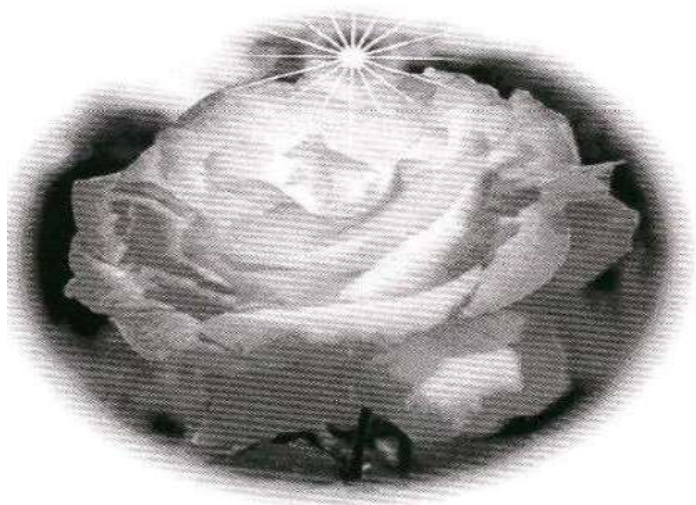
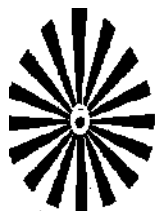


VIRTUAL RADIANCE

A Raja Yoga Lab / SpARC • BKWSU



Third Annual SpARC Meeting

Mt Abu, Rajasthan • India

March 6-9, 1998



RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

V I R T U A L R A D I A N C E

A Raja Yoga Lab / SpARC • BKWSU

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RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project Overview —

Title: **Virtual Radiance**

Aim:

- a) Develop ideas for experiments and methodologies to experience and actualize in practical ways, the attainment of Virtues and Powers.
- b) Become an embodiment of experience about the subject.
- c) Accelerate inner transformation in an integrated and harmonious manner.
- d) Initiate a synchronous-wave application of methodologies.

Outcome: Produce an experientially based study package that can be applied individually and/or collectively to enable an experiential awareness of Baba's gyan - serving as a finger of support to accelerate world transformation.

Participants: A listing of individuals present during the formation of participants in raja yoga lab • group (1) at the second annual SpARC gathering / 1997 is on record with Dr.Sripada. Participation is open to all interested students of the BKWSU. Also, within the context of said study, the participants in the raja yoga lab • group (I) will

be referred to as the **Virtual Radiance Taskforce (VRT)**.

Duration of said study: 3 years.

Main Steps:

Phase (I) ■ 1997 - 1998

- Prior to leaving Madhuban participant in group (I), agreeing on the implementation of methods and techniques produced through the collaborative efforts - while in Madhuban / Gyan Sarouar during the 2nd Annual SpARC meeting. In '98, prior to the commencement of the 3rd Annual SpARC meeting, review results and evaluate said study, consider suggestions for refinements.

Phase (II) ■ 1998 - 1999+

- Those from group (I) who choose to continue through to phase [II] will then participate to collectively review and critique the work to date and present consolidated recommendations to Dr. Sripada.
- Collaborate with and seek guidance from Dr. Sripada, BK Ramesh, and other seniors to bring said study into greater alignment with the collective wisdom of the Yagya, then present a motion for approval of said study - with blessings from Baba and the seniors.
- Prepare approved study material in preparation for launch of said study.
- Within the context of the Third Annual SpARC gathering, present said study to interested students once approval for such activity is granted.
- Launch the first collective study cycle of 365 days. Participants would include all those from the original group (I) who chose to continue along with any other interested student(s).

Phase (III)

■ 1999 - 2000+

- As the said study is in process, engage in the exploration of various communication mediums for stabilizing individual progress and sharing the experience with others. Items under consideration might include: An illustrated work-book with a multimedia CD (or DVD) insert.
- Consider presenting the product (the product is not an object - it is YOU) of Phase (III) as a gift offering to planet Earth as we enter the new millennium. One possible venue is the 1999 Parliament of the World's Religions, Cape Town, South Africa (see attached document). If the Yagya deems this appropriate, additional details regarding the 1999 Parliament can be made available through Sister Pratima Desai.

Phase (IV)

■ 2000+

- Those still interested in continuing can go on while joined in a synchronous-wave with other students engaged in the study, and start yet another study cycle of 365 days. . . for however long sangamyuga permits.

* Please note: To those residing in **India**,
please substitute the name of
Dr. Sripada
with that of
B.K. Ramesh N. Shah.



RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

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VIRTUES & POWERS

— Research Project —

VIRTUAL RADIANCE

— An Introduction —

This study hopes to contribute by serving as a playful vehicle for exploration and discovery on the topic of Virtues and Powers. It is playful in that it takes a heart-felt attitude of wonderment and childlike enthusiasm to behold its essence. If you wish to fly, think like a butterfly. To be childlike in this endeavour is the initial condition for involvement in the study. If it's worth doing at all - it must bring joy for all.

We are about to enter an experiment exploring possibilities for transformation as agents of and for fundamental change. It should be noted here that the call to transform was used by BapDada in excess of 23 times in just one Avyakt Murli (December 14, 97). The time to heed this call is NOW.

Baba's theme for this season is Freedom (Avyakt Murli - December 31, 97). At that time BapDada gave the slogan: Use everything in a worthwhile way and attain success!

Consider the following: What is the possibility of attaining the freedom of which Baba speaks? Do you think it is possible? Do you feel it is possible? You may say that anything is possible... so why not also this? You may even utter convenient slogans to convince yourself like "Everything is possible with Baba." But will the repeating of slogans and more slogans and yet even more slogans bring you

any closer to such freedom? Well, yes, in one sense. Anything is possible. Yet still, the question remains: What are the chances for success? The issue of the likelihood of success is a question of probability. Consider this: In the state you presently find yourself, what is your estimate of the probability of your success in realizing the freedom of which Baba speaks? Before you can answer the question of probability, your assessment of your present stage must be real and not imaginary. Imagination is the slayer of the real because it separates the part from the whole and builds on only one aspect of a fact - giving birth to false apprehension and distorted vision. The facts must speak for themselves. Also, your understanding of what defines this 'freedom' must be such that it warrants the trouble to grasp; otherwise, why even bother to begin with? Can you afford just one variable out of place when calculating the probability of your success in this endeavour of which Baba speaks? Others may give you many answers to satisfy your curiosity. But as you well know, there can be many answers to a challenge - and usually, just one solution. If the solution is to be found at all, it has to be discovered by YOU. If the solution is to be implemented, YOU are the one to do it. If the experience of freedom can be realized, it is YOU who must then live it - and not just for your benefit but for all those sentient beings awaiting your awakening to Freedom - and Life Eternal.

So, in the state you presently find yourself, what would you propose can increase the probability of success for the attainment of freedom? What is your understanding of freedom?

If the experience of 'freedom' of which Baba speaks is not a clear priority in your studies, and/or if your present state of being is to your satisfaction, then it would be highly unlikely that the rest of this material would be of much use to you. Moreover, if your interest in such subject matter is not strong enough and/or the willingness to make the necessary efforts is lacking, it is then equally prudent to consider an alternate pursuit.

Therefore, if at this time your center of interest is elsewhere, that is fine. Go there, and peace be with you. If you choose to participate in this study at a later date when you feel more inclined,

that too is fine. If you choose to participate but later have a change of heart and wish to withdraw from this study, you can certainly do so with no questions asked. There will be no one breathing behind your neck or coaxing you to come along. If you choose to participate in this study, then recognize that decision as a free choice that you have made. Conscious participation is what is called for in this study - not passive acquiescence.

Therefore, before going any further, stop and consider the state of your heart. Nothing is worth doing unless your heart is in it. Yes, there is a serious side to this study. Yet, it is preferable that participation is an expression born out of a spirit of playfulness, with zeal for learning and discovery. The participants are kindly requested to test and verify everything at the level of experience, while embracing the journey with childlike enthusiasm. Be willing to exercise courage to venture into new territories of experience.

Regardless of your decision whether to participate, please do not think any less of yourself for not having done so, nor think any more of yourself for having made the decision to do so.



To experience the freedom of which Baba speaks, Baba says "You just have to have an honest heart. BapDada, Lord of the Innocent Ones Baba is easily pleased with an honest heart" (Avyakt BapDada Dec. 31, 1997). So at least one variable likely to increase the chances of your success is having an honest heart. Now to 'have' implies that you already are in possession of that which is required for the experience sought. Baba further goes on to say: "many children say and believe that they have accumulated many things. Externally, they say that they have accumulated a great deal, but in Baba's account of accumulation of each of you, it is very much less than each of you say or believes it to be". Baba then says that it has to do with the first lesson of "I" and the consciousness of "mine". This can mean that the "I" responsible for the consciousness of "mine" has yet to undergo the inner changes necessary to create the conditions that allow one to accumulate the qualities required to birth an honest heart.

Becoming a different being means that the self acquires many new inner qualities and powers which it does not currently possess. Understanding how these powers appear and where they come from is an essential task of a student of Raja Yoga. When such powers are falsely ascribed to the self with the thought that one already possesses them, the possibility for the changes needed for the required transformations becomes next to nil. It is in the very recognition that one does not possess them that prompts the possibility of acquiring them. Transformation is dependent on the desire for change. The speed of transformation is dependent on the purity of that desire. The purity of desire can only appear when there is a clear and intense revulsion from witnessing the actual state of one's present condition. This is not the revulsion of condemnation. Rather, it is one born out of the light of understanding from a realization to bring to end all unnecessary suffering. That revulsion can only happen when there is an **honest** assessment of one's present stage, in relation to the stage that Baba requires. The witnessing of this condition usually takes place at the cross-junction point of all the converging forces in one's being: in one's **heart**.

Therefore, to be in a position to experience the freedom that makes possible the 'use of everything in a worthwhile way and attain success' requires a number of conditions to be met. The conditions in question have to do not only with the initial condition of the desire for change, but also with the acquisition of certain features, qualities and powers that we do not possess, or if we do, they are undeveloped and cannot develop by themselves. To develop such qualities, efforts of a particular kind, intensity and duration - and in a particular direction, with sufficient help - and under certain favourable conditions, is required.

This proposed study is one attempt at developing an incubation chamber for the birthing of being endowed with capacities to embrace, contain, and become the freedom of which Baba speaks. Key components of this incubation chamber are the Virtues and Powers. They serve as refined fuel to bring about transformations, in sequentially unfolding bundles of dynamically harmonious change, at the level of Being. One does not seek sudden changes. Rather, it is

the stable, constant, sequentially expansive, and balanced transformation that is the catalyst for the sustained experience of freedom. There is nothing here which would preclude sudden bursts into expansive states of being. The preference however is for the achievement of the dynamically integrated awareness sufficient to contain the experience (even when it hits as lightening) - and awake enough to recognize its dawning within the self as the gift of the Eternal Father Mother. Baba had once said that it takes a Golden Vessel to contain a Tiger's milk.

Baba says 'The secret to freedom is an honest heart. . . "Where there is an honest heart, all desires are fulfilled." Where else can you find a better meaning of Freedom? And toward this end, Baba says:

"You must invent something new - a new invention which brings newness both in the self and in the field of service. You should make a practical plan for this. Whatever you do, you must bring before Baba a new invention in the form of a gift. Both planning and effort should be made. Make it a race. Everyone should think deeply about the invention, If you come and sit close to Baba in the early morning hours, then there will be natural, automatic touching . . . Create a lighthouse which will attract everyone's vision. Just as an ordinary lighthouse attracts, so too, you should make a plan to build a big lighthouse which will give everyone the experience that is their support. Make such a powerful plan that others are able to receive support from the lighthouse. Now, think of such a plan."

July 18, 1983



The seed thought for this proposed study came as a unified whole in Madhuban during the 1997 season. The second annual meeting of SpARC, held in Gyan Sarouar, was the context for its inception. The enthusiastic cooperation amongst the participants of the raja yoga lab • group (1), being now referred to as the Virtual Radiance Taskforce, helped provide the impetus for developments leading up to this draft.

The aims of this endeavor are as follows: First, to develop ideas for experiments and methodologies to experience and actualize in practical ways, the constant and stable attainment of Virtues and Powers; second, to become an embodiment of experience about the subject; third, to assess the yogic status of one's present stage and create the conditions to accelerate inner transformation in an integrated and harmonious manner to experience even deeper stages of yoga; and fourth, to initiate a synchronous-wave application of approved methodologies meant to give support Baba's task, as a ready instrument, for world transformation. Entering the four stages of the aim mandates that participants become samples of the work professed while remaining incognito in their efforts - by allowing the facts to speak for themselves. The witnessing of facts is not so much for others as it is for those engaged in the work. There must be efforts to make genuine as opposed to "visible" progress.

We are about to embark on a quest. Moving in the spirit of a student of knowledge, ATTENTIVENESS to the (((((ring)))))) of truth is imperative. If there is a crack in the vessel, perhaps there is no better time than NOW to discover it.

"Trophies" are not given upon completion of the study; nor will there be formal recognition of individual participants. There are no "things" to be gained through its execution. Once successful, there will be more "things" lost than gained - with the prize reserved for those having entered the **zero state**. One definition of freedom is the loss of the false - if we wish to reduce the resistance to acceleration toward the zero state, it is necessary to reduce the mental mass which contributes to inertia. Letting go of all borrowed identified and beliefs can help a great deal in this regard while stabilizing the self in the experience of none but ONE - into which nothing can be added and nothing can be taken away.

Baba had once said: be a zero and become a hero. It is time to experience what this means. In one sense this gives a very unique way to look at freedom: a condition of being wherein there are no choices. How so? Because there would be "no one" making choices. If you find such a conclusion puzzling and counter-intuitive, that is O.K. The manner in which you apprehend the one in 'no one'

determines your response. Further explanation matters little in this case as it is the veracity of your own experience which must testify to the truth.

The **primacy of direct experience** is fundamental to the efficacy of this study - wherein success can be defined as the degree to which a participant experiences a **stable** shift to a higher (more integrated) **level of Being** (a level of freedom wherein the soul **embodies**, as a **practical expression**, a greater quotient of its **original** sanskars).

Ultimately, no 'words' can give a true depiction of what we intend to embark on in this study. Therefore, it is sincerely requested of those participating not to hold on too tightly to any concept, word, a series of words, or expressions presented within the confines of these pages. Yes, words are useful yet - with acknowledgement of their relative usefulness subject to the context. Painting verbal pictures of clear flowing spring-waters, however 'realistic' the depiction may be, does little to quench the thirst of a lone traveler. Identifying with any one idea, concept, or belief tends to create conditions wherein one mistakes the map for the territory.

What is sought here is not some accumulation of information for the satisfaction of the intellect - although some essential facts are necessary to begin the work. The intellect cannot adequately serve as the only instrument for discerning the REAL. The intellect, by its very nature divides, and bifurcates experience. Therefore, there can be no possibility for a vision of the whole while 'reason' commands the import of experience. The ignition of soul-cognition is required for a vision of the whole. It is the experiential import of a soul-conscious state that is necessary for the execution of this study. An **awakened** link with God is what permits the distillation of that drop of nectar sufficient to pierce the veil of ignorance as it welcomes the experiential signature of the BELOVED etched, with a single stroke, upon the tablet of the heart and mind.

This is a research project - an experiment of sorts. Yet, in many respects, it falls outside the parameters of accepted conventions for 'scientific' research. The question of 'who has to prove what to whom'

is dealt with in a manner wholly different from the usual methods. Therefore, it should be made clear, at the outset, that this study is not a "scientific" experiment, as it cannot subscribe to the conventions of accepted methodologies and protocol of 'scientific' research. To make claims of a scientific nature relative to its parameters, as it is presently outlined, would not render an accurate picture as to its process of inquiry and validation of facts.

To our favour, there is presently a great revolution brewing in the annals of science thanks to the implications brought on by Quantum Theory, a specialty in the field of Physics. Scientific assumptions and proclamations of 'objective' truth are beginning to give way to a universe that speaks back in a participatory dance to the pulse of an observing participant. This is not to say that there is no objective world outside of ourselves, but that we have to reconsider fundamental assumptions about the nature of the dynamic relational connections between self and the environment. Such participatory relatedness has given way to a selective subjectivity in assessing the limits of what may be considered 'objective' truth. It is the price of admission to the play - and what a strange play it is. Indeed, we live in a universe that is not only stranger than what we imagine, but is in fact even stranger than what we dare to imagine. Its mystery has beauty - and its beauty is in its mystery. It is a wonderful playground. It is also the backdrop for this experiment.



Virtual Radiance

A Raja Yoga Lab Project of Group (1) ■ SpARC / BKWSU

* Foundation material specific to this study are as follows:

1. Avyakt BapDad's Murlis.
2. Sakar Baba's Murlis.
3. Experiential awareness of the lifestyle of a Raja Yogi as a student of the BKWSU.

* Work material specific to this study are as follows:

1. Yourself — A Virtual Radiance Taskforce [VRT] Participant
2. Proposed Research Project Overview
3. Proposed Study: Virtual Radiance ■ Introduction
4. Proposed Working Agreement of Intent for the VRT
5. Proposed log • Short form
6. Proposed Diary Page (Spiritual Journal)
7. Proposed log • Long form
8. Appendix **A**: Relationships with Baba • Meditation Commentaries
9. Appendix **B**: Powers
10. Appendix **C**: Virtues
11. Appendix **D**: A Partial list of Virtues and Titles from Baba
12. Proposed Appendix **E**: Virtual Radiance Calender
13. Proposed cut out sheets for reminder card
14. One small print of Sri Lakshmi and Sri Narayan
15. One toy gyroscope
16. One toy prism
17. One packet of flower seeds
18. A cassette tape recording of proposed song selections from Baba's treasury-store w/translations of song content.

This study is presently awaiting the approval of the Yagya.
Please do **not** begin before receiving the signal to proceed. No additional copies should be made of disclosed material once received. Its use, for the time being, is restricted to individuals formally engaged in the Raja Yoga Lab - group (1) - Virtues and Powers, and whose photos have been presented to the Director of SpARC. Exercise confidentiality with respect to this material. Once approved by coming into alignment with the collective wisdom of the Yagya, it can then be presented by the initial Virtual Radiance Taskforce participants to the Yagya for copyright consideration under the BKWSU.

It is respectfully requested that the content of this material be re-read thoughtfully before a decision is made, one way or another, on the commencement of experimentation.

Once this experiment gets under way, please recognize that you would then become a contributing part to a **synchronous-wave** pattern of experimentation with proposed methodologies. In other words, each participant would be doing their part, in the same sequencing pattern of the study cycle as every other participant on the Virtual Radiance Task force - around the globe. Although different time zones create a slight time deviation in execution which may offset the collective impact of results, nonetheless, the strength of the purity of intent, moving with detachment towards world benefit, can overcome and mend the path for Baba's rosary of lights to link together for **world transformation**.

To be helpers in Baba's task is to have the heart and Mind linked only to one - and from that link with one, to establish the soul-conscious link with all other souls. To be with Baba in a state of super-sensuous joy while contributing a finger of support for the experience of heaven on earth for all - is the greatest fortune of this Brahmin life.

Please note:

All materials disclosed are for your confidential review and consideration as a Virtual Radiance Taskforce participant during the Second Annual SpARC meeting back in March of 1997. Please review this material in preparation for the upcoming Third Annual SpARC meeting scheduled for March 6-9, 1998.

Also, as an initial participant of the VRT, if you feel that there is an element in this study that makes you feel uneasy or clearly runs contrary to what you feel is appropriate, your comments and suggestions are most welcome and necessary.

Please organize your comments and present them in a clear typewritten format to Dr. Sripada and BK Ramesh at the upcoming SpARC gathering.

Best Wishes – and Om Shanti.



RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

VIRTUAL RADIANCE

A working agreement of Intent for VRT participants

This is not a legal document. Its use is to communicate an agreement of **intent** amongst participants in the study outlined in the enclosed materials. Upon review and acceptance of the following terms it is kindly requested that participants express their agreement by signing where appropriate as a visible testament of the intention to adhere, in good faith, to the parameters of said study.

1. A participant recognizes that the materials/processes/techniques disclosed are confidential and intended, if deemed meritorious, to be copyrighted by the initial participants of the Virtual Radiance Taskforce, in whichever manner the Yagya deems appropriate, as a **property of the BKWSU**.
2. A participant agrees to comply with **non-disclosure** - not to disclose and/or discuss the materials / processes / techniques of this study, in any form, until such time that Baba and the seniors deem it appropriate to do so.

For any idea to be implemented in the manner suggested in said study it is prudent to test the accuracy and ramification of such implementation. To be accurate and to move out from a center of pure benevolence is an assessment that only Baba can make. To calculate the consequences and assure that only that which is for the highest good for all be the outcome is a decision that is outside the present domain of the

research participants. Therefore, the participants of the Virtual Radiance Taskforce humbly submit this proposed study for correction and refinement in consideration for approval, to Baba and the seniors before commencement of experimentation.

3. A participant agrees to work **incognito** with regards to the parameters of said study.

It is imperative to understand, on multiple levels, the need for **silence** in regard to matters pertaining to said study. Any questions and clarifications can be addressed directly to the Director of SpARC, Dr. S. Sripada. Non-disclosure of any materials and remaining incognito in one's efforts is important both for personal growth, and a criterion of participation. Whether discriminate, or indiscriminate, premature sharing of such material will dissipate its force of impact and may weaken its collective transformative potential. Moreover, it is unwise to disclose prematurely the material of this study as we, ourselves, are the subjects of the study. Unless we can FIRST demonstrate, to ourselves, a capacity for determination and disciplined persistence, how can we in clear conscience, expect others (whether they be Brahmins or not) to do the same?

Due to the nature of said study, silence is the principle control variable we have. Once compromised by disclosure of any sort, the validity of results may be compromised. The Dadis are the only persons exempt from this code of silence. If they are to be approached with matters relative to this study, it would be through **Dr. S. Sripada**. Circumnavigation is not permitted on this protocol. Also, to foster appropriate understanding, persons who express interest in said study, must be referred to Dr. S. Sripada. The members of the Virtual Radiance Taskforce will be engaged in the experiment itself and are themselves the subject of the experiment. Therefore, they can neither discuss nor disclose the nature of their work due to the requirements set by the protocol of the experiment itself.

Premature disclosure also has a potential disruptive influence to the synergy of the group. The introduction of conflicting aims can prove counterproductive to the intended goal, methods and mission of this study. Misunderstanding of said studies can increase once you engage in an emotional debate or in trying to 'persuade' another about the veracity of your viewpoint. We, as participants in the Virtual Radiance Taskforce, are determined not to indulge in arguing our case with those of fundamentally dissimilar core views, nor are we necessarily interested in 'defending' our case. While relinquishing the need to defend a given point of view, the proof of merit, or lack thereof would be predicated on the demonstrated practical change in the level of Being which will speak for us and through us. Please recognize that the intentions here are not for blind and mechanical submission to a set of protocols. The need for awareness of the implications of wasteful actions is what is called for. To develop a stage of yoga powerful enough not to allow even the birth of an enemy is far more preferable than learning a variety of tricks and techniques of combat. The expenditure of energy at this juncture in time must be applied for maximal return. All waste of energy must come to a full stop.

4. A participant understands that this project cycles through durations of approximately one calendar year. Phase (I) began from the date of March 6, 1997. At least three calendar years are allotted for the relative completion of said study. Its completion can be said to be relative in that the potential for a perpetual progression is inherent in the very structure of the study. Therefore, it can be said that it can go on for as long as Sangamyuga permits.

As a participant, you are welcome to engage in the study for as however long your ability permits. Therefore, no matter when one begins / exits said study, the day of entry / re-entry must be calculated from the start date of March 6, 1997. The enclosed Virtual Radiance Calendar (appendix E) can serve as the reference for tracking and re-entry. This would then not only determine which particular (relationship / power/

virtue) triad each new candidate would resume their study from, but would also allow for a **synchronous** alignment with the rest of the participants in the study. The **coherence** in flow contributed by the synchronous alignment of the sequencing pattern can greatly enhance the 'etheric' **amplitude** of subtle vibrations generated. The subsequent increase in **synergy** among participants can go a long way towards **enlivening** the possibilities for transformation

5. A participant agrees that If a member presents unequivocal evidence demonstrating an unbroken compliance with the guidelines of this study and for a period no less than **56** calendar days as demonstrated by the submission of the respective entry logs to the Director of SpARC, Dr. S. Sripada, and upon the receipt thereof, then that participant would qualify as a candidate for introducing other BK students to the study - if that happens to be of interest to you.

If you do wish to share this study with others, then please give yourself sufficient time to discover whether you wish to extend consistent effort, at least for the 56 day (probation) as an aid in assessing your present stage of Being (relative to the context of said study). Moreover, undergoing duration in **experience** sufficient to **prove to yourself** the efficacy of the methods employed is imperative. Your contribution must be grounded in the **authenticity** of personal experience. Allow the first 56 days to be your testing ground for this work. Your own zeal and enthusiasm will assess your willingness to proceed further in the study. Either way, you must remain true to yourself and centered on what best serves your present needs for successful progress in this brahmin life. This study is simply one out of many possible means for making effort. Please check your intuition and seek clarity whether this study happens to naturally resonate with your own interests in experimentation.

If after having passed through the probation period, you feel inclined to share your experiences with others, then you are welcome to assist in introducing this study to other BK

students once the testing phase of proposed methodologies is developed to the satisfaction of the seniors.

Once approved by the seniors, then the way is cleared for sharing (if you are so inclined) your experiences and said study with other interested participants under the canopy of Baba's Yagya. Then the support and blessings from the seniors will be there and without which there would be no sense of going any further.

Please be watchful of your motivation in action. For your safety, remember Baba as Karankaravanhar. We are not here to create devotees or accept praise. We are here to assist souls in gaining their own fortune from the One Supreme Bestower.

6. A participant agrees not to engage in the **solicitation for participants** in the study. Soliciting others for participation in the study is **not permitted by those actually engaged in the experiment itself**. If other students somehow find out about this study and are attracted by showing sincere and persistent interest to learn more, they are to be referred to Dr. Sripada. Thereafter, they would be requested to complete a simple application in consideration for inclusion in the study - the ideal setting for this would be at a SpARC gathering.

The Virtual Radiance Taskforce is in no position to provide promises or guarantees. This is a research expedition by the VRT team itself. The VI process is an experiment - please keep this in mind. Baba says to "experiment with the jewels of knowledge". This study is just that.

7. A participant agrees to keep a **diary** (optional) to complement the content of the log noting any special events that he/she believes is in keeping with methodologies of said study. A dream diary (optional) is also recommended.
8. A participant agrees, if he/she accepts article #5, to **submit a copy** of his/her personal Virtual Radiance Taskforce Log, bi-

monthly, to Dr.
address in
months (56 days).



Sripada, SpARC (use
Germany) every two lunar
The logs for the fast three
months can be personally brought to the SpARC office upon
arrival to Madhuban. For those interested, the entire set of the
original log documents can also be brought, in a sealed
envelope, to Madhuban.

9. A participant agrees, in keeping with the spirit of said study, to give the **best** of what his/her present ability permits, as an instrument of Karankaravanhar, to hasten the experience of Heaven on Earth as a **gift offering** to planet Earth.

