

**Week 6: “The Steady Mind”**  
**November 7, 1999; The Rev. Baine Palmer**

As I continue to read about Gandhi and study some of this material, it's apparent to me that Gandhi's power to move people and governments was not from an elaborate plan to gain control of anything or destroy anything. I'm beginning to believe that was not what he was looking at at all. I'm not sure that he ever even sat down and said, "Okay, I will go free the people." I doubt if it even started out that way. What I think he did was he followed the truth of his heart and he had undivided singleness of mind. He had a steady mind, and that is the key to life. If you want the key to life, that's it: A steady mind. Rest assured, your life is a reflection of the steadiness of your mind and where it is. That's the law. It's exact, unchanging, and can be no other way.

Gandhi said this: "At the time of writing, I never think of what I said before." Can we say that? Do you need to remember what you said yesterday so you don't get caught in that one today? I used to live all my life that way. Boy, that was exhausting! Gandhi said, "My aim is not to be consistent with my previous statements on a given question, but to be consistent with Truth as it may present itself to me at a given moment. The result is that I have grown from Truth to Truth." I have grown from Truth to Truth.

Gandhi's faith was Hindu, but what he knew was that there is only one universal truth, whether you are Hindu, Buddhist, Christian, Muslim. All the Masters' eyes stay steady on the one universal truth, whatever that might be. They gained an understanding that there is nothing, absolutely nothing in this outer world of changeable conditions that will give you peace unless it's led by Spirit. Now I know your ego is like mine; it doesn't want to hear that, because I've been working 50 years to get to this stuff where I could have this "ego-stuff" so I could be

peaceful, and now you're standing up and telling me you can't be peaceful? I say to myself: "Whoa, don't say that tomorrow, because you might have to live by it." But there is only one way; it's unequivocal. There is no option. You are either led by Spirit or you are led by the physicality of the world.

We are pivotal beings. Some days we are facing Spirit and some days we are facing the ego world, and it's all okay, but it seems to me that at some point we can't say, "Well, I'm just human," and let that be the excuse to never grow spiritually, to stay in our "stuff." It's to say, "This is my goal, this is my dream, this is what I want to do every breath. I want to love you. I want to be in a holy relationship with you. Let me be in holy relationship inside myself. Then I can be in holy relationship with you." That has to be it. And the thing is that then we get to enjoy all the "stuff" much more, because it's so alive and so natural and we are not worrying about it moving away. The Masters had a steady mind.

Probably the greatest seminar that's ever been taught was presented by Jesus. They called it "The Sermon on the Mount." It's in Chapters 5, 6, and 7 of Matthew. Listen to what Jesus said:

The eye is the lamp of the body, so if your eye is sound, your whole body will be full of light. But if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness? No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve two masters: God and money.

Now, we are not going into that old-time religion where the root of all evil is money. It's evil that I don't have enough money sometimes, but it's not "the root of all evil is money." It's my mind that's the root of my evil. Where is my mind at any given point? And that's what it means: You can't serve the mind of God and serve the ego-mind and then say, "God, make it better." You can say it, but you won't get a lot done with it. It is not this moralistic stuff about

money and serving God. It's not about that. It's about what I serve in my mind on a consistent basis.

Jesus went on to say:

Therefore, I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on it. Is life not more than food and the body not more than clothing?

Now, that's a tough statement. Don't tell me; I know about Maslow's hierarchy of needs. And I've got to have clothes on my skin when it's cold. And I've got to have food in my gut when I'm hungry, and I've got to have some water so I don't blow away in the wind. I've got to have these things, so don't you stand up and tell me not to be anxious about it. Well, that's the key.

Jesus goes on to tell us to look at the lilies of the field, how they are "adorned greater than Solomon" and to look at the joy and the celebration, and they don't toil and they don't worry and they don't do all that stuff that we do. He talks about the grass; how it's cared for and all that, and the birds, and he says, "If God cares about these things, do you not think God cares that much or more about you?" That's an important thing to think about. But it's not easy not to be anxious, is it? It's not easy to stay so focused that I know the truth of my being.

One of the things we go down a path on is that we start painting the way things are; the way they have been. We have all this data that we want to place up against this law about not being anxious. Yeah, but (there's a "but" rider on it, you know. Here's the deal: "This happens if that happens") and you keep doing that in your mind. It is not saying to be foolish. There is divine wisdom that will tell you how to walk the earth. There is divine wisdom that will lead you to the food and the money and all the things that are there for you to have; you will be led, if you trust Spirit that much. But it is so hard not to be anxious.

A guy decided that he wanted to compute how much money it would cost a day to feed all the birds in the world. And he was a scientist-type and knew his computers, so he throws all this stuff in the computer bank, and do you know what the result was? What he found out was there is not enough wealth in all the nations of the world to feed the birds for one day! Thank God the birds didn't know. Just look at it and stop to think about that. There's not enough wealth to feed all the birds, but do the birds get fed?

Jesus went on to say, "Your heavenly father knows that you need them all." You need all this stuff, but seek first His kingdom and His righteousness and all these things shall be yours as well; it will be added unto you. But there is not a storehouse out there that is going to add it unto you unless it's a storehouse of mind. That is the storehouse. There's not a warehouse out there where God has a forklift backed up raring to go so when you find the kingdom He can bring out a pallet of good stuff and give it to you. What God gave you is that if you follow the kingdom of heaven, if you follow the mind of God, then you will draw forth that which is yours to draw. But you have to be a player; you have to get out there with it. And you have to keep your mind on it, over and over and over.

