

Self-Respect Practice

Seven Days • 1 to 7 May 2026

The Seat • The Double Practice

Friday, 1st May 2026

01 Self-Sovereign

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am a self-sovereign soul. Baba has given me the seat of being a king at every moment. All my physical senses are under my orders.*

The Double Practice

Step 1: *I am a master of the self, seated on the throne of self-sovereignty.*

Step 2: *I am seated on BapDada's heart-throne.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 2nd May 2026

02 Karmateet Pilgrim

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I carrying?* And let the answer come: *Nothing. I have cut every thread but one. I am a karmateet pilgrim soul like the Father. My only connection is Baba.*

The Double Practice

Step 1: *I am a karmateet pilgrim soul. I, the soul, am detached from the bondage of karma.*

Step 2: *I am Baba's beloved.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 3rd May 2026

03 Karanhar, Baba's Instrument, an Angel Following Father Brahma

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose instrument am I?* And let the answer come: *I am Baba's. Baba is the doer; I am karanhar, the one through whom He acts. I am an angel following Father Brahma.*

The Double Practice

Step 1: *I am karanhar, Baba's instrument. The one through whom He acts.*

Step 2: *I, the soul, am weightless, double-light, an angel.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 4th May 2026

04 Baba's Right Hand, True Helper of God

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose hand am I?* And let the answer come: *I am Baba's. This hand is His hand at work in the world. I am a true helper of God. Every soul I meet, I leave closer to their own self-respect.*

The Double Practice

Step 1: *I am Baba's right hand, a true helper of God.*

Step 2: *I am the lamp Baba has lit, His flame burning in me.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 5th May 2026

05 Trinetri on BapDada's Heart-Throne

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Where am I seated?* And let the answer come: *On BapDada's heart-throne. A tilak of soul-consciousness sparkles on my forehead, visible from afar. I am a trinetri soul. The third eye of knowledge has opened.*

The Double Practice

Step 1: *I am a trinetri soul. Through the third eye of knowledge, I see myself as a soul and Baba as my Father.*

Step 2: *I am seated on BapDada's heart-throne.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 6th May 2026

06 Master Knowledge-Full, Destroyer of Obstacles

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What do I see in the mirror of my heart?* And let the answer come: *The light of knowledge has dispelled the darkness; the might of knowledge has dissolved every obstacle. I am master knowledge-full.*

The Double Practice

Step 1: *I am master knowledge-full. The light and might of knowledge are with me. No obstacle can defeat me.*

Step 2: *I am Baba's lamp. The oil of knowledge, the wick of yoga, the flame of happiness is burning steadily.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 7th May 2026

07 Brahmin in God's Lap

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Where am I right now?* And let the answer come: *In God's lap. Baba came down from the throne of the sky to gather me here. I am a Brahmin, His mouth-born child, free from every attraction, immersed in supersensuous joy.*

The Double Practice

Step 1: *I am a Brahmin in God's lap, free from every attraction, my intellect stabilized on the One.*

Step 2: *I am Baba's mouth-born child. He came down to gather me. The lap is one second away.*

Oscillate between these two steps for at least 5 minutes.

Self-Respect Practice

Seven Days • 8 to 14 May 2026

The Seat • The Double Practice

Friday, 8th May 2026

08 Adopted Brahmin, Bead in God's Rosary

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who chose me?* And let the answer come: *God did. Of all souls, Shiv Baba chose me. He adopted me through Mother Brahma. I am a bead in God's rosary.*

The Double Practice

Step 1: *I am Shiv Baba's adopted child. BapDada is mine, I am BapDada's.*

Step 2: *I am a bead in God's rosary.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 9th May 2026

09 Karavanhar, the Soul, the King

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who is the master here?* And let the answer come: *I am. I, the soul, am karavanhar, the king. My physical organs are karanhar, my companions.*

The Double Practice

Step 1: *I, the soul, am karavanhar, the king. From my seat, every order is obeyed.*

Step 2: *My physical organs are karanhar, my companions. They say "yes, my Lord."*

Oscillate between these two steps for at least 5 minutes.

Sunday, 10th May 2026

10 Seated on BapDada's Heart Throne

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Where am I right now?* And let the answer come: *On BapDada's heart throne. Baba is in my heart, and I am in His. I am home.*

The Double Practice

Step 1: *I am seated on BapDada's heart throne. This is the highest of the three thrones.*

Step 2: *Baba is in my heart, and I am in Baba's heart.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 11th May 2026

11 Bapsaman, Equal to the Father

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I becoming?* And let the answer come: *Equal to the Father. Baba has come to make me bapsaman. Whatever He is, I, the master, also am.*

The Double Practice

Step 1: *I am bapsaman. Whatever Baba is, I, the master, also am.*

Step 2: *I am loving Baba with my whole heart.*

Oscillate between these two steps for at least 5 minutes.