Signature of intent: _____ Date _____

Please print **clearly**: Your name _____

Email (or) phone / fax: _____

Country / City: _____

- Please submit a signed copy of this working agreement of intent to Dr. S. Sripada, SpARC (outside of India). Those residing in **India**, please correspond with **B.K. Ramesh N. Shah**. Thank you for your co-operation - and **OM Shanti**.

RAJA YOGA LAB • GROUP (I)
SpARC 2nd ANNUAL MEETING • March 1-4, 1997
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VIRTUES & POWERS
— Research Project —

Virtual Radiance LOG

(A) Complete before start of experiment

1. Today's Day / Date: _____
2. List the exercise Triad / Rose Color of the day:
 - a) Relationship with Baba: _____
 - b) The Power invoked from Baba: _____
 - c) The coloring Virtue from Baba: _____
 - d) Rose Color: _____
3. Triad Day-Number: (1) (2) (3) (4) (5) (6)
 (7)
4. Beginning time of Experiment: _____ **AM** (1) (2)
PM

(B) Complete after completion of Formal (sitting) meditation portion of the experiment.

5. Completion time: _____ **AM** (1) (2) **PM**
6. Duration of Experiment: _____ (minimum - 15 minutes total / day)

7. Rate the quality of your yoga before the activation of the Rose:
 Deep stage of Yoga (1) (2) (3) (4) (5)
 Unsatisfactory stage of Yoga
8. Rate the fulfillment of conditions for Rose activation:
- a) Was the impulse to activate the Rose initiated after achieving a powerful stage of yoga?
 Yes (1) (2) (3) (4) No
- b) And thereafter, did the impulse to activate the Rose commence only after achieving a certain DENSITY of FEELING and a COHERENCE of THOUGHT relative to the (Relationship / Power / Virtue) triad of the day?
 Yes (1) (2) (3) (4) No
9. Did you proceed sequentially, and to the best of your present ability, through the seven stages of the Rose activation process?
 Yes (1) (2) (3) (4) No
10. Did you donate the powers / Virtues to Yourself First?
 Yes (1) (2) (3) (4) No
11. Did you 'donate' (qualified - see long form) the Powers / Virtues to Team Members?
 Yes (1) (2) (3) (4) No
12. Did you donate the Powers / Virtues to Lokik Family Members?
 Yes (1) (2) (3) (4) No
13. Did you donate the Powers / Virtues to Surrounding Environment?
 Yes (1) (2) (3) (4) No
- a) (10 through 12) - first four months
 Yes (1) (2) (3) (4) No

- b)** (a), then proximal Environment (human costume)
5th month of the study
Yes (1) (2) (3) (4) No
- c)** (b), then donate to Domestic Environment (residence)
6th month of the study
Yes (1) (2) (3) (4) No
- d)** (c), then donate to a radius of (1) miles
7th month of the study
Yes (1) (2) (3) (4) No
- e)** (d), then donate to a radius of (1) to (5) miles
8th month of the study.
Yes (1) (2) (3) (4) No
- f)** (e), then donate to a radius of (5) to (25) miles
9th month of the study.
Yes (1) (2) (3) (4) No
- g)** (f), then donate to a radius of (25) to (100) miles
10th month of the study
Yes (1) (2) (3) (4) No
- h)** (g), then donate to a radius of (100) to (1000) miles
11th month of the study
Yes (1) (2) (3) (4) No
- i)** (h), then donate to your respective continent
12th month of the study
Yes (1) (2) (3) (4) No
- j)** (i), then to Planet Earth
Yes (1) (2) (3) (4) No
(last month - in Madhuban, if possible)

14. Rate your capacity to sustain the strength/clarity of the Yoga Stage during the entire activation cycle up to the stage of irradiation. Sustained concentration
(1) (2) (3) (4) Drifted into Uncontrolled Imagination

15. Did you remember to ease out gradually from the Rose activation exercise - taking at least two minutes before leaving your meditation seat, and with a smile on your face?
Yes (1) (2) (3) (4) No

16. Rate your satisfaction with your stage after the completion of the sitting portion of the study:
Very Satisfied (1) (2) (3) (4) Not Satisfied

If you rated (3) or lower, pin-point the reason: _____
(Please churn on ways to rectify this situation with Baba's help.)

(C) Complete before bedtime

17. Did you spend time contemplating the essence of the activated Rose during the course of the day?
Yes (1) (2) (3) (4) No

18. (a) When meeting other souls, did your vision contain the essence of the Rose of the day?
Yes (1) (2) (3) (4) No

(b) Did the drishti toward your meals contain the essence of the Rose of the day?
Yes (1) (2) (3) (4) No

19. Did you experience practical realization(s) and other benefit(s) in the course of the day?
Yes (1) (2) No

If yes, please list at least one benefit: _____

20. (Optional) List any significant changes others surprisingly claim that they now appear to see in you (without any solicitation of opinion from others):

21. Relevant data was recorded into a day Diary (optional)
Yes (1) (2) No

22. Relevant data was recorded into **dream** Diary (optional)
Yes (1) (2) No

23. Did you succeed in remaining incognito in your efforts for the experiments throughout the day - noon - and night?
Yes (1) (2) No

Please note: To those who wish to comply with article #5 of the VRT Working Agreement of intent please mail (do not fax) all relevant records, promptly every 2 months (56 days) to Dr. Sripada. The records for the last three months can be personally submitted in Madhuban. The original copies of records can be compiled chronologically and kept until further notice. Thank you for your willingness to participate in this study.

SpARC ■ Dr. S. Sripada
Venn 5, 52062 Aachen - GERMANY
sripada@compuserve.com

Please honour the protocol for silence. If you wish to share your enthusiasm, share it with Baba. Also you may share the same with the team members through pure vibrations. Thank Baba and the Yagya for creating the conditions making it possible for us to Become Living Fragrant Roses in Baba's Garden of Wonders.

Om Shanti
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RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

VIRTUAL RADIANCE TASICFORCE ■ DIARY LOG (Spiritual Journal)

[illegible]

RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

STUDY LOG FOR THE VIRTUAL RADIANCE TASKFORCE ■ LONG FORM

Please study this long form for an overview of the process. The purpose of the log is to serve as a dynamic feedback loop to encourage self-remembrance and self - observation. The shared thoughts accompanying each phase of the process are to instruct and amplify intent. It is hoped that they may be useful to those interested. (Please use the enclosed short form of VR log for your actual data entry.)

(A) Complete before start of experiment

1. **Today's Day / Date:** _____

2. **List the exercise Triad / Rose Color of the day:**

Please refer to appendix (E) - the study cycle calender. Locate today's date, then fill in the blank space for 2(a), (b), (c), and (d).

a) Relationship with Baba: _____

See appendix (A). Access to this copy was made possible through Sister Christine in Gyan Sarovar. You may wish to use it as one possible reference for your experimentation.

b) The **Power invoked from Baba:** _____

See appendix (B). Recognize that the powers we seek are different than those of the pomp and show of Maya: Position, prestige, possessions (including people) and the power to hold what one may have. We are after those powers that are constant and unchanging - whose presence is not dependent upon the swinging of the pendulum of success or failure, praise or defamation.

c) The coloring **Virtue from Baba:** _____

See appendix (C). Recognize the necessity to be colored (saturated) by the qualities of our original sanskars so that we may be worthy of the titles Baba has bestowed upon us (see appendix D).

Please note that the 7th virtue in the series, CREATIVITY does not have a color assigned to it. Its symbol is Space, or the Void. In a sense, creativity is present as the backdrop of every Rose. It was allocated a spot in the experiment because of the potential inherent in its conscious use. You might say that it is recess grounds where children can let loose and simply play. As the virtue of CREATIVITY is the last in the chosen series, whenever its sequencing pattern hits and repeats within the cycle of the study, use that time to consciously apply and play with the accumulated essence of the variety of Roses. Allow your mind to become the drawing tablet, and you the soul, the artist. Be creative with Baba... be creative for Baba. With the accumulated essence of the variety of Roses, offer a beautiful bouquet to Baba. Become the offering itself.

- Please remember that as a participant in this study, you will, in essence, be participating. **In synergy**, with all the other students engaged in this exercise, around the globe, during this time range. This applies to all the virtue cycles. We will all be doing the exercise together with you in our respective locations on the planet.
- Also, please keep a small notebook of the ideas for group exploration and considerations for application in the second stage of this study, which will convene during the Third Annual SpARC meeting on March 6-9, 1998.

d) **Rose Color:** _____

(Roses won over the Lotus because roses have fragrance, and because of their abundance in Madhuban and Gyan Sarouar).

3. **Triad** Day-Number: (1) (2) (3) (4) (5) (6) (7)

The numbering here serves to help track and remember the sequencing block for each virtue. The sequencing block of seven days for each virtue rotates once every 49 days.

4. Beginning time of Experiment: _____ AM (1) (2) PM

Whichever time you choose (preferably at amrit vela); make it **consistent**. This is all that we ask of you. However, if at all possible, have the time of Amrit Vela as the ideal time for experimentation. Baba says:

"Everyday at Amrit Vela, BapDada celebrates the meeting with all the spiritual roses and He sustains them with special love and power. Amrit Vela is the time of special sustenance from God. Amrit Vela is the special time for meeting the Supreme Soul. It is the time for spiritual -conversation. Amrit Vela is the time when one can easily attain blessings from the treasure-store of blessings from the innocent Lord."
Dec.17 .79

If you plan to use commentary tapes or music for this experiment, please recognize the need for uniformity in the application. Be consistent in the manner you apply such materials.

Both songs and commentaries, at times, influence the listener in unintended ways. And so rather than experiencing the depths of Silence while connecting with Baba, using certain tapes as a meditation aid can potentially hinder rather than help the process. Some listeners tend to be pulled by the beat rhythm of a song. Others, by the melodious voice of the commentator; and others, by the ebb and flow of harmonies within a song.. and so on. Before one realizes, the allotted time for the experiment had passed, but spent in music appreciation rather than God contemplation. This is shared so that you may be on the lookout for such patterns in your experience. Unless the foundation is already firm and deep, it is likely that a meditator would be distracted by the sound of music - neglecting the golden opportunity to dive deep into the ocean of silence.

However, if you can remain yogyukt while listening, then you can enliven the morning with Baba's songs. Baba says:

“From the early morning hours of Nectar, you begin to sing songs. Your daily timetable begins when you rise to the song, and you then sing songs of Baba's praise and songs praising your most elevated life. You also sing songs of knowledge and songs of the experience of all attainments. Do you not know how to sing these songs? All you have to do is sing the song and dance with happiness . . . Every action should be performed with you dancing in happiness.”
Jan. 20.82

What follows is a listing of proposed songs which can accompany this study. It is presented with the full recognition that they can serve as wonderful gateways to Baba's abode. The secret here is not so much to fulfill the desire for hearing - but to actually ignite super-sensuous listening - in Baba's company.

Here is a short listing of proposed selections:

1. Amrit Vela Shuddh Pavav Hai
The Early Morning Hours of Nectar are Pure and Clean
2. Parampita Shiv Paramdham Se
The Supreme Father Has Come From The Subtle Region
3. Shiv Pita Ko Ab Yaad Karo
Now Remember Father Shiva
4. Andhkaar Man Ka Mitte
May the Darkness of the Mind be Dispelled
5. Open for selection
6. Open for selection
7. Open for selection
8. Open for selection
9. “The Beloved” : a lokik song turned alokik through the sweet efforts of BK Sister Lavina / Texas - USA. It was performed during a retreat in Lake Tahoe in California - USA in the summer of 1995.

(B) Complete after completion of Formal (sitting) meditation portion of the experiment.

5. Completion time: _____AM (1) (2) PM

As you meditate with open eyes, it should be easy to check the time. If you are not confident in your ability to stay open-eyed during the meditation, you may wish to experiment with the following:

1. If you own a digital timer, use it. Set your stereo system to turn on for three to four minutes prior to the completion of the experiment. When selecting material as an aid to your experiment, try choosing pieces that are gentle and soothing, having neither an abrupt beginning nor end. The timer can be set for a total of four on/off executions. The total time for each recording segment ought not exceed 4-5 minutes. The duration in between is meant for SILENCE. In other words, the first 'on' execution of the timer would begin the song or commentary. The song or commentary would play for duration of 4-5 minutes till the first 'off' execution. The second 'on' execution of the timer would come in 15, 20, 30, or 40 minutes after the first 'off' execution and thereby signalling the end of the meditation exercise. The participant would then prepare to bring the meditative exercise to completion. The second 'off' execution of the timer completes the cycle.
2. If you do not have a digital timer, you may record, on each side of a cassette tape two music and/or meditation commentary selections. The first selection is to be played at the beginning of the experiment, and the second selection would enter near the completion of the allotted time duration of the exercise. Make sure that the first selection loses volume gradually, and that the second selection gains volume gradually. Be sure to leave a three-minute segment of unrecorded tape segment at the end of the cassette because some cassette players have a loud and abrupt shutoff mechanism. You would not want to complete your meditation with an inopportune and sudden CLICK

If a cassette player is not available, consider yourself fortunate. Your baggage weighs less than the rest and you can fly sooner than the rest. The idea here simply is that if a facility is

available and easily accessible, then use it; otherwise, learn to be content with less.

If you happen to have a cassette player handy, then the length of the recording on the audiocassettes can serve as a convenient way to gauge time. Avoid using an alarm clock. The key here is to ease into pure silence to meet with Baba, and gently ease out of pure silence while bringing that purity of silence with you, then allowing it to saturate your being with an after-glow that lingers past the sitting meditation phase. Your frame of mind during the rest of the day, along with your capacity for remembrance in the midst of daily activities, can serve as a barometer for the degree to which you have succeeded in your efforts. **We are after PRACTICAL results.**

Although the use of audiocassettes is proposed, it is kindly requested that their use be restricted to the very beginning and then to the very end of the meditation session. Outside the time parameters allocated for this study, you may do whatever you wish. Compliance with the protocol of the study is requested only for the 15+ minutes of experimentation per day. Please take every precaution not to ritualize this process. Be clear as to why you are doing it. The aim and object must remain in focus.

Moreover, the systematic application of music/sound/acoustic vibration during deep meditation is an involved science and does not encompass the parameters of our study. Besides, a day may be coming where no access can be had to outlets nor batteries to power your cassette or CD player to listen to cherished songs and meditation commentaries. What will you do then? Experiment by doing more with less. Wouldn't it be wonderful to discover what would happen if you could transform and **BE** the commentary you most cherish? Would it not be interesting to discover what would happen if we became the music ... to become LIVING melodies in Baba's Symphony... If we do not do it NOW, then when?

6. Duration of Experiment: _____ (minimum - 15 minutes total / day)

Please do not exceed the allotted time for the sitting meditation portion of the experiment. You may do less, but do not exceed the allotted times scheduled.

There are four ranges of time allotments (see appendix E). The first range is 20 minutes per day. This approaches the set limit of 15-minutes per day, which is the minimum time set for the study. The second range is anywhere between 20 minutes/day and 40 minutes/day. If you choose, you may do 20 minutes twice a day up to a 40-minute meditation daily. Please recognize the need to proceed gradually if you choose to increase the minimum time allotments. Please stay within the maximum range of any given scheduled duration. The third range is up to 60 minutes, and the fourth is up to 80 minutes.

Please recognize the need to remain in BALANCE. Again, if you wish to increase the recommended minimum, then do so gradually and note any Significant changes. Keep in mind that this is a study, and it requires an accurate capacity for self-observation. To remain stable in the desired state for even one minute is an accomplishment. The only catch here is that hidden in that **one** minute can be a life time of accurate practice.

Increasing the potency of the meditative stage within ever diminishing durations of time can be of great use. Eventually, it must happen in an instant, wherein the dilation of time would collapse into the eternal present - with full awakening into jeevanmukti - and not just for a fleeting instant, but as an ongoing condition of present, everyday life.

7. Rate the quality of your yoga before the activation of the Rose: Deep stage of Yoga (1) (2) (3) (4) (5) Unsatisfactory stage of Yoga

If the Yoga Stage rated (4) and below, then take this as an opportunity for self-observation and attempt to discover the nature of the shortcoming. Be as specific as you can, then deal with it with Baba's help. Falling asleep, drifting into tangent thoughts, straying into daydreaming, or 'thinking' that you are meditating are samples of missing the mark. The aim here is inner transformation, **not** idle

imagination. But if idle imagination happens to come along in the field of awareness, do not lose heart. Every step in the right direction counts. Nothing is wasted. You are in process. Be Patient. Simply observe the thought form for what it is, and **let it go**, then return to the silence with Baba.

8. Rate the fulfillment of conditions for Rose activation:

The Rose requires certain initial conditions for its activation. These conditions include: 1) Enlivening a single thought/feeling equation with clarity, intensity and a 'duration' sufficient to produce a coherent carrier-wave function — nested in 2) A clear and stable link in yoga with Baba. The need for developing a keen discrimination for evaluating one's progress through this process cannot be overstated.

- (a) Was the impulse to activate the Rose initiated after achieving a powerful stage of yoga?
Yes (1) (2) (3) (4) No

It is imperative to be in a deep stage of yoga with Baba before attempting to activate the Rose. If the link with Baba is not clear, the chances of success are very slim. The exercise of the Rose would then be reduced to a laborious form of daydreaming.

- (b) And thereafter, did the impulse to activate the Rose commence only after achieving a certain DENSITY of FEELING and a COHERENCE of THOUGHT relative to the (Relationship / Power / Virtue) triad of the day?
Yes (1) (2) (3) (4) No

In other words, moving into the process of activating the Rose can commence once you begin to **feel a connection** between the three dynamic elements of a given triad - and on multiple levels of integration. This requires a particular clarity in intent, a particular intensity of feeling, and together, sustained for a particular duration sufficient to reach a particular threshold - before the firing can commence to ignite the fusion of elements necessary to enliven the Rose. The only catch here is that you cannot force this to happen.

This process is not a mechanical movement of the will. Either it is there, or it is not. It cannot be manufactured by the intellect. It is a movement of the spirit born out of love and going back into love. It comes as a gentle breeze of bliss pushing the sail of an awaiting ship at sea, taking it to a destination that only the gentle breeze would know. To catch this breeze of bliss, one has to be situated in just the right circumstances to capture its goodness. As it certainly would not be possible to sail away into the deep blue sea when one is stranded in the middle of the Sahara desert, so it must be that many elements must come together to catch the breeze that is to carry you to your destiny.

Speaking of elements coming together, it can also be envisioned as if you have succeeded in opening a combination lock to a mystical vault housing the treasure of the Rose which awaits you. Once you succeed in reaching that state, the Rose becomes accessible. You cannot reach this Rose, nor can it blossom and complete its mission, if you do not sustain a soul-conscious state.

Achieving a powerful stage of yoga - along with the proper alignment of the experimental triad, are the necessary and sufficient conditions for activating the ROSE. Again, accomplishing this task is not an exercise of reason or intellect. This study is not about the acquisition of theoretical knowledge. It proposes the application of effort for the discovery and use of faculties that are not in the domain of the gross senses or extensions thereof; nor in the domain of 'reason', or extensions of 'rational' thought. Rather, it mandates the exercise of the faculty of **FEELINGS**, infused with **UNIFIED CLARITY** of **INTENT** within **PRESENCE** of **BEING**. This is supported by patience and humility, with gratitude for all that is possible with God - under the canopy of **SHRIMAT**.

Baba says "For there to be an experience of sweetness of spiritual conversation, it is necessary for you to become Bapsaman (equal to Baba]; then, with this equally, you will feel that the conversation is sweet. You should not just sit according to discipline [the soul has to act on the basis of love]." Jan. 9.80

9. Did you proceed sequentially, and to the best of your present ability, through the seven stages of the Rose activation process?

Yes (1) (2) (3) (4) No

The Rose activation process involves moving through 7 stages of meditative engagement.

If the sequential unfolding of the bloom becomes interrupted by stray thoughts, recognize that the power of sustained concentration is yet to be developed. This is likely to happen in the beginning. Once this occurs, then gently and with great compassion for your own mind, guide the mind back to the first stage of the bloom once again - then resume the sequential unfolding of the Rose. Please be patient and gentle with yourself.

Effortlessness is key. Simply allow the warmth and depth of FEELINGS to / from Baba to surface, then watch, as a 'participatory' observer, the Rose as it naturally unfolds its petals and blossoms to FULL beauty. The process is that simple. The measure of ease or difficulty in such an experience is dependent on one's capacity to enter and remain within a dynamic stage of soul-conscious awareness.

It is incumbent upon each student as a member of this experiment to ruminate on what is meant by 'soul-consciousness'. Theoretical understanding comes far short of this goal. Granted, the experience itself may not be subject to definitions. Nonetheless, the capacity to identify the state must be there; otherwise, how would you know that you are in a soul-conscious state? We often speak of soul-consciousness, but have we considered the actual reality of a soul that is CONSCIOUS? What is the experiential condition of a soul that is AWAKE? What does this state of wakefulness have to do with entering "jeevanmukti"? You must answer that for yourself. Handed-down answers will do little to reveal the living solution. Do not expect to find the solution in books - no book can contain it. Others may describe it, but to identify with their descriptions, however attractive, will do little to elevate your stage. Moreover, to identify with the stage of others is to imitate. Our aim is not to mimic the stage of others -

behaving as parrots. Parrots do not have the capacity to emulate: the potential to equal or surpass. To imitate is to confine and constrict the potential for change and growth. On the other hand, to emulate leaves open the possibility for growth beyond limits. It is for this reason, amongst many others, that it is best to emulate the standards set in the Murlī rather than to imitate the stage perceived or described by others. This does not mean that we do not listen to the experiences of the seniors. It means that we do not stop there by using their collective wisdom of experience as a source of entertainment for the intellect. Rather we use it as a tool for greater depth of application for a more focused and powerful dharna. Experimentation is key in exploring the possibilities for change. The engagement in experimentation within a pragmatic implementation of knowledge, according to shrīmat, is the model for this study. **This study is for exploring and discovering, and enlivening the possibilities for a first hand, account of transformation - using Baba's triad: Relationships, Powers, and Virtues.** It is this first hand account of an encounter with the REAL which sets the stage for understanding the REALITY of a soul-conscious stage. So let us experiment together and discover, first hand, what it means to be a soul that is conscious.

Again, the capacity to enter into and recognize a soul-conscious state must be part of your experimentation. 'Assuming' that one is in a soul-conscious state when one is actually engaged in a fanciful dream about the self is an example of missing the mark. Such possibilities necessitate the need to be alert and awake to incidences of self-delusion and deception. The path we walk is a double-edged sword; it requires a great deal of self-observation and diligence to safely tread. The destination is high. Our endeavour is not an open-ended proposition for self-improvement. This study is not about self-improvement. Transformation has little to do with self-improvement. Transformation deals with radical change. A butterfly is not an 'improved' caterpillar, but a radically different creature.

So how clear is your awareness relative to the intended target? Our arrow must hit the intended target. To do so, awareness needs to lock onto the intended target while being blind to all other distractions. This cannot happen if one remains entangled in

memories of the past, or is engrossed in some faulty assessment of their stage. Baba says "be dead to the past." Now feel what this means.

As for the future, it can only be written with the ink of today. The work has to be done in the eternal now of Sangamyuga. Baba says to always stay in the intoxication that Baba, the Ocean of Knowledge, has given you knowledge and made you swadarshanchakradhari and trikaldarshi, and that you are the Brahmins who belong to the Brahmin clan. For a Brahmin soul this can mean being endowed with a capacity for recognition of the value of each and every moment. Such recognition is directly proportional to the relative wakefulness of one's Being. But to sustain such wakefulness while fending off the tendency for drifting back to sleep requires tremendous amounts of energy. Generally, the requisite energy is not available, nor is there the skilful means to develop the internal ability to elevate energy sufficiently. The mind wanders, taking our energy with it. Learning to become present-in-the-moment (i.e. awake) for extended periods of time is required. This helps to cultivate WILL - a capacity enabling the mind to stay **centered** and **stable** in one's seat, and not be pulled by distractions which happen to come along. Baba says do not let go of your seat. The practice of remaining seated on the seat (Asan) enable you to claim the throne (Singhasan!).

Remaining seated allows the soul to in-gather rather than to scatter the energy of attention. To be drawn outward is to dissipate energy. To in-gather appropriate material is to accumulate energy. The need to be selective in the nature of the materials we in-gather is imperative for success. It is often said that the company we keep affects us. The meaning of company here can be understood in the broadest possible terms. Ultimately, it is the quality of vibrations to which we expose ourselves and enter into resonance with that constitutes what can be referred to as "food" impressions for the soul. The soul metabolizes the energetic value of impressions to which it is exposed, and especially those with which it begins to resonate. It helps here to remember the often-repeated axiom: YOU ARE WHAT YOU EAT.

Change in the level of Being necessitate the cultivation of a sufficient quantity and quality of energy and information to enable a **stable** transition to another level of Being (a more integrated and dynamic state of soul-conscious awareness). The simultaneous act of conservation of energy, along with the cultivation of the appropriate quality of energy from the purest source possible is a moment-by-moment activity for the Brahmin soul.

Baba says Remember Me Alone. There is a profound reason for this statement which requires recognition. This recognition however will not dawn on the awareness while we are self-satisfied - oblivious to the true nature or the actual state of our present level of Being. When we sincerely begin to observe what we are like and not what we imagine ourselves to be, our fate then begins to change and so does our level of Being. But for this awareness to dawn, a shock is required. At times humiliation is the shock needed to jolt us into a higher state. At times Baba's Instrument Souls can provide the mirror with which we can see ourselves (Often times this can take place without their conscious awareness). At other times, the exacting force of karma enters and shatters the false personality and all that goes along with it. Either way, the possibility for change cannot dawn until we understand what it means to stop lying to ourselves. We must attempt to stop pretending to be something we are not.

The recognition and acknowledgment of the need for **HELP** in changing ourselves is essential. Fundamentally, this means the necessity to stop lying; identifying with the inner voices that constantly criticize, complain, and condemn - mesmerizing the self with the constant stream of fantasies that replay conversations and scenes while reshaping them to fit a cherished 'image' of the self. Placing identity into things, relationships, roles, and situations, however passionate and inspired, will do little to elevate one's condition when such states are entered into on the basis of blind abandonment, which is often the case in Bhakti. Intentional activity based on **understanding** (integrated apprehension on multiple levels of experiential awareness), under the light of shrimat, is necessary. We cannot outwit the trappings of Maya unless first we recognize the true condition of our situation. This work cannot be done in isolation and requires the possession of a true mirror, not a deformed or twisted

one, to permit accurate self-observation. Placing the most beautifully proportioned wonders of nature in front of a twisted mirror will not yield a beautiful form, no matter how much polishing the twisted mirror undergoes. First, we must gain the capacity to see what kind of a mirror we are actually working with. How will this capacity ever develop without Baba and the Yagya? From where will the corrective vision come? From where will the courage and strength come to recognize and face the true identity of Ravan?

Our conventional eyes can no longer serve us in this search. They have become accustomed to the distortions of lying and living in lying - and can no longer distinguish truth from falsehood. A **THIRD EYE** is needed. Possessing the third eye is imperative if there is to be an end to further distortions. There has to be an end to the lies that we tell ourselves and others, to the fact that we cheat, deceive, hold bad will, are cruel and unkind. We lie when we need to tell the truth, and lie even when we wish to tell the truth . . . because we profess a code of honesty we do not live. All this must **STOP**.

