

Spiritual Elixir

**Timeless Excerpts
from
Correspondence**

by

KIRPAL SINGH

**The following statement by Master Kirpal Singh
explains why all his books are in the Public Domain.**

Question: *Can we send the circulars that are released to people whom we think might be interested, but know nothing of the Path?*

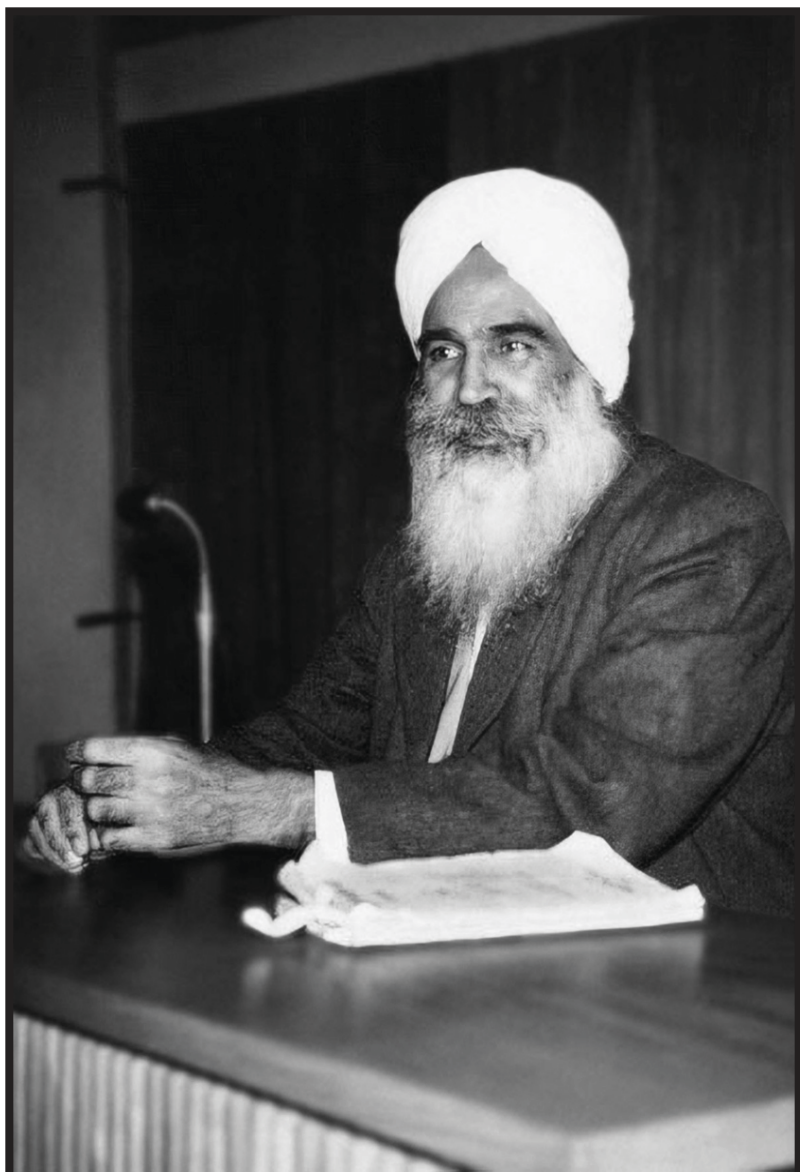
The Master: Oh yes, send them to anybody; it is all a gift of God. I have no reserved rights; even in my books, I have not given any reserved rights. People write a little pamphlet, and they say: "All rights are reserved." I have given out books, and there you'll find: "No rights are reserved"— as it is a gift from God for all of humanity. You'll find this seems very unnatural in the eyes of some people because they want to earn—usurp—some rights. Well, this is a gift from God. If I have anything, that is from God, and God's gift should be given to all. We must learn to stand on our own earnings. And to sell the gifts of God?! Is it not like that? Guru Nanak says it is a heinous crime to sell the gifts of God. They must be given free.*

What are we doing? Any Master who comes up will look at it from that very angle. Nowhere in my books will you find rights reserved. You will find, of course, that the rights of the books are not reserved; for they are given to all of humanity. You can make hundreds of copies and send them out to people at large. That is what I mean. Are there any rights reserved in the Bible? I think they have got it now. Similarly, for the other scriptures too, they have reserved rights now; but it was not so before. Yes?

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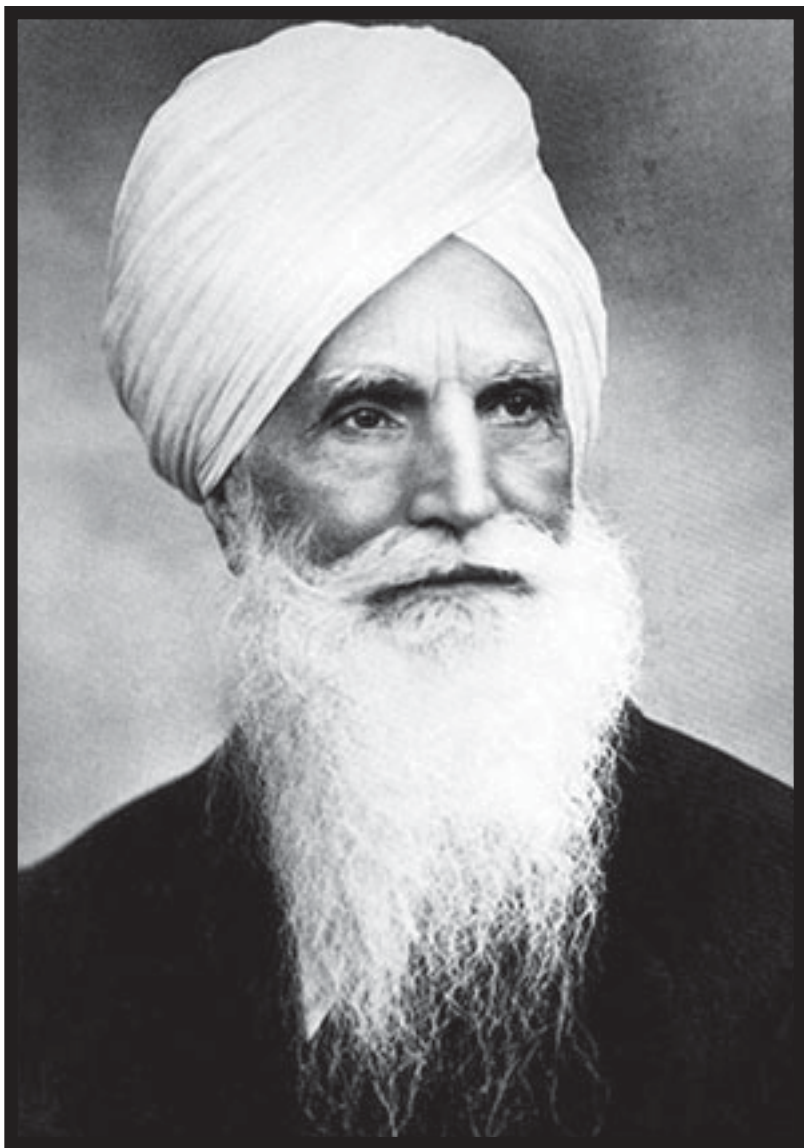
*The above statement refers primarily to copyright, which Master felt very strongly about and which He spoke about to me personally at great length when He first assigned me the publication work. While Master was always pleased to have His books given away and instructed me to give them away to persons who could not afford them, He recognized that the publication of books costs money, and the logical person to defray that cost is the buyer; consequently, all of His books published during His lifetime, while they were not copyrighted (except when His wishes were ignored) did carry a price which covered the cost of the book and also produced income for other aspects of His work. In some cases, He fixed the price Himself.

*Russell Perkins, editor of *Sat Sandesh*
Source: *Sat Sandesh*, December 1976, page 12



Sant Kirpal Singh Ji Maharaj
1894-1974

SPIRITUAL ELIXIR



Sant Sawan Singh Ji Maharaj
(1858-1948)

*Dedicated
to the Almighty God
working through all Masters
who have come and
Baba Sawan Singh Ji Maharaj
at whose lotus feet
the writer imbibed sweet elixir of
Holy Naam — the Word*

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Sant Kirpal Singh passed on from this earth in 1974. As such, He is no longer taking on new people to guide out of this world and back to God.

He left many books that explain, as much as can be in a worldly language, the meaning of life.

The books and the Ruhani Satsang website, www.RuhaniSatsangUSA.org, are maintained to help stir interest in God and to help people know what to look for in their search for the way back home.

When asked about a successor, we can only offer this quote from the Master:

“Today, there is a great awakening beginning. Some have got the answer, some have not; but the search to solve the mystery of life has been born all over the world. The day that question arises in the mind is the greatest day of one’s life; for once it is born, it does not succumb until it is satisfied . . .

So, make your life an example of the teachings you follow — live up to them . . .

If you have a strong desire to get it, then God Himself will make the arrangements for you.”

[Excerpts from a talk published in the
January 1971 issue of *Sat Sandesh*]



Spiritual Elixir

Timeless Excerpts from Correspondence

by

KIRPAL SINGH

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PREFACE

From the Dust Cover of the 1967 First Edition of Spiritual Elixir

Aab-i-Hayat or the Water of Life has ever eluded the most strenuous search ever made by man. Who in this wide world does not wish to have life eternal and live forever?

It is said of Alexander the Great, that he searched for it the world over but could not come by it. Is it then but a fiction, a mere fragment of man's imagination, a will-of-the-wisp that deludes the weary travellers on the sands of time? No, it cannot be so, for all the Sages and Seers have, with one voice, spoken of it, in no mistakeable terms, and they cannot be wrong.

Man does not live by bread alone, but by every word that proceeds from the mouth of God. Christ spoke to the Samaritan woman at the well of the 'living water' that came as a 'free gift of God', drinking which one could not thirst again; for 'the water that I shall give shall be a well of water springing up into everlasting life.' The Gospels abound in aphoristic sayings of this kind from the great Master who trod the shores of Galilee two thousand years ago:

If any man thirst, let him come unto me and drink.

John 7:37

If a man keeps my sayings, he shall never see death.

John 8:51

These are not empty slogans, but hard facts of life depicting the stern reality in simple words of great wisdom.

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This Elixir is something real, something sure and certain, or else the scriptures of the world would stand condemned as false; and so, the prophets in all times and in all climes for they offered this gift of life eternal to all those who came in contact with them. And, who, putting faith in them accepted their words, and worked out the instructions imparted to them for developing the inner experience granted; and all of them bear ample testimony to the pool of Nectar or Amrit lying hidden in them.

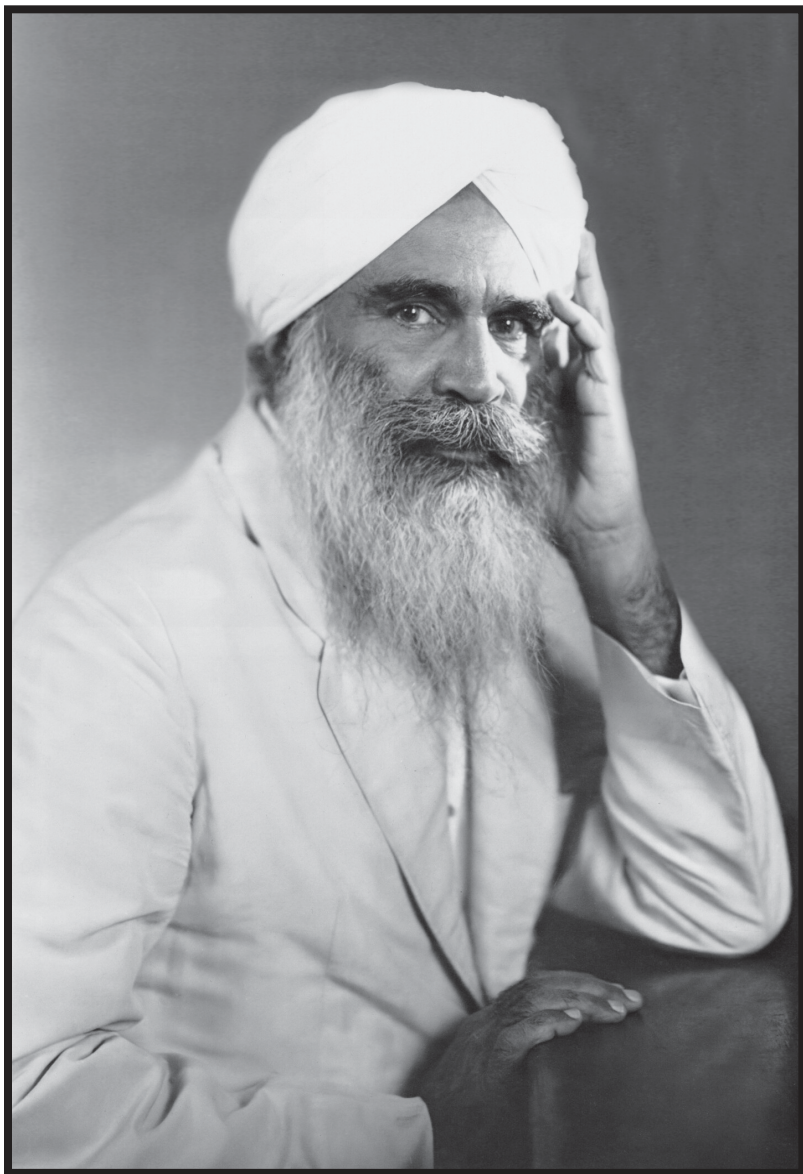
With all this vast and incontrovertible evidence before us, why do most of us fail to realize the Truth? It is simply because we have never had an opportunity to dip inside, beyond and above the plane of senses. One who has found it for oneself, can help and guide others in rediscovering this fountain-of-life, which does not come to light by observation, for it lies within the innermost folds of one's own being that have, of necessity, to be unfolded by a practical process of self-analysis.

In this study the esoteric Science of the Soul has lucidly been explained from excerpts taken from the writings of Satguru Kirpal Singh Ji Maharaj, for He offers 'sincere milk of the Word' to 'all newborn babes', so that they may grow thereby.

The book has been divided into three parts:

- The first dealing with the knotty problems, in the form of answers to questions from the sincere seekers of Truth.
- The second, containing philosophical extracts from letters to the disciples.
- And the third containing Messages from the Great Master.

SPIRITUAL ELIXIR



Sant Kirpal Singh Ji Maharaj
1894-1974

FOREWORD

It is an honor to have been asked to say something concerning the outstanding competence of the author of *Spiritual Elixir*. The content of the book itself bespeaks his personal simplicity in his efforts to be of utmost service to mankind. Having served for four consecutive terms as the President of the *World Fellowship of Religions*, Kirpal Singh was able to meet at a personal level most of the religious heads in India and many religious delegates from abroad who attended the large *WFR* Conferences held in India.

During his extensive tours of the West in 1955, 1963-64, and in 1972, he was able to meet many religious heads in Europe and America, as well as the political leaders of many Western countries.

He spoke English, as well as the major languages of his native India, and this enabled him to converse easily with people of diverse cultural backgrounds. Until his retirement from government service, he served in a civilian capacity in the Division of Military Accounts of the Government of India.

On his three tours of the West, as well as during his extensive travels in his native India, he welcomed his many opportunities to interact with the man on the street or road-side. He was especially interested in those serious people with the problems of life which beset us all. The kinds of answers and other remarks given in *Spiritual Elixir* show that

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Kirpal Singh was very familiar with the "man-problem" at all levels. His replies reflect his depth of understanding of our superficial concerns and of our arrival here with an extensive past, of the twisting course we are travelling in the present times, as well as the attitudes and practices we should cultivate in order to minimize our future difficulties.

Used as a guidebook by anyone, *Spiritual Elixir* will provide comfort and a more serene approach to the personal condition of each of us in this world, and extend hope and encouragement to those interested in an earlier return to the true Home of us all.

Charles S. Fulcher

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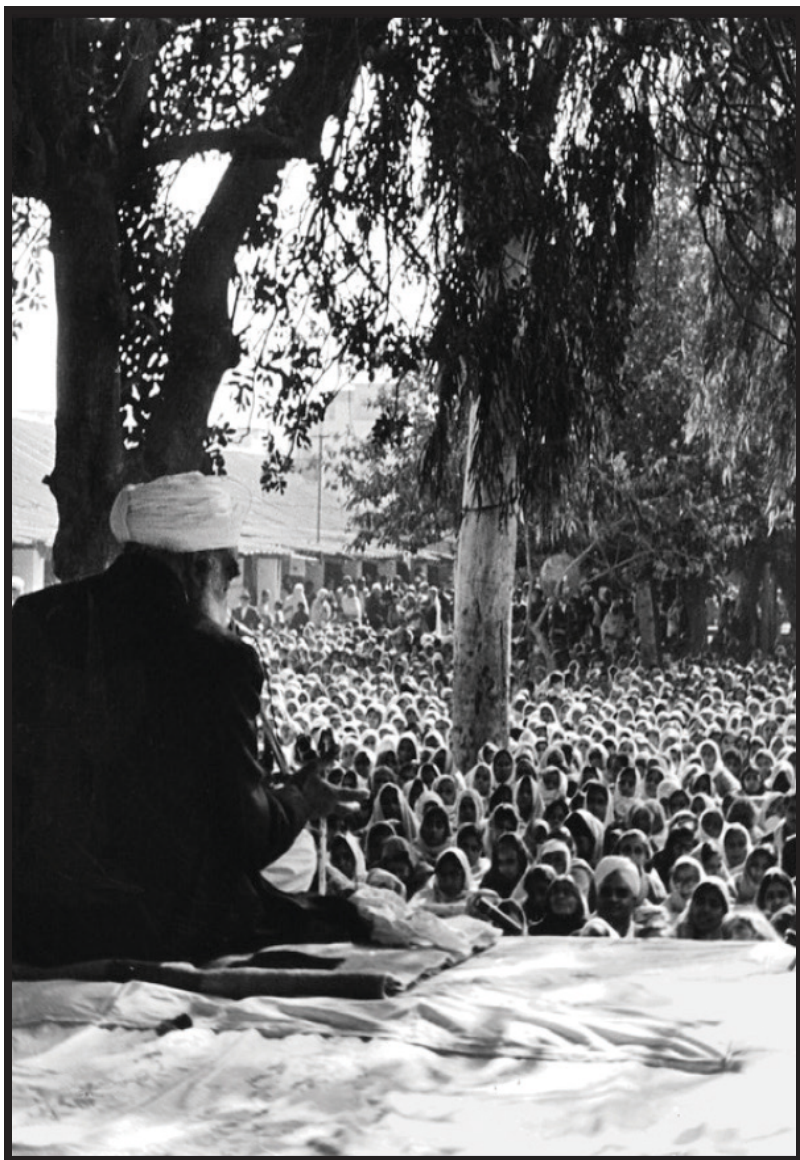
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**Sant Kirpal Singh Ji Maharaj
Sawan Ashram, Delhi, India**

PART I

**ANSWERS TO QUESTIONS
ON THE
SCIENCE OF THE SOUL**

BY

SATGURU KIRPAL SINGH JI

SPIRITUAL ELIXIR



Sant Kirpal Singh Ji Maharaj
1894-1974

CHAPTER I

SOCIAL CONDUCT
AND
ETHICAL LIFE

Q. To what extent is outer behaviour indicative of inner spiritual growth?

A. A keen sense of self-abnegation and self-naughting is the outward expression of one's spiritual progress. It is not exhibited to hide our weaknesses but to actually make one feel in the heart of hearts that one is nothing but a mere tiny cog in the vast machinery of Divine purposes. One who becomes a conscious co-worker of the Divine Plan, never asserts but humbly describes in third person. He never despises any one but always relishes to offer loving help and assistance to others. He does not criticize, but narrates the facts of life in a selfless manner for our spiritual benefit. He lives sincerely up to the Holy Commandments, irrespective of the results. He does not yield to the environments but adjusts himself cheerfully knowing it fully well that he is always under the Gracious Protection of the Master-Power. He is never gloomy and in his heart of hearts is always cheerful, even in the face of misfortunes. He does not blame others for their shortcomings but seeks to weed them out by careful living and adaptation. He does not attribute his spiritual progress to his own single-handed earnest endeavours but considers it as a Holy Gift from the Master. He is well-balanced in failure and success. He can forgive and forget easily. He is seldom provocative and is rather blessed with a keen sense of loving co-operation for the spiritual welfare of others.

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He does not assert his authority nor claim any superiority over the less developed souls, but behaves like a friend or brother and inwardly prays for their redemption. He never feels burdened with the worries of others and can offer sublime solutions with much ease. He is ever compassionate in his heart and wishes the welfare of all men, animals, birds or insects. He is always full of deep gratitude, and seldom complains about his difficulties whatsoever. He is chaste and kind but hides his virtues under the cloak of studied science. He never boasts of his valour or intelligence but seeks to help others surreptitiously. He dislikes lime-light. He shuns publicity and feels shy in large crowds. He does not like acting and posing, but is always unassuming and natural in his behaviour.

He can silence his thoughts at will by attuning with the Holy *Naam* within and by turning his attention to the Holy Feet of the Master. He is ever protected by Him and is hourly fed—nay rather every moment is blessed with the loving Life-Impulses from the Master-Power. He knows it fully well that this physical life is but a passing phase of the soul from the lower categories of creation in the long drama of human existence, and nothing material will accompany into the Beyond. He does not believe in hoarding but tries to live a frugal life full of contentment. He is not allured by the spell of higher living but considers it as a strong fetter on the human soul. He does not vie with the so-called affluent and rich people but inwardly prays for their Spiritual Liberation from the Wheel of birth and death. He does not live for eating but eats for living a life full of Divine Bliss and Harmony. He is not fond of gaudy dresses but is satisfied with the simple garments procured at reasonable prices.

He does not shirk hard work but undertakes mighty jobs for the good of others at the cost of his physical endurance in a selfless manner. He does not demand reward for his labours but considers the sacred dedication as a boon in itself. He will seek to help others even at the cost of his own suffering. He is, in a *nutshell*, a righteous man of good thoughts, good words and good deeds.

Q. Is a disciplined initiate one who attends Satsangs regularly, adheres to the vegetarian diet and devotes time to practices with due regard to Self-introspection?

A. Yes, these are the cardinal virtues of a disciplined initiate which should be inculcated and assimilated in a state of loving humility.

Q. Do we, as Satsangis, have a special aim or responsibility?

A. Well, as initiates, we have taken on a duty. And with duty there is a definite responsibility.

A member of the Ruhani Satsang takes upon himself the most important and the most difficult task in the world i.e. enabling himself and his fellow beings to attain Self-knowledge and God-knowledge. Thus our *aim* is Knowledge of the Beyond.

'Science of the Soul' seeks to make the human soul One with God by transcending the Physical, the Astral and the Causal planes of existence. It is therefore quite independent. Outer forms and ceremonies, rites, rituals, sacrifices, fasts, vigils or pilgrimages, these are outer practices called *Apara Vidya*. In our *Satsangs* we should not mix up the Science of the Beyond with any other kind of movement which deals with something other than this Science. So our main *aim* of life is to know ourselves and to know God.

We must never waver from this and in every action we do, we must consider whether it takes us nearer to or further away from our ideal, and our *responsibility* is to set a good example for all.

Q. Should I avoid if possible, those who because of their worldly ways and negative vibrations, cause me to suffer, especially in prolonged contacts?

A. A man is known by the company he keeps. It is the association which moulds our character, and the spiritual aspirants should be careful in keeping a keen vigil. The worldly minded people are usually engrossed in physical and sensual pleasures and their activities affect the spiritual aspirant adversely. You should know that yours is the Way into the Beyond whereas the worldly wise have their own ambitions of sense gratification. You should carefully avoid uncongenial society in the larger interests of your spiritual progress. Even the reading of obscene literature affects adversely, and as such should be avoided scrupulously.

Q. Is one supposed to drop all routine to take care of Satsangis who literally drop out of the sky, descend with bag and baggage, with no funds to support themselves, disrupt all family chores, daily routines, expecting you to come through with living quarters and entertain them?

A. The initiates are joined in a True Relation which never breaks and forms part of the Family of the Master. They are truly brothers and sisters in God. The initiates should extend all feasible help, financial or otherwise, to them while not ignoring their own families. They should try to let them be on their own legs for their sustenance. Their self should also expand to all others who are on the Way.

Q. With the many social problems facing the mankind should we attempt to study these through higher education and research during the day and in the evening spend our late hours in meditation; or can we turn our backs on these problems and concern ourselves with our search for God?

A. The disciplined initiates should endeavour to discharge their worldly duties as a matter of routine, to the best of their ability, but with serene detachment. God-realization should be considered as the only matter of great importance, and all other matters should be attended to seriously, if necessary, so as to grant you an inner satisfaction of having done your part well.

Q. If one is working on a creative project like painting, can one ask for help and inspiration from the Master?

A. The child disciple is ever prayerful for the accomplishment of his or her projects. There is no harm in doing so provided it is undertaken in a sense of detachment and for the sake of discharging your legitimate duties. For more clarification a reference is invited to the book *Prayer—Its Nature and Technique*.

