



Take from God • Become Full • Give to the World

THE TREASURE OF BLESSINGS

Fill Your Invisible Spiritual Treasure
Through
MANSA SEVA



RECEIVE
Peace, Purity & Power
from Shiv Baba



LEARN
God's Knowledge
through Murli



BECOME
A Powerful Instrument
in Daily Life



GIVE
Peace, Love & Good Wishes
to the World



A PRACTICAL GUIDE TO TRANSFORM YOUR THOUGHTS,
CREATE GOOD VIBRATIONS AND SERVE THE WORLD



AMRIT VELA | MURLI | EVENING YOGA | MANSA SEVA

BUILD YOUR INVISIBLE SPIRITUAL WEALTH



BLESSINGS BANK

*Fill Your Invisible Spiritual Treasure
through Mansa Seva*

By Swaati Vilhekar Gaigole

Inspired by the spiritual knowledge and teachings received through the
Sakar and Avyakt Murlis of the Brahma Kumaris.



*** DEDICATION**

To My Beloved Shiv Baba,
My Supreme Father,
the Ocean of Peace, Purity, Love and Spiritual Power.
Whatever good is expressed through these pages
is a humble offering at Your feet.
Thank You for filling my life
with Your knowledge, love and blessings,
and for teaching me that the greatest service
can begin with one pure thought.

And to My Beloved Brahma Baba,
the first angelic instrument,
whose life teaches us the beauty of complete surrender,
unlimited service and constant remembrance.
Thank You for showing us how an ordinary life
can become an extraordinary instrument
when surrendered to the Supreme.

Let every thought created through these pages
carry peace.
Let every reader receive strength.
Let every soul experience good wishes.
And Let we all learn to become
instruments of Mansa Seva for the benefit of the world.
“Take from Shiv Baba.
Become full.
Give to the world.
And remain light.”
With love, remembrance and deep gratitude.
Om Shanti

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* ABOUT THIS BOOK

The Treasure of Blessings

Fill Your Invisible Spiritual Treasure Through Mansa Seva

This book is a humble invitation to discover the power of **Mansa Seva — spiritual service through elevated thoughts, pure intentions and good wishes.**

In a world where our minds are constantly surrounded by information, emotions and situations, learning to keep our consciousness peaceful and powerful is itself a great service.

Through this book, you have explored how a simple thought can become a powerful contribution when it is created with **soul consciousness, remembrance of Shiv Baba and selfless intentions.**

The purpose of this book is not merely to teach Mansa Seva, but to encourage you to **experience it as a way of living.**



Receive

At **Amrit Vela**, according to your convenience within the 2:00–5:00 a.m. period (recommended time 4 to 4:45 am), connect with Shiv Baba and fill yourself with peace, purity and spiritual power.



Learn

Through the **Murli**, receive God's knowledge, direction and understanding.



Become

Throughout the day, practise those qualities in your thoughts, relationships, words and actions.



Give

During **evening Yoga / Numashyam**, consciously offer your peace, purity, love and power through good wishes for the world.



Release

At night, check your consciousness, learn from the day, hand everything over to Shiv Baba and become light.

This creates the simple spiritual cycle:

TAKE → BECOME → GIVE

The more deeply we connect with the Source, the more naturally we can give.



What This Book Hopes to Awaken

Let these pages help you:

- Become more aware of the quality of your thoughts.
- Replace unnecessary negativity with elevated thoughts.
- Develop a benevolent vision towards every soul.
- Practise selfless good wishes.
- Remain compassionate without becoming emotionally burdened.
- Strengthen your connection with Shiv Baba.



- Make Amrit Vela, Murli and evening Yoga meaningful parts of your daily spiritual rhythm.
- Discover the joy of becoming an instrument for world service.
- Gradually transform Mansa Seva from a practice into a natural sanskar.

*** A Small Beginning Can Create a Great Change**

You do not need to wait for a special day to begin.

Begin with **one peaceful thought**.

Give **one good wish**.

Forgive **one person**.

Encourage **one soul**.

Create **one moment of silence**.

Remember Shiv Baba.

Then repeat it tomorrow.

And the day after.

Slowly, your thoughts become your sanskars, your sanskars influence your nature, and your nature begins to become a source of peace for others.

♥ A Message to Every Reader

If even one page of this book helps you become more peaceful...

If even one sankalp prevents one negative thought...

If even one good wish brings courage to another soul...

If even one evening of Yoga inspires you to send peaceful vibrations to the world...
then the purpose of this book has been fulfilled.

Let you never underestimate the power of your consciousness.

****Your thought matters.**

Your vibration matters.

Your intention matters.

Your presence matters.**

Keep your connection with Shiv Baba strong.

Keep receiving.

Keep becoming.

Keep giving.

And keep your invisible treasure of blessings **bharpur — ever full**.

*** The Treasure of Blessings**

A Journey from Receiving God's Power to Becoming a Blessing for the World

Om Shanti.

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Om Shanti	



The Three Spiritual Anchors of the Day

Amrit Vela — Receive from God

At Amrit Vela, between **2:00 a.m. and 5:00 a.m.**, according to your convenience, connect your mind with Shiv Baba, the Supreme Father, and experience yourself becoming filled with peace, purity, love and power.

Amrit Vela = Receive from God.

Murli — Receive Divine Direction

The Murli gives us knowledge, direction and Shrimat to make our actions and destiny elevated.

Murli = Know what God wants us to become and do.

Evening Yoga / Numashyam — Give to the World

In the evening, whatever peace, purity and power we have received from God during the day, let us share it with the world through Mansa Seva.

Experience:

“The peace and power I have received from Shiv Baba are reaching the souls of the world as peaceful and powerful vibrations.”

Evening Yoga = Give to the World.

The Simple Cycle

Receive from Shiv Baba → Fill Yourself → Live His Shrimat → Give to the World.

In this way, we do not lose anything by giving.

We keep receiving from the Supreme Source and keep giving to the world.

This can become the beautiful rhythm of a Mansa Sevadhari's day:

Amrit Vela — Receive.

Murli — Understand.

Daytime — Practise.

Evening Yoga — Give.

Receive from God Shiv Baba.

Give to the world.

And keep your spiritual treasure ever-full.

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Introduction

We all want happiness, peace, success and fulfilment in life. But there is another treasure—**invisible, yet deeply valuable**—that can make our spiritual life truly rich: **the Blessings Bank**. It is easy to wish someone well, but receiving genuine blessings from souls is a different kind of spiritual earning. One of the simplest and most subtle ways to build this treasure is **Mansa Seva—service through our thoughts, feelings and vibrations**.

When we remember Shiv Baba, the Supreme Father, receive peace and power from Him, and then share that peace, purity and strength with souls through our pure thoughts and good wishes, our thoughts themselves become a form of service.

Mansa Seva is not about controlling anyone or trying to change people according to our wishes. It is about seeing every soul with an elevated vision and offering **good wishes, pure feelings, strength and peace**, while leaving the result in God's hands.

This book has been created not merely to explain Mansa Seva, but to help you **experience it while reading**.

As you move through these pages, pause whenever a thought touches your heart. Close your eyes for a few moments. Remember Shiv Baba. Become peaceful. Then allow that peace to flow towards the souls and the world.

In this way, **reading itself can become a form of Mansa Seva**.

Receive from God. Give to the World.

A beautiful rhythm of a Brahmin life can be:

Amrit Vela — receive from Shiv Baba.

Murli — receive His direction.

Daytime — practise and share through your actions.

Evening Yoga — give peace and power to the world.

When we continue receiving from the Supreme Source and giving to the world, our spiritual treasure does not become empty. **The more we become instruments of giving, the more we remain connected to the Source.**

The early period of the Yagya also gives us a powerful inspiration. Through Brahma Baba's intense remembrance, purity, elevated stage and spiritual vibrations, many souls were drawn towards the divine work. The message did not travel only through words; **the powerful atmosphere itself became a subtle invitation.**

Today, too, the world needs such powerful vibrations.

Words can give a message.

Actions can give an example.

But a powerful stage can create an atmosphere.

Therefore, this is a time to become conscious Mansa Sevadharis—to receive God's power, become filled with it and share it with the world.

As you read this book, do not hurry to finish it.

Read slowly.

Pause.

Remember.

Experience.

Serve.

Let every page awaken a pure thought, every pure thought become a powerful vibration, every vibration become a blessing, and your **Blessings Bank become ever-full.**

Om Shanti.



PART I

THE POWER OF

THOUGHTS

Understanding the Foundation of Mansa Seva



Chapter 1

What is Mansa Seva?

Mansa Seva means serving through the mind—through our **thoughts, feelings, vision and vibrations**.

When our mind is connected with Shiv Baba, the Supreme Father, our thoughts can become a subtle form of service. Instead of using our mind to worry, criticize or judge, we use it to create **good wishes, pure feelings and powerful thoughts** for ourselves, for souls and for the world.

What Does Mansa Seva Mean?

Mansa Seva is not merely thinking about someone.

It is consciously creating an elevated thought such as:

“Let this soul experience peace.”

“Let this soul become powerful.”

“Let this soul recognize his or her own greatness.”

“Let this soul receive courage and strength from God.”

The foundation is not our personal power. We first connect with Shiv Baba, receive His peace and strength, and then become an instrument to share those elevated vibrations.

The Three Steps of Mansa Seva

1. Connect

Remember Shiv Baba and become soul-conscious.

2. Receive

Experience yourself becoming filled with peace, purity, love and power.

3. Give

Send good wishes and peaceful, powerful vibrations to souls and to the world.

Connect → Receive → Give.

This is the simple cycle of Mansa Seva.

Mansa Seva Is Not Control

Mansa Seva does not mean trying to make another person behave according to our wishes.

We do not think:

“This person must do what I want.”

Instead, our thought is:

“Let this soul experience whatever strength, wisdom and peace is beneficial for his or her highest good.”

We offer good wishes and leave the result to God.

Why Is It Called Seva?

When our thoughts are used only for ourselves, they remain personal thoughts.

When our thoughts become **pure, selfless and beneficial for others**, they become service.

A single thought may take only a moment, but when that thought is filled with genuine good wishes, it becomes an opportunity for spiritual earning.

A Simple Practice

Pause for a moment.

Become aware:



“I am a peaceful soul.”

Remember Shiv Baba.

Experience:

“I am receiving peace and power from the Supreme Source.”

Now think of one soul and gently hold the thought:

“You are a peaceful, powerful soul.

Let you experience courage, clarity and peace.”

Then release the thought and remain peaceful.

This is a simple beginning of Mansa Seva.

The Murli Foundation

The Sakar and Avyakt Murlis repeatedly inspire us to become **soul-conscious, benevolent, peaceful, powerful and world servers**. Mansa Seva is a natural expression of these elevated qualities.

The aim is not merely to have good thoughts, but to become a soul whose very thoughts, vision and vibrations are beneficial to others.

Today's Powerful Thought

“I am a Mansa Sevadhari.

I receive from Shiv Baba and give to the world.

My thoughts are pure, my feelings are benevolent, and my vibrations carry peace and power.”

Om Shanti.

.....

Chapter 2

Why Is Mansa Seva Necessary?

Today, the world has many physical resources, but there is a deep need for **peace, stability, purity and hope**. Mansa Seva gives us an opportunity to contribute to this need in a subtle and powerful way.

We may not be able to reach every soul physically, but through pure thoughts and good wishes, we can develop a consciousness of **world service**.

From Self-Service to World Service

Spiritual life begins with transforming the self.

When I become peaceful, I can share peace.

When I become powerful, I can share strength.

When I become stable, I can support others.

When I become pure, my thoughts become more beneficial.

Therefore:

First transform yourself → then become an instrument for others.

Every Thought Has Value

We spend many hours thinking every day. If even a small part of this mental energy is consciously used for elevated thoughts, our time becomes more meaningful.



Instead of:

“Why is this happening?”

we can think:

“What power is needed here?”

Instead of:

“Why is this person like this?”

we can think:

“Let this soul experience peace and strength.”

Instead of worrying about the future:

“Let I remain stable and trust God's guidance.”

This is how ordinary thinking gradually becomes **Mansa Seva**.

Mansa Seva in the Present Time

The world is experiencing uncertainty, stress, fear and emotional unrest. We cannot solve every situation physically, but we can refuse to add more negativity through our own thoughts.

Where there is fear, become a vibration of courage.

Where there is sadness, become a vibration of hope.

Where there is conflict, become a vibration of peace.

Where there is confusion, become a vibration of clarity.

Do not become part of the problem through your thoughts. Become part of the solution through your stage.

The Inspiration of Brahma Baba

The early period of the Yagya reminds us that spiritual transformation does not happen only through spoken words. Brahma Baba's intense remembrance, purity and elevated stage created a powerful spiritual atmosphere through which many souls were drawn towards the divine work.

Today, we too can become instruments of such an elevated atmosphere.

Our words can reach a few souls.

Our actions can influence those around us.

But our elevated stage can become an atmosphere.

Mansa Seva Is Also Self-Transformation

An important secret is that while we are sending good wishes to others, **we are also transforming ourselves.**

When we repeatedly think:

“Let everyone be peaceful,” (be peaceful)

we ourselves become peaceful.

When we repeatedly think:

“Let everyone be powerful,” (be powerful)

we become conscious of our own inner power.

When we repeatedly see the qualities of others,

our own vision becomes गुणग्राही—quality-conscious.

Thus, Mansa Seva serves both:

the soul we are serving and the soul who is serving.

Today's Practice



Take one minute.

Remember Shiv Baba.

Become peaceful.

Then think:

“Let every soul I meet today experience peace, courage and inner strength. Let my thoughts add to the peace of the world.”

Remain silent for a few moments and experience it.

Today's Powerful Thought

“I cannot control the world, but I can control the quality of my thoughts. I choose to make my thoughts a contribution to world peace.”

Om Shanti.

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Chapter 3

The Power of Thoughts

Thoughts are invisible, but they shape our **feelings, attitude, behaviour and vibrations**. Every action begins as a thought.

Therefore, Mansa Seva begins with understanding the value of one thought.

Every Thought Matters

A thought of fear creates heaviness.

A thought of anger creates disturbance.

A thought of criticism creates distance.

A thought of hope creates lightness.

A thought of love creates connection.

A thought of peace creates stability.

We may not be able to control every thought that appears, but through practice we can choose **which thoughts we entertain and strengthen**.

From Ordinary Thought to Powerful Thought

A thought becomes powerful when it is:

Pure → Positive → Purposeful → Connected with God.

For example:

Instead of:

“I don't know what will happen.”

choose:

“Whatever comes, I will remain stable and take strength from Shiv Baba.”

Instead of:

“This person will never change.”

choose:

“Every soul has the potential to become elevated.”

Instead of:

“There is so much negativity in the world.”

choose:

“I will contribute vibrations of peace and purity to the world.”



This is the beginning of conscious Mansa Seva.

Thoughts Create Our Inner Atmosphere

Our mind is like a room.

If we continuously fill it with worry, comparison and criticism, we create heaviness within ourselves.

If we fill it with remembrance, gratitude, good wishes and spiritual awareness, we create an atmosphere of peace.

And when our inner atmosphere changes, our **vision, words and actions naturally change.**

The Power of One Pure Thought

Never underestimate one pure thought.

When a thought is repeated with faith and stability, it becomes a **sankalp-shakti**—the power of a determined thought.

A simple thought such as:

“I am a peaceful soul.”

can gradually become an experience.

Similarly:

“Every soul is moving towards its highest good.”

can transform the way we see people.

A Mansa Seva Experiment

For one day, observe your thoughts without judging yourself.

Whenever you notice a negative or unnecessary thought, pause and replace it with a powerful thought.

Criticism → Good wishes

Worry → Trust

Fear → Courage

Anger → Peace

Jealousy → Appreciation

Hopelessness → Hope

At night, ask yourself:

“How many thoughts did I successfully transform into service?”

A Deeper Practice

Before sending a thought towards another soul, first check:

Is this thought pure?

Is it beneficial?

Is it free from expectation?

Is it connected with God?

If yes, allow it to flow.

If not, first transform yourself.

Today's Powerful Thought

“My thoughts are not merely passing ideas. They are opportunities for spiritual creation. I choose thoughts that create peace within me and contribute to peace around me.”



I am a peaceful soul.
I am a powerful soul.
I am a Mansa Sevadhari.
Om Shanti.

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Chapter 4

The Power of Good Wishes and Pure Feelings

Mansa Seva begins to become powerful when our thoughts are filled with **good wishes and pure feelings**.

A thought may be positive, but a thought filled with genuine goodwill carries a deeper quality. It is not merely thinking “*something good should happen.*” It is sincerely wishing for the **highest good of another soul**.

What Are Good Wishes?

Good wishes mean:

“Let this soul be peaceful.”

“Let this soul become courageous.”

“Let this soul recognize his or her inner strength.”

“Let this soul receive the right understanding at the right time.”

There is no demand and no expectation.

We simply offer the good wish and leave the result to God.

What Are Pure Feelings?

Pure feelings are free from:

- jealousy
- criticism
- resentment
- control
- expectations
- personal attachment

They are filled with:

love, respect, compassion, forgiveness, शुभभावना and शुभकामना.

When our feelings become pure, our vision of others also changes.

See the Soul, Not the Weakness

Every soul has weaknesses and old sanskars.

If we continuously focus on someone's weakness, our own mind becomes occupied with that weakness.

Instead, consciously see the soul beyond the weakness.

Think:

“This soul is a child of Shiv Baba.

This soul has inner goodness.

This soul has the power to transform.”

This does not mean ignoring wrong behaviour. It means **not allowing another person's weakness to occupy our consciousness.**

Good Wishes in Difficult Relationships



Mansa Seva becomes especially powerful when we practise it with someone with whom we have difficulty.

