focus on it. Now project on it your complete double light angelic form. Keep on visualizing it till the image is clear and stable. Sitting at the centre of the forehead of your projected subtle body, try to feel and enjoy your double light angelic state. Now just fly in the space and move towards the subtle world leaving behind the earth planet, the whole solar planetary system and galaxies. Enjoy this astral journey.

### Now affirm that:

"I am in subtle world, a world of shining light...what a beautiful world it is!!!...*BAPDADA* is eagerly waiting for me in the beautiful garden...what a nice and pleasing garden it is!!!...Now I am sitting just in front of *BAPDADA*...Oh my sweetest *BAPDADA*, I desire to serve your children, who are diseased and depressed, by bestowing them enough power and positive emotions, so that they may be healed and cured.....My most beloved *BABA*, please enrich and empower me with your powers and values, so that I can share these with my disease and depressed brothers and sisters."

"Now I feel and experience that *BABA* is sending powerful vibrations to me and with these vibrations I am getting fully charged with various powers and positive emotions to share...Thank you very much *BAPDADA* for fully empowering me.... Now I shall take your leave to share these powers to my needy soul brothers...I am now leaving the subtle world and re-entering the corporal world stabilizing myself in the angelic state over the hospital of my choice....."

Emerge the diseased and depressed patients laying in the beds in the hospital wards where they are treated.

### Now affirm:

"I am master almighty soul...I am master liberator angel...Powerful vibrations are radiating from me and are focused on my soul brothers...they are receiving and getting filled with the power to tolerate, power to face, power to accommodate along with the positive emotions like patience, love, sympathy and empathy...Gradually they are coming out and getting free from their pain and sorrow...They are being healed & cured....Now they have enough strength.... With new self-confidence & will power, they all are now ready to face any challenge of life...."

**Note:** In this way, sitting in solitude, if this experiment is carried out regularly for 2 to3 weeks for any diseased or depressed person, you will certainly get the positive result.

# Cleaning the Mind & Greening the Earth

## Aim:

Environment pollution & ecological imbalance are the most critical & crucial problems of the earth planet. If it is not managed urgently & seriously, the world natural systems may collapse & the existence of mankind may be endangered. We will have to accept that we the human beings are most responsible for this condition of the globe. It is the mental pollution of the human mind which is the root cause of this situation. Hence it becomes the responsibility of every human being on earth planet to clean their mind & put their whole hearted effort to green the earth. Spreading the vibration of powerful, love full, positive & creative thoughts by practicing meditation is one of the most effective method to solve the problem. Following script of meditation may help you to extend your contribution to this noble cause.

## Meditation Practice:

Sit in a comfortable posture.... Relax physically & mentally taking few deep breaths.... Be introvert & focus your attention at the centre of your brain just behind the centre of your forehead .... At this place your own self in a form of a self-luminous point of light along with visualization of your own physical & subtle body.

Affirm along with this visualization "I am neither this physical body nor the subtle one... But I am a soul – a luminous point of light just like twinkling star... I am an eternal entity...My existence is since negative infinity and it will be sustain up to positive infinity as I am immortal soul....I the tiniest and minuets soul is now living behind my physical and subtle body..... Now I am in my seed stage moving upward in the sky... I am going up and up leaving behind the earth planet along with solar planetary system... I am moving towards the *PARAMDHAM* leaving behind all the galaxies... I am now entering the *PARAMDHAM*, my original abode.... Here I am surrounded by infinite golden red light...This is the world of peace & liberation....Here I am free from the bondage of my physical body and free from all my bodily relations"....I am experiencing immense peace.....Here my most beloved supreme spiritual father SHIVBABA is just in front of me... He is also self-luminous divine star, a point of light but supreme in his attributes, ever constant.... Being with the of ocean of peace, Purity & power, I am being fully charged with the peace, purity & power, which I need to clean the mind of the people &

empower & green the earth.....My sweet BABA, now I take your leave to execute my this responsibility.....”

Now I am entering the corporal world & descending towards earth planet in my seed stage.... I am taking my position high up in the space such that the whole globe of the world is in my vision...Today my intention is to dispel the darkness of ignorance & destroy the germs of vices from this world, which is responsible for the mantle pollution of the human mind & environment pollution problems....

