

Pass with Honour

Finishing Waste

30 Days of Spiritual Power

Week 1 -- April 1 through 7, 2026

How to Use This Program

This is a 30-day practice. Each day focuses on one waste thought and the spiritual power that finishes it.

The title comes from BapDada's teachings. "Pass with honour" carries three meanings at once. To pass every test that comes. To remain *paas* (close) to BapDada. And to let the past be past.

The program is built around one insight from the murlis: waste thoughts are not finished by fighting them. They are finished by spiritual power. When the soul is full of power, there is no room for waste. But when that power is missing, waste fills the space on its own.

Each day has four parts. They are designed to be used at different times.

Baba's Magic Mantra

A short, tender line from Baba, chosen specifically for that day's waste thought. Memorize it in the morning. When the waste thought comes during the day, this is what you reach for. Not analysis. Just Baba's words, already sitting in the intellect, ready to replace the waste.

Over 30 days, you will have 30 mantras. Each one is medicine for a specific pattern.

The Soul-Baba Dialogue

A conversation between the soul and Baba. The soul names what it is experiencing honestly. Baba responds with murli points that go directly to the root of that waste thought.

Read it in the morning, or during the day as if Baba is speaking to you. Read it especially when you need to understand why a particular thought keeps returning.

The Pattern

This section explains how the waste thought works. Why the mind does this. What keeps the loop running. What the old sanskars are doing.

Understanding the pattern takes away its power. When you can see the mechanism, you stop being controlled by it.

The Drill

This is for amrit vela. Five steps. Each one builds on the previous one. The drill is designed so the soul can receive power from Baba. It allows you to stay combined with Baba, and when practiced over a long period of time, the soul becomes a master almighty authority.

You can also use the drill during the day when the waste thought is strong and the magic mantra alone is not enough. Sit for two minutes and move through the five steps.

The Weekly Chart

At the end of the day, before sleep, fill in the chart. Two columns. How many times the waste thought came. How many times you applied the power.

Do not judge the numbers. The purpose is awareness. By the end of the week, you will see your own patterns clearly. That clarity is already transformation.

Baba says: "Apply a full stop with the power to pack up. This practice over a long period of time will make you pass with honour."

The practice starts now.

April 1 - Re-running Conversations

Power: Power to Merge

Waste Thought: Replaying dialogue that is already finished.

Baba's Magic Mantra: *Sweet, sweet child, you are the star of BapDada's eyes. Baba merges you in His eyes.*

Soul: Baba, a conversation keeps playing in my mind. I hear what they said, then what I said, then what I should have said. I rewrite it, replay it, imagine different responses.

Baba: "Sweet child, continue to finish the expansion of thoughts. Because of going into the expansion of your own thoughts, you are not able to understand yourself.

If even your creation, the tortoise, has the power to merge everything in one second, can you, the master creator, not merge all your thoughts in one second and stabilize them in one pure thought? Just as a river merges into an ocean and takes on the same form as the ocean, so you experience all the virtues of the Father in yourself."

Soul: I see, Baba. I thought replaying would bring understanding, but expansion takes me further from clarity. I will merge and become still.

The Pattern

The intellect treats unresolved interactions as open loops. Something was said, something was felt, and the exchange did not reach completion. Or the soul did not experience it as complete. The old sanskars keep the loop active, returning attention to it again and again.

Every replay adds interpretation, and the interpretations pile up into versions of what was meant, what should have been said, what the other person was really thinking. The soul moves away from clarity, deeper into expansion.

The understanding the soul is looking for comes from stillness, not more thinking. This is the power to merge. When the expansion ends, clarity comes on its own.

Power to Merge Drill

- 1. I Am a Soul:** I withdraw from the body and the role. I am a point of light.
- 2. Child of the Ocean:** I turn my intellect toward Baba. I am the junior ocean.
- 3. One Thought:** Everything is benevolent in the drama. This thought holds me.
- 4. See but Do Not Absorb:** The senses report. I let them. I see. I hear. It does not enter. The ocean depth is undisturbed.
- 5. Remain as the Ocean:** Still. Silent. Full. The power to merge is what I am when I am this still.

April 2 - Replaying What Happened

Power: Power to Pack Up

Waste Thought: Replaying a scene that is already finished.

Baba's Magic Mantra: *Sweet, sweet child, I do not allow any of your weaknesses to enter My heart. I forgive you.*

Soul: Baba, something happened and I cannot stop replaying it. The scene runs again and again. I see what occurred, I hear what was said, I feel what I felt. I know it is finished, but my mind keeps returning to it.

