



Spiritual Programme Intensified

His Holiness Babaji is increasing the intensity of Gobind Sadan's spiritual programme. Baba Siri Chand's birthday was celebrated with particularly attentive continuous reading of Jaap Sahib by the congregation and eleven simultaneous Akhand Paths (complete reading of the Guru Granth Sahib). For Navaratri (celebration of the Goddess), 9 days of ancient ceremonies were conducted by Hindu pandits. For several months, 7 people at a time have been present around the clock at the [havan](#) (sacred fire) in Babaji's garden, reading Jaap Sahib and other sacred hymns. The entire congregation is also asked to gather for an hour of silent

meditation on God's name every day at noon in the community havan.

Every evening, the Lord's Prayer is now offered at Jesus's Place after 125 candles are illuminated around the lifesized statue of Jesus in the spot where he appeared to Babaji. It is now a lovely garden, a favourite place of devotion and peace for people of all religions. Simultaneously, the around-the-clock devotions which comprise Gobind Sadan's daily schedule are being carried on, filling the atmosphere with palpable peace and joy.

Enlightenment vs. Institution

His Holiness Baba Virsa Singh always emphasizes the universality of religion and respect for all prophets. Several Cambridge University students who are preparing to become Christian ministers have recently visited Gobind Sadan to study its practical interfaith programme. In their conversations with His Holiness, Jonathan Mead asked Babaji to speak about the time when he saw Jesus at "Jesus's Place." His Holiness answered: Jesus is all love. He has no sectarian religion. When he met me and was giving many blessings for Gobind Sadan, he said, "Those who are childless and want a child should do volunteer service for seven days at the havan and read Jaap Sahib [the great hymn of God's praises by Guru Gobind Singh]. Then you should give fruit to the couple, and they will definitely conceive a child." He said that Jaap Sahib should be recited; he did not mention the Church.

Where Jesus is concerned, there is no creed, no caste, no nation. He is showering blessings, saying, "Bless, bless, bless!" But where preachers are concerned, they will speak about Christianity only. They will set Christians on one side and everyone else on the other side.

To believe in Jesus it is not essential to become a Christian. One must become a good human being.

Jonathan Budd asked, "How should we understand Jesus's saying, 'I am the Way, the Truth, and the Life. No one comes to the Father but through Me'?" His Holiness answered, Consider this: Whom is Jesus calling his Father? Is he referring to that Source from which all religions have emerged, or is he referring to a particular circle that has been created?

Lord Krishna said exactly the same: "I am Brahma, the one Absolute, all-pervading Spirit. I am Enlightened Wisdom, I am Life, and if you want to go to Brahma, you will go through me."

This is a method. When you have faith in Someone, He passes an order. "Others will come to Me through you. I will give enlightenment only when that person believes in you." The Guru is sure to say to his followers, "Others will come to me through you. Anyone who will love me will do so through you." Jesus spoke from the state of mind in which he was united with the Absolute, which has no limits. That is exactly wherefrom Lord Krishna spoke. Krishna revealed His limitless Form.

There are two realms: One is the realm of institutionalized religions, in which regulations are created. Here you are told how to pray, where to face, what to wear. If you are willing to accept those rules, you can be called a follower of that religion.

The other realm is the enlightenment of the Guru. At times the Guru transcends the sphere of regulations and norms. Guru Gobind Singh said, "The Creator and the Beneficent One are the same; the Provider and the Merciful One are the same: Let no one make the mistake of thinking there is a difference. There is not one God for Hindus and another for Muslims. Worship the one God who is the divine Preceptor for all, the One Form whose Light permeates all. Temples and mosques are the same, Hindu worship and Muslim prayer are the same." This is enlightened wisdom. Here there is no specific discipline, no specified daily prayers. Guru Gobind Singh says that all religious places in the world are passages to God. Sectarian, institutionalized religions always make specific paths. They cannot say, as Guru Gobind Singh did, "Hari [God] is in water, Hari is in the earth, Hari is in the mountain, Hari is in the cave, Hari is near and Hari is far." Preachers of institutionalized religion will say, "If you say 'Hari, Hari,' you cannot be a Sikh, because there is little connection between this Hindu name for God and Sikhs."

These two divergent paths have always been present. One is the God-consciousness of Jesus; the other is the regulations of the priests. They will not let you explore; they will keep you bound within the confines of the institution. Jesus will say, "Love the trees, love the animals, the air, the flowers." The priest will say, "Leave all this and love only Jesus, wear the cross, and pray this way."

Trees do not wear crosses, but the great spiritual beings see God in trees. Water wears no symbols, but Guru Gobind Singh says, "My God is in water." The priests do not go beyond symbols, but the Guru understands God as Omnipresent. The priest will give you whatever wisdom he has, but the Guru will speak from the Wisdom of the cosmos.

