



# 7 days Raj Yoga Course

**Godly Knowledge of the Creation and the Creator**



## **The Aim of 7 Days RajYoga Course is:**

Consciousness & Self-realisation  
Connection & Relationship with God  
The Three Worlds  
The Cycle of Time  
The Law of Karma  
The 7 Original Virtues of a Soul  
The 8 Powers of a Soul  
Four Subjects  
Raj yoga Meditation

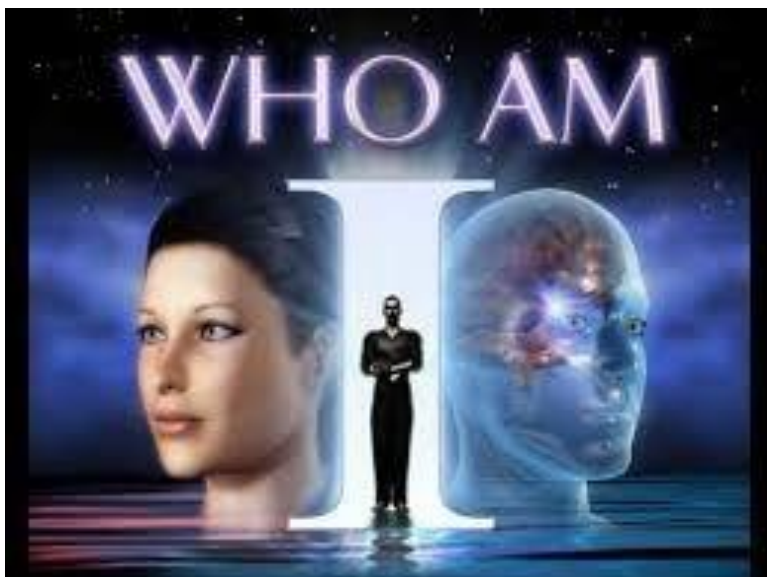
# 1. Soul - Who Am I? Self Realisation

If someone asks you a question “*Who are you?*” What shall be your answer? You will say I am .... Either your *name* or your *profession*. I say my name, my designation, my profession. Hence, all these are '*mine*', they are not '*me*'. **Then Who am I?** I need to understand. This is the baseline for anything else.

There is a divine energy within this body that sustains the body, the one who lives, takes decisions and does actions using the body. That energy is a tiny point of divine light residing at the very center of the forehead. This light represents the virtues and powers of that soul. One can experience **soul consciousness** with regular practice of **Raj Yoga** meditation.

Human life is invaluable. We can shape our future by our decisions and deeds. We have the intellect to differentiate the right and wrongs. God has said to us - '**Realise the Self first**'. Without that, everything is baseless. So, let's begin the first chapter of this Godly knowledge.

Life exists as a result of a union of Soul and body. When a soul enters the mother's womb, the process of creation of the body starts. This process includes the creation of the brain, heart and sense organs. Such as the *sanskars* of the soul, such would be the creation of its body (features).



The organs of the body are controlled by the soul through the faculty of 'brain'. Soul is not a physical light but a light of conscious energy, the fundamental being of experience. I am the one who experiences this life through this body made of 5 elements (soil, water, fire, air and space)

Scan the code to watch the full movie *WHO AM I*



## Seat of the Soul

**Soul** is located in the part of the brain called the *hypothalamus*. Sitting on this seat, we the Soul can control the nervous system and, through it, various organs in the body. **Just as a driver controls a car through its control mechanisms while sitting in the driver's seat, the soul uses the brain to control the body.** The brain is the machine by means of which the soul thinks, remembers, receives and sends messages to physical organs through the nerves. Apart from physical sensations, the soul experiences pleasure, pain, happiness and sorrow through the brain.



## Nature of the Soul

Soul has no gender. It is **a tiny, metaphysical, conscious point of spiritual light**, not the light which comes from stars but we are a light of consciousness, powers and virtues. The number of souls is finite and all souls are unique and eternal: is never created and cannot be destroyed by any means. We only change the body as the body gets weak or old or due to an unnatural incident.

Invisible to the physical eye, we exist as a fundamental truth, the creator of feelings that we ourselves feel. We can experience our presence through meditation, as simple as looking inside us, and the reality as a detached observer.

The intrinsic nature of the soul is of peace, love, truth, bliss and purity. We only can desire that we once had. All powers lie in the Purity of Soul. When we became impure, we lost our inner unlimited powers. Soul is unlimited, all happiness is on the basis of purity of soul. We could only see the body with these eyes. Soul can be only felt. Yet there are many those who had visions of a Soul or of God as light. This is all true and is revealed in *Murli* also.

## Faculties (properties) of the Soul

It is very subtle to understand the properties of the tiniest Soul, but it is the very fundamental nature. While the Soul is a point of light, we can think and reflect; we can experience pleasure and pain; can decide to make efforts, either good or bad. The soul has **three intrinsic faculties – mind, intellect and impressions**.

The first property of Soul is called **Mind**. Yes, not the brain that creates a thought, but the mind of Soul does it. Through



the mind, we perform actions. This first property is most commonly used in our life - while doing every Karma (action). Mind gives us suitable suggestions which are for the welfare of the body for example.

Now a higher property of Soul, through which we *decide* and *differentiate*. '*We shape our Life with our taken decisions*'. There is a unique role of **Intellect**. It is said that the intellect is hidden, but is higher than the mind. When we want to decide between a few options or judge the right and wrong, the intellect is used. Then the mind orders the organs to bring the outcome in practical action. This is the procedure. Hearing this, you would say, it is almost instant that I think and I do it, but there lies the third faculty that plays its part!

"Mind is a machine that can think everything of the world, from which the Intellect chooses What is Right and What is Wrong to do. Intellect is the judge. As without the mind, the Soul cannot think, without the Intellect we cannot differentiate right and wrong."