Baba: "Sweet child, the key to all treasures is the three dots. The dot of the soul. The dot of the Father. The dot of the full-stop of the drama.

Can you put a full-stop? Or, is it that you try to put a full-stop but it becomes a question mark instead? What? Why? How? What is this?

It is when you mix the present with the past that you create a long queue of waste thoughts."

Soul: I see, Baba. The scene replays because I have not applied the full stop. I keep asking why, what, how. And these questions create a queue.

The Pattern

The intellect, when not engaged, defaults to replay. There is nothing wrong with it. This is simply what an unstimulated intellect does.

The old sanskars pull attention toward what feels unfinished, what carries emotional charge, what was never closed. The mind returns there automatically, the way water flows to the lowest point.

Questions create expansion. Each question opens a new thread. The intellect follows the thread, believing it is moving toward resolution, but the thread leads only to more threads.

Only a decision ends a scene. The scene does not need more understanding. It needs a full stop. This is the power to pack up.

Power to Pack Up Drill

1. I Am a Soul: A traveler. Not from here. Returning home.

2. I Look Up: Simply Baba and I. The destination is clear.

3. I Put It Down: Worry about the future. Guilt about the past. The why. The what if. I put it down. Ten thoughts become one: I am returning home.

4. One Thought Only: I now have to return home. I hold only this. Everything else is excess baggage.

5. I Travel Light: Baggage-free. Simply Baba and I. The power to pack up is what I am when I carry only this.

April 3 - The Pull Toward Distraction

Power: Power to Withdraw

Waste Thought: The restless urge to go somewhere else. The mind reaching for stimulation, escape, something other than what is here.

Baba's Magic Mantra: *Sweet, sweet child, I am such a Companion that I never step away from you.*

Soul: Baba, I notice a pull. The mind wants to go somewhere else. Either to check, to scroll, or to escape. It reaches outward without deciding to reach. And when I stop, I feel emptier than before.

Baba: "Sweet child, introversion is powerful and extroversion is wasteful.

The power of the intellect leaks out due to waste thoughts. By considering yourself as the charioteer, all your sense organs remain under your control. The charioteer can never come under the influence of any sense organ.

Just as the power of science takes one beyond the pull of matter, in the same way, the power of silence takes one beyond all limited attractions."

Soul: I see, Baba. The pull outward is a leak. The power dissipates in small streams. I will turn inward, where You are waiting.

The Pattern

The clicking and scrolling feel like nothing. Small actions. Harmless pauses. But each one is a leak.

When the mind is not occupied, it becomes restless. It looks for something to fill the gap. The phone is always there, always offering something new, something to check. The hand moves before the awareness catches up.

For an introverted soul, the attention stays inside, occupied with churning, with remembrance, with the sweetness of silence.

The power to withdraw is the power to pull the senses back inside when they begin to scatter. To notice the hand reaching, the attention drifting, and to return. Not with force but with recognition.

Power to Withdraw Drill

- 1. I Am a Soul:** Behind this forehead is a small room of light. I am there. Still. Watching.
- 2. I Take the Driver's Seat:** The body is the vehicle. The senses are separate. Eyes, ears, mouth, hands, the thinking mind. I see through these eyes. I hear through these ears. I, the soul, am in the driver's seat.
- 3. I Turn Toward Baba:** Baba is the Companion beside me. The One who knows the destination. I am not driving alone.
- 4. I Apply the Brake:** The senses report. I let them. Baba and I. Nothing pulls me from this seat.
- 5. I Remain Seated:** Stable. Connected. The power to withdraw is what I am when I stay in this seat.

April 4 - Rushing / Impatience

Power: Power of Coolness

Waste Thought: "I need to finish this quickly." "Why is this taking so long?" The restless energy that pushes to get things done faster, faster, faster.

Baba's Magic Mantra: *Sweet, sweet child, because Baba loves you, He cannot bear to see you laboring.*

Soul: Baba, I feel restless. I want things done now. I rush through tasks, rush through conversations, rush through yoga. There is always this pressure to move faster. Why can I not be still?

Baba: "Sweet child, a soul who has the power of coolness will maintain coolness in the speed of thoughts, in words, and in connections, under all circumstances. If the speed of thoughts is fast there is a great deal of waste, and it takes a long time to exercise control.