Forget money. You are feeling good about something; you match all of your life with that, can you imagine how it might be? You are loving someone, and just in that split second they don't have to love you back. What if you matched everything you touched at that moment with that kind of love, instead of doing this: "Whoops, you didn't love me right, so I'm going to draw back from you. No more for you today."? Maybe you're feeling great about work and the sun is shining and everything, and then the boss does something. Whose energy do you match? Do you match the love and the power and the life that's in you with what's in your face? Or do

you assign an energy that does serve you? What do you keep your mind on, on a consistent basis?

The Bhavagad Gita says steadfastness means that one should be very determined to make progress in spiritual life. It requires great determination. It requires self-control to become accustomed to rejecting anything detrimental to the path of spiritual progress. And folks, there is no other way to do it other than to say no! There is no excuse for you to gossip this week. There are no riders for gossip. There is no excuse for anger and resentment. You are going to do it. I do it. I don't think we are all that different, are we? There is no place for it. If you think there's a place for it, there is, but ask yourself, "Will it give me what I want?" And what I am excited about today is the fact that we are all on the spiritual path and we are going to step up to this because we don't want to live this way any longer. When you are in your "stuff" of resentment or whatever it is, whose tummy is hurting? You think when I get resentful that your stomach hurts, and if I saw you bending over I'd think, "Oh good, this is working?" But since I don't get to see you do that and I'm the one taking Maalox, then I need to pay attention to it.

"Seek first the kingdom of heaven and all these things will be added." What I want you to understand about this is that our senses are strong and they want gratification. But we have within us the spiritual power of renunciation; the ability to say "no," and it's way beyond anything you have ever imagined. It's not the ability of my mouth to say "no." It's the ability of my spirit to be so aligned with Spirit that it's all "no" to anything that is less than what's for my highest good. That's why we need to think about the spiritual power that we have within us, and it's way beyond what we can imagine, and when the spiritual powers quicken, it takes us beyond the constant physical struggle. If you want to get out of the struggle, you quicken your spiritual powers to the point that you don't have to worry about not doing that. You will be lifted out of

it. You do not have to fix the problem. You simply have to align with what you are. And by the very nature of the power and the essence of Spirit, it will mold your life. That's what happens.

Why do you think you do crazy things? Because it's physical and it worked for you. I molded "crazy." I know how. I molded this outer world and the bosses and the relationships. I molded all this stuff. But I also have the power to be molded with Spirit, over and over. And it's not hard, either. Here's the affirmation for all affirmations: "I love you, I want a holy relationship with you." And start with yourself. And start with your God. Start affirming your love affair with your God. "I love you, I want a holy relationship with you. I love you, I want a holy relationship with you." And behind that, "I forgive me. I forgive myself for projecting on you." I've got it clear that anything I see outside there, if it's anger or hurt or upset or whatever, it's because I have not forgiven myself, because I have transgressed; because I haven't seen the truth of who and what I am, and I need to forgive myself. If I can forgive myself, I can be in love with you in a holy relationship and my life will be different. And then and only then will I be able to get up and say on Sunday morning, "Hey, match the energy that you are feeling right now." Is anybody feeling good right now? Does anybody have any hope right now?

The Bhagavad Gita says, "He is the source of light and all luminous objects. He is beyond the darkness of matter and is unmanifested." And that's the key. Things come from things unseen. And we are approaching that in our spiritual life. We are getting it. It's not what you see, folks. It's the energy that you walk in; it's the energy that's forming around you. You can feel it right now. Close your eyes a minute. I guarantee you can feel the energy and the power moving right now. "He is knowledge, He is the object of knowledge, and He is the goal of knowledge." He is situated in everyone's heart and that's the key. The power is situated in your heart. Simply focus on that and bring it forth; focus and bring it forth. Get out of your

story; it doesn't serve you. Simply focus on the power of God and you will do the things in the outer world of changeable conditions that you need to do. You don't have to worry about who you might see or who you might need to see. You don't have to worry about all that; it will come forth for you, trust me. All you need to do is to stay focused on Spirit, and watch it slowly change. It could change rapidly, if you get to be Paul. But if you don't, it's okay because it will change. It cannot NOT change. Does that give you hope, no matter what's going on in your life right now? Does this speak to anyone? It gets me so excited I can hardly stand it: To know that there is that kind of hope for me; that there's that kind of possibility for me. And not just for me but for my friends and for all of us. Get to play on a new level in a new way.

Are you willing to have a steady mind? Do you want one? If you are, pull your card out. I'm going to affirm this card and then we are going to take a moment and be with it, and then we are going to affirm it: "I am united with Divine Mind. My thoughts, words and actions align with Truth. My mind is steady and clear." If that speaks to you, let's affirm it together. After we affirm it together, let's just hold it in our hearts before we start tearing and moving. Let's affirm this together:

"I am united with Divine Mind. My thoughts, words and actions align with Truth. My mind is steady and clear." And so it is. Amen. I invite you to take both parts of this card with you. Take one and put it on your mirror at home. Take the other and put it in your car or at the office and remember the commitment you have made; the singleness of eye so your life will be the way you want it to be.

And so it is. Amen.