Instead of repeatedly remembering what they did, pause and say:

“I release this soul from my negative thoughts.

I wish this soul peace, wisdom and strength.

Let us both become free from the influence of old sanskars.”

This does not mean accepting injustice. It means keeping our own consciousness clean and peaceful.

The Power of Forgiveness

Forgiveness is also Mansa Seva.

When we forgive someone internally, we free ourselves from repeatedly carrying that person in our mind.

Forgiveness does not justify the action.

It frees the mind from the burden of the action.

One-Minute Good-Wishes Practice

Remember Shiv Baba.

Become peaceful.

Bring one soul to your awareness.

Do not think about their problem.

Simply experience:

“You are a peaceful soul.

You are a powerful soul.

Let you experience clarity, courage and happiness.

Let you move towards your highest good.”

Then release the thought.

No expectation.

No analysis.

Only शुभभावना.(good wishesh-shubh-bhavana)

Today's Powerful Thought

“I choose to see the highest possibility in every soul. My good wishes are not an attempt to control anyone; they are my offering of pure feelings to the soul and to God.”

See goodness.

Think goodness.

Feel goodness.

Give goodness.

This is the heart of Mansa Seva.

Om Shanti.

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Chapter 5

The Right Way to Practise Mansa Seva

Mansa Seva is subtle. Therefore, the **quality of our state of mind** is more important than the number of minutes we spend.

The right method is simple:

Connect → Receive → Give → Release.

1. Connect with Shiv Baba

First become soul-conscious.

Move your attention away from the body, situations and people.

Experience:

“I am a peaceful, pure soul.

Shiv Baba is my Supreme Father.”

Let your mind become still.

2. Receive Before You Give

Do not begin Mansa Seva from an empty or disturbed state.

Connect with Shiv Baba and experience His qualities:

Peace... Purity... Love... Power... Happiness...

Feel yourself becoming full.

First fill yourself, then serve.

3. Choose Your Service

Now bring a soul, a group of souls, a situation or the whole world into your awareness.

Do not focus on their problems.

See them as **powerful souls**.

Choose one simple thought:

“Let this soul experience peace.”

or

“Let these souls receive courage and strength.”

or

“Let the world experience peace and purity.”

4. Experience, Don't Force

Do not repeat the thought mechanically.

Allow yourself to **experience** it.

Feel peace.

Feel strength.

Feel pure love.

Let the elevated feeling flow naturally.

Mansa Seva is not mental pressure. It is **a peaceful state from which good wishes naturally emerge.**

5. Release the Result



This is one of the most important principles.

After giving your good wishes, do not continue thinking:

“Did it work?”

“Did that person change?”

“Why hasn't anything happened yet?”

That becomes expectation.

Simply think:

“I have offered my good wishes. Now I leave the result to Shiv Baba.”

Remain peaceful.

6. Return to the Self

Finally, bring your attention back to yourself.

Experience:

“I am peaceful.

I am stable.

I am light.

I am connected with Shiv Baba.”

Then continue your day.

What Mansa Seva Is Not

Mansa Seva is **not**:

- controlling another person's mind
- forcing someone to behave differently
- repeatedly analysing someone's problems
- sending thoughts with attachment or expectation
- replacing necessary practical action
- becoming emotionally involved in another person's situation

Mansa Seva is:

Pure intention + Godly remembrance + Good wishes + Detachment.

A Simple 3-Minute Practice

Minute 1: Connect with Shiv Baba and become peaceful.

Minute 2: Fill yourself with one quality—peace, power, purity or love.

Minute 3: Give that quality through good wishes to a soul or to the world.

Then release the result.

Today's Powerful Thought

“I do not use Mansa Seva to control anyone. I use it to become peaceful, give pure good wishes and become an instrument of God's service.”

Connect with God.

Receive from God.

Give to the world.

Remain detached.

Om Shanti.

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PART II
BECOMING A POWERFUL
INSTRUMENT
From Soul Consciousness to Godly Connection



Chapter 6

Fill Yourself First, Then Serve

The first principle of powerful Mansa Seva is simple:

You cannot give what you have not received.

If the mind is disturbed, overloaded or empty, trying to serve others mentally can become another form of effort. Therefore, the Mansa Sevadhari first connects with Shiv Baba and becomes **full of peace, purity and power**.

The Spiritual Sequence

Remember → Receive → Become Full → Give → Remain Light

This is the natural rhythm of Mansa Seva.

Why Fill Yourself First?

Imagine a lamp that is itself without light. It cannot illuminate another place.

In the same way, when we first fill ourselves with God's remembrance, our service becomes more stable and selfless.

Before giving peace, **be peaceful**.

Before giving strength, **experience strength**.

Before giving love, **become loving**.

Before giving hope, **become hopeful**.

Connect to the Source

At Amrit Vela, use the quiet hours of **2:00 a.m. to 5:00 a.m.**, according to your convenience, to connect with Shiv Baba, the Supreme Father.

Experience:

"I am a soul.

Shiv Baba is my Supreme Father.

He is the Ocean of Peace, Purity and Power.

I am receiving these qualities from Him."

Do not merely repeat the words.

Pause and experience them.

Become Full

Imagine yourself becoming filled with:

Peace — my natural state.

Purity — my inner strength.

Love — my benevolent feeling.

Power — my ability to remain stable.

Happiness — my spiritual wealth.

When we feel full, giving becomes natural.

Then Give

Now allow that fullness to become service.

Think of a soul who needs courage.

Do not absorb their weakness.



Remain connected with Shiv Baba and think:

“Let this soul experience courage and strength.”

Then let go.

The soul is not your responsibility to control.

You are simply an **instrument**.

Do Not Empty Yourself

A Mansa Sevadhari does not carry everyone's problems.

There is a difference between:

Compassion and absorption.

Compassion says:

“I wish you strength.”

Absorption says:

“I must carry your problem.”

Mansa Seva teaches us to remain **detached, peaceful and powerful** while having good wishes for others.

The Daily Cycle

Make this a natural rhythm:

Amrit Vela — Receive from Shiv Baba.

Murli — Receive God's direction.

Daytime — Practise it in your thoughts, words and actions.

Evening Yoga / Numashyam — Give peace and power to the world.

This creates a beautiful spiritual cycle:

Receive from God → Become Full → Give to the World → Receive Again.

You lose nothing.

You remain connected to the **Supreme Source** while becoming an instrument for world service.

Today's Powerful Thought

“I first fill myself with Shiv Baba's peace and power. Then I give from fullness, not from emptiness. I receive from the Source and become an instrument to give to the world.”

First fill yourself.

Then serve.

Remain connected.

Remain light.

Om Shanti.

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Chapter 7

Different Ways of Doing Mansa Seva

Mansa Seva does not have only one method. Whenever our thoughts, feelings and vision become **pure, elevated and beneficial**, they can become a means of subtle service.

The important thing is not the technique, but the **quality of consciousness behind it**.

1. Service through Good Wishes

Think of a soul and create one pure thought:

“Let this soul experience peace, courage and happiness.”

Do not analyse the person. Simply give good wishes and remain detached.

2. Service through Powerful Thoughts

Choose one elevated thought and hold it with stability:

“I am a peaceful soul.”

“Every soul has the power to transform.”

“The world is becoming peaceful.”

One stable thought is more powerful than many scattered thoughts.

3. Service through Vision

When you look at someone, consciously see the **soul beyond the body, role and personality**.

Instead of seeing weakness, see potential.

Instead of seeing mistakes, see the possibility of transformation.

Your vision then becomes a silent blessing.

4. Service through Vibrations

Become peaceful yourself and allow your peaceful state to influence the atmosphere naturally.

You do not need to imagine that you are forcing energy towards someone.

Simply become an **embodiment of peace**.

A peaceful person can contribute to a peaceful atmosphere.

5. Service through the Power of Silence

Sometimes no thought needs to be spoken—even mentally.

Sit in silence, remember Shiv Baba and experience:

“I am a peaceful soul.

The world is peaceful.”

This deep silence itself becomes a powerful spiritual practice.

6. Service through Forgiveness

Release negative thoughts about someone.

Think:

“I free this soul from my past thoughts. I choose peace.”



Forgiveness cleans our own consciousness and prevents old situations from repeatedly occupying the mind.

7. Service through Appreciation

Whenever you notice a good quality in someone, appreciate it internally.

“This soul has courage.”

“This soul has a good heart.”

“This soul is sincere.”

Seeing and strengthening virtues is also Mansa Seva.

8. Service for the World

At any quiet moment, bring the world into your awareness.

Connect with Shiv Baba and experience:

“Let all souls experience peace, purity, courage and spiritual awakening.”

Remain in this awareness for a few moments.

One Important Principle

Mansa Seva should never become a burden.

You do not have to serve mentally every minute.

Instead, gradually develop a **service-conscious mind** so that your natural thoughts become beneficial.

Today's Practice

Choose **one method** from above and practise it for three minutes.

Tomorrow, choose another.

Slowly discover which forms of Mansa Seva help you remain most peaceful, stable and detached.

Today's Powerful Thought

“My mind is not only a place for thoughts; it can become an instrument of service. I choose to use it for peace, purity and the good of every soul.”

Think pure.

See pure.

Feel pure.

Serve silently.

Om Shanti.



Chapter 8

Seva through Your Vision and Attitude

Mansa Seva is not limited to what we think consciously. Our **vision and attitude** also influence the quality of our interactions and the atmosphere around us.

When our vision becomes elevated, our thoughts naturally become elevated.

What We See, We Strengthen

If we constantly focus on someone's weakness, our mind repeatedly creates thoughts around that weakness.

But if we consciously recognize their good qualities, we create a different inner response.

Therefore, practise seeing:

The soul, not the role.

The quality, not the weakness.

The possibility, not the limitation.

The original nature, not only the present behaviour.

This does not mean ignoring reality. It means choosing an **elevated perspective** while dealing with reality.

Change Your Attitude

Sometimes the same person or situation feels different when our attitude changes.

Instead of:

“Why does this person always create problems?”

try:

“What quality can I practise through this situation?”

Instead of:

“This person is very difficult.”

try:

“This is an opportunity for me to practise patience and stability.”

Instead of:

“Nobody understands me.”

try:

“I can remain peaceful without depending on others' understanding.”

This shift itself is a form of inner service.

The Power of a Benevolent Attitude

A benevolent attitude means:

“I want the best for this soul.”

Even when correction is necessary, the inner feeling can remain pure.

You can disagree with someone's behaviour without developing hatred towards the soul.

You can maintain boundaries without creating bitterness.

You can remain firm without losing kindness.

This is spiritual maturity.

See the Original Soul



In Rajyoga, we practise soul-consciousness.

When looking at another person, pause for a moment and think:

“This is a soul—an eternal child of Shiv Baba, originally peaceful and pure.”

Let that awareness change your vision.

You may notice that your reaction becomes softer, your mind becomes lighter and your words become more constructive.

A Daily Vision Practice

Choose three people you meet during the day.

For each person, silently recognize **one quality**.

For example:

“This soul is sincere.”

“This soul is hardworking.”

“This soul has courage.”

Do not tell them.

Simply practise seeing their qualities.

At night, ask:

“Did I spend more time seeing weaknesses or recognizing qualities?”

Today's Powerful Thought

“I choose a benevolent vision. I see every soul as a child of Shiv Baba and focus on the possibility of their highest self.”

Change your vision → change your attitude → change your thoughts → change your experience.

Om Shanti.

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Chapter 9

Sending Sakash through Powerful Thoughts

Sakash means giving subtle spiritual support through an elevated state of consciousness. In Mansa Seva, we first become peaceful and powerful in remembrance of Shiv Baba and then hold a pure, benevolent thought for a soul, group or the world.

The emphasis is not on forcing anything. **We become an instrument of good wishes.**

The Right State for Sakash

Before giving Sakash:

Become soul-conscious.

Remember Shiv Baba.

Become peaceful.

Fill yourself with power.

Become detached.

Only then begin the service.

A Simple Method



Bring one soul to your awareness.
Do not focus on their weakness or problem.
See them as a peaceful, powerful soul.

Then experience:

“You are a peaceful soul.”

Pause.

“You are a powerful soul.”

Pause.

“Let you experience courage, clarity and peace.”

Then remain silent for a few moments.

Finally, release the thought.

No expectation. No force. No attachment.

Sakash for a Difficult Situation

Bring the situation to your awareness without becoming emotionally involved.

Remember Shiv Baba and think:

“Let wisdom emerge.

Let everyone involved remain peaceful.

Let the highest good unfold.”

Then leave the situation with God.

This protects us from becoming absorbed in the problem.

Sakash for the World

At Amrit Vela or during evening Yoga, expand your awareness.

Imagine the world filled with peaceful souls.

Experience:

“Peaceful vibrations are spreading.

Souls are becoming courageous and stable.

Purity and love are increasing.

Every soul is receiving the strength needed for its journey.”

Remain in silence.

Sakash Is Not Mental Pressure

Sakash should never become:

“I want this person to do what I want.”

That is personal desire, not selfless service.

True Mansa Seva says:

“Let this soul receive what is beneficial for their highest good.”

We give good wishes and surrender the outcome to Shiv Baba.

A 3-Minute Sakash Practice

Minute 1: Connect with Shiv Baba and become peaceful.

Minute 2: Become full of one power—peace, courage, purity or love.

Minute 3: Give that power through a pure thought to one soul or the world.

Then become silent.

Today's Powerful Thought



“I become peaceful in Shiv Baba's remembrance, become filled with His powers and become an instrument to give good wishes and Sakash to the world.”

Receive → Become Full → Give Sakash → Remain Detached.

Om Shanti.

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Chapter 10

Mansa Seva and Telepathy

Mansa Seva is a spiritual practice based on **pure thoughts, good wishes, soul-consciousness and remembrance of Shiv Baba**. Sometimes, during deep remembrance, we may experience that someone suddenly comes to our mind, we think of someone and shortly afterwards receive a message from them, or we feel a subtle connection with another soul.

Such experiences are sometimes described as **telepathy**.

However, Mansa Seva should never depend upon having such experiences.

Mansa Seva Is Not Mind Control

True Mansa Seva does not mean entering another person's mind or trying to make them think, feel or act according to our wishes.

Its foundation is:

Pure intention + Good wishes + Godly remembrance + Detachment.

We offer शुभभावना, not control.

How Can a Thought Become Subtle?

The mind is continuously creating thoughts. When the mind becomes calm through Rajyoga, unnecessary thoughts reduce and awareness becomes more subtle.

In that state, we may become more sensitive to our own thoughts and feelings and may notice connections or coincidences that we would otherwise overlook.

Therefore, if a person suddenly comes to your mind, simply use that moment as an opportunity for service:

“Let this soul be peaceful, happy and powerful.”

Then return to your remembrance of Shiv Baba.

Do Not Chase Experiences

A common mistake is to think:

“I must develop telepathy.”

This can create curiosity, expectation and unnecessary mental activity.

The purpose of Mansa Seva is not to develop unusual experiences.

The purpose is to become:

peaceful, pure, powerful and benevolent.

If a subtle experience occurs, observe it calmly without making assumptions.

A Safe and Pure Practice

When someone comes to your mind unexpectedly:



1. Become soul-conscious.
2. Remember Shiv Baba.
3. Send one pure good wish.
4. Do not analyse why the person came to mind.
5. Do not expect a response.
6. Return to your peaceful stage.

For example:

“You are a peaceful soul. Let you receive strength and clarity.”

Then let the thought go.

Telepathy and Spiritual Service

Whether or not any telepathic connection exists in a particular situation, **our good intention has value for our own consciousness.**

Every time we replace worry with good wishes, criticism with appreciation, and fear with peace, we are strengthening our own spiritual state.

Therefore, telepathic experiences remain secondary.

Mansa Seva is the goal—not telepathy.

Today's Powerful Thought

“I do not seek special experiences. I seek a pure and powerful stage. If a subtle connection is experienced, I remain detached and use the moment for good wishes.”

Be peaceful.

Be pure.

Give good wishes.

Remain detached.

Om Shanti.

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Chapter 11

Making Your Time Successful

Time is one of our greatest spiritual treasures. Once a moment has passed, it cannot be brought back. Therefore, one of the beautiful forms of Mansa Seva is to make our **time successful** by using our thoughts for an elevated purpose.

From Empty Time to Powerful Time

We often say, *“I have some free time.”*

Instead, think:

“I have some time to serve.”

While travelling, waiting, walking or sitting quietly, we can turn a few moments into spiritual service.

Instead of allowing the mind to wander into unnecessary thoughts, use it for:

Remembrance → Good wishes → Sakash → World service.

Every Moment Can Become a Spiritual Earning

Mansa Seva does not always require a special meditation session.

A few seconds of a pure thought can change the quality of a moment.

While seeing someone:



“Let this soul remain peaceful.”

While hearing disturbing news:

“Let all souls involved receive courage and wisdom.”

While entering a workplace:

“Let this place remain peaceful and harmonious.”

While travelling:

“Let the world become peaceful and pure.”

In this way, ordinary moments become **successful moments**.

Do Not Waste Time in Mental Repetition

Sometimes the body may stop working, but the mind continues working on the same issue:

“Why did this happen?”

“What did they mean?”

“What will happen next?”

Such repetitive thinking consumes our time and energy.

Pause and ask:

“Can I turn this thought into service?”

Then transform it:

Worry → Good wishes

Analysis → Peace

Complaint → Solution

Fear → Courage

The Spiritual Use of Waiting Time

Waiting time can become one of the easiest opportunities for Mansa Seva.

Instead of checking the phone repeatedly, take a few moments:

“I am a peaceful soul. Shiv Baba is with me. Let everyone around me experience peace.”

