

A GUIDE TO

AMRIT VELA



*"Experience the time when, without effort,
you can attain limitless treasures from
God's open treasure store."*

The Early Morning Hours of Nectar

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Based on BapDada's Murlis and the wisdom of senior Brahmin teachers.



INTRODUCTION

HOW TO USE THIS BOOK

This book is based on BapDada's guidance and inspirations for Amrit Vela. It also includes advice and practical experiences from Brahmins who have practiced Amrit Vela for many years and have discovered methods to make Amrit Vela easier and more enjoyable.

This includes many Murli quotes. They look like this:

"Each day, during the early morning hours of nectar, Baba gives blessings. If, every day, you continue to take these blessings then weaknesses can never come. However, the soul has to be worthy to claim these blessings: it is simply by having love for Baba that the soul becomes worthy."

BAPDADA

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WHAT YOU'LL DISCOVER

In **Part 1: The Joy of Amrit Vela**, you'll discover what is possible from Amrit Vela and how to set yourself up for success.

In **Part 2: The Core Amrit Vela Practices**, you'll learn 7 powerful practices you can experiment with at Amrit Vela and see for yourself the joy and blessings they bring.

In **Part 3: More Amrit Vela Magic**, you'll discover 5 more beautiful practices you can enjoy to keep things fresh or to enjoy a longer practice.

In **Part 4: A Powerful Evening for a Powerful Morning**, you'll learn the secrets of waking up feeling fresh, inspired and be able to have a beautiful morning. The evening really is the secret to the morning.

Lastly, in **Part 5: Common Obstacles and Solutions**, you'll learn how to overcome common challenges.

FAST START TIPS

How to get the best results at Amrit Vela

1. **Study this guide carefully and start practicing right away.** Don't worry about doing Amrit Vela 'perfectly', just keep practicing and refine the process as you go. Each moment you engage in this divine practice you receive multi-millionfold blessings.
2. **Start with just 2–5 minutes of practice.** You can start practicing these for just 2–5 minutes each, so you can get a feel for them. Then, when you are ready, increase the time for up to 15 minutes per practice (or more as time allows). Start small and keep growing.
3. **Follow your joy.** If you especially enjoy a certain practice then focus on that practice more than the others. The main thing is to enjoy yourself and experience the benefits!
4. **Do these practices at other times of day too.** Amrit Vela is a special time; however, feel free to do these practices throughout the day whenever you have a few minutes free. The more remembrance, the better.
5. **Make these practices your own.** Feel that 'this belongs to me', 'this is my practice', 'God belongs to me and powerful spiritual connection belongs to me.' Higher consciousness is your divine birthright.
6. **Don't be disheartened if you have a bad day or miss a day.** Sometimes you may wake up late or feel tired. It's ok. Just get back on the program now. Past is past. Move forward with enthusiasm and joy. Each day is a new day.

7. If you can't wake up early, then do these practices when you do wake up. Don't let that stop you from having powerful meditation in the morning. Just do your best to wake up as early as you can and then enjoy the practices when you wake up.

PART ONE

I

THE JOY OF
AMRIT VELA

"At the time of the early morning hours of nectar, there are two particular forms that you should adopt: the image of inculcation and the image of experience. These two forms are important because it is especially in the early morning hours that BapDada, as the innocent Lord, fills all the treasure stores of the special children."

WHAT IS AMRIT VELA AND WHY IS IT SO POWERFUL?

Amrit Vela literally means 'the early morning hours of nectar.'

Amrit = nectar. **Vela** = early morning hours.

Amrit Vela is the most auspicious time of day, because it is set aside by God to give special blessings.

"BapDada has reserved the time of Amrit Vela especially for the Brahmin children. It is at this time in particular that BapDada sees the specialities of each child and sees the virtues of their service. At that moment, BapDada allows the speciality of each child — their virtues and their service — to become imperishable. So, this is why BapDada has reserved this time especially for the children."

On the basis of just one second's experience during the early morning hours of nectar, it is possible for you to be the embodiment of experience and to have all attainments for the entire day and night that follows."

BAPDADA

WHAT TIME IS AMRIT VELA?

The time for Amrit Vela is between 2:00am and 5:00am. Most Raja Yogis sit for Amrit Vela meditation from 4:00am to 4:45am; although a handful of souls get up as early as 12:30am to begin their Amrit Vela at 1:00am. Have the pure intention to wake up early, before the busyness of the day begins, and connect with God. By doing this you can receive fortune, blessings, power and inspiration.

The main thing is God's remembrance. The Father now says: Remember Me alone and do not do anything else. Only by having remembrance will you receive power. Only by having remembrance will there be a lot of happiness and health.

"I guarantee that if you remember Me your sins of many births will be burnt away in that fire of yoga. Just as when you put old gold onto a fire, the alloy is removed and only the real gold remains; such is the fire of yoga."

BAPDADA



CHAPTER THREE

THE SUBTLE SCIENCE OF AMRIT VELA

Studies have shown that the time between 10:00pm to 4:00am is the ideal period for sleep. Those who sleep very late, and get up very late in the morning, are more prone to develop high blood pressure, heart attack, diabetes, and hypertension. The early morning is a special time because there are no disturbances. At that time, your thought process is clearer; you can actually think in a positive way.

WHY DO WE NEED TO THINK POSITIVE THOUGHTS?

Nowadays scientists believe thoughts are very important in our life because the majority of diseases are psychosomatic. The American Medical Association says 60% of modern diseases such as diabetes, hypertension, heart disease, stroke and cancer are due to stress and tension. To overcome these problems, we have to change our thought process.

WHY IS THE EARLY MORNING IMPORTANT?

During the day, when we are busy in our daily life schedules, it is very difficult to control our minds and focus our thoughts. So, when you get up early in the morning, because at that time there is no job or anything to worry about — you are free. You can set your mind and you can change your thought process.

Just as a person initially learning to drive a car goes to an open space to practice, then when he is more confident, he goes into traffic to practice a little more, and gradually he learns to drive perfectly. Similarly, when somebody gets up very early in the morning and creates positive thoughts and makes it a habit, then during the whole day it becomes very easy to control the mind.