Q. Is artistic talent, as some people say, a God-given gift which is meant to be used in this life or is it something which one has worked at and developed in a past life and must now be put behind one, when entering this Spiritual Path?

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A. All talents inherited as a result of past *Karma* are good provided they are utilized for attainment of spiritual progress by regular meditations. Everybody comes to this world with certain instincts and impulses which can be harnessed for Spiritual Development under Competent Guidance. It is the single-minded devotion of the initiate which should be developed carefully and should be considered as the best of Godly Gifts.

Q. Are creative pursuits like painting, which give pleasure and satisfaction and may earn some extra income, worthwhile to carry on or are they hindrance to spiritual development, when they are one's specific job?

A. The so-called creative pursuits like painting, singing, story writing etc. are simply diversion of mind to idle pursuits, especially when these do not fall within the purview of your legitimate duties or are not needed to make your livelihood. Such like activities rather feed the subtle ego in a wild and surreptitious manner, and as such should be undertaken most carefully. The initiates should try to put in more time in meditation so as to progress on the Way.

Q. Jesus gave to Peter, according to the script, the 'keys' of the Kingdom of God. Some teachers say these keys are love, wisdom, understanding, compassion, sympathy and discernment. Is it not possible that the real keys are the five Charged Names? If so, will you please give us something for the Divine Pearls?

A. All these are the means to the end which is Spiritual Perfection. The holy contacts with Holy *Naam* in its various aspects are the Keys of the

Kingdom of God given to the disciple to awaken his Self-Consciousness, Cosmic, and Super-Cosmic Consciousness. All these Divine Virtues follow of themselves by coming into contact with the Light and Sound Principles without your asking. The Sun of Spirituality when it shines high shows everything in clear form. Righteousness follows as a matter of course. *Dharma* when established does not leave any place for ifs and buts. You are not to exert or pose but live in the actual sense.

Q. How many really true devotees abide by a Master in His Sacred Sojourn here in His blessed physical body?

A. There are no specific provisions in this behalf.

Q. Jesus said: "Take heed that ye do not give your alms before men, to be seen of them. . . let thy left hand not know what thy right hand doeth." Why then must the disciples put their names on their contributions to the Satsang?

A. The accounting of the funds is meant for the maintenance of financial statements involved. The quotations mean strictly that the donors should not attach any importance to their self for the contributions made by them, lest it feeds their ego.

Q. According to Page 4 of 'My Submission': 'Spirituality is nothing but serving the people.' Yet we are told our First duty is to ourselves. Sometimes it would mean neglecting ourselves to serve others. Please explain.

A. 'Service before self' is a very good thing. But very often one does not even know the true significance of service and with all his well-meaning intentions actually does disservice instead of the much wanted service of which we so glibly talk. Until we discover the true 'Self' within us, we cannot visualize, much less actually realize in others the self-same Life-Impulse vibrating in the universe. This is why emphasis is laid in the first instance on Self-knowledge, for it paves the way to God-knowledge and when it dawns, one sees nothing but the Spirit-of-God working in all harmony, in each creature. 'Service to others' now assumes quite a different aspect, becoming a dedication to the Spirit of the universe pervading in and around you, because when one grasps the Human in himself he understands all mankind.

Q. I have always wanted a rebirth to help humanity in some essential way, biochemistry, organic gardening or health measures, or the protection of trees, natural resources. Now we are taught to get of the Wheel of re-birth, but I feel so inadequate and unprepared?

A. The highest aim of a man's life is to know Oneself and to know God. If once we have attained that, our purpose is served. The Divine Phenomenon which determines future births of the initiates is left to the Master-Power, in whom we should repose all our hopes. Your kind sentiments of helping humanity in various fields of your activity will bless you with an awakened outlook which in turn should grant you an impetus to work more zealously, selflessly, and in a spirit of dedication. It is for the Master-Power to see how He can make the best use of you. A Master-Saint enjoins that the dear initiate should lead such a disciplined life that he or she should retire every

night by disposing of all work assigned to his or her care, and repose all hopes and aspirations in the Gracious Master-Power working overhead. Such a sacred schedule will endow you with a stillness of mind and be immensely helpful for spiritual progress.

Q. Must we forgive all who have wronged us before we die in order to progress on the higher planes after death?

A. We should learn to forgive and forget which is a golden principle of life for attaining peace and harmony so very much helpful for having a calm and contemplative mood, which in turn will bless us with successful meditations. He who forgives is twice blessed. Taking revenge is cowardice, but forgiving the lapses of others is an act of virtuous nobility. The initiates are advised to take the stock of their *Karma* everyday before retiring to see whether during the course of their working day, they have incurred anybody's displeasure or have wronged anybody.

If so, they should repent and pray for Divine Grace. Similarly, if others have in one way or the other done any harm to them, that should be forgiven in the name of the Master. There is a very good example in Bible, where it is said that before one stands for prayer, he should forgive the lapses or shortcomings of his brother who has wronged him, so that the Father in Heaven may condone his shortcomings.

Evidently we must inculcate such a sense of forgiveness by daily practice. We must forgive all who have wronged us before we depart from this earth-plane, which will be helpful for our soul's progress on the inner planes.

CHAPTER II

MEDITATION

Q. What makes one stray from this golden Grand Trunk Road of Spirituality after finding the True God-Man and sacred Initiation from Him?

A. It is the ego in humans which debars them from Spiritual Illumination. It can be annihilated only by stern spiritual discipline and a sacred schedule of holy meditations together with deep reverential humility. Sometimes uncongenial environments do affect the spiritual progress of the dear initiates, who should always pray for right understanding and Divine Grace.

Q. During meditation hour I hear without thumbs in my ears. My mind tends to concentrate on the thumbs, but without thumbs in the ears I hear Sound Waves.

A. It depends upon your receptivity whether you feel better without thumbs and difficult with thumbs. You seem to remain conscious of the thumbs while listening to the Sound Current, which shows that your attention is divided. Please know it for certain that the inner Sound Current is not the outcome of our own perception but the Divine Grace of the Master which can be experienced by loving devotion and humility. You should try to do one practice fully and solely at a time. When you hear the Sound Principle while sitting in meditation, you should not pay any attention to the Sound, as in that case the

MEDITATION

attention is divided. Similarly while sitting for hearing the Sound if the Light comes up, you should not pay your attention to that. If, however, the Sound becomes audible during the day that will surely keep your attention occupied and save it from being frittered away to other things but you should hear the Sound coming from the right side by closing your ears as in that case the Sound will draw closer, grow stronger, and ultimately come from above to pull your Soul up into the Beyond.

Q. Since a deep purple colour is identified with one of the Divisions of the Astral Plane, when one sees this colour in meditation, can one assume that one has reached that plane in meditation?

A. The manifestation of the Holy Light within in varying shades does not necessarily mean that one has reached a particular plane as it is just a reflection of those regions which are made manifest at the initial stage. It may at best indicate the inner spiritual background of the aspirant which follows one like 'trailing clouds of glory from God which is our Home.'

Q. How can we become passive and attain absolute stillness and silence inside to enable us to obtain the Bliss of the Light of Lights?

A. There are no short cuts on the Spiritual Path. One has to work for the Spiritual Bliss. Mind, like fire, is a good servant but a bad master. While sitting for meditation, we have to free the mind of all thoughts, and the intellect of all reasoning. This can be achieved by a mental revolution. What in the world is after all ours? Nothing, not even the body,

the mental apparatus, and the wealth that one may possess. These are given to us for a legitimate use only. They belong to the Giver. Why not surrender them at the Holy Feet of the God-Man when attending to the task assigned by Him: to wit, to sit at the eye-focus and lovingly gaze within with devoted undivided attention, mentally repeating the Charged Words *very, very slowly*, may be at intervals, so as not to disturb the gaze. Gradually it will, by practice, become a habit and a second nature with you, and the Master-Power above will take care of you, and without any effort on your part, you will find your 'Self' rising above body consciousness, into Consciousness of a Higher Order. Love, longing, and devotion are the key-notes on the Path Godwards.

Q. In the meditation I hear the sound of crickets and the noises one associates with outdoor. What is happening?

A. The sound of crickets is the lowest sound and outer noise heard by you shows that you fail to attune yourself completely to the Sound Current. You should not apprehend any untoward happening as these are the entanglements of your own mind which creates similar thoughts for diverting your attention from inside.

Q. What is the true meaning of Word?

A. God is 'Wordless', and when It came into expression, it was and is called Word or *Naam* in the terminology of *Sant Mat*. It is the God-into-expression Power which when Manifests reveals the Divine Light of God and the Holy Sound Current, the conscious contacts of which are granted by the Master to the initiates. Please refer to the book *Naam or Word* for exhaustive explanations.

MEDITATION

Q. What are the five Shabds? Are these the Charged Names?

A. The five *Shabds* are the varying types of the Sounds heard within denoting the various Spiritual Planes up to *Sach Khand*. As a matter of fact the Sound Current is one but varies according to the density of the Inner Realms. In *Sach Khand*, there is All-Consciousness. In the second plane, Consciousness is more than Maya. In the third plane, Maya and Consciousness are at par; in the forth plane Maya is more than Consciousness, and in the fifth plane, Maya is still more than Consciousness. The five charged Names denote these stages.

Q. Why it is so difficult to hear Shabd?

A. *Shabd* is reverberating in all Universes seen or unseen. The human soul and Holy *Shabd* are of the same Divine Essence. Those who develop their Inner Consciousness by regular, faithful and accurate meditations can listen to this Heavenly Melody anytime they choose to do so. The novices do feel some trouble in focusing their attention at the eye-centre and controlling their vibrations and thoughts carefully. Besides those who speak much and waste their precious energy in idle and loose talk cannot listen to this Heavenly Melody. It is the inner single-minded devotion and attention which grants this Rapturous Listening. Practice undertaken with perseverance and steadfastness invokes Divine Grace and the initiate can listen to the Holy *Shabd Dhun*.

Q. Why does one put off practising Shabd when it is so very essential for spiritual progress?

A. Human mind is fashioned as such by Providence that it resents silence and stillness at its centre—back between the two eyes. It is an agent of Negative-Power

attached to each human soul and relishes externality. It does not relish introversion. Besides it is fond of sensuous pleasures, which cannot be eschewed easily. It is the Gracious Protection of the Living Master that He grants the Conscious Contact of this Heavenly Melody, yet the *Satsangis* do not pay proper heed to this most important aspect of Spiritual Discipline. It may be added that the dear ones who are engrossed in the pursuit of gross pleasures of flesh and matter seldom take to the Holy Path, and if per chance some of them may happen to be led to the Master and granted Initiation, due to some past *Karmic* evolution, they do not relish this Spiritual Discipline.

Human body is just like a radio set wherein these Divine Melodies are being received by all living. The Living Master is the One who can repair our damaged sets and grant us the knob and wave-length at which this Heavenly Song can be heard. Regularity and steadfastness coupled with untiring selfless service in a spirit of dedication are the chief helping factors for practising this Spiritual Discipline.

Mind has a varying set of tricks to unloose on the initiate for evading this listening. Sometime it poses as a friend to coax the disciple by putting forth family obligations etc. and the dear one is caught in the noose of attachment. At other times it stands up in tough fight like a formidable foe. Besides, the temptations of worldly pleasures keep the mind constantly swinging and wavering. The only point where it can find rest is at the eye-centre, the Seat of the Soul. The putting off of practising *Shabd* is an age-old malady of the human mind for which Divine Grace of the Master is most essential.

Q. People say they are searching for 'Truth', or they have found Truth. What does this word 'Truth' imply in the Teachings of the Masters?

A. Truth in the Teachings of the Masters is a definite Science. It is called Word or *Naam*. It has a practical aspect. It is Universal and for all mankind. It is the 'Natural Way Back to God' achieved during lifetime. It is a process of Self-analysis and Self-introspection in which first-hand experience is given by the Master individually or in a class by opening the inner vision to the Light within, called the 'Light of God' and a contact with Sound or the Audible Life Stream or the 'Voice of God' at the time of Initiation, more or less according to each man's receptivity and background. The disciple must then develop it further by allotting time regularly each day with love and devotion.

Q. According to Page 34 of 'My submission' 'Surat Shabd Yoga is easy.' I feel it is quite difficult to keep the attention completely on Shabd, others have the same trouble. Is there some method by which this difficulty can be overcome?

A. When we say that *Surat Shabd Yoga* is easy, we are using the words relatively. It is easier when compared with other forms of *Yoga*: *Karma Yoga*, *Jnana Yoga*, *Bhakti Yoga*, *Raj Yoga*, *Hatha Yoga*, the traditional *Ashtang Yoga*, all of which call for stern and severe outer disciplines, which a common busy man in the work-a-day world of today has neither the patience nor the time nor strength nor the leisure to do with all his wits about him. The *Surat Shabd Yoga*, on the other hand, can easily be practised by every one: man or woman, young or old with equal ease and facility.

It is because of its naturalness and simplicity that it is often termed *Sehaj Yoga*. With a direct immediate Experience of Inner Perception and Audition given by a Competent Master, one can, with loving devotion, steadily proceed along the Path under the Guidance both without and within of the Master-Power that works like an Unfailing Friend and an Unerring Guide on the Spiritual Path.

Q. When a disciple of a Living Master follows Instructions in diet etc. but does not get the Sound Current in this life, must he or she return for three additional lives in order to achieve Self-realization?

A. No. It is not necessary for an initiate who cannot attune to the Holy Sound Current to return. The holy Sound Current is the very Enlivening Principle and is present in every human being. It is a Fundamental Truth and must not be overlooked. If, however, somebody cannot hear it even after the sittings given by the Living Master for Initiation, there must be some flaw in the attempt. The possibility of future incarnations can be ruled out by gradual development of loving devotion to the Master-Power and aversion for worldly possessions.

Q. Is variance in intensity because of one's degree of devotion and attention?

A. The variance in intensity of the Sound Current is not due to either of these two factors but it depends on your inner receptivity. The Holy *Shabd* is reverberating in the entire universe but it cannot be listened to without Master's Guidance and Grace. Although the single-minded devotion and inner attention are helpful for this, none can ascribe this Divine Bliss to

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one's own efforts, howsoever best these may look outwardly. The Sound should be heard at the Seat of the Soul at the back of the eyes, which will draw closer, become stronger, and ultimately come from above. If you follow the Sound to the place from whence It comes, It will become faint and ultimately fade and die out.

Q. What causes or how can one overcome the blankness after about thirty minutes of concentration?

A. Thought is the keynote to success. The inversion with the help of repetition of Charged Names makes for inner withdrawal of the sensory currents from the body below to the eye-focus; then starts the second phase of *Dhyana*—the Contemplation. It can be attained by absorbing your attention into the inner Divine Light so much so that you forget yourself entirely. The blankness after about thirty minutes, felt by you is due to your lack of sustained practice and absorption within. It is by hard effort and strict spiritual discipline that the human body is purified of the impurities of the mind and thus can remain attuned to the Holy *Naam* at the eye-centre.

Q. Is the formless or sun like Light also considered the Form of the Master?

A. Yes, it is the Astral Form of the Master-Power and when one attains proficiency in this Principle, the inner Radiant Form of the Master manifests of itself in due course.

Q. Is it true that a disciple does not acquire any spiritual progress in meditation for at least five years?

A. It is incorrect to think that spiritual progress cannot be had for at least five years. Those who are not ready, are neither led to the gracious Living Master nor are they initiated into the Mysteries of the Beyond. Those who are initiated, get some experience of Light and Sound to start with. However, progress does vary according to the past background and because of this some may progress rapidly and others may lag behind. But there is sure hope for everybody. It is a simple, yet arduous schedule which is made much easier by the grace of the Master.

Q. When a soul has made its seat in the eye-focus, is it not the Master who is seated at the eye-focus?

A. No, when soul is completely withdrawn to the eye focus, contact with the Holy *Shabd Dhun* can be had. Soul and *Shabd Dhun* are of the same Divine Essence. The Radiant Form of the Master manifests at times to assure the initiates that He is with him or her.

Q. How can man free his body from all negation, and achieve Perfection or near Perfection?

A. Man can free his body from all negation and achieve Perfection by resort to stern discipline, self control and regular meditations faithfully under the guidance of a Perfect Master.

Q. What is 'yogic sleep'?

A. It is a sleep in which the soul descends into the lower *chakras* and goes into deep sleep and sometimes sees dreams. It comes on while contemplating on some fixed idea. The Masters do not advocate or encourage it.

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Q. Several occasions I had fallen asleep and was shaken out of it by a tremendous high pitched roar at the right side and flashes of Light. I could not move the body. What is this?

A. The sensory currents from the body below are withdrawn up to the eye focus with the aid of Holy *Naam*. The slackening of the inner gaze at the eye focus results in sleep as you experience. During this period the *Surat* or attention slips down to the gullet ganglion instead of ascension within. The Divine Revelations of holy Light and Sound Current awaken you and you feel the numbness or stiffness of the body below.

Q. How can I prevent going to sleep during meditations? Sometimes I seem to drift into a kind of a dream and yet I do not truly seem to be asleep. Sometimes with all the will in the world to meditate it is hard to remember that I am meditating, because of this sort of dream state which comes over me.

A. Sleep during meditations can be prevented by keeping the inner gaze constantly fixed into the middle of whatever you see within and mental repetition of charged holy Names, to be done *very, very slowly*, may be at intervals, so that the inner gaze is not disturbed. Sleep or stray thoughts intrude only when the inner gaze or attention is slackened, and it requires a good deal of strenuous effort to develop the habit of staying wide awake and fully conscious during meditations. The fact remains that when going to sleep or meditating fully the soul is collected at the seat of the soul which is at the back of the eyes. While in the former state soul descends into gullet centre when she sees dreams and into solar plexus

when it goes into sound sleep, in the latter case body sleeps but soul remains conscious and ascends into the Higher Realms and enjoys the flights consciously. The one is called the 'dream' and the other is termed as 'vision.' In dream you have simply a hazy idea of what you have seen and not at the time of dreaming. Prophet Mohammad when asked about sleep said, 'My body sleeps and my soul does not sleep.' Guru Nanak says that such a Soul remains always awake and is never seen asleep.

Q. Does the disciple see God in his meditation?

A. Nobody can ever see God-Absolute. God-in-expression called Word or *Naam* manifests in the form of Light and Sound Principle which can be seen and heard with the inner eyes and inner ears with the help and grace of a Competent Master. He has a two-fold function; one that of *Kal* and the other that of *Dayal*. Mohammedans designate these by the words *Shaitan* and *Rehman*, while Zoroastrians use the term *Aharman* and *Harmuzd*. These may be called the Negative and the Positive Powers, both aspects of the One Great and Undivided God. The Negative Power, *Kal*, *Shaitan*, *Aharman*, represents the power that is going into expression, bringing all creation into being, and the other, *Dayal*, *Rahman* and *Harmuzd* (Positive Power) represents the Power of Inversion, bringing the soul back to its Source. These then are the centrifugal and centripetal powers working in all creation. Mind is an agent of the Negative Power and always brings one into the outer world. On the other hand, the contact with the Divine Word within leads the soul back to God, which is Wordless or Absolute. Though mind is activated by the soul, yet it has come to dominate it. Again, mind is further controlled by the senses or the outside faculties which

in turn drag us into the field of sensual pleasures born of our attachments to sense objects without. Master tells us how to withdraw the soul current by means of concentration at the centre of our being and grants us contact with the Divine Word which is within and which is the way to God. Negative Power keeps in control the creation in expression or manifestation. But once the soul comes in contact with the Divine Word, it is liberated from the bondage of mind and matter with the help and grace of the Master, and is freed from the grip of the Negative Power.

Q. Why does the mind forget the Bliss?

A. Forgetfulness is the chief attribute of human mind. It is due to the gross *Maya* or materialism that we forget the inner Bliss and are overtaken by the sensuous urges. When inner Consciousness grows gradually, mind forgets its lower pulls and relishes inner Bliss perpetually with the grace of the Master.

Q. When pain in the legs is unbearable, in either Asana after say forty-sixty minutes, that is when the things really begin opening within. How is this overcome so that I can completely withdraw?

A. You should sit in any posture quite relaxed but straight. Let there be no tension in the body, and you should not change your posture. Do not pay any attention to the body below nor think of rising above to the eye centre. Leave all to the Master-Power working overhead. Just keep your attention constantly fixed at the eye centre while repeating the Charged Names mentally at intervals so that the inner gaze is not disturbed. You will not feel any pain, and inner Light will sprout forth. Practice

makes a man perfect. The holy meditation should not be a mechanical routine of just sitting for a certain time but it should be of loving devotion dyed in reverential humility when you stand a begging at the Divine Door of the Lord. The inner openings stated to be falling to your lot towards the close of forty-sixty minutes meditation will be enjoyed much earlier by resigning to His Will.

Q. Sometimes when I am not even meditating, I can hear the Sound?

A. It is an auspicious omen and shows your growing receptivity. The Holy Sound Current becomes audible by regular, faithful, and accurate meditations without closing the ears. This keeps the attention of the initiate engaged, but the Sound should be heard by closing the ears regularly, which will draw closer, become stronger and ultimately come from above to lift you up into the Beyond.

Q. Is it alright if I experience visual inner glimpses while sitting in Bhajan?

A. One thing should be done at a time. You should try to absorb your attention completely either in the Divine Light by looking into its middle or listening to the Holy Sound Current as coming from the right side with rapturous attention. If you do both the practices together, attention will be divided.

Q. Why do none of the visions of the Master's Radiant Form stay and also why do many attempts yield no results? Perhaps my attitude is ungrateful. Why does the Face or the Form of the Master dissolve when I try to make out the features?

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A. It is due to the lack of your receptivity which would develop by prolonged meditations and great deal of loving devotion. You simply keep your gaze constantly fixed while looking intently and minutely into what you see before you. Your so-called attempts amount to a clutching tendency to have one thing or the other which should be avoided by resigning to His Will and Pleasure to bless you with whatever is deemed best for your spiritual progress. The dissolution of Master's Form when you try to make out the features is due to your intellectual interference, which has to be stilled and silenced.

Q. Once while sitting in Bhajan, I had a vision of Your Radiant Form which changed into countless other Masters' Forms and back again. Devotees were clustered around the Master. All these appeared near but far away. I couldn't get free from my bondage to join this Holy Company. I wanted to. I felt sad and inner Bliss at the same time.

A. Such like rare visions denote His gracious love and protection being extended to you. Moreover, it goes to show that Master-Power working at the human Pole of the Living Master also worked at the Poles of Others. He is One in All and All are One in Him. You are advised to resort to the repetition of the Charged Names during such Revelations, when inner Manifestations will become more stable with the grace of the Master. The serene Bliss derived from this Divine Manifestation is auspicious and should be assimilated gratefully.

CHAPTER III

GURU: HIS NEED AND FUNCTIONS (MASTER POWER)

Q. How does one determine a Great Master?

A. Swami Ji Maharaj in *Sar Bachan* has answered this question very beautifully. He exhorts that as and when you hear about a Saint or Master, just go to Him and in deep humility and reverence sit near Him. Just look into His eyes and forehead like a child with deep receptivity. You will feel an upward pull of the soul and Divine Radiation from His eyes and forehead. Besides, if you have any questions in your heart, these will be answered automatically by His discourse without your effort. Over and above all the testing criterion for the Perfect Master is to have the conscious contact of Holy *Naam* within the lowest links of which in the form of Divine Light and holy Sound Current must be had on Initiation. Again He should be Competent to afford guidance for His initiates in the Astral Plane and must protect the soul at the time of their physical death.

Q. What is a Sant or Master?

A. A *Sant* or Master in the Saints' terminology is one who goes to *Sach Khand* or the Fifth Plane and comes back at Will, and who can give you *experience* of contact with Word or *Naam*.

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 of small degree of piousness may be termed a sant or master. But you need not worry about words.

Q. What is the history of the Masters?

A. Masters have been coming at all times. The *Surat Shabd* Science was, however, enunciated in times of Sant Kabir and Guru Nanak and thereafter by other Masters.

Q. Is it possible to succeed on this Path alone?

A. No. To succeed on this inner Path, we must find One who has explored it to its utmost limits. A Living Master is an indispensable need, and an indispensable means to the attaining of Self-realization. On the purely physical level, He serves as a living example of a Perfect Life. He tells us of our True Home and the way that leads to It. On the spiritual side He gives us details of the inner Path, its intricacies and difficulties, provides His Attention, with an *actual experience* of withdrawal from the body and of the inner Light and Sound, and guides us through the more difficult parts of our inner journey until we reach our Goal.

Q. Recently I had a vivid dream wherein both Baba Sawan Singh Ji and Yourself appeared sitting side by side looking at me. Why did a negative dream ensue?

A. The appearance of Master or His Master's Form in your dream state was rather for your personal conviction and reassurance that you are under the Divine Protection of the gracious Master-Power. Any negative apparition will fade away before the repetition of the Five Names.

Q. There are many self-styled masters. How may one know a True Master?

A. A True Master is dedicated to bring souls back to the True Home of their Father. A True Master gives more than mere theory. He gives *experience* to His disciple. He shows the way to God, which is within. God and Master are within. This question usually besets every true seeker after God. In my boyhood, I had the same doubts and questioning before me. I did not dare to go to any Master for fear of encountering an imperfect master and then my whole life would be one of frustration. So I earnestly prayed to God for guidance. 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. Your question remains—how to recognize a True Master? Outwardly we should see that He has no selfish motives. He should be living on His own hard-earned money. He should not be fond of outward pomp and show. He will live a simple life. His thoughts will be pure.

