

Om Shanti

Are you happy in the Gyan Sarover? Very Happy.

How many of you came for the first time?

Today's topic is very useful and significant topic for us, it is about self-respect; it is the basis of our life. We can enjoy our Brahmin life if we practise self-respect. We will discuss this topic in detail, and I hope from today your life will become the embodiment of self-respect. Self-respect, we can also say a higher consciousness. When Baba came down on this earth and he noticed all of my children have forgotten everything, the great souls of deity religion have forgotten everything, then he started to remind us what we are and by this knowledge, Brahmin souls started to realise what they are. Baba mentions that our journey of knowledge began from one thing "who am I" and this journey will end with the same thing "who am I." First step is "I am a soul" and last step will be who am I, what kind of soul am I, how much powerful am I, what is my role in entire cycle, we will come to know. At that time, we will have lot of intoxication that this is my role and this is I am. Self-respect, which means to give respect to our own self, in spite of demanding respect from others, we have to give respect to our own self, just as I am a great soul, this is respect for our self. I am not sinful soul, I am not a weak soul, I am not ordinary soul; I am the great soul of this world, I am the great soul in this whole cycle, I am the great soul of deity religion. So, today, when you listen to this class, your aim in your mind is to experience some points of self-respect at the same time. So, I will tell 5-7 points of self-respect and I will explain how to

practice it how to bring it in your life. But, before explaining it, before doing the practice of self-respect, we must know what are the benefits of this practice.

Benefits: Self-respect will first reduce our ego and most important use, because ego has become human life. In every part of life, a person behaves out of ego, but the more and more, the higher and higher our self-respect will go we will become more and more humble. Egoistic feeling will end gradually and it is our subtle effort to recognize our ego and to finish it. If a Brahmin who is on this journey of this spirituality is not realizing his or her ego and not working on ego, he will experience nothing. We must know Brahma baba got first number on the basis of renouncing the feeling of my-ness very quickly. He became free from this feeling of my-ness. Nothing belongs to me, everything belongs to baba, just baba and baba, first benefit.

Second important benefit, those who have self-respect, respect will come behind them like shadow. They need not to do anything to achieve respect from someone, respect will follow them, it will come automatically to them, and baba has mentioned those who practise lot of self-respect, specifically master almighty, entire world will give respect to them. This is such a great thing, entire world will bow their head in front of such a great person who had practised that he or she is master almighty. We listen very often about master almighty in Baba's avyakth muralis and in blessings which we listen every day after murali, I am master almighty.

Third thing, a very good word and can use now, we can remember a person who is in her position will never face opposition. So, if in your family, in your society, in your team,

you want to remove or get rid of opposition, you must become the embodiment of this higher position that I am master almighty.

Fourthly, very important, a yogi can charge the atmosphere and its basis is self-respect.

Fifth, very important point, if a person is unable to control waste thoughts, he or she must practise self-respect. Self-respect will enable us to control all waste thoughts and it will enable us to create higher thoughts, most elevated thoughts in our mind, as we know our own thoughts are the real food for our mind, for our intellect, and we Brahmins need elevated thoughts in order to make progress in our spiritual life. Self-respect is a higher state of soul consciousness. So, if we practise self-respect, it means we practise soul consciousness. It empowers us, it purifies us, it gives us lot of energy.

Next benefit, we must know that our each and every thought creates energy, it is not just thought, it is creating energy and this energy from soul, first of all goes to our brain. It affects our brain. If our thoughts are negative, it means, we are producing negative energy. This negative energy will go to our brain and will damage many things, and if we create powerful thoughts, if we create the thought of self-respect, this powerful energy will go to our brain and will empower our brain. So, negative thoughts weaken our brain. Powerful thoughts strengthen our brain. So, give attention to your thoughts and you need not to think a lot, thoughts of self-respect are powerful thoughts. So, you can make a list, not a big list, but just 25 thoughts of self-respect.

