

Self-Respect Practice

Seven Days • 15 to 21 May 2026

The Seat • The Double Practice

Friday, 15th May 2026

15 Master Almighty Authority

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who issues the orders here?* And let the answer come: *I do. I, the soul, am a master almighty authority. My thoughts and intellect are under my orders.*

The Double Practice

Step 1: *I am a master almighty authority.*

Step 2: *My thoughts and intellect obey me as easily as my hand obeys me.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 16th May 2026

16 World Transformer with Baba

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is actually happening here?* And let the answer come: *I am transforming, and as I transform, the world transforms. I am a world transformer with Baba. The kingdom is being established through me, with Him.*

The Double Practice

Step 1: *I am a world transformer with Baba. When I transform, the world transforms.*

Step 2: *The new world is taking shape through me, in everything I touch.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 17th May 2026

17 Worthy of Being Combined and Companion to God Himself

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I to God Himself?* And let the answer come: *I am worthy of being combined and companion to God Himself. Serving together, going home together, ruling together. BapDada is combined with me.*

The Double Practice

Step 1: *I am worthy of being combined and companion to God Himself. BapDada is combined.*

Step 2: *I am still. Baba is shining through me.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 18th May 2026

18 Detached Observer, Sakshi-Drashta

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I doing right now?* And let the answer come: *I am watching the play. The world acts, I watch. Even my body is an actor in this play. The soul is seated, observing, accepting.*

The Double Practice

Step 1: *I am a detached observer. I watch the play seated on my own seat.*

Step 2: *Baba is my companion. Loving to the Father, detached from everything else.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 19th May 2026

19 Kalpa After Kalpa, a Victorious Jewel

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Why would I be afraid?* And let the answer come: *I have been victorious countless times. When there is faith, there is definitely victory. Kalpa after kalpa, I am a victorious jewel.*

The Double Practice

Step 1: *Kalpa after kalpa, I am a victorious jewel. I have been victorious countless times.*

Step 2: *I have faith in Baba, faith in myself, faith in the drama.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 20th May 2026

20 Carefree Emperor

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is happening right now?* And let the answer come: *Whatever is happening is very good, and whatever is going to happen will be the best of all. I am a carefree emperor.*

The Double Practice

Step 1: *I am a carefree emperor.*

Step 2: *Whatever is happening is very good, and whatever is going to happen will be the best of all.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 21st May 2026

21 Karma Yogi

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose work is this?* And let the answer come: *It is Baba's, performed through me. I, the soul, am karanhar, Baba is Karavanhar. Every act is for Godly service. I am a karma yogi.*

The Double Practice

Step 1: *I am a karma yogi.*

Step 2: *Baba is Karavanhar, I, the soul, am karanhar. Every act is for Godly service.*

Oscillate between these two steps for at least 5 minutes.