THE 4 TYPES OF THOUGHT

Scientists have calculated that we create nearly 50,000 thoughts per day. Out of all those thoughts, there are only four types:

1. **Positive** — these conserve energy and improve our lives.
2. **Negative** — these drain our energy and cause problems.
3. **Necessary** — practical thoughts used to solve immediate problems.
4. **Unnecessary** — pointless thoughts about things we can't change.

So from a medical point of view, if you get up early in the morning and practice positive thoughts, then naturally, during the whole day you will easily be able to create more positive thoughts.

POSITIVE THOUGHTS FROM A SPIRITUAL POINT OF VIEW

In India for thousands of years, all the sages, monks, and rishis have taught people to get up in the early morning and have positive thoughts. They also say to remember God, the ocean of all virtues, powers, and knowledge. When you do this, you free your mind from all worries and anxieties. And for the whole day you will be very happy.

Swami Vivekananda has written in his book called Raja Yoga that "A yogi, who gets up early in the morning and connects himself to God, develops such tremendous power that he can shake the Himalayas." So, by getting up early in the morning, and practicing positive thinking, meditation, and connecting to God — one can empower oneself to control the mind and the sense organs, and change one's lifestyle.

WHY GET UP AT AMRIT VELA?

Amrit Vela is the hour of nectar. It is very peaceful at that time. It is a perfect time to create positive thoughts and meditate. The early morning is also unique and special because the atmosphere is pure as many souls are asleep. When souls are sleeping, they are bodiless and in a state of peace most of the time. This means the usual negative, worried, stressful thoughts and actions of millions of people are merged — which opens up a psychic space to enjoy deep solitude, think more clearly, and connect more deeply with God.

That's why Amrit Vela is very important. At that time when you remember God you get connected to Him. You receive all the power from Him.

REMEMBER THIS

- » Psychosomatic illnesses are increasing. Avoid this by getting up early and empowering your mind.
- » If you wake up late, in a state of stress, and rush around right away, you will feel unprepared for the challenges of the day.
- » Amrit Vela sets us up for success before we engage with life.
- » By being awake during this time, we can receive God's special blessings and sustenance, and set up our day for success.
- » If you are unable to wake up at 4:00am to begin with, then start practicing these methods at the time you do get up and then gradually start waking up earlier.

THE POWER OF PURPOSEFUL PRACTICE FOR LONG-LASTING SUCCESS

SUCCESS INSIGHT #1 – THE POWER OF DRILLS

"The Father teaches you children drill, just as teachers give directions and teach drills."

BAPDADA

A 'drill' is defined as an intensive instruction or training method in something, usually by means of repeated exercises and practice. The main key to drills is repetition. A drill, performed only once or twice, will not create lasting results. Drills are designed to be done hundreds, or even thousands of times, until they are mastered and become second nature.

The famous Martial Artist expert, Bruce Lee, once succinctly summed up the power of drills:

"I fear not the man who has practiced a thousand strikes once, but I definitely fear the man who has practiced one strike a thousand times."

BRUCE LEE

The more you do drills, the more effective your practices become and the more powerful you are. Drills build strength over time. Slowly, but surely they change us.

SUCCESS MASTERY INSIGHT #2 – THE POWER OF PATIENT PRACTICE

The secret to doing drills properly is to recognize and develop the power of patient practice. This means developing the habit of showing up and doing the work, day after day, without creating unreasonable expectations about what types of experiences you'd like to have.

Start small and improve your practice in small, consistent steps. If you sit down for meditation and expect to be merged in divine bliss right away, you may — or may not — have that experience. And if you don't, you may feel disheartened and give up. The truth is you are a powerful soul and success is your birthright.

"Start with one minute of yoga, then increase it from there."

BAPDADA

SUCCESS MASTERY INSIGHT #3 – FROM PRACTICE TO "PURPOSEFUL PRACTICE"

Drills and repetition are important, but we get more benefit and improve faster when we pay close attention to pushing ourselves a little bit beyond yesterday's comfort zone each time we practice.

Research on world-class performance shows that the best players push themselves just beyond their current ability and gradually get better and better — until they are masters. They have a clear goal of where they want to be, and then focus on making slow, but purposeful changes in their drills and practices to get just a little bit better each time.

We can apply this research directly to Amrit Vela. To reach our potential for powerful meditation, we can't just stay inside our comfort zone and do the same practices over and over in the same way. Instead, each time we practice, we do something slightly more difficult than the day before — something just a little bit outside our comfort zone — and in that way gain more skill, experience and ability.

REMEMBER THIS

- » Drills are the means to become masterful because repetition leads to power.
- » Purposeful Practice means to start small and grow in small, consistent steps.
- » The key to ongoing progress is to push yourself just a little bit beyond what you're currently capable of doing.

- » If you focus on the outcome, you lose when you don't get what you want. When you focus on doing the drills, you win twice.
- » Doing drills is a win/win. Hoping to get good experiences without doing the work is a lose/lose.
- » Aim to focus fully for the time you dedicate to meditation (even if it's just a couple of minutes). Then take a small break. Then focus again.
- » (Imperfect) practice makes perfect. Keep practicing and success is yours.

PART TWO

2

THE CORE AMRIT VELA PRACTICES

THE AMRIT VELA DRILLS

"The Father teaches you children drill, just as teachers give directions and teach drill. What does He tell you? Manmanabhav! Just as they say, 'Attention please!' The Father says: 'Manmanabhav!' This magic mantra means: Give your mind, your thoughts to Me. This is like each one of you being merciful to yourself. The Father says: 'Children constantly remember Me alone! Become bodiless!' Only the Spiritual Father teaches you spirits this drill."

BAPDADA

HOW TO USE THESE PRACTICES

- » There are 11 'drills' discussed in this book.
- » Each one is different, and can be practiced for just a few minutes or for as long as you like.
- » You can begin simply by doing the first 6 practices: The Magic Moment, Waking Yourself Up, Master of the Three Worlds, The Hand of Blessings, All Relationships with God, and Giving Sakash.
- » You can then try the others when you're inspired.
- » Don't worry too much about the length of time you do them; just get started, find out what you enjoy most, and then do that.

