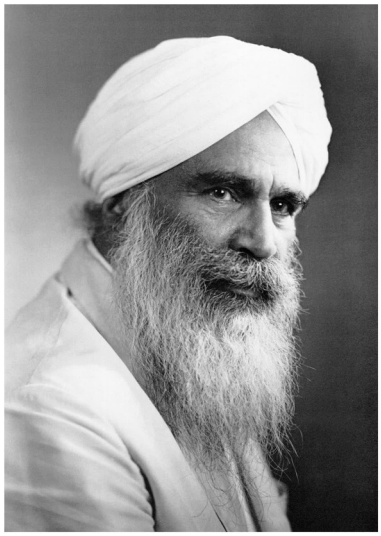
Circular No. 8

March, 1958



HIS HOLINESS SAINT KIRPAL SINGH

Founder and Director of Ruhani Satsang

SAWAN ASHRAM, Gurmandi

Delhi 6, India

Presents

ESOTERIC EXCERPTS IN GENERAL

FOREWORD

The world has now arrived at that particular cycle in its history where there will be a great outpouring of Spirit as foretold by the scriptures and sages. Through the Master's grace many long hidden esoteric truths will be made known to the world, especially to those who have eyes to see and ears to hear. This Circular represents but one step in that direction. All references to the names of the recipients of the letters from which these excerpts are taken have obviously been omitted so as to preserve the confidential nature of the Master's correspondence.

As one traverses the path and a question arises in his mind to which he cannot find the answer, by reference to these excerpts, he should feel free to write to the Master. For the Master, through His boundless love for mankind, stands ever ready to help each one.

> "Even the author of the Vedas did not realize the exalted status of the Saints. They are mistaken who try to verify the teachings of the Saints by reference to any scripture even to the Vedas." - - Master Sawan Singh.

GENERAL CIRCULAR NUMBER EIGHT

Excerpts

I appreciate that you feel strongly the overwhelming spiritual kinship with the Master under whose strong and loving care you are a protected little girl; when I met you I took you as my lovely innocent child, and you have remained on my mind all along. Master's love for the initiates is more than hundreds of fathers and mothers taken together. Life is full of adversities, misfortunes, and difficulties and I am sorry you have enough of it. It is due to reaction of past karmas. But they are passing phases; they come and go. The Master Power is ever with you extending all feasible help and protection. I am glad you have awakened to a realization that love of God must come first for, all others to whom we extend our love must leave us some day and the more our love for them, the more the pain at their being taken away. I am glad that you feel that God and Master both reside in you.

You may attend the homeopathic lectures and read their books to know more about having good, wholesome, and pure foods. You may in this respect consult Mrs. Dona Kelley. She will be of much use to you in this respect.

Work

All honest work is good and it should not bore you. You may consider that you are simply doing your duty to your Master when you are doing your work, for duty is worship. Until such time therefore that you can find some other suitable work, you will carry on with your present work in the most cheerful way and not consider it boredom. You must support yourself and your family by honest means. It is just a way of thinking. Consider it to be Master's work and do it as your duty.

Married Life

Married life is no bar to spirituality, if lived according to the ethical code laid down in the scriptures. Just in a sweet loving way induce your wife to prolong the periods of abstinence to achieve the higher purpose of life and ultimately come up to the standard as prescribed by the scriptures. I hope she will be helping you in the matter. A chaste life in husband and wife is a source of health, vigor, and energy to them. Master Power is always with you, working overhead, extending all feasible love and protection. A loving father would not like to see his child always in the cradle, but would be happy to see the child, stand up and walk and will surely offer his hand to the child in his efforts to stand and walk. My love goes to you. Rest assured.

All

All I need add is that the Christ or God Power that worked on the selected human pole of Jesus, who was His mouthpiece, works on the chosen physical pole of the Living Master from time to time to reclaim and own His dear ones, to guide them and show them the same way to Him. He is just like an electric bulb which is fused and another put in its stead. Physical body passes away but the Christ Power never leaves until the end of the world. His Benign Grace works at all times -- past, present, and future. Thus the High One works unceasingly at all times through a Living Master.

Christ Power

I am sorry to read about the unpleasantness of your domestic life and the marriage instead of being a help to both of you, travelling on the Way Back to God, is proving to you a source of handicap in your work as well as in your meditations. I wonder if your wife is realizing that over-indulgence in sexual affairs, which means draining of vitality from the body organism like squeezing juice out of an orange, is one of the major causes of nervous breakdown, irritable temper, and bursting out in anger and violence. A sober life is helpful in all spheres of life, mundane and spiritual; I wish she would come around to the correct way of thinking by your loving persuasion. I am for seeing the domestic life of married people happier, steadier, and sober.

Married Life

St. Paul said,

> "It is the unseen hand of God which has joined wife and husband, and given former to the latter and the latter to the former."

Therefore, you should be careful that ycu love each other and have a pure and spiritual life. Let no earthly power separate one from the other who are united by the unseen hand of God. We should not dream of a divorce. I note that you still have love for each other. Love knows only of sacrifice and of giving -- cannot your love for each other make you tolerant of each other's views to the maximum extent and work up jointly for your higher aim and ideal of life?

I am glad to learn about your doubts and hesitations. These usually beset every true seeker after God. Quite from my boyhood I had the same doubts and hesitations before me. I did not dare to go to any master for fear I had gone to some imperfect master, and my whole life's aim would be frustrated. So I earnestly prayed to God for direct revelations -- my prayer was heard. A True Master began to appear to me in my meditations, about seven years before

I came to Him physically, whom I recognized to be the same Great Master Sawan Singh. Even now there are instances in India and abroad in which they have seen the Master in meditation long before they actually came up for hearing talks and ultimately receiving Initiation. Your doubts and hesitations are genuine and I quite appreciate them. The question remans - how to recognize a True Master? He has no signboard over his head to show that. A Master alone can recognize another Master. Outwardly we should see if he has any selfish motives behind. He should be living on his own hard-earned money and be not fond of outward pomp and show. He lives a simple life and has high thinking. True qualification lies in the fact that he is competent to give the initiate some first-hand experience of opening the inner eye to see the Light of God and hear the Voice of God -- the Sound Principle. However little it may be, varying according to the initiate's background.

