

Short No. 7, VCD - 1391B,

Topic - How can we save [ourselves from] ghosts and spirits?

Consider yourself a *star*. Sit in remembrance in the morning. You shouldn't remember anything at all as soon as you wake up. [Just remember:] I am a *star*. I am a soul. I the soul am an actor. I the soul, have taken on 84 bodies. Generate very easy, very good thoughts like this. Continue to remember the *star*. The *foundation* of the morning will become firm. The *foundation* of the morning will be useful for the entire day. *Amritvelaa* is the *foundation* period. When the *practice* of the soul conscious stage becomes firm for the entire day, no soul of a ghost [or] a spirit will be able to enter you.