

# Anubhutiyaan

*(The Experiences of Yoga)*



## Preface

To dear children of GOD ... ..

O divine beloved souls...!! World Father, World Creator, Supreme Father Supreme Soul Shiva, despite being incorporeal, has incarnated on this earth to save the entire human race from different disasters, sufferings, problems, ailments and natural calamities by drenching us, His all children souls, in the Ocean of His pure love. Taking bath in the pleasant river of His selfless love, we all souls are getting converted from evil to pure, dark to bright, pauper to king or from human to deity, i. e. from ailing, voluptuary, impostor to sahaj rajyogi. The day is not far off when we shall regain our lost deity sovereign kingdom by following the path of sahaj rajyog shown to us by our dear Father, Supreme soul – the Ocean of love.

But beware...!! Maya has not been defeated yet completely. The sound of her unknown attacks is repeatedly audible. On the other hand, the Nature, with its five elements like sons, infuriated due to endless mining by humans is ready to attack on earth and do major destruction. In this atmosphere of uncertainty, insomnia, fear and restlessness, the journey of life is gradually becoming full of sad incidents of cheating, sudden accidents, heart attacks, theft and fraud.

Now, under these circumstances, the need of the hour is to catch the clear indications of God and follow them to reestablish a happy world for all.

Come, let us all drench in the river of love of God and get rid permanently off our all vices, griefs, ills and sorrows of our all births, became the time to drench in this continuous, boundless, endless and incessant pure Ganga is about to end shortly.

These auspicious and pure moments of meeting of soul and Supreme soul have gradually passed while we remained unaware, but now in this great story of meeting of soul and Supreme soul. We have reached to an irreversible turn, where all of us will separate from each other for an indeninite period.

So, come! Let us once again enjoy the drills got done by BapDada and move to the same Diamond Hall, where we all sat and met God face to face. At this time of great meeting, let us all together swim in the waves of Ocean of Love, our beloved Supreme Father – who is Mahakaal, Mahajyoti, Mahananda, and Brahmputra. Let our life of confluence age be fulfilled with happiness.

The present book is a consolidation of beautiful experiences of Rajyoga got done by Supreme Father Supreme soul from time to time. By regular practice of Rajyoga, we shall achieve all powers from God and cross this vicious ocean before the holocaust of nature starts.

This is an attempt to present the experiences felt by various (human) souls, got done by our beloved Supreme Father, Supreme soul, as enumerated in the book “Ruhani Drill” of Baba’s SpARC Wing.

I am delighted to present the experiences in the book form and fondly hope that, you will also be pleased by this.

..... In Godly Service .....

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## One Minute Drill – 01 (Practice Volcanic Yoga)

**Godly Versions:** - There is now very little time, and you have a lot of work to do... You will experience day and night to be like two hours.....

**Swamaan:** - I the peaceful soul through the stage of silence, attaining accomplishment of thought “low cost-earn more” am Substantiation form soul.....

**Song:** - Waqt hai kum lambi manzil, humein tez kadam chalna hoga.....

**Yogabhyas/Drill:** - Today I the soul as per swamaan given by BapDada to realize the embodiment of volcanic stage, am situated on top of a hill..... From subtle world BapDada inspiring me to get stable in the form of volcanic stage..... His mighty rays from Supreme region descending upon me..... I am imbibing them fully..... Vibrations emitting from me illuminating to the entire hill..... Intense rays emitting from BapDada constantly coming and merging in my forehead.... and passing through me and spreading to far-far away..... To fulfil the directions given by BapDada... I the soul am realizing stage of volcanic form..... Rays attained from BapDada I am spreading them into volcanic form through my forehead..... Very powerful light coming out from my forehead is spreading to entire Globe..... Gradually this source of light converting into a huge forest fire.....

Now might form BapDada as if a sprouted volcano flowing through my forehead like collapsing fire and spreading to the entire space..... Through attained might from BapDada my Tamoguni impressions are getting burnt..... I the soul getting free from burden... becoming true gold... I am realizing golden aged resolves in me..... feeling very light... completely sinless and complete pure.... All my bondages are getting over... and becoming completely free from bondages..... All my might are growing.....

I the soul am experiencing the might and resolves of early Golden aged in me..... Gradually I am becoming Master Almighty Authority..... Infinite pure mighty rays as if a volcano again flowing to entire space..... Just as flowing lava from volcano, my might are emit and enveloped in entire

space..... Whole humanity realizing emitting rays from me..... By this the sorrows of people are getting away..... People suffering from fear.. strain.. insomnia.. sadness.. are again realizing real peace and happiness..... Nature also becoming calm by attaining volcanic rays..... Its anger is reduced towards humanity..... Just like golden world emotions of motherhood towards humanity are being generated in nature again..... It is getting free from its furious impressions.... Once again emotions of service awaken in five elements for humanity..... Whole humanity getting happy attaining these volcanic rays..... BapDada is radiating these infinite powerful rays passing through me to the entire world..... It seems like Ganga itself incarnated on the earth through my hairs..... A huge spring passing through subtle world descending on my head.... I am imbibing it in me and flowing to entire earth.....

Om Shanti

## One Minute Drill – 02 (Point of Light)

**Godly Versions:** - Baba's remembrance is merged in the soul.....

**Swamaan:** - I the soul... I am a point... child of the point.....

**Song:** - Mein deh se nyara hoon, Baba ka pyara hoon.....

**Yogabhyas/Drill:** - I am unborn.. immortal.. imperishable point soul..... This is my embodiment of eternal beginning..... Now at the end of this world cycle I have only to make effort that... to get stable in the point form..... Remember constantly to Point Father only... and... to remain a detached observer while looking at each scene of drama, always put a full stop..... whatever happens... always put a full stop in the awareness of "Nothing New" and move forward..... Everything is contained in this one dot..... I... Father... Creation... Everything is contained in this dot only..... what more I need to know? Nothing but a Point..... What else is left, only me and my duties in this confluence age..... Keep remembering Point Father with every heart beat.....

This entire human world as like genealogical tree... Expansion of entire world is contained in one quantum that is Seed Father..... Record of 84 imperishable births is filled in me the point..... How ironic it is, that I the point soul forgot myself... also forgot the imperishable hero part filled in me the soul..... The soul, forgetting its original form and coming into body consciousness believed itself as body.... And in the time cycle became bondage of Ravan..... In the elusive city of Ravana, wandering in the maze created by him, I had forgotten my imperishable beloved... my lover... my protector... my sweet heart too..... and started passing my day-nights as imprisoned bird in this "Shok Vatika" (Garden of sorrow).....

Thank you! My sweet lovely beloved Shiva, who got me free from the cage and made me realize my true identity.... gave my lost memory back and once again accepts me as His companion..... Gives me the awareness of my point form... and made me realize my true identity of point..... Due to forgetting of these three points, such was my condition..... I had fallen so much... but now I have identified my originality..... I have found the path of my real home..... Now I have to go back to my real home... and for that I have to be stable in the point form.... in which form I came from my incorporeal home to this corporeal world.....I came bodiless on this earth and now to go back, I have to become bodiless too.... I am immortal... imperishable point soul..... I am bodiless point soul..... I am point soul.....

Om Shanti

## One Minute Drill – 03 (Amritvela Detach from Body)

**Godly Versions:** - Those who have made this drill firm will be able to face all situations.....

**Swamaan:-** I am incorporeal embodiment of enlighten point soul resident of Land of Silence... child of Supreme Soul Supreme Father Shiva.....

**Song:** - Roj savere humko milte Baba.../Milan ki lagan mein magan aaj...

**Yogabhyas/Drill:** - I, the enlighten point soul... as I open my eyes, I find myself in front of my imperishable Supreme Father Supreme Soul Shiva..... While admiring Him, at first I do Namaste... good morning... or Su-Prabhat..! to true Father, true Teacher and Satguru SadaShiv... He accepts my good morning and responds with a sweet smile and grants me pure vision..... By Shivbaba's powerful pure vision... all my physical senses awakened and got stable in the yogic posture.... If gross body has completely sacrificed its sleeping stage..... After getting enraptured of eyes, I the soul fly away, leaving this perishable body... towards my Father Supreme soul Shiva.....

Very next moment I the bodiless soul, being the resident of Supreme Region... Sit beside Father Shiva... (enjoy this moment for few seconds)... Rainbow rays endowed with purity... love... affection... are emitting from Father Shiva and showering upon me and rejoicing me..... I feel as if infinite might are filling in me..... My body is being as eternal as kalpa tree..... glow of me soul is increasing manifold time..... All virtues and might are merging in me..... my divinity is increasing.... I can clearly realize my original form.... (Sit deep down in ocean of realization and memorise these unforgettable moments forever.....)

After a while again I, the soul am incarnating in the body of light at subtle world... where my body of light already exists by holding its perfection..... In the carb of light, I the soul get down and sit before the subtle angelic form of Father Brahma... Without a delay, Father Shiva enters in the lighten body of Brahma..... I can experience divine spiritual vision of Father Shiva from the lighten body of Brahma..... Divine rays emitting from BapDada are showered on me..... I the angle am sitting in the maternal lap of BapDada.....

Om Shanti

## One Minute Drill – 04 (Practice of Eternal-Beginning Form)

**Godly Versions:** - You first have to transform yourself... Then you will be loved by the world.....

**God speaks:** - I the Supreme soul incarnate on the earth at confluence age in every cycle and tell the true knowledge of real Gita..... By listening that Gita gyan ordinary human attain deity status.....

**Swamaan:** - I the soul king of physical senses means through this awareness of ownership, I become embodiment of accomplishment soul through Rajyoga.

**Song:** - Shiv ki vaani hi Geeta hai...../Hum badlenge, Jag badlega.....

**Yogabhyas/Drill:** - O soul...!! You are very beautiful... very powerful... Your original form is very attractive and unique..... You have become ugly because of body consciousness..... By getting stuck in elusive trap of Maya, you have become impure as dark clouds..... this is not your real original state..... You are unborn... immortal... imperishable... Master Seed child of Seed Father Supreme soul Shiva..... When you were claiming fully Sato-pradhan stage... that was the period when you had immersed complete knowledge of beginning-middle and end of world cycle.....

Only you were ornamented with the title of spinners of the discus of self realization..... Your deity form was fully Sato-pradhan... doubly non-violent... all virtues complete..... You were completely in the form of “Ichcha Matram Avidhya” (wish mere ignorance) from Violence which were done by vices or muscle power or through voice and action..... Your vision used to be spiritual... divine... un-worldly..... by getting the shadow of illusory (Maya), getting under control of vices as like Ravana..... lost your faithfulness... purity... happiness... and peace... became extremely unhappy..... Same as you salutary... colleague... guileless... and huge intellect... none other is there in the world full of vices.....

Getting stuck in rubbish of vices you had forgotten your eternal to beginning Sato-pradhan form..... Now at this elevated time of confluence age, Seed form Supreme soul Shiva once again giving you same knowledge of true Gita, means giving the elevated dictate (Shrimat) and teachings of to become complete Sato-pradhan..... So, O soul..! wake up now.... renounce the sleep of ignorance... imbibe the knowledge of true Gita given by Supreme Soul Shiva.... make elevated efforts to attain yours imperishable heavenly state-fortune right.....

Om Shanti

## One Minute Drill – 05 (Only One Baba, No One Else)

**Godly Versions:** - Your thinking and doing should be simultaneous... You should not have to make effort after thinking about it... It will happen the moment they think about it. Those who have such a practice will be able to take the initiative for service.....

**Swamaan:** - I am elevated... self-respected... free from all bondages soul time to time practitioner of different titles in seconds.....

**Song:** - Gaye Ja geet Milan ke, tu apni lagan ke.....

**Yogabhyas/Drill:** - I am the point soul always remains engrossed in the remembrance of the imperishable Father..... I am firm-determined soul holding the firm-determination of one's strength and one trust (Ek Bal Ek Bharosa)..... I am running on a single elevated dictate, an obedient soul follower of elevated dictates..... I am equable soul flavoring the essence of affection of One (God)... I am appreciative soul praising the virtues of only One... I am loyal soul having all relations with One only..... I am Ekvrata (loyalty belongs to one only) soul realizing togetherness with One only..... I am the soul making base of one godly family with one goal and one symptom..... I am an auspicious thought holder soul always watching all with good and elevated feelings..... I am flying bird making everyone fly high by only elevated wish..... making one, the world... realizing all attainments by one... I am the soul holding monolithic fast of Ekadashi.....

There is only Baba when I open my eyes... start my day... act as karmayogi... Baba is always there as my companion.... By end of the day, I remain loveful engrossed in love of only Baba..... I am playing in ones lap.... Fed into affection I am an affectionate soul.....

While offering service... interacting with people... see that one in many, one father... one family... I am Farmanbardar soul being trustee for the service of one..... I, in my Brahmin life, being myself as hero actor in the life... getting pass with honor in the life... knowing everything by knowing Father am Authority soul having all attainments.....

I am easy yogi... self yogi... continuous yogi soul... by knowing other worldly Father, easily able to be stable in the remembrance of one..... Knowing the significance of one, I am becoming great soul by obeying Father's elevated dictate..... I am incorporeal point soul... merge expansion into essence that means by merging many into one... easily able to be stable in incorporeal form..... I am volcanic form ascetic soul... remain in the remembrance of one and cindering sinful deeds of many births..... I am Destroyer of obstacles soul... through the power of remembrance of One, destroying obstacles of all souls..... I am self-sovereign authority soul, who in future will occupy the state throne by copying the footprints of one... to follow the one, accumulating millions in a foot step.....

Om Shanti

## One Minute Drill – 06 (Deep Realization of Introversion)

**Godly Versions:** - Know the feelings within someone's mind through the signals of the eyes... you children have to study this final course.....

**Swamaan:** - I am Introvert soul... transforming vision and attitude of other souls through the power of silence or mind.....

**Song:** - Iss Jag se alag rehker ruho, uss rab se rooh-rihan karo.....

**Yogabhyas/Drill:** - I am embodiment of peace soul..... My peaceful attitude and my basic virtues... are source of my powers.... Status of peaceful mind realizing me the soul peculiar experience of introversion..... A wonder world it is..... Cave of introversion... only souls reside here..... Only and only souls are everywhere..... Here is complete absence of the object associated with the body and the body..... Conversation is also with soul to soul... Spiritual relationship... perspective is also full of spirituality... Here is complete absence of mundaneness..... I the soul realizing myself in the state of detached observer..... As if I am not attached to the body even with a single thought..... very unique and loving stage it is...! Soul is easily merged in the lap of imperceptible joy..... I feel to be in the different kind of my own world... while talking... listening... watching... speaking... and on the move... I am completely away from all things.....

Only ShivBaba is residing in my every breath forever.... talking with him only... laughing and playing also along with him.... Spending time with him only... that is my only routine now..... Only contemplate to ocean of knowledge always..... (Finding joy by remembrance... mind sings the song of happiness.... lovely Baba..!!... Sweet Baba..!!... My Baba..!!...). .... remain engrossed in the extreme ocean of love.... While talking to others only seeing sparkling soul in their forehead... these all are also un-born, immortal children of incorporeal ShivBaba..... coming to the relation with this awareness... and remaining detached even while in contact..... It has become my own nature now..... Souls come to the connection of me the soul.... Can easily realize their selves separate... Unique... detached from this elusive world..... This un-worldly meeting of soul to the souls... make me easily realize of my completeness..... By invoking souls make them bodiless too... realizing them detached... as such my own impression.... Souls are spontaneously detaching from body..... They are naturally feeling of God..... They can easily realize their original form..... Their attachment of body is coming to an end..... They are being detached from body accepting themselves as elevated souls chosen by God..... They are attaining Godly knowledge within a second.....

Om Shanti

## One Minute Drill – 07 (Brahmin to Angel to Incorporeal)

**Godly Versions:** - Constantly remember that you have now almost returned home.....

**Swamaan:** - I am complete pure point soul as equal as Brahma Father Brahmin to angel to incorporeal Father.....

**Song:** - Baithe vatan mein Ja ker Baba pratyaksh karne apne bachho ko.....

**Yogabhyas/Drill:** - Lighten Brahma baba is at subtle world.... ShivBaba is sparkling in his forehead.... Rays of peace and might are emitting from every part of BapDada and showering upon souls..... endowing the soul with every virtue.... now from the angelic body of BapDada an angel like me is taking birth.... An Angel like BapDada from forehead to feet is coming out..... that Angel if absolutely same as Father.... All virtues of Father are merged in the Angel.... All his glow... might... are just like Father..... Now BapDada putting his blessed hand on the head of Angel and giving him blessings..... fulfilling him with every type of accomplishment.... This Angel is another form of Father..... Baba is conversing with him.... Baba speaks: O my sweet child..! you are born only to help Father in this confluence age.... This is your responsibility to make this world heaven from hell.....

Gradually that Angel sits on a cloud, coming towards the earth from above..... streams of might coming out around him... From above Baba's rays constantly falling..... that Angel is in front of me... Now gradually that Father like angel merges into my angelic body... both of us angelic bodies are now same.... From soul to feet we are equal.... now powers of me the soul has also become as equal as Father.... All virtues of Father are merging in me... now, I the soul whenever come in the connection of another soul... they will get the vision of Father automatically from me... They will get vision of my Angelic form...

Me and Baba together situated as Angelic form on this earth.... Now Baba is giving me signal that, Go my child..! Make this earth free from bad souls..... liberate all souls from the claws of ghost of vices..... now many more Angels are born from me the Angel..... Rays of might coming out from Baba constantly falling upon me and on every Angel which are born thru me.....

Now these Angels coming close down to the earth by flying.... and making each soul free from evils.... Those souls whose sinful deeds are increasing.... Those who are not left with any sign of deity virtue.... who are becoming obstacle in Baba's service... which has gone places.... only after whose elimination heaven will come again on this earth..... giving adieu to them from this earth... taking them to their Father's Home land of peace.... Baba's hand filled with powers is on all the angels, while doing this service.....

Om Shanti

## One Minute Drill – 08 (Angelic Form)

**Godly Versions:** - In one eye there is complete subtle form and in another eye there is state-post.....

**Swamaan:** - I am always flying bird, an angel... resident of subtle world.....

**Song:** - Mein atam panchi pyari re.....

**Yogabhyas/Drill:** - Soul leaves the body... flying away from the earth... above towards the sky... sit down at subtle world by holding his body of light... and in the subtle world flies to promenade of Home land in its light form.....

Then leaving the body of light flies above to supreme land near his Father Shiv and sits in thoughtlessness in front of incorporeal Father Shiva..... Getting fully charged with rays of all might from incorporeal Father Supreme soul... once again I the soul moving towards subtle region, in the status of land of silence... Now holding lighten body, I am going towards the world globe... and by sitting on the globe granting the rays of all might to entire world..... The endowed rays of all might are spreading to entire world from me and showering on human souls..... human souls are imbibing these might as per their holding capacity..... Souls are being satiated after feeling the vibration of happiness... peace... love... bliss..... They are clearly realizing the vibrations of God's might in them..... Admiring Father for a moment and on other moment, I am becoming happy to see satiated human souls and their blessed form.... Wow..! I am and wow my fortune..! That God has chosen me to make all souls realize happiness and peace and blessed me with his all might.....

Realizing myself as immensely fortunate I am delighted..... swinging on the swing of bliss.... having deep realization of imperceptible joy.... Wow my imperishable fortune..! that I have become entitled of Godly love.... Supreme Father Supreme Soul who is otherworldly Father of entire world loving me... caressing me... Fulfilling me with all virtues and might... Making me an instrument of world service... and ornamenting me with the title of Master world benefactor..... I am flying of imperceptible pleasure by swinging in the swing..... I am promenading in the lift of Godly love.....

These waves of Godly love emitting from me and reaching to the souls of entire world..... They are also feeling Godly love... rejoiced in the love of God they are dancing... and having fun in Godly pleasure..... I the flying bird

becoming Angel promenading the entire world... am roaming and scattering the godly rays to souls... five elements of the nature... and to the animals.....

Seeing flock of souls here and there having realization of Godly love.... All human souls... animals... birds are coming out from their places, homes and gathering under the sky in an open ground..... They are looking towards the sky very eagerly.....

They are eager to see God..... They are forgetting their sorrow and pain..... They are happy.... As if a huge crowd of Godly devotees of entire world has gathered..... How mesmerizing scene is painted on the whole earth..... Devotees are enthralled having vision of GOD..... Tears are flowing constantly from their eyes... They are beaming... They are satiated... They are getting free from bondages... They are being liberated... They are attaining liberation.....

Om Shanti

## **One Minute Drill – 09** (Practice to Come down and Go up in a Second)

**Godly Versions:** - You have to experience in the same way as Baba did, how to enter another body and perform actions.....

**Swamaan:** - I am a Great Soul, incarnated as a guest in the body made of 5 elements.....

**Song:** - Ab laut chalein iss Jahan se door, Pyare apne vatan.....

**Yogabhyas/Drill:** - A star coming down from Supreme world... Sparkling... scatters its un-worldly beauty... bountiful with divine glow... A mass of light scattering divine light... comes to the subtle world... and moves towards its Angelic body..... Like an emperor in the angelic dress, entering at the centre of the forehead..... Seated on the throne of forehead... Angelic dress starts glowing due to entrance of divine star... and illuminating like Light house..... Precious star... wearing Angelic dress.... moves down towards the earth.... Reaching on the world globe.... Stay here for a while... From this un-worldly angel luminous rays of white light are scattering to the entire globe..... Constantly scattering rays... by coming in contact of elements of the nature.... divided into seven colours.... and like a rainbow... Spreading throughout the entire celestial sphere..... Now these rays combine to air element and spreading its glow and spiritual fragrance..... Some rays.... Combines straight to the ocean water and granting coolness to water element.... somewhere else.... Rays by touching the globe making the earth green.....

After giving Sakash to the whole world... now un-worldly Angel moves down towards the earth... enters in the body of 5 elements... at the centre of forehead boasts spirituality as like world emperor.... Sits on its immortal throne... merging the Angelic dress..... Detached from body “bodiless” “A Point”... on its immortal throne.... Adorned like divine light.... Form of Angel is looking extremely lovely..... Body and I, the Point, both are clearly looking different..... detached from body even residing this body..... holding this body as a guest.... I am bodiless soul.... This is me the soul..... Whom Supreme Father Supreme Soul Shivbaba Himself has sent on the earth for Godly service.....

Now I am sitting among all other souls.... and talking to all... while talking I feel as original world..... my real home.... pulling me... without making any delay, I have reached my home.... and by sitting above, I am looking at the

gathering.... Realization of coming and going with in a second.... is un-worldly... unique... and extremely lovely..... Now again I come back to the gathering... discussing knowledge with all..... I have held this body only to give message of Supreme Soul Shiva to all human souls.... and after completing my work.... I have to go back to my home, Land of peace.... along with my beloved ShivBaba as his companion.... In fact this is not my body..... Everybody sitting here in the gathering are actually guests..... This corporeal meeting is organized for Godly service on the earth... Actually I am a guest here... I have to go back to my real home after accomplishing godly service....

Om Shanti

## **One Minute Drill – 10** (Sleep on the Lap of Mother Shiva)

**Godly Versions:** - Those who have the stage of perfection will make less effort yet attain greater success.....

**Swamaan:** - I am Shiv mother's caress soul naturally able to set in the state of sound this moment and beyond sound the next moment.....

**Song:** - Shiv Maa ki godi mein aao hum so Jayein.....

**Yogabhyas/Drill:** - I the little boy... smiling... overjoyed like rose... am in the lap of Shiva Mother..... I am playing in the lap of mother absolutely innocent... completely away from corporeal world's useless bustle..... Shiva Mother by taking support of her subtle body swinging me in the swing of her arms..... Swinging and caress in the arms... Mama sometimes seeing my face and showering her pure love... Sometimes by kissing my forehead filling me with all might..... By falling Shiva Mother's pure sight on me... glow of my face enhanced million times and scattering an amazing beauty all around..... My innocent face is resplendent with the glow of spiritual love..... Smile of Mama's face communicating a deep peace in me..... I have the feeling of infinite happiness and pleasure..... I am diving in the ocean of peace..... I am extremely glad seeing my fortune..... That I have found boundless love and affection..... How fortunate I am..... Wow my fortune.... Now I am taking rest in Shiva Maa's lap..... I am feeling sweet sleep..... I am sleeping..... I am realizing myself detached from my corporeal body..... I am going to the incorporeal world.....

Om Shanti

## One Minute Drill – 11 (Master Ratnagar Soul)

**Godly Versions:** - Children know how to move along with the waves, but they do not know how to go to the bottom..... At present, Maya first attacks the intellect of the Brahmin children. Maya first cuts the connection of the intellect through which light, might powers and the company of knowledge are automatically stopped.....

**Swamaan:** - I am Master Ratnagar soul playing with gems (knowledge) by going to the bottom of Ocean.....

**Song:** - Gyan sagar ki gehrai me, main khota hi Jaau.....

**Yogabhyas/Drill:** - When we become weak due to control of others, then Maya snatches our eight powers... and make us disabled and dependent..... Neither we can assess Maya nor take proper decision..... because we are deprived of power to face along with power of tolerance..... and we forget the method to enwrap the expansion into narrow..... in such way we also do not get help of God.... And we cannot put full stop by merging upcoming negative and useless things in us... These things happen due to anger in the feeling of insult and disdain.....

Suppose, some one's impressions of last birth (sanskars) were dirty-vicious... prurient-grumpy... and in this birth, the same impressions are responsible for making of sinful deeds..... then one must do the effort to transform those vicious impressions anyhow..... No matter how much one has to tolerate...!! How much we have to tolerate melancholy...!! Once determined... immediately one has to transform one's impressions..... One must have firm determination that..... By this, one could shut off one's vicious accounts immediately.....

We grant "Sakash" through our physical vision to our blood relations only..... or so called relations..... or we respect them only.... Because intellect is connected to them only..... While having the spiritual vision, we could see all souls of the world as brothers... and could imbibe our title of Master world benefactor.....

Om Shanti

## **One Minute Drill – 12** (State of Master Seed)

**Godly Versions:** - When Father is a point, you too are a point; work is also from point so we should remember only the point.....

**Swamaan:** - I am Master seed soul.....

**Song:** - Jyoti bindu Parmatma se e meri atma, ab chal ker le Milan.....

**Yogabhyas/Drill:** - As per ordinance of pran pyare (lovable more than life) Avyakt BapDada... I the soul am practicing myself being stable in the bodiless stage..... I am child of Seed Father Master seed soul... seeing myself away from corporeal world of 5 elements.....

This corporeal world, beyond the corporeal region in incorporeal world..... I the soul am in front of point Father..... How pleasant scene it is..!! the meeting of soul and Supreme soul..... (Enjoy fully this eye capturing scene.....)

Beyond the elements in this region everywhere light is visible..... amazing atmosphere of peace is here..... Realizing only and only peace everywhere..... there is not even a single bustle of thought in this region beyond the voice..... I am realizing the state of deep silence..... (Sit back comfortably in the seed state... and pick up plentiful joy of this original form.....)

Om Shanti

### **One Minute Drill – 13** (Experience Stage of Detach from Body)

**Godly Versions:** - BapDada is asking you whilst keeping your perfect stage in front of Him, whereas you are thinking whilst keeping your past efforts in front of you.....

**Swamaan:** - I am Master Seed soul attaining elevated complete stage of soul... practitioner of subtle stage with in a second.....

**Song:** - Iss Jag se alag reh ker roohan, uss rab se rooh-rihan karo.....

**Yogabhyas/Drill:** - I the soul don't need even this body... Body, entire physical senses of body are becoming completely silent... and loose.... Want to speak but can't speak.... while seeing remain unknown..... I am realizing myself in the deep posture of thinking..... Such stage, where deliberation automatically stops..... As if I am going into the deep silence while thinking..... Thoughts are getting stable..... realizing un-worldly pleasure..... I the soul am realizing myself near the Supreme Soul in the stage of Master Seed.... Enough..!! Just looking at absolutely silent... lightsome... Seed Father.... Joy to see Him.... This ultimate festive moment.... how unique experience it is.....

Realizing the deep stage of silence..... not even a single thought..... complete silence... Carefree... but experiencing very-very powerful stage..... The mighty showering rays coming out from Seed Baba..... giving me massive strength..... Soul realizing its complete state automatically.....

Om Shanti

## One Minute Drill – 14 (Vardani Stage)

**Godly Versions:** - As you progress further, service will be such that you will have great need for a far-reaching intellect and the power of discrimination.....

**Swamaan:** - Endowed with all might by Supreme soul Shiva, I am devotee's favored... mother of world... eight power holder Maa Durga.....

**Song:** - Jan-Jan ka kalyan kare tu Shiv ki shakti hai naari.....

**Yogabhyas/Drill:** - (Bud gets strength from seed... the roots.....)

I am soft and delicate little bud of Rose.... My embodiment is very mild.... eight petals are covering me... which protects my softness forever..... Through Seed, I constantly attain Sakash and might.... I also get my food from Seed... and remain alive..... These eight petals are my eight powers..... In whose cover I am always safe..... All might, emitting from Baba are coming to me one by one in the form of wheel..... First of all I am attaining endowed rays of intuitive discrimination power from Supreme Father Supreme Soul.... Creator of world... Seed Father Shiva.... And endowed rays constantly falling upon me in the form of a petal rising above and getting stable in the form of a shield around me.....