His true qualifications will lie in His ability to give the initiate some first-hand *experience* by opening the inner eye to see the *Light of God* and inner ear to hear the *Voice of God*, the Sound Principle. The extent of this experience will be according to the background of the initiate and his receptivity.

After Initiation the only rules for judging for one's self is one's own inner ascent to the Spiritual Planes whereby one can see for himself, and meet all Masters; Past or Present, wherever they are, in the Upper or Lower Planes.

Those who contact the Master inside and talk to Him know.

Q. In 'Spiritual Gems'-p. 318: Talking of Mahapursha (Supreme Lord) brings ecstasy to the soul. His sayings and works are of the quality of heavenly Nectar. What are these works? What are His sayings? Are they the Master?

A. Yes, the Living Master is a *Mahapursha*, the Great Force or Power Transcendental. Being One with All-Consciousness He constitutes the human Pole from where the God-in-Expression Power works in the world. Every act and every word of the *Mahapursha* proceeds from a Higher Spiritual Level, and is charged with the Spiritual Life overflowing, which act as a balm to the lacerated hearts, give ecstasy to the soul, and attracts them to rise into the Beyond. He does nothing on His Own except as He is moved by the Holy Spirit.

Commissioned, as He is from Above, with the sacred duty of guiding the seekers after Truth to the True Home of His Heavenly Father, He comes into the world to work for Spiritual Regeneration. This indeed is His Greatest Work and whatever else He does is ancillary to this Divine Mission on the earth plane, and as such is holy and helps the embodied souls in diverse ways in the spiritual advancement.

Q. How does a Master differ from an ordinary spiritual teacher?

A. The Master-Saint is outwardly a human being like any one of us, but through blessings and intense spiritual discipline, He has risen into Cosmic-Awareness and Super-Cosmic-Awareness. He has become One with God and is a Conscious Co-Worker of His Divine Plan. He is a Living Embodiment of God's Love and does nothing of Himself. He is not

tormented by any self-interest, but works for the pure benefit of suffering humanity.

Q. I have been informed several times that a Master always knows His initiates on sight. I overheard You ask several if they were initiates while you were here in Los Angeles, Was I misinformed? I was and still am disturbed about this. Could you explain? I know there is a logical answer of some kind, but what?

A. Master can know everything about the person meeting Him. Yet He behaves in such a manner that the others may not feel embarrassed with such an attitude, and tries to meet the humans on their own level. He sees us just as we can see what is there in a glass bottle—pickle or jam, but in His sheer graciousness tries to hide the facts, lest these actions are considered as transgressions in the ethical code. An initiate of the competent Living Master carries the Radiant Form of the Master at the eye-focus, which can be detected and seen by the Living Master.

Q. To what extent do the teachings of sages of lower order help the sincere students of Sant Mat so as to hasten the day when we meet the Radiant Master within and be guided by Him thereafter?

A. The teachings of all the Masters, may be of lower order or higher order, are helpful to the initiates provided the latter do not indulge in controversial discussions. Like an intelligent swan (whose beak is blessed with the rare boon of separating milk from water) the disciple should accept goodness from wherever it may be available. The charming Radiant Form of the Master manifests itself in due course by

attaining proficiency in the Divine Principles of Holy *Shabd*—the Sound Current and the Divine Lights, which are His Astral Forms. The faithful and disciplined initiates receive guidance at every step after the Radiant Form of the Master is manifested within. The inner receptivity of the disciple develops wonderfully by regular, faithful, and accurate meditations. Ever since Initiation, the gracious Master-Power becomes the constant and nearest companion of the disciple for escorting the soul on to the True Home of the Father, with the aid of Holy *Naam*.

Q. How is Christ-Power transferred from one Master to another?

A. It is transferred through the eyes. As a matter of fact the chosen human Pole on whom the Master-Power is to work for the liberation and guidance of humanity is determined much earlier. There are living testimonies in this behalf that the dear ones who have never heard about *Sant Mat* and living in far flung countries had visions of the Master much ahead of Him taking the role of the Living Master. It is the Divine Form which works for the guidance of the humanity. They are chosen by God-Power or Christ-Power and not voted by public, or transferred through written documents.

Q. Are all the masters great?

A. Kabir Sahib says that he adores all Masters but the One Who is Word Personified is to be held in the highest esteem.

Q. Are the God and God-Man (Master) considered one and the same?

A. Yes, it is so, but there are very few who can develop this much receptivity and understand this rare phenomenon. The physical plane is a realm of duality where illusion prevails most and only spiritually illumined may testify to such a statement for their own personal conviction as given by some of them; i.e. 'I and my Father are One' and 'Father and Son have taken the same colours,' etc.

Q. Do Masters welcome sinners?

A. Yes, soul is of the same essence as that of God and Master looks on all as embodied souls. So all are dear to Him. He wishes them to reach to the True Home of their Father. A repentant sinner coming with a sincere heart is acceptable to Him. We are all Sinners and we come to Him to be cleansed.

Q. How do we obtain true knowledge of God?

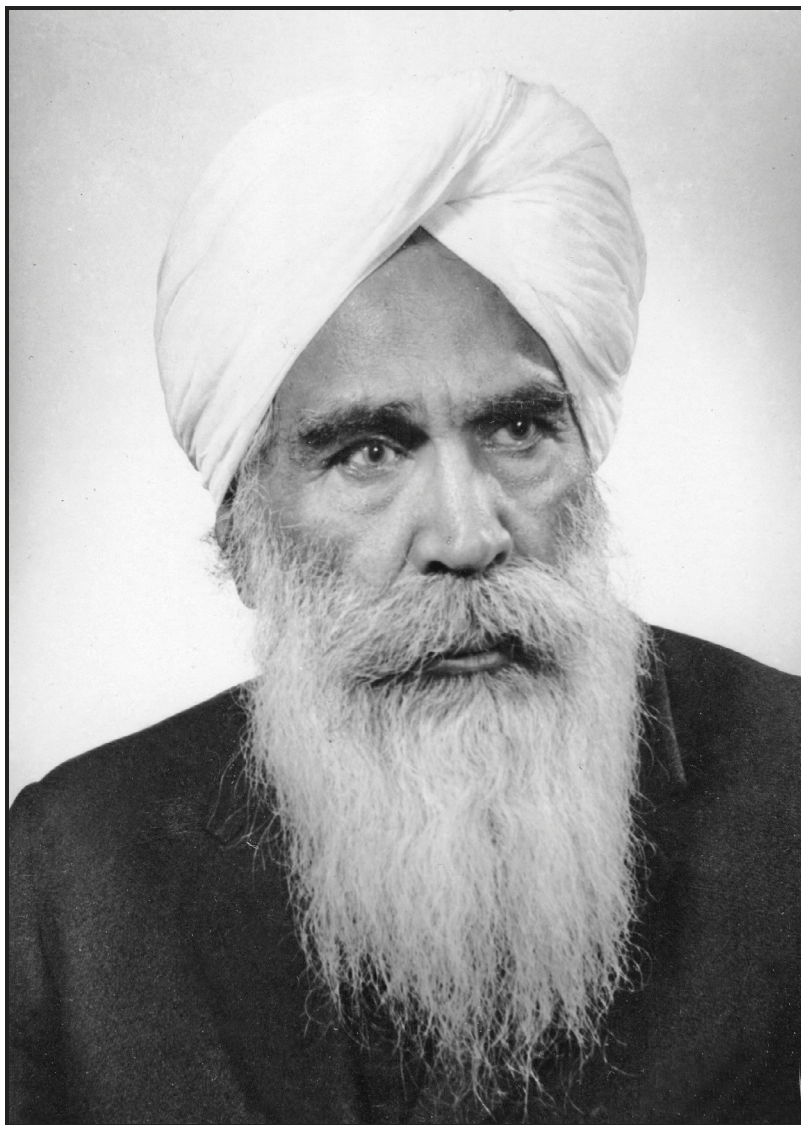
A. The knowledge of God is a definite and a complete Science in itself—unchanged since life began on earth. It is only rarely that one may come across this Science. It is God-made and not man-made. It has always remained an 'unrecorded Science' unwritten and unspoken. There is one God, and there is only one way to Him. The elementary steps in this direction may be different. This knowledge has both a theoretical and a practical aspect. The theory is quite simple. The Power of Almighty God works on a selected human Pole Who becomes His Mouthpiece or His Messiah, to impart His knowledge to those who long for Him and want to be with Him. God is Love, our souls are also endowed with Love and the way to God is through loving devotion. One has to withdraw his soul-current from the physical body and enter His Kingdom through the guidance and help of

a Practical Master or Saint, who is Love Personified, and can transcend the body and traverse the Higher Planes. There is a practical side of the Science of the Soul. The Master Saint is able to give *first-hand experience at the very first sitting* to almost all seekers, however small that experience may be (according to one's receptivity) to have an inner vision and contact with the inner Sound or the Voice of God, that is Word, the Sound Principle. This ever-existent Inner Voice, the Primal Manifestation of the God-head then becomes the Guide of man in the interior of his self. It is the Master in His Radiant Form that accompanies the pilgrim soul and guides him or her at each step on the way. The Master meets and talks and guides the disciple on the way up. Contacting a Practical Master is, therefore, a *must* for those wishing to be on the way to God.

Telepathy is transference of thought, and thoughts emanate from the mind, and mind has therefore to be stilled; eyes have to be closed from all external views and the ears likewise from all outer sounds. The soul currents of the body have to be withdrawn and collected at one centre, the seat of the soul in the body, and this is done according to the instructions given at the time of Initiation.

This in brief is what is called Spirituality, the proper type of meditation, the Science of *Para Vidya*, which has come down from ancient times and is known today as *Sant Mat*.

Q. From 'My Submission'— page 34: 'Spiritual Life with the help of the Master leads one to the Almighty in a short time.' Will you please explain 'short time' as to one's personal life?



Sant Kirpal Singh Ji Maharaj
1894-1974

A. The term 'short time' as used here is a relative term. All outer practices, the performance of rites and rituals, the chanting of psalms and hymns, the telling of beads, the observance of fasts and festivals, the keeping of vigils and doing *yogic* activities, going on pilgrimages are meant for preparation of the ground and are good actions.

Lord Krishna says:

Good and bad actions are both binding just as chains, may be made of gold or iron, are equally binding.

Those lead you astray from the Path of God, which is purely an inner practical process of Self-analysis, consisting in untying the Consciousness from the body and the mind and tying it with the saving Life-Lines within which take one straight to the Kingdom of God. It is only an Adept in this Esoteric Knowledge (or the Knowledge of the Beyond) and Commissioned from Above, Who can do this job, and no one else can. Master has the competency to pull your soul into its seat in the body and then transcend into the Beyond in short time by giving a practical sitting.

In Matt. 11:27 we have:

None knows the Father, save the Son, and he to whomsoever the Son will reveal Him.

Q. Is Master the true embodiment of all encompassing Love, to pour it upon any one of His choosing, to open up the depths within to anyone He sees spiritually fit to receive this tremendous Blessing?

A. Yes. The Master is all in all in this respect. He is a Law unto Himself and can bestow His Divine Blessings on any one of His own choice. But the start should not be considered as the end. It is a life long struggle and the strenuous effort of the disciple, which he or she is required to undergo for the growth of his or her inner spiritual illumination, has to be taken care of.

As a matter of fact, ever since the disciple is granted the sacred boon of holy Initiation, he or she is granted a complete visa for entering into the Inner Realms up to the True Home of the Father. But there are very few who labour much and lead the life as enjoined by the Master and can progress within. Please refer to *The Jap Ji* stanza 33 in this behalf where it has been explained at length.

Q. If I need guidance from the Master and am not able to go up within and contact Him and get a definite answer but yet I pray to Him, how will I know whether what I have decided to do is true guidance or merely my own mind acting?

A. The initiate who contacts the Master within of which the genuineness is tested by the repetition of the charged Names given to him, can have direct reply which will stand true. Until then an initiate in all his affairs—mundane or spiritual—should attend

to them carefully and do the best he can; with serene detachment and self-abnegation, attaching no importance to the rewards whatsoever and leave the rest to the Master-Power working overhead.

Q. Why do the Great Masters on earth always take the form of man?

A. The Masters claim that there is only one Male gender amongst the souls, and He generally manifests on the chosen human Pole of the Living Master. It is a Divine Law which cannot be questioned by the mortals.

Q. We are told our husband (or wife) is under the protective care of the Master. Does this Protection last after the disciple dies? Will the one left behind (a non-initiate) still be under the Master-Power?

A. The sacred loving bonds existing between the partners in life do invoke Divine Grace of the Master and accordingly the dear ones left behind do in some measure enjoy gracious protection of the Master-Power.

Q. Now that we have come down to earth from our Heavenly Home, do we have definite promise that we can remain there after going up with a Master?

A. Yes, there is a definite promise from the Living Master, supported by the statements of Past Masters, that the souls merging with the Father within, are not to be reincarnated when blessed with the rare boon of holy Initiation of *Naam*. The seed *karma*

being the basis of future birth of the initiates is burnt in the fire of Holy *Naam*. Guru Nanak Sahib has proclaimed in *Granth Sahib*, that having been blessed with the rare boon of Holy *Naam*, the accounts of the disciple are torn, and he or she has nothing to do with Dharam Rai—the Judge, appointed by Negative Power for administering justice to the souls, after the termination of their earthly lives. They can be sent to the earth to fetch back the souls to God, but not like prisoner to reap the fruit of their actions.

Q. When the Living Master is called away from this incarnation, will it be possible for us to contact Him, thus preventing a period of loss or frustration?

A. The Radiant Form of the Master can be met within by regular and faithful meditations, even if the Living Master leaves the physical plane. It is the God-Power, Christ-Power, or *Guru*-Power working at the chosen human Pole, which continues extending feasible grace and protection and does not leave the initiates till the end of the world. The initiate however has to derive the benefit from the Living Master for outer guidance wherever necessary.

Q. Why does a disciple see and feel a close affinity with Master Sawan Singh although Master died before this disciple heard of the Living Master, or was initiated by Master Kirpal Singh? Why would a disciple feel closer to Master Sawan Singh than to his own Master?

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A. It is based on past links and affiliations with the Holy Path and shows that this initiate was granted Initiation by Master Sawan Singh Ji, but could not progress much and has been placed in such congenial environments, where he could come under the competent guidance of the Living Master. The same Master-Power continues working on the chosen human Pole of the Living Master and the dear ones are led to Him in good time. There are several instances of this type here and abroad.

CHAPTER IV

KARMA: THE LAW OF ACTION AND REACTION

Q. Please explain why the enactment of the drama of life.

A. It is all an expression of the inexorable Law of *Karma*. Desire is the root-cause of all bondage and rebirths. Unless one becomes a conscious co-worker of the Divine Plan by complete self-surrender and annihilation of ego, the goal of spiritual perfection cannot be attained. Please refer to the *Wheel of Life* for exhaustive explanation.

Q. How much are our lives preordained, and what part does 'free will' play after we become initiates?

A. Six things are preordained or covered by fate-*karma*; viz. health and sickness, poverty and opulence, honour and ignominy. Strenuous effort, self-control and discipline do play an important role for our betterment with the grace of the Master. Many dear ones with unhappy and checkered careers claim to have become saintly persons after holy Initiation and faithful meditations on Holy *Naam*. For elaborate discussion, reference is invited to *Wheel of Life*.

Q. What happens after death; do we enter another place to go through a period of birth and growth and groping until we find our Master again?

A. It is supposed that the question relates to the initiates of the Living Master only, and as such, it should be understood in the light of what follows.

KARMA: THE LAW OF ACTION AND REACTION

The dear ones who have been blessed with the sacred boon of holy Initiation into the mysteries of the Beyond, are all granted full protection by the gracious Master-Power in the Beyond. Most of their *karmic* debts are paid off as if they had lived their normal fate *karma*. Smaller *karmic* debts are paid off even before leaving off the body and as such they are not reincarnated. If, however, there remain some overwhelming worldly desires, the initiated souls are granted human birth, but are placed in such congenial environments where they will have the chance of continuing their inner journey, by meeting the Living Master working at the time. Spiritual growth and progress thus continues under His guidance.

Q. Why must our past lives be concealed from us?

A. It has a significance. The entire human life is a drama based on the inexorable Law of *Karma* which results in union and separation of the souls for the liquidation of their mutual give and take. If one is told about these *karmic* debts involved and the sons or daughters born to us are only our past debtors, the reason and sense of their breeding will be harmed. It is one of the chief functions of the Negative Power to conceal these truths from the humans for keeping the earth life a-going. You will be perhaps astonished to know that *Kal* has obtained three main boons from the Almighty, as contained in *Sar Bachan*. These are:—

1. Nobody will know of his or her past life;
2. Nobody should know about his or her exact time and date of death; and
3. The Living Master should not grant holy Initiation to the humans by showing miracles but simply hold *Satsangs* and if the dear ones come up of themselves and seek Initiation, only then should they be initiated.

Q. Is it less fortunate karma to be born a woman, and is a woman's potential for spiritual development in this life less than that of a man?

A. It is not less fortunate *karma* to be born as a woman and there is not potential difference in regard to the spiritual development in this life between man and woman. The Masters do not attach any specific importance to the genders and consider all the humans as equal and see them from the soul-level. Women have rather more chances of inner spiritual development being more devoted to their spiritual growth, having an innate inclination to devotional dedication.

Q. If a Satsangi aids another person in difficulty, as to money or saving another's life, does the Satsangi take on karmic burden of the one he aids?

A. The *Satsangis* rendering monetary help or physical assistance in saving life does not involve *karmic* burden. Such like noble actions should be undertaken in a sense of selflessness, which rids the dear one of the subtle ego which creeps in surreptitiously, and sows the seeds of future reaction. Since it is an embarrassing and baffling problem to find out whether such and such *Satsangi* is in dire need of help, physical or financial, the initiates should endeavour to donate to the Master, who knows best about its eventual dispensation and disposal. Saint Kabir cautions the sincere devotee that donations must be made selflessly and only through the *Satguru* who knows best as to how these are to be disposed of.

Q. If Satsangis exchange gifts, do one or both of them take on some karmic burden from each other?

KARMA: THE LAW OF ACTION AND REACTION

A. The Law of *Karma* is immutable and inexorable. The exchange of gifts amongst the *Satsangis* will result in mutual balancing and adjustment. It should be understood carefully that the *karmic* binding lies in the fact that any gift is given or taken with the inner intention of doing so, whereas if the giver gives in a spirit of selflessness as a dedication to the Master-Power, and the other receiving the same receives in a gratitude as a token of grace from the Master-Power, both are relieved of the burden involved.

Q. Do I have a lot of bad karma to work off?

A. Every initiate has a lot of good and bad *karma* to be worked off during physical existence. The terminology of good or bad *karma* cannot be adequately justified, as both entail some debts requiring fair liquidation. Suffice it to note that the Decrees of Heaven are subject to no error and the Divine Dispensation is invariably flavoured with mercy. The inner rare bliss from regular and devoted meditations changes the entire outlook of the initiate when he or she finds the gracious hand of the Master protecting him or her at every step. You should know it for certain that everything whatsoever that comes to your counting is definitely for your spiritual progress, and you should gladly withstand the trials and tribulations of this life, by reposing your hopes and aspirations at the feet of the gracious Master-Power overhead.

Q. When Metaphysicians heal, is this the power of God or Kal?

A. Healing done by Metaphysicians falls within the scope of Negative Power when the *karmic* debts

involved are put off for the time being, and have to be repaid sometime with compound interest. The gracious God-Power does not actually punish the souls but deals out justice tempered with mercy in accordance with our *karma*. The Decrees of Heaven are in no way subject to error and the Divine Dispensation is invariably flavoured with grace.

Q. Can the Power of God work in our lives in spite of bad karma?

A. The Divine Power of God continues working for our spiritual welfare irrespective of the response. It is rather the Enlivening Principle in human body which sustains and maintains the life, and as such works ceaselessly throughout the physical sojourn. What we term as ‘bad *karma*’ means lesser good and if one is granted the boon of holy Initiation, there are ample chances of improvement.

Q. What are the Teachings of the Masters regarding hell and purgatory?

A. The Masters do not contradict the scriptures which describe these places meant for the reformation of human souls in accordance with the Law of *Karma*.

Q. Can karma apply to nations as well as individuals?

A. Yes. The cumulative reaction of *karmic* debt of nations results in wars, epidemics, destruction by fire or floods etc. For exhaustive explanation, a reference is invited to the book *Wheel of Life*.

Q. On page 319 in 'Spiritual Gems' it is stated: "There is no racial karma." We have been taught there is both racial and national karma. Will you please explain this?

A. Karma, besides being individual vis-a-vis society of which he is a member, may as well be racial or national and in this sense may be called collective karma. Races, like individuals, have their own prides and prejudices; pride of colour as the whites generally have against what they call coloured people, and this prejudice of theirs they manifest in diverse ways: by raising all kinds of colour bars for denial of civic and social rights, political privileges and legal remedies, all of which in course of time redounded upon the perpetrators of social indignities and inequalities causing unrest leading, at times, to bloody racial wars.

Again, some races boast of superiority of blood in their veins and on that score think that they form a privileged class by themselves favoured by God to rule over and exploit others; but, as is usual in such cases, they are sooner or later overtaken by Nemesis—for they that rule by the sword, very often perish by the sword.

In like manner, some nations when swayed by national interests, get embroiled in unfair trade competitions, build high tariff walls against other nations and at times even try to boost the sale of their unwanted products at gunpoint with the natural result of reprisals, embargoes, and other retaliatory measures from those who suffer from their discriminatory acts and deeds.

Next come what are generally termed and commonly believed to be natural calamities, like floods, famines, earthquakes and epidemics etc. These too, like all other ills, are the result, more or less, of man's ignorance of the laws of nature, his incapacity to foresee things and implement measures necessary to eliminate the threatened disasters. With the progressive advancement in scientific knowledge and technological skill, Man is gradually coming to his own, pressing the forces of nature more and more to the service of his kind, and making the most of the potential energy lying hidden and untapped. This is how the Law of *Karma* works silently and unnoticed but inexorably to the good or ill as the case may be. In this connection please refer to the book *Wheel of Life*.

Q. Is it necessary to pray that we can have a husband (Spiritual) in this life or is this determined by karma or one's fate?

A. Unions and separations are governed by the Law of *Karma*. Prayer is the last weapon with the spiritual aspirant and must not be over-used or overlooked. Please refer to the book *Prayer—Its Nature and Technique*.

Q. How does karma work on lower animals?

A. Lower animals or forms of creation are bound by their past *karmic* debt and they do not contract any more *karma* during their life span. They simply are born to undergo their *karmic* liquidation.

Q. Does God move us around like a chessman on a board or do we, with our free will, move ourselves?

KARMA: THE LAW OF ACTION AND REACTION

A. It is our past *karmic* evolution which moves us around under His Divine Will. We are bound within certain limits on account of past *karma* and free within certain limits. We can make the best use of free *karmas* to change our course to proceed on our spiritual way. For exhaustive explanation please refer to *Wheel of Life*.

Q. I have an ant hill in my garden which I wish to get rid of; is there any natural way, prayer or planting some seeds or flowers which would disperse them?

A. You should please not wish like that and let them live there. How would you appreciate the Divine Grace when you are blessed by Providence with a charming house to live in which is adorned with a beautiful garden and your act of removing them would be sheer cruelty to the dumb and mute. You will appreciate that here in India, the Hindus feed the ants with wheat flour which shows their deep compassion for their lower brethren. However for sanitary purposes you may please take remedial measures as advised by the health department of the government.

Q. We have been taught in our Satsang that all thoughts that enter the mind during meditation register on the astral and take the form of karma for us. Would you please comment on this?

A. The thoughts continue feeding the mind and register impressions in the *Chita*—the sub-conscious reservoir of the mind, and serve as seed *karma* to fructify at a later stage. However the thoughts entering the mind during meditations become more potent

to bear fruit at the earliest opportunity, and as such are considered more violently harmful than those entering the mind in the normal waking hours. It should be attributed to the inner concentration during meditations when the mind becomes comparatively more sharp and one-pointed. The listening to the Holy Sound Current as coming from the right side with rapturous attention and absorption therein burns away these seeds of *karmas* and render them infructuous to bear fruit.

Q. What is the difference between individuality and personality and which one is involved in our karma?

A. There is no difference between individuality and personality so far as *karma* is involved. The Divine pen writes in accordance with our *karma* and does not make any difference for one or the other.

Q. If one practices the Sound Current, but does not go far or hear the higher Sounds, does the weight of karma become lighter?

A. Yes the load of *karmic* debt gets lighter by listening to the Holy Sound Current even if it is in its lowest links for it holds the keel of one's barque steady on the stormy sea of life and saves it from running aground among shoals, sand-banks, and submerged rocks. But one must strive to catch higher Sounds for it is the latter that exert a powerful pull upon the soul by following which one is led to eventual Liberation. These higher Sounds can, by loving devotion and practice, be easily differentiated and communed with by the grace of the Master-Power which is ever ready to extend all feasible help to the aspirants on the Path.