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Tuesday, 12th May 2026

12 Worthy of Worship

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I again?* And let the answer come: *Worthy of worship. I was worthy of worship in the golden age. The temples are my memorials. The Father has come to make me worthy of worship again, right now.*

The Double Practice

Step 1: *I am a worthy-of-worship soul. The temples are built to me.*

Step 2: *Baba is giving blessings to every soul through my image.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 13th May 2026

13 Swadarshan-Chakradhari, Spinner of the Discus of Self-Realization

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who do I see?* And let the answer come: *Myself, through the whole cycle. Eternally pure in the soul world. Satopradhan deity in the golden age. Worship-worthy image through the copper and iron ages. Brahmin at this time. Angel in the near future. Going back home once more. Baba beside me through every age.*

The Practice

I am seeing myself through the whole cycle, with Baba beside me.

Stay in this seeing for at least 5 minutes.

Thursday, 14th May 2026

14 Master Ocean of Love

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What flows from me?* And let the answer come: *Love. Baba is the Ocean of Love, and I, the master, am the same. I love every soul, without rejection.*

The Double Practice

Step 1: *I am a master ocean of love. I love every soul.*

Step 2: *I am giving happiness, and I am happy.*

Oscillate between these two steps for at least 5 minutes.

Self-Respect Practice

Seven Days • 15 to 21 May 2026

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Friday, 15th May 2026

15 Master Almighty Authority

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who issues the orders here?* And let the answer come: *I do. I, the soul, am a master almighty authority. My thoughts and intellect are under my orders.*

The Double Practice

Step 1: *I am a master almighty authority.*

Step 2: *My thoughts and intellect obey me as easily as my hand obeys me.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 16th May 2026

16 World Transformer with Baba

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is actually happening here?* And let the answer come: *I am transforming, and as I transform, the world transforms. I am a world transformer with Baba. The kingdom is being established through me, with Him.*

The Double Practice

Step 1: *I am a world transformer with Baba. When I transform, the world transforms.*

Step 2: *The new world is taking shape through me, in everything I touch.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 17th May 2026

17 Worthy of Being Combined and Companion to God Himself

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I to God Himself?* And let the answer come: *I am worthy of being combined and companion to God Himself. Serving together, going home together, ruling together. BapDada is combined with me.*

The Double Practice

Step 1: *I am worthy of being combined and companion to God Himself. BapDada is combined.*

Step 2: *I am still. Baba is shining through me.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 18th May 2026

18 Detached Observer, Sakshi-Drashta

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I doing right now?* And let the answer come: *I am watching the play. The world acts, I watch. Even my body is an actor in this play. The soul is seated, observing, accepting.*

The Double Practice

Step 1: *I am a detached observer. I watch the play seated on my own seat.*

Step 2: *Baba is my companion. Loving to the Father, detached from everything else.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 19th May 2026

19 Kalpa After Kalpa, a Victorious Jewel

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Why would I be afraid?* And let the answer come: *I have been victorious countless times. When there is faith, there is definitely victory. Kalpa after kalpa, I am a victorious jewel.*

The Double Practice

Step 1: *Kalpa after kalpa, I am a victorious jewel. I have been victorious countless times.*

Step 2: *I have faith in Baba, faith in myself, faith in the drama.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 20th May 2026

20 Carefree Emperor

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is happening right now?* And let the answer come: *Whatever is happening is very good, and whatever is going to happen will be the best of all. I am a carefree emperor.*

The Double Practice

Step 1: *I am a carefree emperor.*

Step 2: *Whatever is happening is very good, and whatever is going to happen will be the best of all.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 21st May 2026

21 Karma Yogi

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose work is this?* And let the answer come: *It is Baba's, performed through me. I, the soul, am karanhar, Baba is Karavanhar. Every act is for Godly service. I am a karma yogi.*

The Double Practice

Step 1: *I am a karma yogi.*

Step 2: *Baba is Karavanhar, I, the soul, am karanhar. Every act is for Godly service.*

Oscillate between these two steps for at least 5 minutes.

