



July 29, 1998

## **Urgent Message: Control Your Mind**

Everyone's mind has slipped off its base. This is not a problem of one particular country or culture. Everyone's mind is wavering.

What is the mind? " Mind means thoughts. The day that you gain control over your thoughts, you will have control over your anger, control over your feelings of enmity, and control over your self-centeredness. This is very necessary at present. The whole world requires control of the mind.

We all keep on saying, "Love and have faith. Love your brother and sister, love your friend, love your co-workers, love animals, love the trees." We merely continue to mouth these words, but the prophets who have given these messages have truly loved.

Why don't we love, more? Because our thoughts are out of control. Every prophet who has come, has given this message: "Control your mind." Some have said, "Worship". Some have said, "Pray". Some have said "Recite scripture." Some said "do puja." But all these exhortations are about one thing: how to control our thoughts.

When people lost control over their thoughts, they were not able to recognize Jesus, because anger had intervened. If they had had control over their minds, they could never have attacked Jesus. When anger arises, a person goes out of control. Anger and ego make a person unconscious. If you become conscious the whole world will rejoice.

Now we are all insisting that the air should be cleaned. This is fine. But who has polluted the air? People whose thoughts are angry, whose thoughts are uncontrolled. When a person's thoughts change, he commits a crime, usurps other's rights, hurts others feelings.

All of us, in every country, in every home, in every society, have the same disease. What is the cure for this disease? You must act upon the message which our masters, our prophets, have given. Then your mind will be controlled.

Jesus never said to commit crime, to usurp others' rights, to hurt others' feelings. Neither did the Prophet Muhammad. They taught only love and worship. Guru Gobind Singh's teachings were the same. He went so far as to say God is in the water, in the land, in the mountains, in the forests, and in people's minds. He also said that if we damaged an object it can be repaired afterward, but if person's heart is injured perhaps that cannot be repaired.

Why has anger arisen in some societies and countries at this time? Minds are not controlled. When poisonous speech and poisonous anger issues forth from a person, that terrible poison enters the air. It goes into the trees and spreads in circles. The poison in the atmosphere is so strong that a person commits a crime, hurts other's feelings, deprives others of their rights. He attacks good people. This is the most toxic thought of all.

Control your mind and your mouth, and other things will be controlled automatically. In the beginning, God created very fresh air, the fresh shade of trees, fresh mountains, and fresh water. Who has contaminated them? The poisonous thoughts of self centered human beings.

Therefore all our countries need to provide the mind that food which will bring forth compassion, love, and willingness to serve. When will these arise? When we act upon the sayings of the of prophets. They have said if you would love trees, flowers also want love. If you would love flowers, know that the earth also wants love.

The Prophet Muhammad said. "My Allah is in the whole Creation. Love all of creation." Jesus said, "Love the flowers, because my Father is within them, within the trees, within the mountains." Guru Gobind Singh said the same.

Therefore we should first act upon the sayings of our prophets, and talk less. Our loving thoughts should burn the poisonous voice which comes from within. Only good thoughts should come from us, for they are pure. When only thoughts of love will emerge, then thoughts of compassion will appear, and thoughts of service will prevail over thoughts of enmity. I have firm faith in God that our countries' conflicts and the destruction of boundaries between countries will then end.

Upon becoming good human beings, we should carefully consider this: on the one hand our countries are spending millions of rupees to annihilate people, and on the other hand we're spending a great amount to build hospitals to treat people. On one side we're killing, and on the other side we are giving life. What is this? People do not have enough money to spend them on such things. The people want food, they want houses, clothes, a good education. Give those to the people. Just control these double expenditures, and perhaps the things people need may come rushing forth.

## **We Are Eating the Wrong Food**

I am saying to you only that which will benefit our countries, make our minds steady, bring unity within our families, and bring forth thoughts of serving others. You should all take this food. We are all eating the wrong food.

Worldly food affects the body, but it will not benefit our thoughts. What food does the mind require? Truth. Love. A desire to serve. Compassion. When these arise in the mind, we will not need lectures. The very air will speak automatically, once the poisonous air is cleaned by good air. It is like putting detergent into dirty clothes to remove the dirt. Once the filth is separated from the clothes, they become shining clean.

## **The Shine is Needed**

At this time, the shine is needed. Our countries will shine when there is compassion, love, and equality.

We're now providing everyone the wrong diet. I therefore appeal to all of you that we must eat the right food. If we go to a church, we should obey the commandments of the church. If we go to a gurdwara (Sikh temple), we should obey the commandments of the gurdwara. All religious places are made for us to clean the mind and bring forth love within the mind.