The intense vibrations of purity & power, radiating from me, are spreading throughout the land of the globe.... Each & every particles of the land are getting charged with purity & power... The polluted land is getting purified & empowered ....All the poisonous & hazardous substances from every solids on the earth are being eliminated....The land is regaining its fertility & fragrance...Everywhere there is greenery.....I also decide to plant as many number of trees as I can.....

The powerful vibrations are spreading through the air also....The polluted air is getting purified....The whole atmosphere is getting cleaned up and empowered.....I am extremely happy that Baba is making me the instrument for this noble cause.... All the poisonous & hazardous gases are being eliminated from entire environment.... The amount of carbon dioxide & monoxide are getting reduced....Balance of oxygen & carbon dioxide is properly maintain....Hence the greenhouse effect & global warming are being minimised....Now the pleasing aroma is spreading all around in atmosphere....

The positive vibrations of purity, peace & power are entering the entire amount of water & other liquid substances on the earth.... Each drop of water is getting charged with peace, purity & power....All the polluting substances are being removed from the water of all the oceans, rivers, lakes, wells ect. .... Entire amount of water on the globe is now clean, transparent & fragrant....Especially the river water flowing through the mountains & forests are just like elixir.....

The vibrations of peace, calmness, tranquillity radiating from me are now prevails in entire environment.... People fed up with the noise are all trying to seek peace & learning to remain quiet even in noisy surrounding through spiritual perception & practicing meditation....The noise pollutions on the earth planet is getting diminished..... Every human mind is getting freed from the negative effects of noise pollutions.....

Thank you sweetest *SHIVBABA*... Let your power of peace, purity & love remain showered on the earth planate & the earth always remain protected.....

# Conquering and Ruling over all Senses

## Introduction

As a human being our total existence is tri level existence.

1. The inner most is “I “, the soul, the spiritual being, the point of light, tinier than tiniest.
2. Outer to “I “is my subtle body comprising of subtle white light, having same feature as of that of physical body. The three subtle sense namely mind, intellect and personality of the soul are manifested through this subtle body.
3. The outer most is my physical body comprising of five inert elements of nature. This body has five senses of perception & five senses of action. The manifestation of my soul in this world is through my body, especially through these senses.

This three level existence can also be viewed as *NIRAKAR- AKAR-SAKAR*.

At present, at the end of Iron Age, we, the souls, have become so much body conscious that our consciousness about our own self is almost lost. Because of this deep rooted body consciousness, we have been highly influenced by vices like sex-lust, anger, greed, attachment, ego, jealousy, hatred, selfishness etc. Hence our control over our senses have been lost and now we have become the slave of our senses. Now Baba says you have to conquer these senses and once again you have to be the ruler of all these senses.

Totally we have thirteen senses five senses of perceptions, five senses of actions and three subtle senses. Baba says these senses are your ministers. Sometimes baba also says these senses are your workers. You must check whether these senses are under your control, because our ultimate aim, in this confluence age, is to be *INDRAJEET* or *JITENDRA* i.e. conqueror of all the senses.

The 3 subtle senses are mind, intellect and personality. The 5 senses of perception are sight, hearing, taste, smell and touch. Out of the 5 senses of action only 3 senses are of important for us Brahmins. They are mouth (speech), hands and legs.

To establish the control and rule over all these senses, we will take the sense one by one:

## Meditation Practice:

Along with visualization affirm: “I am sitting in comfortable posture and I allow my body to relax, gently releasing my any area of stress & anxiety....Now I am focusing my attention at the centre of my forehead and at this place I am able to visualize my own self, the soul, in a form of a luminous point of light.... My mind & intellect are the basic functional powers of my soul.....Here I take a moment to look at the screen of my mind....Gradually the speed of my thought is decreasing and my mind is now quiet and still.....Now my mind & body are relaxed....I am now clearly realizing that I am a soul, the point of divine light & might, different from my physical and subtle bodies... I am peaceful and pure shining star... This body is my mere costume which I adopt to play my role in this world drama... I express and act myself through this physical body which is temporary... But I, the soul, am an eternal immortal, indestructible, indivisible, invisible....”