A few peaceful moments can completely change the quality of the waiting experience.

Make the Day a Flow of Service

Imagine your day as a continuous chain:

Amrit Vela → Receive from Shiv Baba

Murli → Receive direction

Daytime → Live and serve

Evening Yoga → Give Sakash to the world

Then time is not merely passing.

Time is becoming successful.

Today's Practice

Today, identify **three moments of unused time**.

Use each moment for 30–60 seconds of Mansa Seva.

At night ask:

“How much of my time did I use for creating peace rather than unnecessary thoughts?”

Today's Powerful Thought

“Time is my spiritual treasure. I choose to make my thoughts, moments and breaths successful by connecting them with God and using them in service.”

Do not wait for time to pass.

Use every moment to create a better vibration.

Om Shanti.

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PART III

MANSA SEVA IN

RELATIONSHIPS AND

LIFE

Serving the Self and Every Soul



Chapter 12

Making Your Thoughts Successful

We think thousands of thoughts every day, but not every thought deserves our attention.

A **successful thought** is one that creates something elevated—peace, clarity, strength, love, courage or service.

Mansa Seva begins when we stop allowing the mind to become a storage place for unnecessary thoughts and begin using it as an **instrument for elevated creation**.

Which Thoughts Are Successful?

Before entertaining a thought, ask:

Is it true?

Is it beneficial?

Is it necessary?

Does it create peace or power?

If not, let it pass.

For example:

“Why did they behave like that?”

can become

“Let everyone involved receive wisdom and peace.”

“What if something goes wrong?”

can become

“I will remain stable and trust Shiv Baba's guidance.”

“I can't do this.”

can become

“With God's power, I can remain stable and do my best.”

From Waste Thoughts to Service

Waste thoughts consume mental energy without producing spiritual benefit.

The aim is not to fight them.

Simply **change the direction**.

Notice → Pause → Transform → Serve.

When a waste thought appears, pause and choose an elevated thought.

One Thought at a Time

Do not try to control the entire mind at once.

Choose one powerful thought and experience it deeply:

“I am a peaceful soul.”

Stay with it.

Then:

“Shiv Baba is my Supreme Father.”

Experience the connection.

Then:



“I am an instrument for world service.”

Allow the thought to become a feeling.
This is how a thought becomes **sankalp-shakti**.

Make Your Thoughts Beneficial for Others

A powerful Mansa Sevadhari does not constantly think:

“What am I getting?”

The mind gradually develops the habit:

“What can I give?”

Give:

Peace to the disturbed.

Courage to the fearful.

Hope to the discouraged.

Good wishes to everyone.

This does not require words.

A Simple Thought Check

Three times during the day, stop for a few seconds and ask:

“What am I thinking right now?”

If the thought is useful, continue.

If it is unnecessary, transform it.

If it is about another person, add a good wish.

This small practice can gradually change the quality of the entire day.

Today's Powerful Thought

“My thoughts are my spiritual currency. I will not spend them carelessly. I will use them to create peace within myself and contribute to the well-being of others.”

Think less waste.

Think more elevated.

Think for the highest good.

Om Shanti.

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Chapter 13

Making Every Breath Successful

We often measure our life in years, months and days. Spiritually, we can also look at life as a collection of **breaths**.

Every breath is an opportunity.

A breath spent in worry is gone.

A breath spent in anger is gone.

A breath spent in remembrance becomes a spiritual earning.

The aim is not to become tense about every breath, but to gradually make our consciousness more **God-connected and service-oriented**.

The Breath of Remembrance

Whenever you become aware of your breathing, gently remember:

“I am a peaceful soul.”

Then:

“Shiv Baba is my Supreme Father.”

With the next breath, experience:

Peace...

With another:

Power...

With another:

Purity...

Let the breathing remain natural. There is no need to force or control it.

Turn Breathing into Awareness

We usually breathe automatically.

Mansa Seva teaches us to use moments of awareness to reconnect with our true identity.

While walking:

“I am a peaceful soul.”

While working:

“I am an instrument.”

Before speaking:

“Let my words bring benefit.”

Before reacting:

“Let me remain stable.”

In this way, remembrance gradually becomes a natural part of life.

Successful Breath Means Successful Consciousness

Making every breath successful does not mean performing a special practice every second.

It means that, whenever we remember, we choose:



Soul-consciousness over body-consciousness.

Peace over disturbance.

Good wishes over criticism.

Power over fear.

Service over waste.

Even a few conscious moments repeated throughout the day can create a powerful sanskar.

From Personal Breath to World Service

During a peaceful moment, experience:

“With every breath, I am becoming peaceful and powerful.

Let the atmosphere around me also become peaceful and powerful.”

At evening Yoga, expand the awareness:

“Let the world breathe peace.

Let souls become free from fear and tension.

Let purity and harmony increase.”

Remain in silence for a few moments.

A Simple Daily Practice

Set three gentle reminders during the day.

Whenever you notice them:

Pause → Remember → Become Peaceful → Give One Good Wish.

It may take only a few seconds.

But those seconds become successful.

Today's Powerful Thought

“Every breath is precious. Whenever I become aware of it, I connect with Shiv Baba, become peaceful and use that moment for a higher purpose.”

Successful thoughts.

Successful moments.

Successful breaths.

Successful life.

Om Shanti.

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Chapter 14

Knowledge, Virtues and Their Power

Mansa Seva becomes more powerful when our thoughts are supported by **knowledge and virtues**.

Knowledge gives us the right direction.

Virtues give our thoughts the right quality.

Spiritual powers help us remain stable while serving.

Knowledge Gives Direction

Without knowledge, we may have good intentions but become confused about how to respond.

Knowledge teaches us:

Who am I? — A soul.

Who is God? — Shiv Baba, the Supreme Father.

What is my original nature? — Peace, purity and love.

What is my purpose? — To transform myself and become an instrument for world service.

When these truths remain in our awareness, our thoughts naturally become more elevated.

Virtues Give Beauty to Service

Mansa Seva should carry the fragrance of virtues.

Practise:

Peace — so your thoughts are stable.

Love — so your service is genuine.

Purity — so there is no selfish motive.

Patience — so you do not become discouraged.

Compassion — so you understand others.

Humility — so you remain an instrument.

Tolerance — so difficult situations do not disturb you.

The more we embody these virtues, the more naturally our thoughts become beneficial.

Do Not Send What You Have Not Become

If we want to give peace, practise peace.

If we want to give courage, develop courage.

If we want to give love, become loving.

If we want to give stability, practise stability.

This is why **self-transformation is the foundation of Mansa Seva**.

Turn Knowledge into Service

Suppose you learn that every soul is naturally peaceful.

Do not keep this only as information.

When someone is disturbed, use that knowledge:

“This soul's original nature is peace. Let this soul reconnect with that peace.”

Knowledge has now become service.

Similarly, if you know that every soul has inner power, see that power even when the person is temporarily weak.



The Murli Connection

The Sakar and Avyakt Murlis repeatedly remind us to become **soul-conscious, detached, stable, benevolent and powerful.**

Therefore, regular Murli listening is not separate from Mansa Seva.

Murli gives the knowledge.

Remembrance gives the power.

Virtues give the quality.

Mansa Seva gives the direction of service.

Today's Practice

Choose **one virtue** from today's Murli.

For the whole day, practise it consciously.

Then, during evening Yoga, send that same quality to the world.

For example:

Today's virtue: Peace

Experience:

"I am peaceful."

Then:

"Let every soul experience peace."

Today's Powerful Thought

"Knowledge shows me the direction, virtues give quality to my thoughts, and remembrance of Shiv Baba gives me the power to serve."

Know → Become → Serve.

Om Shanti.

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Chapter 15 **Awakening Your Inner Powers**

Every soul has spiritual powers. Through knowledge, practice, remembrance and self-discipline, these powers become increasingly accessible in our daily life.

Mansa Seva gives us a beautiful opportunity to **use these powers for the benefit of others.**

The Eight Spiritual Powers

1. Power to Withdraw

Bring the mind away from unnecessary situations and return to soul-consciousness.

2. Power to Pack Up

Put a full stop to unnecessary thoughts and leave the past where it belongs.

3. Power to Tolerate

Remain peaceful when situations or people are challenging.

4. Power to Accommodate

Make space for different people, opinions and situations without losing your inner stability.

5. Power to Face

Face reality with courage instead of escaping into worry.

6. Power to Discriminate

Recognize which thought is useful and which thought should be released.



7. Power to Judge

Understand what is right for the situation and choose the most elevated response.

8. Power to Cooperate

Give your thoughts, time, qualities and energy for a higher purpose.

Use the Right Power for the Right Situation

Mansa Seva does not mean sending the same thought in every situation.

If someone is facing fear, give **courage**.

If someone is confused, give **clarity**.

If someone is angry, give **peace**.

If someone is discouraged, give **hope**.

If someone is attached, give **detachment and inner strength**.

First understand the need, then hold the appropriate elevated thought.

A Powerful Practice

Bring a situation to your awareness.

Ask:

“Which spiritual power is needed here?”

Choose one.

Connect with Shiv Baba.

Experience that power within yourself.

Then create the thought:

“Let this soul also experience this power.”

Remain silent for a few moments and then release the thought.

Powers Grow through Practice

Spiritual powers do not become strong merely by reading about them.

They become strong when we practise them in real situations.

A difficult person can become an opportunity to practise tolerance.

A sudden problem can become an opportunity to practise facing.

An unnecessary thought can become an opportunity to practise packing up.

A disagreement can become an opportunity to practise accommodation.

Thus, **every situation can become a training ground for spiritual power.**

Today's Powerful Thought

“I am a powerful soul. I do not merely ask for spiritual powers—I practise them, embody them and use them in service.”

Know the power.

Practise the power.

Become the power.

Give the power.

Om Shanti.

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Chapter 16

Building Your Account of Elevated Actions

In spiritual life, our actions are not measured only by what others can see. Our **intention, attitude and consciousness** behind an action also matter.

Every day gives us opportunities to build an account of elevated actions—**punya karm**—through pure intentions, selfless service and beneficial actions.

What Makes an Action Elevated?

An action becomes more elevated when it is performed with:

Pure intention + Right consciousness + Benefit for others + Detachment from personal reward

The same action can have different value depending on the consciousness behind it.

Helping someone because we want praise is different from helping because we genuinely want to be useful.

Mansa Seva and Punya Karm

Mansa Seva can support our account of elevated actions by changing what happens **before the physical action**.

First comes the thought.

Then the feeling.

Then the decision.

Then the action.

Therefore:

Pure thought → Pure intention → Elevated action → Elevated account.

For example, before helping someone, create the thought:

“I am an instrument. Let this action bring benefit.”

Then perform the action without expecting recognition.

Small Acts Can Become Great Spiritual Earnings

You do not need a major opportunity to perform elevated actions.

You can:

- encourage someone
- forgive someone
- appreciate someone's quality
- help without announcing it
- speak gently
- protect someone's dignity
- share knowledge
- remain peaceful during conflict
- give someone courage
- pray for someone's highest good

These may appear small, but when performed with pure consciousness, they become meaningful spiritual opportunities.



Chapter 17

The Blessings Bank

There is a treasure that cannot be seen, counted or stored in a physical place, yet it can make life spiritually rich—the **Blessings Bank**.

Every time we become a source of peace, strength, happiness or support for another soul, we create an opportunity to receive their sincere good wishes.

What Are Blessings?

Blessings are not simply words such as “*Let you be happy.*”

A true blessing is often the **pure goodwill that naturally comes from a soul who has experienced benefit through us.**

When we serve without selfishness, support without expectation and give happiness through our thoughts, words or actions, genuine good wishes may arise naturally.

Why Are Blessings Difficult to Earn?

Money can be earned through work.

Knowledge can be gained through study.

Achievements can come through effort.

But genuine blessings cannot be demanded.

They are received when our presence, attitude or service becomes beneficial to another soul.

Therefore:

Do not ask, “How can I get blessings?”

Ask:

“How can I become worthy of giving happiness?”

Mansa Seva and the Blessings Bank

Mansa Seva gives us an opportunity to serve even when physical service is not possible.

We can silently think:

“Let this soul be peaceful.”

“Let this soul become strong.”

“Let this soul receive clarity.”

“Let this soul experience God's support.”

We give the good wish without expecting anything in return.

When this attitude becomes natural, our consciousness becomes increasingly benevolent.

The Secret of Giving

The spiritual law is beautifully simple:

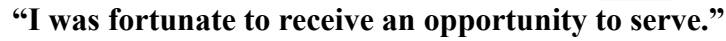
Give without calculating → serve without expecting → remain connected with God → stay light.

Do not think:

“I served, so I should receive blessings.”

That turns service into a transaction.

Instead:



This keeps the service pure.

Blessings Are More Than Words

Sometimes someone may never say “*thank you.*”

They may not even know what you silently did for them.

That does not make your good intention meaningless.

The first transformation takes place **within your own consciousness.**

You become more peaceful, compassionate, forgiving and benevolent.

And these qualities themselves become your spiritual wealth.

Build the Bank Every Day

At the end of each day, ask:

Whom did I make happy today?

Whom did I support?

Whom did I forgive?

For whom did I create a pure thought?

Where did I become an instrument of peace?

These questions help us become conscious of our spiritual earnings.

Today's Powerful Thought

“I do not live only to collect possessions. I want to build a treasure of pure actions, good wishes and blessings. My aim is not to demand blessings, but to become a giver of happiness.”

Give happiness.

Give peace.

Give strength.

Let the Blessings Bank become full.

Om Shanti.



Chapter 18

Becoming a Giver of Blessings

The greatest shift in spiritual life happens when we stop thinking, “**What can I receive?**” and begin thinking, “**What can I give?**”

A Mansa Sevadhari gradually becomes a **giver of blessings**.

From Asking to Giving

In ordinary life, we often look towards others for:

appreciation, support, understanding, love and recognition.

But spiritual consciousness changes the direction:

“Let me first give what I am seeking.”

Want peace? Give peace.

Want respect? Give respect.

Want love? Give love.

Want support? Become supportive.

Want blessings? Become a source of benefit.

Give from What You Receive from God

We do not have to manufacture spiritual strength ourselves.

Connect with Shiv Baba and experience:

“I receive peace from the Ocean of Peace.”

Then give peace.

“I receive power from the Almighty Authority.”

Then give courage.

“I receive love from the Supreme Father.”

Then give pure love.

This creates a beautiful cycle:

Receive → Become Full → Give → Remain Connected

Give Without Expectation

True giving has no hidden demand.

If we think:

“I gave them so much; now they should appreciate me,”

the giving becomes a transaction.

Instead think:

“I was given an opportunity to become an instrument.”

Then remain light.

Become a Blessing in Every Situation

A Mansa Sevadhari can become a blessing even during difficult circumstances.

When someone is angry:

Become peaceful.

When someone is confused:

Become clear.



When someone is weak:

Become supportive.

When someone makes a mistake:

Give them the space to improve.

When someone succeeds:

Celebrate without jealousy.

Your consciousness can become a source of comfort.

A Powerful Daily Practice

Before beginning your day, make this simple thought:

“Today, whoever comes into contact with me should receive something positive from my consciousness.”

It may be:

peace, courage, respect, happiness, hope or a good wish.

At night ask:

“Did my presence become a blessing for someone today?”

The Highest Form

The highest stage is when you no longer need to consciously think:

“I am giving blessings.”

Your **thoughts, vision, words and actions naturally become beneficial.**

Your presence itself becomes peaceful.

Your attitude itself becomes encouraging.

Your remembrance itself becomes powerful.

Then you are not merely *doing* Mansa Seva.

You are becoming a Mansa Sevadhari.

Today's Powerful Thought

“I am not waiting for blessings. I am becoming a giver of blessings. Whatever I receive from Shiv Baba, I share with the world.”

Receive from God.

Give to souls.

Remain light.

Become a blessing.

Om Shanti.

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Chapter 19

Remembrance of God and Mansa Seva

The foundation of powerful Mansa Seva is **remembrance of Shiv Baba**.

Without remembrance, our thoughts can easily become personal, emotional or influenced by the weaknesses of others. With remembrance, our consciousness becomes connected with the **Supreme Source of peace, purity and power**.

Remembrance Changes the Quality of Thought

The same thought can have a different quality depending on our state.

If we think about someone while being disturbed, the thought may carry worry or attachment.

If we remember Shiv Baba first, the same soul can come into our awareness with:

peace, compassion, strength and detachment.

Therefore:

First remember God → then remember the soul.

The Power of the Supreme Connection

In Rajyoga, we experience ourselves as souls and Shiv Baba as the Supreme Soul.

Pause and experience:

“I am a peaceful soul.

Shiv Baba is my Supreme Father.

I am connected with the Ocean of Peace.”

Stay in this awareness.

Then allow peace to fill your consciousness.

Only after becoming stable should you begin Mansa Seva.

Take From God, Give to the World

This is one of the simplest formulas of Mansa Seva:

Take from Shiv Baba.

Become full.

Give to the world.

At **Amrit Vela**, connect deeply with Shiv Baba and receive.

Through the **Murli**, receive His knowledge and Shrimat.

During the day, practise what you have received.

During **evening Yoga / Numashyam**, share the peace and power with the world through your elevated consciousness.

This makes the day a complete spiritual cycle.

Remembrance Protects Us from Emotional Absorption

When serving someone who is disturbed, do not enter their disturbance.

Remain connected with God.

Think:

“This soul needs peace, but I will remain peaceful.”



This is the difference between **compassion and emotional absorption**.
You can care deeply while remaining spiritually detached.

A One-Minute Godly Connection

Whenever you feel disturbed before Mansa Seva:

Stop.

Remember Shiv Baba.

Become soul-conscious.

Receive peace.

Become stable.

