

## PODCAST 179:

### MIND-BRAIN, DO NOT HATE BUT RESPECT, LOVE IS THE LIFE OF A SOUL

Om Sri Sai Ram

Prasanthi Sandesh welcomes you.

It is said, "Drop the mind. Drop the mind." We often hear that the mind is responsible for all this confusion because the mind represents doubt, despair and what not. Therefore it is said that it is better for us to drop the mind. But the question may arise, "If you drop the mind, how is it that the brain becomes sharper and sharper?" This seems to be a puzzle.

Please note, the brain is totally different from the mind. The mind is what is given by the society, while the brain is part of the body. The brain is neither Hindu, nor Mohammedan, nor Christian. On the other hand, the mind is a Hindu, Mohammedan, or Christian mind. The brain is simply a beautiful bio-computer. The more you drop the mind, the sharper and more intelligent your brain will be. It's the mind that is creating your mediocrity.

The more and more people drop their minds, the more and more they will be able to function intelligently because the brain will be unburdened. The brain will not be expected to carry any unnecessary luggage. Right now your brain is carrying so much rubbish that if it functions at all, it is a miracle. Just look at how much rubbish we are carrying about being a Hindu, about being an Indian, about being Japanese or being a Buddhist, about being this or being that, maybe a fascist or a communist.

Religious ideologies, philosophical ideologies, political ideologies are all heaped upon us, layer upon layer. So the brain has lost its functioning. But once the mind is dropped, even the brain will return to its total functioning.

Meanwhile, your being is born intelligent. It is the society that creates unintelligence. No child is born unintelligent. Have you ever seen a bird which is unintelligent? Or a bird which is wise and intelligent? All birds are alike. Have you seen a foolish rose bush? Or a rose bush which is a genius? All rose bushes are alike.

So, all human beings come with the same potential, but fall into different gangs. These are all the gangs - like being Indians, or Chinese, or British, or American. These are all the gangs and the politicians are the criminals.

Then there are religious gangs. Their whole effort is not to allow your intelligence to function because an intelligent person is bound to become rebellious. If you have been a Catholic, question it. If you have been a Protestant, question it. If you have been a Hindu, question it. Question all that you have lived up until now. Something is basically wrong somewhere. Therefore, we have got to go deep and try to understand these matters clearly, with clarity.

Yes, birds sing. The trees, flowers and the infinite universe all sing. They enjoy nature. It's a place to dance, to sing, to celebrate, to love and to be loved. So if you love this existence, if you feel it, if you feel blessed with this existence, yes, you will be promised that when you die, you'll not come back again because you have learnt this lesson. God never sends anybody back to the same school once they have learnt the lesson. He just wants them to have learnt their lesson.

If you can learn to rejoice, you'll be accepted. Doors of higher mysteries will be opened to you. You'll be welcomed into the inner most mysteries of life. This has got to be carefully noted. Therefore dropping the mind is most essential at some stage or other. This dropping the mind solves the whole problem of life. But this has not yet been realized.

Life is very precious. The greatest treasure is hidden within it. That treasure is to become a witness. Yes, as has been pointed out, transform your life into a quest. This quest is an eternal search. What question is it that when answered the mind comes to a halt? The question is, how is our existence? We have to realize our existence has become a robot-like existence. We have to recognize that. But life in general has to be understood in a broader sense, not in just a limited way.

Here's another aspect we have to consider. We are in the midst of a storm today due to our desires. As has been pointed out earlier, desires as such are incapable of being fulfilled because intrinsically desires are unfulfillable. That is the reality.

We should know the real art of life. The real art of life consists of only three things: How to live? How to love? How to die? These things you will not know from the scriptures. These things you'll only know from your innermost core. This is real education which we can realize by being still. Know and seek the strength of 'no desire' because having no desire will make us very strong.

In these talks there may be one or two points here and there which are repetitions. This is done deliberately to put emphasis and stress on certain points; otherwise we may take life in a lighter vein.

Knowing is not doing. Unless this knowing is recognized, we cannot get any fruits out of it. Therefore we should make a kind of analysis of our life, and then come to a certain conclusion, while at the same time detecting where we need to make some modifications based on where our life needs to change.

Let us have trust, mutual trust. It doesn't matter even if you are cheated. After all, the man who cheated may be profited. But let us not lose our trust. Let us celebrate life by living in trust and love. That way every moment is a celebration. Yes! Then we can say in a relaxed way that we have done our job. With this development, our dear God will be very happy. He'll be very happy to see that.

Let's not hate anybody. Please kindly note: Love should be for everyone, not simply addressed to specific people. Love should be equal toward everyone. Love need not be oriented only towards another. In fact, love only towards another is not true love. Love in a relationship is not true love. Love that is a state of being is true love.

Learn how to be love. How to be love? Baba said, "Be love yourself. You should love to all." So it's not a question of whom you love. It is simply a question of your **being loving, or being love.**

Even while sitting alone, love still goes on flowing. Being absolutely alone and still, what can you do? Even when you are alone, just as you breathe you can continue to love. You don't breathe for your wife. So breathing is not a relationship. Therefore understand that love is not merely a relationship. You don't breathe for your children. It is not a relationship. You simply breathe, that's all. It is life. Just as breathing is life for the body, love is the life of the soul. One is simply love. Only then does one know that love is God.

Jesus says, "God is love." But it can also be said that love is God. The words are the same. But the significance is very different. "God is love," Jesus says that. But then love becomes only one of the qualities of God. He is also wise and powerful. He also judges and does many more things. So amongst all those qualities, He is love too.

Jesus' statement was very revolutionary in those days. Now let us revise it today and say, "Love is God." In this case, it is not a question of God having many other qualities. In fact God disappears. Love itself becomes God. Love is the real thing. God is the name given by the theologians who may know nothing about love.

Actually in this case, there's no God. Instead the whole of existence is made of this stuff called love. So if you love the word 'God,' it is perfectly okay. You can call love 'God'. But remember always it is love. You'll know this love only when love has become the state of your being, the simple state of your being.

Let's not hate anybody. Hate is love upside down. Yes, hate is a trick. You hate because you want to repress. Hate is not good because it has not harmed the other. It simply harms you. Therefore, let us not hate anybody. This is very important.

Maybe as a safety measure, this hate functions as a shelter. But that's not a true shelter. Anybody who is not behaving like you or not living like you, is hated. It's not necessary. Yes, this simply shows that you are not yet settled in your true being. Understand that being afraid of any outside influence may take you away from your true being.

Respect man, love man. Respect individuality, respect differences. That is only possible if you respect your individuality. And that is possible only if you are grounded in your own being. Then you are unafraid.

People live by labels. Drop all labels from your being, and drop labels from other beings. You take people as they are. Don't bring labels. Then we'll have a better humanity, and certainly a more human humanity.

Thank you for your time.

Sai Ram.