Third faculty is very different from the others. *Sanskars* or *Sanskars* (**Impressions** of past Karma) is not directly related to the *mind*. But it is related to it through *Intellect*. Impressions are registered deeply within the Soul. This property is highest and thus sits deep hidden. When we decide anything through our mind and Intellect, an impression is created. Impression of our response to the situation, etc. Now the second time the same situation or question comes to the Intellect, then mind suggests the response that was given in such a situation before. Hence these impressions are a facility to remember the past and repeat, just to make life easier and faster to respond to the life situations or questions. **God says in Murlī: "Your sanskars were of Purity, Peace, Love and Bliss. Now they have turned into the opposite."** So, our *sanskars* are the root cause of what we do. We are to now create divine samskaras and virtues. Through **Raj Yoga (connecting the intellect with God)** our own intellect becomes divine like of the Supreme Soul (God).

## **Body Consciousness – the root cause of sorrow**

A person is in body conscious **when the Soul identifies itself with the physical body i.e., when the thinking, feeling, actions and behaviors are with the awareness of being a body** or the physical mind. Being in body conscious is the root cause of all the evils in the world because the vices of lust begin upon looking others as a body. Anger is another big enemy of wisdom. Peace is a source of wisdom. Hence God says - "*Become Soul conscious and bring it in your awareness. You are a tiny point of spiritual light and might. You are my child!*"

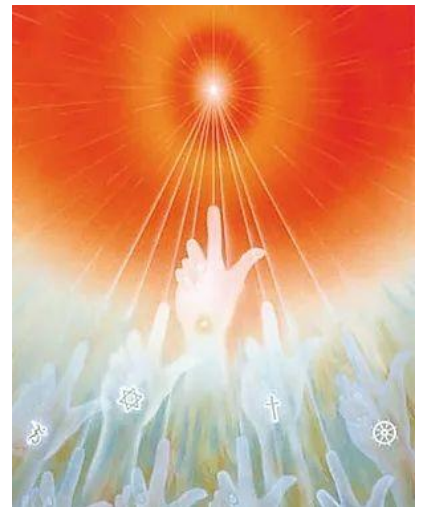
## **Soul Consciousness – the key to a blissful life**

When we are **in the state of awareness that "I am a Soul and not this physical body"**, then our powers are unlimited, as the soul is not limited to anything. In other words, the person thinks,

feels, acts, responds, etc. with the awareness that he (soul is referred) is the master of the body. When in soul-consciousness, the original qualities of a soul (peace, purity, love, bliss) naturally emerge. We souls are not dependent on external (physical) things for peace and happiness. They are our inner nature. Vices are the reason for experiencing sorrow or peaceless-ness. Thus, it is now a message of *God* and it is the time to awaken. We all are brothers, sons of One incorporeal God!

## 2. God - our Supreme Father, the Supreme Soul (Shiv Baba)

*God* is called the Supreme Soul or more accurate is that the Supreme Soul is known to us as the God, the creator Almighty. He is supreme among all souls. Yet, like souls, God is a subtle point of light. But unlike human Souls, that Soul is beyond the cycle of birth and death and the effects of Karma (actions) in the form of experience of pleasure or pain. **God is the Supreme Father, Mother, Teacher and Guide of all human souls.** We all remember Him only in our difficult time, it is such inbuilt within us. So let us explore the truth about God, as revealed by himself through *Murlis*.



### Representations of incorporeal God

Being incorporeal, *God* is represented by an oval-shaped stone or light in many religions. In **Hinduism**, *God* is worshipped as an oval-shaped stone called *Shivlingam* or *Jyotirlingam*, meaning a symbol of Shiv or symbol of light. **Muslims** revere an oval-shaped black stone called *Sang-e-Aswad* (holy stone), which is placed in the Kaaba in the Grand Mosque in Mecca. **Jesus Christ** (Christianity) has said and described God as '*light*'.



**Mahatma Buddha** started deep meditation and found a spiritual existence of *God*, beyond the cycle of birth and death. Hence, he describes the Self as such free beings detached and as a part of *God*. All religions point to the supreme soul in one or

other way. The common is clear that '**God is a being of Light**' and so is worshipped as non-physical power.

## Name of God

Everything that exists in nature has a name and a form. We get a name when we take birth. In our each birth, our name is different. But what about the name of the One who never takes a birth, is 'unborn'? His name must be eternal. So as *God* has revealed Himself with His eternal name '**Shiv**' or '**Shiva**' (when pronounced in English). The meaning of Shiv is '**One who is Ever Benevolent**'. Benevolent means the One who does good to all in all times.

## Residence of God (Where God eternally live)

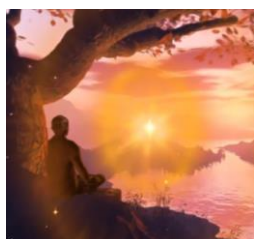
*Soul World (Home of eternal Peace and Light)*



Till now, you have understood the reality of *God* the incorporeal supreme soul. Now let us turn to what we all souls call - '**Our Sweet Home**'. This is also the Home of our spiritual father (*God*). There is complete and eternal sweet silence. Why sweet? Because here we are merged in the ocean of love. There is no body-consciousness (as there is no body). We and *God* live there as divine points of light as **an inverted tree-like structure** (as shown in the picture),

where *God* is the seed of the human tree, roots are souls who have a direct connection with the seed (*Brahman* souls) and branches represent the religions established in the world. Rest leaves are souls of those religions. As clearly shown, **God the seed is the source of power for all the branches and leaves.**

**Names to represent the Soul World:** Home of eternal light, Home of Peace, Sweet silence home, Paramdham (Supreme home), incorporeal world, Nirvana (beyond sound) and Mul Vatan (the original everlasting residence).



Scan the code to watch the video on  
**Introduction of God (Shiv)**

# Our Relationship with God

## As the Father

Father is the word used for the creator. In Christianity also, God is called - The Father. Actually, he is our father because **we get an inheritance of Heaven** (the Golden Age) from him. God did not create the souls (us). But he comes and re-creates the Heaven on earth. Those who help Him shall also receive this great inheritance!

