

PEOPLE NEED PEACE, as much as they need food and shelter. Some have been searching desperately for peace, for a long time. It's missing in the lives of many. Worry, depression and exhaustion are at epidemic levels in prosperous countries, even when material needs are fully met.

I want to explain where peace comes from and how to harness and develop it. Peace is an energy created inside. Even when I speak with peace, and you listen with peace, the energy increases.

So many types of crisis take place in our lives. There may be upheaval in the body, or in relationships, or in the atmosphere of the world. I don't think that anywhere, there is a person who has gone through life free from crisis - young, old, uneducated, wealthy.

But when I have the power of peace, I do not allow the stability of my mind to be disturbed. Stability of mind is essential to leading

a good life.

Just think for a few moments: when a person is worried, fearful, or experiencing sorrow, what is his state? And how does it affect others? If I allow myself to experience worry, fear or sorrow, I will make myself restless and unhappy and the atmosphere around me will be filled with similar feelings. How does that help either me or others?

In contrast, if I free the self from these negative emotions, I will find myself having good thoughts, filled with positive feelings towards others. This will help create a peaceful and loving atmosphere, even when harmony has been absent.

My experience tells me that when I am able to stay free from sorrow, fear and worry, there are values in me that come to the fore and that will be used in my life practically, giving me much strength and power.

When there is physical illness, you may go to the doctor and be prescribed some medicine. But when you are experiencing sorrow in the mind, what will you say or do? What will your mind be like

when you think negative thoughts? Whether this negativity is directed towards the self or others, the mind feels unhappy. Either way, such thoughts commit violence to the self

Together with sorrow, there is also peacelessness. "I don't know what my mind is doing, it is chaotic." Yet it is your mind, and so why are you becoming unhappy about it? When you allow yourself to become peaceless, you will interact with others in the same way and you won't be able to speak sweetly or peacefully with them.

If there is no rain, human beings and animals become thirsty. If there is no peace or love in my mind, it is as though mind and heart are dry. The mind becomes restless and races like that of a crazy person. Even with sleeping pills, people in this condition can't sleep at night and then can't wake up in the morning.

Free yourself from the crisis that you create through your own negativity. There are so many external crises, you can't even count them. There is nothing you can do about that. But the crisis you create in your own mind, according to the quality of your thoughts - at least put a stop to that.

Your body, your wealth, your relationships and the world: all four bring a variety of situations in front of you. They don't ask your permission. They can change at any time and you can't prevent it. One crisis hasn't finished and another begins. Natural calamities, earthquakes, floods, all of these come by themselves. They don't come as a result of someone calling them, nor do they go away to order.

But what is the condition of my mind, before the situation comes? When the mind is strong, external difficulties stay external — they do not shake me inside and rob me of my stability. The mind stays peaceful, free from sorrow and worry.

When I have this strength, situations filled with sorrow can come but I won't feel sorrow inside. If a stone is thrown, it won't hit me. If someone insults me - no problem!

My head must remain cool and not instantly react. Not even reject. Let there be an acceptance of the scene. This acceptance makes me peaceful inside. Then my peaceful feelings alone will help the situation. Also, I'll know better what to do or what not to do.

To experience sorrow is an act of senselessness. Remember this very well. When you feel sorrow about something, understand that you are lacking some understanding. For whom should I feel sorrow? Does it help either me or others?

Internally, people do create many difficult situations for themselves. Arrogance, for example, makes you feel disrespect and causes you sorrow. Arrogance brings a desire for regard and respect and when you don't receive these, you feel it to be an insult. "Look, I do so much for them, but this is how they repay me." If I give from the heart, and don't have arrogance, I won't have such feelings.

If I have good virtues and my actions are good, my fortune will also be very good.

But to become upset, or to be unhappy about something, even to have an off-mood, is like putting a drop of poison into a pot of nectar. It spoils everything. It doesn't just take away peace, it brings unhappiness.

That is not why I am here! It is good if I can quickly make the atmosphere around me one of great happiness and joy.