I want to share an experience with you; once many years before, may be 30 years before, when I was in Madhuban, Pandav Bavan, many double foreigners used to come at that time, a small group like your group now, a brother came to me and asked me that he wants my 1 hour time, because he said, "I have lot of problems, so I want to discuss with you, please give me one hour." I answered him, today I am busy, tomorrow I will give you one hour time, meanwhile, you should write 50 points of self-respect, then come back to me. He said fifty thoughts of self-respect, how to write; I suggested him just write one word "I am great soul", then again write it down "it is true that I am great soul." Thirdly, God has mentioned also, oh child you are a great soul, so it is true, that I am great soul, feel it. I said to him, you have to write down 50 points, but like this, each point 3 times with good acceptance, with deep realization and very important is "acceptance." What happens with everyone take this example, suppose you think I am a great soul, immediately, a voice will come, no you are not great, and our inner conscious rejects it, you are not great, then there is a fight, no I am great, no you are not great, we have to finish this, God has mentioned, you are a great soul, accept it, do accept it. This is the first step in order to enjoy and to experience self-respect, or I can say our Brahmin life. For each point, I mentioned him, write down like this, 50 points. Next day, that brother came to me smiling and with pleasant face, there was a glow on his face, I told him now I have 1 hour for you, you can discuss your problem, and he answered smilingly, now I have no problems; where the problems have gone? Problems are nothing, but the creation of a weak mind. Problem is very small, but if we are weak, we consider it is a big thing. Problems are not big, we are great, problems are not powerful, we are very powerful. In the

beginning, we were listening a song which was played, its meaning was that you always think my problems are very big, I have so many problems, but say to problems, you are not powerful, my Baba is powerful; talk to yourself in this way. So what happened to that brother, as soon as, he started to write down one point, second point, his inner powers were awakening, his inner good feelings were coming up, he was realizing, oho I am so powerful, I am so great, I am so pure, God is with me, my father is with me, this problem is nothing, and problem finished. This is a great secret. We can understand if we realize our own power we will experience in our life no problems, our Brahmin life is free from all problems. So, in this way, we have to work. Now, I will tell a few points of self-respect, you can note down and you have to practise it in your life and from 2 days till Baba's milan. First point, I am a great soul; second one, I am master almighty; third one, I am the destroyer of obstacles; fourth one, I am a victorious jewel; fifth one, I am an angel of purity; sixth one, I am the master of nature; seventh one, I am the self-sovereign; eighth one, I am the master sun of knowledge, master gyansurya. These are 8 very powerful and good points. There are many, you can note down 25. I am worship worthy deity, I am ancestor, I am world benefactor, I am the beauty of the world, etc.,

Now, as I mentioned about first point, I am a great soul; (silence for 1 minute), let this thought enter your subconscious mind, sit in deep silence, close your eyes too if you want, and give this thought to your subconscious mind. Just say to your subconscious mind, oho my subconscious mind, listen carefully, I am a great soul, God himself has mentioned to me you are a

great soul, it is true that I am a great soul of deity religion, I am great, really I am great.

I would say you in last 10 years, with the power of this one thought, that "I am great soul", many souls have become free from depression and from the problem of sleeplessness. These two problems are increasing a lot in the world nowadays. Many are suffering from depression and insomnia (sleeplessness). I suggest to people, at night, when you are going to bed for sleep, sit in silence and write down 108 times that I am a great soul, and many experienced that after 5 days they did not even complete 108, wrote only around 50 times and slept, because pure energy from soul entered their mind, they relaxed everything in the brain and they fell asleep. So, this is a very powerful thought. I would also like to add one thing that in future if you or your friends experience such negative things in life, subtle depression or insomnia, one practice in the morning times you should do when you wake up. I have mentioned many times that our first 10 minutes, this period of 10 minutes is a wonderful period for us, for everyone, because at that time our subconscious mind is active, awaken. At that time, have one thought in your mind, that in past thousands of years from the copper age, if I have given any suffering or sorrow to someone please forgive me, with true heart ask pardon from everyone and give blessing to them, be happy, be peaceful, may God bless you, enjoy your life, give blessing. So their negative vibrations which are coming to you will cut off and you will feel free, and this problem of depression will end, because many problems in human life are because of past karmic accounts. Thousands of souls came in contact with us after copper age, and their negative vibrations are affecting us at every moment, at every

step. This is the main reason of many diseases, of many problems in human life nowadays; they may be Brahmin or nonbrahmins. So, I am a great soul, and ask pardon from everyone, I am very sorry that because of ignorance, vices, I gave sorrow, I hurt your heart, now I realized please forgive me. It will work very wonderfully and you will become free from negative vibrations.

