

Points for effort for the month of January

Beloved Avyakt Image, Mother and Father, BapDada's loving instrument teachers, brothers and sisters of the Brahmin clan, ones who always use your thoughts and time in a worthwhile way, ones who are engaged in the intense effort to become complete and perfect, the same as the Father, please accept love-filled sweet remembrance from Madhuban.

The Day of Remembrance of our beloved Pita Shri Brahma Baba is coming close. In honour of this avyakt day, while remaining introverted for the whole month and while touring around the subtle region and adopting new methods for making effort, every Brahmin child is racing to become complete and perfect. With this aim, we are sending you 16 topics for making effort for the whole month. It is our good wishes that this year, all places have special attention on yoga from 18th December 2019 to 18th January 2020. Let all brothers and sisters especially have yoga on the topics given for 2 days with each point. Points for churning and practising in yoga are being sent to you. It is hoped that all of you will have "yoga tapasya" with this newness and, becoming stable in your highest stage, become an image that grants visions and become an instrument for God's revelation.

Special attention:

Let each one experience one stage for two days. For this, four points of self-respect are given for two days. Practise one point of self-respect from amrit vela in the morning till the afternoon, and then practise the second point of self-respect from the afternoon till night time. In this way, you will be able to experience a constant yogi life.

1) Day of Introspection – 18th and 19th December

Self respect:

- 1) I am a jewel on the forehead.
- 2) I am an introverted soul.
- 3) I am an incognito effort-maker soul.
- 4) I am a soul who loves solitude.

Practise for yoga:

I am an elevated soul seated on the forehead. Vibrations of happiness and peace are spreading everywhere around me. I am combined with Father Shiva. “Me and my Baba” – I am sitting in the cave of introspection with this elevated thought and lost in the love of One.

Churning/Attention

Throughout the day, check yourself: Was I extrovert or introverted with my physical senses and subtle senses? Introversion will finish extroversion. Only by remaining introverted can I experience the yogyukt stage. Throughout the day, let me continue to churn the murli of knowledge and elevated versions. Let me practise introversion from amrit vela. Practise the powers to pack up and to accommodate. Take out some time to churn and write about the above topics and you will be able to have good thoughts.

2) Day of soul consciousness – 20th – 21st December 2019

Self-respect:

- 1) I am a constantly ignited light.
- 2) I am a master of the physical senses, a self-sovereign.
- 3) I am seated on the immortal throne.
- 4) I am an immortal indestructible soul.

Practise for yoga:

I am a sparkling jewel in the centre of the forehead. During the whole day, experience yourself to be a sparkling jewel. The rays of all powers are falling on I, the soul, the jewel and spreading in the whole body. My every organ is becoming cool and I am experiencing self-sovereignty.

Churning/Attention:

I am a sparkling jewel full of light and might. With this awareness, practise staying in your true soul-conscious form. Consider yourself to have a right and enable your physical organs/senses to perform actions. While walking and moving around all day, practise seeing one another as a soul and when talking to another person, look at the soul in the centre of the forehead.

3) Day of soul consciousness – 22nd– 23rd December 2019

Self-respect:

- 1) I am a multimillion times fortunate soul.
- 2) I am a soul who has zeal and enthusiasm and who gives zeal and enthusiasm to others.
- 3) I am a flying yogi.
- 4) I am a soul who has the fortune of happiness.

Practise for yoga:

Remember your elevated fortune. God Himself is mine and so everything of His is mine. He has given all His treasures, virtues, powers and blessings to me. Wah my elevated fortune, wah! In this final birth, God is with me at every moment. God Himself has love for me in every relationship. The One whom the world is searching has found me while seated at home. I have found His true knowledge and I have come under His canopy of protection.

Churning/Attention:

Did I have zeal and enthusiasm throughout the day? When you have zeal and enthusiasm, then no task is impossible. Baba is always with me. Let your every thought be positive. Negative thoughts and wasteful thoughts reduce your zeal and enthusiasm. Always maintain your elevated self-respect. Keeping your greatness and powers in your awareness, experience zeal and enthusiasm. Speaking about the specialities of souls in front of you, fill them with zeal and enthusiasm.

4) Day of having pure & positive thoughts for self & others

24th– 25th December 2019

Self-respect:

- 1) I am a jewel who has pure and positive thoughts for the self.
- 2) I am a soul who is full with the treasure of pure and positive thoughts.
- 3) I am a soul who benefits others.
- 4) I am a soul who picks up virtues.

Practise for yoga:

I am a jewel who has pure and positive thoughts for the self. The rays of pure thoughts, just like the rays of the sun, are spreading all over the world. All souls, having become free from worries are experiencing happiness and support.

Churning/Attention:

I am the most elevated soul who is playing a hero part in the whole cycle. I am a great soul. On the basis of these pure thoughts for the self, let your pure and positive thoughts for others always continue and in this way, you will become one who always has pure and positive thoughts for others. Take a particular point from the murli and churn it and experience it. Then donate those jewels to others and you will be able to give every soul happiness, courage and love and make him powerful from being disheartened.