The one who moves with the correct speed, that is, the one who is the embodiment of the power of coolness, will be safe from that which is wasteful and will be saved from accidents.

Coolness is like the shade of a tree which gives rest and comfort to travelers."

Soul: I see, Baba. So rushing actually creates more waste. I thought I was being efficient. Fast thoughts take longer to control. I will move with the correct speed: not slow, not fast, but accurate.

The Pattern

Rushing is a form of subtle anxiety. The soul believes that faster is better, that finishing quickly means success. But Baba's teaching reveals the faster the thoughts move, the harder they are to control.

The old sanskars equate busyness with importance. If I am rushing, I must be doing something valuable. The soul measures its worth by output rather than quality.

With coolness, the soul becomes like the shade of a tree: restful, comforting, stable.

Power of Coolness Drill

- 1. I Am a Soul:** A point of light. Pure. Naturally cool.
- 2. I Am the Moon:** The Moon has no light of its own. I turn my intellect toward Baba, the Sun of Knowledge. I stay here.
- 3. I Notice What Is Burning:** Fear. The pull of vices. Attachment. Repentance. I see which one is burning. I do not feed it.
- 4. I Receive. I Reflect. I Release:** I receive coolness from Baba. I let it enter. I reflect it outward. The Moon does not clutch the light. It simply shines.
- 5. I Remain as the Moon:** Silent. Stable. Cool. The power of coolness is what I am when I receive and reflect Baba's light.

April 5 - What Will Happen? / How Will It Happen?

Power: Power of Trusteeship

Waste Thought: The mind reaching toward an uncertain future, trying to figure out outcomes it cannot control.

Baba's Magic Mantra: *Sweet, sweet child, the Innocent Lord takes all responsibilities for those children who belong to only One.*

Soul: Baba, my mind keeps asking questions about the future. "What will happen?" "How will it happen?" "What if it goes wrong?" I cannot stop the questions. The uncertainty feels heavy.

Baba: "Sweet child, your alokik form is of being a trustee. When you do everything as a trustee, the burden of wondering, 'What will happen? How will it happen?' will finish.

The method to become carefree is very easy. Transform 'mine' into 'Yours'. It is not mine, but Yours. The moment you accept 'my Baba', the many baskets of burden are removed."

Soul: I see, Baba. The questions come because I am carrying the burden of ownership. When I become a trustee, the weight transfers. The future is not my problem to solve. It is Yours.

The Pattern

"What will happen?" "How will it happen?" These questions reveal that the soul has taken on a burden that was never meant to be carried. The mind reaches toward an uncertain future, trying to control what cannot be controlled.

If the future is unknown, the mind tries to make it known through endless speculation. But speculation is not knowledge. It is worry dressed as planning. The questions multiply. The soul becomes exhausted by problems that may never arrive.

The power of being a trustee dissolves this pattern. The soul understands that everything belongs to Baba: all the tasks, the relationships, the outcomes. The burden transfers.

Power of Trusteeship Drill

- 1. I Am a Soul:** A point of light. A trustee.
- 2. I Am the Lotus:** The lotus sits in the mud but is untouched by it. This body, these relationships, these responsibilities. None of these belong to me.
- 3. I Notice What I Am Holding:** Something is being claimed. A possession. An outcome. A relationship. The words mine and I want. I see it. The lotus does not clutch the water it rises from.
- 4. I Return It to Baba:** This is not mine. It belongs to Baba. When ownership drops, the burden drops. When the burden drops, the connection opens.
- 5. I Remain as the Lotus:** Stable. Untouched. Rising. A trustee.

April 6 - Jumping to Worst-Case Conclusions

Power: Power of Faith

Waste Thought: Something uncertain arises and the mind leaps to the worst possible outcome.

Baba's Magic Mantra: *Sweet, sweet child, Baba, the Bestower of Happiness, cannot see even a little trace of sorrow in you.*

Soul: Baba, when something uncertain happens, my mind does not wait. It jumps straight to disaster. The worst case feels so real that I live it before it happens.

Baba: "Sweet child, the sign of the one who has the power of truth is that they will always be fearless. Because of being constantly carefree and fearless, those who have the power of truth will always dance in happiness.

No matter how fearful the circumstances, or vicious the form of Maya, or disturbing the relations and connections, or poisonous the atmosphere, the one who possesses the power of truth will change all of these into a 'stage' on which to dance with happiness.

