



ONE FATHER • ONE SOUL FAMILY

# HOW TO PRACTICE RAJYOGA

A COMPLETE GUIDE TO  
SOUL CONSCIOUSNESS, MEDITATION,  
AND DIVINE CONNECTION


BASED ON SAKAR & AVYAKT MURLIS


Remember  
Me and you  
will be free from  
sorrow.  
– Shiv Baba

 Soul  
Consciousness

 Powerful  
Meditation

 Inner Peace  
& Happiness

 World Service  
through Sakaash

 The Angelic  
Life



*Experience the power of the soul.  
Connect with the Supreme Soul.  
Live a peaceful, powerful and purposeful life.*

SWAATI VILHEKAR (GAIGOLE)



OM SHANTI





# 🌸 HOW TO PRACTICE RAJYOGA 🌸

**A Complete Guide to Soul Consciousness, Meditation, and Divine Connection  
Based on Sakar and Avyakt Murlis**

✨ “Consider yourself to be a soul and remember the Father.” ✨

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**Author**  
**Swaati Vilhekar (Gaigole)**

🌸 Om Shanti 🌸

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## 🌸 Spiritual Disclaimer 🌸

This book is a spiritual presentation inspired by the teachings of the Sakar and Avyakt Murlis of the Brahma Kumaris.

The purpose of this book is:

- spiritual awakening,
- understanding Rajyoga meditation,
- and helping souls experience inner peace and divine connection.

The thoughts and explanations in this book are based on:

- spiritual study,
- Murli inspirations,
- and personal understanding of Rajyoga principles.

This is not an official publication of the Brahma Kumaris organization.

Readers are encouraged to:

- study the Murli regularly,
- practice Rajyoga meditation,
- and experience spiritual transformation through practical application.

✦ This book is intended solely for spiritual education and self-transformation.



🌸 Om Shanti 🌸

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## **Dedication**

This book is lovingly dedicated  
to the Supreme Father, Supreme Soul Shiv Baba.

It is also dedicated to all souls

who are:

- searching for inner peace,
- seeking true spiritual experience,
- and wishing to transform their lives through Rajyoga.

✦ “Beloved Baba, thank You for teaching us who we truly are.” ✦

 Om Shanti 



## ❀ Author's Note ❀

Dear Spiritual Brothers and Sisters,  
Rajyoga is not merely a meditation technique;  
it is the beautiful relationship between the soul and the Supreme Soul.

In today's fast-moving world,  
stress, fear, emotional pain, and mental exhaustion  
have weakened the inner strength of many souls.

At such a time,  
Shiv Baba's Rajyoga fills the soul with:

- peace,
- power,
- purity,
- love,
- and spiritual light.

In this book,  
an effort has been made to explain in a simple yet deep way:

- what yoga truly is,
- how to practice Rajyoga,
  - obstacles in yoga,
  - advanced spiritual drills,
- and powerful methods of remembrance shared in the Murlis.

My heartfelt wish is that  
this book helps every soul  
come closer to Baba  
and experience true spiritual transformation.

✨ "Yoga makes the soul powerful." ✨

With Spiritual Love,  
**Swaati Vilhekar (Gaigole)**

❀ Om Shanti ❀



## ❀ Preface ❀

Rajyoga is the divine method through which the soul experiences its original form.

It is not merely:

- closing the eyes,
- chanting mantras,
- or performing physical rituals.

Rajyoga means:

- experiencing oneself as a soul,
- connecting with Shiv Baba,
- and filling the self with divine peace and power.

When the soul:

- rises above body consciousness,
- experiences itself as a point of light,
- and stays in the remembrance of Baba,

true yoga begins.

This book presents, in a simple and deep manner, various aspects of Rajyoga based on the teachings of:

- Murlis,
- Avyakt Murlis,
- and spiritual experiences.

The aim of this book is not only to provide knowledge, but also to help readers:

- experience yoga deeply,
- awaken spiritual power,
- and develop a loving relationship with Baba.

✦ “Yoga means: One Father and none other.” ✦

— Avyakt Murlis

❀ Om Shanti ❀



## ❀ Spiritual Affirmation ❀

I am a soul...  
I am peaceful...  
I am a child of Shiv Baba...  
Baba is with me...  
I am safe...  
I am powerful...  
I radiate peace and love to the world...  
❀ Om Shanti ❀



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## **Brief Explanation of Each Unit**

### **1. What Is Rajyoga?**

Understanding the true meaning of Rajyoga, soul consciousness, and remembrance of Shiv Baba.

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### **2. The Soul and the Supreme Soul**

Understanding the eternal relationship between the soul and God and the difference between both.

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### **3. How to Experience Yoga**

Practical methods to stabilize the mind, experience peace, and connect with Baba.

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### **4. Obstacles in Yoga and Their Solutions**

Understanding Maya, waste thoughts, body consciousness, and methods to become victorious.

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### **5. The Stages of Yoga**

The spiritual journey from soul consciousness to the angelic and double light stage.

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### **6. Yoga in Daily Life**

How to remain connected with Baba while performing actions and responsibilities.

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### **7. The Power of Silence and Inner Peace**

Experiencing deep inner silence and spiritual stability through introversion and remembrance.

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### **8. The Eight Powers of the Soul**

Awakening the spiritual powers necessary to face situations and conquer Maya.

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### **9. The Angelic Life and Double Light Stage**

Learning to live as a detached, pure, and light angelic soul.

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### **10. World Service Through Yoga and Sakaash**

Serving the world through elevated thoughts, vibrations, and spiritual remembrance.

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## **11. Special Yogic Drills and Advanced Meditation Practices**

Powerful spiritual drills given by Baba for deep yogic experiences and advanced meditation.

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## **12. Murli Quotes for Daily Yoga Practice**

Selected Sakar and Avyakt Murli quotations for inspiration and daily remembrance.

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## **13. Daily Rajyoga Practice Routine**

A simple daily spiritual routine for maintaining yoga, purity, and spiritual power.

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## **14. Powerful Yoga Commentaries**

Short meditation commentaries for practicing deep and concentrated Rajyoga.

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## **15. Final Message from Baba**

An inspirational concluding message based on Baba's teachings and spiritual guidance.

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## **16. Thank You Note**

A gratitude page with blessings, affirmations, and feedback details for readers.

🌸 Om Shanti 🌸



## UNIT 1 — What Is Yoga?

### The Meaning of Rajyoga and the Soul's Connection with the Supreme

#### ✿ Essence of Yoga ✿

Rajyoga means establishing a connection between the soul and the Supreme Soul.

In the Murli, Baba says:

“Consider yourself to be a soul and remember the Father.”

— Murli, 13-03-1969

This yoga is not based on:

- mantras,
- chanting,
- or physical exercises.

It is the practice of remembrance.

When the soul:

- experiences itself as separate from the body,
- remembers its original qualities,
- and remembers Shiv Baba as its Father,

then yoga is established.

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### The Real Meaning of Yoga

- Becoming detached from the body
- Becoming stable in soul consciousness
- Remaining absorbed in the love of the Supreme Soul

In the Avyakt Murli, it is said:

“Yoga means — One Father and none other.”

— Avyakt Murli, 09-12-1989

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### Introduction

Today, the word “yoga” is mostly understood as:

- physical postures,
- breathing exercises,
- or methods for mental relaxation.

However, Rajyoga taught by the Supreme Father Shiv Baba is completely different.

Rajyoga is not merely an exercise of the body —

it is a divine connection of the soul with the Supreme Soul.

This yoga:



- awakens the inner powers of the soul,
- brings peace to the mind,
- purifies sanskars,
- and fills life with spiritual strength.

In the Murlis, Baba repeatedly says:

“Remember the Father and your inheritance.”

— Murli, 17-01-1969

The more the soul remains in remembrance of the Father,  
the more it becomes:

- peaceful,
- pure,
- loving,
- and powerful.

---

## 1. The Real Meaning of Yoga

The word “Yoga” comes from the Sanskrit root “Yuj,” which means “to connect.”

In Rajyoga:

- the soul connects with the Supreme Soul,
- the wandering mind becomes stable,
- and the soul begins to experience its original state.

In the world, human beings are connected to many things:

- the body,
- relationships,
- wealth,
- position,
- and material possessions.

But all of these are temporary.

When sorrow comes through these temporary supports,  
the soul becomes weak and broken.

However, when the soul connects with the Supreme Soul,  
it receives:

- true love,
- true peace,
- and unshakable power.

In the Avyakt Murli, Baba says:

“If you establish true yoga with the One Father, all attainments will automatically come.”

— Avyakt Murli, 10-11-1987

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## 2. What Is Rajyoga?

Rajyoga means:

the royal connection of the soul with the Supreme Soul.

It is called “Raj” Yoga because:

- it makes the soul master of the self,
- ruler of the mind and senses,
- and spiritually elevated.

This yoga teaches:

- self-transformation,
- self-realization,
- and God-realization.

Rajyoga is not blind faith.

It is a direct spiritual experience.

The soul does not pray to God from a distance;

it develops a personal relationship with Him.

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## 3. Who Am I?

To understand yoga, it is first necessary to understand the soul.

I am not this body.

I am the conscious spiritual energy residing within this body — the soul.

This body:

- is made of matter,
- is temporary,
- and constantly changing.

But the soul:

- is eternal,
- a point of divine light,
- and a living spiritual energy.

Baba says:

“Consider yourself to be a soul, not a body.”

— Murli, 03-05-1968

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## **The Original Qualities of the Soul**

The original nature of the soul is:

- peace,
- love,
- happiness,
- purity,
- bliss,
- and power.

But due to body consciousness,  
the soul forgot these original qualities.

Rajyoga reawakens these eternal qualities.

---

## **4. Who Is the Supreme Soul?**

When the soul recognizes itself,  
the next question arises:

Who is the Supreme Soul?

The Supreme Soul is:

- Shiv Baba,
- the Supreme Father,
- the Ocean of Peace,
- the Ocean of Love,
- and the Ocean of Knowledge.

Just as souls are points of spiritual light,  
the Supreme Soul is also an eternal point of divine light.

However, unlike souls,

He never enters the cycle of birth and death.

He remains eternally pure and ever-powerful.

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## **5. Why Is Yoga Necessary?**

Today the mind is:

- restless,
- fearful,
- stressed,
- and emotionally exhausted.

External comforts cannot give lasting peace.

Why?

Because the soul itself has become weak.

Just as a mobile phone needs charging,  
the soul also needs spiritual power.



Yoga is the method through which the soul receives power from the Supreme Soul.

Without yoga:

- the mind becomes unstable,
- relationships become painful,
- and weaknesses increase.

With yoga:

- peace increases,
- inner strength awakens,
- and life becomes meaningful.

## **6. Yoga Fire — The Fire of Remembrance**

In the Murlis, Baba says that the “fire of yoga” burns past sins and impurities.