## As a Teacher

Explained that the Godfather creates Heaven and gives it to His children who help and follow His **directions**. But which *directions*? So, the directions are His teachings. *God* is called the ocean of knowledge. He comes and imparts the entire knowledge of the creator and the creation to His children. He is also our Supreme Teacher. He gives us His advice on **what is the right thing to do so as to receive the highest fruit**.

## As a Friend

Now as we have every relation with *God*, **we can share anything with him**. Made a mistake? Go and accept your mistake. Seek forgiveness. Such a friend who gives the best advice and **is there for us anywhere anytime**.

## As a Guide

This is the last relationship with *God*. We longed for liberation. After revealing the secrets of Karma, God teaches us the RajYog through which we the souls are freed from the results of our past actions. **God liberates us from all sorrow that we created for ourselves. Liberating us like this, he takes us back Home**.

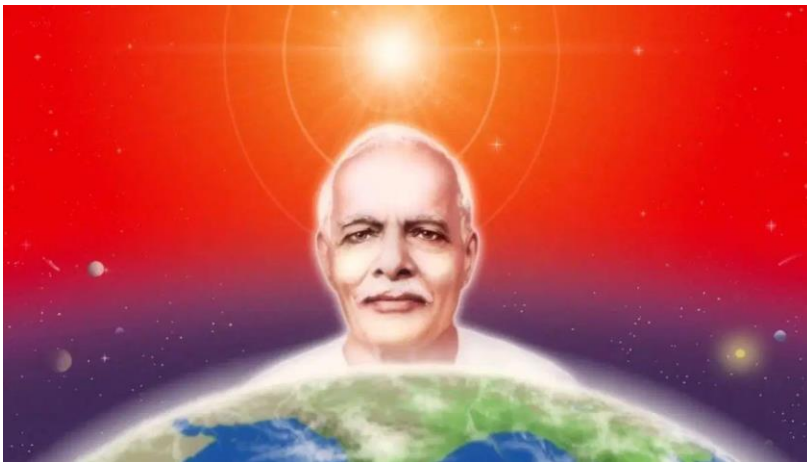
## When does God appear before Us?

It is now understood that our relationship with God, is of Father and Son, of Teacher and Student, of best friends, of a Guru and his follower. But when does this all relationships are enjoyed? Because there should be a time all this - God is knowledgeable, The ocean of love, etc...was certainly experienced by all of us!



As discussed on the *World Drama Cycle* page, the world drama repeats. The Golden Age comes after Iron age. This is depicted as the **Transformation** time. This small time is known as **Confluence Age** (Sangam). Hence something major has to happen now. At this time only God has to appear to perform the role of '**Creator of New World**'. God needs a medium, a body to speak his knowledge. He comes and adopts us through the corporeal medium of **Brahma**. *Brahma* is the first human soul. God plays his role as the Creator through *Brahma*. So only in this time given of about **100 years** does God appear to impart us the knowledge of truth and give us the inheritance of New world (heaven). **To give you the greatest news, it was around 1936 when this incognito part of God began.** By now, the message is widely spread. And by the end, everyone would get the message.

One may observe that all the major events happened in the last 100 years only (Science, atomic power, new researches, rise of human talents and fame). This is because *God* the Source is Himself on the earth now. *God* fulfils wishes of His children before it is time to go Home.



Documentary on Shiv Avtaran (Hindi)



Documentary on Voice of Truth (English)



### 3. **The 3 Worlds** (Corporeal, Subtle, Incorporeal)

**How many Worlds do exist?** How many dimensions of World are there? All we know and is in reach of our physical senses, is just this Earthly World. So, we can conclude that this Earth must exist.





Because everything here is physical (in the sense of feeling with a touch or smell), we say it the **Corporeal World** (Gross World / *Sakaar Duniya*). It is also called the *Karma Kshetra* or a huge Drama Stage because when the soul enters into this world, it wears a terrestrial or gross body of flesh & bones; it acts here and plays a happy or sad part. The soul reaps as it sows; it gets as it acts. Birth and death, pleasure and pain, good and bad actions, thoughts and words and sound -all these are to be found in this world. Always, without a break, **a Movie-talkie World Drama** is enacted here. The **World Drama** is played within the **5000 years** cycle, which then keeps repeating itself cycle-after-cycle. This is the "real" world.

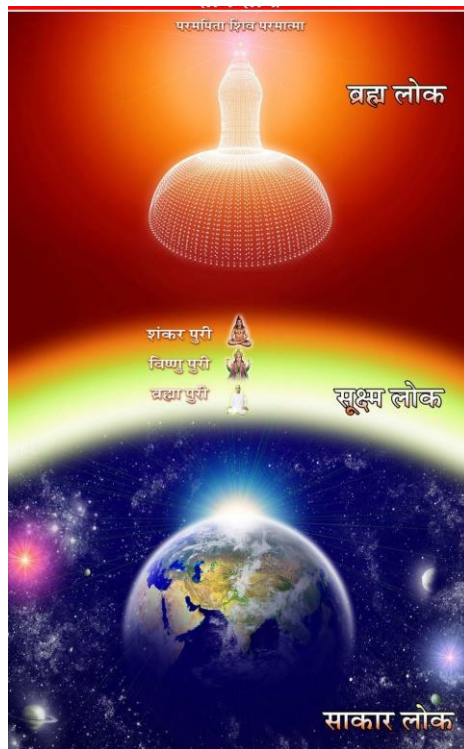
Beyond the sun and the stars & galaxies of this Human World, beyond the highest expanse of ether, there is a world where *angels* abide. This is called the **Subtle World**. Because the angels that dwell there, have no gross bodies but subtle, self-luminous bodies which cannot be seen with the gross or physical eyes. That world can be seen only with the divine eyes. There's no birth or death, no pain, neither speech nor sound. There they speak, but without making any sound, through the power of thoughts. There is only motion; that is **a Movie World and no talkie**. This world is like our mind; created and shaped by our own thoughts. Made and shaped with colours of our thoughts. The real world (corporeal) is replicated here. There is no earthly object, but there are Human souls with subtle bodies (made of light). Here human bodies are made of light of different colors representing the