Recognizing a True Master

As regards working for the Master as a representative, to pass on the Holy Instructions of Initiation and explain the directives issued from time to time, there is no imposition. It is voluntary selfless service for helping the struggling souls that are being put on the Way Back to God. If you are first of all convinced of the Truth of the Science of the Masters and then feel of your own free will that you can do justice to this work amidst your many other duties, I will be glad to entrust this work to you. There is no question of financial burden. The Gift of the Master in putting souls on the Way (no doubt like other gifts of nature) is free. But the board and lodging expenses of those coming up for the purpose are to be borne by those people, until the initiates over there have built up their fund to meet such expenses in an attempt to do some service. Likewise, other expenses of the Satsang, correspondence, hiring of the halls, etc., are to be met from the Satsang funds to be built up by voluntary subscriptions from the initiates only. You might let me hear if you expect any difficulties in this respect or how you consider the matter.

Representative

The Master Power remains certainly working for the benefit of humanity in all ages but works through a human body like electricity shining in a bulb after one bulb is fused the other takes its place.

Sant Kabir says:

"When two lovers of God meet and talk, both are blessed in firmness of love to the Master."

So, it is all okay.

I

I am in receipt of your loving letter of October 1 -- like you and all the dear ones there I, too, cherish a feeling rather unending with me reminding me of the sweet days when I was there amongst all the loving souls. I shall be glad to see you again, if and when further program is set up.

The notebook containing the 27 discourses sent by you will reach me in November and when received, I will acknowledge it. I shall be glad to receive the other Holy Discourses by my Master, Guru Nanak Ji, Buddha, and Kabir, as and when you have them ready to send to me.

You are doing splendid work of uniting men under the symbol of Truth through 'Voice' but still higher and more sublime is the first-hand contact with the Divine Light of God and rising into the higher planes at will. To talk about Truth is one thing, but to see and become conscious of it is above all.

I am glad your letter shows that you do the best you can in this direction and so I feel it my duty to acquaint you with the facts usually helpful to remember. It is also noteworthy that one's attention is his sole legacy and estate of greatest price and too much of external expansion is detrimental to one's spiritual interests, as well as worldly ones. One should therefore endeavour to make the best use of all outer pursuits to achieve the ultimate goal of knowing one's self by practical self-analysis and knowing God. I have great appreciation of the work you are doing and I hope you will always find me at your disposal to assist in any odd problems about which you think it worthwhile to consult me, now or later when I happen to visit England again before long.

Truth is a definite Science having practical aspect only, is universal for all mankind being the 'Natural Way Back to God' during lifetime, and is the practical side of all religions of the world borne out by all scriptures. It is a subject of self-analysis and self-introspection in which first-hand experience is given individually by opening of inner vision to the light within (called 'Light of God') and contact with sound or Audible Life Stream (termed 'Word' or 'Voice of God' in the Bible) at the very first sitting, and in which one has to develop further by allotting regular time with love and devotion. Personal presence, which cannot be given by correspondence, is therefore necessary for Initiation on the Divine Path. By the time you

are in a position to come to Delhi, please grasp the theory well and adapt yourself to a strict vegetarian diet, as it is essential for one to be put on the Way.

Physical bodies of all are apt to undergo change or are liable to be influenced by diet, climatic conditions, seasons, age, etc. Laws of nature affect everyone more or less according to the extent one has knowledge of them or neglects to follow them. A devoted disciple with simple and cautious living and reposing his all in Master Power need not place much thought to Karmic situation even if he has to come to the point of toleration at some time. Devotion has always mastered the hard way.

I am glad you have chosen California as your residence where you will have the convenience of agreeable society and Satsang very near. Master Power overhead is always extending all feasible help to sincere ones on the sacred path.

I am afraid there appears to be some misapprehension in respect to understanding the vital side of both the theory and practical side of Nature's definite and complete Science of approach and 'Oneness' with Reality during lifetime, which I would like to clarify as under:

I quite agree with you that the highest aim of a man's life is to be one with 'That Beyond' which naught can be conceived. He should seek God-Realization, Self-Realization, and Universality. This has been the aim set up by all Masters who came in the past. 'That Beyond' is 'Absolute.' The Absolute God is expressing in two ways: One is Light and the other is Sound. God is Light and Sound Principle. This is the True Way Back to God, which can be traversed only when one has transcended the body consciousness. This is the 'Natural Way' talked of by all past Masters, of course, in their own language. There are few who are really perfect in this direction. Masters are perfect men and are rare. Of course, many can be said to be on the path of perfection or in other words in the 'school.' This method is not man-made. It is natural, being followed from time immemorial by all past Masters to transcend the body consciousness. It is no matter of merely explaining the theory or talking but purely a matter of practical 'Self-analysis,' first-hand experience of which is to be conveyed to the individual seeker and then one enters into the Kingdom of God which is within one. This is not the ultimate goal. Here only the ABC's start, as there are many mansions in the house of my Father--one has as yet to traverse all

True Master

these

these to reach ultimately the True Home of One Father. One should reach the highest goal himself first and then seek supreme joy in helping others to the goal. The man who has as yet hardly entered the Kingdom of God -- how can he help others to the 'Supreme Goal' of being One with Him? In the time of Jesus Christ, He was conversant with the Way and competent to put those coming to Him on the Way and those eye-witnesses and others on the Way helped the seekers by explaining the theory to them and were thus instrumental in bringing aspirants to follow the path of Divine Science and to be picked up as deserving ones for baptism. Work to this extent is now being carried out by several loving souls who are not all perfect likewise.

