

Master of Mind

- ✓ BapDada wants to see every child with the faith and intoxication of being a double master - master of the Father's treasures, and masters of self sovereignty. You are both types of master because you are the children and also the masters. To say "my Baba" means to become a child - however, together with being a child, become both types of master. You become number-wise in becoming a master. You have received the treasures of inheritance and this is why you have the faith and intoxication of being a child - but you have to become a master in a practical way. The mind causes obstacles to becoming self sovereign. Become a master of the mind - never influenced by the mind. To be self sovereign means to be a king. Father Brahma checked himself every day - he became the master of his mind, and claimed the right to be master of the world.

- ✓ Will you be able to apply a full stop and merge all question marks at this time? Will you experience such power that you can merge all things so that even as you see, you don't see, even as you hear, you don't hear? Whilst seeing the upheaval in matter, become the master of matter and make matter peaceful also. Through your own stage of "full stop" stop the upheaval in matter. Now practice changing the tamoguni (degraded) into the satoguni (purest) stage. You are invoking such a time are you not? So accumulate to a great extent this power to merge all things within yourself. For this, practice is necessary.

- ✓ BapDad saw that, in particular, it is the mind which shakes the stage of the master. You are the ruler with the right of self-sovereignty, and the mind is your minister. Or, is the mind the master and you its minister? You are the king, are you not? It is your minister - it co-operates with you. Self sovereignty is being constantly master of the mind. Otherwise you are dependent sometimes. So, first control the mind - a kingdom cannot function without ruling power. Do you have ruling power? Check the percentage of this.

✓ All of you always keep your mind busy, because it is the mind that deceives you. It is the mind that has tension. It is the mind that wanders here and there. So, to keep the mind busy means to become stable in your complete stage quickly. BapDada says: When you speak of the physical organs saying “mine”... when you say “my hand”, you can control your hand, can you not? You are able to put your hand where you want, and as you want. So, is the mind yours, or do you belong to the mind? You are the masters of the mind, are you not? It is not “I, the mind”, is it? The mind is not the king: the soul is the king. So, when you imbibe controlling power and ruling power, your mind will become your best-of-all, number-one, co-operative companion. Just try it and see. Simply become a master, a king.

✓ Now, in one second, all Brahmins, whilst practising Raja Yoga, become a master who can concentrate your mind; concentrate your mind on something for as long as you want, in the way that you want. Concentrate your mind just now. Your mind should not wander anywhere, here or there. “Mera Baba, sweet Baba, lovely Baba”. With this love

and with the colour of this company, celebrate spiritual Holi. (Baba conducted this drill.) Achcha.

- ✓ BapDada now wants you to control your mind using the reins of the powers. To whom does the praise “those who have conquered their mind have conquered the world” belong? It is the praise of you children. Because you achieved this every cycle, there is this praise. You say that all your physical senses belong to you, and, in the same way, you also say that your mind belongs to you. To say that it is yours means you are its master. Whatever thought you wish to have in your mind, and for however long you wish it to be there, your mind is bound to do that, because it is your mind. So, on this day of love, BapDada wishes to give you this homework: only create the thoughts that you wish to have. If you wish to have pure thoughts, then, if any waste thoughts arise your pure thoughts should finish them. If you wish to have yoga, but, due to your sanskars, waste thoughts arise instead, or, if you are not successful in having yoga, you need to develop this control. If you wish to have yoga for one hour, your mind should not disturb you. The soul is the master: the mind is not the master. The mind is the companion of the soul. So, order your companion with

love. Become a conqueror of the mind. BapDada receives news from many children that they have waste thoughts from time to time. You have waste thoughts even against your wish. Would you call this being a master? You have love for Father Brahma, do you not? So, today, the Father is telling you his heart's desire with a lot of love. Now, you must definitely become a conqueror of your mind, which makes you a conqueror of the world. Will you give Father Brahma this gift of love? When you have love, what would you give? A gift is given, isn't it? So, today, Father Brahma is asking you children to give this gift. Are you ready? Are you ready? Raise your hands! If, from today, you are given the instruction not to allow any waste thoughts to come, would you be able to do it? Today, are you able to perform actions while in a stage of yoga, and also have yoga for two or four hours? Can you do this? Will you do it? OK, now let the past be the past! Now, order your mind, from today, to put a full stop to all waste thoughts. You will have to do it, will you not?