Letting go

Speaking for myself, I don't know how to tell jokes, but when I see someone crying, I won't leave that person until I see him or her smile. I don't need to do anything but give peace and love to that person. Internally, I feel it is just a tiny thing they are holding on to, causing them to go around with such a gloomy face. But they are making others worried or afraid, thinking about what is going on in that person's mind.

People feel sorrow when they are holding on to situations. They forget that these situations are external to them. All it takes is to let go. Once they achieve this, they become happy and peaceful again and can begin to smile. How often have we looked back on some previous trouble, and wondered what all the fuss was about!

The art of living from inside to out is such that it not only enables

us to let go of that which is outside of us, but builds such strength as to avoid being trapped by it in the first place.

When you too let go of things that are outside of you, and become free, you will begin to feel a state of stability filled with such happiness that no matter what happens, you cannot lose it. Happiness has the powers of peace and love merged within it. Where there is peace and love, you feel yourself to be a king. YDU have self-respect and feel yourself to be very strong, not someone who easily becomes upset and tearful, like a baby.

You need to attend to the quality of the thoughts that you allow to come to mind. This is only sensible. It is, after all, your mind. Thoughts should be pure, elevated and determined. Then just see the results. Without rituals, postures, chanting, etc, you will experience peace of mind.

Ask your heart: Do I have pure, positive feelings for everyone, including myself? Am I paying attention to this, making it my priority as I move through life? Such feelings create an energy that automatically flows outwards, protecting you against negative

If you do pay attention, you won't make mistakes. You won't feel sorrow, and you won't give others the opportunity to have thoughts about your state of sorrow. Otherwise, everyone else's attention will be drawn towards you, that this poor person is in difficulty, and you will feel low. That is no good for you, nor does it help others.

In my life, I have made a commitment: I will not feel sorrow or worry about anyone or anything. Nor will I allow anyone else to have such feelings for me. I will not be afraid of anyone nor will I make anyone afraid. I have to give co-operation with love, and help when help is required.

Even if someone else isn't giving me love, I don't have to spend anything in giving love to them. Others may not give me respect, but why should I let go of my virtue of giving respect? It is not good for me even to have the thought of not giving respect to someone who doesn't respect me, or who is an obstacle for me.

I am on a spiritual journey, and situations will definitely come. My duty is to continue driving in my own lane, and not obstruct others.

When travelling by plane, clouds come but at that point the pilot cannot ask why - he just knows he has to cross them. An announcement is made to fasten the seatbelt because of turbulence, but you don't have to create turbulence in yourself thinking the plane might crash. That is not sensible. With faith in the aircraft and the pilot, you stay peaceful and cooperative. Then the cabin crew stay happy with you, and you don't create an atmosphere of fear that might spread among the passengers.

With peace, with faith, create such a loving atmosphere that whatever comes, it will easily go away. This is the wisdom shown by the ancient story-tellers when they wrote "And it came to pass..."

What gives this kind of stability? You must have seen a tower - to reach so high, it has a deep foundation. You need to become introverted, to go deep inside, and make yourself so strong that even if the whole world fluctuates, you remain stable.

This power comes from within, from your inner being. When your motives are pure and positive, and based on love and truth, there

will be this power of peace.

Truth means much more than information which we may think, speak, read or write about. It means the power to remain silent and peaceful. Not even to think. Not to listen to a great deal, but to keep the essence of your being, your human qualities, in your intellect and awareness. To merge everything else that happens, inside or outside, as an ocean absorbs rivers, so that there is calm.

A state of truth is one in which whatever power you need for yourself and others to remain peaceful, that power is readily available at all times. I may be speaking, but even then I must remain peaceful inside. My breath, thoughts and time should be filled with peace and stability so that whoever comes in front of me finds me useful, and peace spreads everywhere. Then I am also useful to my own self

It is not necessary to remember and speak about sorrowful things of the world that have happened in the past.

Equally, to spread news of whatever is happening in the world now in such a way as to cause fear and tension is unhelpful. If I become