

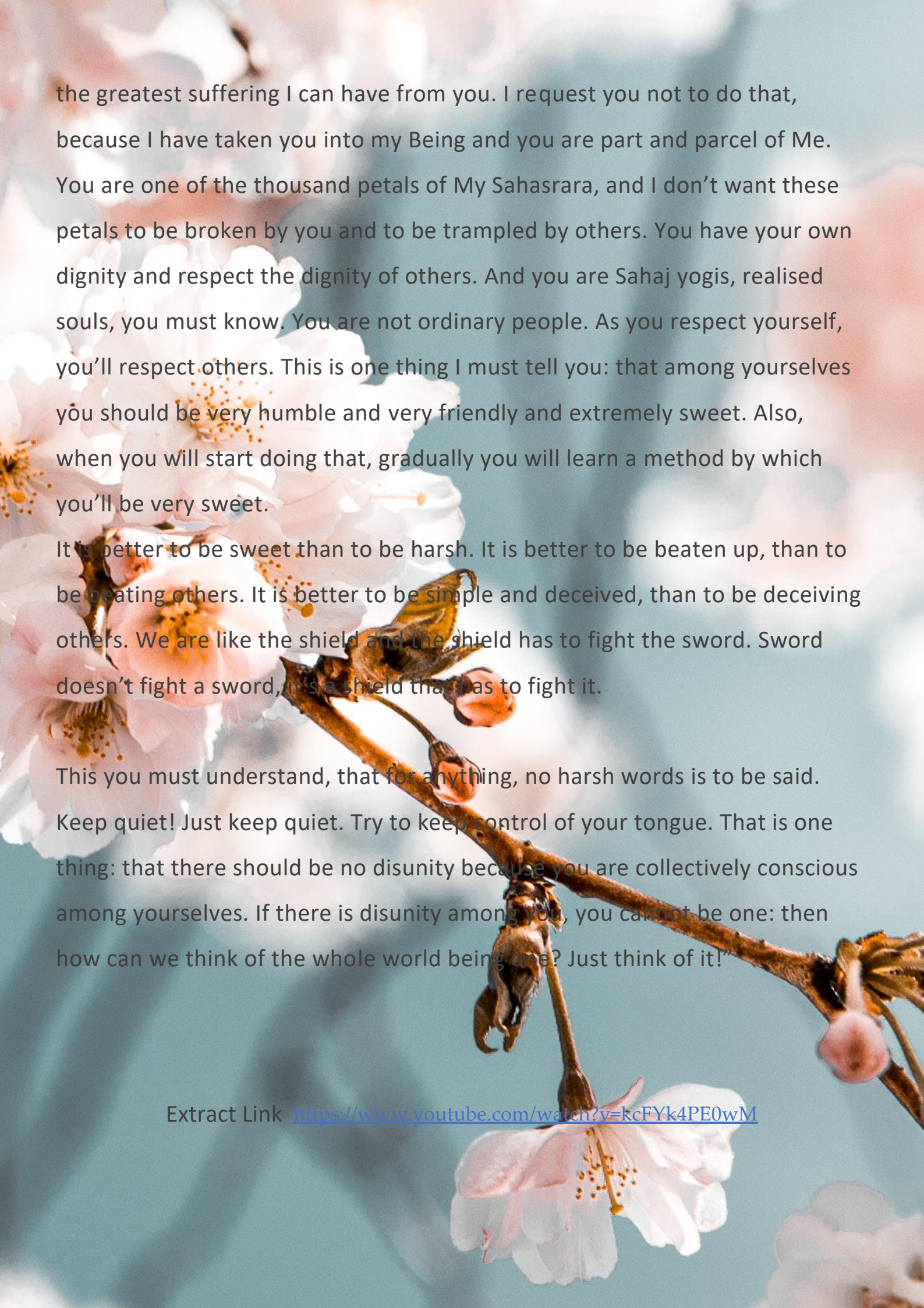
## **“The Promises You Have To Make” London – 1<sup>st</sup> July 1977 Guru Puja**

“Today I want certain promises by you to be reached. And the foremost of all, as Christ has said, “Love thy neighbour as thyself.” I would say, one step ahead of that: “Love thy neighbour, a Sahaj Yogi, more than yourself.” Let us start here. I don’t ask you to do for the whole universe: among yourselves. First of all decide: what have you done for others? Second: A promise you have to make that you will never say a harsh word to any other Sahaj yogi, even if he beats you hollow! If you can tell Me that. That is the greatest sin you will be committing from today.

Don’t try to correct others! If he asks you to check him, then tell that, “This is the thing.” But do not be harsh! Use your tongue for saying something sweet. I am telling you again and again and again. Otherwise, I will put some sort of a restriction on you. Try to control your tongue. It’s very essential to put sweetly something, you can, you are Sahaj yogis, it’s very easy to put it sweetly something. It’s such an attractive thing. Why do you say harsh things? For what? To create enemies! If you want to have enemies, you can have so many: for that you need not say harsh things. Very easy to gather enemies. Difficult to get friends. And difficult to get your own kith and kin.

The Sahaj Yogis, you have one Mother. And that hurts Me the most. Any, anything that tries to break you, will take out My Heart into many parts. And this Body will become divided into many parts. So don’t do that to Me. This is





the greatest suffering I can have from you. I request you not to do that, because I have taken you into my Being and you are part and parcel of Me. You are one of the thousand petals of My Sahasrara, and I don't want these petals to be broken by you and to be trampled by others. You have your own dignity and respect the dignity of others. And you are Sahaj yogis, realised souls, you must know. You are not ordinary people. As you respect yourself, you'll respect others. This is one thing I must tell you: that among yourselves you should be very humble and very friendly and extremely sweet. Also, when you will start doing that, gradually you will learn a method by which you'll be very sweet.

It is better to be sweet than to be harsh. It is better to be beaten up, than to be beating others. It is better to be simple and deceived, than to be deceiving others. We are like the shield and the shield has to fight the sword. Sword doesn't fight a sword, it's a shield that has to fight it.

This you must understand, that for anything, no harsh words is to be said. Keep quiet! Just keep quiet. Try to keep control of your tongue. That is one thing: that there should be no disunity because you are collectively conscious among yourselves. If there is disunity among you, you cannot be one: then how can we think of the whole world being one? Just think of it!"

Extract Link <https://www.youtube.com/watch?v=kcFYk4PE0wM>