

HOW CAN I BECOME LIKE THE FATHER?

– Celebrating the Day of Awareness

DAY OF LOVE

Self-Respect	: I am a spiritual moth
Inculcation	: ShivBaba is the Spiritual Candle. His light is radiating like a wick of the lamp in Paramdham and is attracting me, the spiritual moth, towards Him. I have forgotten this body and the gross world. My eyes, without a blink are watching this beauty. As I go near Him, I get totally engrossed in Him. We both unite.
Whole Day	: Remain lost in the love of your spiritual Beloved
Attention	: Remember your Beloved the whole day

DAY OF HAPPINESS

Self- Respect	: I am the Deity of Happiness
Attention	: If I do not bestow happiness on others, then who will call me the Child of the Bestower of Happiness
Inculcation	1) Remember your elevated part in this World Drama 2) Emerge all the sorrowful souls in the subtle region; free the from their sorrows and fill them with happiness; transform their withered faces into happy ones

DAY OF BECOMING BODILESS

Awareness	: I am a bodiless soul like the Father
Inculcation	: 1) This body is my hut, I am a shining diamond in it; many colourful rays are spreading from me in all directions 2) The 5 elements of my body are getting united with the 5 elements of the world and I, the soul, have become bodiless and am going back home
Whole Day	: Stay in soul-conscious stage while performing any action and see everyone as a soul
Note	: Keep the aim of maintaining a completely steady intellect

DAY OF PEACE

Self-Respect	: I am an incarnation of peace on this earth
Thought	: In order to extinguish the fire of anger from this world, Father Shiva has sent me to establish peace
Inculcation	1) I have taken the whole world globe in my hands and am Bestowing peace to all peaceless souls 2) I have emerged all the souls (spirits) and am talking to them spiritually, telling them that they are all the children of the Ocean of Peace

Whole day : After every hour, become bodiless and radiate peace through your peaceful form

DAY OF ZEAL & ENTHUSIASM

Self-Respect : I am a multi-million times lucky soul
Inculcation : While seeing your elevated fortune, be in that awareness and remain engrossed in it. See your elevated part
Thought : I am the most lucky, fortunate soul in the world because God has directly become mine!
Whole Day : “Wah! My fortune!” Sing this song and remain in zeal and enthusiasm and bring others also into the same enthusiasm

SHRI VISHNU JAYANTI

Self-Respect : I am Vishnu the four armed deity.
Inculcation : 1) Deity Vishnu comes to me and says " As I am, so are you" and unites with me.
: 2) The form of Vishnu is standing above me; everyone is getting a vision of my deity form.
Whole Day : Remain adorned with the four ornament of Vishnu and use them, feel yourself to be Vishnu, a four armed deity for the whole day.

DAY OF POWERS

Self Respect : I am Master Almighty Authority.
Thought : Where Shiva and His powers i.e the powerful souls are combined, there all the evil powers of the world cannot do any harm to them.
Inculcation : I the master almighty authority am sitting under the powerful canopy of Bapdada. I am watching with steady intellect; all the 8 powers which are falling over me in the form of eight colours.
Whole Day : See everyone as brother souls and give them the charity of powers.

DAY OF LIGHT

Self Respect : I am master Sun of Knowledge.
Inculcation : I the master Sun of Knowledge stable in the sky am destroying the darkness of ignorance from the world. I am destroying the germs of Maya from the world and making it pure.
Whole day : See everyone in the complete angelic form.

INHERITOR'S DAY

Self Respect : I am the child of God.
Thought : I am the Son of God. I am the inheritor of the highest authority of this world. So what tasks should be done through me and what should not be done through me.
Inculcation : 1) I was wandering in ignorance of knowledge. God Father and

Brahma Mother took me in their lap and made me belong to them by calling me their sweet loving child.

: 2) Baba has told his devotees that they will find him in his children. So all devotees are desirous. I am revealing Baba's virtues through my face.

Whole Day : I am the Son of God. I have full authority over his inheritance. By remaining in this intoxication elevate your every action and every step.

DAY OF BEING A BESTOWER

Self Respect : I am master bestower of blessings and bestower of fortune.

Thought : Whatever I am suppose to give to the sorrowful wandering souls of this world, am I full with all those eternal treasures?

Inculcation : 1) The drums of revelation of God through me are being played in the world and all souls are coming running towards me just to get a glimpse, I being the bestower am fulfilling everyone's wishes.

: 2) I the master bestower of fortune am sitting in the subtle region and writing every soul's fortune.

Whole Day : While staying in awareness of being the form of a bestower, give the charity of knowledge, virtues and powers.

DAY OF AN ANGEL

Self Respect : I am a soul in my angelic form. I am leaving this body and going towards the subtle region to meet Bapdada.

Thought : 1) Baba charges me with the power of purity and sends me over some country. I send the vibrations of purity to the souls of that country and tell them the importance of celebacy.

: 2) I am a complete pure angel. The five elements of the nature are standing I front of me with folded hands. I am bestowing pure rays to them.

Whole Day : Perform every action as an angel once every hour. See your angelic form.