Second thought of self-respect, which is very powerful, I am master almighty, just as a tiger's cub is also a tiger, lion's cub is also lion, we are also the children of almighty God, so we are also very powerful, but we have to accept it. I am very powerful I am the child of God almighty, but second important thing, listen it carefully and accept it, and that moment we become Baba's children. Say Baba you are my baba and I am your child. At the same moment, what Baba did, he accepted us and he kept his hand of blessing on our head and gave his all powers to us. So since we became Baba's children he blessed us with all of his powers, so God's powers are with me, feel it, be in this intoxication, God is almighty, I am the master almighty. The most powerful is one who is almighty God and second number is mine. I am also very powerful. Say 2 thoughts always to yourself, I am more powerful than maya, I am more powerful than problems, I am very powerful. So as soon as, you realize it, you practise it that I am master almighty, the vibrations of might vibrate out from you. You sit in your home and practise 21 times "I am master almighty, I am master almighty, I am master almighty", it means you are charging the atmosphere of your home and you are creating a powerful aura around you. So nowadays, in order to protect yourself from bodiless souls, in order to protect yourself from black magic or from any evil things, you must create every

morning a powerful aura around you. Because, now we are reaching to the very end of this iron aged world and everything has become vicious, thamopradhan, very negative, very cruel, very criminal, we have to protect ourselves from this thought "I am master almighty." Every morning at least 7 times, we all must practise it, and by this practice our inner power will awaken. Thousands of people experienced, many Brahmins have solved very big problems with the practise of master almighty. If you have got any problem in your life and you see no future, your future has become full of darkness, then forget everything and in the morning for about 10 minutes remember 108 times that "I am master almighty", and within 7 days or 10 days or 21 days, the problem will be finished. I have mentioned thousands of cases, such big problems, not even doctors, astrologers, scientist could do nothing, and problems were solved because there is lot of power in our vibrations, just as baba was saying in today's murali, power of yoga was very famous, prominent power in the world, because God has taught you this Rajayoga. Through this rajayoga, we receive Baba's power, so it is a great power, it will bring a wonderful change in this entire universe. Our yogic vibrations will bring change in stars, planets, moon and sun, in many things. So our yoga is not an ordinary yoga, it is a great thing. We are playing very wonderful role to bring a change in this universe, in this nature. Our yogic vibrations will change the entire nature and will purify everything, so give attention to self-respect and yoga. Self-respect which is soul consciousness will make yoga very easy.

Let us practise it for 1 minute. Deep silence, "I am master almighty", almighty Baba kept his hand of blessing on my head, feel his hand on your head, he gave me all of his powers,

visualise from his hand the vibrations of power are entering me, I am master almighty, embodiment of all powers of Baba, I am very powerful, I am more powerful than maya, I am more powerful than problems, I am master almighty; Omshanthi.

Thus, our inner powers get activated. One another beautiful yukti, suppose you are lacking decision making power, you are lacking power of tolerance, what to do, wake up in the morning, say good morning to Baba and then remind yourself "I am master almighty" 7 times and then at the end create this thought that I have complete power of making decisions. I have got power to tolerate, it is perfect within me. Do it for 7 times 7 days in morning and you will experience that certain power will emerge within you, because it is there but many layers have come over it, so those layers will be removed and that hidden power will come up and you will experience that my decisions are perfect now, my tolerance power is working now.