Then serve.

This small pause can change the entire quality of your service.

Today's Powerful Thought

“Shiv Baba is my Source. I receive peace and power from Him, become full and then share these qualities with the world. My remembrance of God is the foundation of my Mansa Seva.”

Remember → Receive → Become → Give.

Om Shanti.

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PART IV

SERVING THE WORLD THROUGH CONSCIOUSNESS

From Personal Transformation to World Service



Chapter 20

Mansa Seva and the Creation of an Elevated Destiny

Our destiny is not created only by major decisions. It is also shaped by the **thoughts we repeatedly create, the attitudes we practise and the actions we perform.**

Mansa Seva helps us become conscious of this inner creation.

Thoughts Become Sanskars

A repeated thought becomes a tendency.

A repeated tendency becomes a sanskar.

Sanskar influences our actions.

Actions create experiences and spiritual accounts.

Therefore:

Thought → Sanskar → Action → Experience

If we repeatedly practise peaceful and benevolent thoughts, peace and benevolence gradually become part of our nature.

Mansa Seva Creates Elevated Sanskars

Every time we choose:

Good wishes instead of criticism,

we strengthen benevolence.

Peace instead of reaction,

we strengthen stability.

Forgiveness instead of resentment,

we strengthen freedom.

Cooperation instead of competition,

we strengthen unity.

Faith instead of fear,

we strengthen courage.

These become part of our spiritual personality.

Destiny Through Conscious Choice

Suppose someone behaves badly with us.

One response is:

“I will respond in the same way.”

Another response is:

“I will remain stable and respond according to my highest understanding.”

The second choice creates a different sanskar.

Similarly, when someone succeeds, we can choose jealousy or genuine happiness.

When someone makes a mistake, we can choose criticism or शुभभावना.

Every such choice contributes to our inner destiny.

Mansa Seva and Karma

Mansa Seva does not mean that we ignore karma or practical responsibility.

If a situation requires action, we should take the appropriate action.



But while acting, we can maintain:
pure intention, peaceful consciousness and good wishes.
This creates a healthier relationship with karma.

The Blessings Bank and Destiny

An elevated destiny is not only about external success.
It also includes:
**peace of mind,
strong relationships,
inner stability,
spiritual power,
good wishes from others
and the ability to remain happy in changing situations.**
These are treasures that make life truly rich.

A Daily Destiny Check

At night, ask yourself:
**What thought did I repeat today?
Which quality did I strengthen?
Did I create any new elevated sanskar?
Did my thoughts become a source of peace for someone?**
Then make one simple decision for tomorrow.

Today's Powerful Thought

**“Every thought is an opportunity to create my future. I choose thoughts that create
elevated sanskars, elevated actions and an elevated destiny.”
Choose your thought.
Create your sanskar.
Create your destiny.
Om Shanti.**
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Chapter 21

Mansa Seva for Your Home

Our home is the first place where our vibrations can make a difference. Before thinking about world service, let us make our **own home an atmosphere of peace.**

A home is not peaceful only because there is silence. Its atmosphere is also influenced by the **thoughts, feelings, words and attitudes** of the people living there.

Begin with Yourself

Do not begin by thinking:

“Everyone in my home should change.”

Begin with:

“Let my consciousness become peaceful.”

When we stop reacting unnecessarily, speak with love and maintain good wishes, the atmosphere gradually changes.

A Simple Practice

Before entering your home, pause for a few seconds.

Remember Shiv Baba and think:

“I am a peaceful soul.

I am entering this home with peace and good wishes.

Let everyone here experience happiness and harmony.”

Then enter with that consciousness.

Mansa Seva for Family Members

If someone at home is worried, angry or disturbed, do not repeatedly discuss their weakness in your mind.

Instead, silently think:

“You are a peaceful soul.

You have the power to remain stable.

Let you receive clarity and courage.”

Then interact normally and take practical steps when required.

Create a Peaceful Atmosphere

You can support the atmosphere of your home through:

Amrit Vela remembrance

Regular Murli

Peaceful conversations

Good wishes

Gratitude

Forgiveness

Avoiding unnecessary criticism

Even one stable person can make a meaningful contribution to the atmosphere of a home.

Do Not Carry Home Problems into Mansa Seva

If there is conflict at home, first stabilize yourself.



Do not sit in meditation repeatedly thinking about:

“What they did... what they said... why they behaved like this...”

Instead:

Connect with Shiv Baba → become peaceful → create good wishes → take appropriate practical action.

Evening Family Sakash

During evening Yoga, take a few moments for your family.

See each member as a soul.

Think:

“Let everyone in my home experience peace, health, courage, harmony and spiritual strength.”

Then release the thought.

Today's Powerful Thought

“I will not wait for my home to become peaceful before I become peaceful. I will become a peaceful instrument and contribute that peace to my home.”

Peace begins with me.

My home becomes my first field of Mansa Seva.

Om Shanti.

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Chapter 22

Mansa Seva at the Workplace

The workplace is an important field of service because we spend a significant part of our day there. Different personalities, responsibilities, pressures and opinions come together in one environment.

Instead of allowing these situations to disturb our consciousness, we can use them as opportunities to practise **Mansa Seva**.

Begin Before You Enter

Before entering your workplace, pause for a few seconds.

Remember Shiv Baba and think:

“I am a peaceful soul.

Let this workplace remain peaceful and harmonious.

Let everyone here perform their responsibilities with clarity and cooperation.”

Enter with this consciousness.

See Souls, Not Roles

At work, people have different positions—senior, junior, colleague, student, employee or administrator.

But spiritually, everyone is a soul.

When we remember this, ego and comparison become lighter.

Think:

“I respect the role, but I see the soul.”



This helps maintain dignity without creating unnecessary superiority or inferiority.

Mansa Seva During Pressure

When workload increases, the first service is to stabilize yourself.

Instead of:

“Everything is too much.”

think:

“I am a peaceful soul. I can remain stable and do what is required, one step at a time.”

Then silently give the same strength to others:

“Let everyone remain calm and focused.”

During Conflict

When two people disagree, do not mentally take sides unnecessarily.

First become neutral.

Remember Shiv Baba.

Then think:

“Let wisdom emerge.

Let everyone understand each other.

Let the highest solution become clear.”

After that, take whatever practical action is appropriate.

Mansa Seva for Students and Colleagues

Before teaching, meeting or interacting with others, create a simple thought:

“Let the souls I meet today receive clarity, confidence and positive energy.”

This changes our own approach.

We become more patient, attentive and encouraging.

Create a Culture of Good Wishes

Do not wait for someone to appreciate you.

Practise appreciating others internally.

When a colleague succeeds:

“Let this soul continue to progress.”

When someone makes a mistake:

“Let this soul gain understanding and strength.”

When someone is under pressure:

“Let this soul remain peaceful and courageous.”

Leave the Workplace Light

Before leaving, mentally pack up the day's situations.

Think:

“The work is complete for today. I release the situations and return to my peaceful consciousness.”

Do not carry every workplace conversation into your home.

Today's Powerful Thought

“My workplace is not only a place of professional responsibility; it is also a field where I can practise stability, cooperation and Mansa Seva.”



Work with responsibility.
Think with purity.
Interact with dignity.
Leave with peace.
Om Shanti.

Chapter 23

Sending Sakash to Souls in Sorrow

When we see someone suffering, our natural response Let be to worry, feel helpless or become emotionally affected.

Mansa Seva teaches us another response:

Become peaceful first, then become a source of strength.

Do Not Absorb the Sorrow

If someone is in pain, we do not need to carry their pain in our own mind.

Instead, remember:

“I am a peaceful soul. Shiv Baba is the Ocean of Peace and Power.”

Become stable.

Then offer good wishes.

A Simple Method

Bring the soul gently into your awareness.

Do not repeatedly visualize their problem.

See them as a soul and think:

“You are a peaceful soul.

You have inner strength.

Let you receive courage, clarity and peace.

Let you be guided towards what is beneficial for you.”

Remain silent for a few moments.

Then release the thought.

When Someone Is Afraid

Give the vibration of courage:

“You are stronger than the situation. Let you remain stable and receive the strength you need.”

When Someone Is Sad

Give the vibration of peace and hope:

“Let your heart become light. Let you experience God's love and support.”

When Someone Is Confused

Give the vibration of clarity:

“Let the right understanding emerge. Let you remain peaceful while making your decisions.”



When Someone Is Facing a Difficult Situation

Do not try to mentally decide what must happen.

Instead:

“Let the highest good unfold. Let everyone involved receive wisdom, strength and peace.”

This keeps Mansa Seva selfless.

Combine Mansa Seva with Practical Help

Mansa Seva does not replace physical help.

If someone needs:

medical care → help them seek it.

practical support → provide it when possible.

professional guidance → encourage appropriate help.

Along with practical support, maintain pure thoughts.

Hands serve physically.

Mind serves subtly.

Both can work together.

A Powerful Evening Practice

During evening Yoga, bring into your awareness:

souls who are afraid,

souls who are lonely,

souls who are grieving,

souls who are facing uncertainty.

Remember Shiv Baba.

Become peaceful.

Then think:

“Let every soul receive the strength, peace and support needed at this moment.”

Remain silent.

Today's Powerful Thought

“I will not absorb the sorrow of others. I will remain connected with Shiv Baba, become peaceful and offer strength, hope and good wishes.”

Do not become part of the sorrow.

Become part of the solution.

Om Shanti.

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Chapter 24

Mansa Seva in Relationships

Relationships are one of the greatest opportunities to practise Mansa Seva because they bring us face-to-face with our own **expectations, attachments, reactions and sanskars**.

The real test of Mansa Seva is not only how we think about strangers, but **how we think about the people closest to us**.

Change the Inner Conversation

Sometimes we speak politely but continue a negative conversation about someone inside our mind.

Mansa Seva begins by changing this inner dialogue.

Instead of:

“Why are they always like this?”

choose:

“Let this soul experience wisdom and peace.”

Instead of:

“They never understand me.”

choose:

“Let I remain peaceful and communicate with clarity.”

See the Soul Beyond the Relationship

Every relationship has a role:

parent, child, spouse, friend, colleague or teacher.

But behind every role is a soul.

When we remember this, we reduce the tendency to define someone permanently by their behaviour.

Think:

“This is a soul with a journey, sanskars and the capacity to transform.”

Remove Expectations from Service

One of the biggest causes of relationship pain is:

“I did this for you, so you should do this for me.”

Selfless Mansa Seva teaches:

Give because it is your elevated nature—not because you are collecting a return.

This does not mean allowing others to misuse you. Healthy boundaries can remain.

When There Is Anger

Before responding, pause.

Remember Shiv Baba.

Ask:

“What would a peaceful soul contribute to this situation?”

Perhaps the answer is silence.

Perhaps it is a calm conversation.

Perhaps it is a clear boundary.



Perhaps it is forgiveness.
Choose the response that keeps your consciousness elevated.

Mansa Seva for a Relationship

Bring the person into your awareness.

Do not replay the conflict.

Simply think:

“Let us both become free from old patterns.

Let there be understanding, respect and peace between us.

Let each of us become stronger and wiser.”

Then let go.

Release Old Memories

If an old incident repeatedly comes to mind, do not keep reopening it.

Practise:

“That moment has passed. I choose peace now.”

Remember Shiv Baba.

Become light.

This is also Mansa Seva because you are preventing old negativity from continuing through your consciousness.

Today's Practice

Choose one relationship that needs more peace.

For seven days, avoid mentally criticizing that person.

Whenever the old thought appears, replace it with:

“Let this soul be peaceful and powerful.”

Observe what changes **within you**.

Today's Powerful Thought

“I cannot control another soul, but I can choose the quality of consciousness with which I relate to that soul. I choose respect, peace, good wishes and healthy detachment.”

See the soul.

Release expectations.

Give good wishes.

Remain peaceful.

Om Shanti.

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Chapter 25

Mansa Seva during Difficult Situations

Difficult situations are not interruptions to spiritual practice—they are **opportunities to practise it**.

When everything is comfortable, remaining peaceful is easy. The real strength of Mansa Seva becomes visible when circumstances are challenging.

First Stabilize Yourself

When something unexpected happens, do not immediately start sending thoughts to others.

First pause.

Stop → Remember Shiv Baba → Become Stable → Then Serve.

Ask yourself:

“What quality is needed here?”

Perhaps it is:

Peace. Courage. Patience. Clarity. Tolerance. Detachment.

Choose the required power.

Do Not Add Your Own Fear

A difficult situation can become bigger in our mind than it actually is.

For example:

One problem → many thoughts → fear → more mental disturbance.

Instead:

One problem → remembrance → clarity → appropriate action → peace.

Mansa Seva begins by ensuring that **our own consciousness does not add more negativity to the situation.**

When There Is Conflict

Do not mentally replay the argument again and again.

Think:

“Let everyone involved become peaceful and wise. Let the right solution emerge.”

Then focus on what practical action is required.

When There Is Uncertainty

Instead of repeatedly asking:

“What will happen?”

practise:

“Whatever comes, I will remain stable and take the next right step.”

Then give the same strength to others:

“Let every soul facing uncertainty receive courage and clarity.”

When the Situation Is Beyond Your Control

Some situations cannot be changed immediately.

In such moments, the most powerful service may be to **remain peaceful.**

Remember Shiv Baba and experience:



“I am a detached observer.

I will do what is within my capacity.

I leave the result in God's hands.”

This is not passivity.

It is **stable action without unnecessary worry.**

Difficult Situations Can Become Spiritual Opportunities

A challenging situation can reveal:

Where am I still attached?

Where do I lose patience?

Which power do I need to strengthen?

Which thought pattern needs transformation?

Thus, every difficulty can become a teacher.

Evening Release Practice

Before sleep, mentally release the day's difficult situations.

Say:

“Shiv Baba, I hand over all situations to You. I remain peaceful and light. Let every soul involved receive the strength needed.”

Then become silent.

Do not take the situation into sleep.

Today's Powerful Thought

“When situations become difficult, I will not allow my mind to become part of the disturbance. I will connect with Shiv Baba, become stable and become a source of peace and strength.”

Situation may be difficult.

My consciousness does not have to be.

Om Shanti.

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Chapter 26

Mansa Seva for World Service

The final purpose of Mansa Seva is not limited to one person, one family or one situation.

Its awareness gradually expands from:

“I want peace for myself”

to:

“Let every soul experience peace.”

This is the beginning of **world service through consciousness.**

From Self to the World

First become peaceful yourself.

Then serve:

Your family → your workplace → your community → your country → the world.

The circle of good wishes keeps expanding.

World Service Begins with One Soul



Do not think:

“The problems of the world are too large for me.”

World service does not always require a large organization.

It can begin with one pure thought:

“Let one more soul experience peace today.”

One soul becomes another.

One peaceful mind influences another.

One peaceful atmosphere can influence many.

Evening Yoga—Give to the World

After receiving spiritual energy from Shiv Baba during Amrit Vela and through the Murli, evening Yoga can become a beautiful time to **give**.

Become peaceful.

Remember Shiv Baba.

Then expand your awareness towards the world.

Experience:

“I am a peaceful soul.

I am connected with Shiv Baba.

Peace and purity are increasing in the consciousness of souls everywhere.”

Do not force the thought.

Simply remain in the experience.

Give What You Have Received

At Amrit Vela:

Receive peace.

During the day:

Practise peace.

In the evening:

Share peace.

Receive:

Power.

Become:

Powerful.

Give:

Strength to the world.

This is the rhythm of a Mansa Sevadhari.

Service for Different Groups

During world service, you may bring different groups into your awareness:

Children — Let them grow with peace and values.

Youth — Let them receive clarity and strength.

Families — Let them experience harmony.

Leaders and decision-makers — Let them act with wisdom and responsibility.

Those facing suffering — Let them receive courage and support.

All souls — Let them remember their original peace and purity.



Then release everything to Shiv Baba.

Do Not Focus on Negativity

When doing world service, avoid mentally filling your consciousness with:

war, fear, violence, suffering and disaster.

Know that these situations exist, but do not strengthen them through repeated mental images.

Instead, focus on the **opposite elevated quality**:

Conflict → Peace

Fear → Courage

Hatred → Love

Confusion → Clarity

Weakness → Power

A Simple World Service Practice

Sit quietly for five minutes.

Remember Shiv Baba.

Become full of peace.

Then think:

“Let the world become peaceful.

Let souls become pure and powerful.

Let every soul receive courage and hope.

Let humanity move towards harmony.”

Remain silent.

Finish with:

“I am an instrument. Shiv Baba is the Source.”

Today's Powerful Thought

“My Mansa Seva is not limited to those I know. I am a world server. I receive from Shiv Baba and offer peaceful, pure and powerful vibrations to the world.”

Think beyond yourself.

Serve beyond boundaries.

Become a peaceful instrument for the world.

Om Shanti.

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Chapter 27

Inspiration from Brahma Baba

The beginning of the Yagya gives us a powerful inspiration about the subtle power of **elevated consciousness**.

Brahma Baba's life was not only an example of physical service. His deep remembrance, purity, determination and powerful stage became a foundation for the spiritual atmosphere of the Yagya.

Service Beyond Words

A message can be communicated through speech.

A teaching can be communicated through writing.

But an **elevated stage can create an atmosphere**.

When a person remains deeply connected with God, peaceful and determined, those around them

Let naturally feel something different.

This gives us an important lesson:

Become the vibration you want to share.

If we want to spread peace, become peaceful.

If we want to spread courage, become courageous.

If we want to spread purity, protect our own consciousness.

The Early Yagya—A Spiritual Inspiration

In the early days of the Yagya, the divine knowledge and experience reached souls through different forms of interaction and spiritual influence. Many souls became attracted towards the Yagya and joined this divine family.

