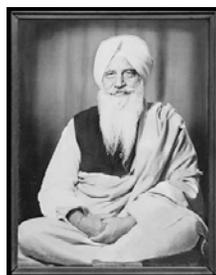


Q & A. A milestone on my path of searching for knowledge was to have had the opportunity to ask the Master a question that had been occupying me - about the two opposing forces in my life. **T**he first one I know much about - it is the positive, uplifting force; we read about it, study it, reflect on it, often refer to it and we sing hymns about it - yet, who can say they live in full awareness of it? **T**hen there's the opposing force. I knew little about it, but I was very aware of it - it's the negative, down-pulling force that makes me judge and damn, lie and cheat. This was the Master's answer: **"Y**ou see, the negative force is the mind. It is not some entity that is hiding somewhere, it is mind itself, that is the negative force. And our fight in meditation is with the mind - meditation means: To fight the mind. As long as the mind is pulled toward worldly senses, you can say it is your enemy - when it is attached to the soul, its tendency is upward and inward, and it is your friend. But success depends on the individual and how deep they are entrenched in this creation - not just in this life, but over the many lives we have been here. It is a constant effort, brother."

*Guru Maharaj Charan Singh Ji (1916 - 1990)
Delhi, India, March 1987*



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Q & A two. At the same meeting a young woman from America asked this question: "I got married a couple of years ago and we have a baby. I now find that my life has changed dramatically. I am so busy all day long, I don't seem to be able to make time for myself anymore, and I hardly get around to meditating. I am concerned that I am losing my individuality. What can I do to find myself again?" The Master answered: **"Y**ou see, sister, the problem with you Western people is that you over-analyze everything. You look for meaning where there is none ... you worry too much. Don't worry. Go with the flow."