The priest reads books and speaks from what he reads, whereas the scriptures have been created from the Gurus. In what sense is the Guru speaking? What is he seeing when he speaks? How can anyone explain without illumination? It is a clash of interpretation.

Why Meditation is Essential

Sitting quietly in his garden, His Holiness Baba Virsa Singh has dictated this essential message for us: In their own countries, in their own ways, people go to religious places. There they bow their heads, pray, and pay their respects. But why then doesn't humanity change? To change, it is essential to meditate, for our mind is mired in many things.

We are standing in a jungle—a jungle of pride, ego, greed, selfishness, self-importance. How can this jungle be cleared? The mind always turns toward the negative. The best remedy is meditation.

We speak sacred words with our tongue, but our conscious mind is not listening; it is wandering. Meditation will unite our conscious mind with the Word we are reading or reciting. When the two unite, our condition will become like that of Kabir, who after continually reciting "Ram, Ram," said, "The mind has become pure like the water of the Ganges. Ram [God] is following me, calling, 'Kabir, Kabir.' Ram and Kabir have become one—no one can distinguish between us.

At another time, the Guru said, "Oh mind, you are the manifestation of Light—Recognize your Root." We and the Light are one; we must recognize this, our Source. Delve into yourself and recognize the Light of God. As the Guru has said, "God put the Light into you, and thus you took birth in this world." Only after God put the Light in you did you take birth, start to walk, to talk, to understand, to develop a mind of your own. With meditation, you will understand that Power and free yourself of the bad qualities within you.

Peace for the Stressed Mind

Throughout the world, people do not understand religion. Followers of various religions, people going to religious places, are not setting good examples. They are causing unrest, disbelief, and confusion, with the result that humanity's faith has not developed.

All of the prophets meditated. There is a cave in which it is said that the Prophet Mohammad used to meditate. Jesus was often seen sitting alone in his own way. We may say that he was talking to his Father or lost in love for his Father, or we may call it meditation.

In our language, we call it meditation when we talk with God or unite with God by reciting holy words. When the holy Word and the concentration of our conscious mind unite, this is meditation.

Those thoughts that emerge in meditation are pure and true, filled with love. It is very difficult to express these thoughts. It is like a speechless person who eats sweets: How will he be able to praise the taste, as he is unable to speak?

It is essential that a person's mind should always be stable. Today in this environment where there are many material goods, where the mind has prospered and grown so vast, there is no peace for the mind. Meditation will give peace to the troubled mind, to the minds of those who are successful in worldly terms. Peace will flow into society, into people's stressed minds.

Whichever prophet you have faith in, whichever holy Name you have faith in, keep repeating it again and again and the dirt on your mind will be cleansed. The more we meditate, the more our mind will be cleansed. Then we will gain insight into what our prophets have preached.

At present we go to religious places and listen, come home and read religious books, but we should ponder why those virtues have not come forth in us. Why have we not become considerate toward others? Why have we not attained peace, or kindness, or love for others, or the desire to help others? It is because our mind is sick, and we are not taking any treatment for this ailment. All day we feed ourselves physically with many different treats, but now we must recognize that there is food for the mind as well.

Our physical actions are guided by the actions of our mind. Whatever thought comes to our mind, our body takes that action: Our hands and feet follow that path. Now there is no control over our thoughts. We are feeding our body all day, but we are not providing food to our mind. When our minds receive nutrition, we will not hurt anyone's feelings, we will not deprive anyone of their rights, we will not become greedy. Our minds will turn in the direction of which the Guru spoke when he said, "No one is an enemy, no one is a stranger; we get along with everyone." In every person we will see our Guru, our Father. After we meditate, our mind will perceive the Light of our Father in every person. Just by listening to the holy Name, some understanding develops; the mind receives some food.

We have another misconception in our mind: We do not give any importance to prophets other than our own. People have made a fort around their mind: "Our prophet was the greatest and there has been no other

like him." After meditation, you will realize that your Father, your prophet never said that the others were inferior to or weaker than him. The prophet only speaks of God. He wants to see God in every leaf. The Messiah, the Nabi, the prophets are very great, but they have been sent by Him Who is present in every leaf, to convey His messages. We have made these boundaries in our mind around the Nabi or Messiah. They never asked that these boundaries should be created.

