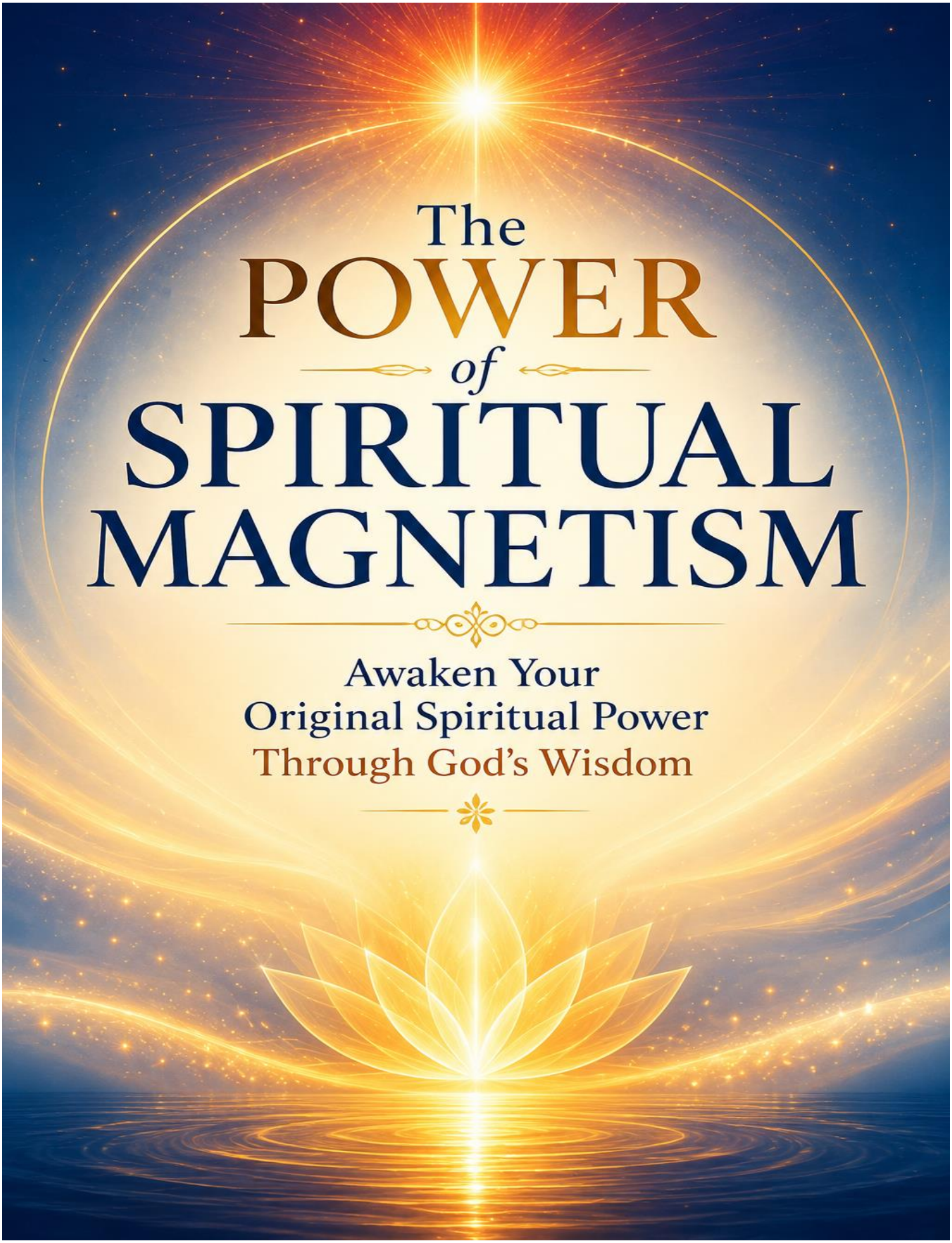

The
POWER
of
SPIRITUAL
MAGNETISM
Awaken Your
Original Spiritual Power
Through God's Wisdom

****

The Power of Spiritual Magnetism



Awaken Your Original Spiritual Power Through God's Wisdom



By
Swaati Vilhekar (Gaigole)

****





Dedicated with Gratitude

This book is lovingly dedicated to **God**, the Supreme Source of Light, Love, Peace, Purity, and Wisdom, whose eternal teachings awaken the soul to its original greatness.

With deep respect, I also dedicate this work to every sincere spiritual seeker who longs to discover inner peace, transform their life, and become an instrument of goodness for the world.

May this book inspire countless souls to awaken their original spiritual power and radiate God's love wherever they go.



A Prayer Before You Begin

Dear God,
Open my heart to Your wisdom.
Fill my mind with pure thoughts.
Strengthen my soul with Your peace.
Help me not only to read these words but to live them.
May every page bring me closer to my original self and closer to You.
May my life become a source of light, love, and blessings for the world.
Om Shanti.



Preface

Every human being longs to experience peace, love, happiness, and lasting fulfilment. Yet despite material progress, many continue to struggle with stress, fear, uncertainty, and emotional emptiness.

The answer does not lie outside us—it lies within.

The greatest power we possess is our spiritual power.

This book is a practical guide to awakening that original power through God's wisdom. Drawing inspiration from the timeless teachings found in the Sakar and Avyakta Murlis, it presents profound spiritual principles in a simple and practical way for modern life.

These chapters are not meant merely to be read; they are meant to be experienced. Each chapter includes practical reflections, meditation exercises, self-checking questions, and daily practices that help transform spiritual knowledge into daily living.

True spiritual magnetism is not about influencing people through personality or position. It is the natural radiance of a soul that is connected with God, filled with divine virtues, and established in its original state of peace and purity.

May this book become your companion on the journey from body consciousness to soul consciousness, from ordinary living to elevated living, and from seeking happiness to becoming a giver of happiness.

With love and good wishes,

Swaati Vilhekar (Gaigole)

How to Use This Book

This book is designed as a practical spiritual companion rather than a book to be read only once.

For the greatest benefit:

- Read one chapter each day with a calm and focused mind.
- Reflect on the Murli-inspired teachings and their relevance to your daily life.
- Practise the meditation exercise included in every chapter.
- Complete the self-reflection questions honestly.
- Apply the seven-day challenge before moving to the next lesson.
- Revisit chapters whenever you feel the need for renewed spiritual strength.

Transformation begins not by reading more, but by practising consistently.



A Note to the Reader

Dear Reader,
Thank you for choosing this book.
The Power of Spiritual Magnetism is a practical guide to awakening the soul's original qualities through God's wisdom.
It explores how thoughts, vibrations, virtues, silence, purity, remembrance, and spiritual powers influence every aspect of our lives.
Through inspiring explanations, Murli-inspired reflections, meditation practices, and daily exercises, this book helps readers strengthen their connection with God, develop a powerful spiritual stage, and become a source of peace, love, and hope for the world.
Its purpose is not simply to increase knowledge but to inspire lasting inner transformation.

Whether you are beginning your spiritual journey or have been walking this path for many years, I invite you to read these pages slowly and thoughtfully.
Allow each chapter to become a personal conversation with God.
Do not rush.
Pause.
Reflect.
Meditate.
Practise.
The real transformation begins when knowledge becomes experience.
May every page strengthen your relationship with God and help you discover the unlimited spiritual power already present within you.
With heartfelt blessings,
Swaati Vilhekar (Gaigole)

"We were never created to merely exist.
We were created to radiate.
Radiate peace.
Radiate purity.
Radiate God's light."

Contents

Part I – Discovering Spiritual Magnetism

1. What Is Spiritual Magnetism? ……9
2. The Original Nature of the Soul ……13
3. The Supreme Source of Spiritual Power…… 18
4. Connecting with God: The Secret of Divine Magnetism……23
5. The Power of Soul Consciousness ……28
6. The Role of Pure Thoughts and Vibrations……34

Part II – Building a Spiritually Magnetic Personality

7. The Art of Positive Thinking ……41
8. Faith and the Power of God's Company……47
9. Purity: The Foundation of Spiritual Strength……53
10. Humility: The Ornament of the Soul ……59
11. The Power of Divine Love ……65
12. The Power of Divine Virtues ……71
13. Self-Respect: The Root of Spiritual Confidence ……..78
14. Detachment: Freedom from Emotional Bondage ……84
15. Contentment: The Secret of Inner Richness ……90

Part III – Awakening Inner Spiritual Power

16. The Power of Elevated Thoughts ……97
17. Transforming Sanskars Through God's Wisdom……..103
18. Becoming an Instrument of God ……..109
19. Blessings: The Invisible Energy of Spiritual Success……115
20. The Lighthouse Soul: Radiating Spiritual Magnetism……...121
21. Body Consciousness: The Greatest Obstacle to Spiritual Magnetism…..128
22. The Eight Spiritual Powers: The Foundation of Spiritual Magnetism…..135
23. The Power of Silence: Where Spiritual Magnetism Is Born ……141
24. Purity: The Invisible Power Behind Spiritual Magnetism……147
25. The Spiritual Law of Giving: The More You Give, the More You Receive ….154

Part IV – Living a Spiritually Magnetic Life

26. Becoming a Constant Yogi ……162
27. The Power of Shrimat in Daily Life ……169
28. Relationships Built on Soul Consciousness ……175
29. Conquering Maya Through Spiritual Awareness ……..181

30.Living as a Lighthouse, Might-house, and Bestower ……188

Practical Spiritual Guide

- Daily Morning Spiritual Routine ……197
- Self-Reflection Journal ……202
- The 21 Laws of Spiritual Magnetism ……205
- Final Blessing: Become a Beacon of God's Light……207

Spiritual Formula

Soul Consciousness + God's Remembrance + Purity = Spiritual Magnetism

Part I –

Discovering Spiritual Magnetism

Chapter 1

The Hidden Power of Spiritual Magnetism

Why Some Souls Naturally Attract Everyone

"Your greatest influence does not come from what you say—it comes from the stage of consciousness from which you speak."

Introduction

Have you ever met someone whose presence instantly made you feel peaceful? They may not have spoken many words, yet simply being near them brought comfort, courage, and happiness. Such people possess what can be called **spiritual magnetism**.

The world often mistakes magnetism for charisma, beauty, intelligence, wealth, or social status. These forms of attraction are temporary and depend on external conditions. Spiritual magnetism is different. It is the invisible power of a soul that has become filled with purity, love, peace, and God's remembrance.

According to the knowledge taught through the Brahma Kumaris, every soul originally possessed this divine attraction. In the Golden Age, every deity naturally radiated purity and love because they lived in complete soul consciousness. There was no need to impress anyone. Their stage itself attracted everyone.

Today, humanity has become influenced by body consciousness. As a result, the original magnetic power of the soul has weakened. Fear has replaced faith. Competition has replaced cooperation. Expectations have replaced unconditional love.

The good news is that spiritual magnetism is not lost forever. It is simply hidden beneath layers of body consciousness and old sanskars. Through God's knowledge and Rajyoga, this original power can be restored.

What Is Spiritual Magnetism?
Spiritual magnetism is the invisible power generated when a soul consistently remains connected with God and expresses its original virtues.
It is the natural ability to:

- bring peace without speaking
- inspire trust without demanding it
- influence hearts without controlling them
- spread happiness through vibrations
- become an instrument for God's service

Such a soul does not seek attention. Instead, others naturally feel drawn toward its purity, stability, and unconditional love.
Just as a magnet attracts iron by its inherent property, a spiritually elevated soul attracts goodness through its elevated stage.

God's Teaching
The Murlis repeatedly remind us that external influence is temporary, whereas inner transformation creates lasting impact. A soul established in self-respect and remembrance naturally becomes an embodiment of peace, and its vibrations serve others even before words are spoken.
The deeper our remembrance of God, the stronger our spiritual current becomes. This current is what people experience as spiritual attraction.

Murli-Inspired Wisdom
Sakar Murli Teaching
God explains that children should become soul conscious and remain in constant remembrance. As remembrance becomes stable, the soul regains its original purity and spiritual power.
Reflection: Magnetism is not created through effort to impress others. It emerges naturally when the soul remembers its true identity.

Avyakta BapDada Teaching
Avyakta BapDada teaches that an angelic soul spreads an atmosphere of peace simply through its presence. Such souls do not need to introduce themselves; their vibrations become their introduction.
Reflection: The most powerful service is performed through one's stage.

Why Spiritual Magnetism Is Needed Today
Modern society is filled with information but starving for inspiration.
People are searching for:

- peace instead of pressure
- acceptance instead of judgment
- stability instead of anxiety
- genuine love instead of selfish relationships

A spiritually magnetic soul silently answers these needs.
When your stage becomes elevated:

- your family feels secure around you
- your workplace becomes more harmonious
- your words gain power
- conflicts reduce
- service becomes effortless

People may not understand why they feel comfortable with you, but they experience your vibrations.

Obstacles That Reduce Spiritual Magnetism
Several inner habits weaken the soul's magnetic field:

- Body consciousness
- Ego
- Anger
- Attachment
- Waste thoughts
- Comparison
- Desire for recognition
- Criticism
- Impatience
- Forgetfulness of God

Each negative thought creates subtle leakage of spiritual energy.

Qualities That Increase Spiritual Magnetism
As taught in the Murlis, the soul becomes powerful by developing:

- Soul consciousness
- Purity
- Truthfulness
- Humility
- Mercy
- Sweetness
- Fearlessness
- Contentment
- Tolerance



- Stability
- Constant remembrance of God

Every virtue strengthens the soul's spiritual aura.

Daily Practice

For the next seven days:

Every morning, sit in silence for five minutes and remind yourself:

"I am a peaceful soul. I belong to God. God's peace is flowing through me to the world."

Throughout the day, before speaking, pause for a moment and ask:

"Are my words emerging from soul consciousness or body consciousness?"

Notice how your interactions begin to change.

Reflection Journal

Write honestly:

1. Which people naturally attract me? Why?
2. Do others feel peace in my presence?
3. Which weakness most reduces my spiritual magnetism?
4. Which virtue do I wish to strengthen this month?
5. How can I remember God more consistently throughout the day?

Chapter Summary

Spiritual magnetism is not a gift reserved for a few extraordinary souls. It is the original nature of every soul, waiting to be awakened. As we return to soul consciousness, deepen our remembrance of God, and embody divine virtues, our presence itself becomes a source of peace and transformation for others. True influence is not achieved by seeking admiration but by becoming an instrument through whom God's qualities are expressed.

****

Chapter 2

Soul Consciousness: The Foundation of Spiritual Magnetism

"The more firmly you are seated in the awareness of being a soul, the more naturally your presence becomes peaceful, powerful, and attractive."

Introduction

Imagine a brilliant diamond covered with layers of dust. The diamond has not lost its value; its brilliance is simply hidden. As the dust is gently removed, the diamond shines once again with its original radiance.

The soul is exactly like that diamond.

According to God's knowledge, every soul is originally pure, peaceful, loving, joyful, and powerful. These qualities are not something we have to create—they are our eternal nature. Yet, through countless births in body consciousness, this inner brilliance has become covered by the dust of ego, attachment, fear, anger, jealousy, and sorrow.

This is why many people spend their lives trying to become attractive through external achievements. They seek admiration through appearance, wealth, education, titles, or influence. While these may bring temporary attention, they cannot create lasting spiritual attraction.

True spiritual magnetism begins the moment we remember who we really are.

The foundation of all spiritual power is **soul consciousness**.

What Is Soul Consciousness?

Soul consciousness means living with the constant awareness:

"I am an eternal soul, a being of light, using this body as my instrument."

When this awareness becomes natural:

- We no longer define ourselves by our profession.
- We no longer depend on praise for happiness.
- We no longer become disturbed by criticism.
- We no longer compare ourselves with others.

Instead, we begin to experience our original qualities.

Just as an actor never forgets that he is different from the costume he wears, a soul-conscious person never forgets that the body is only a costume for this lifetime.

Why Body Consciousness Weakens Magnetism
God explains that the greatest illness of the present time is **body consciousness**.
Body consciousness causes us to think:

- "I am this body."
- "This is my family."
- "This is my position."
- "This is my success."
- "People should appreciate me."

From these thoughts arise nearly every negative emotion:

- Ego
- Jealousy
- Fear
- Competition
- Attachment
- Anger
- Insecurity

These emotions disturb our inner vibrations.
Even if we smile outwardly, others can feel our inner unrest.
Our words may be polite, but our vibrations reveal our real stage.
This is why God teaches that transformation begins not by changing our behaviour, but by changing our consciousness.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that children should practise the awareness:
"I am a soul and God is my Father."
As this awareness deepens, the soul becomes free from the pull of body consciousness and begins to reclaim its original purity, peace, and spiritual strength.
Reflection: Spiritual magnetism is not created by trying to impress others. It blossoms naturally when we remain established in the awareness of our true identity.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada explains that an angelic soul remains detached from bodily roles while fulfilling every responsibility with love and accuracy. Such a soul sees every being as a brother soul and therefore radiates equality, respect, and pure feelings.
Reflection: When our vision changes from seeing bodies to seeing souls, our relationships become lighter, purer, and more powerful.

The Soul-Conscious Person
A soul-conscious person may not appear extraordinary from the outside.
But internally they possess remarkable stability.
Such a person:

- Listens before speaking.
- Responds instead of reacting.
- Forgives easily.
- Appreciates others sincerely.
- Remains peaceful during conflict.
- Carries no burden of the past.
- Does not seek recognition.
- Naturally gives respect to everyone.

People feel safe around such a soul because they do not experience judgment—they experience acceptance.
This silent acceptance is one of the greatest forms of spiritual magnetism.

Seeing Every Soul with Spiritual Vision
God teaches that every soul is originally pure.
The weaknesses we see are temporary coverings created over many births.
When we begin to look beyond personalities and behaviours, we start seeing the original beauty hidden within each soul.
Instead of thinking,
"This person is rude."
we begin thinking,
"This peaceful soul is temporarily influenced by old sanskars."
Instead of reacting,
we send good wishes.
Instead of criticism,
we offer compassion.
Gradually our vibrations become healing.

The Power of Soul-to-Soul Communication
Communication is much more than spoken words.
Every thought carries subtle energy.
Before we speak, our vibrations have already reached the other person.
If our thoughts are pure,
our words carry power.
If our thoughts are disturbed,

even kind words lose their effectiveness.
This is why two people may speak identical sentences, yet one inspires while the other leaves little impact.
The difference lies in consciousness.

Obstacles to Soul Consciousness
Several habits repeatedly pull us back into body consciousness:

- Constant comparison
- Seeking appreciation
- Overthinking
- Attachment to opinions
- Reacting emotionally
- Labeling others
- Living through roles instead of spiritual identity
- Forgetting God during daily activities

Each time we return to these habits, our inner light becomes dimmer.
Fortunately, every moment is a fresh opportunity to return to soul consciousness.

Daily Practice: The Mirror of the Soul
Spend a few minutes every morning in silence.
Visualize a tiny, radiant point of light in the center of the forehead.
Silently affirm:
I am a peaceful soul.
I am a pure soul.
I am a child of God.
God's light is filling me with peace, purity, and love.
Today I will see every person as a soul.
Carry this awareness into your interactions throughout the day.
Notice how your thoughts, words, and relationships begin to transform.

Self-Reflection
At the end of the day, ask yourself:

- How often did I remember that I am a soul?
- Did I react from body consciousness or respond from soul consciousness?
- Did I see the specialties in others or focus on their weaknesses?
- Which situation challenged my spiritual awareness today?
- What can I improve tomorrow?



Spiritual Practice for 21 Days
For the next 21 days, pause every hour for one minute.
Remember:
"I am a peaceful soul. God is with me. I radiate peace to everyone around me."
Allow this awareness to become your natural state.

Chapter Summary
Soul consciousness is the foundation upon which all spiritual magnetism is built. When we identify with the body, our energy is scattered through ego, fear, and attachment. When we identify as eternal souls and maintain a loving connection with God, our original virtues naturally emerge. Our presence becomes peaceful, our relationships become purer, and our silent vibrations begin to uplift others. Spiritual magnetism is not something we acquire—it is the radiance of the soul revealed through constant soul consciousness and remembrance of God.

Contemplation for Today
"Do people remember my words, or do they remember the peace they felt in my presence?"
This question, if reflected upon sincerely each day, can become the beginning of a truly magnetic spiritual life.
****

Chapter 3

The Supreme Connection: How Remembrance of God Awakens Spiritual Magnetism

"When the soul remains connected to the Supreme Soul, it naturally becomes an embodiment of light, love, and spiritual attraction."

Opening Story: The Iron That Became a Magnet

A blacksmith once placed a plain piece of iron beside a powerful magnet. At first, nothing seemed to happen. But as the iron remained in close contact with the magnet, something remarkable occurred. Gradually, it began to attract other pieces of iron itself.

The iron had not changed its appearance. It had simply absorbed the qualities of the magnet.

Our soul is like that piece of iron.

For many births, it has become weak through body consciousness, negative thinking, and the influence of Maya. It has lost much of its original spiritual power.

Yet, when the soul comes into the loving remembrance of **God**, the Supreme Soul—the Ocean of Peace, Love, Purity, Power, Bliss, and Knowledge—it begins to absorb those divine qualities.

The more consistently we remain connected, the more our own spiritual magnetism is restored.

This is the true meaning of Rajyoga.

Why God Is the Supreme Magnet

According to the Sakar and Avyakta Murlis, God is the eternal Supreme Soul—the Seed of the human world tree and the Ocean of all divine virtues and powers.

Every soul is a point of spiritual light, but God is the **Supreme Point of Light**, eternally perfect and beyond the influence of birth, death, and karma.

Just as all rivers ultimately merge with the ocean, every soul finds complete fulfillment only by reconnecting with the Supreme Source.

Without this connection, the soul gradually loses its spiritual charge.

With this connection, the soul becomes spiritually powerful once again.

Rajyoga: The Art of Spiritual Charging
Many people think meditation means emptying the mind or escaping from the world.
God teaches something different.
Rajyoga is a living relationship.
It is the conscious connection between the soul and the Supreme Soul.
When the soul remembers God with love:

- Peace begins to replace anxiety.
- Love replaces loneliness.
- Courage replaces fear.
- Purity replaces weakness.
- Wisdom replaces confusion.

This transformation does not happen because God performs miracles for us. It happens because the soul receives spiritual power from its eternal Source.
Just as a battery becomes charged when connected to electricity, the soul becomes powerful when connected to God.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly emphasize that remembrance of God is the highest spiritual effort because it purifies the soul and strengthens it to conquer Maya. God teaches that knowledge shows the path, but remembrance gives the soul the power to walk that path.
Reflection: Spiritual magnetism grows not merely through understanding spiritual truths, but through experiencing a living relationship with God.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that children who remain constantly connected with God become easy yogis. Their faces radiate contentment, their words carry blessings, and their vibrations naturally uplift others. Such souls do not need to seek influence; their stage becomes their greatest service.
Reflection: The deepest service is performed through a soul that remains constantly linked with the Supreme.

Why Remembrance Increases Spiritual Magnetism
Every thought creates subtle vibrations.
When our mind is occupied with:

- worry,
- anger,
- fear,

- jealousy,
- criticism,

our spiritual energy becomes scattered.
But when the intellect remains lovingly connected to God, those vibrations change.
Instead of spreading anxiety, we begin to spread peace.
Instead of reacting emotionally, we respond wisely.
Instead of demanding love, we become givers of love.
People may not know why they feel calm around us, but they experience the invisible power of our spiritual vibrations.
This is true spiritual magnetism.

Obstacles to Constant Remembrance
Although every soul desires peace, maintaining constant remembrance is not always easy.
Some common obstacles include:

- Body consciousness
- Waste thoughts
- Attachment to people and possessions
- Ego and the desire for recognition
- Anxiety about the future
- Regret about the past
- Overdependence on technology and constant distractions
- Lack of regular spiritual study

Every unnecessary thought weakens the connection with God.
The goal is not perfection overnight but frequent return to remembrance throughout the day.

How to Experience a Living Connection with God
God is not reached through rituals alone.
He is experienced through awareness.
Begin with three simple realizations:
Step 1: Remember Your True Identity
"I am an eternal soul—a tiny point of living light seated in the center of the forehead."
Become detached from the body and its roles.

Step 2: Remember God
Visualize the Supreme Soul as the Supreme Point of Divine Light in the incorporeal world beyond this physical universe.



Feel God's unlimited love reaching your soul.

Step 3: Absorb Divine Qualities
Instead of asking God for material blessings, receive spiritual treasures.
Experience:

- Peace flowing into the soul.
- Love healing every wound.
- Purity cleansing old sanskars.
- Power strengthening your determination.
- Wisdom guiding every decision.

Remain in this awareness for a few moments.
Gradually, remembrance becomes natural.

The Signs of a Soul Connected with God
As remembrance becomes deeper, certain changes become visible:

- The face becomes peaceful.
- The eyes reflect kindness.
- Speech becomes gentle and powerful.
- Decisions become clear.
- Fear begins to disappear.
- Forgiveness becomes natural.
- Others feel comfortable in your presence.
- Service becomes effortless.
- Happiness no longer depends on circumstances.

These are not artificial behaviours.
They are the natural fragrance of a soul connected with God.

A Daily Practice: The One-Minute Yoga Break
Every hour, pause for one minute.
Withdraw your attention from the outer world.
Silently affirm:
I am a peaceful soul.
God is my eternal Father, Teacher, and Guide.
God's light is filling my soul with peace, purity, love, and power.
I carry these vibrations into every interaction today.
Even a single minute of deep remembrance, repeated throughout the day, can gradually transform the quality of your consciousness.

Self-Reflection Journal
At the end of the day, reflect honestly:

1. How often did I remember God today?
2. During which situations did I forget my spiritual identity?
3. Did I seek power from the world or from God?
4. Which quality of God did I experience most today—peace, love, purity, power, bliss, or wisdom?
5. How did my remembrance influence the people around me?

Spiritual Practice: Seven Days of Supreme Connection
For the next seven days, choose one divine quality each day:

- Day 1 – Peace
- Day 2 – Love
- Day 3 – Purity
- Day 4 – Power
- Day 5 – Bliss
- Day 6 – Wisdom
- Day 7 – Mercy

Spend at least 10 minutes in Rajyoga meditation, experiencing that quality flowing from God into your soul. Throughout the day, consciously express that same quality in your thoughts, words, and actions.

Chapter Summary
Spiritual magnetism is sustained by a living relationship with God. Just as iron becomes magnetic through continuous contact with a magnet, the soul becomes spiritually powerful through constant remembrance of the Supreme Soul. Rajyoga is not merely a meditation technique—it is a relationship that restores the soul's original purity, peace, and power. As this connection deepens, our vibrations become a silent blessing to everyone we meet. We no longer strive to attract others; instead, we naturally radiate the divine qualities we receive from God.

Murli Contemplation
"The soul that constantly remembers God becomes an embodiment of peace, and its very presence becomes a means of service." *(Murli-inspired teaching based on the Sakar and Avyakta Murlis—verify with official Murli texts before publication.)*



Affirmation for the Day
"I am an eternal soul. God is my Supreme Companion. With every moment of remembrance, I absorb divine peace, love, purity, and power. My life becomes a beacon of spiritual magnetism that uplifts the world."

****

Chapter 4

Purity: The Greatest Source of Spiritual Magnetism

"Purity is the fragrance of the soul. The purer the soul becomes, the more naturally it attracts hearts."

