

Pass with Honour

Finishing Waste

30 Days of Spiritual Power

Week 4 – April 22 through 30, 2026

April 22 - Carrying Responsibility That Isn't Yours

Power: Power of Being an Instrument

Waste Thought: Taking on weight that was never given to you. Carrying outcomes, other people's choices, things beyond your control.

Baba's Magic Mantra: *Sweet, sweet child, simply say 'My Baba, You take this.' The problem will reach Baba and you will become light.*

Soul: Baba, I carry so much. Not just my own tasks, but responsibility for how things turn out, for whether others change, for situations I cannot control. The weight presses down. I feel that if I do not hold it, everything will fall apart.

Baba: "Instead of being double light, you put a double burden on yourself. One is the burden of the past account, and the second is the burden of waste thoughts. Will a double burden lift you up or bring you down?"

"Don't be confused; the thoughts of burden are the waste thoughts of 'Why?', 'What?' and 'maybe'. Finish such a burden, keep the line of the intellect clear and keep yourself light."

"If there is any form of burden at all, instead of yoga of the intellect there is karmic suffering. So constantly keep your intellect light through the power of yoga."

Soul: I see, Baba. The weight I am carrying is not responsibility. It is waste. And a burdened intellect cannot connect. It suffers instead. I am not the one holding everything together. You are. I am the instrument. The instrument stays light.

The Pattern

The soul picks up weight that was never assigned to it. The old sanskars turned worry into a form of love. If you are not carrying it, you must not care. And as it picks up more, the intellect grows heavy. Baba becomes unclear. Baba says when the intellect carries burden, instead of yoga there is karmic suffering. The soul works harder, the situation does not improve, and the exhaustion deepens.

The instrument does its part and remains light. The pen's only job is to write.

The burden the soul is carrying is made of waste thoughts. Why. What. Maybe. When the intellect is freed from these, it becomes clear again. The connection opens. Yoga becomes possible. That clarity is worth more to the situation than all the carrying.

Power of Being an Instrument Drill

- 1. I Am a Soul:** I withdraw from the body. Still. Quiet.
- 2. Baba Is Making Me Move:** Baba, the Karavanhar, is guiding me, the soul. I move according to His shrimat, His power, His touch.
- 3. I Am Making the Body Move:** I, the soul, am the one acting. Not the body. I direct the body with awareness and lightness.
- 4. I Stay Double Light:** Baba is making me move and I am making the body move. I remain light, clean, and free.
- 5. Every Action Becomes Service:** When Baba moves the soul and the soul moves the body, every moment is service. I am a living instrument of light.

April 23 - Mental Complaints About the Body

Power: Power of Yoga

Waste Thought: I'm tired. I'm hungry. This is uncomfortable. The body's constant commentary running through the mind.

Baba's Magic Mantra: *Sweet, sweet child, the Father took away worry and gave you intoxication. When there is intoxication, light shines on your forehead.*

Soul: Baba, my mind is always commenting on my body. I am tired. My back hurts. I am hungry. It is a constant stream. The body pulls my attention and I cannot seem to stay above it.

Baba: "Make the first lesson of soul consciousness strong. Whom would a soul see through its body? The soul would see the soul, not the body. The soul performs actions using its physical organs."

"Finish the rubbish with the power of yoga and make the intellect clean. Any type of weakness is dirt. Even the slightest waste thought is rubbish. When this rubbish is removed, you will remain carefree."

"Constantly keep a very clear connection and relationship with BapDada. This is known as the power of yoga."

Soul: I see, Baba. The body's commentary runs because the connection is not clear. When yoga is strong, the intellect is clean and carefree. The soul sees through the body, not as the body. The first lesson and the power of yoga are the same practice. I am a soul. I use this body.

The Pattern

Who is tired? The soul asks this question and finds it cannot answer easily. For most of the cycle, the answer was: I am. The body and the soul were so merged in identity that bodily sensation became the soul's own experience. This is the oldest habit there is.

Mental complaints about the body are not really about the body. They are a sign that this ancient identification is still running. When the soul does not know clearly who it is, it becomes what it feels. Tired. Hungry. Uncomfortable. The body's signals become the soul's whole story.

When yoga is strong, the question has a clear answer. I am a soul. I use this body. The body needs rest, fine, attend to it. But this is the soul noting a practical need. The soul does not become it.

The power of yoga clears this. Not by suppressing the body but by filling the soul so completely that the old identification loses its grip.