We can take the **principle** from this history:

When consciousness becomes powerful and pure, it can become an invitation for others to experience something higher.

Today, the method may be different, but the principle of becoming an instrument remains the same.

What Can We Learn from Brahma Baba?

1. Deep Remembrance

Stay connected with Shiv Baba.

2. Purity

Keep thoughts and intentions clean.

3. Determination

Do not allow temporary situations to weaken your spiritual aim.

4. Benevolent Vision

See souls with spiritual dignity.

5. Selfless Service

Serve without expecting recognition.

6. Powerful Stage

Do not only speak about peace—become peaceful.



From Brahma Baba to Us

We may think:

“I am only one person. What difference can my thoughts make?”

But spiritual transformation always begins with **one transformed consciousness**.

We do not have to imitate anyone.

We have to become our own **elevated instrument**.

Today's Practice

During Amrit Vela, after connecting with Shiv Baba, spend a few moments remembering the spirit of Brahma Baba's dedication.

Then think:

“Let my stage become peaceful, pure and powerful. Let my consciousness become an instrument for God's service.”

During evening Yoga:

“Whatever peace and power I have received, Let I become an instrument to share it with the world.”

Today's Powerful Thought

“I will not only speak about spiritual vibrations. I will become a powerful, peaceful vibration through my own stage.”

Remember deeply.

Become elevated.

Serve silently.

Inspire naturally.

Om Shanti.

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PART V

THE TREASURE OF

BLESSINGS

Making Mansa Seva a Way of Life



Chapter 28

Collective Mansa Seva

When one soul becomes peaceful, it creates a peaceful influence. When many souls become peaceful **together**, the atmosphere of service becomes even more powerful.

This is the beauty of **Collective Mansa Seva**.

One Light and Many Lights

One candle can give light.

Many candles can illuminate a much larger space.

Similarly, individual Mansa Seva is valuable, but when a group of souls connects with one elevated intention, the collective practice can create a deeply focused atmosphere.

The aim is not to create mental pressure or force any result.

It is simply:

Many peaceful souls → One elevated intention → Collective good wishes.

How to Do Collective Mansa Seva

A group can sit together for a few minutes.

Step 1 — Become Silent

Everyone becomes soul-conscious.

Step 2 — Remember Shiv Baba

Experience connection with the Supreme Source.

Step 3 — Become Full

Experience peace, purity and power.

Step 4 — Choose One Intention

For example:

“Let the world experience peace.”

Step 5 — Give Sakash

Everyone remains in the same elevated awareness for a few minutes.

Step 6 — Release

End with the thought:

“Shiv Baba, we are instruments. We leave the result to You.”

Collective Service at Amrit Vela

If possible, a group can connect at Amrit Vela according to individual convenience.

Each person may be in a different place, but the intention can be one:

“We are peaceful souls connected with Shiv Baba, offering peace and power to the world.”

Physical togetherness is not necessary for every practice.

Collective Evening Yoga

Evening Yoga can become a beautiful daily world-service time.

After receiving and practising God's teachings throughout the day, gather your consciousness towards the world.

“Let every soul experience peace, purity, courage and hope.”

Remain silent.

Let the atmosphere become still.



Choose Different Themes

Collective Mansa Seva can focus on:

World Peace

Harmony in Families

Courage for Souls in Difficulty

Purity among Youth

Spiritual Awakening

Environmental Harmony

Goodwill among Communities

Choose one theme rather than filling the mind with many thoughts.

The Power of Unity

Collective Mansa Seva also teaches us **cooperation**.

No one needs to prove whose meditation is stronger.

There is no competition.

There is only:

“We are instruments of the One.”

Today's Practice

If possible, practise collective Mansa Seva with family, friends or fellow Rajyogis for **5–10 minutes**.

Choose one intention.

Remain silent.

Do not discuss experiences immediately.

Simply maintain the elevated consciousness.

Today's Powerful Thought

“When many souls connect with one pure intention in remembrance of Shiv Baba, our individual service becomes part of a collective offering of peace and good wishes.”

One soul can serve.

Many souls can serve together.

One elevated intention can unite them all.

Om Shanti.

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Chapter 29

Creating a Powerful Atmosphere through Mansa Seva

Mansa Seva is not only about sending thoughts towards someone. At a deeper level, it is about **becoming an atmosphere of peace, purity and power**.

When our consciousness remains elevated, the atmosphere around us can also feel different.

The Atmosphere Begins Within

We often want to change the atmosphere around us.

But the simplest question is:

“What atmosphere am I carrying within me?”

If the mind is full of criticism, worry and irritation, we contribute those qualities.



If the mind is peaceful, stable and benevolent, we contribute something different.

Therefore:

Change your inner atmosphere → contribute to the outer atmosphere.

Become a Walking Vibration of Peace

Imagine entering a room after spending a few minutes in deep remembrance of Shiv Baba.

Do not immediately begin speaking.

Carry that peaceful state with you.

Your words may be ordinary, but your **attitude, patience and presence** can become peaceful.

This is a practical expression of Mansa Seva.

Before Entering Any Place

Whether entering:

your home, workplace, classroom, meeting, hospital or a crowded place,

pause for a few seconds.

Remember Shiv Baba.

Think:

“I am a peaceful soul.

Let this place experience peace and harmony.”

Then enter.

Clean the Atmosphere with Elevated Thoughts

If the atmosphere is tense, do not mentally complain:

“Everyone here is negative.”

That only adds another negative thought.

Instead:

Become peaceful.

Remain stable.

Give good wishes.

Speak when necessary.

Your own stability becomes your contribution.

The Power of Silence

Sometimes the most powerful contribution is **not reacting**.

A situation may be full of anger, but one person remaining peaceful can prevent further escalation.

Silence does not mean weakness.

It can mean:

“I refuse to add disturbance to this atmosphere.”

Create a Peaceful Room for Mansa Seva

You can also maintain a simple spiritual space for daily practice.

Keep it:

clean, quiet and uncluttered.

Before meditation, take a moment to settle yourself.

You may use a Shiv Baba image or any simple spiritual reminder that helps you connect with the Supreme Father.



Then practise:

Remember → Become Peaceful → Become Full → Give Sakash.

The Atmosphere of the Yagya

The early Yagya inspires us that a spiritually elevated atmosphere can attract souls towards higher experiences.

Today, every home, centre and gathering can become a small **spiritual lighthouse** when those present maintain elevated consciousness.

Today's Practice

For one day, make a conscious experiment:

Whenever you enter a new place, silently think:

“Let this place become peaceful because I have entered it with a peaceful consciousness.”

Do not expect anything.

Simply practise becoming an instrument.

Today's Powerful Thought

“I do not wait for the atmosphere to become peaceful. I become peaceful and contribute peace to the atmosphere.”

Be the peace.

Carry the peace.

Share the peace.

Om Shanti.

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Chapter 30

Making Mansa Seva a Natural Sanskar

Mansa Seva should not remain only a meditation technique that we practise for a few minutes. The real aim is to make **benevolent thinking our natural sanskar.**

From Practice to Nature

In the beginning, we consciously think:

“Let this soul be peaceful.”

With regular practice, our mind gradually begins to respond naturally:

“Let me see the good in this soul.”

This is when Mansa Seva starts becoming a **sanskar.**

Repetition Creates Sanskar

Whatever we repeatedly practise becomes easier.

If we repeatedly practise:

criticism → criticism becomes easier.

If we repeatedly practise:

good wishes → good wishes become easier.

If we repeatedly practise:

reaction → reaction becomes automatic.

If we repeatedly practise:

peace → peace becomes natural.

Therefore, choose carefully what you want your mind to practise every day.



Create a Mansa Seva Habit

Choose small moments throughout the day.

Morning:

“Let today be peaceful and beneficial.”

Before meeting someone:

“Let our interaction be peaceful.”

During difficulty:

“Let wisdom and strength emerge.”

While travelling:

“Let the souls around me experience peace.”

Evening:

“Let the world become peaceful and powerful.”

These small practices gradually create a powerful sanskar.

The Three Things That Should Not Be Missed

For a Brahmin life, make conscious effort to keep these three spiritual anchors strong:

1. Amrit Vela — Receive

Connect with Shiv Baba and fill yourself with spiritual energy, peace and power.

2. Murli — Learn

Listen to God's knowledge and understand His Shrimat.

3. Evening Yoga / Numashyam — Give

Share the peace and power received from Shiv Baba with the world through elevated consciousness.

Receive → Understand → Practise → Give.

This rhythm keeps Mansa Seva connected with our complete spiritual life.

Do Not Become Mechanical

Mansa Seva should not become another task on a checklist.

The aim is to develop a **service-conscious mind**.

Even while doing ordinary work, remain aware:

“I am a peaceful soul. I am an instrument.”

Then your thoughts, words and actions gradually begin carrying the same quality.

A 7-Day Sanskar Practice

For seven days, choose one quality:

Peace / Purity / Patience / Love / Tolerance / Courage / Cooperation

Practise it consciously throughout the day.

At night ask:

“Did I strengthen this sanskar today?”

Today's Powerful Thought

“Mansa Seva is not only something I do. It is something I am becoming. My benevolent thoughts are gradually becoming my natural sanskar.”

Practise it.

Repeat it.

Become it.

Serve naturally. Om Shanti.



Chapter 31

Earning the Treasure of Blessings

The real beauty of a **Blessings Bank** is that it cannot be filled by demanding blessings. It is filled by **becoming a source of benefit**.

When our thoughts, words, actions and presence bring happiness or strength to others, their genuine, good wishes can become a valuable spiritual treasure.

Blessings Cannot Be Forced

We cannot think:

“I served this person, so they must bless me.”

That turns service into a transaction.

Instead:

“I received an opportunity to serve. I am grateful to be an instrument.”

This keeps the heart free from expectations.

Where Do Blessings Come From?

Blessings Let arise when we:

Give respect without expecting it back.

Help without announcing it.

Forgive without repeatedly reminding the person.

Encourage someone when they are weak.

Listen when someone needs support.

See someone's goodness instead of constantly pointing out weaknesses.

Create peace instead of adding disturbance.

These small acts can become powerful spiritual earnings.

Mansa Seva Also Builds the Account

Even when physical service is not possible, we can maintain good wishes.

Think:

“Let this soul experience peace.”

“Let this soul become courageous.”

“Let this family experience harmony.”

“Let every soul receive strength.”

The thought is given without expectation.

The Purity of Intention Matters

Before serving, check:

Am I doing this for appreciation?

Am I expecting something in return?

Am I trying to prove myself?

If yes, pause.

Remember Shiv Baba.

Become an instrument.

Then serve.



Do Not Count Your Blessings

Do not repeatedly think:

“I have done so much for everyone.”

That thought can create ego.

Instead think:

“God gave me the opportunity to become useful.”

The lighter the mind, the purer the service.

A Daily Blessings Check

Before sleeping, ask:

Whom did I make feel better today?

Where did I give courage?

Where did I forgive?

Where did I remain peaceful instead of reacting?

Where did I silently give good wishes?

Do not judge yourself.

Simply observe and improve tomorrow.

Today's Powerful Thought

“I do not chase blessings. I create an atmosphere in which blessings can naturally arise. I serve with a pure heart, without expectation, and remain grateful to be an instrument.”

Give without expectation.

Serve without ego.

Remain grateful.

Let the Blessings Bank grow.

Om Shanti.

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Chapter 32 **Daily Mansa Seva Practice**

Mansa Seva becomes powerful when it becomes **regular**. We do not need long meditation sessions every time. A few minutes of sincere remembrance and good wishes, repeated throughout the day, can gradually transform our consciousness.

A Simple Daily Routine



Amrit Vela — Receive

According to your convenience between **2:00 a.m. and 5:00 a.m.**, connect with Shiv Baba.

Experience:

“I am a peaceful soul. Shiv Baba is my Supreme Father. I am receiving peace, purity and power from Him.”

Become full.



Murli — Learn

Listen to the Murli with the thought:

“What quality is God asking me to become today?”



Choose one point and practise it.

 During the Day — Practise

Use small moments for Mansa Seva.

While travelling:

“Let all souls be peaceful.”

Before meeting someone:

“Let our interaction be beneficial.”

During difficulty:

“Let everyone involved receive wisdom and strength.”

Before starting work:

“Let this place remain peaceful and harmonious.”

 Evening Yoga / Numashyam — Give

Remember Shiv Baba.

Become peaceful and powerful.

Then expand your awareness towards the world:

“Whatever peace and power I have received from Shiv Baba, Let it reach the souls of the world. Let every soul experience peace, purity, courage and hope.”

Remain silent for a few minutes.

Then release the thought.

The Daily Cycle

Amrit Vela → Receive

Murli → Learn

Day → Practise & Serve

Evening Yoga → Give

This simple cycle helps us remain connected with God while making our time, thoughts and breaths successful.

One-Minute Mansa Seva

Whenever you have one free minute:

Stop.

Remember Shiv Baba.

Become peaceful.

Think of one soul or the world.

Give one pure thought.

Release it.

That is enough.

Night Self-Checking

Before sleeping, ask:

Did I remember Shiv Baba today?

Did I make my thoughts successful?

Did I give anyone good wishes?

Did I add peace to an atmosphere?

Did I waste unnecessary mental energy?



Do not criticize yourself.

Simply decide:

“Tomorrow, I will make my consciousness even more elevated.”

Today's Powerful Thought

“Mansa Seva is not something I do occasionally. I make it a natural rhythm of my day—receive from God, practise His teachings and give peace and power to the world.”

Receive.

Practise.

Serve.

Give.

Om Shanti.

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Chapter 33

Purity and Selflessness in Mansa Seva

The real power of Mansa Seva lies not only in **what we think**, but in **why we think it**.

The same thought can have a different quality depending on the intention behind it.

Therefore, the foundation of Mansa Seva is **purity of intention and selflessness**.

Pure Thought, Pure Intention

Before sending a thought towards someone, check:

Am I genuinely wishing them well?

or

Do I want them to behave according to my wishes?

For example:

✗ “Let this person change so that I can be comfortable.”

This contains personal expectation.

✓ “Let this soul receive clarity, strength and whatever is beneficial for their highest good.”

This is a more selfless intention.

Do Not Use Mansa Seva for Control

Mansa Seva should never become an attempt to manipulate another person's thoughts, decisions or behaviour.

We respect every soul's freedom and journey.

Our role is simply:

Good wishes → Pure feelings → Spiritual support → Detachment.

The result belongs to God and the individual soul.

Purity Means Freedom from Expectation

After giving good wishes, do not keep checking:

“Did they change?”

“Did they contact me?”

“Did my meditation work?”

“Why has nothing happened?”



Expectation keeps the mind attached.

Instead:

“I have offered my good wishes. I remain peaceful and leave the result to Shiv Baba.”

Selflessness Makes Service Light

True service does not make us feel burdened.

If we constantly think:

“I am doing so much for everyone,”

we may create tiredness or ego.

Instead think:

“I am an instrument. God has given me an opportunity to serve.”

Then service becomes a source of happiness.

Purity in World Service

Even when doing Mansa Seva for the world, avoid personal wishes such as:

“This situation should change exactly as I want.”

Choose a higher thought:

“Let the highest good unfold. Let wisdom, peace and harmony increase.”

This keeps our service universal.

A Simple Purity Check

Before Mansa Seva, ask four questions:

Is my thought pure?

Is my intention selfless?

Am I free from control?

Can I release the result?

If the answer is yes, begin.

Today's Powerful Thought

“My Mansa Seva is an offering, not a demand. I give pure good wishes without trying to control anyone. I remain connected with Shiv Baba and detached from the result.”

Pure intention.

Selfless service.

Detached consciousness.

Powerful Mansa Seva.

Om Shanti.

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Chapter 34

The Subtlety and Purity of Mansa Seva

Mansa Seva is subtle because it begins where nobody else can see—**inside our consciousness**. A physical action can be visible to everyone. A word can be heard. But a pure thought may remain completely silent while still transforming **our own state** and influencing the quality of the atmosphere we contribute to.

Subtle Does Not Mean Complicated

Mansa Seva does not require complicated techniques.

Its foundation is simple:

Pure thought + Pure feeling + Remembrance of Shiv Baba + Good wishes + Detachment.

The more peaceful the mind becomes, the more naturally this service can happen.

The Subtle Quality of Consciousness

Two people may perform the same physical action, but their inner consciousness may be completely different.

One may help with:

ego, expectation or recognition.

Another may help with:

love, humility and selflessness.

The outer action looks similar.

The inner quality is different.

Therefore, Mansa Seva teaches us to pay attention to **consciousness behind action**.

Become Subtle Through Silence

Take a few moments of silence.

Withdraw attention from:

body → surroundings → responsibilities → situations.

Come back to:

“I am a soul.”

Remember:

“Shiv Baba is my Supreme Father.”

Become peaceful.

As unnecessary thoughts reduce, the mind becomes lighter and more focused.

This subtle state is a beautiful foundation for Mansa Seva.

Do Not Overthink Your Service

Sometimes we make Mansa Seva complicated by asking:

“Am I doing it correctly?”

“Is my vibration reaching them?”

“What exactly should I imagine?”

Such questions can create mental effort.

Instead:



**Connect with God.
Become peaceful.
Create a pure good wish.
Release it.**

Simple.

Subtle Service in Daily Life

You can practise without anyone knowing.

Someone walks past you:

“Let this soul remain peaceful.”

You hear difficult news:

“Let everyone involved receive strength and wisdom.”

You see someone succeeding:

“Let this soul continue to progress.”

You see someone struggling:

“Let this soul experience courage.”

No words are necessary.

The Purity of Silence

The most beautiful Mansa Seva may sometimes be **silent presence**.

You do not need to say anything.

Simply remain stable.