Opening Reflection
Imagine a crystal-clear lake high in the mountains. Because its water is pure, it reflects the sky perfectly. Now imagine the same lake filled with mud. The sky has not changed, but the reflection has disappeared.
The soul is like that lake.
God's love, peace, and power are always available. When the soul is pure, it reflects those divine qualities effortlessly. When the mind is clouded by negativity, desires, or ego, that reflection becomes blurred.
According to the teachings of the Brahma Kumaris, **purity is not merely one virtue among many—it is the foundation of every divine virtue.** Peace becomes stable through purity. Love becomes unconditional through purity. Wisdom becomes accurate through purity. Spiritual magnetism becomes powerful through purity.
A pure soul does not need to seek influence. Its purity itself becomes its influence.

What Is True Purity?
Many people think purity refers only to external conduct. God teaches that true purity begins much deeper—in our **thoughts, intentions, feelings, vision, words, and actions**.
A soul is truly pure when:

- Its thoughts are clean and benevolent.
- Its intentions are free from selfishness.
- Its vision is respectful.

- Its words heal rather than hurt.
- Its actions reflect honesty and compassion.
- Its heart belongs to God rather than worldly attachments.

Purity is the alignment of every aspect of life with the soul's original nature.

Why Purity Creates Spiritual Attraction

Every thought creates subtle vibrations.

Thoughts of criticism, jealousy, resentment, or selfish desire weaken the soul's spiritual energy. Even if these thoughts are never spoken, they influence the atmosphere.

In contrast, pure thoughts generate vibrations of peace, safety, and acceptance. Others may not know why they feel comfortable in your presence, but they experience the subtle power of your inner purity.

This is spiritual magnetism.

People are not drawn merely to pleasant words—they are drawn to pure vibrations.

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly teach that purity is the original religion of the soul. As children maintain purity in thoughts, words, and deeds while staying in God's remembrance, the soul becomes light, powerful, and worthy of receiving divine inheritance.

Reflection: Purity is not suppression; it is the natural expression of the soul's original qualities.

Murli-Inspired Teaching from the Avyakta Murlis

Avyakta BapDada explains that the sign of a pure soul is that it has only pure feelings and good wishes for every soul, regardless of their behaviour. Such a soul does not become influenced by the weaknesses of others but remains an instrument for giving peace and love.

Reflection: Purity means protecting the quality of your own thoughts, even when circumstances are impure.

The Different Dimensions of Purity

1. Purity of Thoughts

Every transformation begins in the mind.

Before speaking, before acting, before making decisions, there is a thought.

Ask yourself:

- Are my thoughts elevated?

- Do I waste mental energy on unnecessary thinking?
- Do I think with compassion or criticism?

A pure thought strengthens both the thinker and the receiver.

---

2. Purity of Vision

God teaches us to see every person first as a soul.
Instead of seeing age, appearance, profession, religion, or social status, we learn to see the eternal being of light.
This spiritual vision naturally brings respect.
Where there is respect, relationships become harmonious.

---

3. Purity of Feelings

Sometimes our words appear kind while our feelings are mixed with expectations.
True purity means giving without demanding anything in return.
It is the ability to bless without attachment, to help without pride, and to love without possessing.
Such feelings carry immense spiritual power.

---

4. Purity of Speech

Words should become instruments of healing.
Before speaking, pause and ask:

- Is it true?
- Is it necessary?
- Is it beneficial?
- Is it spoken with love?

Gentle words spoken from a pure heart have greater influence than eloquent speeches spoken with ego.

---

5. Purity of Actions

Our daily actions should reflect our highest spiritual values.
Small acts—keeping promises, being punctual, acting honestly, caring for others, maintaining cleanliness—are expressions of inner purity.
When thoughts, words, and actions become consistent, others begin to trust us deeply.
Trust is one of the strongest forms of spiritual attraction.

What Reduces Purity?
The soul gradually loses its natural purity through:

- Ego
- Attachment
- Lust
- Greed
- Anger
- Jealousy
- Comparison
- Waste thoughts
- Hidden expectations
- Seeking recognition

These are not merely moral weaknesses—they are leaks through which spiritual power escapes.
The more we free ourselves from these influences, the brighter our original light becomes.

Purity and Relationships
Many people believe that attachment is love.
God teaches that attachment often brings fear, insecurity, dependency, and sorrow.
Pure love is different.
Pure love:

- Respects freedom.
- Gives without expecting.
- Forgives easily.
- Encourages growth.
- Brings peace.
- Never controls another soul.

People naturally feel uplifted in the presence of such love.

The Power of God's Company
Purity is not achieved by willpower alone.
The greatest purifier is God's remembrance.
When the soul repeatedly experiences God's unconditional love, divine qualities begin to replace old sanskars naturally.
Just as sunlight removes darkness without struggle, God's love gradually removes inner impurities.
The closer we remain to God, the more naturally purity becomes our way of life.



Daily Practice: Cleansing the Inner Mirror
Each night before sleeping:

1. Sit quietly for a few minutes.
2. Recall the events of the day.
3. Notice where your thoughts lost purity.
4. Offer those moments to God with honesty.
5. Experience God's light washing away every trace of negativity.
6. Sleep with the awareness:

"I am a pure soul. I belong to God. Tomorrow I will radiate only pure thoughts, pure feelings, and pure vibrations."

Self-Reflection
Reflect honestly:

- Did I maintain pure thoughts today?
- Did I see every person as a soul?
- Did I expect appreciation from others?
- Were my intentions completely selfless?
- What impurity most often disturbs my peace?
- Which virtue can replace it?

Practice for the Week
For the next seven days:
Whenever you meet someone, silently give them one blessing before speaking.
For example:

- "May this soul be peaceful."
- "May this soul experience happiness."
- "May this soul feel God's love."

Notice how your own heart becomes lighter and your interactions become more harmonious.

Chapter Summary
Purity is the hidden source of spiritual magnetism. It is not confined to outward behaviour but is expressed through pure thoughts, elevated feelings, respectful vision, truthful speech, and selfless actions. When the soul remains connected with God and protects its inner purity, it naturally radiates peace, trust, and love. Such a soul becomes a silent instrument of transformation, inspiring others not through force or persuasion, but through the power of its vibrations.



Contemplation for Today
"The world is not transformed by powerful personalities alone; it is transformed by pure souls whose every thought carries God's light."
As purity becomes your natural state, your presence itself becomes a blessing—and that is the true essence of spiritual magnetism.

****

Chapter 5

The Power of Elevated Thoughts

"Your thoughts are the seeds of your destiny, and your vibrations are the silent language through which the world experiences you."

Opening Reflection
Imagine two gardens planted on the same day.
In one garden, the gardener lovingly plants fragrant flowers, removes weeds daily, waters each plant, and protects it with care. Within a few months, the garden becomes a place of beauty where butterflies, birds, and visitors are naturally drawn.
In the other garden, no care is taken. Weeds grow freely, dry leaves cover the ground, and thorny bushes spread everywhere. Even though the soil was equally fertile, the garden becomes unattractive.
The human mind is exactly like a garden.
Every thought is a seed.
Every feeling is water.
Every repeated thought becomes a habit.
Every habit shapes our character.
Every character creates our destiny.
Most importantly, every thought creates vibrations that silently influence the atmosphere around us.
God teaches that before we change the world, we must first learn to govern our own thoughts.
A soul that masters its thoughts naturally becomes spiritually magnetic.

The Invisible Power of Thoughts
Thoughts cannot be seen, yet they are among the most powerful forces in creation.
Every thought carries subtle energy.
A peaceful thought spreads peace.
A loving thought spreads love.
An angry thought creates unrest.
A fearful thought weakens both the thinker and the atmosphere.
Even before we speak, our thoughts have already reached those around us through vibrations.
This is why some people make us feel peaceful without saying a word, while others create discomfort even when they smile.
The difference lies in the quality of their thoughts.

God's Teaching
The Sakar Murlis repeatedly emphasize that the mind should remain engaged in elevated remembrance rather than waste or negative thinking. When the intellect stays connected with God, thoughts become pure, powerful, and beneficial.
God teaches that the quality of our inner world determines the quality of our service.
A pure mind becomes God's instrument.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis explain that children should create elevated thoughts and avoid waste thinking. Waste thoughts reduce spiritual power, while powerful thoughts increase remembrance and make the soul capable of serving through vibrations.
Reflection: Every elevated thought is a step toward becoming an embodiment of peace.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada explains that an elevated soul keeps its mind free from unnecessary thinking. Such a soul thinks only what is useful, accurate, and beneficial. As a result, every thought becomes a blessing for the self and for others.
Reflection: A concentrated mind naturally becomes a powerful transmitter of God's qualities.

Three Types of Thoughts

God's knowledge helps us understand three broad categories of thoughts.

1. Negative Thoughts

These arise from body consciousness.

Examples:

- Why did they behave like that?
- Nobody appreciates me.
- I will never succeed.
- They are better than me.
- I cannot forgive.

Negative thoughts drain spiritual energy and weaken our aura.

---

2. Waste Thoughts

These are not necessarily negative, but they consume enormous mental energy.

Examples:

- Constantly replaying conversations.
- Imagining situations that never happen.
- Overthinking small issues.
- Worrying about the future.
- Thinking unnecessarily about others.

Many people are not tired because of work.

They are tired because of waste thinking.

---

3. Elevated Thoughts

Elevated thoughts arise from soul consciousness.

Examples:

- I am a peaceful soul.
- God is with me.
- Every soul is playing its part.
- I choose forgiveness.
- Every challenge is an opportunity to grow.
- I wish happiness for everyone.

Elevated thoughts strengthen both the soul and the atmosphere.



Why Thoughts Create Magnetism
Imagine entering a meditation hall where deep silence has been maintained for hours.
Even before anyone speaks, you begin to feel peaceful.
Why?
Because thoughts leave subtle impressions in the environment.
Similarly, every home, office, classroom, and institution develops an atmosphere according to the quality of thoughts regularly created there.
Spiritually magnetic people consciously create an atmosphere of peace wherever they go.
Their thoughts become invisible blessings.

Becoming a Master of the Mind
God does not ask us to stop thinking.
He teaches us to become the master of our thoughts instead of their servant.
Ask yourself:

- Am I choosing my thoughts?
- Or are my thoughts choosing me?

When the mind wanders, gently bring it back.
Not with force.
With love.
Just as a mother lovingly guides her child back home, guide your mind back to soul consciousness and God's remembrance.
Gradually the mind becomes obedient.

The Power of One Pure Thought
Never underestimate one elevated thought.
One sincere blessing can transform a relationship.
One peaceful thought can prevent an argument.
One pure intention can inspire an entire team.
One moment of remembrance can change the direction of an entire day.
Every great spiritual transformation begins with a single elevated thought.

Replacing Thoughts Instead of Fighting Them
Many people try to suppress negative thinking.
God's method is different.
Instead of fighting darkness,
light a lamp.
Instead of thinking,

"I should not be angry,"
replace it with,
"I choose peace."
Instead of,
"Why did they hurt me?"
think,
"This soul is also on a journey."
Instead of,
"I am weak,"
remember,
"I am a child of God, filled with spiritual power."
The mind accepts replacement more easily than suppression.

The Traffic Control of Thoughts

The Brahma Kumaris practice **Traffic Control**—brief pauses throughout the day to reconnect with the self and with God.
Every hour, stop for one minute.
Withdraw the mind from activities.
Remember:
I am a peaceful soul.
God's light is filling my mind.
Every thought I create now will benefit the world.
These short pauses gradually transform the quality of your thinking.

Daily Practice: The Thought Journal

At the end of each day, write down:

- Three elevated thoughts you consciously created.
- One waste thought you want to reduce.
- One negative thought you transformed.
- One blessing you gave someone silently.
- One experience of God's support.

Within a few weeks, you will begin to notice a remarkable change in your inner world.



Self-Reflection
Reflect honestly:

- What kind of thoughts dominate my day?
- Which situations trigger waste thinking?
- Do my thoughts give peace or anxiety?
- What thought pattern most weakens my spiritual magnetism?
- Which elevated thought do I want to practise this week?

Practice for the Week
Choose one affirmation and repeat it several times each day with awareness:
"I am a peaceful soul."
or
"Every thought I create is filled with God's light."
or
"I choose blessings over judgments."
Allow this one thought to become your companion throughout the week.

Chapter Summary
Spiritual magnetism begins in the mind. Every thought carries energy, and that energy shapes our vibrations, relationships, and destiny. Negative and waste thoughts weaken the soul, while elevated thoughts strengthen it and spread peace to others. By remaining in soul consciousness, remembering God, and consciously choosing pure thoughts, we become masters of the mind. As our thoughts become elevated, our presence naturally becomes uplifting, inspiring, and spiritually magnetic.

Contemplation for Today
"If every thought I create today became visible as light, would the world become brighter because of me?"
Take this question into meditation. It reminds us that true spiritual magnetism is created not by extraordinary actions, but by extraordinary purity in our ordinary thoughts.

****

Chapter 6

The Silent Language of Vibrations

"Words touch the ears, but vibrations touch the soul."

Opening Reflection

Have you ever entered a room where an argument had just ended?
No one needed to explain what had happened. The atmosphere itself felt heavy. The tension could almost be felt in the air.
Now think of walking into a meditation room where everyone has been sitting in deep remembrance of God. Before anyone greets you, your mind naturally becomes calm. You begin to breathe more slowly. Your heart feels lighter.
Nothing visible has changed.
The walls are the same.
The furniture is the same.
The people may not even be speaking.
Yet the atmosphere is completely different.
Why?
Because every thought leaves behind vibrations.
God teaches that the greatest service is not only through words or actions, but through the subtle vibrations we radiate every moment. A soul that constantly remembers God naturally becomes a lighthouse of peace. Such a soul serves simply by **being**, not only by **doing**.
This is the highest form of spiritual magnetism.

What Are Spiritual Vibrations?

Vibrations are the subtle energy created by our thoughts, feelings, intentions, and state of consciousness.
Every soul is constantly radiating vibrations, whether aware of it or not.
When the mind is filled with:

- Peace, it radiates peace.
- Love, it radiates love.
- Fear, it radiates insecurity.
- Anger, it radiates unrest.
- Ego, it radiates distance.
- Purity, it radiates trust.

- God's remembrance, it radiates divine power.

Just as a flower naturally spreads its fragrance, a soul naturally spreads the fragrance of its inner stage.

The Science of Spiritual Energy

We often think communication happens only through speech.
God's knowledge teaches that communication begins much earlier.
Before a word is spoken:

- A thought is created.
- That thought becomes a feeling.
- The feeling becomes vibrations.
- The vibrations reach the other soul.
- Only then do words follow.

This explains why two people may say exactly the same sentence, yet produce completely different effects.
One inspires.
Another disturbs.
The difference lies not in the words, but in the vibrations behind them.

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly explain that children who remain in constant remembrance become embodiments of peace. Their silent stage performs service, and souls are automatically drawn toward such spiritual power.
Reflection: Service through vibrations begins when the mind remains connected with God even while performing ordinary actions.

Murli-Inspired Teaching from the Avyakta Murlis

Avyakta BapDada teaches that the most elevated servers are those whose presence gives every soul courage, hope, and peace without speaking many words. Their stage itself becomes a blessing.
Avyakta BapDada often emphasizes becoming a **"bestower"**—one who constantly gives peace, love, and good wishes through every thought.
Reflection: Become a giver of vibrations rather than a seeker of appreciation.

Your Inner Stage Creates Your Atmosphere

Have you noticed that certain people make an entire room feel lighter?
Children smile around them.
Strangers trust them.
Conflicts reduce in their presence.

Even silence becomes comfortable.
Such people are not performing magic.
They have simply learned to protect their inner stage.
God teaches that wherever a soul goes, it carries its atmosphere with it.
You never enter a room alone.
You enter carrying your thoughts, your feelings, your consciousness, and your vibrations.
Therefore, ask yourself:
"What atmosphere do I create wherever I go?"

Four Powerful Vibrations That Create Spiritual Magnetism

1. Vibrations of Peace

Peace is the natural language of the soul.
A peaceful person does not react impulsively.
They listen deeply.
They speak slowly.
They remain stable even during storms.
Such stability makes others feel emotionally safe.

---

2. Vibrations of Pure Love

Pure love expects nothing.
It accepts.
It encourages.
It forgives.
It uplifts.
People may forget what you said, but they never forget how genuinely loved they felt in your presence.

---

3. Vibrations of Respect

God teaches us to see every soul as originally pure.
When we genuinely respect another soul, our eyes, words, and behaviour all change.
Respect creates invisible bridges between hearts.
Judgment builds invisible walls.

---

4. Vibrations of Good Wishes

Every soul is silently struggling with something.
Some struggles are visible.
Many are hidden.



Whenever we meet someone, we have two choices:

- Judge them.
- Bless them.

Spiritually magnetic souls choose blessings.

The Greatest Leak of Vibrational Power

One of the biggest reasons people lose their spiritual magnetism is that they become emotionally influenced by others.
Someone criticizes us...
We become disturbed.
Someone ignores us...
Our happiness disappears.
Someone behaves negatively...
We react.
God teaches the opposite.
Instead of absorbing others' vibrations,
become the one who transforms the atmosphere.
Just as a lamp does not become darkness when surrounded by darkness, a soul connected with God does not absorb negativity.
It radiates light.

Becoming a Lighthouse

Imagine a lighthouse standing beside the ocean.
Storms come.
Powerful waves strike.
Strong winds blow.
Yet the lighthouse never runs after ships.
It simply remains steady and continues radiating light.
Ships automatically find their direction.
God wants every child to become such a lighthouse.
Do not chase people.
Become so spiritually powerful that your vibrations naturally guide others.
This is true spiritual leadership.

Creating a Powerful Spiritual Aura

Your aura becomes stronger when:

- You begin the day with God's remembrance.
- You protect your thoughts from negativity.
- You speak less and speak sweetly.



- You remain honest.
- You forgive quickly.
- You practise gratitude.
- You maintain pure feelings for everyone.
- You regularly meditate.
- You perform selfless service.
- You remain detached while fulfilling responsibilities.

Each of these strengthens your spiritual field.

The Practice of Radiating Blessings

Sit comfortably.
Visualize yourself as a tiny point of radiant light in the center of the forehead.
Feel God's loving light filling your soul.
Now silently radiate blessings.
First to yourself:
I am peaceful.
Then to your family:
May every soul experience peace.
Then to your workplace.
Then to your city.
Then to the entire world.
Do not force anything.
Simply become a channel.
Allow God's love to flow through you.

Daily Practice: The Five-Minute Vibration Check

Several times during the day, pause and ask:

- What am I radiating right now?
- If someone entered my office or home at this moment, what atmosphere would they feel?
- Am I giving peace or absorbing disturbances?
- Are my vibrations reflecting God's qualities?

These simple questions gradually transform awareness into experience.

Self-Reflection
Write honestly:

- Which vibration do I most often radiate?
- What weakens my inner atmosphere?
- Which person challenges my ability to maintain pure vibrations?
- How can I bless instead of judge?
- How can I become a lighthouse for others?

Weekly Spiritual Practice
For the next seven days, make one quiet commitment:
No matter how anyone behaves with me, I will consciously send them one pure thought before responding.
For example:
"May this soul remain peaceful."
or
"May this soul receive God's love."
Observe how your reactions gradually become responses filled with wisdom.

Chapter Summary
Spiritual magnetism is expressed through the silent language of vibrations. Every thought, feeling, and intention creates an atmosphere that influences others long before words are spoken. By remaining in soul consciousness and constant remembrance of God, we become instruments who radiate peace, love, respect, and good wishes. Rather than absorbing the world's negativity, we become lighthouses that illuminate it. This silent service is among the highest forms of spiritual influence.

Murli Churning for the Day
"My greatest service today will not be measured by how much I speak, but by the quality of vibrations I spread wherever I go."
Pause with this thought during Amrit Vela and again before sleeping. Ask yourself:
"Did everyone who met me today receive peace from me?"
If the answer becomes "yes" more often than "no," your spiritual magnetism is steadily increasing.

****

Part II –

Building a Spiritually Magnetic Personality

Chapter 7

Becoming an Embodiment of Peace

"Peace is not merely the absence of conflict—it is the original nature of the soul. When a soul becomes an embodiment of peace, it naturally becomes spiritually magnetic."

Opening Reflection

A deep ocean appears calm on the surface during peaceful weather, but even when storms rage above, its depths remain still.

Similarly, a spiritually powerful soul is not one who has no challenges. Rather, it is one who remains stable even in the midst of challenges.

Today, people search for peace in vacations, entertainment, relationships, achievements, and possessions. These may provide temporary relaxation, but lasting peace comes only when the soul reconnects with its original nature and with God.

According to God's teachings through the Brahma Kumaris, **peace is the first inheritance received from God**. It is also one of the greatest sources of spiritual magnetism.

People are not attracted to restless personalities; they are attracted to peaceful souls.

What Does It Mean to Be an Embodiment of Peace?

There is a difference between **having peaceful moments** and **becoming an embodiment of peace**.

A peaceful moment depends on favorable circumstances.

An embodiment of peace remains peaceful regardless of circumstances.

Such a soul:

- Remains stable in praise and criticism.
- Thinks before speaking.
- Responds rather than reacts.
- Maintains dignity during conflict.
- Does not absorb negativity from others.
- Creates harmony wherever they go.

Peace is no longer an occasional experience—it becomes their identity.



Peace Is the Soul's Original Nature
God teaches that the soul is originally a being of peace.
Just as heat is the natural property of fire and sweetness is the natural property of sugar, peace is the natural property of the soul.
Restlessness is acquired.
Peace is original.
When we forget our true identity and become body-conscious, we lose touch with this original peace.
When we remember, **"I am a peaceful soul, a child of God,"** peace begins to flow naturally once again.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly remind children to stabilize themselves in soul consciousness and remain in God's remembrance. From this stage, peace naturally emerges and becomes visible through every action.
God teaches that a peaceful mind makes accurate decisions, while a disturbed mind creates further complications.
Reflection: Peace is the foundation of right thinking.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that children should become **masters of the self**, not slaves of situations.
A peaceful soul does not react according to circumstances. Instead, it influences circumstances through its own elevated stage.
Such souls become instruments for world service through their vibrations.
Reflection: True peace is spiritual sovereignty.

Why Peace Creates Spiritual Magnetism
Have you noticed that when you are deeply peaceful:

- People speak more openly with you.
- Children naturally come closer.
- Conflicts reduce.
- Decisions become clearer.
- Your words carry more weight.

This is because peace is spiritually attractive.
In a noisy world, a peaceful soul becomes like a cool shade in the heat of summer.
Others may not understand why they feel comfortable in your presence, but they experience your inner stability.
That silent experience is spiritual magnetism.



The Enemies of Peace
God explains that peace is lost not because of situations, but because of our responses to situations.
Some common enemies of peace are:
1. Expectations
"I expected them to understand me."
"I expected appreciation."
"I expected things to happen my way."
Unfulfilled expectations disturb the mind.

---

2. Attachment
Attachment creates fear.
Fear creates anxiety.
Anxiety destroys peace.
Pure love gives freedom.
Attachment demands control.

---

3. Ego
Whenever the "I" becomes bigger than the soul,
peace disappears.
The ego constantly seeks recognition.
The soul seeks only God's love.

---

4. Waste Thoughts
Many disturbances never actually happen.
They exist only in imagination.
The more we reduce waste thinking,
the more naturally peace emerges.

The Power of Spiritual Silence
Silence is much more than not speaking.
True silence means the mind is free from unnecessary thinking.
When the mind becomes silent:

- God's guidance becomes clearer.
- The intellect becomes more accurate.
- Inner strength increases.
- Spiritual energy is conserved.



God teaches that silence is the language through which the soul experiences Him most deeply.

Peace in Relationships
Many people believe that changing others will bring peace.
God teaches the opposite.
When we change ourselves,
relationships begin to change naturally.
Instead of asking:
"Why are they like this?"
Ask:
"What can I contribute?"
Can I contribute patience?
Can I contribute understanding?
Can I contribute respect?
Can I contribute peace?
One peaceful person can transform an entire family atmosphere.

Peace During Difficult Times
Storms are inevitable.
Every soul experiences:

- illness,
- misunderstandings,
- loss,
- failure,
- uncertainty.

Spiritual magnetism is not tested during easy times.
It is revealed during difficult times.
A soul connected with God remembers:
"This is also a scene in the eternal drama."
Instead of resisting circumstances,
it learns from them.
Instead of asking,
"Why me?"
it asks,
"What is God teaching me through this experience?"
This shift brings immediate peace.



Becoming a Peace Messenger
God does not simply want peaceful children.
He wants children who spread peace.
Every day, ask yourself:

- Did someone become calmer after meeting me?
- Did my words reduce someone's burden?
- Did my presence bring hope?
- Did I spread God's peace today?

If the answer is yes,
you have already performed spiritual service.

Daily Practice: The Lake of Peace Meditation
Early each morning:
Sit comfortably.
Withdraw your attention from the body.
Experience yourself as a tiny point of living light in the center of the forehead.
Silently affirm:
I am a peaceful soul.
Now experience God's loving light descending upon you.
Your mind becomes like a still lake.
No waves.
No disturbances.
Only peace.
Now allow that peace to spread:

- through your body,
- through your room,
- through your home,
- through your city,
- throughout the entire world.

Remain in this awareness for several minutes.
Carry this peace into every activity.

Self-Reflection
At the end of the day, ask:

- Which situation disturbed my peace today?
- Why did I allow it to influence me?
- Did I react or respond?
- Did I remember God before making important decisions?
- What one change can I make tomorrow to protect my peace?



Seven-Day Peace Challenge
For the next seven days:
Whenever someone speaks harshly,
pause for five seconds before responding.
During those five seconds, silently remember:
"I am a peaceful soul. God is with me."
Only then speak.
Observe how many conflicts disappear before they even begin.

Chapter Summary
Peace is the original nature of the soul and one of the greatest sources of spiritual magnetism. A peaceful soul does not depend on favorable circumstances but remains stable through soul consciousness and remembrance of God. Such a soul transforms relationships, influences environments, and serves the world through its vibrations. As peace becomes our natural stage, our presence itself becomes a blessing, silently attracting others toward truth, love, and God.

Murli Churning for the Day
"When my mind is peaceful, God can work through me. When my mind is disturbed, my own ego begins to work instead."
Spend a few moments reflecting on this truth.
Ask yourself:
"Today, who was working through me—my ego or God's peace?"
The more often the answer is **"God's peace,"** the stronger your spiritual magnetism becomes.

****

Chapter 8

Self-Respect: The Invisible Crown of Spiritual Magnetism

"A soul that lives in true self-respect never begs for respect from others. It naturally receives it."

Opening Reflection

Imagine a king who has forgotten that he is a king. He wanders from village to village asking people for food, shelter, and recognition. Although he possesses a vast kingdom, he lives like a beggar because he has forgotten his true identity.

Now imagine that someone reminds him, "You are the king. This kingdom belongs to you."

The moment he remembers who he is, everything changes. His walk changes. His speech changes. His confidence returns. He no longer asks for what already belongs to him.

God reminds every soul of this forgotten truth.

"You are not a beggar seeking love, peace, happiness, or respect from the world. You are My child, an heir to the treasures of peace, love, purity, and power."

The greatest poverty is not the lack of money—it is forgetting our spiritual identity.

The greatest wealth is self-respect.

What Is Self-Respect?

Self-respect is not pride.

Pride says:

"I am greater than others."

Self-respect says:

"I know who I truly am."

Pride separates.

Self-respect elevates.