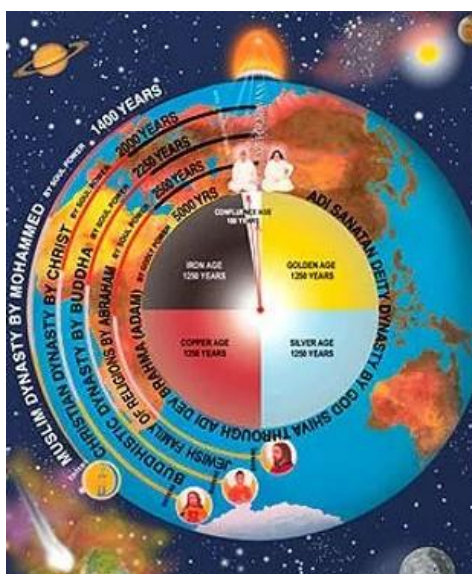
nature of the soul whose body it is. The more virtues a soul has, the more colorful the body it has in the subtle world. More powerful and knowledgeable the soul is, the more luminous is its glow. This is **a world of complete freedom!**

Beyond this, there is another world, the permanent residence of *GOD* the Supreme soul, which is called by different names - **Paramdham** (The Supreme Abode), *Brahmaloka* or *Parloka* (The Highest World). Here, there is neither any gross body nor any subtle one, neither thought nor word nor action. Therefore, there is neither pain nor pleasure, neither birth nor death. There is Peace and Peace alone. Hence it is called **Shanti Dham** (the World of Peace). *Mukti Dham* (the Abode of the Liberated), *Nirvana Dham* (the World of Released). There is a subtle Light which pervades that world and is called '*Brahm*'. That Light is not conscient but is the sixth element of non-living Matter; it is above *Satoguna*, *Rajoguna* or *Tamoguna* - the three modes of Matter. The **Soul World**, as the name suggests, only the tiny points of lights (souls) live here. It is just you & God the Supreme soul and eternal sweet silence... Thinking about it is also a kind of purification for the soul. It is from this world that souls come to the theatre, that is the world, to play their respective parts and they put on bodies like actors put on their costumes. Just as a Meteor falls on the earth, so does the soul leave *Muktidham* and enter this world when it thinks of enjoying itself in this world. It takes a gross body inside the mother's womb as its perch. When it takes physical birth and performs actions, it reaps the fruit thereof as time goes...

Pictures showing 3 Worlds: **3D Corporeal World** (Movie-talkie world),  
**2D Subtle World** (Movie-No talkie) and **zero D Soul World**



#### 4. **World Drama Cycle of 5000 years**



**"World is a Stage and we all are Actors".** Picture above is the World Drama wheel (cycle). It has no beginning, no end. The Full cycle is shown to be 5000 years in which **4 distinct Ages**



(time period) are mentioned. From its highest stage (Golden Age), to its lowest stage (Iron Age). The World Drama is a story of human souls, their rise and fall, victory and defeat, happiness and suffering, wisdom and ignorance, freedom and bondage of *karma*. It is the story of the play of good and evil forces, and of the 4 different stages through which human souls and nature passes. **It is the story of humanity on its dramatic journey through this eternal world cycle.** It is indeed the greatest story ever...

It is a day and night cycle of happiness and sorrow, simply remembered as Heaven and Hell. After night, the day comes and it repeats. But it is also explained that we experience happiness for 75% of our individual life. A child is pure, thus loved by everyone. Growing up the purity would fade. Thus, is said 'A child is equivalent to God'. Thus, you observe that there are stages of purity in a single life as well. Now this is a bigger picture. Initially in the first two ages i.e., Golden Age & Silver Age we are in our highest form of being, divine, virtuous & worthy of worship. When we fall down gradually & start losing our own divinity, we begin worshiping in the Copper Age, firstly we still remain pure because of our devotion towards God. Then slowly slowly, until the end of Iron Age as we keep falling more and more in vices, we experience more sorrow. Half of the cycle is called the New World (Heaven), the other half is called Old World.

World Drama Cycle - secrets:



## Golden Age



The play begins! First human soul - **Shri Krishna** arrives in the world. Many deity souls follow and the New World begins with **9,00,000 souls** who are **complete with powers and virtues**. It is the perfect, ideal world. Everything is as it should be. Nature is a servant for humans, everyone is happy and lives as one world family. Only '**Bharat**' continent exists on earth, covered by ocean from all four sides. Everyone has been given ample space to build their home/palace, with no



limitation. King and Queen are like parents to their subjects. It is a family. Children go to school and learn painting, music, arts, etc. Everyone is an artist. There is no burden on anyone. Everything is easily obtained. Every day is a festival to celebrate...

## Silver Age

Still radiant with divine virtues, the number of souls (actors) has now increased significantly. Now is the time when Kingship and Religion are separated. No longer the king or queen are called parents (head of religion) because the family has grown big. There are minor changes in nature and degree of happiness in souls. **From 16 degrees of virtues, souls are now 14 degrees in virtues.** World is now called the Silver Age. It is not that all the gold converted into silver! No. But all gold like souls is now silver like and the heaven has slightly degraded. There are no vices in any soul yet. But **the degree of 'soul consciousness' is now lesser**, compared with that in the beginning...

In the Golden or Silver Age, there is no existence of sorrow. But Shiv Baba has clarified in many *Murlis* that only the Golden Age (Satyug) will be called Heaven, since the Silver Age (Treta Yug) will not be a fully New world. Like a building becomes old with time, so as the heaven (Satyug) becomes old with time. And that older part of Heaven, is what we refer to as the *Silver Age*.