- ✓ Become the embodiment of the praise: "those who conquer the mind are conquerors of the world". Control your mind with your orders. Now, because you have left it

a little free, it does its own work. Now, pay attention! Your mind has to work under your orders. Do not act under the orders of your mind! You wish to contemplate upon matters of knowledge, but instead useless thoughts arise in your mind. So, what happened? Is your mind the master, or are you the master?

- ✓ BapDada saw that the mind is your creation, that you are the creator of your mind, and so you control the mind. You are the masters with the controlling power, and ruling power, over the mind, but, nevertheless, your mind still deceives you. It is your creation, you say “it is mine!”. However, because of not having enough controlling power, it deceives you. The mind is also said to be a horse, but you have the reins of shrimat. You do have these reins, do you not? If your mind ever takes you to any waste, then, by tightening the reins, you can finish the slightest impurity of waste thoughts that still remains. Become a master of your mind. Just as Father Brahma checked his mind every day, in the same way, check your mind every day, and finish the waste thoughts. Today, BapDada wants you to finish these waste thoughts. There are few bad thoughts, but more waste thoughts, and these do take up a lot of your time.

Become a master of your mind, and keep your mind so busy that it cannot be attracted to anything else. Don't let the reins go slack. Is this possible? Today, BapDada is giving everyone the thought to finish all waste thoughts. Is this possible? Those of you who feel that you will finish all waste thoughts, and have a ceremony for this, raise your hands! Also save your time from being wasted. You have to save both your time and your thoughts. BapDada is seeing each one's chart, and he saw this shortcoming in the charts of the majority of you. Only those who are the masters of the mind are to become the masters of the world. Just as Father Brahma became a conqueror of his mind, and became a master of the world, so he is now invoking all of you children.

- ✓ BapDada saw that, in particular, it is the mind that shakes the stage of the master. You are the ruler with the right of self-sovereignty, and the mind is your minister. Or, is the mind the master, and you are its minister? You are the king, are you not? The mind is not the king. It is your minister: it co-operates with you. To be constantly the master of the mind is described as "having the right of selfsovereignty". Otherwise, you have the right sometimes, and you are

dependent at other times. What is the reason for this? Why does transformation not take place? Even though you understand, why are you still influenced by the sanskar? Therefore, first control the mind. You call yourself a king, but the significance of a king is to be one who has ruling power . If there is the title “king”, but there isn’t ruling power, then what would the condition be? Could his rule continue? It could not. So check to what percentage you have ruling power.

- ✓ BapDada checked the stage of the mind of all the children, because the main thing is manmanabhav. In terms of service too, service of the mind is the most elevated service. You say: “Those who conquer the mind conquer the world”. So Baba checked the condition of your mind, and what did he see? You become the master of the mind, and make it work. However, sometimes, your mind makes you work. The mind then controls you. So, BapDada saw that you have deep love with your mind, but your mind doesn’t become concentrated and stable. At the present time, a stable and concentrated mind will enable you to experience a constant stage. The power of concentration easily enables you to experience the avyakt angelic stage. Just now, in the result,

Baba saw that you want to make your mind concentrate, but it wanders away in-between. The mind wanders in to wasteful situations, wasteful thoughts, and wasteful interaction. For instance, some people don't even have the habit of sitting still, even physically, whereas others do have that habit. So, when you are able to stabilise your mind where you want, as you want, and for as long as you want, that is called having the mind under your control. The power of concentration, and the power of being a master, easily make you free from obstacles. Then you don't have to battle. Using the power of concentration, you can easily experience belonging to the one Father and none other. You will experience this automatically: you won't have to make effort. Using the power of concentration, you automatically experience a constantly angelic form.

- ✓ You heard everything. You find it easy to hear everything. In the same way, go into sweet silence, beyond hearing anything. Whenever you want, for as long as you want, become a master and, in particular, first is being a master of the mind. This is why it is said that those who conquer the mind conquer the world. Now that you heard and saw, can you, the soul, become a king and control your mind,

intellect and sanskars? Become a master of your mind, intellect and sanskars and order them to be in sweet silence. So, do you experience that, by ordering them and having authority over them, the three are able to remain under your orders? Now become stable in the stage of being the authority. Achcha.

