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## The Soul Wants Freedom from the Mind, Part 2 of 4

Grayslake, Illinois — December 15, 2018 — Holiday Party, Day One, Afternoon

Welcome friends, back here. Hope you enjoyed your snacky food. (Laughter) I did. So, I...when I eat, like many of us, we feel sleepy. (Laughter) In Spain, they think it's very necessary that after you have your lunch, you should sleep. So, their hours of work are very different.

Two friends of ours went to Spain, two ladies, elderly ladies, used to meditate regularly three o'clock in the morning and used to have their dinners according to the American standard, sometimes five-six o'clock in the evening. They were ready for dinner, and they were told no restaurant is open till nine o'clock. They said, "We sleep before nine o'clock." "Well, you'll have to sleep hungry then, if you're in Spain." So, when in, when in Spain we have to do things differently. You have to not worry about time.

That impressed me, that they are not anxious to run to do something. Do you know how much stress we create upon ourselves by rushing to do something? "Oh, I'm getting late!" That's a very stressful thing. You are never late. You are supposed to arrive when you are supposed to arrive. So never think you are late.

When I come late—maybe 10-15 minutes, not too much—I always tell the story of the man who was hired by Walmart. Walmart is a big store. There are many stores like that—big stores. And they are recently deciding that we should greet people. So, they hired retired people, retired people who just want to occupy themselves. They don't need money for that, but they are just occupied.

So, they hired one very elderly, nice man. He was a great greeter. He'd greet people. Sales went up at that store. So, he would say, "Good morning. What can I do for you? What can, where can I send you today? Which department you want to go?" Very nice, courteous man.

So...but he would come 10-15 minutes late every day. So, the manager of the store said, "You are such a good worker. You...people love you. But why do you come late? What would people say wherever you worked earlier—[which he didn't know where he worked earlier]—wherever you worked earlier if every day you came late. What would the people say there?" So, he put his head down. "He would

say...they would say, 'Good morning, admiral. Shall we bring your coffee now?'" (Laughter) So, I get away by telling this story, and I come 15 minutes late. (Laughter)

There was a professor of mine... I was studying in a college in Lahore, and a professor went for a trip to Spain to visit his friends, Spanish friends. His Spanish friends said, "This evening we have a concert going on. Would you like to attend the concert?" "Oh, certainly. Spanish concert, I would like to go. What time is the concert?" They said, "Seven o'clock in the evening. So, after that we'll have our dinner or some snack. So, we'll have late lunch, three o'clock." (Like we are having at a holiday party. Many people are wondering is it dinner or lunch. We don't know the exact, exact timings, you know.) So, this professor got ready, put on his tie and suit (like I tried today). And he was all ready before six-thirty or so—"we have to go to the concert at 7:00." He realized that his hosts were not bothered at all. They were roaming around in the house, and he thought maybe they have canceled their visit. So, after seven-thirty or eight he said, "Have we decided not to go to the concert?" They, "No, no we will go to the concert. We will still go to the concert. So, we will eat something before going. Let's have a little tea or some coffee or something." He said "How, how—the concert will be over by the time we reach there." After nine o'clock or so, they left. They reached the concert place ten o'clock, and they found that even the orchestra had not assembled there. (Laughter) The seven o'clock concert started at eleven o'clock. (Laughter) He said, "How can this happen?" "Oh, it's done here. Everything is we—it is lucky it is happening the same day. Sometimes it's 'manana.'" (Laughter) Normal is "manana." (Laughter) Next day.

So, now I noticed that this style of accepting—there is no rush for anything. If you look back when you rush so much, what did you achieve? I see people rushing in the cars trying to just go round everybody. I go slowly—at a red light they're also sitting, waiting. (Laughter) Next red light, they're also stopped. I don't know whether it's a coincidence, and I say what was the idea of rushing when there's a red light ahead?

People are saying "We are rushing!" "Where are you going?" "We are going to the athletic club—there's a club." "Why are you rushing so much?" "We have to have a walk there." (Laughter) I said, "I'd like to see a club that you walk." So, I joined the club. Said, "I should also see that I walk in my house. I walk outside in the road."

Once, I remember in Minneapolis, I was walking on the road. All the cars stopped. "Are you okay?" (Laughter) I said, "I'm just having a walk." (Laughter) Nobody's used to it.

So, I said, "There must be special place for a walk." So, I joined a club. I dished out many dollars to become a member. And then I found the club had a little walk-way built around it, like a gallery or something. I saw people walking there—very fast. I said, "You could do this anywhere you like." (Laughter) "No, but we have to drive fast to reach there in time to walk." (Laughter) Or, you have to rush to a place to play ball—relaxing game. (Laughter) How are you destroying your relaxation by

rushing so much?