Just as fire purifies gold,

remembrance of the Supreme Soul purifies the soul.

Old sanskars,

sorrow,

and negative karmic accounts gradually begin to finish.

Murli:

“Through the pilgrimage of remembrance, sins will be destroyed.”

— Murli, 05-10-1969

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## **7. Why Is Yoga Difficult?**

Many souls say:

- “My remembrance does not stay.”
- “My mind wanders.”
- “I feel sleepy during meditation.”
- “Too many waste thoughts come.”

This happens because of:

- body consciousness,
- attachment,
- old habits,
- distractions,
- and impurity of the mind.

For many births, the mind remained attached to the world.

Now it needs practice to become stable in Baba’s remembrance.

Avyakt Murli:

“Again and again, with love, connect the mind to Baba.”

— Avyakt Murli, 30-01-1985

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## **8. How to Practice Yoga**

### **1. Sit in a peaceful place**

Early morning Amrit Vela or nighttime is considered best.

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### **2. Relax the body**

Keep the spine straight.

Release tension from the body.

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### **3. Remember the soul**

Experience yourself as a point of light in the center of the forehead.

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### **4. Connect with the Supreme Soul**

Remember Shiv Baba, the Supreme Point of Light residing in Paramdham.

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### **5. Have a heart-to-heart conversation**

Speak to Baba with your mind.

For example:

Baba, I am Your child...

Fill me with power...

Transform my sanskars...

---

### **6. Experience spiritual power**

Feel that divine rays of power from Baba are filling the soul.

Murli Quotes:

“Remain in remembrance and you will continue to receive power.”

— Murli, 07-03-2022

“The fire of yoga burns old sanskars.”

— Avyakt Murli, 31-12-2005

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## **Chapter Summary**

- Rajyoga is the connection between the soul and the Supreme Soul
  - Yoga is the practice of remembrance
  - The soul is a point of divine light
  - The Supreme Soul is Shiv Baba
  - Yoga awakens the original qualities of the soul
  - Remembrance purifies old sanskars
  - Regular practice makes yoga easy and natural
-



### **Murli Quote Collection**

“Consider yourself to be a soul and remember the Father.”

— Murli, 13-03-1969

“One Father and none other.”

— Avyakt Murli, 09-12-1989

“Remember the Father and your inheritance.”

— Murli, 17-01-1969

“Through the pilgrimage of remembrance, sins will be destroyed.”

— Murli, 05-10-1969

“Again and again, with love, connect the mind to Baba.”

— Avyakt Murli, 30-01-1985

🌸 Om Shanti 🌸



## **UNIT 2 — The Soul and the Supreme Soul**

### **Understanding the Eternal Relationship Between the Soul and God**

#### **✿ The Essence of the Soul and the Supreme Soul ✿**

The foundation of Rajyoga is the realization of:

- the self,
- and the Supreme Self.

Until the soul recognizes:

- “Who am I?”
- and “Who is God?”,

true yoga cannot become stable.

In the Murli, Baba says:

“First have the faith that you are a soul.”

— Murli, 18-01-1969

When the soul recognizes itself as a spiritual being and experiences God as the eternal Father, yoga becomes natural and loving.

---

#### **The Eternal Relationship**

The relationship between the soul and the Supreme Soul is eternal.

The soul is a child,

and the Supreme Soul is the Supreme Father.

The soul:

- takes birth,
- plays its part,
- and experiences happiness and sorrow.

But the Supreme Soul:

- remains beyond birth and death,
- eternally pure,
- and forever full of all powers.

In the Avyakt Murli, Baba says:

“The Father is the Highest on High, and you are His beloved children.”

— Avyakt Murli, 12-11-1985

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## **Introduction**

Human beings have searched for God for centuries.

Some searched:

- in temples,
- some in scriptures,
- some in rituals,
- and others in forests and mountains.

Yet, despite so much searching,  
many souls still feel far from God.

Why?

Because God cannot be understood merely through rituals or external worship.

The Supreme Soul can only be experienced through:

- soul consciousness,
- love,
- silence,
- and remembrance.

Rajyoga teaches that:

before connecting with God,  
the soul must first recognize itself.

When the soul experiences:

“I am not this body... I am a soul...”

then the connection with the Supreme Soul becomes easy and natural.

---

## **1. Who Am I?**

This is the first and most important spiritual question.

For many births, human beings believed:

- “I am this body.”
- “I am this name.”
- “These are my relationships.”
- “This is my identity.”

But all these are temporary.

The real self is the soul.

The soul is:

- a point of spiritual light,
- a conscious living energy,
- eternal and imperishable.

The body changes,  
but the soul continues its journey.

Baba says:



“The soul is immortal; the body is perishable.”  
— Murli, 22-02-1970

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## **2. The Original Nature of the Soul**

Every soul originally possesses divine qualities.

These original qualities are:

- peace,
- purity,
- love,
- bliss,
- happiness,
- wisdom,
- and power.

The soul is naturally peaceful.

Peace is not something external;  
it is the original nature of the soul.

But due to body consciousness and the influence of vices,  
the soul forgot its true nature.

Rajyoga helps the soul rediscover its original purity.

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## **3. What Is Body Consciousness?**

Body consciousness means:

identifying the self with the body instead of the soul.

When a soul becomes body conscious,  
it develops:

- ego,
- attachment,
- anger,
- greed,
- jealousy,
- and fear.

From body consciousness arise:

- conflict,
- sorrow,
- and emotional weakness.

Baba says:

“Body consciousness is the root cause of sorrow.”

— Murli, 19-06-1969

---



#### **4. Soul Consciousness**

Soul consciousness means:

remaining aware that:

“I am a soul, a child of the Supreme Soul.”

When the soul becomes soul conscious:

- the mind becomes peaceful,
- reactions reduce,
- relationships improve,
- and inner stability increases.

Soul consciousness creates:

- purity in thoughts,
- sweetness in words,
- and dignity in actions.

---

#### **5. Who Is God?**

In Rajyoga, God is understood as:

Shiv Baba — the Supreme Soul.

He is:

- the Supreme Father,
- the Ocean of Peace,
- the Ocean of Love,
- the Ocean of Purity,
- and the Ocean of Power.

Like souls, He is also a point of divine light,

but unlike souls:

- He never takes rebirth,
- never becomes impure,
- and never forgets His identity.

He is eternally complete and perfect.

---

#### **6. The Difference Between the Soul and the Supreme Soul**

Although both are points of spiritual light,

there is a great difference between the soul and the Supreme Soul.

**The Soul:**

- takes rebirth,
- enters the cycle of happiness and sorrow,
- forgets its original nature,
- and becomes influenced by Maya.



### **The Supreme Soul:**

- never takes rebirth,
- remains forever pure,
- always remains beyond Maya,
- and is eternally powerful.

The soul receives power from the Supreme Soul through yoga.

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## **7. The Relationship Between the Soul and God**

Rajyoga teaches many beautiful relationships with God.

The soul can experience God as:

- Father,
- Teacher,
- Satguru,
- Friend,
- Companion,
- Beloved,
- and Protector.

This makes yoga deeply personal and loving.

In the Avyakt Murli, Baba says:

“Whatever relationship you want to experience with the Father, experience it.”

— Avyakt Murli, 14-01-1980

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## **8. Why Has the Soul Become Weak?**

Originally, the soul was pure and powerful.

But gradually, through many births:

- body consciousness increased,
- vices entered,
- and the soul lost its spiritual strength.

Just as a battery becomes weak after continuous use, the soul also became spiritually discharged.

This is why today many souls experience:

- fear,
  - emptiness,
  - insecurity,
  - emotional pain,
  - and restlessness.
-



## **9. The Supreme Soul — The Eternal Source of Power**

The Supreme Soul is the eternal spiritual powerhouse.

When the soul remembers Shiv Baba with love,  
it receives:

- peace,
- purity,
- strength,
- and divine energy.

Yoga is the process of spiritual recharging.

The more the soul remains connected to Baba,  
the more powerful it becomes.

Murli:

“The soul receives power through remembrance.”

— Murli, 10-03-1970

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## **10. Experience of the Soul and the Supreme Soul**

Meditation in Rajyoga is not imagination.

It is a spiritual experience.

The soul can experience:

- light,
- peace,
- love,
- and divine closeness.

With regular practice,

the relationship with Baba becomes living and real.

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### **Deep Meditation Practice**

Sit peacefully and experience:

I am a soul...

A tiny point of divine light...

I am separate from this body...

I am peaceful... pure... powerful...

I am a child of Shiv Baba...

Baba is the Ocean of Peace...

Rays of peace and love are flowing toward me...

My soul is becoming full...

I am safe in Baba's love...

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## Chapter Summary

- The soul is an eternal point of spiritual light
- The Supreme Soul is Shiv Baba
- Body consciousness causes sorrow
- Soul consciousness brings peace
- The soul and God share an eternal relationship
- Yoga reconnects the soul with the Supreme Soul
- Through remembrance, the soul becomes powerful again

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## Murli Quote Collection

“First have the faith that you are a soul.”

— Murli, 18-01-1969

“The Father is the Highest on High, and you are His beloved children.”

— Avyakt Murli, 12-11-1985

“The soul is immortal; the body is perishable.”

— Murli, 22-02-1970

“Body consciousness is the root cause of sorrow.”

— Murli, 19-06-1969

“Whatever relationship you want to experience with the Father, experience it.”

— Avyakt Murli, 14-01-1980

“The soul receives power through remembrance.”

— Murli, 10-03-1970

🌸 Om Shanti 🌸



## UNIT 3 — How to Experience Yoga

### Practical Methods to Experience Peace, Power, and Soul Consciousness

#### ✿ The Essence of Yogic Experience ✿

Rajyoga is not merely understanding spiritual knowledge — it is experiencing it.

True yoga begins when:

- the soul experiences itself,
- feels the presence of the Supreme Soul,
- and becomes absorbed in divine peace and love.

In the Murli, Baba says:

“Do not just listen to knowledge — become an embodiment of experience.”

— Murli, 02-02-1970

Yoga is not imagination.

It is the living experience of the relationship between the soul and the Supreme Soul.

---

#### Introduction

Many souls say:

- “I understand the knowledge, but I do not experience yoga deeply.”
- “My mind wanders.”
- “I sit in meditation, but there is no powerful experience.”

This happens because yoga is not attained merely by:

- reading,
- listening,
- or intellectual understanding.

Yoga becomes powerful through:

- practice,
- soul consciousness,
- love for Baba,
- and inner silence.

Just as one cannot learn swimming only by reading about it, one cannot experience Rajyoga only through theory.

Practice is essential.

In the Avyakt Murli, Baba says:

“Repeated practice makes the soul experienced.”

— Avyakt Murli, 10-02-1981

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## 1. Preparing the Mind for Yoga

Before meditation,  
the mind should be relaxed and peaceful.

If the mind is filled with:

- tension,
- hurry,
- worry,
- or waste thoughts,

deep yoga becomes difficult.