## Copper Age

Not a world of happiness, but a very important time in the world cycle. Now Heaven has ended as **souls forgot their original virtues; became body conscious and started falling into 5 vices.** It is very subtle to understand how the soul and nature are related. When souls are pure, nature is pure and now when souls started becoming impure, nature is affected too. Majority of the gold that existed in the Golden and Silver ages goes inside earth after a huge earthquake in Bharat, in the beginning of the Copper age. Golden palaces are destroyed. **Humans started experiencing sorrow and began to worship God.** This was a big change in the world. Now the path of worshipping God begins. This was the period when worshipping was just started. World was still peaceful. We forgot our true spiritual identity and our relationship with the Supreme Soul (God).

Search for true knowledge began. *Shrimat Gita* (song of the god) was written in this age, as the directions of god for the entire humanity.

## Iron Age and Confluence Age

When Iron Age starts, all 3 religions (Islam, Buddhist, Christianity) are already established and wide spread. But humans still kept losing their true spiritual identity and went far from God. **There has been a great decline in moral, ethical and spiritual values in this period.** Human beings are chained to habits. With time, the world is now divided into many religions and casts. Wars among different religions started. Kings became weaker internally and many lost their kingdoms after lust and ego. Towards the end of Kaliyug, Bharat (India) loses all its wealth and becomes poor. Worshiping also reaches its peak as sorrow is increased.

**This is now the time when God himself has to come again to re-establish the true religion (*dharma*),** transform the world and liberate all souls from the cycle. Those souls who were in Golden and Silver ages, will first receive the message and knowledge from Him (because they worshiped God the most since the beginning of copper age)

The director of World Drama becomes the **primary actor**. He appears quietly in one corner of the stage and **begins to unveil the truths** (of the soul, supreme soul, world drama, gives inheritance of heaven and he guides the path to liberation-in-life). This is the true path to upliftment and fulfilments of life. These words of truth (*Murli*), when heard and churned by us; there is an awakening.

Standing at the end of cycle, we souls can again observe our own journey – from divinity to duality, from gold to iron. With knowledge of the truth and love for God in heart, we are united in our vision of the approaching the benevolent golden morning. The darkness of the night slowly lightens into the dawn of the new day. Humanity has come full circle: the old journey of life has ended; a new world has begun...

## WORLD DRAMA

'As in a Drama (a play), all actors are playing according to their roles on this world stage.' Roles are decided according to their talents, virtues and capacity. No two actors have the same role. Everyone is given equally and abundantly. We receive differently according to our capacity. As the teacher teaches all his students equally and yet some gets merit and some even fails. The same applies to the Drama of life. We all get equal opportunity from the beginning. Then according to our own *Karma*, we shape our future or say our entire destiny. We all share a relationship of brothers and sisters. We could not reflect why, because we had forgotten our Father.

Everything that exists here goes through 4 stages. From the first stage that is *Satopradhan* (purest) to the last stage being *Tamopradhan* (impure). Sun hides at night, comes back in morning. New to old and old to new.

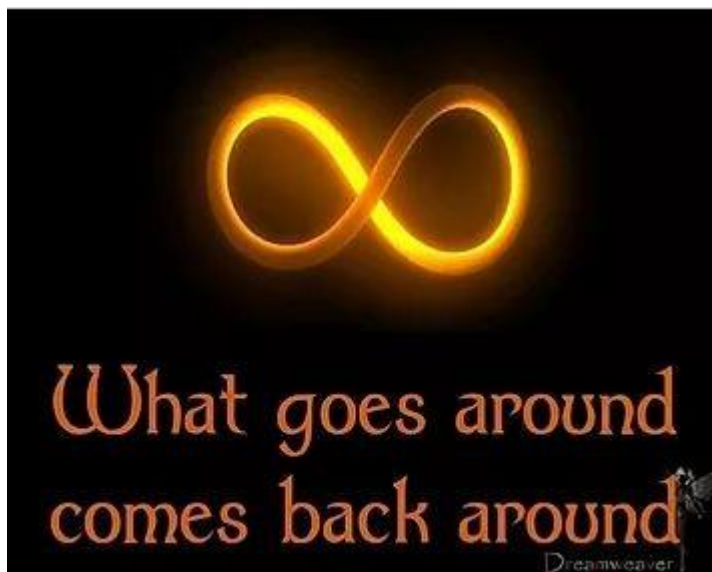


To understand the deep secrets, listen to 'Soul Talk' episodes:



*The Father says: "I come every 5000 years, at the end of Kalpa (end of Kaliyug and beginning of Satyug), to speak the same knowledge to you, through which you are liberated from sorrow and receive an inheritance of Golden Age (Satyug) according to your **Purusharth** (extent to which you have followed **Shrimat**)" This is an eternal Drama (never began, will never end).*

## 5. Karma - Law and Living



Life is **NOT** predestined as many of us believe. Instead, one shapes his future by his own deeds / actions (*karma*).

*Karma* is our actions, whatever we do with our organs, even what we think in our mind is a Subtle form of *Karma*. As our thoughts are, so as our actions. *Karma* can be understood as a cycle of action and reaction.

*Why am I here? Why was I born here in this family? Why is she beautiful and me ugly? Why does someone obtain outstanding worldly success? Why is one person extremely rich and many are poor who do not have enough food to even survive? Why did he do that to me? Why this or that?* **Does God decide the life for everyone? NO.**

The answers lie in one eternal truth – based on the Law of *Karma* or The *Karma* Philosophy – that no one can escape the result of his *karma*. Depending on the bad or good *karma* or action or deeds, one will suffer or enjoy, either in this or the next life. There is no end to life. We souls are on an unlimited journey and will take the next birth according to the *Karma* we perform in present life. No one can escape the result of *karma*. **The law of *Karma* is inviolable.**

Hence everyone must act with a sense of consciousness. We must acquire the right knowledge of what is good and what is bad action.



