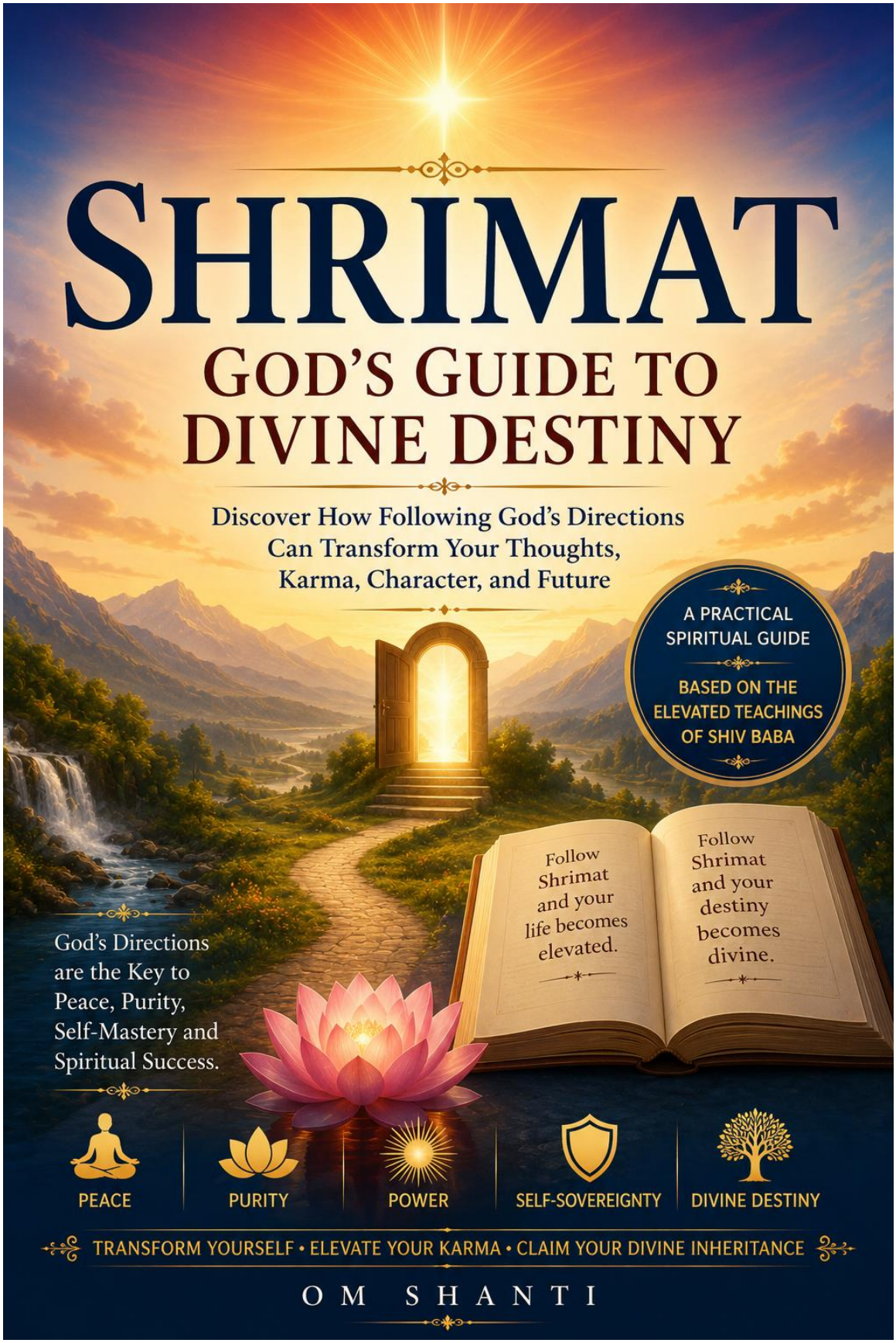

SHRIMAT
GOD'S GUIDE TO DIVINE DESTINY
Discover How Following God's Directions Can Transform Your Thoughts, Karma, Character, and Future
A PRACTICAL SPIRITUAL GUIDE
BASED ON THE ELEVATED TEACHINGS OF SHIV BABA
Follow Shrimat and your life becomes elevated.
Follow Shrimat and your destiny becomes divine.
God's Directions are the Key to Peace, Purity, Self-Mastery and Spiritual Success.
PEACE
PURITY
POWER
SELF-SOVEREIGNTY
DIVINE DESTINY
TRANSFORM YOURSELF • ELEVATE YOUR KARMA • CLAIM YOUR DIVINE INHERITANCE
OM SHANTI

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SHRIMAT
God's Guide to Divine Destiny

Discover How Following God's Directions Can Transform Your Thoughts, Karma, Character, and Future

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"Transform Yourself, Elevate Your Consciousness, and Attain Your Highest Spiritual Destiny"

Author

Swaati Vilhekar (Gaigole)

Om Shanti

"Place every step according to Shrimat, and your destiny will become elevated."

"Follow God's directions today and create a beautiful tomorrow."

— Shiv Baba

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Dedication

Dedicated with Love and Gratitude

To the Supreme Father, Shiv Baba,
whose divine wisdom, unconditional love, and elevated directions illuminate the path of every soul.
May this humble offering inspire readers to follow Shrimat, experience spiritual transformation, and claim their divine destiny.

Om Shanti

Preface

A Few Words Before You Begin

This book has been written to help readers understand and apply the wisdom of Shrimat in practical life.
Shrimat is not merely spiritual knowledge; it is a divine guide for creating peace, purity, power, and an elevated destiny.
Each chapter explores a different aspect of Shrimat and offers practical insights for self-transformation.
May these teachings inspire you to strengthen your relationship with Baba and become an embodiment of His elevated directions.

Om Shanti

How to Use This Book

To gain the greatest benefit from this book:

✓ Read one chapter at a time.

✓ Reflect on the self-checking questions.

✓ Apply one Shrimat point daily.

✓ Practice regular remembrance of Baba.

✓ Maintain a spiritual journal of your experiences.

Remember:

Knowledge becomes power only when it is practiced.



About This Book

Shrimat: God's Guide to Divine Destiny is a practical spiritual guide that explains:

- What Shrimat is
- Why it is essential
- How to follow it in daily life
- How it transforms karma and destiny
- How it helps a soul progress from ordinary to divine

Through knowledge, reflection, and practice, this book aims to help every reader experience the power of God's elevated directions.

✨ Divine Guidance

When the world offers countless paths to choose,
Shrimat reveals the way we cannot lose.
With Baba's wisdom lighting every mile,
The soul walks forward with peace and a smile.
Om Shanti. 🙏

✨ The Journey of the Soul

A single thought of truth can change a life,
A single step of Shrimat can end inner strife.
Guided by God, the soul begins to see,
That its highest destiny is what it was always meant to be.
Om Shanti. 🙏

Not every road leads to peace,
Not every voice speaks truth.
But the soul that follows Shrimat,
Walks hand in hand with God toward its divine destiny.
Om Shanti. 🙏

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Om Shanti 🙏✨

Foreword

A Divine Journey Through the Wisdom of Shrimat

In a world filled with countless opinions, advice, and influences, it is often difficult to know which path will truly lead us to peace, happiness, and success. Human beings constantly seek guidance, yet many continue to experience confusion, stress, and dissatisfaction despite their best efforts.

The spiritual wisdom of **Shrimat** offers a unique and powerful solution.

Shrimat means the elevated directions given by the Supreme Father, Shiv Baba. These divine directions are not based on human intellect, personal opinions, or worldly experiences. They originate from the Supreme Source of Truth, who knows the past, present, and future and understands what is truly beneficial for every soul.

The teachings of Shrimat provide a practical roadmap for life. They help us make better decisions, improve relationships, overcome weaknesses, create elevated karma, and move steadily toward our highest spiritual destiny.

This book has been written to help readers understand not only the meaning of Shrimat but also its practical application in daily life. Through simple explanations, spiritual insights, self-reflection exercises, and practical guidance, this book aims to transform knowledge into experience.

Whether you are new to spiritual study or have been walking this path for many years, the principles shared in these pages can help deepen your understanding and strengthen your connection with the Supreme Father.

As you read this book, may you discover the beauty of living according to God's directions and experience the peace, power, purity, and happiness that naturally emerge when Shrimat becomes a way of life.

May this journey inspire you to move from ordinary living to elevated living, from confusion to clarity, and from self-effort to divine guidance.

Om Shanti. 🙏



Introduction

Why Shrimat Is the Highest Guidance

Every human being seeks happiness.

Every soul desires peace, love, success, and fulfillment. Yet despite tremendous advancements in technology, education, and material comfort, many people continue to experience stress, confusion, fear, and dissatisfaction.

Why does this happen?

One of the primary reasons is that human beings often make decisions based on limited understanding. We act according to our emotions, habits, personal opinions, or the influence of others. Sometimes these choices bring temporary happiness, but they often lead to disappointment and regret.

This is where the importance of Shrimat becomes clear.

The word **Shrimat** combines two Sanskrit words:

- **Shri** – Elevated, auspicious, or divine.
- **Mat** – Direction, advice, or guidance.

Therefore, Shrimat means:

The highest and most elevated directions given by God.

According to Brahma Kumaris spiritual knowledge, Shrimat is the guidance received directly from the Supreme Father, Shiv Baba, through the Murli. These divine teachings are given to help souls rediscover their original qualities and reclaim their lost spiritual inheritance.

Unlike human advice, Shrimat is free from personal desires, ego, attachment, or limited understanding. It comes from the Supreme Being, who is eternally pure, peaceful, loving, and wise.

When we follow Shrimat:

- Our thoughts become more positive.
- Our actions become more elevated.
- Our relationships improve.
- Our karmic accounts become lighter.
- Our destiny becomes more powerful.

Shrimat is not merely a collection of spiritual teachings. It is a practical guide for everyday living. It teaches us how to think, speak, act, and respond in a way that creates lasting happiness and spiritual progress.



This book explores the many dimensions of Shrimat—from understanding its meaning to applying it in practical situations, overcoming obstacles, developing virtues, and ultimately achieving self-sovereignty and an elevated destiny.
As you progress through these chapters, you will discover that Shrimat is not a restriction but a gift. It is God's loving guidance designed to help every soul reach its highest potential.
The journey ahead is not simply about gaining knowledge.
It is about transformation.
It is about becoming peaceful instead of reactive, humble instead of egoistic, pure instead of influenced by negativity, and spiritually powerful instead of spiritually weak.
Most importantly, it is about building a deep and loving relationship with the Supreme Father and learning to trust His directions in every aspect of life.
May this book serve as a companion on your spiritual journey and inspire you to make Shrimat the foundation of your thoughts, words, actions, and destiny.
"When God's directions become our way of life, life itself becomes elevated."
Om Shanti. 🙏✨
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Chapter 1
Shrimat — God's Supreme Direction

Introduction

In today's world, everyone is searching for happiness, peace, success, and security. Yet despite countless sources of information, advice, and education, humanity continues to experience sorrow, confusion, stress, and conflict.

Why?

According to spiritual wisdom, the primary reason is that human beings have forgotten the one guidance that can never be wrong—the Supreme Direction of God, known as **Shrimat**.

In the teachings of the Brahma Kumaris, the Supreme Father, Shiva, reminds souls through the Murli:

"Children, by following Shrimat, you become elevated."

(Sakar Murli, 18-01-1969)

Shrimat is not merely advice. It is the divine guidance given by God that transforms souls from impure to pure, from sorrowful to happy, and from ordinary human beings into deity-like beings.

The True Meaning of Shrimat

The word **Shrimat** consists of two parts:

- **Shri** = elevated, noble, pure, and auspicious
- **Mat** = opinion, direction, or guidance

Therefore:

Shrimat = The Supreme Direction Given by God

Shrimat is not based on human intellect or limited understanding. It is the guidance given by the Supreme Being, who knows the past, present, and future.

Avyakt BapDada says:

"Shrimat means the highest guidance at every step."

(Avyakt Murli, 02-02-1984)

Human opinions may be limited because human understanding is limited. But God is Trikaldarshi—the Knower of all three aspects of time. Therefore, His guidance can never be wrong.

Why Is Shrimat Necessary?

Human beings suffer because they often follow their own minds.
The mind is unstable. One day it thinks one way; the next day it changes.
Sometimes decisions are made in anger, attachment, ego, or emotional weakness.
That is why Baba says:
"Manmat (following one's own mind) causes great sorrow."
(Avyakt Murli, 12-11-1985)
When a soul follows its own opinions, it becomes trapped in karmic bondage. But when the same soul follows Shrimat, every action becomes elevated.
Shiv Baba says:
"Shrimat is what transforms you from an ordinary man into Narayan."
(Sakar Murli, 03-05-1972)

Shrimat and the Welfare of the Soul

Shiv Baba does not merely provide knowledge; He changes the destiny of souls.
Many people in the world offer advice and teachings, but only God provides guidance that leads to complete spiritual welfare.
Through Shrimat, a soul receives:

- Peace
- Spiritual power
- Right decision-making ability
- Improved relationships
- Purified actions
- Elevated destiny

Shrimat and Soul Consciousness

Baba teaches:
"You are a soul, not a body."
When a soul realizes its true identity, it becomes capable of receiving and following God's guidance.
A person trapped in body consciousness usually follows personal opinions (Manmat), whereas a soul-conscious person naturally accepts Shrimat.

Shrimat and Destiny Creation

Every soul creates its own destiny.
The question is: **How?**
Shiv Baba says:
"As is your effort now, so will be your future status."
(Sakar Murli, 22-02-1971)
If effort is based on personal opinions, the result will bring sorrow.
If effort is based on Shrimat, the destiny created will be elevated.
Therefore Baba repeatedly says:
"Place every step according to Shrimat."
(Sakar Murli, 10-10-1970)

How Do We Receive Shrimat?
The primary source of Shrimat is the **Murli**.
God gives His elevated directions through Murli teachings. By regularly studying and reflecting upon them, a soul learns how to think, act, and live according to divine wisdom.
Shrimat guides us in:

- Spiritual effort
- Purity
- Meditation (Yoga)
- Service
- Relationships
- Decision-making
- Time management
- Self-transformation

Why Following Shrimat Feels Difficult
Many souls find Shrimat challenging because they have been following Manmat for many births. The mind seeks immediate comfort, whereas Shrimat often requires spiritual discipline.
Examples include:

- Waking up early
- Tolerating criticism
- Remaining pure

- Studying Murli regularly
- Forgiving others

These require effort.
That is why Baba says:
"Maya first takes the intellect away from Shrimat."
(Avyakt Murli, 14-03-1980)
Maya makes the soul think:

- "Is all this really necessary?"
- "A little compromise is fine."
- "Everyone does it."