There is no need to rush. Look at life differently. Life is not for rushing around. Nothing will go wrong. Look back. Nothing will go wrong. It's just our own mind that's creating these worries for nothing. Worry need not be carried. You are late—doesn't matter.

Supposing you make a mistake. People are afraid of making mistakes. And I tell you, the best thing is to make mistakes, because you never learn except by making mistakes. Nobody has ever progressed, no company has ever succeeded—the largest corporations have failed several times before they ever succeeded—because there is no such thing as a mistake. It's a learning experience. So, use it like a learning experience. Don't worry. “Oh, it'll be a mistake! Oh, what'll happen?”

I got some nice jobs in my life. One was a top job. I was Chief Secretary of a state government. That's supposed to be, in India, a big job. Because I had 50 secretaries reporting to me. Each secretary has four or five heads of departments there. So, there was about... I used to have a monthly meeting. And they were very competent people. They had come through special administrative service examinations—civil service examinations. There was a top of *crème de la crème* of the educated people who'd joined that service. Therefore, I knew I had a set of very brilliant people there.

So, when I would meet them, I would say, “Please, make mistakes.” They had never heard any officer say that. I said, “If somebody ever comes to me and says, 'Sir, I have never made a mistake,'” I'll say, “You have never worked.”

Because when we work, mistakes are inevitable. The harder you work the more mistakes are taking place. Mistakes should not be taken something negative. Mistakes should be taken something positive. That helps us to learn. That's why if...I remember a story I'll tell you.

I had a very interesting boss. He was the chief minister of the state, and I was his principle secretary. So, we were driving in the car from Delhi, which is the capital of the country, to Chandigarh, the capital of the state, in our car. The car was driving at a high speed on India road. Sixty miles an hour is very high speed. And my boss tells the driver, “Speed further! Go faster!” I said, “Why are you trying to tell him go faster. We might cause an accident.” And he says “Why worry about accident? The best way to die is either an accident or in war—not on bed—not on a sick bed or in a hospital.” By the way, he died in a, in an assassination on the road. But that's a different story. (Laughter) What I, what I was going to tell you was something else. (Laughter)

As we were driving, a rabbit came in front. I was feeling sleepy. He was wide awake. A rabbit came and got killed. He asked me, “Mr. Puri, did you see a rabbit crossing the road got killed under the car?” I said, “Actually, you're telling the driver to drive fast. Rabbits have to get killed.” He said, “No. Watch carefully. There are, there's rats, there's mice crossing the road. You can see. They see the light of the

car and they just either don't cross or they cross the road. Rabbit is a much faster animal. How did he get killed?"

I said, "I, I thought maybe he has bad karma." (Laughter) He said, "I don't expect this kind of reply from you. I want a proper administrative reply. You're an administrator." I said, "I have no proper reply. You're a politician. Give me a political reply." (Laughter)

He said, "You did not observe carefully. When the rabbit came in the street, when he was halfway through, he saw the car coming. He decided to change his mind and go back. And I saw the rabbit turning back. After that, he changed his mind again and decided to cross the road. And he got killed by his indecision. So are human beings killed by indecision. So are societies killed by indecision. So are nations killed by indecision. It is better to make a decision which is wrong than to make no decision. Indecision is always wrong."

I learned a big lesson from him. This is very true. When we dilly-dally all the time ("Oh, we can't decide, we can't decide"), we lose the battle. It's important to know. These are simple things which change our life.

There was a man living in California, and he had a beautiful white beard which reminded me of my Master. So, I liked him. So, I went to hear his talk. He talked about how to solve problems. He said, "Most of us, when we face a problem, we try to go around it. 'Oh, how can we avoid it? How can we go around it?' That's not the way. When you see a problem, first, greet it, then meet it, then beat it." Simple formula. Greet it, meet it, and beat it. Don't try to go around. He says people who try to go around the problem, they find that the problem is still there even afterwards. If you don't solve the problem as it comes in your life, it's still hanging around with you. The stress continues. Just deal with it and be done with it.

Now, sometimes we do some actions which lead to some kind of punishment, because this business of karma is punishment and reward. Sometimes there's a punishment for something—mistake you make. Accept it. Accept it. This is part of the deal. Don't try to avoid, because the pressure you put on your mind by avoiding, that comes in the way of your own meditation. Deal with it and be done with it. And if there's a price to pay, pay it. Don't worry too much.

So why am I telling you these things? Because all the way we live our life, all the way we work and get stressed out in the work, it all affects our state of mind and makes concentration of attention difficult. And since the method of meditation we know is concentration of attention at the third eye center, therefore, it's always good to do things which help us not to create an impairment of our ability to concentrate our attention.

