

Control your mind and increase the power of concentration.

1. Only concentration of the mind will give you the experience of a constant stage. With the power of concentration, you can easily experience the angelic stage. The power of concentration and the power of being a master will easily free you from obstacles. Concentration means to be able to stabilize your mind where you want, how you want and for however long you want. It means your mind is under your control.
2. In order to experience the angelic stage in the corporeal form pay attention to concentration of the mind. Keep your mind in order (control). Remain set on the seat of the stage of a master and of the different elevated seats. When any weak thoughts arise in your mind, end them there and then and become powerful. Make the foundation of thoughts strong and you will develop avyakt attraction.
3. For concentration of the mind, continue to move along on the rails of the drama second by second. In whatever way the drama is moving, let the stage of your mind continue to move along the same lines. It should not fluctuate even slightly. You should have the power to apply a brake or to steer your mind, that is, to use your power of thought. By doing this, the power of your intellect will not go to waste, and energy will be accumulated. The more you accumulate the power of your mind and intellect, the more your power to discern and take decisions will increase.
4. In order to control your mind, surrender your mind and become completely surrendered. Then, you won't be able to create any thoughts in your mind for your own self. Those who have even given their mind to the Father can easily become manmanabhav. By being manmanabhav, you will easily become a conqueror of Maya. To surrender your mind means to surrender your waste and negative thoughts.
5. When any thoughts arise in your mind, let there be honesty and cleanliness. Let there not be any rubbish of sinful actions, nature and old sanskars within. Those who are honest in this way will be loved by all. Even the Lord is pleased with such honest children.
6. In order to create whatever stage you want at any time, let your mind perform the drill. Come into sound in a second and go beyond sound in a second. For performing a task, come into physical awareness in a second and then become bodiless in a second. When this drill becomes firm, you will be able to face any situation.
7. Now, according to the time, imbibe the power to pack up your thoughts. Continue to pack the baggage of the expansion of thoughts, for only then will you be able to read the thoughts of others. You will be able to understand the motives in someone's mind with signals of the eyes. Just as when you come in front of BapDada, Baba knows the thoughts and feelings in your mind without you telling Baba about them. In the same way, you children also have to study this final course.
8. Your mind should stabilize where you want it to stay and not be used anywhere else. You should not be defeated by Maya even in the thoughts of your mind. In order to create such a stage, keep your mind busy with pure thoughts in advance. When your mind is full of pure thoughts, there cannot be any waste thoughts and you cannot be defeated. With the power of pure and concentrated thoughts, you can transform any type of atmosphere.
9. People keep pictures from their childhood memories to decorate their home. In the same way, keep in the temple of your mind an idol of your perfect form, and the idols of your many future births, and then your thoughts will not go towards anyone else; they will automatically be concentrated.
10. When it is a special day, they stop for three minutes silence and even the traffic is stopped from any kind of movement. They stop all the tasks that may be taking place. In the same way, when you are performing a task or speaking to anyone, then, every now and again, practise stopping the traffic of your thoughts. Stop the thoughts in your mind for even a minute, or stop for a while the task you may be performing through the body and practise this, and your thoughts will become powerful.
11. Only those who remain beyond the confusion or punishment of their thoughts are able to pass with honours. The question of punishment from Dharamraj is something else. Some children punish

themselves for their own mistakes. They create a creation of waste thoughts and become confused in that and then call out. Now, practise remaining beyond this too.

12. The complaint from the majority of you is that storms of waste thoughts create obstacles to becoming complete. This complaint will end when every day at amrit vela, you make an appointment in your diary. When you keep your mind busy with an appointment for every moment, waste thoughts will not take up any of your time in-between. So learn the method to book your time.
13. The closer you come to becoming equal to the Father, the more you will be able to catch the thoughts in the mind of all souls. For this, there mustn't be any mixture of your own thoughts. There has to be controlling power over your thoughts. Just as you can control your external activities, in the same way, control the activities of your mind. For this, constantly be aware at every moment, at every second and in every action, I am on a stage. What is my present and future status?
14. According to the present time, now become great donors through your mind, for only then will you be able to become victorious over the thoughts in your mind in a second. No matter how mischievous the thoughts of others may be, if their mind is not able to remain stable in one thought for even a second, then, with the power of your victory, make them peaceful and still from mischievous for a short time.
15. When there is concentration in your thoughts, you will be able to call anyone through your thoughts, you will be able to inspire anyone to carry out a task through your thoughts. Just as when you press a button, the whole scene comes on the TV screen, in the same way, whenever you have a thought for anyone, a clear picture will be drawn in that one's intellect. For this, continue with the discipline of shrimat you have received for your thoughts. Nothing else should be mixed into them.