KARMA: THE LAW OF ACTION AND REACTION

Q. Please explain the Law of Sympathy and how it affects our Karma?

A. The Law of Sympathy denotes our innate compassion for those who are suffering. It affects our *karma* to some extent, when we feel obliged to learn the good lesson of living a disciplined life. The sympathy by the mortals for others may be helpful to the extent of their own resources, but unless it is supported by genuine substantial help, it does not bring about any tangible result. The sympathy of the Living Master for the suffering humanity is of supreme importance, as His benign Impulse will result in the Liberation of the soul from the cycle of birth and death. He expresses His sympathy by actually granting a conscious contact of Holy *Naam* within for inner spiritual progress.

Q. Can a sinner like myself attain to God-hood in this very lifetime?

A. Yes, you can attain God-hood during this lifetime provided you work for it strictly according to the behests of the Master. Let His words abide in you and you abide in Him. You have been granted the sacred boon of the holy Initiation which is a valid visa on to the *Sach Khand* and it is your earnest efforts and steadfastness which would bless you with fruition of your wish in due course.

CHAPTER V

PRAYER

Q. If one sends loving thoughts and prayers for the loved ones who have passed on, do they reach and benefit the one who has gone from this world and will they know that they are loved and remembered?

A. Before understanding the correct answer to this question it should be borne in mind carefully that unions and separations of this physical world are governed by the inexorable Law of *Karma*. They have severed all connections with this physical plane and have been granted protection in accordance with their earnings. The prayers and their loving thoughts sent out by advanced souls do help the departed souls and they are cognisant of the same. It may furthermore be understood that the near and dear relations of the sincere initiates are granted feasible protection in the Beyond, even if they had left much earlier before the initiates took Initiation.

Q. Is it proper to pray to God for favours (husband, job, etc.), or should we pray to know His Will and for the Grace to follow it?

A. The Masters do not entirely disfavour humble petitionary prayer for the achievement of worldly amenities. The life of the initiate is verily one long prayer in itself when at every step he or she feels obliged to pray before God or Master for being able to face the hazards of physical existence. But prayer for knowing the Divine Will of the Father and for

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attaining Divine Grace to follow His Will is of a higher order. We should always pray for right understanding lest our erring intellect leads us astray from the Holy Path. We cannot guide Nature or Master-Power but we can follow the Divine Will of the Lord. Please refer to the book *Prayer—Its Nature and Technique* for elaborate explanation.

Q. To have good effects from meditation, should one ask forgiveness from the Master daily?

A. The loving disciple is always repentant for his or her trespasses and lapses committed consciously or unconsciously during the day and turns many times within in prayer. Prayer is not an outward show, but it is an anguished cry of the soul, which stirs the Divine Grace, and when it is directed and channeled smoothly, it works wonders and the dear initiate is filled with wondrous gratitude with His Grace.

Q. May we pray to the Supreme one to bless Kal, since Kal is really doing His Will?

A. It is not necessary for us to pray for *Kal* or any other deity as it is absolutely immaterial for these powers who are being governed and guided by the Divine Will of the Lord.

CHAPTER VI

DIET

Q. Is Satvic food diet as stressed in the 'Crown of Life' best for my development? I am trying this out.

A. The *Satvic* diet prescribed in *Crown of Life* is helpful for your spiritual development. You will find the results in due course. Please note that moderation should always be maintained for having steady progress and sound physical health.

Q. With friends of long standing it is often difficult to ask if a dish is prepared with eggs. How can this be overcome? It is especially difficult for one not advanced on the Path.

A. The initiates should, as a matter of principle, be very cautious in their food articles especially when they have to dine at friends. It is so simple to inquire humbly and discretely beforehand and telling your friends that the prohibited food articles are not allowed by your Spiritual Doctor.

Q. Why do I get so fatigued and require so much rest on this diet?

A. This is a personal question involving your own physical endurance. You should select better food combinations from the vegetable and fruit kingdom which may give you better nutrition. Some Naturopath should be consulted in this behalf.

Q. Will you please explain: Mark 7: 14-16, "And when he had called all the people unto Him he said unto them, hearken unto me everyone of you

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and understand: There is nothing from without a man, that entering into him can defile him but the things which come out of him, these are they that defile the man. If any man have ears to hear, let him hear?" He did not forbid the eating of meat.

A. I am afraid we do a great injustice to the World-Teachers, by taking isolated sentences and things in fragments rather than taking an over-all and integrated view of their teachings. If we study the scriptures carefully we find that the word 'meats' as used in the Gospels, stands for 'foods' or 'meals.' It is not 'meats' alone that purge out of the body, but the refuse of all the foods that we take. The beautiful teachings of Jesus were for all the mankind and not for meat-eating people alone.

Now refer to Matt. 15:11-20, wherein these very words are repeated. These words have no reference to meats, etc. On the contrary, they refer to defilement by eating with 'unwashed hands' before taking meals. In Hos. 6:6 as well, it is stated:

I desired mercy and not 'sacrifice' and the knowledge of God more than 'burnt offerings'.

In Essene Gospel of St. John, Ch. XXII, we have the words of God Himself:

Behold, I have given you every herb upon the face of all the earth and every tree, in which is the fruit of a tree yielding seed: to you it shall be for meat.

CHAPTER VII

INITIATION

Q. Kindly define Initiation.

A. Initiation is a specific term. It means introducing a person to the principles or tenets of some science. It is not a mere formal explaining of the subject orally. It has a deeper meaning too. The term carries with it the idea of adopting a person into the life and spirit of what is explained. Thus, initiation has a two-fold aspect: theoretical and practical. First comes a clear understanding of the true import of the Science taught and then a practical demonstration of the Truths thus inculcated. In the terminology of the Saints, it means, actually imparting the Life-Impulse by a Master-Saint, for nothing short of it counts in the Science of Soul or Spirit, which is a Live-Principle.

Q. What are the essential prerequisites for Initiation?

A. An intense longing to meet the Lord during one's lifetime is the first and foremost qualification for Initiation. Seek, and ye shall find, is the law. Next comes strict observance of dietary regulations by eliminating all preparations containing meat, fish, fowl, eggs both fertile and infertile, and all alcoholic intoxicants and stimulants. Last, but by no means the least, is life of righteousness (right thinking, right speech, and right action), continence and chastity which constitute stepping stones on the way to Spirituality. Every saint has a past and every sinner a future.

INITIATION

This is what the Masters proclaim. One has to outlive and forget one's past whatever it be, and assiduously pray and strive for an Adept who can lead him Godwards.

Q. Is Initiation predestined or preordained?

A. Yes, it is predestined and preordained in the frame-work of the Divine Plan that certain souls are to be accepted and initiated by each Master during his ministry, and many a time it so happens that those who are ostensibly unworthy are accepted.

Q. Why is Initiation considered very necessary for inner spiritual progress?

A. Do we not need a teacher for learning all empirical sciences—engineering, medicine, technology, industry, and agriculture? The Science Spiritual is a highly obtuse subject, dealing with the world beyond. The sense-organs, the senses, the mind and the intellect do not, and cannot, cognize it, for all these limiting adjuncts fail to measure and grasp the Limitless. Here the soul is to be disfranchised of all that is personal, and has to cast off the mask of terrestrial personality (persona), and become pure Soul before it can experience the Truth which has no form or shape. It is more of a practical subject than anything else, and for this one has to pass through a process of Self-analysis and self-transcendence by gradual inversion, and withdrawal of the sensory currents from the body. In order to completely understand and to successfully practise a super-sensory subject, unwritten and unspoken, one has of necessity to seek the aid of an Adept (*Murshid-i-Kamil* or Master-Soul), fully conversant with both the theory and practice of *Para Vidya*, and competent

enough to disengage the human soul from the human frame, and to trans-humanize the human in man and lead him to the mount of transfiguration to see the Reality face to face. Again, the inner Spiritual Planes are so bewitching, bewildering and so vast, and full of diverse temptations that one cannot, without the active aid of the Master, traverse them.

Q. Please explain the importance of Initiation.

A. Initiation by a perfect Living Master assures an escort in unknown realms by One who is Himself a frequent traveler to those regions. He knows the presiding deities or powers of these planes, conducts the spirit step by step, counsels at every turn and twist of the Path, cautions against lurking dangers at each place, explaining in detail all that one desires to know. He is a Teacher on all levels of existence: A *Guru* on the earth-plane, a *Guru Dev* (Astral Radiant Form) in the Astral Worlds and a *Satguru* in the purely Spiritual Regions. When everyone fails in this very life, at one stage or another, His long and strong Arm is always there to help us, both when we are here and when we quit the earth plane. He pilots the spirit into the Beyond and stands by it, even before the judgement seat of God.

Q. Is everybody entitled for initiation?

A. No, everybody is not entitled to holy Initiation into the Mysteries of the Beyond.

Q. Is Initiation conveyed through an authorized representative of the Master valid for all purposes?

A. Yes, the instructions of Initiation imparted through a duly authorized representative of the Master are

INITIATION

valid for all purposes. The testing criterion is to have a first-hand inner experience of the Divine Light of God and the Audible Life Stream at the time of Initiation. These are the two Astral Forms of the Master-Power and if one gets to them by personal experience of rising above body-consciousness, there can be no doubt about its validity and efficacy.

Q. Is every initiate able to work on the higher planes during sleep, even if they are not aware of it when they wake up?

A. No, it is not possible for every initiate to work on higher planes during sleep. It should be understood carefully that during waking hours the soul is at its seat at the back and behind the eye brows, whereas during sleep it slips down the throat ganglion when one enjoys dreams and during sound sleep the same soul goes down to the solar plexus at the navel. It is only possible for the advanced souls whose bodies sleep but their souls remain conscious during sleep to enjoy their inner spiritual phenomena with the grace of the Master. It does happen with the disciplined initiates that their souls are withdrawn into the Beyond during sleep, and they can enjoy inner flights in a conscious state. To them sleep and wakefulness make no difference.

Q. If one has great love for relatives and wishes them the highest good in the world, can one pray to the Master that that person will get Initiation, or is it a destiny fixed before death which nothing can change?

A. It is always beneficial spiritually for the initiates to radiate compassionate feelings for guiding the

footsteps of their beloved ones to the Master for holy Initiation. The destiny of every person changes every moment by virtuous or wicked deeds. The Holy Path of the Masters is open to one and all. It may, however, be understood that it is due to the evolution of some rare noble *karma* of past lives that the inner yearning of the soul gets strong for spiritual enlightenment and those dear ones who benefit from such chances by putting in extra effort are put on the Holy Path whereas others simply drift and have to wait for some better future chance. There are instances, though rare, when the sincere aspirants have seen and received Initiation from the Masters even without meeting him physically.

Q. What is the significance of an initiate having terrifying and vivid dreams?

A. Dreams are the outcome of past recollections based on hearings, seeings, readings or dreadful thinking. The terrifying dreams generally are attributed to some digestive disorder; a bad stomach which can be cured by simple medication. The vivid dreams denote clarity of inner vision when some people can recollect their dreams very clearly whereas others cannot recall them.

Q. Can the initiates influence the Master?

A. Love and yearning coming from the innermost recesses of the heart stir Divine Grace and the Lord has ordained that whatever the child would ask would be given. At times if the child would ask for a thing which is in reality a poison, not good for him or others, He will not agree to give the same. The Master knows, and He would give what is in the best interests of the child. The child may consider it

otherwise. But when he comes face to face with Reality within, he may be allowed to see more things. Until then, therefore, it behooves the child to act implicitly in the way directed by the Master. Those who hook their wagons sincerely to the Master have everything to gain. They shall go to the realms to which the Master goes and they will be able to traverse the way while living in the world, but they have to finish their natural *give and take* in due time in the material world to be freed to go into the Higher Regions.

Q. Are all initiates related spiritually?

A. Yes, more than blood relatives, as they are destined to reach their True Home to meet there in due course, where all will become one with the primordial Source. This is true relationship which never breaks.

Q. Is it necessary that initiates will have to see evil entities?

A. It is irrelevant that you will have to see evil entities in your home. You should know it for certain that those who have been accepted into the Sacred Fold, are granted the rare privilege of the charged five Holy Names, which are a sure sheet anchor against any untoward phenomena. The Audible Life Stream is the shield for the initiate, and even the Angel of Death dreads its presence and cannot assail the devoted disciple of the Living Master.

Q. If the key-words are had from somebody else and one starts meditation on his own, will it not be possible to have inner progress?

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A. You mean to say that if one comes by the keywords from somebody other than an Adept or picks them up from somewhere and then starts meditating on his own, will it bring forth any fruit? Certainly not, for he will then be repeating parrot-like, a mere bunch of words without knowing their significance and without any potency in them. It is the thought transference or personal Life Impulse from a Perfect Master that charges the words and makes them Key-Words wherewith to open the mansions of the Lord.

Q. If the Master happens to leave the physical plane after initiating the disciple, will the Initiation remain valid for the rest of the latter's lifetime?

A. Yes, the holy Initiation when granted by a competent Living Master remains perfectly valid for all time not only on the earth plane but even into the Beyond.

Q. Is it not necessary for the initiates of the Master to receive further Initiation from the next Living Master from whom they have to seek Satsang benefits?

A. No, it is not at all necessary to have Re-Initiation after the passing away of the Master who originally initiated an individual. It is His sole responsibility to lead the soul once initiated by Him back to the Home of His Father. For further guidance or for *Satsang* purposes, he will enjoy the company of the Master following Him on the earth plane.

REINCARNATION

CHAPTER VIII

REINCARNATION

Q. Do you think my husband who passed away last May has reincarnated as yet?

A. It does not fall within the purview of sacred Teachings to discuss or disclose the Divine Disposition about the reincarnation of those souls who have passed away. Suffice it to understand that unions and separations in this physical plane are veiled and governed by the inexorable Law of *Karma*. There is nothing 'premature' as the Divine machinery works with meticulous precision and nothing happens haphazardly, although it may look to us as such. Just as a man standing at the power-house can see quite distinctly as to how the smallest cogs and spindles are working, but the person who cannot look beyond these small units cannot understand as to how these are being operated by the Divine Will of the Lord. Reincarnation is a Spiritual Phenomenon which cannot be understood adequately by limited human intellect.

Q. How does reincarnation figure numerically? For instance in plant and insect life, does each flower or bug have an individual soul? What about a worm that divides itself, or a cutting from a plant or tree that takes root and becomes another plant or tree? What is the explanation regarding soul in each case?

A. The entire universe is humming with one Life-Impulse call it as one may. Each flower and each fruit when on the parent tree or shrub is activated by the self-same Life Principle, but when it is plucked or

falls down, it begins to shrivel up and decays. But the life concentrated in the tiny seed at the core remains intact and once again springs up into form and colour when the seed is sown in proper soil and nurtured carefully. Similarly the freshly cut branch when engrafted or transplanted from one soil to the other, carries with it its power to grow anew with the sustenance it draws from nature. It is only the forms and colours that change and not the Life-Principle which remains eternally the same. Some worms, when cut into two, retain the life-current just for a while and eventually it disappears.

Q. In 'Spiritual Gems' page 313, it says: 'When spirit is attached to Naam, It draws one toward Itself and the door is opened. Until this happens, no one need think he can get in.' Please explain if one does not get 'through the door,' but desires never to reincarnate but does one's best, even if it is only a 'widow's mite,' need one reincarnate?

A. The account of those who have received Initiation is in the hands of the Master from the time of Initiation. If a disciple after Initiation keeps faith with an intense love and strong longing for the Master, does not fall into bad habits and does not commit foul deeds; but has not, due to adverse circumstances, or for some other reasons, been able to give full time to the spiritual practices, he is, after death made to stay at some intermediate stage to complete *Bhajan* and *Simran* before he is eventually taken upwards. Rebirth is only for those who lost their faith, go in actual opposition to the Instructions of the Master or who do foul deeds and have very low desires and gross worldly tendencies. That the pan of the scales goes down which is overloaded, and not the other, is the Law.

OTHER RELIGIONS

CHAPTER IX

OTHER RELIGIONS

Q. Referring to the story of Moses and the 'Promised Land' in Old Testament, is it possible that the true meaning of this story is that because of Moses' leniency towards the Israelites the Lord did discipline him by not allowing him to look into the Inner Planes but prevented him from entering.

A. It is a matter of common experience with Godly Men that when They forget, however momentarily, that They are Agents of God and have a delegated authority to work for and on behalf of Him and arrogate to Themselves the honour and glory which rightly belongs to Him, the inner vision is curtailed, let alone to speak of entering into 'the Promised Land flowing with milk and honey.'

While encamped at Kadesh, Moses and his brother Aaron grievously sinned. When Commanded by God '*to speak unto the rock for water,*' he and his brother said unto the people (their followers when being led through the desert of Zin, with no water to quench their thirst), '*Hear now ye rebels; must we fetch you water out of this rock?*'—(Num. Ch. 20).

It was for this sin that they were denied the privilege of conducting the people into the Promised Land. Even the earnest prayer of Moses proved ineffective:

O Lord God thou hast begun to show Thy Strong Hand... Let me go over, I pray Thee, and see the good land that is beyond Jordan. . . .— (Deu 32-27).

Such indeed is the result of transgressing the commandments of God even by an iota and it may mean intolerably long suffering.

SPIRITUAL ELIXIR

Q. The Bible says: The first shall come last and the last shall come first. What does this mean?

A. These words are from Matt. 19:30 and also appear in Ch. 20:16 (Ibid) and again in Mark 10:31 and in Luke 13:30. They connote that the grace of the God-Man like so many gifts of God: air, light, and water, flows freely and fully to all and sundry, no matter whether one comes to his 'vine-yard' early or late. Living in the timeless, the divisions of time as made by us are of no consequence to Him and each one *receives whatsoever is right* no matter when he comes, *early in the morning, or at the third hour, the sixth hour, the ninth hour or the eleventh hour*, but all get alike *beginning from the last to the first*, as it has been so beautifully described by means of a parable of *The Kingdom of God*, in Ch. 20 of the Gospel of St. Matthew. For He is the best Judge to dole out His Spiritual Riches in the manner He thinks right.

CHAPTER X

MAN IN THE MAKING

Q. Did man originate in the same basic form he has today?

A. Yes. The known history of man reveals that there is no difference in the construction of human form ever since human life commenced on this earth planet.

Q. In 'Man Know Thyself,' did you mean we must know ourselves in just this life, or all our past lives?

A. 'Know thyself' is the most ancient aphorism. We have its equivalents in the Greek and Latin phrases *gnothi seauton* and *nosce teipsum*, and all that these words connote is the actually realized experience within of the Life-Impulse apart from mere theoretical knowledge, whereby we live and all other creatures live and the whole universe is being sustained; for it is by knowing this that all else becomes known and nothing else remains to be known. Self-realization is a stepping stone to God-realization. He who has found himself, can never again lose anything in this world.

Q. Is the nature and extent of our spiritual growth or advancement beyond the tenth door determined by our past lives?

SPIRITUAL ELIXIR

A. Yes—in a way it is determined. A man is in the making. One who has passed primary class will get admission in the next higher grade. One who has just been put on the way will take his or her own time. However, there is no hard and fast rule about it. The one who has been put on the way progresses more by regular devotion of time to meditations with full faith than one with a different background who is not regular in his meditations.

CHAPTER XI

GOD SPIRIT & SOUL

Q. What is God and how can we know Him?

A. God, as all the scriptures and the Saints have said, is nameless and unknowable. Then how can we know God? The answer is that Absolute is not knowable, yet makes Himself known by manifesting Himself as Light and Sound Principle. Most religions tell us that the creation began from these primal manifestations. Now the Divine Light and the Divine Sound or Word may be contacted by rising above the physical consciousness. They exist in a latent form in all of us. Our Goal must, therefore, be to contact them and develop them within us. To do this, we, through meditation, learn to withdraw our soul to its seat behind and between the eyes. Having once contacted the inner Light and Sound, we can progress towards their Source, passing from plane to plane until we reach God.

Q. What is God? Can you give a simple answer that we can understand?

A. God is Absolute. Nobody can ever know Him. God when coming into action, creates all beings, sentient or insentient, and controls them. Our physical bodies work so long as we are in the body, but we cannot run away out of it through the open eyes, ears, nose, and mouth etc. That God-in-action power is called Word or *Naam* or *Kalma* etc. It controls our souls in the body. When that power is withdrawn, our souls leave the body. Breathing goes out of the body,

but cannot remain outside. Some power pushes it back into the body. That God-in-action Power controls the whole of the creation. That is called God. God is the Supreme Law working in all creation seen or unseen. He cannot be seen or heard in His Absolute Form, but when He came into Expression, He manifested in the form of *Naam*—the Divine Light and the Holy Sound Principle. The lowest links of this Divine Principle are available in the human body which can be experienced by rising above body consciousness with the help of the Living Master.

Q. What is Science of the Soul?

A. There is one God, and only one Way to Him, and for this we employ a complete and definite Science, oldest of the oldest, most ancient and natural, which is the practical side of all religions of the world as borne out by all the scriptures. This subtlest of all sciences is called *Para Vidya*, which has a practical aspect and is the ‘Way back to God during lifetime.’ Nowadays this Science is called *Sant Mat*. It is true nobody can know God. Past Masters cannot help, as man needs a Living God-Man to understand things which one cannot follow by mere theory. Therefore, a Living Master is necessary to gain the practical side of this Science. Unless the experience of past Masters becomes our own experience, we get nowhere. The fact of the matter is that God-Power works on a chosen human Pole. A Living Master is therefore God plus man, God-Man i.e. the Mouthpiece of God. *Guru*, a word often used, is a corresponding word in Sanskrit language. A *Guru* is one who can remove the dark veil within and show us the real Light of God.

Q. Why are these teachings referred to as ‘Science of the Soul’?

A. In this age of science, Spirituality, as well, has to be treated as a regular Science, to make it acceptable to the people. But unlike other sciences, it is very definite and very exact. It yields verifiable results of perennial value. Its history dates back to time out of mind, to the hoary past, when man began to reflect within, on the meaning of Life. It has ever been the natural urge in man to solve the riddle of Life. Time and again sages and seers appeared, in different parts of the world, and gave out the spiritual experiences, which we have with us in the form of sacred texts of scriptures. We are indeed very fortunate to possess the fine records of those gifted persons, for they kindle in us the desire and longing to solve this most baffling problem and inspire us with hope that we too, like them, can unravel the mystery of life and solve the problem of human existence. Theory precedes practice. The practice leads to contact with the Living Link within. For this experience, the soul must temporarily disconnect itself from the body and senses and become a pure soul with no strings attached. Nanak tells us:

Unless one rises to the level of God, one cannot know God.

Q. Can the disciple see God?

A. God is 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.

The light of the body is the eye; therefore when thine eye is single, thy whole body also is full of light.

-Luke 2:34

SPIRITUAL ELIXIR

And you can hear His Voice when your inner ear is opened. The A.B.C. of the Masters' teachings start when you rise above the body-consciousness. No one can rise above the body-consciousness by himself, he needs the grace of a Competent Master.

Q. How would you differentiate between the soul and spirit?

A. There is no difference between the soul and spirit, both represent the consciousness pervading the human body.

Q. If one could see the soul with these eyes, what would it look like?

A. Nobody can see the soul with these outer eyes and as such it is beyond the ken of human comprehension to know it. The soul is the Enlivening Principle pervading the human body and it can be realized within by introversion when the senses are controlled, mind stilled, and the intellect silenced.

MIND

CHAPTER XII

MIND

Q. Kindly define mind.

A. Mind-stuff is made of a highly rarefied matter or *Satva* substance in the elements. Gossamer-like it spreads in the body with its tentacles deeply rooted in the senses, working through sense-organs. Its base also goes far above, rooted as it is in the universal or cosmic mind *chid-akash*. It serves as a link between the material body and the conscious spirit or soul in the body which is enlivening both the mind and the body. Like fire, it is a good servant but a bad master.

Q. Where is the seat of the mind?

A. The seat of the mind in the body is in the eye-focus as that of the soul, but slightly towards the right corner of the left eye while that of the soul is slightly towards left corner of the right eye.

Q. Is mind conscious?

A. No, the mind by itself, is not conscious. It is the consciousness of the soul that the mind reflects.

Q. What are the attributes of mind?

A. Mind has four facets or attributes; to wit,

(1) *Chit*. It may be likened to a lake in which countless streams of impressions are imperceptibly pouring in all the time. (2) *Manas*. It is the thinking faculty of the mind which cogitates over such impressions as rise on to the surface of the lake in the form of ripples and waves just as the breeze of consciousness blows over the waters of the *chit-lake* and sets in motion an endless chain of thoughts one after the other. (3) *Budhi* or intellect. It is the faculty of reason, ratiocination, discrimination and finally decision, after considering the pros and cons as presented by the *manas*. It is the grand arbiter that tries to solve the problems of life which come before it. (4) *Ahankar* or ego. It is the self-assertive faculty of the mind for it likes to assume credit for all the acts done, and thus prepares a rich harvest of *karmas* that keep one moving up and down in giant Wheel of Life.