---

### Simple Preparation

Before sitting for yoga:

- Sit comfortably
- Relax the body
- Slow down the thoughts
- Disconnect from external distractions
- Bring the attention inward

Take a few deep breaths and gently remind yourself:

“I am a peaceful soul...”

---

## 2. The Importance of Soul Consciousness

The foundation of yoga is soul consciousness.

As long as the soul remains trapped in body consciousness,  
the mind continues to wander toward:

- people,
- situations,
- worries,
- and attachments.

But when the soul experiences:

“I am not this body... I am a soul...”

the mind naturally becomes lighter and more stable.

Murli:

“Become soul conscious and remember the Father.”

— Murli, 14-07-1969

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## 3. Concentration on the Point of Light

Rajyoga teaches the soul to stabilize in its original form:  
a point of divine light.

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## **Practice**

Gently focus attention at the center of the forehead.

Experience:

I am a tiny point of living light...

A peaceful spiritual being...

Separate from the body...

As this awareness deepens,  
thoughts gradually slow down.

The soul begins to feel:

- stillness,
- silence,
- and inner peace.

---

## **4. Connecting with Shiv Baba**

Once the soul becomes stable in self-awareness,  
it becomes easier to connect with the Supreme Soul.

Remember Shiv Baba as:

- the Supreme Point of Light,
- residing in Paramdham,
- radiating peace and power.

---

## **Experience**

Baba is my eternal Father...

I belong to Baba...

Baba belongs to me...

Feel divine rays of:

- peace,
- purity,
- and love

flowing toward the soul.

---

## **5. The Power of Love in Yoga**

Yoga cannot become deep through force.

Love is the foundation of remembrance.

Where there is love,  
there is natural remembrance.

If the soul experiences Baba as:

- distant,
- formal,



- or only philosophical,  
then yoga feels dry.  
But when the soul experiences:  
“Baba is mine...”  
remembrance becomes sweet and natural.  
Avyakt Murli:  
“The sign of love is easy remembrance.”  
— Avyakt Murli, 18-01-1990

---

## **6. How to Reduce Waste Thoughts**

One of the biggest obstacles in yoga is waste thinking.

The mind continuously creates:

- unnecessary thoughts,
  - memories,
  - worries,
  - and imaginary conversations.
- 

## **Ways to Reduce Waste Thoughts**

**1. Practice soul consciousness repeatedly**

**2. Avoid unnecessary talking**

**3. Keep spiritual company**

**4. Read Murli daily**

**5. Use short powerful thoughts**

For example:

I am a peaceful soul...

Baba is with me...

I am safe...

---

## **7. Experience Through Visualization**

Visualization helps the mind become concentrated.

---

### **Example Practice**

Experience:

I am a soul...

Rising above the body...

Rising beyond this world...

Reaching Paramdham...

Shiv Baba is in front of me...

Rays of divine light are entering the soul...



This creates deep spiritual feelings and concentration.

---

## **8. Experiencing the Seven Original Qualities of the Soul**

The soul originally possesses seven divine qualities.

During meditation,  
experience each quality one by one.

---

### **1. Peace**

I am a peaceful soul...

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### **2. Love**

Divine love is flowing through me...

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### **3. Happiness**

I am naturally happy...

---

### **4. Bliss**

I am full of spiritual joy...

---

### **5. Purity**

I am pure and light...

---

### **6. Power**

I am a powerful soul...

---

### **7. Wisdom**

Divine light is awakening within me...

---

## **9. The Experience of Silence**

Real yoga takes the soul beyond ordinary thinking.

Gradually,  
the soul enters deep inner silence.

This silence is not emptiness.

It is:

- peaceful,
- living,
- loving,
- and powerful.



In silence,  
the soul experiences closeness with Baba.

---

### **10. Yoga Throughout the Day**

Yoga should not remain limited to sitting meditation only.  
Real Rajyoga means:  
remaining connected with Baba while performing actions.

---

#### **Practice During the Day**

While:

- walking,
- speaking,
- cooking,
- studying,
- or working,

remember internally:

I am a soul...

Baba is with me...

This gradually creates a natural yogic stage.

---

### **11. Why Regular Practice Is Necessary**

A soul cannot become stable in yoga in one day.  
Just as muscles become strong through repeated exercise,  
the soul becomes stable through repeated remembrance.  
Consistency is more important than intensity.  
Even a few minutes of deep remembrance every day brings transformation.

---

### **12. Signs of Yogic Experience**

When yoga becomes deep,  
the soul begins to experience:

- peace without reason
  - emotional stability
  - reduced anger
  - less fear
  - inner happiness
  - lightness
  - spiritual strength
  - natural love for Baba
-



## Deep Meditation Experience

Sit quietly and experience:

I am a soul...

A being of light...

I am separate from the body...

I am peaceful... still... silent...

Shiv Baba is in front of me...

Baba's divine light is filling my soul...

Every burden is melting away...

I am becoming light... powerful... peaceful...

I am absorbed in Baba's love...

---

## Chapter Summary

- Rajyoga is based on spiritual experience
- Soul consciousness is the foundation of yoga
- Love makes remembrance easy
- Visualization helps concentration
- Waste thoughts reduce through practice
- Silence deepens spiritual experience
- Yoga should continue throughout daily life
- Regular practice creates powerful experiences

---

## Murli Quote Collection

“Do not just listen to knowledge — become an embodiment of experience.”

— Murli, 02-02-1970

“Repeated practice makes the soul experienced.”

— Avyakt Murli, 10-02-1981

“Become soul conscious and remember the Father.”

— Murli, 14-07-1969

“The sign of love is easy remembrance.”

— Avyakt Murli, 18-01-1990

🌸 Om Shanti 🌸



## UNIT 4 — Obstacles in Yoga and How to Overcome Them

### Understanding Maya, Weaknesses, and the Methods to Become Victorious

#### ✿ The Essence of Victory Over Obstacles ✿

Every soul desires:

- deep remembrance,
- a peaceful mind,
- and a stable yogic stage.

Yet many souls experience:

- distraction,
- waste thoughts,
- laziness,
- emotional weakness,
- and instability in yoga.

Why does this happen?

Because as the soul moves toward spiritual progress, Maya tries to pull it back into body consciousness.

In the Murli, Baba says:

“Maya repeatedly makes children body conscious.”

— Murli, 24-01-1969

The purpose of obstacles is not to defeat the soul, but to make it powerful and experienced.

---

### Introduction

Many souls become discouraged because:

- their mind wanders during meditation,
- old sanskars emerge,
- or they repeatedly face inner battles.

Sometimes the soul thinks:

- “Why am I unable to remain stable?”
- “Why does my yoga break again and again?”
- “Why do negative thoughts arise even after spiritual study?”

This inner struggle is part of spiritual transformation.

Just as gold becomes pure through fire,

the soul becomes powerful through spiritual effort and victory over Maya.

In the Avyakt Murli, Baba says:

“Challenges make the soul experienced and victorious.”

— Avyakt Murli, 21-01-1986



## 1. What Is Maya?

In BK knowledge,

Maya refers to everything that pulls the soul away from:

- soul consciousness,
- purity,
- and Baba's remembrance.

Maya mainly works through:

- body consciousness,
- the five vices,
- waste thoughts,
- attachment,
- ego,
- fear,
- laziness,
- and distractions.

Maya is not an external demon.

It is the weakness created inside the soul through many births of body consciousness.

---

## 2. Body Consciousness — The Root Obstacle

The biggest obstacle in yoga is body consciousness.

When the soul forgets:

“I am a soul,”

it becomes trapped in:

- “my body,”
- “my respect,”
- “my opinions,”
- “my relationships,”
- and “my desires.”

This creates:

- sorrow,
- insecurity,
- comparison,
- and emotional suffering.

Murli:

“Body consciousness is the cause of all sorrow.”

— Murli, 19-06-1969

---



### **3. The Five Main Vices**

The soul becomes weak because of the five vices:

- 1. Lust**
- 2. Anger**
- 3. Greed**
- 4. Attachment**
- 5. Ego**

These vices:

- disturb the mind,
- reduce spiritual power,
- and break remembrance.

When any vice becomes active,  
the soul immediately loses peace.

---

### **4. Waste Thoughts**

Waste thoughts are one of the greatest enemies of yoga.

The mind keeps moving toward:

- old memories,
- worries,
- unnecessary imagination,
- reactions,
- and overthinking.

Even during meditation,  
the mind may wander continuously.

---

### **Why Waste Thoughts Increase**

- Lack of soul consciousness
  - Excessive talking
  - Negative media consumption
  - Emotional attachment
  - Fear and insecurity
  - Lack of spiritual discipline
- 

### **5. Laziness and Carelessness**

Sometimes the soul knows what is right,  
yet does not make effort.

This is spiritual laziness.

Examples:

- postponing meditation,



- irregular Murli study,
- sleeping during yoga,
- or becoming careless in spiritual effort.

Baba says:

“Carelessness makes the soul weak.”

— Avyakt Murli, 11-12-1984

---

## **6. Emotional Attachment**

Attachment makes yoga unstable.

When the mind becomes overly attached to:

- people,
- relationships,
- expectations,
- or emotional dependency,

the remembrance of Baba weakens.

Attachment creates fear of loss and emotional pain.

True spiritual love is pure,

but attachment creates bondage.

---

## **7. Ego — The Hidden Enemy**

Ego is very subtle.

The soul may become proud of:

- knowledge,
- service,
- position,
- intelligence,
- or even spiritual effort.

Ego blocks the flow of divine power.

When ego increases:

- humility decreases,
- peace reduces,
- and conflicts arise.

Avyakt Murli:

“Become egoless and light.”

— Avyakt Murli, 03-02-1981

---



## **8. Why Does Yoga Break Repeatedly?**

Yoga breaks because the mind has old habits from many births.

For a long time,

the soul remained connected to:

- body consciousness,
- worldly attractions,
- and external support.

Now the mind needs time and repeated practice to become stable in remembrance.

This should not create discouragement.

Spiritual progress happens gradually.

---

## **9. How to Overcome Obstacles in Yoga**

### **1. Repeated Soul Consciousness**

Again and again remind yourself:

I am a soul...

This weakens body consciousness.

---

### **2. Develop Love for Baba**

Yoga becomes easy through love,  
not force.

The more the soul experiences:

“Baba is mine,”

the easier remembrance becomes.

---

### **3. Daily Murli Study**

Murli gives spiritual nourishment to the intellect.

Without Murli,

the mind becomes weak and influenced by Maya.

---

### **4. Practice Traffic Control**

Pause for one minute every hour.

Remember:

I am a peaceful soul...

Baba is with me...

This stabilizes the mind.

---

### **5. Keep Spiritual Company**

The company of spiritually powerful souls strengthens remembrance.

Negative company weakens the mind.



## **6. Maintain Purity in Thoughts**

Pure thoughts create spiritual power.

