

Om Shanti!

Om Shanti everyone in Avyakti Parivar! Such a beautiful experience, when there is full concentration, concentration of mind, concentration of intellect and when mind and intellect are not wandering, what you find is very concentrated power. You know, there are certain products we buy and we say it is very concentrated, that means it is pure, and sometimes you have to add in water and so it is like collective energy in a way. Just imagine, when the mind is wandering in different directions, you want to concentrate on something and the mind is taking you in all different directions. So, we use the word power of concentration. That means, when there is concentration, there is power. So, what is that power like? What's the experience? That means any thought you have and you want to get it accomplished, you do it with concentration. But concentration also is something, which comes from, when Baba says, children remember Me alone! Most of the time when we sit with Baba, there are some kinds of subtle things, very subtle, not desires in a wrong way but you want to improve in something, you want to bring benefit to some, by doing service. But being with Baba alone today I realized that it is such a gift, if I can use the power of concentration, where there is no wandering at all of the mind, no pulls, no attractions, but I am just with Baba alone, alone, you know, when Baba says remember me alone, generally, we don't, it's not I am thinking of different relationships, but it is still not just only Baba. So, when I was sitting here with Baba alone, I was with Baba alone. So, it's important to check, does the mind still have the habit of wandering or are there still pulls? Even though somebody says, my intellect is pulled in service, but no, when you are with Baba, right! But also, when I am doing service then intellect should not be pulled anywhere else. So, whatever one does, it should be total concentration and then there is definitely success. And I think that most of us, I don't know most of the time but we do experience again the stage where I am able to merge in Baba's love. That also needs concentration, right! If your mind is here, and there, you can't merge in Baba's love, right! So, it's a beautiful experience of concentration and we should pay more attention to that. What increases from that concentration is and what gets created within you, is determination. Because determination is very deeply connected with power to discern. If I am able to discern, then decide, then determination works. That means if there is determination but I am not decided, right, then that determination is not working. So, good concentration also helps us to increase our power to discern. As I mentioned yesterday, to be successful, you have to keep your emotions, feelings aside. Whatever I have to do, I have to get it done, let's get it over and then of course, if there are certain feelings or whatever, we can always share that also, but not combine it with the task. Because one of the important aspects of life is for others to understand me for what I am doing? Right! If I want something to be accomplished, so I say one line of task, then I keep putting my feelings in that or create subtle doubts. It shouldn't happen like that, so I think that those who really want to be very successful in anything they do need this power of concentration. They concentrate on the task. There is a saying that sometimes it does happen that your mind is at some place and your intellect is somewhere else. So, I always

tell people, mind and intellect, let it be at the same task. Otherwise, you can feel that something better could have been done, if intellect was also there. Not only mind, but sometimes it is only intellect, mind is somewhere else. Yes! Have you noticed this happens? Mind is in one place, intellect is in another place, just imagine. Yes! I am holding Murli in my hand, right! but I have a pot in the kitchen, right! I am also cooking at the same time. So, how many times intellect will be pulled? I always say to myself, let me finish this, completely study Murli, make notes and then other things will be done. That is why Baba has given us morning time. In the morning, just studying is the best, yes, when you are karma yogi, you can still remember me. And I have been really thinking that even if you don't remember, I am doing with love for Baba, just this awareness that I am doing for Baba, for Baba's family or for Baba's Yagya. That thought is internally keeping you connected with Baba. So, concentration, of course, is one of the parts of yoga. There are a lot of people these days, they don't have concentration and they say I can't meditate, most of the people, they think, they cannot. But I think at least from my experiences, as soon as I heard the introduction of God, where is my Home? What is the time like? I just felt so connected with Baba. My mind was just one with love for Baba, even though at that time, not knowing much. Because I could feel that connection. I could feel that love. So, our meditation again is not when there is no love. You can't meditate. There has to be love, not only with Baba, but love for yourself also. What are the benefits? What am I going to give to myself? What am I going to receive? So, when all attainments come in front of us, then also it becomes easy to connect. But there are certain times, maybe, you sit and you are pulled by actions, maybe it is the time for Karma yoga. But it shouldn't be the habit to allow the mind to go anywhere at any time or intellect. You can bring back the mind and again concentrate. So, many students have very good intellect. They could memorize, they could remember, they pass with honors. But their mind is still wandering. Their intellect is very much in concentration. I feel the success of life is when mind and intellect both have total concentration. Because this energy of both mind and intellect combined is more powerful, even though you are using both hands, while using hands, where is the mind? Where is the intellect? So, if you combine all; mind, intellect and hands, I think it could really be a wonderful result of everything. Is there anyone Baba's child, who has a complaint of one's own mind? Anyone's mind wanders, some are laughing! Laughing means what, yes! So, pay attention! One is practice, as I said this power also can emerge through merging in God's love and especially you know, when we were meditating, I found it was really so beautiful. So, today also when we meditate together then you can look into using that power of concentration. Because concentration in Hindi is ekagrata. And you know, there could be a different explanation. But ekagrata also is like focussing on one thing. And that is why for me, concentration begins, when I have to connect with the soul, as a point of life. So, I am using my mind and intellect to be connected with a point of light. I am a soul. That's where my concentration began and I found after that, because something, which is invisible, you cannot see the soul. It's only I have knowledge that I am a soul, I am a point of light and I have to concentrate on that. And same is Baba, you know, Baba is also not visible. Of course, when Shiv Baba came to Brahma Baba, I could look at Baba and feel His presence. But when it is just a

connection with incorporeal, that connection needs a lot of concentration. But when there is love, there is no effort, really! It's like we have, it could be love with the objects, love with the human being, anything, there is love, then it is easy to be in concentration, when there is love? Our concentration is not like something hard, but it is with a lot of love, when the mind and intellect really beautifully set themselves in concentration. So, acquiring this power is good, when Baba says within one second be bodiless. Within one second, be in an angelic stage, you know He gives drill, within a second! What is a second? And we will be able to do it. And we are able to do it, not that it takes five minutes to withdraw the mind and then I do it, no! It could be one second. All that drill, that Baba gives us, is with the power of concentration and with love, I can just be in that stage, whether it is bodiless, whether it is an angelic stage? So, acquire this power more and more, so you will have many, many experiences.

Om Shanti!