Baba constantly reminds us that the clock is about to strike midnight. The play is about to finish. The actors need to make preparations to go HOME Baba says service through the power of the mind is the final service. Yet, becoming fanatical, as an overzealous preacher of doom and gloom, is to miss the mark all together. It is the experiencing of equanimity and balance with sobriety, patience, and attentiveness that sets the stage for readiness to FACE whatever comes.

STILLNESS allows for the possibility of self-observation - the capacity to see things as they present themselves and not as we imagine them to be. When practiced over a long period of time, stillness confers an ability to notice the way we act, interact, think, react, form criticisms, judgments, and resentments. Unless we learn to detach and observe ourselves, we remain doomed to repeat the enslavement Kalpa after Kalpa.

Baba says we must become as sticks for the blind. When you walk through the streets of Bombay, Chicago, Delhi, Den Haag, Detroit, Dubai, Karnataka, London, Moscow, Mt. Abu and Vadodara

what do you see and feel? Look into the eyes of your soul brothers. What do you see and feel? What vision comes to the heart and mind? Does the thought to alleviate their suffering come to your heart and mind? Does the desire to help them experience Mukti and Jeevanmukti come to your heart and mind? Whatever your answer may be, consider this: You can free no one while you also are in the jail of Ravan. To think otherwise is pure fantasy The HORROR of this reality has to dawn on the intellect.

The jailhouse of Ravan is quite unique. It need not have locks or bars to hold its prisoner. Its seduction ensnares its victim with the glitter of fool's gold and the sweetness of cotton candy. To escape Maya's sticky web, one must cultivate forces unbound by such an influence.

So again, what does it mean to escape from the jail of Ravan and how is the escape to be achieved? To escape in the garb of a sanyasi, or to live life with one's back facing the world is not the intent. To escape here means to break free from a constricting or limiting influence which obstructs the capacity for giving a wider range of expression to the original sanskars of the soul - and to do so in THIS world, NOW.

Maya can be perceived as a seductive patterning of forces that induces conditions in which souls "fall" into its field of influence. Falling into this field is somewhat akin to being siphoned into a spiralling whirlpool of water, or sinking toward the curved space-time lines of force of a black hole. Consider what conditions would make escape viable under such circumstances. Such conditions require an initial recognition of the situation, along with the desire for escape. Either way, discovering the horror of the situation alone is insufficient for liberation. How is escape possible?

Escape, by definition, requires a change in the rate of speed or velocity relative to another measure of reference. There needs to be an acceleration of some kind from a given measure of reference, to overcome the downward spiralling momentum of the falling object (the falling object can be conceived of as the

state of Being of a given soul). From where will the requisite energy come to accomplish the needed acceleration? Even if an acceleration is actuated, some knowledge is required of the requisite VALUE needed to establish escape velocity; and even if a VALUE is known, the question remains: Relative to which orientation is the direction of motion, for escape, most viable? For example, if you are being chased by a Bengal Tiger, the response is a spontaneous enactment of a set of solutions sufficient to accomplish an escape. If someone is incarcerated in jail, delineating the variables necessary to escape can also be done, although it would take greater planning and calculation than the example of the Bengal Tiger. However, the scenario in our example of the jailhouse of Ravan is quite different. We, as souls, are attempting to break free from a limiting matrix (a jail), barren of the conventional clues of confinement. In this jail, the confining walls are subtle, and so are the locks and bars. Jail can even be described as an "energetic pattern" of confinement. These pattern(s) appear to define, and therefore, confine the range of motion (expression) over and against the soul's desire for experiencing more expansive state(s) of expression. The patterns lock the range of its activity into a particular range of expression, and so to a particular level of BEING.

So what will it take to free ourselves from this confinement: the Jail/house of Ravan? To present the possibility for escape appears to require a force with sufficient influence to reorient the 'energetic patterning responsible for the fall, and to overcome the 'downward' spiralling. If this is feasible, it also points to the simultaneous establishment of manoeuvres necessary to maintain an alternative orientation. As a Brahmin soul, what do you suppose it takes to bring this about? What does it take to establish the conditions for this reorientation to take place, and how is the requisite energy to be gained for accomplishing this task? Next, we consider the use of The Principle of Resonance?

(Please note here that the intent for using the word 'resonance' is not for the purpose of sounding "scientific". The parameters of this study, as it is presently structured, do not lend themselves easily to the rigors of scientific scrutiny, as the criteria for evidence, experimental testing, and corroboration do not meet accepted

scientific protocols. Nonetheless, the utility of the word evokes ideas and expressive intent useful in exploring the possibilities within the context of this study. There are other principles borrowed from science that lend such utility of function.)

Resonance can be defined as a periodic response to an outside force, actuated when the resonant object possesses some degree of similar frequency with the frequency of the impinging force. If the sympathetic coincidence (a shared measure of value(s) in harmony with the impinging force) is actuated, then there can be an enhancement response resulting in the activation of natural frequencies within the object in resonance. Therefore, resonance can be understood as an enhancement (change in amplitude) that is established when the natural frequency of two or more energetic systems enter into a response parallel to or in sympathy with one another. Such a response occurs because of the presence of a shared patterning(s) or quality(ies) of energy and information. Since feelings, values and thoughts can be considered as a patterning of an energy / information matrix, then it is conceivable that certain feelings, values and thoughts can be used to cultivate a resonance with a force unbound by Maya's domain of seduction. Let us agree that whatever a soul can conceive, a soul can achieve.

Since it is conceivable that an increase in sympathetic coincidence can give rise to conditions enabling an "energetic" enhancement response; thereby activating the natural frequencies within the object in resonance; then these conditions can address the question of how an energy gain can be actuated for a possible escape. The activation of the natural frequencies within a resonating object can be thought of as the original sanskars of a soul. A soul, entering a sympathetic resonance with the Supreme Soul, gains the capacity to enter into vibrational entrainment with the qualities of the Supreme Soul and experience a vibrational transfer of such qualities. A natural frequency of the Supreme Soul is **FREEDOM**. So, to break free from the jail of Ravan, what needs to be established is a synchronous resonance with the frequency of FREEDOM. Since this can be conceived, it can be achieved.

So to break free from the domain of Maya requires learning to resonate with a source of energy that has never experienced imprisonment of any kind. Again, whom do you know that fits this description? It is Baba. Our Baba ... My Baba. Can you **FEEL (not emotionalize)** what this means? Try to FEEL the sensation of what this means for a moment. Experience what this means next time you go and sit in a Murli class. Recognize why Baba says not to miss a single Murli class. Intellectual ascent to the reasons why may help to shed some light on the issue. However, without the wellspring of the emotive force born out of deep feelings, clear intentions and singleness of Will, the direct cognition of the answer, within silence, may not be identifiable. To experience freedom, establish a resonance - lock with the Source of Freedom. How do you establish resonance? How does one lose resonance? What are the initial conditions for entering into resonance? Again, resonance is a vibratory phenomenon that LINKS compatible processes. To be compatible means to share the same qualities, such as those of PURITY - PEACE - LOVE - WISDOM - HAPPINESS - HUMILITY - and CREATIVITY. There are many more. To link completely, however, with just one of these qualities, sets the stage for a HARMONIC RESONANCE with the rest. These are the qualities of our original sanskars: our natural frequency - the sanskars of the original deity religion.

In keeping with the principle of resonance, a linkage to a soul that has never had a body of its own cannot be established while the second soul is trapped in the awareness of itself as body. The criteria for linkage to a compatible vibratory process is not fulfilled; and therefore, no linkage is possible. However, once a soul becomes aware of its original sanskars, then the possibility for linkage becomes viable. To be removed from the possibility of linkage, all that is required is to introduce a sanskar identifying the soul with an energetic patterning belonging to the field of body consciousness (domain of the senses). The Supreme Soul is incorporeal, therefore, to establish a link, we also must become incorporeal. We must move at the level of thought, and not with corporeal senses. (It has been said in the Gita: Pandering over sense-objects one gets Attachment. Attachment - gives birth to Passion. Passion - gives birth to Anger. Anger - gives birth to Delusion. Delusion - gives birth to Memory-

Loss. Memory- Loss - gives birth to Wisdom-Loss - and the loss of Wisdom - gives birth to Complete-Ruin and enslavement within the jail of Ravan.

It is interesting to note that even traveling at the level of thought is no guarantee of reaching the destination. To traverse this region of the Universe safely a knowledgeable guide is needed. For **practical help** in preparing for the journey, we draw upon the wealth of the collective wisdom of those who have gone before us. Because the destination is high, and we cannot afford to somehow lose our orientation or bearing relative to our point of destination. So what can we do to increase the likelihood of reaching the goal?

Maximizing the chances for achieving escape velocity is not, by itself enough to take us where we want to go. All sorts of navigation equipment is necessary. Baba has given us, through the Yagya, the entertaining game of the Virtue-Scope. The Virtue-Scope, with its modified microscope/telescope, provides the player of the game with a vision for the layout of the virtue-land for one calendar year. It is certainly useful. Now consider adding another navigational tool for the journey: **Baba's Gyroscope**.

According to The New Shorter Oxford English Dictionary a gyroscope is defined as follows: "A wheel or disc mounted so that it can spin rapidly about an axis which itself can rotate about either of two other axes perpendicular to it and to each other; because the spin axis tends to maintain the same direction in space to provide stabilization or a reference direction, and to measure angular velocity and acceleration. "Once the gyroscope is set spinning around a "true" axis, it maintains this attitude, holding its course irrespective of the motion of the vessel it is carried in, and can be used to indicate bearing, thereby serving as a navigation tool. The inertia of the spinning flywheel resists any force (such as gravity) that tends to realign its axis of spin such that once the speed of rotation drops to a certain threshold, its power for navigation is lost. How might this image apply to us?

One way of looking at a gyroscope allows seeing a similarity in principle with the functions of a gyroscope and our need to develop

a capacity to become master spinners of the discus of self-realization / Drama / Time. Baba says: always stay in the intoxication that Baba, the Ocean of Knowledge, has given you knowledge and made you **swadarshanchakradhari** and trikaldarshi. To what degree do you maintain the rotation speed of the chakra Baba has given you? The unique aspect about our gyroscope, of course, is that all the components are made of thought and held together with the bond of LOVE. Recognize the need to in-gather the raw materials / resources for the installation of your gyroscope. Once built, consider how will it be maintained and calibrated to assure that the speed and rotation of spin are in the intended direction. It also helps to consider the many ways "purity" can be applied in such instances to minimize the coefficient of drag (on a balanced flywheel) sufficient to achieve a potential for superluminal velocity. And again, where will the required energy come from? What do the conditions in awareness need to be in order to engage in such activity?

Consider possibilities similar in principle to those existing under conditions for superconductivity. What would it be like to experience such a stage of awareness for a Raja Yogi? Within the domain of material science, there are types of metals, which, when progressively cooled (dampening their vibration) toward absolute zero, begin to exhibit amazing attributes for conductivity: Superconductors conduct electricity with minimal resistance, and thus without much energy loss.

There are many helpful parallels in principle between **superconductivity** and a very powerful stage of yoga. The necessity of the **cooling process** is essential in both. For instance, in meditative remembrance, at the point of maximum stillness of mind, the enlivening of virtues has a potential for creating a super-conductive link with Baba, thereby creating the conditions to experience a very powerful stage of Yoga. In this context, virtues such as surrender, for example, can take on very special meaning. Surrendering no longer becomes an issue of leaving home and family or removing external restrictions from the path of yoga. What is sought is the 'dynamic state' of surrender itself. Within such surrender, there can be no grasping - no straining or forcing of any kind - a restful stage of contentment - A COMPLETE OPENNESS OF

BEING TO THE LOVE OF GOD. . . an effortless flight of the SOUL to the HEART THRONE OF THE ONE BELOVED. The surrendered state then becomes superconductivity itself. **This is the intended stage for the activation of the Rose.**

In contrast, consider the reciprocal, non-sympathetic / non-harmonic influence of the vices: Anger, greed, attachment ... and so on. What are they? These dynamic states also are vibrations and fluctuations of different states of energy and information. They are of such quality that they restrict flow and dissipate energy, while giving rise to greater friction, heat and pressure. SUFFERING consists of such conditions. Hell itself may very well turn out to be the sustained vibrational equivalent of such conditions.

All negative and wasteful thoughts are heat producing. There are no exceptions. To identify with such patterns of thoughts, words, and deeds is to make our own that which does not belong to us. To be a human, in contrast to an angel or a deity, is to have such mixture of qualities. Navigating through such mixture of qualities necessitates enlivening the POWERS from Baba so that we may, at the appropriate moment, can remain 'awake' to exercise the capacity to check the pulse of any situation. Then we can determine whether to PACK and WITHDRAW, TOLERATE, FACE and JUDGE, DISCRIMINATE, CO-OPERATE, ACCOMMODATE, and/or be SILENT. The conscious, timely entry into such states of BEING is SERVICE.

The next time you are in the presence of someone undergoing a high-voltage resistance experience, immediately recognize what needs to happen by transforming into the appropriate reciprocal force, thus neutralizing the fire. Do not 'think about' becoming that force ... do not 'preach about' becoming it. But come to a FULL-STOP. Be silence, move within, link the awareness with only ONE, pull the requisite quality, and BE IT. Consider, what if there was not a sufficient stock of Powers to do even that, then what? What will you do? Regardless of how powerful the transport engine is of the fire truck on its way to quench a fire, if there is not sufficient water and/or water pressure in the storage tank, all the efforts for the rescue would have been in vain.

Baba says, as Brahmins, we are the members of the fire brigade. What does this mean to you? Does this mean that you become a spectator and simply watch the fire as it rages out of control, spreading heat in all directions? Does being a detached observer also mean being a spectator? Would you consider that option if the fire happens to be raging in your own household? What do you consider to be your household?

The fact is that we are all interconnected, interdependent, and in partnership with Nature and Time. Even Baba is tied to the Drama. This work cannot be done alone. This is a FAMILY PATH. To succeed in our efforts, we need to be connected to an energetic system, capable of producing conditions for actuating elevated changes in states of Being. Engaging in a system of "energetic" exchange and creating conditions for learning to metabolize, and assimilate material for the distillation of the required energy for the journey is imperative.

The Highest on High Father has come to rescue us from the jail of Ravan. When the AWARENESS of the importance of the time dawns, perhaps only then can we LISTEN. Only then can we be ATTENTIVE. Only then can we RECEIVE HELP. Baba is our All and Everything. Baba is the Source of our Light. Baba's Murli maps the exit from the labyrinth of Maya. Escape from the labyrinth of Maya requires putting a stop to the gaze of enchantment at its hall of mirrors.

It is the Full Stop that permits the step into FREEDOM - freedom from false identities, purposes, values, goals, behaviour, understanding, emotions, wants and needs.

Baba says come to a full STOP. Explore what Baba means by this STOP. Experience it. FEEL it. Stay in that **AWARENESS**. Recognize the need for first **slowing down** the waves of the mind. **Explore** the benefits developed from silencing the waves of the mind. **Stop** - and **Experience** the silence. Go into the depth of the silence. What do you find? When you succeed in slowing the speed of your thoughts, what was it that appeared, at the junction, from one thought to the next? What is it? What is that GAP between thoughts? Can you

enter that Space? Is this "GAP" between thoughts of the same nature as the "Stop" that Baba talks about? If we come to a FULL STOP does that mean that we can then **enter** this "GAP"? Does stilling the mind mean resting within that "GAP" and experiencing a FULL STOP? You find out for yourself. Does entering this "Gap" mean entering a "**gateway**"? If so, what kind of a gateway could it be? A gateway from what to what? Please don't think 'about' this. Attempt to **EXPERIENCE the answer** for yourself. Is it possible to experience something without a thought? After all, if the experience of the "GAP" is of the same nature as the "STOP" experienced as being the SILENCE between thoughts, then what does it **FEEL** to be experiencing the ----- (???). How can you speak about the unspeakable? We are left with a Mystery.

Can you welcome that mystery - and leave it as such? Or are you compelled to label it? Can you remain AWAKE within that mystery? Or do your thoughts shut down and you fall asleep? Can you remain **attentive** under such conditions? Do experiences of such moments have any reference to TIME? Since Time is a measure of duration relative to distance, what happens to TIME - DURATION - and DISTANCE when one enters the FULL STOP that Baba talks about? If time, duration and distance combine, as a wave-function of thought, then what happens when that wave-function collapses as it approaches the point of a FULL STOP? What does it collapse into? Does it collapse to a point? What is the nature of this point? Can this point be experienced? What is it like to stabilize oneself in-----
? Consider. Does approaching that stillness mean approaching a soul-conscious state?

Babe says that you should be able to stop the mind in a second. The mind should not continue to work after you tell it to STOP. The experience of this stop appears to be what sets the stage for soul-conscious awareness. Is it the shutter for the third eye? Does stabilizing within this "Gap" permit the formation of the THIRD EYE? Is the experience of stillness necessary for opening the third eye? Is self-observation even possible without the opening of the Third Eye? Once it opens, can we bear to see what it shows us about ourselves? We must develop the strength to bear what we observe - calmly. We have to observe, as a detached observer, not only the errors of our

ways, but also what happens inside us afterwards. There can be no change in us if we are stopped by self-criticism and / or by blaming others. This is the time to exercise MERCY. Baba says we must have MERCY for ourselves first. Recognize the value in that. The knife of the Supreme Surgeon is helping us to recognize the cancerous growths so that they can be removed. Recognize the necessity for this process. Do not mechanically take anyone's word for it, test it for yourself. Verify it for yourself. (Unless and until you verify it, you are left with only a belief.

Belief is not knowledge. To be a gyani soul means being knowledge-full - not a soul filled with beliefs. You cannot teach what you believe to be true - Pundits

do that. If teaching is what you desire, then seek to become the embodiment of that truth you wish to teach. The tragedy is the lack of constancy in remaining awake to the living presence of that truth in the day-to-day practical life. With practice however, Baba can help make the impossible possible for the movement of the limited to the unlimited. Is this a living reality in your life, or just another slogan? Another belief to be mechanically stacked on yet another set of beliefs? The less beliefs, the better. Remember, beliefs are created to shape the mind into narrow reality-tunnels that exclude other modes of perception. Rigidity of belief and ideological dogmatism have restricted and distorted the human spirit for thousands of years. To open the lock of the intellect takes courage. The venture beyond beliefs for the discovery of flowing springs of living truths, and enduring truths, of the one eternal diamond that is LIFE is one way to describe the adventure of a Brahman soul.

We are about to enter a spiritual boot camp of sorts. You can say that we training to become deep-sea divers, so that we may play with the gems of the Ocean of Knowledge. At any given moment, the level of PURITY attained determines the depth potential of the dive. The treasures found at depths of 5 feet are different from those found at 33,000 feet.

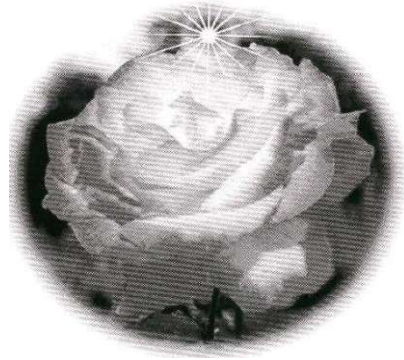
So let us together experiment with the power of a full stop; and while stabilizing in that, enter the portal of timelessness and claim the treasures from Baba. Let us together experiment and enter the stage

of stillness... one of complete **RECEPTIVITY**. This is Pure-Awareness. Anything less is contracted Awareness: Body-consciousness.

If you wish to fly, think like a butterfly. Remember that butterflies do not begin life in flight. There are stages of change they must undergo. If there is a defect in any stage, the process comes to a dead halt. An incognito stage is very much a part of the life cycle of a butterfly. They remain incognito even after they break away from the cocoon stage. For even after they break away from the cocoon, their wings are moist. The wings need to stiffen to allow the ability for flight. There is benefit in observing the ways of the caterpillar.

A caterpillar eats lush green leaves before forming its cocoon in preparation for transformation and metamorphosis. For the purposes of this experiment, there is a slight variation in the menu prepared for us. Instead of subsisting on a diet of green leaves, our diet will subsist of subtle Rose Petals. Playing with Roses - from Baba - with Baba - for Baba - and for the joy of just playing as children of the Supreme Father, is our task, as members of the Virtual Radiance Taskforce.

We are about to journey on an experiment of self-discovery and adventure. So link your awareness with only ONE. With this in mind, let us now move on to the ROSE activation process.



The Rose ACTIVATION PROCESS

The Rose activation process can be divided into seven stages. The stages of the Rose activation process are as follows:

Stage 1

Experience a deep stage of Yoga with Baba.

While stabilized in a stage of RECEPTIVITY, receive the experimental triad of the day visualizing them as three gifts of dancing bundles of thought-jewels of rainbow light coming from Paramdham, the Supreme abode of our Parlokik Father, Shiva. The first is the bundle gift of Relationships, the second is the bundle gift of Powers, and the third is the bundle gift of Virtues.

Stage 2

Let us agree that as these gifts descend, they first fall onto the lap of Brahma Baba. But when noticing the great anticipation, enthusiasm and deep love of the children, both Shiva Baba and Brahma Baba are pulled together to impart the dancing bundles of thought-jewels of rainbow light. With loving agreement, they place them daily into our awareness - a single triad of thought-jewels at a time (one from each bundle), and in a manner that reflects the

perimeters of our study. (Please note that it is understood that you may partake of any combination necessary during a time of need.)

Let us agree that the three thought-jewels of rainbow light have a magical property. When they make loving contact with a **receptive** child, exercising just the right combination of deep feelings and pure thoughts, the gifts combine - transforming into a living rosebud of dynamic, pure, thought-energy.

Stage 3

No sooner than the dawning of this realization, and before the blink of an eye, the child finds, in amazement, that this single rose bud of dynamic, pure, thought-energy has taken residence at the heart-throne while being suspended in space, floating amidst the gentle and silent waves of an Infinite Ocean of crystal clear energy-water. This Ocean of crystal-clear energy-water gives sustenance to the Rose as it partakes of light and power from above. Such partaking happens as if sparkling packets of light are softly falling and permeating every petal, filling each with light and might.

As this Rosebud pulls nourishment from this Infinite Ocean of crystal-clear energy-water, its petals begin to unfold. As the petals absorb the raining packets of light and might, their coloring hue becomes increasingly saturated with blazing values of shimmering beauty and heavenly brightness. Moreover, with each in-breath the child takes, a melodious and fragrant sound fills the air around the child's heart. Being permeated with the essence of the Rose, each and every breath transforms and transfigures every fiber of the child into a likeness of Itself - removing alloys and defects unbecoming to a child of the Supreme. And in the midst of all this, the child watches ... and FEELS the sensations, in depths of wonder and awe, the Magic Work of God.

Stage 4

With every passing moment, the Rose increasingly gains in radiance and bloom. Noticing this, the child then begins to consciously partake of its essence in full gratitude and deep love - as it shimmers in beauty and sparkles with heavenly brightness and radiates warmth in rhythm with the child's every breath.

Stage 5

It is time now to allow a wellspring of clear intent, infused with sufficient density of feelings in preparation for releasing the essence of the Rose, in ever expanding waves of PURITY / PEACE / LOVE / WISDOM / HAPPINESS on all of creation - in all directions.

In other words, one needs to transform into a carrier-wave of the essence of the Rose. It is very important at this stage to remember the seed thoughts, which, together, brought the Rose into being: It is the Relationship with Baba, invoking the Powers from Baba, and Baba's coloring Virtues. Once this becomes clear, feel joy in the range of understanding the next time you witness a clear prism struck by the rays of the Sun. (Please explore the small prism enclosed in the study kit.)

Stage 6

With these elements in place, step back. Allow God to do the work through you. In-gather all the Power and Magic of Baba's handiwork of the Rose from a heartfelt point deep at the center of your Being at an area near the heart throne. Then move it upward to a single point at the center of the forehead. Hold it there for a moment. Consolidate the density of feeling through the exercise of the Will, then with a gentle and heart-felt compassionate glance, allow the drishti to fall, (without prejudice or special preference) radiating ever-expanding waves of purity / peace / love / wisdom / happiness on all of creation - in all directions. **This is Virtual Radiance.** Become a clear instrument for Baba's task of world transformation and simply observe, with humility, the magic before your very eyes. It is Baba's gift to You... And it begins with YOU - on its way to all of creation. (See #13)

Stage 7

While thanking BapDada, watch the Rose with deep gratitude. Watch the petals as they now begin to drop. The Rose has completed its mission. Recognize each petal of the Rose as a distillation of essence, saturated by the triad of the day. As the Petals begin to fall, experience them merging within your essence and becoming living parts of YOU. With all the Petals finished, the Rose of the day has

completed its mission. Now, it is time to bring to completion the formal sitting portion of the meditation.

Please remain seated and in silence for another minute or so before departing from your seat. Gently and smoothly ease back into the body once again; then, for a few moments, quietly reflect on what just happened. Never leave the seat without a radiant smile on your face and a deep gratitude for Baba and the Yagya for making all this possible for you.

Do not speak of the experience. Allow it to take root in the depth of Being. Remain incognito. Allow the seed to remain hidden in the fertile soil in the Garden of Allah. Protect the sapling. Allow the roots to travel to the depths of the earth and touch the living springs of the river Saraswati. The day will come when the sapling becomes a tree, giving shelter and shade to many.

So please remain incognito in making efforts. It is best not to disturb the routine of others around you. Keep the methods and efforts to yourself for the time being. Recognize Baba as Karankaravanhar. Remember that we are in the process of conducting an experiment - not running an advertising agency. Advertising agencies are expert in creating illusions in an attempt to sell some "thing". They usually do so with such cleverness as to disguise the true nature of the product or somehow exaggerate its merits. In other words, they are masters of deception. In the case of this study, there is no "thing" to sell. WE ARE THE PRODUCT. To misrepresent ourselves would amount to fooling no one but ourselves. The joke would be on us. Your stage will eventually reveal itself practically in your experience. It is there where you will experience your dancing partner - the companion on the swing of Love. Will it be Maya or will it be Baba?

Please note: Do not jerk out of your seat thinking that his-that-and-the-other-thing must be done today so I must hurry up and get this over with. If this happens to be how you feel, please do not pollute the atmosphere further by vocalizing your own stage for others to hear. Such attitude during meditation has done enough damage to

other besides yourself There is no point in being in such a hurry to go nowhere.

As you have completed the exercise, **LET GO** of any **personal interest** in results or consequences. Simply allow the joy of the experience reveal its own beauty to you in due time. We are conducting an experiment together. Allow the results to speak for themselves.

Please be alert for the maneuvers of the ego in all of this. Watch your motivation for action. This study is not about becoming special in the eyes of others, seeking praise, seeking status, satisfying the ego's need for observers and admirers, or other wasteful indulgences. In fact, if successful, it will annihilate the ego, along with its references of 'I' and 'mine'.

We are after a change in the level of Being - and this must be verified at the level of YOUR OWN experience in concrete and practical ways - in the context of daily life. Comparing your stage with others, expecting encouragement from others, expecting to be understood and appreciated for what you are doing, will not be of much help. Actually, these expectations are all royal distractions, delusions and traps.