Importance of amrit vela, the method of sitting in remembrance and its benefits (workshops conducted in Madhuban)

1. By having yoga at amrit vela every day, the soul receives power.
2. Sanskars of laziness and sleep gradually finish and you become alert, active and a conqueror of sleep.
3. By waking up at amrit vela, the soul feels content in following Baba's shrimat and His directions and because of this, you remain light throughout the day. Otherwise, your conscience bites that you didn't have yoga at amrit vela, you didn't celebrate a meeting with Baba, you didn't have a heart-to-heart conversation with Baba. Then there is repentance.
4. By having yoga at amrit vela, you receive special help to remove the big and small weaknesses within.
5. If I have true, deep love for Baba, then I don't feel I have to labour in anything. Then yoga is also easy and natural.
6. By having a heart-to-heart conversation with Baba at amrit vela, the heart that is burdened due to any reason becomes light and empty.
7. A peaceless mind becomes peaceful. Confusion is removed. You easily find a solution to a problem.
8. By having yoga at amrit vela, you receive power to attain victory over the weak elements. Or, even though the elements are weak, you can receive co-operation from them.
9. By having yoga at amrit vela, your churning power is awakened.
10. Because of celebrating a meeting with the Father, the soul experiences supersensuous joy.
11. You are able to catch many types of inspirations for the present and the future.
12. You receive power to imbibe all the virtues.
13. At amrit vela, you can make up to Baba in any way you want, you can relate to Him through whatever relationship you want, whatever thought you want to attain success in, you can do whatever you want.
14. At amrit vela, whatever blessings or treasures you wish to attain from the Father, the Bestower of Blessings can be attained easily.
15. BapDada has kept the time of amrit vela for us children. Therefore, each one of you can talk to the Father to your hearts content. You can tell Him your complaints. You can have any type of sin forgiven by asking for forgiveness. You can be playful with the Father because at that time, the Father is present in the form of the Innocent Lord.
16. At amrit vela, none of the Father's treasures are under lock and key. And it doesn't take the key of labour either.

17. At amrit vela, the tamoguni atmosphere and the influence of negativity is suppressed.
18. The atmosphere of amrit vela can change attitudes and this is why attitudes can be changed easily.
19. This period is also called the time of brahm muhurat, because the Father, the Sun of Knowledge, the Resident of brahmlok is especially giving special blessings in the form of light and might.
20. At amrit vela, the call of the devotees can easily be heard and therefore, this is why it is easy to uplift them.
21. It is easy to receive blessings and also to make donations.
22. If you remain stable in your original stage at that time, then your stage at that time is the same as that of the Father, complete, and that of a Bestower.

The method of sitting for amrit vela meditation:

1. Get ready and specially sit for meditation in the classroom, Baba's room or the place that is specially fixed for yoga.
2. Even if you are unable to have yoga, sit with one thought: whatever I am, however I am, I am Yours.
3. Baba says: Come and sit here! Give to the Father the thoughts in your mind and your intellect.
4. In order to celebrate a meeting with the Father, I have to leave the corporeal world and go to the subtle region. So, at the time of meeting, renounce body consciousness and become an obedient angel.
5. At amrit vela, practice having thoughts of the original self.
6. Make it a daily discipline to sit and revise your own praise, the Father's praise, your task and the Father's task at amrit vela.
7. At amrit vela, be careful and set the seat of awareness accurately and it will continue automatically throughout the day.

Why is the early morning time called amrit vela? Vela means time and amrit means nectar with which you become immortal. Nectar is pure, and so this is the time when the elements are satopradhan. The atmosphere is also pure and satopradhan. At such a pure, satopradhan time, with the flow of the nectar of remembrance of our Beloved Baba, all the treasures make us immortal and we attain the immortal status, that is, we claim a right to all rights. We become the masters for birth after birth, that is, for all time.

The benefits for sitting at amrit vela:

1. At amrit vela, you can receive the benefit of easy attainment.
2. You can fill your apron of the reward from the open treasure-store.
3. You can easily make the Father, the Bestower of Blessings and the Bestower of Fortune draw your elevated line of fortune.
4. At that time Baba is loveful and therefore, you can loot as much love as you want.
5. Whatever you want, for however many births you want, you can attain whatever attainments you want.
6. Because that is the satopradhan time, you can easily make your stage satopradhan and you can also claim a high status in the future satopradhan world.
7. By having remembrance at amrit vela, you automatically experience happiness throughout the day. Throughout the day, you automatically have remembrance of Baba and in every task, you easily receive help from Baba.

Loss of not waking up at amrit vela:

1. You lose the golden chance of all attainments and are deprived from attainments.
2. The foundation for the whole day becomes weak.
3. Throughout the day, you have to work hard in whatever effort you make and you receive less attainment.
4. Whilst moving along, you experience tiredness and you also become disheartened.
5. Many different types of waste thoughts continue to circle around.
6. There isn't constant happiness and intoxication.
7. By being attacked by Maya, there is the experience of defeat sometimes and victory sometimes. You are unable to be constantly victorious.