

# Self-Respect Practice

Ten Days • 22 to 31 May 2026

*The Seat • The Double Practice*

Friday, 22nd May 2026

## 22 Deity Soul

### 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 that same deity soul, original, eternal, sixteen celestial degrees full.*

### The Double Practice

**Step 1:** *I am that same deity soul, original, eternal, sixteen celestial degrees full.*

**Step 2:** *I was that last kalpa. I am becoming that this kalpa.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 23rd May 2026

## 23 Honest Child

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is between my heart and the Father?* And let the answer come: *Nothing. No hiding. I show Baba exactly what is in my heart, including the parts that are not yet beautiful.*

### The Double Practice

**Step 1:** *I am an honest child. There is no gap between my heart and what I show to the Father.*

**Step 2:** *I am in remembrance. Shrimat is flowing through me.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 24th May 2026

## 24 Courageous Soul Who Burns the “I”

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I burning in the fire of yoga?* And let the answer come: *The “I, I” of body consciousness. The “I” of ego, the “I” of insult, the “I” of being disheartened. Only the one true “I” remains: I am a courageous soul.*

### The Double Practice

**Step 1:** *I am a courageous soul. I burn the “I” of body consciousness in the fire of yoga.*

**Step 2:** *My eyes are on the Father.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 25th May 2026

## 25 Shiv Shakti Pandava Army Soldier

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose army am I in?* And let the answer come: *The Father's. I am a soul in the Shiv Shakti Pandava Army, the army to conquer Maya. I am not alone. We are doing this together, with Baba as our strength.*

### The Double Practice

**Step 1:** *I am part of the Shiv Shakti Pandava Army, the army to conquer Maya.*

**Step 2:** *Baba is my one strength and support.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 26th May 2026

## 26 Godly Student

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who is teaching me?* And let the answer come: *God Himself. I am a Godly student, taught by the Ocean of Knowledge in person. I am sitting personally in front of the Father.*

### The Double Practice

**Step 1:** *I am a Godly student.*

**Step 2:** *Taught by God Himself, the Ocean of Knowledge.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 27th May 2026

## 27 Maryada Purshottam

### 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 maryada purshottam, an elevated being who follows the divine code of conduct in thoughts, words, actions, relationships and connections.*

### The Double Practice

**Step 1:** *I am a maryada purshottam, an elevated being who follows the divine code of conduct.*

**Step 2:** *My aim is BapDada's virtues and task.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 28th May 2026

## 28 Holy Swan

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *What does my intellect know how to do?* And let the answer come: *Discern. I am a holy swan. My intellect separates pearls of virtues from pebbles of defects, the way the swan separates milk from water.*

### The Double Practice

**Step 1:** *I am a holy swan. My intellect has the power to discern.*

**Step 2:** *My heart is with the Father. My hands do the work.*

Oscillate between these two steps for at least 5 minutes.

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Friday, 29th May 2026

## 29 One Who Passes With Honours

### 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 one who passes with honours. I stay close to the Father, away from every other influence.*

### The Double Practice

**Step 1:** *I am one who passes with honours.*

**Step 2:** *I am an angel. The Father is my Canopy of Protection.*

Oscillate between these two steps for at least 5 minutes.

Saturday, 30th May 2026

## 30 Messenger of God

### The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose message am I carrying?* And let the answer come: *The Godly Government's. I am a messenger of God. My mind stays undisturbed. My eyes carry soul-conscious vision. My tool is the mantra of remembrance.*

### The Double Practice

**Step 1:** *I am a messenger of God. Manmanabhav.*

**Step 2:** *Every soul I meet, the string of relationship is tied to the One.*

Oscillate between these two steps for at least 5 minutes.

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Sunday, 31st May 2026

## 31 Ancestor, Foundation of the Kalpa Tree

### 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 an ancestor, the foundation of this kalpa tree. All souls who will populate the next 5,000 years come after me. Their cries reach me, and my sakaash reaches them.*

### The Double Practice

**Step 1:** *I am an ancestor, the foundation of this kalpa tree.*

**Step 2:** *I am an easy yogi soul. I am a child of Shiv Baba.*

Oscillate between these two steps for at least 5 minutes.