Now from Baba its co-operative endowed rays of "Judgment Power" are falling upon me..... And another petal in the form of "Judgment Power"... is getting stable besides the discrimination power..... Through these powers I can easily realize the state of Master Ocean of knowledge.....

Now from ShivBaba source of yogik might... I am attaining endowed rays of 'withdrawal power'..... Whereby I am feeling very instinct of the quietness from worldly relationship.... relatives etc. .... And my yoga of intellect raced from temporal is shrinking into Baba only..... Along from Baba attaining constantly with all might endowed rays of power of 'withdrawal' is packing up my all senses... all wishes and all desires too..... Just like a tortoise pack up my all senses... I am feeling myself secure and carefree.....

Similarly I am attaining all might from Supreme Father Shivbaba in the form of petals.... and lotus like flower is blooming around me.... in which I am inside... and Godly might are inhabiting me in the form of lotus flower..... Similarly I the soul sitteth in the posture of lotus endowed with eight might stabling myself in the form of eight powered Maa Durga.....

My devotees and all souls of the world.... adorned by all arms in the form of Maa Durga..... Having vision of my divine image... my adorned image with armaments.... My devotees and all humanity are overwhelmed.....

Om Shanti

## One Minute Drill – 15 (Subtle Meet)

**Godly Versions:** - Can you stabilize yourself in the stage of a point when you are meeting BapDada.....?

**Swamaan:** - Being point... celebrating the meeting with point Father... I am Master Seed soul.....

**Song:** - Hum udke chale jaye uss pyare se vatan mein.....

**Yogabhyas/Drill:** - Look yourself in the Diamond Hall as per your part of celebrating the meeting with BapDada .... Let's go above to the land of peace.... Invoking Shiva Father in the Supreme region.... My lovely Baba, please come down to meet me and to tell me the lullaby of knowledge..... My most beloved Father..... accepting my invoke... creator of world, creator of Trimurti (three images) Supreme Father Supreme soul is coming down.... According to the drama plan in the subtle world holding the certain subtle body of Brahma BapDada is coming down to the corporeal world.... enjoy this unimaginable... rare... unforgettable... un-worldly divine scene..... Master of 3 worlds... taking support of elevated and greatest soul of world cycle subtle body Brahma Baba accepting the invitation of multimillion fold fortunate soul... coming to celebrate the meeting with me in the corporeal world.....

(Let's see sitteth Supreme Father Supreme Soul Incorporeal Shiva coming down from subtle world in the subtle body of Brahma..).... Entering in the body of Dadi Gulzar, the physical medium of BapDada, down in the diamond hall..... Shiva Father has come in the Diamond Hall.... (Let's feel Seed ShivBaba in the original incorporeal form only...)....

As Shiva Father enters, realize as if the physical body has disappeared and incorporeal embodiment of Shivbaba is in front of me..... I the soul also renouncing the corporeal body, being stable in the avyakt stage, becoming a point... celebrating the meeting with Point Father... Innumerable rays of all might emitting from Shivbaba is falling upon me the point soul..... Due to showering of these rays, I am becoming very light..... My embodiment is becoming very bright and powerful.....

I am feeling as if Baba has granting me the strength to accommodate all might of him..... Accommodate all powers emitting from Baba that is accommodate force (Father) Himself in me..... I am accommodating Baba in me..... I am becoming mass of all might.... I am becoming light... more lighter... I am becoming embodiment of might.... I am realizing myself Master Seed child of Seed Father..... I am becoming as equal as Father..... Baba has overflowed me.... I am satiated... I am contented... I am carefree... I am becoming complete..... I am becoming as equal as Father.....

Om Shanti

## One Minute Drill – 16 (Double Light Angel)

**Godly Versions:** - Have you become your own drill master...? Your feet should not be on the ground.....

**Swamaan:** - I, flying through the wings of mind and intellect always playing in the lap of imperishable BapDada am double light Angel.....

**Song:** - Mein farishta tann ka malik udd chala gagan mein.....

**Yogabhyas/Drill:** - I am a spiritual traveler..... I am just like a little boy... roaming in the celestial sphere with my Father.... holding the image of an Angel... I am in the curve of white light..... a divine light is spreading all around me.... I am source of infinite energy..... Wearing the bright clothes of white light, I am flying with my Father promenading the celestial sphere... My lovely Father... flying like Hanuman carrying me on his shoulders.... I am looking this mesmerizing scene of earth from the space..... While passing through little big countless clouds... I am feeling an indescribable joy..... How thrilling it is to see from the top to downwards.... Aahaa..!! The earth is looking so lovely from here.... Now I am granting 'sakash' along with my lovely Father to all humanity along with nature..... innumerable rays of might emitting from Father passing through me the little Angel scattering far-far away in the entire world.....

All humanity forgetting their sorrows and pain... realizing ultimate peace... and imperceptible joy..... My lovely Father getting me bath in the waves of light making me powerful..... Infinite streams of light passing through me are soaking the whole earth..... The conversion is taking place of lakes... springs... and mountains..... Nature along with 5 elements giving thanks to my lovely God Father..... My lovely Father taking me through copious cluster of clouds.... While flying many white clouds like chariot are passing very close to me.... As if I am playing with them... their exciting touch making me merry..... Having closer look of clouds like divine chariot my heart is getting blithe.... my lovely Father makes me realize again and again the pleasure of the touch of clouds.... vibrating water of rivers many people wandering here and there seems excessive lovable from above..... Sound of springs flowing with great velocity seems to invite creatures for dance..... Extensive form of mountains.. trees.. leaves... and flowers have imprinted an indelible mark on my soft heart..... I can clearly see my future state fortune..... Having a look of eye capturing scene of the nature my heart is getting cheered..... I can not forget these extremely enjoyable lovely moments spent with my beloved BapDada.....

Om Shanti

## One Minute Drill – 17 (Master World Benefactor)

**Godly Versions:** - Be egoless and incorporeal and then you will become one who has adopted the ornaments... This is Manmana bhav and Madhyaji bhav.....

**Swamaan:** - I, through my image of blessing... Master world benefactor make all souls to have vision of God... am Pure Angel.....

**Song:** - Chaitanya dev iss dharti pe aaye.....

**Yogabhyas/Drill:** - I am sweet Angel of purity by moving in celestial sphere promenading to entire world..... In this modern era, spirituality has completely disappeared..... Everywhere vices... corruption... vicious empire... is on its extreme point.... Foul odor of impurity... bad impressions... sinful deeds... emitting from human souls pervading to the entire world..... In such situation Supreme Father Supreme soul has ordered me to go to the earth only for service to spread the rays of purity... happiness... peace.....

I am taking the rays of all virtues and all might from Supreme Father and constantly flowing to the entire earth..... Powerful endowed rays of purity... happiness... peace... coming out from me are spreading to entire world and making human souls pure by touching their hearts.....

Heart of demonic natured human is getting changed.... Hatred is originated for abominable duties, misdeeds done by them... Having realization of vices, they are taking firm determination to get free from them.... Atmosphere of panic-chaos pervaded everywhere is gradually getting calm down.... Sin has to end by achieving its misadventure.....

Sinful deeds knowingly-unknowingly done by human souls themselves after bearing harsh punishment are getting free from them..... Constant rays of all might coming out from me the Angel, granting them help to be free from vices..... easily they are attaining liberation..... They are having visions of their favored deities from me.... through me they are having vision of the true image of Supreme Soul..... They are becoming happy to have the vision of their remover of sorrow... giver of happiness imperishable Father.....

They are feeling happiness after forgetting their sorrow & pain... Fearlessness is originated instead of fear in them..... They are becoming satiated after quenching thirst of many births..... they are happy... they are overjoyed... Becoming free from sins all souls are returning to their home (Land of Peace)... They are attaining liberation..... They are achieving end.....

Om Shanti

## One Minute Drill – 18 (Heir / Inheritor Quality)

**Contrast:** - Draupadi ⇨ Sita ⇨ Parvati ⇨ Lakshmi (Inheritor Quality)

**Godly Versions:** - Always consider yourself to be combined and Service done through this combined form will create heirs.....

**Swamaan:** - Beyond the sound being stable in the subtle state... telling lullaby of knowledge to all.... I am simply an instrument soul.....

**Song:** - Banaya humein Jisne gyan sitare.....

**Yogabhyas/Drill:** - We will start with wielding spinner of the discus of self realization in the intellect..... for 63 births, I the soul was living life like Draupadi... birth by birth burnt in the fire of vices and bearing disrobe and was calling out my protector..... On hearing my tragic call my protector came and rescued me moment by moment to be naked..... He made me (Sita) sit in the garden free from sorrow from garden of sorrow.....

O, Site... you are my companion... companion of Ram... You are beloved (wife) of Supreme soul Rama who bestows happiness to all..... Due to exceeding the lines of limits of your own imperishable beloved (husband)... you got stuck in the prison of vices called Ravana... and you were calling to get liberation from the bondage to your imperishable beloved Rama..... Now I have come... and telling you my own introduction... So, hey Site... recognize me.... and hold the fast to carry on all relations only with me.... And by giving my introduction to me you met me myself.... You introduced yourself and also reminded to me my real identity..... Side by side by telling me the story of beyond region brought me Parvati out from the world of sorrow and showed me the path of my real home.... And again by giving me the state fortune of future golden era's world empress made me authority of Lakshmi status.....

Om Shanti

**One Minute Drill – 19** (Resident of Subtle World / Stay in Angelic World)

**Godly Versions:** - This habit will save you from going to court.....

**Swamaan:** - I am resident of Subtle world only.....

**Song:** - Farishta roop rach kar, deh ka bhan taji kar.....

**Yogabhyas/Drill:** - Let's invoke by sitting on posture of lotus... Yourself as an embodiment of Angel coming out from forehead..... I the Angel, by taking most subtle form, am coming out from my forehead..... I the Angel, taking subtle form with the speed of light... beyond the world of 5 elements... beyond the sun, moon and stars... reach to the un-worldly region..... I am looking myself on the world globe.....

By sitting on the globe in the most subtle Angelic form; I the soul sitteth on my forehead connecting connection straight in the Supreme Region to Seed Father Shiva..... After connecting with Baba glow of me the Angel enhances millions time..... I the Angel realizing myself extremely powerful.....

And through the body of light colorful constant rays, scattering to the entire world in the form of little beads..... Rainbow coloured beads coming out from body of white light seems as if, Baba is coloring the children of entire world with the colour of attachment through me, the trustee Angel..... Baba's unique love is unmatched..... and so is His benefactor method to make his children complete pure... peaceful... calm... all virtues complete.... Really how lucky I am.... that Baba has made me his companion for the work of welfare of world transformation..... Made me as a trustee and gave pen in my hands to write my elevated fortune... by saying this... Sweet Child, make an elevated fortune for 84 births..... How much should I thank to my imperishable Father, that I would be claiming the chance to make the fortune for cycle by cycle.....

Om Shanti

## One Minute Drill – 20 (Master Almighty Authority)

**Godly Versions:** - This is a drill for the intellect... those who have developed that practice cannot stay without performing that drill... You must make this practice easy and constant at this time... Those who have such a practice will be visible to many souls as those who give the practical vision of BapDada.....

**Swamaan:** - I am Master Almighty Authority endowed with Godly Authority.....

**Song:** - Apni anant kirne baahein sa pasare, Gun-Shaktiyon ki mala.....

**Yogabhyas/Drill:** - Baba is looking to me with very powerful sight.... His sight has so much glow.... that I can not see towards sight of BapDada even for a few seconds..... It seems like Baba is burning to cinder the slime inside me..... He is cindering vicious like slime through the vision with volcanic rays, of me the soul..... How volcanic embodiment of Baba is this...!!... This is the volcanic form which will cinder vicious/sinful deeds like dirt of many births in a moment..... My inner is being purified..... Godly light is merging in me..... I can not see Godly sight constantly... even for a second..... embodiment of extremely fiery rays are constantly falling upon me from the Supreme Soul Father..... These showers of Godly might are merging very deep inside me.... And making me extremely powerful..... I am deeply realizing Godly might in me..... (Sit back in front of Power House and get charged you soul as like battery....)

Body of me the soul is becoming such as ablazed volcano.... In which innumerable volcanic rays are ablazed... Just a touch of these rays... Vices as like demonic rituals scum is cindering with in a moment.... This bunch of destructive rays, flowing from Almighty Father Supreme soul... is showering constantly as havoc on demonic ritual... vices... mischief of me the soul..... and demonic rituals are holocaust from inside me.... Now these volcanic rays flowing towards outside from me.....

My body is now converting into light.... and the bunch of golden volcanic rays flowing from it..... Wherever these rays are flowing... the atmosphere of nearby... holocaust is coming in the demonic things..... All slime is burnt and getting cinder.... and merging in these rays..... now these rays are converting in the form of thick lava..... And impact of these appearing on 5 elements of nature.....

5 elements of nature are glowing by becoming clean and clear..... Glow of earth is increasing.... Bad impact of demonic vices is getting destroyed... and earth once again blooming by claiming its original form.... Fragmenting... glowing... Gradually rays coming out from Father Supreme soul are becoming calm now..... Their glow becoming calm again granting vision of their cool embodiment..... I the soul am also attaining my eternal original embodiment..... Now I am in the curve of light realizing myself in the embodiment of might.... This is my Angelic to Incorporeal stage.....

## One Minute Drill – 21 (Fully Incorporeal)

**Godly Versions:** - The incorporeal, viceless and egoless stage Or the corporeal body, the corporeal world and sinful thoughts...??? Check it...!!

**Swamaan:** - I am on this world stage, unique from all... and lovable special soul of God Father.....

**Song:** - Yogi Pavitra Jeevan kitna sukhad salona.....

**Yogabhyas/Drill:** - I am extremely subtle pure embodiment soul..... I am Master of this body and King of the physical senses..... in real form, I am absolute pure soul..... I am detached from this physical body..... Rays of purity constantly spreads from me..... Light of purity flowing all over and pervading to the world..... I have infinite might of purity.... I am light... Light of purity... my light of purity can destroy all the sins..... I am absolute Pure... I have got healing power..... I am sitteth in this body.... a sparkling star in the center of forehead..... Now I the soul coming out of this body... and moving towards up above.... and reaching to the divine light... Where there are white light more than thousand moons..... This is subtle world.... which is residence of subtle world holder Avyakt Brahma Baba..... I am also in subtle body... My unworldly Father subtle formed Brahma Baba is there in front of me..... He is admiring me with lot of love... He is granting me sight... I am being overwhelmed in his love attaining light might from his vision.... I say with love- Baba!! Good morning... Baba says Good morning my child... Always diamond morning for you... I ask- Baba do you love me also...! Baba says, you are light of my eyes..... Lovable more than my life.... All my love is for you.... Baba has come only to give you lullaby of love and quenching thrust of many births..... listening Baba's answer my mind is dancing as like peacock..... Baba is granting me powerful sight... I am getting subtle... more subtle... Absolute subtle... And being a point of light flew to the Supreme Region.....

Now I am at Brahma Lok, where... Ocean of purity resides..... My Praneshwar (lovable more than my life)... point of light... ShivBaba... He is in front of me... I am admiring him... rays of white light of purity are

spreading from him all over..... His infinite glow granting me imperceptible/boundless joy..... I wish I could admire him constantly like this..... This is my meeting with my Praneshwar Supreme Father.....

His rays of purity are absorbing in me..... my light of purity is increasing..... constantly his powerful rays are falling upon me..... this purity is making me delightful.... My heart is getting calm.... I am realizing that taking pure food of purity... I the soul am getting completely satiated.....

There is only purity all around.... Finding the vibration of purity I the soul vacillating in imperceptible joy.... engrossed in Ocean of purity.... My heart wants to live here only, forever..... These memorable moments are passing away..... I the soul, being bountiful, am returning downwards... and coming back to this body..... Pure vibrations are spreading from me everywhere..... I am very subtle... Absolute pure... Conqueror of Maya... Purity is ornamentation of my life..... Now for the whole day, I will be adorned with this ornamentation..... Impurity of lust-anger can not stand before the power of purity..... All humans in this world are my brother and sister..... They all are pure souls too..... I am seeing everyone with pure vision..... By giving pure vibrations to all making them realize happiness and peace..... I am self sovereignty soul..... Conqueror of Maya... Complete... Endowed... same as Father.....

Om Shanti

## One Minute Drill – 22 (Vision of the Form)

**Godly Versions:** - Whilst walking and moving around, they will have vision of the angelic stage... When the upheaval takes place, you will not be able to do any service through the physical body... the influence will also spread through this service.....

**Swamaan:** - I am resident of subtle world Angel... worthy instrument for service in the curve or light incarnated on this earth.....

**Song:** - Farishton ka dekh lo anokha ye sansaar.....

**Yogabhyas/Drill:** - Land of Abu is blessed... on which Angels are roaming here and there..... Whither is being seen, the Angels seem roaming..... As if leaving the world of Angels, all Angels have come down to this earth..... How amazing scene is this... which constantly I wish to admire..... Everywhere Angels are granting their selfless attachment... guileless love... and full of harmony divine spiritual sight on all souls... and make human souls realize of ultimate happiness... peace and joy..... Whatever be the culture of soul having vision of these Angels are experiencing immense pleasure..... Souls surrounded by sufferings-anxiety problems forgetting their sufferings and pain... admiring these Angels without blinking eyes..... Their eyes are lodged on the Angels... They are having vision of their favored deities in the Angels..... The simplest and ordinary souls are also forgetting the awareness of the body by having the vision of this divine image.....

They are easily stabilizing in the embodiment of light.... The powerful state of embodiment of light-might of Angels, easily experiencing the soul the subtle form... Through the Angelic form, souls are able to see clearly the path of their original Home Supreme Region... Land of Peace... Land of Salvation..... They are realizing the rays of God... Attaining these rays they are being liberated....

Om Shanti

## One Minute Drill – 23 (Rapt with Godly intoxication)

**Contrast:** - Aim/Target ⇒ Impression ⇒ Godly intoxication

**Godly Versions:** - Are you easy yogis, the natural yogis, the constant yogis, the karma yogis, the most elevated yogis, able to create whatever type of thoughts you want on the basis of the knowledge given by Baba, the Bestower of Life, and to stabilize yourselves in that thought, at that time, for as long as you want.....

**Swamaan:** - I the soul am master of all might... power to think.....

**Song:** - Atma darshan swayam ka darshan.....

**Yogabhyas/Drill:** - I am a point of light.... I am light.... I am might... I am pure in my original form..... I am pure..... I am immaculate..... I am viceless in supreme region.... I am unaltered..... I am karmateet soul who is free from all the karmic bondages..... I am in a volcanic form..... I am embodiment of light and might..... vibrations of purity are spreading all around in the atmosphere from me..... Sweet Baba, you are ever pure..... you give me the blessing of purity..... now you have made me a medium to give others the boon of purity..... I am image of support (Adharmurt)..... I am image of upliftment (Uddharmurt)..... I am Master Purifier..... I, the point of light also purifying the nature through my pure vibrations.... Light.. Might.. Purity.. and the rays of knowledge showering on me and spreading all around from me..... I am light... I am Pure... purity is my stage only.... this is my godly birth right..... I am live light..... I am in the aura of light.... devoid from the shadow of maya, I am an angel..... I am detached from five elements..... Baba!! I am floating in the ocean of purity.... pure intellect, pure vision, pure thoughts, pure state..... what a serene, pure and beautiful stage it is..... I am engrossed with your sweet thoughts only..... situated *only in* your love.....

Om Shanti

## One Minute Drill – 24 (Incorporeal Embodiment of Soul)

**Godly Versions:** - A constantly victorious soul is one who has yuktiyukt thoughts, words and deeds.....

**Swamaan:** - I am constantly victorious soul having tactful thoughts... tactful speech... and tactful acts forever.....

**Song:** - Atam darshan swayam ka darshan.....

**Yogabhyas/Drill:** - Gradually shift your focus along with awareness from different parts of the body..... Start with feet and while going upwards to the forehead do relax your muscles..... you will realize such as... your whole body is in rest..... now focus all your attention behind the eyes and at the center of the forehead.....

The thoughts which are coming just like waves to your mind similar as Ocean..... Let them come... and release them to go... You should watch this scene being detached..... You will find that gradually waves arising inside you are merging in the mind as like Ocean..... and frequency of your thoughts are getting down.... wait for a while... and gradually see your mind getting calm down..... Would have such realization that you are calmer than before.... If still thoughts are coming, then do not pay attention on it.... You will feel from inside that... you are now ready to listen your inner peace... now enter to the space you have prepared inside... and create a powerful thought in you....

I am a point of light.... Incorporeal soul.... Different parts of the body are my attachments..... I the soul see through my eyes... speak through my mouth... Listen through my ears.... And think with the mind..... I do all the work through the hands and feet... walk... but I am owner of all these organs..... Master... Master of mind and intellect... Eternal... Imperishable... I am incorporeal... I am a soul... just a soul.....

Om Shanti

## **One Minute Drill – 25** (Self Sovereignty Authority)

**Godly Versions:** - Only those who glorify BapDada's name can become complete, the same as the Father.....

**Swamaan:** - I am self sovereignty authority soul driving mind-intellect-impresions as per my order.....

**Song:** - Mein atma hoon, meri Shaktiyan Mann-Buddhi-Sanskar...

**Yogabhyas/Drill:** - I am very-very sweet soul of sekrin Baba... Baba made me sweeter by giving me sweet-sweet vision.... In this sweet-sweet sight along with love... might also filled..... It seems like if Baapdada is making me embodiment of power along with love..... By holding this affection and might in me, I am realizing myself in the state of light-might..... My mind-intellect is completely under my control... Through this powerful sight jealousy and waste talks inside me are being lost..... and I the soul am becoming sweet... very sweet through the power of remembrance..... And as sweet thing sticks very easily... Likewise I am also sticking to sweetest BapDada..... Baba is embracing me by calling me as sweet child-sweet child..... I have to reveal this sweet image to the entire world..... And make all souls realize the sweetness of love of imperishable Father.....

Om Shanti

## One Minute Drill – 26 (Like Father Brahma)

**Godly Versions:** - You are the true Vaishnavs whose activity is according to your name and those who become the embodiment of whatever thoughts you have.....

**Swamaan:** - I am powerful soul as same as Father Brahma, embodiment of knowledge... embodiment of Might... embodiment of remembrance... and embodiment of all virtues.....

**Song:** - Mein avinashi shakti hoon.....

**Yogabhyas/Drill:** - I am unborn-immortal-imperishable soul..... I have come from Supreme Region to play a beautiful part on this world stage..... My original home is Supreme Region..... I had incarnated on this earth thousands years ago from now.....

I have spent first two eras in complete happiness and joy.... During that period I used to be complete viceless.... Soul conscious... Not with standing rich in physical pleasure, I had no attraction towards materiality... but after the Copper age my all happiness has incised.... and now again on this confluence age God himself has come and given me the awareness of my true image....

I am soul.... embodiment of peace... embodiment of love... Embodiment of happiness and joy..... Bliss is my nature.... Happiness is my asset.... I the soul am absolute happy by sitting on this chariot.....

Vibrations of happiness are flowing all around from me.... These vibrations are making many souls realization of happiness..... Now I travel towards upside by coming out of this body.... I am enlightened light by crossing the celestial sphere going to my own home... This is Supreme Region... Covered with golden light... Bountiful with complete Peace.... This is my home....

Here I am completely silent and blissful... giver of happiness is near me.... Ocean of bliss my supreme loveable Supreme Father.... Seeing him, there is no limit of my happiness.... my pores are blooming.... He is my lovable more than my life Supreme Father God.....

Aahaa..!! I have reached to my Supreme Father..... He is the same whom I was remembering birth by birth..... He is the same; I was suffering a lot to have whose glimpse.... Ahaa..!! Lovable more than my life Baba..... At last I have reached to you.....

By meeting you my sorrow of many births is getting over.... By coming to you I am engrossed in the Ocean of happiness.... Beyond from all sorrows, I am getting blessed by finding your cool shadow of love.... You are my beloved.... How much I discovered you... but nobody told me your address then you yourself have called me.....

Aahaa!! Doors of my fortune are opened..... By finding you, I have attained everything... Baba is saying, Sweet child..! You are light of my eyes.... As you love me... I also dwell you in my eyes.... by seeing your sorrow, I have come to you to take away your pain.... you are my very sweet child.... My all is yours.....

Now rays of Praneshwer Supreme Father are falling upon me..... I am overwhelmed by attaining His vibrations.... After filling myself with happiness, now I the soul gradually coming down... and entering into my corporeal body.... I am feeling imperceptible joy.... My mind overflowing with joy....

Now I will live my whole life with happiness and joy.... My all sorrows are over..... I have realized that happiness and joy are my individual nature.... Now due to any reason I will not allow to enter any sorrow inside me.....

I am child of giver of happiness.... From now, I will not give anyone grief through my mind... Intellect... and actions... by living happily with everyone, I will make transaction of love and pleasure.....

Om Shanti

## One Minute Drill – 27

(Stage of Bestower of Blessings and Great Donors)

**Godly Versions:** - Make your vision spiritual and divine with in a second.....

**Swamaan:** - I am endowed with all might... adorned with all armaments... great donor... and bestower of blessing almighty authority Eveready soul.....

**Song:** - Dani bano Vardani bano.....

**Yogabhyas/Drill:** - I am Angel resident of subtle world... as per order of BapDada incarnated on this earth for doing service..... This corporeal i.e. body made of 5 elements is not mine but sitteth in carb of light, I am subtle Angel.... There is only light all around me.... I am an image of light.... I the Angel am incarnated on the earth as an instrument for service..... I am image of vision in the form of deity.....

I am the Angel in curve of light.... Aura of all might given by Supreme Father Supreme soul is there all around me..... All might in the form of colourful lights has surrounding me... Surrounded by powers, I am sparkling white costume holder Angel roaming for service on the earth.....

Wherever my feet are stepping, there atmosphere of nearby converted and becoming extremely graceful and scenic..... I am being situated in the form of Master Almighty authority flowing endowed rays of all might to the entire earth..... Finding these elevated rays... human souls are being liberated from their troubles... fear... and worries.....

Thirsty souls of happiness and peace of many births are coming before me as a beggar..... They are crying... O, image of bestower of blessings...! O, image of great donor..! O, our favored deity..! As if they are having vision of their favored deities in my divine un-worldly Angelic image.....

O, giver of happiness and peace...! Please grant us happiness... peace... O, God..!! Please take away all our pains... We are thirsty souls of many births hungry for your merciful sight just for a second.... O, God please give us liberation.....

O, embodiment of might Mother..! Please give us might so that we could overcome of these predicament.... We could get free from these situations.... I am spiritual Angel sitteth in the curve of light, attaining 7 virtues and 8 powers from Supreme Father Supreme soul flowing to all human souls.....

Devotee souls, hungry and thirsty souls- by getting the endowed rays of love... peace... happiness... bliss... power... are being enraptured..... They are satiated..... They have deservedly inclusion of all virtues and might.... they are becoming endowed in might.... now they are capable to tolerate them and to face the problems and troubles.....

They are liberating from problems... difficulties.. and sorrows of many births.... Two Blessing words sprouted from my Holy mouth i.e. “May you become endowed with happiness and peace” are becoming alternative for them to open the door of liberation... liberation of life.....

They are grateful to achieve the blessing to be Happy... Peaceful... They are enrapturing.... Just through my vision, they are able to visualize the path of their original own home i.e. Land of Peace..... They are being liberated.....

They are becoming free from bondages of actions (karma).... They are becoming debt free.... They are becoming serene.... By doing the duty of taking away their sorrows and liberate them from their pains... I am realizing immense pleasure and happiness..... After liberating them, I the Angel moving to another side, where many souls distraught of grieves and pains are invoking their favored and sustainer.....

Om Shanti

## One Minute Drill – 28 (Light-Might House)

**Godly Versions:** - The main serviceable instruments, who are to claim the throne to the fortune of the kingdom, will continue to give light to many places like a revolving lighthouse.....

**Swamaan:** - I am resident of subtle world Angel.... worthy instrument for service in the curve of light incarnated on this earth.....

**Song:** - Mein hoon Farishta.....

**Yogabhyas/Drill:** - Land of Abu is blessed... on which Angels are roaming here and there..... Whither is being seen, the Angels seem roaming..... As if leaving the world of Angels... All Angels have come down to this earth.... How amazing scene is this.... which constantly I wish to admire..... Everywhere Angels are granting their selfless attachment... guileless love... and full of harmony divine spiritual sight on all souls... and make human souls realize of ultimate happiness... peace and joy.....

Whatever be the culture of soul having vision of these Angels are experiencing immense pleasure..... Souls surrounded by sufferings-anxiety problems forgetting their sufferings and pain... admiring these Angels without blinking eyes..... Their eyes are lodged on the Angels.....

They are having vision of their favored deities in the Angels..... The simplest and ordinary souls are also forgetting the awareness of the body by having the vision of this divine image.....

They are easily stabilizing in the embodiment of light.... The powerful state of embodiment of light-might of Angels, easily experiencing the soul the subtle form..... Through the Angelic form, souls are able to see clearly the path of their original Home Supreme Region... Land of Peace... Land of Salvation..... They are realizing the rays of God... Attaining these rays they are being liberated.....

Om Shanti

## **One Minute Drill – 29** (Only Baba is my World)

**Godly Versions:** - They will become victorious, free from obstacles and the destroyers of obstacles at the end... This thought is a royal form of carelessness, that is, it is royal form of Maya.....

**Swamaan:** - Always remain in the awareness of 'Only Baba is My World', I am eternal, imperishable incorporeal soul.....