## **The Right Karma:**

Actions in line with soul's innate nature (i.e., Peace, Love, Bliss, Happiness, Harmony) & which is not done under the influence of any of the vices (Lust, Anger, Greed, Attachment, Ego, Jealousy, Hatred) is called the Right *Karma*. One needs to detach himself and check the quality of his/her thought at thinking level, whether it's of the right energy or wrong. In simpler words, *Karma* is the energy I the soul, radiate out into the world. And whatever energy gets radiated out from me, comes back to me, which we call fate / destiny. For e.g., the most essential and righteous karma (which is the need of an hour) is to have pure sight towards every being on the planet, i.e., accepting celibacy as a natural way of life.

## **The Wrong Karma:**

Any *Karma* done under the influence of body-consciousness (the vices) depletes soul's energy because it is opposite to the innate nature of a soul. It also radiates negative energy to the ones connected to him/her & to the surrounding atmosphere.

The morale of the story – I have to do right *karma* for my benefit; it is not for showing it to anyone outside.

Every human action has a moral aspect. If a person's certain act is morally good, the person gets ultimately benefited. If, on the other hand, his acts are morally bad, he suffers. This way the world runs. Deep inside every person (soul) understands what is right and what is wrong.

Actions done under body-consciousness (under the influence of vices) are negative *karmas*, which radiates negativity to my energy field, to my organs (health), to my relationships, to the atmosphere. This leads to disharmony, imbalance and conflicts in 'my world'.

On the other hand, if a person acts with the feeling of love (not attachment), equality, harmony, peace, bliss (i.e., soul-conscious state) then he's radiating positive/elevated energy benefiting himself with good emotional and physical health, harmonious relationships and pure/elevated atmosphere.

## **Thoughts and *Karma***

**Every action is preceded by thoughts.** The most powerful instrument that mankind possesses is thought power. Thoughts build our consciousness and shape our attitude. One needs to know how important thoughts are. Every human creation we see in this world is due to powerful thoughts in human minds. Thoughts shape our world. Thoughts are fertilized by knowledge. A person with a certain kind of knowledge usually creates thoughts in harmony with that knowledge. Knowledge gives wisdom; a person without knowledge is a person whose thoughts will be formed in ignorance.

**The quality of thoughts determines the quality of our *karma*.** The *karma* in turn has a good or bad effect on us. This again influences our thinking. So right thinking based on right knowledge is essential for leading a peaceful and contented life. **Raja Yoga Meditation helps us in doing the right thinking that leads to righteous actions.** This also helps in remaining mentally strong amidst turbulent situations.

Secrets of Karma

Secrets of Karma - part II

Karma or Bhagya

Settle your Karmic account



## 6. 7 Virtues (Qualities) of Soul

The Soul has 7 innate qualities inherited from the Supreme soul (God). They are Purity, Peace, Love, Joy, Bliss, Powers and Knowledge. Let us explore and live these virtues.

### 1. Purity



**Purity is the first virtue and the mother of Peace and Happiness.**

Meaning of purity is not alone celibacy. In fact, the accurate meaning is to have purity in our mind, words and actions. We generally consider the holiness as that of the body. A person is said to be a saint only if his *thoughts* are also pure. Thoughts are the creation of our mind. So, if thoughts are pure, the words we speak will also be right. Subject of being holy (with the physical body) is called Brahmacharya. **The subject of being pure in mind, word and body is the first step towards spirituality.** Soul is a point of conscious light with 8 powers and 7 virtues.

### 2. Peace

**'Peace is a garland of your neck'** - Godfather Shiv baba (Soul Murli)

Every human being urges for peace in life. But from where do we get peace? In actuality, peace is the natural stage of the



soul. Think about this, what if you have no burden, no question and no wasteful thought going in your mind. There is this stillness and in that everything is clear. This is peace. This is the natural stage of soul and for it to happen with our mind, we need to guide our thoughts towards the right direction. This is training the mind, which is a part of Raja Yoga or meditation.

### 3. Love



'God is love' it is said and love is very powerful.

**Love is a natural feeling of a soul. Love with the supreme soul and with all souls (brothers).** We love something that appeals to us or is similar to us. When we forget this body and religions, casts and colours of this body and consider the self and everyone as a point of light (soul), then you will see that all are equal and unique. A soul cannot harm another soul

without a body. When self-realisation is achieved, we are connected with all living beings and consider the world as One Family. So, love is the energy that flows from us naturally.

### 4. Joy

Joy is a momentous feeling of freedom and attainment.

Happiness depends on inner attainment (how much we're contented). So, are you happy? If one is feeling peaceful and loveful, it will be said that he is happy as well. Of course, as happiness is nothing but a natural feeling also when there is peace and harmonious relationships in our life. Moreover, there is a deeper joy - a joy of our existence. Just because you exist in this world, this feeling arises. Think about this.



### 5. Bliss



Bliss is the superior stage of happiness (joy).

It is beyond happiness or sorrow. Such a stage we all had, when we were in the Golden age. Soul experiences bliss, in the company of its spiritual father, the supreme soul. This is Raja Yoga. To have a glance of the stage of bliss, one should surrender his intellect to God and have all the relationships with Him alone.

## 6. Powers

Spiritual Powers, not physical ones. Soul has eight innate powers within whether in merged or in emerged form. When the powers are in emerged form, they are being used. And when in merged form, they are not used. RajYog is the source of these powers and a way to emerge them. Read the next page, 8 Powers of Soul.



## 7. Knowledge



**True knowledge is the source of all virtues. It means knowing the creation and its almighty creator. The source of knowledge is only one - the ocean of knowledge, the supreme soul.**

Knowing the truth about our existence (Who am I?) - the creator and its creation, i.e., the God & the World cycle is called spiritual knowledge. Who will speak the truth about the creation? Surely the creator himself will, as no one else but just He knows. The source of spiritual knowledge is *Murli* (the versions spoken by God through the medium of Prajapita Brahma). The more the soul is filled with the knowledge, the more viceless (pure) & powerful it becomes.