» The main thing is to enjoy yourself and keep having better experiences each day through repeated practice sprinkled with love.

May you have truly magical, mystical, blessed experiences and make your life into a diamond.



PRE-PRACTICE DRILL

CREATE YOUR SACRED MEDITATION SPACE

Where will you sit for Amrit Vela? For the best experience it's useful to have a special seat and a sacred environment set up for Amrit Vela. This is valuable because when you sit in the same spot every morning, and only use that chair or cushion for meditation, you will associate that place with the energy of meditation. You will also charge this space up each time you practice. This means when you sit down you will automatically begin to feel meditative.

WAKING YOURSELF UP – 7 METHODS

After the first few minutes of meditation and powerful thoughts in bed, get out of bed and freshen up in the bathroom.

1. Have Powerful First Thoughts

As soon as you wake up, before you get out of bed, sit up right away and have powerful thoughts. Think: "I am a soul. I have just come from the land of peace. I am here to do Baba's work."

2. Take a Shower and Put on Fresh Clothes

It is best to take a shower, freshen up and then put on fresh, clean clothes. For the best experience, if somebody wants to have good meditation early in the morning, they should have a shower. Because when you get up early in the morning, if you wear the same clothes you

slept in, the effect of your sleep is still there, you won't feel fresh and you'll get sleepy.

As Baba has already mentioned in the Murli: "Those children who wake up early in the morning with love, and take a good shower in remembrance of God, will become kings and queens in the Golden Age." So get up, take a shower while in remembrance of God and put on fresh clean clothes and you'll find success is much easier.

3. Drink Warm Water (and Tea if Desired)

After sleep the body is dehydrated. So to feel fresh, awake and hydrated, we need water. Ideally drink 32oz or 1 litre of warm water. Warm water is easier to digest and will keep you feeling good. Also, if needed, tea can help you stay awake.

4. Do Some Mild Exercise

To wake your body up further, you may want to do some mild exercise or deep breathing. Exercise gets the blood pumping and brings the body to a state of alertness.

5. Get Enough Light

To make it as easy as possible for you to wake up, turn on some brighter, blue-white coloured lights. This will decrease melatonin in your brain and you find it easier to stay awake.

6. Choose a Seat Where You Feel Alert

If your sitting arrangement is too comfy like laying relaxed on a couch or in bed, you'll likely fall back to sleep. So get a place that is comfortable, but not too comfy. Brahma Baba used to sit on the floor in half lotus position with his back straight until he left the body at aged 93. Less comfy = more awake.

7. Use a Timer

You can have an alarm clock (or phone with a meditation timer) with you to keep you focused. You will be doing different practices that last about 7–15 minutes each, so having a timer is useful to keep you focused.

THE MAGIC MOMENT: THE FIRST THOUGHTS OF THE DAY

"Each day at Amrit Vela, you should not think that you have just emerged from sleep, but instead, you should think that you have incarnated from the land of peace in order to do your work. From the moment you open your eyes the first transformation should be, 'I am a soul: I am not this body.' This is the first thought of the first second when you awaken. It is on this very first thought that the routine of the whole day depends."

BAPDADA

The very first thought you have when you wake up sets the tone for your entire day. This is the magic moment. The moment between sleep and wakefulness is a moment of pure potential. In this moment, before the world rushes in, you can choose your consciousness.

As soon as you become aware that you are awake, before you move, before you check your phone, before you think about the day ahead — have this one thought:

I am a soul. I have just come from the land of peace.

I am not this body. I am a being of light.

I am here to do Baba's work. I am so fortunate.

Baba, I am yours. Good morning, Baba!

This one practice, done consistently, will transform your entire day. The first thought is the seed. Water it with love and it will grow into a beautiful day.

INSIGHT & ACTION

- » Before you get out of bed, sit up right away and have powerful thoughts.
- » Think: "I am a soul. I have just come from the land of peace."
- » Do this for just 2–5 minutes before getting up.
- » You can use the snooze time on your alarm clock for this practice.

MASTER OF THE THREE WORLDS

"When you sit for yoga, you should go on a tour — sometimes to the soul world, sometimes to Madhuban, and sometimes to the subtle regions. You can also churn points for service. There should not be the stage of mere silence, but you should go on tour."

BAPDADA

Baba has advised that when you first sit in meditation early in the morning, practice this spiritual drill. Just as an athlete or a runner warms up his muscles and tendons before starting a game or a run, similarly when you first sit in meditation, practice this spiritual drill for five to ten minutes to warm you up and get you in the right state of mind.

There are three stages to this drill. The purpose of this first practice is to exercise the intellect, develop concentration and become unlimited. By doing this, you wake up and strengthen your intellect so you can focus on Baba and receive more power, more love, more peace and joy.

THE THREE WORLDS

World 1 — The Physical World: "I am a Master of my Mind and Body." You are a Brahmin. You are a sparkling star, sparkling at the centre of

your forehead. You are the right hand of Baba. You are doing Tapasya and transforming the entire world.

World 2 — The Subtle Region: "I am an Angel." You are absolutely double light. You have the beautiful crown of purity around your head. You have two wings of knowledge and yoga. You are an embodiment of all powers. You are absolutely free from all the bondages of the world.

World 3 — The Soul World (My Home): "I am a Supremely Pure Point of Light." Ascend to Paramdhaam, the land of silence. You are bodiless. You are a divine point of light, peaceful, absolutely peaceful, free from all bondages. You are in your original abode.

POWERFUL THOUGHTS

I am a master of this body. I am a bodiless soul.

I am a peaceful being of light, filling this body with peaceful vibrations.

I am eternal and my original state of being is peace.

I am a pure angel of light, radiating purity all around me.

I am eternal peace. I am pure consciousness. Baba is filling me with power.

INSIGHT & ACTION

1. I am a Master of Body and Mind (Physical World)
2. I am an angel (Subtle Region)
3. I am a pure soul (Soul World)
4. I am an angel (Subtle Region)
5. I am a Master of Body and Mind (Physical World)

Repeat this process and enjoy it. Ideally do it for 15 minutes.
This will wake up your intellect and give you controlling power.

