

ये अव्यक्त इशारे

एकाग्रता को अपनाओ, एकान्तप्रिय बनो

**26-01-2023**

मन की एकाग्रता ही एकरस स्थिति का अनुभव करायेगी, एकाग्रता की शक्ति द्वारा अव्यक्त फरिश्ता स्थिति का सहज अनुभव कर सकेंगे। एकाग्रता की शक्ति, मालिकपन की शक्ति सहज निर्विघ्न बना देगी। एकाग्रता अर्थात् मन को जहाँ चाहो, जैसे चाहो, जितना समय चाहो, उतना समय एकाग्र कर लो मन वश में हो।

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

The concentration of the mind will give you the experience of a constant and stable stage. With the power of concentration, you will easily be able to give the experience of an avyakt and angelic stage. The power of concentration and the power of being a master will easily make you free from obstacles. Concentration means you are able to concentrate your mind wherever you want, however you want and for as long as you want. Let your mind be under your control.