Q. Why is mind considered a formidable barrier to spiritual progress?

A. Mind in its present state is burdened with huge *karmic* load of past lives. It is enthralled by the outgoing faculties of senses and is thus driven helplessly into the mire of sense-gratification. The alphabet of spiritual progress commences with the control of mind. It is said that unless mind is controlled, senses are disciplined, and intellect is stilled, we cannot have experience of Self-realization. Human body is just like a chariot wherein soul is the rider, mind is the driver, intellect is the reins and senses are the powerful steeds running amuck in the mire of sensuous gratification. It is for this reason that for having a retrace of the facts, the senses are to be disciplined, intellect stilled and mind controlled so that the inner experience of soul can be had.

MIND

Mind is accustomed to roam about externally through ages. Unless it is offered something more joyous within, it cannot be controlled. The four main attributes of mind as discussed above have to be divinized before any perceptible right understanding of the subject can be arrived at. Just as at present we are so greatly impressed by the facts of externality of life that we have little or no knowledge of the higher spiritual truths full of Divine beatitude; which is gross ignorance, similarly unless we have firm conviction of the life of the Beyond, there is no hope of our mind taking the right turn. It is only in the presence of the Living Master, who has full command and control of His mind, that we find radiant reflections of inner stillness and equipoise of the mind. A Saint has exclaimed aptly:

*Gar tu dari dar dile khud azam-e-raftan suey dost;
Yak qadam bar nafas-e-khud neh deegray dar kuey dost.*

“If you are firmly resolved to proceed to the Beloved Lord, you should put one foot on the mind and the other will enable you to reach the alley of the Friend.”

Self is the friend of self and self is the foe of self. The mind, acting as a slave to the senses, running after the sense-objects, debases itself. As a reckless sower of the *karmic* seeds, it has, per force, to reap and garner an abundant harvest, in life after life, in an endless series. The poor soul in the light and life of which the mind works is hopelessly and helplessly relegated to the background and the mind assumes the supreme command of the citadel of the body. What a pity! The princess of the royal blood is swayed by the wiles of a trickster who himself is being pleasurably duped by the siren-songs of the senses

and is unwittingly dancing to their tunes on the stage of mundane life. No wonder that it poses menace to the security and integrity of the soul, running a handicap race with formidable and at times insurmountable hurdles in the way. We have, therefore, to subdue this inveterate foe before we can smoothly tread the spiritual path. To subdue the mind by force is impracticable. It has to be won over steadily by persuasion and by giving it some foretaste of the real happiness which a Master-Saint alone can do.

Q. Why does mind not relish its spiritual discipline?

A. Human mind is so fashioned by Providence that it does not like to be captivated. It is ever restless unless it reaches its true abode. It is an agent of the Negative Power tied to each soul and will not allow the latter to proceed to the True Home of the Father. The Masters instruct us for taming it for the higher purpose of spiritual progress. As a matter of fact mind is helpless against the onslaught of senses which are in their turn driven into the jungle of gratification. A careful analysis will show that the lower categories of creation who are endowed with one sense prevailing as uppermost are either done to death or live their whole life under captivity.

For instance, a moth is overwhelmingly fond of light on account of its sense of sight, which takes its precious life. A moth will never hesitate to burn itself on the burning candle. Flower-fly is fond of smell and outer fragrance. It rushes on to the blossoming flower and prefers to die in it than to leave it. Fish is the fastest creature and enjoys its life in running waters. It has the weakness of taste or lure of tongue. The fish catchers put some eatable on the rod and the fish is caught helplessly on the hook and serves as an eatable.

Deer is one of the most nimble-footed animals which can rarely be overtaken by a horse, but it has a weakness for hearing. The hunters go to the wood and beat the drum in such an enchanting manner that unaware the deer is irresistibly driven near, and places its head on the drum and loses its freedom for lifetime. Elephant is one of the mightiest creatures but it has the weakness of lust which provides for a not very difficult way of capturing it by digging deep pits in the jungle and covering them with grass and bushes. An artificial she-elephant like a decoy is placed over it. The lustful animal rushes towards it and is thrown into the deep well, where it is kept for several days hungry and thirsty. When it is taken out it is so weak and feeble that it is put under the iron goad for the entire life.

From the above it is pretty clear that the souls which are considered as bound in lower forms of creation are so much overpowered by one sense, where lies the safety of human souls who are endlessly enticed by all the five powerful senses of sight, smell, sound, taste, and touch. By sheer habit, it has become mured, roaming the world over like a wild elephant in a forest. Feeding fat on the lusts of the flesh, from moment to moment, it has grown out of all proportions. The spiritual disciplines are irksome and galling to it for they impose serious restraints on its free movement. This is why the mind does not relish any discipline, and plays all kinds of tricks to evade them, posing at times, as an honest broker pleading on behalf of our friends and relations and whispering sermons on our duties and obligations towards the world in varied aspects of life. Unless one is very vigilant and is equipped with a quick discernment, one fails to see through its pranks and falls an easy prey to them.

SPIRITUAL ELIXIR

It is the outstretched gracious Hand of the Master which helps us to wade through jungles of sensuous wilderness. Ethical discipline if cultivated under the protective guidance of the Master is helpful for spiritual progress. Ethics and spirituality go hand in hand. The former is the soil and latter the seed which thrives and blooms in favourable circumstances.

Q. Is there any good or helpful characteristic of mind?

A. Yes, mind like Janus, has another face as well. If it is trained properly by gentle persuasion and kindly words of advice, with a little patting now and then, it can be converted from a formidable foe into a valuable friend and a helping hand to the soul in its search for Truth. It is just a question of time and patience to bring about this conversion, and when it is done, one can have no better help-mate than the mind. It has the capacity, chameleon-like, to take on the colour of the ground where it squats and that indeed is a redeeming feature. When living on the circumference of life, it expands outwards, downward; but rooted as it is in the *Gaggan*, it is not impervious to the higher and holier influences of a Master-soul to whom it responds and He channelizes it the other way about.

Like fire it is a very good servant but a bad master. Mind has helpful quality of running into the grooves of habit, and to relish acts of repetitive nature. We can benefit from this by inducing it towards good acts leading to spiritual discipline and progress. A saint has beautifully said:

*Pug aagey aagey jut hai,
man peechey peechey jut hai*
(My feet proceed farther and farther;
the mind follows quite meekly and cheerfully).

If by careful and steady striving we could induce our mind to sit silently for meditations at the fixed time for a certain number of days, a good habit will be formed. It is a proven fact that when that hour of meditation will arrive, our attention will be drawn towards it, and by degrees we shall begin to relish to meditate. Similar is the case with attending *Satsang* regularly. We can develop this habit by regularly going to see the Master and attending His discourses that are full of Divine Knowledge. It is often noticed that persons with very poor spiritual background tend to grow spiritually by benefiting from the radiation of the Master-Power in the charged atmosphere.

Q. How can the mind be stilled?

A. Mind is enamoured of pleasures and runs after them whenever and wherever they can be found. It is stilled in the physical presence of the Master. It is by His Divine Radiation that the souls are attracted towards Him, and the mind which gets consciousness from the soul is stilled for the time being. Tulsi Sahib says:

Swat sadh sang thehrai-tau man thirta kichh pai.

(The attention or the outer expression
of soul is controlled in the company
of a Sadh. It is only then that the mind
attains some stillness.)

But pleasures of the flesh are quite different from true happiness born of inner peace in the soul. If the mind is provided with the appetency to relish something sublime and gets an opportunity of doing so it knows the value of real happiness with the result that the sense-pleasures lose all their charm, and thereafter seem insipid and valueless. This is the way to still the mind and the way to control the hydra-headed monster by making manifest in the body the dulcet strains of the Music of Life, enlivening the entire creation. We have an instance of it in the life of Lord Krishna, where it is allegorically explained how the Lord tamed the many headed cobra in the river Jumna (human body), by the melody of His magic flute (Audible Life Stream).

Q. Can all actions undertaken at the level of mind and senses help spiritual progress?

A. All actions performed at the level of mind and senses, however good and virtuous in themselves, cannot *per se* bring about Spiritual Salvation. They are as binding as evil actions. One is the chains of gold and the other of iron. To do good actions are better than to do bad ones, or inaction altogether, but beyond preparing a ground for spiritual progress, do not by themselves be of any avail to the spirit which lies far beyond and above the sense-plane. But once a person is put on the spiritual path, then all his actions automatically flow from him as from any agent working for the principal and as such cease to have any binding effect on him as he has lost all sense of doership, ultimately making him *neh-karma* (actionless). To be *neh-karma* then should be our ideal in life and this means Salvation.

Q. Does mind retain impressions of past karma?

A. Yes, mind is nothing but a storehouse of *karmic* impressions coming down from the beginning of time in an endless series of incarnations. The body cannot but perform *karmas*, and *karmas* fashion the body and all that is of the body and bodily relations. The entire world is a play of *karmic* impressions stored in the mind by the people of the world. This is why the world is termed as *mano mai srishti* or creation of the mind.

Q. How can the dross of mind be washed away?

A. The dross of mind can be washed clean. The sovereign and the most potent remedy to wash the mind clean, say all the Masters, is by communion with the Holy Word. The God-in-action power creating and sustaining all that is visible and invisible. To be in tune with the music of the soul is to cut asunder and to sunder for ever the knots which at present bind the material body with the conscious soul, imprisoned in the body with countless fetters.

Guru Nanak says in *Jap Ji*:

When the hands, feet and the body are besmeared, they are washed with water; when the clothes get dirty and polluted, they are cleansed by soap; When one's mind gets defiled by sin, it can be purified only by communion with the Word.

CHAPTER XIII

GENERAL

Q. Can you tell us what is Truth?

A. Truth in its truest form is the *Eternal Permanence*. Spirituality and Truth are therefore the essence of the Absolute. When one finds the Source of Truth, he finds the Treasure of all Treasures. The teachings of the Masters tell us that inner Truth is not designed for outward show but divinely meant to reveal our real Self to us and open up to us the glories which God originally placed within us.

*The Kingdom of God cometh not with observations;
the Kingdom of God is within you.*

A True Master can harmoniously disclose to us a direct Path to our True Home. On this Path we may begin our ascent within as far as we permit ourselves to go. Eventually, according to the nature and degree of our own progress, we may move up to the Source of Truth. From this Prime Focus we hear the Spiritual Sound and see the Perfect Light. This Light and Sound sustain the Infinite Universe and all the finite worlds.

To extend our capacities for receiving progressively upraising illumination may not always be easy; but the Master is patient in His Wisdom, and from out of His vast Spirituality His Assistance remains for ever at hand until we join Him in *Sach Khand*, the final ever blissful Home of our true Spiritual Being.

GENERAL

Q. If the disciple is on the way back to the Father and under the guidance of a Living Master, why is it so difficult for him to hear the Sound Current?

A. It is the scattered attention of the initiate which does not allow him to hear the Holy Sound Current. Besides, the overwhelming attachment to worldly pleasures and sense-gratification stand in the way. The Living Master is Love Personified, and as such loving devotion to Him is the factor which makes for better inner contact of the Audible Life Stream. It is rather the tendency of human mind which does not relish being chained and as such it requires some discipline to be observed for having an inner conscious contact of the celestial melody. At the outset it is indeed difficult but by regular practice the soul feels an innate affinity with the Sound Current, when inner bliss is experienced with the grace of the Master.

Q. Does loss of life fluid in sleep retard progress?

A. It does affect spiritual progress. You should avoid looking into the eyes of the other sex and resort to the *Simran* of charged names all along your vacant moments or loving remembrance of the Master, or listening to the Holy Sound Current if it has become audible. Such a schedule will be helpful for the eradication of carnal desires. Besides, you should take your food much earlier before retiring for sleep, so that it is well digested. Also the hands, feet, and face as well as the lower portion of the rectum, should be washed with cold water before going to sleep.

Q. Please tell us something of the help which marriage partners might give one another, when both are initiates, in the matter of helping balance and harmonizing the physical, mental and emotional fields of energy of individuals so as to increase their receptivity towards Shabd. This could be very inspiring for students yet to come as well as for those already begun.

A. Marriage is a sacrament and a companion for life in weal or woe, during this earthly sojourn. It is a rare boon of the Master when both the partners in life happen to be initiates. Both of them should exhibit and inculcate a deep sense of loving cooperation and tolerance for the rights of each other. The physical, mental, and emotional fields of activity should be kept under check and control lest these degrade the soul in pursuit of carnal satisfaction.

To fall in sin is manly but to remain therein is devilish.

The vital sex energy should be rationally transmuted and sublimated by exercising self-restraint and chastity. The procreation of children is one of the legitimate functions of married life. The scriptures prescribe this sacred purpose as and when such a necessity arises. The couple having such disciplined lives will be an asset for spiritual progress.

Q. To what extent would intimate knowledge of planetary forces be a help towards attainment on the Path of Sant Mat? We note that Master Sawan Singh gave a discourse on 'The Twelve Seasons of Man' and wonder if Master would care to comment upon this theme in English for us.

A. Right understanding in every sphere of life is helpful if it is utilized for spiritual progress. It is not known wherefrom you have quoted this discourse as having been given by Master Sawan Singh Ji. Please quote reference to the context. He, however, gave a discourse on the twelve months of the year. It may, however, be stated for your information that in the case of those who rise above the starry sky or come under the contact of Masters who go higher than that, the planetary effects do not touch them.

Q. How can we be truthful in thought?

A. Truthfulness in thought means sincerity of purpose in various spheres of non-violence, chastity, truth, humility, etc. Untruthful thoughts would naturally mean the entertaining of opposite ideas which usually haunt the human mind through sense perception. Human eye is usually inclined to look at other's beauty and wealth with an unchaste attitude, and this should be considered as blemish and shunned.

Q. What part does intellect play on the Path?

A. Very little, where the practical side is concerned. But this does not mean that intellect is harmful to Spirituality. If an intellectual man comes on this Path and really gives himself up to the Master's Will, and 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 practical man. And that advantage is he will be able to give out the Truth to others in many ways in a language made with well-thought out words that will convince the intellectualists more easily than simple words uttered by a mere practical man.

Q. Are the scriptures of any help?

A. Truth is given everywhere in theory in all the religions of the world, but one may get lost in the various interpretations. Sacred scriptures are fine records of the spiritual experiences which the Past Masters had on the Godward travel. Truly speaking, the right interpretation thereof can be given by a Master who has that experience.

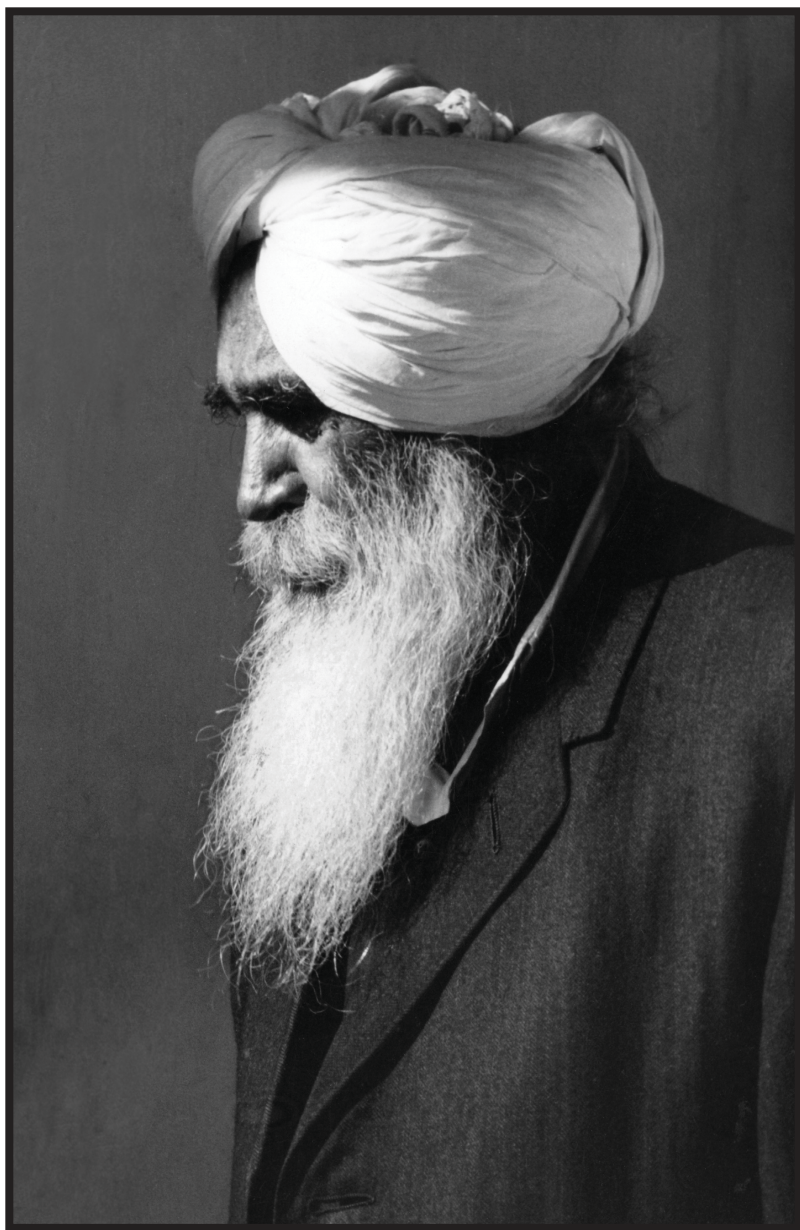
We cannot be satisfied by merely reading of such experiences until we have the same experiences within our own self. This experience is given by a Competent Master at the time of initiation, and can be developed by devoting time and attention regularly to the spiritual practices with loving devotion in a correct way.

Q. Why have women been regarded and treated throughout as inferior to men and even warned against by some spiritual teachers as the cause of temptation and downfall to men?

A. Women are regarded as inferior to men, being the weaker sex, and they are prone to temptation and, at times, are more likely to fall prey to the environments than men. The spiritual teachers who banned spiritual development of the fair sex might have attributed it to their aforesaid weakness. Both the sexes are equally a cause of temptation and the Masters do not blame either in particular.

Q. Does intellect play any part in Self and God-realization?

GENERAL



Sant Kirpal Singh Ji Maharaj
1894 - 1974

A. Yes, intellect plays an important part in understanding the theory of the problem of Self-realization. Once the theory is grasped, there is not much left for the intellect to do. Thereafter remains the practice, with heart and soul, to achieve the Goal by a process of Self-analysis for the Science of the Self is essentially practical.

Q. Can we penetrate into the Beyond by intellect?

A. No. Intellect is just one of the faculties of mind, to wit, reasoning. The intellect is earth-bound and so is reasoning based on intellect.

*How can the less the greater comprehend
or finite reason reach Infinity?
For what would fathom God
were more than He?*

The scriptures tell us in no ambiguous terms that one cannot experience the Self unless the senses are subdued, the mind is disciplined and the intellect is transcended.

Q. What is intuition?

A. Intuition means immediate cognition without the aid of intellect and reasoning. Such feelings, very often, arise all of a sudden, in moments of quietness. There is nothing supramental in it.

Q. What is the difference between inner experience and intuition?

GENERAL

A. The inner experience of the soul as is granted by the Living Master at the time of initiation is direct conscious contact with Holy *Naam*—the Divine Sound Current and Light as coming from the right side. Intuition, on the other hand, is just a comprehension without resort to reasoning or analysis.

Q. Can we be ever sure of God-realization intellectually?

A. No. God-realization is not a subject of intellect. It is a question of actual experience, beyond the pole of knowledge. All our talk of God is but inferential and at the most a matter of feelings and emotions all of which are subject to error. But seeing the inscape (with the inner eye opened) is believing, and admits of no uncertainty and scepticism.

Q. Can the Living Master open the inner eye of the disciple on initiation ?

A. Yes, the Living Master can and does so, or how else can the disciple have an inner experience on his own? But this He does only to the extent He considers best for the neophyte. It is for the recipient to perceive and say that he has received something, and to bear testimony to what is within.

Q. Can an ascended Master help His initiates who are still on the physical plane?

A. Yes, a Competent Master is a Master to His initiates for all time, and does not rest till He takes the souls to the highest pinnacle of blissful glory in *Sach Khand*. He is not a physical being only but Word personified, and on the higher planes acts as a

Gurudev and *Satguru*, which terms would become meaningless if His activities were to be confined to the physical plane. If it were so, how could He take charge of the souls of the initiates on death after His passing away? A Master in essence never dies for the initiates. It is His troth to take them up to the True Home of His Father, and inwardly His Light and Sound forms are permanently implanted though He may have left the earth plane.

Q. Kindly explain about the visualization of Master's form during Simran.

A. There is hardly any need to imagine or visualize the Master's Form while engaged in *Simran*. Any such attempt is likely to scatter the attention. Then there is another danger in doing so. What form you conjure up, will be a make-belief, a projection of your mind and not the reality. When one is initiated the Master resides in the initiate for all time. What is already inside will automatically come in to view when you get in there fully and completely, though it may take quite some time to adjust yourself to the new surroundings, unknown before. God manifests of Himself more fully in some human form in which He is working without any visualization.

Q. Alcohol is not allowed to the initiates. Does it apply to such cases where it has to be administered under medical advice for the restoration of health?

A. A certain percentage is generally there in most of the medicinal preparations for their maintenance and there is no bar to the use of such medicines. All homeopathic medicines are prepared in alcohol. In both cases they have no intoxicating effect.

But to take alcohol as such for the so-called reasons of health, even when prescribed by medical men as medicine, is prohibited, for every action has a reaction, and no amount of alcohol can prolong life even by a jot or tittle when the sands of time are running out. Do you think that alcohol can stop the process, and if not; why prolong the agony by administering deleterious substances?

Q. Kindly define Nirvana relative to Buddha's teachings.

A. *Nirvana* is not Nihilism as is commonly believed. It is a state of being much superior to that of physical existence. It is exactly opposite to what we know of the physical life, which Buddha, the Enlightened One, characterized as a life of sorrow and misery—the first of the four noble truths that dawned on him, and he according to his lights found in eightfold path of righteousness, to transform the course of life into a totally different pattern. One can well recognize what it could be?—not a state of nothingness, but one of efflorescence into light.

Q. Does Lord Buddha practise or prescribe the same path of the Masters as is being revived by Sant Mat?

A. The Masters generally divide their disciples into two categories, (i) the ordinary disciples or novices who are yet in the making stage and require a lot of discipline; and to them are given disciplinary *sadhans* or practices, and (ii) disciples with some grounding as a result of disciplines practised in the past—maybe in the previous births. They constitute the inner corps of their following. They are the chosen ones, or the elect, fit for a higher part of the

Masters' teachings. It was to the disciples of this calibre that Buddha gave the practice of Light and Sound Principle as taught by the Masters. To this chosen class belonged *Bodhisatvas*, *Mahasatvas*, and *Arhats* like Mahakashyapa, Sariputra, Sammantbhadra, Metaluniputra, Mandgalyayana, Akshobya, Vejuria, Maitreaya, Avolokiteshvra, Ananda and the like, all of whom attained 'Diamond Samadhi' of transcendental consciousness by concentrating upon Transcendental Hearing, listening to the Sound of 'Intrinsic Dharma' resembling the roar of a lion etc.

Please refer to the book *Naam or Word* for more details.

PART II

SELECTED EXCERPTS

FROM

REPLY LETTERS

WRITTEN BY

SATGURU KIRPAL SINGH JI

TO

HIS DISCIPLES

CHAPTER XIV

SOCIAL CONDUCT AND ETHICAL LIFE

I appreciate your selfless service for the holy cause of the Master when you are privileged to conduct *Satsangs* and convey instructions for initiation to the dear ones, under the protective guidance of the Master.

It is a rare blessing to be instrumental in the Divine Set-Up. A spirit of selflessness and self-abnegation invokes His gracious mercy and compassion in great abundance. Your reverential humility and devotion for Him will bless you with inner peace and harmony. Please convey my love to all the members in your group individually, and encourage them to write to me about their spiritual progress at regular intervals, so as to seek guidance where necessary.

The moral code of an ethical life must be strictly adhered to. A pure and chaste life is a necessary prerequisite for progress on the Path to God. These are fundamentals that allow no relaxation whatsoever.

Anyone transgressing them will have to reap the fruit thereof. These words may sound stiff, but the Father does not wish His children to go astray. He has overwhelming love for them and their uplift is His foremost job.

I am glad you have a better appreciation of the value of the *Satsang* meetings, which are always inspiring, helpful and beneficial, as Master's love and grace is radiated in abundance therein, and all those present receive the Life-Impulses from the Master-Power working overhead. In group meetings, the entire congregation assimilates the overflowing grace of the Master and occasionally the Radiant Presence of the Master is experienced by the audience. Such meetings have a deep inspiring significance and, therefore, should be cherished in all loving devotion.

It is a natural desire of an initiate to rise high in the inner planes and meet within the Radiant and Charming Master and enjoy His grace and blessings as well as the perfect peace and bliss of those regions.

Difficulties often block the Way. They must be overcome. You have a Strong One over your head. Take refuge in Him!

Why should a child ever feel shy in writing to his Father? Everyone who has learned to ride has experienced many a fall. To fall in sin is manly, but to remain there is devilish.

Please do not be disheartened. Do avoid uncongenial society and be regular and earnest in your meditation. Do your best and leave the rest to the Power overhead and do not worry. No amount of worry will help you. Let Him worry for you. You do your small part in humility.