Masters

Regarding gurus and Masters -- it may be remembered that everything similar is not the same. Masters abound and of those highly spoken, or top-preachers, the majority will be found blank in self-experience though they are able to express theory side in a thousand different ways with sweet tongue. The only criterion of judging for one's self is one's own inner ascent to spiritual planes whereby one can see for himself and meet all Masters, past or present, wherever they are, in upper or lower planes. If one, having experiences of the lower planes, only thinks and claims himself to be in the Eternal Home -- 'One with Him' and equal to those who reached the ultimate goal, and takes to teaching while he has yet got a good deal to learn and see, how would you take him? Worst of it is that lay persons are easily deceived by the acting and posing of such ones, as they are very clever externally in talking about spiritual matters, heard or read by them. Even loving disposition can be imitated to a great extent. That is the reason that the world is full of fake masters. Christ strictly warns us:

> "Beware of the false Masters who come in sheep's clothing
> but inwardly they are ravening wolves."

Those who contact the Master inside and talk to Him see everything in its true color and do not enter into any discussion but keep silent for it wastes time to enter into such things.

Representative

As for commitments, there are none. One doing the work of a representative has simply to receive literature and instructions, etc., from time to time and convey the Initiation Instruction on behalf of the Master. It is just like handing over a letter by somebody, after which his responsibility ceases. The Initiation, inner experiences, and bringing one over body consciousness, is from the Master. So one conveying the Initiation Instruction has no responsibility whatsoever. An initiate is directly connected with the Master

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and the representative conveying the Initiation Instructions has nothing to do with the initiate for any other guidance except, of course, for carrying on group meetings, weekly or fortnightly, for explaining and inculcating the Love of the Master and His teachings. Initiates' inner experiences are not to be divulged even to the representative after day of Initiation. The initiate is to be guided to write the Master about any such things afterwards.

I think there is absolutely no interference in Church work -- that work you have to carry on as usual. You are not to leave it. Each one should go on where he is and traverse the Way Back to God. You are at liberty to explain to the seekers coming to you, the ethical and theoretical side of the Masters, giving the elementary instructions for performing rituals, ceremonies, saying prayers, reading scriptures, and concentration, etc., except Initiation -- without permission for the present to those who would like to enter into the Kingdom of God. When you become competent on the Way, you may be authorized to do that as well. The inner Way up is part and parcel of all Church work and religions, and has, as is evident, not to do anything wrong or against the Church. It is a Way up for one who would like to be put on the Way, which is one for all mankind -- irrespective of religion or country to which one belongs. I wish all of you to become competent to play the role of apostles and go to spread the mission of the Masters to all the world over. To be a representative is a step towards that of becoming an apostle. I was some time at the feet of my Master theoretically and practically learning all that He had to give to me until selected to carry on His work.

Representative

I wish to find some of you in due course of time fully conscious of the Master Power working overhead to do the same. There are two kinds of knowledge: one is 'Apara' and the other is 'Para.' 'Apara' consists in following the ethical life and performing the rituals, ceremonies, saying of prayers in all holy places of worship of all religions. 'Para' starts when you rise above the body consciousness. It is the inner Way Back to God. Kingdom cometh not with observation. God is spirit and we can pray to God only with spirit.

Worship

> "Lord of heaven and earth doth not dwell in the temple made with hands. Neither is He worshiped with hands."

I am pleased to learn that you have committed your home, your family, and yourself to be a great "International Friendship Center and World Citizens" Embassy, and yours is to be Headquarters Office of the Commonwealth of World Citizens with secretaries settled there

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and that regular councils each month are being held. This is the elementary step. There should be a common ground for all mankind to sit together. This is one aspect and the background is the true spirituality that consists in knowing one's self and knowing God. God made man, and man made social religions for the upliftment of man, both inner and outer. God is all consciousness and man, a soul-conscious entity, is of the same essence as that of God. All mankind is one, -- there is no great or low in the sight of God. All have the same privileges from God. The social religions are different schools to attain Godhood. The inner Way up is one for all. All Masters advocated this and I am also following the same. Today the world is crying for a better understanding for peace and for freedom from conflict. This Science of practical self-analysis -- knowing one's self and knowing God -- reveals and cements the true brotherhood of mankind and fatherhood of God. In that case, you see all men from the level of the soul as ensouled bodies and not from the level of physical bodies stamped by different isms. It is the remedy that can reconstruct culture and propagate true harmony between man and man. I have love for all mankind and other saints and Masters who have contacted God and are conscious co-workers with the Divine Plan. The work taken up by you forms part of the way to God Realisation and is applaudable. I have great regard for that but it would require cementing by practical science of self-analysis -- knowing of one's self and knowing of God. Ruhani Satsang means 'spiritual gathering' and stands for that. It is universal for all humanity and is the Way Back to God as taught by all the Masters. I am glad you were put on the Way for which you are working regularly. If others who were put on the Way have left under some misapprehension, it would have been to their interest if they had written to me and clarified the whole position. It is, however, up to them. It is simply delaying their progress on the Way Back to God. I still have love for them. Whenever they will turn their face this Way, they will be welcomed.

