

# **Pass with Honour**

**Finishing Waste**

**30 Days of Spiritual Power**

**Week 2 – April 8 through 14, 2026**

## April 8 - I Should Be Better

**Power:** Power of Self-Respect

**Waste Thought:** Measuring the self against an ideal and finding it lacking. The constant sense of not being good enough.

**Baba's Magic Mantra:** *Sweet, sweet child, Baba constantly rotates the rosary of the virtues of you children.*

**Soul:** Baba, I look at myself and I see what is missing. I see the gap between what I am and what I should be, and I feel I am not good enough.

**Baba:** "Sweet child, stay in the consciousness of your original real incorporeal form and through that original form, the original virtues and powers will emerge automatically. As is the form, so are the virtues and the powers and these automatically come into action.

Finish the word 'labor' from your life. If there is labor, things seem difficult. If labor is finished, then the word 'difficult' has also finished automatically.

Remember your eternal and original clan. You belong to the eternal clan of the Father and so you are the completely pure, satopradhan soul."

**Soul:** I see, Baba. The virtues and powers are already in my original form. I do not need to add them. I need to remember them. The gap I see is not real. It is forgetfulness.

### The Pattern

"I should be better" sounds like a spiritual thought. It sounds like humility. But underneath it is a subtle violence against the self.

The old sanskars learned that improvement comes from dissatisfaction. If I am content with who I am, I will stop growing. So the soul keeps measuring, keeps finding fault. The gap between "what I am" and "what I should be" becomes a whip.

But this is body consciousness applied to the spirit. It treats the soul as something that must be constructed, improved, fixed.

When the soul remembers its original form, the virtues emerge naturally.

Self-respect is not a feeling of superiority. It is knowing who you are. The virtues are already there. Emerge them by remembering. This is the power of self-respect.

### Power of Self-Respect Drill

- 1. I Am a Soul:** I am in the Soul World. Deep stillness. Baba is beside me. This is my eternal state. This is my original self-respect.
- 2. I Am a Deity:** I descend into the Golden Age. Pure. Radiant. Complete. Baba's light is woven into my original form. This is who I am.
- 3. I Am Worship-Worthy:** I see my memorial. A sacred image. Baba works through this form to uplift souls for centuries. He found this form worthy. This is my self-respect.
- 4. I Am a Brahmin:** I return to my present life. Combined with Baba now. In this body. In this moment. God walks with me today. This is the highest self-respect.
- 5. I Am an Angel:** I rise above. Subtle. Weightless. Transparent. BapDada's gaze fills me with light. I know who I am. The power of self-respect is what I am when I remember all that I am.

## April 9 - Attraction

**Power:** Power of Silence

**Waste Thought:** The mind occupying itself with and depending on something pleasant.

**Baba's Magic Mantra:** *Sweet, sweet child, the sign of His love is that He gives you everything to make you complete.*

**Soul:** Baba, I notice a pull. My mind moves toward something: a person, a comfort, an outcome. I keep thinking about it. Planning around it. When I have it, I feel content. When I don't, something feels missing.

**Baba:** "Sweet child, 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.

If any sanskar of limited attraction is pulling you, can you say you have sovereignty over your sanskars? If you experience the happiness of all relationships with the one Father, and you have the experience of attainment of the love of all relationships, then your intellect cannot be drawn to any other relationship."

**Soul:** I see, Baba. The power of silence takes me beyond the pull. When I am full with You, other things become tasteless. In silence, the attraction loses its grip.

### The Pattern

The mind notices something pleasant and moves toward it.

Once attracted, the mind keeps returning. Thinking about it. Imagining it. Planning around it. The thing occupies space even when it is not present. The body is here. The mind is elsewhere.

Then comes dependence. Happiness becomes linked to the object. If I get it, I will be content. If I do not, something is missing. The soul's peace becomes conditional.

And, when the object is unavailable, threatened, or changes, there is disturbance.

The deeper loss is subtle. The mind occupied with attractions has less space for remembrance. The intellect pulled outward cannot stay inward. Baba becomes secondary. The attraction becomes primary.

When you are full, the attraction has nothing to hook onto.