Impure thoughts weaken yoga.

---

## **10. The Power of Determination**

Victory over Maya requires determination.

The soul should not become discouraged after mistakes.

Instead,

it should:

- learn,
- become aware,
- and move forward again.

Baba says:

“The brave children become victorious.”

— Murli, 08-04-1969

---

## **11. Nirakari — Nirvikari — Nirahankari Practice**

This powerful practice helps the soul become free from Maya.

---

### **1. Nirakari (Soul Conscious)**

I am a point of light...

Separate from the body...

---

### **2. Nirvikari (Viceless)**

I am pure...

My original nature is purity...

---

### **3. Nirahankari (Egoless)**

I am only an instrument...

Baba is doing everything...

---

## **12. Victory Through Baba’s Power**

The soul cannot conquer Maya alone.

Victory comes through:

- Baba’s remembrance,
- Baba’s power,
- and Baba’s support.

When the soul stays connected with Baba,  
it becomes fearless and victorious.



---

## Deep Meditation Practice

Sit quietly and experience:

I am a soul...

Separate from this body...

I am peaceful and light...

Baba's divine power is filling me...

All weaknesses are dissolving...

Maya has no power over me...

I am victorious...

I am becoming pure and powerful...

Baba is always with me...

---

## Chapter Summary

- Maya pulls the soul into body consciousness
- The five vices weaken the soul
- Waste thoughts disturb yoga
- Attachment and ego create instability
- Regular practice strengthens remembrance
- Murli and spiritual company increase power
- Determination is essential for victory
- Baba's power helps the soul conquer Maya

---

## Murli Quote Collection

“Maya repeatedly makes children body conscious.”

— Murli, 24-01-1969

“Challenges make the soul experienced and victorious.”

— Avyakt Murli, 21-01-1986

“Body consciousness is the cause of all sorrow.”

— Murli, 19-06-1969

“Carelessness makes the soul weak.”

— Avyakt Murli, 11-12-1984

“Become egoless and light.”

— Avyakt Murli, 03-02-1981

“The brave children become victorious.”

— Murli, 08-04-1969

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## UNIT 5 — The Stages of Yoga

### From Soul Consciousness to the Angelic Stage

✿ The Essence of Yogic Stages ✿

Rajyoga is a journey of spiritual transformation.

As the soul progresses in remembrance,  
its stage gradually changes.

At first,

the soul struggles with:

- body consciousness,
- wandering thoughts,
- and emotional weakness.

But through regular remembrance,

the soul gradually becomes:

- stable,
- peaceful,
- powerful,
- and detached.

Finally,

it experiences the angelic stage.

In the Avyakt Murli, Baba says:

“Become double light and angelic.”

— Avyakt Murli, 03-02-1981

The purpose of yoga is not only temporary peace,  
but complete transformation of consciousness.

---

### Introduction

Many souls ask:

- “How do I know whether my yoga is progressing?”
- “What changes happen through yoga?”
- “What is the angelic stage?”

Yoga is not measured merely by:

- sitting for long hours,
- or external appearance.

Real progress in yoga is seen in:

- thoughts,
- reactions,
- stability,



- purity,
- and spiritual experience.

As yoga deepens,  
the soul gradually moves through different spiritual stages.

Each stage brings:

- greater lightness,
- deeper peace,
- and closer connection with Baba.

---

### **1. The Beginning Stage — Effortful Remembrance**

At the beginning,  
the soul makes conscious effort to remember Baba.

The mind wanders repeatedly toward:

- work,
- family,
- responsibilities,
- and old sanskars.

Sometimes remembrance feels easy,  
and sometimes difficult.

This is natural in the early stage.

The soul is learning to shift from:

body consciousness  
to soul consciousness.

---

#### **Common Experiences in This Stage**

- Wandering thoughts
- Sleepiness during meditation
- Emotional ups and downs
- Forgetfulness in remembrance
- Attraction toward worldly matters

Yet this stage is important,  
because effort creates spiritual strength.

---



## **2. Soul Conscious Stage**

Gradually,

the soul begins to experience:

“I am not this body... I am a soul.”

This awareness becomes more natural.

The soul starts feeling:

- detached,
- peaceful,
- and internally stable.

Reactions reduce,

and inner clarity increases.

Murli:

“Become soul conscious and your burdens will finish.”

— Murli, 09-08-1969

---

### **Signs of Soul Consciousness**

- Less anger
- Less fear
- Reduced attachment
- Greater tolerance
- Peaceful interactions
- Inner dignity

The soul begins to live from inner awareness rather than emotional reaction.

---

## **3. Loving Stage of Remembrance**

As the relationship with Baba deepens,

yoga becomes filled with love.

The soul no longer remembers Baba out of discipline alone,

but through natural attraction.

The heart repeatedly feels:

“Baba is mine...”

This stage brings:

- sweetness,
- emotional healing,
- and spiritual comfort.

In the Avyakt Murli, Baba says:

“Easy remembrance is the sign of love.”

— Avyakt Murli, 18-01-1990

---



#### **4. Detached Observer Stage**

With deeper yoga,  
the soul becomes a detached observer.  
Instead of reacting emotionally,  
the soul learns to:

- observe,
- understand,
- and remain stable.

Situations no longer shake the soul so easily.

The soul realizes:

“Everything is a scene in the drama.”

This stage brings:

- emotional maturity,
- patience,
- and stability.

---

#### **5. The Powerful Stage**

As remembrance increases,  
the soul becomes spiritually powerful.

Fear reduces,  
confidence increases,  
and the soul begins to influence the atmosphere positively.

The soul experiences:

- courage,
- determination,
- and spiritual authority.

Others begin to feel:

- peace,
- comfort,
- and positivity

through the vibrations of such a soul.

---

#### **6. The Double Light Stage**

“Double light” means:

- light in relationships and burdens,
- and light as a being of spiritual light.

The soul no longer carries emotional heaviness.

There is:

- less tension,



- less worry,
- and less dependence on others.

The soul feels:

- free,
- light,
- and internally joyful.

Avyakt Murli:

“Become double light and fly.”

— Avyakt Murli, 19-01-1982

---

## **7. The Angelic Stage (Farishta Stage)**

This is one of the highest stages of yoga.

An angelic soul:

- lives in the world,
- performs actions,
- but remains detached and pure internally.

The angelic stage is:

- beyond body consciousness,
- beyond emotional bondage,
- and beyond heaviness.

The soul feels:

- subtle,
- peaceful,
- and constantly connected with Baba.

---

### **Signs of the Angelic Stage**

- Natural purity
  - Deep peace
  - No burden of the past
  - No hatred or negativity
  - Constant remembrance
  - Lightness in relationships
  - Sweet and powerful vibrations
-



## **8. Beejroop Stage (Seed Form Stage)**

The beejroop stage is the stage of:

- complete stillness,
- concentrated awareness,
- and powerful silence.

In this stage,  
the soul:

- goes beyond unnecessary thoughts,
- stabilizes in essence,
- and becomes deeply connected with Baba.

Avyakt Murli:

“Become stable in the seed form stage.”

— Avyakt Murli, 22-01-1985

---

## **9. Nirakari Stage**

The nirakari stage means:

complete soul consciousness.

The soul experiences itself as:

- a point of light,
- beyond the body,
- beyond labels,
- beyond physical identity.

This stage creates:

- freedom,
  - silence,
  - and spiritual power.
- 

## **10. Stage of Constant Remembrance**

With deep practice,

remembrance gradually becomes natural.

The soul remembers Baba:

- while walking,
- speaking,
- working,
- and serving.

Yoga no longer feels separate from life.

Life itself becomes yoga.

---



## 11. Obstacles While Progressing Through Stages

Sometimes the soul experiences:

- fluctuations,
- discouragement,
- or temporary weakness.

This should not create fear.

Spiritual progress is gradual.

Even if the soul falls,

it should rise again with courage.

Baba says:

“Never become discouraged in spiritual effort.”

— Avyakt Murli, 07-03-1984

---

## 12. How to Progress in Yogic Stages

### 1. Practice regularly

Consistency is essential.

### 2. Increase love for Baba

Love makes yoga natural.

### 3. Stay soul conscious during actions

### 4. Avoid waste thoughts

### 5. Keep spiritual company

### 6. Study Murli daily

### 7. Practice silence

## Deep Meditation Experience

Sit peacefully and experience:

I am a soul...

A being of divine light...

I am peaceful... detached... light...

Baba's love is filling my soul...

I am rising above this world...

I am becoming double light...



I am an angelic soul...  
Pure... peaceful... free...  
Constantly connected with Baba...

---

### **Chapter Summary**

- Yoga develops gradually through spiritual stages
  - Soul consciousness is the foundation of progress
  - Love makes remembrance easy
  - The detached observer stage creates stability
  - The powerful stage increases spiritual strength
  - The double light stage removes burdens
  - The angelic stage is the stage of purity and lightness
  - Regular practice leads to constant remembrance
- 

### **Murli Quote Collection**

“Become double light and angelic.”

— Avyakt Murli, 03-02-1981

“Become soul conscious and your burdens will finish.”

— Murli, 09-08-1969

“Easy remembrance is the sign of love.”

— Avyakt Murli, 18-01-1990

“Become double light and fly.”

— Avyakt Murli, 19-01-1982

“Become stable in the seed form stage.”

— Avyakt Murli, 22-01-1985

“Never become discouraged in spiritual effort.”

— Avyakt Murli, 07-03-1984

❀ Om Shanti ❀



## UNIT 6 — Yoga in Daily Life

### How to Stay Connected with Baba While Performing Actions

❀ The Essence of Yogic Life ❀

Rajyoga is not limited to sitting meditation alone.

True yoga means:

remaining connected with Baba while performing every action.

In the Murli, Baba says:

“Let your hands do the work while your heart remains connected with Baba.”

— Murli, 05-09-1969

The goal of Rajyoga is not to escape from responsibilities, but to perform every action with:

- soul consciousness,
- purity,
- peace,
- and remembrance of Baba.

Yoga should become a natural way of living.

---

### Introduction

Many souls experience peace during meditation, but lose that stage while:

- working,
- speaking,
- studying,
- or interacting with others.

Why does this happen?

Because yoga has not yet become a part of daily life.

Real spiritual progress is not tested only in silence, but in practical life situations.

True yoga is visible:

- in relationships,
- during challenges,
- in daily actions,
- and in the atmosphere we create around us.

In the Avyakt Murli, Baba says:

“Become a karma yogi.”

— Avyakt Murli, 12-01-1983

A karma yogi is one who remains connected with Baba while performing actions.



## 1. What Is Karma Yoga?

Karma Yoga means:

performing actions while remaining in remembrance of the Supreme Soul.

The soul:

- works,
- speaks,
- studies,
- cooks,
- serves,
- and fulfills responsibilities,

while internally remaining connected with Baba.