We all are such pure, peaceful, joyful, loving and powerful souls, children of the Supreme soul (Shiv baba). *Let the light fall upon you...*

## 7. 8 Powers of Soul - through Raj Yoga

We now have realised the Self as an eternal being who lives in the body and performs actions, and enjoys its results. Now understand further, the fundamental ingredients of Soul i.e. What are Spiritual powers present in the Soul through which we maintain to perform the journey of our life. They are: Power to Accommodate, Power of Tolerate, Power to pack up, Power to Face, Power to Discriminate, Power to Judge, Power to Co-operate & Power to Withdraw.

### Power to Accommodate



The power to accommodate is **the ability to expand and accept the presence, ideas and desires of others.**

As water accommodates according to the shape of container and river accommodate as the shape of the path, it teaches us to fit in all situations and yet remain original (pure). It teaches us to mix and adjust with others in all situations of life. It needs **the Virtue of Acceptance for everyone as they are.** 'They might be different, but are not wrong.'

## Power to Tolerate

The power to tolerate is **the ability to respond to external and internal events positively, yet not be affected by them.**

Power of tolerating everything. This is one of the most special and useful powers of the soul and using this power, we can live a happy life free from conflicts in relationships. To tolerate means, to remain in peace with any situation we face. There is a positive way to think about it. Tolerate doesn't mean just not to speak or react. It means, to respond in the right manner such that we should not give any pain or hurt the other person. Sometimes remaining quiet also helps.



## Power to Face

The power to face is **the ability to withstand and resolve external and internal obstacles, tests and challenges.**

Now this is a power to face everything. This is one step further from the Power to Tolerate. On one hand we can tolerate the wrong and on other hand we convey the truth that we hold, but in a peaceful way. Also is power to face challenges in life. Be brave and cross the difficulties. This power only comes when there is 'truth' in our words and actions.



## Power to Pack Up



The power to pack up is **the ability to bring things to an end and to stop wasteful thinking.**

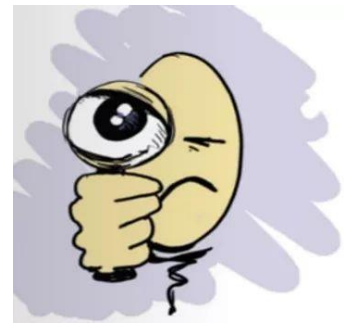
Directly related to detachment, power to resign, pack up and move ahead in life. This power requires power to withdraw. We hold ourselves back for comfort. We want to live the same life every day. But change is the law of nature. We must have this power to gather all things that we possess and move ahead.



## Power to Discriminate

The power to discriminate is **the ability to discern the subtle, and separate what is true from what is false.**

What is right and What is wrong? This is the most basic question that comes across while making a decision whether small or big. When we discriminate between them, only then we can make a decision. Even with 2 right ways, it needs to decide the best way. This is deep reflection of our human birth (we can decide and shape our life)



## Power to Judge



The power of judgment is **the ability to assess the quality of choices, decisions and actions in yourself and in others.**

Pay attention to your own thoughts. What good and bad have you done today? When we check ourselves, it is an opportunity to change. When we practice this, we are actually shaping our intellect. We tell the mind & senses what is right to do; followed by which, we put the right into action which then becomes our habit & a natural way of being.

## Power to Cooperate

The power to cooperate is **the ability to give attention, time, experience and wisdom in the service of others and to work alongside them.**

When we are in a group working for a purpose, we need both powers to accommodate and to cooperate. In this Godly mission also, we all cooperate towards bringing the new world of happiness. Everyone has a purpose to live and they are just doing their part in this world drama. Become egoless, remain humble and only then you will adjust and cooperate with everyone.



## Power to Withdraw



The power to withdraw is **the ability to step back and disengage from the world around you.**

Detachment means awareness that I am separate from the body, role and responsibility. We then see things in the right perspective, take accurate decisions and not suffer pain. Let us be aware – I the soul



am playing the role of a parent, spouse and professional. Whatever may be the role, the personality of I the actor, a personality of peace, love, wisdom, should reflect in every role. I am a soul, and I am interacting with other souls playing different roles.

## 8. **4 Subjects** of Godly University

### 1. **Gyan (Knowledge)**

Happiness is related to our wisdom (deep reflection of knowledge). Knowledge means 'understanding'. Knowledge is given to a child so that he understands the difference between



right and wrong, and chooses the right aspect. Otherwise said, it is the light which guides us to the path of life and liberation. **God only awakens all souls by giving us the true knowledge which was covered by ignorance.** He is incorporeal and speaks this knowledge (*Murli*) through the mouth of Brahma baba. We are children of the ocean of knowledge (God), but our self-awakening is hidden and covered by 5 vices (lust, anger, greed, ego, attachment) and hence we call out to Him for liberation. So how can the

knowledge of the soul be uncovered? Source: [What is Murli](#)

### 2. **Raja Yog** (meditation on God)

Wisdom or knowledge of the soul is only uncovered when all vices are removed. RajYog or Raja Yoga is the supreme knowledge delivered to us by God himself - a direct connection and relationship with the Supreme being, through which we souls can become pure (original) and by which we attain liberation in life (Jeevan- mukti). In RajYog, we

meditate upon the form of God, which is a point of light and might. We also consider our-self as a point of light, just as our father (God). **This is an intellectual connection and hence is a matter of experience, not seeing.** We clearly sense the love and powers coming towards us. Raja Yoga amazingly awakens our 8 powers.



Our subject of Yoga (Yog) is most incognito i.e., no one can know if you are in meditation. We can see someone studying *Murli*, but not the remembrance.