A soul living in self-respect remembers:

- I am an eternal soul.
- I am a child of God.
- Peace is my original nature.
- Purity is my original religion.



- I am an instrument of God's service.
- My worth does not depend on others' opinions.

Such awareness creates an inner dignity that cannot be shaken by praise or criticism.

God's Teaching

God teaches that every weakness begins when the soul forgets its self-respect. When we forget who we are, we begin searching for identity through:

- Positions
- Wealth
- Relationships
- Physical appearance
- Titles
- Success
- Social media approval
- Appreciation from others

These may give temporary satisfaction, but they can never fill the emptiness created by spiritual forgetfulness.
Only self-respect gives lasting contentment.

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly remind children to remain in the awareness:
"I am a soul, a child of the Supreme Father."
God teaches that this awareness fills the soul with spiritual intoxication—not the intoxication of ego, but the joy of knowing one's eternal identity and divine inheritance.
Reflection: The highest self-respect comes from remembering our relationship with God.

Murli-Inspired Teaching from the Avyakta Murlis

Avyakta BapDada teaches that children should remain seated on the **seat of self-respect**. When a soul sits on this seat, situations, people's opinions, and old sanskars cannot shake it easily.
Such a soul becomes naturally fearless, stable, and loving.
Reflection: Self-respect is the seat from which the soul governs its thoughts, words, and actions.

Why Self-Respect Creates Spiritual Magnetism

Have you noticed that truly confident people do not constantly seek attention?
They do not need to prove themselves.
They do not compete.
They do not become insecure when others succeed.
Their confidence is quiet.
Their humility is natural.
People trust them because they are comfortable with themselves.
This quiet confidence is born from self-respect.
Spiritually magnetic souls do not attract others through dominance.
They attract others through inner stability.

The Difference Between Ego and Self-Respect
Many people confuse these two.

Ego	Self-Respect
Wants recognition	Gives recognition
Competes	Cooperates
Reacts quickly	Responds wisely
Depends on praise	Depends on God's love
Feels superior or inferior	Sees equality among souls
Takes	Gives

God teaches us to leave ego and become established in self-respect.

The more ego decreases,
the more spiritual magnetism increases.

Eight Powerful Spiritual Self-Respects
God's knowledge reminds us of many elevated forms of self-respect.
Throughout the day, practise these thoughts:
I am a peaceful soul.
Nothing can steal my peace without my permission.

I am a pure soul.
Purity is my natural state.

I am a child of God.
I am never alone.



I am a master almighty authority.
God's powers are my inheritance.

I am an instrument.
God is the Doer.
I simply cooperate.

I am a bestower.
I give peace.
I give happiness.
I give blessings.

I am a detached observer.
Every scene is part of the eternal drama.

I am becoming angelic.
My life is becoming light, loving, and free from burdens.

Living Beyond Praise and Criticism
One of the greatest signs of spiritual maturity is emotional independence.
If praise makes us fly,
criticism will make us fall.
God teaches us to become equal in both situations.
When someone praises you,
offer the credit to God.
When someone criticizes you,
check honestly whether there is something to learn.
Then remain peaceful.
Neither praise nor criticism should decide your happiness.
God's opinion matters most.

Self-Respect in Daily Relationships
Self-respect changes the way we interact.
Instead of demanding respect,
we give it.
Instead of seeking love,



we become love.
Instead of asking,
"Who values me?"
we ask,
"How can I value every soul today?"
This shift transforms relationships.
Respect multiplies when it is first given.

God's Love Is the Source of Self-Respect
No human relationship can completely fill the soul.
Only God's unconditional love reminds us of our eternal worth.
When we experience God's acceptance:

- insecurity disappears,
- comparison reduces,
- jealousy weakens,
- fear fades,
- confidence returns.

A soul filled with God's love naturally walks with dignity.
Its magnetism comes from belonging to God.

Daily Practice: Sitting on the Seat of Self-Respect
Every morning before beginning your day:
Sit in silence.
Experience yourself as a radiant point of light.
Remember one spiritual self-respect at a time.
For example:
I am a peaceful soul.
Remain with this awareness for one minute.
Then:
I am a child of God.
Then:
I am an instrument of God's love.
Allow each awareness to settle deeply into your consciousness.
Carry one self-respect with you throughout the day.
Whenever you feel disturbed,
return to it.



Self-Reflection
At the end of the day, ask:

- Did I seek appreciation today?
- Which situation challenged my self-respect?
- Did I react from ego or respond from dignity?
- Which spiritual self-respect helped me most?
- How did remembering God strengthen my confidence?

Seven-Day Practice
Choose one self-respect every day.
For example:
Day 1: I am a peaceful soul.
Day 2: I am a child of God.
Day 3: I am a bestower.
Day 4: I am an instrument.
Day 5: I am a detached observer.
Day 6: I am a master almighty authority.
Day 7: I am an angel in training.
Practise it every hour through the day.
Observe how your thoughts, speech, and interactions begin to change.

Chapter Summary
Self-respect is the invisible crown of every spiritually powerful soul. It is not based on worldly achievements but on the awareness of being an eternal soul and a beloved child of God. This awareness frees us from dependence on praise, recognition, and external validation. As ego dissolves and spiritual dignity grows, our presence becomes naturally peaceful, confident, and uplifting. People are drawn not to arrogance, but to the quiet strength of a soul established in its true identity.

Murli Churning for the Day
"The soul that remembers its true self and its relationship with God never becomes a beggar for love, respect, or happiness. It becomes a bestower."
Today, reflect deeply:
"Am I asking the world to fill my heart, or am I allowing God to fill it so completely that I can share it with everyone?"
When your heart is filled by God, your life becomes an effortless source of spiritual magnetism.



****

Chapter 9

Contentment: The Secret of a Spiritually Magnetic Soul

"A contented soul is always full. A full soul naturally becomes a giver, and every giver becomes spiritually magnetic."

Opening Reflection

Have you ever noticed the difference between a tree laden with ripe fruit and one that is barren?

The fruitful tree bends with humility and generously offers its fruit to everyone without discrimination. It neither advertises itself nor asks anyone to admire it. Its fullness naturally attracts people.

Similarly, a spiritually content soul does not chase appreciation, possessions, or recognition. Because it is full within, it naturally gives peace, happiness, encouragement, and love.

God teaches that **contentment is one of the greatest treasures of the present time.** A contented soul becomes light, cheerful, and attractive because there is no inner emptiness demanding to be filled.

What Is True Contentment?

The world often mistakes contentment for a lack of ambition.

Spiritual contentment is not laziness or complacency. It does not mean we stop progressing. Rather, it means we remain **internally full while continuing to improve ourselves**.

A contented soul thinks:

- "I have received God's love."
- "I have received God's knowledge."
- "I have received everything necessary for my spiritual journey."
- "I will continue to make effort, but my happiness does not depend on results."

Contentment is the ability to enjoy the present while moving toward a higher future.

God's Teaching
God teaches that dissatisfaction begins when we compare ourselves with others or seek happiness through external achievements.
When the soul forgets God, it begins to believe:

- "I need more possessions."
- "I need more appreciation."
- "I need more recognition."
- "I need people to behave differently."

But even after receiving all these things, dissatisfaction often remains.
Why?
Because the soul is searching for a spiritual treasure in material places.
Only God's remembrance fills the soul completely.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly explain that children who remain in God's remembrance and appreciate the treasures they have received remain constantly cheerful. Complaining and comparing weaken the soul, while gratitude and contentment strengthen it.
Reflection: Contentment is the sign that the soul recognizes the value of God's inheritance.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that a contented soul naturally becomes a **bestower**. Because it feels full, it does not seek to take from others. Instead, it constantly gives courage, blessings, cooperation, and good wishes.
Such souls spread an atmosphere of abundance wherever they go.
Reflection: The fullest soul is the one that gives the most.

Why Contentment Increases Spiritual Magnetism
People are naturally drawn to those who are peaceful, joyful, and free from constant complaints.
Think about two individuals:
One always complains.
Nothing is ever enough.
They criticize circumstances, people, and even themselves.
The other remains grateful.
They appreciate what they have.
They face challenges with faith.
They celebrate others' success.

Which person would you naturally enjoy spending time with?
The answer is obvious.
Contentment creates lightness.
Lightness creates attraction.
This is spiritual magnetism.

The Greatest Thieves of Contentment

1. Comparison

Comparison silently steals joy.
God has given every soul unique sanskars, roles, and opportunities.
When we compare, we stop appreciating our own uniqueness.
Instead of asking,
"Why am I not like them?"
ask,
"What specialty has God given me?"

---

2. Expectations

Expectation says,
"I will be happy when..."
Contentment says,
"I choose happiness now."
Unnecessary expectations create disappointment.
Acceptance creates peace.

---

3. Complaining

Complaints weaken spiritual energy.
Every complaint reinforces dissatisfaction.
Instead of asking,
"Why is this happening?"
ask,
"What can I learn from this?"
God never wastes an experience.

---

4. Greed

Greed is never satisfied.
The more it receives,
the more it demands.
Contentment reminds us that true wealth lies in inner virtues, not external possessions.



Gratitude: The Door to Contentment

Every morning, before beginning your day, pause and remember:

- Thank You, God, for another day of life.
- Thank You for Your knowledge.
- Thank You for Your companionship.
- Thank You for the opportunity to serve.
- Thank You for every challenge that helps me grow.

Gratitude changes the quality of our consciousness.
A grateful mind cannot remain negative for long.

Contentment in Service

Sometimes we expect immediate results from our spiritual service.
God teaches us to become instruments.
Our responsibility is effort.
The results belong to the Drama.
Whether one soul benefits today or many benefit tomorrow, our happiness should remain the same.
The gardener waters every seed.
He does not pull the plant upward to make it grow faster.
Similarly, continue serving with love.
God takes care of the fruit.

Contentment in Relationships

Many relationships become unhappy because people expect others to fill emotional emptiness.
A contented soul enters relationships to contribute, not to demand.
Instead of asking,
"What can I receive?"
it asks,
"What can I give?"
Peace.
Respect.
Encouragement.
Forgiveness.
Understanding.
Such relationships become spiritually nourishing.



The Treasure Store of the Soul
God has filled every soul with eternal treasures.
These include:

- Peace
- Love
- Joy
- Purity
- Wisdom
- Power
- Mercy
- Patience
- Tolerance
- Sweetness
- Courage

The more we remember these treasures,
the less dependent we become on the world.
A wealthy soul naturally becomes spiritually magnetic.

Daily Practice: The Treasure Meditation
Sit comfortably.
Experience yourself as a radiant point of light.
Now imagine opening the treasure store of your soul.
One by one, experience each treasure.
Peace...
Love...
Joy...
Purity...
Power...
Then experience God's light filling these treasures endlessly.
Silently affirm:
"I am full. I have received everything from God that I truly need."
Remain in this awareness for several minutes.



Self-Reflection
Before sleeping, ask yourself:

- Did I complain today?
- Did I compare myself with anyone?
- Was I grateful for God's blessings?
- Did I focus more on what I have or what I lack?
- What treasure of the soul did I share today?

Seven-Day Contentment Challenge
For the next seven days:
Do not complain about any person, situation, weather, work, or circumstance.
Instead, whenever a complaint arises,
replace it with one sentence of gratitude.
For example:
Instead of,
"This work is too difficult,"
say,
"God has given me another opportunity to grow."
Observe how your mind becomes lighter each day.

Chapter Summary
Contentment is one of the greatest treasures on the spiritual path. It is not the absence of ambition but the presence of inner fullness. A contented soul remains grateful, avoids comparison, releases unnecessary expectations, and trusts God's guidance. Such a soul becomes a natural giver of peace, joy, and encouragement. Because it is full within, it radiates an atmosphere of abundance that quietly attracts and uplifts others. Contentment is therefore not only a virtue—it is one of the strongest foundations of spiritual magnetism.

Murli Churning for the Day
"A soul that knows it has received God's unlimited treasures never feels poor, never complains, and never competes. It simply continues to give."
Today, ask yourself:
"Am I living from a feeling of lack, or from the awareness that I am already spiritually rich?"
The answer to this question reveals the true state of your spiritual magnetism.

****

Chapter 10

Humility: The Fragrance of Greatness

"The more spiritually elevated a soul becomes, the more humble it becomes. Humility is not weakness—it is the highest expression of spiritual strength."

Opening Reflection

Look at a tree laden with ripe fruit. The more fruit it bears, the more its branches bend toward the earth. In contrast, an empty tree stands stiff and upright, yet offers little nourishment.

Nature silently teaches us a profound spiritual truth: **true greatness is always accompanied by humility**.

In today's world, people often mistake loudness for confidence, dominance for leadership, and self-promotion for success. Yet, according to God's teachings, the most elevated souls are those who remain simple, egoless, and respectful toward everyone.

When people came to Brahma Baba, they were not attracted by worldly power or authority. They were drawn by his simplicity, purity, and humility. They felt accepted, respected, and spiritually uplifted.

Humility is the fragrance of a soul that has become close to God.

What Is True Humility?

Humility is not thinking less of yourself.

It is thinking of yourself accurately.

A humble soul knows:

- "Everything I have received is God's gift."
- "I am an instrument, not the owner."
- "Every soul has specialties."
- "There is always something to learn."
- "Service is my privilege, not my achievement."

Humility does not reduce self-respect.

It protects self-respect from becoming ego.

God's Teaching
God teaches that ego is one of Maya's most subtle traps.
Sometimes ego appears openly:

- "I know more."
- "I am better."
- "I deserve more respect."

Sometimes it appears in hidden forms:

- wanting appreciation after service,
- feeling hurt when not recognized,
- insisting that one's opinion is always correct,
- becoming unhappy when others receive praise.

The soul may appear spiritual externally, but internally it is still seeking recognition.
God reminds us that spiritual progress is measured not by how much service we perform, but by how free we become from ego.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly explain that children should remain **"trustees"** rather than owners. Every talent, every virtue, every opportunity, and every success belongs to God. The soul is simply an instrument through whom God works.
Reflection: The more we remember that everything belongs to God, the lighter and happier we become.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that the highest souls naturally give respect to every soul, regardless of age, role, or experience. They do not seek honour for themselves because they are already full of God's love.
Such souls become loved by everyone because they never compete for importance.
Reflection: Humility attracts hearts because it allows God's qualities to shine without the interference of ego.

Why Humility Creates Spiritual Magnetism
Think of two leaders.
One constantly reminds everyone of their achievements.
The other quietly serves, appreciates others, and shares the credit.
Whom do people trust more?
Whom do they naturally admire?
True leadership is never built on superiority.
It is built on service.

Spiritually magnetic souls never try to appear great.
Their greatness becomes visible through their humility.

The Hidden Forms of Ego
God teaches us to examine the subtle forms of ego that can remain hidden even in spiritual life.
Ego of Knowledge
Believing that because we know spiritual truths, we are superior to others.
Knowledge should increase compassion, not pride.

Ego of Service
Thinking:
"I have done so much service."
God reminds us:
Without His guidance, remembrance, and power, no service is possible.

Ego of Virtues
Sometimes a soul becomes proud of being peaceful, disciplined, or generous.
The very virtue that should uplift becomes weakened by ego.

Ego of Position
Whether spiritual or worldly, positions are temporary roles.
The soul remains the same.
God values consciousness more than titles.

The Sign of a Humble Soul
A humble soul:

- listens more than it speaks,
- appreciates others sincerely,
- accepts correction gracefully,
- forgives quickly,
- celebrates others' success,
- remains simple despite achievements,
- never humiliates another soul,
- always gives the credit to God.

Such a soul becomes everyone's friend.

Brahma Baba: A Living Example
One of the most beautiful qualities seen in Brahma Baba's life was humility.
Despite being the instrument for establishing a worldwide spiritual family, he never claimed ownership.
He constantly reminded everyone that **God is the Teacher**, **God is the Guide**, and **God is the One who enables transformation**.
His greatness came from his willingness to remain an obedient instrument.
This simplicity became one of his greatest spiritual attractions.

Humility in Relationships
Many conflicts begin with one word:
"I."
"I am right."
"My opinion."
"My way."
"My success."
Humility changes the conversation.
Instead of asking,
"How can I prove myself right?"
it asks,
"How can peace be maintained?"
Instead of winning arguments,
it wins hearts.

Humility and Spiritual Progress
The closer we come to God,
the lighter we become.
The lighter we become,
the more naturally we serve.
The more we serve,
the more grateful we become.
The more grateful we become,
the less room remains for ego.
This is the natural cycle of spiritual growth.



The Power of Giving Respect
God teaches:
Do not wait for respect. Give respect first.
Every soul carries hidden struggles.
Every soul deserves dignity.
Even when correcting someone,
do it with respect.
Respect heals.
Humiliation wounds.
A soul that constantly gives respect becomes deeply loved without asking for love.

Daily Practice: Becoming an Instrument
Before beginning any task today,
pause for a moment.
Silently remember:
God, this work belongs to You.
I am Your instrument.
Guide my thoughts, words, and actions.
At the end of the task,
offer it back to God with gratitude.
Do not carry pride.
Do not carry regret.
Simply remain light.

Self-Reflection
Before sleeping, ask yourself:

- Did I seek appreciation today?
- Was I hurt when someone failed to recognize my efforts?
- Did I appreciate others sincerely?
- Did I accept correction peacefully?
- Did I remember that I am only an instrument?

Seven-Day Humility Challenge
For the next seven days:
Choose one person each day and sincerely appreciate one of their specialties.
Do it without expecting any response.
Then silently offer thanks to God for allowing you to recognize goodness in another soul.
Notice how your heart becomes lighter and your relationships become warmer.



Chapter Summary

Humility is not a sign of weakness but the fragrance of true spiritual greatness. A humble soul remains aware that every virtue, every success, and every opportunity is God's gift, and therefore lives as a trustee and instrument rather than an owner. By giving respect, accepting correction, serving selflessly, and remaining free from subtle ego, the soul becomes light, lovable, and deeply trustworthy. Such humility allows God's qualities to shine through unobstructed, making the soul naturally and effortlessly spiritually magnetic.

Murli Churning for the Day

"The fruit-laden tree bends low, and the spiritually elevated soul bows with humility. Wherever there is humility, God can work freely through that soul."

Spend a few moments in silence with this thought.

Ask yourself:

"When people meet me, do they experience my importance—or do they experience God's love through me?"

The answer reveals whether your magnetism comes from ego or from genuine spiritual power.

****

Chapter 11

Seeing Specialties: The Spiritual Vision That Attracts Hearts

"The way you see others determines the vibrations you radiate. A soul that sees specialties naturally becomes spiritually magnetic."

Opening Reflection

Imagine two artists standing before the same block of marble.
One says, "It is just an ordinary stone."
The other says, "Inside this stone is a beautiful sculpture waiting to emerge."
Both are looking at the same marble, yet one sees only the surface while the other sees hidden potential.
God teaches us to become the second artist.
Every soul, regardless of its present behaviour, carries original qualities of peace, love, purity, and happiness. These divine qualities may be hidden beneath layers of anger, fear, ego, or sorrow, but they have never been destroyed.
A spiritually magnetic soul does not become influenced by others' weaknesses.
Instead, it awakens their hidden specialties through its own elevated vision.
This is called **divya drishti**—divine vision.

The World Sees Faults. God Sees Potential.

When people become body-conscious, they naturally notice:

- mistakes,
- weaknesses,
- limitations,
- failures,
- differences.

The intellect becomes trained to judge.
But God never defines a soul by its temporary weaknesses.
God always sees the original, eternal being of light.
He sees what the soul **can become**, not merely what it appears to be today.
If we wish to become spiritually magnetic, we must gradually learn to see as God sees.



God's Teaching
God teaches that every soul is originally pure.
Weak sanskars are temporary.
The soul is eternal.
When we constantly focus on someone's weaknesses, our own vibrations become heavy.
When we focus on their specialties, our thoughts become elevated.
Our vision changes.
Our relationships change.
Most importantly,
our own stage rises.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly remind children to **look at their own defects and the specialties of others**. This practice protects the intellect from criticism, jealousy, and waste thoughts.
God teaches that seeing virtues increases our own virtues.
Reflection: The eye that searches for goodness gradually becomes filled with goodness.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that every child should become a **jeweller**, recognizing and appreciating the jewel hidden within every soul.
Instead of collecting others' weaknesses, collect their specialties.
This makes the heart generous and the vibrations pure.
Reflection: A jeweller never throws away a diamond because it is covered with dust.

Why Seeing Specialties Creates Spiritual Magnetism
Think of the people who have inspired you most.
Were they constantly pointing out your mistakes?
Or did they encourage your strengths?
Most of us blossom in the presence of someone who believes in us.
When people feel appreciated,
they naturally become more open.
When they feel judged,
they become defensive.
Spiritually magnetic souls help others discover the goodness already present within them.



This silent encouragement becomes one of their greatest attractions.

The Habit of Fault-Finding
Fault-finding has become almost automatic.
The mind quickly notices:

- what is wrong,
- what is missing,
- who made the mistake,
- what should have been done differently.

God teaches us to reverse this habit.
Instead of asking,
"What is wrong with this soul?"
Ask,
"What virtue has God placed in this soul?"
Every soul possesses at least one visible specialty.
Train your mind to find it.

Every Soul Is Unique
No two flowers in a garden are identical.
The rose has fragrance.
The lotus has purity.
The sunflower turns toward the sun.
Each contributes differently.
Similarly,
every soul has unique sanskars and specialties.
Some inspire through courage.
Some through patience.
Some through wisdom.
Some through kindness.
Some through simplicity.
When we stop comparing,
we begin appreciating.

Blessing Instead of Judging
Suppose someone behaves rudely.
The ordinary response is criticism.
God teaches another method.
Pause.
Remember that they are also a soul.

Perhaps they are carrying unseen pain.
Perhaps they are struggling with old sanskars.
Instead of mentally criticizing,
silently send a blessing:
"May this soul experience peace."
This single thought changes your vibrations immediately.
Whether the other person changes or not,
you remain spiritually powerful.

Brahma Baba's Vision
One remarkable quality of Brahma Baba was his ability to see each soul's potential.
He did not focus on what someone lacked.
He encouraged what was already beautiful within them.
Because of this,
ordinary individuals gained extraordinary confidence.
Many became instruments for world service because someone believed in them before they believed in themselves.
This is the power of elevated vision.

The Mirror Principle
The qualities you consistently look for in others gradually become stronger within yourself.
If you constantly search for faults,
your own mind becomes filled with faults.
If you constantly search for virtues,
your own virtues blossom.
The world becomes a mirror of your vision.
Change your vision,
and your experience of the world changes.

Practising Spiritual Vision
Whenever you meet someone,
silently remember:
This is a peaceful soul.
Even if their behaviour does not reflect peace at that moment,
remember their original identity.
Then ask yourself:
"What specialty can I appreciate today?"
Perhaps it is:

- honesty,
- determination,
- kindness,
- patience,
- generosity,
- discipline,
- creativity,
- sincerity.

Offer genuine appreciation whenever appropriate.
This creates trust,
joy,
and connection.

Daily Practice: The Jewel Meditation
Sit quietly.
Experience yourself as a sparkling point of light.
Now imagine meeting one person with whom you find it difficult to maintain good feelings.
Instead of remembering their weakness,
search for one genuine specialty.
Hold that specialty in your awareness.
Now remember God.
Allow God's light to fill both you and that soul.
Silently repeat:
"I see you as God's beloved child."
Remain in this awareness for several minutes.
Notice how your heart becomes lighter.



Self-Reflection
Before sleeping, ask yourself:

- Did I notice more faults or more specialties today?
- Which soul was most difficult for me to appreciate?
- Did I silently bless people?
- Did my vision uplift others?
- How can I see with God's vision tomorrow?

Seven-Day Specialty Challenge
For the next seven days,
write down the names of five people each day.
Against each name,
write one genuine specialty.
Do not repeat the same specialty every day.
Train your intellect to discover goodness.
By the end of the week,
you will notice that your thoughts have become more positive,
your relationships more harmonious,
and your heart more generous.

Chapter Summary
Spiritual magnetism grows when our vision becomes like God's vision. Instead of focusing on weaknesses, we learn to recognize the original purity and specialties hidden within every soul. By appreciating virtues, offering blessings instead of judgments, and seeing each person as God's child, we create elevated vibrations that uplift both ourselves and others. A soul that consistently sees specialties becomes a source of encouragement, hope, and acceptance. Such divine vision naturally attracts hearts because it reflects God's unconditional love.

Murli Churning for the Day
"Do not become a collector of weaknesses; become a jeweller who discovers hidden diamonds in every soul."
Today, practise one simple question throughout the day:
"What specialty is God showing me in this soul?"
As this question becomes a habit, your eyes will begin to see differently, your heart will feel differently, and your spiritual magnetism will grow naturally.

****

Chapter 12

The Power of Divine Virtues: The Hidden Source of Spiritual Magnetism

"People may first notice your words or actions, but they remain close because of the divine virtues they experience through you."

Opening Reflection
Imagine entering a beautiful garden.
There are no loud announcements.
No signs asking people to stay.
No effort to attract visitors.
Yet everyone who enters wants to remain there.
Why?
Because of its fragrance.
The flowers do not force anyone to admire them.
Their fragrance naturally attracts hearts.
God teaches that the soul's virtues are like the fragrance of a flower.
Peace is a fragrance.
Love is a fragrance.
Humility is a fragrance.
Purity is a fragrance.
Mercy is a fragrance.
Contentment is a fragrance.
A soul filled with these divine virtues becomes spiritually magnetic without trying to impress anyone.
People may forget our appearance.
They may forget our achievements.
But they never forget how they felt in our presence.
When they experience God's virtues through us, they experience true spiritual attraction.

What Are Divine Virtues?
Virtues are the original qualities of the soul.
They are not learned from the world.



They are the eternal treasures with which every soul originally descended from the Soul World.
God reminds us that the soul is naturally:

- Peaceful
- Pure
- Loving
- Joyful
- Powerful
- Wise
- Compassionate
- Truthful

These virtues never disappear.
They simply become hidden beneath body consciousness and old sanskars.
God has now come to awaken these original treasures once again.

God's Teaching
God teaches:
"Children, do not merely know the virtues—become an embodiment of them."
Knowledge without embodiment has little power.
A person may speak beautifully about patience,
but if they become angry easily,
their words lose influence.
True spiritual magnetism is created when virtues become our natural personality.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly remind children to imbibe divine virtues through remembrance of God and by following Shrimat. God explains that virtues are the ornaments of the soul and are far more valuable than any external decoration.
Reflection: A virtuous soul needs no advertisement; its life itself becomes its introduction.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada lovingly teaches that children should become **embodiments of every virtue**. Rather than displaying knowledge alone, they should allow every thought, every word, and every action to express God's qualities.
Reflection: Virtues are the language through which God becomes visible in the world.



Why Virtues Create Spiritual Magnetism
Every soul longs for peace.
Every soul longs for unconditional love.
Every soul longs for acceptance.
When people experience these qualities through us,
they naturally feel safe.
They feel respected.
They feel understood.
They feel uplifted.
This experience creates a deep spiritual connection.
People are not attracted by perfection.
They are attracted by purity.

The Seven Virtues That Create Spiritual Magnetism
1. Peace
Peace is the foundation of every virtue.
A peaceful soul does not become disturbed by situations.
Its calmness gives courage to others.
When you remain peaceful during conflict,
your peace becomes your greatest teaching.

---

2. Love
God's love is free from expectation.
It uplifts without controlling.
It accepts without judging.
When our love reflects God's love,
people experience healing rather than dependency.