- ✓ Experience yourself as a master of the mind, and stabilise your mind in one second? Are you able to order it? Reach your sweet home in one second. In one second, reach your kingdom: heaven. Does your mind obey your orders? Or does it fluctuate? If the master is worthy and powerful, it is not possible for your mind to not obey you. So now practice: all of you reach your sweet home in one second. Pay attention to practicing this every now and again throughout the day. The concentration of the mind will make both you yourself and the atmosphere powerful. Achcha.

- ✓ BapDada has made each child one who has a right to selfsovereignty, and a right to the sovereignty of the world. At this time, all have self-sovereignty: that is, they are the

kings of the mind, intellect, sanskars, and the physical senses. You are not influenced by the senses. You are masters of your minds. Does each one of you children consider yourself to be a master of the mind, and also a master of your sanskars? It is not that sometimes you are the master of your mind, and sometimes your mind is your master, is it? You say “my mind” - you do not say “I, the mind”. So, you are the master of that which belongs to you. Check that the mind does not become the master sometimes.

- ✓ Now, in one second, can you become master of your mind and intellect, and concentrate on Paramdham (soul world)? Now, for one minute, BapDada wants to see you all concentrate and become residents of Paramdham.

- ✓ Those who think that they are able to create whatever type of thoughts they want within a second. This practice is very essential because it will be very useful at the end. Since you are the master of your mind, then, just as you are able to move the physical organs, your hands and feet, as you want,

within a second, in the same way your mind and intellect are also yours! Since you are the master of your mind and your other subtle organs, why aren't you able to control them? You should also be able to control your sanskars. You should be able to do whatever you want, whenever you want. When you make this practice firm, you will understand that you can pass with honour.

- ✓ Sometimes, some children say that they want to experience these same five forms but the mind goes away in another direction. Instead of concentrating your mind on one thing for as long as you want, wasteful or incorrect thoughts also enter. Sometimes, there is carelessness of the mind. BapDada wants you to experience this exercise for five seconds or five minutes every hour. Do this for five minutes and then make your mind work in that direction. It is good to move along in that way, is it not? Then, engage yourself in your work, because you do have to do your work. You cannot move along without doing your work. All of you are doing service of the yagya, and the world, and you have to do it. After performing this five minute drill, engage yourself in whatever other work you were doing. Is there anyone who doesn't have five seconds or five minutes? Is there

anyone? Then raise your hand! Is there anyone who doesn't have five minutes? Is there? All of you can find the time. So, repeatedly perform this exercise and you will become intoxicated while doing your work, because the Father's mantra is "be mine with your mind" (manmanabhav). With this mantra, and the experience of the mind, your mind will become a weapon for you to become a conqueror of Maya. BapDada has told you that, as time progresses, you will have to put a stop in a second. By doing this exercise, you will receive help in becoming mine with your mind. BapDada has seen that whenever you give a lecture or message then what do you say? You say that you are the ones who will transform the world. Since you are going to transform the world, first of all make your mind powerful, so that it is able to have those thoughts that you want it to have, at any time. Order it in a second, just as you order the body and your physical organs. In this way, your mind will be saved from anything wasteful or incorrect. You are the master of your mind. You say, "my mind!", so "my mind" should remain in order to this extent, and that is why you have been shown this exercise of the mind. BapDada has seen that every child wants to become a conqueror of the mind, and a conqueror of the world, and this is why, before the time comes, you have to practise easily stabilising your mind wherever you want. So, today, BapDada wants every

child to become so powerful, that his mind, intellect, and sanskars follow his orders in whatever thought he has. Those who have this practice will definitely become the conquerors of the world.

- ✓ make your minds function just as you make your hands and feet function. You can do whatever you want, can you not? If you want to put something in a particular place and not anywhere else, you can do that, can you not? Have such mind control. Your mind should only have the thoughts you want it to have. Every night, check your results: “to what extent did I have ruling power and controlling power of the mind?”. You should now put an end to waste very quickly. Now become powerful, and spread that power into the atmosphere. Seeing and hearing the children’s sorrow and suffering, BapDada now wishes completion to take place soon. You were told that everyone is making effort, but now add the word “intense”. “I have to do it”, not that I will do it, or that I will see about it. This language of postponing something for the future will not work any more.