Third and very useful thought of self-respect, we can make it, we can make accept it as Baba's blessing to you. I am the destroyer of obstacles. One more thing before we discuss on third point, every morning, we can use one another technique, and it is also a secret, I am Master Almighty and success is my birth right, seven times. Gate of success will open in your life. If you find some ___ way and difficulty in any task, in any responsibility, remember in the morning seven times I am Master Almighty, success is my birth right, you will get beautiful experience. You can also teach you to your children those who have exam fear, as soon exams are nearing they become more nervous and think more about exams, exam fear; ask them to remember every morning, three times only, I am Master Almighty, success in my birth right, and your

children will become powerful and they will enjoy exams, they will enjoy their study.

Third point the destroyer of obstacles. Baba has reminded us, oho child, I have given you the power to destroy all obstacles of your life. In Bharat, the Ganesh is worshiped as the destroyer of obstacles. In English, they say Elephant God, Ganesh. Ganesh is the son of the God Shiva and we are also the children of Shiva, so Baba has given us power to destroy all obstacles and has given us this awareness, a big challenge that in near future you will have to destroy the obstacles of the entire world, prepare yourself for this great work. During the period of great change or big destruction, in this entire world everyone will experience many obstacles in their lives and we Ganesh, the children of God, the destroyer of obstacles, will give them vibrations, will give them dhristi, will create a thought in our mind and they will get free from the obstacles. So, accept it that I have got this power, Baba has given me this blessing that wherever you go, wherever your dhristi will go obstacles of that place will end. So accept it and let us the practice for one minute again, in silence.

Feel that I am in subtle world, the world of angels, beyond the sky, Bapdada is standing in front of me, giving me dhristi. He kept his hand of blessing on my head, kept a thilak on my forehead and gave me blessing, may you be the destroyer of obstacles. Accept it, that God has blessed me, I have got the power to destroy the obstacles. Now, I can destroy my obstacles only with the power of thought.

Fourth point is victorious jewels, one another most important awareness. We all have to realise it now, remember Baba's word that every kalpa you have won this maya, you got victory

over everything in every kalpa. In the kalpa too, your victory is certain. It is sure that you will get victory in this war against maya, accept these words of Baba. In every kalpa, I have won this maya, I am very powerful, more powerful than maya. Maya is very weak in front of me, so what will happen, our powers which are in __43__ will awaken. Specifically, power to win maya and maya will become weak and we will experience that we are powerful and we will become capable to destroy maya. So, it is a great thing, those who won maya in their memories. There is a rosary in India, rosary of 108 beads and keep this determined through in your mind that I am one among that rosary. Kalp ago, I have won this maya, again now I am very powerful I will definitely win this maya. You all agree with this, that we are very powerful, we are victorious jewels.

Next thought is Master Gyan Surya, son of knowledge, son of might. Baba's words, I have listened many years before that if you want to change the atmosphere of any place, sit there with this feeling that I am Master Gyan surya and from each part of my body rays of might are spreading out. So, if you want to bring a change in anywhere, you can do this practice immediately and you will experience that vibrations of that place have been changed. I am the angel of purity, supremely pure soul. I love one of Baba's word, you are the Sun of purity, your rays of purity spread out and bring a change in this entire nature. And, we must know this secret that real or inner power of this nature is purity, we are pure, so we are giving energy to the nature, pure energy will purify entire nature, we will make this nature sathopradan. So keep in your mind, just as a thirsty person wait for the water. He thinks as soon as water is available he will drink and quench my thirst, likewise,

this entire nature waits for our pure energy. So if you practise that I am supremely pure soul or I am the angel of purity, sun of purity, it means, we serve nature, we gave pure vibrations to this nature. Do not think that I have to become supremely pure soul, it is very hard, it is very difficult thing; believe it I am, I am supremely soul, I am an angel of purity. Sit for 1 minute in deep silence and practise.

With this good feeling, I am an angel of purity, white rays of purity are going out from each part of my body.

So in this way, you can keep these 8 points of self-respect in your mind, keep changing them. One can enjoy one point for a day or for 7 days but other cannot enjoy one point for ever, so it depends upon everyone's mind and brain, so keep changing. You can 2-3 points for a day, and do this practice.