

because we experience that there is more to it than what is happening in the physical world. Problems and pains that absorb our attention look smaller when we see the larger picture. When we realize that this life is temporary and there is an eternity of love and bliss awaiting us within, our problems are put into a new perspective.

Meditation helps us recognize the Light of God in all beings. When we see that we are all of the same essence, a common bond develops between us and others. We view others from a new angle of vision, as brothers and sisters of the same family. With this point of view, we treat others as family. Just as we would never dream of harming a family member or allowing a brother or sister to die of starvation or go without medical care, similarly, we develop the same concern for all others. The new millennium will be an age in which we are concerned about the well-being of everyone on the planet. We will realize the effect of all our thoughts, words and deeds on others. We will recognize that others' pain is our pain, and will not want to do anything to hurt anyone. We will learn how to speak kindly to others, resolve problems between people, and act in a peaceful, loving manner. Thus, our interpersonal relations will improve.

In the next millennium, from childhood to adulthood, people will receive the tools, guidance and training necessary to get along with others. They will learn the art of speaking and acting lovingly with others. Meditation heightens our awareness of the effect of our actions and makes us more conscious of our behaviour. We will ultimately have a world in which people will behave consciously and act in loving, caring ways.

As Sant Darshan Singh Ji Maharaj, the great saint and mystic poet, has said:

*Embrace every human being as your own,
And shower your love freely wherever you go.*

The more we contact the inner Light and Sound and explore higher realms of consciousness, the more we will see the same Light of God in all

forms of life, resulting in us respecting all living things. We will see that all creatures—fish, insects, reptiles, birds, and mammals—also have Light within them. We will be concerned about the well-being of all life. When we understand the interdependence of life on our planet, we will recognize all living things as important. When we realize that pollution is harmful to all life, we will stop destroying our planet.

Meditation makes us aware of the effect of our actions. Thus, instead of making choices that benefit us today but harm others in the future, we will make decisions that consider the value of all life.

When I addressed the fiftieth anniversary of the United Nations, I gave a simple formula for world peace. I told them, 'Peace begins with you'. Through meditation each one of us can attain inner peace. That is the greatest tool to bring about outer peace. If we are at peace, we will bring peace to our immediate family, neighbourhood, community, country and the world. If we are not at peace, negativity will radiate and spread to others. If each one attains inner peace it will not be long before we have outer peace. Imagine six billion people attaining peace within themselves. Who will be left to start and to fight wars? No one.

If each of us spent some time daily in meditation, we would gain awareness of our unity. We would no longer hurt others. Instead, we would bring peace and harmony to our environments. By achieving peace ourselves we could bring about world peace.

In the last century people have transformed the world by developing and using their minds. But in the new millennium, people will transform the world through the heart. We have done enough thinking in this past century. We have allowed the intellect to rule. Now it is time to balance this out by letting the heart rule. The heart will make choices to bring about a loving world. The heart will help us care for our bodies. The heart will help people heal emotional hurts. The heart cares about our fellow beings. The heart cares about the planet and all life. The heart has universal love for all. The heart cries out for the soul to gain knowledge of its true self and to find God.

It is my prayer that each of you hastens the coming golden age in the new millennium, and we can do so by attaining inner peace through meditation. Meditation brings love into this love-starved world. Through meditation, we will give the world the greatest gifts—universal love and world peace.