5) Day of being a detached observer – 26th– 27th December 2019

Self-respect:

- 1) I am a spinner of the discus of self-realisation..
- 2) I am a detached observer.
- 3) I am master knowledge-full.
- 4) I am master trikaldarshi.

Practise for yoga:

Look at your part of 84 births from the beginning of the golden age to the end as a detached observer, how you have been through that experience with different names, forms, places and time and have now reached the confluence age – the end of the iron age and the beginning of the golden age. I now have to go to Paramdham and immediately come to the golden-aged world.

Churning/Attention:

For how long was I a detached observer throughout the day? My mind was not in any way influenced by any person, situation or the suffering of karma, was it? Each soul has their own part. No one is to be blamed, all are blameless. The confluence age is benevolent. The Father is Benevolent and so there can never be any questions arising. With the lesson of nothing new, continue to fly and make others fly.

6) Day of being a humble instrument – 28th– 29th December 2019

Self-respect:

- 1) I am an instrument and humble-hearted.
- 2) I am a trustee.
- 3) I am an altruistic server.
- 4) I am a master and a child.

Practise for yoga:

I, the soul, am an ignited light in the cottage of the forehead. I am combined with Shiv Baba. He has removed all my burdens and worries and is decorating me with virtues. Baba's rays of all powers are falling upon me and spreading over the whole world through me. All souls are experiencing peace and lightness. Karankaravanhar Baba is getting everything done. I am just an instrument.

Churning/Attention:

Did I have the consciousness of being an instrument while performing every action? My mind was not influenced by any action, was it? Being an instrument and having humility and extremely necessary for world transformation. The consciousness of being an instrument keeps you free from ego and the consciousness of humility makes you humble. To the extent that you are high, let there be just as much humility. This balance will make you worthy to receive blessings.

7) Day of purity and belonging to One – 30th– 31st December 2019

Self-respect:

- 1) I am a sun of purity.
- 2) I am a master purifier.
- 3) I am a master ocean of purity.
- 4) I am a supremely pure soul, and I belong to One.

Practise for yoga:

I, the pure soul, am sparkling in the centre of the forehead in the body of light. White rays of purity are emerging from me and spreading everywhere. I, the angel with a body of light, am stable on the globe and am giving sakaash to the souls of the world. Experience yourself to be under the rays of the sun of purity in Paramdham. Rays of purity are merging into me. Rays of pure light are spreading over the whole globe, including the elements, from I, the soul.

Churning/Attention:

Throughout the whole day, for how long did I remain free from waste and ordinary thoughts? For how long did I have soul-conscious vision? Purity is the basis of Brahmin life. The original form of the soul is pure and its original home is the pure land. Its original religion is purity. The original nature of the physical organs/senses is to perform pure actions. This awareness will make you free from having to labour and creating waste. While walking and moving around all day, continue to spread vibrations of purity.

8) Day of complete peace and power – 1st – 2nd January 2020

Self-respect:

- 1) I am an almighty authority.
- 2) I am a combined Shiv Shakti.
- 3) I am a tower of peace and power.
- 4) I am a soul who is a messenger of peace.

Practise for yoga:

I am a master almighty authority combined with the Father. The rays of all powers are emerging from Baba and merging into me and spreading everywhere from me.

The rays of peace from the Father, the Ocean of Peace, are falling onto I, the soul, and spreading everywhere from me. The atmosphere everywhere is becoming peaceful. Souls who are coming into contact are experiencing peace.

Churning/Attention:

Was the state of your mind peaceful throughout the day? In order to keep your mind peaceful, let there be the awareness of your original religion: The original virtue of I, the soul, is peace. In order to remain powerful, remain combined with the Almighty Authority and experience yourself to be under His canopy.

9) Day of being a bestower of blessings, a great donor and giving sakaash through the mind – 3rd– 4th January 2020

Self-respect:

- 1) I am a soul who is a bestower of sakaash.
- 2) I am a soul who is a great donor and an image that grants blessings.
- 3) I am a world benefactor soul.
- 4) I am an ancestor soul.

Practise for yoga:

I am a soul full of all powers, seated at the roots of the kalpa tree. The seed of the kalpa tree, Shiv Baba, is combined with me. The rays of all powers are emerging from I, the soul, seated on the forehead, and falling on the branches, twigs and leaves (all the souls of the world and the five elements of matter) and giving them peace. The rays of all powers coming to me from BapDada are giving all souls the experience of happiness and peace.

Churning/Attention:

Give all the treasures you have received from BapDada to everyone and become a great donor and a bestower of blessings. Bring them into a close relationship with the Father through all your powers and the blessings you have received. When you see any soul, have the attitude that the Father has made you a bestower of blessings and a great donor for all souls. You have to give them the experience of virtues and powers through sakaash.