This creates:

- stability,
- purity,
- and power in actions.

---

## 2. Why Does Yoga Break During Actions?

During actions,

the mind easily gets pulled toward:

- stress,
- speed,
- emotions,
- expectations,
- and reactions.

Body consciousness increases,  
and remembrance weakens.

The soul forgets:

“I am a soul... Baba is with me...”

As a result:

- tension increases,
- reactions become stronger,
- and peace decreases.

---

## 3. The Practice of Soul Conscious Actions

Before every action,

pause for a few seconds and remember:

I am a soul...

Baba is with me...

Then begin the action.



This simple awareness transforms ordinary actions into elevated karma.

---

### **Example Practices**

#### **While Cooking**

I am preparing food with pure vibrations...

---

#### **While Studying**

Baba's power is helping me concentrate...

---

#### **While Speaking**

My words are peaceful and respectful...

---

#### **While Working**

I am a peaceful soul serving through actions...

---

### **4. The Importance of Traffic Control**

Traffic control means:

taking short pauses throughout the day to reconnect with Baba.

This practice:

- stabilizes the mind,
  - reduces waste thoughts,
  - and maintains spiritual awareness.
- 

### **Simple Traffic Control Practice**

Every hour,

pause for one minute and experience:

I am a peaceful soul...

Baba's light is filling me...

These short pauses create powerful spiritual protection.

---

### **5. Maintaining Yoga in Relationships**

Relationships become painful when they are based on:

- attachment,
- expectations,
- ego,
- or emotional dependency.

But when relationships are based on:

- soul consciousness,
- respect,



- and purity,  
they become peaceful.
- 

### **Practice**

While interacting with others,  
remember:

This is also a soul...

A child of Baba...

This awareness reduces:

- anger,
  - judgment,
  - and emotional reactions.
- 

### **6. Speaking with Yogic Awareness**

Words carry vibrations.

When the soul is connected with Baba:

- words become sweet,
- peaceful,
- and powerful.

Before speaking:

- pause,
- think,
- and speak with awareness.

Baba says:

“Speak less and speak sweetly.”

— Murli, 11-04-1969

---

### **7. Yoga While Walking and Traveling**

Travel time can also become yogic time.

Instead of:

- unnecessary thinking,
- scrolling,
- or worry,

practice silent remembrance.

Experience:

I am a soul...

Baba is with me...

This keeps the mind light and peaceful.

---



## 8. Yoga While Facing Problems

Challenges are the real test of yoga.

When difficulties come,  
the soul should not panic.

Instead:

- pause,
- remember Baba,
- and respond with stability.

Yoga gives the power to:

- tolerate,
- face,
- and transform situations.

Avyakt Murli:

“Remain stable and observe every scene as a detached observer.”

— Avyakt Murli, 28-02-1985

---

## 9. The Importance of Purity in Daily Life

Yoga becomes powerful through purity.

Purity means:

- pure thoughts,
- pure feelings,
- pure intentions,
- and elevated actions.

Impurity weakens remembrance.

Purity creates spiritual lightness.

---

## 10. Eating with Yogic Awareness

Food affects the mind.

When food is prepared and eaten in remembrance,  
it carries pure vibrations.

Before eating:

- remember Baba,
- give sakaash to the food,
- and eat with gratitude.

This increases:

- peace,
  - positivity,
  - and spiritual strength.
-



## **11. The Power of Remembrance Throughout the Day**

The more frequently the soul remembers Baba,  
the more natural yoga becomes.

Short moments of remembrance repeated many times during the day create:

- stability,
- spiritual protection,
- and inner happiness.

Gradually,  
remembrance becomes automatic.

---

## **12. Signs of a Yogic Lifestyle**

When yoga enters daily life,  
the soul experiences:

- less stress
- emotional balance
- peaceful interactions
- greater patience
- stable decision-making
- inner confidence
- natural happiness
- spiritual lightness

Others also begin to feel peace from such a soul.

---

## **Deep Meditation Practice**

Sit quietly and experience:

I am a peaceful soul...

Baba is with me in every action...

While walking... speaking... working...

I remain connected with Baba...

My thoughts are pure...

My words are sweet...

My actions are elevated...

I am a karma yogi soul...

Constantly connected with the Supreme...

---

## **Chapter Summary**

- Rajyoga should continue during daily actions
- Karma Yoga means remembrance while performing actions
- Soul consciousness transforms ordinary actions



- Traffic control stabilizes the mind
- Relationships improve through spiritual awareness
- Yogic speech creates positive vibrations
- Challenges test the stability of yoga
- Purity strengthens remembrance
- Frequent remembrance creates a yogic lifestyle

---

### **Murli Quote Collection**

“Let your hands do the work while your heart remains connected with Baba.”

— Murli, 05-09-1969

“Become a karma yogi.”

— Avyakt Murli, 12-01-1983

“Speak less and speak sweetly.”

— Murli, 11-04-1969

“Remain stable and observe every scene as a detached observer.”

— Avyakt Murli, 28-02-1985

🌸 Om Shanti 🌸



## UNIT 7 — The Power of Silence and Inner Peace

### Experiencing the Deep Silence of the Soul

#### ✿ The Essence of Silence ✿

True silence is not merely the absence of sound.

Real silence is the peaceful state of the soul.

When the soul:

- becomes free from waste thoughts,
- rises above emotional disturbance,
- and stabilizes in soul consciousness,

it begins to experience deep inner silence.

In that silence,

the soul can feel:

- peace,
- power,
- love,
- and closeness with Baba.

In the Avyakt Murli, Baba says:

“Go into the depth of silence and experience the power of the self.”

— Avyakt Murli, 14-03-1982

Silence is not emptiness —

it is a living spiritual experience.

---

### Introduction

Today the world is filled with:

- noise,
- information,
- speed,
- and constant mental activity.

Even when external surroundings are quiet,

the mind often remains noisy.

Thoughts continue endlessly:

- worries,
- memories,
- planning,
- fears,
- reactions,
- and emotional conversations.



This continuous mental noise weakens the soul.

As a result:

- peace decreases,
- concentration weakens,
- and emotional exhaustion increases.

Rajyoga teaches the soul how to return to its original silent state.

In silence,

the soul reconnects with:

- itself,
- and the Supreme Soul.

---

## 1. What Is Spiritual Silence?

Spiritual silence means:

the quietness of the mind.

It is the stage where:

- unnecessary thoughts reduce,
- emotional disturbance finishes,
- and the soul becomes stable and peaceful.

This silence is not forced suppression of thoughts.

It is a natural state created through:

- soul consciousness,
- remembrance of Baba,
- and inner detachment.

---

## 2. Why Is Silence Necessary?

Without silence:

- the mind becomes weak,
- decisions become unclear,
- and emotional reactions increase.

Silence gives the soul:

- clarity,
- stability,
- and spiritual power.

Just as calm water reflects clearly,  
a silent mind can experience truth and wisdom.

---



### **3. The Original Nature of the Soul Is Silence**

The soul originally belongs to Paramdham — the land of complete silence.

There:

- there is no noise,
- no conflict,
- no sorrow,
- no tension.

The soul's original home is:

- peaceful,
- still,
- and silent.

When the soul practices yoga, it reconnects with that original state.

Murli:

“Your original religion is peace.”

— Murli, 22-07-1969

---

### **4. Why Does the Mind Become Noisy?**

The mind becomes noisy because of:

- body consciousness,
- attachment,
- fear,
- ego,
- desires,
- and waste thinking.

The more the soul becomes externally focused, the more restless the mind becomes.

Constant stimulation from:

- media,
- social comparison,
- and emotional dependency

also increases mental noise.

---



## **5. Waste Thoughts — The Biggest Obstacle to Silence**

Waste thoughts continuously consume the energy of the soul.

Examples:

- replaying old scenes,
- imagining future problems,
- unnecessary conversations,
- emotional reactions,
- and overthinking.

Waste thoughts reduce:

- concentration,
  - peace,
  - and spiritual power.
- 

## **6. How to Experience Inner Silence**

### **1. Practice Soul Consciousness**

Repeatedly remind yourself:

I am a soul...

This helps the mind detach from external situations.

---

### **2. Reduce Unnecessary Thinking**

Not every thought is necessary.

Learn to:

- pause,
  - observe,
  - and simplify thinking.
- 

### **3. Spend Time in Silence**

Take short periods during the day to remain:

- quiet,
  - peaceful,
  - and introverted.
- 

### **4. Connect with Baba**

The deepest silence comes through remembrance of the Supreme Soul.

When the soul experiences Baba's presence, thoughts naturally slow down.

---

### **7. Silence and Spiritual Power**

Silence is a source of immense power.



A silent soul:

- reacts less,
- observes more,
- and remains emotionally stable.

Such a soul develops:

- tolerance,
- patience,
- and spiritual authority.

Others also feel peace in the presence of a silent soul.

---

## 8. The Power of Introversion

Introversion in spirituality does not mean isolation.

It means:

turning the mind inward.

Instead of constantly focusing on:

- others,
- situations,
- or external activity,

the soul learns to observe:

- its thoughts,
- feelings,
- and spiritual stage.

Avyakt Murli:

“Become introverted and powerful.”

— Avyakt Murli, 18-01-1983

---

## 9. Silence During Difficult Situations

When problems arise,

people often react immediately.

But spiritual silence teaches the soul to:

- pause,
- stabilize,
- and respond wisely.

Silence prevents:

- anger,
- impulsive reactions,
- and emotional damage.

A few moments of silence can transform an entire situation.



## 10. The Experience of Paramdham

Deep silence helps the soul experience Paramdham.

During meditation,

the soul can feel:

- stillness,
- vastness,
- and complete peace.

Experience:

I am a soul...

Rising beyond this physical world...

Entering the silent golden-red light of Paramdham...

Everything is still... peaceful... silent...

Shiv Baba is in front of me...

I am absorbed in peace...

This experience deeply refreshes the soul.

---

## 11. Silence and Relationships

A silent soul creates peaceful relationships.

When silence increases:

- listening improves,
- reactions reduce,
- and understanding deepens.

Silence creates:

- respect,
- patience,
- and emotional maturity.

---

## 12. The Language of Silence

Not all communication happens through words.

The vibrations of the soul also communicate.

A peaceful soul silently spreads:

- comfort,
- positivity,
- and healing vibrations.

This is known as:

spiritual vibration.

Baba says:

“Spread vibrations through your powerful stage.”

— Avyakt Murli, 09-01-1986



## **13. Daily Practice of Silence**

### **Morning Silence**

Practice yoga early in the morning before worldly activity begins.

---

### **Traffic Control**

Pause every hour for one minute.

---

### **Silent Observation**

Observe your thoughts without reacting.

---

### **Night Reflection**

Before sleeping,  
sit quietly and return the mind to peace.

---

### **Deep Meditation Experience**

Sit quietly and experience:

I am a peaceful soul...

My mind is becoming silent...

