

Self-Respect Practice

Seven Days • 8 to 14 May 2026

The Seat • The Double Practice

Friday, 8th May 2026

08 Adopted Brahmin, Bead in God's Rosary

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who chose me?* And let the answer come: *God did. Of all souls, Shiv Baba chose me. He adopted me through Mother Brahma. I am a bead in God's rosary.*

The Double Practice

Step 1: *I am Shiv Baba's adopted child. BapDada is mine, I am BapDada's.*

Step 2: *I am a bead in God's rosary.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 9th May 2026

09 Karavanhar, the Soul, the King

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who is the master here?* And let the answer come: *I am. I, the soul, am karavanhar, the king. My physical organs are karanhar, my companions.*

The Double Practice

Step 1: *I, the soul, am karavanhar, the king. From my seat, every order is obeyed.*

Step 2: *My physical organs are karanhar, my companions. They say "yes, my Lord."*

Oscillate between these two steps for at least 5 minutes.

Sunday, 10th May 2026

10 Seated on BapDada's Heart Throne

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: *On BapDada's heart throne. Baba is in my heart, and I am in His. I am home.*

The Double Practice

Step 1: *I am seated on BapDada's heart throne. This is the highest of the three thrones.*

Step 2: *Baba is in my heart, and I am in Baba's heart.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 11th May 2026

11 Bapsaman, Equal to the Father

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I becoming?* And let the answer come: *Equal to the Father. Baba has come to make me bapsaman. Whatever He is, I, the master, also am.*

The Double Practice

Step 1: *I am bapsaman. Whatever Baba is, I, the master, also am.*

Step 2: *I am loving Baba with my whole heart.*

Oscillate between these two steps for at least 5 minutes.

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Tuesday, 12th May 2026

12 Worthy of Worship

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I again?* And let the answer come: *Worthy of worship. I was worthy of worship in the golden age. The temples are my memorials. The Father has come to make me worthy of worship again, right now.*

The Double Practice

Step 1: *I am a worthy-of-worship soul. The temples are built to me.*

Step 2: *Baba is giving blessings to every soul through my image.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 13th May 2026

13 Swadarshan-Chakradhari, Spinner of the Discus of Self-Realization

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who do I see?* And let the answer come: *Myself, through the whole cycle. Eternally pure in the soul world. Satopradhan deity in the golden age. Worship-worthy image through the copper and iron ages. Brahmin at this time. Angel in the near future. Going back home once more. Baba beside me through every age.*

The Practice

I am seeing myself through the whole cycle, with Baba beside me.

Stay in this seeing for at least 5 minutes.

Thursday, 14th May 2026

14 Master Ocean of Love

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What flows from me?* And let the answer come: *Love. Baba is the Ocean of Love, and I, the master, am the same. I love every soul, without rejection.*

The Double Practice

Step 1: *I am a master ocean of love. I love every soul.*

Step 2: *I am giving happiness, and I am happy.*

Oscillate between these two steps for at least 5 minutes.