10) Day of being merged in love – 5th– 6th January 2020

Self-respect:

- 1) I am a Gopika belonging to Gopi Vallabh.
- 2) I am a master ocean of love.
- 3) I am a soul seated on God's heart-throne.
- 4) I am a soul merged in God's love.

Practise for yoga:

I, the soul, am seated on the throne of the forehead. I, the soul, am absorbed in the attainments from God and the awareness of my fortune. The sound emerging from my heart is: Wah Baba, wah! I am merged in Baba's love. The rays of love are emerging from the Father, the Ocean of Love and merging into me. I am seated on the globe and spreading vibrations of love over the whole world. The vibrations of love from me are spreading over the whole world. Souls are becoming free from their jealousy, conflict and anger and experiencing love.

Churning/Attention:

God's love is such a power and a magnet that pulled us to Baba and we belonged to Him. While performing every action, Brahma Baba was lost in his love for Shiv Baba. His love for Baba was always shining in his eyes and on his face. I, too, am a beloved child of the Father, the Conqueror of Hearts, merged in His love.

11 Bodiless Day – 7th– 8th January 2020

Self-respect:

- 1) I am a flying bird.
- 2) I am an incarnated soul.
- 3) I am detached from the body and loved by God.
- 4) I am a bodiless.

Practise for yoga:

I, the soul, am seated on the immortal throne. I am detached from the body. I, the soul, have entered my subtle body and have reached the subtle region, where the rays of light and might from my Beloved BapDada's eyes are falling onto me. Then, having left the subtle body, I have come close to Baba in Paramdham. The rays of all powers from Baba are falling onto I, the soul and I am experiencing myself to be powerful. I return to my subtle body through the subtle region and then enter my physical body. With this practise, I will easily experience being bodiless.

Churning/Attention:

To be bodiless means to go beyond sound. Just as BapDada comes into the body from being bodiless, in the same way, children also have to become bodiless and then come into the body. Practise leaving the body and entering the body.

Come down in a second for service, and in a second, become stable in the stage of being beyond any thoughts. In one second, come into sound and, in one second, go beyond sound.

12) Angelic Day – 9th– 10th January 2020

Self-respect:

- 1) I am a mobile (walking and moving) light house.
- 2) I have a body of light.
- 3) I am an angel residing in the subtle region.
- 4) I am a pure angel.

Practise for yoga:

Experience yourself to be a subtle angle in an orb of light. I am wearing a dress of light. I am an avyakt angel, the same as Father Brahma. I am an angel of purity, peace and power up in the sky. The rays from my eyes and hands are falling onto the globe. All souls are experiencing happiness and peace.

Churning/Attention:

An angel means double light. An angel means one who doesn't get trapped in any type of bondage, always free from bondage. An angel is always beyond the dirt of body consciousness. I now have to become an angel, the same as the Father. Delicate times are now coming, and so the practise of touring around with the vehicle of the inner body is essential. Let others experience: Yes, this angel had come to me. And then they will begin to look for you angels.

13) Day for being beyond the body – 11th– 12th January 2020

Self-respect:

- 1) I am a soul who is separate from the body, I am bodiless.
- 2) I am an elevated soul residing in Paramdham.
- 3) I am a master seed.
- 4) I am a unique soul, without an image and full of character.

Practise for yoga:

Experience yourself to be in Paramdham with Baba. I, the soul, am combined with Shiv Baba, the Seed. The rays of all powers from Shiv Baba, the Seed, are falling onto I, the soul, and emerging from me, they are spreading everywhere. While carrying out your tasks, every now and then, practise putting a stop to the traffic of your thoughts. Stabilise your intellect in Paramdham for a few seconds.

Churning/Attention:

Throughout the day, while being in the body, experience yourself to be separate from the body. Let there be the clear experience that I am separate from this body and playing a part. The soul came completely naked (bodiless) without a body, and has to return in the same way. While experiencing the lovely and unique stage of being beyond the body, I have to go beyond all other matters.

14) Karmateet day – 13th– 14th January 2020

Self-respect:

- 1) I am a soul who is a conqueror of sinful actions.
- 2) I am a soul who is free from the bondage of karma.
- 3) I am a soul who is the conqueror of matter.
- 4) I am a karmateet soul.

Practise for yoga:

I, the soul, am embodiment of peace, am beyond sound and stable in my religion of peace. I am with my sweetest Baba. There is no bondage or burden in this stage, only dead silence and I am completely without any thoughts. I am free from all karmic bondages and karmateet.

Churning/Attention:

Was I free from the influence of karma throughout the day? Let karma not pull me towards itself. Throughout the day, let me perform actions while being with the Father in one or another relationship. Even though the Father is avyakt, He enters the corporeal and performs actions; in the same way, being equal to the Father, that is, remaining stable in your avyakt stage, enable your physical organs/senses to perform actions. To the extent that there is closeness, so there is greatness. A karma yogi is one who is free from any temptation in karma. Perform actions while considering them to be a game, and do not experience any burden.