---

3. Humility
Humility is not thinking less of yourself.
It is thinking less about yourself.
The humble soul gives credit to God,
appreciates others,
and remains eager to learn.
Humility opens hearts.
Ego closes them.

---

4. Purity
Purity means having clean thoughts,

pure intentions,
and honest relationships.
People instinctively trust a pure heart.
Trust is one of the strongest foundations of spiritual magnetism.

---

5. Contentment
A contented soul radiates satisfaction.
It does not complain constantly.
It appreciates what God has given.
Contentment creates an atmosphere of abundance.

---

6. Mercy
Mercy sees beyond mistakes.
Instead of condemning,
it understands.
Instead of rejecting,
it uplifts.
Mercy reflects God's unlimited compassion.

---

7. Courage
Spiritual courage is the strength to remain truthful,
to follow Shrimat,
and to maintain virtues even when circumstances are difficult.
Courage inspires others to become better.

Virtues Grow Through God's Company
A flower does not create its own fragrance.
It absorbs nourishment from the soil,
water,
sunlight,
and air.
Similarly,
our virtues blossom when we remain connected with God.
The more we remember God,
the more naturally His qualities emerge within us.
Trying to practise virtues without God's power often becomes difficult.
With God's remembrance,
they become natural.



Obstacles to Virtues
God lovingly explains that virtues become hidden when the soul is influenced by the five vices:

- Lust weakens purity.
- Anger destroys peace.
- Greed removes contentment.
- Attachment limits love.
- Ego hides humility.

The solution is not suppression.
The solution is remembrance.
As God's light fills the soul,
the darkness naturally disappears.

Brahma Baba's Example
Those who met Brahma Baba often spoke less about his knowledge and more about his virtues.
They experienced:

- simplicity,
- humility,
- patience,
- sweetness,
- generosity,
- unwavering faith.

His virtues attracted souls from every background.
His life demonstrated that virtues are more powerful than eloquent speeches.
His presence itself became education.

Virtues in Daily Life
Every morning,
choose one virtue to practise consciously.
Perhaps today:
Peace.
Tomorrow:
Humility.
The next day:
Patience.
Throughout the day,
observe every situation as an opportunity to express that virtue.

Gradually,
virtues stop being practices.
They become your nature.

Daily Practice: The Virtue Meditation
Sit quietly.
Experience yourself as a tiny point of living light.
Remember God,
the Ocean of All Virtues.
Now imagine one divine virtue flowing into your soul.
Today,
receive Peace.
Tomorrow,
receive Love.
The next day,
receive Humility.
Silently affirm:
"This virtue is my original nature."
"God is filling me with this virtue."
"Today I will share this virtue with every soul I meet."
Remain in silence for several minutes.

Self-Reflection
Before sleeping, ask yourself:

- Which virtue was most visible in me today?
- Which situation tested my virtues?
- Did I respond according to Shrimat?
- Which virtue do I need to strengthen?
- Did others experience God's qualities through me?

Seven-Day Virtue Challenge
For the next seven days,
practise one virtue each day.
Day 1: Peace
Day 2: Love
Day 3: Humility
Day 4: Purity
Day 5: Contentment
Day 6: Mercy

Day 7: Courage
At the end of each day,
write one situation where that virtue transformed your response.
You will discover that virtues are not merely qualities—they are spiritual powers.

Chapter Summary
Divine virtues are the hidden fragrance of the soul and one of the greatest sources of spiritual magnetism. Peace, love, humility, purity, contentment, mercy, and courage are not qualities we borrow from the world but our original spiritual inheritance from God. Through remembrance, Shrimat, and regular self-transformation, these virtues become natural expressions of our soul. As they blossom, people experience trust, comfort, and inspiration in our presence. The most spiritually magnetic souls are not those who speak the most about virtues—they are those who quietly become living embodiments of them.

Murli Churning for the Day
"A soul decorated with divine virtues becomes a mirror that reflects the beauty of God."
Carry this question with you today:
"When someone meets me today, which virtue of God will they experience through me?"
When every thought, every word, and every action expresses a divine virtue, your life itself becomes a living Murli. Your presence becomes a silent blessing, and your spiritual magnetism blossoms naturally—just as a flower spreads its fragrance without effort.



Chapter 13

Detachment: Loving Without Attachment

"Detachment does not reduce love—it purifies love. The more detached a soul becomes, the more powerfully it can love, serve, and remain spiritually magnetic."

Opening Reflection
Imagine the sun shining in the sky.
It gives light to everyone without discrimination. It does not ask, "Who deserves my light?" It does not become unhappy if someone closes their window. It simply continues to shine.
God's love is like the sun.
It is constant, unconditional, and free from expectations.
God teaches us to love in the same way—not with attachment, but with spiritual awareness.
Many people believe that attachment is love. Yet attachment often brings fear, possessiveness, expectations, insecurity, and sorrow. Pure spiritual love, on the other hand, gives freedom, respect, and strength.
One of the greatest secrets of spiritual magnetism is learning to **love deeply while remaining internally detached**.

What Is Detachment?
Detachment does **not** mean indifference.
It does **not** mean becoming cold or emotionally distant.
It does **not** mean withdrawing from responsibilities.
God teaches that true detachment means:
Remaining internally free while fulfilling every responsibility with complete love and honesty.
A detached soul:

- Loves without controlling.
- Serves without expecting.
- Gives without calculating.
- Cooperates without becoming dependent.
- Performs every role while remembering, **"I am a soul, and these are my responsibilities—not my identity."**

This is the balance of Rajyoga.

God's Teaching
God reminds us that every relationship in this birth is a part of the eternal Drama.
We have met countless souls in many births.
Roles change.
Relationships change.
Bodies change.
The soul continues its eternal journey.
When we remember this truth, attachment gradually transforms into pure love.
We continue to care deeply, but we no longer become emotionally dependent.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach children to become **trustees**. Everything entrusted to us—our body, family, talents, position, and wealth—belongs ultimately to God. We care for these gifts with responsibility, but without possessiveness.
Reflection: A trustee serves with love but does not become bound by ownership.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that an angel is one who lives in the world while remaining **double light**—light in the mind and light in relationships. Such a soul fulfills every responsibility accurately but does not carry emotional burdens.
Reflection: The lighter the soul becomes, the stronger its spiritual influence.

Attachment and Love: Understanding the Difference
Many people say,
"I love you."
But what they often mean is,
"I need you."
Attachment says:

- "Don't leave me."
- "Do as I expect."
- "You are responsible for my happiness."
- "Without you I cannot be happy."

Pure love says:

- "May you always remain peaceful."
- "May you grow spiritually."



- "I respect your journey."
- "I wish your highest good."

Attachment takes.
Love gives.
Attachment binds.
Love liberates.

Why Attachment Weakens Spiritual Magnetism

Whenever the soul becomes attached:

- Fear increases.
- Anxiety increases.
- Expectations increase.
- Emotional dependence increases.

These emotions disturb our inner vibrations.
Instead of radiating peace, we radiate insecurity.
Instead of becoming a giver, we become a seeker.
Spiritually magnetic souls remain emotionally stable because their greatest relationship is with God.
All other relationships become expressions of that divine connection.

Becoming a Trustee

God teaches us to live as trustees.
Think of a gardener.
He lovingly waters every plant.
He protects them.
He cares for them.
Yet he knows the garden belongs to its owner.
Similarly, we care for:

- our family,
- our work,
- our health,
- our responsibilities,

while remembering:
"Everything belongs to God. I am only a trustee."
This awareness brings tremendous freedom.



Detachment During Difficult Situations
Life inevitably brings:

- misunderstandings,
- illness,
- separation,
- loss,
- unexpected change.

Attachment says,
"This should not happen."
Detachment remembers,
"This scene also belongs to the Drama."
This does not remove compassion.
It removes unnecessary suffering.
God does not ask us to stop caring.
He teaches us to care with wisdom.

Detachment Makes Service Powerful
Suppose you are helping someone.
If you expect appreciation,
your happiness depends on their response.
But if you serve as God's instrument,
your happiness remains stable whether they thank you or not.
This is why detached service becomes powerful.
It is free from ego.
Free from expectation.
Free from disappointment.

Brahma Baba's Example
Brahma Baba loved every child deeply.
Yet his love was never possessive.
He encouraged every soul to develop a direct relationship with God rather than becoming dependent on him.
This is true spiritual parenting.
True leadership.
True love.
He connected souls with the Supreme, not with himself.

Loving Through God's Vision
Whenever attachment arises,
pause and remember:
"This soul belongs to God."
Not to me.
Not to my expectations.
God has entrusted this relationship to me for service and spiritual growth.
This one awareness transforms attachment into blessing.

Daily Practice: The Double-Light Meditation
Sit comfortably.
Experience yourself as a point of light.
Remember God as the Supreme Light.
Now visualize every relationship in your life.
Family.
Friends.
Colleagues.
Students.
Silently offer each relationship back to God.
Repeat:
"God, thank You for entrusting these souls to my care. Help me love them with purity, wisdom, and freedom."
Experience becoming **double light**.
Light in your mind.
Light in your heart.
Light in your relationships.
Remain in this stage for several minutes.

Self-Reflection
Before sleeping, ask yourself:

- Did I expect anything from anyone today?
- Did I become emotionally disturbed because of another person's behaviour?
- Was my love unconditional?
- Did I remember that every soul belongs to God?
- How can I become lighter tomorrow?



Seven-Day Detachment Challenge
For the next seven days:
Whenever you feel disappointed by someone's behaviour,
instead of reacting,
pause for one minute.
Remember:
"I am a soul. This soul is also God's child. This scene is part of the Drama. I choose peace and good wishes."
Then respond with dignity and kindness.
Notice how your emotional stability increases.

Chapter Summary
Detachment is one of the highest expressions of spiritual maturity. It does not reduce love—it frees love from fear, expectations, and possessiveness. By living as a trustee, remembering that every soul belongs to God, and maintaining a deep connection with the Supreme, we become emotionally stable and spiritually powerful. Such a soul serves selflessly, loves unconditionally, and remains light through every scene of life. This inner freedom creates a powerful spiritual magnetism that inspires trust, peace, and strength in others.

Murli Churning for the Day
"The more your heart belongs to God, the more freely you can love every soul without attachment."
Today, carry this question with you:
"Am I trying to possess this relationship, or am I serving it as God's trustee?"
When your answer becomes **"I am a trustee,"** your love becomes purer, your mind becomes lighter, and your spiritual magnetism becomes stronger.

****

Chapter 14

The Power of Mercy and Forgiveness

"Mercy is the crown of a spiritually powerful soul. Forgiveness is the fragrance that reveals true inner strength."

Opening Reflection

A mighty river flows continuously toward the ocean.
As it travels, people may throw stones into it, animals may cross it, leaves may fall into it, and dirt may enter its waters. Yet the river does not stop flowing because of these disturbances. It continues its journey, cleansing itself and giving life to everyone along its path.
God wants His children to become like that river.
In today's world, many hearts are burdened with old memories, disappointments, betrayals, misunderstandings, and hurt. Some people carry emotional pain for years. Although the incident happened long ago, the suffering continues because the mind keeps repeating the same scene.
Every time we replay a painful memory, we lose spiritual power.
God teaches that the greatest victory is not over another person—it is over our own reactions.
A soul that learns to forgive becomes free.
A soul that becomes free becomes light.
A light soul naturally becomes spiritually magnetic.

What Is Forgiveness?

Forgiveness does **not** mean that we approve of someone's wrong actions.
It does **not** mean ignoring injustice.
It does **not** mean allowing harmful behaviour to continue.
True forgiveness means:
I refuse to carry anger, resentment, or bitterness in my heart.
Forgiveness is a gift we first give to ourselves.
When we forgive, we do not free the other person alone.
We free our own mind.



God's Teaching

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly remind children not to see the weaknesses of others but to remain merciful and maintain good wishes for every soul. By remembering the eternal Drama and God's guidance, children remain free from resentment and continue moving forward.

Reflection: Mercy protects the soul from becoming influenced by the mistakes of others.

Murli-Inspired Teaching from the Avyakta Murlis

Avyakta BapDada teaches that one sign of becoming angelic is having **unlimited mercy**. A merciful soul does not become trapped in complaints or blame. Instead, it constantly gives blessings, courage, and good wishes.

Such souls become instruments for healing hearts.

Reflection: The greatest servers are not those who judge, but those who uplift.

Why Mercy Creates Spiritual Magnetism

Think about the people who have changed your life.

Were they constantly criticizing you?

Or did they understand your struggles, encourage you, and patiently help you grow?

Merciful people create emotional safety.

Others feel accepted.

They feel understood.

They feel hopeful.

That hope becomes a powerful attraction.

People naturally trust those who understand them without judging them.

The Burden of Holding Grudges

Imagine carrying a heavy suitcase every day.

After a few hours, it becomes exhausting.

Now imagine carrying it for years.

This is what resentment does to the soul.

Every old hurt occupies mental space.

It steals peace.

It weakens concentration.

It reduces spiritual power.

Forgiveness is not losing something.

It is putting down a burden that was never meant to be carried.



The Difference Between Justice and Revenge
God is the Supreme Judge.
The law of karma is perfect.
Every action produces its own result.
Therefore, we do not need to seek revenge.
Our responsibility is to create elevated karma today.
The Drama and the law of karma will take care of everything else.
This understanding gives tremendous freedom.

Mercy Begins with Understanding
When a child falls while learning to walk, the mother does not become angry.
She understands.
Similarly, spiritually mature souls understand that every person is at a different stage of spiritual growth.
Some are learning patience.
Some are learning honesty.
Some are learning self-respect.
Some are learning peace.
Instead of condemning them,
we pray for their progress.

The Greatest Person to Forgive
Sometimes the hardest person to forgive is ourselves.
We remember:

- old mistakes,
- wrong decisions,
- missed opportunities,
- words we regret.

God teaches that sincere repentance followed by transformation is enough.
Once we have learned the lesson,
we must stop punishing ourselves.
Self-forgiveness allows spiritual progress to continue.

Brahma Baba: An Embodiment of Mercy
Throughout his life, Brahma Baba met people with many different sanskars and backgrounds.
Some understood him.
Some misunderstood him.
Some appreciated him.
Some opposed him.
Yet he continued to give respect, encouragement, and love.
He did not keep a record of mistakes.
He saw each soul's future, not merely its present.
His heart remained open because it belonged completely to God.
This is why thousands experienced transformation simply by coming into his company.
His mercy became one of his greatest spiritual attractions.

The Greatest Person to Forgive
Sometimes the hardest person to forgive is ourselves.
We remember:

- mistakes,
- failures,
- wrong decisions,
- opportunities we lost.

God teaches:
Learn.
Transform.
Move forward.
Do not remain trapped in guilt.
A soul carrying guilt cannot fly.
God does not want guilty children.
He wants transformed children.

Forgiveness Creates Freedom
Imagine carrying a heavy stone in your hands every day.
After a while,
your arms begin to ache.
Now imagine putting the stone down.
Nothing outside has changed.
But you feel lighter.
Forgiveness is putting down the emotional weight you were never meant to carry.



The lighter the soul,
the stronger its spiritual magnetism.

Blessings Instead of Complaints
God teaches a beautiful spiritual practice.
Whenever someone hurts you,
instead of mentally criticizing,
silently bless them.
For example:
"May this soul experience God's peace."
"May this soul become free from sorrow."
"May this soul awaken to its original purity."
Blessings protect your own stage.
They also become invisible service.

The Healing Power of Good Wishes
Good wishes are subtle medicine.
They heal relationships before conversations begin.
Sometimes words cannot solve a situation.
But pure vibrations can soften hearts.
A soul that constantly gives good wishes becomes a healing presence.
People may never know why they feel peaceful around such a person.
They simply experience God's love through them.

Daily Practice: The Ocean of Mercy Meditation
Sit comfortably.
Become aware of yourself as a radiant point of light.
Now remember God—the Ocean of Love, Peace, and Mercy.
Experience waves of God's mercy filling your soul.
Now bring before your mind someone who has hurt you.
Do not remember the incident.
Remember only the soul.
See them as a child of God.
Silently repeat:
"I release all bitterness.
I send you peace.
May God fill you with light.
I remain free."
Remain in silence for several minutes.

Notice the lightness within.

Self-Reflection
Before sleeping, ask yourself:

- Did I become influenced by someone's weaknesses today?
- Did I hold any complaint in my heart?
- Did I bless those who challenged me?
- Am I carrying old emotional burdens?
- What can I surrender to God tonight?

Seven-Day Mercy Challenge
For the next seven days:
Whenever someone behaves negatively,
pause before reacting.
Silently remember:
"This soul is also God's child."
Then consciously send one blessing before speaking.
Observe how your own peace remains protected.

Chapter Summary
Mercy and forgiveness are among the highest expressions of spiritual maturity. A merciful soul sees beyond the weaknesses of others and recognizes the original purity hidden within every being. Forgiveness frees the soul from resentment, while good wishes transform painful memories into opportunities for spiritual growth. By remembering God, understanding the eternal Drama, and responding with compassion rather than reaction, we become channels of healing. Such a soul radiates unconditional love, emotional freedom, and deep spiritual power—qualities that form the very heart of lasting spiritual magnetism.

Murli Churning for the Day
"The soul that remains merciful in every situation becomes an instrument of God's mercy. Such a soul does not collect complaints—it distributes blessings."
Today, carry this question in your heart:
"When someone makes a mistake, do I become a judge—or do I become an instrument of God's mercy?"
The answer reveals the depth of your spiritual maturity. The more your heart reflects God's mercy, the more your presence becomes a source of peace, healing, and spiritual magnetism.



****

Chapter 15

The Power of Contented Relationships: Becoming a Giver Instead of a Seeker

"The most spiritually magnetic relationships are created by souls who give more than they expect."

Opening Reflection
Imagine two lamps placed side by side.
The first lamp has no oil. It keeps trying to borrow light from the second lamp.
Eventually, both become dim.
The second lamp is constantly connected to an unlimited source of oil. It never worries about running out. It continues to shine and naturally lights many other lamps.
God wants every soul to become like the second lamp.
Most relationship problems arise because two empty souls expect each other to fill their emotional needs.
One says,
"Understand me."
The other says,
"Appreciate me."
One says,
"Love me."
The other says,
"Respect me."
Both are asking.
Very few are giving.
According to God's teachings, spiritual magnetism develops when we become **bestowers** rather than **beggars**.
A soul that receives its love, peace, and happiness from God naturally becomes a giver in every relationship.



Why Relationships Become Difficult
Relationships do not become unhappy because people are different.
They become unhappy because expectations become greater than acceptance.
Whenever we think:

- "They should behave according to my wishes."
- "They should understand me."
- "They should appreciate my sacrifices."

our happiness becomes dependent on another person's behaviour.
Dependency creates sorrow.
Freedom creates love.

God's Teaching
God teaches that every soul is playing its unique role according to the eternal Drama and its own sanskars.
We cannot change another person's sanskars through pressure.
We inspire transformation by changing our own stage.
When we become peaceful,
peace spreads.
When we become loving,
love spreads.
When we become stable,
stability influences others.
Transformation begins with the self.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach children to become **bestowers**—giving peace, love, happiness, and cooperation without expecting anything in return. By remaining connected to God, the soul stays full and naturally shares its spiritual treasures.
Reflection: The fullest soul is the one that gives the most.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that elevated souls constantly maintain **pure feelings and good wishes** for every soul. Even when others make mistakes, they continue to give respect, courage, and blessings.
Such relationships become free from emotional bargaining.
Reflection: Giving is the natural language of an elevated soul.



The Four Types of Relationships

1. Dependent Relationships

These are based on emotional need.
"I need you to make me happy."
Such relationships become fragile.

---

2. Transactional Relationships

"I will love you if you love me."
Giving depends on receiving.
These relationships remain unstable.

---

3. Respectful Relationships

Each person appreciates the other's individuality.
There is cooperation.
There is dignity.
There is trust.

---

4. Spiritual Relationships

These are based on soul consciousness.
Each soul remembers:
"We both belong to God."
There is unconditional goodwill.
There is freedom.
There is deep respect.
These relationships become spiritually magnetic.

Becoming a Bestower

Ask yourself every morning:
Instead of,
"What will I receive today?"
ask,
"What can I give today?"
Can I give:

- Peace?
- Encouragement?
- Patience?
- Respect?
- Forgiveness?
- A smile?

- Good wishes?
- Cooperation?

God's children are donors of spiritual treasures.

The Power of Listening

One of the greatest gifts we can offer another soul is sincere listening.
Most people do not listen to understand.
They listen to reply.
Spiritually magnetic souls listen with:

- patience,
- compassion,
- acceptance,
- respect.

When someone feels heard,
half their burden disappears.
Listening itself becomes service.

Accepting Different Sanskars

God never created two identical souls.
Each soul carries different experiences accumulated over many births.
Therefore,
differences are natural.
Instead of asking,
"Why aren't they like me?"
ask,
"What is God teaching me through this soul?"
Some souls teach patience.
Some teach tolerance.
Some teach humility.
Some teach forgiveness.
Every relationship becomes a classroom for spiritual growth.

Freedom Through Acceptance

Acceptance does not mean agreeing with every action.
Acceptance means recognizing reality without inner resistance.
Once reality is accepted,
the intellect becomes peaceful enough to choose the best response.
Resistance wastes energy.
Acceptance creates wisdom.



The Family as a Spiritual University
God teaches that our family is one of our greatest spiritual classrooms.
Every interaction becomes an opportunity to practise:

- patience,
- humility,
- forgiveness,
- cooperation,
- contentment,
- unconditional love.

Instead of asking,
"Why is my family like this?"
remember,
"God has lovingly selected these relationships to help me grow."
This understanding changes complaints into gratitude.

Brahma Baba's Example
Brahma Baba treated every child as a soul.
He did not create feelings of superiority or inferiority.
Each person felt valued.
Each person felt accepted.
Each person felt encouraged.
This atmosphere of respect became one of the greatest strengths of the Brahmin family.
People were attracted not merely by knowledge,
but by the experience of unconditional acceptance.

Daily Practice: Becoming a Donor
Before meeting anyone today,
pause for a few seconds.
Silently remember:
"I am God's child."
Then think:
"Today I will give this soul peace, respect, and good wishes."
Carry this awareness into every conversation.
Observe how your interactions begin to change.

Self-Reflection
Before sleeping, ask:

- Did I expect more than I gave today?



- Did I truly listen to others?
- Did I maintain good wishes even during disagreements?
- Which relationship taught me the most today?
- How did remembering God change my interactions?

Seven-Day Relationship Challenge
For the next seven days:
Choose one relationship each day.
Without telling the other person,
silently give them:

- respect,
- blessings,
- patience,
- appreciation,
- and one act of selfless kindness.

Expect nothing in return.
At the end of the week,
observe how your own heart has changed.

Chapter Summary
Spiritually magnetic relationships are built on giving rather than seeking. When the soul receives its peace, love, and self-respect from God, it no longer depends on others for emotional fulfillment. Instead, it becomes a bestower of spiritual treasures. By accepting different sanskars, listening with compassion, respecting every soul, and maintaining pure feelings, relationships become lighter, happier, and more harmonious. Such relationships not only enrich our lives but also become a powerful medium for spiritual service.

Murli Churning for the Day
"A soul that is full of God's love does not ask the world for happiness—it shares happiness with the world."
Reflect on this question throughout the day:
"In every relationship today, did I behave like a seeker, or did I become a bestower?"
The more your answer becomes **"I was a bestower,"** the more your spiritual magnetism will naturally increase, because the world is always drawn toward souls who give without expecting.

****

Part III –
Awakening Inner Spiritual Power

Chapter 16

The Power of Spiritual Stability

"A stable soul becomes a pillar of strength for many. When the mind is stable, the soul naturally radiates spiritual magnetism."

Opening Reflection

Imagine a magnificent lighthouse standing on a rocky coastline.
Day and night, mighty waves crash against it. Powerful winds blow from every direction. Storms rage, thunder roars, and the sea becomes turbulent.
Yet the lighthouse never moves.
It does not become frightened by the storm.
It does not chase the ships.
It simply remains firmly rooted, continuously radiating light.
Because it remains stable, countless ships safely reach their destination.
God wants every child to become such a lighthouse.
Today's world is passing through a time of uncertainty. News changes every hour.
Relationships change. Health changes. Careers change. Technology changes.
Everything around us is changing.
But the soul that remains connected to God remains stable amidst all change.
Such stability becomes one of the greatest forms of spiritual magnetism.
People instinctively trust those who remain calm when everyone else is disturbed.

What Is Spiritual Stability?

Spiritual stability means remaining firmly established in soul consciousness and God's remembrance regardless of external situations.
It does not mean that difficulties disappear.
It means that difficulties no longer control the soul.
A stable soul:

- remains peaceful during praise and criticism,
- remains cheerful during success and failure,
- remains loving even when misunderstood,
- remains patient during delays,
- remains courageous during uncertainty,
- remains connected to God in every scene.

Its inner state no longer depends on changing circumstances.

God's Teaching
God teaches that the Drama is eternally accurate and beneficial.
Every scene has meaning.
Every challenge carries a lesson.
Every delay has purpose.
When the soul develops complete faith in God and the Drama, unnecessary fear disappears.
Instead of asking,
"Why has this happened?"
the soul begins asking,
"What is God teaching me through this scene?"
This one question transforms disturbance into wisdom.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly encourage children to remain **unshakeable** by remembering that every scene belongs to the eternal Drama. God reminds children to stay in remembrance and avoid becoming influenced by temporary situations.
Reflection: Stability grows when faith becomes stronger than circumstances.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada often describes an elevated soul as **immovable and unshakeable**—one whose stage does not fluctuate according to praise, criticism, success, or obstacles. Such a soul becomes an embodiment of spiritual power and gives courage to others.
Reflection: A stable stage is itself a powerful form of service.

Why Stability Creates Spiritual Magnetism
Imagine entering two workplaces.
In the first, the leader becomes anxious during every problem.
Everyone feels nervous.
Fear spreads quickly.
In the second, the leader remains calm.
They listen carefully.
They think clearly.
They encourage others.
Even during challenges, confidence remains.
Which environment feels more secure?
Which leader inspires greater trust?



People are naturally attracted to emotional stability because it creates safety.
Spiritually magnetic souls become emotional anchors for others.

The Five Situations That Test Stability

1. Praise

Praise can quietly feed the ego.
Instead of becoming inflated,
remember:
"Whatever I have is God's gift."
Remain humble.

---

2. Criticism

Criticism tests emotional maturity.
Instead of reacting,
pause.
Ask:
"Is there something valuable I can learn?"
If yes, improve.
If not, remain peaceful.

---

3. Success

Success should increase gratitude,
not pride.
Every achievement is another opportunity to serve.

---

4. Failure

Failure never defines the soul.
It simply provides another lesson.
A spiritually stable soul learns,
adjusts,
and moves forward without self-condemnation.

---

5. Sudden Change

Unexpected events often reveal the true stage of consciousness.
Instead of resisting change,
remember:
"The Drama knows what I cannot yet see."
Trust brings stability.

Stability Begins with the Mind
The mind naturally follows repeated habits.
If every small event disturbs us,
the mind becomes weak.
God teaches us to strengthen the mind through regular remembrance.
Every moment of Rajyoga meditation becomes spiritual exercise.
Just as muscles grow stronger through repeated training,
the mind becomes stable through repeated remembrance of God.