All waste thoughts are slowing down...

I am entering deep inner peace...

I am rising beyond noise and tension...

I am in the silent world of peace...

Shiv Baba's peaceful light is filling me...

I am calm... stable... silent... powerful...

---

### **Chapter Summary**

- True silence is the peaceful state of the soul
  - Silence reduces emotional disturbance
  - Waste thoughts weaken the soul
  - Soul consciousness creates inner quietness
  - Silence increases spiritual power
  - Introversions strengthens awareness
  - Silence improves relationships and decision-making
  - Deep silence helps the soul experience Paramdham
-



### **Murli Quote Collection**

“Go into the depth of silence and experience the power of the self.”

— Avyakt Murli, 14-03-1982

“Your original religion is peace.”

— Murli, 22-07-1969

“Become introverted and powerful.”

— Avyakt Murli, 18-01-1983

“Spread vibrations through your powerful stage.”

— Avyakt Murli, 09-01-1986

🌸 Om Shanti 🌸



## UNIT 8 — The Eight Powers of the Soul

### Awakening Spiritual Strength Through Rajyoga

#### ✿ The Essence of Spiritual Powers ✿

The soul is originally powerful.

Peace,

purity,

love,

and strength are the natural qualities of the soul.

But through many births of body consciousness,  
the soul became weak and dependent.

Rajyoga awakens the hidden spiritual powers of the soul.

In the Avyakt Murli, Baba says:

“Become an embodiment of all powers.”

— Avyakt Murli, 20-01-1982

When the soul stays connected with Baba,

it receives divine power and gradually develops the eight spiritual powers.

These powers help the soul:

- remain stable,
- overcome Maya,
- face difficult situations,
- and maintain inner peace.

---

### Introduction

Today many souls feel:

- emotionally weak,
- unable to tolerate situations,
- confused in decision-making,
- and disturbed by small problems.

Why?

Because spiritual power has decreased.

Without spiritual power:

- knowledge remains only intellectual,
- remembrance becomes weak,
- and emotions easily overpower the mind.

Rajyoga is not only for peace —

it is also the source of spiritual strength.



The more the soul remains connected with Baba,  
the more powerful it becomes internally.

---

## **1. The Power to Tolerate** (सहन शक्ति)

Tolerance is one of the greatest spiritual powers.  
Without tolerance,  
small situations create:

- anger,
- sadness,
- and emotional reactions.

The power to tolerate means:  
remaining peaceful despite:

- criticism,
- difficult people,
- delays,
- or uncomfortable situations.

Tolerance is not weakness.  
It is inner stability.

Murli:

“Children who have tolerance power remain constantly peaceful.”

— Murli, 11-03-1970

---

## **Experience**

I am a peaceful soul...

Nothing can shake my inner peace...

---

## **2. The Power to Face** (सामना करने की शक्ति)

Life brings many challenges.

Weak souls try to escape difficulties.

Powerful souls face them with courage.

The power to face means:

- staying stable,
- fearless,
- and solution-oriented.

This power develops through:

- faith in Baba,



- soul consciousness,
  - and regular yoga.
- 

### **Experience**

Baba is with me...

I can face every situation with courage...

---

### **3. The Power to Discern**

(परखने की शक्ति)

Discernment means:

the ability to recognize:

- truth and falsehood,
- right and wrong,
- pure and impure influences.

Without discernment,

the soul becomes confused and emotionally influenced.

This power creates:

- clarity,
- wisdom,
- and protection from Maya.

Avyakt Murli:

“Develop the power to discern accurately.”

— Avyakt Murli, 08-01-1984

---

### **4. The Power to Decide**

(निर्णय शक्ति)

Decision-making becomes difficult when:

- the mind is emotional,
- confused,
- or fearful.

A yogi soul develops clear decision-making power.

This power comes through:

- silence,
- stability,
- and Baba’s guidance.

The more peaceful the mind,

the clearer the decisions become.

---



## **Experience**

My mind is peaceful and clear...

Baba's wisdom is guiding me...

---

### **5. The Power to Withdraw**

#### **(समेटने की शक्ति)**

This power means:

the ability to withdraw the mind from:

- unnecessary thoughts,
- distractions,
- and external situations.

Instead of allowing the mind to wander endlessly,

the soul learns to:

- stabilize,
- focus,
- and become introverted.

This power is essential for deep meditation.

---

## **Experience**

I gently withdraw my mind from everything external...

I become still and peaceful...

---

### **6. The Power to Pack Up**

#### **(विस्तार को संकीर्ण करने की शक्ति)**

Sometimes the mind keeps expanding one small issue into many thoughts.

This creates:

- overthinking,
- worry,
- and emotional heaviness.

The power to pack up means:

finishing unnecessary thinking quickly.

Instead of mentally expanding situations,

the soul learns to:

- simplify,
  - let go,
  - and move forward.
-



## **Experience**

I release unnecessary thoughts...

My mind is becoming light...

---

## **7. The Power to Cooperate**

### **(सहयोग शक्ति)**

A spiritually powerful soul naturally supports others.

Cooperation means:

- giving respect,
- helping without ego,
- and creating harmony.

The power to cooperate creates:

- unity,
- sweetness,
- and collective strength.

Baba says:

“Where there is unity, there is success.”

— Avyakt Murli, 15-01-1986

---

## **8. The Power to Accommodate**

### **(समाने की शक्ति)**

Accommodation means:

the ability to adjust with different personalities and situations.

Just as the ocean accommodates many rivers,

a powerful soul accommodates:

- different opinions,
- personalities,
- and weaknesses of others.

This power prevents conflict and creates harmony.

---

## **Experience**

I am broad-hearted...

I accept others with peace and maturity...

---

## **9. How the Eight Powers Develop**

The eight powers do not develop through force.

They awaken naturally through:

- soul consciousness,



- purity,
- Murli study,
- and remembrance of Baba.

The more the soul stays connected with Baba,  
the more powerful it becomes.

---

## **10. Obstacles That Weaken Spiritual Powers**

Spiritual powers weaken because of:

- ego,
- waste thoughts,
- attachment,
- anger,
- impurity,
- and carelessness in yoga.

Without regular remembrance,  
the soul loses spiritual strength.

---

## **11. Using Spiritual Powers in Daily Life**

These powers are not only for meditation.

They should be used:

- in relationships,
- at work,
- during challenges,
- and in daily interactions.

For example:

- Tolerance during criticism
  - Discernment in decision-making
  - Cooperation in teamwork
  - Accommodation in family life
- 

## **12. Becoming a Master Almighty Authority**

When all eight powers awaken,  
the soul becomes:

- stable,
- fearless,
- detached,
- and spiritually powerful.

This is called becoming:  
a master almighty authority.



Avyakt Murli:

“Become equal to the Father — a master almighty authority.”

— Avyakt Murli, 21-01-1983

---

### **Deep Meditation Experience**

Sit peacefully and experience:

I am a powerful soul...

Baba’s divine power is filling me...

I am becoming tolerant... fearless... wise...

My mind is stable and peaceful...

I can face every situation with courage...

I easily let go of waste thoughts...

I cooperate with love and humility...

I am becoming an embodiment of all powers...

I am a master almighty authority...

---

### **Chapter Summary**

- The soul originally possesses spiritual powers
  - Rajyoga awakens the eight powers of the soul
  - Tolerance creates stability
  - Discernment and decision-making bring wisdom
  - Withdrawal and packing-up reduce waste thoughts
  - Cooperation and accommodation create harmony
  - Spiritual powers increase through remembrance of Baba
  - A powerful soul becomes a master almighty authority
- 

### **Murli Quote Collection**

“Become an embodiment of all powers.”

— Avyakt Murli, 20-01-1982

“Children who have tolerance power remain constantly peaceful.”

— Murli, 11-03-1970

“Develop the power to discern accurately.”

— Avyakt Murli, 08-01-1984

“Where there is unity, there is success.”

— Avyakt Murli, 15-01-1986

“Become equal to the Father — a master almighty authority.”

— Avyakt Murli, 21-01-1983

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## UNIT 9 — The Angelic Life and the Double Light Stage

Becoming Free from Burdens and Living as a Farishta

✿ The Essence of the Angelic Stage ✿

The aim of Rajyoga is not only peace,  
but complete transformation of consciousness.

The soul gradually moves from:

- body consciousness,
- emotional bondage,
- and heaviness,

toward:

- purity,
- lightness,
- and the angelic stage.

In the Avyakt Murlis, Baba repeatedly says:

“Become double light and angelic.”

— Avyakt Murli, 03-02-1981

An angelic soul:

- lives in the world,
- performs actions,
- fulfills responsibilities,

yet internally remains:

- detached,
- pure,
- light,
- and constantly connected with Baba.

---

### Introduction

Many souls desire:

- peace,
- freedom from emotional pain,
- and freedom from mental burdens.

But why do souls feel heavy?

Because of:

- attachment,
- ego,
- fear,



- expectations,
- past memories,
- and body consciousness.

These burdens make the soul:

- tired,
- emotionally weak,
- and unable to fly in yoga.

Rajyoga teaches the soul how to become:  
double light.

The angelic stage is the stage of:

- freedom,
- purity,
- lightness,
- and spiritual royalty.

---

## **1. What Does “Double Light” Mean?**

“Double light” has two meanings.

### **1. Light in weight**

The soul becomes free from:

- emotional burdens,
- worries,
- guilt,
- attachment,
- and unnecessary thinking.

---

### **2. Light as a being of spiritual light**

The soul experiences itself as:

- a point of divine light,
- beyond body consciousness,
- and spiritually elevated.

Thus,

double light means:

light in burden and light in spiritual awareness.

---



## 2. What Is the Angelic (Farishta) Stage?

A farishta is an angelic soul.

The angelic stage is:

- beyond heaviness,
- beyond emotional dependency,
- and beyond attachment.

The soul:

- acts,
- serves,
- and interacts with the world,

but internally remains:

- detached,
- loving,
- and constantly connected with Baba.

Avyakt Murli:

“An angelic soul remains detached while performing every action.”

— Avyakt Murli, 19-01-1982

---

## 3. Signs of the Angelic Stage

An angelic soul naturally radiates:

- peace,
  - purity,
  - sweetness,
  - and spiritual power.
- 

### Main Signs

- Lightness in mind
  - Freedom from emotional burden
  - Stable remembrance
  - No hatred or resentment
  - Natural purity
  - Loving vibrations
  - Detachment from praise and insult
  - Constant connection with Baba
-



#### **4. Why Does the Soul Feel Heavy?**

The soul becomes heavy because of:

- attachment,
- ego,
- waste thoughts,
- guilt,
- emotional dependency,
- and carrying the past.

When the mind continuously replays:

- painful scenes,
- worries,
- or expectations,

the soul loses its natural lightness.

---

#### **5. Freedom from the Burden of the Past**

Many souls remain trapped in:

- old mistakes,
- regrets,
- painful memories,
- and emotional wounds.