**Song:** - Banke Baba apke, hum kitne dhanwan huye.....

**Yogabhyas/Drill:** - I am incorporeal soul... imperishable Father Supreme soul Shiva's unborn... immortal child... In this confluence age only Baba is my World..... Only He is my Mother-Father, Brother, Friend, Owner, Sadguru, Teacher, Ultimate Benefactor and Protector.....

O my Supreme Father, for birth by birth... after parting from you... I was wandering in the vicious ocean..... You found me... made me yours... and accepted me with all relations... granted me such an imperishable pleasure.... as I am enjoying taste of imperceptible happiness by swinging in the swing of happiness.....

Now I do not have any attachment with physical relationships based on treachery and selfishness..... I am only yours with all relations.... Only you are my beloved Father.... Teacher... Giver of salvation... Ultimate benefactor... Brother... Friend.... Now I have to carry on all my relations with you..... Now only you are my world Baba...!! Only you told me that my original eternal, imperishable image is incorporeal enlighten point form.....

At the beginning of the world when, I the soul had incarnated on the earth for the first time... I had started to play my part by wearing the deity costume..... Then constantly playing my part, now again coming to the confluence age, I have met you Baba.... and now holding back to my Angelic form... Beyond from this corporeal world... I have to go to the world of Angels.... Where renouncing the Angelic costume... I have to be stable in the incorporeal embodiment in incorporeal world along with you..... Only this is my original form... This is my final destination... That is my imperishable home.....

Om Shanti

## **One Minute Drill – 30** (Invoking Souls through the Mind Power)

**Godly Versions:** - As yet, very little subtle service of invoking souls and transforming them through the power of the mind is being done... Souls should be able to invoke other souls and serve them spiritually... Now, experience the wonder of this spiritual activity.....

**Swamaan:** - With the power of silence by the powerful stage of mind transforming vision- instinct of other souls and make them focus on one Father, I am substantiation form introvert soul.....

**Song:** - Aye atmao sun lo Shiv ka yeh shubh sandesh.....

**Yogabhyas/Drill:** - We want to do service of which souls, take those souls in an aura by becoming combined with BapDada.... That place, that entire area, those all homes in which that souls are living, by taking the whole area... Grant the powers attained from Supreme Soul to all souls....

Sit down on a high hill by becoming combined with BapDada..... Sky blue colored knowledge full rays emitting from BapDada..... Colorful rays endowed with all might are falling upon me by coming out from BapDada.....

From BapDada powerful rays of peace and purity are raining or showering upon me.... and these rays passing through me spreading to entire aura.... Impact of these rays accommodated in the aura is falling upon all places and souls.....

All souls by having bath in these rays of peace and purity realizing very deep peace.... At Iron age, souls had never felt this peaceful atmosphere.... Being exited they are searching the source of peace.... They are searching that such pleasant and powerful atmosphere..... Having the experience of which they are becoming very calm and their thoughts are becoming pure....

Waves of Godly love are arising in the heart.... From where this fountain of love flowing..... All souls are coming out from their houses and gathering in an open ground..... and admiring with utmost curiosity up

above towards the sky.... Fountain with divine powers flowing from high peak generating the waves of Peace..... Love..... Compassion... and purity in the souls..... They are being overwhelmed looking to the peak.... Where BapDada and I, the little Angel are sitting together.... Gradually souls have vision of source of these colourful rays i. e. BapDada..... All souls are having vision of BapDada and me as their favored deities.....

Boundless quote of admiration is generated in them.... They are repetitively saluting to their imperishable Supreme Father Supreme Soul.... Their eyes are overflowing with deep and immense love and admiration.... They are forgetting preceptors..... Priests... Sages... of kalyug and getting stable in the remembrance of one Shiva God.....

They have easily realized that.... Till now whatever path they have adopted or followed in search of God.... They were all wrong and they were wasting their time by following those ways.... Souls are remorseful of their mistakes.....

Now they believe that inheritance of forever happiness-peace and path of liberation—liberation of life could be claimed only and only by the true knowledge which is given by God.....

Souls are exploring Brahmakumaris who are sharing the knowledge of God.... Their eyes eagerly searching sentience deities which are giving introduction of God..... They have awakened boundless faith towards these sentience deities.... They are renouncing their home... Family... Business... Going for in search of Brahmakumaris hermitage or center.....

Om Shanti

## One Minute Drill – 31 (The Practice of Concentration)

**Godly Versions:** - Let there be the exercise of the intellect becoming bodiless again and again.....

**Swamaan:** - I am practitioner soul to concentrate mind- intellect, celebrating the meeting with Supreme Soul Father becoming same as Father.....

**Song:** - Tere pyar me jo sukh milta hai.....

**Yogabhyas/Drill:** - I the soul am moving towards the home.... Renouncing the body, beyond the 5 elements of the nature.... Away from bodily world, bodily attraction... beyond the sun, moon and stars which are granting the light to entire sphere day-night, in an unworldly land..... where there is only light everywhere..... In the world of white light... where my full alight body is present in completeness..... Such subtle world, in which deities by holding the image of Angel only could enter the subtle world... That world, where Brahma Baba in his complete and perfect Angelic form in the white light waiting even today for children to be completed.....

I have reached to this world..... Brahma Baba is in front of me as an Angel..... By finding him in front of me, I automatically remember Shivbaba, who transformed him to angel..... Baba, who read the thoughts of mind by eyes, invoke Shivbaba as I create the thought and at the next moment my beloved Shivbaba by entering in the body of Brahma, sits next to him.....

I can see clearly my both worldly and un-worldly Fathers sparkling in the forehead of Baba in the body of white light..... How supernatural, unforgettable and amazing scene is this.... One is master of entire world, Creator of three worlds Supreme Father Supreme Soul Shiva and second one is Father of world, highest of the corporeal world, best elevated soul.... Both are in front of me and have come here to celebrate a meeting with me.....

How unique meeting is this... how much fortunate I am...!! I am meeting him with eye contact..... BapDada's loveful eyes admiring me.... I am

getting blithe by seeing his eyes showering love.... Aahaa..!!... How amazing is this union of Father and child... how beautiful scene is this.... BapDada enrapturing me with eyes by showering love from eyes.... Fulfilling might in me.... Granting me the rays of peace.... Now Baba indicating me to walk up to the Land of peace.... Finding the indication of Baba, I by renouncing my body of light and fly away along with Shiva Father towards the Supreme region....

As if the organs of me the soul mind- intellect have merged..... Heart is experiencing absolute calm or silent... in the state of deep silence, I am entering the Land of Salvation.... House of red light... where... there is light everywhere.... Peace everywhere... No commotion... thoughtless land it is... real home of me the soul.... After a long time, I have reached to my home..... My original home, to my real Father... Father Shiva is present in front of me.... I also sit very close to him.... silent... carefree... unmovable... thought less... in my original seed form stage.....

(Be seated in the state of bodilessness and enjoy the Seed form stage as long as you can...)

Om Shanti

## One Minute Drill – 32 (Found Father, Got Everything)

**Godly Versions:** - Having found the Father, it will be as though you have found everything... You will have the intoxication of having found Him, that you have attained Him.....

**Swamaan:** - Finding the world only in Baba I am God's beloved child.....

**Song:** - Pake tujhko Baba sukh ka saar pa liya.....

**Yogabhyas/Drill:** - I am a soul.... Being beloved child of the Father of world, creator of world, Supreme Father, Supreme Soul, I the soul am Master of the whole earth..... I am Master Trilokinath (Master of three worlds)... I am Trinetri (three eyed) who knows esoteric secret of three worlds and three time aspects.....

Father of world Shiva Himself granted me third eye of knowledge as a gift..... He Himself wants to make me master of the world by being very pleased of me..., At this time, Bholenath Baba has incarnated on the earth to grant me the Kingdom of the world..... He tells me to remain free from all sorrows and problems... and gives tactics to liberate others too.....

I am blessed to find His extreme love..... He dedicates his caress to save me from wandering door to door..... He makes crouch sound by me to liberate all souls from sorrows..... I am complete authority of His extreme love.....

My heart sings only this song... Finding you Baba, I got the essence of happiness, nothing is left by finding you.....

Om Shanti

### One Minute Drill – 33 (World Transformer)

**Godly Versions:** - Now, transform yourself and become world transformers....

**Swamaan:** - I am Master world transformer soul experiencing all imperishable relations with Baba only.....

**Song:** - Hum swarg dhara per layenge.....

**Yogabhyas/Drill:** - I am incarnated on the earth as a great donor..... giver of blessing soul.... Supreme Father Supreme soul incorporeal Shivbaba himself makes me his child and companion and fulfils me with blessings..... Father Shiv adorning me with all might... My embodiment of beginning was endowed with all powers and virtues granted by Supreme soul.....

At the beginning of the world in the Golden age, I the soul incarnated on the earth in complete pure state i.e. bestowed with all virtues... 16 celestial degree complete... and now at the destructive period of the world God himself is adorning me... decorating me with the armaments of knowledge... Making my body genealogical tree.....

On one side Supreme Father Supreme soul Shivbaba seeing me in the embodiment of 16 celestial degree complete..... On the other side devotees and other souls.... Having vision of my adorned image with all armaments i.e. my complete embodiment of eight armed Durga..... by falling of my divine and spiritual sight on human souls... the devotee souls are being liberated from their sinful actions of many births and attaining liberation.....

That means they are liberated from all bondages of body and going to their own Home Land of Peace..... On the other side by my divine smile and by listening to my blessed words..... souls are getting the inheritance of liberation of life (Heaven)..... Only two words coming out of my mouth... opening the doors of liberation-liberation of life for many souls....

Souls are attaining happiness and peace... They are satiated... they are liberated... they are happy... they are feeling grateful.....

Om Shanti

### One Minute Drill – 34 (Detached and Loving)

**Godly Versions:** - The lotus-like stage is to be loving and beyond the attraction of the physical organs whilst performing actions.....

**Swamaan:** - I am master teacher revealing future through my features same as Father.../... I am master creator sitteth on the lotus flower and forever free from all bondages.....

**Song:** - Yogi pavitra Jeevan.../Pavitra tann rakho, pavitra mann rakho.....

**Yogabhyas/Drill:** - I am Master world benefactor teacher holder of white costume..... By fulfilling Godly sustenance in me, make others same as Father's I am responsible soul..... By the Godly teachings make thorns to flower... Human to deity, monkey to worth temple I am Master teacher soul.....

Many people all around who follow me are waiting for my guidance..... I am going to my destination by wearing the white costume..... My divine trend... my quite and serious nature is an instrument for Godly service.....

My easy life and sweet words are inspiring souls... My equal vision... Firm sight... are giving teachings to everyone..... My cool and divine smile... giving life to unconscious faces..... Entire society is trying to follow me.....

I am moving through like a golden fairy wrapped in the white costume..... Entire society is realizing my soft and viceless attitude through my face.... I am walking by spreading my divine vibrations..... Going ahead... My life is like an open book.....

My guileless heart is working as an asylum for everyone.... My life, fulfilled with Godly achievements has become source of inspiration for many human beings.... My indulged and excited face is working as a mirror for humans.... By seeing me they are losing their consciousness..... They are being liberated from many worries..... They are realizing an amazing peace..... They are winding up their business... and following the steps to reach towards the Godly asylums..... Turning back in between, I am granting them Sakash..... I am making them worthy by giving them soul knowledge.... They are realizing Godly image in prevailing sweetness in me.... and singing the song... Whose creation is so beautiful, how beautiful he would be...!!

Om Shanti

## **One Minute Drill – 35** (Practice How to Merge in Remembrance of One)

**God Speaks:** - O, Soul..!! You are mine.... Now you have to settle your remained accounts and go back to your home with me..... For that you have to enhance yogic fire..... Being stable in the state of volcanic embodiment, transform your impressions with intense speed..... This passion will remain.... Only that same tune is engaged.... Now we have to go home.... We need to go Home.....

**Godly Versions:** - Solitude of the mind means to stay in the remembrance of One, and to become stable. This is real solitude... Become isolated from the vibrations all around... Go to the depth of Spirituality.....

**Swamaan:** - I am Sunflower always in front of Sun of knowledge Shivbaba.....

**Song:** - Mere to Shiv Baba ek, dusra na koi.....

**Yogabhyas/Drill:** - I the soul beyond the awareness of this body, seeing myself in Supreme abode in the bodiless state.... beyond the external world peeping inside my conscience, to erase my weaknesses, I am experiencing myself in the remembrance of one God..... My mind is being concentrated... My status is becoming more harmonious... I am feeling intense introversion... I am easily realizing seed stage.... There is no other scene in front of me except the resident of Supreme Abode Shiva Father... I am also seeing myself in the state of seed form....

All might are merged in this state of volcanic embodiment... Through the yogic fire, I am becoming infinite luminous..... A spiritual spring of light is constantly originating from me.... In this stage I can feel clearly the heat of yoga.... the heat of yoga in the body of 5 elements is purifying the elements..... Purification of my impressions is in process... Demonic vision, attitude is being converted into pure... clean... & divine vision..... I can't see anything except the Point... A home of red light and there, I the point soul with my immortal incorporeal Father Shiva..... (Let's be stable for some time in the seed state)... I am very close to Father Shiva..... I the point soul realizing the highest stage..... Extremely powerful vibrations of purity are filling in me from Shiva Father.... I am clearly experiencing my original embodiment of purity.....

I am imbibing Godly virtues like Love... Happiness... Peace... Purity in me..... These are eternal... original sanskars of me the soul.... How guileless stage is this.... well wishes for all soul are automatically emerging..... I am not feeling the necessity to create thoughts for them..... Automatically infinite waves of good-feelings and well wishes arising for all... There is no trace of jealousy... malice... or expression of hatred..... my original embodiment is such as having the feeling of welfare to all.... I am Master world benefactor soul of world benefactor Shiva Father.....

Om Shanti

## One Minute Drill – 36

(Unshakable in Bustle / In Adverse Circumstances Remain Stable)

**Godly Versions:** - The more upheaval there is, the more peaceful your stage should be, only those who have such controlling power will be able to control the world.....

**Swamaan:** - I am cycle by cycle victorious throne holder soul by the practice of a second remains to be immovable in extreme commotion.....

**Song:** - Ab laut chalein iss Jahan se door, pyare apne vatan.....

**Yogabhyas/Drill:** - O soul..!!.. Know yourself; your birth is not for getting pain from your family and relatives... but this valuable like diamond life... you have to recognize accurately your imperishable Supreme Father Supreme soul and to celebrate meeting with him.....

You have to repeat the part to claim the eternal inheritance of 84 births.... That imperceptible joy... which is sung for Gop Gopis... by knowing yourself as true Gopika of that Gopeshwer (God of Gopies)..... taste the essence of that imperceptible joy... Only you are true Gopika, who by listening the Murli (Godly knowledge) renouncing all relations of the world... renouncing the honour and modesty... ran to their protector... beloved... Girdhar.....

O Radhe..! who engrossed in the tune of Murli..... Come...!! Run to your Girdhar... Mohan... and beloved.... Look..! your Shiva lover calling you with lots of love by spreading his arms..... Come my beloved... come to your eternal beloved..... Now your days of sorrows are over..... See, I have come to take you home..... You were calling that Godly lover in the time of ignorance also..... At your call that Godly lover according to the time has come to take you back to your own home... So come, now get ready to go to your home by absolving all your karmic accounts by the constant remembrance of me (God)..... Standing on the edge of destruction, this is the only work pending in this human world for you.....

Om Shanti

## One Minute Drill – 37 (Godly Message through Mind)

**Godly Versions:** - Godly message... Now that time will come when delusive practices will automatically reveal in front of such practitioner of truth. You don't have to say that your practice is incorrect but it will be proven itself through the atmosphere and vibration of accurate practice.....

**Swamaan:** - I am world server Brahmakumar along with Brahma baap, trustee.. co-operative.. in the means of special work of establishment.....

**Song:** - Yog ke marg per hum bulate tumhe, Aao bhai bano Rajyogi.....

**Yogabhyas/Drill:** - Sweet child, I... Whom you say God... searching me in the temples and pilgrimages.... That I am not only God but also your imperishable other worldly Father..... You have come in the body consciousness that's why you have forgotten your Eternal other worldly Father.....

You were wandering door to door in search of me birth by birth..... Child, now I have reincarnated on the earth on the call of you children.... and once again, by giving you mine as well yours right recognition... I have come to give you the same imperishable inheritance of the heaven.....

O, my darling children..! don't you remember... How badly you were crying.... Facing bad luck... by stripping of everything of your body, mind and wealth.... Wandering in search of me..... To get and in search of transient happiness- peace you have done my devotion for past 63 births..... Austere... chanting- penance, rules and fasting.... Continued to serve me.....

Now I myself have incarnated on the earth to meet you.... Recognize me... Be mine... darling child, claim your fortune to be called as Godly child.... recognize me accurately... Get connected with me... and claim the inheritance of eternal heavenly state fortune of future 21 births.....

Ohho Baba..!! Only you are my imperishable otherworldly Father..... only you have been loving me truly birth by birth..... Only by staying in your shield, I had attained my real introduction.... only you had taught me to

remain in the self-honor..... When everybody in this world rejected me... avoids me..... only you have accepted me Baba by being my true companion..... Godly friend... relatives... Only you embraced me Baba!!.... By picking me up and make me sit on your shoulders Baba..... Whenever my bodily family treats me as unknown... Baba, then you created whole godly family for me.....

My sweet Baba..!! I remember that time... When in the whole world no one was with me even then... You did not leave me... Baba only you always remained with me..... I was such a fool that though you were present in front of me, I could not recognize you.... But still you were with me.... Always there for me... lived with me only... You console me... continued enduring... you have been handling me..... O, my sweet lovely Baba..!! How much should I be thankful to you.... My fortune maker... My imperishable Father.... Baba thanks to you again and again.....

Om Shanti

## One Minute Drill – 38 (The Magic City Madhuban)

**Godly Versions:** - Sound of commotion around the time of end, which would be very tragic/painful..... Scene would be also very terrible.... If you already don't have practice of not to look while looking, not to listen while listening... then in the end by seeing this ghastly scene you will get fail marks in the paper of one second.....

**Swamaan:** - I am 'server gem' of the magic city Madhuban.....

**Song:** - Anth samay aa jaye to, hothon pe tere ho muskan.....

**Yogabhyas/Drill:** - We will practice to incarnate to the corporeal world from incorporeal world via subtle world..... I the soul, bodiless... am in the incorporeal world, Supreme region..... I have to go down to the physical world for service..... We will walk towards subtle world by leaving the incorporeal world.... By wearing my body of light in the subtle world will walk down towards the corporeal world..... Hold on for few minutes on the world globe... In this avyakt stage, we will take all might from Shivbaba from Supreme region.....

Just a single thought of me, constant rays of all might are falling upon me from Shivbaba..... Through this shower of might, my lighten body is extremely glowing... and my embodiment is becoming full of light luminous diamond.... Constant flow of these powers is passing through me and falling down to the globe..... Wherever these rays are falling on the physical world, there near by earth and human souls are getting free from the blackness of vices... and their bodies are becoming clean and clear.... Such scene appears as if Angels are roaming in this part of the corporeal world.... Here as if the bad odour of body and bodily material has destroyed..... Though living in the corporeal world realizing as if to be in incorporeal world..... How unique and powerful stage is this.... living in real, experiencing incorporeal.... Elsewhere in the corporeal world, some vicious souls have raised the violence... Their residents with true heart are calling intensely to their favored deity.... O, our favored deity... O, our life saver... O, our bestower of happiness...! take away our sorrows... please save us from the tortures of demons.... O, God please us... Protect us God.... By hearing the intense calls of devotees, I the Angel, with the wind velocity... flew to that direction, from where these sad calls are being generated.....

As I the angel reach to the place, their sad calls sound much higher..... Due to reaching their sorrows to the extreme, in the life of those souls reclusion is generated with high speed... and they are begging for liberation-liberation of life..... Seeing their pain, attachment free pure waves of mercy... and pity... are coming to

the heart of me, the Angel..... As if my embodiment of Master merciful is awakened.....

By seeing their pitiable situation... I invoked BapDada personally and found that BapDada in His subtle form is already along with me as a canopy on my head..... By BapDada's divine sight, my Master merciful embodiment has awakened..... Millions of constant rays of remover of sorrow... giver of happiness... giver of liberation are emitting from me..... Devotees by just a touch of these rays are getting free from their sorrows of birth by birth..... They are realizing enhancement of their self confidence..... They themselves are feeling secure..... Now they have no fear of sinful souls..... As if they have got the power to face circumstances.... Their fear is terminated finally.....

The vicious souls are now making frantic calls from their persecutors duties... and burning in the fire of deep remorse of sinful deeds done by them..... As if those souls are facing harsh punishments of vicious deeds done by them..... vicious deeds done during their past births are following them like God of Death.... and the souls are searching places to hide their selves from the God of death..... trying to run out here and there by calling help-help-help.... but there is no one to hear their calls.... I the Angel being as detached observer granting those souls... the rays of tolerance power and power to face.... So that they could tolerate hard punishment of their vicious deeds done by them... and being liberated from their sins... also they could find the Godly asylum after becoming pure..... could go back to their real Home Supreme region.....

Gradually these souls are also being liberated from their vicious deeds.... and being stable in the remembrance of One God.... They are constantly admiring to the sky, as if they are begging for liberation..... Souls are becoming attachment free from their bodies..... Now every soul wants to go back to their original Home Peace Abode.... wants to find liberation.....

Only one thought remains to their mind that... this is the time to go back Home... so they could be free from this perishable body.... By accepting these thoughts, BapDada looking at me the Angel with a mysterious smile.... As if his vision is saying that; O, Bestower of liberation..! grant the inheritance of liberation to your devotees.....

By Accepting the subtle indication given by BapDada, my embodiment of Master Bestower of liberation is being emerged and my extremely powerful sight is falling down to the souls..... As the powerful sight falls, the souls are renouncing their perishable body... and flying to the incorporeal world.....

Om Shanti

## One Minute Drill – 39 (Master Ocean of Peace)

**Godly Versions:** - Religious leaders, political leaders, great scientists and the public at large are all calling out for one thing; that there has to be some change very soon.....

**Swamaan:** - I am Master Ocean of Peace... imbibing the Godly powers in me and... spreading the essence of peace to the entire world.....

**Song:** - Shanti sagar ki lehrein Jab-Jab pass mein aayein.....

**Yogabhyas/Drill:** - I am bountiful with Godly powers.... I am Master Donor.... I am holding a divine curve all around me.... An aura of divine light is created around me.... I am inexhaustible reserve of subtle heat.....

All divine powers received from Shiv Father pervade in me.... I am spreading them accordingly to all souls..... There is a crowd of Souls all around me who are suffering from stress... insomnia... and sadness distraught by uncertainty.....

Entire human community is standing around me for having a vision of Shiva Father..... I am standing at the center of entire humanity by holding the finger of Father Shiva..... BapDada is taking the support of my body revealing vision of himself to entire humanity..... I am granting them divine might received from Shiva Father..... I am drenching them with these divine powers.....

Sky high showers of Godly divine might are flowing from me... I am showering these might far-far away to the entire nature... and all humanity... They are getting calm and soft... Their stress is disappearing... They are becoming pure..... They are getting free from the fear of insomnia... sadness... and uncertainty... Souls are realizing that this is the time of transformation..... They have a feeling of peace..... They are going to the deep silence by finding the essence of peace attained from Supreme soul..... I am showering infinite powers to all humanity, attained constantly from Father Shiva..... They are obliged..... Souls are thanking to God by drenching in Godly powers.....

Om Shanti

## **One Minute Drill – 40** (Giving Sakash to Nature)

**Godly Versions:** - Only the one who conquers matter can become Conqueror of the world.....

**Swamaan:** - I am Master nature, Owner of nature, Shiva's unborn immortal child.....

**Song:** - Premmayi sansaar bane, Prakruti ka hum vandan karein.....

**Yogabhyas/Drill:** - Method to give sakash to 5 elements of the nature and method to send the rays of all might through the nature to the entire world.....

**Service of Sky (Unlimited) Element** – I am unlimited world server pure Angel using successfully unlimited endless treasure in the service of the nature..... I the pure Angel am promenading in the skyway.... Rays of purity constantly transmitting from God are falling upon me... and by touching me reaching to the entire celestial sphere..... These rays of purity emitting from me through the celestial sphere are spreading to the entire world.....

**Giving Pure Rays to the Ocean (Water) Element** – I am accommodating all harmful things and situations within a second..... I am Master Almighty Authority, Pure Angel endowed with the power to accommodate..... Powerful rays emitting from me the Angel having power to accommodate all harmful things are going to the Ocean water..... And the vibrations of these powerful rays... through the Ocean water reaching to the whole world.....

**Giving Rays to Sun (Fire) Element** – I am Shiv Shakti... taking the volcanic rays from the Sun of Knowledge Supreme Soul Shiva... destroying the slime of vices from the entire world..... I am co-operative soul of the nature..... these volcanic rays emitting from me, by touching the Sun deity (Surya dev) are constantly scattering to the whole world..... and scorching the evil pervading in the world.....

**Giving Sakash to Earth Element** – I am Goddess of Tolerance facing and tolerating acute and knotty situations..... By taking away bad odour of vices from whole world... and bloom the nursery of pure... ontological fragrant aromatic flowers... I am an assistant soul of Gardener... I am sowing the seed of pure thoughts in the world (earth element)..... By sowing the seeds of well feeling and well wish, I am fulfilling the earth with the ontological thoughts.....

**Giving the Pure Powerful Rays to Air Element** – I am pure embodiment of peace Angel... spreading bountiful rays of purity... softness of peace to the entire atmosphere..... I am walking around the world by air.... The air is becoming pure and holy by touching me... and being bountiful of fragrance of spirituality, pure wind is flowing constantly to the whole world.....

Om Shanti

## One Minute Drill – 41 (Detached Observer)

**Godly Versions:** - Those children who remains in the remembrance of God..... They will not be destroyed in the destruction but renounce the body as per desire.....

**Swamaan:** - I am detached observer soul at the time of destruction situated in the stage of Master world benefactor, playing the part of world server.....

**Song:** - Shiv se yog lagao.../... Antim ghadiyan aa pahunchi hein.....

**Yogabhyas/Drill:** - Destruction is on..... Blasts somewhere.... anywhere earth quakes... elsewhere flood... carnage somewhere.... Each side has a view of death... All around there is horrible sound of crying... beating... fear... and anxiety.....

Entire humanity is making frantic calls.... no salvation appearing from anywhere.... In such situation moths of God are moving in the form of Angels and spreading peace... calmness... & endowed rays of might everywhere.....

In this destructive atmosphere, not a single ray of relief is appearing except moths of God..... Here and there service places of Baba have converted to asylum..... Human souls are trying very hard to find refuge but only some of the souls are succeeding in reaching the asylums..... Rest of the souls, are failing due to opposition... melancholy... and misbehavior... done by them.....

They are doing deep repentance of sinful deeds done by them..... they are crying loudly for their acts of doing opposition of Baba's places.... by crying... tearing... or beating their heart... they are burning in the fire of repentance..... By repenting their sins repeatedly, they are making apologies.... Begging for mercy.... But it appears as if... Ocean of forgiveness... Ocean of mercy... Ocean of love... kind hearted... Supreme Father God Shiva and other unique souls like Father have become absolute detached observer.... Along with Nature Ocean of love, kind hearted Supreme soul is also not in the mood to show any mercy to those souls.....

I too have not seen such hard and strict image of kind hearted... Ocean of mercy Father's lawful DHARMRAJ..... Bearing hard punishments.... Yearning souls having just a glimpse of Baba's Angel formed children..... Having a vision of them, souls are getting free from the pain of many births... and attaining liberation - liberation of life.....

In such time smallest vicious act done by human souls, tiny or subtle hidden vicious act is facing them as holding a horrible image of Lord of death.... and make them repent deeply for the sins, which were done by them..... they are searching solutions to get free from their sins... however, no solution is able to make them free but reversely working to push them in to trough further..... Whatever types of magic, witchcrafts or spells are not capable to do any tiny help of them.... It seems clearly that devotion has become power less and fruitless.....

Now there is only one door left, which can show the path of liberation to those unhappy... turbulent... wandering souls and, That is door of God... Children of God are engrossed in the act to show the path of liberation - liberation of life to these souls.....

What a miracle of God is it... that in this devastating destruction God's beloved children are immune even to the slight warmth of this destruction.... Five elements of nature and other vicious souls could not even touch these Godly children rather they are co-operating with them..... Water of flood is giving way to them..... Fire itself also being calm and ready to serve them... Earth is obeying its duty by spreading velvety grass in their footsteps.....

Where there is view of death everywhere... on the other hand, Godly children experiencing the happiness by having the vision of golden aged scenes..... As if they are absolutely immune from this destruction..... Darling children of Baba in the form of Angels are orbiting the whole world and granting sakash to sad souls.... Showing them path of liberation - liberation of life..... Achieving the path of their real Home, souls are going back to the Home..... They are attaining liberation.... They are being liberated.....

Om Shanti

## **One Minute Drill – 42** (True Real Gopika)

**Godly Versions:** - To be free from bondage means to have a loose dress, not a tight one.....

**Swamaan:** - I am true gopika always singing the song of “true love” for “one lover” with an accurate “way”.....

**Song:** - Ho gayi hai shaam chalo laut chalein ghar.....

**Yogabhyas/Drill:** - O soul..!!.. Know yourself; your birth is not for getting pain from your family and relatives.... but in this valuable life like diamond..... you have to recognize accurately your imperishable Supreme Father Supreme soul and to celebrate meeting with him.....

