p. 12 DR. BHAGAT SINGH THIND Sept. 28 -'64
Monday afternnon
Y.W.C.A. Detroit

TITLE:
Suppressed & Repressed Thought create nerve disorders - Neurotic conditions & an unbalanced state of Mind.... & the cure.

90% of our outside conscious mind is influenced by our past.
Our goal is to be a free man - with the freedom for right choice-- to be free to understand our past, in the present for our future use.

'GOLDEN AGE IS IN THE FUTURE' .. On our tour , Japanese people had these signs everythwere & they understand this.

IF, having all & vitality of the body, yet still be dissatisfied, you are not moving forward. As long as you let 'things' possess you - you are not moving forward. There must be a will to become! But how? Always there is a right means for the right end. We must not deny the past - but build on them for a better future. When we die, we take with us WHAT WE ARE - which is our true character. We have come to this earth for a definite purpose. Things boil down the true teachings.

Each day build vitality for your body; learn to store energy like banking dollars, in case of need, you have it!

Do the corrective exercises
Eat with knowledge - a good diet.
Cleanse your body once a week (my day is Monday).
No breakfast - only juices & change these from time to time.
Body influences the mind & vice-versa.
Bowels eliminate only about 14% of the bodies dirt.
Kidneys filter 500 qt. of blood every day. They are damaged by too much starch, protein & too much eating. Juices in A.M. are to wash these organs.

LUNGS: We don't use the faculty of all 5 lobes. Breath deep - EAT AIR.
When blue.. take a walk & eat air! In India they say "lets go & eat some air.

SKIN: Also organ for elimination - expels over a qt. a day of dirt.
To sleep well - work & feel fatigue. But exhaustion is bad.
We must want to do an honest days work! Combine the thinker & the worker.

I accept no one unless he can attend lectures for 4 weeks strait, 5 days,wk.
I have to be true to myself. I cannot knock out the wrong thinking of people in less time. Mind is full of ignorance, bias, prejudiced - they must go before man can live an enlightened life. Man must realize his worth! It is here on earth that we learn VALUES of the soul! It is gained here! Whatever comes, be it happiness or ills - they all come to bring you values. Draw worth from them... they will pass away. Let these conditions contribute to your character. All passing things can give you this - just as the bee draws sweetest honey from the bitterest flowers. Draw from both the good & the bad times... be an awakened human being.

"To him that overcometh I shall make him a pillar of power & he shall come in & go out no more". - He shall be free to enter Everlasting Life. Jesus said, "Be of good cheer for I have overcome the troubles of this life". Bible is not the WORD - WORD was not Jesus. WORD is in you .. the PRESENCE of the HOLY SPIRIT, the MAN . He said,"Ye must be born again by the WORD of God". Become sweet, have your whole nature changed, saturated thru & thru. That which does this, is the MAN - the WORD - LOGOS. Farmer cannot ripen his crops. God's power is the only one that can sweeten it. "The whole need no physician". Dogmas, creeds, mass, - Jesus never taught that. He said "The Kingdom of Heaven is within you". Religion has fallen into the hands of priests - they want only ritual.

The greatest mystery is boredom - no worse curse. Because life in them is not finding & mixing with their rivers inside..to move to the big Universal Ocean. God's purpose flows thru us! Your own little nature is not being fulfilled. If I hold a nightengale by the throat & tell him to sing.. he can't..HE NEEDS TO BE FREE. "Take your hand off my throat & let me be in the trees, then I'll sing". IF you are happy in your own company, then you have good insides. Now there is Bingo in the churches - they try to get the last penny from the people.. it will be the churches downfall.

I must be myself.. my insides are to stir up something inside you. IF you are true to yourself then you can be false to no man. DON'R FOOL YOURSELF. On a Greek Temple in large letters are these words - MAN KNOW THYSELF. Jesus said, (so they say) that he died for me, to fix things up for me ..... Oh no, you misunderstand. Our self can be exhalted or degraded each day by what we do & think. Each day is an opportunity to improve our Self. What is your Self, your body? Seems as tho we are just looking out for the body, we treat it like a house. JOY comes to us when we fulfill thru others. GIVE, don't suppress.. don't be a sour-puss... that is not Christ-like .. BE RADIANT, it is CONTAGEOUS!

What is your own self? Mind? Consciousness is the part which I am consciously conscious of.. that I am conscious! THIS is the conscious mind. Behind this, going on un-noticed, is the VAST PART, this is our Sub-Conscious Mind. Our habits, racial past, our own past.. this is what we are.. our character. Every saint has a past & every sinner a future. If your character is low-- CHANGE IT. It is ignorance to blame society for downward living of a loved one. Society is not to blame.. it is in that ones own being - the susceptibility to that level that gravitates it to its own: that one is to blame, not the outside world. WHO jipped you ? the reason is in you.