Some people ask me, "Are you vegetarian?" "Yes." "Why are you a vegetarian? Don't you know that

there's not enough protein in the vegetarian food? How long have you been vegetarian?" I said, "I have been vegetarian for 92 years. (Laughter) I didn't die. (Laughter) I didn't lack protein. (Laughter) My protein is high." (Laughter) I said, "Being vegetarian is recommended through, for meditation."

"Why is that? What has food to do with meditation? Meditation an internal thing—we just have to put our mind there—we can eat what we like. What are eating to do with meditation?"

I said, "Eating is not what is causing the problem." The problem is that we have a mind with a subconscious mind sitting under it. The subconscious mind keeps on pushing us with things it remembers. When you do something which affects that, and I tell you why the diet/vegetarian diet is good for meditation, because life on this planet depends upon extinguishing of other life. You will see we all extinguish life, whether we eat vegetables, or we eat meat or anything—it's all life. We don't survive on rocks and sand. Big fish eat the small fish. Animals are eating each other. Animals are eating plants. So, there is no way to survive in this world except by extinguishing other life. That's the law.

So, if we extinguish life, it depends on the order of the life what happens to us. The awareness of life is different in different categories. For example, plants also have life. Plants have life—has been demonstrated many times. One of our famous Indian scientists got a Nobel prize for that.

Also, there one Dexter Baxter was here in California. I'll tell you his story about plant life, that he said, "Plants can see." There're no eyes. How do they see? So, he had an accidental intro...thing in his lab which caused that conclusion to come. That was that he used to put the electrodes on the plants and study their EKGs, their electric cardiograms of the plants. And how, when you sing music, they would dance and be happy. And when you were sad, they were also sad—things like that he was examining.

One day—and he used to take those electrodes off when he used to go home—one day, by mistake, he left those electrodes on in a plant in the corner of his office. And next day he noticed that there was a very big spike in that diagram of the EKG, that something happened at eleven o'clock at night. He asked his assistant, that girl. She told him at eleven o'clock, the neighboring guy, when you had left, he came, molested me, attacked me.

The plant was a witness to that and recorded it. It's amazing thing. He said, "This is exactly at the same time the plant saw, recorded the spike, it's EKG readings." So, he called that boy. They were next door. When he came, the plant did the same spike again. So, he got convinced—the plant can feel the presence. So, he wrote lot of articles—he was, he was doing secret work also for the state, for the United States government. So, the lab was not open to everybody. I had to get special permission to go and meet him.

So, plants have life. But their life is at the lowest level of awareness. Fish, other insects, birds—they're all at different levels. In India they divide them by how many *tatwas* they have. There are ultimately

five elements. Some have water mostly; some have the other element mostly. So, they divide them. The awareness of the human beings are at the top.

Now, supposing you go and kill a human being. And a book you're reading in the morning at a certain rate—say you read one page a minute—you kill a man and come back and read the same book. It'll take several minutes to read the same page. Your power of concentrating attention is affected. If you kill an animal, lower animal, recovery is faster and doesn't take so long. Similarly, you extinguish any life—even vegetables, has an effect on us through our subconscious. But vegetables are the lowest form of life which creates the least disturbance in our power to concentrate our attention.

That is why when people ask me “Is it necessary to be vegetarian?” I say, “No, not necessary, unless you want to meditate. If you want to do meditation, it'll be helpful. You can test it out.”

The best example I can tell you is His Holiness Dalai Lama. He came from Tibet. It was my privilege, as a Deputy Commissioner of Dharamsala, Kangra District, to host him, to receive him, take care of him—became friends. We would go and discuss meditation. Because he brought with him, as a young man, he brought with him two tutors—senior tutor and junior tutor. And they both were teaching him meditation. He would meditate about 8 hours a day.

But he was eating animal food. So, I told him that the Buddha said, who—you're a Buddhist. You're probably an incarnation—Dalai Lama. You are representing Buddha. And Buddha said “Thou shalt not kill.” You also say that: “Thou shalt not kill. Then how you eat this? They're animals.”

He said, “Buddha said, 'Thou shalt not kill.' He didn't say don't eat what is killed.” (Laughter)

I said, “If you don't eat, they won't kill. Understand, if we don't eat, who will kill? The killing is for your eating.”

Therefore, I tried to persuade him in many ways. It had no effect. Then I said, I used the last argument which is: “The proof of the pudding lies in the eating.” Which means, I said, “You have been meditating so long. Meditate one month on vegetarian diet.” He practiced one month on vegetarian diet—became a vegetarian! Now that was a clear proof of his, because he's used to meditate very seriously, trying to understand the different layers of thought in the head. So, he found the difference.

I have noticed this in many other serious meditators. If you want to take advantage of meditation and get the best results, then the vegetarian diet, the very lowest type of diet that you can have that causes an interaction with your power of concentrating, take that.