The Power of Spiritual Pause
Most mistakes occur because we react immediately.
God teaches us to create a sacred pause.
Before speaking...
Pause.
Before making an important decision...
Pause.
Before responding to criticism...
Pause.
During that pause,
remember:
"I am a peaceful soul. God is with me."
Often,
this one minute prevents hours of regret.

Brahma Baba's Example
Throughout the establishment of the Yagya, Brahma Baba experienced many external challenges.
There was misunderstanding,
opposition,
financial uncertainty,
and numerous obstacles.
Yet those who met him consistently experienced peace, cheerfulness, and complete faith in God.
His stability did not come from favorable circumstances.
It came from complete surrender to God.
That unwavering faith became one of the greatest sources of his spiritual magnetism.



Stability During Service
Sometimes service appears successful.
Sometimes results seem slow.
Sometimes people appreciate our efforts.
Sometimes they misunderstand us.
God teaches:
Do not measure service by visible results.
Measure it by the quality of your stage while serving.
If your peace remains unchanged,
your service is successful.

Daily Practice: Becoming the Lighthouse
Early in the morning,
sit comfortably.
Visualize yourself standing like a lighthouse beside a vast ocean.
Storms come.
Waves rise.
Clouds gather.
Yet your inner light remains steady.
Now experience God's light filling you.
Silently repeat:
"I am stable."
"I am fearless."
"God is with me."
"Nothing can shake my original stage."
Remain in this experience for several minutes.
Carry this awareness into your day.

Self-Reflection
Before sleeping, ask:

- Which situation disturbed me today?
- Why did I allow it to influence my stage?
- Did I remember God before reacting?
- Which quality helped me remain stable?
- What will I practise tomorrow?

Seven-Day Stability Challenge
For the next seven days,
whenever an unexpected situation arises,



do not react immediately.
Instead,
follow this simple sequence:

1. Pause.
2. Remember God.
3. Breathe deeply.
4. Create one elevated thought.
5. Then respond calmly.

Observe how many problems dissolve simply because you remained stable.

Chapter Summary

Spiritual stability is one of the highest expressions of spiritual maturity. A stable soul does not allow changing circumstances to control its inner state because it remains firmly connected with God and has faith in the eternal Drama. Such stability creates trust, courage, and peace in everyone who comes near. By learning to pause, respond with wisdom, and remain unshakeable during life's changing scenes, we become lighthouses for the world. This unwavering inner stage becomes one of the strongest foundations of spiritual magnetism.

Murli Churning for the Day

"The world does not need more people who react to situations; it needs souls who remain stable enough to transform situations."

Today, carry this thought throughout the day:

"Will this situation control my consciousness, or will my consciousness transform this situation?"

When the answer consistently becomes **"My consciousness will transform the situation,"** your spiritual magnetism will begin to shine with the quiet, unshakeable power of a soul deeply connected with God.

****

Chapter 17

Becoming an Instrument: The Highest Secret of Spiritual Magnetism

"The greatest spiritual magnetism is not created when people notice you—it is created when they experience God through you."

Opening Reflection

Imagine a flute lying quietly beside a river.
By itself, it cannot produce music. It may be beautifully carved and polished, but without the musician, it remains silent.
Now imagine the flute in the hands of a master musician. The same flute begins to produce melodies that touch thousands of hearts.
The glory does not belong to the flute.
It belongs to the musician.
God teaches that every soul should become like that flute.
When the ego says, **"I am the doer,"** spiritual power decreases.
When the soul says, **"God is the Doer. I am His instrument,"** divine power begins to flow naturally.
This is one of the deepest secrets taught throughout the Sakar and Avyakta Murlis.
The more we become instruments, the more spiritually magnetic we become.

What Does It Mean to Be an Instrument?

Being an instrument does not mean becoming passive.
It does not mean avoiding responsibility.
It means performing every action with full effort while remaining free from ego and attachment.
An instrument thinks:

- "God is guiding me."
- "God is giving me power."
- "God is the One accomplishing this task."
- "My responsibility is sincerity; the results belong to God."

This awareness makes the soul light.



God's Teaching
God repeatedly reminds His children:
"Become a trustee, not an owner."
Everything we have—

- our body,
- intellect,
- talents,
- position,
- family,
- wealth,
- opportunities—

has been entrusted to us for a temporary period.
Nothing belongs to the body-conscious "I."
Everything is a sacred trust.
When this awareness becomes natural,
ego gradually disappears.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that children should become **instruments for God's service**, maintaining humility and remembrance. Success comes not through personal ability alone but through God's power working through a surrendered soul.
Reflection: The less the ego interferes, the more clearly God's qualities are expressed.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that an elevated child remains a **detached observer and an obedient instrument**. Such a soul does not become burdened by success or failure because it knows that the Drama unfolds under God's guidance.
Reflection: Obedience and surrender make the soul available for God's task.

The Difference Between a Doer and an Instrument
The Doer Thinks:
"I achieved this."
"I deserve the credit."
"My effort made this possible."
"My success."
"My knowledge."
"My service."



As a result,
ego grows.
Pressure increases.
Fear of failure develops.

The Instrument Thinks:
"God gave me this opportunity."
"God gave me this ability."
"God is using me for His task."
"Everything belongs to Him."
As a result,
gratitude grows.
Humility increases.
Peace remains stable.

Why Instruments Become Spiritually Magnetic
Think of a clear glass window.
If it is covered with dust,
sunlight cannot pass through clearly.
When the glass is clean,
the sunlight shines brilliantly.
The glass never claims,
"I created the light."
It simply allows the light to pass.
Similarly,
our ego is like dust.
Humility cleans the glass.
Then God's peace,
God's love,
God's wisdom,
and God's power begin to shine through us.
People are not attracted to our personality alone.
They are attracted to the divine qualities flowing through us.

Signs That Ego Is Returning
God teaches us to check ourselves honestly.
Ego often appears in subtle ways:

- feeling hurt when not appreciated,
- wanting our opinion to be accepted,

- becoming jealous of another's success,
- taking pride in spiritual knowledge,
- comparing our service with others,
- becoming disappointed when results are slow.

Each of these reminds us to return to instrument consciousness.

The Freedom of Surrender

Many people fear surrender because they think it means losing freedom.
God teaches the opposite.
When we surrender:

- worry decreases,
- pressure decreases,
- anxiety decreases,
- burden decreases.

We continue making full effort,
but we stop carrying unnecessary weight.
Surrender is not weakness.
It is complete trust.

Brahma Baba: The Perfect Instrument

One of Brahma Baba's greatest qualities was his constant awareness that **God was the One carrying out the task**.
Despite establishing a worldwide spiritual family, he never claimed ownership.
Whenever praise came,
he redirected it toward God.
Whenever challenges came,
he trusted God.
Because he remained an egoless instrument,
God's task expanded beyond imagination.
This is why humility became one of his greatest spiritual powers.

Instrument Consciousness in Daily Life

Before beginning any work—
teaching,
writing,
cooking,
meeting someone,
giving a lecture,
or serving your family—

pause for a moment.
Silently remember:
"God, this is Your task. I am Your instrument."
Then begin.
Notice how your mind becomes calmer,
your decisions become clearer,
and your speech becomes sweeter.

The Joy of Invisible Service
Not every service needs recognition.
Some of the greatest service is completely invisible.
A silent blessing.
A sincere prayer.
A pure thought.
A word of encouragement.
A smile.
An act of kindness.
God notices every pure effort,
even when the world does not.
Therefore,
serve for God's happiness,
not for human appreciation.

Daily Practice: The Instrument Meditation
Sit comfortably.
Experience yourself as a tiny point of radiant light.
Now remember God as the Ocean of Peace, Love, and Power.
Visualize God's light flowing into your soul.
Now silently affirm:
God, I belong to You.
Use my thoughts for Your service.
Use my words for Your service.
Use my hands for Your service.
May every action today reflect Your qualities.
Remain in this experience for several minutes.

Self-Reflection
Before sleeping, ask yourself:

- Did I remember that I am God's instrument today?



- Did I seek appreciation?
- Did I become burdened by results?
- Which action today truly reflected God's qualities?
- How can I surrender more deeply tomorrow?

Seven-Day Instrument Challenge
For the next seven days,
before every important activity,
pause for ten seconds.
Silently remember:
"God is the Doer. I am His instrument."
Then perform the task with complete sincerity.
Observe:

- your peace,
- your confidence,
- your interactions,
- and your happiness.

You will discover that work becomes lighter,
and your presence becomes more powerful.

Chapter Summary
True spiritual magnetism reaches its highest expression when the soul becomes a humble instrument of God. By letting go of the ego of doership and remembering that every talent, opportunity, and success is God's gift, we become clear channels through which divine qualities flow. An instrument works sincerely without attachment to results, remains grateful in success, peaceful in challenges, and humble in service. Such a soul does not attract attention to itself; instead, it quietly inspires others to experience God. This is the highest form of spiritual influence.

Murli Churning for the Day
"The less there is of 'I,' the more there is of God. The more there is of God, the greater the soul's spiritual magnetism."
Spend a few moments in silence reflecting on this question:
"When people meet me, do they remember my personality—or do they experience God's peace, love, and purity through me?"
As this awareness deepens, your life itself becomes a living example of spiritual magnetism—a soul that shines not with its own light, but by reflecting the unlimited light of God.



****

Chapter 18

The Power of Blessings: Becoming a Constant Bestower

"A soul that constantly gives blessings becomes a magnet for God's blessings. The more you bless others, the more spiritually powerful and attractive you become."

Opening Reflection
Imagine standing beside a fragrant sandalwood tree.
Whether someone praises the tree or cuts one of its branches, the tree continues to spread its fragrance.
It does not choose who deserves its perfume.
Its nature is simply to give.
God teaches that every child should become like the sandalwood tree.
No matter what behaviour we receive from others, we should continue to give peace, respect, good wishes, and blessings.
This is not ordinary goodness.
It is spiritual royalty.
The greatest spiritual magnetism is not created by receiving blessings.
It is created by becoming a **constant bestower of blessings**.

What Is a Blessing?
A blessing is more than a kind word.
It is a **pure, elevated thought** created from the depths of the soul.
A blessing carries God's love.
It strengthens another soul.
It gives courage.
It awakens hope.
It reminds a soul of its original goodness.
Every blessing becomes a subtle gift that travels through vibrations.
Long after words are forgotten, blessings continue to work.

God's Teaching
God teaches that children should become **bestowers**, not seekers.
The more the soul remains connected with God, the fuller it becomes.
A full soul naturally gives.
It gives:

- peace instead of anger,
- courage instead of fear,
- forgiveness instead of resentment,
- appreciation instead of criticism,
- hope instead of discouragement.

Such giving never makes the soul poor.
Instead, it multiplies its inner wealth.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly encourage children to maintain **good wishes and pure feelings** for every soul. God teaches that by remaining soul-conscious and remembering Him, children become instruments who spread happiness and peace wherever they go.
Reflection: Every pure thought created for another soul first purifies the one who creates it.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada frequently reminds children to become **master bestowers**, distributing the treasures received from God. Whether someone appreciates us or opposes us, we continue to give blessings because giving is our original nature.
Reflection: A bestower never becomes empty because the source of giving is God Himself.

The Difference Between Good Wishes and Expectations
Many people say,
"I wish them well."
But hidden beneath that thought is an expectation:
"I hope they appreciate me."
True blessings contain no hidden demand.
They simply wish for the highest good of another soul.
For example:
"May this soul experience peace."



"May this soul become close to God."
"May this soul discover its own greatness."
There is no desire to receive anything back.
This purity gives blessings extraordinary power.

Why Blessings Increase Spiritual Magnetism
People are naturally drawn toward those who make them feel stronger.
When someone constantly criticizes us,
our heart closes.
When someone silently encourages us,
our heart opens.
A spiritually magnetic soul becomes an atmosphere where others feel:

- accepted,
- respected,
- encouraged,
- uplifted.

This atmosphere is created through blessings.

Blessing Instead of Reacting
Suppose someone speaks harshly.
The ordinary mind reacts.
The spiritual mind pauses.
Instead of creating another negative thought,
it silently creates a blessing.
For example:
"May this soul be peaceful."
This one thought changes everything.
The other person's behaviour may remain the same.
But your consciousness remains elevated.
Instead of becoming influenced,
you become an influence.

Blessings Heal Relationships
Many relationships remain strained because both people are waiting for the other to change first.
God teaches another path.
Become the first person to give blessings.
Even if communication is difficult,
bless them silently.

Blessings gradually change the atmosphere.
Sometimes they change the other person.
Always they change us.

Brahma Baba's Example
Those who met Brahma Baba often felt that he looked at them with complete acceptance.
His vision itself was a blessing.
People did not merely hear knowledge.
They experienced love,
respect,
and hope.
His silent blessings awakened the hidden specialties within countless souls.
This is why his presence became spiritually magnetic.

Blessing Through Vision
Our eyes communicate before our words.
Ask yourself:
When people meet me,
what do they experience through my eyes?
Judgment?
Impatience?
Comparison?
Or acceptance?
God teaches us to develop a vision that silently says:
"You are a peaceful soul. You are God's beloved child."
This vision itself becomes a blessing.

Blessing Through Speech
Before speaking,
ask:
Will these words strengthen this soul?
Will they encourage?
Will they heal?
Will they bring hope?
A single sentence spoken with pure feelings can remain in someone's heart for years.



Blessing Through Thoughts
Even when someone is far away,
our thoughts reach them.
This is why God repeatedly reminds us to protect the quality of our thinking.
Every pure thought becomes invisible service.

Daily Practice: The Circle of Blessings
Early in the morning,
sit in meditation.
Experience yourself as a point of divine light.
Remember God.
Now imagine circles of souls around you.
First,
your family.
Silently bless each one.
Then,
your colleagues.
Then,
your neighbours.
Then,
those with whom you have differences.
Finally,
the entire world.
Repeat:
"May every soul experience God's peace."
Remain in silence for several minutes.

Self-Reflection
Before sleeping, ask:

- Whom did I bless today?
- Did I criticize anyone mentally?
- Did I react or did I become a bestower?
- Which relationship needs more blessings from me?
- Did my thoughts uplift others?

Seven-Day Blessing Challenge
For the next seven days,
choose five people every morning.
Silently send each one a different blessing.



For example:

- Peace
- Courage
- Good health
- Wisdom
- Happiness

Do this every day without telling them.
Observe how your own heart becomes lighter,
your relationships soften,
and your inner joy increases.

The Greatest Blessing We Can Give

The greatest blessing is not wealth,
success,
or comfort.
The greatest blessing is helping another soul remember:

- who they truly are,
- who God is,
- and what their eternal inheritance is.

When our life inspires even one soul to move closer to God,
our service becomes invaluable.

Chapter Summary

A spiritually magnetic soul is a constant bestower of blessings. Connected with God, it remains full of peace, love, and spiritual power, and therefore naturally shares these treasures with every soul. Blessings expressed through thoughts, vision, words, and actions heal relationships, transform atmospheres, and uplift both the giver and the receiver. By replacing reactions with blessings and expectations with pure feelings, we become instruments of God's unlimited love. Such a soul does not merely live in the world—it quietly enriches it.

Murli Churning for the Day

"The soul that constantly gives blessings never becomes poor, because every blessing given returns multiplied through God's love."

Today, practise one simple discipline:
Before every meeting, silently ask yourself:
"What blessing can I give this soul before I speak?"



As this becomes your natural habit, your thoughts become purer, your heart becomes kinder, and your spiritual magnetism grows effortlessly, because a bestower is always close to God.

****

Chapter 19

Living in God's Company: The Supreme Source of Spiritual Magnetism

"The closer the soul comes to God, the more naturally it becomes spiritually magnetic. God's company transforms ordinary souls into living embodiments of peace, love, and power."

Opening Reflection

A piece of cold iron has no magnetic power of its own.
It cannot attract anything.
But if that same iron remains in continuous contact with a powerful magnet, something remarkable happens. Gradually, the iron itself becomes magnetized. It begins to attract other pieces of iron—not because of its own power, but because it has absorbed the magnet's influence.
God gives us this same spiritual law.
The soul, when separated from God for many births, gradually loses its original spiritual power. Peace becomes difficult. Love becomes conditional. Happiness depends on circumstances. The soul begins searching outside for what it has forgotten within.
But when the soul comes into God's company through remembrance, meditation, and Shrimat, a beautiful transformation begins.
God's peace becomes our peace.
God's purity becomes our purity.
God's love becomes our love.
God's power becomes our power.
Then, without effort, the soul itself becomes spiritually magnetic.

What Does It Mean to Live in God's Company?
Living in God's company does not simply mean spending a few minutes in meditation each day.
It means carrying the awareness of God into every thought, every decision, every relationship, and every action.
It means remembering:

- God is with me.
- God is guiding me.
- God is my Companion.
- God is my Teacher.
- God is my Beloved Father.
- God is the Ocean of every virtue.

When this awareness becomes natural, loneliness disappears.
Fear begins to fade.
Inner security becomes constant.

God's Teaching
God reminds His children:
"Children, remember Me and your sins will be burned away."
This remembrance is not mechanical repetition.
It is a relationship.
Just as a child naturally remembers a loving parent, the soul remembers its Supreme Father with love, gratitude, and belonging.
This remembrance fills the soul with spiritual energy.
It purifies the intellect.
It strengthens determination.
It awakens forgotten virtues.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly emphasize **remembrance (Yoga)** as the highest spiritual effort. God teaches that remembrance is the fire that purifies the soul, strengthens its stage, and enables it to claim its inheritance.
Reflection: Knowledge shows the path, but remembrance gives the power to walk it.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that children should remain **combined with God**. A combined soul naturally experiences lightness, constant companionship, and



unlimited strength. Such a soul is not shaken by circumstances because it never feels alone.
Reflection: A soul combined with God becomes an embodiment of His qualities.

Why God's Company Creates Spiritual Magnetism
People often ask,
"Why do some souls radiate such extraordinary peace?"
The answer is simple.
They spend more time absorbing God's qualities than absorbing the world's negativity.
Just as clothing absorbs the fragrance of perfume,
the soul absorbs the qualities of the One it constantly remembers.
If we constantly remember the world,
we absorb anxiety.
If we constantly remember God,
we absorb peace.
The soul gradually begins to resemble the One it loves.

The Four Forms of God's Company
1. Through Remembrance
Every moment of loving remembrance strengthens the soul.
Even one minute of deep connection is more powerful than hours of distracted thinking.

---

2. Through Shrimat
God's directions protect the soul.
Whenever we follow Shrimat instead of our own impulses,
we experience greater clarity and stability.
Shrimat is not a restriction.
It is divine protection.

---

3. Through Murli Study
The Murli is God's daily conversation with His children.
Each point is a spiritual medicine.
Each churning creates new power.
Regular study keeps the intellect aligned with truth.

---

4. Through Service
Every act of selfless service strengthens our relationship with God.

When we become instruments for uplifting others,
we experience God's companionship more deeply.
Service keeps remembrance alive.

Obstacles to God's Company
Sometimes we complain,
"I cannot experience God."
Very often, the obstacle is not distance from God.
The obstacle is the noise within our own mind.
Waste thoughts...
old memories...
worries...
complaints...
body consciousness...
all create interference.
God's signal is always available.
The soul simply needs to become quiet enough to receive it.

The Power of Spiritual Conversation
Throughout the day,
develop the habit of speaking to God silently.
Before beginning work:
"God, guide me."
When confused:
"God, show me the right thought."
When successful:
"Thank You."
When facing difficulty:
"Stay with me."
Gradually,
this silent conversation becomes continuous.
The soul begins living in God's company rather than merely remembering Him occasionally.

Brahma Baba's Example
Those who observed Brahma Baba often noticed that he remained internally connected with God even while performing ordinary activities.
Whether meeting people,
writing letters,



making decisions,
or serving the Yagya,
his awareness remained linked with the Supreme.
This continuous companionship gave him extraordinary stability,
clarity,
and spiritual influence.
People experienced God's vibrations through him because he remained constantly connected to the Source.

Becoming a Living Temple
God does not merely wish us to visit places of worship.
He wants each soul to become a living temple.
A temple is pure.
Peaceful.
Sacred.
Filled with divine vibrations.
Wherever such a soul goes,
people naturally feel calm.
This is true spiritual magnetism.

Daily Practice: Walking with God
Tomorrow,
practise remembering God every hour.
Whenever your phone or clock reminds you of the time,
pause for just one minute.
Remember:
"I am a peaceful soul."
Then remember:
"God is with me."
Allow God's peace to fill your heart.
Then continue your work.
By the end of the day,
notice how much lighter your mind has become.

Self-Reflection
Before sleeping, ask:

- How often did I remember God today?
- Did I seek God's guidance before making decisions?
- Did I experience God's companionship during challenges?



- Which activity made me forget God?
- What can I do tomorrow to strengthen this relationship?

Seven-Day God's Company Challenge
For the next seven days,
set aside five moments each day:

- Morning
- Before breakfast
- Afternoon
- Evening
- Before sleeping

During each moment,
sit quietly for two minutes.
Simply experience yourself with God.
No requests.
No worries.
Only love.
Only remembrance.
Observe how your inner stage gradually changes.

Chapter Summary
The greatest source of spiritual magnetism is living in constant companionship with God. Through loving remembrance, following Shrimat, studying the Murli, and serving as God's instrument, the soul absorbs His peace, purity, love, and power. Just as iron becomes magnetic by remaining close to a magnet, the soul becomes spiritually magnetic by remaining close to God. Continuous remembrance transforms ordinary thoughts into elevated thoughts, ordinary actions into divine service, and ordinary lives into living examples of God's presence in the world.

Murli Churning for the Day
"The soul that remains constantly in God's company never feels empty, weak, or alone. It becomes a living lighthouse, radiating God's peace and love to the world."
Today, keep one question alive in your heart:
"Am I spending more time in the company of the world—or in the company of God?"
Your answer will determine the quality of your thoughts, the power of your vibrations, and the depth of your spiritual magnetism. The closer you remain to God, the more naturally others will experience His presence through you.



****

Chapter 20

The Lighthouse Soul: Radiating Spiritual Magnetism Through Every Thought

"The highest stage of spiritual magnetism is not attracting people to yourself—it is inspiring them to experience God through your thoughts, vibrations, and actions."

Opening Reflection

On a dark night, countless ships travel across the ocean. The waves are rough, the wind is strong, and the sky is covered with clouds. In such darkness, sailors do not search for a loud voice or a powerful advertisement.

They search for one thing—a lighthouse.

The lighthouse does not run after the ships.

It does not shout for attention.

It does not leave its place.

It simply remains firmly established and continuously radiates light.

Because it remains stable, many lives are saved.

God wants every child to become such a lighthouse for humanity.

Today's world is experiencing not only physical challenges but also emotional and spiritual darkness. Anxiety, loneliness, anger, insecurity, and hopelessness have become widespread. Many souls are searching—not merely for information, but for peace.

They do not need another opinion.

They need an experience.

When they come near a spiritually magnetic soul, they should feel lighter, calmer, and closer to God.

This is the true purpose of spiritual magnetism.

The Goal Is Not to Attract Attention

In the material world, magnetism is often associated with popularity.

People seek followers,

recognition,

fame,

and influence.

But God teaches a very different understanding.

True spiritual magnetism is not about becoming famous.
It is about becoming **God-famous**—a soul so pure that others experience God's qualities through its presence.
The question is not,
"How many people know me?"
The real question is,
"How many people remember God after meeting me?"

God's Teaching
God reminds His children that they are **instruments for world transformation**.
Transformation does not begin with speeches.
It begins with vibrations.
Before words influence,
thoughts influence.
Before actions inspire,
consciousness inspires.
Therefore, the first responsibility of every spiritual student is to maintain an elevated stage.
When the stage is elevated,
service becomes natural.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly encourage children to become **lighthouses and might-houses**, radiating peace and spiritual power through remembrance of God. Such souls help others simply through the strength of their stage.
Reflection: The greatest service is to become an embodiment of what we teach.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada lovingly reminds the children to become **living angels** who spread light through their thoughts, vision, and vibrations. Such souls do not need to prove anything. Their presence itself becomes service.
Reflection: An angel serves silently because its consciousness constantly radiates God's love.



The Four Ways a Lighthouse Soul Serves

1. Through Thoughts

Every elevated thought benefits the atmosphere.
Pure thoughts become invisible service.
God teaches us to protect every thought because thoughts create vibrations.

---

2. Through Vision

Before speaking,
our eyes communicate.
A soul filled with God's love naturally looks at everyone with respect,
acceptance,
and mercy.
Its vision heals.

---

3. Through Words

Words spoken from soul consciousness carry power.
They do not create fear.
They create courage.
They do not create division.
They create harmony.
They do not merely inform.
They transform.

---

4. Through Actions

The world believes actions more than words.
When peace,
honesty,
humility,
contentment,
and love become visible in daily life,
our life itself becomes God's message.

Becoming a Walking Temple

God does not simply want children to meditate at certain times.
He wants meditation to become their way of living.
A walking temple is:

- peaceful while working,
- loving while serving,
- humble while succeeding,

- stable while facing challenges,
- cheerful while helping others,
- pure while interacting with the world.

Such a soul carries God's atmosphere everywhere.

The Influence of Vibrations

Many people have experienced entering a room and immediately sensing tension, or entering another place and feeling complete peace.
Nothing may have been spoken.
Yet something was communicated.
That "something" is vibration.
God teaches that vibrations are created by consciousness.
If our thoughts are pure,
our atmosphere becomes pure.
If our heart is peaceful,
our surroundings gradually become peaceful.
A spiritually magnetic soul transforms places without making noise.

The Final Test of Spiritual Magnetism

Suppose someone insults you.
Can you still give respect?
Suppose someone opposes you.
Can you still maintain good wishes?
Suppose someone misunderstands you.
Can you still remain peaceful?
Suppose success comes.
Can you remain humble?
Suppose difficulties arise.
Can you remain cheerful?
These are not ordinary situations.
They are examinations of spiritual magnetism.
Every examination reveals how deeply God's teachings have become our nature.

Brahma Baba's Living Example

Those who met Brahma Baba often described a unique experience.
They did not simply meet a person.
They experienced peace.
They experienced acceptance.
They experienced belonging.



Many felt that just sitting near him made meditation easy.
Why?
Because his consciousness remained constantly connected with God.
His vibrations became his greatest service.
His life proved that transformation is not achieved through personality,
but through purity.

Becoming a Lighthouse for the World
Every morning,
before beginning your day,
remember:
Somewhere,
someone is losing hope.
Someone is searching for peace.
Someone needs courage.
Someone needs God's love.
God has not placed you in this world merely to complete personal responsibilities.
He has placed you here to become a source of spiritual light.
Perhaps one smile,
one blessing,
one kind word,
one peaceful response,
or one moment of silence
will become the turning point in another soul's life.
Never underestimate the power of your vibrations.



Daily Practice: Radiating Light Meditation
Sit comfortably.
Experience yourself as a sparkling point of light.
Now remember God,
the Supreme Sun of Knowledge.
Feel His rays of peace,
love,
purity,
and power filling your soul.
Now visualize this light radiating from you in every direction.
First,
to your family.
Then,
to your workplace.
Then,
to your city.
Then,
to your country.
Finally,
to the entire world.
Silently repeat:
"May every soul experience God's peace."
Remain in this awareness for several minutes.
Become a lighthouse.
Become a might-house.
Become a bestower.