Those who have the power of truth can never drown. The boat of truth will play the game of fluctuation, but it will never sink."

Soul: I see, Baba. The jumping to worst-case is a failure of faith. If I truly knew that I cannot sink, there would be no worst case.

The Pattern

Uncertainty creates a gap. The mind does not like gaps. It wants to know what will happen. When it cannot know, it fills the gap with imagination. And the old sanskars reach for the worst.

The soul lives through the worst-case scenario before anything has happened.

The worst-case conclusion is a habit. It can be interrupted. When the mind begins to leap, the soul can pause and trust that whatever happens is accurate and beneficial.

Power of Faith Drill

- 1. I Am a Soul:** A point of light. A steady boat on the water. Made to cross every storm.
- 2. I Turn Toward the Boatman:** I turn my intellect toward Baba. Baba accompanies me. He takes the helm.
- 3. I Replace the Question Marks:** How? When? What if? I see these thoughts. I do not follow them. Each question mark becomes a full stop.
- 4. The Storm Moves Me Forward:** This is not against me. Toofan becomes tohfa. I have faith the drama will culminate in my victory. The boat may fluctuate. It never sinks.
- 5. I Remain in the Boat:** Stable. Trusting. The Boatman is here.

April 7 - Rehearsing Mistakes

Power: Power of Transformation

Waste Thought: Replaying errors. What I did wrong, what they did wrong.

Baba's Magic Mantra: *Sweet, sweet child, if there is a thought of weakness and it is placed in front of the Father, you have been liberated.*

Soul: Baba, I keep going over what went wrong. Sometimes it is my mistake, sometimes theirs. I replay it, examine it, feel the weight of it again and again.

Baba: "Sweet child, whilst seeing anyone's defect, within one second, transform that defect into a virtue. Transform the loss into benefit. Transform defamation into praise. Only someone who constantly has such a vision and attitude is called a world benefactor.

When you say, 'My sanskars,' are they really your sanskars? You are a soul. So what are the sanskars of the soul? Whatever you refer to today as yours, are they yours or Ravan's?

Transform your fleeting thoughts in one second, from wasteful to powerful."

Soul: I see, Baba. The mistake I keep rehearsing is not mine. It came from Ravan's influence. I will transform what happened into a lesson and let the rest go.

The Pattern

The old sanskars weigh negative experiences more heavily than positive ones. This is why a single mistake can eclipse a hundred successes. The intellect treats errors as threats to be monitored. So the mistake stays active, stays vivid, stays close.

The soul examines it from different angles, but the mistake does not change.

And the soul, by claiming the mistake as its own, locks it in place. "My failure. My error. Their betrayal." The possessive makes it permanent. What the soul owns, the soul cannot release.

When the soul places the weakness in front of the Father, the soul is liberated. The mistake no longer belongs to the soul but now it becomes a teacher. This is the power of transformation.

Power of Transformation Drill

- 1. I Am a Soul:** A point of light. An alchemist. Not a victim of what arises.
- 2. I Name the Base Metal:** Something has appeared. Anger. Greed. Attachment. Arrogance. Lust. It is a rung on the ladder leading me to my eternal self. I name it.
- 3. I Place It in Baba's Fire:** I turn my intellect toward Baba. I use my right to God's power. I bring what has arisen into that connection. I remain in remembrance. The fire does its work.
- 4. I Watch It Change Form:** Anger is giving way to tolerance. Greed loosens into trusteeship. What was attachment softens into love. And the arrogance I carried begins to look like self-respect.
- 5. I Carry the Gold:** What was fearsome now salutes me. What was base metal is now gold. The alchemist's work is done.

Week 1 Chart

Use this to track your practice across the week. Count each instance honestly.

Day	Waste thought counted	#	Power applied	#
Day 1: Re-running Conversations	Conversations replayed		Merged into stillness	
Day 2: Replaying What Happened	Scenes replayed		Applied a full stop	
Day 3: The Pull Toward Distraction	Pulled toward distraction		Withdrew and turned inward	
Day 4: Rushing / Impatience	Felt the urge to rush		Applied coolness	
Day 5: What Will Happen? / How Will It Happen?	Asked "What will happen?" with worry		Became a trustee and released the burden	
Day 6: Jumping to Worst-Case Conclusions	Jumped to worst-case conclusions		Stayed open and trusted the drama	
Day 7: Rehearsing Mistakes	Mistakes rehearsed		Transformed into a lesson	