HAND OF BLESSINGS: ANGEL IN THE SUBTLE REGION

"At that time, BapDada is free to speak to each one to their heart's content; he is free to listen to their requests, to raise their weaknesses, and to forgive numerous forms of sin. BapDada is free to see both the love and the mischief of the children. He is free for everything. The meeting in the early morning hours is not an official meeting. Baba is there in the form of the innocent Lord who bestows all treasures."

BAPDADA

Settle yourself as an angel and visualize Brahma Baba and Shiv Baba, both, in the combined form as an angel in front of you. Take all blessings from Baba.

"Each day, I am giving blessings. But you have to recollect these blessings at Amrit Vela each day, so that you become the embodiment of that."

BAPDADA

Whatever you need, whatever help and support you require, take those blessings from Baba. For example, suppose you are not feeling alert and feeling sleepy during meditation, take the blessing: "May you become a conqueror of sleep, my dear child." So, take His blessings at least 21 times. Look at Baba and feel that power. God is blessing you with all his power, light and might.

VISION / AWARENESS

See yourself as a beautiful, sparkling being of light inside a perfect angelic body, radiating loving rays of light all round you. You are in the world of sparkling white spiritual moonlight. There is no sound in this world. Just light. You are here to receive your pure desires and receive power and love from BapDada.

BapDada (ShivBaba and BrahmaBaba) is in front of you. They wish the very best for you and want to make you perfect and full of all treasures. Amrit Vela is a time for all your pure desires to be fulfilled.

Once you know what you want to attain, Baba places his Hand of Blessings upon your head and blesses you with your purest desires. As you feel Baba's hand on your head, receive and feel the powers that Baba wills onto you.

POWERFUL THOUGHTS

Thank you! All my pure desires are coming true.

I have attained everything.

I am a pure child of God claiming my inheritance.

Baba has so much love for me and I have so much love for Baba.

Baba's love is unlimited.



AMRIT VELA PRACTICE #4

HAVING ALL RELATIONSHIPS WITH GOD

"At Amrit Vela, God adopts the form of a bestower and in order to celebrate the meeting, He adopts the form of the One who fulfills completely the love of all relationships. He also adopts the form of the One who fills your apron with all treasures."

BAPDADA

Now we come to the next stage. In this stage, you have all relationships with Baba. You talk to Baba: "Baba, I was alone in this world. I didn't know who I was, or from where I had come. I didn't know who You were. I absolutely forgot You, and I became an orphan. Now, I am so blessed that you selected me out of millions and that you adopted me. You are making me a world benefactor. You are my fortune-maker, Baba. I am so lucky."

Talk to Baba with all relationships: You are my Supreme Father, my Divine Mother, my Perfect Teacher. You are my Friend, my Beloved. You are the Purifier, the True Guru, the Ocean of Love. Establish all relationships with God — that is the next stage.

VISION / AWARENESS

See yourself as an Angel. You are complete and perfect. You are like God. You are divine. And from this awareness, remember all the different relationships you have with God:

- » He is your Eternal Father and Mother — the one who loves you and sustains you.
- » He is your SatGuru — the One who takes you back home and liberates you from all sorrow.
- » He is your Teacher — the One who shares the secrets of the world, time, the universe, karma, who He is and who we are.
- » He is your Beloved — the one we've all been remembering for birth after birth.
- » He is your Purifier — who burns away the karma of the past with the fire of remembrance.
- » He is your Friend — who is here for you always.
- » He is your Constant Companion — who does everything with you.
- » He is the Bestower of Fortune — who gives you unlimited fortune.
- » He is the Ocean of Love, Peace, Joy, Purity, Power, Freedom — the One who has all attainments and gives you all attainments.

POWERFUL THOUGHTS

Baba, you are my Beloved. Thank you for all your endless love. I love you.

Baba, you are my Constant Companion and Friend. I'm so grateful you are here with me.

Baba, you are the Purifier. I am being purified and freed from all suffering and vices. I am so lucky!



AMRIT VELA PRACTICE #5

GIVING SAKASH: SHINING LIGHT AND POWER ONTO THE WORLD

In the next stage, after filling up with so many blessings and powers you feel that, "Yes, I am like the Father now." You are an angel. And with Baba, as your Divine Companion, you take a tour around the entire globe as an angel. Bless the sorrowful souls of the world. Radiate the light, might, peace, purity, love, joy and all of these vibrations like Baba. Visualize the entire globe and shower all these rays from above.

This is the time for world service, mental service, and the service of the mind. As you do this, you will sometimes feel that "I am combined with Baba." I am absolutely merged with Baba. Like Baba, I am the sun, I am radiating all the power, peace, happiness, purity, the light, the love. I am radiating all of these powerful vibrations of light and might like a lighthouse and might-house. I am an embodiment of Power. I am like my Father.

"You must constantly remain in front of the Eternal Light like an ignited lamp that never flickers."

BAPDADA

An easy way to enjoy this practice is to consider Baba is like the sun and you are like the full moon. The physical sun shines rays onto the moon, and the moon then reflects those rays into the world. The moon does nothing except be in the right place at the right time, and by being there, rays of sunlight reach the Earth. In this exercise there is nothing for you to do except receive Baba's love and let His vibrations and light flow through you.

BEING THE SUN

As you fill up with Power, you will also start to feel like you are a sun. As you merge with Baba in that light, you will feel Divine Power flowing from you and through you as you become like the Sun yourself. Without effort, the eternal sun is shining.

POWERFUL THOUGHTS

I feel Baba's power.

I feel and see myself glowing like the moon and feel the love going to all the souls of the earth.

I see light all over the globe as souls awaken to who they are.

Baba's sakash reaches all souls in the world.

I am the moon, Baba's Light shines through me into the world.

PART THREE

3
MORE
AMRIT VELA
MAGIC

SURRENDERING EVERYTHING TO BABA AND BURNING THE SINS OF THE PAST

"The main thing is remembrance. Only by having yoga will you receive power. Only by having remembrance will there be a lot of happiness and health. I guarantee that if you remember Me your sins of many births will be burnt away in that fire of yoga. Just as when you put old gold onto a fire, the alloy is removed and only the real gold remains, so this is the fire of yoga. The Father now says: Remember Me alone and do not remember anything else."