Your silence prevents unnecessary reactions and gives space for wisdom to emerge.

Today's Practice

For five minutes, practise **silent Mansa Seva without words**.

Remember Shiv Baba.

Become peaceful.

Do not formulate many sentences.

Simply experience:

Peace.

Purity.

Love.

Power.

Then hold the awareness:

“Let these qualities increase in the consciousness of souls everywhere.”

Remain silent.

Today's Powerful Thought

“The deeper my silence, the subtler my consciousness can become. I do not need complicated methods; a pure connection with Shiv Baba and a selfless good wish are enough.”

Become subtle.

Become silent.

Become pure.

Become an instrument. Om Shanti.



Chapter 35

The Final Stage — Become a Constant World Server

Mansa Seva begins with a thought, but its highest stage is when **our entire consciousness becomes service.**

We no longer think only:

“Now I am doing Mansa Seva.”

Instead, our natural state becomes:

“Whatever I think, see, speak and do should contribute something elevated.”

This is the stage of becoming a **constant world server.**

From Occasional Service to Natural Service

In the beginning:

We practise Mansa Seva.

Then:

Mansa Seva becomes a habit.

Then:

Good wishes become our nature.

Finally:

Our stage itself becomes service.

This is the real transformation.

The Complete Cycle of a Mansa Sevadhari

The spiritual journey can be remembered through four simple words:

Receive → Become → Give → Remain Light

Receive

At Amrit Vela, connect with Shiv Baba and fill yourself with peace and power.

Become

Throughout the day, practise what you have received.

Give

Through Mansa Seva and evening Yoga / Numashyam, offer peaceful and powerful vibrations to the world.

Remain Light

Do not become attached to results. Remain an instrument.

Three Anchors of the Day

Make every effort to protect these three spiritual anchors:



Amrit Vela — Take from God



Murli — Take God's Knowledge and Shrimat



Evening Yoga / Numashyam — Give to the World

This creates a beautiful spiritual rhythm:

Take from Shiv Baba → Become full → Give to the world.

And when we give what we have received from God, **we do not become empty.**



The more we connect with the Source, the more we can continue to give.

The Highest Mansa Seva

The highest Mansa Seva is not merely thinking:

“Let the world become peaceful.”

It is becoming so peaceful that **our own consciousness contributes peace wherever we go.**

Not merely speaking about purity—

becoming pure.

Not merely speaking about love—

becoming loving.

Not merely asking for power—

becoming powerful.

Not merely seeking blessings—

becoming a giver of blessings.

Your Final Sankalp

Every morning, make this simple resolution:

“I am a peaceful, pure and powerful soul. Shiv Baba is my Supreme Father and the Source of all spiritual strength. I will receive from Him, become full, and share peace, purity, love and power with the world. I am an instrument for Mansa Seva.”

And in the evening:

“Whatever I received from Shiv Baba today, I offer to the world with pure intentions. Let every soul experience peace, courage, purity and happiness.”

The Journey Continues

This book may end here, but **Mansa Seva does not end with the last page.**

The real book is now written in your consciousness.

Every thought is a page.

Every good wish is a sentence.

Every elevated action is a chapter.

And every day gives you another opportunity to write a beautiful story of spiritual service.

Final Powerful Thought

“I receive from Shiv Baba, become full of His powers and give to the world. I do not lose by giving; I become richer in spiritual strength. My aim is to become a constant, peaceful and selfless world server.”

Take from God.

Give to the world.

Remain connected.

Remain full.

Remain a blessing.



*** Final Message**

Mansa Seva is not merely a practice—it is a state of being.

When there is peace in the mind,
goodwill in our vision,
sweetness in our words,
excellence in our actions,
and remembrance of Shiv Baba in our heart—

then our **entire life itself becomes Mansa Seva.**

Om Shanti.

SPECIAL PRACTICAL SECTION



Daily Mansa Seva Reflection

A Simple Self-Checking Practice for Every Day

Mansa Seva becomes powerful when we regularly observe the quality of our thoughts. This self-check is not for judging ourselves. It is a gentle way of becoming aware of our consciousness and gradually making our thoughts more elevated.



Morning Check — Am I Ready to Serve?

Before beginning the day, ask yourself:

- ☐ Did I remember that I am a peaceful soul?
- ☐ Did I connect with Shiv Baba?
- ☐ Did I fill myself with peace and power?
- ☐ What one virtue will I practise today?
- ☐ What good wish will I carry for others today?

My Sankalp for Today:

“Today, I will remain _____ and give _____ to others.”



During the Day — Thought Check

Pause 3 times during the day and ask:

What am I thinking right now?

Check	Yes Need Improvement	
Was my thought peaceful?	☐	☐
Was my intention pure?	☐	☐
Was I free from unnecessary criticism?	☐	☐
Did I maintain good wishes?	☐	☐
Did I remain detached from results?	☐	☐
Did I contribute peace to the atmosphere?	☐	☐



Evening Yoga — Give to the World

During evening Yoga / Numashyam, remember:

“Whatever peace, purity and power I have received from Shiv Baba, I now offer through my good wishes for the world.”

Experience:

Peace → Purity → Power → Love → Courage

Then think:

“Let every soul experience peace.

Let every soul receive strength.

Let families experience harmony.

Let the world move towards peace and purity.”

Remain silent for a few moments.



🌙 Night Self-Checking

Before sleeping, gently ask:

1. How was the quality of my mind today?

- ☐ Peaceful
- ☐ Stable
- ☐ Positive
- ☐ Sometimes disturbed
- ☐ Frequently disturbed

2. Did I create any unnecessary thoughts?

If yes, ask:

“What triggered them?”

3. Did I give anyone a pure good wish today?

4. Did I become emotionally affected by someone else's situation?

If yes:

“Tomorrow I will remain compassionate but detached.”

5. Did I remember Shiv Baba during the day?

- ☐ Often
- ☐ Sometimes
- ☐ Rarely

6. Did I make my time successful?

- ☐ Yes
 - ☐ Partly
 - ☐ Need improvement
-

💎 My Daily Mansa Seva Score

Give yourself a score from **1 to 5**:

Quality	Score
Peace	___ / 5
Purity	___ / 5
Good Wishes	___ / 5
Stability	___ / 5
Detachment	___ / 5
Remembrance of Shiv Baba	___ / 5
Selfless Service	___ / 5

Today's Total: _____ / 35

Do not compare your score with anyone else.

Compare yourself only with your yesterday's consciousness.



❁ **My One Improvement for Tomorrow**
Today I noticed:

Tomorrow I will practise:

My powerful thought for tomorrow:

“I am a peaceful and powerful soul. I receive from Shiv Baba, become full and give peace and strength to the world.”

*** Remember the Daily Spiritual Cycle**

AMRIT VELA — RECEIVE

Connect with Shiv Baba and fill yourself with spiritual energy.

MURLI — LEARN

Receive God's knowledge and direction.

DAY — BECOME & SERVE

Practise what you have learned through your thoughts, words and actions.

EVENING YOGA — GIVE

Offer your accumulated peace, purity and power through Mansa Seva for the world.

NIGHT — CHECK & PACK UP

Review the day, release everything unnecessary and go to sleep peacefully.

❁ **Final Reminder**

“My mind is not a place for waste thoughts. My mind is a sacred instrument for creating peace, purity and good wishes.”

Take from Shiv Baba.

Become full.

Give to the world.

Remain detached.

Keep filling your Blessings Bank.

Om Shanti.

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*** SPECIAL SECTION**



31 Powerful Mansa Seva Sankalps

One Pure Thought Can Become a Contribution to the World

These 31 sankalps can be read slowly during meditation. Do not merely repeat the words—experience the feeling behind each thought.

1. Peace

I am a peaceful soul. I radiate peace wherever I go.

2. Purity

My thoughts are pure, my intentions are selfless, and my consciousness is clean.

3. Godly Connection

Shiv Baba is my Supreme Father and my eternal Source of peace and power.

4. Soul Consciousness

I am a soul, detached from temporary situations and connected with my eternal qualities.

5. Good Wishes

For every soul who comes into my awareness, I create pure and positive thoughts.

6. Courage

Let every soul facing difficulty receive courage and inner strength.

7. Healing Through Peace

Let every disturbed mind experience peace and emotional strength.

8. Forgiveness

I release resentment and give freedom to myself and others through forgiveness.

9. Detachment

I care deeply, but I remain detached from controlling outcomes.

10. Love

I see every soul with respect, dignity and pure love.

11. Tolerance

I remain stable even when situations or people are challenging.

12. Patience

I trust the process and allow wisdom to emerge at the right time.

13. Cooperation

Let my thoughts and actions create cooperation and harmony wherever I am.

14. Family Peace

Let every soul in my family experience love, respect, understanding and peace.

15. Workplace Peace

Let my workplace be filled with cooperation, clarity and harmony.

16. Students and Youth

Let young souls receive wisdom, confidence, purity and the courage to choose what is right.

17. Children

Let every child grow in an atmosphere of love, safety, values and peace.

18. Elderly Souls

Let every elderly soul experience dignity, companionship, peace and happiness.

19. Souls in Sorrow

Let every soul experiencing sorrow receive comfort, courage and hope.

20. World Peace

Let peace, harmony and goodwill increase among all souls of the world.



21. Nature

Let human consciousness become more responsible, respectful and harmonious towards nature.

22. Freedom from Fear

Let every fearful soul experience courage, stability and inner security.

23. Freedom from Anger

Let disturbed consciousness become peaceful and understanding.

24. Spiritual Awakening

Let every soul gradually recognize its own inner peace and spiritual identity.

25. Benevolent Vision

I choose to see the goodness and potential in every soul.

26. Selfless Service

I serve without expectation, without ego and without seeking recognition.

27. Blessings

Let my thoughts, words and actions become a source of happiness and blessings for others.

28. Spiritual Strength

I receive strength from Shiv Baba and become an instrument to share that strength.

29. World Service

I am a peaceful soul and a world server. My elevated consciousness is my contribution.

30. Gratitude

I am grateful for every opportunity to learn, transform and serve.

31. The Complete Sankalp

I am a peaceful, pure and powerful soul. Shiv Baba is my Supreme Father and my Source. I receive from Him, become full and give peace, purity, love and strength to the world. I remain detached from results and continue to serve with a pure heart.

❁ How to Use These 31 Sankalps

You do not need to read all 31 every day.

Choose **one sankalp each morning**.

During the day, remember it whenever possible.

In the evening, during **Yoga / Numashyam**, experience that quality within yourself and offer the same good wishes to the world.

At night, ask:

“Did I live today's sankalp, or did I only repeat it?”

This one question can transform a thought into a **sanskar**.

*** The Formula**

Read → Experience → Practise → Give → Become

And gradually:

Sankalp becomes Sanskar.

Sanskar becomes Nature.

Nature becomes Service.

Service becomes Spiritual Wealth.

“Let every thought I create become a flower of peace in the garden of the world.”

Om Shanti.

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*** SPECIAL SECTION**



Mansa Seva Meditation & Prayer

From Receiving God's Power to Sharing It with the World

Mansa Seva becomes deeper when we first become **full of God's remembrance** and then consciously share that elevated energy through pure thoughts and good wishes. The following short meditations can be used according to your need.

1. Amrit Vela Meditation — Receive from Shiv Baba

Sit comfortably.

Become aware:

“I am a peaceful soul.”

Let the body become relaxed.

Withdraw your attention from the outside world.

Now remember:

“Shiv Baba is my Supreme Father. He is the Ocean of Peace, Purity and Power.”

Experience a connection with the Supreme Source.

Think:

“Shiv Baba, I am Your child.

I open my mind and heart to receive Your peace.

I receive Your purity.

I receive Your strength.

I receive Your wisdom.

I become full.”

Remain silent for a few moments.

Then experience:

“I am peaceful.

I am pure.

I am powerful.

I am stable.

I am connected with Shiv Baba.”

Final Sankalp

“Today, I will carry what I have received from Shiv Baba and use it in service.”

Om Shanti.

2. Murli Reflection Meditation

After listening to the Murli, sit silently for a few minutes.

Ask yourself:

“What is Baba teaching me today?”

Choose one point.

Then think:

“I will not keep this knowledge only in my intellect. I will transform it into my consciousness.”

Experience the quality.

If the Murli teaches **peace**, become peaceful.

If it teaches **detachment**, become detached.



If it teaches **tolerance**, become tolerant.

If it teaches **sweetness**, become sweet.

Then make the sankalp:

“Today, my life will become a living example of what I have learned.”

3. Evening Yoga / Numashyam — Give to the World

Become still.

Remember Shiv Baba.

Experience:

“I am a peaceful soul connected with the Supreme Source.”

Feel that you are becoming full of:

Peace... Purity... Love... Power... Courage...

Now gently expand your awareness.

Think:

“The peace I have received from Shiv Baba is not only for me.”

See the world as a vast field of souls.

Without becoming involved in their problems, give good wishes:

“Let every soul experience peace.”

“Let every soul receive courage.”

“Let every soul become free from fear and inner weakness.”

“Let families experience harmony.”

“Let young souls receive wisdom and strength.”

“Let humanity move towards peace and purity.”

Remain silent.

Then experience:

“I am an instrument. Shiv Baba is the Source. I simply become a medium for His elevated vibrations.”

Finally:

“I have given what I received. I remain light and detached.”

Om Shanti.

4. Mansa Seva for the Family

Remember Shiv Baba.

Bring your family members into your awareness one by one.

Do not focus on their weaknesses.

See each one as a peaceful soul.

Think:

“Let this soul experience peace.”

“Let this soul become powerful.”

“Let our relationship become filled with understanding and respect.”

“Let our home become an atmosphere of peace and happiness.”

Release everyone from your mind.

Do not carry responsibility for changing them.

Give good wishes and remain detached.



5. Mansa Seva for Workplace

Before starting work:

“I am a peaceful soul. I enter this workplace with good wishes.”

Then think:

“Let everyone here remain peaceful and cooperative.”

“Let decisions be made with clarity and wisdom.”

“Let my thoughts, words and actions contribute to harmony.”

If a difficult situation arises:

Pause → Remember Shiv Baba → Become peaceful → Respond wisely.

6. Mansa Seva for a Soul in Difficulty

Bring the soul into your awareness.

Do not absorb their sorrow.

See them as a powerful soul who is temporarily facing a difficult situation.

Think:

“You are a peaceful soul.”

“You have inner strength.”

“Let you receive courage and clarity.”

“Let you receive the right support at the right time.”

“Let the highest good unfold for you.”

Then release the thought.

Do not worry after serving.

7. Five-Minute World Service Meditation

For five minutes:

Minute 1 — Soul Consciousness

“I am a peaceful soul.”

Minute 2 — God Connection

“Shiv Baba is my Supreme Father and Source of peace and power.”

Minute 3 — Become Full

Experience peace, purity and strength filling your consciousness.

Minute 4 — Give

Think:

“Let these elevated qualities reach the consciousness of souls everywhere.”

Minute 5 — Release

“I am an instrument. I give with pure intentions and remain detached from the result.”

Finish with:

Om Shanti.

*** 8. Final Mansa Seva Prayer**

****“Supreme Father Shiv Baba,**

I am Your peaceful child.

I receive from You and become full.

Let my thoughts become pure.

Let my vision become benevolent.



Let my words bring happiness.
Let my actions become service.
Let every soul experiencing sorrow receive courage.
Let every fearful soul receive strength.
Let every family experience harmony.
Let young souls receive wisdom and purity.
Let the world experience peace.

I do not wish to control anyone.
I do not expect anything in return.
I simply offer my good wishes as an instrument.

Whatever I receive from You,
I share with the world.
I remain connected to You,
I remain full,
I remain light,
and I continue to serve.
Om Shanti."

◆ Remember

Amrit Vela — Take from God.
Murli — Understand God's direction.
Day — Become what you have learned.
Evening Yoga — Give to the world.
Night — Release and remain light.
"When the Source is Shiv Baba, giving never makes me empty."
Om Shanti.

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*** SPECIAL SECTION**



Mansa Seva: Do's & Don'ts

How to Keep Your Thoughts Pure, Powerful and Selfless

Mansa Seva is a subtle spiritual service. Its strength lies in **purity of intention, remembrance of Shiv Baba and detachment from the result.**

The following guidelines can help us maintain the right consciousness.

✿ DO — Remember Shiv Baba First

Before doing Mansa Seva, first connect yourself with the Source.

Think:

“I am a peaceful soul. Shiv Baba is my Supreme Father. I receive peace and power from Him.”

Do not try to give what you do not have.

First become full, then give.

✿ DO — Keep Your Intention Pure

Your thought should be:

“Let this soul experience what is beneficial for their highest good.”

Not:

“Let this person change according to what I want.”

Mansa Seva is **good wishes, not control.**

✿ DO — See the Soul

When someone behaves negatively, do not define the entire soul by that behaviour.

Think:

“This soul has weaknesses, but the soul's original qualities are peace, purity and power.”

This helps maintain a benevolent vision.

✿ DO — Remain Detached from Results

After sending good wishes, let go.

Do not repeatedly ask:

“Did it work?”

“Why haven't they changed?”

“When will the result come?”

Instead:

“I have offered my pure thought. I leave the result to Shiv Baba and the individual's journey.”

*** DON'T — Don't Absorb Others' Sorrow**

Compassion does not mean carrying someone else's emotional burden.

You can think:

“Let this soul receive strength.”

without thinking:

“I must carry their pain.”

Remain compassionate **and** detached.



*** DON'T — Don't Create Fear**

While doing world service, do not repeatedly visualize disasters, violence or suffering.
That can make the mind heavy.