Others cannot see you. They cannot hear you. They cannot understand you - no matter how well intentioned they may be. This is due not to any fault of others. Rather, the lack of capacity to 'see' is simply a function of what their world-view permits them to see, hear and understand. When others see you and attempt to relate or respond to you, more often than not, they are actually responding to their own impressions relative to you. It is important to recognize that genuine communion is quite a rare event.

Therefore, stop expecting others to behave in ways that are comfortable for you; or demand that they see things your way. Set them free and your chances for freedom will proportionally increase. Doing this is an act of true compassion for yourself, and will certainly go a long way in minimizing unnecessary suffering. Allow others to be who they are. You must become who you are. Do not lie to

yourself. Adulation from others will not be of much use to you. It is cotton candy. Do not settle for cotton candy. Conversely, if others rattle your 'cage' consider it as a gift. The cage must rattle and eventually it must break if you are to be set free. Perhaps this makes clear the old saying, "Love your enemy ... do good to those who persecute you."

It is only when you are squeezed that you can have an inkling as to what is really inside. Under pressure, an orange gives orange juice. When you are under pressure, what is it that comes out? If you encounter the brothers and sisters of Ravan recognize them as projections of your own mind. Others are not doing it to you; they are simply facilitating the conditions for you to see what is inside of you. Inwardly thank them for such vision. They are the midwives of your liberation. This type of friction can be of great benefit to you, but only if you know how to consume, transform and digest it. (It is said that yogis can drink poison and remain unharmed - perhaps this might give a clue to the original meaning of that phrase). Otherwise you will be the one consumed - consumed by the fire of the vices, specially that of anger. Baba says "when others throw stones, we are to throw flowers." Can you do that? If you presently cannot, lay low and WORK on yourself.

Recognizing the enemy is half the victory. You are in a battlefield. Remain ALERT, and not asleep at the wheel. Time is short. Gain the strength of perseverance and the discriminating wisdom necessary from Baba so that your arrow hits the intended target. To hit a target, you must recognize it first. The target must not only be within the field of vision, but it must remain there to the exclusion of all other distractions. Only then can the arrow pierce the eye of the target.

Use everything - abuse nothing. Use everything, and rely on nothing. Use everything - and for the benefit of all sentient beings. Recognize and protect your Achilles heel. No matter how far your adventures take you, do not set your foot outside the circle of shrimat. Stay within the circle of protection. Once it is crossed, you are on your own. Without the shield of truth ...you are basically a sitting duck for Maya to pluck and Ravan to consume.

Baba says that we are not to lean on anyone or anything; while recognizing yourself as a soul, have the constant and unshakable faith in only ONE. Staying in remembrance allows the sustenance necessary for a beautiful, radiant blossom, filled with qualities coming from none other than the Supreme Soul: Shiva Baba. Relish these moments. Our capacity to relate with Baba in this way is only possible during this very short age of confluence. The time for the give-and-take' with the Beloved is NOW. Others are shedding tears of longing to find the True Beloved. Our tears of longing are over, for we have found what we were looking for. The living reality has to be experienced in the PRESENT, moment-by-moment, for TRUTH cannot be a memory. It has to be a LIVING REALITY in the NOW. Baba says be dead to the past. Memories are of the past. The Truth must be lived NOW.

When Baba says "Manmanabhav": REMEMBER ME ALONE. Ponder His meaning. The word 'remember' in this context has no parallels to other applications of the word in conventional experience. This application of 'remember' is unique as it requires single pointedness in thought, single pointedness in feeling, single pointedness in intent - UNITY CONSCIOUSNESS. The forgetfulness of everything else but the embrace of the ONE BELOVED is REMEMBRANCE. The nectar from just one moment of such communion bathes the heart with ripples of bliss so rare - carrying it on a flight far beyond all limits and limitations ... until it finally rests with none other than the Heart Throne of THE BELOVED.

The ways of those longing for and calling out to the True Beloved are unfathomable. Yet; for us, we have not only found the Beloved, but the Beloved has come to Be with us. This is the REALITY of the Brahmin Life in this age of confluence. This age comes only once every 5000 years. Recognize its value and learn to store and accumulate its treasures. The LOVE you store with you NOW is the love that carries you through the next 5000 years. The fragrance of virtues and powers bathing your spirit now will fill your gardens through the next 5000 years. The immeasurable Bliss Bestowed by the one BELOVED now will allow you to recognize the TRUTH once again 5000 years from now. The RING of TRUTH shall

be with you for all time to come. The opportunity to accept the wedding ring is upon us. Can you afford to let this opportunity pass you by? What is your response? It is the nature of your response that determines the level of access to the ROSE.

10. Did you donate the powers / Virtues to Yourself First?

Yes (1) (2) (3) (4) No

Walk the talk first. Be true to yourself first. We are all eager to "save the world", but unless we save ourselves first, we are living a lie. The unnecessary suffering around us must finish. It must come to an end. To do that, the practice of Mercy must apply to oneself first. You cannot give what you do not have. Therefore, if you want to give, and continue to give, and be generous-hearted in giving, your treasures from Baba must be overflowing. Are you overflowing with virtues? Are you overflowing with the powers? If you have these, then giving would become as natural as breathing. Be Effortless, and omnidirectional. The one Father is our unlimited supply of the powers and virtues. Baba says if you want to take, take from the one Father. . . If you are to receive from other souls, you would only receive that which the Father has given to them. Therefore, if we are to become unlimited in our giving, then we must go to the Unlimited for our supply. Baba asks of us to engage in the unlimited service through the mind, at a single time for just a short time. The donation of this form of preparation must be given to oneself **first**.

11. Did you {donate /qualified}} the Powers / Virtues to Team Members?

Yes (1) (2) (3) (4) No

Baba says that Brahmins cannot 'donate' to Brahmins but are to co-operate with them. The 'donation' of pure vibrations, in this context, is for creating co-operative synergy amongst participating members - while in the mind, and in the heart, is God's relationship and God's task.

The accompanying photos of participants are made available only to the respective participants of group (1) by virtue of their collective presence during the inception of this study. They are for encouraging a spirit of solidarity and mission amongst the original

participants. They are not momentos of sentimental remembrance of participants. Because of logistics, it isn't possible to secure additional photos of oncoming participants with the exception of one comprehensive photo at the completion of the official duration of said study.

12. Did you donate the Powers / Virtues to Lokik Family Members?

Yes (1) (2) (3) (4) No

Baba says CHARITY begins at home. Bring benefit to your own family; live as pure as a lotus in your household. Just Be who you are, and the arrow will naturally hit those who have claimed the inheritance a kalpa ago. Never consider yourself to be the one who inspires. As you do the work of becoming who you are, then it becomes Baba's task, working through you, to do the rest. Do not try to "convert" anyone. Perhaps you can remember your own reaction when someone tried that on you. Recognize that each person has a unique role and a unique path in the Drama. Respect it. As you gradually gain the capacity to move in greater resonance with Baba and live the path to a greater depth, others will be attracted and will begin to ask questions. When they do, just answer the question. Be essence-full. Conserve energy. Then, with a graceful shift of attention, move back into silence and resume the flow of your daily tasks. There has to be a naturalness and an authentic freshness of Being. There must not be any feelings of arrogance and condescension in your manner. Others will pick that up faster than the blink an eye. Be gracious in your ways. We are all Baba's children. Remain incognito - this is for your own benefit and protection as well as for the benefit and protection of others and the Yagya. There is enough confusion out there. There is no sense in compounding it with premature proclamations of half-lived truths. Baba asks of us to make others as ourselves. Is the way you presently find yourself to be acceptable to YOU? Never mind what others think. What do you FEEL about your own stage as you presently find it? Consider why Baba repeats the story of Narad Muni.

The fire of tapasya has to be lit. It is so easy to fall asleep at the wheel. We are in a battlefield. Do not venture out in the battlefield

without all your weapons intact. If your weapons are of low grade, or your capacity to use them is of a low grade, then you will not stand a chance against the forces of Maya. Those who were part of the 14 years of tapasya know a thing or two about preparation. We would do well to consult them for some tips.

(Please note: Donation sequence (13a) is to be exercised daily throughout the entire duration of the study. Exercises (13b) onward begin after the completion of the fourth month.)

13. Did you donate the Powers I Virtues to Surrounding Environment?

Yes (1) (2) (3) (4) No
(a) (1 0 through 12) - first four months (see #10)

Yes (1) (2) (3) (4) No

(b) (a), then proximal Environment (human costume) - 5th month of the study

Yes (1) (2) (3) (4) No

The human costume is said to be composed of the 5 elements. The purification of the elements: earth, water, fire, air, and ether, begins with those closest to you. Once the Rose is activated, allow the radiating essence to permeate deep into every fiber, muscle and cell, so that the elements constituting the physical costume become saturated with Purity, Peace, Love, and so on. Thus nature also begins to reap the benefits of your practice. Also, when was the last time you smiled at your own heart? When was the last time you thanked and appreciated your own eyes as they helped to navigate your way to Madhuban in anticipation of Baba's arrival? Appreciate nature's wonders. Learn to appreciate the tiniest to the grandest display of nature's children also. They are so innocent in their ways. They are looking up to you for help. Can you listen to their voice? Be mindful of the dancing melodies of gentle streams and the cooling shade of aged trees. Recognize the grand design of nature mirrored in the functioning of your own physical costume. The purity of one effects and reflects the purity of the other. As one becomes more purified so does the other. So let us assist nature by neutralizing, and

transmuting the greatest source of environmental pollution: the vices of Ravan.

(c) (b), then donate to Domestic Environment (residence) - 6th month of the study.

Yes (1) (2) (3) (4) No

Get your domestic environment in order. Infuse your living space with greater harmony, beauty and order, then keep it that way. Be concerned only with your own space. Do not disturb those around you. Mind your own business. Recognize that spending vast amounts of physical and emotional energy to change those around you is a royal exercise in futility on a number of levels. Leave others to the laws governing their own unfolding process. No one can perceive beyond what their own world-view permits them to perceive. Whatever situation(s) another soul happens to be in, what makes you think that your view is the superior one at that moment for that soul, relative to what the next best step should be for that soul's progress? Karma is a very complex thing. Just make sure that your own back yard is dean. Conserve energy, because you'll need it. To change your world, you must change the level of your Being. To change one's level of Being requires an intense and consistent effort for a long period of time. Remain focused and don't give up. Don't let go of Baba's hand. Remain Present, AWAKE to the moment. Do not fall asleep at the wheel. Do not be pulled by the scenery around you. Do not vacate your 'seat'; and while sitting in remembrance, receive from Baba, then DONATE.

Please recognize that this form of donation through the fusion of mind and heart is best when the emanation of subtle vibrations are akin to the gentle heat from a stable radiator during a cold winters' night. It does not move out of its place (seat) in search of those it 'thinks' ought to be heated. Rather, it simply remains centered in its place (seat) while radiating warmth to be caught by whomever happens to be nearby.

(d) (c), then donate to a radius of (1) miles - 7th month of the study.

Yes (1) (2) (3) (4) No

Baba says “Just as nowadays there are many physical ways to spread a variety of physical fragrances - some use the fragrance of roses, others use the fragrance of sandalwood - so too, the different fragrances of happiness, peace, power, love and bliss should radiate through you. Each day, in the early morning hours of Nectar, you should be like a fountain of a variety of elevated vibrations and you should spread these vibrations to all other souls. You should sprinkle all souls with these qualities in the same way that water is sprinkled from a rose-water sprinkler.” Jan. 18.80

If you are having difficulty in assessing the distance, use a map to assist your visualization. Travel to a known distance which proximate, the given range. You can even use pictures of the targeted sight. The idea here is not visualizing a particular change in the environment. Rather, it is to allow that subtle vibration to simple permeate the atmosphere. To initiate specific change through such means constitutes a psychic intrusion. To do so, presupposes that one already knows what change(s) is/are best for that particular junction of space-time. This, by definition, presupposes the acquisition of infinite knowledge and perfect awareness in understanding the implications of such Karma on multiple levels.

Are YOU in procession of such attainment? In not, then please refrain from trying to 'fix' things 'out there'. The task here calls for non-specific outpouring of basic goodness.

- (e) **(d), then donate to a radius of (1) to (5) miles** - 8th month of the study.
 Yes (1) (2) (3) (4) No
- (f) **(e), then donate to a radius of (5) to (25) miles** - 9th month of the study.
 Yes (1) (2) (3) (4) No
- (g) **(f), then donate to a radius of (25) to (100) miles** - 10th month of the study.
 Yes (1) (2) (3) (4) No
- (h) **(g), then donate to a radius of (100) to (1000) miles** - 11th month of the study
 Yes (1) (2) (3) (4) No

(i) **(h), then donate to your respective continent - 12th month of the study**

Yes (1) (2) (3) (4) No

(j) **(i), then to Planet Earth - (last month - in Madhuban, if possible)**

Yes (1) (2) (3) (4) No

(Please note that there is a total of thirteen months in this calendar. Although its numbering is based on a lunar month cycle, the sequencing of days began on March 6, 1997).

14. Rate your capacity to sustain the strength/clarity of the Yoga Stage during the entire activation cycle up to the stage of irradiation.

Sustained concentration (1) (2) (3) (4) Drifted into Uncontrolled Imagination

(Please recognize that the irradiating agent is Baba. We are simply to serve as clear instruments for the Work.)

15. Did you remember to ease out gradually from the Rose activation exercise - taking at least two minutes before leaving your meditation seat, and with a smile on your face?

Yes (1) (2) (3) (4) No

16. **Rate your inner satisfaction with your stage after the completion of the sitting portion of the study:**

Very Satisfied (1) (2) (3) (4)
Not Satisfied

If you rated (3) or lower, pin-point the reason:

(Please churn on ways to rectify this situation with Baba's help.)

(C) **Complete before bedtime**

17. **Did you spend time contemplating the essence of the activated Rose during the course of the day?**

Yes (1) (2) (3) (4) No

Baba says “If the soul plays with the jewels of knowledge all the time, if the intellect is kept busy in revising the treasures of knowledge - then can there be any wasteful thoughts? Ask yourself - is the intellect busy all day with knowledge or with plans for world benefit? Just as in a lokik way, the intellect is occupied in some task, then no other thoughts will come because the intellect is so busy. So too, for you, the responsibility of the task you have received from Baba is so huge and there is so much of this task that still remains to be done. Out of all the souls of the world, it is as if only five Pandavas have emerged; there is so much of the task still remaining. There is also the task of burning the burden of all your old sins; there is the burden of so many births - the account of 63 births have to be burned.”
May. 7. 97

18. (a) When meeting other souls, did your vision contain the essence of the Rose of the day?

Yes (1) (2) (3) (4) No

Visualize, for example, seeing the radiant essence of the Rose shimmering with heavenly beauty on their foreheads or seated royally atop their heads. When others begin to throw 'stones' at you, visualize them being showered with petals bearing the essence of the Rose... and so on... the possibilities are endless. The mere thought of doing this at the moment of need can do wonders. To do the same in a soul-conscious state, will have the additional benefit of the arrow spontaneously hitting the appropriate target.

Once this practice becomes consciously established in awareness, it can no longer be possible to entertain a single negative thought about anyone. It would increase your chances of not taking back from Baba the gift that was asked of you by Baba on the evening of March the 6th, 1997, Did you give to Baba the gift asked for? If not, Do It NOW.

There is great benefit in recognizing that there is absolutely no benefit when engaged in negative thoughts. When seeing defects in any soul, that very same impression weakens YOU. You cannot afford this loss. You cannot afford to drain your energy by punching holes in your fuel tank. Refinement of this fuel is also needed ... and

energy is also required for this. So let us not lose sight of the aim and object of our task. The fuel for the Space Shuttle program is child's play when compared to what we must do to reach our destination with full honors. If you think it is simple and easy to accomplish, then that is proof enough that you do not understand what is required. Baba has asked us to pass with honors: 16 celestial degrees complete - filled with all divine talents and attributes, completely virtuous, completely non-violent, worthy of the divine titles Baba has bestowed upon us, and worthy to be threaded in the rosary of: _____ (you fill in the number).

(b) Did the drishti toward your meals contain the essence of the Rose of the day?

Yes (1) (2) (3) (4) No

For example, as you are thanking Baba for the meal, consciously visualize the radiant petals of the Rose as part of the menu while you partake of each morsel of food. You may wish to consider adding one or two drops of the highest-grade rose water to the water you drink. If you happen to be fortunate enough to have a private rose garden, you may use a single rose of the appropriate color at your table while partaking of your meals (if the appropriate color cannot be found, use white as the control color. (Enclosed with the study packet is a packet of flower seeds. Although they are not seeds for growing roses; nonetheless, they also may serve as playful reminders of transformation.)

Also, whenever the 7-day cycle of CREATIVITY comes along, you may use a bouquet of roses with colors from those chosen for the study). The idea here is to register the impressions of the essence of the Rose onto as many soul-memory tracks as possible. Ultimately, whatever comes out is the by-product of what you have digested - absorbed - refined - and assimilated - with understanding through experience. This no one else can do for you but you. Baba says Churn the Murli. Do not be satisfied with butter; it is the ghee that we are after.

19. Did you experience practical realization(s) and other benefit(s) in the course of the day?

Yes (1) (2) No

If Yes, please list at least one benefit:

— This is important in that it permits a consciousness of gratitude to Baba and all of Drama as the school ground for your education and support. Consider developing a daily listing, as part of your diary log (Spiritual Journal), of things for which you are grateful. Try listing at least five things for which you are grateful. It matters not if some of the listings repeat from day to day. This also helps to keep stock of the actual treasures that you do possess, and an awareness of what you still need to work on.

- 20.** (Optional) List any significant changes others surprisingly claim that they now appear to see in you (without any solicitation of opinion from others):
-

(If you have already shared what you are doing with those around you, then you might as well leave this question blank for the remainder of the study. Again, please keep these methods to yourself, and simply state the truth. When others ask with surprise: from where do your newfound qualities arise? Simply state that you offer your thanks to Baba for having made possible those changes through the teachings of the Brahma Kumaris World Spiritual University - and that to learn more, they are welcome to visit their local center. Allow others to discover their own unique journey through the Yagya).

- 21. Relevant data was recorded into a day Diary (optional)**

Yes (1) (2) No

(You may enter record in the enclosed Diary Page. Please make copies as needed.) (see # 19)

- 22. Relevant data was recorded into a dream Diary (optional)**

Yes (1) (2) No

(You may enter record in the enclosed Diary Page. Please make copies as needed.)

This helps to allow a recognition of the seamless and integrated nature of consciousness, and on multiple levels of awareness. How will the content and the nature of your dreams change, as you change?

*May the last thought upon retiring and the first thought upon
awakening be of
none but the one Radiant-Supreme-FatherMother, enlivened
through an honest
heart, for your benefit along with that of all other sentient beings.*

23. Did you succeed in remaining incognito in your efforts for the experiments throughout the day - afternoon - and night?

Yes (1) (2) No

Please note that log details are not to be discussed / shared verbally with other team members. Remember that silence is the only control variable we have in this study. If you wish to share your enthusiasm, share it with Baba. Also you may share the same with the team members through subtle vibrations.

Please note: To those who wish to comply with article #5 of the VRT Working Agreement of Intent, please mail (do not fax) all relevant records, promptly every 2 months (56 days) to Dr. Sripada. The records for the last three months can be personally submitted in Madhuban. The original copies of records can be compiled chronologically and kept until further notice. Thank your for your willingness to participate in this study.

SpARC

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Baba's Blessing

"May you constantly be loving toward every soul
at every moment and in every situation.

Do not ever let go of or forget your image of love, your love filled features,
your interaction filled with love and your loving relations, and connections.

No matter how fearsome or intense the form any person, matter or maya
may adopt,

with your coolness of love, continue to transform
with the vision, attitude and activity of Love,
YOU have to create a LOVING WORLD."

Om Shanti

Thank Baba and the Yagya for creating the conditions that makes it
possible for us to Become Living Fragrant Roses in Baba's Garden of
Wonders. Baba says to visualize ourselves in our complete stage NOW.

We must do the service of freeing others from the kingdom of
Ravan.REMEMBER: It begins with YOU.

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RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

RELATIONSHIPS WITH BABA

Meditation Commentaries (Based on the participants' experiences during the experimental workshops on yoga in Madhuban, March 1994)

1. BABA MY SATGURU

I now take the guidance of Baba, my Satguru . . . He has shown me the path to liberation and opened the door of my cage . . . There is a feeling of freedom now that the bondages have gone . . . This meeting takes place through a glance . . . The power of his eyes takes me beyond . . . deep into silence . . . With Baba my true Guide, I feel complete protection and the willingness to surrender with dignity . . . In one eye, he shows me my future throne and in the other, my Home, the world of peace . . . I remain deeply merged in Baba's eyes . . . His blessings heal me and take me into the unlimited . . . He prepares me for the return journey . . . to the soul world.

2. BABA MY MOTHER

I experience Baba, my Mother . . . Her presence works like nurturing love and good wishes for me . . . This is my Mother who always keeps my specialities in front of Her. She is the Ocean of Mercy, in which all my weaknesses and impurities disappear. Baba, my Mother, sacrifices Herself to me . . . With tenderness and patience, she takes me into Her lap and removes all my sorrow . . . She listens to my heart, always willing to merge the past into past, with a gentle smile . . . Ultimately, she prepares me to come in front of my Supreme Father sparkling in worthiness.

3. BABA MY FATHER

I visualize BapDada in the angelic world of light . . . in Brahma's subtle form. He welcomes me, his child . . . My Father's powerful presence melts the accumulated ego of so many births and creates the feeling of complete worthiness within me . . . He gives me his unlimited inheritance of the new world, offers me all rights and decorates me with all his qualities, all his powers . . . Baba, my Father, shows me the path of righteousness . . . With his help, I become worthy to receive the unlimited inheritance . . . I feel that Baba wants me to become even higher than he is . . . He makes me his master and fulfills all my desires . . . He prepares me to wear the Golden Crown, the crown that can only be found in his unlimited heart.

4. BABA MY TEACHER

With just one thought, I carry myself to Madhuban, in front of BapDada, my Great Teacher . . . This is the time when the soul meets the Supreme Soul . . . Baba comes into the corporeal, filling the atmosphere with light and might . . . He teaches with so much love, yet, remains entirely detached. Being his student breaks the chains of bhakti and opens new doors in my mind . . . I feel God's intellect pulling me towards Truth . . . He dances the dance of knowledge in front of me and I become the embodiment of each and every word . . . He teaches me the art of living and transforms me into an angel . . .

5. BABA MY BELOVED COMPANION

After the day's activities, I return home and I experience the joy of meeting my most beloved companion . . . Baba offers the unlimited love, the love of the Bridegroom . . . the Beloved . . . the Light of my life. The eternal bond gives me true support, security belonging . . . I realize how much Baba loves me when I see how royal, faithful and confident he is in me. He is with me . . . I have made Baba my world, and Baba has made me his world by accepting me as I am. He reinforces self-respect and dignity in me . . . I wear the ring of this love-filled union . . . a ring that forever reminds me of my eternal relationship with my Beloved.

6. BABA MY FRIEND

I become aware . . . of a gentle presence . . . I feel the caring hand of Baba, my friend . . . He responds to my need for a true friend . . . his friendship is always there . . . offering me love and respect . . . He is always willing to listen to the secrets of my mind . . . Baba gives me complete support . . . He reminds me of my strength and fills me with zeal and enthusiasm whenever I have doubts in myself . . . I experience being the friend of the Supreme and I share this friendship with others . . .

7. BABA MY CHILD

My mind is moved seeing Baba my Child in front of me . . . I am his loving mother and he is my royal child, inspiring me to become even more royal as a parent . . . Baba gently adopts the role of a pure and carefree child, surrendering himself to me entirely, trusting me, loving me . . . Being the mother and father of such a child emerges in me my most elevated sanskaras of dedication, care and motherly love . . . Sometimes Baba plays as an amusing child, dancing in

spiritual joy. Sometimes he
silent smile . . . In front of
child that glorifies his parents
appreciating the fortune of



lets me feed him with a
others, Baba becomes the
. . . I stand tall in front of him
being his parent . . .

Bonus Relationship:

BABA MY BROTHER

In the awareness of my own angelic form, I experience BapDada's presence in front of me . . . Today Baba has become as my Brother . . . Through Brahma, Baba is becoming my equal in this unlimited family . . . I reinforce the consciousness of being a member of the Brahmin family . . . Baba, my elder brother, sustains love, respect and esteem for the rest of the family . . . His support inspires me and helps me to follow in his footsteps . . . Step by step, he reminds me of the highest code of conduct and walks with me through times of difficulties . . . I become an instrument to bring about harmony in the divine family . . .

RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

POWERS FROM BABA

Although a brief descriptive language is used alongside each power listed below, the gaining of access to such powers is not a matter of memorizing lists and definitions. Rather, it is entering the state of awareness wherein the expression of such powers is a natural and spontaneous expression of one being. The expression of the powers would have to be as effortless as breathing. For breathing to be naturally sustained there would have to not only be an unlimited supply of air readily available, but also the process for the exchange of air must also be sound. Similarly, for the Powers to effortlessly express themselves there would have to be an uninterrupted and sound connection to the source of all powers: Baba. The following is a partial list of the Powers:

1. THE POWER TO WITHDRAW

The power to withdraw is the ability to pull inward the attention of the mind at will while maintaining full dynamic awareness. To enliven, retract attention from all outgoing gates of the senses, pulling the attention inward then upward - then resting within that stillness.

2. THE POWER TO PACK UP

The power to pack up is the ability to in-gather and set aside all wasteful and scattered thoughts. To enliven, allow the attention to rest - not on the wasteful thought(s) - but on an intended target of awareness - to the exclusion all distractions. (Whatever you focus on expands.)

3. THE POWER TO TOLERATE

The power to tolerate is the ability to reciprocate with kindness, patience and compassion any hardship in situations or harshness by others. To enliven, develop the capacity for entering into empathic relatedness - while being trikaldarshi and swadarshanchakradhari.

4. THE POWER TO FACE

The power to face gives courage and confidence to deal with any person - (specially oneself) - or circumstance. To face shortcomings with compassion and without condemnation is to stand as witness to what is real - and not to what one imagines to be so. This awakens the needed clarion call for change necessary to deal with the root cause of our fears, lies, insecurities, and doubts. To face up to falsehood is to dissolve it. To enliven, enter a surrendered (not passive) state of being - with humility and gratitude for Baba as Karankaravanhar.

5. THE POWER TO JUDGE

The power to judge helps to assess any situation accurately, with clarity and precision. With a detached, impartial state of mind, we can use this power to help discriminate the quality of our own thoughts, words, and actions (not be judgmental of others.) To enliven, develop the quality of being a detached observer.

6. THE POWER TO DISCRIMINATE

The power to discriminate helps to distinguish the real truth from the apparent truth, between things of temporary value and those of eternal value, between the superficial and the subtle. This power helps to recognize the traps of illusion. To enliven, develop the discriminating wisdom of the third eye by discovering the false within yourself first.

7. THE POWER TO CO-OPERATE

The power to co-operate is the ability to give a finger of support to uplift any circumstance and thereby assisting in making the impossible possible. To enliven, awaken to the recognition of being a helper in Baba's task of world transformation and accepting the task of being an agent of transformation: that which causes fundamental change.