BAPDADA

God is the purifier and wants to purify us. In this practice, the aim is to surrender your mind and intellect to Baba and become free from attachment to the past sanskaras, opinions and nature. By doing this you can become freed from the past and can fly as a free, liberated soul.

HOW TO PRACTICE THIS

1. Accept the Problem

Acknowledge, admit and welcome the fact that you have a big stack of negative karma. It is there and you consciously want to clear it.

Acceptance overcomes denial and suppression. Allow and welcome whatever is weighing on your heart — any sins, bad karma, vices — to come up into your awareness. Don't suppress anything. Allow it to emerge.

2. Let Go and Release

Once a negative thought, feeling, or memory arises — immediately let it go. Instantly hand it over to the Purifier. The moment it arises, offer it up to God. He is here to help you. As soon as you hand it over to Him, the loving Purifier takes it from you. With His loving Hands of Light, he pulls out the daggers from your heart.

3. Be Absolved

Once you have let go of something, watch in wonder how the bad karma is burned away into Baba's Divine Light. Your sins are being absolved and destroyed. Notice how you feel, as you see that burden of karma being burned away in the Divine Fire.

4. Receive the Reward

Each time you release the negativity, you create space and can receive His pure love and light. As you give everything to Baba, you see and feel His light filling you and purifying you completely.

POWERFUL THOUGHTS

I instantly let go and receive God's help to take this away.

I am surrendering everything that no longer serves me.

I surrender everything to you Baba and receive pure love in return.

I see my past karma being burned away in the fire of love.

I receive Divine Love. I receive Divine Joy. I am a supremely pure soul.

GOING BACK TO OUR SWEET HOME: THE SOUL WORLD

"Recognize the value of the early morning hours of nectar. Recognize that this is the time for easy attainment. Take full benefit from this time. Fill your apron with all rewards from the treasure store. Take whatever fortune you choose from the Bestower of Blessings and the Bestower of Fortune. Baba is ready to draw for you the lines of destiny; so allow the Bestower of Blessings to draw for you the most elevated lines of fortune. At that time, God is in his innocent form, he is Loveful, and so, on the basis of love, take from Him the lines of elevated fortune."

BAPDADA

When we were in the Soul World, we were completely pure and perfect. We were in the karmateet stage, free from karma, complete and perfect. The purpose of this practice is to experience being in your original form, as a soul, in the land of peace — and nothing else. You are a soul, a seed. You came from your sweet home and entered the drama to play your part. It is now time to go back home.

See yourself as a soul, the beautiful sparkling star in the centre of your forehead. In a second jump up into the land of peace. Break out of the physical world and enter the world of light, peace, freedom. You are a world of infinite eternal light, like a beautiful, radiant, endless golden sunset that never ends. Golden-red-pink shimmering eternal light. Infinite freedom. Eternal peace.

Rest in the silence and stillness of the golden-red-pink light that extends all round you in all directions forever. Melt into the silence. The stillness. The Peace. You have attained everything.

See Baba, the most beautiful soul in the universe. The Spiritual Sun is glowing, shining and radiating in front of you. See and feel Baba's rays of powerful, endless light, love and power pour into you, completely filling you, merging you in his love.

POWERFUL THOUGHTS

Thank you Baba! I am a pure being of light in my sweet home.

I am safe, I am secure and I am free.

I am a supremely powerful soul. I am a supremely pure soul.

I am eternal peace. I am eternal bliss.

Baba's love is my love. Baba's power is my power.

I belong to You Baba and You are mine.



THE FIVE FORMS: EXPERIENCE YOUR PERFECT FORM

Baba has given a drill called the 5 forms for us to practice. The 5 forms drill is a way of spinning the cycle so you remember who you are, beyond the limited awareness of your present body. By practicing the 5 Forms Drill, you can experience yourself in your five purest states of being and regain your self-regard.

HOW TO PRACTICE THE 5 FORMS

1. I Am an Eternal Pure Soul, a Point of Light in My Home

See yourself as the tiny sparkling being of light, the shining star, full of all attainments, with Baba in the soul world. You are completely content and peaceful. You have attained everything. You are innocent and free.

2. I Am a Divine Deity

Come to the Golden Age and feel: I am absolutely perfect. I am a perfect human being. I am a deity. I am filled with all sixteen celestial degrees, full of all virtues, all qualities. I am the ruler of the entire world. I am perfect. I am the Master, Almighty Authority. I have attained everything.

3. I Am a Worthy of Worship Deity Idol

Next, see yourself in the copper age in your form of a deity idol. Even now the idols of Deities grant people peace and happiness and create an atmosphere of contentment. Imagine yourself inside a deity idol in a temple. Many people are bowing down at your feet. You are sending them peace and hope.

4. I Am a Pure Brahmin

Now, come back to the confluence age, right now. See yourself in your highest Brahmin form. Experience the final stage of being a Brahmin, when you have reached your karmateet stage. You are completely full of God's power. You are completely content, full of all virtues, all powers and an unshakeable light of the world.

5. I Am an Angel

You leave the awareness of your body behind, and become an angel. You see yourself with a subtle body of light, sparkling and radiating. You have an aura of peace all around you that glows and reaches the entire world and beyond. You can fly in the subtle region and down into the world sending love and hope to all souls.

POWERFUL THOUGHTS

I am in my perfect form. I bless all souls who come for support.

I am a pure angel of light, radiating purity all around me.

I am spreading God's love and light to all the souls of the world.

BapDada is showering me with infinite blessings and power.

RECEIVING TOUCHINGS FROM BABA

"According to the present time, as the peacelessness and upheaval increases, so the line of your intellect has to be very clear. Now two powers are essential: touching and catching. Firstly, you should be able to catch BapDada's directions through the intellect so that nothing else is mixed within them. At that moment, if the line is not clear, the dictates of the mind become mixed with Baba's directions. So the clearer the intellect, the more clearly you will be able to catch Baba's directions."

BAPDADA — 31.3.86

Amrit Vela is a good time to receive 'catchings and touchings' or divine inspirations from God. This means during Amrit Vela you may receive ideas for service and ideas for solving problems or making changes in your life.

HOW CAN YOU TELL IF A TOUCHING IS FROM GOD?

