

### The Practice of being a Point

Whom are the sweet, sweet children sitting in front of, and in what awareness are they sitting? Baba has come to make you children the form of a point. I, the soul, am in the form of a point. The point is so tiny and the Father is also so tiny! Does such a small matter not enter the intellects of you children? The Father is now in front of you children, not far away. You can forget something that is far away. It doesn't seem right that you children forget that which is in front of you. If children forget even the form of the point, with which support will you continue to move along? It is with the support of the soul that the body functions. I am a soul. You should have the intoxication that I, the point of light, am a child of the Point of Light. Love emerges as soon as you say that you are a child. So today, you are being made to practise being stable in the form of a point. I am a soul. There is no need to forget this. In the same way, do I the Father ever forget? Yes, at the time of giving an introduction, I definitely have to say what My name, form, virtues and tasks are and also when I come, as well as whose body I enter. I simply give My introduction to you children. So, does the Father forget His own introduction? The children cannot remain stable in that stage for even one second. So do you know your name, form and land? This is the first thing that you explain to others: I am a soul and not a body. When you make them sit and consider themselves as a soul, the body is forgotten. If you do not make them sit in the awareness of a soul, do they forget their body and bodily relations? Since you have to make them forget that, can you not become detached from your body, and sit in the remembrance of the Father who is detached? Now, all of you children must sit considering yourselves to be souls. Whom do you see in front of you? The Father of the souls. By remaining in this stage, you will be able to become detached from the corporeal and stabilise yourself in the avyakt. Can you not remember: I the soul am a point? Do you not know how to sit as a point? If you continue to increase your practice in this way, you will be able to stabilise yourself in that stage not for just a second, but for many hours and you can then experience the sweetness of that stage. There will be no need to speak anything when you are stable in that stage. To sit as a point is not a non-living stage. Just as a whole tree is merged in the seed, in the same way, Baba's remembrance is merged in me the soul. When you sit in that stage, you will experience all sweetness. And together with that, you will have the intoxication of the One in front of whom you are sitting. Baba is also taking you back there with Him. Baba does not leave you children alone. Baba's home is also the home of you children, and He will take you there with Him. All of you have to go together. Considering yourself to be a soul, you also have to come into a body and perform actions. However, whilst performing actions, you have to be loving and detached. Baba is observing you children. Even whilst observing you, Baba is loving and detached, is He not? Achcha.

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