When air or water is out of control, damage occurs. If control over thoughts is broken, understand that great damage will occur. At present control over thoughts is broken. So I'm appealing to all of you who are reading or listening to this message, and I am also praying before God, "Please bring forth that compassion which is in Your Kingdom. Please bring forth that peace which is in Your Kingdom."

We should all give voice to that which we ourselves require. If we speak with anger, anger will come back to us from others.

It is not essential that there should be lines of people in front of churches and gurdwaras going in to bow. Why? These places are training schools which will purify our thoughts. Instead, we go there, bow our heads, and return home the same as we were before. There is nothing lacking in our masters or in the training they have given us. The deficiency is in our minds. You should leave a place of worship only after purifying your mind. If God's Light comes, it should fall upon a clean mind, and you should take care of it. If the mind is so dirty, where will that pure Light come?

The master says, "Worship. Recite scripture. Pray. Do puja." We should all take this food by acting upon this guidance. To worship with love, pray with love, read scripture with love is to give the mind the right food. Guru Nanak said again and again that in this age, the food for the mind is the Name of God (NAM). Without Nam, our evils cannot be removed.

The commandments of our masters - those whom we accept as our teachers, whom we feel are deliverers of the message of God - are also the food for the mind. However, we must act according to their commandments. When we go to a place of worship, we are told to speak the truth and not to tell lies. If we go to a place of worship and still tell lies, we are not obeying the commandments. If we hurt another's feelings or usurp their rights, we are not obeying the commandments. If we follow the commandments, our own mind and body will be happy, and we will not be worried. When the master enters the picture, then we are free.

Always set aside your ego. A person is never willing to do so. He insists, "I am... !" But our teachers have emphasized that ego is not a good thing, for it is the opposite of remembrance of God, the opposite of love. Ego and love cannot coexist.

## **I Have Faith in Goodness**

I have firm faith that the qualities of compassion, love, service, and sharing which are within human beings will come forth in all of us. Guru Gobind Singh began using a very powerful word, "Khalsa," to describe those people whose minds have become inwardly pure. He said, "Which person is Khalsa?" One who renounces anger. One who renounces criticism of others. One who renounces adultery. Further, he said that Khalsa is one who loves the Name of God, is joined with God, and also links others with God.

Jesus said, "Those who love me should love the Whole Creation. The Prophet Muhammad said the same thing, and so did Moses. Moses left the kingdom which was to be his, for the sake of those who were weak. He was to become king and marry the princess, but he left the kingdom and the fine chariot, and began traveling barefoot. He prayed, "Oh God, this is my request: Please give these people food, end their slavery, and give them good homes." God became so happy that God made Moses a prophet. Why? Because God is so merciful that when you have compassion for others, God will give you oceans of compassion; God will make you master of compassion.

Consider the staff God blessed for Moses. As you all know, great powers were in that staff. When Moses cast it toward the sea, the sea split into 2 parts. Anyone may carry a stick, but that particular stick became blessed by God because it was in the hands of Moses.

Similarly, whatever Guru Gobind Singh touched became pure. The same is true of the cloth which touched the body of Jesus. Even today, love emerges from the cloth and enters the body of those who see it.

Therefore, all of us should eat the right food. The air is clean, but we have polluted it. The water is clean, but we have polluted it. Society is also clean, but we have polluted it. We must all take great care, for this has gone on for a very long time.

## **We Must Decide**

Since on one hand, money is being spent on hospitals, and on the other, money is being spent on weapons, we should first sit and decide whether we should make these double expenditures. If poisonous things are not created, a person will never become sick. There will be no need for hospitals. Why? A human being is inherently healthy. In the time of Noah, of Abraham, of Moses, there were no hospitals, for their thoughts were pure. The trees of that time were also purified after listening to their thoughts. The air and earth likewise became pure listening to the prophets. .

We must make one decision: to do no wrong. Why? Too much pressure has been put on the world. Guru Gobind Singh sacrificed all his family members for the sake of one point: "Love, love, love." The Prophet Muhammad's family members were sacrificed for "Love, love, love." All of Jesus's disciples and many of his early followers were sacrificed, and they were all of one voice: "Love, love, love."

All prophets were repeating, "There is one God, one God, one God." Some called God "Father." Some called that God "Friend." Guru Nanak sometimes said to God, "You are my true Girlfriend." He spoke thus as women have been greatly praised in the House of God where woman is Number One. When God selects a prophet, first God selects a mother to give birth to the prophet.

We humans have made sectarian religions, but the messages of all prophets are one. Guru Gobind Singh called God "Father" and so did Jesus. Calling God "Father" does not alter the nature of God. Truly, God is the Father of us all.