Why should we travel in discomfort? Why should we not travel comfortably? We have taken a long and troubled journey—let us now continue our journey with ease. This ease will come through meditation, and we will realize what our prophet has emphasized. Enlightened wisdom will be illuminated, and you will learn to love the leaves, the animals, the trees, the rivers—all of nature, the universe, and its Creator. Then the great fortress of hatred we have built within us may begin to crumble. We need to understand the prophet's teachings, the prophet's orders, and this is not possible without meditation.

A Flood of Healing

The thoughts that arise within us comprise what we call the mind. Thoughts of anger, greed, and pride come from our mind. When we achieve control over our mind, we will not engage in actions that will harm our homes, our society, our country, or our friends. There will be peace all over—in the home, in the society, in the country—and there will be an aura of peace around every person.

Everything is within you. The aura of peace is within you, and love is within you. There is also darkness within you. We need light to drive away this darkness. What is this light? Meditation. Meditation will give you the enlightened wisdom that will unveil the light, and you will receive an indescribable power. You will only be able to say, "Wah! Wah!" ("How great it is").

When you meditate, your thoughts go toward one God—the One who is the Lord of the earth and of the heavens, as the Prophet Mohammad says, the One who has given His Light to all Creation. Guru Gobind Singh describes a Power that is spread everywhere—in rivers, trees, mountains, in all countries—Paramatma, the Supreme Soul, the Indestructible, the One who will live forever, the One who gives us our sustenance, the One who brings love and peace and courage, the One who teaches us to

love and protect all.

God's messages are not for any one person, country, or race. Where there is meditation, or prayers are being offered to God, or God's praises are being sung, or God's commands are being obeyed, that place becomes an ocean of peace, with a flood of healing. It begins to heal the leaves, the animals, the earth, and also the human beings.

What is happening now is that we have not made up our minds to accept that healing and blessing, and they are being wasted. The way to receive that blessing is through the path of meditation. You must concentrate and unite with the Almighty. Your mind will rise and unite with Him above. Then wherever you may be, whether at home or in society, your mind will have risen above all this and it will not be affected by what happens here, for it has reached that Place where all problems are being solved and the Light of Knowledge is perpetually being generated.

Today that light of knowledge exists, but to understand it we need to meditate. Today many read a sacred scripture—be it the Holy Qur'an, the Guru Granth Sahib, the Bible, the Torah, or the Bhagavad Gita—but their minds are not focused upon it. How can we make the mind sit there? Through meditation. Then we will be healed. Our body and mind will always be in a state of joy. Then we will see Him everywhere, and He Who is omnipotent will be ever present with us.

Do not think you can reason with your thoughts and thus control your mind. It is not possible. The mind will be at rest only when it receives its full nutrition through prayer and meditation. We wash our clothes, wash our bodies, and clean our houses, but we must clean our mind. Guru Nanak says, "The mind is washed by meditation on God's Name."

What are the signs of a clean mind? There is no evil in that person. His way of talking, of communicating with people, of sitting, everything will change, because the power of healing will come into him. People who come into contact with him will feel that healing power and sense of peace.

So from today let us all go within ourselves to our inner minds. Many pray and go to religious places, but to deeply imbibe the teachings we must meditate. This is essential, because our mind is very hungry. If we do not give it nutrition, it will be restless and irritable out of hunger. It will become intolerant and nervous because it is not receiving food.

Into the Light

When does a prophet come? A prophet comes when humanity enters darkness. He brings the knowledge of God, the Light of God, and the blessings of God. Then he catches people and guides them from darkness to light. He leads those who are doing wrong to do good deeds.

Do not waste much time thinking; do good. Remain attached to whichever prophet or religion you are following, but it is essential to follow the orders of that prophet or religion. Our actions are not worthy, so let us begin today to feed our hungry minds. This food will reach our mind only when we meditate and obey the rules that have been laid down.

We will obey only when we will meditate. Obedience is not in our hands; we do not have that power. The only power we possess is that of meditation. Through meditation, we will understand the enlightened wisdom of our prophets and their messages. Then when we have understood, our problems will be solved and our ailment will be healed. Once healed, we will become strong.

Without meditation, you will remain as you are. But with meditation, your conscience will speak from within you and clear your doubts. You will notice the changes in your life, the changes in your thoughts. You will see healing and love coming within you.

We must understand, accept, and obey this, for we are not doing the work for which we took birth. We have brought great love, mercy, and virtues from God, but we are not supplying what is good to ourselves or to society.

We have been praying for a long time, going to religious places for a long time. Many people have died in the process without attaining peace. Let us change our route, start to obey the commands, and banish the illness of the mind.

We are doing a lot of wrong in the darkness, so let us meditate in order to come out of the darkness into the light. Once we come to the Light, we will be stable. Our countries and most of all, we ourselves will be stabilized. We will receive great love and joy.

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Last Updated (May 06, 2008)