8. THE POWER TO ACCOMMODATE

The power to accommodate is the ability to adjust to the other person or the situation, with the consciousness of creating benefit from each opportunity. To enliven, develop broad-mindedness.

9. THE POWER TO SILENCE

The power of silence is the gateway to all the powers.

In many ways, love can be considered a power; however, its nature and potency goes far beyond categorization of powers and virtue. The success of this entire enterprise is predicated on the hope that Love finds its way as an intimate partner to every relationship, virtue and, power. Love cannot be separated from Baba, the Powers, and, the Virtues any more than one can separate, wetness from water, or radiance from fire.

RAJA YOGA LAB •

SpARC 2nd ANNUAL MEETING •
SpARC 3rd ANNUAL MEETING •



GROUP (I)

March 1-4, 1997
March 6-9, 1998

VIRTUES & POWERS

— Research Project —

VIRTUES FROM BABA

Although a brief descriptive language is used alongside each virtue listed below, the gaining of access to such virtues is not a matter of memorizing lists and definitions. Rather, it is entering the state of awareness wherein the expression of such virtues is a natural and spontaneous expression of one's being. The expression of the virtues would have to be as effortless as breathing. For breathing to be naturally sustained there would have to not only be an unlimited supply of air readily available, but also the process for the exchange of air must also be sound. Similarly, for the virtues to effortlessly

express themselves there would have to be an uninterrupted and sound connection to the source of all virtues: Baba.

Thirty-six virtues are outlined in this appendix and yet only seven are used in this study. Why? Because venturing into the depth of any one virtue strikes a resonant harmonic chord in all the rest. To stabilize at the source of just one — confers access to all. The seven virtues chosen for this study are sufficient not only to strike a harmonic chord — but to produce a celestial symphony with Baba.

The following is the list of virtues chosen for the study along with, for the purposes of said study, their rose colors:

1. PURITY ■ WHITE

The Foundation Virtue. A dynamic action of filtration of thoughts, words and deeds giving birth to freedom from moral or ritual pollution.

2. SERENITY (a particularized form of peace) ■ SKY BLUE

Tranquility of mind, temper and countenance born out of integrated understanding and grounded intuition.

3. BENEVOLENCE (a particularized form of love) ■ ROSE PINK

Action possessed of a natural disposition toward the good - kindness, generosity, charitable feelings (toward humankind at large).

4. WISDOM ■ GOLDEN YELLOW

Assessment and action from a point of integrated fusion of the (mind and heart) allowing experiential awareness of the true value of things both visible and invisible.

5. CHEERFULNESS (a particularized form of happiness) ■ EMERALD GREEN

A brightness of spirit inspiring a contentment filled with hopefulness and goodness of will.

6. HUMILITY ■ ULTRAVIOLET BLUE

Unpretentiousness born out of a surrendered embrace to the mystery and majesty of life and an unbound acceptance of one's perfect interdependence with all of life.

7. CREATIVITY ■ SPACE / THE VOID

An activity expansiveness necessary to bring into maturation the seeds of thought.

! (please not proposed substitutions in the listing of virtues
; compared with those listed in the Virtual Radiance Calender
(appendix E). Serenity is used in lieu of Peace; Benevolence
' is used in lieu of Love; and Cheerfulness is used in lieu of
Happiness. The greater specificity in action helps gain greater focus
in implementation. What do the rest of the VRT feel about these
changes, as they differ slightly from the original list chosen?)

It is specially proposed that the virtue, Benevolence, be substituted for the word 'love' in the sequencing of the triad. Benevolence provides a greater specificity in action. Love, on the other hand, is more open ended and eludes clear categorization. This in part is due to the way the word 'love' has been used and abused in contemporary culture. If this study is to have a chance at success, the original meaning and potency of love has to find its way as an intimate partner to every relationship, virtue and, power. Love can not be separated from Baba, the Powers, and the Virtues any more than one can separate, wetness from water, or radiance from fire.

To the extend that it is possible to encapsulate a descriptive depiction of love, this quote, coming from the Christian Faith, perhaps may help illustrate the point.

"If I speak in human and angelic tongues, but do not have love. I am a resounding gong or a clashing cymbal. And if I have the gift of prophecy, and comprehend all mysteries and all knowledge; if I have all faith so as to move mountains, but do not have love, I am nothing. If I gave away everything I own, and if I hand my body over so that I may boast, but do not have love, I gain nothing.

Love is patient, love is kind. It is not jealous, [love] is not pompous, it is not inflated, it is not rude, it does not seek its own

interests, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, endures all things. Love never fails." | **Corinthians 13:1-7**



A Partial

LIST OF DIVINE VIRTUES AND TITLES FROM BABA

36 Divine Virtues

36 Titles of the Confluence Age Brahmins

- | | |
|-------------------|------------------------------|
| 1. Accuracy | 1. Bestower of boons |
| 2. Benevolence | 2. Blossomed spiritual rose |
| 3. Carefree | 3. Brave and unshakable |
| 4. Cleanliness | 4. Child and master |
| 5. Cheerfulness | 5. Constant easy yogi |
| 6. Contentment | 6. Double light angel |
| 7. Courage | 7. Elevated spiritual server |
| 8. Creativity | 8. Embodiment of visions |
| 9. Detachment | 9. Great donor |
| 10. Determination | 10. Heir to self-sovereignty |
| 11. Discipline | 11. Helper of God |
| 12. Fearlessness | 12. Hero, Heroine actor |

13.	Flexibility	13.	Highest in conduct
14.	Generosity	14.	Holy swan
15.	Gentleness	15.	Jewel of the forehead
16.	Honesty	16.	Jewel of contentment
17.	Humility	17.	King of the sorrow-free land
18.	Introspection	18.	Law maker
19.	Lightness	19.	Light of the world
20.	Maturity	20.	Lighthouse and might house
21.	Mercy	21.	Lotus-like
22.	Obedience	22.	Master almighty authority
23.	Patience	23.	Master Ocean of knowledge
24.	Purity	24.	Master bestower of fortune
25.	Respectful	25.	Master creator
26.	Royalty	26.	Multi-million times fortunate
27.	Serenity	27.	Possessor of the 3rd eye
28.	Self-confidence	28.	Real gold
29.	Simplicity	29.	Royal renunciate
30.	Stability	30.	Salvager of souls
31.	Surrender	31.	Seated on the Heart Throne
32.	Sweetness	32.	Spinner of the world cycle

33. Tirelessness

34. Tolerance

35. Truthfulness

36. Wisdom

33. Support of the world

34. Star of success

35. Well wisher

36. World benefactor

Thank you Baba.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's accumulated coloring bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study – and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Mar 06, 1997	1	Day 1	(Satguru)	Withdraw / Power to Pack	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 07, 1997	1	Day 2	(Mother)	Tolerate	•	Purity	•	White	Festival	Shiv Ratri
☐	Sat, Mar 08, 1997	1	Day 3	(Father)	Face/Judge	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 09, 1997	1	Day 4	(Teacher)	Discriminate	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 10, 1997	1	Day 5	(Compani on)	Co-operate	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 11, 1997	1	Day 6	(Friend)	Accommodate	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 12, 1997	1	Day 7	(Child)	Silence	•	Purity	•	White	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 13, 1997	1	Day 1	(Satguru)	Withdraw / Power to Pack	•	Peace	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 14, 1997	1	Day 2	(Mother)	Tolerate	•	Peace	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 15, 1997	1	Day 3	(Father)	Face/Judge	•	Peace	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 16, 1997	1	Day 4	(Teacher)	Discriminate	•	Peace	•	Sky Blue	World	W. Peace Meditation
☐	Mon, Mar 17, 1997	1	Day 5	(Compani on)	Co-operate	•	Peace	•	Sky Blue	(a) ¹ : Self	(20) min./ day

☐	Tue, Mar 18, 1997	1	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 19, 1997	1	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 20, 1997	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 21, 1997	1	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 22, 1997	1	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 23, 1997	1	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	Festival	Holi
☐	Mon, Mar 24, 1997	1	Day 5	=	(	Company	•	Co-operate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 25, 1997	1	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 26, 1997	1	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 27, 1997	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 28, 1997	1	Day 2	=	(	Mother	•	Tolerate	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 29, 1997	1	Day 3	=	(	Father	•	Face/Judge	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 30, 1997	1	Day 4	=	(	Teacher	•	Discriminate	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 31, 1997	1	Day 5	=	(	Company	•	Co-operate	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Tue, Apr 01, 1997	1	Day 6	=	(	Friend	•	Accommodate	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Wed, Apr 02, 1997	1	Day 7	=	(	Child	•	Silence	•	Wisd	)	•	Golden Yellow	(a) ¹ : Self	(20) min./ day

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	S t u d y M o n i t h	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space In Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ¹ time}	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Apr 03, 1997	2	Day 1	= (Satguru	Withdraw / Power to Pack	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 04, 1997	2	Day 2	= (Mother	Tolerate	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 05, 1997	2	Day 3	= (Father	Face/Judge	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 06, 1997	2	Day 4	= (Teacher	Discriminate	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 07, 1997	2	Day 5	= (Companion	Co-operate	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 08, 1997	2	Day 6	= (Friend	Accommodate	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 09, 1997	2	Day 7	= (Child	Silence	• Happiness	• Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 10, 1997	2	Day 1	= (Satguru	Withdraw / Power to Pack	• Humility	• Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 11, 1997	2	Day 2	= (Mother	Tolerate	• Humility	• Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 12, 1997	2	Day 3	= (Father	Face/Judge	• Humility	• Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 13, 1997	2	Day 4	= (Teacher	Discriminate	• Humility	• Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 14, 1997	2	Day 5	= (Companion	Co-operate	• Humility	• Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day

☐	Tue, Apr 15, 1997	2	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 16, 1997	2	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 17, 1997	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 18, 1997	2	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 19, 1997	2	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 20, 1997	2	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	World	W. Peace Meditation
☐	Mon, Apr 21, 1997	2	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 22, 1997	2	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 23, 1997	2	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 24, 1997	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 25, 1997	2	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 26, 1997	2	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 27, 1997	2	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 28, 1997	2	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 29, 1997	2	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 30, 1997	2	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	(a) ² : Self	Duration ≤ (40) min./ day

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Done	Today's Date	Study Mo nth	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue	Donation to {(a) ⁿ = (a) ^{Time} }	Comments
☐	Thu, May 01, 1997	3	Day 1	(Satgur u	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Fri, May 02, 1997	3	Day 2	(Mothe r	•	Tolerate	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Sat, May 03, 1997	3	Day 3	(Father	•	Face/Judge	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Sun, May 04, 1997	3	Day 4	(Teach er	•	Discriminate	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Mon, May 05, 1997	3	Day 5	(Comp anion	•	Co-operate	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Tue, May 06, 1997	3	Day 6	(Friend	•	Accommodate	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Wed, May 07, 1997	3	Day 7	(Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ³ : Self Duration ≤ (60) min./ day
☐	Thu, May 08, 1997	3	Day 1	(Satgur u	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Fri, May 09, 1997	3	Day 2	(Mothe r	•	Tolerate	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Sat, May 10, 1997	3	Day 3	(Father	•	Face/Judge	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Sun, May 11, 1997	3	Day 4	(Teach er	•	Discriminate	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Mon, May 12, 1997	3	Day 5	(Comp anion	•	Co-operate	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Tue, May 13, 1997	3	Day 6	(Friend	•	Accommodate	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day
☐	Wed, May 14, 1997	3	Day 7	(Child	•	Silence	•	Love	)	•	Rose Pink	(a) ³ : Self Duration ≤ (60) min./ day

☐	Thu, May 15, 1997	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 16, 1997	3	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 17, 1997	3	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 18, 1997	3	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	World	W. Peace Meditation
☐	Mon, May 19, 1997	3	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 20, 1997	3	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 21, 1997	3	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 22, 1997	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 23, 1997	3	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 24, 1997	3	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 25, 1997	3	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 26, 1997	3	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 27, 1997	3	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 28, 1997	3	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day

Appendix ■ E.

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, May 29, 1997	4	Day 1	(Satgur u	Withdraw / Power to Pack	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, May 30, 1997	4	Day 2	(Mother	Tolerate	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, May 31, 1997	4	Day 3	(Father	Face/Judge	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 01, 1997	4	Day 4	(Teacher	Discriminate	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 02, 1997	4	Day 5	(Companion	Co-operate	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 03, 1997	4	Day 6	(Friend	Accommodate	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 04, 1997	4	Day 7	(Child	Silence	• Humility) •	Ultraviolet Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 05, 1997	4	Day 1	(Satgur u	Withdraw / Power to Pack	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 06, 1997	4	Day 2	(Mother	Tolerate	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 07, 1997	4	Day 3	(Father	Face/Judge	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 08, 1997	4	Day 4	(Teacher	Discriminate	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 09, 1997	4	Day 5	(Companion	Co-operate	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 10, 1997	4	Day 6	(Friend	Accommodate	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 11, 1997	4	Day 7	(Child	Silence	• Creativity) •	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day

☐	Thu, Jun 12, 1997	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 13, 1997	4	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 14, 1997	4	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 15, 1997	4	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	World	W. Peace Meditation
☐	Mon, Jun 16, 1997	4	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 17, 1997	4	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 18, 1997	4	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 19, 1997	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 20, 1997	4	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 21, 1997	4	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 22, 1997	4	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 23, 1997	4	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 24, 1997	4	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	Mama	Mama's Day
☐	Wed, Jun 25, 1997	4	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, Jun 26, 1997	5	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Love	)	•	b: (a) ¹ then	Human Costume (5 ele.)
☐	Fri, Jun 27, 1997	5	Day 2	=	(Mother	•	Tolerate	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sat, Jun 28, 1997	5	Day 3	=	(Father	•	Face/Judge	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sun, Jun 29, 1997	5	Day 4	=	(Teacher	•	Discriminate	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Mon, Jun 30, 1997	5	Day 5	=	(Compan ion	•	Co-operate	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Tue, Jul 01, 1997	5	Day 6	=	(Friend	•	Accommodate	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Wed, Jul 02, 1997	5	Day 7	=	(Child	•	Silence	•	Love	)	•	b: (a) ¹ then	H. Costume (5 elements.)
☐	Thu, Jul 03, 1997	5	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Fri, Jul 04, 1997	5	Day 2	=	(Mother	•	Tolerate	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Sat, Jul 05, 1997	5	Day 3	=	(Father	•	Face/Judge	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Sun, Jul 06, 1997	5	Day 4	=	(Teacher	•	Discriminate	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Mon, Jul 07, 1997	5	Day 5	=	(Compan ion	•	Co-operate	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Tue, Jul 08, 1997	5	Day 6	=	(Friend	•	Accommodate	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)
☐	Wed, Jul 09, 1997	5	Day 7	=	(Child	•	Silence	•	Wisdo m	)	•	b: (a) ² then	H. Costume (5 elements.)

☐	Thu, Jul 10, 1997	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Fri, Jul 11, 1997	5	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Sat, Jul 12, 1997	5	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Sun, Jul 13, 1997	5	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Mon, Jul 14, 1997	5	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Tue, Jul 15, 1997	5	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Wed, Jul 16, 1997	5	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	b: (a) ³ then	H. Costume (5 elements.)
☐	Thu, Jul 17, 1997	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Fri, Jul 18, 1997	5	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sat, Jul 19, 1997	5	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sun, Jul 20, 1997	5	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	World	W. Peace Meditation
☐	Mon, Jul 21, 1997	5	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Tue, Jul 22, 1997	5	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Wed, Jul 23, 1997	5	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	b: (a) ⁴ then	H. Costume (5 elements.)

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SPARC

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Jul 24, 1997	6	Day 1	(Satguru)	Withdraw / Power to Pack	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Fri, Jul 25, 1997	6	Day 2	(Mother)	Tolerate	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Sat, Jul 26, 1997	6	Day 3	(Father)	Face/Judge	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Sun, Jul 27, 1997	6	Day 4	(Teacher)	Discriminate	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Mon, Jul 28, 1997	6	Day 5	(Companion)	Co-operate	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Tue, Jul 29, 1997	6	Day 6	(Friend)	Accommodate	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Wed, Jul 30, 1997	6	Day 7	(Child)	Silence	• Creativity)	Space / The Void	c: (b, a ¹), then	Domestic Residence
☐	Thu, Jul 31, 1997	6	Day 1	(Satguru)	Withdraw / Power to Pack	• Purity)	White	c: (b, a ²), then	Domestic Residence
☐	Fri, Aug 01, 1997	6	Day 2	(Mother)	Tolerate	• Purity)	White	c: (b, a ²), then	Domestic Residence
☐	Sat, Aug 02, 1997	6	Day 3	(Father)	Face/Judge	• Purity)	White	c: (b, a ²), then	Domestic Residence
☐	Sun, Aug 03, 1997	6	Day 4	(Teacher)	Discriminate	• Purity)	White	c: (b, a ²), then	Domestic Residence

☐	Mon, Aug 04, 1997	6	Day 5	=	(	Compa nion	•	Co-operate	•	Purity	)	•	White	c: (b, a ²), then	Domestic Residence
☐	Tue, Aug 05, 1997	6	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	c: (b, a ²), then	Domestic Residence
☐	Wed, Aug 06, 1997	6	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	c: (b, a ²), then	Domestic Residence
☐	Thu, Aug 07, 1997	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Fri, Aug 08, 1997	6	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Sat, Aug 09, 1997	6	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Sun, Aug 10, 1997	6	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Mon, Aug 11, 1997	6	Day 5	=	(	Compa nion	•	Co-operate	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Tue, Aug 12, 1997	6	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Wed, Aug 13, 1997	6	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	c: (b, a ³), then	Domestic Residence
☐	Thu, Aug 14, 1997	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	c: (b, a ⁴), then	Domestic Residence
☐	Fri, Aug 15, 1997	6	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	c: (b, a ⁴), then	Domestic Residence
☐	Sat, Aug 16, 1997	6	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	c: (b, a ⁴), then	Domestic Residence
☐	Sun, Aug 17, 1997	6	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	World	W. Peace Meditation
☐	Mon, Aug 18, 1997	6	Day 5	=	(	Compa nion	•	Co-operate	•	Love	)	•	Rose Pink	Festival	Raksha Bundhan
☐	Tue, Aug 19, 1997	6	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	c: (b, a ⁴), then	Domestic Residence
☐	Wed, Aug 20, 1997	6	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	c: (b, a ⁴), then	Domestic Residence

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{100}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated <u>only</u> after achieving a good stage of Yoga with Baba.
☐	Thu, Aug 21, 1997	7	Day 1	=	(Satguru)	Withdraw / Power to Pack	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Fri, Aug 22, 1997	7	Day 2	=	(Mother)	Tolerate	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Sat, Aug 23, 1997	7	Day 3	=	(Father)	Face/Judge	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Sun, Aug 24, 1997	7	Day 4	=	(Teacher)	Discriminate	• Wisdom	Golden Yellow	Festival	Janamashtami
☐	Mon, Aug 25, 1997	7	Day 5	=	(Companion)	Co-operate	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Tue, Aug 26, 1997	7	Day 6	=	(Friend)	Accommodate	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Wed, Aug 27, 1997	7	Day 7	=	(Child)	Silence	• Wisdom	Golden Yellow	d: (c, a ¹), then	Zero to (1) mile
☐	Thu, Aug 28, 1997	7	Day 1	=	(Satguru)	Withdraw / Power to Pack	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Fri, Aug 29, 1997	7	Day 2	=	(Mother)	Tolerate	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Sat, Aug 30, 1997	7	Day 3	=	(Father)	Face/Judge	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Sun, Aug 31, 1997	7	Day 4	=	(Teacher)	Discriminate	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Mon, Sep 01, 1997	7	Day 5	=	(Companion)	Co-operate	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Tue, Sep 02, 1997	7	Day 6	=	(Friend)	Accommodate	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile
☐	Wed, Sep 03, 1997	7	Day 7	=	(Child)	Silence	• Happiness	Emerald Green	d: (c, a ²), then	Zero to (1) mile

☐	Thu, Sep 04, 1997	7	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Fri, Sep 05, 1997	7	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Sat, Sep 06, 1997	7	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Sun, Sep 07, 1997	7	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Mon, Sep 08, 1997	7	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Tue, Sep 09, 1997	7	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Wed, Sep 10, 1997	7	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	d: (c, a ³), then	Zero to (1) mile
☐	Thu, Sep 11, 1997	7	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Fri, Sep 12, 1997	7	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Sat, Sep 13, 1997	7	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Sun, Sep 14, 1997	7	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Mon, Sep 15, 1997	7	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Tue, Sep 16, 1997	7	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile
☐	Wed, Sep 17, 1997	7	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	d: (c, a ⁴), then	Zero to (1) mile

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{line}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Sep 18, 1997	8	Day 1	= (	Satguru	Withdraw / Power to Pack	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Fri, Sep 19, 1997	8	Day 2	= (	Mother	Tolerate	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Sat, Sep 20, 1997	8	Day 3	= (	Father	Face/Judge	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Sun, Sep 21, 1997	8	Day 4	= (	Teacher	Discriminate	• Purity) •	White	World	W. Peace Meditation
☐	Mon, Sep 22, 1997	8	Day 5	= (	Companion	Co-operate	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Tue, Sep 23, 1997	8	Day 6	= (	Friend	Accommodate	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Wed, Sep 24, 1997	8	Day 7	= (	Child	Silence	• Purity) •	White	e: (d, a ¹), then	(1) to (5) miles
☐	Thu, Sep 25, 1997	8	Day 1	= (	Satguru	Withdraw / Power to Pack	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Fri, Sep 26, 1997	8	Day 2	= (	Mother	Tolerate	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Sat, Sep 27, 1997	8	Day 3	= (	Father	Face/Judge	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Sun, Sep 28, 1997	8	Day 4	= (	Teacher	Discriminate	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Mon, Sep 29, 1997	8	Day 5	= (	Companion	Co-operate	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Tue, Sep 30, 1997	8	Day 6	= (	Friend	Accommodate	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles
☐	Wed, Oct 01, 1997	8	Day 7	= (	Child	Silence	• Peace) •	Sky Blue	e: (d, a ²), then	(1) to (5) miles

☐	Thu, Oct 02, 1997	8	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	Festival	Navaratri begins(9 days)
☐	Fri, Oct 03, 1997	8	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Sat, Oct 04, 1997	8	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Sun, Oct 05, 1997	8	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Mon, Oct 06, 1997	8	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Tue, Oct 07, 1997	8	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Wed, Oct 08, 1997	8	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	e: (d, a ³), then	(1) to (5) miles
☐	Thu, Oct 09, 1997	8	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Fri, Oct 10, 1997	8	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Sat, Oct 11, 1997	8	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Sun, Oct 12, 1997	8	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Mon, Oct 13, 1997	8	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Tue, Oct 14, 1997	8	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles
☐	Wed, Oct 15, 1997	8	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	e: (d, a ⁴), then	(1) to (5) miles

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ¹ time}	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Oct 16, 1997	9	Day 1	= (	Satguru	Withdraw / Power to Pack	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Fri, Oct 17, 1997	9	Day 2	= (	Mother	Tolerate	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Sat, Oct 18, 1997	9	Day 3	= (	Father	Face/Judge	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Sun, Oct 19, 1997	9	Day 4	= (	Teacher	Discriminate	Happiness	Emerald Green	World	W. Peace Meditation
☐	Mon, Oct 20, 1997	9	Day 5	= (	Companion	Co-operate	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Tue, Oct 21, 1997	9	Day 6	= (	Friend	Accommodate	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Wed, Oct 22, 1997	9	Day 7	= (	Child	Silence	Happiness	Emerald Green	f. (e. a ¹), then	(5) to (25) miles
☐	Thu, Oct 23, 1997	9	Day 1	= (	Satguru	Withdraw / Power to Pack	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Fri, Oct 24, 1997	9	Day 2	= (	Mother	Tolerate	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Sat, Oct 25, 1997	9	Day 3	= (	Father	Face/Judge	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Sun, Oct 26, 1997	9	Day 4	= (	Teacher	Discriminate	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Mon, Oct 27, 1997	9	Day 5	= (	Companion	Co-operate	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Tue, Oct 28, 1997	9	Day 6	= (	Friend	Accommodate	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles
☐	Wed, Oct 29, 1997	9	Day 7	= (	Child	Silence	Humility	Ultraviolet Blue	f. (e. a ²), then	(5) to (25) miles

☐	Thu, Oct 30, 1997	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	Festival	Diwali
☐	Fri, Oct 31, 1997	9	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Sat, Nov 01, 1997	9	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Sun, Nov 02, 1997	9	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Mon, Nov 03, 1997	9	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Tue, Nov 04, 1997	9	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Wed, Nov 05, 1997	9	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	f. (e, a ³), then	(5) to (25) miles
☐	Thu, Nov 06, 1997	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Fri, Nov 07, 1997	9	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Sat, Nov 08, 1997	9	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Sun, Nov 09, 1997	9	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Mon, Nov 10, 1997	9	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Tue, Nov 11, 1997	9	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles
☐	Wed, Nov 12, 1997	9	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	f. (e, a ⁴), then	(5) to (25) miles

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Nov 13, 1997	10	Day 1	=	(Satgur u	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Fri, Nov 14, 1997	10	Day 2	=	(Mother	Tolerate	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Sat, Nov 15, 1997	10	Day 3	=	(Father	Face/Judge	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Sun, Nov 16, 1997	10	Day 4	=	(Teacher	Discriminate	•	Peace	)	•	Sky Blue	World	W. Peace Meditation
☐	Mon, Nov 17, 1997	10	Day 5	=	(Compan ion	Co-operate	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Tue, Nov 18, 1997	10	Day 6	=	(Friend	Accommodat e	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Wed, Nov 19, 1997	10	Day 7	=	(Child	Silence	•	Peace	)	•	Sky Blue	g: (f, a ¹), then	(25) to (100) miles
☐	Thu, Nov 20, 1997	10	Day 1	=	(Satgur u	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Fri, Nov 21, 1997	10	Day 2	=	(Mother	Tolerate	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Sat, Nov 22, 1997	10	Day 3	=	(Father	Face/Judge	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Sun, Nov 23, 1997	10	Day 4	=	(Teacher	Discriminate	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Mon, Nov 24, 1997	10	Day 5	=	(Compan ion	Co-operate	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Tue, Nov 25, 1997	10	Day 6	=	(Friend	Accommodat e	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles

☐	Wed, Nov 26, 1997	10	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	g: (f, a ²), then	(25) to (100) miles
☐	Thu, Nov 27, 1997	10	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Fri, Nov 28, 1997	10	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Sat, Nov 29, 1997	10	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Sun, Nov 30, 1997	10	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Mon, Dec 01, 1997	10	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Tue, Dec 02, 1997	10	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Wed, Dec 03, 1997	10	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	g: (f, a ³), then	(25) to (100) miles
☐	Thu, Dec 04, 1997	10	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Fri, Dec 05, 1997	10	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Sat, Dec 06, 1997	10	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Sun, Dec 07, 1997	10	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Mon, Dec 08, 1997	10	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Tue, Dec 09, 1997	10	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles
☐	Wed, Dec 10, 1997	10	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	g: (f, a ⁴), then	(25) to (100) miles

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Appendix ■ E:

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Mon th	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Dec 11, 1997	11	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Fri, Dec 12, 1997	11	Day 2	=	(Mother	Tolerate	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Sat, Dec 13, 1997	11	Day 3	=	(Father	Face/Judge	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Sun, Dec 14, 1997	11	Day 4	=	(Teacher	Discriminate	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Mon, Dec 15, 1997	11	Day 5	=	(Companion	Co-operate	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Tue, Dec 16, 1997	11	Day 6	=	(Friend	Accommodate	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Wed, Dec 17, 1997	11	Day 7	=	(Child	Silence	•	Humility	)	•	Ultraviolet Blue	h: (g, a ¹), then	(100) to (1000) miles
☐	Thu, Dec 18, 1997	11	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Creativity	)	•	Space /The Void	h: (g, a ²), then	(100) to (1000) miles
☐	Fri, Dec 19, 1997	11	Day 2	=	(Mother	Tolerate	•	Creativity	)	•	Space /The Void	h: (g, a ²), then	(100) to (1000) miles
☐	Sat, Dec 20, 1997	11	Day 3	=	(Father	Face/Judge	•	Creativity	)	•	Space /The Void	h: (g, a ²), then	(100) to (1000) miles
☐	Sun, Dec 21, 1997	11	Day 4	=	(Teacher	Discriminate	•	Creativity	)	•	Space /The Void	World Meditation	W, Peace Meditation
☐	Mon, Dec 22, 1997	11	Day 5	=	(Companion	Co-operate	•	Creativity	)	•	Space /The Void	h: (g, a ²), then	(100) to (1000) miles
☐	Tue, Dec 23, 1997	11	Day 6	=	(Friend	Accommodate	•	Creativity	)	•	Space /The Void	h: (g, a ²), then	(100) to (1000) miles

☐	Wed, Dec 24, 1997	11	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	h: (g, a ²), then	(100) to (1000) miles
☐	Thu, Dec 25, 1997	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Fri, Dec 26, 1997	11	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Sat, Dec 27, 1997	11	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Sun, Dec 28, 1997	11	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Mon, Dec 29, 1997	11	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Tue, Dec 30, 1997	11	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Wed, Dec 31, 1997	11	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	h: (g, a ³), then	(100) to (1000) miles
☐	Thu, Jan 01, 1998	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Fri, Jan 02, 1998	11	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sat, Jan 03, 1998	11	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sun, Jan 04, 1998	11	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Mon, Jan 05, 1998	11	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Tue, Jan 06, 1998	11	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles
☐	Wed, Jan 07, 1998	11	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	h: (g, a ⁴), then	(100) to (1000) miles

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good sage of Yoga with Baba.
☐	Thu, Jan 08, 1998	12	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Fri, Jan 09, 1998	12	Day 2	=	(Mother	Tolerate	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Sat, Jan 10, 1998	12	Day 3	=	(Father	Face/Judge	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Sun, Jan 11, 1998	12	Day 4	=	(Teacher	Discriminate	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Mon, Jan 12, 1998	12	Day 5	=	(Companio n	Co-operate	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Tue, Jan 13, 1998	12	Day 6	=	(Friend	Accommodat e	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Wed, Jan 14, 1998	12	Day 7	=	(Child	Silence	•	Love	•	Rose Pink	i: (h, a ¹), then	Respective Continent
☐	Thu, Jan 15, 1998	12	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Wisdo m	•	Golden Yellow	i: (h, a ²), then	Respective Continent
☐	Fri, Jan 16, 1998	12	Day 2	=	(Mother	Tolerate	•	Wisdo m	•	Golden Yellow	i: (h, a ²), then	Respective Continent
☐	Sat, Jan 17, 1998	12	Day 3	=	(Father	Face/Judge	•	Wisdo m	•	Golden Yellow	i: (h, a ²), then	Respective Continent
☐	Sun, Jan 18, 1998	12	Day 4	=	(Teacher	Discriminate	•	Wisdo m	•	Golden Yellow	World	W. Peace Meditation
☐	Mon, Jan 19, 1998	12	Day 5	=	(Companio n	Co-operate	•	Wisdo m	•	Golden Yellow	i: (h, a ²), then	Respective Continent
☐	Tue, Jan 20, 1998	12	Day 6	=	(Friend	Accommodat e	•	Wisdo m	•	Golden Yellow	i: (h, a ²), then	Respective Continent

☐	Wed, Jan 21, 1998	12	Day 7	=	(	Child	•	Silence	•	Wisdom	•	Golden Yellow	i: (h, a ²), then	Respective Continent
☐	Thu, Jan 22, 1998	12	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Fri, Jan 23, 1998	12	Day 2	=	(	Mother	•	Tolerate	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Sat, Jan 24, 1998	12	Day 3	=	(	Father	•	Face/Judge	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Sun, Jan 25, 1998	12	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Mon, Jan 26, 1998	12	Day 5	=	(	Companion	•	Co-operate	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Tue, Jan 27, 1998	12	Day 6	=	(	Friend	•	Accommodate	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Wed, Jan 28, 1998	12	Day 7	=	(	Child	•	Silence	•	Happiness	•	Emerald Green	i: (h, a ³), then	Respective Continent
☐	Thu, Jan 29, 1998	12	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Fri, Jan 30, 1998	12	Day 2	=	(	Mother	•	Tolerate	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Sat, Jan 31, 1998	12	Day 3	=	(	Father	•	Face/Judge	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Sun, Feb 01, 1998	12	Day 4	=	(	Teacher	•	Discriminate	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Mon, Feb 02, 1998	12	Day 5	=	(	Companion	•	Co-operate	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Tue, Feb 03, 1998	12	Day 6	=	(	Friend	•	Accommodate	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent
☐	Wed, Feb 04, 1998	12	Day 7	=	(	Child	•	Silence	•	Humility	•	Ultraviolet Blue	i: (h, a ⁴), then	Respective Continent

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Feb 05, 1998	13	Day 1	(Satguru)	Withdraw / Power to Pack	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Fri, Feb 06, 1998	13	Day 2	(Mother)	Tolerate	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Sat, Feb 07, 1998	13	Day 3	(Father)	Face/Judge	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Sun, Feb 08, 1998	13	Day 4	(Teacher)	Discriminate	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Mon, Feb 09, 1998	13	Day 5	(Compani on)	Co-operate	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Tue, Feb 10, 1998	13	Day 6	(Friend)	Accommodate	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Wed, Feb 11, 1998	13	Day 7	(Child)	Silence	•	•	•	•	Space / The Void	j: (i, a ¹), then	Planet Earth +
☐	Thu, Feb 12, 1998	13	Day 1	(Satguru)	Withdraw / Power to Pack	•	•	•	•	White	j: (i, a ²), then	Planet Earth +
☐	Fri, Feb 13, 1998	13	Day 2	(Mother)	Tolerate	•	•	•	•	White	j: (i, a ²), then	Planet Earth +
☐	Sat, Feb 14, 1998	13	Day 3	(Father)	Face/Judge	•	•	•	•	White	j: (i, a ²), then	Planet Earth +
☐	Sun, Feb 15, 1998	13	Day 4	(Teacher)	Discriminate	•	•	•	•	White	B. B. + W.	Baba's Day / WPM
☐	Mon, Feb 16, 1998	13	Day 5	(Compani on)	Co-operate	•	•	•	•	White	j: (i, a ²), then	Planet Earth +
☐	Tue, Feb 17, 1998	13	Day 6	(Friend)	Accommodate	•	•	•	•	White	j: (i, a ²), then	Planet Earth +

☐	Wed, Feb 18, 1998	13	Day 7	=	(	Child	•	Silence	•	Purity	•	White	j: (i, a ²), then	Planet Earth +
☐	Thu, Feb 19, 1998	13	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Fri, Feb 20, 1998	13	Day 2	=	(	Mother	•	Tolerate	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Sat, Feb 21, 1998	13	Day 3	=	(	Father	•	Face/Judge	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Sun, Feb 22, 1998	13	Day 4	=	(	Teacher	•	Discriminate	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Mon, Feb 23, 1998	13	Day 5	=	(	Companion	•	Co-operate	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Tue, Feb 24, 1998	13	Day 6	=	(	Friend	•	Accommodate	•	Peace	•	Sky Blue	j: (i, a ³), then	Planet Earth +
☐	Wed, Feb 25, 1998	13	Day 7	=	(	Child	•	Silence	•	Peace	•	Sky Blue	Festival	Shiv Ratri
☐	Thu, Feb 26, 1998	13	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth +
☐	Fri, Feb 27, 1998	13	Day 2	=	(	Mother	•	Tolerate	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth +
☐	Sat, Feb 28, 1998	13	Day 3	=	(	Father	•	Face/Judge	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth +
☐	Sun, Mar 01, 1998	13	Day 4	=	(	Teacher	•	Discriminate	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth +
☐	Mon, Mar 02, 1998	13	Day 5	=	(	Companion	•	Co-operate	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth +
☐	Tue, Mar 03, 1998	13	Day 6	=	(	Friend	•	Accommodate	•	Love	•	Rose Pink	j: (i, a ⁴), then	Planet Earth + then again
☐	Wed, Mar 04, 1998	13	Day 7	=	(	Child	•	Silence	•	Love	•	Rose Pink	j: (i, a ⁴), then	from (a) to (j)

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {{(a)} ⁿ = (a)} times}	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Mar 05, 1998	1	Day 1	= (Satguru) •	Withdraw / Power to Pack	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 06, 1998	1	Day 2	= (Mother) •	Tolerate	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 07, 1998	1	Day 3	= (Father) •	Face/Judge	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 08, 1998	1	Day 4	= (Teacher) •	Discriminate	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 09, 1998	1	Day 5	= (Compani on) •	Co-operate	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 10, 1998	1	Day 6	= (Friend) •	Accommodate	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 11, 1998	1	Day 7	= (Child) •	Silence	• Wisdom	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 12, 1998	1	Day 1	= (Satguru) •	Withdraw / Power to Pack	• Happiness	Emerald Green	Festival	Holi
☐	Fri, Mar 13, 1998	1	Day 2	= (Mother) •	Tolerate	• Happiness	Emerald Green	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 14, 1998	1	Day 3	= (Father) •	Face/Judge	• Happiness	Emerald Green	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 15, 1998	1	Day 4	= (Teacher) •	Discriminate	• Happiness	Emerald Green	World	W. Peace Meditation
☐	Mon, Mar 16, 1998	1	Day 5	= (Compani on) •	Co-operate	• Happiness	Emerald Green	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 17, 1998	1	Day 6	= (Friend) •	Accommodate	• Happiness	Emerald Green	(a) ¹ : Self	(20) min./ day

☐	Wed, Mar 18, 1998	1	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	(a) ¹ : Self	(20) min./day
☐	Thu, Mar 19, 1998	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Fri, Mar 20, 1998	1	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Sat, Mar 21, 1998	1	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Sun, Mar 22, 1998	1	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Mon, Mar 23, 1998	1	Day 5	=	(	Company	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Tue, Mar 24, 1998	1	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Wed, Mar 25, 1998	1	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	(a) ¹ : Self	(20) min./day
☐	Thu, Mar 26, 1998	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Fri, Mar 27, 1998	1	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Sat, Mar 28, 1998	1	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Sun, Mar 29, 1998	1	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Mon, Mar 30, 1998	1	Day 5	=	(	Company	•	Co-operate	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Tue, Mar 31, 1998	1	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day
☐	Wed, Apr 01, 1998	1	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	(a) ¹ : Self	(20) min./day

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SPARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Sunday Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, Apr 02, 1998	2	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 03, 1998	2	Day 2	=	(Mother	Tolerate	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 04, 1998	2	Day 3	=	(Father	Face/Judge	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 05, 1998	2	Day 4	=	(Teacher	Discriminate	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 06, 1998	2	Day 5	=	(Companion	Co-operate	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 07, 1998	2	Day 6	=	(Friend	Accommodate	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 08, 1998	2	Day 7	=	(Child	Silence	•	Purity	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 09, 1998	2	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 10, 1998	2	Day 2	=	(Mother	Tolerate	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 11, 1998	2	Day 3	=	(Father	Face/Judge	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 12, 1998	2	Day 4	=	(Teacher	Discriminate	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 13, 1998	2	Day 5	=	(Companion	Co-operate	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 14, 1998	2	Day 6	=	(Friend	Accommodate	•	Peace	)	•	(a) ² : Self	Duration ≤ (40) min./ day

☐	Wed, Apr 15, 1998	2	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 16, 1998	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 17, 1998	2	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 18, 1998	2	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 19, 1998	2	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	World Meditation	
☐	Mon, Apr 20, 1998	2	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 21, 1998	2	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 22, 1998	2	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 23, 1998	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 24, 1998	2	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 25, 1998	2	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 26, 1998	2	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 27, 1998	2	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 28, 1998	2	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 29, 1998	2	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ^{Time} }	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Apr 30, 1998	3	Day 1	=	(Satguru)	Withdraw / Power to Pack	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 01, 1998	3	Day 2	=	(Mother)	Tolerate	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 02, 1998	3	Day 3	=	(Father)	Face/Judge	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 03, 1998	3	Day 4	=	(Teacher)	Discriminate	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 04, 1998	3	Day 5	=	(Companion)	Co-operate	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 05, 1998	3	Day 6	=	(Friend)	Accommodate	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 06, 1998	3	Day 7	=	(Child)	Silence	•	Happiness	•	Emerald Green	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 07, 1998	3	Day 1	=	(Satguru)	Withdraw / Power to Pack	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 08, 1998	3	Day 2	=	(Mother)	Tolerate	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 09, 1998	3	Day 3	=	(Father)	Face/Judge	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 10, 1998	3	Day 4	=	(Teacher)	Discriminate	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 11, 1998	3	Day 5	=	(Companion)	Co-operate	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 12, 1998	3	Day 6	=	(Friend)	Accommodate	•	Humility	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day

☐	Wed, May 13, 1998	3	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 14, 1998	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 15, 1998	3	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 16, 1998	3	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 17, 1998	3	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	World	W. Peace Meditation
☐	Mon, May 18, 1998	3	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 19, 1998	3	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 20, 1998	3	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 21, 1998	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 22, 1998	3	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 23, 1998	3	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 24, 1998	3	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 25, 1998	3	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 26, 1998	3	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 27, 1998	3	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC
Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, May 28, 1998	4	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Fri, May 29, 1998	4	Day 2	=	(Mother	Tolerate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, May 30, 1998	4	Day 3	=	(Father	Face/Judge	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, May 31, 1998	4	Day 4	=	(Teacher	Discriminate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 01, 1998	4	Day 5	=	(Companion	Co-operate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 02, 1998	4	Day 6	=	(Friend	Accommodate	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 03, 1998	4	Day 7	=	(Child	Silence	•	Peace	)	•	Sky Blue	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 04, 1998	4	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 05, 1998	4	Day 2	=	(Mother	Tolerate	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 06, 1998	4	Day 3	=	(Father	Face/Judge	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 07, 1998	4	Day 4	=	(Teacher	Discriminate	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 08, 1998	4	Day 5	=	(Companion	Co-operate	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 09, 1998	4	Day 6	=	(Friend	Accommodate	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day

☐	Wed, Jun 10, 1998	4	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 11, 1998	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 12, 1998	4	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 13, 1998	4	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 14, 1998	4	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 15, 1998	4	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 16, 1998	4	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 17, 1998	4	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 18, 1998	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 19, 1998	4	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 20, 1998	4	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 21, 1998	4	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	World	W. Peace Meditation
☐	Mon, Jun 22, 1998	4	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 23, 1998	4	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 24, 1998	4	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	Mama	Mama's Day

Appendix ■ E.

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {{a}} ⁿ = {{a}} ^{Time}	Comments
☐	Thu, Jun 25, 1998	5	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	Human Costume (5 ele.)
☐	Fri, Jun 26, 1998	5	Day 2	=	(Mother	Tolerate	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sat, Jun 27, 1998	5	Day 3	=	(Father	Face/Judge	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sun, Jun 28, 1998	5	Day 4	=	(Teacher	Discriminate	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Mon, Jun 29, 1998	5	Day 5	=	(Compani on	Co-operate	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Tue, Jun 30, 1998	5	Day 6	=	(Friend	Accommodate	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Wed, Jul 01, 1998	5	Day 7	=	(Child	Silence	•	Humility	)	•	Ultraviolet Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Thu, Jul 02, 1998	5	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Fri, Jul 03, 1998	5	Day 2	=	(Mother	Tolerate	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Sat, Jul 04, 1998	5	Day 3	=	(Father	Face/Judge	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Sun, Jul 05, 1998	5	Day 4	=	(Teacher	Discriminate	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Mon, Jul 06, 1998	5	Day 5	=	(Compani on	Co-operate	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Tue, Jul 07, 1998	5	Day 6	=	(Friend	Accommodate	•	Creativity	)	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)

☐	Wed, Jul 08, 1998	5	Day 7	=	(	Child	•	Silence	•	Creativity	•	Space / The Void	b: (a) ² then	H. Costume (5 elements.)
☐	Thu, Jul 09, 1998	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Fri, Jul 10, 1998	5	Day 2	=	(	Mother	•	Tolerate	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Sat, Jul 11, 1998	5	Day 3	=	(	Father	•	Face/Judge	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Sun, Jul 12, 1998	5	Day 4	=	(	Teacher	•	Discriminate	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Mon, Jul 13, 1998	5	Day 5	=	(	Companion	•	Co-operate	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Tue, Jul 14, 1998	5	Day 6	=	(	Friend	•	Accommodate	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Wed, Jul 15, 1998	5	Day 7	=	(	Child	•	Silence	•	Purity	•	White	b: (a) ³ then	H. Costume (5 elements.)
☐	Thu, Jul 16, 1998	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Fri, Jul 17, 1998	5	Day 2	=	(	Mother	•	Tolerate	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sat, Jul 18, 1998	5	Day 3	=	(	Father	•	Face/Judge	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sun, Jul 19, 1998	5	Day 4	=	(	Teacher	•	Discriminate	•	Peace	•	Sky Blue	World	W. Peace Meditation
☐	Mon, Jul 20, 1998	5	Day 5	=	(	Companion	•	Co-operate	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Tue, Jul 21, 1998	5	Day 6	=	(	Friend	•	Accommodate	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Wed, Jul 22, 1998	5	Day 7	=	(	Child	•	Silence	•	Peace	•	Sky Blue	b: (a) ⁴ then	H. Costume (5 elements.)

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {{(a) ⁿ = (a) ^{Time} }}	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Jul 23, 1998	6	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	Domestic Residence
☐	Fri, Jul 24, 1998	6	Day 2	=	(Mother	Tolerate	•	Love	)	•	Rose Pink	Domestic Residence
☐	Sat, Jul 25, 1998	6	Day 3	=	(Father	Face/Judge	•	Love	)	•	Rose Pink	Domestic Residence
☐	Sun, Jul 26, 1998	6	Day 4	=	(Teacher	Discriminate	•	Love	)	•	Rose Pink	Domestic Residence
☐	Mon, Jul 27, 1998	6	Day 5	=	(Companion	Co-operate	•	Love	)	•	Rose Pink	Domestic Residence
☐	Tue, Jul 28, 1998	6	Day 6	=	(Friend	Accommodate	•	Love	)	•	Rose Pink	Domestic Residence
☐	Wed, Jul 29, 1998	6	Day 7	=	(Child	Silence	•	Love	)	•	Rose Pink	Domestic Residence
☐	Thu, Jul 30, 1998	6	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Fri, Jul 31, 1998	6	Day 2	=	(Mother	Tolerate	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Sat, Aug 01, 1998	6	Day 3	=	(Father	Face/Judge	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Sun, Aug 02, 1998	6	Day 4	=	(Teacher	Discriminate	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Mon, Aug 03, 1998	6	Day 5	=	(Companion	Co-operate	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Tue, Aug 04, 1998	6	Day 6	=	(Friend	Accommodate	•	Wisdom	)	•	Golden Yellow	Domestic Residence
☐	Wed, Aug 05, 1998	6	Day 7	=	(Child	Silence	•	Wisdom	)	•	Golden Yellow	Domestic Residence

☐	Thu, Aug 06, 1998	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Fri, Aug 07, 1998	6	Day 2	=	(	Mother	•	Tolerate	•	Happiness	•	Emerald Green	Festival	Raksha Bandhan
☐	Sat, Aug 08, 1998	6	Day 3	=	(	Father	•	Face/Judge	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Sun, Aug 09, 1998	6	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Mon, Aug 10, 1998	6	Day 5	=	(	Companion	•	Co-operate	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Tue, Aug 11, 1998	6	Day 6	=	(	Friend	•	Accommodate	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Wed, Aug 12, 1998	6	Day 7	=	(	Child	•	Silence	•	Happiness	•	Emerald Green	c: (b, a ³), then	Domestic Residence
☐	Thu, Aug 13, 1998	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	•	Ultraviolet Blue	c: (b, a ⁴), then	Domestic Residence
☐	Fri, Aug 14, 1998	6	Day 2	=	(	Mother	•	Tolerate	•	Humility	•	Ultraviolet Blue	c: (b, a ⁴), then	Domestic Residence
☐	Sat, Aug 15, 1998	6	Day 3	=	(	Father	•	Face/Judge	•	Humility	•	Ultraviolet Blue	Festival	Janamashtami
☐	Sun, Aug 16, 1998	6	Day 4	=	(	Teacher	•	Discriminate	•	Humility	•	Ultraviolet Blue	World	W. Peace Meditation
☐	Mon, Aug 17, 1998	6	Day 5	=	(	Companion	•	Co-operate	•	Humility	•	Ultraviolet Blue	c: (b, a ⁴), then	Domestic Residence
☐	Tue, Aug 18, 1998	6	Day 6	=	(	Friend	•	Accommodate	•	Humility	•	Ultraviolet Blue	c: (b, a ⁴), then	Domestic Residence
☐	Wed, Aug 19, 1998	6	Day 7	=	(	Child	•	Silence	•	Humility	•	Ultraviolet Blue	c: (b, a ⁴), then	Domestic Residence

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Appendix ■ E

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ^{Time} }	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Aug 20, 1998	7	Day 1	=	(Satguru	Withdraw / Power to Pack	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Fri, Aug 21, 1998	7	Day 2	=	(Mother	Tolerate	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Sat, Aug 22, 1998	7	Day 3	=	(Father	Face/Judge	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Sun, Aug 23, 1998	7	Day 4	=	(Teacher	Discriminate	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Mon, Aug 24, 1998	7	Day 5	=	(Companion	Co-operate	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Tue, Aug 25, 1998	7	Day 6	=	(Friend	Accommodate	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Wed, Aug 26, 1998	7	Day 7	=	(Child	Silence	•	•	Creativity	)	•	d: (c, a ¹), then	Zero to (1) mile
☐	Thu, Aug 27, 1998	7	Day 1	=	(Satguru	Withdraw / Power to Pack	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile
☐	Fri, Aug 28, 1998	7	Day 2	=	(Mother	Tolerate	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile
☐	Sat, Aug 29, 1998	7	Day 3	=	(Father	Face/Judge	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile
☐	Sun, Aug 30, 1998	7	Day 4	=	(Teacher	Discriminate	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile
☐	Mon, Aug 31, 1998	7	Day 5	=	(Companion	Co-operate	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile
☐	Tue, Sep 01, 1998	7	Day 6	=	(Friend	Accommodate	•	•	Purity	)	•	d: (c, a ²), then	Zero to (1) mile

☐	Wed, Sep 02, 1998	7	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	d: (c, a ²), then	Zero to (1) mile
☐	Thu, Sep 03, 1998	7	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Fri, Sep 04, 1998	7	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Sat, Sep 05, 1998	7	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Sun, Sep 06, 1998	7	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Mon, Sep 07, 1998	7	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Tue, Sep 08, 1998	7	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Wed, Sep 09, 1998	7	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	d: (c, a ³), then	Zero to (1) mile
☐	Thu, Sep 10, 1998	7	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Fri, Sep 11, 1998	7	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Sat, Sep 12, 1998	7	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Sun, Sep 13, 1998	7	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Mon, Sep 14, 1998	7	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Tue, Sep 15, 1998	7	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile
☐	Wed, Sep 16, 1998	7	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	d: (c, a ⁴), then	Zero to (1) mile

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Sep 17, 1998	8	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Wisdom	)	•	e: (d, a ¹), then	(1) to (5) miles
☐	Fri, Sep 18, 1998	8	Day 2	=	(Mother	Tolerate	•	Wisdom	)	•	e: (d, a ¹), then	(1) to (5) miles
☐	Sat, Sep 19, 1998	8	Day 3	=	(Father	Face/Judge	•	Wisdom	)	•	e: (d, a ¹), then	(1) to (5) miles
☐	Sun, Sep 20, 1998	8	Day 4	=	(Teacher	Discriminate	•	Wisdom	)	•	World	W. Peace Meditation begins
☐	Mon, Sep 21, 1998	8	Day 5	=	(Companion	Co-operate	•	Wisdom	)	•	Festival	Navaratri begins
☐	Tue, Sep 22, 1998	8	Day 6	=	(Friend	Accommodate	•	Wisdom	)	•	e: (d, a ¹), then	(1) to (5) miles
☐	Wed, Sep 23, 1998	8	Day 7	=	(Child	Silence	•	Wisdom	)	•	e: (d, a ¹), then	(1) to (5) miles
☐	Thu, Sep 24, 1998	8	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Fri, Sep 25, 1998	8	Day 2	=	(Mother	Tolerate	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Sat, Sep 26, 1998	8	Day 3	=	(Father	Face/Judge	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Sun, Sep 27, 1998	8	Day 4	=	(Teacher	Discriminate	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Mon, Sep 28, 1998	8	Day 5	=	(Companion	Co-operate	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Tue, Sep 29, 1998	8	Day 6	=	(Friend	Accommodate	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles
☐	Wed, Sep 30, 1998	8	Day 7	=	(Child	Silence	•	Happiness	)	•	e: (d, a ²), then	(1) to (5) miles

☐	Thu, Oct 01, 1998	8	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Fri, Oct 02, 1998	8	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Sat, Oct 03, 1998	8	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Sun, Oct 04, 1998	8	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Mon, Oct 05, 1998	8	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Tue, Oct 06, 1998	8	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Wed, Oct 07, 1998	8	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	e: (d, a ³), then	(1) to (5) miles
☐	Thu, Oct 08, 1998	8	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Fri, Oct 09, 1998	8	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Sat, Oct 10, 1998	8	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Sun, Oct 11, 1998	8	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Mon, Oct 12, 1998	8	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Tue, Oct 13, 1998	8	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles
☐	Wed, Oct 14, 1998	8	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	e: (d, a ⁴), then	(1) to (5) miles