Incarnation

Now for incarnation. There is one Power -- God. This Power works on a selected human pole and has two functions -- positive and negative, just as electricity is one, but somewhere it is freezing water and elsewhere it is burning fire. There are incarnations of both. The mission of incarnates of Power Positive is to help retrace the soul back to God by shaking off the bondage of mind and matter. The mission of the Negative is to sustain and keep the world established. The functions of the incarnations of the two categories vary accordingly. Those of the Negative category come to punish the wicked, uplift the righteous, and establish the world in order, whereas those of the Positive side work for the reunion of the soul with God and take him to the True Home of our Father and depopulate the world. We

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have respect for both. The main question we are concerned with is how much practical benefit one can derive on the Way Back to God from them and their teachings. It is a practical subject of self-analysis -- entering the Kingdom of God by rising above body consciousness. So far as theory is concerned it is all right, but to be on the path they chalked out for man, a competent and practical Living Master is needed who guides one at each step.

> "No man knoweth the Son but the Father, neither knoweth any man the Father save the Son and he to whomsoever the Son will reveal Him."

Guru Amardas Ji particularly said, it is the fundamental rule that -

> "No one can know God except through the Master."

Need of the Living Master

We should come in contact with some living pole on which the Master Power works that has been working on various men poles from time to time ever since the world began on earth to guide the child humanity to God. If this is once contacted through some human pole that Power never leaves nor forsakes thee. Here lies the difference between theory which is the belief side and practice which is the faith side. If one is not satisfied with the decision of the worldly supreme court and expects that Solomon's judgment is wanted, will it not be expecting too much? Solomon is no more; Dhanwantri was the top master of Ayurvedic medical science in old times most revered by the Indians. If one expects that he alone can cure the diseases, is it right to think so? So the living ruler (king) of the time, the living physician of the time, and the Living Master of the time alone can do for us all that an individual human being needs. The Master Power working on past Masters now continues functioning through a Living Master even though the past Masters do not exist in the physical body. The law of demand and supply works. There is food for the hungry and water for the thirsty.

During my tour in 1955 of the United States and Europe many saw Jesus Christ along with the Master in radiant form. Before leaving Washington, D.C. in June 1955, a lady came to me and told me that Jesus Christ appeared to her daily and talked to her and as such she would follow him and nobody else. I told her the best thing would be to ask Christ when he again appears to her as to what to do further. She agreed and went away. On June 30, 1955, she talked to Mr. Khanna and told him that she wanted Initiation from the Master straightaway. Mr. Khanna replied that it was impossible for Master

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had no time as He was leaving for Louisville early next day. She just wouldn't take 'no' for an answer from him, and drove up to the house where I was staying and told me that Jesus Christ appeared to her and directed her to me for Initiation and she just could not wait any longer. I consoled her and said she could come to Louisville for Initiation. She did come and was initiated.

Many such like happenings occurred throughout the United States. Shortly you will know more of such similar events when the account of this tour is printed in brief. So following the path practically is the next step to be taken.

Regarding expiatory sacrifices, etc., please peruse the Chapter on 'Karma' in the pamphlet, "Man Know Thyself." Jesus came to awaken the ignorant public of those times to Truth and the higher life, but they would not believe Him. Jesus pitied them and took on His own physical body through the law of sympathy, the burden of sins of the many who came in contact with Him. He was above the body consciousness and allowed His physical body (which is always perishable) to be nailed to the cross and He transcended spiritually to a higher plane. Worldly people who had their inner eye closed thought that Jesus was body only, while He was body plus mind plus soul and spirit talking through the selected and chosen pole of the body. Master Power never dies and is ever existent with God. He was the Saviour of His time. Those who followed the science practically, given by Him were saved and even now the same law stands -- that a Living Master is needed.

I trust you are clear now. Anyone who contacts and talks to Master inside can see Jesus Christ through Him.

Service to the Living Master

The work of the Masters is based on Love and Humility. Both are necessary purifying factors for advancement on the spiritual path. Love is a negation of selfishness and will only pick up good in another, rejecting other things. Humility would mean service to be done in a humble way for the sake of service regardless of the position or status or even recognition. The Master sees the children doing service to the cause of Holy Truth, and rewards accordingly. Position that one gains in the eyes of the Master is important. The more one serves silently unostentatiously with love and humility in a smiling, eager and spiritual mood, the more quickly does he earn the pleasure of the Master. The working of the huge machine of the

Master,

Master, even a small cog does its own part and the Master has appreciation for even the smallest service rendered. So all those who are set in that machinery are blessed and fortunate. They have an opportunity to serve the highest and noblest cause, no matter in whatsoever capacity they serve.

I am glad you are along with a few working to keep on the right track those who have drifted away through one reason or another. Our arms are always open to receive them and the sooner they realize it, the better for them and for their spiritual benefit. My love goes to all of them.

The most useful methods are required of organizational setup as may result in the maximum good to child humanity groping vainly in the dark for Light and Truth. The smooth working of such a scheme will naturally need the willing cooperation of all the centres over there.

I am sorry to note that an Australian friend for whom you did acts of kindness, returned that kindness with fantastic lies and insults, and all those in your life whom you helped with true spirit of love are attacking you like a pack of vicious animals. The world today is such. This is due to selfishness and seeing things from the carnal point of view. The huge mass of humanity is burning in the fire of viciousness, sin, degradation, and the like and consider they are enjoying life. They are floating helplessly like a drowning man in a river. The Master Saint standing outside takes pity and drags a struggling soul from this quagmire of vice. Such a man is no doubt a blessed and fortunate soul, but has to live in this wicked world, to pay some of his karmic debts. There is nothing about which to be disheartened. You cannot learn swimming on dry land. You must learn swimming in waters of life through the world. Please keep steadfast but let no caution and alertness slacken. A right thing is always a right thing.

The best thing for you to do is try to take a few hours daily and go to a quiet new surrounding, where no one knows you; but remember when you leave for that place, LEAVE BEHIND all your bewilderness, pain, misunderstanding, and everything, -- just go as if you were going on My mission when you are in that place -- relax completely and do my work, which will be: -

'Find

'Find out what it is that you want out of this life.'

