

AMRIT VELA

PART 1

- + The ones who have experienced the truth of that time know the importance of nectar time very well.
- + One can pay attention to oneself before going to sleep at night.
- + Say "Good Morning" to Shiv Baba
- + The three or four hours up to 7.00 or 8.00 am are for our spiritual progress
- ++This age, the Confluence Age, is like the amrit vela of the world
- + Experience yourself wearing the titles given by Baba

HOW TO HAVE SUCCESSFUL COMMUNICATION Amritvela shudhha pavan hai; mere ladle jaago," means: "Amrit Vela, nectar time, is the time of purest vibration; wake up _{mj} darlings." When these words, spoken lovingly by God, wake the soul from deep sleep, the mind becomes lost in the most Beloved; "Vasudha ke iss achalame, Shiv swagat aaj tumhare" (Shiva, you are welcome today in the arms of your lover).

How unique is this life, when at the moment you open your eyes you see the Supreme Father, and have an experience that just cannot be described by words. First is the coming of the Confluence Age, then the coming of God, and then the unique meeting of the souls with the Supreme. The time of the meeting, or Nectar time, gives so much happiness and makes you blissful. The ones who have experienced the truth of that time know the importance of nectar time very well. The Nectar time of the Confluence Age is the time to become immortal by drinking nectar. At that time there are so many treasures hidden away and we have the key for those treasures.

JUST WAKING UP IS NOT CLAIMING THE FORTUNE There is no doubt that those who love meditation will wake up at this valuable time. According to the directions of Shiva Baba the time between 2 a.m. and 5 a.m. is said to be the most auspicious time of Brahma. Some effort makers wake up at 2.00 am some at 3.00 a.m. and some at 4.00 am. But just waking up is not claiming the fortune. Use this time in the most beneficial way; pass the time, but give it the importance that it deserves. Baba says that to not give real importance to Amrit Vela is the greatest weakness.

HOW TO USE THE TIME OF AMRIT VELA

We have all experienced that when we wake up, the mind is pulled by thoughts of the previous day, which takes us away from the bliss of Amrit Vela. Therefore, one should pay attention to oneself before going to sleep at night. If we fall asleep while talking, listening to the radio or reading the newspaper, then we will not be able to take the full benefits from Amrit Vela. So, before going to sleep if you meditate for only three minutes, this is not sufficient; this is just a routine. Before going to sleep we practice remaining in the powerful stage of yoga for half an hour or 20 minutes at least. At that time we become determined to be in that stage of intoxication in which we want to be the next morning. We can make ourselves powerful for Amrit-Vela.

The first thought when we open our eyes: As soon as we open our eyes we shall experience that I, the soul, have descended into this body. By practicing this, we can experience the detachment from the body, which becomes the firm basis of the elevated stage; and with this we can stay in the Godly intoxication in which we went to sleep the night before. With thoughts such as, "Whose Child am I?" and "How fortunate I am," say "Good Morning" to Shiv Baba. By practicing this, the wasteful thoughts will be finished and with the blissful stage of Amrit Vela you will meet the Beloved and be able to have a sweet conversation with Him. After this, when we are getting ready, think of the body as the temple of a living divine soul. For example, while brushing teeth; I, the soul, am cleaning the doors of this temple. Just as in the beginning Brahma Baba used to practice with, "I am just a child and Shiv Baba is giving me a bath, He is giving me a shower." This sweet chit-chat makes us so blissful.

THE TIME TO EXPERIENCE THE SWEET SILENCE HOME

At this time the soul can easily be in its Home, the incorporeal world, and experience the sweet silence of the Silent Home. The reason for this is that at this time the elements are pure and human beings are peaceful; even the minds of yogis are peaceful. At this auspicious time, we can and do concentrate the intellect on the Supreme Father, the pin-point of light in the incorporeal world; that is, to practice the most powerful stage - the Seed Stage. While staying in this state:

1. Spread the vibrations of good wishes.
2. Spread the vibrations of peace and purity.
3. Give the Godly message to souls.
4. Summon other souls.
5. Give the Godly subtle power to weak souls. Do service with the subtle bodily vehicle, the power of thought.

AT THE NECTAR TIME FILL YOURSELF WITH NECTAR

The nectar time is only the time of nectar if we fill ourselves with the Nectar. This time is the foundation of the whole day; weakness at this time will make you weak throughout the day. Therefore we make ourselves complete with either good thoughts for all or by spinning the Cycle of self- realization. By doing this, I am able to achieve a lot of power in life. Brahma Baba especially used to churn the knowledge between 2 and 6 am He used to say "I am making fresh food for the children." By churning, the soul can itself to have the authority of knowledge and life does not seem empty. By churning the versions of God, one becomes elevated and it gives interest to our mind.

We make it firm that the three or four hours up to 7.00 or 8.00 a.m. become for our spiritual progress. We do not give place to thoughts of the daily tasks. If we use these three or four hours in a successful way, then we will have many divine experiences in Godly life.

WHY THIS IS A VERY BENEFICIAL TIME

Shiv Baba has talked many times of the importance of this supremely beneficial time. God has said this is the time when you can satisfy any desire. By keeping attention on the importance of this time, we take the full benefits of it. This is that time when God opens all treasures for His children and so you can take from Him as much power, blessings, virtues or jewels as you wish to take. All you have to do is go and sit beside the Supreme Father, and then all is yours. The Father gives the solution to any problem at that time, but if you are asleep or careless, how will He be able to give the solution? You can experience any relationship with the Father at that time. God as your Friend is the "Innocent One" who easily gives everything. At that time the Father himself wants to meet the children.

THE REASONS FOR NOT HAVING MADE AMRIT VELA SUCCESSFUL

This age, the Confluence Age, is like the amrit vela of the world. It is the dawn of the new age. When we can achieve happiness Supreme Silence, and other spiritual achievements. If we remain asleep at this elevated time, there is no doubt that we will remain empty of achievements. And if we wake up and sit down for meditation for half an hour as a routine then we will be content.

If at this time you do not accumulate happiness, then throughout the whole day you will experience a deficiency of happiness: The mind will not be content. The life of the effort maker will be full of complaints, that even after finding God, still there isn't happiness or contentment. This time is to fill the soul with power. If we lose this time, then the soul will become weak and throughout the whole day experiences itself to be surrounded by obstacles.