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, Oct 15, 1998	9	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Purity	)	•	White	f: (e, a ¹), then	(5) to (25) miles
☐	Fri, Oct 16, 1998	9	Day 2	=	(Mother	Tolerate	•	Purity	)	•	White	f: (e, a ¹), then	(5) to (25) miles
☐	Sat, Oct 17, 1998	9	Day 3	=	(Father	Face/Judge	•	Purity	)	•	White	f: (e, a ¹), then	(5) to (25) miles
☐	Sun, Oct 18, 1998	9	Day 4	=	(Teacher	Discriminate	•	Purity	)	•	White	World Meditation	(5) to (25) miles
☐	Mon, Oct 19, 1998	9	Day 5	=	(Companion	Co-operate	•	Purity	)	•	White	f: (e, a ¹), then	(5) to (25) miles
☐	Tue, Oct 20, 1998	9	Day 6	=	(Friend	Accommodate	•	Purity	)	•	White	Festival	(5) to (25) miles
☐	Wed, Oct 21, 1998	9	Day 7	=	(Child	Silence	•	Purity	)	•	White	f: (e, a ¹), then	(5) to (25) miles
☐	Thu, Oct 22, 1998	9	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Fri, Oct 23, 1998	9	Day 2	=	(Mother	Tolerate	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Sat, Oct 24, 1998	9	Day 3	=	(Father	Face/Judge	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Sun, Oct 25, 1998	9	Day 4	=	(Teacher	Discriminate	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Mon, Oct 26, 1998	9	Day 5	=	(Companion	Co-operate	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Tue, Oct 27, 1998	9	Day 6	=	(Friend	Accommodate	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles
☐	Wed, Oct 28, 1998	9	Day 7	=	(Child	Silence	•	Peace	)	•	Sky Blue	f: (e, a ²), then	(5) to (25) miles

☐	Thu, Oct 29, 1998	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Fri, Oct 30, 1998	9	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Sat, Oct 31, 1998	9	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Sun, Nov 01, 1998	9	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Mon, Nov 02, 1998	9	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Tue, Nov 03, 1998	9	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Wed, Nov 04, 1998	9	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	f: (e, a ³), then	(5) to (25) miles
☐	Thu, Nov 05, 1998	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Fri, Nov 06, 1998	9	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Sat, Nov 07, 1998	9	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Sun, Nov 08, 1998	9	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Mon, Nov 09, 1998	9	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Tue, Nov 10, 1998	9	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles
☐	Wed, Nov 11, 1998	9	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	f: (e, a ⁴), then	(5) to (25) miles

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation = {(a) ⁿ / (a) ^{time} }	Comments
☐	Thu, Nov 12, 1998	10	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Fri, Nov 13, 1998	10	Day 2	=	(Mother	Tolerate	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Sat, Nov 14, 1998	10	Day 3	=	(Father	Face/Judge	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Sun, Nov 15, 1998	10	Day 4	=	(Teacher	Discriminate	•	Happiness	•	Emerald Green	World Meditation	(25) to (100) miles
☐	Mon, Nov 16, 1998	10	Day 5	=	(Companion	Co-operate	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Tue, Nov 17, 1998	10	Day 6	=	(Friend	Accommodate	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Wed, Nov 18, 1998	10	Day 7	=	(Child	Silence	•	Happiness	•	Emerald Green	g: (f. a ¹), then	(25) to (100) miles
☐	Thu, Nov 19, 1998	10	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Fri, Nov 20, 1998	10	Day 2	=	(Mother	Tolerate	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Sat, Nov 21, 1998	10	Day 3	=	(Father	Face/Judge	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Sun, Nov 22, 1998	10	Day 4	=	(Teacher	Discriminate	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Mon, Nov 23, 1998	10	Day 5	=	(Companion	Co-operate	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Tue, Nov 24, 1998	10	Day 6	=	(Friend	Accommodate	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles
☐	Wed, Nov 25, 1998	10	Day 7	=	(Child	Silence	•	Humility	•	Ultraviolet Blue	g: (f. a ²), then	(25) to (100) miles

☐	Thu, Nov 26, 1998	10	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Fri, Nov 27, 1998	10	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Sat, Nov 28, 1998	10	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Sun, Nov 29, 1998	10	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Mon, Nov 30, 1998	10	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Tue, Dec 01, 1998	10	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Wed, Dec 02, 1998	10	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	g: (f, a ³), then	(25) to (100) miles
☐	Thu, Dec 03, 1998	10	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Fri, Dec 04, 1998	10	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Sat, Dec 05, 1998	10	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Sun, Dec 06, 1998	10	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Mon, Dec 07, 1998	10	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Tue, Dec 08, 1998	10	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles
☐	Wed, Dec 09, 1998	10	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	g: (f, a ⁴), then	(25) to (100) miles

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Dec 10, 1998	11	Day 1	=	(Satguru •	Withdraw / Power to Pack	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Fri, Dec 11, 1998	11	Day 2	=	(Mother •	Tolerate	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Sat, Dec 12, 1998	11	Day 3	=	(Father •	Face/Judge	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Sun, Dec 13, 1998	11	Day 4	=	(Teacher •	Discriminate	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Mon, Dec 14, 1998	11	Day 5	=	(Companion •	Co-operate	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Tue, Dec 15, 1998	11	Day 6	=	(Friend •	Accommodate	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Wed, Dec 16, 1998	11	Day 7	=	(Child •	Silence	•	Peace	)	•	h: (g, a ¹), then	(100) to (1000) miles
☐	Thu, Dec 17, 1998	11	Day 1	=	(Satguru •	Withdraw / Power to Pack	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles
☐	Fri, Dec 18, 1998	11	Day 2	=	(Mother •	Tolerate	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles
☐	Sat, Dec 19, 1998	11	Day 3	=	(Father •	Face/Judge	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles
☐	Sun, Dec 20, 1998	11	Day 4	=	(Teacher •	Discriminate	•	Love	)	•	World	W. Peace Meditation
☐	Mon, Dec 21, 1998	11	Day 5	=	(Companion •	Co-operate	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles
☐	Tue, Dec 22, 1998	11	Day 6	=	(Friend •	Accommodate	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles
☐	Wed, Dec 23, 1998	11	Day 7	=	(Child •	Silence	•	Love	)	•	h: (g, a ²), then	(100) to (1000) miles

☐	Thu, Dec 24, 1998	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Fri, Dec 25, 1998	11	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Sat, Dec 26, 1998	11	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Sun, Dec 27, 1998	11	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Mon, Dec 28, 1998	11	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Tue, Dec 29, 1998	11	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Wed, Dec 30, 1998	11	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	h: (g, a ³), then	(100) to (1000) miles
☐	Thu, Dec 31, 1998	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Fri, Jan 01, 1999	11	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sat, Jan 02, 1999	11	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sun, Jan 03, 1999	11	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Mon, Jan 04, 1999	11	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Tue, Jan 05, 1999	11	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles
☐	Wed, Jan 06, 1999	11	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	h: (g, a ⁴), then	(100) to (1000) miles

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC Appendix ■ E

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Jan 07, 1999	12	Day 1	=	(Satguru •	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Fri, Jan 08, 1999	12	Day 2	=	(Mother •	Tolerate	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Sat, Jan 09, 1999	12	Day 3	=	(Father •	Face/Judge	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Sun, Jan 10, 1999	12	Day 4	=	(Teacher •	Discriminate	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Mon, Jan 11, 1999	12	Day 5	=	(Companion •	Co-operate	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Tue, Jan 12, 1999	12	Day 6	=	(Friend •	Accommodate	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Wed, Jan 13, 1999	12	Day 7	=	(Child •	Silence	•	Humility	)	•	Ultraviolet Blue	i: (h, a ¹), then	Respective Continent
☐	Thu, Jan 14, 1999	12	Day 1	=	(Satguru •	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	i: (h, a ²), then	Respective Continent
☐	Fri, Jan 15, 1999	12	Day 2	=	(Mother •	Tolerate	•	Creativity	)	•	Space / The Void	i: (h, a ²), then	Respective Continent
☐	Sat, Jan 16, 1999	12	Day 3	=	(Father •	Face/Judge	•	Creativity	)	•	Space / The Void	i: (h, a ²), then	Respective Continent
☐	Sun, Jan 17, 1999	12	Day 4	=	(Teacher •	Discriminate	•	Creativity	)	•	Space / The Void	World	W. Peace Meditation
☐	Mon, Jan 18, 1999	12	Day 5	=	(Companion •	Co-operate	•	Creativity	)	•	Space / The Void	B. Baba's Day	Brahma Baba's Day
☐	Tue, Jan 19, 1999	12	Day 6	=	(Friend •	Accommodate	•	Creativity	)	•	Space / The Void	i: (h, a ²), then	Respective Continent
☐	Wed, Jan 20, 1999	12	Day 7	=	(Child •	Silence	•	Creativity	)	•	Space / The Void	i: (h, a ²), then	Respective Continent

☐	Thu, Jan 21, 1999	12	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Fri, Jan 22, 1999	12	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Sat, Jan 23, 1999	12	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Sun, Jan 24, 1999	12	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Mon, Jan 25, 1999	12	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Tue, Jan 26, 1999	12	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Wed, Jan 27, 1999	12	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	i: (h, a ³), then	Respective Continent
☐	Thu, Jan 28, 1999	12	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Fri, Jan 29, 1999	12	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Sat, Jan 30, 1999	12	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Sun, Jan 31, 1999	12	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Mon, Feb 01, 1999	12	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Tue, Feb 02, 1999	12	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent
☐	Wed, Feb 03, 1999	12	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	i: (h, a ⁴), then	Respective Continent

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Appendix ■ E

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Don e	Today's Date	Study Month	Triad Day #		Relationship With Baba		Power Invoked from Baba		Baba's coloring Virtue of the day		Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Feb 04, 1999	13	Day 1	=	(Satguru	•	Tolerate	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Fri, Feb 05, 1999	13	Day 2	=	(Mother	•	Withdraw / Power to Pack	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Sat, Feb 06, 1999	13	Day 3	=	(Father	•	Face/Judge	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Sun, Feb 07, 1999	13	Day 4	=	(Teacher	•	Discriminate	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Mon, Feb 08, 1999	13	Day 5	=	(Companion	•	Co-operate	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Tue, Feb 09, 1999	13	Day 6	=	(Friend	•	Accommodate	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Wed, Feb 10, 1999	13	Day 7	=	(Child	•	Silence	•	Love	•	Rose Pink	j: (i, a ¹), then	Planet Earth +
☐	Thu, Feb 11, 1999	13	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Wisdom	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Fri, Feb 12, 1999	13	Day 2	=	(Mother	•	Tolerate	•	Wisdom	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Sat, Feb 13, 1999	13	Day 3	=	(Father	•	Face/Judge	•	Wisdom	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Sun, Feb 14, 1999	13	Day 4	=	(Teacher	•	Discriminate	•	Wisdom	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Mon, Feb 15, 1999	13	Day 5	=	(Companion	•	Co-operate	•	Wisdom	•	Golden Yellow	j: (i, a ²), then	Planet Earth +

☐	Tue, Feb 16, 1999	13	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Wed, Feb 17, 1999	13	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	j: (i, a ²), then	Planet Earth +
☐	Thu, Feb 18, 1999	13	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Fri, Feb 19, 1999	13	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Sat, Feb 20, 1999	13	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Sun, Feb 21, 1999	13	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	World	W. Peace Meditation
☐	Mon, Feb 22, 1999	13	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Tue, Feb 23, 1999	13	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Wed, Feb 24, 1999	13	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	j: (i, a ³), then	Planet Earth +
☐	Thu, Feb 25, 1999	13	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Fri, Feb 26, 1999	13	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Sat, Feb 27, 1999	13	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Sun, Feb 28, 1999	13	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Mon, Mar 01, 1999	13	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Tue, Mar 02, 1999	13	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +
☐	Wed, Mar 03, 1999	13	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	j: (i, a ⁴), then	Planet Earth +

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	S tu d y M o n t h	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ^{Time} }	Comments
☐	Thu, Mar 04, 1999	1	Day 1	(Satguru)	Withdraw / Power to Pack	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 05, 1999	1	Day 2	(Mother)	Tolerate	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 06, 1999	1	Day 3	(Father)	Face/Judge	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 07, 1999	1	Day 4	(Teacher)	Discriminate	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 08, 1999	1	Day 5	(Companion)	Co-operate	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 09, 1999	1	Day 6	(Friend)	Accommodate	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 10, 1999	1	Day 7	(Child)	Silence	• Creativity)	Space / The Void	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 11, 1999	1	Day 1	(Satguru)	Withdraw / Power to Pack	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 12, 1999	1	Day 2	(Mother)	Tolerate	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 13, 1999	1	Day 3	(Father)	Face/Judge	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 14, 1999	1	Day 4	(Teacher)	Discriminate	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 15, 1999	1	Day 5	(Companion)	Co-operate	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 16, 1999	1	Day 6	(Friend)	Accommodate	• Purity)	White	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 17, 1999	1	Day 7	(Child)	Silence	• Purity)	White	(a) ¹ : Self	(20) min./ day

☐	Thu, Mar 18, 1999	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 19, 1999	1	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 20, 1999	1	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 21, 1999	1	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	World	W. Peace Meditation
☐	Mon, Mar 22, 1999	1	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 23, 1999	1	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 24, 1999	1	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 25, 1999	1	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 26, 1999	1	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 27, 1999	1	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 28, 1999	1	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 29, 1999	1	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 30, 1999	1	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 31, 1999	1	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	(a) ¹ : Self	(20) min./ day

Done	Today's Date	Student Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Apr 01, 1999	2	Day 1	(Satguru)	Withdraw / Power to Pack	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 02, 1999	2	Day 2	(Mother)	Tolerate	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 03, 1999	2	Day 3	(Father)	Face/Judge	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 04, 1999	2	Day 4	(Teacher)	Discriminate	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 05, 1999	2	Day 5	(Companion)	Co-operate	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 06, 1999	2	Day 6	(Friend)	Accommodate	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Wed, Apr 07, 1999	2	Day 7	(Child)	Silence	• Wisdom)	Golden Yellow	(a) ² : Self	Duration ≤ (40) min./ day
☐	Thu, Apr 08, 1999	2	Day 1	(Satguru)	Withdraw / Power to Pack	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Fri, Apr 09, 1999	2	Day 2	(Mother)	Tolerate	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sat, Apr 10, 1999	2	Day 3	(Father)	Face/Judge	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Sun, Apr 11, 1999	2	Day 4	(Teacher)	Discriminate	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Mon, Apr 12, 1999	2	Day 5	(Companion)	Co-operate	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day
☐	Tue, Apr 13, 1999	2	Day 6	(Friend)	Accommodate	• Happiness)	Emerald Green	(a) ² : Self	Duration ≤ (40) min./ day

☐	Wed, Apr 14, 1999	2	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	(a) ² : Self	Duration ≤ (40) min./day
☐	Thu, Apr 15, 1999	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Fri, Apr 16, 1999	2	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Sat, Apr 17, 1999	2	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Sun, Apr 18, 1999	2	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	World	W. Peace Meditation
☐	Mon, Apr 19, 1999	2	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Tue, Apr 20, 1999	2	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Wed, Apr 21, 1999	2	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	(a) ² : Self	Duration ≤ (40) min./day
☐	Thu, Apr 22, 1999	2	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Fri, Apr 23, 1999	2	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Sat, Apr 24, 1999	2	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Sun, Apr 25, 1999	2	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Mon, Apr 26, 1999	2	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Tue, Apr 27, 1999	2	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day
☐	Wed, Apr 28, 1999	2	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	(a) ² : Self	Duration ≤ (40) min./day

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Appendix ■ E

Done	Today's Date	Study Month	Triad Day #	=	(	Relationship With Baba	•	Power Invoked from Baba	•	Baba's coloring Virtue of the day	)	•	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ¹ time}	Comments
☐	Thu, Apr 29, 1999	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, Apr 30, 1999	3	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 01, 1999	3	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 02, 1999	3	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 03, 1999	3	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 04, 1999	3	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 05, 1999	3	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 06, 1999	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 07, 1999	3	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 08, 1999	3	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 09, 1999	3	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 10, 1999	3	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 11, 1999	3	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 12, 1999	3	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	(a) ³ : Self	Duration ≤ (60) min./ day

☐	Thu, May 13, 1999	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 14, 1999	3	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 15, 1999	3	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 16, 1999	3	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	World	W. Peace Meditation
☐	Mon, May 17, 1999	3	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 18, 1999	3	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 19, 1999	3	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Thu, May 20, 1999	3	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Fri, May 21, 1999	3	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sat, May 22, 1999	3	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Sun, May 23, 1999	3	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Mon, May 24, 1999	3	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Tue, May 25, 1999	3	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day
☐	Wed, May 26, 1999	3	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	(a) ³ : Self	Duration ≤ (60) min./ day

Done	Today's Date	Study Month	Try Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{\{Time\}}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, May 27, 1999	4	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Fri, May 28, 1999	4	Day 2	=	(Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Sat, May 29, 1999	4	Day 3	=	(Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Sun, May 30, 1999	4	Day 4	=	(Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Mon, May 31, 1999	4	Day 5	=	(Companio n	•	Co-operate	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Tue, Jun 01, 1999	4	Day 6	=	(Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Wed, Jun 02, 1999	4	Day 7	=	(Child	•	Silence	•	Happiness	)	•	Emerald Green	Duration $\leq$ (80) min./ day
☐	Thu, Jun 03, 1999	4	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Fri, Jun 04, 1999	4	Day 2	=	(Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Sat, Jun 05, 1999	4	Day 3	=	(Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Sun, Jun 06, 1999	4	Day 4	=	(Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Mon, Jun 07, 1999	4	Day 5	=	(Companio n	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Tue, Jun 08, 1999	4	Day 6	=	(Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day
☐	Wed, Jun 09, 1999	4	Day 7	=	(Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	Duration $\leq$ (80) min./ day

☐	Thu, Jun 10, 1999	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 11, 1999	4	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 12, 1999	4	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 13, 1999	4	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Mon, Jun 14, 1999	4	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 15, 1999	4	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 16, 1999	4	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Thu, Jun 17, 1999	4	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Fri, Jun 18, 1999	4	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sat, Jun 19, 1999	4	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Sun, Jun 20, 1999	4	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	World	W. Peace Meditation
☐	Mon, Jun 21, 1999	4	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Tue, Jun 22, 1999	4	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day
☐	Wed, Jun 23, 1999	4	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	(a) ⁴ : Self	Duration ≤ (80) min./ day

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC Appendix ■ E.

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Student Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue	Donation to {(a) ⁿ = (a) ⁿ Time}	Comments
☐	Thu, Jun 24, 1999	5	Day 1	= (Satguru	•	Withdraw / Power to Pack	•	Peace	) •	Sky Blue	b: (a) ¹ then	Human Costume (5 elements.)
☐	Fri, Jun 25, 1999	5	Day 2	= (Mother	•	Tolerate	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sat, Jun 26, 1999	5	Day 3	= (Father	•	Face/Judge	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Sun, Jun 27, 1999	5	Day 4	= (Teacher	•	Discriminate	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Mon, Jun 28, 1999	5	Day 5	= (Compani on	•	Co-operate	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Tue, Jun 29, 1999	5	Day 6	= (Friend	•	Accommodate	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Wed, Jun 30, 1999	5	Day 7	= (Child	•	Silence	•	Peace	) •	Sky Blue	b: (a) ¹ then	H. Costume (5 elements.)
☐	Thu, Jul 01, 1999	5	Day 1	= (Satguru	•	Withdraw / Power to Pack	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Fri, Jul 02, 1999	5	Day 2	= (Mother	•	Tolerate	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Sat, Jul 03, 1999	5	Day 3	= (Father	•	Face/Judge	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Sun, Jul 04, 1999	5	Day 4	= (Teacher	•	Discriminate	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Mon, Jul 05, 1999	5	Day 5	= (Compani on	•	Co-operate	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Tue, Jul 06, 1999	5	Day 6	= (Friend	•	Accommodate	•	Love	) •	Rose Pink	b: (a) ² then	H. Costume (5 elements.)

☐	Wed, Jul 07, 1999	5	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	b: (a) ² then	H. Costume (5 elements.)
☐	Thu, Jul 08, 1999	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Fri, Jul 09, 1999	5	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Sat, Jul 10, 1999	5	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Sun, Jul 11, 1999	5	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Mon, Jul 12, 1999	5	Day 5	=	(	Company	•	Co-operate	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Tue, Jul 13, 1999	5	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Wed, Jul 14, 1999	5	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	b: (a) ³ then	H. Costume (5 elements.)
☐	Thu, Jul 15, 1999	5	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Fri, Jul 16, 1999	5	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sat, Jul 17, 1999	5	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Sun, Jul 18, 1999	5	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	World	W. Peace Meditation
☐	Mon, Jul 19, 1999	5	Day 5	=	(	Company	•	Co-operate	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Tue, Jul 20, 1999	5	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)
☐	Wed, Jul 21, 1999	5	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	b: (a) ⁴ then	H. Costume (5 elements.)

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Appendix ■ E

☐	Thu, Jul 22, 1999	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Fri, Jul 23, 1999	6	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Sat, Jul 24, 1999	6	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Sun, Jul 25, 1999	6	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Mon, Jul 26, 1999	6	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Tue, Jul 27, 1999	6	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Wed, Jul 28, 1999	6	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	c: (b, a ¹), then	Domestic Residence
☐	Thu, Jul 29, 1999	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Fri, Jul 30, 1999	6	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Sat, Jul 31, 1999	6	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Sun, Aug 01, 1999	6	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Mon, Aug 02, 1999	6	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Tue, Aug 03, 1999	6	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Wed, Aug 04, 1999	6	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	c: (b, a ²), then	Domestic Residence
☐	Thu, Aug 05, 1999	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Fri, Aug 06, 1999	6	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Sat, Aug 07, 1999	6	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Sun, Aug 08, 1999	6	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence

☐	Mon, Aug 09, 1999	6	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Tue, Aug 10, 1999	6	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Wed, Aug 11, 1999	6	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	c: (b, a ³), then	Domestic Residence
☐	Thu, Aug 12, 1999	6	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence
☐	Fri, Aug 13, 1999	6	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence
☐	Sat, Aug 14, 1999	6	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence
☐	Sun, Aug 15, 1999	6	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	World	W. Peace Meditation
☐	Mon, Aug 16, 1999	6	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence
☐	Tue, Aug 17, 1999	6	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence
☐	Wed, Aug 18, 1999	6	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	c: (b, a ⁴), then	Domestic Residence

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Aug 19, 1999	7	Day 1	= (Satguru •	Withdraw / Power to Pack	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Fri, Aug 20, 1999	7	Day 2	= (Mother •	Tolerate	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Sat, Aug 21, 1999	7	Day 3	= (Father •	Face/Judge	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Sun, Aug 22, 1999	7	Day 4	= (Teacher •	Discriminate	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Mon, Aug 23, 1999	7	Day 5	= (Compani on •	Co-operate	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Tue, Aug 24, 1999	7	Day 6	= (Friend •	Accommodate	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Wed, Aug 25, 1999	7	Day 7	= (Child •	Silence	• Love) •	Rose Pink	d: (c, a ¹), then	Zero to (1) mile
☐	Thu, Aug 26, 1999	7	Day 1	= (Satguru •	Withdraw / Power to Pack	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Fri, Aug 27, 1999	7	Day 2	= (Mother •	Tolerate	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Sat, Aug 28, 1999	7	Day 3	= (Father •	Face/Judge	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Sun, Aug 29, 1999	7	Day 4	= (Teacher •	Discriminate	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Mon, Aug 30, 1999	7	Day 5	= (Compani on •	Co-operate	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Tue, Aug 31, 1999	7	Day 6	= (Friend •	Accommodate	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Wed, Sep 01, 1999	7	Day 7	= (Child •	Silence	• Wisdo m) •	Golden Yellow	d: (c, a ²), then	Zero to (1) mile
☐	Thu, Sep 02, 1999	7	Day 1	= (Satguru •	Withdraw / Power to Pack	• Happi ness) •	Emerald Green	d: (c, a ³), then	Zero to (1) mile

☐	Fri, Sep 03, 1999	7	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Sat, Sep 04, 1999	7	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Sun, Sep 05, 1999	7	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Mon, Sep 06, 1999	7	Day 5	=	(	Company	•	Co-operate	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Tue, Sep 07, 1999	7	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Wed, Sep 08, 1999	7	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	d: (c, a ³), then	Zero to (1) mile
☐	Thu, Sep 09, 1999	7	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Fri, Sep 10, 1999	7	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Sat, Sep 11, 1999	7	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Sun, Sep 12, 1999	7	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Mon, Sep 13, 1999	7	Day 5	=	(	Company	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Tue, Sep 14, 1999	7	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile
☐	Wed, Sep 15, 1999	7	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	d: (c, a ⁴), then	Zero to (1) mile

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Sep 16, 1999	8	Day 1	(Satguru	Withdraw / Power to Pack	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Fri, Sep 17, 1999	8	Day 2	(Mother	Tolerate	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Sat, Sep 18, 1999	8	Day 3	(Father	Face/Judge	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Sun, Sep 19, 1999	8	Day 4	(Teacher	Discriminate	• Creativity)	Space / The Void	World	W. Peace Meditation
☐	Mon, Sep 20, 1999	8	Day 5	(Companion	Co-operate	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Tue, Sep 21, 1999	8	Day 6	(Friend	Accommodate	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Wed, Sep 22, 1999	8	Day 7	(Child	Silence	• Creativity)	Space / The Void	e: (d, a ¹), then	(1) to (5) miles
☐	Thu, Sep 23, 1999	8	Day 1	(Satguru	Withdraw / Power to Pack	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Fri, Sep 24, 1999	8	Day 2	(Mother	Tolerate	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Sat, Sep 25, 1999	8	Day 3	(Father	Face/Judge	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Sun, Sep 26, 1999	8	Day 4	(Teacher	Discriminate	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Mon, Sep 27, 1999	8	Day 5	(Companion	Co-operate	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Tue, Sep 28, 1999	8	Day 6	(Friend	Accommodate	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Wed, Sep 29, 1999	8	Day 7	(Child	Silence	• Purity)	White	e: (d, a ²), then	(1) to (5) miles
☐	Thu, Sep 30, 1999	8	Day 1	(Satguru	Withdraw / Power to Pack	• Peace)	Sky Blue	e: (d, a ²), then	(1) to (5) miles

☐	Fri, Oct 01, 1999	8	Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Sat, Oct 02, 1999	8	Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Sun, Oct 03, 1999	8	Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Mon, Oct 04, 1999	8	Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Tue, Oct 05, 1999	8	Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Wed, Oct 06, 1999	8	Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	e: (d, a ³), then	(1) to (5) miles
☐	Thu, Oct 07, 1999	8	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Fri, Oct 08, 1999	8	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Sat, Oct 09, 1999	8	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Sun, Oct 10, 1999	8	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Mon, Oct 11, 1999	8	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Tue, Oct 12, 1999	8	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles
☐	Wed, Oct 13, 1999	8	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	e: (d, a ⁴), then	(1) to (5) miles

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Student's Name	Triad Day #		Relationship With Baba			Power Invoked from Baba	Baba's coloring Virtue of the day			Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) Time}	Comments	
☐	Thu, Oct 14, 1999	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Fri, Oct 15, 1999	9	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Sat, Oct 16, 1999	9	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Sun, Oct 17, 1999	9	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	World	W. Peace Meditation
☐	Mon, Oct 18, 1999	9	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Tue, Oct 19, 1999	9	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Wed, Oct 20, 1999	9	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	f. (e, a ¹), then	(5) to (25) miles
☐	Thu, Oct 21, 1999	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Fri, Oct 22, 1999	9	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Sat, Oct 23, 1999	9	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Sun, Oct 24, 1999	9	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Mon, Oct 25, 1999	9	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Tue, Oct 26, 1999	9	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles
☐	Wed, Oct 27, 1999	9	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	f. (e, a ²), then	(5) to (25) miles