Gradually, the soul begins to decline spiritually.

The Visible Results of Following Shrimat

Those souls who sincerely follow Shrimat experience clear transformation in their lives.
Their:

- Thoughts become pure
- Speech becomes sweet
- Face radiates peace
- Decisions become accurate
- Relationships improve
- Fear decreases

This happens because they are no longer being guided merely by themselves; they are being guided by God.
Baba says:
"Children who follow Shrimat are never deceived."
(Sakar Murli, 25-12-1969)

The Greatest Need of the Present Time

Today, science has advanced, but wisdom has declined.
Facilities have increased, yet peace has decreased. In such a time, only one direction can truly save humanity—the Supreme Direction of God.
Avyakt BapDada says:
"Time is moving forward at a very fast speed."



Therefore, merely listening is not enough.
Now it is necessary to imbibe and live the teachings.

Self-Reflection

Ask yourself:

- Do I make decisions based on my mind or on Shrimat?
- Do I receive daily guidance through Murli?
- Can I remain firm on Shrimat even in difficult situations?
- Does my intellect readily accept God's advice?

Chapter Summary

✓ Shrimat is God's supreme guidance.

✓ Manmat brings sorrow; Shrimat brings happiness.

✓ Shrimat transforms a soul into a deity-like being.

✓ Murli is the primary source of Shrimat.

✓ Placing every step according to Shrimat is true spiritual effort.

Powerful Murli Quotes

"Sweet children, continue to follow Shrimat."
"Following Shrimat is the means of protection."
"Those who do not follow Shrimat now will regret it later."
"Children, remember Me and follow Shrimat."

Chapter Conclusion

Shrimat is not merely a set of spiritual rules.
It is a relationship of trust between the soul and the Supreme Soul.
When a soul sincerely says:
"Baba, from now on I will no longer follow my own opinions. I will follow Your guidance."
that is when its true spiritual journey begins.

Om Shanti. 🙏

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Chapter 2
The Difference Between Manmat, Parmat, and Shrimat

Introduction

Every day, human beings make countless decisions.
Some decisions bring peace and success, while others bring sorrow, confusion, and regret. The quality of our life depends greatly on the source from which we take guidance.
According to spiritual knowledge, there are three types of guidance that influence human beings:

1. **Manmat** – Following one's own mind.
2. **Parmat** – Following the opinions of others.
3. **Shrimat** – Following the elevated directions of God.

Most people spend their lives moving between Manmat and Parmat without realizing it. Only a fortunate few learn to follow Shrimat, which leads to true happiness and spiritual success.

What is Manmat?

The word **Manmat** means:

- **Man** = Mind
- **Mat** = Opinion or direction

Therefore:
Manmat = Following the dictates of one's own mind
The human mind is unstable.
One moment it wants one thing; the next moment it wants something else.
Sometimes it is influenced by:

- Anger
- Attachment
- Ego
- Fear
- Laziness
- Desire

Therefore, decisions based purely on the mind are often unreliable.
Baba says:

“Manmat causes great sorrow.”
(Avyakt Murli, 12-11-1985)

Examples of Manmat

Example 1: Laziness

The soul knows it should wake up early for Amrit Vela.
But the mind says:
“Sleep a little longer.”
The soul follows the mind and misses spiritual benefit.
This is Manmat.

Example 2: Anger

Someone insults us.
The mind immediately says:
“Reply back.”
“Show them they are wrong.”
If we react according to that impulse, we are following Manmat.

Example 3: Attachment

The intellect knows a decision is not spiritually beneficial.
Yet attachment whispers:
“I cannot let this go.”
When attachment controls decisions, Manmat is operating.

Why is Manmat Dangerous?

The mind sees only the present moment.
It does not understand the long-term consequences of actions.
Because of this, Manmat often leads to:

- Wrong decisions
- Regret
- Conflict
- Karmic bondage
- Spiritual weakness



A soul that constantly follows Manmat becomes trapped in a cycle of repeating mistakes.

What is Parmat?

The word **Parmat** means:

- **Par** = Others
- **Mat** = Opinion

Therefore:

Parmat = Following the opinions of other people

Many people rarely think independently.

Instead, they constantly seek approval and advice from others.

They decide according to:

- Family members
- Friends
- Society
- Media
- Public opinion

Yet every person gives advice according to their own understanding, experiences, and limitations.

Therefore Parmat can often be misleading.

How Parmat Creates Confusion

Imagine a person asking five people for advice.

One says:

“Take the opportunity.”

Another says:

“Don't take the risk.”

A third says:

“Wait.”

A fourth says:

“Act immediately.”

A fifth says:

“Forget the whole idea.”

Now the person becomes even more confused.

Why?
Because human opinions differ.
Each person sees only a portion of the truth.

The Limitations of Parmat
Human beings are influenced by:

- Personal experiences
- Attachments
- Emotions
- Fears
- Expectations

Therefore, even sincere advice can sometimes be inaccurate.
Parmat may appear wise, but it cannot guarantee success because human understanding is limited.

What is Shrimat?
The word **Shrimat** means:
The Highest Guidance Given by God
Unlike Manmat and Parmat, Shrimat comes from the Supreme Father.
God is:

- All-knowing
- Beyond human weakness
- Completely pure
- The Knower of past, present, and future

Therefore His guidance is always beneficial.
Avyakt BapDada says:
"Shrimat means the highest guidance at every step."
(Avyakt Murli, 02-02-1984)

Why is Shrimat Accurate?
Human beings see only a small part of reality.
God sees the complete picture.
Humans know:

- What happened yesterday.

- What is happening today.

But God knows:

- The past
- The present
- The future

Therefore Shrimat never misleads.

A Simple Comparison

Manmat	Parmat	Shrimat
My opinion	Others' opinions	God's guidance
Based on emotions	Based on human understanding	Based on divine wisdom
Can change frequently	Varies from person to person	Always stable
May create sorrow	May create confusion	Leads to benefit
Creates bondage	Creates dependency	Creates liberation

Real-Life Example

Suppose someone insults you.

Manmat says:

“Respond immediately.”

Parmat says:

“Don't tolerate it. Teach them a lesson.”

Shrimat says:

“Remain peaceful and maintain good wishes.”

The first two responses increase conflict.

The third response creates peace and spiritual power.

Why Souls Prefer Manmat

Many souls have followed Manmat for many births.

The mind usually chooses:

- Comfort over discipline
- Immediate pleasure over long-term benefit
- Convenience over spiritual effort

For example:

- Sleeping instead of waking for Amrit Vela
- Reacting instead of tolerating
- Complaining instead of transforming

That is why Shrimat sometimes feels challenging.

Maya's Strategy

Baba explains that Maya first tries to separate the soul from Shrimat.

Maya makes the soul think:

- "This is too difficult."
- "A little compromise is fine."
- "Everyone does it."
- "You can start tomorrow."

Slowly, the soul drifts away from spiritual progress.

Benefits of Following Shrimat

When a soul sincerely follows Shrimat:

- Thoughts become pure
- Speech becomes sweet
- Relationships improve
- Decisions become clearer
- Fear decreases
- Spiritual power increases

Most importantly, the soul begins to experience God's companionship in practical life.

How to Move from Manmat to Shrimat

1. Study Murli Daily

Murli is the primary source of Shrimat.

2. Practice Yoga

Yoga purifies the intellect and strengthens decision-making.

3. Check Before Acting

Ask yourself:

“Is this my mind speaking, or is this Shrimat?”



4. Develop Soul Consciousness

The more soul-conscious we become, the easier it becomes to recognize Shrimat.

Self-Reflection

Ask yourself:

- How often do I follow my own mind?
- How much am I influenced by the opinions of others?
- Do I seek God's guidance before making important decisions?
- Is Shrimat becoming the foundation of my life?

Chapter Summary

✓ Manmat means following one's own mind.

✓ Parmat means following the opinions of others.

✓ Shrimat means following God's supreme guidance.

✓ Manmat creates sorrow.

✓ Parmat creates confusion.

✓ Shrimat creates happiness, peace, and success.

✓ The more we follow Shrimat, the more elevated our life becomes.

Powerful Murli Quotes

"Manmat causes great sorrow; Shrimat is the path to the land of happiness."
(Avyakt Murli, 12-11-1985)
"Shrimat is what transforms you from an ordinary man into Narayan."
(Sakar Murli, 03-05-1972)
"Place every step according to Shrimat."
(Sakar Murli, 10-10-1970)

Chapter Conclusion

Every moment of life presents a choice.
We can follow:

- The voice of our own mind,
- The opinions of the world,
- Or the elevated directions of God.



Manmat may feel easy.
Parmat may feel convincing.
But only **Shrimat** leads the soul toward peace, purity, power, and an elevated destiny.
The more we follow Shrimat, the closer we come to becoming what God sees in us—a complete and elevated soul.
Om Shanti. 🙏
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Chapter 3
Why Is It Necessary to Follow Shrimat?

Introduction
Every human being desires happiness, peace, success, and a meaningful life.
Yet despite education, wealth, technology, and material comforts, many people continue to experience stress, fear, conflict, and dissatisfaction.
Why does this happen?
According to spiritual knowledge, the main reason is that human beings have moved away from God's guidance and have become dependent on their own limited understanding. When souls follow Manmat (their own opinions), they create sorrow. When they follow Shrimat (God's directions), they create happiness and elevated destiny.
This chapter explores why Shrimat is essential for spiritual progress and true success.

Why Is Humanity Suffering Today?
Most people believe their problems are caused by circumstances, other people, or bad luck.
However, Baba explains that the real cause is deeper.
Human beings often:

- Follow their own minds.
- Make decisions based on emotions.
- Act under the influence of anger, attachment, greed, or ego.
- Ignore spiritual principles.

As a result, they create actions that later return as sorrowful experiences.

The mind is unstable.
Today it wants one thing; tomorrow it wants something else.
Sometimes it decides in anger, sometimes in attachment, and sometimes in pride.
Therefore Baba says:
"Manmat causes great sorrow."
(Avyakt Murli, 12-11-1985)

Shrimat Leads to True Welfare
Shrimat is not merely spiritual advice.
It is divine guidance designed for the welfare of every soul.
Unlike human opinions, Shrimat always considers:

- The present benefit.
- The future result.
- The soul's spiritual progress.
- The creation of elevated karma.

Because God knows all three aspects of time—past, present, and future—His directions are always beneficial.

Shrimat Purifies Actions
Every action creates a result.
Good actions create happiness.
Wrong actions create sorrow.
The challenge is that human beings often cannot clearly distinguish between what is truly right and what merely feels right.
Shrimat acts as a spiritual compass.
It guides the soul toward:

- Pure thoughts
- Pure words
- Pure actions

As a result, karmic accounts begin to improve.
The soul gradually becomes free from many unnecessary complications and conflicts.



Shrimat Changes Destiny

Many people believe destiny is fixed.
Spiritual knowledge teaches something different.
Destiny is continuously created through our thoughts, decisions, and actions.
Shiv Baba says:
"As is your effort now, so will be your future status."
(Sakar Murli, 22-02-1971)
If effort is based on Manmat, the future will reflect those mistakes.
If effort is based on Shrimat, the future becomes elevated.
That is why Baba repeatedly reminds:
"Place every step according to Shrimat."
(Sakar Murli, 10-10-1970)

Shrimat Creates Inner Peace

Many people search for peace externally.
They think peace will come from:

- Better circumstances
- More money
- Greater success
- Approval from others

Yet true peace is an internal state.
When a soul follows Shrimat:

- The conscience remains clear.
- The intellect becomes lighter.
- Inner conflict decreases.
- Stability increases.

The soul begins to experience peace regardless of external situations.

Shrimat Strengthens Decision-Making

One of the greatest challenges in life is making correct decisions.
Many people struggle because:

- Emotions interfere.
- Fear clouds judgment.
- Attachments create confusion.

Shrimat provides clarity.
Instead of asking:
“What do I feel like doing?”
the soul begins asking:
“What would Baba want me to do?”
This simple shift transforms decision-making.
The intellect gradually becomes more accurate and powerful.

Shrimat Improves Relationships

Most relationship problems arise from:

- Ego
- Expectations
- Anger
- Misunderstanding

Shrimat teaches:

- Tolerance
- Respect
- Good wishes
- Sweet speech
- Forgiveness

As these qualities develop, relationships naturally improve.
The soul learns to respond with wisdom rather than react emotionally.

Shrimat Protects the Soul from Maya

Maya constantly attempts to pull souls away from spiritual progress.
Its methods are often subtle.
Maya whispers:

- “This is too difficult.”
- “Skip it today.”
- “You can start tomorrow.”
- “A little compromise won't matter.”

Gradually the soul moves away from spiritual effort.
Baba says:
“Maya first takes the soul away from Shrimat.”

(Avyakt Murli, 14-03-1980)

Therefore Shrimat acts as a shield of protection.

The more firmly a soul follows Shrimat, the safer it remains from Maya's influence.

Why Following Shrimat Requires Effort

Many souls ask:

"If Shrimat is so beneficial, why is it sometimes difficult to follow?"

The answer is simple.

For many births, souls have been accustomed to following Manmat.

The mind prefers comfort and convenience.

For example:

- Sleeping instead of waking early.
- Reacting instead of tolerating.
- Criticizing instead of understanding.
- Following desires instead of discipline.

Shrimat requires spiritual effort because it transforms old sanskars.

But every effort made on Shrimat becomes an investment in future happiness.

The Visible Results of Following Shrimat

Souls who sincerely follow Shrimat gradually experience remarkable changes.

Their:

- Thoughts become cleaner.
- Speech becomes sweeter.
- Decisions become wiser.
- Relationships become more harmonious.
- Fear decreases.
- Spiritual power increases.

People around them begin to notice:

- Calmness in their face.
- Stability in their behavior.
- Positivity in their attitude.

These are practical signs of a Shrimat-based life.

Shrimat and Transformation from Human to Deity

The ultimate purpose of Shrimat is transformation.
God's aim is not merely to provide information.
His aim is to elevate souls.
That is why Baba says:
"Shrimat is what transforms you from an ordinary man into Narayan."
(Sakar Murli, 03-05-1972)
This transformation happens gradually.
Every thought aligned with Shrimat takes the soul one step closer to its original divine qualities.

A Daily Example of Following Shrimat

A Shrimat-based day may look like this:

Morning

- Amrit Vela meditation
- Yoga
- Murli study

During the Day

- Sweet speech
- Pure thoughts
- Honest actions
- Respectful interactions

Evening

- Self-checking
- Gratitude to Baba
- Reviewing the day's actions

Such a lifestyle steadily elevates the soul.