Power of Yoga Drill

- 1. I Am an Elevated Soul:** A child of the elevated Father. A point of light. A battery that needs to be charged.
- 2. I Remember the Supreme Soul:** My sweet Baba. He does not have a body of His own. He is a luminous being of light. The Power House.
- 3. I Connect:** I turn my intellect toward Baba. The line becomes clear.
- 4. I Hold the Connection:** Baba comes in one second. I go up in one second. This is the lift of yoga.
- 5. I Am Charged:** Clarity. Power. Lightness. Every thought is now powerful.

April 24 - Attachment to Outcomes of Service

Power: Power of Detachment

Waste Thought: Did they understand? Did it work? Will they come back? Did I make a difference? Checking for results instead of trusting the process.

Baba's Magic Mantra: *Sweet, sweet child, you became lost in love. Constantly keep in your awareness this blessing.*

Soul: Baba, after I do service, I find myself checking. Did they get it? Are they changing? Will they stay? I want to see results. I want to know my effort mattered.

Baba: "You should always be merged in the consciousness that you have to return now. Therefore, you have to remain detached from this world."

"When you have to come into service, do that service; when you have to become detached from service, become detached. It should not be that service pulls you and that you cannot stay without doing service."

"There is one easy method in bringing any seed of thought to fruit: fill that seed at all times with all powers from Baba, the Seed. Then, with the power from the Seed, your own seed will easily and automatically grow and bear fruit."

Soul: I see, Baba. Service pulls me because I have made it mine. The detached soul does the service fully and then becomes detached fully. In. Then out. I can let it go.

The Pattern

The soul that checks for results has moved from action into monitoring, measuring, hoping. The soul has done the service but has not let it go.

The old sanskars learned to measure worth by outcome. If something worked, I am capable. If it did not, I am not. Service becomes a mirror for self-evaluation rather than an offering. The soul checks because it needs the result to confirm something about itself.

Detachment after service is not indifference. It is completion. The soul gives fully and then steps back. That is what completion looks like. What grows from that planting is in the hands of the drama.

Power of Detachment Drill

- 1. I Am a Soul:** I become detached from the body in one second. Stable. Powerful.
- 2. I Pick a Situation:** I bring one situation to mind. A storm in my life right now. I see it as a side scene. The storm is a gift.
- 3. I Apply Full Stop:** I put a full stop. I become stable in my fully powerful incorporeal stage.
- 4. I Am Saathi (Companion) and Sakshi (Witness):** Baba is beside me. Together we watch. I am the observer. He is the Companion. The drama remains below.
- 5. I Remain the Observer:** Detached. Stable. Loved by the Father. From this stage nothing can reach me.

April 25 - Mentally Doing Service Instead of Doing Yoga

Power: Power of Concentration

Waste Thought: Planning service in the mind. Thinking about what to say, who to reach, how to organize. The mind busy with service while yoga time passes unused.

Baba's Magic Mantra: *Sweet, sweet child, as soon as you say BapDada from your heart, you automatically receive power.*

Soul: Baba, I sit for yoga but my mind goes to service. Planning classes. Thinking about souls who need help. Mentally organizing programs. It feels productive. But when I open my eyes, the yoga time has passed and I have not connected with You at all.

Baba: "Concentration means to be focusing the self on just one thought or to absorb the self in just one deep thought. Concentration relieves one from wandering on different paths."

"To be just in one thought at one time, this power of concentration is the highest. Wherever there is the power of concentration, all other powers accompany it."

"Concentration means the absence of wasteful thoughts."

Soul: I see, Baba. Concentration is one thought. One Father. When I am absorbed in that one thought, all powers come with it.

The Pattern

The mind that reaches for service planning during yoga is avoiding something. Remembrance requires the soul to become still, to face Baba directly, to be present without doing anything. The old sanskars are uncomfortable with stillness. Stillness means there is nothing to hide behind.

The mind that wanders through logistics and classes during amrit vela is not preparing for service. It is depleting the very resource that makes service powerful.

Baba says wherever there is concentration, all other powers accompany it. The old sanskars have the sequence backwards. They say prepare first, then connect. But the power that makes service real only comes from the connection itself.

Power of Concentration Drill

- 1. I Am a Soul:** I am a soul, separate from this body. An embodiment of peace.
- 2. I Belong to Shiv Baba:** I, the soul, belong to Shiv Baba, the Ocean of Peace. In one Father alone is the experience of all attainments.
- 3. I Am Home:** Shiv Baba and I, the soul, are here in the land of peace. Our sweet home. One and only One. No second thought.
- 4. I Am Bapsaman:** This one thought becomes my world. Still. Pure. Concentrated. One.