☐	Thu, Oct 28, 1999	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Fri, Oct 29, 1999	9	Day 2	=	(	Mother	•	Tolerate	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Sat, Oct 30, 1999	9	Day 3	=	(	Father	•	Face/Judge	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Sun, Oct 31, 1999	9	Day 4	=	(	Teacher	•	Discriminate	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Mon, Nov 01, 1999	9	Day 5	=	(	Companion	•	Co-operate	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Tue, Nov 02, 1999	9	Day 6	=	(	Friend	•	Accommodate	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Wed, Nov 03, 1999	9	Day 7	=	(	Child	•	Silence	•	Humility	)	•	Ultraviolet Blue	f: (e, a ³), then	(5) to (25) miles
☐	Thu, Nov 04, 1999	9	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Fri, Nov 05, 1999	9	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Sat, Nov 06, 1999	9	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Sun, Nov 07, 1999	9	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Mon, Nov 08, 1999	9	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Tue, Nov 09, 1999	9	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles
☐	Wed, Nov 10, 1999	9	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	f: (e, a ⁴), then	(5) to (25) miles

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month on the	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to {(a) ⁿ = (a) ^{time} }	Comments
☐	Thu, Nov 11, 1999	10	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Fri, Nov 12, 1999	10	Day 2	=	(Mother	•	Tolerate	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Sat, Nov 13, 1999	10	Day 3	=	(Father	•	Face/Judge	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Sun, Nov 14, 1999	10	Day 4	=	(Teacher	•	Discriminate	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Mon, Nov 15, 1999	10	Day 5	=	(Companion	•	Co-operate	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Tue, Nov 16, 1999	10	Day 6	=	(Friend	•	Accommodate	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Wed, Nov 17, 1999	10	Day 7	=	(Child	•	Silence	•	Purity	)	•	g: (f, a ¹), then	(25) to (100) miles
☐	Thu, Nov 18, 1999	10	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Fri, Nov 19, 1999	10	Day 2	=	(Mother	•	Tolerate	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Sat, Nov 20, 1999	10	Day 3	=	(Father	•	Face/Judge	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Sun, Nov 21, 1999	10	Day 4	=	(Teacher	•	Discriminate	•	Peace	)	•	g: (f, a ²), then	W. Peace Meditation
☐	Mon, Nov 22, 1999	10	Day 5	=	(Companion	•	Co-operate	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Tue, Nov 23, 1999	10	Day 6	=	(Friend	•	Accommodate	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Wed, Nov 24, 1999	10	Day 7	=	(Child	•	Silence	•	Peace	)	•	g: (f, a ²), then	(25) to (100) miles
☐	Thu, Nov 25, 1999	10	Day 1	=	(Satguru	•	Withdraw / Power to Pack	•	Love	)	•	g: (f, a ³), then	(25) to (100) miles

☐	Fri, Nov 26, 1999	10	Day 2	=	(	Mother	•	Tolerate	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Sat, Nov 27, 1999	10	Day 3	=	(	Father	•	Face/Judge	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Sun, Nov 28, 1999	10	Day 4	=	(	Teacher	•	Discriminate	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Mon, Nov 29, 1999	10	Day 5	=	(	Companion	•	Co-operate	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Tue, Nov 30, 1999	10	Day 6	=	(	Friend	•	Accommodate	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Wed, Dec 01, 1999	10	Day 7	=	(	Child	•	Silence	•	Love	)	•	Rose Pink	g: (f, a ³), then	(25) to (100) miles
☐	Thu, Dec 02, 1999	10	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Fri, Dec 03, 1999	10	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Sat, Dec 04, 1999	10	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Sun, Dec 05, 1999	10	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Mon, Dec 06, 1999	10	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Tue, Dec 07, 1999	10	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles
☐	Wed, Dec 08, 1999	10	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	g: (f, a ⁴), then	(25) to (100) miles

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #	=	Relationship With Baba	Power Invoked from Baba		Baba's coloring Virtue of the day		Rose Hue	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, Dec 09, 1999	11	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Fri, Dec 10, 1999	11	Day 2	=	(Mother	Tolerate	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Sat, Dec 11, 1999	11	Day 3	=	(Father	Face/Judge	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Sun, Dec 12, 1999	11	Day 4	=	(Teacher	Discriminate	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Mon, Dec 13, 1999	11	Day 5	=	(Companion	Co-operate	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Tue, Dec 14, 1999	11	Day 6	=	(Friend	Accommodate	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Wed, Dec 15, 1999	11	Day 7	=	(Child	Silence	•	Happiness	)	Emerald Green	h: (g, a ¹), then	(100) to (1000) miles
☐	Thu, Dec 16, 1999	11	Day 1	=	(Satguru	Withdraw / Power to Pack	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles
☐	Fri, Dec 17, 1999	11	Day 2	=	(Mother	Tolerate	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles
☐	Sat, Dec 18, 1999	11	Day 3	=	(Father	Face/Judge	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles
☐	Sun, Dec 19, 1999	11	Day 4	=	(Teacher	Discriminate	•	Humility	)	Ultraviolet Blue	World	W, Peace Meditation
☐	Mon, Dec 20, 1999	11	Day 5	=	(Companion	Co-operate	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles
☐	Tue, Dec 21, 1999	11	Day 6	=	(Friend	Accommodate	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles
☐	Wed, Dec 22, 1999	11	Day 7	=	(Child	Silence	•	Humility	)	Ultraviolet Blue	h: (g, a ²), then	(100) to (1000) miles

☐	Thu, Dec 23, 1999	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Fri, Dec 24, 1999	11	Day 2	=	(	Mother	•	Tolerate	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Sat, Dec 25, 1999	11	Day 3	=	(	Father	•	Face/Judge	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Sun, Dec 26, 1999	11	Day 4	=	(	Teacher	•	Discriminate	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Mon, Dec 27, 1999	11	Day 5	=	(	Companion	•	Co-operate	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Tue, Dec 28, 1999	11	Day 6	=	(	Friend	•	Accommodate	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Wed, Dec 29, 1999	11	Day 7	=	(	Child	•	Silence	•	Creativity	)	•	Space / The Void	h: (g, a ³), then	(100) to (1000) miles
☐	Thu, Dec 30, 1999	11	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Fri, Dec 31, 1999	11	Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sat, Jan 01, 2000	11	Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Sun, Jan 02, 2000	11	Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Mon, Jan 03, 2000	11	Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Tue, Jan 04, 2000	11	Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles
☐	Wed, Jan 05, 2000	11	Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	h: (g, a ⁴), then	(100) to (1000) miles

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Don e	Today's Date	St udy Mon th	Tri a d Day #	Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day				Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Jan 06, 2000	12	Day 1	= (Satguru	• Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Fri, Jan 07, 2000	12	Day 2	= (Mother	• Tolerate	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Sat, Jan 08, 2000	12	Day 3	= (Father	• Face/Judge	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Sun, Jan 09, 2000	12	Day 4	= (Teacher	• Discriminate	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Mon, Jan 10, 2000	12	Day 5	= (Compan ion	• Co-operate	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Tue, Jan 11, 2000	12	Day 6	= (Friend	• Accommodate	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Wed, Jan 12, 2000	12	Day 7	= (Child	• Silence	•	Peace	)	•	Sky Blue	i: (h, a ¹), then	Respective Continent
☐	Thu, Jan 13, 2000	12	Day 1	= (Satguru	• Withdraw / Power to Pack	•	Love	)	•	Rose Pink	i: (h, a ²), then	Respective Continent
☐	Fri, Jan 14, 2000	12	Day 2	= (Mother	• Tolerate	•	Love	)	•	Rose Pink	i: (h, a ²), then	Respective Continent
☐	Sat, Jan 15, 2000	12	Day 3	= (Father	• Face/Judge	•	Love	)	•	Rose Pink	i: (h, a ²), then	Respective Continent
☐	Sun, Jan 16, 2000	12	Day 4	= (Teacher	• Discriminate	•	Love	)	•	Rose Pink	World	W. Peace Meditation
☐	Mon, Jan 17, 2000	12	Day 5	= (Compan ion	• Co-operate	•	Love	)	•	Rose Pink	i: (h, a ²), then	Respective Continent
☐	Tue, Jan 18, 2000	12	Day 6	= (Friend	• Accommodate	•	Love	)	•	Rose Pink	B.Baba's Day	Brahma Baba's Day
☐	Wed, Jan 19, 2000	12	Day 7	= (Child	• Silence	•	Love	)	•	Rose Pink	i: (h, a ²), then	Respective Continent
☐	Thu, Jan 20, 2000	12	Day 1	= (Satguru	• Withdraw / Power to Pack	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent

☐	Fri, Jan 21, 2000	Day 2	=	(	Mother	•	Tolerate	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Sat, Jan 22, 2000	Day 3	=	(	Father	•	Face/Judge	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Sun, Jan 23, 2000	Day 4	=	(	Teacher	•	Discriminate	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Mon, Jan 24, 2000	Day 5	=	(	Companion	•	Co-operate	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Tue, Jan 25, 2000	Day 6	=	(	Friend	•	Accommodate	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Wed, Jan 26, 2000	Day 7	=	(	Child	•	Silence	•	Wisdom	)	•	Golden Yellow	i: (h, a ³), then	Respective Continent
☐	Thu, Jan 27, 2000	Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Fri, Jan 28, 2000	Day 2	=	(	Mother	•	Tolerate	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Sat, Jan 29, 2000	Day 3	=	(	Father	•	Face/Judge	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Sun, Jan 30, 2000	Day 4	=	(	Teacher	•	Discriminate	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Mon, Jan 31, 2000	Day 5	=	(	Companion	•	Co-operate	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Tue, Feb 01, 2000	Day 6	=	(	Friend	•	Accommodate	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent
☐	Wed, Feb 02, 2000	Day 7	=	(	Child	•	Silence	•	Happiness	)	•	Emerald Green	i: (h, a ⁴), then	Respective Continent

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Done	Today's Date	Study Month	Triad Day #		Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day	Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments Specified time duration are for the formal sitting meditation set for the study - and are to be initiated only after achieving a good stage of Yoga with Baba.
☐	Thu, Feb 03, 2000	1	Day 1	=	(Satguru	• Withdraw / Power to Pack	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Fri, Feb 04, 2000	2	Day 2	=	(Mother	• Tolerate	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Sat, Feb 05, 2000	3	Day 3	=	(Father	• Face/Judge	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Sun, Feb 06, 2000	4	Day 4	=	(Teacher	• Discriminate	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Mon, Feb 07, 2000	5	Day 5	=	(Companion	• Co-operate	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Tue, Feb 08, 2000	6	Day 6	=	(Friend	• Accommodate	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Wed, Feb 09, 2000	7	Day 7	=	(Child	• Silence	• Humility)	• Ultraviolet Blue	j: (i, a ¹), then	Planet Earth +
☐	Thu, Feb 10, 2000	1	Day 1	=	(Satguru	• Withdraw / Power to Pack	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Fri, Feb 11, 2000	2	Day 2	=	(Mother	• Tolerate	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Sat, Feb 12, 2000	3	Day 3	=	(Father	• Face/Judge	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Sun, Feb 13, 2000	4	Day 4	=	(Teacher	• Discriminate	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Mon, Feb 14, 2000	5	Day 5	=	(Companion	• Co-operate	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Tue, Feb 15, 2000	6	Day 6	=	(Friend	• Accommodate	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +
☐	Wed, Feb 16, 2000	7	Day 7	=	(Child	• Silence	• Creativity)	• Space / The Void	j: (i, a ²), then	Planet Earth +

☐	Thu, Feb 17, 2000	1 Day 3	=	(	Satguru	•	Withdraw / Power to Pack	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Fri, Feb 18, 2000	1 Day 2	=	(	Mother	•	Tolerate	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Sat, Feb 19, 2000	1 Day 3	=	(	Father	•	Face/Judge	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Sun, Feb 20, 2000	1 Day 4	=	(	Teacher	•	Discriminate	•	Purity	)	•	White	World	W. Peace Meditation
☐	Mon, Feb 21, 2000	1 Day 5	=	(	Companion	•	Co-operate	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Tue, Feb 22, 2000	1 Day 6	=	(	Friend	•	Accommodate	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Wed, Feb 23, 2000	1 Day 7	=	(	Child	•	Silence	•	Purity	)	•	White	j: (i, a ³), then	Planet Earth +
☐	Thu, Feb 24, 2000	1 Day 1	=	(	Satguru	•	Withdraw / Power to Pack	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Fri, Feb 25, 2000	1 Day 2	=	(	Mother	•	Tolerate	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Sat, Feb 26, 2000	1 Day 3	=	(	Father	•	Face/Judge	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Sun, Feb 27, 2000	1 Day 4	=	(	Teacher	•	Discriminate	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Mon, Feb 28, 2000	1 Day 5	=	(	Companion	•	Co-operate	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Tue, Feb 29, 2000	1 Day 6	=	(	Friend	•	Accommodate	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +
☐	Wed, Mar 01, 2000	1 Day 7	=	(	Child	•	Silence	•	Peace	)	•	Sky Blue	j: (i, a ⁴), then	Planet Earth +

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Study Start Date: Thursday, March 6, 1997 © 1997 Brahma Kumaris World Spiritual University

Appendix ■ E

Virtual Radiance Calendar: Raja Yoga Lab / Virtues & Powers ■ SpARC

Done	Today's Date	Study Month	Triad Day #			Relationship With Baba	Power Invoked from Baba	Baba's coloring Virtue of the day		Rose Hue The Space in Creativity allows you to do whatever you wish with the Baba's coloring accumulated bouquet of Roses.	Donation to $\{(a)^n = (a)^{Time}\}$	Comments
☐	Thu, Mar 02, 2000	1	Day 1	=	(	Satguru	Withdraw / Power to Pack	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 03, 2000	1	Day 2	=	(	Mother	Tolerate	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 04, 2000	1	Day 3	=	(	Father	Face/Judge	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 05, 2000	1	Day 4	=	(	Teacher	Discriminate	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 06, 2000	1	Day 5	=	(	Companion	Co-operate	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 07, 2000	1	Day 6	=	(	Friend	Accommodate	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Wed, Mar 08, 2000	1	Day 7	=	(	Child	Silence	Love	•	Rose Pink	(a) ¹ : Self	(20) min./ day
☐	Thu, Mar 09, 2000	1	Day 1	=	(	Satguru	Withdraw / Power to Pack	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Fri, Mar 10, 2000	1	Day 2	=	(	Mother	Tolerate	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sat, Mar 11, 2000	1	Day 3	=	(	Father	Face/Judge	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Sun, Mar 12, 2000	1	Day 4	=	(	Teacher	Discriminate	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Mon, Mar 13, 2000	1	Day 5	=	(	Companion	Co-operate	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day
☐	Tue, Mar 14, 2000	1	Day 6	=	(	Friend	Accommodate	Wisdom	•	Golden Yellow	(a) ¹ : Self	(20) min./ day



RAJA YOGA LAB • GROUP (I)

SpARC 2nd ANNUAL MEETING • March 1-4, 1997

SpARC 3rd ANNUAL MEETING • March 6-9, 1998

VIRTUES & POWERS

— Research Project —

SONGS (1 THROUGH 9) TRANSLATED

The songs contained in the cassette accompanying this study are meant for your super-sensuous listening pleasure. If you happen not to have a cassette player to enjoy the melodies, that's O.K., a written copy of the lyrics is provided for your reading pleasure. If you do happen to have a cassette player, please review the comments for questions #4 through #6 in the VR Log • Long Form. The listing of songs are as follows:

- *1. Amrit Vela Shuddh Pavav Hai
The Early Morning Hours of Nectar are Pure and Clean
- *2. Parampita Shiv Paramdham Se
The Supreme Father Has Come From The Subtle Region
- *3. Shiv Pita Ko Ab Yaad Kam
Now Remember Father Shiva
- *4. Andhkaar Man Ka Mitte
May the Darkness of the Mind be Dispelled
- 5. Open for selection
- 6. Open for selection
- 7. Open for selection
- 8. Open for selection
- 9. "The Beloved": a lokik song turned alokik through the sweet efforts of BK Sister Lavina / Texas - USA. It was performed during a retreat in Lake Tahoe in California - USA in the summer of 1995.

* The reference for the translations is a book titled: Songs From the Heart published by the BKWSU.

Song (1)

Amrit Vela Shuddh Pavav Hai

Amrit vela shuddh pavan hai, mere laadle jaago.....Ankhiyaa kholo
Shiv-Shiv bolo,

bachcho aalas tyaago.....Murli ke swar madhur mile hai,

Madhuban ke bhi phool khile hai

Dharti jaagi, ambarjaaga, turn bhi laadlo jaago.....Mere ladle
jaago...

Daal-daal par panchhi bole, kanon me amritras ghole.....Prabhu-
milan ka yahi samay

hai, brahm muhoorat hai jaago.....Mere ladle jaago ...

Sovat hai so khovat hai, jaagat hai so paavat hai.....Baba ki pyaari
vaani sun Baba kee meethi vaani sun....Pyaare bachcho jaago

The Early Morning Hours of Nectar are Pure and Clean

The early morning hours of nectar are pure and clean, so
awaken my dearest children - Open your eyes and say "Shiva",
children, let go of laziness.

1. You have heard the sweet words of the murli; the flowers of
Madhuban have also opened - The earth has awoken, so has
the sky and now you too must awaken, dearest children.
Awaken my dearest children ...
2. Birds are singing on every branch, it is nectar to the ears -
This is the best time to meet God, it is the auspicious period
of Brahma, so awaken. Awaken my dearest children ...
3. It Is a loss for those who sleep and a gain for those who
awaken Listen to Baba's loving voice, listen to Baba's sweet
words. Awaken dearest children ...

Song (2)

Parampita Shiv Paramdham Se

Parampita Shiv paramdham se, yog sikhaane aaye
hai...Paavan aur yogi ban ne shubh sandesha laaye hai

1. Deh nahin ho bindu-sa chetan, turn avinaashi aatma ho
Param Sadguru Parampita mai, jaano mujh Paramatma ko
Rajyog se janm-janm ke pap mitane aaye hai Parampita Shiv
...
2. Jeevan kamal samaan banaao, aatmaaon kee jyoti
jaggao.....Parampita se yog lagao, man vaani shudh karm

banaaoShri Laxmi Shri Narayan pad, sukhkar varsaa
laaye hai Parampita Shiv ...

3. Karmon ke turn gati ko jaano, chauraassi ke chakr
pehchaano.....Ham so, so ham raaz kojaano, turn khud dev
thhe such ye maanoShiv banaate karm ke brahman,
dev banaane aaye hai. Parampita Shiv ...

The Supreme Father Has Come From The Subtle Region

The Supreme Father Shiva has come from the supreme region to
teach us yoga -

He has brought the auspicious message for becoming pure
and for becoming yogi.

1. You are not a body but a living dot, you are an imperishable
soul

I am the true Supreme Guru, the Supreme Father, get to
know Me, the Supreme Soul - I have come to destroy your
sins of numerous births through Raja Yoga.

The Supreme Father Shiva ...

2. Make your life like a lotus and kindle the light of souls
Have yoga with the Supreme Father and make your
thoughts, words and actions elevated - For He has come to
give you the inheritance of happiness together with the status
of Shri Lakshmi and Shri Narayan.

The Supreme Father Shiva ...

3. Understand the philosophy of action and the cycle of 84
births

Understand the real significance of 'hum so, so hum' and
accept that you yourselves were deities - Shiva makes us
Brahmins in actions to make us into deities.

The Supreme Father Shiva ...

Song (3)

Shiv Pita Ko Ab Yaad Kam

Shiv Pita ko ab yaad karo, muktibhaam tumhe jaana hai
Apne sukarmon ke bal par hee, satyug me ab tumhe aana hai.

1. Ye sangam ka swamim yug hai Shiv Pita fir se aaya hai
Brahma-rnuKh se Shiv Baba ne vahi Gita gyan sunaaya hai

Kaliyug ka ant ab aaya hai, vikraal vinaash khadaa aage
 Hai ant samay as ham sabka Shiv Pita ne batlaaya
 Shiv Pita ko ab yaad karo ...

2. Pandav Shiv Shakti sena kee ranbheri ad fir bajti hai
 Shiv Baba ke gyan se fir maya ko maar bhagaana hai
 Shiv Pita ko ab yaad karo, satyug me tumko aana hai.
 Shiv Pita ko ab yaad karo ...

Now Remember Father Shiva

Now remember Father Shiva; you have to go to the land
 liberation Only on the basis of the power of your elevated actions
 will you now come into the age of truth.

1. This is the golden age of the confluence and Father Shiva
 has come
 again - This is when Shiv Baba had revealed that same
 knowledge of
 the Gita through the mouth of Brahma - The end of the iron
 age is
 here, and dreadful destruction is now awaiting us - Father
 Shiva has told us that this is the end for all of us.

Now remember Father Shiva ...

2. The bugles of war of the Shiva Shakti Pandav army are now
 being
 played - With the knowledge from Shiv Baba, we have to
 beat maya and chase it away - Now remember Father Shiva,
 you have to go into the age of truth.

Now remember Father Shiva ...

Song (4) Andhkaar Man Ka Mitte

Prelude: Om Shanti, Om Shanti.....Andhkaar man ka mitte, tan ka
 kate kalesh Aatm tripti sukh shanti ka, ek yahi sandesh.

Yogi bano, pavit bano, jeevan me sucharitr bano.

1. Nirmal man ho nishchhal vaani, hriday me chhalke pyaar
 Bahe gyan ki paa van gangaa, swarg bane sansaar.
 Yogi bano, pavitr bano ...
2. Man Madhuban ho, divya gunon kee, phaile madhur subaas
 Amar tyaag ki deepshikha ban, ghar ghar karo prakaash.
 Yogi bano, pavitr bano ...

May the Darkness of the Mind be Dispelled

Prelude: Om Shanti, Om Shanti.....May the darkness of the mind
be dispelled May the pain of the body end
There is just one message for the fulfillment of the soul
with peace and happiness.

Be yogi, be pure and have integrity in your life.

1. The mind should be pure, your words sincere and your heart
should overflow with love - Let the pure river of knowledge
flow so that the world becomes heaven.

Be yogi, be pure ...

3. The mind should be like Madhuban which spreads the
sweet fragrance of divine virtues - Become the flame
of eternal renunciation and fill every home with light.
Be yogi, be pure

The Beloved

“The Beloved”: a lokik song turned alokik through the sweet efforts
of BK Sister Lavina/Texas - USA. It was performed
during a retreat in Lake Tahoe in California - USA
in the summer of 1995.

The following content comes directly from a little handout that
Sister Lavina had prepared and which she had distributed at the
gathering in lake Tahoe, California. She sang along with the song that
is now available for your super-sensuous listening pleasure. It is the
last song in the series, within the enclosed cassette tape. You are
welcome to follow the song on paper (for double foreigners), or if you
wish, you also can sing along. Please relax and enjoy.

Child: BapDada, I have come to You, My Dear, Sweet
Brahma Ma and Shiv Baba.

Baba: Say my child.

Child: You are my Highest on High Father and Mother and I
cannot ever leave You. You have also given my hand

to such a Highest on High Sajjan (Beloved Husband). Whom I love too much. BapDada, do you know what Sajjan Shiva tells me?

BapDada: Tell me my child.

Child: Sajjan Shiva says that since He does not have Parents of His Own, and so I cannot ever find such Highest on High, loving, caring Parents like You, and so, I should be extremely fortunate to find Parents like You.

Now with Your blessings, love and sweet drishti, I am flying to Paramdham to my Satyam, Shivam, Sunderam. Om Shanti, Brahma Ma and Shiv Baba.

BapDada: Om Shanti; my child.

Lover and Beloved being together.

Sajni and Sajjan being together.

Sajni: I have come to You. I have come to You. I have come to You.

Sajjan: This earth, moon, stars, rivers and cool air are all going to be finished in this world. But only Our love (pyar) will remain.

Sajjan: Whenever You call me I come running to the shore (of the Ocean). Whenever You call me I come running to the shore (of the Ocean).

Sajni: Every minute I am looking for you and My Heart does not feel good without you.

Sajni: Take me with You and keep me in Your Eye, My Innocent Friend (Beloved). Tujeh dil deh diya. (I have given my heart to You.)

Sajjan: Mera dil le liya. (You have taken My Heart away.)

Sajni: Tujeh dil deh diya. (I have given my heart to You.)

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajni: Whenever You call me. I am running to the shore (of the Ocean).

Sajan: Every minute, I am waiting for you and My Heart does not feel good without you.

Sajni: Take me in Your Arms (His rays of light) and keep me in your Eye, My Innocent Friend (Beloved). Tujeh dil deh diyah. (I have given my heart to You.)

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajni: Tujeh dil deh diyah. (I have given my heart to You.)

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajni: I see a beautiful scenery during the day but when it begins to get dark I become afraid.

Sajan: But I have been waiting for you and you have taken so long to come.

Sajni: I see a beautiful scenery during the day but when it begins to become dark I become afraid.

Sajan: But I have been waiting for you and you have taken so long to come.

Sajni: I have to save and hide myself to come to You (save from Maya).

Sajan: This is the good part about you that has made Me fall in love with you.

Sajni: Take me in Your Arms and hide me in Your Heart, My Innocent Friend (Beloved) Tujeh dil deh diyah. (I have given my heart to You).

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajni: Tujeh dil deh diyah. (I have given my heart to You.;

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajan: When I see you, the day begins to rise and then it turns into night.

Sajni: cannot get any rest until I have had a chit chat with You.

Sajan: When I see you, the day begins to rise and then it turns into night.

Sajni: cannot get any rest until I have had a chit chat with You.

Sajan: Even after I have met you I still have the thirst of meeting you.

Sajni: You are far away from me but it is as though We are so close together.

Sajan: Keep Me close to you and remove the differences my innocent friend (lover). Tujeh dil deh diyah. (I have given My Heart to You.)

Sajni: Mera dil le liyah. (You have taken my heart away.)

Sajan: Tujeh dil deh diyah. (I have given my heart to You.)

Sajni: Mera dil le liyah. (You have taken my heart away)

Sajni: How will I live without Sajana (My Love)? Our Eyes are moving further away from each other.

Sajan: Even after death, we will continue to keep our promise of love which We have taken.

Sajni: I have forgotten the whole world and have come together with You.

Sajan: We have come so close and we will never part from Each other.

Sajni: Keep my dream alive by making me Yours, My Innocent Friend (Beloved) Tujeh dil deh diyah. (I have given my heart to You).

Sajan: Mera dii le liyah. (You have taken My Heart away)

Sajni: Tujeh dil deh diyah. (I have given my heart to You.)

Sajan: Mera dil le liyah. (You have taken My Heart away.)

Sajni; Whenever you call me I come running to the shore (of the Ocean).

Sajan: I wait every minute for you and My Heart does not feel good without you.

Sajni: Take me in Your Arms and keep me in Your Eye, My Innocent Friend (Beloved). Tujeh dil deh diyah. (I have given my heart to You).

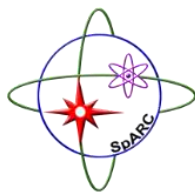
Sajan: Mera dil le liyah. (You have taken My Heart away)

Sajni: Tujeh dil deh diyah.

Sajan: Mera dil le liyah.

Sajan: This earth, moon, stars, rivers, and cool air are all going to be finished in this world but only Our Love (pyar) will remain.

Om Shanti.



For More Information

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