SPIRITUAL ELIXIR

Romantic life on the physical plane appears charming. It has its attraction, but it is debasing. It leaves behind horrible bitterness and a dislike for life. Life on the higher planes is more romantic and gives eternal peace and joy—so why lose a higher and purer thing for lower and debasing transitory things? One has, therefore, to stick to one's principles and not violate the rules of purity and ethics, and he who does this, receives all the necessary help in his efforts and is greatly benefitted.

Those who are now better situated may have been like you some time back, or even worse off. They persevered and did the right thing. It gave them strength and power. You can do likewise. It is just a matter of starting anew. Start right now. The Master is anxious to see you progress. He wants His initiates to rise to sublime heights and have their bowls filled to the brim with the Nectar of God-Consciousness.

But the bowls must first be emptied of the rubbish that they contain in order to make room for the Nectar to be put in.

Seek only that company which is helpful to you. Discard all others lovingly and unprovokingly. You will surely make progress. But remember one thing—Rome was not built in a day. It required a huge effort in toil from hundreds and thousands of people for a very long time.

Your discipline may not have to be as severe, but you cannot have what you want so easily. You must work for it. But be sure that with a little work you will get better results. The Master wants you all to develop love and humility. These must be lived with tolerance.

It is regrettable that these virtues are absent in those with whom you come across. But that is no reason for anyone to go that way. Spiritual Science is very definite, and whoever, even the vilest of the vile, follows It, is changed for the better. If some people who have been put on the Way are not changed for the better, it is purely due to their fault and not that the Science is wrong.

This is the most perfect Way given out by all the Masters who came in the past. Our day to day life should be a living testimony of what we profess. This is the long and the short of the whole thing. Everyone must learn it and the sooner, the better. Reformers are wanted, not of others, but of themselves. It is better to see one's own faults and try to remove them than to pick holes in others.

You have asked my consent to visit India to sit at the holy Feet of the Master. How can a loving Father deny such a loving gesture for His beloved children who have unquestionably a birth-right in this respect. The Master and His congregation would be very glad to greet you and dear—. I may, however, remind you of your spiritual obligations there in the States which you have been fortunate enough to undertake, becoming a source of inspiration for many a dear one. If you can afford to have leisure to come, you may undertake the voyage. There is no objection to it. But, please note that I am planning a world tour which may mature before long, and I will be visiting your country by next Spring, which will afford you the opportunity of travelling with me.

SPIRITUAL ELIXIR

I will be glad to see the manuscript of your beautifully written devotional poems which you intend to compile for the welfare of the dear ones on the sacred Path and for raising funds towards the building of an *Ashram* in the States. That will, with His Grace, serve a cause and be a source of help and inspiration to many.

I quite appreciate your adoration for the Master and your anguish for mergence into His Divinity. Please relax so that the gracious Master-Power engulfs you in Its splendour and glory. Let the ego be completely annihilated and you emerge out of and above the plane of duality, forgetting all about your I-hood. Self-denial and abnegation is another stepping-stone to the climax of Spirituality. Be completely immersed in the sweet glory of His remembrance, altogether oblivious of the past or future. Just resign and surrender in favour of His Divine Will. The Nectar of Life needs a most transparent receptacle, to be poured into, for distributing thirsty children.

You need not worry about the opinions of others. Views based upon one's own testimony are the best. Every person receives help according to his individual receptivity. All are on the way to Perfection. All that each dear one has to do is to carry on with meditations regularly, with love, faith and devotion, and to develop from day to day. All necessary help is extended from the Master-Power within and without.

Attendance at the *Satsang* is a very helpful factor for one's spiritual progress. The organizers along with the labourers in the field should always consider that the *Satsang* is that of the Master and offer their loving service and co-operation however small, to add to the tranquility and congeniality of the *Satsang*. I will be very happy to see love and sweet co-operation between the children of the same Father on the Road to the same Godhood.

Humanity has always been on trial. The human body is a precious asset granted by Providence in the ascending scale of evolution. *Thy days are numbered* is a positive truth. Those who earnestly work toward Spiritual Perfection, under the protective guidance of the Master, utilize their tenure on earth to the best advantage, which results in their eventual Liberation from the Wheel of Life. A liberated soul becomes a source of help as well as inspiration to others who cross his or her path. Although the tide of destruction is on the increase and all of humanity is overtaken with the fear of annihilation from the destructive weapons, yet the benign Master-Power controlling the destiny of child humanity is always exercising His gracious protection. It is an age of prosperity, and spiritual grace is being extended to all, irrespective of colour, class, or creed.

I appreciate your precious efforts in becoming instrumental in the Divine Set Up. It is a rare blessing to be chosen for such a holy cause when you bring back the dreary and forlorn to the Living Master for their spiritual liberation from the Wheel of Life. Your combined and co-operative efforts in this cause will bring life and light to many a dear one awaiting their turn. It is a reward in itself and it is the climax of Divine grace.

SPIRITUAL ELIXIR

No doubt hard and difficult times await us. But those who are living chaste lives and remain devoted to the Master and to God, will pass through them unscathed.

All initiates are on the Way. Some have developed more than others, so some may have more faults and failings than the others. We have to hate the sin and love the sinner. Those who are doing the Master's work in helping others to find a Way back, need and command our help and more tolerance. Example is better than precept.

Fortunate are the chosen few who are blessed with the rare privilege of instilling faith and right understanding in their less fortunate brethren for their spiritual enlightenment.

When a disciple, having found a True Master, has developed such absolute love for Him and steadily purifies himself, he becomes a recipient of Divine grace. I wish all disciples to meet God in this life. Keep the physical body pure by keeping all outgoing faculties pure. Follow the teachings of Masters and meditate faithfully. Learn self control, train your desires, be pure, and be active. But let that activity be dedicated to God and God-Power working through Master.

To *forgive and forget* is what one must practise in thoughts, words and in deeds so that they may become a part and parcel of daily living from day to day. Love knows no criticism, no imposition, no boasting, no reflection on other's shortcomings, but works in a constructive way to cement all in one loving fold of the Master. Love beautifies everything.

SOCIAL CONDUCT AND ETHICAL LIFE

Do not concern yourself with the fruits of your deeds. Leave that to the Master. Make your love for Him so complete that, beholding His Hand in everything, you may rise above all feelings of enmity, rivalry and resentment.

See Him present in every experience and remember He is always with you, ready to assist whenever you turn your thoughts to Him.

And above all, remember He is not to be won by words, but by deeds—*if you love me, keep my commandments.*

If you can do this ; if you can conquer the self and surrender it at the Feet of the Master, you can learn to see Him working through all things.

If you can accept the fact of your own limited vision; if you can undertake a ceaseless and zealous watch over your thoughts and deeds, weeding out all evil and all imperfection, you shall not only win Salvation for yourself, but you will be an example for others to do likewise.

Your example will shine like a torch in the darkness and men, even those who may first oppose you, will turn to you for guidance and help.

You will find a new sense of peace surging through you, a peace that does not depend on the absence of outer disturbances, but is an inner state of mind that stands unshaken even in the most tempting situations. And the same quality shall enter not only your individual life, but the larger life of the great spiritual movement of which you are a part.

SPIRITUAL ELIXIR

It is so good that you enjoy the *Satsangs* and that the dear ones help you with transportation. It is a rare bliss to be amidst the sacred circle of devoted disciples of the Master where loving devotion for His Holy Feet is fostered with His grace.

We must reform ourselves before we can reform others, but unfortunately we are always anxious to reform others. We should weed out all imperfections, one by one, by Self-introspection and this will bring peace all around. Love beautifies everything and if we learn to love everyone, all our imperfections can be washed away, especially by loving kind words.

If two drunkards can sit together in a tavern, why can't two devotees of God and Master sit together in love for each other? If we find this difficult, it is because we have not yet tasted the exhilarating elixir of Divine Love. The reading of the scriptures and the wisdom given out by the Masters cannot give us an ounce of love for God or man. The food that is digested will give you strength and that which is not digested, will result in indigestion, leading to diverse ailments. We know so much about scriptures and the wisdom given to us by our Masters, but we have not made that a part and parcel of our living, with the result that may better be seen than described. Individual failures do retard our progress and also defame the cause of the Masters by setting a bad example to others.

A disciple's foremost job is to develop spiritually and be with his or her Master. An overwhelming and prayerful desire when aroused in an initiate, bears fruit. The *Satsang* meetings are places where His grace blooms to saturate the participants through and through.

It is a serene attitude that you have compassion for the down-trodden, but you should not worry or try to reform them, as their outlook is limited and they cannot comprehend your helping attitude. The Law of *Karma* is inexorable and everybody will have his or her turn in due course to be benefitted spiritually through the gracious Master-Power working overhead. The maximum you should do is to point out to them that they can benefit from *Satsang* and the Living Master. The rest is for them to follow. The ready ones will come up with His grace.

Selfless service is a great virtue and accordingly means some extra labour and sacrifice. It is the manifestation of love and goodness. Mind and body become sanctified through selfless service, provided it is undertaken without ego or vanity. Love knows service and sacrifice. A humble person knows best how to serve the holy cause, under the protective guidance of the Living Master. The climax of selfless service is the annihilation of the ego, considering oneself to be a humble servant of the Lord-Master, entrusted with certain duties to be carried out through him or her and deeming it to be a fortune of the highest order.

The Path of the Masters is not a path of blind faith, but one of seeing things for oneself. The souls who are ready will be drawn to the Holy Path. To those who are already on the Way, *Satsang* is important and is an aid for receiving and enjoying the loving grace of the Master.

SPIRITUAL ELIXIR

Remembrance of God is the main thing before us to find the way to Him. The purpose of all devotional exercises, places of worship and pilgrimages is the same. The human body is the veritable temple of God.

When the disciple lives an ethical life, this provides a fertile ground for the spiritual seed to grow quickly. All children are equally dear to the Master and He wants them to blossom into beautiful, loving flowers emitting the deep fragrance of God's love. And Master's love for His children surpasses all things whether they are jewelry, gold, or pearls. He wants His children to receive such gifts of a spiritual nature, so that by comparison the millions of other gifts made of gold and diamonds just fade into insignificance.

It is His rare Divine grace that you are blessed with the great boon of right understanding so that you see everything in its right perspective. The gracious protection being extended to you by the rare presence of the Master and His Master within the eye focus is the climax of Divine grace. He is invariably with you and you are fortunate in bearing testimony for sacred Truth.

The diary is planned to be a personal thing for the information of the Master and a helpful and sweet reminder for the initiate not to deflect from the right Path, and also to help him to progress from day to day by improving, and if there is no improvement, to ponder and reflect why this is so. It is a very useful thing.

A spiritually developed person would be obliged to be more sober and tolerant in his dealings as he is enriched with the firm conviction of the temporary aspects of this world and knows that he is bound for his holy voyage to the True Home of the Father.

God is Love and Master is Love Personified, and anyone coming His way is blessed with His loving care and guidance. You are fortunate enough to bear testimony to this Truth and may in turn prove helpful to the weary and forlorn souls struggling hard for emancipation.

Those who are doing the Master's work selflessly and in a spirit of love, will surely receive help and an uplift. Those who are feeling vain are damaging their own interests. I wish everyone would try to appreciate the others' point of view and to act lovingly.

I am glad to know you are enjoying success in holding the *Satsang*. It is a service of the highest order and fortunate are the chosen few who are made instrumental in the Divine Set-Up for bearing the Torch. You may rest assured that the more you will be reposing your efforts in Him with deep faith and humility, more of serene bliss and harmony will fall to your lot. The sacred importance of the holy meditations and complete surrender to the Master-Power should be stressed on the initiates.

You say disciples are very important people to you. This is natural. There is an affinity between travellers on the same road, and more so in the case of initiates as they walk on the Holy Path. They are destined to go to the same place, which is their True Home.

SPIRITUAL ELIXIR

I find you heard Billy Graham's message of 'love your neighbour.' It is good. All initiates have been put on the practical path to achieve what he said — 'love comes from within.' You are on the Way. The more the initiates progress inwardly, the more they will develop love for their neighbour and for everyone else.

Floods or no floods, an initiate's way is clear. He goes on peacefully, his work undisturbed, because of inner comfort and the Master-Power working overhead. The help in such cases can only be extended by the Master. He has His own way of doing His work. The disciple's benefit is always foremost to Him.

I expect everyone to behave lovingly and to be tolerant and to exhibit in all matters a spirit of humility and self-discipline. It will give them serenity and peace. The teachings of the Masters are based on plain and simple Truth and Love. It may be lived and enjoyed.

How the Master does wish everyone to come up to Him within so that they may have a glimpse of True Peace and Tranquility, and to enjoy in ever-increasing measure His loving grace and blessings.

I am sorry for the family disruption caused by a misunderstanding on the part of your dear mother and dear husband. Such things do happen sometimes for testing the integrity of spiritual aspirants. I appreciate your calm attitude in the face of provocation which will have a salutary effect on their strained nerves. The golden principle to be applied in such a situation is to leave the place and allow the atmosphere to become more favourable for weighing the sequences and the consequences.

A tumbler full of cold water when taken very often helps to bring down the temper and should be resorted to and astute silence be observed. This is a tried medicine for your guidance, which may be communicated to both of them.

No initiate should worry about his or her past life nor be anxious about the future. The present is in their hands and they should make the most of it. Their action lies in kind thoughts, kind acts, and kind deeds. The more they live up to the teachings of the Masters, the more they will be given the treasures of Divinity.

Love is the only remedy for the discord of which you write. Love is the beginning and the end of Spirituality. Love knows selfless service, sacrifice, and self-surrender. Let no one interested in spiritual advancement perform such selfless service for the sake of appreciation. Selfless service is a great reward in itself. Love, such as the Masters speak of, is a Love that must be completely purified of the self. The seeker who, having found a True Master, has developed such absolute love for Him, steadily purifies himself of all imperfections and makes himself a fit recipient of Divine grace.

Without absolute surrender of all traces of ego and selfhood, the disciple cannot attain that unwavering concentration of all one's faculties which is the prerequisite of inner progress.

Besides, the goal of the spiritual aspirant lies far beyond the limits of individuality. His goal is union with the Absolute and such union must necessarily be a denial of the limits that separate us from each other.

SPIRITUAL ELIXIR

He who cannot rise above the ego, the faculty which creates these very limits, cannot hope to attain that station which is the denial of all individuality and a realization of the oneness of all life.

Such love and self-surrender to the Will of the Lord embodied in the Master, has been the keystone of the teachings of all mystics and especially so of the *Sant Mat*. Your main task as a disciple and as an initiate is to cultivate these qualities to the very utmost and leave the rest to the Master.

The Master always teaches love and tolerance, kind words and kind thoughts. Kind deeds cost nothing, but they create a potential energy which blesses every one coming in contact with the dear One. To help one in need is the ethical part of one's life and should be adhered to whenever possible.

Satsang is a great factor in helping the disciple toward the spiritual Goal. Here one may imbibe the sacred teachings in their right perspective. *Satsang* also fosters inner devotion for the gracious Master-Power working overhead. Besides you will be able to enjoy the rare and loving Life-Impulse radiated in such holy congregations by the Master-Power for the spiritual benefit of the dear ones.

We often have to face the ridicule of our fellowmen and the organized opposition of orthodox institutions. But if we have anchored ourselves in such a love of complete self-surrender, nothing can disturb the peace of our minds or distract the spiritual harmony that is ours. Initially perhaps, it is easier in the East to take to the mystic path than it is in the West.

There is in India, for example, a long standing tradition of seeking and following a Living Master; a tradition that is foreign to those to whom religion has been taught in terms of a closed revelation. Nevertheless, this initial advantage is not as great as it might first appear, for the essential advantage in the field of spirituality is to be found not without but within. It lies not in the absence of outer opposition but in one's inner capacity for complete self-surrender and love; and outward obstacles may, in fact, act as tests and stimuli for the development of this capacity. This ability to conquer the ego and to submit oneself to the higher Will is as rare in the East as in the West, and wherever it can be found, there you will observe the true grand mark of spirituality.

The more one aspires to weed out the imperfections by daily introspection, the more of serene bliss and grace come from above. Patience and selflessness are ennobling virtues. Right understanding is the basis of all happiness.

The Master's strong and protective arms and His loving vigilant eyes are always on His fold. He is for their progress.

When outer difficulties seem hard, His inner grace increases. If someone says something unpleasant about you, consider it calmly. If what has been said is correct, partly or in the main, try to remove those defects and thank the person for his kindness in pointing out those truths. If, on the other hand, those things are incorrect, accept the fact that the person is not fully informed and has spoken through a misconception. Excuse him for it and *forget it*.

SPIRITUAL ELIXIR

Should an opportunity occur to remove this misunderstanding, remove it lovingly and with an open heart. This will hasten spiritual progress and help to clean the vessel which is destined to be filled with the ever-ready and over-flowing grace of the Master.

Changing over from material to spiritual man is the most difficult part of Spirituality and when you learn to perfect yourself in that field, then God-realization is not difficult.

Let your love for the Master be absolute and your obedience to His wishes uncompromising. Work lovingly for His holy cause to the best of your ability. This then is the task before you if you aspire for Spiritual Salvation. Do not lose a moment in seeking to reform yourself.

Inner loving devotion and deep faith help the disciple to achieve Divine bliss and harmony from Beyond.

Spirituality means over-all development and gratitude and prayer are akin. Implicit obedience and reverential humility are two of the most helpful factors in spiritual progress.

Satsangs should not be used as a debating club. Initiates are advised to avoid any controversial type of questions. It, however, does not prohibit the privilege of elucidation on any particular point regarding the Holy Path if such is asked for. All criticism or open discussions, as well as showing one low and another high, should be politely avoided.

I have noted your remarks in regard to your dear husband. He is so dear to me and I wish him all spiritual success. Your attitude toward him should be one of service and kindness. You must not lose your temper, but be patient and considerate. All spiritual aspirants should inculcate and exhibit rare tolerance and humility in their behaviour so that others may know that you belong to the Living Master. The balanced mind never becomes irritated or annoyed at the slightest provocation. One learns swimming in water and our daily living should be fashioned in such a manner that we make it a point to learn something new every day. Patience, humility, and a sense of self-abnegation are the ennobling virtues which should figure prominently in the lives of the initiates. You will progress in this field in due course.

A True Master always insists on maintaining a record of daily lapses in thought, word, and deed, from non-injury, truth, chastity, universal love, and selfless service. Of all the five cardinal virtues that pave the way for Spirituality, it is only the knowledge of our faults that can make us weed out the same, and strive in the right direction.

One who permits himself or herself to be disturbed by what others say and do, is without question one who is still controlled by the ego and has yet to conquer the self, and learn the rudiments of Spirituality.

Make love and self-surrender the corner-stones of your life. Do this and you will find your life becoming daily a blessing.

SPIRITUAL ELIXIR

The Path is straight, narrow, difficult—very difficult and exacting, but for one who is truly living, every help is promised to achieve the Goal.

The difficulties in ethical living should be weeded out by careful vigilance, and by inculcating a deep desire for the corresponding virtues with patience and fortitude.

Please also avoid looking into the eyes of the opposite sex. A truly humble and obedient spiritual aspirant will tide over the situation by reposing his or her efforts in the gracious Master-Power working overhead.

Always seek His Divine guidance by invoking His mercy in humble supplication and inner intense longing for His *darshan*.

We must constantly remember that our aim is God. And we must not be concerned with anything that makes us forget Him.

Our whole life must be built upon love and humility which are inseparable. If we make any spiritual progress, we must guard against pride.

Instead of looking down upon our fellow-beings we must thank God for His grace and repay it by humbly helping our brethren in their material and spiritual need. If there are those who do not understand or who do not wish to understand the Truth, we must not feel irritated with them. They are all God's children as we are and must be won over by love and persuasion.

Service is considered an ornament to a beautiful person that adorns and elevates his or her soul to become a clean vessel for His grace. Service of any type granted at the holy Feet of the Master is beneficial and should be cherished as whatever one does must bring its fruit in accordance with the Law of *Karma*.

The secret of selfless service is to deny the reward or recognition of any type and on the contrary consider one's self as a humble instrument in the Divine hands which are the sustainers and protectors of all. All credit goes to the Master, yet the media of love are blessed with the superb Divine intoxication which is of supreme magnitude.

Happiness is the willing adjustment of ourselves to our environment. If you could devote time to spiritual practices at stated hours, it would be better. But you should be sure that no day goes by without it.

The best way to have a calm atmosphere is to work amicably. You should remain devoted and loving to your husband always. Love begets love. In this way, your husband will become a helping factor in all your affairs.

I know the initiates abroad are anxious to see me in person, and I also long to be amidst them. You can well imagine how happy and jolly a father would feel amidst his sons and daughters who are all loving and amiable.

SPIRITUAL ELIXIR

I would, therefore, suggest that by the time I make a trip to America, all initiates, including leaders and representatives, make a special effort to live a pure, Christly and Master-like life as is possible so that all initiates will stand out amongst other men and women shining with love in full bloom, and drenched in the sweet remembrance of the Lord.

Honesty, strength, courage, and kindness are the rare virtues and may prove very useful for spiritual development provided these are used properly in your daily life. I am pleased to know that you have given up the habit of smoking. The observance of strict dietary regulations is very essential for steady progress on the Holy Path and any transgression is liable to affect your progress. These rules should never be violated even for the consideration of guests.

Satsang is a great helping factor. The disciple imbibes the sacred teachings in their proper perspective and it fosters inner loving devotion for the gracious Master-Power working overhead. Besides, you will be able to enjoy the overwhelming radiation from the Master-Power in such a holy congregation.

I appreciate your deep gratitude and loving adoration for the gracious Master-Power through whose grace you have been blessed with the holy boon of initiation into the mysteries of the Beyond. Man is the highest in all creation. Those who love God, should love all of His creation. He is immanent in every form. There are sermons in stones and books in rivulets. We should live in fellowship with all creatures and with all life. All *Rishis* and Saints had the vision of cosmic unity and loved Nature. Nanak tells us:

The whole creation is the house of God and He resideth in it.

You should become a source of help and inspiration to your less gifted brethren who may better their lot by following your example. Please note—an ounce of practice is better than tons of theory. The world is fed up with preachings and the child humanity is looking urgently for Life and Light. You can be the harbinger of peace and prosperity by living a life as enjoined by the Master. One developed soul will be helpful to many others. Spirituality cannot be taught, it must be caught like an infection which is passed on to others, who are receptive.

Love and all things shall be added unto you. First of all, *Satsang* is connecting of soul with God and getting absorbed in Him. Then comes the *Satsang* presided over by the Master, who is Word-made-flesh. In the absence of this all brothers and sisters should sit together in meditation and in sweet remembrance of the Master and God. The *Satsang* receives the grace of the Master if it is conducted selflessly and with loving devotion to the Master. If it is considered to be anyone's 'personal' *Satsang*, it will lose all the grace of the Master.

I am glad that you attend the group meetings every month and help the holy cause. One receives loving Life-Impulses from the charged atmosphere of the holy congregations. I appreciate your commendations for the great cause and the gracious Master who has done you substantial good during the past ten years. His grace is eternal, and fortunate are the selected few who bear testimony and are grateful.

SPIRITUAL ELIXIR

I have appreciation for the loving service that you all are doing for the cause of the Master in helping all the struggling humanity tread on the Path. This is the highest service that one can do for mankind and is in fact a service of the Lord Himself.

It is a rare privilege to gather together in His name to invoke His gracious mercy and to imbibe the sacred teachings.

The basis for perfect harmony and happiness is the right understanding which is the gracious gift of Master-Power; and we should consider ourselves to be the true brothers in faith working simultaneously for our mutual emancipation under the protective guidance of the Living Master.

Trustworthiness and tolerance bring loving cooperation, and selfless efforts bless the child disciple with reverent humility which is the most helpful factor on the Holy Path.

You may put in regular hours for your business and consider it as a sacred duty to the Master. All gracious help and guidance will be forthcoming from above. *Satsang* is a sacred arena where spiritual stalwarts are built. Here overwhelming loving Life-Impulses are radiated by the gracious Master-Power for the spiritual benefit of all those attending these holy congregations.

While we are walking on the path of righteousness, we discover that we are far from being Perfect. Perfection comes slowly and requires the hand of time. It does not matter to what faith one belongs, so long as we love God and our fellow-men, for our passport to the Kingdom of God is the love we have in our hearts. If we are students of psychology or metaphysics and are well versed in the laws of mind, and lack love and compassion for our fellow-men, we are outside the Kingdom of God. It is what we are that opens the door of our soul to God and makes us His channel of blessing to help others.

Some people hope for a heaven in far distant skies, but heaven is a state of consciousness in this life. If we aspire to live and love divinely, we are already citizens of the heaven to come in the hereafter. For the Kingdom of God is a state of consciousness wherein we worship God with all our heart, and with all our mind and with all our strength and love our neighbour as ourselves.

Religion is, therefore, a matter between soul and God, and all other forms of worship and religious observations are in vain unless we enthrone Divine love in our hearts. It is the temple of the heart in which we always keep the Light of Truth and Love burning.

Ever since the world began, there has been eternal warfare between the forces of evil and the forces of righteousness.

We have been put on the way to God because of our love for God.