You have to repeat the part to claim your eternal inheritance of 84 births..... That imperceptible joy... which is sung for Gop-Gopis... by knowing yourself as true Gopika of that Gopeshwar (God of Gopis)... taste the essence of that imperceptible joy... Only you are that true Gopika, who after listening the Murli (Godly knowledge) renouncing all relations of the world... renouncing the honour and modesty... ran to their protector... beloved... Girdhar.....

O Radhe..! who engrossed in the tune of Murli..... Come...!! Run to your Girdhar... Mohan... and beloved.... Look! your Shiva lover calling you with lots of love by spreading his arms..... Come my beloved... come to your eternal beloved..... Now your days of sorrows are over..... See, I have come to take you home..... You were calling that Godly lover even during the time of ignorance..... At your call that Godly lover according to the time has come to take back you to your own home.... So come, now get ready to go to your home by settling all your karmic accounts by the constant remembrance of me (God)..... Standing on the verge of destruction, this is the only work pending in this human world for you.....

Om Shanti

## One Minute Drill – 43 (God of Peace)

**Godly Versions:** - The power of silence is a power that gives an experience.... Only when you make those souls content with the power of silence will they sing praise in front of you souls who are the living bestowers of peace, “O bestower of peace, O bestower of peace” .....

**Swamaan:** - I am sentient light-might house/ Tower of silence, endowed with Godly might granting the light-might to the entire world.....

**Song:** - Mein avinashi shakti hoon, rang mera hai sunhera.....

**Yogabhyas/Drill:** - I am very close to Baba in the Supreme region... and sitting in front of Baba in absolute incorporeal and thoughtless state.... Baba is seeing me by granting the powerful vision..... I am also admiring to Shivbaba constantly.....

Gradually a circle of rays is transmitting from Baba.... Emitting rays from Baba are revolving around like pulley and growing its reach constantly..... Powerful rays of seven colors in a round circle constantly coming out from Baba with intense speed... and an aura created by those rays is covering me.....

I have entered completely in the circle of those rays.... Due to the effect of this aura, a volcanic fire is erupting inside me..... I am feeling heated by this volcanic fire.... This heat is cindering the waste and bad impressions of me the soul....

I am feeling myself very pure... holy... calm... and light..... Continuously revolving circle of these rays is purifying my impressions..... I am realizing again those vanished powers in me..... these powers making me the soul realize deeply my original eternal embodiment ..... I am master of all these might.... All might as per order are always ready to present in front of me for the service.....

I am realizing seed state.... I am realizing myself same as Father..... Now I, owner of all might being Master almighty authority, taking permission from Father Shiva to serve entire world..... Shivbaba granting me permission happily..... Attaining the permission from Baba, I the soul

sitting near Baba... and showering these powerful rays to the entire world from the Supreme abode.....

Downside, at the land of death human souls standing with folded hands in front of me, the Master almighty authority's statue... established in the temples and Shivalayas etc., are bowing and praying..... Their tragic calls are expressing their pathetic and sorrowful stage..... They are standing as a bagger in front of their favored by spreading their aprons and begging for Peace and happiness.....

O, God of Peace... O, God of Happiness.... Please grant us peace.... O, Bestower of happiness, please take away our sorrows..... Thirsty soul's desire of having experience of momentary peace..... Realizing the powerful rays from me the Master Seed soul... They are getting calm.... They are experiencing deep peace... They are feeling pleasure... They are calm and satisfied.... Gradually their sad calls are decreasing.... they are forgetting their sorrows.... Desire of happiness is awakened in them.... They are feeling satiated.....

Om Shanti

## One Minute Drill – 44 (If Not Now, Then Never)

**Godly Versions:** - Is your speed of service within hours or have you reached the stage of serving within minutes and seconds.....???

**Swamaan:** - I am all bondages free flying bird paved the lesson of “If not Now then Never” .....

**Song:** - Mein panchi banker udd Jaau, uss neel gagan ke paar.....

**Yogabhyas/Drill:** - I am flying bird like Father, flying to the Supreme region to my Father Shiva, from the branch like my body..... Passing through the small clouds.... I am promenading the celestial sphere.... infinite sky is all around me.... Flying in the immeasurable sky, I am going to the Supreme abode to my dear Father..... As I move upwards.... I am able to see a big part of the earth..... Land of deity India full of flowers, lakes and streams is now very dear to me..... By seeing it's indescribable beauty I am getting blithe.... Gradually flying to upwards, I am going to the Supreme region..... Now, I am entering the surface of Subtle world..... This is very lovely world... In this world there is breath-taking view all around..... Here everything is heart throbbing.... Its simile is eternal..... Here every view is unique.... It seems here every day is a carnival day like Deepawali.....

Sparkling palaces with solar energy seems like as they are having bath in light..... By crossing them I am moving forward.... Gradually I am entering my Home land, Land of Peace..... My lovely Baba is calling me by indicating through his divine rays... and I am submerging in his rays like arms..... Submerged in his rays like arms, I am feeling profound peace.... I am bound in the bond of affection, being accommodated in his lap of infinite light... He is granting me blessings through his rays like arms.... I am imbibing powerful rays emitting from Him in me..... I am fulfilling myself with Godly might..... I am taking rest in his lap full of proximity.....

Om Shanti

## One Minute Drill – 45 (Dattatreya)

**Godly Versions:** - What is the special task of all Brahma Kumars and Kumaris....??

**Swamaan:** - I am creation of Shiva Trinity Father “Dattatreya” i.e. Brahma–Vishnu–Shankar.... Or I am trustee co-operative brahma kumar in the special work of establishment with Father Brahma.....

**Song:** - Gyan amrit pilata chal... /... Shanti sagar shanti ka sansaar.....

**Yogabhyas/Drill:** - I am creation of Trinity Shiva, Dattatreya i.e. Brahma–Vishnu-Shankar... Supreme Father Supreme soul has chosen me for the work towards service of creating the new world.... As per ordinance of God through the embodiment of Brahma..... I am being the embodiment of divine virtues, godly notions and deity celestial degree... playing my part to be helpful in the act of establishment of deity world.....

I the soul had complete assumption of divine virtues and all might at the beginning of world (Golden era).... Gradually due to entrance of vices as Maya Ravan, those Godly powers and divine virtues started overlapping by vices, evils, bad impressions etc. .... that’s why, I had lost my all divine virtues and celestial degrees and got stuck in the vices by doing vicious acts and became victim of frightful grief... misery... pain... etc. ....

Supreme Father Supreme soul has given me the divine eye of knowledge... made me Trikaldarshi (knower of 3 time aspect)..... made me aware of my vices.... and by giving me the embodiment of trinity through the embodiment of Shankar... showed me the easy and accurate way to absolve my vicious accounts of 63 births through the power of yoga... and gave me the welfare direction to remain in constant remembrance of one God Father incorporeal Shiva like ascetic Shankar.....

In the constant remembrance of Supreme Father Supreme soul Shiva by embodiment of ascetic Shankar, I am practicing to cinder my sinful deeds done during last 63 vicious births, with great harmony... immovable... stable state..... A constant remembrance of One Supreme Father Supreme soul Shiva is cindering my vices quite easily..... I the soul am

feeling extremely light after cindering my sins..... my sinful deeds are being burnt.... Divine virtues are automatically being established in me..... Simultaneously as per my memento Neel-kanth of every cycle, I need to hold the poison like devilish impressions of other souls also in my throat..... means, by living in the atmosphere of things like languor... condemnation... insult... evils... full of deception-dissimulate..... I have to keep myself protected from poison like things..... and by holding this poison in the throat, and I have to protect entire mankind from its effect too.... Through the embodiment of Shankar my duty is to remain constantly in the remembrance of Father and to destroy vices, evils and bad impressions.....

By my third embodiment i.e. quadrilateral Vishnu... I need to play the great part of sustenance by having divine virtues..... Godly assumptions... all celestial degrees along with heartiness, I have to express spiritual love, knowledge full attachment, योग्युक्त spiritual love to the Godly family.... This is my Godly family... with this powerful awareness.. I am doing constant service to make the family monolithic/undivided and obstacle free... Simultaneously imbibing godly assumptions and making deity virtues eternal... These virtues are becoming my eternal impressions (sanskars) within this brahmin life..... Similarly I am holding all might as an eternal impression in me, which is given by God Father..... when these three embodiments will reflect clearly through me... only then I really would be able to reveal the creation "Dattatreya" of trinity Shiva.....

Om Shanti

## One Minute Drill – 46 (Embodiment of Volcanic Stage)

**Godly Versions:** - O Brahmins of the confluence age...! You have to finish the tree of all the different types of accounts of 84 births... You don't have to finish each branch individually.....

**Swamaan:** - I am Master Seed soul accommodating expended tree of different types of branches in a seed, cindering it in the fire of diligence.....

**Song:** - Lagan ki agan mein magan aaj mann hai.....

**Yogabhyas/Drill:** - Realize your body as a silent mountain of volcano..... The top of head now opens like mouth.... and from that comes out a lost luster... tarnished... black gem... and is located above the head..... This is me, the soul.... Who became black by remaining in the awareness of body.... and lost its glow.... Now I the point soul am connecting myself to my true, eternal point Father in Supreme region through the wire of intellect..... As I invoke, millions of volcanic formed rays showering upon me emitting from Father Shiva..... Experience these volcanic formed rays coming upon you for a minute at least .....Tune.....

These rays destroying all coating of vices and all grimness washed out... and I the soul am once again sparkling like pure diamond..... I the soul reclaiming my lost values and becoming very beautiful, absolute pure and extremely powerful..... Realize your eternal point form, just a point .....Tune.....

Now volcanic rays coming out from Father Shiva passing through me started entering inside my body like volcanic mountain.... inside there a bit boil is beginning to rise... By the vivid fire inside, inner garbage is burning to ashes... and physical senses of the body also are becoming pure, calm and soft after cindering their devilish impressions..... The body made of 5 elements of nature and its physical senses are now absolute clean, calm and soft.... And this body is converted into body of light..... Experience your absolute pure embodiment of Angel .....Tune.....

Similar to lava coming out from exploded volcanic mountain.... Innumerable rays coming out from the body of light..... Flowing to all directions... And spreading to entire earth.... Wherever this lava is flowing... the impure atmosphere and slime of impure bodies of human souls as they find a touch of the lava fire, fuses and consumed.... and entire earth is becoming pure, clean and soft..... Impure human souls are claiming their original pure embodiment .....Tune .....

The yogic fire flowing in the form of lava.... Now gradually calm down... whereby entire earth has become pure, clean, holy and soft.....and emerge the Paradise, Golden aged deity world in front of you.... lost in it... experience this feeling for some time .....Tune.....

Om Shanti

## One Minute Drill – 47 (Destroying Sinful Deeds)

**Contemplation:** - To destroy sinful deeds, there is only one stage that is Seed form Stage.... Stay firmly with a single thought, "I am a Point"... in front of Incorporeal Seed Shivbaba in the Supreme region.....

**Godly Versions:** - To be ever-ready means you go as soon as you receive an order..... Once you have the practice of being bodiless, you will instantly have the vibrations of the completion of time.....

**Swamaan:** - I am ever-ready soul, free from fine threads like gold and silver.....

**Song:** - Jyoti bindu se milan ka rang hai nyara.....

**Yogabhyas/Drill:** - I am Master Seed soul... beyond the body consciousness in the Supreme region, in front of my eternal Seed Father Shiva..... From the Honorable Father volcanic form rays capable of consuming sinful deeds..... burning to ashes sinful deeds like slime filled in me the soul.....

Their descendants... accommodating every particle in the purifier ocean of knowledge.... cremating them forever..... whereby I the soul converting into pure gold..... I the soul attaining light, extremely light and might stage.....

My beloved Father Shiva has made me the soul all virtues complete.... 16 celestial degree complete.... Complete vice less.... Aahaa..!! How unique and powerful stage is this...!! I the Seed soul realizing myself as resident of Supreme Region..... Diving in the imperceptible joy... How much should I be thankful to Shiva Father... who trapped in vices... laden with sinful deeds of many births... I the Tamopradhan (worst stage of impurity) soul, bringing back to my original Satoprdhan (highest stage of purity) stage..... Taken away alloy of vices from me... and got me stable in my original eternal.... vice less.... extremely pure stage..... Now I am completely free from many types of subtle threads of gold and silver... and I am absolutely ready to return home....

Many-many thanks to my true Father, true Teacher, imperishable Lover, my Master, my real true Satguru.... My sweet Baba, thank you again and again.....

Om Shanti

## One Minute Drill – 48 (Master Brahma)

**Godly Versions:** - BapDada is especially giving all of you Pandavas the blessing of this special awareness of being constantly victorious, the constant companions of the Father, that is, the companions of the Father of the Pandavas, and of constantly staying in the stage of a master almighty authority, equal to the Father..... At the present time, it is extremely essential to become an image of experience through such incognito powers..... O self-sovereigns, are you content with service of the self? Put aside world service; look at the self.....

**Swamaan:** - Same as Brahma Father holding all might in the form of eight arms, I am eight arms holder Master Almighty Authority.....

**Song:** - Om Dhvani... /... Shiv se yog lagao, Asht shaktiyan pao.....

**Contemplation:** - Melodious waves of Om sound (dhwani) coming out of me, in the form of huge flame of light, touching Shiva Father in the Supreme Region..... In response of Om sound, endowed rays with powerful eight might of Shiva Father falling upon me from Supreme region..... These powerful rays coming from Shiva Father automatically making me light and pulling me in the subtle world..... See yourself in front of light form of BapDada in the subtle world.....

**Yogabhyas/Drill:** - 10 Embodiments of BapDada are in front of me.....

(1<sup>st</sup> Bodiless State, 2<sup>nd</sup> Angelic form, rest 8 corporeal embodiments endowed with 8 Powers).....

I am passing through each and every embodiment of BapDada and accepting each and every might, flowing from him as an arm.....

**Before the First Form** – As Brahma Baba, who had packed up his entire business, whole relations and connections in first meeting... similarly BapDada is giving me the power to pack up everything.... Light coming out from the eyes of BapDada has situated on my shoulder as an arm..... Tune .....

**Before the Second Form** – As Brahma Baba tolerated the opposition of whole community, never afraid of anything, never lost courage; he is giving me that much power to tolerate. Power to tolerate coming out from the vision of BapDada has situated on my shoulder as an arm ..... Tune .....

**Before the Third Embodiment** – As BapDada by listening accommodate things of all children in him, that power to accommodate emitting from the vision of BapDada situated on my shoulder as an arm ..... Tune .....

**Fourth Form** – As Brahma Baba used to discriminate every soul in a second, who comes in front of him, never deceived by any soul, that power to discriminate emitting from the vision of BapDada situated on my shoulder as an arm .... Tune ....

Now, I am in front of **Fifth Form** of BapDada, As Brahma Baba used to listen all things of plaintiffs and give decision without any partiality, He never ever favoured anybody..... He treated all equally..... BapDada giving me that power..... power to judge emitting from the vision of BapDada, situated on my shoulder as an arm ..... Tune .....

**Before the Sixth Form** – As Brahma Baba never cared of wrong and opposing souls, who came to kill him... Instead Brahma Baba tied them in the thread of his fatherly attachment without having any fear.... That power to face coming out from the vision of BapDada and situated on my shoulder as an arm ..... Tune .....

**Before the Seventh Form** – As Brahma Baba, had taken care of unworthy, un-cooperative, souls who insulted others, he had given them true love by saying my child, nourished them for the whole life, gave them co-operation... that power to cooperate coming out from the eyes of BapDada getting situated on my shoulder as an arm ..... Tune .....

See Yourself **Before Eighth Form** – As Brahma Father had sustained many brothers-sisters, giving them knowledge to be and to make pure forever. By being bodiless himself, withdrawing expansion of body and relations of body and inspiring everyone to be stable in the embodiment of soul conscious, that power to Withdraw is coming out from the vision of BapDada situated on my shoulder as one more arm ..... Tune .....

Now I the soul being endowed with 8 powers becoming eight arm holder Master Almighty Authority.... I the soul also like Brahma Father can withdraw my all physical senses... detached from body as “Seed”, for as long as I want to be stable in it..... Waste thoughts deviating me from my eternal stage are now completely finished..... Now I am experiencing completely obstacle free stage ..... Tune .....

Now I the soul being as Master donor, I have to send all might achieved from BapDada to all souls of the world..... I the angel... being stable on the world globe scattering sakash of all might to entire humanity..... Impact of these powers is felt on the entire humanity..... Along with this 5 elements of nature are also being purified.....

Om Shanti

## One Minute Drill – 49 (Double Light Angel)

**Godly Versions:** - Angel never bounds in any bondages.....

**Swamaan:** - I am double light Angel always experiencing the company of Father.....

**Song:** - Mein farishta tann ka malik.....

**Yogabhyas/Drill:** - I the Angel am going out by leaving my body made of 5 elements.... Gradually door is opening of this hut like body.... By holding the body of white light I am being detached from my body..... And by standing away watching my own body.....

I am getting a unique feeling... I am realizing myself completely burden free.... By holding the body of light now I am going towards a river.... and walking slowly at the bank of the river..... I the Angle rejoice in a strange spiritual fun... moving ahead by stepping each step very slowly....

I the soul sitting in the body of light... Spreading all my powers everywhere..... A subtle heat is flowing from my forehead and spreading to the entire earth.... and dissolving into five elements..... Like waterfall, flowing constantly... constant stream of white light... coming out from my subtle body... and making 5 elements pure.....

Their tamoguni (the worst stage of impurity) stage is being converted..... They are becoming clean and powerful again..... Again they are becoming Sato- pradhan and pleasant..... Stream of white light.... Coming out of my forehead.... soaking my limbs... flowing on the earth.....

I am realizing myself extremely calm and full of powers..... This white stream of purity..... Making clean to my transparent luminous body..... Making powerful..... My body is becoming complete pure.....

Om Shanti

## One Minute Drill – 50

(Spinner of the Discus of Self Realization Brahmin)

**God Speaks:** - 63 births worked hard, now one birth is to enjoy... Birth of love, attainments, birth of blessings, to take help, as well birth to find help. Still why hard work in this life? Convert hard work into love....!!!

**Godly Versions:** - Give birth to handicapped children, who sometime do not have mouth, sometime no leg, sometime no arm... Such wasted genealogy is produced. Then what do you do of your creation? (You) Have to do hard work to sustain them.....

**Swamaan:** - I am spinner of the discus of self realization Brahmin chosen by Almighty Authority, holding my five forms time to time.....

**Song:** - Tera vo pyar hai Baba, Jo dikhlaya nahi Jata.....

**Yogabhyas/Drill:** - Today in the morning during heart to heart talk with Baba, he gave one contemplation to the mind that.....

Let's think... what a lovely family God has given to us..... Whom children are we...!! God himself adopted us...!! and gave us mother like Brahma, He has also given us the right to be the part of Godly family..... Never the less takes that much care that His children do not have any misery... for that He gave the solution to keep all relations only with Him, the One only..... sometimes, there could be a bad feeling between brother souls on small matters..... So He has taken initiative Himself to keep every child happy... and still we children instead of having happiness of relations from Him, keep tangling in the worldliness..... Do not take nectar of all joy from that Supreme... He cares for us day and night but we care for everyone except him..... Realize that if we don't have the experience of this happiness then we would never get this again because cycle by cycle this part will repeat.....

O, my most beloved Baba..!! Loving someone else except you is like squandering our imperceptible joy, Baba this family exists only because of you..!! This world of happiness is because of you, Baba..!! If you are not there, then how could this family realize the feeling of imperishable happiness.....

O, my sweet Baba... O, my loveliest Baba, all happiness is with you only Baba...!! You are truth... You are eternal... You are my Godly friend... You

are the one Ocean of love in which, “more deeper I dive, more pleasure I find”  
Baba...!!

Every day in the morning you wake me up...!! If I go back to sleep, then you again woke me up..! Slowly whisper into my ears..... My child, my cherished child...!! get up and see, you are in your Baba's lap.... get up my light of hopes, open your eyes.... Come let's have sweet talks.... This time I am only with you... for you..... Only you and me, no one else...!.. Light of my eyes, wake up and hug me.... When I open my half opened eyes, the moment I see myself merged into your arms..... Those romantic moments..... Those unforgettable moments... Aahhaa..!! How deep... sweet... unique happiness is this Baba, in your arms..... Baba how much carefree I find myself.....

O, support of my heart Baba, please have a sweet talk to me..... say something sweet to me Baba... Make me realize heavenly happiness in your lap Baba..... Even if there would be all happiness at golden age but... the happiness in the swing of your loveful arms Baba, would not get even in the velvet bed of golden age.....

How deep feeling of peace is in your touch Baba..... who would be luckier than me in this world Baba..! who everyday amritvela gets simultaneously the company of God Father Shiva Himself and world's most elevated soul Brahma mother's happiness..... and that too, not for some time rather for hours I will dive in the ocean of happiness..... I have that much ocean of love.....

This Ocean of love is mine...!! I am child of Ocean of peace... Ocean of pleasure... Ocean of love... Ocean of purity... Ocean of all might..... How spiritual intoxication is this...!! How pure and holy intoxication is this...!! which is unable to stop spring of love overflowing from my eyes.....

Baba let it flow this overflowing spring.... and let me swim in the vast ocean of infinite love..... O, my sweet Baba! How much I would love to you Baba.... Despite waking how deep sleep of pleasure is this...!! heart does not feel like getting up..... sit for some time by closing your eyes...! In your Baba's arms... and let plunge into depth of experience.... these are your moments only... Baba's extreme love is for you only.....

Om Shanti

## One Minute Drill – 51 (Master Bestower of Happiness)

**Godly Versions:** - No one else can know you as well as you know yourself.....

**Swamaan:** - I am world creator Father's number one victorious, star of success... Master creator... Master Bestower of happiness.....

**Song:** - Nirman banein - Nirman karein, apne karmo ko shresth banayein.....

**Yogabhyas/Drill:** - I the little Angel having the body of light am promenading in the entire world for service.... In the world everywhere atmosphere of unrest, fear, sorrow and worry is appearing.... All around empire of hatred and violence pervades... all souls are with sadness wandering here and there.... It seems to be like if.... souls are searching their original place.....

In this situation, I the little Angel by riding on a cloud of light... reaching among these souls granting the powerful rays of happiness... Peace... purity and love..... **Sky blue colored rays of knowledge** of light emitting from the forehead of me the Angel reminding the souls of their original embodiment of soul consciousness.....

Wet with the glow of purity, **White rays of purity** sprouted from my face..... washing out their soot of the sinful deeds of many births and making the souls pure..... Finding the power of purity those souls are realizing the communication of peace and love in them.....

All souls are taking the cold breath... they are getting calm... **Green coloured rays of peace** emitting and spreading all over from every breath of me the Angel.... and making deep realization of calmness to the souls.... They are easily getting stable in their original religion "I am the embodiment of peace soul"..... Their heart is getting extremely blithe by attaining the pink colored rays of love.....

Reflecting from my heart constant **Pink rays full of love** making all souls deep realization of Godly love... they are soaking in the Godly love.... Finding the Godly love souls are getting satiated.... Coming out from

Supreme Father Shiva..... Soothing pale yellow spray... coming to me the Angel... making me the realization of spiritual happiness.....

And passing through me these rays are falling upon all souls.... All souls finding the **Yellow spray of happiness** realizing the imperceptible joy.... By attaining this imperceptible joy they are dancing in happiness.... They are praising their favored deities..... Along with yellow rays of happiness **Orange colored rays of joy** awakening the enthusiasm in all souls.....

Souls are getting overwhelmed..... Their muscles are getting fresh.... Souls are having heartily enjoyment and dancing through the body..... Some time ago situation overlapped with sadness... disappointment... fear... Now has transformed and converted into festival of happiness.... Souls are having vision of their favored deities..... Fulfilled in extreme love and zeal... Now celebrating auspicious festival.....

Their fear is getting eliminated..... **Red colored rays of power** coming out from me getting away fear of souls.... They are becoming fearless... all might are flowing in them... they are becoming embodiment of might.... Souls are getting complete in the rainbow rays of seven colors..... They are attaining highest stage of purity.... They are becoming perfect... Now, I the Angel renouncing that place departing to another place.....

Om Shanti

## One Minute Drill – 52 (Complete Viceless)

**Godly Versions:** - Do not go into the stage of falling down even in your thoughts or dreams. That is a stage that does not belong to you.....

**Swamaan:** - I am the doer soul being bodiless... Detached... Incorporeal... through my subtle form... Angelic form... Following forever to Incorporeal Father or avyakt form... I am compliant... Faithful... Obedient soul.....

**Song:** - O Baba yeh apne kaisa Jaadu fera hai.....

**Yogabhyas/Drill:** - Owner of the world Almighty Authority Shiva Baba coming downwards from the Supreme region..... Showering His infinite might, He is coming to the earth..... stream of light coming from Him is soaking entire terrestrial globe..... Gradually He is coming close to the earth..... white stream of might making entire earth pure and powerful..... All human souls are getting happy by seeing the flow of powers coming towards the earth.... by the impact of this pure stream sins of human souls are burning..... Their sorrow and pain are eliminating.....

Being free from burden they are feeling highest purity.... Jealousy... malice... conflict... and emotion of taking revenge pervading in their heart, now being destroyed..... Once again they are imbibing the feeling of brotherhood in themselves..... Godly might flowing as a white waterfall transforming the whole humanity..... Every human mind is feeling extremely pure, calm and powerful by soaking in the stream fulfilled with this spiritual Godly might.... They are getting free from vices... addictions and disorders.... They are becoming the complete authority of purity and infinite might.....

They are forgetting the consciousness of the body..... They are becoming bodiless..... Their happy hearts thanking again and again of the Godly beneficence..... They are calling Supreme soul as Baba..... they are getting blithe by soaking in the flowing spring of Godly love..... Their peacock like mind is dancing..... They are pleased.....

Om Shanti

## One Minute Drill – 53 (Master Mahakaal)

**Godly Versions:** - The attack will be from all sides... Everything will have the *last trial*..... However much power the elements have... However much power Maya has... they will all come to test you..... It is their last trial (test) and also your last (final) stage of being karmateet and free from karmic bondage.....

**Swamaan:** - I am Master Mahakaal (God of Death) “long lost now found” beloved child of Almighty Authority, the Mahakaal.....

**Song:** - Yeh teen bindu mat bisro.....

**Yogabhyas/Drill:** - Let's create a thought... Sitteth in Supreme Region death of the death Great death..... By attaining rays of all might from Shivbaba and to be stable in the embodiment of Master Mahakaal..... lets go to the incorporeal world by renouncing the body, to the incorporeal Baba.... and sit beside Seed form ShivBaba.... Experience yourself as your eternal Seed form, the embodiment of soul consciousness..... Seven circles of seven colored rays are coming one by one from Shivbaba..... 1<sup>st</sup> circle bountiful with white rays of purity making me the soul aware of my original pure embodiment.... 2<sup>nd</sup> one by taking the sky blue color rays of knowledge, 3<sup>rd</sup> circle is green colored endowed rays of the power of peace..... Rays of peace making me realize the deep stage of the embodiment of peace... From the 4<sup>th</sup> circle sprouting the sweet pinkish spray of love.... 5<sup>th</sup> circle is accommodating in me by holding the yellow rays bountiful with imperceptible joy..... In the 6<sup>th</sup> circle accommodation of orange rays is getting my physical senses soaked with supreme pleasure.... And I the soul am drowning in this joy.....

7<sup>th</sup> circle of Red colored rays endowed with Godly might coming from incorporeal Shivbaba is getting stabilized as life saving armor around me..... These 7 circles endowed with Godly might are stabilizing around me in 7 spherical form..... None of the Tamo-pradhan, Iron aged world's destructive power can dare to attack me..... In this aura of Godly powers... I am completely safe from any kind of destructive situations... Father Supreme soul has fulfilled me with all might and made me Master Almighty Authority..... The one who protects his devotees during destruction, Mahakaal... I am “long lost now found” beloved child Master Mahakaal.....

Om Shanti

## One Minute Drill – 54 (Powerful Remembrance)

**Godly Versions:** - Every now and then, make time to have powerful remembrance for one or two minutes, because all the vitamins, A, B, C are included in that.....

**Swamaan:** - I am forever obedient soul obeying godly command by the practice of powerful remembrance.....

**Song:** - Mahajyoti ko yaad karo.....

**Yogabhyas/Drill:** - I am sentience lamp..... I am situated at my service place.... As per Baba's directions, I am remembering supreme light by taking out some moment..... By sitting at my service place I am seeing myself as an enlighten lamp..... Let's see..! A divine light at the centre of our forehead.....

My head is being divided into eight parts..... In the form of buds... blooming like lotus flower and a shining light emerging out from the centre of my forehead..... It is me, the soul..... Its soothing and peaceful light gradually coming out from the forehead and spreading to the whole room.....

I can feel the light around me..... In this stage of peace and happiness all my physical senses are getting calm..... My thoughts are becoming neutral.....

I am becoming light..... my all attention is on that bright light sparkling on the crest of the forehead.... I am getting concentrated.... My light is infinite... Soothing... Ultra pure... endowed with all might.....

Om Shanti

## One Minute Drill – 55 (Father and You, That's all)

**Godly Versions:** - Only one thought.... "Father and you".... This only is meditation.... If you have more thoughts then it would not called yoga... It will be called the contemplation of knowledge.....