Self-Respect Practice

Ten Days • 22 to 31 May 2026

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Friday, 22nd May 2026

22 Deity Soul

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am that same deity soul, original, eternal, sixteen celestial degrees full.*

The Double Practice

Step 1: *I am that same deity soul, original, eternal, sixteen celestial degrees full.*

Step 2: *I was that last kalpa. I am becoming that this kalpa.*

Oscillate between these two steps for at least 5 minutes.

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Saturday, 23rd May 2026

23 Honest Child

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What is between my heart and the Father?* And let the answer come: *Nothing. No hiding. I show Baba exactly what is in my heart, including the parts that are not yet beautiful.*

The Double Practice

Step 1: *I am an honest child. There is no gap between my heart and what I show to the Father.*

Step 2: *I am in remembrance. Shrimat is flowing through me.*

Oscillate between these two steps for at least 5 minutes.

Sunday, 24th May 2026

24 Courageous Soul Who Burns the “I”

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What am I burning in the fire of yoga?* And let the answer come: *The “I, I” of body consciousness. The “I” of ego, the “I” of insult, the “I” of being disheartened. Only the one true “I” remains: I am a courageous soul.*

The Double Practice

Step 1: *I am a courageous soul. I burn the “I” of body consciousness in the fire of yoga.*

Step 2: *My eyes are on the Father.*

Oscillate between these two steps for at least 5 minutes.

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Monday, 25th May 2026

25 Shiv Shakti Pandava Army Soldier

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose army am I in?* And let the answer come: *The Father's. I am a soul in the Shiv Shakti Pandava Army, the army to conquer Maya. I am not alone. We are doing this together, with Baba as our strength.*

The Double Practice

Step 1: *I am part of the Shiv Shakti Pandava Army, the army to conquer Maya.*

Step 2: *Baba is my one strength and support.*

Oscillate between these two steps for at least 5 minutes.

Tuesday, 26th May 2026

26 Godly Student

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who is teaching me?* And let the answer come: *God Himself. I am a Godly student, taught by the Ocean of Knowledge in person. I am sitting personally in front of the Father.*

The Double Practice

Step 1: *I am a Godly student.*

Step 2: *Taught by God Himself, the Ocean of Knowledge.*

Oscillate between these two steps for at least 5 minutes.

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Wednesday, 27th May 2026

27 Maryada Purshottam

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am a maryada purshottam, an elevated being who follows the divine code of conduct in thoughts, words, actions, relationships and connections.*

The Double Practice

Step 1: *I am a maryada purshottam, an elevated being who follows the divine code of conduct.*

Step 2: *My aim is BapDada's virtues and task.*

Oscillate between these two steps for at least 5 minutes.

Thursday, 28th May 2026

28 Holy Swan

The Seat

Become aware of yourself as a tiny point of light and ask the question: *What does my intellect know how to do?* And let the answer come: *Discern. I am a holy swan. My intellect separates pearls of virtues from pebbles of defects, the way the swan separates milk from water.*

The Double Practice

Step 1: *I am a holy swan. My intellect has the power to discern.*

Step 2: *My heart is with the Father. My hands do the work.*

Oscillate between these two steps for at least 5 minutes.

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Friday, 29th May 2026

29 One Who Passes With Honours

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am one who passes with honours. I stay close to the Father, away from every other influence.*

The Double Practice

Step 1: *I am one who passes with honours.*

Step 2: *I am an angel. The Father is my Canopy of Protection.*

Oscillate between these two steps for at least 5 minutes.

Saturday, 30th May 2026

30 Messenger of God

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Whose message am I carrying?* And let the answer come: *The Godly Government's. I am a messenger of God. My mind stays undisturbed. My eyes carry soul-conscious vision. My tool is the mantra of remembrance.*

The Double Practice

Step 1: *I am a messenger of God. Manmanabhav.*

Step 2: *Every soul I meet, the string of relationship is tied to the One.*

Oscillate between these two steps for at least 5 minutes.

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Sunday, 31st May 2026

31 Ancestor, Foundation of the Kalpa Tree

The Seat

Become aware of yourself as a tiny point of light and ask the question: *Who am I?* And let the answer come: *I am an ancestor, the foundation of this kalpa tree. All souls who will populate the next 5,000 years come after me. Their cries reach me, and my sakaash reaches them.*

The Double Practice

Step 1: *I am an ancestor, the foundation of this kalpa tree.*

Step 2: *I am an easy yogi soul. I am a child of Shiv Baba.*

Oscillate between these two steps for at least 5 minutes.