SPIRITUAL ELIXIR

I am happy to know your dear children are growing in love and wisdom with the grace of the Master. The gracious Master-Power extends equal loving grace and protection for the blood and near relatives of the initiates.

Satsang is a great helping factor. There you imbibe the sacred teachings in their right perspective and gain inner devotion for a higher spiritual life. It is during these serene moments of bliss and harmony that you are near the fountain-head of Divinity and can assimilate the loving Life-Impulses radiated by the gracious Master-Power for His children.

I am happy to know that the *Satsang* is growing. This is all with the grace of the Master. Please continue working selflessly, and as you do, more Divine inspiration and grace will be forthcoming from above.

Karmas rightly performed in a spirit of service to the Divine can lead to Spiritual Emancipation. They should be performed without fear of punishment or hope of reward. It should be spontaneous. You *can* direct your own destiny. In brief, *selfless devotion* to duty is the key-note to success on the path of action.

Man has not to exert himself, except in moulding himself ethically and morally to that climax of love, sincerity and humility, which will produce the necessary state of receptivity in him. Everything else is in the hands of the Master.

SOCIAL CONDUCT AND ETHICAL LIFE

Love knows selfless service, sacrifice and self-surrender. Let no one interested in spiritual advancement perform service for the sake of appreciation. Selfless service is a great reward in itself.

I am glad the *Satsang* is growing and the recorded talks played on the tape-recorder are being heard with such pleasure.

It is indeed heartening to find that the sincere yearners are flocking to the Holy Fold, and your selfless efforts are appreciated.

Your loving testimony for the gracious Master-Power in the holy congregations is notable. It is the work of the Lord and the faithful initiates find it possible to enjoy His grace in increasing measure. Your efforts will invoke His grace in increasing measure and many dear ones awaiting their turn will come to share the Divine grace.

Your loving efforts in *Satsang* will enable many world-weary and forlorn children to find their way back to the True Home of their Father under the guided protection of the Living Master. It is a service of the highest order and fortunate are the chosen few who are made instrumental in the Divine Set-Up. You will be able to liberate many aspiring souls from the Wheel.

I am glad to find that you had a beautiful and harmonious *Satsang* meeting, where the whole atmosphere was charged with the overwhelming love and grace of the Master-Power.

SPIRITUAL ELIXIR

The Father is always pleased to see the loving children putting their heads together for the Holy cause, and He radiates His loving Life Impulses for the spiritual benefit of the dear ones.

Your deep gratitude for the manifold blessings from the gracious Master-Power are notable. It is the first step towards Divine grace which is extended in ever increasing abundance to the child disciple. Those awake to this sublime truth enrich their lives and become a source of inspiration to others.

I am glad to find that you welcome the dear ones who meet together at your home for holy meditations. It is a reward in itself. The very place becomes sanctified where dear initiates sit in holy meditation. It is the climax of Divine grace when the loving children put their heads together for the holy cause, which in turn reflects on the organization as a whole.

Keeping a daily record or diary is the best method to become conscious of one's shortcomings and errors. Eradicate and uproot them and plan future progress. Without such Self-analysis and Self-criticism, no real advancement is possible.

It is true that without an ethical background, there can be no spiritual headway. Whosoever keeps to these principles has a possibility of spiritual growth, no matter whether he is rich or poor. The rich people, however, derive such benefits in a much lesser degree than the others.

Yes, you are correct, all efforts made by the disciple to efface the personal 'I' are in the right direction, because elimination of the ego is the only means of liberation from the unending cycle of births and deaths.

It is good that the *Satsang* meetings are so harmonious and lovely, though not too large in attendance.

Please stress to the dear ones the importance of regular attendance at *Satsang* and of the holy meditations which carry a deep significance.

Increasing contacts within and the peace-giving strains of Holy Music and Divine Light are the only effective remedies for the horrible dangers and anxieties that are facing humanity due to the invention of greatly advanced weapons of destruction.

Fortunate are the selected few who have been blessed with the sacred boon of holy initiation into the mysteries of the Beyond.

It is now up to them to make hay while the sun shines. It is in their own best interest to continue on lovingly and to make progress from day to day.

My advice is from this day on to make love and self-surrender the corner-stones of your life. If you do this, you will find your life becoming daily a blessing.

You must endeavour to cultivate a large capacity for self-surrender to and love for the Master if you wish to make substantial progress in the spiritual field. I have said many times, the Path is not easy. You must crucify your ego and lay your selfhood at the altar of love for your Master.

SPIRITUAL ELIXIR

I am glad you love the Master. God is Love and Master is Love Personified. He emits rays of love to be attuned to by those on the way as well as to others who are struggling to find God. Happy and fortunate are those whose vessel is cleansed and are ready to receive the sweet Nectar of Master's Grace.

There is only one remedy for all discord and in harmony and that is Love. He who has not mastered its secret, can never hope to be received in the court of the Lord.

It is the beginning and the end of Spirituality. He who understands Love and its true nature and who lives and moves by its light, shall, as two added to two make four, attain the Lord.

Yes, it is well to help others and do the best for them, but do not be concerned with the fruits of what you do. That is something that you must leave to the Master. Make your love for Him so complete that, beholding His hand in everything, you rise above all feelings of enmity, rivalry, and resentment.

See Him present in all and remember that He is always with you, ready to assist whenever you turn your thoughts to Him. And above all, do not forget that He is to be won, not by words but by deeds. "If you love me, keep my commandments". If you can do this; if you can conquer the self and surrender it at the Feet of the Master; if you can learn to see Him working through all things; if you can accept the fact of your own limited vision; if you can undertake a ceaseless and zealous watch over your thoughts and deeds, weeding out all evils and imperfections, you shall not only win Salvation yourself but enable others to do likewise.

I am glad to find that you are serving the holy cause by conveying the Gospel of Love and Truth to the hungry child humanity. A compassionate attitude for the sufferings of humanity cleanses the inner dross of the mind, and one becomes more receptive to the incessant grace flowing from the gracious Master-Power.

It always pays to radiate love, compassion, mercy, and forbearance. By love serve one another so that others may know and see for themselves that you belong to the Living Master who has opened the Divine Gates of Divinity within for proceeding back to your True Home.

Spirituality is not an expression of any particular faith. It is of no consequence as to what faith you profess. Let us all join the army of God, and the qualification for joining is righteousness, which consists of kind thoughts, kind words, and kind deeds.

I wish everyone to live a clean and pure life and rise above in the higher planes and enjoy the security and calmness, both inner and outer, during the sojourn here and to eventually reach one's True Eternal Home.

To expect that after initiation the affairs of the world would so change that bitter things will never come your way, is a mistaken idea. Ups and downs do come here as a result of the reactions of one's own doings. They have to be faced and squared up. If we were to run away from them, the debts will remain unliquidated.

When something is to be given, it is always better to give it and be free. The way that the Master has given, works both ways. It gives progress within,

SPIRITUAL ELIXIR

which strengthens one's powers of tolerance and humility to face trials and tribulations with equanimity, while severity and duration of such hardships are toned down considerably.

One should, therefore, lead a life that the Master wants him to live and be regular in his meditations with loving faith and devotion. If one is to be influenced by anything, let the good in others influence him, for nothing else should.

Married life is no bar to Spirituality, if lived according to the ethical code laid down in the scriptures. A chaste life in husband and wife is a source of health, vigour, 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 remain in the cradle forever, 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 up and walk. My love goes to you. Rest assured.

The disciple reaches his final Goal in proportion to his own integrity, loyalty, and devotion to Master.

If you aspire for spiritual Salvation, do not lose a moment in seeking to reform yourself. This is the task before you.

Let your love for the Master be absolute and your obedience to His wishes be uncompromising. Work for His cause to the best of your ability, but do not let the individuality of your limited vision inculcate feelings of opposition and resentment for your companions or your friends.

So long as one has not attained universal consciousness, differences of opinion are bound to exist. But if one understands their cause, one will not allow them to disturb one's peace of mind.

Whatever the outer opposition, whatever the opinions of others, if one has surrendered oneself completely to one's love for the Master, then nothing can ever disturb one's equanimity or obstruct one's spiritual course.

He who is upset by what others have to say is without question one who is still controlled by the ego and has yet to conquer his self. He has yet to learn the rudiments of Spirituality. Let me, therefore, command you as a father, exhort you as a teacher, persuade you as a friend, to turn to the reformation and the conquest of the self if you seek to progress on the inner Path.

Let your effort be an effortless effort and devote time in a loving way, reposing your hopes in the Master-Power overhead.

The diary is meant for one's personal use and helps to bring out many of the hidden underlying weaknesses to the surface so that one may begin to see them and try to remove them one by one, and with their removal life becomes pleasant and spiritual progress is accelerated.

I am glad to find that you have benefitted immensely from the august physical presence of the Master during my recent foreign tour. Loving humility coupled with complete surrender are the ennobling virtues for imbibing the sacred teachings in the right perspective.

SPIRITUAL ELIXIR

Implicit obedience for the holy Commandments grants ineffable joy within which furthermore multiplies in great abundance when assimilated with care and caution.

A true disciple revels in inner bliss-giving silence and has great tolerance and moderation in all things.

The Father is always pleased to see the loving children putting their heads together for the holy cause.

The gracious Master-Power is always looking after the truly sincere and yearning souls to be found and brought to the Holy Path.

The spiritual aspirants need to inculcate and exhibit rare tolerance and loving co-operation in their families. You should be more respectful and devoted to your dear husband, in the larger interests of your spiritual progress.

Do not bother about petty resentments which others may profess due to their short-sightedness and inability to understand these sacred teachings. You are to be lovingly and sincerely devoted to bring them home the rare Truth, then it is up to them to acknowledge its worth and beauty.

The *Naam*, the *Sat Naam*, the Eternal Word is imminent in every form. He is in the poor, the rich and the outcast. We are all brothers in God and world brotherhood is the crying need of the day.

True religion is the expression of the Divinity already existing in man. Nor is true religion to be found in rites or ceremonies, nor in creeds or forms. It is Life. It is the mingling of the soul with the Great Life. It is not shut up in temples, but exists in love for all. Love knows service and sacrifice. There is no place where God is not, but you will not find Him in the gorgeous temples made of marble and stone. You will find Him in the tears of the poor and the lost. True happiness lies in giving to others, not in self-seeking. We should not be worshippers of the God of conventions. We should raise our moral aspirations to the highest extent and realize in our own self. . . God. God pervades throughout the universe but can be contacted only by transcending limitations of the senses.

Try to study the book of Life—our very Self. Let us be careful not to confound the religions with creeds and forms. We should realize that the things which are seen are temporal, but the things which are unseen are eternal and that is the underlying unity of all religions.

Wherever he may be, man must strive for nobility of character, self-control, and purity of heart. Purity in thought, word, and deed is essential. An ethical life is a stepping stone to Spirituality. Spirituality, however, is not just ethical living. This must always be borne in mind.

We must constantly remember that our aim is God, and we must not be concerned with anything that makes us forget this Goal. We must be above party-spirit and avoid party-factions. Our whole life must be built upon love and humility which are

inseparable. If we make any spiritual progress, we must guard against pride. Instead of looking down upon our fellow-beings, we must thank God for His grace and repay it by humbly helping our brethren in their material and spiritual need. If there are those who do not understand or who do not wish to understand Truth, we must not feel irritated with them. They are as much God's children as we are and must be won over by love and persuasion. We are all labourers in the vineyard of God.

I appreciate your loving thoughtfulness in serving the holy cause in a spirit of complete self-abnegation. Love is the supreme law with the Masters. Love knows service and sacrifice. Those who sacrifice their lives at the altar of Love are blessed with infinite bliss and harmony. Love begets love. Loving faith and loving devotion for the gracious Master-Power are the central theme of the sacred teachings of the Masters.

Your loving imploration for the sacred boon of love is auspicious. Such a humble supplication is sure to be granted and you will be blessed with this priceless boon of love.

Love is a kind emotion lying latent in the human heart. It is the innate impulse of the soul and is kindled in the august association of the Master. It is the fulfillment of Divine Law. It is a positive force of sanctifying grandeur which, when harnessed carefully under the competent guidance of the Master, ensures complete salvation and liberation of the soul. It grants emancipation while living this earth life with the grace of the Master. It is the manifestation of goodness irrespective of reciprocity or reward.

I will be happy to see you all love one another, have confidence in one another and pool your efforts for the holy cause of the Master. No loving sacrifice would be too great for the noble cause of the Master. Let our actions be guided by this principle.

Love begets love and love beautifies everything. This Divine quality when developed works smoothly in harmony and peace, and will help in understanding one another. I have love for you all. I wish all the brothers could be more peaceful and would co-operate one with the other. We are all working for the one cause and we should be weaving the strands of love into all our affairs, so that others may be attracted by our perfect life.

When one firmly grasps the one end of Truth by Self-introspection, say for instance, Sound listening at any time as ever present, non-ceasing, 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. It is verifiable. It is not a matter of feelings or inferences. It is one of seeing and hearing. Those who have eyes may see and those who have ears may hear.

With inner experience of self you will find yourself like a rock immovable by a mere deluge of words from others. For feelings, emotions, and inferences 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.

SPIRITUAL ELIXIR

I have read about your finances which were set right by the overwhelming grace of the Master-Power who blesses the child disciple in all spheres of life. But speculation or gambling is a great sin and as such spiritual aspirants are warned not to indulge in it, in the larger interests of their spiritual progress.

I would like to sow the seeds of love in your hearts so that the feeling of love is brought to all, among all nations, creeds, sects and castes of the world. All Saints preached the same — "Love and all things shall be added unto you". If we wish to love God truly in the most practical way, we must love our fellow-beings.

We must love others as we do our dear ones. We should be happy in the happiness of others and suffer in the sufferings of others. We should endure all that comes cheerfully, accepting His Will, and never hurt or harm any of His beings. You should know that to love God, we must live for God and die for God.

Satsang is the central theme of the sacred teachings and I always impress upon the dear ones here and abroad not to miss it, as it is during these precious moments when you are near the fountainhead of bliss and immortality, that you grasp the true import of the teachings and assimilate the rare virtues of godliness, by sitting in the charged atmosphere which is filled with His loving Life-Impulses. *Satsang* is the sacred arena where spiritual stalwarts are built. It is the pool of Nectar which grants blissful God-intoxication and where all differences of caste, creed or country sink down to their lowest ebb.

We are all brothers and sisters in God and should attain this Divine virtue of common brotherhood of man and fatherhood of God. Love one another faithfully and devotedly so that others may know and see for themselves that you belong to the Living Master.

Remember, actions speak more clearly than eloquent words spoken under emotional impulses. Try to live like a fragrant flower which blooms in a forest and fills the atmosphere with its rich fragrance. You should know it for certain that you are Divine in all respects and are the master of your destiny which is full of higher potentialities. You are simply to try to change for the better and then firmly stick to your resolutions. All else is to follow of itself, as the gracious Master-Power is at your side to extend all feasible help, grace and protection.

We cannot win God either by flattery or by vain repetitions, nor does He stand to gain or lose anything whether we offer prayers or not. Compassionate as He is, His grace is always at work in each and all alike, for we cannot live without it. We can, however, attract that grace to our advantage by becoming a fit receptacle for it.

Humility and faith purify the mind and make it a fitting instrument for God's grace. These two aids help in inverting the lotus of the mind which, at present, is attuned with the senses. Unless we are able to turn its direction upwards, God's grace cannot directly flow into it. Prayers, humble and sincere, help in establishing a harmony between man's mind and God's grace. All that is required is a loving and pure heart attuned to His grace and the latter is

automatically attracted to it. Prayer has in it a great dynamic force. It strengthens and prepares a person to face and fight the battle of life fearlessly and successfully. It is in fact the only panacea for all types of ills. It is the key that unlocks the Kingdom of Heaven.

After initiation by a Competent Master the disciple is assured of going on to his True Home. Those who after initiation fall back to sin and to an evil life and remain attached to the world, will have to be incarnated again as a man or as a woman and then continue their progress on the Path. Those who have a deep love for and faith in the Master and are progressing and have given up all attachment for the world, will not be incarnated as a man or woman. They are placed in the lower planes inside where with the help of the Master they may progress on and eventually reach their True Home. Usually an ordinary initiate would take four births to complete his course, but it can be shortened even to one birth according to the disciple's love and faith and obedience to the Master.

MEDITATION

CHAPTER XV

MEDITATION

I am glad that the meeting was attended by about 130 souls from different places and that while you were waiting for every one to settle down, you saw the Master enter the room and turn to you all, smiling. You also saw the Master enter before initiation, dressed all in white, with a white coat on and giving all a sweet smile. The Master is always with His children who are all dear to Him. Where more than one meet in His loving remembrance, His grace takes a more practical shape and happy and fortunate are those who are able to benefit from this grace. I am happy that you see the Master in golden light whenever you sit in meditation. Please consider yourself lucky, and in thanksgiving be more regular and devoted in your spiritual practices and love for the Master. This is a Path of love and devotion and complete surrender. Whenever you see the Radiant and Charming Form of the Master within, absorb yourself completely in His sweet face so as to forget yourself completely. He will then talk to you and guide you further.

Sit in an unflinching and easy pose, quite relaxed, without any tension in the body. Close your eyes and leave all thoughts of (1) the body below and its environments, (2) the breathing process going on in the body, and fix your inner gaze into the middle of what you see before you within the space of the two eye-brows and repeat the words of *Simran* mentally, very, very slowly, may be at intervals, so that your inner gaze is not disturbed. The repetition of these words will ward off all evil effects of the negative power within. If you see Light, it will grow brighter and ultimately burst to give you a further way up.

If you see the Radiant Form of the Master, as you saw before, bring the attention fully into His face so much so that you lose all thoughts of yourself. In this way, you will develop receptivity and the Master will speak to you.

Sit with your ears closed with the tips of both your thumbs. Simply hear what Sound comes from the right side. That Sound will draw nearer, grow stronger and ultimately come from above and will be heard even without closing the ears during the day. You are not to follow the Sound to the place where it comes from, as in that case the Sound will grow fainter and gradually die out. You will have more sounds than one, but you have to stick to that of a big bell, a conch, a shell, thunder, drum-beat, a violin and the flute, which are the higher types of Sounds and leave all the rest.

I am glad that you find an all round improvement in practically all spheres of life with the grace of the Master. It is the inevitable result of your devoted meditations, when you give about two hours daily. Your loving sense of dedication in serving the holy cause of the Master is appreciated. The harvest is great and willing workers are badly needed to work in the vineyard of the Master. The occasional manifestation of blue patches with gold borders should be looked into directly in the centre and repetition of the charged Names be continued mentally, *very, very slowly*, may be at intervals, so that the inner gaze is not disturbed. It will grow brighter, steady and ultimately burst to give you further way up. You have not stated about your hearing practice which is equally important and as such regular time should be devoted to the listening of the Sound Current as coming from the right side. It will draw closer, grow stronger and ultimately come from above.

MEDITATION

I am glad to find that you are lovingly devoted to your holy meditations with the result that you are blessed with the celestial manifestations of the Radiant Form of the Master within in your vision exercises and hear the Holy Sound Current of bells as coming from the right side with the grace of the Master. It is a rare blessing to see the Living Master in your inner vision. You should try to develop receptivity by looking intently into His Lustrous Eyes and Forehead, and repeating the charged Names mentally, *very, very slowly*, may be at intervals, so that the inner gaze is not disturbed. The Holy Sound Current of bells as coming from the right side is good and should be listened to with rapt attention. It will draw closer, grow stronger and ultimately come from above.

You have mentioned regarding your introspection diaries — that when others are progressing on the Way, why should it not be so in your case. Meditation is a matter of love and devotion; it is meant to cleanse the vessel of all inner dirt and filth. Unkind thoughts, temptations for revenge, a pride of learning and knowledge, lurking doubts and scepticism, distrust of God and lack of faith in Him are some of the formidable barriers that stand in the way and prevent His grace and blessing from flowing in. Meditation done in an accurate way and with regularity, giving proper time with love and devotion, does bring good results and in abundance.

The secret to success on the Path is practice, more practice and still more practice.

SPIRITUAL ELIXIR

I am glad to find that you lovingly devote time to your holy meditations with the grace of the Master. You are blessed with perceptible inner progress when you see the golden Light in your visual practice.

The meditations should be undertaken in a spirit of deep spiritual fervor. This will ensure more inner bliss and harmony.

Do not feel discouraged in any way, but be lovingly devoted to your holy meditations. All gracious help and guidance will be forthcoming from above.

Ego is really a big enemy on the Path against spiritual progress. The love for the Master is like fire in the brick kiln. If the fire is blown out rather than conserved, the bricks do not gain their proper maturity, and so it is with all spiritual matters. The initiates should conserve and keep veiled their love for their Master so that they may progress quietly.

Your advice to the disciples not to waste time in vain pursuits but to avail themselves of the precious time at their disposal so that they may progress spiritually, is very good. The World is, however, full of every kind of people and you have to deal with them in as kind and loving a way as possible.

It is good to note that you are both devoted to *Bhajan* and *Simran* and are seeking the heavenly Kingdom within you. An ingress to these realms affords us everlasting life and unchangeable permanence. All outer pursuits are not lasting and as such are not helpful. Now is the time we must work up for our future life.

MEDITATION

I am glad you are becoming more detached from the world. All relations and contacts here are in accordance with the laws of winding up the *karmic* debts and it is a happy sign that while you carry on outwardly with your friends and relatives cheerfully, you have begun more intensely to feel inwardly that they are aliens to your soul.

This will help in your inward progress on the way and will keep you disentangled from the temptations of the world. Your way is clear. Carry on with love and faith and you will progress from day to day on the Path and on your inward flight. You may devote all available time to meditation with love and faith. The loving Father always looks after His children, works for their benefit and extends His grace and blessings.

Talking is easy. Doing is difficult. Nothing is gained by talking, but by doing one may progress on the Path.

So, please do not fail to devote regular time to the spiritual practices with love and faith and you will progress from day to day. You will have all feasible inner help from the Master-Power overhead.

It is necessary for the disciple to adhere strictly to all moral codes of an ethical life. Pure and chaste living are prerequisites for progress on the Path. These are fundamentals and allow for no relaxation. Anyone who transgresses them, will have to reap the fruit thereof.

The storms of life, no matter how severe, must be faced, but with complete trust in the Master-Power working overhead, and trying to be regular in meditation and placing all hope in Him.

This lessens the severity of the storm and brings hope and cheer. The storms are passing phases, they come and go.

One never feels ill after meditation. The result of sweet and accurate meditation is the reverse; one feels peaceful and serene. The time that is at our disposal now is very precious. Lest one regrets having wasted it is better to use it to its fullest extent. To such people, inner help comes as oxygen comes to help fire.

I am glad you are helping others to come on the Path of the Masters. The weaknesses are overcome by devoting time regularly to meditation and keeping a strict eye on the conduct of daily life. All necessary help is made available by the inner Power. Those who are steadfast in their determination to get ahead in their spiritual progress, do get the necessary help and attain their Goal in due time. In the *Satsangs* the grace of the Master works fully and sometimes it does happen that in otherwise dry and hot seasons showers of rain do come to indicate the blessings of the Great Master Sawan Singh Ji.

I am sorry to note about your health. You are advised to resort to any competent medical treatment or to adopt the natural method of exercises such as brisk walk, light exercises with regularity, moderation and punctuality in diet. As regards the *Kundalini*, you should not pay any attention to that as it is fraught with danger. You have been put on the Path, the natural Way.

MEDITATION

When love for the Master transcends all bounds, the devotee feels as if he were one with the Master. The Master then appears to be working through him and he is in the Master. Did not St. Paul say, "It is I, now not I, but Christ lives in me." This attitude, of course, helps one splendidly on the way of meditation.

The repetition of the charged Names is given to the disciple as a weapon against all dangers. It acts also as a password to all spiritual planes, gives strength and sustenance to the body and mind during trouble and affliction, and brings the soul near the Master. It is instrumental in achieving concentration and imparts many other diverse powers. The five charged Names given by a True Master are electrified Words.

I am glad that you are lovingly devoted to your holy meditations, with the result that you are blessed with the grace of the Master. You have been privileged to experience virtual death while living, with the grace of the Master and are fortunate to bear testimony to the sublime Truth. Your gratitude for the manifold blessings is notable and will bless you with more of inner serene bliss and right understanding.

There should be no binding or imposition of any kind on a true seeker after God. Natural response comes from within. The question remains how to withdraw from outside in order to receive the higher impulse from within.

SPIRITUAL ELIXIR

The inner search for Truth exists in each man and he or she cannot be satisfied unless the Mystery of Life is solved practically. Herein lies food for the hungry and water for the thirsty. God overhead sees our thoughts, knows our desires and arranges to administer accordingly.

Once this question of the mystery of life enters one's life, the solution will be found sooner or later. From what I have learned at the Feet of my Master, the seekers after Truth are sure to derive benefit if they follow it.

Music has a fascinating power of attraction. Imagine how powerful and magnetic the inner Music of the Sound Current is! If we attune our souls to the Absolute, the inner Music will carry us there.

I note about your *Kundalini* experience which was aroused without your notice, and that you were able to evade its effect by repeating the sacred charged Names coupled with will power.