Self-Reflection

Ask yourself:

- Do I make important decisions according to Shrimat?
- Do I check whether my actions are influenced by Manmat?
- Am I willing to make spiritual effort for long-term benefit?
- How often do I seek Baba's guidance before acting?



Chapter Summary

✓ Humanity suffers because it follows Manmat instead of Shrimat.

✓ Shrimat leads to true welfare and spiritual progress.

✓ Shrimat purifies karma and improves destiny.

✓ Shrimat creates peace, clarity, and spiritual power.

✓ Shrimat protects the soul from Maya.

✓ Every step taken according to Shrimat brings the soul closer to perfection.

Powerful Murli Quotes

"Manmat causes great sorrow."
(Avyakt Murli, 12-11-1985)
"Place every step according to Shrimat."
(Sakar Murli, 10-10-1970)
"As is your effort now, so will be your future status."
(Sakar Murli, 22-02-1971)
"Shrimat is what transforms you from an ordinary man into Narayan."
(Sakar Murli, 03-05-1972)

Chapter Conclusion

The greatest blessing available to a soul is divine direction.
Human opinions may guide us temporarily, but only Shrimat can guide us safely through every stage of life.
When a soul learns to place every step according to God's directions, it experiences peace in the present, protection in difficult times, and an elevated destiny for the future.
Following Shrimat is not a restriction—it is the pathway to true freedom, happiness, and spiritual success.
Om Shanti. 🙏
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Chapter 4
Murli — Shiv Baba's Direct Versions
The Divine Source of Shrimat

Introduction

Every student needs a teacher.
Every traveler needs a map.
Every soul needs a source of true guidance.
In the path of spiritual knowledge, that divine source is the **Murli**.
The Murli is not merely a spiritual discourse, religious scripture, or motivational lecture. It is considered the direct teaching through which the Supreme Father Shiva imparts spiritual wisdom, divine directions, and elevated sustenance to souls.
If Shrimat is the destination, then Murli is the road that leads us there.

What is Murli?

The word **Murli** literally means "flute."
Just as the sweet sound of Krishna's flute attracted souls, the Murli attracts souls toward their original purity and divinity.
In the Brahma Kumaris spiritual understanding, Murli refers to the divine teachings spoken by Shiv Baba through Brahma Baba and later through Avyakt BapDada.
Through the Murli, Baba teaches:

- Soul consciousness
- Rajyoga meditation
- Karma philosophy
- Purity
- Spiritual powers
- Divine virtues
- World transformation



The Two Types of Murli

1. Sakar Murli

These are the teachings spoken through the physical medium of Brahma Baba.
They contain:

- Practical spiritual knowledge
- Daily guidance
- Deep explanations of karma
- Instructions for self-transformation

2. Avyakt Murli

These are the elevated versions spoken through Avyakt BapDada after Brahma Baba became avyakt.
These Murlis especially focus on:

- Angelic life
- Spiritual stage
- Deep yoga experiences
- Becoming equal to the Father

Both forms provide Shrimat and spiritual nourishment.

Why Is Murli So Important?

Many people read spiritual books.
Many attend religious gatherings.
Many listen to motivational speakers.
However, Murli is unique because it is regarded as God's direct teaching for the present time.
It is not simply information.
It is spiritual power.
Murli gives:

- Knowledge for the intellect
- Power for the mind
- Purity for actions
- Direction for life

Without regular Murli study, spiritual progress becomes slow.
With Murli, the journey becomes clear and purposeful.

Murli: The Main Source of Shrimat

Shrimat reaches souls through Murli.

Whenever Baba says:

- "Do this."
- "Become this."
- "Pay attention to this."
- "Transform this weakness."

He is giving Shrimat.

Therefore, Murli is the primary source through which we learn God's elevated directions.

A soul that studies Murli regularly gradually learns:

- What is right.
- What is wrong.
- What is Manmat.
- What is Shrimat.
- How to move forward spiritually.

Murli Cleanses the Intellect

The intellect becomes influenced by:

- Negative experiences
- Wrong company
- Body consciousness
- Waste thoughts

As a result, decision-making becomes weak.

Murli acts like spiritual cleansing.

Every day it removes accumulated dust from the intellect and reminds the soul of its original truth.

Gradually:

- Thinking becomes clearer.
- Decisions become stronger.
- Faith becomes deeper.



Murli and Soul Consciousness

One of Baba's most repeated teachings is:

"You are a soul, not a body."

The world constantly reminds us of body consciousness.

Murli constantly reminds us of soul consciousness.

Every day the soul forgets.

Every day Murli reminds.

This daily remembrance strengthens spiritual awareness.

Murli and Spiritual Power

Knowledge alone is not enough.

A person may know many spiritual principles yet still become upset, fearful, or discouraged.

Murli does more than educate.

It empowers.

Regular Murli study gives:

- Courage during difficulties
- Stability during challenges
- Patience during delays
- Faith during uncertainty

The soul begins to feel spiritually supported by Baba.

Why Daily Murli Is Necessary

Some souls think:

"I already know the knowledge."

But Baba repeatedly emphasizes daily study.

Why?

Because spiritual power must be renewed every day.

Just as:

- Food nourishes the body,
- Water refreshes the system,
- Sleep restores energy,

Murli nourishes the soul.

Missing Murli occasionally may not seem significant.

But gradually:

- Enthusiasm decreases.
- Awareness weakens.
- Yoga becomes less powerful.
- Spiritual focus declines.

The Difference Between Reading and Studying Murli

Simply reading words is not enough.

Murli must be:

Read

Understand the points.

Reflected Upon

Think deeply about their meaning.

Applied

Bring them into daily life.

Experienced

Feel their spiritual truth.

Only then does Murli become a transformative force.

Signs of a Murli-Loving Soul

A soul connected to Murli gradually develops:

- Love for knowledge
- Love for Baba
- Spiritual discipline
- Positive thinking
- Stability in situations
- Desire for self-improvement

Such a soul eagerly waits for Murli because it sees Murli as God's personal conversation with the soul.

Obstacles in Murli Study

Sometimes Maya creates obstacles.

Thoughts may arise such as:

- "I am too busy."



- "I'll read later."
- "I already know this."
- "Missing one day won't matter."

These thoughts gradually weaken spiritual effort.
A wise soul recognizes these obstacles and remains regular.

How to Get Maximum Benefit from Murli

1. Read with Respect

Remember that these are divine teachings.

2. Read with Concentration

Avoid distractions while studying.

3. Take One Point Daily

Choose one point to practice.

4. Maintain a Murli Diary

Write:

- A key point
- A weakness to transform
- A practical action for the day

5. Revise Throughout the Day

Recall important Murli points during different situations.
This helps convert knowledge into experience.

A Soul Without Murli

A soul disconnected from Murli may gradually experience:

- Reduced enthusiasm
- Weaker yoga
- Increased waste thoughts
- Less spiritual clarity
- More influence of Manmat

The soul may not notice the change immediately, but the effect accumulates over time.



A Soul Connected to Murli

A soul connected to Murli regularly experiences:

- Greater spiritual awareness
- Stronger decision-making
- Increased happiness
- Better relationships
- More stable yoga
- Greater ability to recognize Shrimat

Murli becomes a daily source of inspiration and power.

Self-Reflection

Ask yourself:

- How regularly do I study Murli?
- Do I simply read, or do I also reflect and apply?
- Which Murli point am I currently practicing?
- Is Murli becoming a part of my daily lifestyle?

Chapter Summary

✓ Murli is the direct teaching through which Shiv Baba gives spiritual knowledge and Shrimat.

✓ There are two forms of Murli: Sakar and Avyakt.

✓ Murli is the primary source of Shrimat.

✓ Daily Murli study strengthens the intellect and spiritual stage.

✓ Murli must be read, reflected upon, and practiced.

✓ A soul connected to Murli progresses steadily on the spiritual path.

Powerful Murli Quotes

"Children, by following Shrimat, you become elevated."

"Listen to Murli daily; your welfare lies in it."

(Sakar Murli, 21-07-1968)

"Remembrance cleans the intellect."

(Sakar Murli)

"The Murli is the treasure of all attainments." *(Murli teaching theme)*

Chapter Conclusion

Murli is not merely a daily lesson.
It is God's daily meeting with the soul.
Every Murli contains:

- Knowledge to awaken,
- Power to transform,
- Guidance to progress,
- And love to sustain.

The soul that treasures Murli gradually learns to recognize Shrimat at every step and moves closer to its original state of purity, peace, and spiritual mastery.

Murli is the lamp that illuminates the path of Shrimat.

Om Shanti. 🙏

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Chapter 5
How to Recognize Shrimat?
Understanding and Identifying God's Directions in Daily Life

Introduction

Every spiritual student desires to follow Shrimat.

However, an important question arises:

How can we recognize Shrimat?

Many times, souls become confused between:

- Their own thoughts,
- The opinions of others,
- And God's directions.

Sometimes a person feels:

“I think this is Shrimat.”

But in reality, it may be Manmat.

Therefore, developing the ability to recognize Shrimat accurately is one of the most important spiritual skills.

The more clearly a soul recognizes Shrimat, the more safely and successfully it can progress on the spiritual path.

Why Is Recognizing Shrimat Important?

Imagine a traveler walking through a dense forest.

If the traveler follows the correct map, he reaches the destination.

If he follows the wrong direction, he becomes lost.

Similarly, spiritual progress depends upon recognizing the correct direction.

Many souls possess knowledge but still struggle because they cannot always distinguish between:

- Manmat,
- Parmat,
- And Shrimat.

The intellect must become refined enough to identify God's guidance clearly.



The Main Source of Shrimat

The first and most important source of Shrimat is the **Murli**.

Murli contains God's direct teachings and elevated directions for souls.

A soul that regularly studies Murli develops the ability to recognize Shrimat more easily.

Baba says:

"Listen to Murli daily; your welfare lies in it."

(Sakar Murli, 21-07-1968)

Without Murli, the intellect may become influenced by personal opinions and worldly thinking.

With Murli, the intellect gradually learns God's way of thinking.

Sign 1: Shrimat Always Leads to Purity

One of the easiest ways to identify Shrimat is by observing its direction.

Shrimat always moves the soul toward:

- Purity
- Peace
- Truth
- Humility
- Spiritual progress

It never encourages:

- Anger
- Ego
- Attachment
- Jealousy
- Impurity

Whenever a thought increases purity, there is a strong possibility that it is aligned with Shrimat.

Sign 2: Shrimat Benefits Everyone

Manmat usually focuses on:

"What do I want?"

Shrimat asks:

"What is beneficial for everyone?"



God's directions never create harm.
Shrimat brings benefit not only to the individual but also to:

- Family
- Society
- Relationships
- Spiritual growth

Its results are always uplifting.

Sign 3: Shrimat Creates Inner Peace

Before making an important decision, observe your inner stage.
Manmat often creates:

- Restlessness
- Doubt
- Fear
- Emotional pressure

Shrimat creates:

- Stability
- Peace
- Clarity
- Confidence

Even when Shrimat requires effort, it gives an inner feeling of correctness.

Sign 4: Shrimat Is Based on Soul Consciousness

Body consciousness creates:

- Ego
- Competition
- Expectations
- Hurt feelings

Soul consciousness creates:

- Respect
- Compassion
- Detachment
- Spiritual vision

A direction that strengthens soul consciousness is usually aligned with Shrimat.



Why Some Souls Cannot Recognize Shrimat

Sometimes Shrimat is available, yet the soul fails to recognize it.

Why?

Because the intellect may be covered by:

- Ego
- Attachment
- Laziness
- Negative thinking
- Body consciousness

These influences distort spiritual understanding.

Just as a dusty mirror cannot reflect clearly, an impure intellect cannot recognize Shrimat clearly.

The Role of Yoga in Recognizing Shrimat

Baba repeatedly teaches that remembrance purifies the intellect.

"Remembrance cleans the intellect."

When the soul practices Yoga:

- The mind becomes peaceful.
- The intellect becomes clear.
- Spiritual sensitivity increases.

Then the soul begins to understand even subtle directions from Baba.

Yoga makes the intellect capable of recognizing Shrimat beyond words.

The Importance of Soul Consciousness

Baba teaches:

"You are a soul, not a body."

This teaching is directly connected with recognizing Shrimat.

A body-conscious intellect usually asks:

- What benefits me?
- What do people think?
- What do I prefer?

A soul-conscious intellect asks:

- What is right?



- What is elevated?
- What would Baba want?

This change in perspective helps the soul identify Shrimat accurately.

Three Essential Requirements for Recognizing Shrimat

1. Regular Murli Study

Murli is the primary source of Shrimat.

A soul who studies Murli daily develops spiritual understanding and discrimination power.

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2. Yog-Yukt Stage

If the mind is disturbed, the intellect cannot make clear decisions.

Yoga makes the soul:

- Peaceful
- Stable
- Subtle

Only then can the soul understand the deeper signals of Shrimat.

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3. Honest Self-Checking

A soul must regularly ask:

- Am I following Shrimat?
- Am I following my own preferences?
- Am I influenced by others' opinions?

Self-checking keeps the intellect honest and accurate.

Common Mistakes While Identifying Shrimat

Mistake 1: Assuming Every Thought Is Shrimat

Not every thought comes from God.

Many thoughts arise from:

- Habits
- Emotions
- Desires
- Past sanskars

Therefore thoughts must be checked against Murli principles.



Mistake 2: Following Convenience

Sometimes a soul chooses what is easy and labels it as Shrimat.
However, Shrimat often requires effort, discipline, and transformation.
Convenience alone is not proof of Shrimat.

Mistake 3: Following Majority Opinion

Just because many people believe something does not automatically make it Shrimat.
Truth is determined by God's directions, not by popularity.

Practical Questions to Identify Shrimat

Before taking an important step, ask yourself:

Question 1

Is this in harmony with Murli teachings?

Question 2

Will this increase peace, purity, and power?

Question 3

Am I acting from soul consciousness or body consciousness?

Question 4

Is this based on ego or humility?

Question 5

Would I feel comfortable explaining this decision to Baba?
If the answers are positive, the direction is likely closer to Shrimat.

The Blessing of Following Recognized Shrimat

When a soul correctly recognizes and follows Shrimat:

- Decision-making improves.
- Fear decreases.
- Spiritual power increases.
- Relationships become smoother.
- Progress becomes faster.

Most importantly, the soul develops a deep sense of companionship with Baba.
The soul begins to experience:



“Baba is guiding me at every step.”