**Swamaan:** - I am Master Almighty Authority endowed with power to accommodate and power to pack up, long time intensive practitioner of expansion to withdraw in a second.....

**Song:** - Any silent tune.....

**Yogabhyas/Drill:** - First of all, with neat and clean heart we must tell our smaller than small... heinous... and brutal sinful deeds to Baba... and make ourselves light..... Baba, in this worldly life many sinful deeds have been done by me the goofy soul..... Not only in worldly life rather after the spiritual birth, due to not having the right assay of Knowledge and God Father..... Due to not having the accurate recognition, we have been doing acts of disservice all the time.... Baba I the tamo-pradhan soul have that much burden of sinful deeds that I am not able to fly.....

Baba..!! My sweet Baba... destroying the tamoguni sins of me the soul with the help of power of yoga..... my saviour me from the hard punishments of Dharamraj..... Mahakaal Baba..... Remove all my weights and make me worth flying..... Baba shows me the path to cinder all sinful deeds of many births.....

On my invoking, to destroy sinful deeds.. infinite volcanic form rays coming out from Baba, falling upon me.... Finding the strength of those rays, me the soul, spontaneously realizing myself in bodiless state.... And Baba suddenly pulled me in the Supreme region.... (Let's practice bodiless state... See yourself in supreme region as a point near Shivbaba.....)

Shiv Baba's proximity makes me realize of deep peace.... (Plunge into depth of the Ocean of peace...)... I the thoughtless... bodiless soul seeing continuously to my most lovely Shiva Father..... Shivbaba filling me with his volcanic formed vision..... (Fulfill yourself with this extravagant volcanic vision...) After satisfying me the soul by such

powerful sight for some time, Baba has given me a thought and then I the point soul and ShivBaba both are looking down towards the earth... there my body made of 5 elements is visible behind the bars of a prison walls..... When I the soul was in the body I was like in the prison of Ravana..... Now extremely vivid rays coming out from Shiva Father falling upon my body of 5 elements..... These rays are falling on which part of the body, that part is cut off from the body and cindering before falling upon earth.... If whatever bad acts were done by each part of the body.....

Baba is giving punishment to that organ and thus cindering their vicious acts... How volcanic form bodiless stage is this...! I the soul am completely realizing the stage of dead silence..... No thoughts... Not any commotion of thoughts in mind and intellect... not any consciousness of body or materials..... As if everything has accommodated in the point.... Vicious acts of me soul are cindering with extremely intense speed..... My glow is increasing.... I the soul am becoming clean and beautiful..... I am feeling very light... I am realizing myself embodiment of light along with might.....

Om Shanti

## One Minute Drill – 56 (Spiritual Service)

**Godly Versions:** - Try it and see; speak to someone for an hour and make effort to make him understand and in contrast to that listen and speak to another soul for 15 minutes... stabilize yourself in the stage of being detached and give the other soul vibrations of the stage of detachment.....

**Swamaan:** - I am a Godly student to get the certificate “Pass with Honor” by practicing in a unique bodiless state like Father Brahma.....

**Song:** - Gyan murli sunata chal, Ruhon ki pyaas bujhata chal.....

**Yogabhyas/Drill:** - God says, in this world every soul has to become Tamo-pradhan... So you will also go from the stage of Sato-pradhan to tamo-pradhan..... The moment you accept to be in Tamo-pradhan state, that moment is the beginning of to be Sato-pradhan..... That means efforts to put break on sinful deeds is the right way of beginning.....

If I the soul would not have become iron aged, I won't understand difference between Sato-pradhan and Tamo-pradhan stage and acute desire of becoming Sato-pradhan will not generate.....

As per Shrimat of Shivbaba those who have become Tamo-pradhan are following the Raavan's path..... Those who want to become Sato-pradhan following the Shriamt of Shivbaba..... Where am I, I have to check myself.... Sun can never see darkness because when it arrives light spreads.... Darkness of not having knowledge is like that only.....

As soon as light of Godly knowledge spreads around everywhere darkness of incomprehension disappears and we start walking on the right path of Supreme soul's Shrimat.....

I the soul was fully Sato-pradhan at the beginning of Golden era.... In this stage, I wore dress of emperor and empress and took 8 royal births.... Then slightly by losing my celestial stage.... I was degraded to Sato state from Sato-pradhan.....

My 16 celestial reduced from 16 to 14 celestial.... And my dynasty also transformed from sun dynasty to moon dynasty i.e. it became from deity

to the warriors (Kshatriya).... This era is called as Silver age.... In this era, I took 12 births and ruled in the dynasty of King Ram and Queen Seeta for 1250 years.... But time's drifting stream was putting me down slightly.....

After completing 12 births of Satoguni stage.... I, soul conscious soul got the thorn of body consciousness and Maya Ravana's i.e. 5 vices started entering me..... Wherefore the crown of my fate and tilak was snatched from me and I started becoming impure.....

5 vices began entering me slightly... and I had forgotten my qualities and deity arts, and started living life like a Rajoguni human..... By this I got intense damage to my state... and I, the soul who experienced everlasting happiness started falling in sorrow and concerns..... I soon began to fall.... and started moving towards the rapid collapse.....

By the end of Dwapar Yug, 5 forms of vices like Lust, Anger, Greed, Ego and Enchantment absorbed in me completely... and in 21 births I became slave of these vices..... Whereby I lost my Rajoguni stage and reached to Tamo-pradhan from Tamo stage.....

This is era of Tamo-pradhanta i.e. Kalyug..... now at the end of kalyug, I the soul became artless and started stumbling door to door in the search our Lord..... our sacred Supreme Father Supreme soul in stones.....

Seeing my pathetic stage my savior, my eternal Father become kind towards me.... and He Himself gave me His real introduction and lift me to His lap.....

Now again He is giving me teachings of becoming Sato-pradhan and making me Sato-pradhan.....

Om Shanti

## One Minute Drill – 57 (Practice of accumulating Yoga Power)

**Godly Versions:** - Do you have all the attainments that you should have through yoga? Have you accumulated a stock of all powers? Only those who have more than they need for themselves are able to donate.....

**Swamaan:** - I am beloved child of almighty authority..... I am master almighty great charitable soul.....

**Song:** - Daani bano, Vardani bano.....

**Yogabhyas/Drill:** - O soul...!! You are charitable... giver of blessings... you have to show everybody the path of liberation, liberation of life..... (Emerge your image of giver of blessings (Maha vardani).....)

I am Mahadani, Vardani, Might of Father Shiva..... Shiva Father has endowed me with all mights and emerged my 'Mahadani' image.....

I, the shiv shakti received the might from that infinite treasury of blessings.... I am giving that to disciples as deserved..... Huge crowd of disciples has gathered in front of me..... My vision is bountiful of divine power and became messianic.... Souls are becoming incorporeal within a second.....

Their sinful deeds are burnt by getting my vision..... Account of sinful actions finishing rapidly and the souls are becoming bondages free.... they are being incorporeal.... they are being beatific..... Their discords are erasing..... The rays of peace emitting from my forehead are spreading everywhere.....

All souls are being calm..... Their afflictions are being erased..... my hands are in the pose of blessing..... Through my hands, powers are spreading in all directions..... all souls are obtaining powers deservedly, as per capacity.....

Om shanti

## One Minute Drill - 58 (Best Brahmin Life of Confluence Age)

**Godly Versions:** - This one short birth of the confluence age is the basis for all the births of the whole cycle.....

**Swamaan:** - I, confluence age's brahmin is also special in birth.... also special of being Rajya adhikari and being Venerable - being priest himself..... I am a special soul, who is playing special role from eons'.....

**Song:** - Sangam ki vela hai suhani.....

**Yogabhyas/Drill:** - Let's come and deeply engrossed in his love.... Who has made our lives so elevated... glorious... and pure.... Let's deeply engrossed in the memory of Shivbaba.... who gave us the love of all kind of relationships....

Let's be lost in the remembrance of Shiva Father... who has filled us with all the treasures... Who has done countless beneficence on us... who has removed all our bad feelings... By giving us the experience of imperceptible happiness, He has made our lives unworldly.....

Let's be lost in His remembrance... who has made me self sovereignty, befiker badshah (King free from worries) and made me free from many worries..... Let's remember him from bottom of our heart... who has made our life pure..... Let's engross in his remembrance..... who has come in front of us to give the empire of heaven.....

Let's meditate of Supreme Satguru... who has shown us the true path of liberation and liberation of life.....

Let's be lost in the love of Shiv sajan... who has made us his sweet heart..... come and engross in the love of Khuda dost..... who is bound to give us help on every step..... Let us engross ourselves to this extent in his love that our every breath, every second, can't pass without his remembrance..... what a beautiful remembrance is this...!! which is taking us away from body and from corporeal world to our far off sweet home... Aahaa!!... My beloved Father...!! You have made my life high and eminent.....

Let's combine with our beloved... who turns us into all virtues complete..... complete 16-celestial degrees..... complete viceless for many births..... to full charge us with his mighty powers..... Let's engross ourselves into the most uncorrupt... pure and... selfless love.....

I am a shining star, swarajya adhikari soul, who resides at the centre of forehead..... I am the most fortunate soul..... I, the soul now going to my sweet.... silence home from this corporeal world.....

I, the master almighty soul in incorporeal world is in front of Serv-shaktimaan, Almighty Authority..... Rays of all mighty powers from Baba are showering upon me, the soul..... I, the soul am experiencing myself bountiful..... these rays are spreading far away from me, the soul..... every soul in this world is receiving spiritual light of powers from these almighty rays.... their sorrows and pains are being destroyed..... Their lives are also becoming welfare..... Their life is fulfilled with peace and happiness..... They are experiencing themselves very grateful.....

Om Shanti

## One Minute Drill – 59 (Trustee Doer)

**Godly Versions:** - The One who inspires is making it happen through us.....

**Swamaan:** - I, the soul situated in the light-might form, am a trustee... a doer soul beyond the influence of karma.....

**Song:** - Nirmal bano Nirmaan bano.....

**Yogabhyas/Drill:** - I, the soul am a flying bird... I am free from all the bondages... also free from bondages of this physical body..... free from all physical affections..... even golden chains of enchantment can't lock me..... I am detached from the whole world... and attached only with sweet beloved Baba..... I am lovely child of lovely Baba..... lovely Baba sent me in this world with an auspicious message..... I have brought a message of our lovely subtle world for the wandering souls all around the world..... wah Baba...!! Shivbaba... Brahma Baba... is waiting for their cherished children in the subtle world..... Ohhoo!!.... Seeing the circumstances of the whole world, as per drama plan, sentimental notions of mercy and compassion are also coming in Baba's heart..... I also can't see the situation of the world..... from inside every soul is disturbed and full from fear..... the only noise is the noise of moan and the uproar around..... wherever I see, every soul's eyes are searching for peace and true happiness for seconds.....

The beloved children of god, unwillingly..... Lord's dear souls... are forced to live a woeful life full of sufferings... and all around the black cloud of sorrow, as if sun of happiness eclipsed..... trapped in the questions of what and why..... puzzled and stressed humans trapped in vortex of anxiety.....

All souls are making efforts to get rid of sad atmosphere... however, straggling from their home and dear father they are even missing their home path..... In that case, Baba has sent me, for weak and dependent souls, to give feathers of courage and enthusiasm... cheerfulness... excitement... make them bondage free.....

Wah Baba wah!! You have empowered me with so much powers.... seeing me all souls are also trying to fly..... now my attachment is not with anyone in this world.... neither I have any attraction of anybody's nature nor any one's rituals..... My attraction free stage has made me the image of attraction.....

Ultimately Baba... Baba... Baba that's immeasurable sound originates with my every pulsation..... I have to take the whole world to incorporeal world, world of purity i.e. Paramdham along with me... even every kind of obstacles are far away from them.... no one can stop flying souls..... and seeing my fate, the world gets proud of me..... All humans have same sound, that is..... Thank you Baba...!! you have shown me the path towards my sweet home..... look on, our home is waiting for us..... Through pleasant relations of god's love, I cut out all my perishable relations.... and all are going their sweet home along with me..... all the humans have the same vox.....

Now we have to go home... to go home... Baba, who has thousand hands invoke us (we souls) by spreading his arms of love..... Baba and our sweet home are now immersed in my eyes..... Ultimately my heart sings this song again and again.... Now we have to go home... Time to go home.... Time to go home... Time to go home.....

Om Shanti

## One Minute Drill – 60 (Bondage Free)

**Godly Versions:** - Enlightened souls means those who are sensible... To forget that which you have to forget in one second, and to remember that which you have to remember in one second.....

**Swamaan:** - I am an all bondages free soul, putting full stop in a second, to Let bygone be bygone.....

**Song:** - Karte chalo sabka bhala, Jeevan ke Jeene ki hai ye kala.....

**Yogabhyas/Drill:** - Oh soul..!! Now a days the reason for humans having sorrow is the vicious acts which were performed by them only..... which they have done during last 63 births..... Actually today whichever souls are causing us the feeling of pain..... somehow they had suffered from sorrow for last 63 births because of us... and according to the drama, we should accept their punishments without blaming them which are given by them to us with their painful hearts... Let them experience the feeling of peace and happiness i.e. to let past is past let's put full stop..... then only we can settle our vicious accounts without making fresh new account..... every soul which is in our connection or associated with us is because of some or the other accounts..... so give respect to every soul which is in our connection or which is associated with us..... and being a donor deservedly donates them virtue and powers and let them pass on.....

Forget the things, which are being past..... and keep moving on..... by doing this again and again, there will be a time when we will be free from our bondages of vicious acts..... while doing that, in each and every moment.... every breath..... we must stay in the remembrance of Father Shiva..... only through this attention we could turn our karma's bondage to karma's relations through yoga... and will fully cooperate in keeping us light.....

Om Shanti

## One Minute Drill – 61 (Experiencing Deep Peace)

**Godly Versions:** - Beyond the voice or sound i.e. beyond the sound of both internal and external, immerse in the ocean of peace.....

**Swamaan:** - I am an immortal child of Ocean of peace Supreme soul Shiva, I am an embodiment of peace.....

**Song:** - Shanti sagar ki lahrein jab-jab pass mein aayein.....

**Yogabhyas/Drill:** - Sit comfortably in the stage of yoga for a few moments... detach yourself from all the external thoughts..... remove attention from your entire body.... now create a thought... “I am an embodiment of peace”..... You will feel that the speed of thoughts is getting slower.... All waste thoughts are getting over..... after leaving the body of five elements and external world, the soul is flying gradually upwards..... beyond the clouds, moon and stars, it has reached at its dear and lovely home Paramdham..... taper red light is spread all around.... sparkling souls are seen all around the region..... my beloved sweet Baba is shining above of all..... I, the soul have sat besides him in the roots of kalpatree.... Baba’s colourful mighty rays are coming out from the kalpa-tree and showering the souls..... now I, the soul am going gradually near Supreme soul... what a beautiful form of Baba is this..! Just like glorious sun... now soul and Supreme soul are being merged..... I, the soul merged with supreme soul.... what a powerful experience is this...!! Rays of both are now equal..... They are not one, but they are equal..... Shine of light-might is increasing continuously..... Almighty Authority and Master almighty authority are now combined..... Stream of might is spreading steadily from us..... luster of might is increasing gradually.....

Mighty rays have spread to entire Supreme Region and showering on each soul..... Glare like shiny sun and warmth like sun is increasing..... every soul is being heated from Baba’s powerful rays..... now slowly-slowly, the heat of might is getting converted into the fire..... As if fire is burning in the whole Supreme region..... fire coming from Baba is burning evils of every soul..... rust of sins upon the souls are burning in this fire.... sins upon soul have been getting out in the form of splinter.... all souls are glowing like pure gold... every soul is getting back to its real form..... now rays of calmness coming out from us getting the fire calm.... now all souls of kalpa-tree are endowed with peace, might and all virtues... Now, I am also apart from Baba and sit besides him...

Om Shanti

## One Minute Drill - 62 (Telling Baba honestly the Account of Sinful Deeds)

**Godly Versions:** - How strong is this adverse effect of medieval period.....!

**Swamaan:** - I am embodiment of true soul (satya swaroop) confesses my mistakes in front of BapDada with neat and clean heart.....

**Song:** - Vijaya dashmi manao, Ravan ko tum bhasm karo, Ram se preet.....

**Yogabhyas/Drill:** - (Keep this firm determination that BapDada is Ocean of mercy..... He will forgive my heinous sinful deeds with the atonement and apologies done by true heart and will free my soul from that.....)

I the soul, going to BapDada to kindle the burden of my sinful deeds which I have done in this birth and other last 63 births..... gradually I am leaving my body and going upward..... Slowly I am moving forward beyond the space by crossing sun, moon and stars through the way of sky..... now I am entering the range of subtle world..... the owner of the world, Almighty Authority Shivbaba is present in the angelic body of Brahma Baba..... As if He has been waiting for me..... I am running and merging in his lapel.....

Baba is touching me with his soft hands..... His soft touch removing my tiredness..... by sitting with him I am confessing my innumerable sins of many births which were done by me..... At first, being body conscious I did heinous deeds in the influence of lust..... Along with me I put stains of eroticism on many other souls' lapel.....

In the influence of eroticism, I ruptured many soft hearts..... by telling this to BapDada, I am asking for forgiveness..... Keeping my head on the knee of light formed BapDada, I am asking for his forgiveness.....

BapDada is caressing me by giving the sweet touch of his hands..... he is making me free from the burden of all the sins which I have done in the influence of eroticism..... touch of his hands is recharging me..... My tamopradhanta is getting over..... The burden of heinous sin deeds of several births on me is decreasing gradually..... grimness of sin deeds ejected from me is getting incinerated.....

BapDada is offering oblation of my sin deeds, which were done by me in under the influence of sex-lust..... my physiological expressions, my corporal vision is incinerated in the oblation furrow..... I the soul, gradually getting free from this burden..... I am feeling lighter.... I the soul glowing much more now..... anew I can feel my Sato-pradhan stage..... I am feeling glow, vigor, divinity in me..... I am transforming as an absolute pure soul..... My eyes are getting wet and moist with happiness and atonement as well.....

Om Shanti

## One Minute Drill – 63 (Complete Incorporeal High Stage)

**Godly Versions:** - Stage of physical corporality will not allow us to be passed, it will cause failure of us.....

**Swamaan:** - I am an angel to incorporeal elevated soul.....

**Song:** - Jyotirbindu atma hoon mein.....

**Yogabhyas/Drill:** - I am a point of light.... I am light.... I am might... I am pure in my original form..... I am pure..... I am immaculate..... I am viceless in supreme region.... I am unaltered..... I am karmateet soul who is free from all the karmic bondages..... I am in a volcanic form..... I am embodiment of light and might..... vibrations of purity are spreading all around in the atmosphere from me..... Sweet Baba, you are ever pure..... you give me the blessing of purity..... now you have made me a medium to give others the boon of purity..... I am image of support (Adharmurt)..... I am image of upliftment (Uddharmurt)..... I am Master Purifier..... I, the point of light also purifying the nature through my pure vibrations.... Light.. Might.. Purity.. and the rays of knowledge showering on me and spreading all around from me..... I am light... I am Pure... Purity is my only stage... this is my Godly birth right..... I am animated light... I am in the curve of light... devoid from the shadow of maya, I am an angel..... I am detached from five elements..... Baba!! I am floating in the ocean of purity.... pure intellect, pure vision, pure thoughts, pure state..... what a serene, pure and beautiful stage is this..... I am engrossed with your sweet thoughts only..... situated *only in* your love.....

Om Shanti

## **One Minute Drill – 64** (Incorporeal... to Corporeal... to Incorporeal)

**Godly Versions:** - When you become egoless, you will not wish to come down from the subtle and incorporeal stages..... You will experience yourself to be lost in that.....

**Swamaan:** - I have incarnated in this body only for Godly service, I am incorporeal soul.....

**Song:** - Mein atma hoon, meri shaktiyaan mann-buddhi-sanskar.....

**Yogabhyas/Drill:** - First Thought– I am a point, bodiless soul..... I do not belong to this earth..... Just my body exists on this earth for doing service..... I am the point soul who always lives near to My Father Shiv..... I come down to this corporeal world as per the directions of Father Shiv... and after playing my part of service... again I go back to my home... the incorporeal world..... I, the soul have incarnated 84 times in different bodies of 5 elements..... 5 elements of the nature were fully Sato-pradhan (the highest level of purity) during 8 births of golden age that's why I the incarnated soul got fully pure or sato-pradhan body.....

Gradually as per natural cycle of decreasing, I got the body of 14 celestial degrees in Silver age for 12 births and played the part as ruler.....

After that due to entry of Maya Ravana, I the soul emerged the sanskars of Rajoguni stage (Copper age) and I Satoguni soul become imprisoned of vices and lost the state-fortune of Heaven... and became the resident of Hell.....

My detached stage from body i.e. soul consciousness decreased gradually and body consciousness increased in me..... At first, I the pure soul lost my Purity and came under the influence of eroticism and my down fall started rapidly..... With eroticism, its other vicious companions..... Anger, Greed, Attachment, Ego also emerged in me and I the soul was completely under control of these vices called Ravana..... Now, in this last birth of Kalyug, I the soul have lost all my divine virtues and become completely celestial degreeless from highest 16 celestial state.....

Being subjugated by vices... I, the soul reached to the extreme stage of Tamo-pradhanta was calling every moment... every time to my savior... my liberator... liberator of life... my purifier... Supreme Father Shiva.....

On hearing my pathetic exclaim... Eternal Father Shiva gave me His real introduction and blessed me as His child by giving me the valuable diamond like 84<sup>th</sup> Brahmin birth..... Now I am listening and assimilating true knowledge of Geeta gyan given by ever truthful Father Shiva...and again I am achieving my stage of Sato-pradhanta and again becoming the Authority of state-fortune of Heaven.....

Om Shanti

## **One Minute Drill - 65** (Firm Thoughts holder Brahmin)

Jolliness to see God, no one can feel this happiness except me, the soul..... Do you have this intoxication...!!... Do experience this intoxication..... Realize yourself in the lap of Ocean of Love, the Incorporeal Supreme soul.....

**Godly Versions:** - “Perseverance” is the key of success.....

**Swamaan:** - I am firm thoughts holder soul.....

**Song:** - Dil ka ab sankalp yahi hai.....

**Yogabhyas/Drill:** - I am firm thought holder soul..... stay firm on this best blessings swamaan..... Experience the might of Perseverance..... Thoughts have to be free from waste and fill it with the power of determination..... (Revise this thought again and again)..... Almighty Authority is my eternal Father..... he has blessed me to be free from waste thoughts within 7 days.... every time... every minute.. every hour.. remind yourself the blessings given by Almighty Authority..... The Best... merciful... soft-hearted... all benefactor... Ever Pure..... Supreme Father Supreme soul Shiva.....

Use this boon completely in the 7 days of this blessing time, and being free from waste, surrender yourself in the service of Eternal BapDada.....

(One should keep the target to practice this drill at least 8 times a day.....)

Om Shanti

## One Minute Drill - 66 (Enlightened Light)

**Godly Versions:** - Victory over sleep (Nidrajeet)..... I have not slept for past many years.../When you have the support of the one Father – that is, faith in the one Father—you automatically experience the power of yoga and the power of silence.....

**Swamaan:** - I am an eternally enlightened light..... I the soul endowed with all virtues and all might am a glittering light..... These all virtues and might sparkle forever in my image.....

**Song:** - E Khuda tu bata tera kya naam hai.....

**Yogabhyas/Drill:** - I have achieved the victory on sleep and become nidrajeet..... lives forever in the light of knowledge given by Supreme Father.... I am Nidrajeet soul (conqueror over sleep)... Supreme Father... Supreme soul Shiva Himself has awakened me to the reality from the darkness of nescience..... I am awakened from the deep (sleep of) darkness of nescience and become enlightened light..... the same Supreme soul Shiva.... in whose praise it is said that He is more bright than thousands of sun..... the light-might house... Himself, showing me the true path of liberation of life.....

Only light is there in front of me..... Being immovable... unshakable... harmonious... obstacles free... faithful intellect soul..... I am constantly moving forward to the path, shown by Supreme Soul..... guidance of God constantly taking me forward to the new heights of progress.... I the soul thoughtless... carefree.... moving forward to the path of God's true knowledge.... achieving new heights.... I am rejuvenating as Brahmin to Deity from a common man..... I can see clearly to myself..... to Supreme Soul..... and the beginning... medieval... and end of this world cycle.....

The Supreme soul himself is decorating me every day with divine virtues.... and divine powers..... by lifting me on his lap, loving me.... adoring me.... for whom, the whole world.... to get a glance of him... to get his only sight on them..... doing devotion, worship and many types of actions day and night.... All the time talking to me, cuddling me... by giving me spiritual searchlight... filling all powers in me..... I can clearly feel that in how horrible nescience sleep, I was sleeping..... Awakening me from that... Supreme Soul gives me new valuable life.... made me spotless Diamond from pebble..... from that time... I am awakening continuously..... I am awakened from the sleep of nescience.... being enlightened (light) forever.....

Om Shanti

## One Minute Drill - 67 (Free from Anger)

**Godly Versions:** - (Free from Anger) Leave behind Ravan's things here in the hall. This is a place of tapasya. Tapasya is described as fire; they will finish in the fire....

**Swamaan:** - With my pure and clean heart, I confess my mistakes before BapDada I am an embodiment of Truth and free from Anger soul.....

**Song:** - Vijaya dashmi manao, Ravan ko tum bhasm karo.....

**Yogabhyas/Drill:** - (Have firm faith that BapDada is The Ocean of Mercy.... if I confess my evil actions before him with true heart, he will forgive me and certainly make me free from burden.....)

I, the soul am going before BapDada to cinder the burden of all the sin deeds I have done in this birth and other past births in the influence of Anger..... Gradually... detached from this cage like body... I am flying upwards to the Subtle World..... beyond the sun, moon and stars through the way of sky I am moving forward..... Now I am entering the subtle world..... In front of me Master of this whole Universe, Almighty Authority Father Shiva exists in the angelic body of Brahma Baba.....

As if He is only waiting for my arrival.... I am running to engross myself in his lap.... what a soft touch of Baba it is.... his soft touch is making me calm form bustle..... I can feel the presence of peace in me.....

Now sitting with him I am confessing my sin deeds, done in many births in the influence of Anger..... By burning in the fire of anger, I have done several misdeeds now I am feeling emotions of repentance towards those deeds..... I do not even know-how many souls were afflicted by me..... how many human souls got hurt by me..... I ask BapDada and these souls to forgive my sin deeds which were knowingly or unknowingly done by me during past many births..... I pray before BapDada to emerge all those souls..... BapDada accept my prayer and emerged all those souls in the subtle world.....

Then BapDada looked at me and pointing me to take apologies from those souls..... They excused me and embraced me when I apologized from those souls... and merged from subtle world..... BapDada touching my head with his soft hands and caressing me..... He gets me free form all the burden of sins which I have done in the influence of "Anger"..... touch of His hands is filling unlimited powers in me..... my tamo-pradhanta is getting destroyed..... the burden of sinful deeds is reducing..... the grim of sinful deeds is fuming.....my bodily actions, my angry state, is getting destroyed in this oblation-furrow..... I, the soul am becoming burden free.... my heart and mind is turning peaceful..... my heart is becoming light.... the feeling of sato-pradhanta is encoring into me..... Glow, vigor, divinity is emerging in me..... I am becoming an embodiment of peace.... my eyes are getting wet and moist with happiness and atonement.....

Om Shanti

## One Minute Drill - 68 (Child to Master)

**Godly Versions:** - The child and the master...!

**Swamaan:** - By remembering Father... I, the child... a doer soul, doing Actions through my senses... I am from child to master soul....

**Song:** - Mein avinashi shakti hoon, rang mera hai sunhera.....

**Yogabhyas/Drill:** - I am immortal, elevated soul child of Father Shiva..... I reside in the form of bodiless state, incorporeal, detached from body in the supreme region along with my Incorporeal Father Shiv..... I the incorporeal soul have very short part to play at my home, this world of souls, world beyond the voice, salvation region, supreme region, the other world..... After living in very deep stage of peace for very short time..... again in the beginning of Satyug, first creation of Heaven or with the first prince emperor Shri Krishna... I, also incarnated as prince in the body made up of highest pure 5 elements of nature on this earth..... I, the soul with all virtues complete... 16 celestial complete... complete sato-pradhan stage... incarnated at this earth and becoming emperor in the beginning of Satyug played part of ruler for 8 births..... Then gradually according to time cycle, transformation of age according to the natural process, Satyug converted into Tretayug and my highest stage of purity converted into middle stage of purity, Satoguni from Sato-pradhan, remained 14 celestial full and I the soul converted into Moon dynasty from Sun dynasty in the dynasty of King Ram and Queen Seeta.....

In Tretayug, as a king I played part of ruling for 12 births of moon dynasty and fully enjoyed the unlimited happiness of Heaven..... In these 20 births I was completely in the stage of Soul Conscious..... that is, I the soul, am the Master and doing work from body through senses..... completely detached from attachment, being Mohjeet (victory over enchantment) completed the ruling part of Heaven.....

Gradually my soul conscious stage decreased and at the end of Treta and the beginning of Dwaper Yug, I, Master of the body become the slave of body and senses..... My soul's mind, intellect and impressions left the Satoguni stage became Rajoguni and Maya Ravana began to

caste its shadow on my soul.... My celestial degrees also decrease and remain 8 celestial degrees only.....