DAY OF SURRENDRSHIP

Self Respect : I am an instrument, the one who does his task through me is making me do the task.

Thought : When all work is being done by Baba, then why am I unnecessary becoming heavy.

Inculcation : I am a puppet in the hands of Bapdada, they are in the Subtle region and making me dance, the strings of my intellect are in their hands.

Whole Day : Make effort of surrendering every task to Baba.

DAY OF DISINTEREST

Self Respect : I am an unlimited renunciate.

Thought : What will I carry from this world. I have come alone and will go alone.

Whom I think belong to me, are they really my own?
Vision : A scene of great destruction. All are lying dead.
Whole Day : Check whether your strings are tied up to limited relations and materials?
One Baba is my world. All my relations and attainments are in Him.

DAY OF SELF-REALISATION

Self-Respect : I am the spinner of the discus of self-realisation
Vision : 1) See your elevated part in the whole kalpa and experience it
2) Self –Realisation = Self + realisation. See your ‘self’ and think about
it. Stabilise on yourself
Whole Day : Today see yourself, not others
Thought : Do I know this truth and have I accepted it? What is my part in this
unlimited drama?

DAY OF SEED-STAGE

Self-Respect : I am the seed of this genealogical tree
Thought : As the seed, so will be the fruit. If the whole kalpa tree is affected
through my stage, how elevated should my thoughts be?
Inculcation : 1) I am sitting in the soul world, Paramdham, with my Baba, who is the
seed. All souls (inverted tree) are connected to me. Our elevated thoughts are
making them powerful
2) I the soul, as a seed, am residing in the centre of this forehead. The
whole kalpa tree is standing over my head. I am giving the water of love
and powers, and the sunshine of good feelings.
Whole Day : Give the whole world vibrations of peace, bliss and sometimes purity

DAY OF DETACHED OBSERVER

Self-Respect : I am Master Father of Humanity
Practice : I, being the great-grandfather of the whole world, am spreading the power
of purity everywhere. I am watering all the flowers, that is, souls of the
world with love
Whole Day : Become a detached observer and see the world drama and remain happy

DAY BEYOND SOUND

Awareness : I am in my retirement stage
Churn : Now that both of my feet are in the grave, what should I be doing? Have I
accumulated the stock of good deeds?
Practice : 1) Now there is going to be the tandav dance of the great destruction of this
world. It is the stage of retirement for the children – old, young everyone has
to leave this body and go back home, to the soul world
2) Practise going beyond sound, to your true home
Whole Day : Practise being soul-conscious every hour. Become engrossed in thinking
about the soul and the Supreme Soul, God

DAY TO BECOME EQUAL

- Self-Respect : I am equal to the Father
Thought : What is Baba like? What do I have to do to become like Him?
Practise : 1) I the soul, come out from this body and go to the soul world and sit on the seat of Baba. Now I am the same as He.
2) Avyakt Brahma Baba emerges in front of me and is making me incorporeal, viceless and egoless and is inspiring me to become like him
Whole Day : By seating yourself in the unlimited stage, look at the whole world and remember your responsibilities

DAY OF VICTORY

- Self-Respect : I am the jewel of victory
Intoxication : Victory is my birthright; it is my shadow
Vision : Baba is giving the tilak of victory in the subtle region and is saying, 'May you always be victorious, my child. There will be victory wherever you go.'
Whole day : Experience Baba and victory in every task

DAY OF BENEFIT

- Self-Respect : I am the World Benefactor
Practise : 1) With my bodiless, angelic form I go around the whole world with Baba and show all the souls, the path to salvation and liberation
2) The 5 elements of nature have become diseased; with the touch of my feet they are getting rejuvenated and becoming healthy, beautiful and pure
Whole Day : Check whether I am being merciful on myself and on everyone else, and whether I am showing any mercy on Maya

DAY OF BEING LIBERATED FROM ANGER

- Self-Respect : I am a diamond of coolness
Thought : God has given me the responsibility of making everyone free from anger
Vision : I have to speak sweetly the entire day

SHRI GITA JAYANTI

- Self-Respect : I am a spiritual warrior
Thought : If I want be victorious in the war then.....
Practise : On the field on action, the Kauravas and Yadavas are on one side and we are standing with Bapdada, on the other side. He is filling us with enthusiasm to fight and telling us to use the spiritual weapons; we are over-powering the vices through purity, peace, courage and determination and finally we become victorious and Bapdada gives us the tilak of victory.
Whole Day : Check....Am I complete will the weapons of knowledge and bomb of soul-consciousness? Am I eveready to face any attack from Maya?

DAY OF LIGHT

- Self-Respect : I am the sparkle of God's eyes
Thought : I am so lucky....I am being sustained in God's eyelids
Churn : 1) I the point of light, leave this body and hide myself in the eyes of
Avyakt Bapdada and Baba hides me in his eyelids
2) Last scene....Baba makes me sit in his eyelids and is taking me back
home
Whole Day : I am the light of Baba's eyes; I am hidden in Baba's eyes and Baba is
hidden in my eyes

DAY OF DESTROYER OF OBSTACLES

- Self-Respect : I am Ganesh, destroyer of obstacles
Thought : By remembering me, the devotees free themselves from obstacles
Practise : 1) I am stabilised in my 'destroyer of obstacles' form. The powerful
vibrations radiating from me in all directions, are destroying all the
obstacles in this world.
2) After getting frustrated with their problems, the devotees invoke me
and I give them my vision and free them from the obstacles
Whole Day : Check – while facing problems, do I remain in the awareness of the
'destroyer of obstacles' form?