Here is what Baba has said about touchings from Him:

1. Baba's touchings are always powerful and you will experience this power to be more powerful than your own power.
2. There will be the experience of easy success in Baba's touchings.

3. There will never be questions of "Why?" or "What?" about Baba's touchings. Everything will be very clear.

Ideally, we will receive direct touchings from Baba, but often our own intellect is made clear when we have powerful yoga. And sometimes, Maya can interfere in our thoughts.

INSIGHT & ACTION

After a powerful Amrit Vela, you will have received divine power from God and be open to God's mind and touchings. This means that the end of Amrit Vela is a wonderful time to get clear on your day. Get out a pen and paper and ask yourself:

- » How can I have constant Yoga today? How can I make God my constant companion?
- » What is the greatest service I can do for Baba and the world today?
- » What else can I do that will serve God and make my life more elevated?

THE TILAK OF THREE DOTS

"BapDada always says: Every day at Amrit Vela, apply a tilak of three dots. You are a dot, the Father is a dot and whatever is happening is nothing new, so put a full stop — which is also a dot. To apply this tilak of three dots means to keep your awareness constant. You will then remain unshakeable and immovable throughout the whole day and any upheaval of 'Why?' or 'What?' will finish. Put a full stop whenever something happens. Say to yourself: Nothing new, it had to happen, it is happening... Just see everything as a detached observer and continue to move forward."

BAPDADA

This is a powerful practice based on our understanding and acceptance of the ever-repeating drama. To view life in this way, is to see the drama how Baba sees it. Baba sees everything from up above, as the detached and very loving observer. When one stabilizes in this practice at Amrit Vela, it frees your day of unnecessary, wasteful thoughts and questionings about the different scenes in the benevolent drama!

THE THREE DOTS

Dot 1 — I am a soul: I am a tiny point of light. I am eternal, bodiless, and pure. I am not this body.

Dot 2 — The Father is a dot: Baba is the Supreme Soul, the Supreme Point of Light. He is my eternal Father, my constant companion.

Dot 3 — Full stop: Whatever is happening is nothing new. It is the drama. I put a full stop. I am a detached observer. I move forward with love.

POWERFUL THOUGHTS

I am a dot. Baba is a dot. This is the drama — full stop.

Nothing new. It had to happen. It is happening.

I am a detached observer. I move forward with love.

I am unshakeable and immovable throughout the whole day.



CREATING YOUR DAILY SCHEDULE FOR THE GREATEST SERVICE

After a powerful Amrit Vela, you will have received divine power from God and be open to God's mind and touchings. This means that the end of Amrit Vela is a wonderful time to get clear on your day and make it your best day so far. Each day holds so much possibility and potential and you can take advantage of that potential by being open to doing whatever is the highest and greatest use of your time.

**AFTER AMRIT VELA, GET OUT A PEN AND PAPER
AND ASK YOURSELF THESE QUESTIONS**

1. How can I have constant Yoga today? How can I make God my constant companion?
2. What is the greatest service I can do for Baba and the world today?
How can I be of the greatest value?
3. What else can I do that will serve God and make my life more elevated?

Take time to allow the insights and answers to arise. Open up to a new level of being. Based on these answers, you can create a plan for your day. This new plan, upgraded daily, can give you new enthusiasm for the day ahead.

HOW TO MAKE SURE ANY OF YOUR INSIGHTS ARE GOOD IDEAS

1. **Ask yourself: is it aligned with Baba's insights?** Consider if they are aligned with the Murlis. Are your ideas similar to the things you have learned to practice and experience?
2. **Is it aligned with the 3 qualifications of powerful touchings?** Baba's touchings are always powerful; there will be easy success; there will never be questions of "Why?" or "What?" about Baba's touchings.

Do the best you can to be aligned with Baba's shrimat. With your plan in mind, you can now go about your day with joy and service.

Wishing you a blessed and joyful day!

PART FOUR

4

A PEACEFUL EVENING FOR A POWERFUL MORNING

"As the Evening, So the Morning"

AS THE EVENING, SO THE MORNING

"At the end of the day, when you go to sleep at night, there is the stage of checking yourself, and together with this, there is also the stage of going beyond sound. You stabilize yourself in the stage beyond sound; you finish one day, then the next one will begin."

BAPDADA

The secret to a powerful Amrit Vela is largely based on what happened the previous evening. Whatever thoughts, feelings, impressions, foods, memories we bring into our sleep will come with us into our dreams and on into our morning. This means getting set up for a powerful Amrit Vela really begins the night before.

To illustrate the importance of the evening, consider these two situations:

Situation 1 — Joan's Evening

Joan comes home tired, makes a big tasty meal, watches a movie, checks social media for an hour, goes to bed at 10:30pm exhausted. She tries to meditate as she goes to sleep but can't stop the thoughts. She falls asleep at 11pm with restless dreams. When her alarm goes off at 4am she still feels tired,

her brain is foggy, and she drifts in and out of sleep during Amrit Vela. She wonders if it was really worth it.

Situation 2 — Jane's Evening

Jane comes home and dims the lights, turns off her phone, takes a long shower imagining the stress of the day draining away. She puts on fresh clothes, makes a small light meal eaten in silence and remembrance. She fills in her spiritual journal, reads a Murli, listens to spiritual songs, has meditation, and imagines waking up fresh for a powerful Amrit Vela. By 8:30–9:30pm she has gently drifted off to sleep. Her sleep is deep and refreshing. Her dreams are inspiring. She wakes up fresh and inspired.

The difference is clear. The evening is the foundation of the morning.

THE 8 EVENING SECRETS

Evening Secret #1: Eat Early so You Can Wake Up Fresh

If you want to have good Amrit Vela early in the morning, eat very early. Most food takes about three to six hours to digest completely. Aim to complete your dinner by at least 7:00 PM or before it gets dark. Then by 3 or 4:00 AM, you will definitely be fresh. Your body will cooperate with you, and will want to get up because it's hungry.

Evening Secret #2: Take a Shower and Clear the Day

Take a nice long shower to clear the effects of the day. During the shower, consciously imagine all the worries and stress of the day being cleansed from your being. Imagine the thoughts, actions, worries, situations and stress of the day draining away down the drain.