Self-Reflection

Ask yourself:

- Do I study Murli regularly?
- Is my intellect peaceful enough to recognize Shrimat?
- How often do I confuse Manmat with Shrimat?
- What quality do I need most to strengthen my recognition of Shrimat?

Chapter Summary

✓ Murli is the primary source of Shrimat.

✓ Shrimat always leads toward purity, peace, and spiritual progress.

✓ Yoga purifies the intellect and helps recognize Shrimat.

✓ Soul consciousness is essential for understanding God's directions.

✓ Regular self-checking protects the soul from confusion.

✓ The more accurately we recognize Shrimat, the more successful our spiritual journey becomes.

Powerful Murli Quotes

“Listen to Murli daily; your welfare lies in it.”
(Sakar Murli, 21-07-1968)
“Remembrance cleans the intellect.”
(Sakar Murli)
“You are a soul, not a body.”
(Sakar Murli)
“Place every step according to Shrimat.”
(Sakar Murli, 10-10-1970)

Chapter Conclusion

Recognizing Shrimat is not merely an intellectual exercise.
It is the art of developing such a pure, peaceful, and powerful intellect that God's directions become naturally clear.



A soul that studies Murli, practices Yoga, and performs honest self-checking gradually develops this ability.
Then life becomes simpler.
Decisions become clearer.
And every step becomes guided by the Supreme Teacher Himself.
To recognize Shrimat is to walk safely under God's guidance.
Om Shanti. 🙏
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Chapter 6
Obstacles in Following Shrimat
Understanding Maya, Old Sanskars, and Spiritual Challenges

Introduction
Most souls understand that Shrimat is beneficial.
They know that following God's directions brings peace, happiness, and an elevated destiny.
Yet a common question arises:
If Shrimat is so beneficial, why do many souls find it difficult to follow?
The answer lies in the obstacles that arise on the spiritual journey.
Every soul that decides to follow Shrimat faces challenges.
These obstacles do not appear to stop us permanently; they appear to help us become stronger and more powerful.
Understanding these obstacles is the first step toward overcoming them.

Why Do Obstacles Come?
Whenever a person decides to improve, opposition naturally appears.
For example:

- A student faces examinations.
- An athlete faces intense training.
- A spiritual seeker faces Maya.

Similarly, when a soul begins following Shrimat, old habits and weaknesses begin to surface.
These obstacles reveal areas that still need transformation.



The Biggest Obstacle: Maya

In spiritual language, **Maya** refers to the force that pulls the soul away from its original purity and from God's directions.

Baba explains:

"Maya first takes the soul away from Shrimat."

(Avyakt Murli, 14-03-1980)

Maya rarely attacks openly.

Instead, it works subtly through:

- Thoughts
- Emotions
- Circumstances
- Old habits

Its goal is simple:

To separate the soul from Shrimat.

Maya's Common Tricks

Maya often creates thoughts such as:

- "This is too difficult."
- "You can start tomorrow."
- "One day won't matter."
- "Everyone else is doing it."
- "Why make so much effort?"

At first these thoughts appear harmless.

But if accepted repeatedly, they gradually weaken spiritual effort.

Obstacle 1: Laziness

One of the most common obstacles is laziness.

The soul may know what is right.

Yet the mind says:

"Later."

For example:

- Delaying Murli study.
- Skipping Amrit Vela.

- Postponing Yoga.
- Avoiding self-checking.

The problem with laziness is that it slowly steals spiritual power without the soul noticing.

Obstacle 2: Old Sanskars

Many habits have been carried for numerous births.

These old sanskars may include:

- Anger
- Ego
- Attachment
- Impatience
- Carelessness
- Dependency

When Shrimat challenges these sanskars, inner resistance appears.

The soul may know the right action but still feel pulled toward old patterns.

This is part of spiritual transformation.

Obstacle 3: Body Consciousness

Baba repeatedly teaches:

"You are a soul, not a body."

However, body consciousness remains one of the greatest barriers to Shrimat.

Body consciousness creates:

- Ego
- Expectations
- Hurt feelings
- Jealousy
- Comparison

When these emotions dominate, Shrimat becomes difficult to follow.

Soul consciousness makes Shrimat easy.

Body consciousness makes Shrimat difficult.



Obstacle 4: Influence of Others

Many souls become influenced by:

- Family members
- Friends
- Society
- Public opinion

This is the influence of Parmat.

Sometimes people may discourage spiritual effort by saying:

- "You are doing too much."
- "Why wake up so early?"
- "You should relax more."
- "Spirituality is not that important."

A soul must learn to respect others while remaining faithful to Shrimat.

Obstacle 5: Attachment

Attachment clouds spiritual judgment.

An attached intellect often knows what is right but struggles to act accordingly.

Attachment may exist toward:

- People
- Possessions
- Comfort
- Habits
- Positions

When attachment becomes strong, Shrimat may appear inconvenient.

Therefore Baba teaches detachment along with love.

Obstacle 6: Anger

Anger is one of Maya's strongest weapons.

In moments of anger:

- Wisdom disappears.
- Patience disappears.
- Shrimat is forgotten.

The mind demands immediate reaction.

Yet Shrimat teaches:



- Tolerance
- Peace
- Understanding

Following Shrimat during anger is one of the greatest spiritual victories.

Obstacle 7: Doubt

Doubt weakens spiritual power.

Questions such as:

- "Will this really work?"
- "Am I progressing?"
- "Does Baba truly help me?"

can gradually reduce enthusiasm.

Faith and experience grow together.

The more a soul follows Shrimat, the more positive experiences it receives.

These experiences strengthen faith.

Obstacle 8: Waste Thoughts

Many souls lose energy not through major mistakes but through waste thinking.

Examples include:

- Overthinking
- Imagining problems
- Replaying past situations
- Worrying about the future

Waste thoughts consume spiritual energy.

Shrimat teaches simplicity and focus.

A powerful intellect learns to stop unnecessary thinking.

Why Shrimat Sometimes Feels Difficult

Many births of following Manmat have created strong habits.

The mind seeks:

- Immediate comfort
- Quick pleasure
- Easy solutions

But Shrimat often asks for:



- Discipline
- Patience
- Self-control
- Transformation

For example:

- Waking up early
- Remaining peaceful during criticism
- Forgiving others
- Maintaining purity
- Studying Murli regularly

These efforts require determination.

How to Overcome Obstacles

1. Strengthen Amrit Vela

Amrit Vela charges the soul spiritually.

A strong morning creates a strong day.

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2. Study Murli Regularly

Murli provides:

- Direction
- Clarity
- Motivation
- Power

Regular study keeps the intellect connected to Shrimat.

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3. Practice Daily Yoga

Yoga strengthens:

- Tolerance power
- Decision-making power
- Stability
- Spiritual awareness

A Yog-Yukt soul recognizes obstacles earlier and handles them more effectively.



4. Perform Self-Checking

Every evening ask:

- Where did I follow Shrimat?
- Where did Manmat emerge?
- Which weakness appeared today?
- What will I improve tomorrow?

Self-checking prevents small weaknesses from becoming major problems.

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5. Keep Baba's Company

The closer a soul remains to Baba through remembrance, the weaker Maya becomes.

When the connection is strong:

- Courage increases.
- Faith increases.
- Obstacles appear smaller.

The Hidden Benefit of Obstacles

Many souls dislike challenges.

However, obstacles often become opportunities for growth.

Without challenges:

- Tolerance cannot develop.
- Faith cannot deepen.
- Spiritual power cannot emerge.

Each obstacle provides a chance to prove love for Baba and commitment to Shrimat.

Signs of Victory Over Obstacles

A soul progressing successfully on Shrimat gradually develops:

- Greater patience
- More stability
- Less reaction
- Stronger faith
- Better self-control
- Increased happiness

Challenges may still come, but they no longer control the soul.

Self-Reflection

Ask yourself:

- Which obstacle affects me most frequently?
- Is it laziness, anger, attachment, or waste thoughts?
- How strong is my daily connection with Baba?
- What one obstacle will I focus on overcoming this month?

Chapter Summary

✓ Every soul faces obstacles while following Shrimat.

✓ Maya's main aim is to separate the soul from Shrimat.

✓ Common obstacles include laziness, old sanskars, body consciousness, attachment, anger, doubt, and waste thoughts.

✓ Murli, Yoga, Amrit Vela, and self-checking are powerful tools for victory.

✓ Obstacles are opportunities for spiritual growth.

✓ Every victory over Maya strengthens the soul.

Powerful Murli Quotes

"Maya first takes the soul away from Shrimat."
(Avyakt Murli, 14-03-1980)
"Listen to Murli daily; your welfare lies in it."
(Sakar Murli, 21-07-1968)
"Remembrance cleans the intellect."
"You are a soul, not a body."

Chapter Conclusion

Following Shrimat is not always easy, but it is always worthwhile.
Every obstacle is temporary.
Every victory is permanent.
The soul that remains determined, studies Murli regularly, practices Yoga sincerely, and continues to move forward despite challenges eventually becomes powerful enough to remain stable in every situation.

Maya tests the soul, but Shrimat makes the soul victorious.

Om Shanti. 🙏

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Chapter 7
Shrimat and the Excellence of Karma
How God's Directions Transform Actions and Create an Elevated Destiny

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Introduction

Every soul performs actions throughout the day.
From the moment we wake up until we go to sleep, we think, speak, and act continuously.
Every thought is a karma.
Every word is a karma.
Every action is a karma.
The quality of our life depends upon the quality of our karma.
The quality of our karma depends upon the guidance behind it.
When actions are performed according to Manmat, they often create sorrow.
When actions are performed according to Shrimat, they become elevated and create happiness, peace, and an elevated destiny.

Understanding Karma

The law of karma is one of the most important spiritual laws.
It states:
Every action produces a result.
Just as a seed eventually produces fruit, every karma eventually produces a return.
Good actions bring positive returns.
Negative actions bring painful returns.
No karma is ever lost.
Everything eventually returns to the soul.
Therefore, understanding karma is essential for creating a happy future.

Why Do Souls Suffer?

Many people ask:

"Why do problems come into my life?"

Often the answer lies in past karmic accounts.

Sometimes souls experience:

- Stress
- Conflict
- Failure
- Illness
- Relationship problems

without understanding their deeper causes.

The law of karma teaches that today's experiences are connected with yesterday's actions.

Therefore, if we wish to change our future, we must change our present karma.

What Makes Karma Elevated?

Not all good-looking actions are elevated karma.

The value of karma depends upon:

- The intention behind it.
- The consciousness behind it.
- The direction behind it.

Two people may perform the same action.

One may create ordinary karma.

The other may create elevated karma.

The difference lies in their consciousness and motivation.

Shrimat: The Foundation of Elevated Karma

Shrimat transforms ordinary actions into elevated actions.

Why?

Because Shrimat comes from the Supreme Father, who knows what is spiritually beneficial.

When a soul follows Shrimat:

- Thoughts become pure.
- Intentions become clean.



- Actions become elevated.

As a result, karma becomes powerful and beneficial.

The Difference Between Ordinary Karma and Elevated Karma

Ordinary Karma

Performed according to:

- Habit
- Desire
- Ego
- Attachment
- Personal preference

Results:

- Temporary happiness
- Mixed returns
- Karmic bondage

Elevated Karma

Performed according to:

- Shrimat
- Soul consciousness
- Purity
- Good wishes
- Spiritual awareness

Results:

- Peace
- Spiritual power
- Positive destiny
- Liberation from bondage

Shrimat and Karmic Purity

One of Baba's main teachings is:

Make every action elevated.

Shrimat teaches the soul how to:

- Speak with sweetness.

- Act with honesty.
- Serve selflessly.
- Remain peaceful.
- Maintain purity.

When these qualities are present, karma becomes pure.
Pure karma creates pure results.

The Role of Intention in Karma

A person's intention determines the spiritual quality of karma.
For example:
Giving charity may appear noble.
But if done for praise, recognition, or ego, its spiritual value decreases.
If the same action is performed with:

- Humility
- Love
- Service consciousness

it becomes elevated karma.
Shrimat teaches souls to purify not only actions but also intentions.

Shrimat and Relationships

Many karmic accounts are created through relationships.
Most relationship problems arise because people act under the influence of:

- Expectations
- Anger
- Ego
- Attachment

Shrimat teaches:

- Respect
- Tolerance
- Forgiveness
- Cooperation

When these qualities are practiced, karmic accounts become lighter and relationships improve.



Shrimat and Decision-Making

Every decision creates karma.

Therefore every decision shapes destiny.

When decisions are based on:

- Emotions
- Impulses
- Personal desires

mistakes become more likely.

But when decisions are based on Shrimat:

- Wisdom increases.
- Accuracy improves.
- Future consequences become more positive.

That is why Baba repeatedly advises:

"Place every step according to Shrimat."

Shrimat and the Purification of Past Karma

Many souls wonder:

"Can past karmic burdens be reduced?"

Spiritual knowledge teaches that elevated actions have transformative power.

When a soul:

- Practices Yoga,
- Follows Shrimat,
- Maintains purity,
- Performs elevated actions,

its karmic accounts gradually begin to settle.

The soul becomes lighter and more powerful.

Everyday Examples of Elevated Karma

Situation 1: Someone Criticizes You

Manmat Response

React with anger.

Shrimat Response

Remain peaceful and respectful.

Result:

Positive karma is created.

Situation 2: Someone Makes a Mistake
Manmat Response
Criticize and blame.
Shrimat Response
Guide with patience and understanding.
Result:
The relationship becomes stronger.

Situation 3: Success Arrives
Manmat Response
Become proud.
Shrimat Response
Remain humble and thankful.
Result:
The soul remains stable and elevated.

Shrimat and Professional Life
Many people believe spirituality applies only to meditation.
In reality, Shrimat applies to every area of life.
At work, Shrimat encourages:

- Honesty
- Integrity
- Responsibility
- Respect
- Discipline

A person who works according to Shrimat earns not only success but also respect and blessings.

Shrimat and Time
Time itself is a valuable resource.
Many people waste time through:

- Idle talk



- Negative thinking
- Laziness
- Distractions

Shrimat teaches the importance of using time wisely.
An elevated soul recognizes that every moment is an opportunity to create positive karma.

Signs of Elevated Karma
A soul consistently following Shrimat begins to experience:

- Greater peace
- Improved relationships
- Better decision-making
- Reduced fear
- Spiritual confidence
- Inner satisfaction

These are signs that elevated karma is being created.

