

Pass with Honour

Finishing Waste

30 Days of Spiritual Power

Week 3 – April 15 through 21, 2026

(Revised)

April 15 - Measuring People by Their Past

Power: Power of Accommodation

Waste Thought: Seeing someone through what they did before.

Baba's Magic Mantra: *Sweet, sweet child, Baba's vision has fallen on you. Because of Godly vision, you have become invaluable.*

Soul: Baba, I see them and I remember what they did. I know their history. I know their patterns. When they speak, I hear through the filter of what they have been. I tell myself I am being realistic. But really I am holding their past in front of them like a wall.

Baba: "BapDada has reminded you of just one word. What is that one word? The one word is 'pass.' You have to pass, remain close, and whatever has already happened, that is past. The one word has three meanings. This will become a short-cut for you and you will pass with honour.

Never compare the sanskars of the past with those of the present time, that is, do not make the past your present. It is when you mix the present with the past that you create a long queue of waste thoughts.

To accommodate means that there shouldn't be the slightest trace of any gross feelings of any situation still remaining, even in your thoughts."

Soul: Three things. I pass, by not reacting to their history. I remain close to You, not to their record. And I let what is past stay past, with no trace remaining, even in my thoughts. Their past can finally be past. And something in the meeting changes.

The Pattern

Sometimes the intellect becomes a prediction machine, using past data to anticipate future behavior because this feels efficient and safe. The old sanskars hold onto history for protection: if I know what they did, I can predict what they will do. But protection comes at a cost. The soul begins to see only what it expects to see. Evidence that confirms the record is noticed. Evidence that contradicts it is dismissed.

The other person is frozen in their past, and the soul relating to them is frozen too. No matter what they do now, the past stands between. Only their history is seen, not them. And a soul that is not seen cannot change in your presence.

When their past is truly past, the soul in front of you can finally be seen.

Power of Accommodation Drill

- 1. I Am a Soul:** I withdraw from the body and become still.
- 2. I See the Wall:** I bring a person to mind. Someone whose past I carry. I have been holding their past in front of them, like a wall between us. I see it clearly now. This wall is not theirs. It is mine.
- 3. I Hear the One Word:** Pass. Three meanings. I pass. I do not react to their history. I remain close to Baba, not to their record. What has happened is past.
- 4. I Return the Past to Baba:** I turn my intellect toward Baba. In His light, the record loses its hold. I return the past to the past. I release what I have been carrying.
- 5. I See the Soul:** No record. Just this soul in front of me. When the past is truly past, I can finally see them.

April 16 - Silent Blame

Power: Power of the Divine Eye

Waste Thought: Holding someone responsible in the mind without saying a word. The quiet accusation that colors every interaction. They do not know you are blaming them, but the blame shapes everything.

Baba's Magic Mantra: *Sweet, sweet child, Baba is seeing you, the soul, the diamond, sparkling in the center of each one's forehead.*

Soul: Baba, I do not say anything out loud. But inside, I am holding them responsible. I blame them silently. And that blame changes how I see everything they do.

Baba: "Just as the eye is divine, so too, the specialties, or virtues, seen are also divine. Defects are weaknesses, and so a weak eye will only see that which is weak. Just as when the physical eyes are weak then it will only see dark or blurred forms. So too, a weak eye will only see the dark forms of defects. BapDada has not given you a weak eye. You yourselves have made it weak.

Through the divine eye it is the subtle divine soul that will be seen; it will be the specialty of each soul that will be seen."

Soul: I see, Baba. The problem is not what they are doing. The problem is what my eye has become. When I hold blame, the eye weakens. And a weak eye can only see defects. You gave me a divine eye. I will use it.

The Pattern

Silent blame is blame that never speaks but never stops working. The accusation lives in the mind. The other person may not know it is there, but it shapes every interaction. Everything they do confirms it. Even their good actions look like manipulation or cover-up.

The old sanskars want someone to be at fault. When something goes wrong, they look for a target. Once the target is selected, the blame begins, silently, continuously. Every interaction is filtered through it. The connection becomes poisoned without a single word being spoken.

This is what weakens the divine eye. Baba says a weak eye will only see the dark forms of defects. The eye did not become weak on its own. The blame did it. And once the eye is weak, what it sees keeps confirming what the blame had already decided.

The divine eye sees the specialties of the soul.