*Emerge your 3 levels of existence. Clearly visualize your physical body along with the organs related with 5 senses of perception namely eyes, related with sense of sight; ears, related with sense of hearing; nose, related with sense of smell; tongue related to sense of taste and the skin, related to sense of touch. Along with these also emerge your 3 senses of action namely mouth (related to speech), hands and legs, mainly used to carry out physical action.*

Continue to affirm: “I began my role in this world drama, with the beginning of golden age, where I was fully soul conscious....There was no influence of any of the vices on my soul....I was completely pure, peaceful & powerful soul....All my senses were fully under my control & were obeying my all the orders....But on the onset of copper age, I lose my soul consciousness & become body conscious....Due to this, I get highly influenced by vices & start committing sinful acts....This causes degeneration & degradation of my soul & I lose my control over my all senses...At the end of iron-age, which is current time, I just become the slave of my senses....At this time, the almighty god, my beloved SHIVBABA awakens me by imparting the spiritual knowledge about man, matter & god....Practicing RAJYOGA meditation, based on this knowledge, now I am gaining control over my all sense....

The eyes, my sense of sight, are now under my controls & sees only that which I, the soul, wish to....Due to the spiritual wisdom gained, now my perceptions about what to see & what not to see is very clear.... My sight is purified....As I am soul conscious now, I see every one as a soul, especially when I see or deal with

anybody.....This soul conscious sight has enabled me to see every one with sense of equality, sense of brotherhood, sense of goodness & sense of respect....

The ears, my sense of hearing, are also under my full control....Now I like to listen only those matters or aspects which enlighten me, enrich me, empower me.....Due to the spiritual perception, which I gained from SHIVBABA, the almighty, I am now able to recognize what is good to hear what is not good to hear....Listening the supreme teacher beloved SHIVBABA is most pleasing & enlightening for me.....Now I never like to listen any negative or wasteful talks.....My ears are not going against my will & now they obey my all the directions....

The tongue, my sense of taste, which was out of my control, is now fully under my rule.... So far I liked to eat only those things which was pleasing to my sense of taste, even if it is harmful to my health.....But since I am practicing RAJYOG meditation & living RAJYOGI life style, my tongue has come under my full control..... Now I eat or like to eat only those food items which are pure, sacred & good for my health, even it may have any test....Now I am able to enjoy any test... Now for me there is no like or dislike regarding taste.....

The nose, my sense of smell, which was not that tolerant to any smell is now tolerant enough to any smell.....So far I was getting disturbed by foul or pungent smell.....But now due to the empowerment of I, the soul, I can bear any smell, if compelled to, maintaining the state of my mind....Of course I feel more comfortable with fragrance....

My skin, my sense of touch, is now under my full control....Due to body consciousness, so far I was slave of sensual pleasure enjoyed, touching the body especially of opposite sex....I also did not like the rough & hard touches....But due to my enlightenment by the spiritual knowledge, now I am fully soul conscious & see every one as a soul....I dislike & generally avoid such touches.....I am now comfortable even with rough & hard touches....I can sleep comfortably even on hard surface....My mind remains in balance with any sort of touches.....

Being in soul conscious state & being with almighty sweet BABA, my mouth, my sense of speech, is also under my rule....The teachings of BABA' speak less. Speak slowly & softly, speak truth & speak sweet' has impressed me so much that now I like to speak accordingly.....I have understood the importance of the words, while dealing with others....I would never like to utter any bitter words, which may hurt

anyone.....Now my perceptions are so clear that I am the master of my unspoken words, not of the spoken one....Hence now I think twice before the words come out of my mouth.....

Now my thoughts are so positive & pure, my decisions are so true & perfect that all my actions, especially carried out by my hands & legs, are positive & creative.....Now I am using my limbs for carrying out my necessary routine work & for helping others.....I never perform any actions which can give pain & sorrow to any one..... My all the body limbs are under my control.....

Thank you BABA for enabling me to establish my complete conquer & rule over my all the senses.....Now I am the master of my all senses.....























































