April 26 - Questioning Baba's Love

Power: Power of Experience

Waste Thought: Does Baba really see me? Am I special to Him? Does He love others more? The quiet doubt about whether the relationship is real.

Baba's Magic Mantra: *Sweet, sweet child, BapDada gives everyone love and remembrance from the depth of His heart. The love from the depth of His heart is the same for each and every one.*

Soul: Baba, sometimes I wonder if You really see me. There are so many souls. Am I special to You? Do You love me as much as You love others who seem closer?

Baba: "BapDada is free to talk to each one until their heart is content; to listen to their requests; to erase their weaknesses; to forgive numerous forms of sin; to watch the love and the mischief of His children. He is free for anything."

"On the basis of one second's experience in the early morning hours of nectar you become the Image of Experience and attain everything throughout the entire day and night."

"At that time, the meeting is unofficial and He is there as the Innocent Lord, bestowing all treasures."

"The treasure-store of all attainments and the Bestower of everything are easily accessible."

Soul: I see, Baba. If I come at amrit vela, You are there. If I open my heart, You fill it. The doubt is not about Your availability. It is about my coming close enough to receive.

The Pattern

The soul asks whether Baba loves it as if Baba's love were limited or selective. But Baba is the Ocean. The old sanskars carry wounds from human love, love that had conditions, that wavered, that eventually withdrew. These experiences create a template the soul then projects onto Baba. But Baba is not a human parent. Baba is the Innocent Lord whose only task is to bestow.

Gyan cannot dissolve this doubt. Only experience can. And that experience is available every morning before the sun rises. Baba says on the basis of one second's experience at amrit vela, the soul becomes the image of experience. One second.

Power of Experience Drill

- 1. I Am a Soul:** I become separate from the body and become aware that I come from the supreme abode.
- 2. I Connect with Baba:** I connect with Baba in the supreme abode.
- 3. I Reside There:** Baba and I reside there as tiny points of light. I feel it now.
- 4. I Become Absorbed:** I am here. A tiny point of light in the supreme abode. With Baba. This is real. This is experience.

April 27 - "This Shouldn't Be Happening"

Power: Power of Knowledge

Waste Thought: Resisting the scene unfolding. The mind arguing with what is, insisting reality should be different from what it is.

Baba's Magic Mantra: *Sweet, sweet child, the Father came to make the forest of thorns into a garden of flowers. This is why He is called Babunath, the Lord of Thorns.*

Soul: Baba, when something difficult happens, my mind says, "This shouldn't be happening." I resist what is. I argue with reality. I want the scene to be different, the outcome to be different, the people to behave differently.

Baba: "To have the three forms of remembrance (firstly, remembrance of the self; secondly, remembrance of Baba; and thirdly, remembrance of the knowledge of drama) means to have total power, that is, the dot of power."

"This divine eye sees that which has happened five thousand years ago so clearly that it is as though it was something of yesterday. You have the experience: yesterday we were the worship-worthy souls and we will be so again tomorrow. Today a Brahmin and tomorrow a deity. So the things of yesterday, today, and tomorrow, have become easy."

"You are the same ones of the previous kalpa. You are the same one now and you will become this many times. So, it is imperishable enthusiasm, is it not? You were, you are and you will always be."

Soul: I see, Baba. When I remember the knowledge of drama, I have total power. When I become good, even the negative transforms into positive. The drama does not need to be different. My vision needs to become clear.

The Pattern

Old sanskars believe the present moment should match expectation. When it does not, they push back. But the present moment is the drama. It is accurate. It has played before, identically, in the previous kalpa. The soul that resists is resisting something that has already been confirmed as accurate countless times.

The soul with knowledge of the drama sees past, present and future as one continuous, accurate flow. From that perspective the scene is not random, not a mistake, not something that should be otherwise. It is the scene that was always going to arrive at this moment.

Remembrance of the drama is the third dot of power. When this dot is firm, Maya cannot erase it. The scene remains what it is. The soul does not need to fix the scene. It needs to play its part well within it.