Instead of focusing mentally on the problem, focus on its elevated opposite:

Fear → Courage

Conflict → Peace

Hatred → Love

Weakness → Power

Confusion → Clarity

*** DON'T — Don't Use Mansa Seva to Manipulate**

Do not use spiritual thoughts to try to force someone's:

decision, behaviour, feelings or response.

Every soul has its own journey and freedom.

Your role is simply:

Pure thought → Good wishes → Spiritual support → Detachment.

*** DON'T — Don't Replace Practical Help**

Mansa Seva is complementary to practical service.

If someone needs medical, emotional, financial, educational or professional support, appropriate practical help should also be encouraged.

Mansa Seva supports.

Practical action serves.

Both can work together.

*** DO — Protect Your Mental Energy**

You do not need to think about every person and every problem throughout the day.

Choose specific times for focused Mansa Seva.

Then return to your responsibilities.

This prevents spiritual practice from becoming mental exhaustion.

*** DO — Use Amrit Vela to Receive**

At Amrit Vela, according to your convenience within the **2:00–5:00 a.m. period**, focus primarily on connecting with Shiv Baba and becoming spiritually full.

Think:

“I am receiving peace, purity and power from the Supreme Source.”

This is the **receiving stage**.

*** DO — Use Evening Yoga to Give**

During evening Yoga / Numashyam, consciously shift from:

“I am receiving”

to:

“I am giving.”

Experience:



“Whatever I have received from Shiv Baba, I now offer through pure good wishes to the world.”

This creates a beautiful cycle:

Receive → Become Full → Give → Remain Full

*** DO — Keep the Murli Central**

Mansa Seva should remain connected with God's knowledge and Shrimat.

The Murli gives us the understanding that shapes our consciousness.

Therefore:

Amrit Vela gives us connection.

Murli gives us direction.

Daily practice gives us transformation.

Evening Yoga gives us an opportunity to serve.

*** DON'T — Don't Become Ego-Conscious About Service**

Avoid thoughts such as:

“I am doing more Mansa Seva than others.”

“My vibrations are more powerful.”

“I am a great server.”

Instead:

“I am only an instrument. Shiv Baba is the Source.”

The more subtle the service, the more humble the server.

💠 The Golden Rule of Mansa Seva

Before every Mansa Seva practice, remember these five words:

Peace → Purity → Good Wishes → Detachment → God

If these five are present, your service remains light and selfless.

*** One-Minute Mansa Seva Check**

Before beginning, ask:

1. Am I peaceful?

2. Is my intention pure?

3. Am I trying to control anyone?

4. Can I release the result?

5. Am I connected with Shiv Baba?

If yes—

Serve silently.

If not—

First stabilize yourself.

✦ Final Thought

“Mansa Seva is not about changing people. It is about changing the quality of my own consciousness and offering pure, selfless good wishes to every soul.”

Receive from Shiv Baba.

Become powerful.

Give selflessly.

Remain detached. Om Shanti.



* SPECIAL SECTION

The Mansa Seva Daily Spiritual Routine

A Simple Rhythm to Receive, Become and Give

Mansa Seva becomes truly powerful when it becomes part of our daily spiritual rhythm rather than something we practise only occasionally.

The aim is simple:

Receive from Shiv Baba → Become Full → Give to the World → Remain Light



1. AMRIT VELA — RECEIVE

Time: According to your convenience, ideally between **2:00 a.m. and 5:00 a.m.**

This is the time to withdraw from the outer world and connect deeply with Shiv Baba.

Sit peacefully and experience:

“I am a peaceful soul. Shiv Baba is my Supreme Father. I am connected with the Ocean of Peace, Purity and Power.”

Do not immediately start thinking about everyone's problems.

First **fill yourself**.

Amrit Vela Sankalp:

“Shiv Baba, fill me with Your peace, purity and power so that I may become an instrument of service throughout the day.”



2. MURLI — RECEIVE DIRECTION

Listen to the Murli with attention.

After listening, ask:

“What is one thing I need to become today?”

Choose one quality:

Peace | Purity | Patience | Detachment | Tolerance | Love | Courage | Cooperation

Carry that quality throughout the day.

Murli Sankalp:

“I will not only listen to God's knowledge; I will make it part of my consciousness.”



3. DAYTIME — BECOME & SERVE

Now use your consciousness in practical life.

While working:

“Let my work benefit others.”

While speaking:

“Let my words create happiness.”

While meeting someone:

“Let this soul experience respect and peace.”

During difficulty:

“I will not add more disturbance. I will first become peaceful.”

During travel:

“Let the souls around me experience peace.”

You do not need to stop your work to perform Mansa Seva.

Your consciousness itself becomes the service.



4. EVENING YOGA / NUMASHYAM — GIVE

This is the beautiful **giving stage**.

After spending the day practising what you received from Shiv Baba, sit quietly in remembrance.

Experience:

“I am full of peace.”

“I am full of purity.”

“I am full of power.”

Now expand your awareness towards the world.

“Whatever peace and power I have received from Shiv Baba, I offer through my pure good wishes to the souls of the world.”

Think:

Let the world experience peace.

Let souls facing difficulties receive courage.

Let families experience harmony.

Let youth receive wisdom and strength.

Let humanity move towards purity and peace.

Then become silent.

Most Important:

Give—and let go.

Do not carry the world's problems in your mind.

You are an **instrument**, not the controller of the world.

5. NIGHT — CHECK & RELEASE

Before sleeping, ask:

What was the quality of my thoughts today?

Where did I remain peaceful?

Where did I react unnecessarily?

Whom did I give good wishes to?

Did I remember Shiv Baba?

Did I make my time successful?

Then release the day.

Think:

“Whatever happened today, I have learned from it. I now hand everything over to Shiv Baba and become light.”

Sleep with peace.

THE DAILY CYCLE

Time	Practice	Purpose
 Amrit Vela	Receive	Take peace, purity and power from Shiv Baba
 Murli	Learn	Receive God's knowledge and direction
 Day	Become & Serve	Practise elevated consciousness
 Evening Yoga	Give	Share peace and power through Mansa Seva
 Night	Check & Release	Learn, let go and remain light



*** The Three Things That Should Never Be Missed**

If you remember nothing else from this book, remember these three:

- 1. Amrit Vela — Take from God**
- 2. Murli — Learn from God**
- 3. Evening Yoga / Numashyam — Give to the World**

This creates the beautiful spiritual cycle:

TAKE → BECOME → GIVE

And remember:

“When I take from Shiv Baba and give to the world, I lose nothing. I remain connected with the Source and continue to receive.”

✧ One-Line Reminder for the Whole Day

Whenever you feel confused about what to do, remember:

“First connect with Shiv Baba, then become peaceful, then give.”

This one practice can prevent many unnecessary thoughts and reactions.

✿ Final Daily Sankalp

“I am a peaceful soul. Shiv Baba is my Supreme Father and my eternal Source of spiritual strength. I receive from Him at Amrit Vela, learn through the Murli, practise His teachings throughout the day, and in evening Yoga I offer peace, purity, love and power to the world. I serve without expectation, remain detached from results, and keep my mind light and powerful.”

****Receive from God.**

Become His instrument.

Give to the world.

Remain full.**

Om Shanti.



* SPECIAL PRACTICAL SECTION

My Mansa Seva Journal

21 Days of Conscious Thoughts, Pure Intentions and World Service

This journal is an invitation to move from **knowledge to experience**.

For the next 21 days, give yourself a few quiet minutes each morning and evening. Do not try to become perfect. Simply become **more aware, more peaceful and more benevolent each day**.



MY MORNING CONNECTION

Today's Date: _____

My Amrit Vela Experience

Today I connected with Shiv Baba at: _____

The quality I received today:

- ☐ Peace
- ☐ Purity
- ☐ Power
- ☐ Love
- ☐ Courage
- ☐ Stability
- ☐ Detachment

My Morning Sankalp

"Today I will remain _____ and give _____ to the souls around me."



MY DAY OF MANSA SEVA

One Soul I Will Give Good Wishes To

Name / Relationship (optional): _____

My Good Wish:

"Let this soul _____."

One Situation in Which I Will Practise Peace

One Virtue I Will Practise Today

One Thought I Will Avoid Today



MY EVENING YOGA / NUMASHYAM

After becoming peaceful in remembrance of Shiv Baba, complete:

Today I Received:

Peace: ★★★★★

Purity: ★★★★★

Power: ★★★★★

Today I Gave:



- ☐ Good wishes to an individual
- ☐ Good wishes to my family
- ☐ Good wishes to my workplace/community
- ☐ Good wishes to souls facing difficulty
- ☐ Good wishes for world peace

My World-Service Sankalp

“Let the souls of the world experience _____.”

🌙 MY NIGHT SELF-CHECK

Today I felt most peaceful when:

Today I reacted when:

Tomorrow I would like to respond differently by:

One blessing I received today:

One blessing I gave today:

My connection with Shiv Baba today:

- ☐ Very deep
 - ☐ Good
 - ☐ Sometimes
 - ☐ Needs more attention
-



◆ MY 21-DAY PROGRESS

Day Main Quality Mansa Seva Completed Self-Check

1	_____	☐	____ / 5
2	_____	☐	____ / 5
3	_____	☐	____ / 5
4	_____	☐	____ / 5
5	_____	☐	____ / 5
6	_____	☐	____ / 5
7	_____	☐	____ / 5
8	_____	☐	____ / 5
9	_____	☐	____ / 5
10	_____	☐	____ / 5
11	_____	☐	____ / 5
12	_____	☐	____ / 5
13	_____	☐	____ / 5
14	_____	☐	____ / 5
15	_____	☐	____ / 5
16	_____	☐	____ / 5
17	_____	☐	____ / 5
18	_____	☐	____ / 5
19	_____	☐	____ / 5
20	_____	☐	____ / 5
21	_____	☐	____ / 5

* DAY 21 — MY TRANSFORMATION

After completing the 21 days, pause and reflect.

Before This Practice, My Mind Was:

Now I Notice:

My Biggest Change:

The Quality I Have Strengthened Most:

The Quality I Still Want to Develop:

My Commitment for the Future:

“From today onwards, I will continue to _____.”



✦ **My Mansa Seva Promise**

“I promise myself that I will not allow my mind to become a source of negativity. I will consciously choose peace, purity and good wishes. I will receive from Shiv Baba, practise His teachings and offer my elevated consciousness in service of the world. I will serve without expectation and remain detached from the result.”

Date: _____

Signature: _____

🌍 **My Final World-Service Sankalp**

Close your eyes.

Remember Shiv Baba.

Become peaceful.

Then experience:

“I am a peaceful soul.

I am connected with the Supreme Source.

I am full of peace, purity and power.

I offer these elevated qualities to the world through my good wishes.

Let every soul experience peace.

Let every soul become powerful.

Let humanity move towards harmony and purity.

I am an instrument.

Shiv Baba is the Source.”

Om Shanti.

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* SPECIAL SECTION

My Blessings Bank

Every Pure Thought, Every Selfless Act, Every Good Wish—A Spiritual Earning

The greatest spiritual treasure is not what we collect outside, but what we **accumulate within**.

A peaceful thought, a pure intention, a selfless act, a moment of forgiveness, a kind word, a good wish for another soul—each can become part of our **invisible spiritual wealth**.

The more we become instruments of benefit, the richer our inner account becomes.

What Fills My Blessings Bank?

My Blessings Bank grows when I:

- Give respect without expecting respect in return.
- Help someone without seeking recognition.
- Forgive instead of carrying resentment.
- Give courage to someone who is weak.
- See someone's goodness instead of focusing only on their weaknesses.
- Remain peaceful when others are disturbed.
- Give good wishes instead of criticism.
- Serve with humility.
- Remember Shiv Baba and become an instrument.
- Use my thoughts, words and actions for the benefit of others.

My Daily Blessings Deposit

Today I gave:

One pure thought:

One good wish:

One act of kindness:

One moment of patience:

One situation in which I chose peace:

One person whom I encouraged:

*** Today's Spiritual Earning**

Complete this sentence:

“Today, I felt that I earned blessings when I _____.”

How did it make me feel?

☐ Peaceful

☐ Light

☐ Happy



- ☐ Powerful
- ☐ Grateful
- ☐ Connected with Shiv Baba

My Blessings Withdrawal

Sometimes we also need to **receive**.

Today, what blessing did I receive from someone else?

What did I learn from it?

Remember:

Giving blessings does not make us smaller.

Receiving blessings does not make us dependent.

Both can make the soul richer when there is purity and gratitude.

My Invisible Spiritual Account

At the end of each day, ask:

Did I add peace today?

☐ Yes ☐ Sometimes ☐ I can improve

Did I add happiness?

☐ Yes ☐ Sometimes ☐ I can improve

Did I reduce someone's burden?

☐ Yes ☐ Sometimes ☐ I can improve

Did I create unnecessary disturbance?

☐ No ☐ Sometimes ☐ I need awareness

Did I remain connected with Shiv Baba?

☐ Yes ☐ Sometimes ☐ I need more attention

Night Deposit

Before sleeping, sit quietly and think:

“Whatever good I have done today, I offer it to Shiv Baba with humility. I do not take ego of being a server. I remain grateful for every opportunity to become an instrument.”

Then experience:

“My account is becoming richer with peace, purity, good wishes and blessings.”

The Golden Rule of the Blessings Bank

Never think:

“I served, therefore I deserve blessings.”

Instead think:

“I am grateful that Shiv Baba gave me an opportunity to serve.”

This keeps the account free from ego and expectation.

True spiritual earning is:

Serve → Forget → Remain Light → Receive Naturally



* 21-Day Blessings Bank Tracker

Day Good Wish Given Selfless Act Blessing Received Gratitude

1	_____	_____	_____	☐
2	_____	_____	_____	☐
3	_____	_____	_____	☐
4	_____	_____	_____	☐
5	_____	_____	_____	☐
6	_____	_____	_____	☐
7	_____	_____	_____	☐
8	_____	_____	_____	☐
9	_____	_____	_____	☐
10	_____	_____	_____	☐
11	_____	_____	_____	☐
12	_____	_____	_____	☐
13	_____	_____	_____	☐
14	_____	_____	_____	☐
15	_____	_____	_____	☐
16	_____	_____	_____	☐
17	_____	_____	_____	☐
18	_____	_____	_____	☐
19	_____	_____	_____	☐
20	_____	_____	_____	☐
21	_____	_____	_____	☐

✨ My Blessings Bank Sankalp

“I will not count how much I have given. I will simply continue to give with a pure heart. I will not seek appreciation. I will not become attached to results. I will remain connected with Shiv Baba and allow every pure thought, every selfless action and every good wish to become part of my invisible spiritual wealth.”

💎 Remember:

Money can be spent.

Material possessions can be lost.

Recognition can disappear.

But the spiritual wealth created through **pure consciousness, selfless service and good wishes** becomes part of the soul's journey.



“Let my mind become a place where peace is created, my heart a place where blessings are generated, and my life a means through which others experience goodness.”

Keep giving.

Keep serving.

Keep blessing.

Keep your connection with Shiv Baba strong.

Let Your Blessings Bank Remain Full.

Om Shanti.

*** SPECIAL PRACTICAL SECTION**

Mansa Seva in Everyday Situations

How to Transform Ordinary Moments into Opportunities for Spiritual Service

Mansa Seva does not require a special place or a special time. Every situation can become an opportunity to create an elevated thought.

The key is simple:

Pause → Remember Shiv Baba → Become Peaceful → Give Good Wishes → Release.

✿ 1. When Someone Is Angry With You

Do not immediately respond from the same vibration.

Pause.

Remember:

“I am a peaceful soul. This soul is also a child of Shiv Baba.”

Then think:

“Let this soul become peaceful. Let both of us receive wisdom and understanding.”

Respond only after becoming stable.

Do not absorb the anger. Do not return the anger.

✿ 2. When You Are Angry With Someone

Instead of repeatedly thinking about what they did, shift your consciousness.

Say internally:

“I choose peace instead of carrying this anger.”

Then give the soul a good wish:

“Let this soul experience clarity and peace.”

This does not mean accepting wrong behaviour. You can take appropriate practical action while keeping your mind peaceful.

✿ 3. When Someone Hurts You

First allow yourself to become stable.

Do not repeatedly replay the incident.

Think:

“I release the emotional burden. I choose peace. Let this soul also learn, transform and experience peace.”

Remember:

Forgiveness does not mean forgetting wisdom.



You can forgive and still maintain healthy boundaries.

✿ 4. When Someone Is Suffering

Do not become absorbed in their pain.

See them as a powerful soul temporarily passing through a difficult experience.

Think:

“Let this soul receive courage, strength, clarity and the right support.”

If practical help is possible, give it.

Mansa Seva + Practical Service = Complete Support.

✿ 5. When Someone Is Successful

Sometimes the mind compares:

“Why them and not me?”

Transform comparison into शुभभावना.

Think:

“Let this soul use their success wisely and continue to progress.”

Celebrate another soul's happiness without feeling that their success reduces yours.

✿ 6. When You Hear Negative News

Do not repeatedly fill your mind with disturbing images and thoughts.

Pause.

Remember Shiv Baba.

Then create an elevated thought:

“Let all souls involved receive courage, protection, wisdom and appropriate support. Let peace and harmony increase.”

Then return to your responsibilities.

✿ 7. When There Is Conflict in the Family

Instead of mentally choosing sides, become a peaceful instrument.

Think:

“Let every soul in this family receive understanding. Let communication become respectful. Let love and harmony return.”

Then contribute peace through your own words and behaviour.

✿ 8. Before Entering Your Workplace or Classroom

Pause for a few seconds.

Remember Shiv Baba.

Think:

“Let this place be filled with peace, cooperation, clarity and success. Let everyone I meet today experience respect and positivity.”

Then enter with that consciousness.