DAY OF FORGIVENESS

- Self-Respect : I am the Master Ocean of Forgiveness
Thought : The charity of forgiveness is the greatest charity; this is an ornament of the
strong one
Practise : From Dwapur era, emerge all the souls who have given you sorrow or
betrayed you and you have been having hatred towards those souls; just
forgive them by giving them the charity of forgiveness and ask for
forgiveness from those whom you have given sorrow
Checking : 1) Do I ask for forgiveness after committing any mistake or can I not bow
because of arrogance?
2) Have I forgiven others from the heart?

DAY OF CONDUCT

- Self-Respect : I am the soul with the highest code of conduct in my life
Thought : Divine conduct is the decoration of Brahman life; it is the best instrument to
remain safe from Maya
Practise : 1) I am the lamp of the Godly clan; Baba is adorning me with the ornament
of divine conduct
2) Remember the line of conduct that Baba has drawn – staying inside it
gives lots of happiness, peace and bliss and outside it, there is the heat of
Ravan.
Checking : Do I feel the line of conduct to be a bondage or do I love to remain inside
this line? Do I follow God's code of conduct completely?

DAY OF SELF-SOVERIEGNTY

- Self-respect : I am a self-sovereign-cum-world sovereign
Practise : 1) I the soul am residing as a King in my court. The mind and intellect are my ministers; all the powers are my presidents; all the virtues are VIPs and all the sense organs, workers, are working in complete law and order.
2) I am seated on the world throne; the 5 elements are waiting on me. I rule the kingdom of stability and prosperity
- Checking : Do I the soul, as a king, rule over my mind, intellect and sense organs or do they rule over me?

DAY OF CONTENTMENT

- Self-Respect : I am a deity of contentment
Thought : After meeting God, if I am not contented then when will I be?
Practise : 1) I am a deity of contentment; whoever comes in my connection goes away with a blessing of contentment
2) The vibrations of contentment are spreading through me, to the whole world and discontentment is finishing off
- Checking : 1) Am I content with my present efforts?
2) Is the Brahmin family content with me?
- Whole Day : I have to remain contented and make others also content

DAY OF INTENSIVE MEDITATION (TAPASYA)

- Self-respect : I am an intensive meditator
Practise : 1) By forgetting this body and material world, I have to sit in the cave of introvertedness and see my original form
2) I am destroying my old habits and sanskaars in the fire of intensive meditation
- Whole Day : While walking, sitting, eating I have to remain in deep remembrance

DAY OF BLESSINGS

- Self-Respect : I am a worship-worthy deity
Thought : If I am a worship-worthy deity, then how will my devotees want to see me?
Practise : 1) There is a big queue of devotees in front of me and I am fulfilling their desires
2) I am going to the temples and devotees in my subtle form and giving them the vision of the deity form. I am giving them blessings of salvation and liberation
- Whole Day : Compare your present form with the deity form and make efforts to fill in the gaps

DAILY CHART

3 a.m. to 4 a.m.	I am an incarnated soul in this body.....I am a jewel of victory
4 a.m. to 5 a.m.	Practise spiritual drill and stabilise in the seed stage
5 a.m. to 6 a.m.	I am the spinner of the discus of self-realisation...be in the awareness of your original and last stage
6 a.m. to 8 a.m.	Listen to Baba's murli with intoxication and steadily, by sitting under Baba's rays
8 a.m. to 9 a.m.	I am like the Father...with this stage, spread good vibrations
9 a.m. to 10 a.m.	Practise the bodiless stage, see yourself under Baba's canopy
10 a.m. to 11 a.m.	'Baba is my friend' – experience His company and have a spiritual conversation
11 a.m. to 12 p.m.	'I am a great soul' – practise having brotherly vision
12 p.m. to 1 p.m.	' I am a deity soul' – the devotees are waiting for a glimpse of my deity form
1 p.m. to 2 p.m.	'I am a super-pure soul' – pure vibrations are radiating from me
4 p.m. to 5 p.m.	'I am an incarnated angel in this body' – light and power are radiating from me
5 p.m. to 6 p.m.	' I am master all-powerful' – I am sitting under the fountain of all the powers
6 p.m. to 7 p.m.	I have to take the rays of peace from the Ocean of peace and give them to everyone
7 p.m. to 8 p.m.	' I am world benefactor' – I am spreading the vibrations of purity in the world
8 p.m. to 9 p.m.	God's vision is falling on me – practise the feeling of detachment
9 p.m. to 10 p.m.	Remain under the rays of Baba; give Him an account of the whole day; wish Him Good night and go with Him, to His region