I the Vikarmajeet soul gradually came in the influence of vices like lust, anger, greed, attachment and ego... these 5 enemies defeated me and controlled me..... I completely independent soul trapped in the prison of Ravana... descending from Dwaper now my stage in the Kalyug end gets complete Tamopradhan from Satopradhan.....

In these two eras, everything has been stolen from my soul along with my mind, intellect and impressions..... I the soul, who was called the Emperor of Heaven, became under control of my own mind, intellect and impressions and after losing my kingdom I lived vicious life for 63 births under control of Ravana.....

Besides I began to remember my most loving Supreme soul Father as a Devotee..... I the soul had such bad impact of Ravana's bad rituals that I forgot my Eternal Father too and started wandering door to door in devotion in search of him.....

Watching my pitiable stage my Eternal Father Supreme Soul has showered His mercy on me as he searched me from this forest of thorns and gave His introduction to me..... not only this, he gave me unlimited love and caressed me and wiped out my all thirst and tiredness of many births with in a moment..... Completely under control of senses I the soul received my original introduction from him and once again he showed me the path of being Sato-pradhan.....

Once again, according to previous kalpa, he gave me whole knowledge of himself, myself (I the soul) and beginning, middle, end of the world cycle and liberated me from wandering door to door....once again he made me his child and Master of the world from Master of vicious impure body.....

Om Shanti

## One Minute Drill - 69 (Pleasant Heaven)

**Godly Versions:** - (Pleasant Heaven...) The practice of remaining seated on the seat will enable you to claim the throne.....

**Swamaan:** - To concentrate mind within a second, thru thought power, I am possessing soul of having practice of different kind of stages.....

**Song:** - Mann khushiyon mein naache, meethi shehnayi baaje.....

**Yogabhyas/Drill:** - Be seated in the posture of easy meditation..... close your both eyelids for some time..... Concentrate all your attention in the mid of the forehead... and realize the enlightened divine light here.....

Now slowly and gently an image like eyelid raising on the forehead..... this is the divine eye of me soul..... Eyelid opens and divine light is spreading everywhere..... now the divine eye has opened fully.....

With open eyes I saw the lush green tree sapling.... beautiful colorful chirping birds on the branches..... echoing in the atmosphere sweet sound of nightingale..... colourful butterflies are looming on the flowers..... Dancing beautiful peacocks in the orchards..... The ripple of sweet fresh water springs..... juice filled fruit laden queue of trees..... divine rays of sun scattering rainbow colours..... natural beauty scattered on the whole Earth..... what a captivating scene I am seeing.....

Wearing a highly graceful dress of a Prince made up of golden threads with diamonds on it..... I am going towards my garden..... I am the little prince with my friends in the intoxication of kingdom walking on soft grass like velvet bed..... Many beautiful places are there in the palace for me to play.... I am playing different games with my friends..... There is a beautiful path in the middle of the garden..... The red velvet carpet spreads on the whole way..... It is going to the interiors of the palace..... This is my palace.... which is entirely made of gold... and is studded with many beautiful diamonds and pearls... In this golden palace, many servants and maids are making 36 kinds of dishes....

I am playing with my beloved friends many types of beautiful games..... at times, we do raas.... at times, we are playing flute.... at times, we dance and sing at the sweet chirps of cuckoo and other birds.... playing fascinating games.... now we have left playing and start doing painting..... continuously flowing sweet springs of water..... different kinds of mountains in the shapes of alluring birds and eye catching image of sato-pradhan nature..... canvassing it

and making ourselves very happy.... we can then hear the sweet voice of mother who is standing at the doorstep of the palace..... Kanhaa! my beloved son... come to me... it's time to have food.... come and lets have food..... Upon hearing the voice of mother, I run towards her and embrace myself in her lapel..... Mother Shri Lakshmi is embracing me with all love and affection..... now I am going towards the dining room along with her..... variety types of food are kept in the dining room..... the maids are standing to serve the food.....

I sat on my golden chair, studded with diamonds and jewels..... at the roundtable, the maids are serving us various kinds of dishes..... and mother Shri Lakshmi is feeding me the food with her hands..... after having food, again I got busy in playing with my friends and companions.... we play a lot of different and enjoyable games till the daybreak..... After sunset, I again go to my palace..... and I sit on the lap of mother Shri Lakshmi and Father Shri Narayan and receiving their warm love..... sometimes, mother Shri Lakshmi is loving me with all her affection..... sometimes, Father Shri Narayan is taking me in his lap and loving me.....

Now.... Mother and Father are taking me to the bedroom.... the bedroom is laden with beautiful velvet carpet.... my sleeping bed is decorated with silk mantilla and velvet sheet, softer than cotton is soft and tender..... from the windows of bedroom..... the soothing and white rays of the full moon of sharad..... spreading in the whole room after getting scattered with the inner walls studded with diamonds and pearls..... the entire room is looking very beautiful after getting drenched in the colorful rainbow rays..... mother has laid me on bed and singing a lullaby to me.....

I am roaming in the dream world while listening to the sweet lullaby..... The dream girls of dream land are cheering me by doing mesmerizing dance... and I am feeling sweet sleep..... in the morning... after sunrise, the sweet chirps of many birds are waking me up..... like this, each and every day of my deity life is spent with laughing... singing... playing... and in extreme happiness.....

Om Shanti

## One Minute Drill - 70 (Moments of Happiness with Baba)

**Godly Versions:** - As Baba is bodiless and avyakt... and so, to experience the bodiless stage and the avyakt angelic stage is to be coloured by His colour.....

**Swamaan:** - I am an incarnated angel like Father.....

**Song:** - Sangamyug mein pyare Baba humein aap se behad pyar mila.....

**Yogabhyas/Drill:** - I am like Father an incarnated angel playing with Light formed body of Father Shiva in the divine garden of subtle world..... he is playing hide and seek with me in the midst of beautiful rows of scented flowers and cuddling me..... he is running ahead of me in the long rows of flowers and I am trying continuously to follow him by keeping my foot exactly in his footprint.... The garden of flaunting butterflies on the flowers and the swaggering bhavare (Insects) and the nightingale birds sucking the juice of flowers is flattering me on each and every step..... the natural beauty is making my heart happy with its different forms..... I am chasing the butterflies like a little boy..... at the instant, my polymorphic... childish... angelic formed Father Shiva, immersed himself in the group of beautiful flowers and vanished from my sight.... I am searching him by roaming in all directions..... calling him loving Father... sweet Father... BABAss....BABAss.... where are you my loving Father...!!.... I know you are looking at me, but I am not able to see you..... Baba, sweet Baba... you have vanished from my sight..... I cannot bear this scene..... this separation is horrifying me..... come in front of me... or else I may start crying.... Baba..... my eyes turned moist while saying this.... and then... my lovely Father lifts me up in his arms from behind..... and embraced me with affection.... I am now roaming this beautiful garden while sitting on his shoulders..... I am plucking flowers as he is passing through the long rows of flowers while sitting on his shoulders..... he is making me see the subtle region of this subtle world.....

Om Shanti

## One Minute Drill - 71

(Practice to Detach from Body during Commotions)

**Godly Versions:** - When there is upheaval everywhere in this world, what will you do...??

**Swamaan:** - In a second locate mind and intellect in the stage of soul consciousness being bodiless detached from body, I am a perfect soul....

**Song:** - Videhi ban Jaau.....

**Yogabhyas/Drill:** - Realize yourself as a divine star.... fully pure star shining at forehead.... The shine of my soul spreads to the whole Earth like an enlightened lamp in the darkness..... Let's go upward to the incorporeal world.... connecting intellect with Shivbaba.... I the soul experiencing as the resident of Supreme region myself..... this is my own hometown.....

Whole kalpa living beyond from my original home.... now I am feeling happy after reaching home at the end of the kalp..... Shivbaba is in front of me... and along with him, his long-lost and now-found child... myself.....

How pleasant and unforgettable experience is this.... Baba is showering all his might like rainbow rays upon me..... I have become like a sparkling Diamond by these mighty rainbow rays of Baba.....

What a divine supernatural feature of mine is this..... stuck in the vicious disorders like sludge.... how tamo-pradhan I had become..... O! My sweet Baba... you have made me sato-pradhan from tamo-pradhan..... You have returned my lost glory..... You have made me spiritual Rose from (stinky) awk flower..... O my sweet beloved Baba..... how much I thank you... how much love can I do to you..... Baba you have made me Diamond from shell..... Be immersed in the ocean of experience and fill your aprons with love of eternal Supreme Soul.....

Om Shanti

## One Minute Drill - 72 (Traffic Control)

**Godly Versions:** - You say that you are unable to have three minutes traffic control. Instead, it just becomes the control of your body; you are able to stand still...! Why...? Once you adopt controlling power, you will not have to spend different periods of time for different sanskars.....

**Swamaan:** - Following directions of the true Emperor, true Father... I take unlimited renunciation from this world, I am a Sato-pradhan hermit.....

**Song:** - All songs of traffic control.....

**Yogabhyas/Drill:** - I am that fortunate soul to whom God awakes every day..... daily Amritvele he calls me as “my beloved child”..... My every morning starts with greeting Shivbaba good morning.... By receiving his love.... And by taking his powerful sight..... today also at first, I greet good morning to Shivbaba... sitting on his sweet lap.... Shivbaba caressing me through the body of Brahma Baba..... I am feeling myself multi millionaire lucky by receiving his love..... now I am practicing stage of incorporeal seed form like Shivbaba..... I stay in the Supreme Region as Master Seed form..... Seeing me in front of seed formed incorporeal Shivbaba... from Shivbaba.. rays of all might are showering on me....

Grimness of my sins is washing out from impact of these rays.... and I the soul becoming pure and clean..... now I, the soul travel... down towards corporeal world..... Coming from Supreme Region... I, the soul going towards Subtle World... where, my subtle angelic body lying..... I am entering in the body of light..... going downwards... Now I am on the world globe... and spreading rays of purity to the whole world.....

In the remembrance of Satyam Shivam Sundaram Shivbaba... I am spreading rays of purity to all souls..... now I am going to the centre which is established by Shivbaba himself..... Having God's love in the heart... having God's image in eyes..... having divine supernatural glow on face..... wearing sweet smile on the face..... I, the godly student going to the Godly University.... After reaching Godly University... I, the Godly student is taking my seat and sit in the remembrance of Shiv Baba.... and preparing myself ready to imbibe deep godly versions in me, spoken by the responsible trustworthy soul..... now I, the godly student fully ready to face the battle field by awakening my internal powers..... After listening Godly versions... to imbibe the powerful, energetic godly versions myself... once again I stay in remembrance of God for next 3-5 minutes.....

Now I am going to my worldly home which is just like service center..... Contemplate godly versions from Murli..... churning the deepness of Murli points.... I am continuously walking... residing God's love in my heart.... towards the worldly home.....

After having the food, fed by god himself... I am feeling myself very powerful... very energetic.... now realizing myself as a responsible trustworthy medium of godly services..... I am getting ready to go to my worldly office or work place which is dedicated to God..... and leaving to the office for service only..... Having the determination in the mind to reveal the Supreme Soul..... to post Godly message to all souls..... I, the responsible trustworthy soul have reached to my work place to serve other souls.... and in remembrance of Shivbaba.... I am starting my daily routine.....

all the souls coming into my contact.... I am giving them god's love and rays of might through subtle vibrations..... As per time I am giving them Godly message to make their immortal fortune for upcoming golden births....

Doing the service, it is afternoon now.... and as per the direction of God, to remain in the remembrance of God timely... I am again taking time in between... implementing this traffic control song that is "Shiv pita ko ab yaad karo"..... by this way, at every hour practicing constantly to remember Shivbaba..... I am following God's directions lawfully..... having constant remembrance of God, now it is evening..... and with constant remembrance of God, like "Yogi bano, Gyani bano" or teachings which are given by Supreme Soul..... being Master Trikaldarshi with the knowledge of beginning, middle and end..... I am pausing my daily work for a while.....

Once again I am walking towards worldly householder hermitage.... Reaching home after taking bath... once again I am decorating my temple like living body for evening meditation.... Now I am doing meditation for service to give donation of yog to all souls around this world.... 'Shiva will be remembered when he is immersed in the eyes'.... I the beloved of God now calling off my day..... I am preparing to go into the state of sleep..... Accounting whole day routine..... Saying it to Shivbaba, getting me lighter.... I am going to sleep on the lap of Shiv Mother..... "Remember God with love for two minutes" being bodiless.... I am going to pause this day completely and welcoming the coming of an auspicious new day and a new Amritvela.... And I lay down to Shiv Mother's lap..... listening sweet and melodious lullaby..... I am going to the world of sleep.....

Om Shanti

## **One Minute Drill - 73** (Obedient, Faithful)

**Godly Versions:** - Your intellect becomes tired and your hands and feet also become tired... But if you were to make time for Spiritual Endeavour in-between, then your tiredness would be removed.....

**Swamaan:** - As per the ordinance of Supreme Soul, I the soul in between take time for practicing godly meditation, am a faithful and obedient soul.....

**Song:** - Hey Tapasvi atmao, ab karo sachchi sadhna.....

**Yogabhyas/Drill:** -

### **First 10-15 Minutes (In the Morning)**

I am Master Ocean of Purity.... Ocean of purity Shivbaba has his hand on my forehead.... white rays of purity constantly showering upon me from him.... Imbibing in my body.... Coming out from me spreading in the whole room.... My room is filled with these pure rays and pure vibrations..... now these rays going out from my room and spreading everywhere in my home..... Reaching to my worldly family members.... They are also experiencing the impact of these rays.... Their thoughts are being purified.... They are renouncing negativity and filling their mind and intellect with clean... pure... and good thoughts.... Their purity of thoughts is making them feel calmness and humility.....

Om Shanti

### **Next 10-15 Minutes (Afternoon)**

I am Master sun of knowledge..... Sun of knowledge Shivbaba is in front of me.... He is showering knowledge on me.... receiving his powerful rays... I am easily staying in the image of soul consciousness..... My body consciousness is vanishing..... I am experiencing myself bodiless..... I am easily detached from body and reached in the Supreme Region..... how extreme peaceful atmosphere is here..... Red light pervades all over..... this atmosphere of extreme peace also making me realize the stage of deep silence easily.... In supreme region... incorporeal Father Shiva is in front of me..... his blissful sight enrapturing

me.... His powerful sight making me free from physical bondages.... I am letting free from bondages.... I am seeing below from Supreme Region to my worldly family as a detached observer.... Now I am passing Sakash through blessing vision which I am receiving from Father Shiva... these souls are feeling this spiritual power in them..... they are feeling amazing power releasing in them.... Hatred for impure world and impure body is originating in them..... they are getting free from the attraction of the body..... Notion of soul consciousness is emerging in them.....

Om Shanti

### **Next 10 -15 Minutes (in the Evening)**

I the soul am Master Almighty Authority, child of Almighty Authority Father Shiva..... Almighty Authority Father Shiva is fulfilling me with light and might..... mighty rainbow rays are coming out from Shivbaba and constantly showering on me..... I am imbibing these rays in me..... These rays are filling me completely.... I am imbibing all powers in me..... I am becoming an embodiment of powers.... Now I am flowing these powers here and there.... all over beside me..... these godly powers are spreading everywhere in my house..... Now these godly powers spreading through my house to every house of whole colony..... A constant flow of powers is flowing from me.....

Om Shanti

By practicing these drills continuously every day at a particular time, at our home or at neighbors, can do efforts to easily convert self and to any other souls, having thoughts of negative into positive... hatred into love..... By showering peace and prosperity... we can enhance love and harmony in our home.....

## One Minute Drill - 74 (Deep realization of Seed Form State)

**Godly Versions:** - Are you able to create whatever type of thoughts you want... Science will bow down in front of your power of silence... So, realize how important your thought power is.....

**Swamaan:** - being point, meeting with Father who is point, I am the Master seed formed soul.....

**Song:** - Jyoti bindu aatma hu mein, her pal Jagmag kerti hu.....

**Yogabhyas/Drill:** - Be silent..... Totally silent... slightly... go deep... deeper... more deeper into silence..... stay in this state for a while..... body and other things connected with body so what.... does Body exist, go away beyond this awareness actually... Unique... distinct from body... incorporeal... There must be no other awareness except state of Seed form..... (for a minute or two...)

I am incorporeal soul residing in incorporeal world only... Seed form... a point... like star world of red light in the whole universe... I am a soul sparkling like white star..... complete... viceless.... achieved supreme purity.... practical embodiment of Purity... Mind... Intellect... impressions... completely merged..... Seed Father Shiva is there in front of me..... Ocean of completeness.... Ocean of purity.... unlimited treasures of virtues and powers.... Ocean of knowledge.... Parasnath..... Akaalmoort.... Sat-chitt anand swaroop..... Totally silent but source of all mights..... Finding him in front of me, I have nothing to think..... Not even a single thought.... Beyond from thoughts totally.... complete thought free stage.... Only, Father and me... no thought... no question... nothing to worry... and nothing else..... easy and clear experience of dead silence stage.....

I have become the authority of experiences..... I am complete soul child of seed Father, Master seed form..... How unique experience is this..... at this stage, I am experiencing imperceptible happiness.....

Om Shanti

## One Minute Drill - 75 (Service by State)

**Godly Versions:** - See others in their angelic form... This attitude of yours will gradually make others into Angels.....

**Swamaan:** - I am double light... blessed incarnated Angel of Father Supreme Soul.....

**Song:** - EK farishta aaya hai, onche onche dham se.....

**Yogabhyas/Drill:** - I am an Angel..... as per ordinance of God, I have incarnated on the earth..... I am extremely powerful Angel filled with eight powers.... I have taken an oath to make free the whole world from the hard grip of Maya..... I have taken pledge to achieve again my lost Deity sovereignty..... I myself have picked up the gauntlet to get free the whole world from Maya....

I am enthroned on the high vertex..... There is exquisite scene all around me..... Seeing these most fascinating scenes, I am getting blithe..... seeing these amazing gardens, which are full of flowers, swings and springs.... I am getting spellbound..... Trees laden with flowers and fruits, branches spread up to far away all around, as if they are calling me.....

Hearing sweet tweet of the birds and watching twitched butterflies..... my heart is getting blithe..... vines laden with fragrant flowers by twitching in dilatorily flowing winds as if they are calling me.... Now I myself with my Father Shiva, riding on a small cloud.... watching my unlimited property.... My lovely Father Shiva, holding my finger.... promenades me in my huge empire.....

Looking at unique scenes of nature, I am getting joyful.... Somewhere cuckoo's kuhu kuhu..... somewhere relentless rough feet foot loose of peacock..... and somewhere far away nature's way to make feel its presence by touching and combing through winds.... I am the birthright authority of this entire motherland..... with my Father Shiva, I am enjoying nature's amazing scenes..... my loving Father showering selfless affection to the whole world..... His pure white river of affection passing through me is soaking the whole earth..... Five elements of nature... emerged in the form of deity are praising Father Shiva..... I am also

putting my hand on his shoulder... enjoying the sky route riding on a small cloud..... Flow of powers realizing the feeling of unique pleasure to the whole humanity..... birds... animals... nature and all men and women are realizing the unlimited pleasure..... their pain is getting lost..... Their worries are absolved.... and their thoughts are getting purified..... They are behaving each other with love and harmony.....

Having the rays of God's love, they again vacillate in the happiness..... Their divine faces once again, got the expression of Purity..... they are feeling internally powerful by merging the scattering light of God in... glow of their faces is increasing..... the form of humanity which is filled with divine blush... making me very happy as well.... It seems as if they are celebrating some kind of festival..... I am also along with my Father, reincarnated on this earth in the form of human in disguise..... now I along with Father Shiv.... who make my heart happy, is reincarnating on this pure earth.... I am the birthright owner of this spectacular earth.... I want to stay here for long along with my loving Father Shiva.....

Om Shanti

## **One Minute Drill – 76** (Spiritual Exercise – Practice of 5 Forms)

**Godly Versions:** -1...2...3...4....5... This is a spiritual exercise for the mind...

**Swamaan:** - I am the chosen one by almighty authority, assuming my five forms every now and then... I am 'spinner of the discuss of self realization' Brahman.....

**Song:** - Chaitanya Dev iss dharti pe aaye.....

**Yogabhyas/Drill:** - I, the soul, am so lucky, so blessed..... the master of the world himself... is with me as my beloved..... holding my finger... teaching me to walk on the righteous path..... entire world, which is eager to squander everything just to catch a glimpse of him..... The same "Praneshwar" lovable more than their lives make me sit on his shoulders, promenading me in the divine world.....

Realizing the touch of BapDada's unleashed arms... I am getting very delighted.... He has himself left his own home Supreme region... to establish a deity world... and has incarnated on the earth only for me..... He is creating a wonderful family..... such a loving family.... where there is no limit of love..... I am self sovereignty king child of this lovely family..... Supreme Teacher, Supreme Satguru BapDada himself made me sit on this throne.... I am soul who is self honor holder..... double crown holder... double self sovereignty authority..... in my mind many images revealed... which are equipped with many titles of mine..... I am remembering those forms which are equipped with my own titles.....

BapDada himself makes me sit on the seat and wear the rosary of titles..... along with him I am tasting the nectar of deep and pure love..... now my loving Father is taking me with him to my own home Supreme Region..... flying like a bird along with my Father.... I am going to the Supreme Region....

Extremely sweet but fulfilled with might Supreme Region is charging me..... I am being full with might.... my all weaknesses are absolved..... I am becoming the Master of ultimate might.... Along with me, here are many religious fathers and politicians also fulfilling themselves with might.... company of Father and divine light coming from him making me luminous..... my glow and light is now like STAR Dhruv of the space.....

Now I am with my Father far away from this Mighty Region..... Entering the Divine world..... In this Fairy world all around.... there is full of flowers, swings and springs..... There is plenty of happiness, greenery and prosperity.... Fragrant flowers and chirping birds are fascinating my mind..... all around

laden vines of flowers and between them jumping and pumping deity servants seems like if they are calling me.....

Now along with my loving Father I am promenading this fascinating and eye captivating garden.... Childhood of this nature is at its highest peak of beauty.... between the long queues of flowers..... sitting on my loving Father's shoulders... I am promenading this amazing orchard... I am remembering my Deity form of that beginning time of Golden era..... All around seeing the complete Satoguni nature, my mind is enchanting..... all around there is residence of joy... peace... happiness and love.....

All around between the captivating scene..... there is not a single sign of sorrow.... there are golden palaces everywhere.... and between the Palaces prince and princess are swinging on swings.... Now I am with my loving Father leaving this attractive eye catching garden..... entering in Copper age.....

Here all around kings and emperors have their own kingdom... own language and own speech..... everyone has their own rituals..... limitations and traditions..... here everyone has their own different kinds of devotions.... and has different kind of dresses.... However here kings have little bit frictions but devotion of only one God is still here.....

They all are engrossed in the devotion of only one God that is Supreme Father Supreme soul.... Now gradually I am coming close to the end of Iron age with my most loving Father..... Atmosphere of this world has become very melancholy... vicious and corrupt..... Humans in this period have become arch enemies of each other.....

On one hand they are praising and worship their own venerable deity images... and on the other hand mistreat on women.. degradation of religion... consider Supreme soul Father as Omnipresent.... Searching him in stones and pebbles... human doing great degenerated duty.... Wandering in the darkness of sorrow... unrest... fear... insomnia and ignorance.....

At this time "Avinashi Rudra Satya Geeta Gyan Yagya" "(Eternal Rudra Truth Geeta Sacrificial Fire of Knowledge)" which is established by Father Supreme Soul.... showing the new and true path to live to those wandering humans..... By listening the true knowledge of Geeta, sad and sinful souls..... having elevated birth of confluence age's brahmin..... have again started making efforts to claim that Deity Form..... mouth pedigree children of God Father..... being an Angel... roaming in the sky... they are again realizing their original form... and diving in the ocean of imperceptible happiness..... Om Shanti

## One Minute Drill - 77 (Complete Stage of Last Time)

**Godly Versions:** - The vehicle of the subtle body, which is your final stage, your powerful stage, will become your final vehicle.....

**Swamaan:** - I am the soul who is favored of devotees eight arms holder, world benefactor... giver of blessings... world transformer... conqueror of all physical senses.....

**Song:** - Shiv shaktiyan aa gayi dharti pe.....

**Yogabhyas/Drill:** - We will practice our Light-Might image..... I the soul, as trustee Light house to show the true path to all.... I am responsible trustee might house to rescue all from the claws of death that is KAAL..... light illuminating from me showing path to souls of their real home (supreme region)..... my might giving image is making devotees free from their karmic bondages..... I am embodiment of light and might..... (realize your this highly benefactor image of destruction period....) devotee souls... religious souls... sinful souls... all... want to get a glimpse of a second..... Standing in the front row like baggers to efface the thirst of many births..... Only of your praise... they are experiencing all happiness.....

They are not even tired of explaining your praise... O Giver of happiness...! O Giver of peace...! O Giver of blessings...! Please give us too, boon of ever happiness..... Give us also charity of peace..... Absolved my troubles..... O, deity Mother...! O, Mother Sheetla...! Please pardon me too.... O, image of eight powers Maa Durge...!! Maa Bhawani...!! Please bless me with the boon of liberation.....

Listening the sad cry of poor's, rays full with all might flowing like fountain from my eyes.... and all souls having indulged by soaking in it.... They are easily being detached from their perishable body..... They are claiming liberation..... They are being satiated from the vision.....

Om Shanti

## One Minute Drill - 78 (Viceless)

**Godly Versions:** - After a fire, all name and trace of that thing vanishes..... Whatever is left, throw that in the Father, the Ocean... Finish.....!!

**Swamaan:** - I am confessing my all mistakes before BapDada with neat and clean heart, I am embodiment of Truth (Satya swaroop), vice less soul.....

**Song:** - Vijaya dashmi manao, Ravan ko tum bhasm karo.....

(Keep this firm determination that BapDada is Ocean of mercy.... He will forgive all my sinful deeds with the atonement and apologies done by true heart and will free my soul from that.....)

**Yogabhyas/Drill:** - I the soul, am going to BapDada to burn the burden of my sinful deeds which I have done in this birth and earlier births..... gradually I am leaving my home like body and going upward while crossing sun, moon and stars..... slowly I am moving forward beyond the space by crossing sun, moon and stars through the way of sky.... now I am entering the range of subtle world..... Master of the world, Almighty Authority ShivBaba exists in the angelic body of Brahma Baba..... As if He has been waiting for me..... I am running and merging in his lapel.... Baba is touching me with his soft hands..... his soft touch is removing my tiredness..... Sitting with Him, I am confessing my innumerable sins which were done by me during many births..... under the influence of body consciousness and for survival of me and my family members..... under the influence of "greed-attachment-ego".. the hard sinful deeds I would have gathered..... by tricking me as well as many other souls would have gathered the wealth..... would have snatched the rights of many others..... also would have arrogated the share of others' property by swindle..... would have made them homeless..... and made them feeling deep sorrow..... Under the influence of greed, I do not know how many accounts I would have made.....

I am asking BapDada to apologize me for all those sin deeds..... by surrendering myself before subtle formed BapDada, I am asking for

apology.... BapDada is looking at me with full of affection but extreme volcanic vision.... it seems as if He is reading my internal thoughts... taking test of my authenticity..... Now His vision has become very calm and affectionate..... He is caressing me with tender and soft touch of his hands.....

He is liberating me from all burdens of sin deeds which I have done in the influence of all vices..... I am feeling as if my burden of sinful deeds is decreasing gradually..... Grimness of sin deeds coming out of me is getting burned..... I make offering of sinful deeds which I have done under the greed... attachment... ego... as per BapDada's direction..... all my craving... desires.... greetings... everything is incinerated in the fire of oblation furrow..... I the soul realizing myself as very light or weightless and burden free..... My body and mind are getting lighter and lighter.... My lost glow is now retring back..... Satopradhanta (highest level of purity) is engrossing inside me.... I can feel luster, vigor, glows and divinity's inclusion in me..... I am transferring into an absolute pure soul..... My eyes are getting moist and wet with happiness and atonement as well.....

Om Shanti

## **One Minute Drill - 79** (Service through Mind)

**Godly Versions:** - This practice will help you to serve through the mind and you will receive a lot of help in the stage of powerful yoga.....

**Swamaan:** - I am Avyakt Angel like Father.....

**Song:** - Farishta roop rach ker deh ka bhaan taj ker.....

**Yogabhyas/Drill:** - I am Avyakt Angel like Father..... I am giving Sakash to all my spiritual brothers in the form of Angel..... situated in space with Shiv Father..... I am giving charity of affection and might to the souls of entire world..... endowed rays of selfless affection ejected from Shivbaba bathing the whole world through me.... Souls who are trapped in worldly pains.... being satiated to find these mighty rays... getting free from worries... their sorrows are being wiped out.....

They are imbibing God's love in them..... their forgotten and slept powers are now awakening..... realizing them their real powerful image..... realizing them of their greatness..... all souls are realizing an amazing peace and calmness..... by leaving sadness and laziness they are now feeling themselves very blissful.....

I am Avyakt Angel like Father, being Master Ocean of Affection... I am showering Spiritual Affection to all souls..... Souls are getting happy by seeing me with Father Shiva..... Their tiredness is getting over..... they are absolving their deep thrust to meet God of many births..... Their desires are fulfilling automatically.....