Why Elevated Karma Creates an Elevated Destiny
Destiny is not created by luck.
Destiny is created by karma.
Today's actions become tomorrow's circumstances.
Therefore:
Elevated Karma → Elevated Destiny
Every thought, word, and action performed according to Shrimat becomes an investment in the future.
The soul gradually builds:

- Happiness
- Success
- Peace
- Spiritual attainment

Self-Reflection
Ask yourself:

- What type of karma am I creating daily?



- Are my actions guided by Shrimat or personal preference?
- How do I respond during challenging situations?
- What one karma can I improve starting today?

Chapter Summary

✓ Every thought, word, and action creates karma.

✓ The quality of karma determines the quality of destiny.

✓ Shrimat transforms ordinary karma into elevated karma.

✓ Pure intentions create powerful results.

✓ Elevated karma improves relationships and spiritual progress.

✓ Today's karma becomes tomorrow's destiny.

Powerful Murli Quotes

"Place every step according to Shrimat."
(Sakar Murli, 10-10-1970)
"As is your effort now, so will be your future status."
(Sakar Murli, 22-02-1971)
"Children, by following Shrimat, you become elevated."
"Shrimat is what transforms you from an ordinary man into Narayan."
(Sakar Murli, 03-05-1972)

Chapter Conclusion

Karma is the pen with which every soul writes its destiny.
Every day, every thought, every word, and every action becomes part of that destiny.
Shrimat ensures that this destiny is beautiful, elevated, and filled with blessings.
The soul that follows Shrimat does not merely perform actions—it performs **elevated karma**.
And elevated karma eventually creates an **elevated life, elevated relationships, and an elevated future.**

Om Shanti. 🙏

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Chapter 8
Signs of a Shrimat-Based Life
How to Recognize Whether Shrimat Is Becoming a Practical Reality in Life

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Introduction

Many souls study Murli, practice Yoga, and listen to spiritual knowledge.
But an important question remains:
How do we know whether we are truly following Shrimat?
Merely hearing knowledge is not enough.
The real purpose of knowledge is transformation.
A person's spiritual progress is not measured by how much knowledge they know, but by how much of that knowledge has become part of their thoughts, words, attitudes, and actions.
When Shrimat becomes practical, certain signs begin to appear naturally in life.
These signs indicate that the soul is moving closer to its original divine nature.

What Is a Shrimat-Based Life?

A Shrimat-based life is a life guided by God's directions rather than by personal preferences.
Such a person gradually learns to ask:
“What does Baba want?”
instead of:
“What do I feel like doing?”
This simple shift transforms every area of life.
Thoughts become elevated.
Actions become pure.
Relationships become harmonious.
The soul begins to live according to spiritual principles rather than temporary emotions.

Sign 1: Greater Stability in Situations

Life is full of changing situations.
Sometimes circumstances are favorable.
Sometimes they are challenging.
A person following Manmat is usually influenced by circumstances.
A person following Shrimat learns to remain stable.
Whether success comes or failure comes, they maintain balance.
Their peace is not dependent upon situations.
Their stability comes from their connection with Baba.

Sign 2: Reduction in Waste Thoughts

One of the earliest signs of spiritual progress is a reduction in waste thinking.
Before following Shrimat, the mind may be occupied with:

- Worry
- Doubt
- Comparison
- Criticism
- Fear

As Shrimat becomes practical:

- Thoughts become cleaner.
- The mind becomes lighter.
- Concentration improves.

The soul begins to think less and understand more.

Sign 3: Sweetness in Speech

Words reveal the stage of the soul.
A Shrimat-based soul gradually develops:

- Politeness
- Gentleness
- Respect
- Compassion

Even during disagreement, such a person speaks with dignity.
Baba teaches that words should be:

- Truthful

- Sweet
- Beneficial

When Shrimat is being followed, harsh speech naturally decreases.

Sign 4: Increased Tolerance Power

Many conflicts arise because people react immediately.
A Shrimat-based soul develops tolerance power.
Instead of reacting, it understands.
Instead of becoming upset, it remains patient.
Tolerance is not weakness.
It is spiritual strength.
The ability to remain peaceful when challenged is one of the clearest signs of progress.

Sign 5: Less Influence of Ego

Ego creates separation.
Humility creates connection.
A person guided by ego constantly seeks:

- Recognition
- Praise
- Importance

A person guided by Shrimat focuses on:

- Service
- Cooperation
- Learning
- Improvement

Such a soul becomes more humble as it progresses spiritually.
The more knowledge it receives, the more modest it becomes.

Sign 6: Improved Relationships

Relationships are often the mirror of spiritual progress.
As Shrimat becomes practical:

- Arguments decrease.
- Understanding increases.

- Forgiveness becomes easier.
- Expectations reduce.

The soul learns to see virtues instead of weaknesses.
This change creates harmony in family life, workplace interactions, and spiritual relationships.

Sign 7: Better Decision-Making

A Shrimat-based intellect becomes more accurate.
Instead of making decisions impulsively, the soul learns to:

- Reflect
- Check Murli principles
- Remember Baba
- Act with wisdom

As a result:

- Mistakes decrease.
- Clarity increases.
- Confidence grows.

The soul begins to trust God's guidance more than personal preferences.

Sign 8: Love for Murli

One of the strongest signs of a Shrimat-based life is love for Murli.
Murli no longer feels like a duty.
It becomes a necessity.
Just as the body needs food, the soul begins to feel the need for daily spiritual nourishment.
A Murli-loving soul eagerly looks for:

- New points
- Deeper understanding
- Opportunities for application

Murli becomes a daily source of inspiration and power.

Sign 9: Greater Attraction Toward Yoga

As Shrimat becomes practical, the soul naturally enjoys Yoga more.
Meditation is no longer viewed as an obligation.



It becomes a source of:

- Peace
- Comfort
- Strength
- Happiness

The soul begins to enjoy Baba's company.
Moments of remembrance become precious.

Sign 10: More Honest Self-Checking

A Shrimat-based soul does not focus on others' weaknesses.
Instead, it regularly checks itself.
Questions such as:

- What did I learn today?
- Which weakness emerged?
- What can I improve tomorrow?

become part of daily life.
Such self-checking accelerates spiritual growth.

Sign 11: Reduced Dependency on Praise

Many people depend upon appreciation for happiness.
When praised, they feel happy.
When criticized, they feel upset.
A Shrimat-based soul gradually becomes internally stable.
Its happiness comes from:

- Baba's love
- Spiritual progress
- Self-respect

External opinions lose much of their influence.

Sign 12: Service Becomes Natural

A soul following Shrimat naturally develops a service-oriented attitude.
It begins to think:

- How can I help?
- How can I inspire?

- How can I benefit others?

Service is no longer viewed as an obligation.
It becomes an expression of love and gratitude.

Sign 13: Greater Faith During Difficult Times

Anyone can remain positive during easy times.
The real test comes during challenges.
A Shrimat-based soul develops faith.
Instead of asking:
"Why is this happening?"
it asks:
"What can I learn from this?"
This attitude transforms difficulties into opportunities for growth.

Sign 14: Happiness Without External Reasons

One of the highest signs of a Shrimat-based life is inner happiness.
This happiness does not depend upon:

- Wealth
- Position
- Recognition
- Circumstances

It arises from:

- Spiritual awareness
- Purity
- Baba's companionship

Such happiness remains stable even during changing situations.

Why Transformation Takes Time

Some souls become discouraged because changes seem slow.
However, transformation is a gradual process.
A tree does not grow overnight.
Similarly, spiritual growth requires:

- Consistent effort
- Patience



- Faith
- Regular practice

Every sincere effort made according to Shrimat eventually produces results.

Daily Check for a Shrimat-Based Life

At the end of each day, ask yourself:

✓ Was I peaceful today?

✓ Did I speak sweetly?

✓ Did I remain stable in situations?

✓ Did I remember Baba during challenges?

✓ Did I follow Shrimat over personal preference?

✓ Did I improve in any area today?

These simple questions help measure spiritual progress.

Self-Reflection

Ask yourself:

- Which sign of a Shrimat-based life is strongest in me?
- Which sign needs the most improvement?
- What practical step can I take today to strengthen my Shrimat-based living?
- Am I becoming more soul-conscious each day?

Chapter Summary

✓ A Shrimat-based life is guided by God's directions rather than personal preferences.

✓ Stability, peace, tolerance, humility, and sweet speech are signs of spiritual progress.

✓ Love for Murli and Yoga increases naturally.

✓ Relationships improve as Shrimat becomes practical.

✓ Service and self-checking become natural habits.

✓ Inner happiness becomes independent of external situations.



Powerful Murli Quotes

“Children, by following Shrimat, you become elevated.”

“Place every step according to Shrimat.”

“You are a soul, not a body.”

“Those who follow Shrimat are never deceived.”

Chapter Conclusion

A Shrimat-based life is not built in a single day.

It is created through thousands of small choices made according to God's directions.

Every peaceful response,

Every pure thought,

Every act of tolerance,

Every moment of remembrance,

and every effort to follow Shrimat brings the soul closer to its original divine state.

The greatest proof of spiritual progress is not what we know—it is what we have become.

When Shrimat becomes our nature, life itself becomes a living example of God's teachings.

Om Shanti. 🙏

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Chapter 9
Blessings and Attainments Received Through Shrimat
The Spiritual Treasures That Naturally Emerge When a Soul Follows God's Directions

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Introduction

Every human being seeks attainments.
Some seek wealth.
Some seek success.
Some seek recognition.
Some seek happiness.
Yet despite achieving many worldly attainments, many people still feel incomplete.
Why?
Because material attainments satisfy temporary needs, while the soul seeks eternal attainments.
Shrimat is the pathway through which God enables souls to receive their highest attainments.
The more sincerely a soul follows Shrimat, the more blessings, powers, virtues, and spiritual treasures it experiences.

What Is an Attainment?

An attainment is something valuable that enriches life.
Worldly attainments may include:

- Money
- Position
- Fame
- Possessions

Spiritual attainments include:

- Peace
- Purity
- Love
- Happiness
- Wisdom



- Power

Unlike material attainments, spiritual attainments cannot be stolen, damaged, or lost through circumstances.
They remain with the soul.

Why Does Shrimat Bring Attainments?
Shrimat is not merely a set of instructions.
It is God's method of restoring the soul to its original state.
When the soul follows Shrimat:

- The intellect becomes pure.
- The mind becomes powerful.
- Actions become elevated.
- Relationships become harmonious.

As a result, divine attainments naturally emerge.

Attainment 1: Peace
Peace is one of the first blessings received through Shrimat.
Many people search for peace outside themselves.
However, peace is a natural quality of the soul.
When the soul follows Shrimat:

- Waste thoughts decrease.
- Worries reduce.
- Inner conflict diminishes.

Gradually, a deep sense of peace develops.
This peace remains even during difficult situations.

Attainment 2: Spiritual Power
Knowledge alone is not enough.
The soul also needs power.
Power helps us:

- Tolerate challenges.
- Overcome weaknesses.
- Face difficulties.
- Remain stable.

Through Murli study, Yoga, and Shrimat, the soul develops spiritual strength.
This strength becomes visible in daily life.

Attainment 3: Purity

Purity is one of the greatest treasures of the spiritual path.
Purity means:

- Pure thoughts
- Pure intentions
- Pure words
- Pure actions

Shrimat constantly guides the soul toward purity.
As purity increases:

- The intellect becomes clearer.
- Relationships improve.
- Happiness increases.

Purity creates spiritual beauty.

Attainment 4: Self-Respect

Many people depend on others for appreciation.
When praised, they feel happy.
When criticized, they feel discouraged.
Shrimat teaches the soul to develop self-respect.
Self-respect comes from knowing:
I am a peaceful soul.
I am a child of God.
I have divine qualities.
This awareness creates inner confidence.

Attainment 5: Freedom from Fear

Fear weakens the intellect.
Fear arises when the soul feels alone or uncertain.
A soul following Shrimat develops faith.
It experiences:
Baba is with me.



Baba is guiding me.
Baba is protecting me.
This awareness gradually reduces fear and increases courage.

Attainment 6: Accurate Decision-Making
Many people suffer because of poor decisions.
Shrimat strengthens discrimination power.
The soul learns:

- What is right.
- What is beneficial.
- What is elevated.

As the intellect becomes cleaner, decisions become more accurate.
This attainment protects the soul from many future problems.

Attainment 7: Happiness
Happiness is one of the most sought-after attainments.
However, worldly happiness is often temporary.
It depends upon circumstances.
Spiritual happiness is different.
It comes from:

- Soul consciousness
- Baba's remembrance
- Pure actions
- Spiritual progress

A soul following Shrimat begins to experience happiness without external reasons.

Attainment 8: Divine Virtues
Every soul originally possesses divine qualities.
Over time these qualities become hidden beneath body consciousness.
Shrimat helps restore virtues such as:

- Patience
- Humility
- Love
- Kindness

- Honesty
- Tolerance
- Contentment

These virtues make life beautiful.

Attainment 9: Better Relationships

Relationships improve naturally when Shrimat is followed.

Why?

Because Shrimat teaches:

- Respect
- Understanding
- Cooperation
- Forgiveness

When these qualities increase:

- Arguments decrease.
- Expectations reduce.
- Harmony grows.

Relationships become lighter and happier.

Attainment 10: Blessings from Others

People naturally bless those who give happiness.

A Shrimat-based soul develops the habit of:

- Speaking sweetly.
- Helping others.
- Encouraging others.
- Remaining peaceful.

As a result, blessings are received from many souls.

These blessings become invisible spiritual support.

Attainment 11: Contentment

Modern society constantly encourages comparison.

Comparison creates dissatisfaction.

Shrimat teaches contentment.

Contentment does not mean lack of progress.



It means appreciating what we have while continuing to improve.
A contented soul remains happy in every situation.

Attainment 12: The Power to Face Situations
Challenges are unavoidable.
However, Shrimat develops the power to face them.
A powerful soul does not run away from problems.
Instead, it remains stable and finds solutions.
This ability becomes one of the greatest attainments of spiritual life.

Attainment 13: Baba's Companionship
Perhaps the greatest attainment of all is the experience of God's companionship.
Many souls feel lonely despite being surrounded by people.
A soul connected with Baba never feels alone.
It experiences:

- Guidance
- Support
- Love
- Protection

This spiritual companionship becomes a constant source of strength.

Attainment 14: An Elevated Destiny
Every attainment received through Shrimat contributes toward an elevated destiny.
Baba teaches:
“As is your effort now, so will be your future status.”
Every step taken according to Shrimat becomes a foundation for future happiness and spiritual success.

Why Some Souls Miss These Attainments
Many souls desire attainments but avoid the effort required.
They may:

- Study irregularly.
- Neglect Yoga.
- Follow Manmat.