Now, being away might make you feel more lonely, but remember you will not be alone, as the Master Power is always with you; it will be more-so then, so with a well-balanced mind free of all the fear, etc., analyse for yourself as to what it is that you really want. It took me five to six hours daily for seven days of hard thinking to find out as to what exactly I wanted to do in my life. After I had decided what to do, I went in search of a Master who would give me that -- The Truth -- and when I found Him, and had accepted Him as such, I GAVE MYSELF UP TO HIM, to do as He willed. Though after that I lost all interest for self in the world, but I performed all worldly duties in all sincerity.

Spirituality being the highest goal in man's life is also the most difficult, only those who are really in search of the Truth should venture forth to tread on this path.

You have to face facts squarely, otherwise this valuable life which is given to you will be wasted in uncertainty which is gradually increasing day by day.

Your breaking away from the group meetings and this 'blanking out' of your mind is all due to the perplexed state and uncertainty in which you have placed yourself. So, the first step that you have to take is to find out what you want out of this life. If you cannot decide, you can have my guidance at every step. You are free to write to me whenever you need.

You may have erred, you may have stumbled, or others may have erred against you, but your way is clear: -- compose yourself and relax yourself and leave all your bewilderment, pain, misunderstanding, and the like behind; or throw them off like a basket on the head, and do and act as if you are doing my work. You will find a Friend waiting for you, wanting to share your life through thick and thin, and waiting with outstretched arms to receive you. If, however, you still think you need a worldly companion, you may go in for one. My best wishes are always with you. If the one you choose is someone who is of your way of thinking, it will be a helping factor to both of you in your progress on the Way.

Your breaking away from the Satsang group will not be helpful. Please try to find something in it which may be agreeable to you. Everything cannot be bad, there must be something good in it as well. Take the good things and don't take the other things. It is not necessary that one have a prick of the thorn in a garden. He can enjoy the fragrance without it.

You

You have to face facts squarely like a brave person. Such things do come up, but are passing phases; don't lose heart. You have to learn to swim through them. You cannot learn to swim on dry land. Adversities, pitfalls, and errors are the waters through which you have to wade with powerful but loving grace of the Master who is always with you extending all feasible help, guidance, and protection.

You are correct when you say that Jesus' teachings have not been understood by masses. That is because of lack of practical men. I gave talks in the United States and other countries and when I explained some of the Bible quotations, they said that their Bible requires new interpretation now. We cannot understand the true import of the teachings of Christ unless we look at them through the eyes of a practical man who is well versed in the knowledge of Para Vidya.

As a result of reaction of past Karmas, one hears the Sound Current in its various forms, but cannot understand it correctly. This has to be developed and regulated and after catching the proper ones, to proceed upward. This is fully explained at the time of Initiation both in theory and practice. Pranas go on working in the body irrespective of one knowing it or not. It is like a motor current dealing with circulation of the blcod, etc., of the body, while the sensory or feeling power represents the soul consciousness. This latter is developed by the Saints, without touching the former. Yogis take up the former which is difficult and time-consuming and requires a strong body. Everybody is not fit for that.

Reading of books is a good thing. But their purpose is that one should so mould his life that the good about which one reads becomes a part of his life. So the practical aspect is more important. Radha Soami is the name given by a Saint to the Absolute God, which existed even before all creation. So if Jehovah is the name representing that power, both of them are synonymous.

I am glad to note that since giving up all actions of misconduct and intemperance, you are much happier and your life has become many times easier than before, although your mind tries to revert back to old evil habits of sensual gratifications even when it is known that it will cost mental pain by doing so. Mind has from ages been accustomed to wander outside and seek vainly to satisfy the baser urges

and

and carnal desires. But each such act has left him with remorse and an increased desire for it. Each log of wood put on a big fire adds to the conflagration whereas the extinguishing of the fire is sought. The remedy lies in:

1. Throwing no more wood on the fire;
2. Trying to put water on it from aside so as not to burn one's self.

While it is a fact that several words, terms, and phrases (like meditation, spirituality, Master, Light, body consciousness, salvation, peace, saints, etc.) used at large in books by so-called Masters or authors or holy men are being abused at large, intellectual men, with their own interpretations, make it difficult for a layman to grasp the one true import of them. As a result of this, the ardent lovers of God and seekers after Truth are puzzled and go astray with so many methods to follow or chase. It is undeniably true that there is one God and one Natural Way to Him.

This Science has a practical aspect only. God is the Absolute, whom so far nobody has seen. When He came into Being,God became Light and Sound Principle. You can see His Light when your eye becomes single.

God

"If thine eye be single thy whole body shall be full of Light."

And you can hear His Voice when your inner ear is opened. The ABC's of the Masters' teachings start when you rise above the body consciousness. No one can rise above the body consciousness himself unless through the grace of a competent Master.

If you have decided to follow another kind of meditation you are at liberty to do so. My best wishes shall be with you forever. You may, however, note that everything similar is not the same. When after trying other methods you feel inclined to return to me, my arms will be open to receive you. Master Power is ever over your head and shall never leave nor forsake you till the end of the World.

There are very great potentialities in man. He is thrice blessed. He possesses body, intellect, and soul. Soul is a link in man of the All Pervading God and gives power to both intellect and body. All the three aspects in man should be fully developed. I am glad you are well-read and developed intellectually.

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The longing you feel to see me again is not one-sided. I, too, want to see my loved-ones and be with you all again, but no plans have been made as yet. You will be informed of them if and when they are made.

Any kind of honest work for a livelihood is the same, but it all depends on your adaptation to the work--mainly how much interest you have in that particular kind of work. If you are interested in accounting, then that is the just thing for you to do; my blessings will be with you always.