Self-Reflection
Before sleeping, ask yourself:

- Did my presence bring peace today?
- Did people experience God's qualities through me?
- Which situation tested my spiritual magnetism?
- Did I remain a lighthouse or become influenced by circumstances?
- What quality do I need to strengthen tomorrow?



Seven-Day Lighthouse Challenge
For the next seven days,
choose one quality each day:

- Peace
- Love
- Purity
- Humility
- Mercy
- Stability
- Joy

Practise becoming an embodiment of that quality throughout the entire day.
Instead of merely thinking about it,
live it.
Observe how your atmosphere changes.
Observe how people respond differently.
Observe how your own happiness deepens.

Chapter Summary
The highest expression of spiritual magnetism is becoming a lighthouse soul. Such a soul does not seek recognition but quietly radiates God's peace, love, purity, and power through every thought, word, and action. By remaining constantly connected with God, maintaining an elevated stage, and serving through vibrations as well as actions, the soul becomes a living example of divine qualities. In a world searching for hope and direction, the lighthouse soul becomes an instrument through whom countless others experience God's presence.

Murli Churning for the Day
"Do not ask God to make your life easy. Ask Him to make your stage so elevated that every challenge becomes an opportunity to radiate His light."
Today, carry this final question in your heart:
"When I leave any place today, what will remain behind—my words, or my vibrations?"
Let your answer become:
"May every soul remember God because they experienced His peace through me."
That is the highest achievement of spiritual magnetism.

Chapter 21

The Greatest Obstacle to Spiritual Magnetism: Body Consciousness

"The soul is naturally magnetic. It loses its spiritual attraction only when it forgets its true identity and becomes body-conscious."

Opening Reflection
Imagine a magnificent diamond lying in the mud.
The mud cannot change the diamond's value.
It only hides its brilliance.
The moment the diamond is washed, its natural sparkle reappears.
God teaches that every soul is like this diamond.
Our original nature is peace.
Our original religion is purity.
Our original personality is love.
Our original strength is spiritual power.
Yet, after taking many births, the soul has become covered with the dust of body consciousness.
The soul has not lost its original qualities.
It has simply forgotten them.
Spiritual magnetism is not something we create.
It is something we **uncover**.
The more body consciousness is removed, the more the soul's original light begins to shine.

What Is Body Consciousness?
Body consciousness is the false belief:
"I am this body."
From this one mistake arise countless other mistakes.
When I think,
"I am this body,"
I naturally begin to identify with:

- my appearance,
- my age,
- my profession,
- my family,

- my achievements,
- my possessions,
- my social status.

Gradually,
the soul forgets its eternal identity.
This forgetfulness becomes the root cause of sorrow.

God's Teaching
God repeatedly reminds His children:
"Children, become soul conscious."
This is not merely a philosophy.
It is the foundation of spiritual transformation.
Soul consciousness changes every aspect of life.
It changes how we think.
How we speak.
How we serve.
How we respond.
How we love.
How we live.
Without soul consciousness,
lasting spiritual magnetism is impossible.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly remind children to practise the awareness:
"I am a soul, not this body."
God explains that this awareness burns old sanskars, weakens body consciousness, and enables the soul to experience peace and purity naturally.
Reflection: Soul consciousness is the foundation upon which all virtues are built.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that children who remain soul conscious naturally become **double light**. They are not influenced by praise or insult, success or failure, because they remain established in their original identity.
Reflection: The stronger the soul consciousness, the lighter the soul becomes.



The Signs of Body Consciousness
God lovingly helps us recognize body consciousness through its symptoms.
Whenever we experience:

- anger,
- ego,
- jealousy,
- attachment,
- comparison,
- fear,
- insecurity,
- greed,
- impatience,
- resentment,

we should not merely look at the emotion.
We should ask:
"Which form of body consciousness created this feeling?"
The disease is forgetfulness.
The symptoms are emotional disturbances.

Soul Consciousness Changes Everything
Consider the same situation from two different states.
Body Consciousness Says:
"They insulted me."
Soul Consciousness Says:
"This soul is under the influence of its sanskars."

Body Consciousness Says:
"I am losing."
Soul Consciousness Says:
"I am learning."

Body Consciousness Says:
"I must prove myself."
Soul Consciousness Says:
"I simply need to remain truthful."

Body Consciousness Says:
"I need appreciation."
Soul Consciousness Says:



"God knows every pure effort."

The situation remains the same.
Only consciousness changes.
Yet the experience becomes completely different.

Why Soul Consciousness Creates Spiritual Magnetism
When we remember,
"I am a peaceful soul,"
our thoughts slow down.
Our speech becomes gentle.
Our reactions reduce.
Our face becomes relaxed.
Our vibrations become peaceful.
People feel comfortable in our presence because they are experiencing the soul—not merely the personality.
This is why spiritually elevated souls attract hearts without trying.

The Five Main Attachments of Body Consciousness
1. Attachment to the Body
Constant concern about appearance, comfort, illness, or ageing.
The soul begins identifying with the temporary costume.

---

2. Attachment to Roles
Thinking,
"I am my profession."
"I am my title."
"I am my position."
God reminds us that these are temporary costumes.
The soul remains eternal.

---

3. Attachment to Praise
Body consciousness seeks approval.
Soul consciousness seeks God's happiness.

---

4. Attachment to Possessions
The body-conscious intellect says,
"This is mine."
The soul-conscious intellect says,

"I am God's trustee."

---

5. Attachment to Opinions
Body consciousness insists,
"My way."
Soul consciousness asks,
"What is God's Shrimat?"

Brahma Baba's Example
One of Brahma Baba's greatest attainments was his natural soul consciousness.
Those who met him often felt that he was not interacting merely from the body.
He looked at every soul with spiritual vision.
His awareness remained connected with God,
not with bodily identities.
This made his presence extraordinarily peaceful.
His soul-conscious stage became one of the greatest reasons for his spiritual magnetism.

Practising Soul Consciousness Throughout the Day
God teaches that soul consciousness should not remain limited to meditation.
Practise it during ordinary activities.
While walking,
remember:
"I am a peaceful soul."
While speaking,
remember:
"This is a soul before me."
While eating,
remember:
"I am feeding God's temple."
While serving,
remember:
"God is working through me."
Gradually,
soul consciousness becomes natural.



Daily Practice: The Diamond Meditation
Sit quietly.
Withdraw your attention from the body.
Experience yourself as a tiny diamond of living light in the centre of the forehead.
Brilliant.
Pure.
Peaceful.
Now remember God,
the Supreme Diamond of Light.
Allow His rays of purity and love to remove every layer of body consciousness.
Silently repeat:
"I am not this body."
"I am an eternal soul."
"I belong to God."
Remain in this awareness for several minutes.

Self-Reflection
Before sleeping, ask:

- When did I become body conscious today?
- Which situation disturbed my soul-conscious stage?
- Did I remember that every soul is playing its part?
- How often did I remember God today?
- What one form of body consciousness will I conquer tomorrow?

Seven-Day Soul Consciousness Challenge
For the next seven days,
set an alarm every two hours.
Whenever it rings,
pause for one minute.
Silently repeat:
"I am a peaceful soul."
Then look at the next person you meet and think:
"This is also a peaceful soul, a child of God."
Observe how your interactions become gentler,
your reactions reduce,
and your spiritual magnetism naturally increases.

Chapter Summary



Body consciousness is the greatest obstacle to spiritual magnetism because it causes the soul to forget its true identity and seek happiness through temporary things. Soul consciousness restores the awareness that we are eternal, peaceful, pure souls and beloved children of God. As this awareness deepens, ego, fear, comparison, attachment, and insecurity begin to dissolve. Thoughts become elevated, relationships become harmonious, and the soul's original qualities shine naturally. Spiritual magnetism is therefore not something acquired—it is the natural radiance of a soul established in its original identity.

Murli Churning for the Day

"Every time you remember, 'I am a soul,' another layer of body consciousness falls away, and another ray of your original spiritual light begins to shine."

Today, carry this awareness into every situation:

"Am I responding as the body—or as the eternal soul?"

The answer to this single question determines the quality of your thoughts, your karma, your relationships, and ultimately the depth of your spiritual magnetism. For the soul that lives in soul consciousness does not merely influence others—it quietly reveals the light of God through every thought, every word, and every action.

****

Chapter 22

The Eight Spiritual Powers: The Foundation of Spiritual Magnetism

"Spiritual magnetism is not created by personality or influence. It is created by the eight spiritual powers that God awakens within the soul."

Opening Reflection

Imagine a magnificent palace standing on eight strong pillars.
Each pillar supports the structure.
If even one pillar becomes weak, the stability of the palace is affected.
Similarly, God has given every soul **eight spiritual powers**. These powers are not ordinary abilities. They are divine strengths that enable us to remain stable in every situation, overcome Maya, and become instruments for world service.
Many people think spiritual magnetism comes from attractive speech, knowledge, or leadership. But according to God's teachings, a truly spiritually magnetic soul is one who has mastered these eight inner powers.
These powers transform ordinary reactions into elevated responses.
They make the soul fearless.
Stable.
Peaceful.
Loving.
And naturally attractive.

God's Teaching

God teaches that knowledge shows us what is right, but **spiritual powers enable us to live that knowledge**.
Knowing that anger is wrong is easy.
Remaining peaceful when insulted requires spiritual power.
Knowing that attachment causes sorrow is easy.
Remaining detached while loving deeply requires spiritual power.
Knowledge is the map.
The eight powers are the vehicle.

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly remind children to become **master almighty authorities** by filling themselves with God's powers through remembrance and

obedience. These powers enable the soul to conquer situations instead of being conquered by them.
Reflection: Spiritual powers are God's inheritance to every child who remains in Yoga.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that the children who constantly use these powers become conquerors of Maya. Instead of reacting to circumstances, they respond with wisdom and remain unshakeable.
Reflection: Every power is strengthened through remembrance, practice, and Shrimat.

---

1. The Power to Tolerate
Tolerance is not weakness.
It is the strength to remain peaceful despite uncomfortable situations.
A tolerant soul:

- does not react immediately,
- does not become irritated by small matters,
- remains calm under pressure,
- protects its peace.

God teaches that tolerance is one of the greatest signs of maturity.
Without tolerance,
relationships cannot remain harmonious.
Service cannot remain stable.
Meditation cannot deepen.
Tolerance protects spiritual magnetism.

---

2. The Power to Face
Life brings challenges.
The question is not whether problems will come.
The question is:
How will we respond?
The power to face means meeting every situation with courage and faith instead of fear.
The soul remembers:
"God is with me. I can overcome this."
Challenges become opportunities for growth rather than reasons for discouragement.

---

3. The Power to Accommodate

A vast ocean receives countless rivers without losing its greatness.
Similarly,
an elevated soul accommodates different personalities,
different opinions,
different cultures,
and different sanskars.
Accommodation does not mean losing principles.
It means expanding the heart.
People feel accepted around such souls.
This creates powerful spiritual attraction.

---

4. The Power to Discern

Not everything that appears good is beneficial.
Not every opportunity should be accepted.
God teaches us to develop a subtle intellect that distinguishes:

- truth from illusion,
- Shrimat from personal opinion,
- permanent benefit from temporary pleasure,
- soul consciousness from body consciousness.

Discernment protects the soul from making wrong choices.

---

5. The Power to Judge

Judging here does **not** mean judging people.
It means making accurate spiritual decisions.
The power to judge asks:

- Is this thought pure?
- Is this action according to Shrimat?
- Will this create elevated karma?
- Is this the right time?

A soul with this power avoids many future regrets.

---

6. The Power to Cooperate

God's task is never accomplished alone.
Every soul has a unique role.
The power to cooperate means:

- appreciating others,
- supporting others,
- working without competition,



- celebrating collective success.

Humble cooperation creates unity.
Unity multiplies spiritual power.

---

7. The Power to Pack Up

One of the greatest wastes of energy is carrying unnecessary thoughts.
God teaches us to "pack up" the past.
Pack up:

- old hurts,
- unnecessary worries,
- waste conversations,
- negative memories,
- useless imagination.

A packed-up mind becomes available for God's remembrance.
This power creates inner lightness.

---

8. The Power to Withdraw

Just as a tortoise withdraws its limbs whenever necessary,
God teaches the soul to withdraw the mind from unnecessary external attractions.
This does not mean escaping responsibilities.
It means becoming inwardly detached.
Within a second,
the soul should be able to withdraw from:

- noise,
- emotional disturbance,
- distractions,
- waste thinking,

and connect with God.
This power makes meditation natural.

Why These Eight Powers Create Spiritual Magnetism

Consider a soul who:

- tolerates difficulties,
- faces challenges courageously,
- accommodates everyone,
- discerns wisely,
- judges accurately,
- cooperates lovingly,
- packs up waste,



- withdraws instantly into remembrance.

Would such a soul not naturally radiate peace?
Would people not feel safe in its presence?
Would they not trust such a person?
These powers silently create spiritual authority.

Brahma Baba's Living Example
Brahma Baba demonstrated these eight powers naturally.
During opposition,
he tolerated.
During difficulties,
he faced them with courage.
He accommodated countless different personalities.
He discerned God's directions accurately.
He judged situations with spiritual wisdom.
He cooperated with everyone.
He never carried old scenes.
Within seconds,
he could become absorbed in God's remembrance.
This complete balance became one of the greatest reasons for his spiritual magnetism.

Daily Practice: The Eight Powers Meditation
Sit quietly.
Experience yourself as a point of light.
Remember God,
the Ocean of Power.
Now receive one power at a time.
Peacefully affirm:
I receive the Power to Tolerate.
Pause.
I receive the Power to Face.
Pause.
Continue until all eight powers are experienced.
Finally repeat:
"God's powers are my inheritance."
Remain in silence.



Self-Reflection
Before sleeping, ask yourself:

- Which power did I use most today?
- Which power do I need to strengthen?
- Did I pack up unnecessary thoughts?
- Did I cooperate with love?
- How quickly could I return to God's remembrance?

Eight-Day Spiritual Power Challenge
Practise one power each day.
Day 1: Tolerate.
Day 2: Face.
Day 3: Accommodate.
Day 4: Discern.
Day 5: Judge.
Day 6: Cooperate.
Day 7: Pack Up.
Day 8: Withdraw.
At the end of eight days,
review your progress.
Repeat the cycle every month.
You will notice your spiritual stability increasing steadily.

Chapter Summary
The eight spiritual powers are the practical foundation of spiritual magnetism. They enable the soul to translate spiritual knowledge into daily living. Through the power to tolerate, face, accommodate, discern, judge, cooperate, pack up, and withdraw, the soul remains stable amidst challenges and becomes victorious over Maya. These powers are not developed through willpower alone but through constant remembrance of God, obedience to Shrimat, and regular practice. As these divine powers become natural, the soul radiates peace, courage, wisdom, and love, inspiring others simply through its presence.

Murli Churning for the Day
"Knowledge shows you the destination, but the eight spiritual powers enable you to reach it."
Today, ask yourself this question:
"Which spiritual power does God want me to use in this situation?"



When every challenge becomes an opportunity to use one of God's powers, life itself becomes a training ground for spiritual mastery. As these powers become your natural response, your spiritual magnetism will no longer depend on circumstances—it will become a permanent expression of your relationship with God.

****

Chapter 23

The Power of Silence: Where Spiritual Magnetism Is Born

"Words may inspire the mind, but silence transforms the soul. The deepest spiritual magnetism is created in the silence of God's remembrance."

Opening Reflection

Imagine a calm mountain lake at dawn.
There are no ripples.
No wind.
No disturbance.
Because the water is completely still, it perfectly reflects the beauty of the sky above.
Now imagine the same lake during a storm.
The water becomes restless.
Nothing can be reflected clearly.
God teaches that the human mind is like this lake.
When thoughts are restless, God's wisdom cannot be reflected clearly.
When the mind becomes silent, the soul naturally reflects God's peace, purity, love, and power.
Silence is not merely the absence of words.
It is the presence of God.
It is in this sacred silence that spiritual magnetism is born.

What Is Spiritual Silence?

Many people believe silence simply means not speaking.
God teaches a much deeper meaning.
A person may remain silent externally while the mind continues to race with thousands of thoughts.

True spiritual silence is a state where:

- the mind becomes peaceful,
- waste thoughts disappear,
- unnecessary reactions stop,
- the intellect remains connected with God.

In this silence, the soul experiences its original nature.

God's Teaching

God reminds His children:

"The more silent the mind becomes, the more clearly My directions can be experienced."

God's guidance does not come through noise.
It comes through subtle awareness.
A restless mind cannot easily recognize Shrimat.
A silent mind becomes sensitive to God's signals.

Murli-Inspired Teaching from the Sakar Murlis

The Sakar Murlis repeatedly encourage children to reduce waste thoughts and remain in **introversion**. Through remembrance of God, the intellect becomes peaceful, and the soul experiences spiritual power.

Reflection: Silence is not emptiness; it is the space where God fills the soul with power.

Murli-Inspired Teaching from the Avyakta Murlis

Avyakta BapDada often teaches that the children should become **embodiments of silence**. A silent stage is described as the highest form of service because subtle vibrations reach souls more deeply than spoken words.

Reflection: Silence is the language through which God communicates with the heart.

Why Silence Creates Spiritual Magnetism

Have you ever met someone who speaks very little, yet their presence is deeply peaceful?
Their silence is not uncomfortable.
It is comforting.
It is full.
People feel relaxed around them because their silence carries powerful vibrations.
On the other hand,
some people speak continuously,

yet leave others feeling exhausted.
The difference is not the number of words.
It is the quality of consciousness behind the words.
A soul filled with silence naturally attracts hearts.

The Three Levels of Silence
1. Silence of Words
Speaking only what is truthful,
necessary,
kind,
and beneficial.
God teaches:
Speak less,
but speak with love.

---

2. Silence of Thoughts
Reducing:

- waste thinking,
- unnecessary imagination,
- criticism,
- comparison,
- old memories.

A quiet mind conserves enormous spiritual energy.

---

3. Silence of the Soul
This is the deepest stage.
The soul experiences:
"I am a peaceful point of light."
The intellect remains lovingly connected with God.
Even while speaking and working,
the inner silence remains undisturbed.
This is the silence of yogis.

Waste Thoughts: The Greatest Enemy of Silence
God explains that waste thoughts quietly steal spiritual power.
Many people spend hours thinking about:

- what someone said,
- what might happen,
- what should have happened,

- what others think.

These thoughts achieve nothing.
Yet they consume precious energy.
Every waste thought weakens spiritual magnetism.
Every elevated thought strengthens it.

Silence During Conflict

When someone criticizes us,
the ordinary response is immediate reaction.
God teaches another path.
Pause.
Remain silent internally.
Remember God.
Then respond only after peace returns.
Many conflicts disappear because one soul chose silence instead of reaction.
Silence is often more powerful than argument.

Brahma Baba's Example

Those who lived with Brahma Baba often observed that even amidst busy service, his inner stage remained peaceful and introverted.
He could move from action to deep remembrance within moments.
His silence was not withdrawal.
It was connection.
Because of this,
his words carried extraordinary power.
His silence gave strength even before he spoke.

Silence and Service

Many people believe service happens only through lectures,
classes,
or conversations.
God teaches that one minute of powerful silence can sometimes accomplish more than hours of speaking.
When the soul becomes deeply connected with God,
its vibrations silently reach many souls.
This is subtle service.
As the world becomes increasingly noisy,
the need for silent servers becomes greater.



Learning to Listen
Silence also teaches us to listen.
Most people listen while preparing their reply.
Spiritually magnetic souls listen with complete attention.
They listen to:

- others,
- their conscience,
- and God's subtle guidance.

Listening itself becomes an act of love.

Daily Practice: The Ocean of Silence Meditation
Sit comfortably.
Withdraw your attention from the body.
Experience yourself as a point of peaceful light.
Now remember God,
the Ocean of Silence.
Allow yourself to enter that limitless ocean.
No worries.
No past.
No future.
Only peace.
Only love.
Only God.
Remain there.
If thoughts arise,
gently return to the awareness:
"I am a peaceful soul."
"God is with me."
Remain in silence for ten minutes.

Self-Reflection
Before sleeping, ask yourself:

- How many waste thoughts did I create today?
- Did I speak more than necessary?
- Did I remain peaceful during difficult conversations?
- Did I experience God's silence today?
- How can I create more moments of silence tomorrow?



Seven-Day Silence Challenge
For the next seven days,
practise one minute of complete silence every hour.
During that minute:
Remember:
"I am a peaceful soul."
Remember God.
Create one elevated thought for the world.
Then continue your work.
Observe how your mind becomes calmer,
your speech becomes sweeter,
and your decisions become clearer.

Chapter Summary
Silence is the birthplace of spiritual magnetism. It is not merely the absence of speech but the presence of a peaceful, God-connected consciousness. Through silence, waste thoughts diminish, the intellect becomes clear, and the soul begins to reflect God's qualities naturally. A silent soul speaks less but influences more, serves through vibrations as well as words, and responds with wisdom instead of reaction. In a world filled with constant noise, such a soul becomes a sanctuary of peace, drawing others not through outward display but through the quiet power of its inner connection with God.

Murli Churning for the Day
"The quieter the mind becomes, the more clearly the soul hears God's guidance and the more powerfully it radiates His vibrations."
Today, carry this question in your heart:
"Am I creating noise within my mind, or am I creating a space where God can speak?"
When your mind becomes an ocean of silence, God's peace naturally flows through you. That silent flow becomes one of the highest forms of spiritual magnetism, touching hearts without words and transforming lives without effort.
****

Chapter 24

Purity: The Invisible Power Behind Spiritual Magnetism

"Purity is not merely one virtue among many—it is the foundation upon which all spiritual magnetism rests. The purer the soul, the stronger its spiritual influence."

Opening Reflection

A crystal-clear mountain spring has a unique beauty.
Its water is so pure that anyone looking into it can clearly see the stones beneath. It refreshes, nourishes, and gives life to everything around it.
Now imagine the same spring becoming polluted.
Its flow may continue, but its purity is lost.
People no longer trust it.
God teaches that the human soul is like that spring.
The soul was originally pure.
Its thoughts were pure.
Its intentions were pure.
Its vision was pure.
Its relationships were pure.
Its actions were pure.
Purity was the soul's original nature.
As body consciousness increased over many births, impurities entered the mind in the form of ego, lust, anger, greed, attachment, jealousy, and selfishness. These weakened the soul's spiritual power.
God has now come to restore the soul to its original state of purity.
As purity returns, spiritual magnetism naturally awakens.

What Is Purity?

Many people think purity simply means physical or moral discipline.
God reveals that purity is much deeper.
Purity means that every aspect of the soul becomes clean.
Purity of:

- thoughts,
- feelings,
- intentions,

- vision,
- speech,
- relationships,
- actions,
- motives.

A pure soul does good not to receive praise but because goodness has become its natural nature.

God's Teaching
God teaches:
"Purity is the mother of peace and happiness."
Without purity,
peace cannot remain stable.
Love becomes possessive.
Relationships become dependent.
Meditation becomes difficult.
Service loses power.
Purity is the foundation of every spiritual attainment.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly explain that remembrance of God is the **fire of Yoga** that burns away the impurities accumulated over many births. God reminds His children that purity is the qualification for becoming close to Him and for claiming the inheritance of the new world.
Reflection: Purity is not achieved by suppression but by transformation through God's remembrance.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that purity means having **clean feelings, pure intentions, and elevated vision** toward every soul. A pure heart naturally becomes an instrument for God's blessings.
Reflection: Purity makes the soul transparent, allowing God's qualities to shine through without distortion.



Why Purity Creates Spiritual Magnetism
Think about the sun.
Its light shines equally on everyone.
It expects nothing in return.
Its purity makes it trustworthy.
Similarly, when a soul becomes pure,
people feel safe in its presence.
They know:
"This person has no hidden agenda."
"This person genuinely cares."
"This person respects me."
Trust is born from purity.
Trust creates spiritual magnetism.

The Four Dimensions of Purity
1. Purity of Thoughts
Every thought leaves an impression.
Ask yourself:

- Are my thoughts filled with blessings or criticism?
- Do I think with love or comparison?
- Do I create elevated thoughts or waste thoughts?

God teaches that the first service begins with pure thinking.

---

2. Purity of Vision
God reminds us to see every soul as His child.
Not through labels,
positions,
wealth,
religion,
or appearance.
A pure vision sees:
"This is a peaceful soul playing a unique part in the Drama."
Such vision removes judgment and increases compassion.

---

3. Purity of Speech
Pure speech is:

- truthful,
- kind,
- beneficial,



- timely,
- respectful.

Even correction can be given with love.
Words become spiritually magnetic when they carry God's vibrations.

---

4. Purity of Intentions
Sometimes actions appear good,
but hidden motives weaken their spiritual power.
Ask yourself:
Why am I doing this?
For appreciation?
Recognition?
Control?
Or simply to serve?
God values pure intentions more than impressive actions.

Purity in Relationships
God teaches that the purest relationships are based on soul consciousness.
When we look at another as a soul,
love becomes free from possession.
Respect becomes natural.
Expectations decrease.
Blessings increase.
Purity transforms relationships from dependency into spiritual companionship.

Purity Protects Spiritual Power
Imagine carrying a vessel full of clean water.
If even a few drops of poison enter it,
the whole vessel becomes unsafe.
Similarly,
a single impure thought repeatedly entertained weakens the soul's power.
God lovingly reminds us:
Protect the mind.
Protect the intellect.
Protect your inner world.
Purity is easier to preserve than to restore.

Brahma Baba's Example
One of the most striking qualities of Brahma Baba was the purity visible in his thoughts, words, and vision.
Every soul felt respected.
Every soul felt safe.
Every soul felt accepted.
His relationships were never based on attachment or personal gain.
They were based on spiritual love.
This purity became the invisible force behind his extraordinary spiritual magnetism.

Purity and God's Company
The purer the soul becomes,
the easier it is to experience God.
Impurity creates distance.
Purity creates closeness.
Just as a clean mirror reflects light clearly,
a pure soul reflects God's peace and love effortlessly.
This is why God repeatedly reminds His children:
"Remain pure, and remain Mine."

Daily Practice: The Crystal Heart Meditation
Sit quietly.
Experience yourself as a sparkling point of light.
Now visualize your heart as a crystal temple.
Ask God to fill it with His light.
See every old hurt,
every fear,
every impurity,
dissolving in that divine light.
Silently repeat:
"My thoughts are pure."
"My intentions are pure."
"My heart belongs to God."
Remain in this awareness for several minutes.



Self-Reflection
Before sleeping, ask:

- Were my thoughts pure today?
- Did I maintain pure feelings for every soul?
- Were my intentions free from ego?
- Did I protect my mind from negativity?
- How did purity increase my peace today?

Seven-Day Purity Challenge
For the next seven days,
choose one area each day to purify.
Day 1: Thoughts
Day 2: Vision
Day 3: Speech
Day 4: Intentions
Day 5: Relationships
Day 6: Time and Actions
Day 7: God's Remembrance
At the end of each day,
write one transformation you experienced.
Notice how your inner happiness begins to deepen.

Chapter Summary
Purity is the invisible force that sustains spiritual magnetism. It is far more than external discipline—it is the cleanliness of thoughts, feelings, intentions, vision, speech, and relationships. Through loving remembrance of God, the soul gradually becomes free from body consciousness and returns to its original state of purity. A pure soul inspires trust, radiates peace, and reflects God's qualities naturally. As purity deepens, the soul becomes a transparent instrument through whom God's light reaches the world.