Evening Secret #3: Fill in Your Spiritual Chart

Sit down and fill in your spiritual journal to assess your day and learn from what happened. Write to God about all the things that happened: how much meditation you had, what practices you did, what was good, bad, and how you felt about everything. This process allows you to drain the impact of the day completely from your awareness, so you feel fresh and inspired.

"If you keep both the good and bad news clearly in front of God, the One who has made you His instrument, then the burden will be

*removed. The intellect will become empty and the karmic account of life
will become clear."*

BAPDADA

Evening Secret #4: Write a Letter to Baba

Before going to bed, exchange the news of the entire day with your Companion, or with the Father. Each day, you should take special intuition and inspiration. By giving Baba the news of the entire day, you will become light.

Evening Secret #5: Remove Evening Stimulation

What extra things can you clear in the evening so you can get to bed earlier and wake up inspired? It's worth removing too much information such as: books, news and internet surfing, if possible, as these all affect your mind, dreams and ability to wake up.

Evening Secret #6: Experience Amrit Vela Before Sleep

What we hold in mind before sleep tends to impact our dreams and re-emerge when we wake up. To help you wake up inspired, write down or think about what you want to experience during Amrit Vela the next morning. Write it or think about it in the present tense, as if it's happening now.

What do you want to experience from Baba? For example: "I feel completely free and soul conscious. I am close to Baba. I am a blissful soul, I am free and full of all powers. I'm inspired. I am loved, safe and free. I have attained everything."

Hold that vision. Keep it in your heart. When you wake up in the morning, you will already know what it is that you want to receive from Baba.

Evening Secret #7: Fill Your Mind with Love for God

When you sit for meditation in the morning, your mind should be full of love for God. Only then will you never feel tired. Only then will you experience you really are bodiless. To fill your mind with love, before sleeping, read a Murli. Find a special Murli that you love, that makes you feel inspired. Or listen to some beautiful loving songs. Select those songs, listen to them, feel the thrill of Divine Love... and then go to sleep in that state.

Evening Secret #8: Go to Sleep with Baba in the Soul World

"Do not sleep alone. If you sleep alone, then Maya will take a chance.

You should remain constantly in His company. If you are alone at night, there may be some fear. But by being in Baba's company you will be fearless. When you yourself are fearless, then Maya will become afraid of you. Throughout the night you should use the treasure of happiness of Baba's company."

BAPDADA

Now that you have cleared the day and told Baba what is in your heart and mind — and you know what you want to experience at Amrit Vela — you can rest your head and drift into the soul world. As you go to sleep at night, let go of the body, let go of the world, release all responsibilities and come back Home into the infinite divine light and peace with Baba. Feel Baba's love and light surrounding you. You are safe, secure and free. You are a bodiless being of peace.

EVENING SUCCESS TIPS

1. Early Bedtime. Get to sleep as early as possible so you feel awake and alert. Aim for 7 hours sleep.
2. Eat a small meal before 6pm. Eat less, eat simple.
3. Get your morning clothes ready. Have your shawl and clothes ready to pick up easily as soon as you get out of bed.

4. Tidy up your sacred space. It's a lot easier to wake up and focus on meditation when your home and meditation area are tidy.

PART FIVE

5

COMMON
OBSTACLES
AND SOLUTIONS



CHAPTER TWENTY

HOW TO DEAL WITH CHALLENGES AT AMRIT VELA

Amrit Vela is a magical experience, but it can come with some challenges. Here are some common issues and how to overcome them.

PROBLEM: "I FEEL SLEEPY"

Frankly, quite a few people have a hard time getting up early and staying awake. It isn't always easy, but if you keep at it and experiment with the methods mentioned, things will get easier.

SOLUTION 1: FIND OUT HOW MUCH SLEEP YOU NEED

If you are tired in the morning, you may simply need more sleep. Depending on your age, health and temperament, you may need up to 8–9 hours sleep. Arrange to go to bed earlier and take naps in the day if you can.

SOLUTION 2: TAKE A SHOWER AND PUT ON FRESH CLOTHES

SOLUTION 3: TURN THE LIGHTS ON BRIGHT

SOLUTION 4: DRINK A LOT OF WARM WATER (32OZ)

SOLUTION 5: DO SOME EXERCISE OR GO FOR A WALK

SOLUTION 6: READ A MURLI

SOLUTION 7: IMPROVE YOUR SITTING POSTURE

Sit upright on a chair or sit on the floor or cushion with a straight back.

PROBLEM: "I HAVE WASTE THOUGHTS / MAYA / MENTAL CONFLICT"

Amrit Vela is a time when your subconscious mind is more open and your conscience is clear. This means that what is really going on inside of you is more obvious and apparent than it would be during the busy day.

SOLUTION 1: FACE YOURSELF AND MAKE CHANGES

Don't see 'stuff coming up' as a bad thing. Spiritual work is partly a matter of dealing with issues head on. It's better to face yourself than run away from yourself. Once you've faced your dark side, you can then commit to change yourself and improve.

SOLUTION 2: MANTRAS

A mantra is a thought or word, repeated in the mind over and over. If you're having too many waste thoughts, then choose a powerful mantra — a statement — you resonate with — and say it to yourself over and over. For example: "I am a pure soul, I am a pure soul, I am a pure soul..."

SOLUTION 3: READ THE MURLI

If you can't control your thoughts, then read the Murli and that will fill your mind with pure, powerful thoughts.

PROBLEM: "I FEEL TIREDNESS LATER IN THE DAY"

Some people feel fine at Amrit Vela, but feel very tired later on in the day.

SOLUTION

Create some time for a nap in the day. If you can't nap, then at least take time for rest, time to sit comfortably and relax. Try to get to bed earlier. Consider some upgrades to your diet or talk to a professional who knows about increasing energy.

PROBLEM: "I FEEL SICK IN THE MORNING"

If you have health problems and wake up feeling sick, that can make Amrit Vela much more challenging.

SOLUTION

Get professional help. It is worth talking to a health expert about it to see what can be done about your condition. Also, it may be better to get up later (if you wake up feeling healthier later in the day). Do what you can to look after your health and feel good.