The angelic stage requires:

letting go of the past.

Baba says:

“Do not carry the burden of the past.”

— Avyakt Murli, 07-02-1985

The soul must learn:

- to forgive,
  - to heal,
  - and to move forward lightly.
- 

#### **6. Detachment and Love Together**

Detachment does not mean becoming cold or distant.

True detachment means:

loving without dependency.

An angelic soul:

- loves deeply,
- serves sincerely,
- but remains internally free.

This creates:



- pure relationships,
  - emotional stability,
  - and spiritual maturity.
- 

### **7. The Angelic Stage in Daily Life**

The angelic stage is not limited to meditation.

It should be experienced:

- while walking,
- speaking,
- serving,
- and interacting with others.

The soul remains:

- aware,
  - peaceful,
  - and internally connected with Baba.
- 

### **Practice**

While performing actions,  
remember:

I am a double light angelic soul...

Baba is with me...

---

### **8. The Importance of Purity in the Angelic Stage**

Purity is the foundation of the angelic stage.

Without purity:

- yoga becomes unstable,
- the mind becomes heavy,
- and spiritual flying becomes difficult.

Purity means:

- pure thoughts,
- pure intentions,
- and pure feelings.

Purity creates natural lightness.

---

### **9. Flying Stage**

The flying stage means:

remaining above situations.

Instead of becoming trapped in:

- emotional reactions,



- negativity,
- or worry,

the soul rises above them with Baba's power.

Avyakt Murli:

“Do not walk — fly.”

— Avyakt Murli, 31-12-1983

---

## **10. The Role of Baba in the Angelic Stage**

The soul cannot become angelic through self-effort alone.

The angelic stage develops through:

- Baba's remembrance,
- Baba's love,
- and Baba's power.

The more the soul stays connected with Baba,  
the lighter and purer it becomes.

---

## **11. The Experience of Subtle Lightness**

As yoga deepens,

the soul begins to feel:

- subtle,
- light,
- and spiritually elevated.

Even the body feels lighter.

The soul experiences:

- freedom from heaviness,
  - freedom from emotional pressure,
  - and inner peace.
- 

## **12. How to Become Double Light**

### **1. Practice soul consciousness repeatedly**

---

### **2. Let go of the past**

---

### **3. Reduce attachment**

---

### **4. Avoid waste thoughts**

---

### **5. Stay connected with Baba throughout the day**

---



## 6. Practice forgiveness

---

## 7. Remain pure in thoughts and feelings

---

### 13. The Angelic Stage and Service

An angelic soul naturally becomes a giver.

Without speaking much,  
such a soul spreads:

- peace,
- hope,
- and spiritual vibrations.

Others feel comfort simply through their presence.

This is subtle spiritual service.

---

### Deep Meditation Experience

Sit peacefully and experience:

I am a soul...

A being of divine light...

I am becoming double light...

All burdens are melting away...

I release the past...

I am free from attachment and fear...

Baba's light is filling my soul...

I am rising above this world...

I am an angelic soul...

Peaceful... pure... detached... powerful...

Constantly flying in Baba's remembrance...

---

### Chapter Summary

- The angelic stage is the stage of lightness and purity
  - Double light means free from burdens and full of spiritual light
  - Attachment and ego create heaviness
  - Purity and remembrance create the flying stage
  - The soul must let go of the past
  - Detachment and love can exist together
  - The angelic stage should continue during actions
  - Baba's remembrance helps the soul become angelic
-



### **Murli Quote Collection**

“Become double light and angelic.”

— Avyakt Murli, 03-02-1981

“An angelic soul remains detached while performing every action.”

— Avyakt Murli, 19-01-1982

“Do not carry the burden of the past.”

— Avyakt Murli, 07-02-1985

“Do not walk — fly.”

— Avyakt Murli, 31-12-1983

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## UNIT 10 — World Service Through Yoga and Sakaash Spreading Peace and Spiritual Vibrations Through the Power of the Mind

### 🌸 The Essence of Sakaash 🌸

Rajyoga is not only for personal peace and transformation.  
A yogi soul also becomes an instrument for world benefit.

When the soul becomes:

- peaceful,
- pure,
- and powerful,

its vibrations naturally influence the atmosphere.

In the Avyakt Murli, Baba says:

“Now serve through the mind.”

— Avyakt Murli, 18-01-1986

Through yoga,

the soul receives power from Baba

and then spreads that power to the world through:

- thoughts,
- vibrations,
- and sakaash.

This is known as:

subtle spiritual service.

---

### Introduction

Today the world is suffering from:

- stress,
- fear,
- violence,
- emotional pain,
- and instability.

Humanity is searching for:

- peace,
- healing,
- and hope.

External solutions alone cannot transform the world,  
because the root problem lies in:  
human consciousness.



When thoughts are negative,  
the atmosphere becomes heavy.  
When souls become peaceful,  
the world atmosphere also changes.  
Rajyoga teaches that:  
every thought carries vibrations.  
Pure and powerful thoughts spread:

- peace,
- healing,
- courage,
- and positivity.

Thus,  
a yogi soul becomes a spiritual lighthouse for the world.

---

## **1. What Is Sakaash?**

Sakaash means:  
spreading spiritual vibrations through a powerful stage.  
When the soul remains connected with Baba,  
it becomes spiritually charged.  
Then,  
through thoughts and remembrance,  
the soul radiates:

- peace,
- love,
- and power

to others.  
Sakaash is not imagination.  
It is the subtle transmission of spiritual vibrations.

---

## **2. How Do Vibrations Affect the Atmosphere?**

Every thought creates vibrations.  
For example:

- angry thoughts create heaviness,
- fearful thoughts spread insecurity,
- peaceful thoughts create calmness.

The atmosphere around a soul reflects its inner stage.  
A powerful yogi soul silently spreads:

- comfort,
- peace,



- and positivity.

Others may feel peaceful without understanding why.

---

### **3. Why Is World Service Necessary?**

The world today needs:

- spiritual power,
- elevated vibrations,
- and pure consciousness.

A yogi soul does not think only about personal progress.

It also develops feelings of:

- world benefit,
- compassion,
- and universal peace.

Avyakt Murli:

“Become world benefactors.”

— Avyakt Murli, 09-01-1985

---

### **4. Serving Through Thoughts**

Thoughts are subtle energy.

When thoughts are:

- pure,
- elevated,
- and powerful,

they help uplift the atmosphere.

This is why Baba emphasizes:

- pure thinking,
  - good wishes,
  - and elevated feelings.
- 

### **Simple Practice**

Sit in silence and experience:

Peace is spreading from me to the world...

Visualize rays of peace reaching:

- families,
  - cities,
  - nations,
  - and suffering souls.
-



## **5. The Importance of a Powerful Stage**

Sakaash depends on the stage of the soul.

Weak thoughts cannot create powerful vibrations.

Only a soul that is:

- peaceful,
- stable,
- and connected with Baba

can give powerful sakaash.

Therefore,

self-transformation comes first.

---

## **6. Giving Sakaash as an Angelic Soul**

The most powerful service happens in the angelic stage.

Experience yourself as:

- a double light angelic soul,
- seated in subtle light,
- connected with Baba.

Then radiate peace to the world.

---

## **Experience**

Rays of peace are spreading from Baba through me to the world...

This creates deep spiritual vibrations.

---

## **7. Sakaash to Souls in Distress**

Yoga can help souls who are:

- emotionally disturbed,
- fearful,
- sick,
- or mentally burdened.

Instead of worrying,

send peaceful vibrations.

Remember:

- the soul,
- not the problem.

Experience:

This soul is a peaceful child of Baba...

This creates subtle support.

---



## **8. Sakaash to Nature and the Elements**

Today nature is also disturbed because of:

- human negativity,
- violence,
- and collective fear.

Rajyoga teaches that:

pure vibrations can help calm the atmosphere.

During meditation,

send peace and healing vibrations to:

- nature,
  - oceans,
  - forests,
  - mountains,
  - and the elements.
- 

## **9. Sakaash to the Nine Planets**

Some yogi souls practice giving peaceful vibrations to the planets and the universe.

This practice develops:

- universal awareness,
  - spiritual expansion,
  - and feelings of world benefit.
- 

## **Experience**

Divine peace is spreading throughout the universe...

The atmosphere is becoming calm and pure...

---

## **10. The Power of Collective Yoga**

When many souls meditate together with one pure aim, the vibrations become extremely powerful.

Collective yoga creates:

- strong spiritual energy,
- healing vibrations,
- and purification of the atmosphere.

This is why group meditation is very beneficial.

---

## **11. Obstacles in Sakaash Service**

Sakaash becomes weak when the soul has:

- waste thoughts,
- emotional disturbance,



- ego,
- or instability.

A disturbed soul cannot spread peace effectively.

Therefore:

- regular yoga,
- purity,
- and soul consciousness

are essential.

---

## **12. Becoming a Lighthouse and Might House**

Baba says that yogi souls should become:

- lighthouses,
- and might houses.

A lighthouse gives direction through light.

A might house gives spiritual power.

A powerful soul silently guides and uplifts others through vibrations.

Avyakt Murli:

“Become a lighthouse and might house.”

— Avyakt Murli, 22-01-1984

---

## **13. World Transformation Begins with the Self**

The world changes when souls change.

Every pure thought contributes to:

- world peace,
- spiritual upliftment,
- and transformation of consciousness.

Therefore,

never underestimate the power of your inner stage.

A single elevated soul can influence many others.

---

## **Deep Meditation Experience**

Sit peacefully and experience:

I am a peaceful soul...

Baba’s divine light is filling me...

I am becoming a lighthouse of peace...

Rays of peace are spreading from me to the world...

Souls everywhere are receiving comfort and healing...

Nature is becoming peaceful...

The atmosphere is becoming pure...



I am an instrument for world benefit...  
I am spreading Baba's peace to the world...

---

### **Chapter Summary**

- Sakaash means spreading spiritual vibrations
  - Every thought influences the atmosphere
  - A peaceful soul serves through vibrations
  - World service begins with self-transformation
  - Angelic remembrance creates powerful sakaash
  - Pure thoughts uplift suffering souls
  - Collective yoga increases spiritual power
  - A yogi soul becomes a lighthouse and might house
- 

### **Murli Quote Collection**

“Now serve through the mind.”

— Avyakt Murli, 18-01-1986

“Become world benefactors.”

— Avyakt Murli, 09-01-1985

“Become a lighthouse and might house.”

— Avyakt Murli, 22-01-1984

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## UNIT 11 — Special Yogic Drills and Advanced Meditation Practices

Deep Spiritual Experiences Given by Baba in Sakar and Avyakt Murlis

✿ The Essence of Advanced Yogic Practice ✿

Rajyoga is not limited to ordinary meditation.

Baba has given many beautiful spiritual drills and practices to help the soul:

- become powerful,
- stabilize in different stages,
- experience subtle worlds,
- and develop deep connection with the Supreme Soul.