- Ignore self-checking.

Attainments are not received merely by wishing.
They are received through consistent effort and obedience to Shrimat.

How to Increase Spiritual Attainments

1. Daily Murli Study

Murli keeps the intellect connected to Shrimat.

2. Regular Yoga

Yoga strengthens the soul's connection with Baba.

3. Honest Self-Transformation

Focus on changing weaknesses rather than noticing others' faults.

4. Consistent Effort

Small daily efforts accumulate into great attainments.

5. Follow Shrimat in Practical Life

Knowledge becomes attainment only when applied.

Self-Reflection

Ask yourself:

- Which attainment do I value most?
- Which attainment is already visible in my life?
- Which attainment do I need to develop further?
- Am I making consistent efforts to follow Shrimat?

Chapter Summary

✓ Shrimat brings spiritual attainments that are far more valuable than material attainments.

✓ Peace, purity, happiness, and spiritual power naturally emerge through Shrimat.

✓ Divine virtues and better relationships develop through elevated actions.

✓ Baba's companionship is one of the greatest spiritual attainments.

✓ Consistent effort and obedience to Shrimat create an elevated destiny.



Powerful Murli Quotes

“Children, by following Shrimat, you become elevated.”

“Place every step according to Shrimat.”

“As is your effort now, so will be your future status.”

“Shrimat is what transforms you from an ordinary man into Narayan.”

Chapter Conclusion

The world offers countless attainments, but none compare with the attainments received through Shrimat.

Wealth may bring comfort.

Success may bring recognition.

But only Shrimat brings lasting peace, purity, power, happiness, and spiritual fulfillment.

The soul that faithfully follows God's directions gradually becomes rich with divine treasures that remain with it forever.

The greatest attainment is not what we possess—it is what we become.

And through Shrimat, God helps every soul become its highest and most elevated self.

Om Shanti. 🙏

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Chapter 10
Shrimat and the Journey from Ordinary Human to Narayan
The Divine Process of Spiritual Transformation

Introduction

One of the most beautiful teachings of Shiv Baba is that every soul has the potential to become elevated.
No soul is born great.
No soul is permanently weak.
Every soul possesses divine qualities in its original form.
However, over many births, body consciousness, vices, and negative sanskars have covered these original virtues.
Through Shrimat, God helps souls reclaim their lost greatness.
That is why Baba says:
"Shrimat is what transforms you from an ordinary man into Narayan."
This transformation is not physical.
It is spiritual.
It is the journey from limitation to perfection, from weakness to power, and from ordinary humanity to deityhood.

Who Is Narayan?

In spiritual understanding, Narayan represents:

- Complete purity
- Perfect virtues
- Spiritual royalty
- Divine character
- Elevated consciousness

Narayan symbolizes the highest stage of human perfection.
The goal of Shrimat is not merely to make us better people.
Its goal is to make us complete and virtuous souls.



Why Have Souls Become Ordinary?

Originally every soul possessed:

- Peace
- Love
- Purity
- Happiness
- Power

As the cycle progressed, souls gradually became influenced by:

- Lust
- Anger
- Greed
- Attachment
- Ego

These vices weakened the soul.

The original divine qualities became hidden.

As a result:

- Happiness decreased.
- Peace disappeared.
- Relationships became difficult.
- Spiritual power weakened.

Thus, souls who were once deity-like became ordinary human beings.

God's Purpose at the Confluence Age

At the Confluence Age, Shiv Baba comes with a special purpose:

To transform impure souls into pure souls.

He does not merely teach knowledge.

He teaches transformation.

Every Murli point, every Shrimat, and every spiritual effort serves one purpose:

To help the soul return to its original elevated state.

Transformation Begins with Awareness

Every transformation starts with realization.

The first realization Baba gives is:

“You are a soul, not a body.”



This awareness changes everything.
Instead of identifying with:

- Name
- Position
- Gender
- Wealth
- Status

the soul begins identifying with its eternal spiritual identity.
Soul consciousness becomes the foundation of transformation.

Step 1: Following Shrimat

The journey from ordinary human to Narayan begins with obedience.
Every time the soul follows Shrimat:

- A weakness becomes weaker.
- A virtue becomes stronger.

Every act of obedience creates spiritual progress.
No effort made according to Shrimat is ever wasted.

Step 2: Purifying Thoughts

Transformation begins in the mind.
Before actions change, thoughts must change.
Shrimat teaches the soul to develop:

- Positive thinking
- Pure intentions
- Elevated vision
- Good wishes for all

As thoughts become pure, actions naturally improve.

Step 3: Purifying Speech

Words have tremendous power.
Words can:

- Heal
- Encourage
- Inspire



or

- Hurt
- Discourage
- Create conflict

A Narayan-like soul speaks:

- Sweetly
- Respectfully
- Truthfully
- Beneficially

Shrimat gradually transforms speech from ordinary to elevated.

Step 4: Purifying Actions

Every action leaves an impression on the soul.

Shrimat teaches:

- Honesty
- Responsibility
- Discipline
- Purity

When actions become elevated, destiny also becomes elevated.

This is the practical aspect of spiritual transformation.

Step 5: Replacing Vices with Virtues

Transformation requires more than removing weaknesses.

Virtues must replace them.

Replace:

- Anger with peace
- Ego with humility
- Attachment with detachment
- Greed with contentment
- Jealousy with appreciation

Each victory over a vice brings the soul closer to deityhood.

Step 6: Developing Spiritual Powers

Baba teaches that virtues alone are not enough.



The soul also requires powers.
These include:

- Power to tolerate
- Power to face
- Power to discern
- Power to decide
- Power to cooperate
- Power to accommodate

These powers help the soul remain stable under all circumstances.

Step 7: Becoming Yog-Yukt

Transformation becomes complete through Yoga.
Knowledge shows the path.
Yoga provides the power to walk it.
Through remembrance of Baba:

- The intellect becomes pure.
- The heart becomes light.
- The soul becomes powerful.

Yoga acts like spiritual fuel for transformation.

Signs That Transformation Is Happening

A soul progressing toward Narayan-like qualities begins to notice:

Less Reaction

Situations no longer control emotions.

More Peace

Inner stability increases.

Greater Tolerance

Patience becomes natural.

Increased Humility

The desire for recognition decreases.

More Happiness

Joy arises from within.

Better Relationships

Understanding replaces conflict.



These are practical signs that Shrimat is working.

Why Transformation Takes Time

Many souls expect instant change.
However, old sanskars have developed over many births.
Transformation is gradual.
Just as a sculptor patiently shapes a stone into a beautiful statue, Baba patiently transforms souls through Shrimat.
Every sincere effort contributes to this process.

Obstacles on the Journey

The journey from ordinary human to Narayan is not without challenges.
Common obstacles include:

- Laziness
- Doubt
- Ego
- Attachment
- Carelessness

These obstacles are not signs of failure.
They are opportunities to become stronger.
Every challenge conquered increases spiritual power.

The Role of Self-Checking

A wise soul checks itself regularly.
Questions such as:

- What did I improve today?
- Which weakness emerged?
- Which virtue increased?
- Did I follow Shrimat today?

help accelerate transformation.
Daily self-checking keeps progress steady.



The Final Goal

The ultimate goal is not merely spiritual knowledge.
The goal is transformation.
Baba does not simply want knowledgeable souls.
He wants transformed souls.
Souls who are:

- Pure
- Peaceful
- Powerful
- Loving
- Humble
- Virtuous

Such souls become examples for the world.

The Reward of Transformation

The reward of following Shrimat is immense.
The soul receives:

- Inner peace
- Spiritual power
- Divine virtues
- Elevated destiny
- Baba's companionship

Most importantly, the soul regains its lost dignity and original greatness.

Self-Reflection

Ask yourself:

- Which virtue has increased in me recently?
- Which weakness still needs transformation?
- Am I becoming more soul-conscious?
- What step can I take today to become closer to my original divine nature?



Chapter Summary

✓ Every soul has the potential to become deity-like.

✓ Shrimat is the method through which God transforms souls.

✓ Transformation begins with soul consciousness.

✓ Thoughts, words, and actions must become pure.

✓ Vices must be replaced with virtues.

✓ Yoga provides the power for transformation.

✓ Consistent effort gradually transforms an ordinary human into a Narayan-like soul.

Powerful Murli Quotes

"Shrimat is what transforms you from an ordinary man into Narayan."
"Children, by following Shrimat, you become elevated."
"You are a soul, not a body."
"Place every step according to Shrimat."

Chapter Conclusion

The journey from ordinary human to Narayan is the most important journey a soul can undertake.
It is not a journey of distance.
It is a journey of consciousness.
Every pure thought,
Every act of obedience,
Every moment of Yoga,
Every victory over a weakness,
and every step taken according to Shrimat brings the soul closer to its original divine form.
God does not see souls as they are today.
He sees what they can become.
And through Shrimat, He lovingly guides every soul toward that highest destiny.
From human to deity.
From weakness to mastery.



From ordinary to extraordinary.
This is the miracle of Shrimat.
Om Shanti. 🙏
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Chapter 11
Practical Ways to Follow Shrimat in Daily Life
Transforming Divine Knowledge into Daily Practice

Introduction
Many souls sincerely love Baba.
They enjoy listening to Murli, practicing Yoga, and attending spiritual classes.
However, spiritual progress does not depend only on knowledge.
The real transformation occurs when Shrimat becomes part of daily life.
The question is not:
"Do I know Shrimat?"
The more important question is:
"Am I living Shrimat?"
Even a small amount of knowledge, when practiced consistently, can transform a soul's life.
This chapter focuses on practical methods that help make Shrimat a natural part of everyday living.

Why Practical Application Is Important
A doctor becomes successful not merely by studying medicine but by practicing it.
Similarly, spiritual knowledge becomes powerful only when applied.
Knowledge without application remains information.
Knowledge with application becomes transformation.
Baba wants souls not only to listen to Murli but also to become embodiments of Murli.

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1. Begin the Day with Baba
The first thoughts of the morning influence the entire day.
Therefore Baba emphasizes the importance of **Amrit Vela**.

Before becoming busy with the world:

- Remember Baba.
- Experience yourself as a soul.
- Create elevated thoughts.

A few moments of powerful remembrance in the morning can strengthen the entire day.

Daily Practice

Upon waking, remind yourself:

"I am a peaceful soul."

"I belong to Baba."

"Today I will follow Shrimat."

---

2. Study Murli Regularly

Murli is the daily source of Shrimat.

Without guidance, the intellect may gradually follow old habits.

Murli provides:

- Direction
- Inspiration
- Correction
- Spiritual nourishment

Daily Practice

After studying Murli, ask:

"Which one point will I practice today?"

Applying one point daily creates steady progress.

---

3. Maintain Soul Consciousness

Throughout the day, repeatedly remind yourself:

"I am a soul."

Most problems arise because of body consciousness.

Soul consciousness naturally develops:

- Respect
- Peace
- Detachment
- Stability

Daily Practice
Whenever interacting with someone, silently think:
"This is a soul."
This simple practice transforms relationships.

---

4. Pause Before Reacting
Many mistakes occur because reactions are immediate.
When a difficult situation arises:
Do Not React Immediately
Pause.
Remember Baba.
Check your thoughts.
Then respond.
Daily Practice
Use the formula:
Pause → Remember → Check → Respond
This single habit can prevent many conflicts.

---

5. Speak According to Shrimat
Words create karma.
Before speaking, ask:
Is it True?
Is it Necessary?
Is it Beneficial?
Is it Sweet?
Shrimat teaches that speech should give happiness rather than sorrow.
Daily Practice
At the end of the day, review:
Did my words give happiness today?

---

6. Practice the Power of Tolerance
Every day brings situations that test patience.
People may:

- Disagree



- Criticize
- Misunderstand

A Shrimat-based soul develops tolerance.
Tolerance is not suppression.
It is the strength to remain peaceful despite challenges.

Daily Practice

When disturbed, remind yourself:
"This is an opportunity to develop power."

---

7. Check Your Intentions

Actions alone do not determine karma.
Intentions also matter.
Before acting, ask:
Why am I doing this?

Is it:

- Ego?
- Recognition?
- Attachment?

Or is it:

- Service?
- Love?
- Responsibility?

Pure intentions create elevated karma.

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8. Develop the Habit of Self-Checking

Successful spiritual students regularly check themselves.
Without self-checking, weaknesses remain hidden.

Daily Practice

Every evening ask:

- What did I do well today?
- Where did I follow Shrimat?
- Where did Manmat emerge?
- What will I improve tomorrow?

Self-checking accelerates growth.



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9. Keep Good Company

The company we keep influences our thinking.

Positive company strengthens spiritual effort.

Negative company weakens it.

Daily Practice

Spend time with:

- Murli
- Spiritual conversations
- Positive souls
- Baba's remembrance

These strengthen determination.

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10. Use Time Wisely

Time is one of God's greatest gifts.

Many people waste time through:

- Idle talk
- Complaints
- Gossip
- Overthinking

Shrimat teaches respect for time.

Daily Practice

Before beginning an activity, ask:

Is this the best use of my time right now?

---

11. See Virtues, Not Weaknesses

One common habit is noticing faults in others.

Shrimat teaches virtue-conscious vision.

Every soul has specialties.

Daily Practice

Whenever you notice a weakness, deliberately look for a virtue as well.

This develops a positive vision.



12. Remain Connected Throughout the Day

Yoga should not be limited to meditation sessions.

Connection with Baba can continue throughout daily activities.

Daily Practice

Take one-minute remembrance breaks:

- Before meetings
- Before meals
- Before important decisions
- Before sleeping

These short connections maintain spiritual power.

---

13. Follow Shrimat in Difficult Situations

Following Shrimat during easy situations is simple.

The true test comes during challenges.

When difficulties arise:

- Remain peaceful.
- Remember Baba.
- Trust Shrimat.

These moments create the greatest spiritual growth.

---

14. Make Service a Natural Habit

Service does not always require a stage or microphone.

Service can occur through:

- A smile
- Encouragement
- Good wishes
- Positive words
- Helping others

Daily Practice

Ask yourself:

"How can I give happiness today?"

---

15. End the Day with Gratitude

A beautiful day ends with gratitude.

Before sleeping:

- Thank Baba.
- Review the day.
- Learn from mistakes.
- Let go of unnecessary thoughts.

Gratitude creates contentment and peaceful sleep.

Daily Practice

Before sleeping, think:

"Thank you Baba for Your guidance today."