### Power of Silence Drill

- 1. I Am a Soul:** Behind this forehead is a small room of light. I am here. A soul. Still. Quiet.
- 2. I Become Smaller:** I detach my senses from the external world. I become smaller and smaller and see myself as a pulsating point of light.
- 3. I Go Deeper:** Smaller still. A luminous point of light. Underground. The sounds above grow faint. Only stillness here.
- 4. I Combine:** Baba is right here with me. Baba is the Source and I am a tiny seed combined with Baba. Together. Silent.
- 5. I Remain:** A point. Combined. Tiny point to tiny point. Nothing more. The world outside has faded. Baba and I.

## April 10 - Aversion

**Power:** Power of Tolerance

**Waste Thought:** The push away from something unpleasant. The mind resisting, rejecting, wanting to escape.

**Baba's Magic Mantra:** *Sweet, sweet child, you sit on the Throne of My heart eternally.*

**Soul:** Baba, my mind moves away from something: a person, a situation, a discomfort. I want it gone. When it is there, I cannot be at peace. My happiness depends on its absence.

**Baba:** "Sweet child, only those who are tolerant are able to hold the shield of the drama. If you are not tolerant, it is difficult to get hold of the shield of the drama.

Only those who are tolerant are able to be detached observers.

To tolerate something means to go into the depth of it. Just as when you go to the bottom of the ocean, you emerge with jewels, in the same way, those who are tolerant go into the depth, and through this depth, they are able to attain many powers.

The face of those who have the virtue of tolerance constantly reveals them to be content. Their eyes and features will never be those of discontentment."

**Soul:** I see, Baba. Aversion is a lack of love. When I am full of Your love, I can tolerate what is here. What I resist holds treasure.

### The Pattern

Aversion looks like the opposite of attraction, but they are twins. Attraction says: I need this to be happy. Aversion says: I need this gone to be happy. Both place the soul's peace outside itself. Both create dependence.

Once aversion takes hold, the mind keeps resisting and planning escape. The thing occupies space even when the soul is trying to reject it.

Tolerance is not gritting teeth. It is fullness. When I am full of Baba's love, the unpleasant thing loses its power.

### Power of Tolerance Drill

- 1. I Am a Soul:** I withdraw from the body. Bodiless. Still. My innate nature is love.
- 2. I Fill with Love:** I turn toward Baba. I let His love fill me. Quietly. Gently. This is the breath I need to dive deep.
- 3. I Find My Oldest Memories:** I am loved by God. I have a deep capacity to love. These memories have always been here. Below the surface. I return to them now.
- 4. I Reach the Depth:** Baba and I. In love there is only stillness. Only jewels.
- 5. I Emerge:** Good wishes. Pure feelings. I return with blessings for all people and situations.

## April 11 - Old Reactions Firing

**Power:** Power to Face

**Waste Thought:** The old pattern activating before I can stop it. Irritation, defensiveness, withdrawal.

**Baba's Magic Mantra:** *Sweet, sweet child, whenever you remember Me, I become present.*

**Soul:** Baba, something happens and before I know it, I have reacted. By the time I notice, it is already done.

**Baba:** "Sweet child, what is the reason for you lacking the power to face? You do not know how to make Baba your constant Companion. You do not know the method to seek His company.

Whenever any situation comes, consider that situation to be your teacher.

The incorporeal stage is the stage of being karavanhar (one who makes the senses work). The physical senses are karanhar (the one who does) and the soul is karavanhar (one who makes others do).

There should be transformation in a second. When transformation takes place quickly, it is known as the pleasure and enjoyment of Brahmin life."

**Soul:** I see, Baba. The old reaction fires because I am alone in that moment. When I keep You with me, the reaction does not have space to run.

### The Pattern

The soul cannot outrun the old sanskars by trying to be faster. The gap between stimulus and response is too short to fill with willpower.

But the gap can be widened. It widens through what the soul carries into the moment. When Baba is a constant Companion, the soul does not enter situations alone. The reaction fires, but it meets something. Awareness is already present. The soul is full.

The soul is karavanhar. The senses are karanhar. When you face the reaction without claiming it, it loses power. What you observe, you are not. The soul that watches the reaction is not the reaction.