Murli Churning for the Day
"The pure heart does not struggle to radiate God's love—it naturally becomes its channel."
Today, hold this question gently within your consciousness:
"Before every thought, word, and action, can I honestly say, 'This is worthy of God'?"
When the answer becomes "Yes," purity ceases to be an effort and becomes your natural way of living. At that stage, your spiritual magnetism no longer depends on



what you do—it shines through who you have become: a pure, peaceful, and loving child of God.

****



Chapter 25

The Spiritual Law of Giving: The More You Give, the More You Receive

"God's treasures never decrease by giving. They increase. The soul that becomes a bestower becomes spiritually rich, and that richness becomes its greatest magnetism."

Opening Reflection

Imagine two lakes.

The first lake has no outlet. Water continuously flows into it, but nothing flows out. Gradually, the water becomes stagnant. It loses its freshness. Life around it begins to disappear.

The second lake receives water and constantly shares it. Streams flow outward, nourishing forests, fields, villages, and countless living beings. Fresh water continues to enter because fresh water continually leaves.

God teaches that the human soul is like the second lake.

The spiritual treasures we receive from God are not meant to be stored.

They are meant to be shared.

Peace grows when it is shared.

Love grows when it is shared.

Knowledge deepens when it is shared.

Blessings multiply when they are shared.

This is one of the greatest spiritual laws.

The soul that constantly gives never becomes empty because God continuously fills it.

Why Giving Increases Spiritual Magnetism

Many people believe that if they give too much, they will have less.

God teaches the opposite.

Material possessions may decrease when shared.

Spiritual treasures never do.

The more peace you give,
the more peaceful you become.

The more forgiveness you give,
the freer your heart becomes.

The more encouragement you give,



the stronger your own courage becomes.
The more blessings you give,
the closer you come to God's blessings.
This is the mathematics of spirituality.

God's Teaching
God repeatedly reminds His children:
"Become a master bestower."
God Himself is the greatest example.
He gives without expecting.
He gives to every soul equally.
He gives knowledge,
peace,
love,
purity,
power,
and hope.
Without discrimination.
Without conditions.
As children of God,
our nature should reflect His nature.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly encourage children to become **donors of peace, happiness, and knowledge**. God teaches that the treasures received through remembrance should be shared through thoughts, words, and actions.
Reflection: Spiritual wealth grows through distribution, not accumulation.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada lovingly calls His children **master bestowers** and reminds them that they are heirs to God's unlimited treasures. The more they distribute these treasures with humility, the more they experience God's constant companionship.
Reflection: A bestower is never empty because God remains the eternal Source.

The Five Greatest Spiritual Treasures
1. Peace
Many souls are tired.
Not physically.
Mentally.



Emotionally.
Spiritually.
One peaceful response from you may become their turning point.
Become a donor of peace.

---

2. Love
God's love is unconditional.
It does not control.
It does not demand.
It simply uplifts.
When our love becomes free from expectations,
it becomes spiritually magnetic.

---

3. Happiness
A smiling face,
a cheerful attitude,
an encouraging word—
these are gifts.
Many people carry invisible burdens.
Your happiness may lighten their day.

---

4. Knowledge
Knowledge is not merely information.
It is illumination.
Whenever we share spiritual wisdom with humility,
we help another soul remember its true identity.
This is one of the highest forms of giving.

---

5. Power
Sometimes people do not need advice.
They need courage.
They need someone who believes in them.
A spiritually powerful soul gives strength simply through its presence.

Giving Through Thoughts
Not all giving requires physical action.
The highest giving often begins with thoughts.
Silently bless someone.
Pray for someone.



Create elevated vibrations.
These invisible gifts travel farther than we realize.
God teaches that every pure thought becomes subtle service.

Giving Without Expectation
Many disappointments arise because giving is mixed with expectation.
"I helped them..."
"They should appreciate me."
"I sacrificed..."
"They should remember me."
God teaches:
Give.
Then let go.
Allow God to take care of the results.
When giving becomes unconditional,
the heart remains free.

The Secret of Spiritual Prosperity
A candle loses nothing by lighting another candle.
Instead,
darkness decreases.
Similarly,
a spiritually rich soul is never afraid of another person's success.
It celebrates it.
It encourages it.
It contributes to it.
There is no competition in spirituality.
Only cooperation.

Brahma Baba's Example
Brahma Baba gave continuously.
He gave time.
Attention.
Love.
Knowledge.
Encouragement.
Respect.
He did not ask,
"What will I receive?"



He asked,
"How can this soul be benefited?"
Because he constantly gave God's treasures,
God constantly filled him with new treasures.
This continuous flow became the source of his spiritual magnetism.

Becoming a Donor Throughout the Day
Every morning ask yourself:
Today,
what will I distribute?
Peace?
Love?
Hope?
Patience?
Forgiveness?
Joy?
Blessings?
Choose one treasure.
Distribute it consciously throughout the day.
Notice how your own heart becomes fuller.

Daily Practice: The Bestower Meditation
Sit quietly.
Experience yourself as a soul before God.
Visualize God,
the Ocean of Peace,
filling you with unlimited treasures.
Now see those treasures overflowing.
They reach:
your family,
your colleagues,
your community,
your nation,
and the entire world.
Silently affirm:
"I am a child of God."
"I am a master bestower."
"The more I give, the more God fills me."
Remain in this awareness.



Self-Reflection
Before sleeping, ask:

- What spiritual treasure did I distribute today?
- Did I expect appreciation?
- Did my giving make someone feel stronger?
- Which quality flowed naturally through me?
- How did giving deepen my connection with God?

Seven-Day Bestower Challenge
For the next seven days,
consciously distribute one spiritual treasure each day.
Day 1: Peace
Day 2: Respect
Day 3: Encouragement
Day 4: Forgiveness
Day 5: Happiness
Day 6: Cooperation
Day 7: Blessings
At the end of each day,
write one experience where your giving changed the atmosphere.
You will discover that the greatest transformation happened within you.

Chapter Summary
The spiritual law of giving is one of God's most beautiful principles: spiritual treasures increase when they are shared. A soul connected with God becomes a master bestower, distributing peace, love, happiness, knowledge, power, and blessings without expectation. Such giving purifies the heart, strengthens relationships, and draws the soul closer to God. As we become channels rather than collectors of God's treasures, our inner richness becomes visible in our thoughts, words, actions, and vibrations. This abundance is the true source of lasting spiritual magnetism.

Murli Churning for the Day
"The hand that gives God's treasures never becomes empty, because God continuously fills the soul that serves as His instrument."
Today, keep this question alive throughout the day:
"What spiritual treasure is God asking me to distribute at this very moment?"



As you begin to live each day as a donor rather than a receiver, you will discover a profound truth: **the most spiritually magnetic souls are not those who possess the most—they are those who give the most.** Through such selfless giving, your life becomes a continuous stream of God's peace, love, and blessings flowing to the world.

****

Part IV –
Living a Spiritually Magnetic Life

Chapter 26

Becoming a Constant Yogi: The Highest Stage of Spiritual Magnetism

"The soul that remains constantly connected with God becomes an unlimited powerhouse of peace, purity, love, and spiritual strength. This constant connection is the highest expression of spiritual magnetism."

Opening Reflection
Imagine a lamp connected to an endless source of electricity.
As long as it remains connected, its light never fades.
It shines continuously, illuminating everything around it.
Now imagine the same lamp disconnected from its source.
Gradually, its light grows dim and finally goes out.
God teaches that the soul is like this lamp.
Our virtues, peace, happiness, and power are sustained only when we remain connected to the Supreme Source—God.
Temporary remembrance gives temporary power.
Constant remembrance creates constant power.
The more constant our connection, the stronger our spiritual magnetism becomes.
The goal of spiritual life is not simply to meditate for a few minutes each day.
The goal is to become a **constant yogi**—a soul whose mind, intellect, and heart remain lovingly connected with God while performing every action.

What Is a Constant Yogi?
A constant yogi is not someone who sits in meditation all day.
A constant yogi performs every responsibility while maintaining an inner relationship with God.
Such a soul:

- works with peace,
- speaks with love,
- serves with humility,
- decides with wisdom,
- remains stable in every circumstance.

Externally active.
Internally connected.
This is the art God teaches.



God's Teaching
God lovingly reminds His children:
"Children, let your intellect remain connected with Me while your hands perform your duties."
This is the balance of Raja Yoga.
Action continues.
Remembrance continues.
Service continues.
Connection continues.
The soul becomes detached from body consciousness while fully responsible in worldly life.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly encourage children to become **karma yogis**—performing every action while remaining in remembrance of God. God explains that such remembrance purifies the soul, strengthens the intellect, and fills every action with spiritual power.
Reflection: Every ordinary action becomes extraordinary when performed in God's remembrance.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that a constant yogi remains **double light**—light in burdens and light through God's light. Such souls easily experience God's companionship because remembrance has become their natural stage rather than an occasional practice.
Reflection: The highest remembrance is effortless because love for God has become constant.

Why Constant Yoga Creates Spiritual Magnetism
People often ask,
"How did some great spiritual souls influence thousands without seeking attention?"
The answer lies in their connection with God.
When the soul is constantly filled by God:

- peace becomes natural,
- wisdom becomes clear,
- speech gains power,
- service becomes effortless,

- relationships become harmonious.

People are not merely attracted to the individual.
They are attracted to the divine vibrations flowing through that soul.

The Four Signs of a Constant Yogi

1. Constant Remembrance

God is remembered naturally throughout the day.
Not only during meditation,
but while walking,
working,
travelling,
speaking,
and serving.
The relationship becomes continuous.

---

2. Constant Soul Consciousness

The constant yogi never forgets:
"I am a peaceful soul."
Body consciousness may knock,
but it is not allowed to stay.
This awareness protects inner stability.

---

3. Constant Happiness

Happiness no longer depends upon situations.
It flows from the relationship with God.
Praise does not increase it.
Criticism does not decrease it.
It remains steady.

---

4. Constant Service

Every thought becomes a blessing.
Every word becomes encouragement.
Every action becomes inspiration.
Service is no longer an activity.
It becomes a way of living.



Obstacles to Becoming a Constant Yogi
God explains that three habits weaken remembrance.
1. Waste Thoughts
The mind becomes occupied with unnecessary thinking.
Remembrance becomes difficult.

---

2. Body Consciousness
Ego,
attachment,
comparison,
and expectations interrupt the connection with God.

---

3. Forgetfulness
The soul remembers God during difficult moments,
but forgets Him during ordinary moments.
Constant yoga requires constant awareness.

How to Remain Connected Throughout the Day
God gives simple methods.
Before beginning any task,
remember:
"God is with me."
Before speaking,
pause for a second.
Offer your words to God.
While walking,
experience yourself as a peaceful soul.
During meals,
remember God with gratitude.
Between activities,
take one minute to reconnect.
Gradually,
remembrance becomes natural.



Brahma Baba's Example
Brahma Baba demonstrated that it is possible to remain constantly connected with God while carrying immense responsibilities.
He met people,
guided centres,
wrote letters,
made decisions,
and served tirelessly.
Yet his inner awareness remained fixed on God.
This constant relationship gave extraordinary power to his words and actions.
His life proved that spirituality is not an escape from action.
It is the art of remaining connected while acting.

The Fruit of Constant Yoga
As remembrance becomes natural,
the soul begins to experience:

- deep inner peace,
- stable happiness,
- fearless courage,
- pure love,
- clear decision-making,
- freedom from waste thoughts,
- powerful vibrations,
- effortless service.

These are not separate attainments.
They are the natural fruits of constant connection with God.

Daily Practice: Walking with God Meditation
Sit quietly.
Become aware:
"I am a point of living light."
Now remember God,
the Supreme Light.
See a ray of divine light connecting your soul to God.
Now imagine beginning your day.
Walking...
Working...
Speaking...
Serving...



Throughout every activity,
that ray of light remains unbroken.
Silently affirm:
"God is with me."
"I work in His remembrance."
"My connection remains constant."
Remain in this experience.

Self-Reflection
Before sleeping, ask yourself:

- How often did I remember God today?
- Which situations broke my remembrance?
- Which situations strengthened it?
- Did I remain soul conscious while working?
- What one habit will help me become a more constant yogi tomorrow?

Seven-Day Constant Yoga Challenge
For the next seven days,
create a habit of remembrance every hour.
Whenever the hour changes:
Pause for one minute.
Remember God.
Create one blessing for the world.
Then continue your work.
At the end of each day,
notice:

- Is my mind becoming calmer?
- Are my reactions reducing?
- Is my connection becoming more natural?

Small moments of remembrance gradually become a constant relationship.

Chapter Summary
A constant yogi is a soul who remains lovingly connected with God while performing every action. This state does not require withdrawal from responsibilities but a transformation of consciousness. Through continuous remembrance, soul consciousness, and faithful practice of Shrimat, the soul receives an uninterrupted flow of peace, purity, love, and power from God. Such a soul becomes a living instrument of divine service, radiating elevated vibrations wherever it goes. Constant yoga is therefore the highest stage of spiritual

magnetism because it allows God's qualities to shine through every thought, word, and action.

Murli Churning for the Day

"The soul that remembers God constantly does not merely receive power—it becomes a channel through which God's power reaches the world."

Today, carry this awareness into every activity:

"Is my mind connected to the task alone, or is it lovingly connected to God while performing the task?"

When work and remembrance become one, life becomes effortless service. The soul no longer struggles to create spiritual magnetism because it is continuously filled by the Supreme Source. Like a lamp connected to an eternal current, it shines steadily, bringing light, hope, and peace to everyone it touches.

****

Chapter 27

The Power of Shrimat: Living Under God's Directions

"The greatest spiritual magnetism is created when the soul stops following its own limited understanding and begins living according to God's wisdom."

Opening Reflection

Imagine two travelers walking through a vast forest.

The first traveler carries only his own assumptions. He believes he knows the way. Confidently, he chooses different paths, but after many hours, he realizes he has been walking in circles.

The second traveler walks with an experienced guide who knows every path, every danger, and every destination. Whenever a crossroads appears, the guide gently points in the right direction. The traveler reaches the destination safely because he trusted the guide more than his own limited understanding.

God teaches that life is very similar.

Every day we stand at countless crossroads.

Should I speak or remain silent?

Should I react or remain peaceful?

Should I forgive or hold on to hurt?

Should I follow my emotions or follow truth?

Without divine guidance, the intellect often becomes confused.

Shrimat is God's loving guidance that leads the soul safely through every situation.

The soul that follows Shrimat becomes naturally peaceful, successful, and spiritually magnetic.

What Is Shrimat?

The word **Shrimat** means **God's elevated directions**.

It is not merely advice.

It is divine guidance given by the Supreme Being, who sees the past, the present, and the future.

Human opinions are influenced by emotions, experiences, and limited understanding.

Shrimat is free from all limitations.

It always leads toward the highest benefit for the self and for others.

God's directions are never given to restrict us.

They are given to liberate us.



God's Teaching
God lovingly reminds His children:
"Children, follow My Shrimat at every step, and you will remain safe from Maya and create elevated destiny."
Every decision creates karma.
Every karma creates destiny.
Therefore, every decision should first be placed before God.
Instead of asking,
"What do I feel like doing?"
Ask,
"What would God want me to do?"
This simple change transforms life.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that Shrimat is the highest authority. God explains that children who faithfully follow His directions become victorious over Maya and claim their elevated inheritance.
Reflection: Following Shrimat is not obedience born from fear—it is trust born from love.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that every elevated soul keeps one question alive in the intellect:
"Is this according to Shrimat?"
Such souls become free from confusion because they make God their Companion in every decision.
Reflection: Where Shrimat is followed, blessings naturally follow.

Why Shrimat Creates Spiritual Magnetism
People admire intelligence.
They respect knowledge.
But they deeply trust wisdom.
Shrimat transforms knowledge into wisdom.
A soul who follows God's directions becomes:

- calm during conflict,
- humble during success,
- patient during delays,
- fearless during difficulties,

- detached during praise,
- compassionate during opposition.

Such stability inspires confidence in others.
People may not understand why they feel peaceful around such a soul, but they experience the influence of God's wisdom expressed through that person's life.

The Difference Between Manmat, Parmat, and Shrimat
God explains that there are three ways of living.
1. Manmat – Following My Own Mind
This means acting according to personal desires, emotions, likes, dislikes, or ego.
Manmat often leads to regret because the mind changes from moment to moment.

---

2. Parmat – Following Others' Opinions
Sometimes people depend completely on society, family, or public opinion.
Although advice may be helpful, human opinions are often influenced by personal perspectives.
Following everyone can create confusion.

---

3. Shrimat – Following God's Directions
Shrimat is constant.
It is pure.
It benefits every soul.
When we follow Shrimat, our intellect becomes clear and our destiny becomes elevated.

The Signs of a Soul Living by Shrimat
A soul following Shrimat:

- thinks before speaking,
- remains honest even when no one is watching,
- chooses peace over argument,
- gives respect before expecting it,
- forgives quickly,
- serves without seeking recognition,
- remembers God before making important decisions.

Its life becomes simple because its direction is clear.



Shrimat in Daily Situations
Suppose someone speaks harshly.
Manmat says:
"Answer immediately."
Parmat says:
"Show them you are strong."
Shrimat says:
"Remain peaceful. Speak with dignity. Protect your own stage."

Suppose success comes.
Manmat says:
"I achieved this."
Shrimat says:
"God made me an instrument."

Suppose someone makes a mistake.
Manmat says:
"Criticize."
Shrimat says:
"Correct with love and mercy."

Every day offers opportunities to choose.
Every choice shapes destiny.

Brahma Baba's Example
The life of Brahma Baba beautifully illustrates complete faith in Shrimat.
Many of God's directions appeared difficult from a worldly perspective.
Yet Brahma Baba trusted God completely.
He did not measure Shrimat by convenience.
He measured it by truth.
Because of this complete surrender, God worked through him in extraordinary ways.
His obedience became the foundation of his spiritual authority and magnetism.



Why Shrimat Brings Blessings
Whenever we follow God's directions,
we align our thoughts and actions with divine principles.
This creates harmony between the soul and God.
Blessings begin to flow naturally.
Not because God is rewarding us,
but because we have opened ourselves to His guidance.
Shrimat protects us from unnecessary sorrow.
It saves spiritual energy.
It creates elevated karma.
It strengthens relationships.
Most importantly,
it keeps the soul close to God.

Daily Practice: Consulting God
Before beginning your day,
sit quietly for a few minutes.
Remember God.
Place the day's responsibilities before Him.
Silently ask:
"God, let every thought today reflect Your wisdom."
"May every word carry Your love."
"May every action follow Your Shrimat."
Throughout the day,
whenever an important decision arises,
pause for a few seconds.
Remember God.
Then act.
These few moments of remembrance gradually develop the habit of living under God's guidance.

Self-Reflection
Before sleeping, ask yourself:

- Which decisions today reflected Shrimat?
- Where did I follow my own opinions instead of God's wisdom?
- Did I remain peaceful when my ego was challenged?
- Did I seek God's guidance before acting?
- What lesson has God taught me today?



Seven-Day Shrimat Challenge
For the next seven days,
choose one instruction of God each day and consciously practise it.
Day 1: Speak less and speak sweetly.
Day 2: Give respect to every soul.
Day 3: Remain peaceful in every situation.
Day 4: See every soul as a child of God.
Day 5: Serve without expecting recognition.
Day 6: Remember God before every important task.
Day 7: End the day with gratitude and self-checking.
At the end of the week,
notice how much lighter your mind has become and how naturally your interactions have improved.

Chapter Summary
Shrimat is God's elevated guidance for every aspect of life. It lifts the soul above the limitations of personal opinions and worldly influences, leading to peace, wisdom, and elevated karma. A soul that faithfully follows Shrimat develops humility, stability, discernment, and trust in God. Such a life becomes simple, powerful, and spiritually magnetic because every thought, word, and action reflects divine wisdom rather than personal preference. By choosing Shrimat over manmat, the soul not only transforms its present but also creates an elevated destiny.

Murli Churning for the Day
"Every step taken according to Shrimat brings the soul one step closer to God and one step closer to its highest destiny."
Today, pause before every important thought, word, and action, and ask yourself:
"Is this my opinion, the world's opinion, or God's wisdom?"
When Shrimat becomes the compass of your life, confusion disappears, courage grows, and your soul becomes a living example of divine guidance. That unwavering alignment with God is one of the greatest sources of lasting spiritual magnetism.



Chapter 28

Relationships Through Soul Consciousness: The Secret to Spiritually Magnetic Connections

"The most beautiful relationships are not built on attachment or expectation. They are built on soul consciousness, spiritual respect, and God's love."

Opening Reflection

Imagine the sun shining over the entire earth.
It gives light to every mountain, river, tree, and home.
It does not choose whom to shine upon.
It does not ask for anything in return.
It simply radiates.
God teaches that a spiritually elevated soul develops relationships in the same way.
It gives respect without waiting to receive it.
It gives love without attachment.
It gives forgiveness without keeping accounts.
It gives blessings without expecting recognition.
Such a soul becomes deeply loved because it reflects God's way of loving.
The secret of spiritually magnetic relationships is not learning how to change others.
It is learning how to change our own consciousness.

Why Relationships Lose Their Beauty

Most relationships begin with happiness.
Over time, misunderstandings appear.
Expectations increase.
Ego enters.
Attachment grows.
Communication weakens.
Eventually, disappointment replaces joy.
God explains that the real problem is not the relationship itself.
The real problem is body consciousness.
When we forget that we are souls, we begin relating to others through labels:
"My family."
"My friend."
"My colleague."

"My child."
"My position."
These labels create attachment, fear, comparison, and possessiveness.
Soul consciousness removes these burdens.

God's Teaching
God lovingly reminds His children:
"See every soul as My child."
When we look at people through God's eyes,
our vision changes.
Instead of seeing faults,
we begin to see potential.
Instead of reacting to behavior,
we understand the influence of sanskars.
Instead of demanding love,
we become givers of love.
This is spiritual vision.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that every soul is an eternal actor playing a unique part in the World Drama. God reminds His children not to become trapped in body-conscious relationships but to maintain soul-conscious love and respect for everyone.
Reflection: When we remember the soul, criticism decreases and compassion increases.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada teaches that elevated souls see only specialties in others and become **bestowers of blessings**. They do not become influenced by weaknesses because they remain established in soul consciousness.
Reflection: A soul-conscious relationship heals, uplifts, and liberates.

The Difference Between Attachment and Spiritual Love
Attachment says:
"You belong to me."
Spiritual love says:
"You belong to God."
Attachment fears separation.
Spiritual love gives freedom.



Attachment expects.
Spiritual love appreciates.
Attachment creates dependency.
Spiritual love creates inner strength.
God's love never imprisons.
It always liberates.

The Five Pillars of Spiritually Magnetic Relationships

1. Respect Every Soul

Respect is the foundation of all healthy relationships.
God teaches us to respect every soul,
regardless of age,
position,
education,
or background.
Every soul is valuable because every soul is eternal.

---

2. Accept Different Sanskars

No two souls have identical sanskars.
Instead of asking,
"Why are they like this?"
Ask,
"What is God teaching me through this soul?"
Acceptance reduces conflict.
Understanding increases harmony.

---

3. Give Blessings Instead of Reactions

When someone hurts us,
our first impulse is often to react.
God teaches another way.
Give blessings.
Blessings protect your own peace.
They also create subtle healing.

---

4. Communicate with Love

Truth should never become harshness.
Correction should never become humiliation.
God teaches:
Speak with sweetness.



Speak at the right time.
Speak for benefit.
Words spoken with love carry spiritual power.

---

5. Forgive Quickly
Holding resentment burdens the soul.
Forgiveness is not forgetting justice.
It is releasing emotional weight.
God forgives every soul repeatedly.
As His children,
we are invited to do the same.
Forgiveness frees both hearts.

Seeing Specialties Instead of Weaknesses
God teaches that every soul possesses specialties.
Some have courage.
Some have patience.
Some have creativity.
Some have generosity.
If we constantly focus on weaknesses,
our vision becomes negative.
If we consciously look for specialties,
our vision becomes elevated.
The soul that appreciates others becomes naturally appreciated.

Relationships as Opportunities for Self-Transformation
Every relationship is a spiritual classroom.
Difficult people teach patience.
Different opinions teach tolerance.
Delays teach faith.
Challenges teach courage.
God does not send people into our lives by accident.
Every soul helps reveal the sanskars we still need to transform.
Instead of asking,
"Why is this happening to me?"
Ask,
"What quality is God helping me develop?"

Brahma Baba's Example



Brahma Baba met thousands of souls from different countries,
cultures,
and personalities.
Yet each person felt personally loved and respected.
He did not compare souls.
He did not label souls.
He looked at each one with spiritual vision.
People experienced acceptance rather than judgment.
This became one of the greatest reasons for his extraordinary spiritual magnetism.

God's Family
God teaches that the entire human family belongs to Him.
When we truly experience this,
our heart naturally expands.
Differences become less important.
Unity becomes more natural.
Competition decreases.
Cooperation increases.
The soul becomes a world server rather than a limited individual.

Daily Practice: Seeing the Soul Meditation
Sit quietly.
Become aware:
"I am a peaceful soul."
Now remember God,
the Supreme Father.
See His loving light filling your soul.
Now think of one person with whom you find it difficult to relate.
Do not focus on their behavior.
See them as a tiny point of light.
A child of God.
Silently bless them:
"May you experience peace."
"May you experience God's love."
"May your original virtues awaken."
Remain in this elevated vision for a few moments.
Notice how your own heart becomes lighter.

Self-Reflection
Before sleeping, ask yourself:

- Did I see souls or only personalities today?
- Did I react or respond with spiritual awareness?
- Did I appreciate others' specialties?
- Did I forgive quickly?
- Did my relationships reflect God's love?

Seven-Day Relationship Challenge
For the next seven days,
practise one spiritual quality each day in all your interactions.
Day 1: Give respect.
Day 2: Appreciate specialties.
Day 3: Speak sweetly.
Day 4: Forgive immediately.
Day 5: Bless every soul.
Day 6: Remain detached and loving.
Day 7: See every soul as God's child.
Observe how even difficult relationships begin to soften—not always because others change first, but because your consciousness changes.

Chapter Summary
Spiritually magnetic relationships are built upon soul consciousness rather than body consciousness. God teaches us to see every soul as His child, to replace attachment with spiritual love, expectations with acceptance, criticism with appreciation, and reactions with blessings. As we cultivate respect, forgiveness, understanding, and elevated vision, our relationships become channels of God's peace and love. Such relationships do not weaken the soul—they strengthen it. They become living examples of how divine consciousness transforms human connections.

Murli Churning for the Day
"Do not look at a soul through the eyes of the body. Look through God's eyes, and every relationship will become a source of blessings."
Today, before meeting anyone, pause for a moment and remind yourself:
"This is not merely a person before me. This is an eternal soul, a beloved child of God, playing a unique part in the World Drama."
When this awareness becomes natural, relationships stop being sources of conflict and become opportunities to express God's love. Your presence itself becomes



healing, your words become blessings, and your heart becomes a home where every soul feels respected. This is the quiet yet irresistible power of spiritual magnetism.

****

Chapter 29

Conquering Maya: Protecting Your Spiritual Magnetism

"Spiritual magnetism does not disappear in a single moment. It gradually weakens whenever the soul forgets God and becomes influenced by Maya. Victory over Maya is victory over the self."