To your question:

"What part does intellect play on the Path?"

The answer is:

Intellect

"Little, where the practical side is concerned."

But as man is thrice blessed -- he possesses body, intellect, and soul, -- as each has a definite function to perform, each should be made perfect as possible. As the soul is the most important of the three, there should be given more thought and time for soul's perfection, so that before the opportunity is lost it should be made as perfect as its Father.

Study of physical science, philosophy, mathematics, etc., is very good and a great helping factor in this world, but, as for the Science of the Beyond, nothing can be learned of that on this physical plane except that which the Master of that Science gives out, and then the Master accepts the student.

But this does not mean that intellect is always harmful to spirituality. It is just that a slice of bread is sometimes proven poison to one man's system whilst food for another, so it is here, too, if an intellectual man comes on this path and really gives himself up

Intellect

to the Master's will, does what he is told, then there is no better disciple for this path than he, for there he has an advantage over an ordinary, simple, or practical man. And that advantage is, he will be able to give out the Truth to others in a language made more beautiful with well-thought out words, that will convince the intellectualist more easily than simple words, uttered by just a practical man. Reasoning is the help and reasoning the bar. When we understand the theory, it remains to be practiced and seen.

Education

Education is very necessary and proves helpful in all spheres of life in this world, so it is very important to have a good education.

Your wish to help people by Yoga healings: -- Do you mean through teaching them Yoga exercises or through supernatural powers? If it is the latter. then I must stress one point and that is the seeker after Truth and, especially, a man who has been put on the Path should never even think of healing through any kind of Yoga. Of course, the feeling to help others is very good, but helping through healing powers is just using for some lower pursuits your attention which is to be devoted to higher attainments. In this way, your higher progress will be retarded by devoting it to comparatively much lower. You just attain the highest so that people may receive all blessings even by touching your garment or even by thinking of you as was done by Christ. The world is full of unfortunate people, but the most unfortunate is he who, with the grace of the Master, is given contact with the Truth, yet sits idle and does not go on the Way on which he has been put. If you want to help the unfortunates, the seekers after Truth, then help them through spreading to them the message of the Masters. Give them back the hope they have lost. Tell them that there is still such a thing as spirituality, that it can be had, and from where. Like this, you will be able to help the world more than in any other way.

Healing

In Pranayam one inhales from one nostril and exhales from the other and with it the attention is diverted. If you do this for health's sake, you may do that separately from your spiritual practices.

As regards other questions, the position is that the Masters abound. Teachings of the Masters (Saints) are direct, practical, positive, and natural. There are others whose teachings are merely theory, ethical side, ascent psychologically on the negative way, etc. A small mimeographed pamphlet 'Sant - The Master' mentioning the criterion of a True Master will be available from Mr. Khanna. Teachers of Para Vidya (Sant Mat), that is the Natural and Practical Way, are rare. This is the Sahaj Yoga or the Natural Yoga. Only those who are practical adepts on the path are commissioned from above to diffuse this knowledge and give experience to seekers. This Science is an old, old one and was recently revived by Soamiji (Swami Shiv Dayal Singh Ji). Thereafter Baba Jaimal Singh Ji and Hazur Baba Sawan Singh Ji were consigned this task. I have not heard of others named by you giving the Natural Way. Other kinds of Yoga involve Prana and

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do not suit this age. These are time-consuming involving lengthy exercises for which one is not physically fit in these times. The Masters practicing Yoga involving breathing control and other teachers can be easily differentiated from those of Natural Yoga. In Pran Yoga, etc., one has to be above body consciousness by degrees after crossing the six plexuses (chakras) in the body one by one. Natural Yoga starts where other Yoga practices end.

All these questions were asked by one to whom you gave my address. I replied to him briefly (copy enclosed) that there is only one Natural Way Back to God. There are different kinds of teachers and Masters dealing in their own ways. I have love for all. It is better to tell them the different methods of Yoga or the lines they are teaching. The Natural Way being the easiest and quickest as it does not involve breathing control. It is, however, left to the disciple to satisfy himself before Initiation on the path of the way he prefers to follow.

I would also advise you not to answer in writing any such questions involving personality of present or past Masters and their grades. You can simply say ours is a Natural Path which is the only one taught by Christ, Kabir, Guru Nanak, and others. The others have their own ways, most of them involving external means. Masters of the Great White Brotherhood have their own functions of wielding the affairs of the world. The Masters of the Natural Way Back to God only deal in bringing the souls back to the True Home of their Father.

There is one God, and only One Way Back to Him. There exists a most complete and definite Science, oldest of oldest, ancient and natural, which is the practical side of all religions of the world borne out by all scriptures. This rarest of all sciences is called Para Vidya which has a practical aspect only and is the "Way Back to God During Lifetime." Nowadays this Science is called Sant Mat, and those enamoured of the word 'yoga' choose to call it as Sahaj Yoga or Surat Shabad Yoga. It is true nobody can know God and Master. Past Masters cannot help, as man needs Living Man to understand things which one cannot follow by mere theory. Therefore, a Living Master is necessary to be approached for the practical side. Unless the experience of past Masters becomes our own experience we stand nowhere.