These practices are spiritual homework given through:

- Murlis,
- Avyakt Murlis,
- and avyakt signals.

In the Avyakt Murli, Baba says:

“Practice different stages again and again.”

— Avyakt Murli, 30-01-1985

These yogic drills help the soul:

- go beyond body consciousness,
- experience subtle spirituality,
- and become master almighty authority souls.

---

### Introduction

Many souls practice basic meditation, but Baba also teaches advanced spiritual exercises for:

- concentration,
- powerful remembrance,
- subtle experiences,
- and world service.

These practices help the soul:

- deepen yoga,
- stabilize the intellect,
- and experience the avyakt stage.

Each drill develops different spiritual powers and experiences.



These are not imagination exercises,  
but spiritual practices based on:

- soul consciousness,
  - remembrance,
  - and elevated awareness.
- 

### **1. Paramdham Beejroop Stage Practice (Seed Form Meditation in the Soul World)**

This practice helps the soul stabilize in:

- complete silence,
  - stillness,
  - and seed-form awareness.
- 

#### **Practice**

Experience:

I am a soul...

A tiny point of divine light...

I rise above the physical world...

Beyond sound... beyond matter...

I reach Paramdham — the land of golden-red silence...

Everything is still... silent... peaceful...

Shiv Baba, the Supreme Point of Light, is in front of me...

I become stable in the beejroop stage...

Completely peaceful... concentrated... powerful...

---

#### **Benefits**

- Deep silence
- Powerful concentration
- Reduction of waste thoughts
- Experience of soul consciousness
- Stability in remembrance

Avyakt Murli:

“Become stable in the seed form stage.”

— Avyakt Murli, 22-01-1985

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## **2. Sukshma Vatan Chitchat with BapDada (Subtle Region Experience)**

This practice develops:

- closeness with Baba,
  - subtle experiences,
  - and loving remembrance.
- 

### **Practice**

Experience:

I am a subtle angelic soul...

I reach Sukshma Vatan...

Beautiful golden-red light surrounds me...

BapDada is in front of me...

Baba is smiling lovingly...

I sit near Baba...

I share my heart with Baba...

Baba is giving love, power, and blessings...

I feel deeply loved and protected...

---

### **Benefits**

- Emotional healing
  - Love-filled remembrance
  - Deep connection with Baba
  - Lightness of mind
- 

## **3. Sakari — Aakari — Nirakari Drill (Three Worlds Awareness Practice)**

This drill helps the soul experience:

- physical awareness,
  - subtle awareness,
  - and incorporeal awareness.
- 

### **Practice**

#### **Sakari Stage**

I am playing my role through this body in the physical world...

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#### **Aakari Stage**

I become an angelic subtle being in Sukshma Vatan...

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## **Nirakari Stage**

I become a point of light in Paramdham...

Move gradually through all three stages.

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### **Benefits**

- Detachment from the body
- Spiritual flexibility
- Deep soul awareness
- Experience of subtle dimensions

Avyakt Murli:

“Practice becoming sakari, aakari and nirakari.”

— Avyakt Murli, 06-02-1985

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## **4. Pandav Bhavan Char Dham Yatra**

### **(Subtle Pilgrimage Meditation)**

This is a deeply emotional and spiritual practice.

The soul mentally visits sacred spiritual places connected with Baba.

---

### **Practice**

Experience yourself visiting:

- Baba’s room
- Baba’s hut (kutiya)
- History Hall
- Shanti Stambh

Feel:

- Baba’s presence,
- spiritual vibrations,
- and sacred memories.

Walk slowly in subtle awareness and experience:

Baba is with me...

---

### **Benefits**

- Love for Baba increases
  - Spiritual closeness develops
  - Mind becomes introverted and peaceful
- 

## **5. Panch Swaroop Drill**

### **(Five Forms Awareness Practice)**

This powerful drill helps the soul understand its eternal journey.



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## **The Five Forms**

### **1. Beejroop Soul**

Point of divine light in Paramdham.

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### **2. Deity Form**

Pure golden-aged deity soul.

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### **3. Worship-Worthy Form**

The soul being worshipped in the bhakti period.

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### **4. Brahmin Form**

Present confluence-aged elevated soul.

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### **5. Angelic Form**

Future avyakt angelic stage.

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## **Practice**

Move mentally through each form and experience:

- purity,
- spirituality,
- and elevated identity.

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## **Benefits**

- Spiritual self-respect
- Awareness of the eternal cycle
- Powerful soul consciousness

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## **6. NumaHam Drill**

### **(Farishta Form Giving Sakaash)**

This is a world service meditation practice.

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## **Practice**

Experience:

I am an angelic soul seated above the world...

Baba's rays are passing through me...

Powerful vibrations of peace are spreading to the world...

Souls everywhere are receiving peace and healing...



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## Benefits

- Powerful world service
- Angelic stage develops
- Experience of being an instrument

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## 7. Practice of Seven Original Qualities

During meditation,  
experience each original quality of the soul.

---

### The Seven Qualities

1. Peace
2. Love
3. Purity
4. Happiness
5. Bliss
6. Power
7. Wisdom

---

### Practice

Focus on one quality at a time and experience it deeply.

Example:

I am a peaceful soul...

Peace is radiating from me...

---

### Benefits

- Emotional stability
- Positive vibrations
- Soul consciousness becomes natural

---

## 8. Practice of Eight Spiritual Powers

Meditate on each spiritual power individually.

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### The Eight Powers

1. Tolerance
2. Facing
3. Discernment
4. Decision-making
5. Withdrawal
6. Packing-up



7. Cooperation
  8. Accommodation
- 

### **Benefits**

- Inner strength
  - Stability during situations
  - Victory over Maya
- 

## **9. Giving Sakaash to the Nine Planets**

This advanced meditation develops universal awareness.

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### **Practice**

Experience rays of:

- peace,
- purity,
- and harmony

spreading throughout the universe and toward all celestial systems.

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### **Benefits**

- Expansion of consciousness
  - Powerful vibrations
  - Universal feelings of world benefit
- 

## **10. Nirakari — Nirvikari — Nirahankari Drill**

This is one of the most powerful avyakt drills.

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### **Nirakari (Incorporeal)**

I am a point of divine light...

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### **Nirvikari (Viceless)**

My original nature is pure...

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### **Nirahankari (Egoless)**

I am only an instrument... Baba is the Doer...

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### **Benefits**

- Freedom from ego
- Purity increases
- Deep soul consciousness develops



Avyakt Murli:

“Become nirakari, nirvikari and nirahankari.”

— Avyakt Murli, 28-01-1986

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### **11. Importance of Repeated Practice**

These spiritual drills become powerful through:

- repetition,
- consistency,
- and love for Baba.

Gradually,

the soul develops:

- stability,
  - concentration,
  - and spiritual experiences.
- 

### **12. Caution While Practicing**

These practices should remain:

- simple,
- natural,
- and soul conscious.

Do not force imagination.

The focus should always remain on:

- remembrance,
  - purity,
  - and spiritual awareness.
- 

### **Deep Meditation Experience**

Sit peacefully and experience:

I am a soul...

A point of divine light...

I rise to Paramdham...

Baba is in front of me...

I become peaceful... silent... powerful...

I move into the angelic stage...

I spread peace to the world...

I am nirakari... nirvikari... nirahankari...

I am Baba's loving instrument...

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### **Chapter Summary**



- Baba has given many advanced yogic drills
- These practices deepen spiritual experience
- Paramdham and Sukshma Vatan practices increase subtle awareness
- Panch Swaroop Drill strengthens spiritual identity
- NumaHam Drill develops world service consciousness
- Seven qualities and eight powers awaken inner strength
- Nirakari–Nirvikari–Nirahankari practice removes ego and body consciousness
- Repeated practice creates powerful yogic stages

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### **Murli Quote Collection**

“Practice different stages again and again.”

— Avyakt Murli, 30-01-1985

“Become stable in the seed form stage.”

— Avyakt Murli, 22-01-1985

“Practice becoming sakari, aakari and nirakari.”

— Avyakt Murli, 06-02-1985

“Become nirakari, nirvikari and nirahankari.”

— Avyakt Murli, 28-01-1986

🌸 Om Shanti 🌸



## 🌸 Thank You 🌸

Thank you for reading this spiritual journey.

May this book help you:

- experience soul consciousness,
  - deepen your connection with Shiv Baba,
  - and move closer toward a peaceful, powerful, and farishta-like life.
- If even one thought, one experience, or one yog practice from this book helped transform your stage, then this effort has become successful.

Your blessings, suggestions, and heartfelt feedback are always welcome.

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## 🌟 Share Your Feedback

We would love to know:

- Which chapter touched your heart the most?
- Which yog drill or meditation experience helped you?
- From which place/city are you reading this book?
- What spiritual experiences did you feel while reading?

✉ Share your feedback and experiences at:

**shivbaba311218@gmail.com**

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## 🌸 Final Blessing 🌸

May you always remain:

- soul-conscious,
- peaceful,
- powerful,
- and constantly connected with Baba.

🌟 Stay in remembrance...

🌟 Stay light...

🌟 Stay blessed...

🌸 Om Shanti 🌸



# HOW TO PRACTICE RAJYOGA











A Complete Guide to Soul Consciousness,  
Meditation, and Divine Connection

Rajyoga is the royal art of living. It connects the soul with the Supreme Soul—Shiv Baba—and fills life with peace, power, love, and happiness.

Based on the divine teachings of Sakar and Avyakt Murlis, this book is a practical guide for every soul who wants to experience true yoga and transform life.



## IN THIS BOOK, YOU WILL DISCOVER:

-  What Rajyoga is and how to experience it
-  The relationship between the soul and the Supreme Soul
-  Methods to practice meditation easily
-  Obstacles in yoga and their powerful solutions
-  The stages of yoga and the angelic life
-  The eight spiritual powers of the soul
-  How to remain in yoga in daily life
-  World service through sakaash (spiritual vibrations)
-  Special yogic drills and advanced meditation practices
-  Daily routine, commentary, and Murli quotes for practice

## A BOOK FOR:



Spiritual Seekers



Students of Rajyoga



Regular Meditators



Those who want Peace & Power



**DAILY REMEMBRANCE.  
DIVINE EXPERIENCE. A NEW LIFE.**

Practice Rajyoga, stay connected with Baba, and become an angelic soul.

— OM SHANTI —

“ Become a peaceful soul, remember the One, and experience the power of the soul. ”

— Shiv Baba



Deep Meditation and Inner Peace



Strengthen Relationship with the Supreme



Transform Life with Divine Powers



Spread Peace Through Sakaash (Vibrations)



Live the Angelic and Double Light Life

*This book is a companion on your spiritual journey. Let it inspire you to experience the power of yoga and the love of Shiv Baba in every moment.*

— OM SHANTI —