Om Shanti

## One Minute Drill - 80 (Change of Impressions)

**Godly Versions:** - Only if you fill yourselves with the sanskars of a self-sovereign from now, will you be able to rule the kingdom there.....

**Swamaan:** - I am the doer soul able to make actions through these physical senses, I am self sovereignty authority soul.....

**Song:** - Atam pachi moolvatan ke , suno mere nanhe laal.....

**Yogabhyas/Drill:** - O Soul..!! You are immortal..... imperishable.... Your state of eternal to beginning is absolute Pure.... You did not come to the earth for ever.... To play the part of 84 births, you have arrived on this earth from your original home Supreme Region... and since then you are playing various parts by taking body of various names and forms... your 21 births of beginning were endowed with ever pleasant... peace... love... happiness... and purity....

Then in the middle age shadow of Maya Ravana falls upon your deity sanskars of beginning..... Therefore you lose your original glow.... subjugated by vices you start making vicious relations with other living souls.... and you go deep into the trough of hell..... Thus to attain body, you may also have started wandering like this..... Because of vicious relations and connections you might have attained the early death... and now you are wandering for liberation.....

You have made these vicious accounts here in this corporeal world only.... from Supreme Abode you had incarnated on this earth as absolute neat and pure.... By removing these vicious accounts from mind and intellect... you have to be determined to go back to home..... Your aim is not to take revenge by giving pain, but your aim should be, by leaving the feeling of revenge..... to attain deity virtues like love and harmony... purity... peace... and happiness.....

Thus O Soul..!! you are embodiment of love.... renunciate the habit to take revenge from your mind and intellect... and you should emerge deity sanskars like peace... happiness... love and bliss.... and by completing all your accounts in this corporeal world, you should make efforts to go back home.....

O Embodiment of Peace Soul..!! now I show you the path of your original home that is Libration region..... Most beloved... most sacred... ever pure... incorporeal Supreme Father Supreme soul Shiva is your imperishable spiritual Father.... You were along with Him, His home as well you're..... residing in the peace abode or liberation abode.... Beyond this world... this corporeal world... beyond the residence of Brahma, Vishnu and Shankar..... The other world... Real Land... Salvation abode... Supreme region... that is your own place..... this world.... Up above of these three places.... also beyond the Sun, Moon and Stars..... is the place which is also beyond from Subtle Region..... you had incarnated on this earth from there.... and now you have to go back there only..... so O Resident of real land Soul..!!! Know yourself.... Recognize your imperishable Supreme Father... and create a thought to go back along with him to our home that is Peace Abode (Shantidham).....

Om Shanti

## One Minute Drill - 81 (Sakash – Destroyer of Obstacles)

**Godly Versions:** - Spread the rays of all powers to all the souls... give them powers.....

**Swamaan:** - I am living light-might house.... I am Ganesh, destroyer of other's obstacles.....

**Song:** - Mein serv shaktimaan ki santan hoon.....

**Yogabhyas/Drill:** - Do practice in the remembrance of Shivbaba.....

I am luminous sun..... sun of purity..... Sparkling in the middle of the forehead..... Sun of knowledge Shivbaba is up above in the Supreme Region..... almighty authority..... stable your intellect on his form.... now mighty rays ejecting from him are coming down..... showering on me..... I am Master Almighty Authority.....

I am Destroyer of obstacles..... I have got extreme Might to destroy the obstacles..... Child of almighty authority, I am embodiment of Ganesha.... Thousands of devotees are standing in front of me..... Are praising.... O! Destroyer of obstacles.... Deity of deity Ganesha...!!! you are destroyer of obstacles..... Siddhi vinayak... Master of knowledge... very powerful... we have come at your door... please remove our obstacles.....

My hand stands up in the form of blessing..... Rays ejecting from my hand and forehead showering upon all devotees.... All devotees are calling in praise..... their minds begin to calm down... Stress of obstacles comes to an end.... they are experiencing Support..... they are realizing that their favored deity is with them..... I am destroyer of obstacles..... very powerful..... I have to destroy the obstacles of entire world.....

How can I have obstacles...? from today my all problems get finished..... I am Ganesha, destroyer of obstacles..... I am destroyer of obstacles.... I am destroyer of obstacles.....

Om Shanti

## One Minute Drill - 82 (King – Free from Worries / Befikar Badshah)

**Godly Versions:** - Become the master of your mind and gain victory with the reins of the powers.... This is known as being yogi anyway, but also becoming a prayogi (a soul who experiments).....

**Swamaan:** - Through my thought power able to transferring mine to yours.... I am forever king.... free from worry.....

**Song:** - hue befikar hum Baba ko pa ke.....

**Yogabhyas/Drill:** - I remain only in the remembrance of soul consciousness form... double crowned Brahmin, very dear of BapDada..... My forehead is sparkling with the remembrance of imperishable eternal form.....

My divine image helps me to stay easily in the remembrance of Shivbaba..... Rays endowed with all might constantly showering on me from Shivbaba..... Receiving these rays, I am feeling lighter.... more lighter.....

Rays of almighty are spreading to entire Brahmin family passing through me..... I am enlightened light spreading vibration of self consciousness form to entire world..... all my soul brothers are receiving these rays..... they are easily situating in awareness of self consciousness.....

Their bodies become extinct and converted into body of light..... The angels are seen in entire world..... light is sparkling in their forehead..... Aahaa! How beautiful scene is this..... Angels and angels are seen cruising all around.....

Soul like diamond, sparkling in their forehead and spreading rays of all might in the world..... By receiving these rays human souls are becoming carefree..... They are becoming free from worries..... They are blessed..... They are happy..... They are claiming liberation and liberation of life.....

Om Shanti

## One Minute Drill - 83

(Soul... Master of Mind, Intellect and Impressions)

**Godly Versions:** - Churn the points of the elevated versions that you hear..... Remember the point... put a Point... and become a point..... This is the Godly study... this is the Godly sustenance.....

**Swamaan:** - I being a Point, celebrate meeting with the Point Father... I am the soul Master of mind, intellect and impressions.....

**Song:** - Mein atma hoon, meri shaktiyan mann-buddhi-sanskar.....

**Yogabhyas/Drill:** - Realize yourself as a Point form soul.... and concentrate your mind on the incorporeal Point Father..... At first white rays of purity ejecting from Shivbaba showering on me..... Along with other mixed rainbow rays endowed with happiness... peace... love and might are showering on me the soul.....

It seems as if rainbow rays endowed with all might ejecting from Almighty Authority showering on me... and soaking me inside..... Stand up under the shower and get soaked yourself... your limbs from these powerful drizzles.....

By soaking in this powerful shower my awareness of body consciousness has been forgotten..... Constantly flowing spring from Shivbaba is realizing me deep calmness..... By receiving the touch of rays of purity... I the soul am getting extremely pure..... I am feeling as if grimness of vices overlapped on me... the soul has been wiped out... and I the soul am becoming bright and shiny..... Taking bath in the shower of these powerful might coming from Supreme Father... I the soul have become extremely fresh and pure..... My conscience is filled with freshness... like fresh air of morning..... I am experiencing bountiful with freshness as well as might..... Touch of these rays making me realize very pleasant.....

Taking shower of these might, I am feeling very cool... satiated and rejoiced..... My heart has become blithe after getting wet in these showers.....

Om Shanti

## One Minute Drill - 84 (Brahmin to Angel to Deity)

**Godly Versions:** - The world of the soul is BapDada..... The sanskars of the soul are to be a Brahmin becoming an Angel... and an angel becoming a Deity.....

**Swamaan:** - I am an Angel at present and in future golden aged heir of royal status soul.....

**Song:** - Mein farishta tann ka maalik udd chala vatan mein....

**Yogabhyas/Drill:** - As per ordinance of God... I the soul with my internal carrier body that is Angelic body going to promenade the world..... I the soul detached from body... by sitting on one place, having world cycle through this Angelic body..... Through my Angelic form, I am granting endowed rays of happiness... peace... purity... and might to other souls.....

Spring of all might is constantly flowing from me..... These rays scattered in entire world making realize deep peace..... extreme pleasance to the human souls.... all souls are experiencing secure by realizing to get free from unrest... sorrow and pain.....

Receiving the canopy of God, they are feeling themselves blessed..... God's canopy realizing fearlessness to souls..... My aircraft like subtle body constantly cycling the entire world..... sometimes souls forgetting their hunger and thirst..... Sitting by laying their eyes in the waiting of their favored... sustainer... donor of salvation... salvation of life.....

Their eyes are getting up towards me automatically..... and start shining with an internal happiness..... As if their time of waiting has been completed.... their mind is dancing like peacock..... Happiness is revealed from their faces... They are being delighted by getting mere sight of me Angel..... As if they have found everything..... Thank you my beloved Shivbaba...! He has granted me image of divine and supernatural from common man..... He has made me giver of liberation... liberation of life.....

Om Shanti

## One Minute Drill - 85 (Tower of Light and Might)

**Godly Versions:** - World service being the tower of light-might.....

**Swamaan:** - I am Brahmin, endowed with Godly rights.... Master almighty authority... Master Trikal-darshi... Spinner of the discus of self realization.....

**Song:** - Serv-Shaktiman ki santaan ho.....

**Yogabhyas/Drill:** - I am living light-might house..... Godly light–might is completely capacitance in me..... Supreme Father has made me the owner of eight factories..... In one factory power of discrimination..... in the second judgment power... power of tolerance is in third one and so on..... Like this forever intoxication of being master of 8 powers automatically contained in me the Angel.....

I the Angel containing all these might inside me being embodiment of live light–might spreading in entire world..... Whichever side I am going, souls deservedly and as per capacity imbibing these might..... Father Supreme Soul has made me owner of 7 unlimited treasures along with 8 powers..... In which accumulation of powers like purity... peace... knowledge... happiness... bliss... love... and might have filled.....

These are basic qualities (virtues) of mine, the soul..... I the soul, constantly donating virtues and might to entire world along with 5 elements of nature through being the embodiment of Brahmin to Angel and being the embodiment of all virtues and all might.....

Being Master Purifier as like Father Supreme Soul incorporeal Shiv, I am constantly ready to serve... to purify the whole world.... All souls attaining all these might through me Angel, imbibing it and having satiated..... By imbibing these as per power they are getting contented..... They are becoming happy... satisfied or carefree... being endowed of attainment.....

By becoming collective beam of constant virtues and might... I am scattering it to entire world..... Becoming tower of light-might cycling around the world and making all rich and thriving..... Om Shanti

## One Minute Drill - 86 (Ascetic Shankar)

**Godly Versions:** - Your yoga-tapasya is not in the form of an intense fire.....

**Swamaan:** - I remain engrossed in the volcanic remembrance of a seed formed Father, cindering the excerpt descent of vicious conditioning through the power of concentration, I am a great ascetic Shankar.....

**Song:** - Lagi tapasya ki agni.....

**Yogabhyas/Drill:** - Realize yourself as an embodiment of Ascetic Shankar... A stage of volcanic yog..... only Father Shiva is mine, no one else... Stable in the stage of bodiless state and persuade the meeting with Incorporeal Father Shiva.... falling the rays of Father Shiva cindering the slime of pilus of the body of the 5 elements..... Waste thoughts have been burning to ashes.... And their ash, seems to be sticking like ashes (bhabhuti) on the Ascetic body..... My body's physique is getting Genealogical tree.... Perishable body converting into body of light and from its glow... atmosphere of surroundings is becoming very luminous and clean.....

Impact of devilish impressions does not appear even at far off places.... What a volcanic form, hermit... ascetic stage is this.... It seems as if, volcanic Ascetic Shankar will get up and start doing devastating Tandav..... Only having a single feeling of this thought Tamoguni, Devilish, sinful, souls having vicious instinct start making frantic calls... and screams fleeing and running in all directions for searching the places to hide..... But it seems the destruction of these all tamoguni powers is certain today.....

Only then on the forehead of Ascetic Shankar's divine eye, that is, in the third eye's eyelid has a bustle and a kind of earthquake is generating in 5 elements..... the entire globe is set to face a terrible tornado..... Stage of meditation with point Father Shiva is on its peak point.....

Upon opening of the third eye completely... horrible embodiment of devastating blaze rays ejecting and falling upon this Hellish world... and full with bad impressions, misconduct and reaches on this devilish wretched world set on fire..... it seems like the golden lanka is reaching its end.... stay for sometime in this form of volcanic stage and see the cremation of these 63 births old Slavic bad impressions..... lust... anger... greed... attachment... ego... jealousy... hatred... treachery... laziness... sloth... disgust... are achieving their worst stage..... and cindering by falling into the ocean of forgiveness..... now, I the soul am completely free from the claws of 63 births old curses of Maya (illusion)..... and attained my eternal golden stage which is as glittering as diamond..... realize your eternal complete Sato-pradhan point stage.....

Om Shanti

## One Minute Drill - 87 (Rememberance of Ancestor Form)

**Godly Versions:** - BapDada has now adopted the form of the Teacher in place of the form of the Father.....

**Swamaan:** - I am world benefactor..... I am an ancestor..... I am victorious gem.....

**Song:** - Vishwa ke shubh chintak ban parivartan lana hai.....

**Yogabhyas/Drill:** - I the Angel am in the subtle world..... At first I am invoking my Almighty Supreme Father Shiva to the subtle world..... as I invoke, Shiv Baba immediately comes to the Subtle world... and by entering in the subtle body of Brahma he is giving me the vision full of affection.....

BapDada combined are in front of me... I am beholding Him with open eyes... and BapDada overflows me with full of affection... loveful & powerful vision.....

Then Baba gives a sweet little touch on my forehead..... I am feeling as if Baba has granted me all his might..... How supernatural experience is this..... Aahaa..!! We will relish nectar of this supernatural feeling for a while..... BapDada and me the little Angel are standing together... and looking down to the Earth.....

All human souls and 5 elements of nature watching us with the eyes full of desires... and saying... O, world Benefactor...!! O, our Ancestor...!! O, our favored deity!! Please make us free from this Tamo-pradhan stage.....

Please show us the path of Liberation and Liberation of life.... Please help us... Now stable in your title of Munificence and see... The rainbow rays ejecting from my forehead are falling down on the earth..... All human soul's sin deeds are cindering in these volcanic formed rays.... and they are attaining their Sato-pradhan stage.....

Being pure, 5 elements of nature are also coming into beginning of Satoguni stage..... All human souls have attained their inheritance of

happiness... peace... purity... liberation... liberation of life and going back to their original home Peace abode.....

Om Shanti

**Second Drill:** - I am on the globe.... from Supreme region volcanic formed mighty rays ejecting from Almighty Father Shiv showering upon me.....

(Experience this ultimate stage of happiness for a while...) After that..... see from forehead... eyes... from your limbs powerful rays coming out and going downwards..... Rays coming out and showering on the living souls down to the earth..... All living souls are getting calm..... All their sorrows are getting away..... Let all remain in stress free life..... Be obstacle free... remain complete pure... attain their inheritance of liberation... liberation of life... These elevated thoughts like powerful rays are showering on all souls..... whereby all souls facing the sufferings of their actions..... Being Karmateet... and going back to their home that is Peace Abode.....

Simultaneously 5 elements of nature..... which are in their ghastly and destructive form..... Their anger is also getting calm down... and they are also attaining their complete Satoguni stage..... Disaster of 5 elements of nature also has come to end now... and the dawn of Golden era has began..... Thank you Baba.... Sweet Baba.... Lovely Baba.....

Om Shanti

## **One Minute Drill - 88**

(Four Sides of Serenity Post / Four Pilgrims of Madhuban)

**Godly Versions:** - Whenever anything happens, just come to Madhuban "Home".....

**Swamaan:** - I am a great fortunate soul who from time to time cycle the 'four pilgrimages' of this great Madhuban Pilgrimage.....

**Song:** - Madhuban kitna madhur-madhur hai.....

**Yogabhyas/Drill:** - Great thoughts for 4 sides of Serenity Post.....

### **Tower of Peace**

I am a wave of Peace coming out from Ocean of Peace..... One wave who comes from Ocean and spreads the vibrations of Peace all over..... and again merged in to the Ocean of Peace.... It again comes, spreads peace and again merges in the Ocean... Never get to an end... I am such wave of Peace.....

### **Tower of Knowledge**

I am a knowledgeable soul of Ocean of Knowledge..... Who is worthy responsible to enlightened the light of Knowledge in the entire world..... True knowledge of Geeta... only just listening this knowledge, stone like intellect humans converted into all virtue complete... 16 celestial complete deity... I am worthy responsible for giving the true introduction of Supreme Soul Shiva to the souls of world.....

### **Tower of Might**

I am powerful hand of treasury of might..... this is my great fortune that I am helping hand to transform the world a great effort by Almighty Authority, Supreme Father Shiva.....

### **Tower of Purity**

I am great pure soul, who is chosen by ever pure, Ocean of Purity..... On whom pure incorporeal Father Shiva has always showed the faith that... the new pure golden aged world which is being established by Him... I, the worthy responsible soul won't let the new world fall apart for next 2,500 years..... He found me suitable to live in that pure world..... This is my great luck that I am becoming the pure soul chosen by Supreme Soul himself..... Om Shanti

## One Minute Drill - 89 (Bodiless State in the Body)

**Godly Versions:** - Now do the practice – all of you reach your sweet *home* in one second.....

**Swamaan:** - I am bodiless practitioner soul within a second by living in this body itself.....

**Song:** - Deh ki duniya se badi door , Aao chalein hum apne ghar.....

**Yogabhyas/Drill:** - A mass of light... living with nature... but getting detached from nature (body) itself... Living in nature but separate from nature.... detached... flying to his own home... towards Supreme Region..... Sat near the Ocean of Peace in the Land of extreme silence..... Complete silence..... In the state of deep sleep..... far away from the bustle of thoughts and options... Only Baba and me child..... (Feel it deeply for a while) Looking at each other..... For long and long..... Looking that extreme source of might..... By stabilizing my eyes on Him... admiring my dear Father without blinking eye lids..... As if thirst of many births is to be quenched today..... today I have to fulfil myself..... Meeting of Father and child It's an amazing moment.....

Filling my apron with the treasure of pearls of knowledge.... I am diving in that Ocean of Love..... Gradually bountiful rays of might are coming from Baba... and imbibing in me..... I am imbibing might in me..... I am becoming Master Almighty Authority.....

Om Shanti

## One Minute Drill - 90 (Only Baba is my World)

**Godly Versions:** - Now, become a master of the mind in one second and get stable in the awareness of “I and my Baba are my world, and there is none other”.....

**Swamaan:** - Being the master of mind and intellect, get concentrated or converge on baba with in a second, I am a stable intellectual soul.....

**Song:** - Mere baba kahe dil yeh, mere tum ho... mere tum ho.....

**Yogabhyas/Drill:** - I am Godly child... Rajyogi... Rajrishi... only Baba is my world..... He is everything to me..... Living in his remembrance forever is my life..... Only He is my Father... Mother... Friend-Brother... Supreme Teacher... Satguru... Only the remembrance of one Baba will get me all attainments from him..... (Do practice to establish your all relations with Incorporeal Supreme Soul Shivbaba..... and get bountiful yourself with all might and virtues by taking from him.....)

Communicate heart to heart with our Praneshwar (who is lovable more than our life) Baba from depth of the heart..... O Praneshwar Baba..! only You are my Mother-Father..... everything to me..... Now, I can't live without you even for a second..... Your remembrance resides in my every breath..... now every moment... every second... my heart sings only this song that is..... Now not a single moment I could pass without you Baba..... (Song- ab tere bin ik pal na beete Baba).....

Baba's love has made me Master of all might like Him..... Baba loves me very much..... He is granting me his everything.....

Baba says, my child..!! I am yours... (Feel this for few moments)... only for you I have incarnated on this earth.... All my might are only for you..... As I am Almighty Authority likewise you my child are Master Almighty Authority..... Only you have the right to be called Master of my all might..... You merge them in yourself and utilize them in proper manner..... Recognize yourself..... You are not weak..... You are my child.... You are as strong as me..... Master almighty Authority..... By filling all might from Almighty ShivBaba.... stable in highest stage of Master Almighty Authority.....

Om Shanti

## **One Minute Drill - 91** (Sitting on Heart Throne)

**Godly Versions:** - No matter what, do not consider anything else, but you definitely have to be seated on BapDada's heart-throne... You have to be seated on the throne of the world.....

**Swamaan:** - I am Heart throne Soul of BapDada.....

**Song:** - Udo baba sang gagan mein, Farishte banke.....

**Yogabhyas/Drill:** - BapDada's most beloved soul I am in front of BapDada in the subtle world..... taking support of his subtle body, Shivbaba is present in front of me..... Rays of purity are coming out from Baba and soaking me the little Angel.....

Stream of white light constantly ejecting from Baba is completely soaking my lightening body..... White rays coming out from Baba gradually converting into rainbow..... By the impact of these rainbow rays which are showering upon me, my body is looking beautiful..... It seems like if some golden fairy has arrived straight to the subtle world..... and after having bath in rainbow rays, getting ready for promenading in the skyway..... My colourful dress is shining very much..... Now, having permission from Baba... I am flying towards the sky path..... By roaming in the unlimited sky, I the Golden Fairy.... wherever I am going.... A beautiful rainbow is forming behind me....

This mesmerizing rainbow spreading the entire celestial sphere..... Every body's attention suddenly arising towards the sky..... All souls are becoming happy seeing this mesmerizing visual..... They seem to have lost in this scene for a while.....

Their sparkling eyes... cute smile reflecting from face... saying itself the story of their internal spree..... they are greeting me by waving their hands.....

I am also seeing towards them with the vision full of love.... and with pleasant and blessed smile I am accepting their greetings.... besides this I am donating them might by lifting hand in the posture of blessing.....

Rainbow rays coming out from my hand are going towards them.... By the impact of these rays... body of human souls also are converting into different colors..... Somebody's body is in white color.... Someone's in golden.... Such as converting into different colors.....

And now they are also being addressed like Angels by wearing different coloured dresses same like Angels..... By seeing their converted image, they are getting very happy..... and also dancing in the happiness.....

Now I the Angel leaving all in laughing and playing mood, going back again to my subtle world..... They are bidding me adieu by waving their hand..... Om Shanti

## One Minute Drill - 92 (Practice of 5 Forms)

**Godly Versions:** - In 5 minutes, exercises with these 5 forms... You can do this throughout the day, while walking and moving around..... You don't need any ground or field for this; You don't need to run.... You don't need a chair... You don't need a seat... You don't need a machine.....

**Swamaan:** - As per ordinance of BapDada, I am number one Brahmin practitioners of 5 forms.....

**Song:** - Aayein anubhav karein, atam darshan karein, apne....

**Yogabhyas/Drill:** - Realize yourself as sparkling divine star in the middle of the forehead of this physical or corporeal body..... I the soul am King... Master... mind, intellect impressions and all physical senses are under my control.....

As per my authority I can manage them whenever wherever I want to..... I am self sovereignty Authority conqueror of physical senses..... King free from worries... In no time, the soul is renouncing this corporeal body of 5 elements of nature and converting into subtle body.....

I am becoming double light Angel... wearing the dress of light... having crown of light... all my ornaments are of light... A powerful aura of light is building all around me..... Around my head a very beautiful sparkling crown of white light is there..... both white feathers of Knowledge and Yoga seems so beautiful.....

I am having complete embodiment of Angel..... Being the messenger of Supreme Father.... promenading the entire world.... Now I am being detached from both of my corporeal and subtle body... getting stable in my eternal point of light form.....

I am powerful mass of light.... I am embodiment of light..... A light..... might... In the Land of Peace in front of my incorporeal Father..... In complete state.... Now I the mass of light leaving the Incorporeal abode.... am going to my kingdom.... towards new world Paradise.... and entering the body which is made up by complete Satopradhan 5 elements of Nature.....

I the soul endowed with all my virtues... 16 celestial complete... Double crowned... am in the form of Vishnu as foster.....

I am adorned with all my epithets like Conch... Chakra... Mace... and Padam (Lotus)... I am Vishnu trapezoid... I am the World Emperor..... Om Shanti

## One Minute Drill – 93 (Complete Incorporeal)

**Godly Versions:** - This year, the homework from the end of this season until the next season...; definitely perform this drill 8 times every day... You definitely have to do it... Not that you will see about it; you definitely do have to do it..... If you miss it, then do it many times in one hour and complete it..... Sleep later... Go to sleep afterwards... First perform the drill 8 times and then go to sleep.....

**Swamaan:** - I am incorporeal child of incorporeal Father.....

**Song:** - Atam panchi moolvatan ke, suno mere nanhe laal.....

**Yogabhyas/Drill:** - A mass of light, detaching from the body..... renouncing the attraction of 5 elements or nature..... Flew away up above towards the blue sky..... This is me... the incorporeal soul.....

Original home of mine... the Land of Silence.... where I need to go finally.... Beyond this blue sky... Far away from the world of Angels too.... Far-far away from anything, that is Salvation Abode.....

I the incorporeal soul must stable in this form like my Incorporeal Father Shiva..... I am looking myself in front of Father Shiva in Supreme Region.....

Endowed rays of all might showering upon me from ShivBaba... By achieving them, I the soul have endowed with might... From the impact of these rays my glow is reflecting much better.....

Being overflow with all the might I am going back towards corporeal world.... where my body of five elements exists.... detached again I am entering my old body.....

Om Shanti

## One Minute Drill – 94 (Method to make fortune for 21 births)

**Godly Versions:** - It is only at this time that the bank is open for you to accumulate the power of silence and the power of silence and the power of elevated actions... The bank to accumulate does not exist in any other birth.....

**Swamaan:** - I am BapDada's last to fast to first sovereignty blessed soul.... I am victorious gem.....

**Song:** - Tann ke bhavya bhaal pe chamak raha mein.....

**Yogabhyas/Drill:** - Focus on the sparkling point formed soul in the middle of forehead.... Create a thought... I am unborn... immortal... imperishable soul... I have incarnated from Supreme Region to the earth to play a beautiful part..... My Original Home beyond the voice is Peace Abode..... In the beginning incarnated on the earth... I was viceless completely... in the stage of soul consciousness..... In spite of fully endowed with materialistic pleasures I had no attraction of any materiality in me.... but gradually my happiness got shattered..... Now again at confluence age Supreme Soul Father Shiva fulfilling me with that happiness.....

I am a soul.... Embodiment of Peace..... Embodiment of Love..... Embodiment of Pleasure and Happiness.... Being happy is my original nature..... Pleasure is my Asset.....

I am complete happy sitting in this body... Vibrations of happiness are flowing all over through me.... These vibrations are also making realization of happiness to many other humans.....

Now I get departed from this body... Starting my journey upwards.... I am a sparkling light.... By crossing the celestial sphere.... going to my own region.... This is Supreme region..... covered with golden light... bountiful with complete silence... This is my home.....

I feel complete calm and happiness here..... I have giver of all happiness close to me..... Ocean of happiness... My beloved Supreme Father.... Only seeing him there is no limit of my happiness..... Seeing Him my

capillus are blooming..... He is as lovable as my life Supreme Father Supreme God... Aahaa..!! My dear more than my life Supreme Father, I have reached to You..... this is only You for whom, I had a deep desire to have a glimpse..... this is only You, whom I was remembering for last many more births..... Aahaa..!! My dearest more than my life Baba..... At last I have reached you.... After meeting you my all misery of many births have got vanished..... I am engrossed with Ocean of happiness by coming close to you.... Beyond from all sorrows I am blessed to receive soft shadows of your pure love..... You are my only beloved..... Aahaa!! My gates of fortune have opened.... finding you I have found everything.... Baba is telling me.... Sweet child! You are light of my eyes..... As you love me so much... I also keep you into my eyes..... To take away your sorrows I have come to you.....

You are my most beloved... sweet... lovely child..... My everything is only for you..... Now powerful rays of Praneshwar Baba are showering upon me..... Receiving these powerful vibrations I am getting overwhelmed.....

By filling apron from beloved Father I the soul.... gradually coming downwards from Supreme Region... and entering my corporeal body..... me the soul is feeling imperceptible happiness..... my mind overflows with ecstasy..... my sorrows and pain have disappeared..... I have deep realization of ecstasy.....

My life is completely filled with Godly love.... Now I have to make all souls experience this Godly happiness..... Only this is my duty left in this corporeal world.....

Om Shanti

## One Minute Drill – 95 (Practice of Different Titles)

**Godly Versions:** - First take this picture; I, a special soul, a soul with self-respect, BapDada's first creation, an elevated soul, am seated on BapDada's heart-throne.....

**Swamaan:** - I am throned... tilakdhari... holder of different titles... crowned soul of BapDada.....

**Song:** - Hum khush naseeb kitne, Prabhu ka mila sahara.....

**Yogabhyas/Drill:** - I am the best fortunate soul of this world..... the whole world is in search of GOD or looking for him, the God... Thirsty for his divine sight... the same Supreme soul meets me amritvele every morning..... The whole world remembers the God... and that Supreme Soul... Supreme Father... Almighty Authority... Ocean of all might and virtues... Ever Truth... Benefactor God, remembers me only.....

Entire world praises God and God praises..... my perception of divine qualities..... Glorifies me... Increases my value by saying that I am equal to Him..... He is granting me honor... the one, whom entire world loves so much.... that Supreme Father Supreme soul showers all his love upon me everyday.....

What a great, the best... and fortunate soul I am... to whom God himself has adopted... and on whom He is sacrificing his entire treasury..... From the billions of souls of the world, God has chosen me..... He is showering all his virtues and might on me.....