Power of the Divine Eye Drill

- 1. I Am a Soul:** I withdraw from the body. A luminous point of light.
- 2. I Check My Eye:** Behind this forehead is a third eye. Baba gave it to me at birth. I check what it has become.
- 3. I Bring Them to Mind:** I bring a person I have been blaming to mind. I turn my intellect toward Baba. I see them as He sees them through the three aspects of time. I connect to Baba's vision now.
- 4. I Restore the Eye:** My third eye is spiritual binoculars. Through it the subtle divine soul is visible. Just as Brahma Baba always saw. The virtue. The deity they are becoming.
- 5. I See the Deity:** I look again through the spiritual binoculars. The soul in front of me. Their deity form.

April 17 - Wishing Someone Would Change

Power: Power of Love

Waste Thought: “If only they would see.” “Why won’t they stop doing that?” “I wish they would change.”
Waiting for others to transform.

Baba’s Magic Mantra: *Sweet, sweet child, you have received a right to Godly love and where there is love, there is everything.*

Soul: Baba, I find myself wishing certain people would change. If they would just see what they are doing. If they would just stop. I spend so much energy hoping for their transformation.

Baba: “The power of love makes you similar to the Father.

Those who are constantly loving are above effort and difficulties. Every thought and moment of the constantly loving souls is applied solely to remembering Baba and service.

No matter how big a situation may be, with love even a mountainous situation is transformed and becomes as light as water. Love can change stone into water.”

Soul: I see, Baba. The energy I am spending on wishing is energy taken away from love. The constantly loving soul does not wish for others to change. It is too occupied with Baba and service. And that love does what the wishing cannot. It actually transforms stone into water.

The Pattern

Wishing someone would change is energy spent on the wrong transformation. The soul turns its attention outward, monitoring another’s behavior, waiting for a shift that may never come. Meanwhile the one transformation actually available to the soul, its own, goes unattended.

The old sanskars believe that if the environment improves, the soul will improve. Fix the people around me, then I can be happy. But Baba’s teaching moves in the other direction: transform yourself and the environment transforms. Love radiates. It reaches where words cannot. The soul that becomes full with love naturally overflows onto others.

The constantly loving soul is already above the difficulty because it is occupied with something more powerful than the situation in front of it. That occupation is what transforms. The wishing never had that kind of power.

Power of Love Drill

- 1. I Am a Soul:** I withdraw from the body. A point of light. I remember that love is the easy method.
- 2. I Remember Dilaram:** The Comforter of Hearts is already merged in my heart. I am already merged in His. I simply remember this now.
- 3. I Merge in the Ocean:** I turn my intellect toward Baba and merge in love completely. I take on the form of the Ocean of Love.
- 4. I Remain Close:** Love means to remain close. To pass. To pass through all situations easily.
- 5. I Am the Constantly Loving Soul:** One Father and none other. The Father is my world. I fly ahead on the power of love.

April 18 - Replaying Unfairness

Power: Power of Realization

Waste Thought: Running the scene again and again. What they did. What they said. How wrong it was. The mind keeping the unfairness alive long after the moment has passed.

Baba's Magic Mantra: *Sweet, sweet child, the realization in the heart enables you to claim blessings from the Comforter of Hearts.*

Soul: Baba, when something unfair happens, I cannot let it go. My mind replays it. I see what they did, hear what they said, feel the wrongness of it again and again. The more I replay it, the more it burns. Something in me wants justice, wants acknowledgment that this was wrong.

Baba: "Realization is needed in two aspects. One is the realization of one's own weakness. Secondly, realize the situations or an individual that may become a test, and also realize the desires and feelings of the mind at that individual, their weakness and their stage of being dependent.

Let there be the consciousness: I am elevated, my original stage is elevated, and this situation is only a paper. This realization will bring about easy transformation and will make you pass."

Soul: I see, Baba. The replaying is waiting for something: acknowledgment, remorse, justice. But the power of realization asks me to look differently. They acted from their weakness, their stage of dependence. And this situation is only a paper. I need to pass it.

The Pattern

When something unfair happens, the mind wants to process it. But processing becomes replaying. And replaying does not resolve, it amplifies. Each repetition makes the unfairness sharper, the injury fresher. The one who caused the injury is no longer in the room. The replaying brings them back in.

The old sanskars want justice. They want the other person to understand, to acknowledge, to feel remorse. But this wanting keeps the soul chained to the scene, waiting for something that may never come.

