

Avyakt BapDada 12th December 1983

Today, all have one pure thought, and that is to celebrate a meeting, is it not? To be just in one thought at one time: this power of *concentration* is the highest. With this one thought of concentration, the whole group together can do whatever it likes. Wherever there is the power of concentration, all other powers accompany it, and this is why the power of concentration of even one elevated soul can do wonders. When there is the concentration of many elevated souls in a group, what can it not do? Concentration power will automatically lead to clarity of mind, and an elevated stage. For any new invention, concentration power is necessary, whether it is an invention of this lokik world, or whether it is maybe a spiritual invention.

Concentration means to be focusing the self on just one thought, or to absorb the self in just one deep thought. Concentration easily relieves one from wandering to different paths. For as long as one is fixed in this stage of concentration, for that much time he has easily forgotten the body and the physical world. Why? Because, for that period of time, that very thought - or whatever he is absorbed in - is his world.

So, are you experienced in such a stage of power of concentration? With the power of concentration you can convey to the soul, any message that you want to convey. You can invoke any soul with its help, and you can also receive the voice of any soul. Even from a distance you can help any soul. BapDada hopes that you know such a type of concentration power. Do you? There must be no one except the Father in the thoughts. In One Father alone there should be the experience of all achievements of the world. There should be just One, and only One.

To attain the stage of concentration through efforts is one thing, but to become the embodiment of concentration is the powerful stage which will give the results just mentioned. If that elevated stage is achieved, even for one second, it makes one experience being like the Father (*Bapsaman*). Now make an experiment of such spiritual power. For this, a place of solitude is necessary. With the help of practice, at the end, when there will be disturbance and commotion all around you, you will go into the depth of one and experience solitude. But such a practice is needed for a very long time. Only then will you be able to experience yourselves in a place of solitude, even when there is commotion of all types all around you.

At the present time, it is very essential that one becomes an embodiment of the experience, through such incognito powers. Now you consider yourselves to be very busy, but still you are very free even now. In future, you will become more and more busy. This is why *now* is the time for different forms of practice and effort for the self. Therefore, in every action use as much time as you get for the upliftment of the self.

Day by day, according to the situation, you will get many emergency cases to handle. At present you are giving away medicine casually, but very soon you will have to give more and more time and energy to emergency cases. You will have to handle more cases in a short time. As it is, you challenge, do you not, that this is the world hospital where one can become eternally healthy, so where else can the diseased ones go? There will be a line of emergency cases in front of you: at that time what will you do? Won't you give them the blessing to be immortal? With the help of the oxygen of the practice you have done for the self, you will have to give them the

breath of courage. There will be more hopeless cases coming in front of you, in the form of depressed or disheartened souls from everywhere. To give courage to the hopeless souls is like filling breath in them. For that you will have to give oxygen instantly, won't you? Therefore, on the basis of practice for the self, you will be able to make such souls powerful also. This is why: don't say that you have no time, because it is only now that you really have some free time. Later on you will not even have this much. You tell the people not to wait for free time, because they will never get it, but instead they will have to spare some time: this is what you say don't you? In the same way, for practice for the self, it is not that *if you get* time you will do it, but you will *have to take* out time for it.

Right from the beginning of this task of establishment, a special process has been used. Which was that? Which special process has been used? The practice of drops making the ocean (*millionaires did not contribute here, but the poor did*) This is the process isn't it? In the same way, where time is concerned, this is the process. Whatever time you get, practise, and you will become the ocean: that is, the embodiment of the complete practice. If you get even one second free time, accumulate that in the task of practice. By accumulating all such seconds too, it will become so vast, won't it? You cannot spare even five minutes otherwise, but if you gather the seconds from here and there it will amount to a half an hour. You can practise it also whilst performing actions. For example, just as a Chatrak bird gathers drops of dew, the seconds from here and there will turn into an hour. Gather each second for that practice, and ultimately you will become an embodiment of that practice. Did you hear?

Do not be careless in practice for the self. Why? Because at the end the powers in particular will be very essential. You will get marks on the basis of those practical tests. This is why, if you want to get a first division, increase the practice for the self. The power of concentration is needed for that as well: therefore practise it. Let there be commotion all around you, and you will remain in the stage of concentration. To be able to concentrate in a place of silence - or when there is an atmosphere of ease - is very easy, but you must go into the depth of One even in the midst of tension all around you. This is the great effort to be made by the Maharathis, that is, the brave ones.

For the new children there is a very easy method. If you remember just one thing, and tell only that to all, then it is not at all difficult to remember that one thing, and to tell others, is it? Many things will be forgotten, but just one thing will not, will it? Be in remembrance of One. Keep on praising One. Keep on singing the songs of only One. And keep giving the introduction of only One. This is easy isn't it? Or is it difficult? Easy isn't it? Achcha. Wherever there is just One to remember, then automatically the stage becomes stable, doesn't it? This is what you want, isn't it? Therefore, just remember the one word "One". Sing praise of One. Remember One. so it is just one word to remember, isn't it? So it is easy. For the new children, Baba is giving an easy short cut path. So, you will reach quickly, won't you? This is what you all want. You have come late, but you want to be first. Therefore this is the short cut path. So you will reach quickly, won't you? This is what you all want. You have come late, but you want to be first. Therefore, this is the short cut path. Move forward on it, and you will be ahead of others.

What did the Gujarat mothers hear? Gujarat have come haven't they? The Mothers want everything easy, don't they? They are very tired because of labouring hard in past births. They

have wandered so much. Do you know how much you have wandered? Therefore, the wandering souls want an easy path. This is why, accepting an easy path, you will reach your destination. Did Gujarat souls understand? Achcha. The new ones as well as the Maharathis are sitting here. Both are in front. Gujarat is the nearest amongst all, isn't it? Along with that, being near, it is co-operative as well. In co-operation, Gujarat is ahead of Rajasthan. (*Nirwair bhai said Abu is in Rajasthan therefore Gujarat is helping Rajasthan*) Does Abu belong to Rajasthan only? (*No*) Abu belongs to the whole world. One day the kings of Rajasthan will be awakened, and they will do wonders. Now they are still hidden, but they will come into the open. Gujarat is sitting in front, so therefore it is praise of Gujarat.

But do you know how Gujarat was born? Gujarat was given help. The seed has been watered with the help of co-operation. So, then, what will the fruit be like? Won't it also be first in the fruit of co-operation? Gujarat have received the water of co-operation. It was watered by the direct help of BapDada's thoughts. (*BapDada had a thought to start service in Ahmedabad, and sent Janki Dadi and Sarlabhen directly*) Do you know just how lucky Gujarat is? It was BapDada's inspiration that led to the opening of a centre. The founder is here (*Sarlabhen*) It was not opened by a Gujarat resident. This is why Gujarat will always achieve the fruit, because the seed has been sown directly by BapDada himself, therefore no effort is necessary. You can go ahead with an open heart. The land is very very fertile: it will give maximum fruit. Achcha.

To all the aspirants who are practising upliftment of the self... to those who are always in a place of solitude, who with the help of the power of concentration, as well as the powers achieved through the practice of efforts for the self, are changing the depressed souls, and making them happy-go-lucky... to those who use their powers towards all, in a practical way... to such ones who are practising for self upliftment... to the Mahavirs (*brave ones*), as well as the new children... to all, BapDada's remembrance (*yaad*), love (*pyar*), and namaste.