The greatest thing, is that all of us should love. We should not create tight circles around religions. Why? The various religions are different disciplines. We don't even practice the disciplines, but we're all sitting here trying to create conflicts between religions.

Guru Gobind Singh had no boundaries. He said, "God is the Sustainer and also the Merciful One, the

Creator and also the Compassionate One. The Temple and Mosque are the same. Puja and Namaz are the same. We are all God's human beings. We are all members of one race: humanity. Don't love on the basis of separate religions or castes. Love others as fellow human beings.

Today we all need this. With great love, I appeal to you all. I have firm faith that perhaps after you listen to this, God will make you feel from inside that we should accept goodness and discard that which is bad. Guru Nanak has said, "Share virtues and forsake evils." Now we have shared the bad and forsaken the good.

## **Waste No Time**

At present there is a huge bonfire raging. Only our love, our pure thoughts can extinguish it. But day by day, anger is entering our thoughts. To the extent that enmity increases, to that extent the mind cannot be cleaned. Thought is the most poisonous of all things. Clean it.

Our mind which has gone out of control must be controlled, and we must give it the food which the prophets have given us. Their commandments are valid even today. They themselves are blessed, and those who follow their commandments are blessed.

The Fourth Sikh Guru says, "My Master is everlasting. He neither comes nor goes. He is immortal and pervading in all." Jesus says, "God is present." The Prophet Muhammad says, "He is present and luminously apparent. See Him." If we do not believe, we are unaware of His presence. Guru Gobind Singh says to God, "You are present and always visible within human beings. You are always the Giver of pure thoughts to a person and also the person's Purifier."

Today, there is a great need to bring your thoughts under control. Everyone's control over their thoughts is broken. Don't emphasize lectures. Dharam (moral order, righteousness, religion) is not a matter of books or lectures. It is a matter of inner action. Your action should speak, not your tongue. In your movements there should be compassion, love, and the willingness to serve.

So many conferences are being held on the subject of uniting religions. But religion is already one. All prophets say that religion is truth, love and service. You have made religions separate. Don't speak about uniting them; become one from inside. Millions of rupees are being wasted on conferences, and people are wasting their lives and time buying tickets and attending them. Just sit in your home and carefully look at God within. He is inside you.

Meetings will not tell you about God. Those who have come to us from God were illiterate. Jesus did not go to school to study, for he came to earth after completing his studies in heaven. Guru Nanak never went to school. The Prophet Muhammad referred to himself as "omi", illiterate. This is not a matter of schools; it is a matter of love. Take it readily, all of you. You need not pay anything; it is free. God is waiting to give it to you. Do not compete with God or ignore God's commandments. God is very merciful. Take mercy from the Merciful One. Take compassion from the Compassionate One. Take love from the Loving One.

The Ninth Sikh Guru said, "why are you going to the forests to find Him? Search for Him within yourselves." Saint Nam Dev, when he saw God said, "All is Gobind (God), all is Gobind. Look at the trees. He is sitting there. Look at the earth, look at the heavens - Gobind is sitting there. Gobind is within you." All of you should turn within and forsake enmity. The energy you are wasting should be directed toward God.

We are writing to you only those things which your masters, your gurus, have already told you. We are not trying to impose our views on you. We are just reminding you that we should all obey our prophets' commands.

Those who have directed their thoughts toward goodness became saints. Those who focused their thoughts became good scientists, good professors, and they were very useful in the world. At present, we are all wasting our thoughts. What is this? Are we all angry with God? Are we not challenging God? It's as if we are saying, "We will do the opposite of whatever You have said." Why can't we see God in every particle? We are just bowing our heads and not obeying Him. Merely bowing our heads, we have become old. Now obey Him! A long time has passed.

We should all beg forgiveness and take the blessings of God. We have committed many mistakes. Whatever mistakes we have committed, we should all repent and ask for pardon. Whatever good things

God has given us, we should use them for the sake of goodness.

Forsake anger, now! Love God. If our master says, "Forsake anger," we should not fight with him. If he says, "Forsake anger," then forsake it. It is not a big thing. We have wasted so much time. This time we have wasted will not return. Take care now, all of you.

As Guru Ram Das says, "Oh my life, do not delay even for a moment. There is no certainty whether the next breath will come or not." But you are wasting time. The doors of God are open. But you should be ready to accept what your Father is ready to give you.

As Guru Gobind Singh has said, "There is one Father, and we are all His children." The one whom we call Father is the Father of the whole Creation. We should become as members of one family, and obey the Father.

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