

Self-Respect Practice

Seven Days • 1 to 7 May 2026

The Seat • The Double Practice

Friday, 1st May 2026

01 Self-Sovereign

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am a self-sovereign soul. Baba has given me the seat of being a king at every moment. All my physical senses are under my orders.*

The Double Practice

Step 1: *I am a master of the self, seated on the throne of self-sovereignty.*

Step 2: *I am seated on BapDada's heart-throne.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 2nd May 2026

02 Karmateet Pilgrim

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I carrying?* And let the answer come: *Nothing. I have cut every thread but one. I am a karmateet pilgrim soul like the Father. My only connection is Baba.*

The Double Practice

Step 1: *I am a karmateet pilgrim soul. I, the soul, am detached from the bondage of karma.*

Step 2: *I am Baba's beloved.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 3rd May 2026

03 Karanhar, Baba's Instrument, an Angel Following Father Brahma

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose instrument am I?* And let the answer come: *I am Baba's. Baba is the doer; I am karanhar, the one through whom He acts. I am an angel following Father Brahma.*

The Double Practice

Step 1: *I am karanhar, Baba's instrument. The one through whom He acts.*

Step 2: *I, the soul, am weightless, double-light, an angel.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 4th May 2026

04 Baba's Right Hand, True Helper of God

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose hand am I?* And let the answer come: *I am Baba's. This hand is His hand at work in the world. I am a true helper of God. Every soul I meet, I leave closer to their own self-respect.*

The Double Practice

Step 1: *I am Baba's right hand, a true helper of God.*

Step 2: *I am the lamp Baba has lit, His flame burning in me.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 5th May 2026

05 Trinetri on BapDada's Heart-Throne

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Where am I seated?* And let the answer come: *On BapDada's heart-throne. A tilak of soul-consciousness sparkles on my forehead, visible from afar. I am a trinetri soul. The third eye of knowledge has opened.*

The Double Practice

Step 1: *I am a trinetri soul. Through the third eye of knowledge, I see myself as a soul and Baba as my Father.*

Step 2: *I am seated on BapDada's heart-throne.*

Oscillate between these two steps for at least 5 minutes.

Wednesday, 6th May 2026

06 Master Knowledge-Full, Destroyer of Obstacles

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What do I see in the mirror of my heart?* And let the answer come: *The light of knowledge has dispelled the darkness; the might of knowledge has dissolved every obstacle. I am master knowledge-full.*

The Double Practice

Step 1: *I am master knowledge-full. The light and might of knowledge are with me. No obstacle can defeat me.*

Step 2: *I am Baba's lamp. The oil of knowledge, the wick of yoga, the flame of happiness is burning steadily.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 7th May 2026

07 Brahmin in God's Lap

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Where am I right now?* And let the answer come: *In God's lap. Baba came down from the throne of the sky to gather me here. I am a Brahmin, His mouth-born child, free from every attraction, immersed in supersensuous joy.*

The Double Practice

Step 1: *I am a Brahmin in God's lap, free from every attraction, my intellect stabilized on the One.*

Step 2: *I am Baba's mouth-born child. He came down to gather me. The lap is one second away.*

Oscillate between these two steps for at least 5 minutes.