### Power to Face Drill

- 1. I Am a Soul:** I stabilize as a point of light. I am on a hero's journey to sovereignty.
- 2. I Claim My Right:** Victory is my birthright. I consider it my right to be victorious. I stabilize in this awareness.
- 3. I Make Baba My Companion:** I turn my intellect toward Baba. He is already here. His power flows into me, the soul. I am not facing this alone.
- 4. I Take One Step:** I pause. I choose my step of courage. With Baba beside me I take it now in my mind. Baba returns it with a thousand steps forward.
- 5. I Face It:** I do not fight. I do not run. I face. The obstacle before me is a rung on the ladder leading me to my eternal self. I have returned to sovereignty.

## April 12 - Mental Agitation Disguised as Insight

**Power:** Power of Discernment

**Waste Thought:** Agitation wearing the mask of understanding. The urgent feeling that now I finally see clearly.

**Baba's Magic Mantra:** *Sweet, sweet child, you are My swan. You have the power to recognize the pearl.*

**Soul:** Baba, sometimes a thought comes and it feels like insight. Like I am finally seeing clearly. But later I see it was agitation dressed up as clarity.

**Baba:** "Sweet child, a swan especially has the power of discrimination and the power of recognition. It is able to recognize both the stone and the pearl. It then discriminates between the two and imbibes the pearl. It sets aside the pebbles, the stones.

Because you are unable to discern, Maya makes you her customer. Then you are not even able to recognize that something is Maya.

What is the reason for not having the power to discern? There isn't stability in the intellect. There is the upheaval of waste or impure thoughts."

**Soul:** I see, Baba. True insight comes quietly, from a stable intellect. What comes with force is often agitation in disguise. If the intellect is shaking, what it produces is not pearl. It is stone.

### The Pattern

The old sanskars do not label agitation as agitation. They label it as clarity, breakthrough, truth finally seen.

The test is not the content of the thought. Agitated thoughts can be factually accurate. The test is the state of the intellect producing the thought. Is there stability? Or is there upheaval?

Genuine insight has a quality of settledness. It does not demand immediate action. It does not come with urgency or pressure. It remains true when examined later, from a different state.

If there is upheaval, what feels like insight is probably not. Set it aside. Wait. If it is truly a pearl, it will still be a pearl when the intellect is still.

### Power of Discernment Drill

- 1. I Am a Soul:** I express myself through the vehicle of the body. My bodiless awareness shines light on what is real and true.
- 2. I Turn Toward Baba:** I turn my intellect toward Baba. His vision. His benevolence. His encouragement. I let these fill my heart.
- 3. I Recognize:** I am Baba's instrument. I trust the drama. These simplifying thoughts clear the water. Divine insight opens. I see what is real and what is temporary. What is eternal and what is ordinary.
- 4. I Decide:** Combined with Baba. Loving to Him. Detached from everything else. This stillness fuels my wisdom. I see clearly. I decide.
- 5. I Imbibe:** I take in only what is elevated. Subtle distinctions become clear. The pearl becomes mine. The pebble is left behind.

## April 13 - Feeling Insulted or Disrespected

**Power:** Power of Self-Sovereignty

**Waste Thought:** The sting of being overlooked, dismissed, or treated as less than. The mind circling around what they did, what it meant, how it felt.

**Baba's Magic Mantra:** *Sweet, sweet child, every child is the support of the heart for Baba and is a jewel of the crown on the head.*

**Soul:** Baba, when someone treats me disrespectfully, I feel it deeply. I replay what they said, how they dismissed me. The insult stays with me.

**Baba:** "Sweet child, the more you renounce, the more you will receive respect. The more you try to seek respect, the more it will become a means of losing respect.

Controlling power over these three special powers: the mind, intellect and sanskars, is known as self-sovereignty. Do not be an effort-maker, be one who has a right. This is the elevated pleasure of being a self-sovereign.

Controlling power and ruling power decrease in the children due to three words: 'why', 'what' and 'want'. Finish these three words and use one word: 'wah'. 'Wah Baba, wah'; 'wah me', and 'wah drama'."

**Soul:** I see, Baba. When I feel insulted, I have become a beggar for respect. I am waiting for someone else to give me what I should already have.

### The Pattern

Feeling insulted or disrespected is a sign that the soul has stepped off its throne. The self-sovereign does not depend on others for recognition. The ruler knows their own authority.

