

Short No. 44, VCD - 310

Topic - How should the *purusharth* of amritvela be?

One must practice that when we wake up in the morning we must not remember anything. What? Nothing of what we see with these eyes should come in our memory. What should come in our memory? I am a point of light soul. Even the Father should be remembered later. I am a star-like soul. Soon after waking up - 15 minutes, 20 minutes, half an hour – the more strong one makes this practice of making this thought strong as soon as one wakes up in the morning, that much stronger the warriors of the spiritual military one will become.