So, I am very happy that I could share some of these stories with you. I was, I was—you see that girl,

Diane, here? There she is. She has been with me for a long time—she's a nurse. I can't eat anything without asking—is it okay? (Laughter) She makes sure I get my medication. Maybe I've lived to 92 because of her. Maybe the good case today...

But I have another friend sitting here, there. His name is Dwight Samuels. He's also known me for many years. So, when I was not there, he happened to ask her about her past life and so on. She says, "I don't believe in past lives." He said, "You spent so much time with Ishwar, have heard all his talks. Don't you believe in these things?" "These are all stories he tells. They're...but they're very nice stories. Everybody likes it." He got horrified—shocked! And he told me, "I am shocked that a person staying so close to you..." First, I was going to tell him that there's always darkness under the lamp. (Laughter) But then I changed. (Laughter) I changed it and I said, "To tell you the truth, this creation is nothing but a story. It's a story being told. This creation is nothing but an act. It's a script that's written up, just like a story. There's no difference." If I am talking about this creation and the Creator and also more or less about the characters who come here, then I am telling stories. So, she was actually telling a very profound truth, which when I examined, I was impressed. And I'm sure Dwight will be impressed also now. That this is all stories. This is a stage here that has been set for us to experience something. We set it up so that we could have different kinds of experiences. We are all actors. But we don't know we are actors because we are good actors. A good actor forgets he's an actor. Otherwise, not a good actor.

I give the example of Ben Kingsley, when he acted in the movie, *Gandhi*. In the interview in New Delhi, he said, "Before they shot the movie, I said, 'Wait. No shooting will take place till I feel I am Gandhi.'" Every morning he would wake up, "I am Gandhi." When he forgot he was Ben Kingsley and thought he was Gandhi, he said, "Now shoot." So, he acted in that movie that he was Gandhi.

So, when you become the person whose your character you are, you're the best actor. We are all best actors, because we all we think that the body we are wearing is actually our Self. This is a costume we are wearing for the act which we have. We have memorized the script so well, that when it flows through us as thought, when we take decisions and we say, "Let's do this, let's do that," we are speaking exactly the script. The script is not what events will take place. The script is what thoughts you will have. Events follow thoughts. So, the thoughts that you have are all scripted at the causal plane.

You don't believe what I am saying? Go and check it out there. You go and check it out that everything that is drama that has been placed here has been pre-scripted over there. But since the script provides for making decisions—script provides for all thoughts—therefore, when we decide something, we think, "Oh, we are deciding now," you decided earlier when the script was written. But since we have forgotten how it was done—we are such good actors that we become the actors and we think we are those.

We are not the bodies. But we are sitting in the body. How did we decide to sit in the body? Because the play was written—the whole play was written in advance in which there are millions, trillions of actors of all kinds. We decided that where should, where is the best place to watch the play? We could sit in the sky and watch the play here on the ground. We could have done that. Maybe some of us are doing that. But we said, “The closest way is to get into the play itself and enter into the head of one of the characters.” So, we decided, “Let's enter into the head of this character.” And we became that character. And we thought we are that person.

We totally forgot that we just came to witness the show, close by, by getting into the head of one of the characters. This made us feel it's our thought—we are leading a life here—it's our life. This is the only life. It's the only reality. Such a great job we did in making this show so realistic that no doubt was left! Everything was real. Everything we saw with our senses and perceived with our senses was so real. If somebody said, “This is not real.” “I can touch it—I can see it. Therefore, it's real.” I do the same things in the dreams. In the dream I can touch things and see things and say it's real. Then I wake up—it's not real.

Same thing here. We are using the sense perceptions to verify what is real. When the whole sense perceptions is coming as one level, how can you use one against the other to determine reality? The reality can only be found if you wake up from that state and have another point of view to look at it—which you can have by rising to the higher level of awareness.

That is why reality has been created by us to have a better view, a better participation in the show that we are in. If you could just remember that, your life will change. If you, if you can't figure this out, at least figure one thing out—that you are not the body, but you are someone sitting inside the body—inside the head, behind the eyes. And you are watching the world with opening your eyes and using this body to see the world, and act in it and do various things here. All your life you're leading by sitting there.

If you can feel you're sitting there, looking at the world, your worries will stop. They're part of the show. They're part of the drama. Lot of, lot of change can take place. Of course, these are just basic things which you'll try. But the real thing is, withdraw your attention completely to see who you are. And find the secrets of creation, Creator—everything. Everything is inside, not outside.

Sorry, giving another speech to you. I was coming here for to hear songs. Okay, mister president of ISHA. Thank you very much for coming and joining me on this holiday.

<https://www.youtube.com/watch?v=nyNupSXsjb0&feature=youtu.be>