Power of Knowledge Drill

- 1. I Am a Soul:** How great the part I, the soul, play is a wonder. This is an imperishable part.
- 2. I See the Drama:** I am playing my part on a very big stage. Fixed. Benevolent. Repeating. I have played this part countless times before.
- 3. I See My Scene:** I bring a scene from my life to mind. I place it in the drama. This scene is also fixed. Also benevolent. Nothing new.
- 4. I Act and Return:** I, the soul, act and perform my part on the stage and then return home. This is all I have to do.
- 5. I Dance on the Stage:** The scene is my stage not my enemy. The boat may fluctuate. It never sinks.

April 28 - Postponing Yoga: I'll Do Yoga Later

Power: Power of the Present Moment

Waste Thought: The habit of deferring connection to some imagined better time. The belief that tomorrow's effort will be stronger, cleaner, more worthy.

Baba's Magic Mantra: *Sweet, sweet child, the Father, the resident of the sky, calls out to the residents of the earth. It is time to go home.*

Soul: Baba, I keep postponing yoga. I tell myself I will sit later, when I am more focused. I miss amrit vela and think, tomorrow I will do better. But tomorrow comes and the same thing happens. The pattern repeats.

Baba: "The present is the mirror for the future. The future can be clearly seen from the stage at the present moment."

"During the early morning hours of nectar there is power to experience the Meeting, power to accept and imbibe, and power to catch the pure thoughts and special inspiration which Baba is giving daily."

"If a server doesn't serve at the moment of need, what can you call such a server? Always be the one who attains the right for self-sovereignty and use all the powers, all the virtues for the self and for others in service."

Soul: I see, Baba. The power is being offered now. If I say "later," I am calling the server but sending it away. The moment of meeting is right now. There is only now.

The Pattern

"Later" feels like a reasonable choice. The soul is not refusing yoga. It is simply waiting for better conditions. More focus. Less tiredness. A quieter mind. The old sanskars have convinced the soul that connection requires the right state first. But this is the reversal. The right state comes from connection, not before it.

Each time the soul rises, it strengthens the habit of rising. Each time it defers, it strengthens the habit of deferral. By the time conditions feel right, the pattern is already set.

The present is the mirror for the future. This is a precise description of how sanskars form. Whatever is happening now is creating what comes next.

Power of the Present Moment Drill

- 1. I Am a Soul:** I withdraw from the body. A point of light. I arrive in this moment. Only this.
- 2. This Second Is Worth Multimillions:** Every thought, at every second there is an income of multimillions. I am in that second now.
- 3. I Release the Past and Future:** The past is settled. The future is not yet here. Baba and I combined in this present moment.
- 4. I Act with Full Power:** I stabilize in my powerful stage of master almighty authority. I act from here.
- 5. I Accumulate:** Every second of yoga is a multimillion. I remain here. Accumulating. Present.

April 29 - Sharing Experiences with People Instead of with Baba

Power: Power of Introversion

Waste Thought: I need to tell someone what happened. I just want to share this. Let me talk it out with someone. The pull to process experiences through people rather than through Baba.

Baba's Magic Mantra: *Sweet, sweet child, more powerful than words is Baba's thought of love. And it is through this that the soul is able to experience the highest form of benefit.*

Soul: Baba, when something happens, good or bad, my first instinct is to tell someone. I want to share, to be heard, to process it with another person. But I rarely come to You first. I go to people. Why do I bypass You?

Baba: "Introversion is powerful and extroversion is wasteful. Merge the wasteful sound of the lips and transform that into its essence so that the power of your silence can accumulate."

"There must be no one except the Father in the thoughts. In one Father alone there should be the experience of all achievements of the world. There should be just One and only One."

"Let there be eknami, the remembrance of One, and economy. One Baba and none other."

"The one with the power of churning is introverted and constantly happy."

Soul: I see, Baba. When I run to people to share, I am leaking what should be accumulated. You are the One who can listen until my heart is content, erase what people cannot erase, give what people cannot give. One Baba and none other. Let me come to You first.

The Pattern

The old sanskars spent many births processing experience through people. It is the most practiced path. When something happens, the reflex is to speak. The speaking feels like relief. But what has actually happened is that the energy of the experience, which could have been taken inward and transformed through churning, has been dispersed.

Baba says introversion is powerful and extroversion is wasteful. This is a description of what happens to spiritual power. When the experience goes to people, something escapes with it. When it goes to Baba, it becomes something. Baba says this is the difference between introversion and extroversion. One accumulates power and one spends it. The introverted soul is constantly happy not because it suppresses experience but because it takes experience to the right place.

