

List with topics for meditation (Step 2) on the Supreme Soul

- Incorporeal/bodiless/egoless
- Eternally Wise and in full clarity
- Ocean of Knowledge
- Ocean of Peace
- Ocean of Love
- Eternally Blissful
- Eternally secure
- Father/Mother/eternal Parent
- Friend
- Companion
- Supreme Star
- Innocent of vices and ignorant of desires

Audio links to meditation commentaries:

1) Who is the Supreme?

<https://soundcloud.com/brahmakumarismanhattan/06-explanation-wav>

2) Experience the Supreme

<https://soundcloud.com/brahmakumarismanhattan/07-the-supreme-wav>

3) The Family of Souls

<https://soundcloud.com/brahmakumarismanhattan/08-people-of-light-wav>

List with links to short videos:

1) The Mind and the Subconscious (explanation)

<https://youtu.be/XVrtJ8gAU8A>

2) Our Relationship to this World

<https://youtu.be/0ALp5laiaMs>