The old sanskars tie self-worth to external validation. When someone dismisses the soul, ignores it, treats it as unimportant, the old sanskars register this as a loss of value. The mind then circles around the insult, replaying it, analyzing it, feeling the sting again and again. Energy drains. Power leaks. The kingdom shakes.

When someone insults you, can you command your mind to stop replaying? Can you direct your intellect away from analysis? Can you transform the sanskar that says "I need their respect"? If you can, you are a king. If you cannot, you are subservient to every passing opinion.

### Power of Self-Sovereignty Drill

- 1. I Am a Soul:** In one second I become bodiless. A point of light. Separate from the body. Still.
- 2. I See How Baba Sees Me:** I bring my elevated picture in front of me. A soul with a crown. A tilak. A throne. This is how Baba sees me. His royal child.
- 3. I Take My Seat:** I am seated on BapDada's heart throne. This is my throne. I am deeply loved. I settle here.
- 4. I Receive:** Baba applies the tilak of awareness. You are God's creation. An ancestor soul. Worship-worthy. He places the double-light crown on me. Light in mind. Light in heart.
- 5. I Remain:** Crown. Tilak. Throne. Royal. Light. Loved. Complete. No one outside can shake what Baba has placed within. This is self-sovereignty.

## April 14 - Subtle Competition

**Power:** Power of Good Wishes

**Waste Thought:** Wanting to be first, best, most praised. Comparing my service to others.

**Baba's Magic Mantra:** *Sweet, sweet child, in Baba's vision, each child is number one.*

**Soul:** Baba, I notice a subtle competitiveness in me. When someone else is praised, something tightens. When I do better than another, something relaxes. I know this is wrong, but it keeps arising.

**Baba:** "Sweet child, check whether you have good wishes and pure feelings for all souls.

Feelings can change intentions. If, at any time, you have feelings of jealousy towards any soul, that is, you do not have the feeling of that one belonging to you, then that one may be doing something good, but because your feelings are not good, you will only see a bad intention through that one's activity and words.

Instead of noting someone's weaknesses, give him a note of co-operation, that is, make that one full and complete with co-operation and you will become a world transformer.

Move along whilst seeing the sanskars of others with a merciful vision and not keeping those sanskars in front of you."

**Soul:** I see, Baba. Competition arises when my feelings toward others are not pure. If I had genuine good wishes, their success would be my success. The remedy is not suppressing competition but cultivating good wishes so deeply that comparison becomes meaningless.

### The Pattern

Subtle competition is ego in spiritual clothing. The soul does not want to be the best at worldly things: it wants to be the best at spiritual things. The best in yoga. The best in service. The most praised, the most recognized, the closest to Baba. But this is still "I, I, I" wearing a different costume.

The old sanskars measure worth by comparison. If I am higher than others, I am valuable. If others rise, my position feels threatened. But in Baba's family, there is no scarcity of love, no limited supply of blessings. One soul's progress does not diminish another's. Competition is based on a false premise.

### Power of Good Wishes Drill

- 1. I Am a Soul:** A lighthouse. Still. Rooted. Connected to Baba.
- 2. I Remember:** Every soul belongs to Baba. Therefore every soul belongs to me. I open my heart and awareness in all directions. No one is outside this circle.
- 3. I Fill:** Benevolence for everyone. Love and cooperation. Enthusiasm. I feel each one rise within me. They gather. They become light.
- 4. I Combine with Baba:** I turn toward the Source. His light begins to flow. It enters. It fills. It moves through me. I receive and radiate.
- 5. I Shine:** I, the soul, the lighthouse radiate outward. Effortless. Silent. In all directions. I remain still. Connected.

## Week 2 Chart

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

Day	Waste thought counted	#	Power applied	#
April 8: I Should Be Better	"I should be better" arose		Remembered my original form instead	
April 9: Attraction	Noticed the pull of attraction		Went into silence and became free	
April 10: Aversion	Noticed aversion arising		Held the shield of the drama	
April 11: Old Reactions Firing	Old reactions fired		Faced with Baba as Companion	
April 12: Mental Agitation Disguised as Insight	Agitation disguised as insight		Checked for upheaval before accepting	
April 13: Feeling Insulted or Disrespected	Felt insulted and lost my throne		Stayed in self-sovereignty and said "wah"	
April 14: Subtle Competition	Felt competitive with another soul		Transformed into good wishes and pure feelings	