People can listen. But they cannot do what Baba can do with what is brought to Him.

Power of Introversion Drill

- 1. I Am a Soul:** I withdraw from the body. A point of light. I go underground.
- 2. Introversion Is Powerful:** I do not need to extract an hour. One minute. One second. In between. Right now.
- 3. I Am the Lighthouse:** The light of a lighthouse is constantly spinning, illuminating everything around it. I, the soul, am spinning. Taking love from Baba and spreading it across the world. I remember who I am. I receive Baba's love. I radiate that light.
- 4. I Go Deeper:** Beyond the world of the body and its consciousness. Baba and I as lighthouses. Here.

April 30 - Feeling Spiritually Stuck

Power: Power of Determination

Waste Thought: I'm not progressing. Nothing is changing. I've been doing this for years and I'm still the same. The plateau despair.

Baba's Magic Mantra: *Sweet, sweet child, there will never remain any name or trace of failure. You are BabDada's extremely long-lost and now-found, beloved, extremely sweet, light of His eyes.*

Soul: Baba, I feel stuck. I have been making effort for so long, but I do not see change. The same weaknesses return. The same patterns repeat. Am I getting anywhere? Is this working?

Baba: "Each one has the thought that, 'It should be like that!' but why is it that it doesn't happen in practice? What is the reason? Weaknesses! What is the barrier that prevents that thought from coming into practice?"

"With such waste thoughts you create a brick wall which prevents you from increasing the speed of your efforts. However, with one determined thought you can 'high-jump' this wall."

"Which is that powerful thought? Let everyone have the feeling that, 'I must be one who does this!' Change the words, 'It should be like that,' to, 'I will do it!' and show everyone."

"If you have tied the belt of determined thoughts, you will not fluctuate on your seat."

Soul: I see, Baba. Feeling stuck is itself a brick wall I am building with my own thoughts. The waste thought "I'm not progressing" becomes the barrier to progress. But one determined thought can high-jump that wall.

The Pattern

Feeling spiritually stuck is a waste thought that disguises itself as honest self-assessment. The soul believes it is being realistic: I have been at this for years and the same weaknesses return. But this very thought becomes the wall. The soul is not stuck. It is standing in front of a wall it built with its own waste thoughts.

The old sanskars want visible proof before investing more effort. But spiritual progress does not always show itself in obvious ways. Sankars are loosening even when they have not yet broken.

Baba says with one determined thought the soul can high-jump the wall. Baba is not describing willpower. He is describing a decision, I will do it, made cleanly, without argument. The waste thought "I'm not progressing" is itself the brick wall. The determined thought does not push against it. It simply goes over.

Power of Determination Drill

- 1. I Am a Soul:** A point of light. A determined soul.
- 2. I See the Wall:** There is a thought I keep having. It will happen at the end. Everyone has weaknesses. I see it clearly now. I high-jump it with one determined thought. I will do it. I must do it. If not now, then never.
- 3. I Still the Scale:** My intellect, focused within, becomes still like a fully balanced scale. No pressure. No habit. I find the stillness. From here determination is mine.
- 4. I Keep Courage:** When I remember Baba with my heart, He grants me the power of determination. I keep courage now. I remember Baba now.
- 5. I Am the Embodiment of Success:** Whatever I am doing is already guaranteed to be successful. Success is merged in every action like a shadow.

Week 4 Chart

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

Day	Waste thought counted	#	Power applied	#
April 22: Carrying Responsibility That Isn't Yours	Carried responsibility that wasn't mine		Stayed light and let Baba carry it	
April 23: Mental Complaints About the Body	Mind ran body complaint commentary		Returned to soul consciousness: I am not this body	
April 24: Attachment to Outcomes of Service	Checked for results after service		Received instant fruit of happiness and remained detached	
April 25: Mentally Doing Service Instead of Doing Yoga	Used yoga time to plan service		Actually entered solitude and filled myself	
April 26: Questioning Baba's Love	Questioned Baba's love for me		Came to experience and received	
April 27: "This Shouldn't Be Happening"	Resisted what was happening		Remembered the drama and accepted	
April 28: Postponing Yoga: I'll Do Yoga Later	Postponed yoga with later		Connected in the present moment	
April 29: Sharing Experiences with People Instead of with Baba	Went to people first to share		Went to Baba first in introversion	
April 30: Feeling Spiritually Stuck	Felt spiritually stuck		Applied determined thought: I will do it	