



# 60 DAYS AND WAYS TO COMPLETE BABA'S HOMEWORK

Today I will...

1. Keep my face cheerful
2. Keep my aim and object in front of me ... visualize my Golden-aged status
3. Take time throughout the day to go to that deep, still place inside myself – creating a calm atmosphere
4. Connect with the light inside, up above, then receive might
5. Have a powerful Amrit Vela
6. Stay on my seat of Self-Respect at all times, especially when there are challenges
7. Have good wishes and pure feelings for every soul in my connection
8. Stabilize myself in the bodiless form, even while talking and eating ... the method to receive a pass from Dharmraj
9. Use will power, that is, willing my thoughts, words or actions to Baba
10. Send elevated vibrations to the world
11. Keep a balance of maturity and lightness
12. Go beyond looking at others (pardarshan) and thinking about others (parchitinan)
13. Practice the "five forms" drill throughout the day
14. Spin the discus of self-realization
15. Be truly loving to God by remaining seated on the seat of the detached observer
16. During the day, from time to time, check my controlling and ruling powers and report to Baba at the end of the day
17. Stay seated on the seat of Self-Sovereignty
18. Keep my thoughts honest and truthful
19. Put a dot to waste and necessary thoughts, become a dot, then connect with the Dot
20. Check my vision: "What am I attracted to?"
21. Create powerful waves of love and cooperation through my attitude, vision, and remembrance
22. Practice using the 8 powers in a योग्युक्त and युक्तियुक्त way
23. Keep my thoughts filled with sweetness and patience
24. Use the power of silence to transform negative and wasteful situations / relationships into something of benefit
25. Create an atmosphere of zeal and enthusiasm on my face and in my actions

26. Serve innumerable souls by emerging my Lighthouse and Mighthouse stages
27. Have the determined thought "My words are like those of an angel: filled with humility, constructiveness, greatness"
28. Stay light-hearted by seeing the light in others
29. Think: "What would Brahma Baba's thinking and actions be like in this situation?"
30. Check throughout the day: "To what extent am I fulfilling my aim to be a world benefactor, like the Father?"
31. Remember...the children of Lakshmi and Narayan would not receive the same sustenance that Baba is giving me, right now
32. Pay attention to what my mind is thinking
33. Check throughout the day in what direction are my thoughts going, then hold court with my subtle organs every night
34. Fill my words with patience and sweetness
35. Stay in the unlimited; go beyond the limited
36. Practice throughout the day "I am as stable, unshakable and immovable as Angad"
37. Choose one shrimat point from the murli and bring this into my awareness in a practical way
38. Remember the blessing "I am an intense effort maker"
39. Keep in my awareness that Baba is making the one Sandalwood tree and I am a co-creator
40. Remember that when I perform good actions, others will be inspired to do the same
41. Hold the thought: I am the one who only sees good in everything
42. From morning until night, continually forge my connection with BapDada
43. Go beyond the pulls of physical facilities
44. Celebrate my Brahmin life, and family
45. Be an example of values and virtues
46. Pay attention to following all the Maryadas
47. Have good wishes and pure feelings for myself and others
48. Keep "I first" in selfless efforts, "you first" in moving others ahead
49. Put the fires of anger out with the cool waters of love
50. With my powerful thoughts, transform the intellect of others
51. Remain content and make others content
52. Bring about transformation, through my stage of being a Master Ocean of Mercy
53. Have the desire to change that which is wrong into that which is right with my benevolent feelings
54. Remember I am a child of Bestower of Blessings; I have received everything I have ever needed or wanted
55. Give virtues and receive virtues
56. Make the atmosphere spiritual with pure feelings and the power of cooperation
57. Bring about newness in myself by filling my mind with thoughts of spiritual service
58. Create a mini-volcanic yoga program
59. Be a true trustee, the one who has renounced and surrendered everything to Baba
60. Have faith that the unshakeable destiny is fixed – "It's all good!"