Fact

Fact of the matter is that the God-Power works on a chosen human pole. Christ and many others were the Masters of their time to diffuse the practical side of the knowledge in the countries where they lived. A Living Master is therefore God plus Man -- God-man; i.e., the Mouthpiece of God. Guru is a corresponding word in Sanskrit language standing for a practical Master who can remove the dark veil within and show us the real Light ofGod. So a sincere seeker after Truth goes in search of a competent Living Master who can give him that. Masters, however, abound and there is so much acting and posing from those who learn by heart the theory side. After one contacts a practical Living Master who gives inner experiences of Light of God and contact of Sound Current -- the Audible Life Stream or the 'Word' as in the Bible, He always helps the disciple and appears inside (of course, in due course) in luminous form to talk as one ordinarily does outside and guide him to His Eternal Home. Colloquially, all teachers imparting any knowledge educational, ethical, yogic, ceremonial, social, ritual, etc., are styled Gurus. I have respect for all. They are doing their job within their jurisdiction. It is left to the aspirant to verify and compare the things as disciple if they are eager for one thing or the other. A disciple who follows the Path with love and devotion himself finds in due course where he stands.

Real Master

Soul is conscious entity. When one's soul comes in conscious contact with the Light and Sound which are the two expressions of God-in-Action, soul becomes attuned with the consciousness of God and feels, as it were, one with Him. Jesus said, "I and my Father are One." He talks as inspired by God and becomes as it were the mouthpiece of God. The words 'God plus man' used by my secretary should not be taken in terms of what you say. That may be taken to mean 'God Power working through the human pole of the Master.'

Your Master is constantly with you extending His protective hand and knows what is best for you. Trust in Him; shake off sadness and carry on steadfastly. He is competent and powerful. He never fails His children.

I am glad you have passed all your school examinations except two of them and have almost topped in Latin. Passing an examination always gives pleasure. Please put in more time to your studies. Hard work is another name for genius. I will be greatly pleased to see that you stand topmost in all the subjects of your study.

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I am glad to learn that you have been confirmed in the Church of England. I hope you will also continue giving time to the spiritual practices with devotion and zeal so that you may have the pleasure of intimating that you have progressed. I will be very happy to note that.

Now as to the points raised by you:

Reasoning is the help to understand the theory and if one arrives at some conclusion by parallel study of the teachings of the Master, he should put his heart and soul in adhering to the method prescribed for achieving the purpose in view. If one does not take up the Way practically and continues arguing for one thing or the other, the very reasoning stands in the way and is definitely a bar in having something.

If you prefer sending diary in letter form, I have no objection. The purpose is to watch all imperfections in one's self and weed them out one by one.

Saint

A Saint or Master in the Saints' terminology is the one that goes and comes back at will to the Sachkhand or Fifth Plane and a Mahatma is a word in the vernacular to convey a highly evolved soul. These words are, however, not properly used these days and an ordinary person with a little of piousness may be termed as Sant or Master. But you need not worry about words.

I hope the above will clear the position. Any points that may not be clear to you and require elucidation, may be referred to me. You will always be welcome to refer the same to me.

Satsang

I am sorry to learn that you were disappointed in the meeting that was held and there were certain people present who had strife and friction among them. I have only to remark that the defect does not lie in the teachings of the Master or in the Science of Nature itself, but in ignoring the disciplinary rules (circulated from time to time in the form of circulars) for holding such meetings. Discussions should not be the subject of open meetings but separate time should be fixed with individuals for settling any differences or answering questions. Any intricate or unsolved points can be referred to me. In fact, raising of points apart from the Science and sacred path hardly comes from those who follow the instructions practically and lovingly, and devote regular time to spiritual practices. Some wrongly think these holy meetings are ordinary ones wherein hot discussions are allowed and do not attach due sanctity to them. Thus ego steps in

daringly

daringly because all are not perfect as yet. An intelligent person should not allow himself to be influenced by such things. All that is needed in the meetings is to quench the thirst of those for 'Truth' by simply giving them the Science which has practical aspect only.

As regards your personal problems:

Smoking - You can leave it if you desire and are determined. Where there is a will there is a way. Lessen the habit gradually and one day you will find yourself free from this burden. Restrict it to 'after meals' only and then give it up. Master Power overhead will be extending all feasible help in amending your habit in this respect if you follow this. If by abstaining from smoking habit, you feel any ailment, you can have recourse to homeopathic medicine; viz., 'tobacco' which will relieve you of all trouble. The habit must be standing in your way of meditation in the form of precedence to 'smoking' prior to your resolve for devoting time.

Popular theories of theology no doubt abound. When one firmly grasps the one end of 'Truth' by self-introspection, say, for instance, 'Sound' listening at any time as ever-present, nonceasing, etc., anywhere, he will have positive conviction of the path of 'Truth.' The same is the case with 'Inner Light' which comes from the Kingdom of God. The Science is natural and not man-made, as those claimed on the basis of intellect. It is verifiable. It is not a matter of feeling or inferences. It is one of seeing and hearing. Those who have eyes may see and those who have ears may hear. One practically on the path can boldly stand any public criticism. With inner experience of self you will find yourself like a rock immovable by mere deluge of words from others. To have feelings, emotions, inferences, etc., are likely to waver but actually seeing is above all. With self-experience of 'seeing' you grasp the Science of Nature fully and can explain lovingly to all what is true. You would shortly realise that this step with love within you will be a pleasing one in the holy cause and not a source of worry.

In connection with 'obligation to one's family,' there are responsibilities and problems you have to solve with cool and composed brain, intelligently and economically. Just think we are all actors in the vast drama in the theater of the Great Universe of God entrusted with this work and care by Him. When the acting is finished

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we return to our Home with Him. God is love and love surmounts all difficulties and anxieties.

A person is accepted for Initiation when he/she says he has fully understood the theory, has been on a vegetarian diet (abstaining from all meat, fish, fowl or eggs) for at least three months prior to Initiation, and promises that he/she can adapt himself/herself to a strict vegetarian living.

Soul is of the same essence as that of God and Master looks at all as embodied souls. So all are dear to Him, and wishes them to reach back to the True Home of their Father. Even a repentant sinner coming up with a sincere heart is acceptable to Him. We are all sinners, we come to Him to be cleansed.

