

# Emerging & Experiencing Golden Age Deity Life

## Introduction:

We, the Brahmins souls, play our all-round role in this world drama right from the beginning of the golden age to the end of the iron age taking 84 births in 5000 years. Our role in golden age as deity is our purest, highly elevated, and most prosperous role which we play for 8 births in 1250 years. While playing this role, we are fully soul conscious, hence, vice less. Here, we are 16 degree complete and totally non-violent. *BABA* says “this is the end of the cycle and now you are standing at the confluence age. Forth coming age is a golden age, where you are to begin your deity role. Now your one eye should be on your deity role.” Hence, one of our aims, during yoga practice, should be to emerge and experience our elevated role of golden age, which has been recorded in our souls. This may help us to get detached from the painful and sorrowful iron age. This is one of the important drills to be practiced by us, the *BRAHMINS*

## Meditation practice:

Sit in comfortable posture and allow your mind and body to relax taking few deep breaths and gently releasing any area of stress. Focus your attention at the centre of your forehead and try to visualize your own self in the form of divine, luminous point of light. Let’s now visualize and affirm:

“I, the soul, am beginning the journey of my role with the beginning of the golden age... I am leaving my original aboard

*PARAMDHAM*, the soul world.... now I am descending on the earth as a twinkling star... I take birth as deity in extremely pure, beautiful and completely healthy body and I begin my role in the kingdom of first *LAKSHMINARAYN*... I am young prince/princess of *SATYUG* (*Golden age*)



residing in glorious golden palace, nicely decorated with precious diamonds and pearls... Here I experience highest level of purity, peace, happiness, and prosperity... there is complete health and abundant wealth... Here I am completely vice less and fully enriched with all virtues...

It is **early morning**.... I have just opened my eyes, with the choir of the birds, to begin the day....My mother and father are looking lovingly and smiling at me.... Outside there is a gentle breeze which produces pleasant music with the leaves.... The birds are also flying around the palace and pleasing me by their music.... The peacocks are dancing on these music.... Now I take my bath with highly pleasing scented water.... Then I get dressed in the glorious garments woven from gold and silver fabrics along with precious diamond jewellery on the different

parts of my body, especially shining crown on my head, precious neckless on my throat, beautiful bracelets on my arms.... I have just come out of my palace and walk through the garden on the road covered with highly



fragrant flowers, spreading aroma all around....

During the **day time** I learn and enjoy different performing arts especially singing, dancing, playing musical instruments, painting, sculpture etc.. My breakfast and other meals of the day specially contains delicious juicy fruits and sweets, which I enjoyed the most.... The water, I drink, is like elixir.....

It is **afternoon time**.... I am moving outside of garden with other prince and princesses.... The whole environment is fragrant, pure, and pleasing.... Here we all dance together in a circle (*RAS*) with the accompaniment of sweet music.....

It is **early evening time**..... I am getting ready to go to the palace of *LAKSHMINARAYAN*, where special celebration is arranged.... Now I getting into my *PUSHPAK VIMAN* (Aeroplane) and the aeroplane has taken off the ground now... enjoying the flight journey... within short time I land at the palace of *LAKSHMINARAYAN*.... The grand and glorious celebration is going on... I receive a cordial welcome and taking my place on a comfortable seat..... I am keenly participating in the celebration and fully enjoying it.....

Now it is a **night time**..... Time to go to sleep..... I am feeling sleepy as well... I go to my nicely decorated, cosy and most comfortable bed... Now I am going to sound and pleasing sleep.....”

..... **Om shanti** .....

**BK Pratulchandra, San Diego, USA**

**(M): +91 98258 92710**