Realize the values of your elevated fortune.... Ohhoo..!! My elevated fortune... that God is with me at every moment..... does anybody as fortunate as me...!! to whom God makes him sleep by singing a lullaby... and daily Amritvela God himself wakes him up..... to whom God only feed... and God himself plays with whom..... who is my God friend..... In 3 worlds no one else is more fortunate than me..... how much should I praise my elevated fortune..... wah..! My pleasure... wah... wah.... wah.....

Om Shanti

## One Minute Drill – 96

(Giving Sakash by Sitting in the Roots of Genealogical Tree)

**Godly Versions:** - In a short time you will have to give all powers through Sakaash and those who give sakaash in such delicate times, however many you give it to, whether you give to many or a few, that many will become your devotees in the Copper and Iron ages..... What had happened in the beginning, that will be repeated in the end. So, enhance your power of mind and service of mind. On that time no one would listen to your speech, nobody would do the course... situations would be serious.....

**Swamaan:** - I am image of support and image of upliftment, Ancestor like Brahma Father playing part by sitting in roots of Genealogical tree.....

**Song:** - Vishwa ke shubh-chintak ban parivartan lana hai.....

**Yogabhyas/Drill:** - I am Ancestor..... I am Image of Support and Image of Upliftment of this Genealogical tree like the world..... Baba makes me sit in the roots of genealogical tree..... How big a responsibility is upon me.....

Vibrations of my every thought go to every leaf of genealogical tree.... My elevated stage.... Containing thoughts of self honor.... Granting the elevated vibrations to entire Genealogical tree.....

Baba has given awareness to me that... you are ancestor... this is your duty to give sakash to all souls..... All souls of the whole world are looking upon you..... You are an instrument of their welfare..... They will claim liberation-liberation of life through you..... So we all Ancestors sitting in the roots of genealogical tree.... Give Sakash of Happiness... Peace... Pleasure... Love... and Might to the whole tree.....

Visualize that by sitting in roots of Genealogical tree along with Mamma, Baba, Dadis and entire Brahmin family..... Giving Sakash to entire genealogical tree..... My vibrations are reaching to every branch and every leaf of this Genealogical tree..... Purifying all souls which are like leaves..... I am Master world benefactor..... Baba has handed over me

the responsibility of entire world's welfare..... Baba has filled virtues and might in me..... I am giving those to entire world.... getting stable in the elevated title of Master world benefactor.... Putting world's globe in to my hand.... give Sakash to all souls.....

Baba has given the world's globe in to my hands..... Baba says my child!... If you want to rule the world... Then first become the World Benefactor..... Benefices all souls of the world.... All unhappy, turbulent souls and 5 elements of nature..... purify them by giving your pure vision and vibration.....

So I am Master world Benefactor soul.... Taking pure rays from baba.... giving Sakash of Purity to the world's globe..... By giving Sakash of Light-Might to entire world, I am also becoming the angel like Father.....

Baba says, child..! You are just like me.... Just like Baba I also am double light..... free from all bondages... endowed with all virtues and might; I have become an angel like Father..... Now I am creating the image of an Angel and going beyond from this world to our un-worldly land..... And becoming complete by merging in the remembrance of one god and love.....

Om Shanti

## One Minute Drill – 97

(Making Atmosphere through Elevated Attitude)

**Godly Versions:** - Each one has to take the responsibility; My duty is especially to create a pure atmosphere and not look at others.....

**Swamaan:** - I am Master Creator creating elevated atmosphere through my pure vision and auspicious attitude.....

**Song:** - Hum swarg dhara per layenge.....

**Yogabhyas/Drill:** - I am Quadrilateral (chaturbhuj)... fearless... Bold... carefree... I am endowed... I am complete... same like Father... always combined with Father..... I am destroyer of obstacles..... I am in the curve of light.... Angel resident of Subtle land..... I am incarnated to this corporeal world for doing service.... I am playing part by holding the body made up of five elements.... and again being subtle I return to my home land.....

In this precious time of Confluence age, this is the only part of me Angel..... I the Angel, merge my subtle body and hold the body made-up of 5 elements in this corporeal world.....

My gross body is in the curve of light..... like an image of shadow... though exist in the body of 5 elements still I the soul am detached from this corporeal world..... Taking the body of light I am traveling the entire world.... After taking round of the whole world I am situated at a high place.... and being stable in my embodiment of blessing... spreading the rays of love... happiness... peace... purity in the whole world.....

Attaining the rays of might 5 elements of nature are becoming clean and calm.... By the impact of these rays all souls also forgetting their sorrows..... and experiencing the feeling of happiness and peace..... being extremely happy they are looking up above to the sky.....

Having experience of these vibrations full of powers they are thanking God by their heart..... Their eyes are spilled with happiness by finding the love of God... They are having vision of their favored deity in my embodiment of blessing... they are overwhelmed and dancing..... They are feeling extreme happiness by forgetting their sorrows.....

Om Shanti

## **One Minute Drill – 98** (Forever Father's Companion Soul)

**Godly Versions:** - BapDada wants everyone to remain constantly with the Father and not to become alone.... It is only when you stay with the Father that you will return with Him..... If you are with the Father only sometimes, then how would you return with Him...?? One who loves someone can never forget the person one loves.... Continue to practice this throughout the day.....

**Swamaan:** - I am the Companion soul, always experiencing the company of Father Shiva.....

**Song:** - Aisa lagta hai... saath saath mein... Baba chalte ho...

**Yogabhyas/Drill:** - We will go to Baba's rock.... Baba says, o my child – there are millions in your foot step..... I the soul as per teachings of my Father..... going as an Angel..... BapDada is walking along with me..... He is guiding me by holding my finger.....

Child, you have come here not for first time..... you have been walking to this spiritual pilgrimage like this for Aeon's..... See multi millions are there at your footsteps..... Wherever you put your foot.... There is earning of millions accumulating.....

These powerful vibrations ejecting from your feet..... Spreading the waves of calmness in the earth too..... Merging in the earth these cool waves..... making this earth feel of deep peace..... Sweet remembrance of only one Shivbaba resides in your every breath..... powerful rays of purity are scattering in the atmosphere..... Your soft heart having constant remembrance, that is "Only Shivbaba is mine, no one else"..... Only "Ram" resides in your heart.....

By your own practice revealing the God, you are the image of support.... Do you remember..... You have given your hand in my hand for Aeons..... make the Earth free from the burden of sins..... You are cooperative soul of Shivbaba..... Do you remember sweet child.... only you are... for whom I, your imperishable Father..... incarnate on this earth for aeons..... Come my beloved.... long lost now found child... come... Now experience all relations with your imperishable Father..... Claim the inheritance of happiness from that imperishable Supreme Soul..... Come on my multimillion fold fortunate child of Aeon.... Come and merge in the lap of your Father.....

Om Shanti

## One Minute Drill – 99 (Beloved of Shiva Bridegroom)

**Godly Versions:** - The return of love is to become equal, to become complete, to become perfect... So, BapDada is now going to show you one drill... All of you say that you have love for both Bap and Dada... You have love for both, and Father Shiva is incorporeal, right? And Father Brahma is an Angel.....

**Swamaan:** - I am beloved of Shiv lover or Sajan.....

**Song:** - Prabhu prem ke do ansoo, naino me bhar ke aaye.....

**Yogabhyas/Drill:** - Let's engrossed in the love of God..... Love is a very beautiful feeling..... The most beautiful gift of life.... and I have got an opportunity in this life to love God..... God himself comes and makes me His beloved (Bride)..... He has been loving me birth by birth..... I had forgotten Him being trapped in this mundane world cycle..... But he always took care of me..... He has protected me at every step..... accompanied me forever.... handled me... secretly nourished me.....

I have got the right to love God..... This is my greatest fortune..... I have got imperishable Suhaag (woman having her husband alive forever)... Who will be the most fortunate Suhagan (married woman) like me..... Supreme power Almighty God himself adorns me..... Everyday comes to meet me from Supreme Region..... He is with me in my every step.... with me... protects me by walking ahead of me being as my guide.....

He has given me spiritual vision by putting mascara of love in the eyes..... given me Tilak of the multimillion fold fortune on the forehead.... made me the Master of imperishable happiness.....

By having his image in my heart he accepts me as his better half..... Filled my every pores with the emotion of love..... engrossed me in the ocean of imperceptible happiness..... Given me both crowns..... responsibility of world transformation and light of Purity..... made me extreme light and authority of unlimited service..... Walking ahead of me being as my guide..... He always takes care of me..... on a single call, He comes to me at once.....

My birth of confluence age is blessed..... This dead alive life.... that I found God himself in the form as my beloved..... Today in this Iron aged world people have palace... ornaments... other resources of happiness like electricity etc. they have everything..... but they don't have true peace and true joy of mind..... which I have found..... I am complete owner of it..... which is my imperishable inheritance.....

Om Shanti

## **One Minute Drill – 100** (Service through Complete Stage)

**Godly Versions:** - BapDada has given permission for you to do it for as long as possible... If you do it for longer than 5 minutes... if you cannot do it for 10 times, then do it for 7 minutes or 8 minutes..... You are given permission to do it for even 5 minutes, but if you are able to do ten minutes at any point, that is good..... The time will come when you will have to give rays to the self and the world... This is why BapDada is giving you permission: practice this for as long as possible.....

**Swamaan:** - I am time to time practitioner soul of different titles.....

**Song:** - Apni chintan ki dhara badal do.....

**Yogabhyas/Drill:** - I am Trinetri (Soul with divine 3<sup>rd</sup> eye)..... I am Master Trikaldarshi – knower of 3 worlds and 3 time aspect through divine third eye which exists at my forehead.....

I am seeing my subtle body... getting out from my physical body... going upwards towards the subtle world.... I can see as detached observer..... My subtle body endowed with light and might... gradually moving ahead upwards to the clouds.....

Now I am riding on a small cloud and going towards my lovely Father and to my sweetest home Supreme Region.... While passing through the clouds I am feeling indescribable joy..... The flock of clouds freely roaming all around.... as if they are waiting only for my arrival.....

I am accepting their divine greetings.... I am giving them sakash to make them powerful and sato-pradhan..... Now I am going to my lovely Father Supreme Father Supreme Soul to the Supreme Region the Land of Silence..... In this amazing world which is filled with golden red light and extreme peace..... I am realizing a unique and deep peace..... In front of me my Spiritual Father Supreme Father Shivbaba, seeing me... and showering his all might upon me..... I imbibe all might in me..... and spreading them to every soul present in the corporeal world.....

Souls are imbibing the powerful rays in themselves which are coming from me.... Now I again am coming back to the physical world and physical body....

Om Shanti

## One Minute Drill – 101 (Able Soul Beyond Waste)

**Godly Versions:** - Such things that will make your mind and intellect wander will definitely come.....

**Swamaan:** - I am practitioner of concentration soul stays away from waste forever.....

**Song:** - Mann ko kitna suhana thikana mil gaya.....

**Yogabhyas/Drill:** - Storm of waste thoughts is rising in the mind.... Vibrations of formidable situations all around attracting mind and intellect towards them..... Somewhere noise of loud music.... Screaming and shouting people due to conflicts elsewhere..... Somewhere people doing helter-skelter in vain..... People are busy in an unknown race... an unknown fear frightens the people..... They are roaming to collect waste material..... in efforts to get rid of them they are taking support of black-magic, necromancy, pundits and moolvies..... something terrible like that.....

Atmosphere full of negative vibrations... exist at every moment everywhere around me the Brahmin soul..... But my Brahmin life is completely safe from these type of waste thoughts..... Impact of these vibrations can not fall upon me..... Remembrance of Supreme Soul resides in my mind forever.... only Ram (Shivbaba) resident of Supreme region resides in my heart..... Let's go near to the Seed Shivbaba at Supreme region..... Leaving this bodily world, soul is flying towards Supreme region.... concentrate mind and intellect with in a second... I am in my eternal seed stage at my home Supreme region..... Creator of new world Shivbaba is there in front of me.....

I am sitting in front of him beyond the thoughts... and seeing the incorporeal Shivbaba..... Innumerable mighty rays are flowing towards me from Almighty Authority..... I am imbibing these rays in me..... The might is being filled into me.... Imbibing these might in me... I am flying towards the Subtle World..... Where my subtle body is stable in complete form..... I sit down on the world globe after entering the subtle body..... And donating the rays of almighty to the world.....

Rays endowed with Supreme Soul's might are scattering the greenery to the world..... Tamoguni atmosphere of everywhere is being transformed..... Nature once again is becoming Satoguni..... It looks greenery all around.....

Now I the angel am incarnated in the corporeal world..... And holding back my corporeal body..... This is my confluence aged dress..... Which I should hold for service and to play the part as world server.....

Om Shanti

## One Minute Drill – 102 (Practice to become stable in Seed Form)

**Godly Versions:** - This is the homework for all the classes... when BapDada receives the result, He will see whether you are worthy to come in the rosary of 108 or 16,000..... In your daily timetable, it will be seen how successful you are in stabilizing in a second and it will be seen from this which rosary you are worthy of.....

**Swamaan:** - Being a point in a second, meets with Point Father, I am authority soul of rosary of victory....

**Song:** - Any silent tune.....

**Yogabhyas/Drill:** - Being bodiless be silent..... Absolute Silent.... Slightly... slightly... Go deep... deeper... more deeper into Silence..... stay in this state for a while or more..... Body and other things associated with body so what... does body exists! go away beyond this awareness..... Unique... distinct from body... incorporeal... There must be no other awareness except Seed form state..... for a minute or two.....

I am incorporeal soul resides in the incorporeal world only..... Seed form... A point... like star world of red light in the whole universe... I am a soul sparkling like white star..... complete... viceless... Achieved supreme purity... Practical embodiment of Purity... Mind... Intellect... Impressions... completely merged... Seed Father Shiva is there in front of me.....

Ocean of Completeness... Ocean of Purity... Unlimited treasures of virtues and powers..... Ocean of knowledge.... Parasnath.... (Akalmurat) Immortal image... The truth – the sentient being – the ocean of bliss (Sat-Chitt-Anand Swaroop).... Absolute silent but source of almighty..... Finding him in front of me, I have nothing to think..... Not even a single thought.... beyond from thoughts totally..... absolute thought free stage.... Only, Father and me.... No thought... No question... Nothing to worry... and nothing else... Easy and clear experience of dead silence stage.....

I have become the Authority of experiences..... I am complete soul child of Seed Father, Master seed form..... How unique experience is this...! at

this stage, I am experiencing imperceptible happiness..... this is my complete incorporeal form.....

Now I move towards my kingdom..... New world... towards Paradise..... and entering my complete pure body..... This is my first incarnation on this golden earth..... I the elevated soul of deity dynasty incarnated in this complete pure body..... starting the new part at this world stage....

Deity souls are celebrating my incarnation day..... They are dancing in an extreme happy posture..... Now I the soul realizing my venerable image..... devotees establishing my magnificent statue in temples and pagoda.... They are celebrating Pran-pratishtha ceremony of the statue of their favored....

They are manifesting their happiness by playing drums and cymbals..... From my gross statue, rays of peace... might and love... are ejecting and showering upon devotees..... they are being satiated with the mere sight of me.....

Now I am going back to my elevated Brahmin birth..... My divine un-worldly birth by Supreme soul Shiva Father's pure adoption..... He has chosen and adopted me from the millions..... He made me lucky..... By picking me from Shudra clan He has made me heir of godly clan..... My elevated fortune.... How much pride should I do to my own destiny.... That I have got the right to be called as Godly child..... Now my part of Brahmin to Angel is to be completed on this earth... and once again I have to attain incorporeal stage and go back with Supreme soul incorporeal Shiva to his as well as my home.....

Om Shanti

## **One Minute Drill – 103** (All Relations only With Father)

**Godly Versions:** - However, when you lose courage, then always remember your relationships with the Father..... How many relationships are there? Sometimes He is the Father... sometimes He even becomes a Child... Sometimes He is the Father and sometimes He even becomes your Friend. This is why either remember the relationship or the attainments.....

**Swamaan:** - I am fortunate soul experiencing all relations with BapDada.....

**Song:** - Tumhi ho Mata Pita tumhi ho... tumhi ho bandhu sakha tumhi ho.....

**Yogabhyas/Drill:** - Experiencing all relations with BapDada.....

**Experience as Father** - Lovely Baba present in the body of white light is calling me with open arms..... to engross in his arms... being a little Angel and let fly away to Baba's lap..... Oh hoo Baba..!! This is my great fortune that I am able to sit on your lap..... I had never thought even in my dreams..... Neither Dreams.... nor even in my thoughts that I will celebrate our meeting like this....

I had completely forgotten you... Your deep love... These sweet explanations..... Everything went away from my life..... I had forgotten my own region... my lovely home as well as myself too..... Being afflicted I was wandering here and there..... You gave me your introduction..... made me yours long lost now found child.... Lovely Baba..!! Being an obedient child of yours... I will surely brighten your name.....

**Experience as Mother** – Baba..! You are my lovely mother too..... Being a mother you completely take care of me.... Sustain me with affection and might by waking up me early in the morning.... As Brahma mother you take care of me whole day..... By filling might you give me Brahma food..... How much you take care of me.... I will certainly do full effort to give return of your Motherhood.....

**Experience as a Teacher** - To find lovely BapDada as a teacher, my life has completely changed..... Knowledge of three worlds... three times aspects.... which is not available even with philosophers..... Great scientists.... Greatest scriptural-scholars..... You have given me whole knowledge in a very simple method and made me Trinetri (Master of 3<sup>rd</sup> divine eye), master Trikaldarshi (Master of 3 time aspect), master Trilokinath (Master of 3 worlds)..... Wah..! My elevated fortune that I met you.....

**Experience as Sadguru** – Baba..! You are my Sadguru too..... now a days people have become religion degenerate and action degenerate by coming in the contact of many liars and fake preceptors..... by forgetting their true Sadguru they are wandering here and there..... How much fortunate I am... that you have told me easy way of liberation-liberation of life..... stopped my wandering..... by finding you, I have found the inheritance of all blessings..... I have got highest mantra of “Manmana bhav”.... Baba, my all desire are fulfilled.....

**Experience as a Friend/Brother** – Baba..! Receiving love of all relations from you, I am carefree now..... Life seems very easy and just like a game.... Being God friend you live every moment with me..... In every situation of life you are my companion... Then why should I worry in vain..... You are my beloved... You are my companion in the joys and sorrows... Baba..! I am feeling your company in every single moment... how beautiful realization is this.....

**Experience as an Owner** – Baba..! You are also my imperishable lover.... my beloved... my owner... you only are my world... O Praneshwar...! O True love of my heart...! receiving your love my life has got blessed..... I can't stay away from you even in my thoughts and in my dreams as well.... Mere thought of staying away from you, my soul is getting trembled..... I can't tolerate your separation even in my dreams..... Baba..! You have become breath of my life.... I know that you will stay with me till last moment.... You will accompany with me....

**Experience as a Child** - Baba! I have relation with you as a child too... I have made you as my child and offered you everything... I am sacrificing my body... mind... wealth... thoughts... breath... everything to you Baba..... You only are my heir..... And I am also yours only..... You are everything to me Baba.....

**Experience as Horticulturist, Gardener, Sculler** - Sweet Baba! you are sculler of my life..... You are only gardener who will make soft bud to fragrant spiritual flower..... I am a little flower of you horticulturist's garden..... By obeying your Shrimat, I could be like you.... Now this is my only wish left... As soon as possible become same as you and succeed everything for the world service..... I wish I could reveal that Supreme soul Father in the world... who will be going to make me Deity.....

Om Shanti

## One Minute Drill – 104 (Owner of Physical Senses)

**Godly Versions:** - Maintain full rights over your mind – intellect – sanskars... This is what it means to be a master of the self..... Whatever orders you give them, they are instruments to carry out those orders..... However, in order to accomplish this, you maintain the intoxication of being a master while walking and moving around.....

**Swamaan:** - I am Self Sovereignty soul having complete authority on mind... intellect... and impressions.....

**Song:** - Atam chintan karo, Prabhu ka chintan karo.....

**Yogabhyas/Drill:** - I the point soul am in front of Father Shiva at Supreme region..... three might mind... intellect... and impressions... are emerging in me the soul..... up above enlighten point soul and its' three organs... mind... intellect... and impressions are present in front of Father Shiva..... Now I am taking from Baba endowed rays of Purity to make pure and clean all three organs.....

Volcanic mighty rays coming out from Shivbaba are showering on me.... And passing through me going to the three organs..... Constant flow of mighty rays has been purifying mind... intellect and vicious impressions of me the soul.... Their form is changing..... After becoming very clean the heart is getting calm..... waves rising in the mind are getting slow down..... Somber intellect is becoming clean... pure.....

Vices like trash are being cindered to end by falling volcanic rays..... Beautiful thoughts are awakened in the mind..... Intellect is becoming bountiful with divinity..... Deity impressions are emerging in me..... I am easily realizing my eternal image.....

This is my eternal to beginning Deity image..... Then I the soul was complete authority of mind... Intellect... and impression..... Any kind of impure thought could not even touch my mind..... Now again I am easily realizing my same impressions..... Now I the soul after being pure and clean, again coming down to the earth..... And entering my body.....

Om Shanti

## One Minute Drill – 105 (Service through All Virtues & Might)

**Godly Versions:** - Keep your mind busy in one service or another; in giving powers through your mind, in serving through words, serving with virtues in your actions, in the service of giving happiness to your relatives and contacts... Keep your mind busy in all these different types of service.....

**Swamaan:** - I am embodiment of all substantiation.... Destroyer of Obstacles soul.....

**Song:** - Koi nahi hai shatru tera, fir kyu hai mann mein darr ka basera...

**Yogabhyas/Drill:** - I am child of Almighty Authority, Master Almighty Authority soul..... I am destroyer of obstacles..... Precious all mights given by BapDada are merged in me..... Having these might any type of Demonic destructive power can not attack me.....

These Godly might always resides with me as a canopy..... Mine destroyer of obstacle image easily makes me across from all obstacles..... I easily stabilize myself in the eternal state..... And easily across the inextricable situations created by Demoniatic community of the corporeal world.....

I easily achieve victory over the knotty problems which are generated by exorcism prevailing in today's world..... Impact of any type of exorcism can not get effect on me..... I am dearest of BapDada's long lost now found child, always sustaining in the canopy of Almighty Authority Father Shiva.....

I am destroyer of devils i.e. Mahakali..... who has destroyed the demonic impressions and achieved the victory over devils..... Ahead of my Mahakali form, any evil tendency of the world is ineffective..... Having Devilish tendency vicious humans attaining the painful exorcism... turns into ashes in a second by my Mahakali form.....

I am fearless..... without Enmity..... I am Master Mahakal.....

Om Shanti

## One Minute Drill – 106 (Just Do not Take, Let's Give)

**Godly Versions:** - Do a little service and make some time, because you have the power of thought... anyway, simply, also give what you have received from the Father to your brothers and sisters.....

**Swamaan:** - I am world server soul same like God Father.....

**Song:** - Karein pratigya sabke sath milker chalna hai.....

**Yogabhyas/Drill:** - Sweet Baba... today is a very happy day for me... that you have chosen me as server to give Godly message..... Sending me for service... Baba I your child, as per your directions given by your worldly server daughters... in your guidance... duty to give introduction of God Father to all souls... I will do efforts with complete dedication and diligence..... World's all souls are my spiritual brother and sister.... For all I have only this good feeling..... That everybody would get introduction of their eternal Father... and according to Aeons... Being the Authority of their inheritance of liberation and liberation of life.... In this last stage of destruction getting free from all types of karmic bondages..... Take the path of their original home... the peace land.....

My sweetest Baba..... I know that every moment on the path of service... Every time you will stay with me..... if I realize any type of commotion while doing service anywhere.... Then you will always be with me to guide me..... Baba..! I fully assure you... that I will remain completely endowed in your remembrance and introvert..... do effort to play the part of service..... Baba..! You have paved me the lesson of "First You" while living in the organization.....

I will take care of that too and always through the method of "First You"... I will try to keep my fellow and colleagues ahead... and with my yogyukt mind..... (having remembrance of God in mind)..... face filled with spirituality..... with my pure vision and attitude..... and by the trend of Angelic form..... I will do effort to reveal you.....

Om Shanti

## **One Minute Drill – 107** (Cinder the Impressions through Volcanic Form)

**Godly Versions:** - It is now necessary to have volcanic yoga. Volcanic yoga means to be in a powerful form of light and might because, according to the time; sorrow, peacelessness and upheaval are now going to increase..... This is why you now have the need to give powers to the unhappy and disturbed souls through special volcanic yoga. In return of their sorrow and peacelessness, you have to give them some powers and peace through the service of your mind..... It is only through volcanic yoga that the remaining sanskars will be burnt.....

**Swamaan:** - By the practice of volcanic yoga... firm resolutions fort maker... I am light-might ascetic soul.....

**Song:** - Teri yaad ka deep Jale mann mein, ek Jyot jage iss Jeevan mein.....

**Yogabhyas/Drill:** - Be seated on the lotus posture.... detached from body... in the soul consciousness... be stable in the easy yogic posture.... Let the 4 best pillars of firm thoughts stand all around you... On my one side there is a pillar of one true Father's company.... Made of knowledge... On the other side is a pillar made of firm fast of purity.... On the third side there is a strong pillar with the notion of divine qualities.... and on the fourth side there is a pillar made up of pure ethics.....

Realize above you Shivbaba's endowed rays of all might as a canopy..... I am completely secure in the strong fort of these elevated might..... From top Shivbaba's endowed rays of might constantly coming on me... I am taking a bath in these rays.... My body is vanishing.... and converting in to the body of light.....

Gradually I am being detached from this nature (body).... reached in the body of light.... being luminous my body is glowing..... I am realizing myself in the form of might along with light..... There can be no effect of any kind of nature's stir on this body of light..... secure under the shield of God my this home... is capable to protect me from every kind of commotion and knotty situations.....

Now I am being stable in the form of light-might... sending all might which is given by Father to the entire world..... My mighty form has been burning to cinder vices like debris pervaded in the world..... Debris like waste thoughts filled with vices and negativity has been burning to cinder... and a clean and pure atmosphere is being generated..... Souls of the world easily realizing these rays..... They are feeling the might of God... Their mind getting calm and concentrating mind and intellect.....

This concentration making them feel attraction of God..... In the hope of to have a glimpse of God, they are looking towards the sky..... entire celestial space element is becoming red with Godly rays..... From Baba millions of mighty rays are scattering to entire world..... all human souls.... along with 5 elements of nature imbibing these rays in them... and by forgetting sorrow... pain... unrest... being engrossed in the Godly love they are celebrating the festival of joy..... They are having vision of their God.... and becoming free from vicious bondages of this body they are going back happily to their home..... Om Shanti

## One Minute Drill – 108 (Complete Pure Soul)

**Godly Versions:** - Purity is the basis of all attainments.... All of you have become master almighty authorities through Purity.....

**Swamaan:** - I am an absolute pure soul.....

**Song:** - Pavitrata ka hridaya kunj mein aisa pushp khila.....

**Yogabhyas/Drill:** - I am an enlighten point soul..... Detached from body... separate from the bodily world... resident of world of light Supreme Region.... Being soul... a point... I can neither think nor see anything... even can not do any type of act.... when I am detached from body in the bodiless stage... am in my purist form... Resides in my own home... complete silent... thoughtless... Free from all bondages... Karmateet... decorated with all might... Adorn with different ornaments.... Forgotten of bodily world... Absolute pure complete stage... Finds rest in its own home..... Realize yourself in absolute pure form... I the soul endowed with purity.... In front of Seed Father at Supreme Region... in the same stage as Father... Master Almighty Authority.....

Now emerge your embodiment of liberator.... I the soul same as Father... falling of my sight on the souls.... They are getting free from the burden of sin deeds of many births..... Attaining their original stage..... They are easily realizing themselves free from karmic bondages..... By my mere sights of one second souls are getting completely free from bad accounts of 63 births..... They are having vision of their favored and liberator as well.....

They are getting happy... They are being satiated... Sato-pradhan sense of devotion is awakening in them.... They are worshipping by engrossed in devotion playing different types of instruments..... Singing prayers... Chanting Mantras... They are becoming happy having glimpse of their favored... and praising them.....

Now my hand rises in blessing posture and fulfilling them with blessings..... Showering the rays of Purity... Joy... Peace and Love... on them..... Finding all rays souls are becoming contented.....

Gradually they are becoming calm..... As if they have got everything..... And their thirst of many births is quenched..... After fulfilling all, I am going to be stable again in my seed form.....

Om Shanti

## ..... Something Special .....

- Have to learn to remember Father.
- O child of God...!  
Love God as He loves you...!!  
God himself will make you like Himself...!!!
- Lovely Baba... Sweet Baba... nothing else...!  
Except you, my heart does not remember anything else...!!
- Your wish has so groomed my life...!  
That no wish is left after you.....!!
- There are many tests in this path... as of now, only thought to travel...!  
Sure to reach destination one day,  
Being detached from world, decided to sacrifice on you...!!  
Will not loose courage, promised this to none else, but self...!!!
- Where there is faith, there is intoxication...!  
Where there is intoxication, there is stage...!!  
Where there is stage, there are attainments...!!!
- Learn spiritual drill to accumulate power of yoga.
- One who is self conscious, he only is knowledgeable.
- Being engrossed in love of one Father is complete knowledge.
- Those children who remember me much, I call them to subtle world and talk heart to heart with them.
- Those children who are sharp in knowledge and yoga, they get first kingdom of the Golden era.