A Simple Daily Shrimat Routine

Morning

- ✅ Amrit Vela
- ✅ Yoga
- ✅ Murli Study

During the Day

- ✅ Soul Consciousness
- ✅ Sweet Speech
- ✅ Positive Vision
- ✅ Remembrance Breaks

Evening

- ✅ Self-Checking
- ✅ Gratitude
- ✅ Planning Improvement



The Secret of Consistency

Many souls attempt major changes and become discouraged.

Baba teaches steady effort.

Small efforts performed daily are more powerful than occasional large efforts.

Transformation occurs gradually.

Every day:

- One better thought.
- One better response.
- One better action.

These small victories create great change over time.

Self-Reflection

Ask yourself:

- Which Shrimat practice am I strongest in?
- Which one needs improvement?
- What one new practice will I begin today?
- Am I turning knowledge into action?

Chapter Summary

✓ Shrimat becomes powerful when practiced daily.

✓ Amrit Vela, Murli, Yoga, and self-checking strengthen spiritual progress.

✓ Soul consciousness improves relationships and decision-making.

✓ Sweet speech and tolerance create elevated karma.

✓ Small daily efforts lead to major transformation.

✓ Consistency is the secret of success on the spiritual path.

Powerful Murli Quotes

"Children, by following Shrimat, you become elevated."

"Place every step according to Shrimat."

"You are a soul, not a body."

"As is your effort now, so will be your future status."

Chapter Conclusion



Shrimat is not meant to remain inside books, classes, or discussions.
Its true purpose is to become a way of life.
Every moment provides an opportunity to practice:

- Peace instead of anger.
- Humility instead of ego.
- Understanding instead of judgment.
- Baba's directions instead of personal preference.

The soul that consistently practices Shrimat discovers that spirituality is not separate from life—it becomes the foundation of life itself.

Knowledge shows the path.
Practice walks the path.
Consistency reaches the destination.

Om Shanti. 🙏

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Chapter 12
The Final Promise of Shrimat
The Divine Inheritance, Self-Sovereignty, and Highest Destiny Awaiting Every Soul

---

Introduction

Throughout this book, we have explored the meaning, importance, and practical application of Shrimat.

We have learned:

- What Shrimat is.
- Why it is necessary.
- How to recognize it.
- How to overcome obstacles.
- How it transforms karma.
- How it changes destiny.
- How it transforms an ordinary soul into a deity-like being.

Now an important question remains:

What is the final result of following Shrimat?

What is the ultimate promise God gives to souls who faithfully follow His directions?

The answer is profound.

The final promise of Shrimat is not merely peace, happiness, or success.

The final promise is the restoration of the soul's original sovereignty, purity, and divine inheritance.

God's Promise to His Children

Every loving parent desires the best for their children.

The Supreme Father is no different.

When Shiv Baba gives Shrimat, He does so with a clear purpose:

To help souls reclaim everything they have lost.

Over the cycle, souls have lost:

- Peace
- Purity



- Happiness
- Power
- Self-respect
- Spiritual royalty

Shrimat is God's method of restoring these treasures.

The Meaning of Divine Inheritance

Inheritance is something received from a parent.

Worldly inheritance may include:

- Money
- Property
- Possessions

God's inheritance is far greater.

It includes:

- Eternal peace
- Divine happiness
- Spiritual power
- Pure relationships
- Self-sovereignty
- A kingdom of virtues

These attainments accompany the soul far beyond a single lifetime.

What Is Self-Sovereignty?

Baba often teaches that the first kingdom we must rule is ourselves.

Many people try to control circumstances.

Others try to control people.

But true mastery begins with self-mastery.

A self-sovereign soul rules over:

- Thoughts
- Emotions
- Desires
- Reactions
- Sanskars

Instead of being controlled by anger, ego, or attachment, such a soul remains the master.
This is called:
Self-Sovereignty
And Shrimat is the path that leads to it.

Freedom from the Slavery of the Vices
The five major vices:

- Lust
- Anger
- Greed
- Attachment
- Ego

have ruled humanity for many births.
Many people think they are free.
Yet they become angry when provoked.
They become worried when circumstances change.
They become unhappy when expectations are not fulfilled.
This is not freedom.
It is subtle slavery.
Shrimat gradually frees the soul from these chains.
Each victory over a vice restores spiritual freedom.

The Return of Original Qualities
The soul's original nature is:

- Peaceful
- Pure
- Loving
- Joyful
- Powerful

These qualities never disappear completely.
They become hidden beneath layers of body consciousness.
Shrimat removes those layers.
As spiritual effort continues:



- Peace re-emerges.
- Love re-emerges.
- Happiness re-emerges.
- Wisdom re-emerges.

The soul begins to recognize its true self once again.

The Promise of an Elevated Destiny

Baba repeatedly teaches:

"As is your effort now, so will be your future status."

Destiny is not determined by luck.

Destiny is created through effort.

Every act of obedience to Shrimat contributes toward an elevated future.

Nothing is wasted.

Every:

- Pure thought
- Elevated action
- Moment of Yoga
- Victory over Maya

becomes part of the soul's future fortune.

Shrimat and the Golden-Aged Kingdom

According to spiritual knowledge, the present Confluence Age is a time of transformation.

The old world is nearing completion.

A new world is being prepared.

The souls who follow Shrimat today become worthy of participating in that future world.

That future kingdom is characterized by:

- Purity
- Peace
- Prosperity
- Harmony
- Spiritual royalty

Shrimat prepares souls for that elevated destiny.



The Greatest Attainment: Closeness to God

Many blessings arise through Shrimat.
However, one blessing stands above all others.
That blessing is:
A close relationship with the Supreme Father.
As the soul follows Shrimat:

- Trust deepens.
- Love deepens.
- Faith deepens.

The soul begins to feel:
Baba is with me.
Baba is guiding me.
Baba is helping me.
This relationship becomes a source of unlimited strength.

Why God Gives Shrimat

Some people think spiritual disciplines are restrictions.
In reality, Shrimat is a gift.
Every Shrimat protects the soul from future sorrow.
Every Shrimat leads toward greater happiness.
God never asks souls to do something for His benefit.
He gives directions solely for the benefit of the soul.
Every instruction carries hidden blessings.

The Reward of Obedience

A child who trusts and follows a loving parent remains safe.
Similarly, a soul who follows Shrimat receives protection.
The reward of obedience includes:

- Inner peace
- Spiritual power
- Divine virtues
- Elevated karma
- Blessings



- Happiness
- Future fortune

Most importantly, obedience creates closeness to Baba.

The Final Victory

The spiritual journey is ultimately a journey of victory.

Victory over:

- Maya
- Weaknesses
- Old sanskars
- Fear
- Body consciousness

Every soul that remains determined and continues following Shrimat eventually experiences this victory.

The victory may not happen overnight.

But every sincere effort moves the soul closer.

The Call of the Present Time

The present time is extremely valuable.

Baba repeatedly reminds souls that this is the age of transformation.

This is not the time to delay.

This is the time to:

- Awaken.
- Transform.
- Progress.
- Claim the inheritance.

The opportunity available now is rare and precious.

A Vision of the Future Self

Imagine yourself:

- Completely peaceful.
- Completely fearless.
- Completely pure.
- Filled with virtues.



- Stable in every situation.
- Close to Baba.

This is not an impossible dream.
This is the destiny Shrimat is preparing you for.
Every step according to Shrimat moves you closer to this reality.

Self-Reflection

Ask yourself:

- Do I truly trust Shrimat?
- Am I making sincere effort every day?
- Which virtue has grown most through this journey?
- What one commitment will I make to Baba today?

Chapter Summary

✓ Shrimat restores the soul's lost inheritance.

✓ Self-sovereignty is one of the greatest attainments.

✓ Shrimat frees the soul from the influence of the vices.

✓ Every effort according to Shrimat creates an elevated destiny.

✓ The highest attainment is closeness to God.

✓ The final promise of Shrimat is spiritual royalty, divine inheritance, and eternal happiness.

Powerful Murli Quotes

“Children, by following Shrimat, you become elevated.”
“Place every step according to Shrimat.”
“As is your effort now, so will be your future status.”
“Shrimat is what transforms you from an ordinary man into Narayan.”

Final Conclusion of the Book

Shrimat is not merely guidance.
It is God's hand extended toward every soul.
It is a divine invitation:
Come back to your original self.



Come back to peace.
Come back to purity.
Come back to your highest destiny.
The journey may require effort.
There may be challenges.
There may be tests.
But every step taken according to Shrimat brings the soul closer to its eternal inheritance.
May we always remember:
Shrimat is the path.
Baba is the Guide.
Transformation is the journey.
Perfection is the destination.
May every thought, word, and action be inspired by God's elevated directions.
May every soul become an embodiment of peace, purity, power, and love.
And may we all claim the highest fortune that Baba has prepared for His children.
Om Shanti. 🙏
End of Book
"Follow Shrimat, and your life becomes elevated.
Follow Shrimat consistently, and your destiny becomes divine." ✨
****
Special Sections After the Final Chapter

1. **30-Day Shrimat Practice Challenge**
2. **Daily Shrimat Self-Checking Tracker**
3. **Powerful Murli Quotes Collection**
4. **Personal Reflection Journal Pages**
5. **Final Message of Gratitude**
6. **Feedback & Contact Page**

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30-Day Shrimat Practice Challenge

A One-Month Journey to Transform Knowledge into Experience

Introduction

The purpose of this 30-Day Challenge is simple:

To make Shrimat a practical part of daily life.

For the next 30 days, focus on one spiritual practice each day. Complete the task sincerely and record your experience.

Remember:

✓ Progress is more important than perfection.

✓ Consistency is more important than intensity.

✓ Every effort receives Baba's blessings.

Week 1: Foundation of Soul Consciousness

Day 1 – Soul Awareness

Throughout the day, remind yourself every hour:

"I am a peaceful soul."

☐ Completed

Day 2 – Amrit Vela

Wake up 15 minutes earlier and spend time in remembrance of Baba.

☐ Completed

Day 3 – Murli Point Practice

Choose one Murli point and consciously practice it throughout the day.

☐ Completed

Day 4 – Positive Vision

See only specialties in every person you meet today.

☐ Completed

Day 5 – Sweet Speech Day
Speak only words that are true, beneficial, and sweet.
☐ Completed

Day 6 – Gratitude Practice
Write down 10 blessings Baba has given you.
☐ Completed

Day 7 – Self-Checking
Review your entire week and identify one weakness to improve.
☐ Completed

Week 2: Conquering Old Sanskars
Day 8 – Anger-Free Day
Practice remaining peaceful in every situation.
☐ Completed

Day 9 – No Complaints Day
Avoid complaining about people, situations, or circumstances.
☐ Completed

Day 10 – Tolerance Power
Remain stable during any uncomfortable situation.
☐ Completed

Day 11 – Humility Practice
Perform a good deed without seeking recognition.
☐ Completed

Day 12 – Patience Day
Avoid rushing and remain calm throughout the day.
☐ Completed



Day 13 – Forgiveness Day
Forgive someone from your heart and send them good wishes.
☐ Completed

Day 14 – Detachment Practice
Practice being loving yet detached in relationships.
☐ Completed

Week 3: Strengthening Connection with Baba
Day 15 – Remembrance Breaks
Take a one-minute Yoga break every hour.
☐ Completed

Day 16 – Silent Reflection
Spend 15 minutes in silence reflecting on your spiritual journey.
☐ Completed

Day 17 – Baba's Companion
Throughout the day, maintain the awareness:
"Baba is with me."
☐ Completed

Day 18 – Powerful Thoughts
Replace every negative thought with a positive spiritual thought.
☐ Completed

Day 19 – Virtue Awareness
Focus on expressing one virtue throughout the day.
Examples:

- Peace
- Love
- Humility
- Patience

☐ Completed

Day 20 – Deep Murli Study
Study Murli slowly and note three points that touched your heart.
☐ Completed

Day 21 – Spiritual Diary
Write about your experiences of following Shrimat.
☐ Completed

Week 4: Becoming an Embodiment of Shrimat
Day 22 – Service Through Words
Give encouragement and happiness to at least five people.
☐ Completed

Day 23 – Service Through Attitude
Radiate peace and good wishes to everyone you meet.
☐ Completed

Day 24 – Time Management
Use every hour meaningfully and avoid wasteful activities.
☐ Completed

Day 25 – Contentment Day
Remain content regardless of circumstances.
☐ Completed

Day 26 – Cooperation Day
Support and cooperate with others selflessly.
☐ Completed



Day 27 – Self-Sovereignty Check
Observe whether your mind obeys your decisions.
☐ Completed

Day 28 – Shrimat-Based Decisions
Before every important action, ask:
"What would Baba want me to do?"
☐ Completed

Day 29 – Day of Deep Gratitude
Thank Baba for every blessing received in life.
☐ Completed

Day 30 – Commitment Day
Write a personal promise to Baba regarding your spiritual growth.
My Commitment:

☐ Completed

Final Reflection
After completing the challenge, answer these questions:
1. What was my greatest spiritual achievement?

---

2. Which weakness reduced the most?

---

3. Which virtue increased the most?

---

4. What experience of Baba touched my heart the most?

5. What Shrimat will I continue practicing daily?

Completion Certificate
Congratulations!
You have successfully completed the
30-Day Shrimat Practice Challenge
May this journey help you become:

- 🌟 More Soul Conscious
- 🌟 More Peaceful
- 🌟 More Powerful
- 🌟 More Pure
- 🌟 More Loving
- 🌟 More Connected with Baba

Remember:
Every day of Shrimat is a step toward self-sovereignty.
Every effort of remembrance is a step toward your divine destiny.
Om Shanti. 🙏 ✨
****

Daily Shrimat Self-Checking Tracker

A Daily Spiritual Progress Journal

Instructions

At the end of each day, spend 5–10 minutes reflecting honestly on your thoughts, words, actions, and spiritual stage.

Remember:

Self-checking is the key to self-transformation.

Rate yourself from:

⭐ 1 = Needs Improvement

⭐⭐ 2 = Fair

⭐⭐⭐ 3 = Good

⭐⭐⭐⭐ 4 = Very Good

⭐⭐⭐⭐⭐ 5 = Excellent

Daily Self-Checking Sheet

Date: _____

Connection with Baba

Question	Rating
Did I remember Baba throughout the day?	_____
Was my Amrit Vela powerful?	_____
Did I study Murli sincerely?	_____
Did I practice soul consciousness?	_____

Thoughts

Question	Rating
Were my thoughts positive?	_____
Did I avoid waste thoughts?	_____
Did I maintain good wishes for everyone?	_____
Did I remain peaceful in challenging situations?	_____



Words

Question	Rating
Were my words sweet and respectful?	_____
Did I avoid criticism and gossip?	_____
Did my words give happiness to others?	_____

Actions

Question	Rating
Did I follow Shrimat in my actions?	_____
Did I use my time wisely?	_____
Did I perform acts of service?	_____
Did I maintain honesty and purity?	_____

Spiritual Powers

Power	Rating
Tolerance Power	_____
Cooperation Power	_____
Decision-Making Power	_____
Detachment Power	_____
Courage Power	_____

Today's Greatest Success

Area Needing Improvement



One Shrimat I Will Practice Tomorrow

Gratitude to Baba

Thank You Baba for:

Weekly Progress Review

Week Number: _____

What virtue increased most this week?