The power of realization redirects attention. The soul realizes two things. First, its own weakness: the replaying itself, the need for justice, the refusal to release. Second, the state of the other person: their weakness, their stage of dependence, the limitation they were acting from. When the soul sees this clearly, the charge drains from the scene.

And the situation itself? It is only a paper. A test. The soul that passes it gains something. The soul that keeps replaying loses only time and power.

Power of Realization Drill

- 1. I Am a Soul:** I withdraw from the body. A point of light. I am here to realize.
- 2. Realization Is a Mirror:** I check my mirror. Is what I know in my head also in my heart?
- 3. I Drop Into the Heart:** Wah re me, the soul. This is my sweet, beloved Baba.
- 4. I See Clearly:** I am elevated. My original stage is elevated. This situation is only a paper.
- 5. I Am a Fast Effort-Maker:** The heart has claimed its blessing from the Comforter of Hearts.

April 19 - Mentally Proving Why I'm Right

Power: Power to Brake

Waste Thought: Building the case in the mind. Assembling arguments. Rehearsing why my position is correct and theirs is wrong.

Baba's Magic Mantra: *Sweet, sweet child, may you pass with honour by making your foundation strong by applying a full stop within one second.*

Soul: Baba, even when the conversation is over, my mind keeps going. I build arguments. I prove my point over and over. I find new evidence for why I was right. I rehearse what I should have said. The other person is not even there, but I am still fighting them in my mind.

Baba: "To prove the self to be right is also a sign of being under the influence of your old sanskars. It is one thing to clarify something for accuracy, but another to prove it by stubbornness. Those who prove things by stubbornness cannot become the embodiment of success.

Whatever thoughts you have in the mind, or whatever the intellect judges, both need a powerful brake, and they also need the power to bend. If you are not able to apply a brake, it is not good, and if you are not able to bend, that also is not good.

The main thing is to have a powerful brake. Many of you have a weak brake. When a car has weak brakes, an accident takes place. Therefore, the brake should be powerful."

Soul: I see, Baba. The mind keeps proving because there is no brake. The proving feels like truth but it is stubbornness dressed as truth. A weak brake means accidents. The mental arguing is the accident. I will apply the brake. I will bend.

The Pattern

The mind does not prove in order to find truth. It already believes it has truth. It proves in order to protect something: the sense that I am a capable, perceptive, worthy soul. When I am challenged, what feels threatened is not the position. It is the self.

This is why the proving continues after the conversation ends. The other person has left. The argument is over. But the internal court is still in session because the verdict has not yet secured what the old sanskars were looking for: confirmation that I am right, which means confirmation that I am enough.

When the brake is applied, the thought stops before it becomes a case. The energy that would have gone into proving stays in the intellect. Baba says when you accumulate this way, the power to discriminate and decide increases. The energy is not wasted. It becomes something.

A soul that can brake is not waiting for the conversation to land a certain way.

Power to Brake Drill

- 1. I Am a Soul:** I withdraw from the body. The master. The mind is my vehicle.
- 2. I Check the Brake:** Something is running. A thought. A feeling. A reaction. Can I stop this in one second?
- 3. I Apply the Full Stop:** My brake is powerful. A full stop. I apply it now.
- 4. I Steer:** I turn my intellect toward Baba. This is the angelic power.
- 5. I Fly:** A powerful brake and a steady steer. No waste. The flying stage is here.

April 20 - Resentment at Having to Adjust

Power: Power to Mold

Waste Thought: “Why do I always have to be the one who adjusts?” “Why can’t they change for once?”
The tiredness of always being the one to accommodate.

Baba’s Magic Mantra: *Sweet, sweet child, the fruit of a thousand elevated thoughts is received from the Father in return for one elevated thought of the child.*

Soul: Baba, I am tired of adjusting. It feels like I am always the one who has to bend. Others stay rigid and I am expected to accommodate. Where is the fairness in that?

Baba: “Those who have an easy nature can adopt many forms. You can give any form to something that is soft. So, although you have become gold, you must now melt that gold in the fire so that it can be moulded.

Those who have an easy nature will also be co-operative with others. Those who have love for all will always receive co-operation from all. They are loved by all. Those with an easy nature neither have waste thoughts nor is their time wasted.”

Soul: I see, Baba. I have been thinking that adjusting is loss. But gold that cannot be molded cannot take its final form. The resentment comes from thinking I am giving something up. What I am actually doing is becoming softer, easier, more loved. The one who molds is becoming what they are meant to be.