### 3. **Dharna** (being an embodiment of Knowledge)

'Practice makes us Perfect.' This is a subject which is visible to all. It is practical adoption of knowledge. For example, we have knowledge that we are a Soul, but Dharna means to become



an embodiment of *Soul consciousness*. In such a stage, the original virtues of peace, purity, love, royalty, bliss and powers are visible in all our Karma (actions). **This is practical life lived with Godly knowledge.** It is the ability to which one grasps and inherits some information. Here we grasp the points from murli and inherit its wisdom. It is known that just as the sun shines everywhere equally, God gives everyone equally. But we receive it according to

our own capacity to inherit. Through this knowledge we are becoming Lakshmi and Narayan. This is Dharna of virtues within us. [There are 7 original virtues.](#)

#### 4. World Service

When one is awakened, he lifts others just as a candle. So are we fortunate souls who received the knowledge through the Supreme Father are now serving the nectar of supreme knowledge to the whole world. Baba said: ***'If you are awakened and are receiving your inheritance from me, it is also your duty to awaken your brothers and make their fortune.'***



Day by day this knowledge is getting clearer. So many those who initially used to doubt, are coming back. BKs get the directions for services from *Murlis* that we daily study. ***"This subject of service is beneficial for both Self and the World"***

- **Avyakt BaapDada.** One who keeps his mind and intellect busy in serving others, will also stay away and unaffected from all worldly matters. God has taught us how to live! It is the best life which is lived for welfare and upliftment of the whole world. It requires virtues of love, mercy and detachment for being a noble world servant. Visit our [Online Services](#) page.

#### GOD's message to all

"In this time of great confluence (meeting of souls with the supreme soul), I have come again to defeat the kingdom of vices and establish the new world (heaven). For this, I give knowledge and teach you RajYog through which you shall attain Self sovereignty and become a master of your senses, mind and intellect. I give you power when you remember me. So dear child, forget this old impure world, as I am making the new world of peace and happiness for you, where all full with virtues and are aware of the self as a soul. There is law followed by all in everything. The world is perfect.!"

## 9. What is **Raja Yoga** Meditation?

As discussed in ancient texts of Bharat (India), one of the four types of yoga, and in fact the highest one of them is **Raja Yoga** (pronounced as *RajYog*). Raja means '**a King**' and Yog or Yoga means '**a connection, a relationship**'. Raja Yog is the Supreme Yoga through which the Soul becomes master (a Raja /King) of all its senses (organs, mind, intellect) by simply remembrance of the Supreme Soul. There are two interconnected steps to learn and master the Raj yoga meditation.

**1. Self realisation** - One has to practice 'soul consciousness'. This is a matter of effort making (*purusharth*) as we now have become body-conscious. We have forgotten that we are a tiny metaphysical Soul. This is the true introspection.

**2. God realisation** - As we put soul consciousness into practice and it becomes a natural stage of consciousness, we can recognise our spiritual God father who lives in the Soul World, far away from this material world. He is the ocean of all virtues and powers. We need to remember him now... Just as I remember the father of my body, so do I remember the father of 'me' the soul.

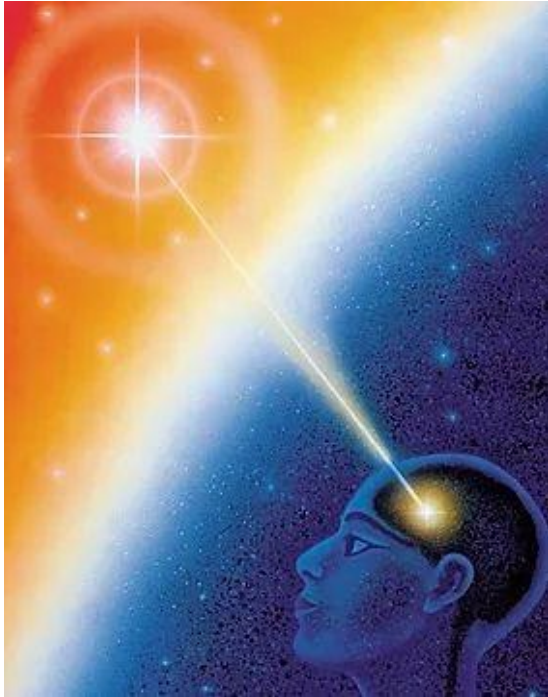
**'RajYog' is a direct connection or relationship with the Ocean of Peace, Purity and all Powers** (God, the Supreme Soul). In RajYog, we remember (visualize) first the Self as a Soul and then remember (visualize) the Supreme Soul, keeping in mind his virtues (Peaceful, Pure, loving, Blissful and Powerful). Parallel to this, we experience deep connection with our own nature (i.e., peace, love...)

The word yoga means connection. In Raj yoga meditation, the soul experiences a connection, or mental link, with the Supreme Soul. The process of establishing this link begins with a journey into one's inner world to discover one's true, spiritual identity. The process of going within, experiencing oneself as a spiritual being or soul, which is a luminous, sentient point of energy, and then connecting with the Supreme Source of energy and virtues, empowers the self in a long lasting way.

**This process of self-empowerment is entirely voluntary and involves no element of suppression of the mind.** It is in fact freedom from all limitations of mind that we draw. It is also about aligning one's thoughts, feelings, words and actions with the soul's original qualities of peace, love, bliss and truth. This is our *Self transformation* by all means.

Through this easy Raj Yoga or meditation, we Souls experience true Peace, Purity, Love and Happiness and receive Powers from the Almighty. The main purpose that God teaches us this RajYog in this time called the Confluence Age (Sangam Yug), is that through remembrance of Him (Supreme Soul), we Souls are purified from all our sins of past births. We take a birth when

we enter a body, and when we leave the body, it is called death (of the body, not of the Soul). Soul is eternal. There is a beautiful relationship of us with God, as our Father (creator), Teacher (gives us knowledge) and Guide (takes us back Home)...



**Learn Raj Yoga and experience it yourself, what is experienced by millions of Souls today...**