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GLOSSARY OF TERMS

Soul

You are a soul, a being of eternal peace. The soul is like a tiny star. Immortal, bodiless, pure. You have no beginning or end. You are

immortal and come into this world for a short time to play your part on the world stage.

Shiva / Baba / God

Supreme Soul, God. The Ocean of Love, our eternal Father/Mother who resides in our home of peace (The Soul World). God is the Purifier, the Benefactor, the Ocean of Peace. By connecting with Him and receiving His Power, we return to our highest state of consciousness.

Brahma Baba

Adi Dev, the Father of Humanity. It is through the body of Brahma that Shiv Baba shares with us the knowledge of who He is, who we are, the nature of reality and how to become pure.

BapDada

Shiva and Brahma in the combined form. This term refers to when ShivBaba (the Supreme Soul) is sitting next to the soul of Brahma in Brahma's forehead. Bap refers to Shiva and Dada meaning elder brother refers to Brahma.

Soul World / Parandham / The Land of Peace

The Home of Souls. A world of eternal golden, reddish/pink light. This is the highest dimension, a realm of endless silence and stillness. We originally reside in this Home. This is where God lives. We can travel back to our Home with our mind and intellect.

Subtle Region

The realm of white spiritual light, the land of visions. There is no matter here, just form. We can experience being in this realm of light, lit by a thousand moons, without sound in meditation. Your angelic form is here. As you come into this realm, feel how pure, free and light it is. This is the land of angels.

Intellect

Your focusing power. You use your intellect to visualize and focus on one thing or another. To have a powerful Amrit Vela it's essential to focus your intellect in the direction you choose. "Focus on what you want, when you want, for as long as you want."

Sanskaras

Tendencies, ingrained habits, personality traits, the unconscious/subconscious mind. Sanskaras are what drive us to act. When we change our sanskaras, we become different people. Ultimately, the end result of spiritual practice is to transform sanskaras, by replacing old, negative sanskaras with divine, new, benevolent ones.

ONE PAGE OVERVIEW: THE MAIN THINGS TO REMEMBER

Why Wake Up for Amrit Vela?

God says:

1. Amrit Vela is the time of special sustenance from God.
2. Amrit Vela is the special time of meeting the Supreme Soul; it is the time for spiritual conversation.
3. Amrit Vela is the time when one can easily attain blessings from the treasure store of the innocent Lord.
4. The praise of attaining all fruits that the mind desires from the innocent Lord originates from the praise of Amrit Vela at this time.
5. This is the time when, without effort, one can attain the limitless treasures from the open treasure store.
6. You know of this auspicious time through experience, do you not? Only the experienced know of its elevated happiness and elevated attainments.
7. On the basis of just one second's experience during Amrit Vela, it is possible for you to be the embodiment of experience and to have all attainments for the entire day and night that follows.

Purposeful Practice

To get the most from Amrit Vela, focus on purposeful practice, and aim to go a little bit deeper each time. Have patience and each day you'll experience more and more love, blessings and power.

As the Evening, So the Morning

If you want to wake up feeling fresh, inspired and alert:

1. Eat Light. Eat Early. The less you eat, the more easily you'll wake up.
2. Avoid unnecessary information, technology, internet etc.
3. Tidy up your meditation area so it's clean and clear when you awaken.
4. Go to bed as early as possible. Early to bed, early to rise.
5. Clear your day with God.
6. Before you sleep, imagine waking up early enjoying a blissful Amrit Vela.
7. Go back to the Home and sleep in peace with God.

Amrit Vela Drills — Quick Reference

1. **The Magic Moment** — First thought: "I am a soul, I have just come from the land of peace."
2. **Master of the Three Worlds** — Travel between the physical world, subtle region, and soul world.
3. **Hand of Blessings** — Receive BapDada's blessings as an angel in the subtle region.
4. **All Relationships with God** — Experience Baba as Father, Mother, Friend, Teacher, Beloved.

5. **Giving Sakash** — Shine Baba's light onto the world as a lighthouse and might-house.
6. **Surrendering to Baba** — Burn the sins of the past in the fire of yoga.
7. **Going to the Soul World** — Rest in the golden-red-pink light of your eternal home.
8. **The Five Forms** — Spin the cycle: soul, deity, idol, Brahmin, angel.
9. **Receiving Touchings** — Open your intellect to receive Baba's divine directions.
10. **The Tilak of Three Dots** — I am a dot. Baba is a dot. Full stop.
11. **Creating Your Daily Schedule** — Plan your day with Baba's guidance after Amrit Vela.

BABA'S TITLES – A SELECTION

Use these titles to inspire your remembrance and deepen your relationship with God during Amrit Vela.

Spiritual Magician	Embodiment of Success
Spiritual Surgeon	Director of the Drama
Stick for the Blind	Conqueror of Hearts
Sun of Knowledge	Sat, Chit Anand
Supreme Battery	Bestower of Liberation and
Spiritual Beloved	Liberation-in-Life
Ocean of Bliss	Ever-pure
Protector of Life	Ever-present
Remover of Sorrow	Ocean of Knowledge
Most Beloved Traveler	Ocean of Love
Merciful Emperor	Ocean of Peace
Master of the Universe	Ocean of Power
Lawmaker	Ocean of Purity
Liberator of All Humans	Karankaravanhar
Life-Partner	Satguru
Knowledge-full and Blissful One	Sadgati Datta
Jeweler of the Jewels of Knowledge	World Benefactor
Innocent Lord of the Treasure Store	Supreme Soul
Image that Grants a Divine Vision	Shiva
Goldsmith	BapDada
Fortune Maker	Beloved Father
Founder of Dharma and Sovereignty	Beloved Mother
Father of All Living Beings	Beloved Teacher

Beloved Friend

Beloved Child

Beloved Companion



"If you practice this and the other methods at Amrit Vela, for one hour daily, you will definitely experience a change in yourself. You will be transformed. Slowly, slowly you can overcome all of the vices. And after a few months, you will change significantly."

BAPDADA



AMRIT VELA

THE EARLY MORNING HOURS OF NECTAR

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Based on BapDada's Murlis and the wisdom of senior Brahmin teachers.