Opening Reflection
Imagine a brilliant lighthouse standing on a rocky shore.
Night after night, its light guides countless ships safely to their destination.
But one evening, a thick fog surrounds the lighthouse.
The light is still shining, but it is hidden behind the fog.
The lighthouse has not lost its power.
Its light has simply become covered.
God teaches that the soul is like this lighthouse.
Our original light of peace, purity, love, and power never disappears.
It becomes hidden by the fog of Maya.
Maya does not destroy the soul.
It distracts the soul.
It causes forgetfulness.
It weakens remembrance.
It creates body consciousness.
When the fog disappears, the light shines once again.
The purpose of spiritual effort is not to create new light.
It is to remove everything that hides the light already within.



What Is Maya?
According to God's wisdom, Maya is not merely an external force.
It is every influence that takes the soul away from its original awareness and its relationship with God.
Whenever the soul forgets:
"I am a peaceful soul."
or
"I belong to God."
Maya quietly enters.
Sometimes Maya appears as anger.
Sometimes as ego.
Sometimes as attachment.
Sometimes as laziness.
Sometimes as doubt.
Sometimes as waste thoughts.
Its forms are many.
Its purpose is one:
To make the soul forget God.

God's Teaching
God lovingly reminds His children:
"Children, remain ever-ready and ever-alert. Maya attacks suddenly, but a soul connected with Me remains victorious."
Victory over Maya is not achieved through fear.
It is achieved through remembrance.
The stronger the connection with God,
the weaker Maya becomes.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that Maya attacks the soul through the five vices and subtle weaknesses. God encourages His children to remain in constant remembrance, follow Shrimat, and become conquerors of Maya by maintaining soul consciousness.
Reflection: Maya loses its power over the soul that remains close to God.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada explains that Maya first influences the mind through subtle thoughts before it appears in words and actions. Children who keep a clean



intellect and remain constantly aware become conquerors of Maya and embodiments of victory.
Reflection: Every victory over a waste thought is a victory over Maya.

The Five Main Gateways Through Which Maya Enters
1. Ego
Ego whispers:
"I know better."
"I deserve more."
"I am greater."
Humility closes this door.
The soul that remains an instrument of God remains safe.

---

2. Anger
Anger destroys peace within seconds.
It weakens relationships.
It drains spiritual energy.
God teaches:
Respond,
do not react.

---

3. Attachment
Attachment makes temporary things appear permanent.
The soul becomes dependent on people,
positions,
or possessions.
God teaches loving detachment.
Love deeply,
but remember that every soul belongs to God.

---

4. Waste Thoughts
Not every thought deserves attention.
Many thoughts only consume energy.
A mind occupied with unnecessary thinking cannot remain in remembrance.
The practice of "pack up" protects the intellect.

---

5. Forgetfulness
The greatest victory of Maya is not making us angry.
It is making us forget God.



The moment remembrance returns,
Maya begins to lose its influence.

Maya Is Often Subtle
Many people imagine Maya only as major mistakes.
God teaches that Maya usually begins very quietly.
One negative thought.
One unnecessary comparison.
One hurt feeling.
One complaint.
One careless word.
If not checked immediately,
these become habits.
Therefore God teaches:
Check. Change. Continue.

The Four Weapons Against Maya
1. Soul Consciousness
Whenever body consciousness appears,
immediately return to the awareness:
"I am a peaceful soul."
Soul consciousness is the shield that protects every virtue.

---

2. Remembrance of God
God is the Ocean of Power.
Every moment of remembrance fills the soul with fresh spiritual strength.
A full soul is not easily influenced by Maya.

---

3. Shrimat
Whenever confusion arises,
pause.
Ask:
"What would God advise in this situation?"
Shrimat protects the soul from making wrong decisions.

---

4. Honest Self-Checking
Every evening,
look within.
Without guilt.



Without excuses.
Simply observe.
Where did Maya influence me today?
Where did I remain victorious?
Awareness itself begins transformation.

Brahma Baba's Example
Throughout his spiritual journey, Brahma Baba faced opposition, criticism, financial challenges, and countless responsibilities.
Yet he continually returned to one awareness:
"God is Karavanhar; I am an instrument."
Because of this humility and constant remembrance, Maya found little place to remain.
His victory was not based on personal strength.
It was based on complete dependence upon God.
This is why his spiritual magnetism remained unwavering.

Becoming Ever-Ready
God repeatedly reminds His children to remain **ever-ready**.
An ever-ready soul does not wait for problems to remember God.
It keeps its spiritual battery charged every day.
Just as a soldier remains alert even during peaceful times,
a yogi remains spiritually alert even when life appears comfortable.
Preparation prevents defeat.

Daily Practice: The Shield of Light Meditation
Sit comfortably.
Experience yourself as a radiant point of light.
Now remember God,
the Supreme Sun of Spiritual Power.
See rays of golden light flowing into your soul.
Gradually,
a circle of divine light forms around you.
This is your shield.
No waste thought can enter.
No anger can enter.
No fear can enter.
No ego can enter.
Silently affirm:
"I belong to God."
"God's power protects me."
"I am victorious over Maya."
Remain in this awareness.

Self-Reflection
Before sleeping, ask yourself:

- Which form of Maya challenged me today?
- How quickly did I return to soul consciousness?
- Did I remember God during difficult moments?
- Did I follow Shrimat or my own opinions?
- What lesson has today's experience taught me?

Seven-Day Victory Challenge
For the next seven days,
observe one subtle weakness each day.
Day 1: Ego
Day 2: Anger
Day 3: Attachment
Day 4: Waste Thoughts
Day 5: Laziness
Day 6: Expectations
Day 7: Forgetfulness of God
Each evening,
write one victory you experienced.



Celebrate progress,
not perfection.
Every small victory strengthens the soul.

Chapter Summary

Maya is every influence that causes the soul to forget its true identity and its relationship with God. It often works subtly through ego, anger, attachment, waste thoughts, and forgetfulness. God teaches that victory over Maya is not achieved through struggle alone but through soul consciousness, constant remembrance, Shrimat, and honest self-checking. As the soul becomes more alert and God-connected, Maya gradually loses its influence. A victorious soul radiates stability, purity, and peace under all circumstances, making its spiritual magnetism steady and unshakeable.

Murli Churning for the Day

"Maya can influence only the soul that forgets God. The soul that remains in God's remembrance remains naturally victorious."

Today, whenever you notice even a trace of irritation, fear, ego, or waste thinking, pause for a moment and ask yourself:

"Who is in control of my mind right now—my original self, or Maya?"

Then gently return to the awareness:

"I am a peaceful soul. I belong to God."

Every time you return to this awareness, another layer of Maya dissolves, and another ray of your original spiritual light shines forth. This is the path to becoming a soul whose spiritual magnetism cannot be shaken by circumstances, because it is rooted in an unbreakable relationship with God.

****

Chapter 30
Living as a Lighthouse, Might-house, and Bestower

The Ultimate Expression of Spiritual Magnetism
"The highest purpose of spiritual magnetism is not to attract attention—it is to become an instrument through whom God brings light, power, and blessings to the world."

Opening Reflection
Imagine standing on the shore during a violent storm.
The waves are crashing.
The sky is dark.
Ships are struggling to find their direction.
Far away stands a lighthouse.
It does not shout.
It does not chase the ships.
It simply stands firmly in its place, radiating light.
Because it remains stable, countless lives are saved.
God teaches that every child should become like this lighthouse.
In today's world, people are surrounded by confusion, stress, fear, loneliness, and uncertainty.
Many are searching for peace but do not know where to find it.
They are not looking for perfect people.
They are looking for peaceful souls.
God has not called us merely to improve ourselves.
He has called us to become instruments of world transformation.
This is the highest purpose of spiritual magnetism.

The Final Destination of Spiritual Magnetism
Throughout this book, we have explored:

- soul consciousness,
- remembrance of God,
- divine virtues,
- purity,
- silence,
- Shrimat,
- spiritual powers,
- elevated thoughts,

- relationships,
- and victory over Maya.

These are not separate achievements.
They prepare the soul for one beautiful destination:
To become a Lighthouse, a Might-house, and a Bestower.
This is the life God wishes every child to live.

God's Teaching
God lovingly reminds His children:
"Become a lighthouse. Become a might-house. Become a bestower. Through your elevated stage, become an instrument for world benefit."
God does not ask us to change the whole world alone.
He asks us to change ourselves so completely that our transformed vibrations begin changing the world around us.
One elevated soul can inspire thousands.
One peaceful soul can calm an entire atmosphere.
One pure soul can awaken hope in many hearts.

Murli-Inspired Teaching from the Sakar Murlis
The Sakar Murlis repeatedly teach that children who remain in remembrance naturally become helpers in God's task of world transformation. Through their elevated stage, they spread peace and spiritual awakening wherever they go.
Reflection: The greatest service begins with becoming what God wishes us to become.

Murli-Inspired Teaching from the Avyakta Murlis
Avyakta BapDada frequently reminds His children to become **lighthouses and might-houses**, constantly radiating peace, love, and spiritual power. He explains that silent vibrations are among the highest forms of service.
Reflection: A stable stage itself becomes world service.

Becoming a Lighthouse
A lighthouse gives only one thing:
Light.
It does not argue with darkness.
It simply shines.
Similarly,
a spiritually magnetic soul:

- brings clarity where there is confusion,



- brings hope where there is despair,
- brings peace where there is conflict,
- brings courage where there is fear.

It does not force anyone.
It simply radiates.
People find their own direction by experiencing its light.

Becoming a Might-house

The world admires physical power.
God values spiritual power.
A might-house is a soul filled with:

- the power to tolerate,
- the power to face,
- the power to accommodate,
- the power to discern,
- the power to judge,
- the power to cooperate,
- the power to pack up,
- the power to withdraw.

Such a soul remains stable regardless of circumstances.
Its strength comes not from determination alone,
but from constant connection with God.

Becoming a Bestower

God gives continuously.
Without discrimination.
Without expectation.
A bestower becomes like God.
Such a soul distributes:
Peace.
Love.
Respect.
Mercy.
Courage.
Forgiveness.
Blessings.
Good wishes.
Knowledge.
Hope.



The more it gives,
the more God fills it.

The World Needs Spiritual Magnetism

Today's world has advanced in science,
technology,
medicine,
and communication.
Yet many people continue to experience:

- anxiety,
- loneliness,
- anger,
- depression,
- insecurity,
- broken relationships.

What the world needs most is not more information.
It needs transformed consciousness.
God's children become the carriers of that transformation.
This is true spiritual leadership.

Living Every Day as an Instrument

Every morning ask yourself:
Whom can I encourage today?
Whom can I forgive today?
Whom can I bless today?
Whose burden can I lighten today?
How can God use me today?
These simple questions gradually transform ordinary living into divine service.

Brahma Baba's Living Example

Brahma Baba never tried to become famous.
He tried to become obedient.
He never tried to attract followers.
He tried to follow God.
His simplicity,
humility,
purity,
and constant remembrance made him a lighthouse for millions.
His spiritual magnetism did not come from personality.



It came from complete surrender to God's wisdom.
His life proves that when the soul belongs completely to God,
God works through that soul in extraordinary ways.

The Final Transformation
As spiritual magnetism deepens,
something beautiful happens.
You stop asking:
"What can I receive?"
Instead you ask:
"What can I give?"
You stop worrying about recognition.
You begin valuing contribution.
You stop competing.
You begin cooperating.
You stop reacting.
You begin blessing.
You stop living only for yourself.
You begin living for God's task.
This is the true victory of spiritual life

Daily Practice: World Benefactor Meditation

Sit comfortably.
Experience yourself as a radiant point of light.
Remember God,
the Supreme Sun of Peace.
His unlimited light fills your soul.
Now see yourself standing high above the world like a lighthouse.
Golden rays of peace spread in every direction.
They reach homes.
Hospitals.
Schools.
Cities.
Nations.
Every soul receives peace.
Silently affirm:
"I am God's instrument."
"I am a lighthouse."
"I am a might-house."
"I am a bestower."
Remain in this experience.

Self-Reflection

Before sleeping, ask yourself:

- Did I become a source of peace today?
- Did I strengthen someone through my words or vibrations?
- Did I remain stable during challenges?
- Did I give more than I expected to receive?
- Did my life reflect God's qualities?



Seven-Day Lighthouse Challenge

For the next seven days,
become consciously aware of your spiritual influence.
Day 1: Radiate peace.
Day 2: Give blessings.
Day 3: Encourage someone sincerely.
Day 4: Forgive completely.
Day 5: Help silently without recognition.
Day 6: Share God's wisdom with humility.
Day 7: Spend extra time in remembrance, offering powerful vibrations to the world.
Notice how your inner happiness grows as your focus shifts from yourself to serving others.

Chapter Summary

The highest expression of spiritual magnetism is to become a lighthouse, a might-house, and a bestower. God calls every soul to rise above self-centred living and become an instrument of peace, power, and blessings for the world. Through constant remembrance, Shrimat, purity, virtues, and selfless service, the soul becomes a channel through which God's light reaches humanity. Such a life is not measured by achievements or recognition but by the number of hearts uplifted and the amount of peace shared. This is the culmination of the spiritual journey—the transformation from a seeker of light into a giver of light.

Final Murli Churning

"The soul that belongs completely to God becomes a living lighthouse for the world. Its thoughts become blessings, its words become healing, and its life becomes God's message in action."

As you close this book, remember that spiritual magnetism is not a destination to be reached—it is a way of living.
Every moment offers a choice:

- To react or to remain peaceful.
- To judge or to understand.
- To take or to give.
- To follow the mind or to follow God's wisdom.
- To forget God or to remain in His loving remembrance.

When these choices are made according to God's Shrimat, your original spiritual power awakens naturally. Your thoughts become elevated, your vibrations become



pure, your relationships become harmonious, and your life becomes an instrument of world benefit.
May you always remember:
You are not an ordinary soul.
You are a child of God.
You are an heir to His unlimited treasures.
You are a lighthouse for a world searching for hope.
You are a might-house filled with God's spiritual powers.
You are a bestower of peace, love, and blessings.
Walk forward with courage.
Remain connected with God.
Live by His wisdom.
And let your life become a silent light that awakens countless souls.
Om Shanti.

****



Practical Spiritual Guide

Daily Morning Spiritual Routine

Begin Every Day Filled with God's Power

"The way you begin your morning determines the quality of your thoughts, your vibrations, your actions, and ultimately your destiny."

Why the Morning Matters

God teaches that **Amrit Vela**, the early morning hours, are the most powerful time for spiritual awakening. During these quiet moments, the atmosphere is peaceful, the mind is naturally calmer, and the soul can easily experience God's love and power.

Just as a mobile phone must be fully charged before it can function throughout the day, the soul also needs to recharge itself through remembrance of God before facing the activities and challenges of daily life.

A spiritually magnetic day does not begin when we wake up—it begins with the very first thought we create.

If our first thought is pure, elevated, and connected with God, the rest of the day naturally follows the same direction.

A 60-Minute Spiritual Morning Routine

Step 1 (5 Minutes)

Wake Up with Soul Consciousness

Before opening your phone or thinking about your responsibilities, become aware of your true identity.

Sit quietly for a moment and affirm:

I am a peaceful soul.

I am a child of God.

Today is a new opportunity to become an instrument of His love.

Allow these thoughts to become your first conversation of the day.

Step 2 (15 Minutes)

Connect with God

Sit comfortably.

Withdraw your awareness from the body.

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

Now remember God, the Supreme Point of Divine Light.

Do not ask for anything.

Simply experience His love.
Feel His light filling your soul with:

- peace,
- purity,
- love,
- wisdom,
- courage,
- happiness,
- spiritual power.

Remain in this silent relationship.

Step 3 (10 Minutes)
Read God's Wisdom
Read a few points from God's daily teachings.
Do not rush.
Choose one sentence that touches your heart.
Ask yourself:

- What is God teaching me today?
- Which quality should I practise?
- Which weakness should I transform?

One deeply understood point is more valuable than many pages read without reflection.

Step 4 (10 Minutes)
Spiritual Churning
Close your eyes.
Reflect deeply upon God's message.
Allow it to enter your intellect.
Example:
If today's thought is:
"Become a bestower."
Ask yourself:

- How can I become a bestower today?
- To whom can I give peace?
- Where can I distribute encouragement?
- Which relationship needs more blessings?

This process transforms knowledge into experience.

Step 5 (10 Minutes)
Create Elevated Thoughts
Before beginning your work,
create powerful thoughts for the day.
For example:
Today I will remain peaceful in every situation.
I will see every soul as God's child.
My words will give courage.
My mind will remain connected with God.
Every challenge will become an opportunity to grow.
These elevated thoughts become the blueprint for your entire day.

Step 6 (5 Minutes)
Offer Blessings to the World
Become aware of yourself as a lighthouse.
Visualize peaceful vibrations spreading from your soul to:

- your family,
- your workplace,
- your city,
- your nation,
- and the entire world.

Silently repeat:
May every soul experience peace.
May every heart remember God.
May goodness awaken throughout the world.
This is one of the highest forms of spiritual service.

Five Morning Questions
Before beginning your daily activities, ask yourself:

1. **Who am I?**
   I am a peaceful soul.
2. **Whose am I?**
   I belong to God.
3. **Why am I here today?**
   To express God's qualities.
4. **What quality will I practise today?**
   (Choose one virtue.)
5. **How can I benefit at least one soul today?**

These five questions align your consciousness with God's purpose.



Morning Spiritual Checklist

☐ I woke up with soul consciousness.
☐ I remembered God before beginning my day.
☐ I meditated peacefully.
☐ I studied God's wisdom.
☐ I churned one spiritual point.
☐ I created elevated thoughts.
☐ I offered blessings to the world.
☐ I began the day with gratitude.

Daily Affirmation

Repeat slowly:
I am an eternal soul.
God is my eternal Companion.
His peace fills my mind.
His love fills my heart.
His wisdom guides every decision.
His power strengthens every action.
Today I will become a lighthouse, a might-house, and a bestower.

Practical Tips for Busy Days

If you cannot complete the full routine,
remember the **10–10–10 Formula**:

- **10 minutes** of remembrance.
- **10 minutes** of reading God's wisdom.
- **10 minutes** of silent churning.

Consistency is more important than duration.
Even a few moments of sincere connection with God can transform the quality of the entire day.

Chapter Summary

A spiritually magnetic life begins with a spiritually powerful morning. By starting each day in soul consciousness, connecting deeply with God, studying His wisdom, churning elevated thoughts, and offering blessings to the world, we charge the soul with peace, purity, and power. This morning routine prepares us to face every situation with stability, love, and wisdom. As it becomes a daily habit,



our thoughts become elevated, our vibrations become pure, and our entire day becomes an expression of God's presence.

Morning Murli Churning
"Before the world speaks to your mind, let God speak to your soul."
Every morning, before beginning your daily responsibilities, pause and remember:
"Today I do not simply want to accomplish tasks—I want to reflect God's qualities."
When the first hour belongs to God, the remaining hours naturally become filled with His peace, power, and blessings. This is how an ordinary day becomes an extraordinary spiritual journey and how a soul gradually develops lasting spiritual magnetism.
****

These three sections should serve as the grand conclusion of your book. They should be reflective, practical, and spiritually inspiring so that readers continue applying God's wisdom even after finishing the final chapter.

Self-Reflection Journal

A Journey from Knowledge to Experience

"Transformation begins the moment we honestly look within ourselves."

God teaches that every day is an opportunity to become better than yesterday.
Spiritual progress does not happen automatically. It grows through awareness, honest self-checking, and sincere effort.
A mirror helps us see our physical appearance.
Similarly, self-reflection helps us see the condition of our soul.
Without daily reflection, weaknesses remain unnoticed. With honest reflection, even small efforts become powerful steps toward spiritual transformation.
This journal is your personal conversation with yourself and with God.
There are no right or wrong answers.
Write honestly.
Write fearlessly.
Write with the desire to grow.
Remember that God is not looking for perfection.
God is looking for sincerity.

Daily Spiritual Reflection
Date: _____
Today's Main Virtue

My Relationship with God

- Did I remember God throughout the day?

☐ Always
☐ Frequently
☐ Occasionally
☐ Rarely

What helped me stay connected?

My Thoughts

Today my thoughts were mostly:
☐ Peaceful
☐ Pure
☐ Positive

☐ Wasteful
☐ Negative
What thoughts should I transform?

My Words
Did my words:
☐ Encourage others
☐ Bring peace
☐ Create happiness
☐ Hurt someone
☐ Become unnecessary
Today's learning:

My Actions
Which action today made God happy?

Which action needs improvement?

My Relationships
Did I:
☐ Give respect
☐ Forgive quickly
☐ Appreciate specialties
☐ Remain detached and loving
☐ Bless every soul
What relationship improved today?

Victory Over Maya
Which weakness challenged me today?
☐ Ego
☐ Anger
☐ Attachment



☐ Laziness
☐ Waste Thoughts
☐ Expectations
How did I overcome it?

Gratitude
Today I am grateful to God for:

Tomorrow's Spiritual Goal
Tomorrow I will especially practise:

Weekly Reflection
At the end of each week ask yourself:

- Which virtue grew stronger?
- Which weakness became weaker?
- Did my remembrance become more constant?
- Did my relationships become more peaceful?
- What blessing have I experienced from following God's wisdom?

Celebrate every step forward.
Progress is more important than perfection.



The 21 Laws of Spiritual Magnetism

"Spiritual magnetism is not a mystery. It is the natural result of living according to God's wisdom."

These twenty-one laws summarize the essence of this book.
Read them often.
Reflect upon them.
Live them.

1
Remember every morning:
I am a peaceful soul.

2
Begin every day with remembrance of God.

3
Keep your thoughts pure before changing the world.

4
Follow Shrimat before following your own opinions.

5
Speak less.
Speak sweetly.
Speak truthfully.

6
See specialties before weaknesses.

7
Give respect before expecting respect.

8
Respond with peace instead of reacting emotionally.

9
Forgive quickly.
Carry no emotional burden.



10
Remain detached while loving deeply.

11
Never allow waste thoughts to occupy your mind.

12
Silence is greater than unnecessary words.

13
Remain content in every situation.

14
Become an instrument, not the doer.

15
Offer blessings instead of criticism.

16
Remember that every soul is a child of God.

17
Serve through your vibrations before serving through your words.

18
Check yourself before correcting others.

19
Let every action reflect God's qualities.

20
Remain a lighthouse, a might-house, and a bestower.

21
Belong completely to God, and everything else will naturally fall into its rightful place.



Daily Reminder
Read these twenty-one laws every morning for twenty-one days.
Allow them to become your way of thinking.
Eventually,
they will become your way of living.

Final Blessing
Become a Beacon of God's Light

Dear Reader,
You have now completed this journey through **The Power of Spiritual Magnetism**.
These pages have shared principles, reflections, and practices inspired by God's timeless wisdom. Yet the true purpose of this book has never been simply to increase knowledge.
Its purpose has been to awaken remembrance.
To remind you of who you truly are.
You are not a helpless being searching for peace.
You are a peaceful soul.
You are not searching for love.
You are originally an embodiment of love.
You are not searching for power.
God has come to awaken the unlimited spiritual power already hidden within you.
Every chapter has pointed toward one truth:
The more closely you walk with God, the more naturally your original virtues emerge.
As peace deepens,
your words become healing.
As purity increases,
your vibrations become powerful.
As remembrance becomes constant,
your presence becomes uplifting.
Without asking anyone to follow you,
your life itself becomes an inspiration.
That is true spiritual magnetism.
The world today is searching for people who radiate hope instead of fear.
Truth instead of confusion.
Peace instead of conflict.
Compassion instead of judgment.



God is preparing such souls.
May you become one of them.
Become the person who remains calm during storms.
Become the one who encourages when others criticize.
Become the one who forgives when others condemn.
Become the one who sees hope where others see failure.
Become the one who reminds people of God—not merely through words, but through your way of living.
Remember that every pure thought creates an elevated vibration.
Every blessing touches unseen hearts.
Every act of kindness becomes spiritual service.
Every moment of remembrance strengthens the atmosphere of the world.
Never underestimate the influence of one God-connected soul.
One lamp can illuminate thousands of lamps without losing its own light.
In the same way,
one spiritually awakened soul can inspire countless others.
May your intellect always remain connected with God.
May your heart remain filled with His love.
May your actions reflect His wisdom.
May your life become a living Murli.
May every step you take bring peace to the world.
May every word you speak become a blessing.
May every thought you create carry God's light.
And may you always remember:
You are a child of God.
You are an heir to His unlimited treasures.
You are a lighthouse for humanity.
You are a might-house of spiritual power.
You are a bestower of peace, love, and happiness.
Walk forward with faith.
Live with purity.
Serve with humility.
Remain in God's remembrance.
Let your life become a beacon of hope for every soul you meet.
A Final Murli Churning
"When one soul becomes completely filled with God's light, that soul silently becomes a blessing for the entire world."
May God always accompany you on your journey.
Om Shanti.



****

Thank You

Thank you for reading **The Power of Spiritual Magnetism**.

I am deeply grateful that you chose to spend your valuable time on this spiritual journey. My sincere hope is that these pages have not only provided knowledge but have also inspired you to experience a deeper connection with God and to awaken your original spiritual power.

Remember that true spiritual transformation happens through daily practice. Every pure thought, every moment of remembrance, every act of kindness, and every step taken according to God's wisdom brings you closer to your highest spiritual potential.

If this book has inspired you, I encourage you to continue your journey by reading God's daily teachings, practising meditation regularly, and becoming a source of peace, love, and happiness for everyone you meet.

May our life become a lighthouse of hope, a might-house of spiritual strength, and a bestower of blessings to the world.

Thank you once again for allowing this book to be a part of your spiritual journey.

With heartfelt gratitude and best wishes,

Swaati Vilhekar (Gaigole)

Your Feedback Matters

Your thoughts, experiences, and suggestions are invaluable. They will help improve future editions of this book and inspire the creation of more spiritual resources for seekers around the world.

If this book has touched your life in any way, I would love to hear from you.

Please share your feedback, suggestions, or personal experiences at:

📧 **Email: shivbaba311218@gmail.com**

Your words of encouragement and constructive suggestions are sincerely appreciated.

May God continue to bless you with peace, purity, happiness, and spiritual power.

Om Shanti

****

"Every elevated thought is a blessing.
Every pure vibration is a silent service.
Every act performed according to God's wisdom helps transform the world."

****

"The journey does not end with the last page of this book.
It begins with your next thought.
Choose peace.
Choose purity.
Choose God's wisdom.
And become the light that helps illuminate the world."

****

"When the soul remembers God, it becomes peaceful.
When it follows God's wisdom, it becomes powerful.
When it lives for the benefit of others, it becomes spiritually magnetic."

****

The Power of Spiritual Magnetism

Awaken Your Original Spiritual Power Through God's Wisdom

Every soul is a powerful point of light, carrying unlimited potential. Yet, we often live with weak vibrations, scattered thoughts, and limited self-awareness. This book is a practical guide to help you awaken the original spiritual power God has given you and become a magnet of peace, love, and blessings in this world.

In this book, you will discover:

- The spiritual laws that create attraction and influence
- How to purify thoughts and increase your vibrations
- The eight spiritual powers for stability and success
- The art of silence, virtues, and self-transformation
- How to become a lighthouse soul and instrument of God
- Powerful practices to connect with God and change your destiny

When your thoughts become powerful,
your vibrations become pure,
and your connection with God becomes strong,
you automatically radiate spiritual magnetism
and transform your life and the lives around you.

Awaken. Connect. Radiate.
Be the Power. Be the Light.

PEACE LOVE PURITY POWER WISDOM