Once a gentleman approached my Master 'Hazur' and said that it is well and good that you bestow the precious boon and gift of Nam to ardent seekers after Truth, but it does not seem proper that you make no distinction between a real seeker and worst of sinners. This you should not do. Do you know what my dear Master replied? He said, in simple words,

> "Does a competent washerman refuse any clothes because they are so badly dirty? No, and similarly, a Master never refuses anyone who comes to Him with a sincere desire. He is a millionaire. He bestows the wealth of Nam to whomever comes to Him with all sincerity."

Ups and downs do come as a result of reactions of one's own doings past and present. They are passing phases. They must come whether one is agitated or remains calm and cool.

I am glad that your mother has been relieved of pain. You may let her try to understand the theory of the Saints first. The Path of the Masters is not a path of blind faith, but one of seeing things for one's self. It is gratifying to note that the Satsangs which were attended to by Mr. Khanna and others from Washington, D. C. were helpful to all who attended them. The souls which are ready will be drawn to the Holy Path. To those who are already on the Way, these are important aids for receiving and enjoying the loving grace of the Masters.

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When Truth goes strong, Negative Power also intervenes to undo the work done for the real uplift of souls. We are all laborers in the Vineyard of the Lord working through the Master. If we work with that spirit there will be love around. But, unfortunately, negative power begins to find a place in the workers in the form of ego -- each one considers himself as the sole Master and dictator in the petty duties allotted to them. It results in a clash between them. This goes to form parties setting against each other, criticising in all vehemence each other, not knowing that by doing so they are going astray, and off the Way. The hearers are also badly affected and doubts creep in which spoil their meditation. The wise way is to remain aloof from such society but continue to be connected with the Master and devoted to the spiritual practices. Even if by chance you have heard anything, you should not take it as Bible truth and leave off the Way. If doubts still lurk in the mind these should be clarified by reference to the Master. All on the Way are not yet perfect. Perfectness in matters will come from perfect ones. We are all on the way to perfection. Each man has some good qualities and some put in charge at the time were not perfect, but to carry on the work they were entrusted with instructions at the time and even thereafter to be of some help to others and also to become good examples. If any imperfections in them come to notice, it is neither because the Master or His teachings are imperfect, nor that the Master advocates or encourages such maltreatments. To Him all initiates are very dear and any such treatment grieves Him. He works from the level of a man, and issues instructions to bring them around to the right path. Judas betrayed Jesus. It is not because he was not competent to set him right but because he worked from the level of man and warned him in an indirect way.

If perchance you come across such a society, it is wise to shun it but remain all the same in contact with the Master for right guidance. If one does not do so, the doubts go on rankling in the heart and are multiplied from day to day by hearing the so-called perfect judgment and criticism of those who are not perfect as yet, which goes to shatter the loving faith and devotion to the Master. Father always loves His children who remain in touch with Him but He is more anxious about His discreet children who are silent.

You are dear to me and have always been on my mind. Do not be led away by hearing such criticism from others. In your area some trouble has been going strong I am afraid by egoistic tension between two others and their parties. I wrote them very sweetly to love as

love beautifies everything. If one does not love, then others should continue to love as we can wash away all contempt by love. Contempt cannot be washed away with contempt. Blood cannot be washed with blood, -- it is the water of love which can wash away all stains of blood.

When a seeker meets a Master and is put on the Way -- he or she should, after attending to his daily duties and other necessities of life, put in all available time to the spiritual practices, and attend only such company which goes to augment the Love of God -- Godman and man. In this way, one will make splendid progress on the Way. All of you are dear to me and I wish you progress on the Way. Master Power is over you and will be extending all feasible help. Had you been regularly in touch with me, you would have been saved all the consternation you had. Rest assured, I have the same love for you as you witnessed when I was physically with you; you are always on my mind and very dear to me and wish you drenched in all intoxication love for God. I hope your heart will be soothed and you will be writing to me all about yourself to add to my joy.

The world is full of adversities, pitfalls, but you have to wade through them with the grace of the Master, who helps you, guides you, and leads the way. You have simply to follow Him with Love and devotion then all difficulties will be solved and dark passages made smooth and clean. The Master's love for the children is unfathomable. It is a thousand times more than the love of a worldly father and mother. The Master listens to the prayers of His children -- and extends all necessary help and protection. Those who turn their faces to Him are truly fortunate and receive His grace and blessings.

I have read with interest an account of your early efforts of self help to become an English-Spanish stenography teacher in one of the highest institutions of special education in Quito. Now you have been put on the Royal Road to your Eternal True Home. I hope you will now devote attention to this all-important matter with similar steadfastness coupled with love and devotion. You will have inner progress from day to day.

As regards your wife, please treat her with love and toleration - when she will slowly understand the true worth of higher life, she will begin to appreciate your action on this side. Until such time

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there is no occasion to feel bad-tempered. She speaks from her present level - when it is raised, she will become more understanding, so she needs your love and indulgence to bring her around. Hate does not make amends for a bad thing. It is love that corrects, so give increasingly your love to her.

Every disciple after Initiation is directly linked with the Master. Any difficulty of an initiate not solved by the local representative may be referred to the Master direct. The representative is there for convenience of others and to be of help and assistance to them in all elementary matters. The general rules of ethical life and courtesy are not transgressed by sane and good people and in the case of initiates, it is more so, because these things are barriers in the way of splendid progress. If someone makes a mistake, the other should not be intolerant as that sets a bad example to others. The initiate,for his own sake as well as for the benefit of others, has to be there as torch bearers expounding the teachings of the Masters of Love and devotion and of direct link with the expression-in-God Power by the way of the life they lead. In such cases, forgive and forget should be our motto. Sweet words cost nothing and their effect is pleasant.

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