

Month of Love

Mind, My Friend – 1

01.08.2017

1. Self-Respect I am self-loving soul by conquering Maya with the power of mind.

- Soul is Master, not mind. Mind is companion of Soul. So order Soul lovingly and conquer mind. **Avyakt Bapdada**

2. Yoga-Practice

a. "So Can you experience these 5 forms in one second ? One, two, three, four , five... so can you do it? How loving are these 5 forms. As and when you want to experience these forms, just think and experience. This is the exercise for spiritual mind." To conquer mind, do this spiritual drill atleast 10 times a day.

b. **Self Conversation** – Atleast twice a day, sit in solitude and have conversation with yourself. Ask, "Hey mind, where do you go.. what do you do? What is it, that gives you benefit and what causes you loss.... Till now, you have been wandering around the world... Now become Manmanabhav ... only think about One Only remember One... Hey Mind! You are my true friend, now you do as Baba says..."

3. Inculcation - **Be Introspective**

- Those who have powerful mind, become Powerful in all matters. Those who continue to churn remain free from many obstacles of maya easily because when mind is busy Maya also keeps a distance seeing busy mind. Secondly, by becoming powerful through introspection, your personal stage can never be lost in any situation. So those who have power of mind, always remain happy.

4. Churning –

- Check what your mind thinks the whole day?
- Check why and where does my mind go?
- Where is it benefit for mind to go and where is loss?
- How do you make your mind your friend?

5. To-Self-Sovereigns

Dear Self-Sovereigns, God's version in Gita are that Soul is its own friend and its own enemy. When Soul introspects, spins discus of self-realization and does actions for the benefit of self and the benefit of whole world, then Soul is its friend and when it wastes its time in wasteful worldly matters, then it becomes its own enemy. So, let us progress on the path of self benefit by making mind our friend.