

## 68. Seek solitude, meditate, and acquire one-pointedness

Those who yearn to establish themselves in contemplation of *Brahman* (*Brahma-nishta*) must seek solitude, practise meditation and repetition of the name at specified times, and acquire one-pointedness through these spiritual exercises. They must always be anxious to do deeds that will bring about the welfare of all beings. They must always be engaged in performing work without any concern for the fruit thereof. It is only when such people come upon the Earth that all suffering will cease. This is the mark of the Golden Age (*Kritha Yuga*).

In this world, kind-hearted doctors run medical institutions here and there and serve the diseased and cure the afflicted. Similarly, if we had ashrams here and there of holy personages who were experts in the treatment and cure of the “birth-and-death disease”, then people could be cured of the afflictions of ignorance, untruth, immorality, and self-aggrandisement. Ignorance produces wickedness, and it can be cured only by the medicine of the knowledge of *Brahman* (*Brahma-jnana*) with supplementary doses of the drugs peacefulness, fortitude, self-control (*santhi, sama, dama*), etc.

Instead of this, the “great men” of today give those who approach them the medicines they demand and the drugs their patients relish! They thus become the instruments of their followers and, for the sake of name and fame, they behave like doctors dictated by patients! The so-called “great” fall into perdition even before they taste the spiritual bliss themselves on account of their weakness and foolishness in becoming prey to the wiles of the greed for name and fame! The main reason for contemporary poverty is just this. Present-day virtuous aspirants and “great” people have not understood this fact and don’t act according to it.

The holy essence has to be experienced and realised. One’s selfish needs have to be sacrificed. There must be constant effort to do good to others. One’s desire should be to establish the welfare of the world. With all these feelings filling the heart, one must meditate on the Lord. This is the right path. If “great men” and those in authority are thus engaged in the service of humanity and in promoting the welfare of the world, the thieves of passion, hatred, pride, envy, jealousy, and conceit won’t invade the minds of men. The divine possessions of people, like *dharma*, mercy, truth, love, knowledge, and wisdom, will be safe from harm.

## 69. Uproot internal and external foes and uphold righteousness

The police and rulers can overcome only external foes; they have no power to destroy the internal enemies. They will find the task impossible, for they are not the authorities for that. The internal foes, the six enemies (*arishadvarga*) that operate inside a person, can be uprooted only by the teachings of good people, love of God, knowledge of the Lord, and the company of the holy and the great.

The world suffers harm at the hands of wicked people when the police and the authorities responsible for apprehending thieves become themselves dependent on them. Similarly, the world becomes enveloped in darker ignorance and *dharma* is destroyed when those contemplating *Brahman* incessantly and the “great” spiritual aspirants give up the path of world welfare and become victims of sense enjoyment and ambition to earn name and fame. Also, suffering increases daily.

The whole world will bask in peace and joy only when both groups —worldly authorities and spiritual aspirants— realise the right attitudes and, with the welfare of all at heart, ponder the omnipotence of the Lord.

These two groups are governments for humanity’s two states. Spiritual elders are the rulers of the internal

state; administrative authorities are the rulers of the external state. If both groups act and direct properly, both states will function to create happiness. The fault of causing the present misery must therefore be shared by both. It is at such times that the Lord resolves to vouchsafe happiness to all states and to suppress ignorance and injustice. It is to make this clear that the Lord said in the *Gita*,

Oh Bharath, whenever *dharma* declines and evil (*a-dharma*) raises its head, I make myself born.

*Yadhaa yadhaa hi dharmasya glanirbhavathi Bharatha Abhyuththanam adharmasya thadhaathmanam srirjamyaham.*