Your **state becomes your first service.**

✿ 9. When You Are Worried About Someone

Worry and good wishes are not the same.



Worry says:

“What will happen to them?”

Good wishes say:

“Let them receive strength and whatever is beneficial for them.”

Therefore, replace repeated worry with:

“I have given my good wishes. I trust the soul's journey and leave the result to Shiv Baba.”

❁ **10. When You Feel Lonely**

Instead of allowing the mind to become heavy, connect with Shiv Baba.

Think:

“I am a soul. My Supreme Father is always with me. I am never spiritually alone.”

Then extend good wishes to another soul.

Sometimes the best way to transform loneliness is to become a **giver of peace**.

❁ **11. When You Make a Mistake**

Do not create negative Mansa Seva against yourself.

Avoid:

“I am useless.”

“I always make mistakes.”

Instead:

“I am learning. I can correct myself. I am a powerful soul capable of transformation.”

Self-compassion also protects the quality of our thoughts.

❁ **12. When Someone Makes a Mistake**

Do not label the person by the mistake.

Instead think:

“This soul has made a mistake, but this is not the complete identity of the soul. Let them receive wisdom and strength to transform.”

Correct where necessary.

But keep the vision benevolent.

❁ **13. When You Are Jealous or Comparing Yourself**

Stop.

Take one deep moment of silence.

Remember:

“Every soul has its own journey, role and speciality.”

Then think:

“Let this soul continue to progress, and Let I also recognize and develop my own specialities.”

Comparison becomes **inspiration** instead of disturbance.

❁ **14. Before an Important Meeting or Conversation**

Take one minute.

Remember Shiv Baba.

Think:



“Let I remain peaceful, clear and respectful. Let everyone involved receive wisdom and understanding. Let the outcome be beneficial for all.”

Then enter the conversation without fear.

*** A Universal Mansa Seva Formula**

Whenever you don't know what to think in a difficult situation, remember these five steps:

1. PAUSE

Do not immediately react.

2. REMEMBER

Connect with Shiv Baba.

3. BECOME

Become peaceful and stable.

4. GIVE

Create one pure good wish.

5. RELEASE

Leave the result to God and take appropriate practical action when needed.

💠 The Most Powerful Transformation

The goal is not:

“How can I make everyone around me peaceful?”

The deeper question is:

“How can I remain peaceful regardless of what is happening around me?”

When your consciousness changes, your response changes.

When your response changes, your relationships change.

And when many souls transform their consciousness in this way, the atmosphere around them gradually receives a different contribution.

🌸 Today's Sankalp

“Whatever situation comes before me today, I will first create peace within myself. I will remember Shiv Baba, maintain a benevolent vision, give pure good wishes and then take whatever practical action is required. I will not add disturbance to an already disturbed situation.”

Pause. Remember. Become. Give. Release.

This is Mansa Seva in daily life.

Om Shanti.

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* SPECIAL SECTION

From Mansa Seva to a Life of Blessings

When Every Thought Becomes an Opportunity to Serve

Mansa Seva is not meant to remain a practice that we perform for a few minutes and then forget. Its deeper purpose is to transform the **quality of our entire consciousness**.

The journey is:

Thought → Feeling → Attitude → Action → Sanskar → Nature

When our thoughts become pure, our feelings become elevated. When elevated feelings are repeated, they become our attitude. Gradually, that attitude becomes our nature.

And when our nature becomes peaceful and benevolent, **our very presence becomes service**.

✿ 1. Let Your Thoughts Become Your First Service

Before speaking, ask:

“Will these words create peace or disturbance?”

Before judging, ask:

“Can I see the soul beyond the behaviour?”

Before worrying, ask:

“Can I replace this worry with a good wish?”

Before reacting, ask:

“What would a peaceful soul choose?”

These small pauses can completely transform our day.

✿ 2. Let Your Vision Become Benevolent

Mansa Seva begins with the way we see others.

Instead of seeing only:

weakness → mistake → behaviour → limitation

train the mind to see:

soul → speciality → potential → possibility of transformation.

This does not mean ignoring reality.

It means seeing reality without allowing negativity to dominate your consciousness.

✿ 3. Let Your Words Become Service

A Mansa Sevadhari does not only serve through thoughts.

Their words also become powerful.

Speak in a way that gives:

clarity instead of confusion,

courage instead of fear,

respect instead of humiliation,

hope instead of discouragement.

Sometimes one encouraging sentence can remain in someone's heart for years.

✿ 4. Let Your Actions Match Your Thoughts

If we send peaceful thoughts but behave with anger, there is a gap between our inner and outer service.



Therefore:

Think peace.

Speak peace.

Act peacefully.

Think purity.

Speak with purity.

Act with purity.

This is when Mansa Seva becomes authentic.

* The Complete Spiritual Cycle

Remember this simple cycle:



AMRIT VELA — RECEIVE

Take peace, purity and power from Shiv Baba.



MURLI — UNDERSTAND

Receive God's knowledge and Shrimat.



DAY — BECOME

Practise those qualities in your consciousness and actions.



EVENING YOGA — GIVE

Share your elevated consciousness through Mansa Seva.



NIGHT — CHECK

Observe, learn, release and become light.



REPEAT

The next day, begin again.



You Do Not Lose by Giving

One of the deepest principles of spiritual service is:

“The more I receive from the Source and give selflessly, the more spiritually full I become.”

If you receive peace from Shiv Baba and give peace to others, your peace does not disappear.

If you receive courage and give courage, your courage does not decrease.

If you receive love and give love, your love does not become less.

Therefore:

****Take from Shiv Baba.**

Give to the world.

Remain connected to the Source.**

This is how you remain full.



Become a World Server

A world server does not necessarily need to travel around the world.

You can become a world server:

while sitting in your home,

while working,

while travelling,

while teaching,

while cooking,

while walking,



while sitting silently in meditation.

Whenever your consciousness becomes elevated, you are contributing something positive to the atmosphere.

*** The Final Transformation**

At first we ask:

“How can I do Mansa Seva?”

Then:

“How can I practise Mansa Seva every day?”

Later:

“How can I keep my thoughts elevated?”

And finally:

“How can my entire life become a service?”

That is the real destination.

✦ My Life as Mansa Seva

Complete these sentences:

From today, I will think more about:

I will reduce:

I will give more:

I will practise the virtue of:

I will strengthen my connection with Shiv Baba through:

My contribution to the world will be:

🌸 My Final Sankalp

“I am a peaceful, pure and powerful soul. Shiv Baba is my Supreme Father and my Source of spiritual strength. I will receive from Him, become full of His qualities and share them with the world. I will not use my mind to judge, control or create negativity. I will use my mind to create peace, purity, love, courage and good wishes. I will serve without expectation, remain detached from results and continue to fill my invisible spiritual account.”

💛 The Final Reminder

When you close this book, remember only this:

Amrit Vela — Take from God.

Murli — Learn from God.

Day — Become what God teaches.

Evening Yoga — Give to the World.

Night — Check, Release and Remain Light.

And every day:



“Whatever I receive from Shiv Baba, I use it for the benefit of souls.”

This is how the invisible treasure grows.

This is how the mind becomes a blessing.

This is how thoughts become service.

And this is how we gradually fill our:

दुआओं का खज़ाना

The Treasure of Blessings

Om Shanti.

*** FINAL MESSAGE TO THE READER**

Your Mind Can Become a Blessing

Dear Soul,

If you have reached this page, perhaps you are no longer looking at Mansa Seva merely as a spiritual practice.

You may now see it as a **responsibility of consciousness**.

Every day, we create thousands of thoughts. Some thoughts disappear within seconds. Some become feelings. Some become attitudes. And some become our sanskars.

So the question is not:

“Do I think?”

The question is:

“What am I creating through my thoughts?”

Am I creating peace or disturbance?

Love or criticism?

Courage or fear?

Hope or hopelessness?

Good wishes or judgment?

This awareness itself is the beginning of transformation.

❁ Remember Your Source

You do not have to create spiritual power entirely by yourself.

At Amrit Vela, turn towards **Shiv Baba, the Supreme Father**, and allow yourself to become filled.

Receive:

Peace.

Purity.

Power.

Love.

Wisdom.

Courage.

Then carry these qualities into your day.

And when evening comes, do not keep everything only for yourself.

Give.

Give through your thoughts.

Give through your शुभभावना.

Give through your peaceful presence.



Give through your words.
Give through your actions.

Your Mind Is a Service Centre

Imagine your consciousness as a small spiritual service centre.

Every morning, you **receive**.

Throughout the day, you **practise**.

In the evening, you **distribute**.

At night, you **check your account** and prepare again for tomorrow.

You do not need to change the whole world by yourself.

Simply make sure that **your corner of the world receives something better because you were there**.

Never Underestimate One Pure Thought

You may sometimes wonder:

“What difference can one person's thoughts make?”

But transformation always begins somewhere.

One peaceful person can prevent an argument.

One encouraging thought can change someone's attitude.

One kind word can restore someone's confidence.

One moment of patience can protect a relationship.

One pure soul-conscious vision can prevent a negative thought from becoming a negative action.

Therefore, never underestimate the value of an **elevated consciousness**.

*** Do Not Become Burdened by Service**

Remember that Mansa Seva should make you **lighter**, not heavier.

You are not responsible for controlling everyone's destiny.

You are not responsible for changing every person.

You are not responsible for solving every problem.

Your responsibility is simpler:

Keep your own consciousness elevated.

Give pure good wishes.

Take appropriate practical action when needed.

Leave the result to Shiv Baba.

Serve—and remain light.

Give—and remain detached.

Love—and remain free.

Let These Three Things Become Your Daily Companions

Amrit Vela

I receive from God.

Murli

I learn from God.



Evening Yoga / Numashyam

I give to the world.

Let this become the rhythm of your spiritual life.

Receive → Become → Give

And remember:

When the Source is Shiv Baba, giving does not empty me. It makes me a more powerful instrument.



A Promise to Yourself

Today, make a quiet promise:

“I will take care of the quality of my thoughts. I will not deliberately create negativity for myself or others. I will remember Shiv Baba, fill myself with spiritual power and use my consciousness for the benefit of souls. I will serve without ego and without expectation. I will keep my invisible treasure of blessings full.”



If You Remember Only One Thing...

Remember this:

“My thoughts are not insignificant. Every pure thought is an opportunity to become a blessing.”

So whenever you have a choice—

Choose **peace**.

Choose **purity**.

Choose **good wishes**.

Choose **forgiveness**.

Choose **courage**.

Choose **love**.

Choose **Shiv Baba's remembrance**.

And gradually, your mind will become a place from which **blessings continuously flow**.

*** The Journey Continues**

The last page of this book is not the end of your Mansa Seva.

It is the beginning of a new awareness.

Tomorrow morning, when you wake up, remember:

Amrit Vela — Receive.

Murli — Learn.

Day — Practise.

Evening Yoga — Give.

Night — Check and Release.

Then begin again.

One day at a time.

One thought at a time.

One soul at a time.

One blessing at a time.

****Let your mind become peaceful.**



Let your consciousness become powerful.
Let your vision become benevolent.
Let your presence become a blessing.**
And Let your invisible spiritual treasure always remain:

भरपूर — FULL.

Om Shanti.

*** CLOSING BLESSING**

A Final Blessing for Every Soul

Let the Treasure of Blessings Remain Ever-Full

Take a moment of silence.

Sit comfortably.

Let the mind become quiet.

Remember Shiv Baba.

Experience:

“I am a peaceful soul.

I am a pure soul.

I am a powerful soul.

Shiv Baba is my Supreme Father and my eternal Source.”

Feel yourself becoming full.

Full of **peace.**

Full of **purity.**

Full of **love.**

Full of **courage.**

Full of **spiritual power.**

Now gently expand your awareness towards the world.

World Peace Sankalp

“Let every soul in the world experience peace.”

“Let every soul facing difficulty receive courage and inner strength.”

“Let every family experience love, respect and harmony.”

“Let children grow in an atmosphere of safety, values and happiness.”

“Let young souls receive wisdom, purity and the strength to choose what is right.”

“Let those experiencing fear receive courage.”

“Let those experiencing sorrow receive comfort and hope.”

“Let those experiencing conflict discover understanding and peace.”

“Let humanity move towards greater purity, compassion and harmony.”

Remain silent.

Do not think about how or when the result will happen.

Simply give your **pure good wishes.**



◆ The Final Offering

Now experience:

“Shiv Baba, whatever I have received from You, I offer to the world as my small contribution of Mansa Seva.”

“I do not claim to be the doer. I am Your instrument.”

“You are the Source. I am the medium.”

“You fill me. I share.”

“You give me strength. I give courage.”

“You give me peace. I spread peace.”

Remain peaceful for a few moments.

Then gently release the world from your mind.

Remain light.

Remain connected.

✿ Final Blessing

Let your thoughts become pure.

Let your feelings become elevated.

Let your vision become benevolent.

Let your words become healing.

Let your actions become service.

Let your relationships become peaceful.

Let your connection with Shiv Baba become stronger every day.

Let your invisible spiritual account remain full of blessings.

Let you receive from God, become full and give to the world without ever feeling empty.

* Your Final Sankalp

Place your hand gently on your heart and say:

“I am a peaceful, pure and powerful soul.

Shiv Baba is my Supreme Father.

I receive from Him.

I become full.

I give to the world.

I remain detached from the result.

My thoughts are my service.

My presence is my contribution.

My life is an offering.”

Pause.

Smile gently.

And finish with:

ॐ शान्ति



♥ One Last Reminder

Amrit Vela — Take from Shiv Baba.

Murli — Learn from Shiv Baba.

Day — Become His instrument.

Evening Yoga — Give to the world.

Night — Check, release and remain light.

“Take from God. Give to the world. Lose nothing. Keep your treasure full.”

*** Let your “Duaon Ka Khazana” always remain bharpur.**

Om Shanti.

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“Final One-Page Daily Reminder”—

 **Amrit Vela — RECEIVE**

Take peace, purity and power from Shiv Baba.

 **Murli — LEARN**

Understand God's direction.

 **Day — BECOME**

Practise what you have learned.

 **Evening Yoga — GIVE**

Give peace, purity, love and power to the world.

 **Night — CHECK & RELEASE**

Review the day, let go and become light.

TAKE → BECOME → GIVE → REMAIN FULL

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THANK YOU

Thank You for Being Part of This Journey

Dear Soul,

Thank you for taking this journey through the world of **Mansa Seva**.

Let this book not remain only a collection of pages, but become a gentle reminder to keep our mind peaceful, our vision benevolent and our heart filled with good wishes.

Whenever you remember:

Amrit Vela — Receive from Shiv Baba.

Murli — Learn from Shiv Baba.

Day — Become His instrument.

Evening Yoga — Give to the World.

Let our thoughts become blessings, your presence become service, and our invisible spiritual treasure remain **bharpur — ever full**.

“Take from God, become full, give to the world, and remain light.”

Let Shiv Baba's remembrance continue to give you peace, purity, strength and courage.

Om Shanti. *

WE WOULD LOVE TO HEAR FROM YOU

Your experience can inspire another soul.

If this book touched you, helped you in your spiritual practice, or gave you a new understanding of Mansa Seva, please share your **feedback, experience, suggestions or blessings**.

You can write to:

 [**shivbaba311218@gmail.com**](mailto:shivbaba311218@gmail.com)

Your feedback will be received with gratitude and may help in improving future spiritual publications.

One Final Thought

**“Let my mind become a source of peace,
my vision a source of blessings,
my words a source of happiness,
and my life a silent service to the world.”**

Om Shanti

With Love, Peace & Good Wishes



THE TREASURE OF BLESSINGS

Fill Your Invisible Spiritual Treasure
Through **MANSA SEVA**

Take from God • Become Full • Give to the World

This book is a practical and heart-touching guide to the elevated art of **Mansa Seva**—spiritual service through pure thoughts, good wishes and benevolent vision.

In today's fast-paced world, where our minds are constantly influenced by situations, people and emotions, this book shows how we can use the power of our thoughts to create peace, positivity and blessings for ourselves and for the world.

WHAT YOU WILL DISCOVER

- 🌸 The true meaning and power of Mansa Seva
- 🌸 Practical ways to transform thoughts into blessings
- 🌸 Daily spiritual routine to stay connected with Shiv Baba
- 🌸 Self-checking, journaling and 21-day practices to build new sanskars
- 🌸 How to remain peaceful in any situation
- 🌸 Steps to become a world server through elevated consciousness
- 🌸 Ways to fill your invisible spiritual account with good deeds, good wishes and virtues

*Receive from God. Become full of His Qualities.
Give to the world. Remain light and free.*

*"When the mind is pure,
thoughts become blessings.
When thoughts are blessings,
the world becomes peaceful."*

SPECIAL FEATURES

- ♥ 21-Day Mansa Seva Sankalp & Practice
- ♥ Daily Self-Checking & Reflection Pages
- ♥ 31 Powerful Mansa Seva Sankalps
- ♥ Mansa Seva Meditation & Prayers
- ♥ Do's & Don'ts for a Clean & Powerful Mind
- ♥ My Blessings Bank
- ♥ Practical Guidance for Everyday Situations
- ♥ Tools to Turn Mansa Seva into a Natural Sanskar



AMRIT VELA – RECEIVE • MURLI – LEARN • DAY – BECOME
EVENING YOGA – GIVE • NIGHT – CHECK & RELEASE

Take from Shiv Baba. Become His Instrument. Give to the World.

LET YOUR MIND BECOME A SOURCE OF PEACE.
LET YOUR LIFE BECOME A BLESSING.



Thoughts are powerful. They build our character, our future and our destiny. Use this power to create peace, purity, love and happiness for yourself and every soul.

KEEP YOUR DUAOON KA KHAZANA BHARPUR.
OM SHANTI.