The UNCONSCIOUSNESS is an instrument - not the real Self .
To join the conscious - the sub-conscious & the unconscious together is a big job. PERFECTION is in GOD, not in a human. No man is WHOLLY (HOLY) who is not 1-st health - a perfect man is a healthy man.
The conscious mind must be stabelized - this is the WILL of the FATHER.
We must learn to love in the fair weather as well as in the foul, not easy.
It is a big job to become stabelized. Are you a thuro-bred or a mongrel?
We must purge the sub-conscious. Inside is a den of theives - the market place. Man sells religion.. this is of the UNCONSCIOUS, like a jungle.
Become SPIRITUALIZE yourself. Learn to say "Thy Will be done". Partake of God's gift in you. It takes away rebellion, resentment..accept all that comes.
Don't bend things to suit yourselves. Whatever He brings, ACCEPT. He sent it!
Re-act to all that comes constructively.

Three small magnets cannot join together alon, but a larger magnet can draw tham all & lift them up. The magnet inside is the CHRIST.. not the person Jesus. but the CHRIST SPIRIT of TRUTH - to KNOW as JESUS KNEW.
In me, is the EVERLASTING PERSON. All LIFE begins in me. It grows in me & fulfills in me! Just do consciously, what is right.We can't force change, we can not do it. Force on a woman is rape. There must be the consent of our soul! Consent to love God.. go to God inside. He gives knowledge of your true Self first - to draw you to HIM.

The self has to live & to die with it's own self. Be true to yourself.
No one ever hurts you. ONLY your own lower self can hurt you. Even what others say can never hurt you IF YOU DON'T ACCEPT IT.! Be a self-governed person by your own self. Likes & dislikes is what hurts us. The body sings when I accept all that comes. Not much good yet when I don't control my own thots. Our whole being must be unified. In the Fine Arts Museum (Chicago) there used to be a beautiful sculptering of a man -- straining to pull both ways at the same time. I saw it many times (Dr.Thind. We are like that.
The words engraved--"I FEEL WITHIN, TWO NATURES STRUGGLING".

The cow is happy, he doesn't have to confess before a bull confessor. Is happy because there are no conflicts. Man & woman are many sided. We must learn from all the sides..there is vital knowledge to deal with. If we see an ugly self.. it can & will change: DISCIPLINE YOURSELF. I don't care what others think of me--it doesn't change me,..I remain the same. There is good & bad, it is true I know. Just deal with it. Give up this 2 faced-ness. BEFORE you call others low - look at your own lowness, yr.own code of conduct. How to live in a society

We must think of others & do for ourselves last: others must come first. People love you when you bring the best out of them, in doing that, the best must come out of you. A good woman KNOWS a good man. If she is not a good woman, it cannot harm a good man. We need others. Spiritual life cannot be live in aloftness. Stagnate pools are not life-giving.

Guru is commanded by the life you live, as he has commanded you to live. Guru is your servant! All likes & dislikes are hinderances. Just do what you ought to do. TRUTH is the same for all people. ARE YOU ALL THERE ? ALL that is latent within us must be made PATENT! ALL of the God-Head is within you - express it daily! ALL of the resources of the mind MUST be developed! THAT.. is true knowledge, IF it liberates the mind..of man.

There was found in India - 200 ft. below a college TEXALA.
My good & my bad self proposes.. accept it then! The human has two sides, even tho we know of the rotten side.. LOVE the DIVINE within anyway!
"Build more stately mansions oh my soul."
Is mind free from superstition? From loss, from the ups & downs - then WHY EMOTE over them. Your mind must be free & open to receive Truth... it is our BIRTH-RIGHT to KNOW ALL we can! Then dedicate yourself - do NOT seek your own way.. God's way is best.

I used to resent criticism of my speech, of my self, of pronunciation. Just accept yourself & then be your own best self . Your self is being influenced by your past self. Each self is it's own unique self & different from any other! You can follow no one - for you are like NO OTHER PERSON before - or is or ever will be!!!

There are fixed laws. We must found out about ourselves.
I-st.. there is the souls' own past. Parents try to mould their children only to discover that the child came with its own past structure, its own. All of this is in the soul structure. Some who come have beautiful bodies-- they are great souls. Our son was so beautiful - so intelligent. I had a vision of his coming from the higher worlds.

Next is the environment. Soul gravitates to the right place, the right family at the right time. Then what about heredity. My wifes parents are from Wales, I love them. I told my wife & her brother that they should be thankful to have been born of such good parents - who should be equally thankful for such wonderful childrem. Why is it that a little country like England has ruled the world?

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Mon. afternoon

Next to environment comes Nationality;

Each has a definite beauty all their own. Americans have the dollars but also the meloncholy - can't get along with the mates.

Climate: In the south or a hot country - people are lazy... song birds come from the south lands. In the north, people are more energetic but less romatic. Of course this is not so for every person.

FCCD: it makes a real difference, either to fill you or to fail you. When we left Bombay, on our way home, standing on the spipe deck, as it pulled away from India.... both my wife & I had tears in our eyes -- & I realized it was my last reincarnation in that country.

Millions are drinking & smoking - trying to run away from themselves. They can not live with their self nor can they forget. You are only responsible for yourself -- not responsible for what others are doing. Outside the hall I never talk to others about relighonr religious beliefs. If they ask, I will talk. I am civil altho they mostly are rude.

And God said, "Let us make man in our own image".
Maintain your own good behaviour - GRCW. All things come to us.
We are human beings in a more or less inspired state.
Once we were Ape, now MAN, but the Ape in us rules.

the end