

ये अव्यक्त इशारे

## एकाग्रता को अपनाओ, एकान्तप्रिय बनो

**2-01-2023**

एकान्तप्रिय तब बन सकेंगे जब अनेक तरफ से बुद्धियोग टूटा हुआ होगा और एक के ही प्रिय होंगे। एक प्रिय होने कारण एक की ही याद में रह सकते। एकान्तप्रिय अर्थात् एक के सिवाय दूसरा न कोई सर्व सम्बन्ध, सर्व रसनाएं एक से लेने वाले हो एकान्त-प्रिय हो सकाते हैं। एकाग्रता अर्थात् सदा निरव्यर्थ संकल्प, निरविकल्प।

### **Stay in solitude, Increase the practice of concentration**

You will be able to have love for solitude when the yoga of your intellect is broken away from everywhere else and you have love only for the One. Because of having love for only One, you will be able to stay in the remembrance of One. To have love for solitude (Ekta) means not to have anyone else except the One. Those who have all relationships with One and take all sweetness from the One can have love for solitude. Concentration (Ekagrata) means to always be free from waste thoughts and sinful thoughts.