Which weakness emerged most often?

What spiritual achievement am I proud of?

What will I improve next week?

Monthly Reflection

What transformation have I noticed in myself?

How has my relationship with Baba improved?

Which Shrimat has benefited me the most?

My Spiritual Goal for Next Month



Powerful Murli Quotes Collection

Golden Gems of Wisdom from Shiv Baba

On Shrimat

"Place every step according to Shrimat."
"Children, by following Shrimat, you become elevated."
"Shrimat is the highest direction for every soul."
"Those who follow Shrimat become worthy of a high status."

On Soul Consciousness

"You are a soul, not a body."
"Become soul conscious and all weaknesses will finish."
"A soul-conscious stage is the foundation of spiritual life."
"Remember who you are, and you will remain powerful."

On Yoga

"Remembrance is the pilgrimage that purifies the soul."
"Yoga is the method to become powerful."
"Children, remember the Father and your sins will be burnt away."
"The more remembrance you have, the more powerful you become."

On Purity

"Purity is the mother of peace and happiness."
"Without purity there can be no lasting peace."
"Purity makes the soul beautiful."
"Pure thoughts create an elevated destiny."

On Effort

"As is your effort now, so will be your future status."
"Constant effort brings constant success."
"Never become careless in spiritual effort."
"Victory belongs to those who remain courageous."



On Time

"Time is your greatest treasure."
"Do not waste even one second."
"Use every moment in a worthwhile way."
"Those who value time become worthy of great attainments."

On Self-Transformation

"Change yourself and the world will change."
"Do not look at others; look at yourself."
"The greatest victory is victory over the self."
"Transformation is the proof of true knowledge."

On Tolerance

"Tolerance is not weakness; it is spiritual strength."
"Those who tolerate become great."
"A tolerant soul remains stable in every situation."
"Learn the art of remaining peaceful during challenges."

On Humility

"The more elevated you become, the more humble you should become."
"Humility attracts blessings."
"The sign of true greatness is simplicity."
"Bow down in humility and you will become worthy of respect."

On Happiness

"Happiness is your original nature."
"Remain cheerful and distribute happiness."
"Do not allow situations to steal your happiness."
"A happy soul naturally inspires others."

On Service

“Service increases spiritual power.”
“Give happiness and receive blessings.”
“Become an instrument for world benefit.”
“The best service is to become an example.”

On Baba's Love

“Baba's love is the greatest treasure.”
“Never think you are alone; Baba is always with you.”
“The Father never leaves the hand of a courageous child.”
“Experience Baba's companionship and all fear will finish.”

On Destiny

“Your present effort is creating your future kingdom.”
“Every elevated action becomes future fortune.”
“Claim your inheritance through Shrimat.”
“The destiny of a faithful child is always elevated.”

Final Inspiration

Follow Shrimat when it is easy.
Follow Shrimat when it is difficult.
Follow Shrimat when no one is watching.
Follow Shrimat consistently.

Because every step taken according to God's directions becomes a step toward peace, power, purity, self-sovereignty, and your highest destiny.

Om Shanti. 🙏 ✨

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Personal Reflection Journal Pages
My Journey with Shrimat

Reflection Page 1 – Knowing Myself
Date: _____
Today I learned:

The virtue I expressed most today:

The weakness I need to transform:

One blessing I received from Baba:

Reflection Page 2 – My Relationship with Baba
What does Baba mean to me?

When did I feel Baba's presence most strongly?

What is Baba teaching me at this stage of my life?

Reflection Page 3 – My Spiritual Growth
The biggest change I have noticed in myself:



A fear or weakness I have overcome:

The virtue I wish to develop further:

Reflection Page 4 – My Commitment to Shrimat

The Shrimat that has impacted my life the most:

How will I apply it in daily life?

My spiritual goal for the next 3 months:

Reflection Page 5 – Letter to Baba

Dear Baba,

With love and gratitude,
Your child



My Personal Spiritual Resolutions

✓ I will remember that I am a soul.

✓ I will strive to follow Shrimat daily.

✓ I will practice peace in every situation.

✓ I will see specialties in others.

✓ I will remain connected to Baba through Yoga.

✓ I will continue my journey of self-transformation.

Signature: _____

Date: _____

****

Final Message of Gratitude

With Heartfelt Thanks

Dear Spiritual Reader,

Thank you for taking this journey through the teachings of Shrimat.

Every chapter of this book was written with the sincere intention of helping souls understand, appreciate, and practically apply God's elevated directions in daily life.

If even one thought inspired you to become more peaceful...

If even one lesson helped you become more powerful...

If even one Shrimat encouraged you to move closer to Baba...

Then the purpose of this book has been fulfilled.

Remember that spiritual transformation is not achieved in a single day. It is a beautiful journey of consistent effort, self-awareness, and remembrance of the Supreme Father.

There will be moments of success and moments of challenge, but Baba's hand is always with every sincere child who continues moving forward.

May you always remain:

- 🌟 Soul Conscious
- 🌟 Peaceful
- 🌟 Powerful
- 🌟 Pure
- 🌟 Humble
- 🌟 Loving
- 🌟 Filled with Good Wishes for All

May Baba's blessings accompany every step of your journey.

May Shrimat become your guide, Yoga your strength, and virtues your natural expression.

And may you claim your full spiritual inheritance and your highest destiny.

A Final Thought

"Every thought according to Shrimat is a step toward greatness.

Every moment of remembrance is a step toward self-sovereignty.

Every effort for self-transformation is a step toward your divine destiny."

Thank you for allowing this book to be a part of your spiritual journey.



With best wishes for your continued spiritual progress,

Om Shanti 🙏

Feedback & Contact

Your thoughts, experiences, and suggestions are valuable.

For feedback, spiritual sharing, or book-related communication:

📧 **shivbaba311218@gmail.com**

If this book has benefited you, kindly share it with others so that more souls may benefit from the wisdom of Shrimat.

"Follow Shrimat, and life becomes elevated.

Follow Shrimat consistently, and destiny becomes divine." ✨

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The Path of Shrimat

Who walks the path of Shrimat with faith and grace,
Finds light and peace in every place.
Guided by God's wisdom, pure and bright,
They turn their destiny into a journey of divine light.
Om Shanti. 🙏✨

The Journey of Transformation

Every step in Shrimat is a step toward the sky,
Every remembrance of Baba helps the soul fly high.
The one who dares to change from within,
Discovers a divine future waiting to begin.
Om Shanti. 🙏🌟

Final Closing Shayari

Wealth may fade, and worldly glory may depart,
But Shrimat leaves its imprint on the heart.
Baba's love, remembrance, and service stay forever near,
The soul's true treasure through every passing year.
For those who follow God's directions day by day,
A divine destiny unfolds along the way.

"Follow Shrimat, and your destiny becomes divine." ✨🙏

Om Shanti 🌺



Conclusion

Follow Shrimat, Transform the Self, and Claim Your Divine Destiny

As we reach the end of this journey, it is important to remember that the true value of spiritual knowledge lies not in reading it, but in living it.

Throughout this book, we have explored the meaning of Shrimat, its importance in spiritual life, the obstacles that challenge us, the blessings that come from obedience, and the extraordinary transformation that occurs when a soul follows God's elevated directions.

The essence of all these teachings can be summarized in one simple truth:

Shrimat is God's loving guidance to help every soul become its highest self.

Every soul seeks peace.

Every soul desires happiness.

Every soul longs for love, purity, and fulfillment.

Yet these treasures cannot be found permanently in the outside world. They emerge naturally when the soul reconnects with its original qualities and follows the directions of the Supreme Father.

Shrimat is not a restriction.

It is liberation.

It frees us from the influence of old habits, negative sanskars, and the limitations of body consciousness. It teaches us how to think, speak, and act in ways that create elevated karma and an elevated destiny.

The journey of transformation does not happen overnight.

It is built through small daily efforts:

- One pure thought at a time.
- One moment of remembrance at a time.
- One victory over a weakness at a time.
- One step of Shrimat at a time.

Every sincere effort is noticed by Baba.

Every effort creates spiritual progress.

Every effort brings the soul closer to its original state of peace, purity, power, and happiness.



As you move forward from these pages, do not simply remember the knowledge—become an embodiment of it.
Let Shrimat guide your decisions.
Let soul consciousness shape your relationships.
Let Yoga strengthen your heart.
Let virtues become your natural expression.
And let Baba's love remain the foundation of your life.
Always remember:
You are not an ordinary soul.
You are a child of the Supreme Father.
You are destined for greatness.
You are destined for a divine future.
The path may sometimes be challenging, but the destination is glorious.
With Shrimat as your compass, Baba as your Guide, and sincere effort as your companion, success is certain.
May you continue to move forward with courage, faith, and determination.
May your thoughts remain elevated.
May your actions remain pure.
May your heart remain connected to Baba.
And may you claim the highest inheritance and the most beautiful destiny that God has prepared for His children.
Final Inspiration
Follow Shrimat with faith.
Transform yourself with courage.
Serve the world with love.
And claim your divine destiny with Baba's blessings.
The journey continues...
The transformation continues...
The blessings continue...
And the destination awaits.
Om Shanti. 🙏✨

Baba lovingly reminds us:

"Take one step of courage, and the Father will take a thousand steps to help you."

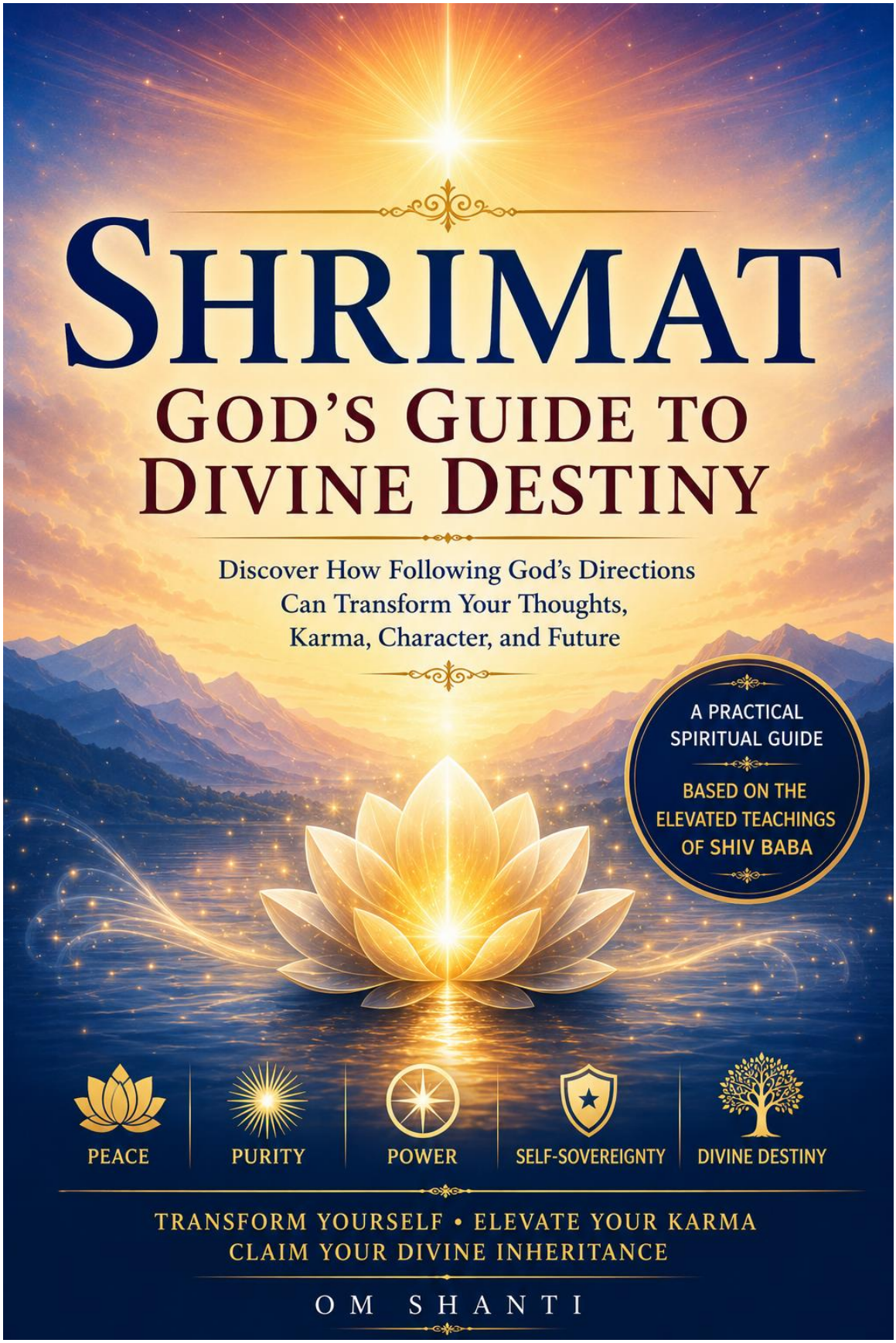
Whenever the journey seems difficult, remember that you are never alone. Every sincere effort, every act of obedience to Shrimat, and every moment of remembrance attracts Baba's blessings and support. The moment a child takes a step toward self-transformation, the Father responds with unlimited love, power, and cooperation.

Closing Quote

"When Shrimat becomes your way of life,
peace becomes your nature,
virtues become your strength,
and destiny becomes divine."

Om Shanti

💐🙏✨


SHRIMAT
GOD'S GUIDE TO DIVINE DESTINY
Discover How Following God's Directions Can Transform Your Thoughts, Karma, Character, and Future
A PRACTICAL SPIRITUAL GUIDE
BASED ON THE ELEVATED TEACHINGS OF SHIV BABA
PEACE
PURITY
POWER
SELF-SOVEREIGNTY
DIVINE DESTINY
TRANSFORM YOURSELF • ELEVATE YOUR KARMA
CLAIM YOUR DIVINE INHERITANCE
OM SHANTI