The Pattern

Resentment at adjusting is score-keeping. The soul counts how many times it bent, how many times the other person did not, and calls the difference unfair. But the accounting is wrong from the start. The soul is counting against another person, waiting for them to balance the ledger. But the return does not come from them. It comes from Baba. Every adjustment made with a willing heart is received by Baba.

The old sanskars resist molding because they confuse softness with weakness. The soul holds its position as though something real would be lost by releasing it. But a fortress cannot take new forms. It can only defend the old sanskars inside it.

Gold is valuable. But unmelted gold cannot become a jewel. The fire does not diminish it. The fire makes it possible for the gold to become Baba’s jewel. Gold that refuses the fire stays gold. It just never becomes anything more.

Power to Mold Drill

- 1. I Am a Soul:** I withdraw from the body. A point of light. Easy by nature.
- 2. I Bring Them to Mind:** I bring the most difficult person or situation to mind. The one that makes me rigid. I see it clearly.
- 3. I Am Gold:** I release what was said. What was done. What was not done. I let go of my position. I am gold, soft enough to be molded.
- 4. I Give:** I give good wishes. I give love. I protect their dignity as I would my own.
- 5. I Take a New Form:** I become flexible. Easy. Cooperative. From my change, the atmosphere changes. This is the power to mold.

April 21 - Feeling Unappreciated in Service

Power: Power of Contentment

Waste Thought: “No one notices what I do.” “I give so much and get nothing back.” “They take my service for granted.”

Baba’s Magic Mantra: *Sweet, sweet child, after 5000 years, BapDada has found you, the child who had become separated. He has to give you the love that has accumulated over 5000 years.*

Soul: Baba, I do so much, but no one seems to notice. I serve quietly, consistently, but there is no appreciation. Others get praised while I remain invisible. Is my service worth less?

Baba: “If you have the power to remain content and to make others content, the praise is portrayed in the form of Mother Santoshi. To remain content means to have the power to tolerate.

The visible form of contentment is that on the face of every Brahmin soul and within the mind also, there will be the sign of prashanta, a stage in which there is this fullness and happiness, in which there are no questions arising in the consciousness.

Those who themselves remain the embodiment of contentment will make others content, and whilst walking and moving, they will be experienced as angels. To be content means to attain success.

The instant visible fruit of accurate actions is happiness and power.”

Soul: I see, Baba. Feeling unappreciated means I am looking for fruit in the wrong place. The instant fruit of service is my own happiness and power, not their recognition. The content soul has no questions arising. No “why doesn’t anyone notice?” The service was done. That is enough.

The Pattern

Feeling unappreciated in service reveals that the soul is serving for the wrong fruit. The accurate fruit of service is happiness and power in the self, immediate and internal. But the soul that feels unappreciated is looking for external fruit: recognition, praise, gratitude from others. That fruit is uncertain and often never comes.

The old sanskars equate value with visibility. If no one notices, it must not matter. If no one thanks me, I must not be doing it well. But this is measuring Baba’s work with worldly metrics. Some of the most powerful service is invisible: the silent good wishes, the sakaash, the unnoticed harmonizing that holds a gathering together.

The contented soul does not wait. It has already received once the service is done. Happiness arose and power accumulated. Baba says the contented soul is experienced as an angel. That is a different kind of being known.

Power of Contentment Drill

- 1. I Am a Soul:** A point of light. Whole. Complete. Already full.
- 2. I See My Attainments:** I take a moment and see my attainments. I have Baba. I see the powers I have. I cherish my inheritance. I have the confluence age. I have everything that truly matters.
- 3. I Do Not Compare:** I do not compare. I do not measure. My attainment is unique. My part is perfect.
- 4. I Rest in Fullness:** I rest in fullness, peace, and happiness.

Week 3 Chart

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

Day	Waste thought counted	#	Power applied	#
April 15: Measuring People by Their Past	Measured someone by their past		Let their past be past	
April 16: Silent Blame	Held silent blame toward someone		Checked my eye and saw the soul instead	
April 17: Wishing Someone Would Change	Wished someone would change		Turned to love and let it do the work	
April 18: Replaying Unfairness	Replayed unfairness in my mind		Realized the paper and released it	
April 19: Mentally Proving Why I'm Right	Mentally proved why I was right		Applied the brake before the case was built	
April 20: Resentment at Having to Adjust	Resented having to adjust		Molded willingly and received blessings	
April 21: Feeling Unappreciated in Service	Felt unappreciated in service		Received instant fruit and remained content	