It is always safe to repeat the charged Names which prove helpful against any outward phenomena. You need not bother about awakening this serpent power as it is hazardous. For a more exhaustive explanation, you may please refer to the *Crown of Life* where this subject is dealt with carefully for the benefit of the initiates. The study of this book will widen your spiritual outlook and be helpful for your inner spiritual progress.

MEDITATION

The restricted progress in the visual exercises should not discourage you as you are indeed compensated by such great blessing as the charming manifestations of the Master in your dreams. You will improve in due course with His grace.

The Holy Sound Current or the jingling of bells as coming from the right is correct and should be listened to with rapt attention. It will draw closer, grow stronger and ultimately come from above.

The guiding principle of looking minutely and intently into the middle of whatever you see within, and listening to the Holy Sound Current as coming from the right side must be followed in both the letter and the spirit. All else will come in due course with His grace.

The difficulty experienced by you, caused by the withdrawal of the sensory currents during meditation, relating to your solar plexus, might be attributed to some gastric trouble, and again you may be watching the process of withdrawal.

This happens when you remain conscious of the body which should be eliminated by withdrawing your attention to the eye-centre, and repeating the charged Names mentally, very, very slowly, may be at intervals, so that the inner gaze is not disturbed.

When you resume body consciousness, do so slowly and do not return abruptly. This method will eliminate all such hazards.

All beauty and glory lies within. We have to work for Spiritual Perfection, the real purpose of this human life, by regular and faithful meditations on the Holy *Naam*. Slow and steady wins the race. You may take a little light exercise or a brisk walk before meditation, for shaking off sloth. Sleep or stray thoughts usually intrude when the inner gaze is allowed to slacken. Practice makes perfect.

You should not be sceptical about your inner progress, as such an attitude impedes progress. Please rest assured that everything is being recorded carefully behind the veil, and all your earnest efforts stand to your credit spiritually. Thought is the keynote to success. It is the thought pattern of the initiate which is changed gradually when he or she feels overall protection and guidance from the Master-Power in all spheres of life.

The disciplined initiates exhibit rare love and humility for assimilating the ennobling virtues.

The withdrawal of sensory currents from the body below with the aid of repetition of the charged Names or listening to the Holy Sound Current as coming from the right side is the normal feature of meditations. You may understand it more clearly: suppose there is a roof with a hundred stairs and unless you cross all the hundred steps, you cannot reach the top, even if you reach the ninety-ninth. You are under the roof and not on its top. As you approach nearer to the roof, you have more and more of light.

Similarly, the withdrawal of the sensory currents up to the eye-focus demands complete cessation of outgoing faculties and focusing the inner attention at the centre between and behind the two eyebrows.

MEDITATION

The sacred process is to be undertaken in a state of effortless effort. If you are completely riveted within at the eye-centre and are not watching the process of withdrawal, you will find that you will be completely withdrawn with little or no effort on your part, without any feeling, just as a hair is taken out of butter. When you are withdrawn completely or even partially, you may see into the middle of what you see in front of you, and the intellect should be stilled for the time being when the inner vision will open.

You see sky with stars. You should now act as per instructions already conveyed to you in my previous letter. I hope you do not destroy my letters. A disciple should never be content until he or she contacts the Master within, face to face, in His Luminous Form and talks to Him as one ordinarily does without. You should gather up all your thoughts to gain this end as early as possible, for then alone all your worries will come to an end. All your questions, whatever the number, will be answered and to your entire satisfaction. Until that stage is reached, you are still journeying on the Way.

As regards the disturbing dreams, you should not worry about them. They are not the result of meditation.

At the time of initiation you saw white Light and stars and heard the high ringing Sound. You were asked to develop these further by giving regular time to meditation with love and devotion, which are the key-notes for success on the Divine Way, and also to submit, as all others do, a regular diary. In not living up to these instructions, you lost a chance to secure the Master's guidance, which is needed at every step.

Thus in obeying the dictates of one's own mind, if one finds fault with the Science of Nature, you can see for yourself how far it is justifiable. The mind has to be settled on the way.

You have mentioned only that you followed the repetition of the five Names. Had you sent in your diaries, even blanks, and stated your difficulties, all your shortcomings and difficulties would have been brought to your attention for further guidance.

So many of the cases of failure in meditation are due to want of accuracy in the method, lack of love and devotion, not following the proper diet, mixing in other methods or exercises. All of the lapses come from the disciple. This is the way of being *born anew* and to enter the Kingdom of God. "Learn to die so that you may begin to live" is what Christ taught as did all other Masters. You are fortunate to be put on the way to God. If you are inclined to follow this way sincerely, with full confidence in the Master, by the grace of the Master, the Master-Power overhead will extend to you all feasible help. You may begin by sending in your diaries stating whether you are faithful to the vegetarian diet. You will surely have peace and bliss and your life will change. If, however, you have decided to follow some other kind of meditation, you are free to do so. My best wishes, however, shall be with you forever. If after trying other methods, you feel inclined to return to the Path of the Masters, my arms will be open to receive you. The Master-Power is over your head and shall never leave nor forsake you, until the end of the world.

The Light within should be penetrated while fixing your gaze intently in its centre when it will grow stronger and burst to give you further way up. Similarly, the Sound Current as coming from the right

MEDITATION

side should be listened to with rapt attention, preferably by sitting on your feet. The scattering of mind will be subdued if you will please learn to devote single-minded attention for looking and listening within.

The Light and Sound are so efficacious that if absorbingly attended to, the mind will be stilled. You may say some prayer before your meditation creating an aura which would serve as hemming all around you and you will feel the presence of the Master to your great joy. Please remember that mind itself is inert and takes life from spirit, which, when attuned to the inner manifestations, becomes calm.

The precious moments of earth-life spent in spiritual practices count creditably toward one's eventual emancipation from the Wheel. Be regular and lovingly devoted to your holy meditations, as that is the central pivot around which the whole sacred teaching revolves and therein an all around development of the soul is granted.

I am glad that you are blessed with stabilized meditations and that you see within celestial Lights and hear melodious Bell-Sounds. The Sound does not lessen as you have stated, but the attention slackens and if it is centred, without any worry or thought of the body below or the outside world, you will find that this Sound Current will become stronger, draw closer and ultimately draw your soul within to the Radiant Form of the Master. The scattering of mind may be overcome by one-pointed attention and absorption in the Holy *Shabd*.

SPIRITUAL ELIXIR

I am glad that you are lovingly devoted to your holy meditations with the result that you are blessed with Divine Light and Holy Sound Current of big bell. Your face becoming partly numb in your meditation is natural as the sensory currents from the body below are withdrawn to the eye-focus by the repetition of the sacred Words.

It is a happy augury and need not be feared, for if you will learn the sacred technique of completely getting riveted at your eye-centre, you will not feel it with the grace of the Master. It will be beneficial to divide equal time for both the practices every day, and in that way the meditations will get stabilized early.

I am glad you are enjoying the rare bliss of spiritual meditation. The precious moments of earth life spent in meditation are superbly best utilized and count creditably for one's ultimate emancipation from the Wheel.

The interruptions or absence of perceptible inner experiences in meditation may be attributed in some cases to some inaccuracy on the part of the disciple or to poor health, which is an obstruction to inner progress.

You will appreciate that the inner progress is chiefly possible with uninterrupted and serene meditations which should be full of deep faith and loving devotion.

MEDITATION

Remorse or resentment brings in confusion and disturbance. Love is the sure answer for all troubles. Just repose in His Will and Pleasure and await with patience for the grace which is quite at hand. Please be assured everything is being recorded behind the veil and the inner Master is eager to receive you within.

I note your faith and your resolve to proceed on the Path and your struggle to find time to be on the way regularly. Just make another attempt to move steadily on the Path and snatch a little time from your busy hours to re-start the practices, increasing it gradually when you are regular. Once begun, you will find that the time thus devoted rarely interferes with one's ordinary duties in life, health, or welfare.

I am glad to know that you have been successful in devoting about two hours in meditation and that you are planning to increase it. For exercising control over mind, meditation is the best remedy. The very early morning hours are best suited for meditation, as all thoughts subside during the night's rest and the food has been digested. The humming sound you hear is a lower sound. When you listen with attention, you will have higher and sweeter uplifting Sounds.

You state you have no other aim or purpose except to break through the Light that you experience within. The proper way to break through the Light is to gaze penetratingly into the middle of the Light or whatever you see. Do not depend upon your own efforts to pierce through the Light, but repose yourself in the Master-Power to grant you the Way. In this way, your mind will also be controlled. Mind runs away only when you slacken your inner gaze.

As the soul proceeds on the Spiritual Path, the gazing faculty precedes that of hearing—Light is faster than Sound.

The awakening of *Kundalini* energy during your relaxed reclining position immediately after meditation may be attributed to your consciousness of breathing going on in the body. You will appreciate that if the breathing process or the withdrawal in the body below is sensed during meditation, such are the hazards that do beset one and as such one need be completely riveted at the eye-centre, although oblivious of the body below or breathing, or heart-beat, etc. It is the distracted attention which causes such drawbacks and as such should be eliminated by loving attention at the eye-focus.

The meditation practices should be an easy, natural and enjoyable process, wherein you could sit for extended hours. So please try to avoid such faith-shakes as will distract your thoughts from the Path until you have progressed sufficiently and grown strong within so as to become immune to receiving unhelpful impulses and be able to radiate your own loving thoughts and impulses. This is a period where one has to be very vigilant. So please carry on in faith and regularity. The Master-Power is over your head extending all feasible help.

The initiates should always repose their aspirations in the ever present gracious Master-Power, which extends all loving guidance and protection in all spheres of life.

The True Religion or Spirituality consists in linking the soul with the Over-Soul in its manifested play

MEDITATION

of Light and Sound in the God-made temple of the human body. The more the spirit withdraws from without and transcends its limitations—physical, astral and causal—the more experience it gets of the spiritual phenomena, with the grace of the Master.

The golden principle of penetrating through the middle of anything you see within, adding mental repetition of the charged Names at intervals, should always be followed. All else will come in due course. Sometimes it is the clutching tendency which brings you down as otherwise when you are altogether riveted, without any thought of having one thing or another, you are miraculously led within with the grace of the Master.

The Holy *Shabd* growing in intensity is good. If, however, you feel overtaken by it, and desire to mellow down its effect, you may resort to *Simran* at the time and its intensity will diminish.

You may please note that while retiring for sleep, you should simply keep your inner gaze fixed sweetly in your eye-centre and relax completely, reposing all hopes and aspirations in the gracious Master-Power working overhead to bless you with sound and refreshing sleep. This will not only grant you much soothing peace, but inner revelations may also increase during the dream state with His grace.

You have been privileged to experience virtual death while living, with the grace of the Master and you are fortunate to bear testimony to this sublime Truth.

I note that your meditations are static. This might be due to disturbed family affairs and the inability to devote regular time to your holy practices. Such things do crop up at times and demand *karmic* adjustments. Please be more zealously devoted within with faith in the gracious Master-Power.

Surat Shabd Yoga of the Masters is a gift of the Lord and a free gift like all other gifts of Nature. Dealing in the physical world, you have to cloak these principles in the best language you can command to let others understand the theory part of it.

It is a Science and an exact Science of Love-Vibrations.

Listening to the Sound Current is a separate practice. During this practice you need not repeat the Holy Names nor fix your inner gaze, but only listen attentively, while staying at the back of the eyebrows, to the Sound coming from the right side without following it to the place from whence it comes. The Sound will draw closer, grow stronger and ultimately come from above and pull your soul up to the higher regions.

While meditating the whole body has to become numb but you need not pay any attention to it. If you do, you will feel pain in the body. Your job is to gaze penetratingly into what you see within. There may be many experiences that you will come across inside. You have to continue to repeat the Holy Names when you see any figure. If that Form stands before the repetition, pay homage to Him.

MEDITATION

The Souls treading the Same Path naturally develop affinity for one another. Those who love one another are very dear to the Master. This mutual love should enable you to develop love for the Master and will in no way intervene between you.

Moreover, one should be very cautious to avoid falling into carnal enjoyments as that darkens the inner vision.

Take heed that the Light which is within you, is not darkened. I am glad that you are regular in your spiritual practices and are making progress on the Path.

I am glad for your regular meditation, which has been blessed with the celestial manifestations of Divine Lights and scenes of varying descriptions, after rising above body-consciousness completely, with the grace of the Master.

The casual disturbances of illness or external duties should not worry you, for these are the normal routine of life. One learns swimming in water. It is the inner loving devotion for the gracious Master-Power which emancipates the soul, and one is blessed with serene detachment with His grace.

Complete renunciation within by resignation to His Will and Pleasure is the key-note to earn His pleasure and grace.

The sound on the left side should not be heard and if it still persists, the left side thumb should be taken out. This sound affects the progress adversely.

SPIRITUAL ELIXIR

The Holy *Naam* is the panacea for all ills—physical, mental and spiritual. Medicines do help for refining the physical body, but a harmonious life full of sublime piety is only possible by regular and faithful meditation. You are advised to maintain the Self-introspection diary which will be all the more helpful for your inner progress.

You should send the same every three months, for seeking guidance where necessary.

I am glad you are having such wonderful experiences as referred to in your letter. Those who are put on the Way, each thing comes up to them to awaken a higher outlook whereby the disciple may see the God-Power working through all. To such ones there are books in rivulets and sermons in stones.

The key-note for spiritual progress within is to develop the habit of looking intently into the middle of whatever you see and hearing the Holy Sound Current as coming from the right side, with uninterrupted attention and single-minded devotion. All else will come with the grace of the Master.

Loving co-operation in devoting regular time to the holy meditations comprises the best gift that a child disciple can present to the Master. A fully developed and illumined spiritual aspirant is an asset and an example to others. Such a one can carry the Gospel of Love and Truth under the gracious protection of the Living Master.

MEDITATION

It is the inevitable result of your devoted meditations that you are blessed with the Divine wisdom and appreciate the grandeur of Master's grace. Indeed the disciplined child disciple is filled with awe-inspiring gratitude for the innumerable blessings which fall to his or her lot under the protective guidance of the Living Master.

Reverential humility is the key-note for assimilating more of Divine grace and enjoying the earthly life in its fullness. Ego is the chief element of mind and with the good grace of the Master, it can be overcome by attuning one's soul with the Holy *Naam* within, which is the fountainhead of bliss and harmony.

Stray thoughts flashing through the mind in various spheres of mental vibrations do lurk as a reaction of inner spiritual progress, when one advances on the Holy Path under the Divine guidance of the Master.

These can be safely immersed in the loving remembrance of the Master and placed carefully at His Feet. The disciplined initiates find the Divine grace always at hand and feel His loving celestial presence incessantly by attuning their attention towards His Holy Feet.

I am glad to note that you saw stars, sun, and moon as well as the Form of the Master, and heard the Sound of conch-shell. In future, when you see stars just try to pick out a big star among them and fix your inner gaze into the middle thereof. It will grow brighter and ultimately burst to give you further way up. If, however, you see the sun and the moon within you, just look into the middle thereof.

That will also give you a way up. But when you see the Form of the Master within, just absorb yourself sweetly into It, so much so that you forget yourself. That will develop receptivity in you and the Master will speak to you as He does outside.

This Science has a practical aspect only. God is the Absolute, whom so far no one has seen. When He came into Being, God became Light and Sound Principle. You can see His Light when your eye becomes single. "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 of the Master's teachings start when you rise above the body-consciousness. No one can rise above the body-consciousness himself but only through the grace of a Competent Master.

There is one God and only one way to Him. There exists a most complete and definite Science, oldest of the oldest, most ancient and natural, which is the practical side of all religions of the world born out of all scriptures. This rarest of all sciences is called *Para Vidya* which has a practical aspect only and is the only way to God during lifetime. Now-a-days this Science is called *Sant Mat*. Past Masters cannot help, as man needs a living man to understand things which one cannot follow by mere theory.

Therefore, a Living Master is necessary and must be approached in order to learn practical side. Unless the experience of past Masters becomes our own experience, we stand nowhere.

MEDITATION

You are fortunate in having been accepted and initiated into the mysteries of the Beyond. You should please rest assured that each bit laid for the spiritual practices is credited to your account toward progress. The sacred repetition of charged Names will bless you with sublime serenity and bliss. In due course of time, the inner vision will open to see the Light of God, and hear the Holy Sound Current of God.

The sacred charged Words carry the life impulse of the Master and their repetition with deep faith and single-minded devotion, feed the soul with gradual consciousness, and leave behind indelible impressions over it. Even if you fail to see anything within during your meditations, you should resort to faithful *Simran*, which will be like tilling the soil, to be prepared for the bumper crop of Spirituality, which will be watered with the gracious mercy of the Master, and the holy seed of initiation will fructify in due course.

He meets the Master within, talks to Him face to face, as he advances on the Path, and is henceforth certain of His grace, guidance, and protection wherever he may go, even to the other end of the earth, from the very beginning of initiation.

Those who have access within can read their fate easily. It is an open book to them.

It is heartening to note that you are devoted regularly to your spiritual meditations. As a result you are blessed with the Divine strong white Lights and twice the charming Radiant Form of the gracious Master, with His grace.

SPIRITUAL ELIXIR

Please look absorbingly into the Lustrous Eyes and Forehead of the Radiant Master, and repeat the charged sacred Names mentally, *very, very slowly*, so that the inner gaze is not disturbed. And if the Form stands before the repetition, know it for certain that it is friendly and will be helpful to you for your Inner journey to the regions of unalloyed bliss and harmony.

Listening to the Holy Sound Current of big bell is equally auspicious and noteworthy, as each stroke is so uplifting and inspiring.

Please listen to it with rapturous attention; it will draw closer, grow stronger and ultimately come from above.

You will progress spiritually with the grace of the Master. You will be glad to know that to sit in complete silence, reposing all in the gracious Master overhead, is what is necessary for the initiates, and all else is to come in its own time with His grace.

Each bit laid up for spiritual discipline counts creditably toward your inner progress. The cumulative result of your devotion will bring forth very good results in due course and at the proper time, with the grace of the Master.

The Word forms a connecting link between man and God. Thus each body is the abode of the Almighty. This is Holy *Naam*, the Word permeating through all the pores of our bodies.

MEDITATION

With the help of *Naam*, we may retrace our steps to the Source from which we emanated. The Word may be defined as the Spirit Current which emanates from the One Being.

This is the only way to God. There is no other way.

You need not be disturbed or disheartened, but repose all your hopes in the Master-Power working, overhead. In the meantime, do your utmost to help in the great cause. Ours is to do our best and leave the rest to Him. The Wheel of *Karma* goes on irresistibly. The only thing that can soften its working is *Bhajan* and *Simran*. When you are at the spiritual practices, devote full time to them and whole-heartedly. When off, devote your time to efforts in the right direction earnestly for the purpose before you.

There is nothing wrong if you saw Master Sawan Singh Ji in meditation. The same Power works in both Forms. Sometimes only one Form appears and at other times, the second, may be the Present Master, or both appearing together. Be regular in devoting time to spiritual practices so that you may penetrate through the Light and go ahead. The Master-Power is working overhead and will extend all feasible help.

It is altogether incorrect that spiritual progress in meditations cannot be had for at least five years. Those who are not ready are neither led to the gracious Living Master nor are they initiated into the mysteries of the Beyond.

SPIRITUAL ELIXIR

However, the progress may vary according to the past background, and some may progress more rapidly than others while others may lag behind. But there is sure hope for everybody. It is a simple, yet arduous schedule which is made more interesting and much easier by the grace of the Master.

I am glad you are able to overcome sleep during your meditations. When one grows spiritually within, inner consciousness is considerably increased and the child disciple is blessed with inner awakening and sleep is overruled.

I am glad that you are endeavouring to pursue your goal diligently. Regularity, earnestness and accuracy coupled with inner longing and yearnings are the helping factors, which bring one closer to the Master within.

I quite appreciate your yearnings, but the fact remains that He, the Great within, will surely bless you at the opportune moment when considered fit.

I am glad to find that you are following the sacred instructions to the letter. So far you have been successful in looking within the middle of the dark veil, and the next step is to still the thoughts. This will be gained with effort.

You will appreciate that when attention is completely riveted within at this thinking centre, and all the stray thoughts controlled by mental repetition of the charged Names, an overwhelming warming comes of itself from above, which multiplies in abundance and one then inculcates a gradual accelerated devotion for the holy meditations. A well tilled and nicely ploughed field will bring forth a rich harvest when watered with the waters of loving devotion and humble supplication.

MEDITATION

It is always better to avoid company of those who have a tendency to down pull one's genuine spiritual desire. Please carry on lovingly and should there be any difficulty, do not fail to write to me.

Please do not become disheartened. When you want to forget the environment, the best way is to divert your attention from it and devote yourself fully to *Simran* or to the Sound Current. If you do this, the outer disturbances will not affect you. A genial climate is helpful when doing spiritual practices.

It is really a happy day for an initiate to meet his or her Radiant Master within. The enjoining by the Master of regular meditations and stressing the need for living a life of love and purity are intended to make the way clear for the initiates. It is not their efforts alone that will bring them success in their uphill task, but the loving and willing surrender and faithful repose with which they sit and obey the commands.

The *Naam* or Word is within you. This is to be contacted within. The observance of the outer rituals and performance of so-called meritorious deeds cannot be of any help in this matter. The untold treasure of Divinity lies hidden within, yet we search for it without and so all our efforts go in vain.

It is the inevitable result of your devoted meditations that you are blessed with the Divine wisdom and appreciation for the grandeur of Master's grace. Indeed the disciplined child disciple is filled with awe inspiring gratitude for the innumerable blessings which fall to his or her lot under the protective guidance of the Living Master.

Reverential humility is the key-note for assimilating more of the Divine element of mind and with good grace of the Master it can be overcome by attuning one's soul with the Holy *Naam* within, which is the fountain-head of bliss and harmony.

The gracious Master-Power is your constant and nearest companion and your gratitude is always acknowledged by Him. It is the loving glance of the mother which infuses the love into the child through the eyes, whereas the latter reciprocates the same to enjoy perpetual bliss. Your growing receptivity is a happy prelude signifying greater possibilities ahead, in due course with the grace of the Master.

You must silence your thoughts during meditation. The silencing of the intellect is the last nail in the coffin. You should not wish to have one thing or another. Simply sit at the door and wait. The sublime silence is best and easily achieved by lovingly and humbly reposing in the gracious Master-Power to grant and bless whatever is deemed fit. That benign power is incessantly with you and is quite aware of your earnest efforts.

But so long as you are conscious of your actions, you stand in your own way and when you lovingly eliminate yourself, He will manifest to you in the form of celestial manifestations of Divine Light and the Holy Sound Current.

It is something like inviting someone to enter the room while you are blocking the way by standing in the door-way.

MEDITATION

Do you feel any numbness or stiffness in your body during *Simran* practice? If so, it is equally important to be eliminated. The sensory currents from the body below are graciously withdrawn to the eye-centre, not by the single-handed efforts of the disciple only, but by the loving grace of the Master-Power working overhead. You should not be watching the withdrawal process in the body, but keep your inner gaze constantly fixed into the middle of what you see before you. The practice of *Simran* is indeed a slow process, but when stabilized with the grace of the Master, one reaches the eye-focus without any special effort.

You will agree that it is the loving devotion, and the anguished cry of the soul, when the mercy is invoked and one gets attuned.

I hope you will continue steadily and lovingly to give time to the spiritual practices with faith and devotion, reposing entirely in the Master-Power overhead. You will have more progress.

The Master-Power is your companion always through thick and thin. So in all of your affairs do whatever you can and leave the rest up to Him, and try not to feel annoyed or discouraged. The Master-Power will be extending all feasible help and protection.

Often times ill health will not permit proper meditations. Such periods intervene in the liquidation of past *karma*, yet their severity and duration is toned down considerably with the grace of the Master. You need not be sceptical about your progress, and instead be cheerful. You are doing your job and giving regular time to meditation. Each bit laid for the spiritual edifice counts creditably and will stand to your side in the long run.

SPIRITUAL ELIXIR

Karmic liquidation is indeed a chief factor, for which the loving initiates are stressed the importance of disciplined life full of loving humility and piety. You will be blessed with increasing grace from the Master-Power working overhead.

Spiritual inheritance counts greatly for everybody's inner progress, yet earnest and persistent efforts put in under the protective guidance of the Living Master never go in vain and in due course of time bring in much fruit and that too in abundance. You should know it for certain that everything is being recorded behind the veil, and the gracious Master-Power is fully aware of your innermost aspirations.

The first-hand experience we receive, through the kindness and grace of a Real Saint is, in itself, the solution to the problem of death.

“Unless you are born again you cannot enter into the Kingdom of Heaven”. So to be born again is to leave one's body and to enter into the Beyond from the physical to the astral. Our joy will know no bounds when we come into possession of a secret that has baffled man for so many centuries.

The Divine ambrosia can be had by inversion and not anywhere in the world outside. One can find it only on transcension into the spiritual regions above the physical body.

I am glad that you are lovingly devoted to your holy meditations and are blessed with various colours and lights within. You have failed to state as to what Sound Current you hear.

MEDITATION

As God abides within, we must peep inside if we want to meet Him, to experience Him, and to have His blessings. We cannot hear His voice unless we turn away from the turmoil of the world and enter into the deep inner silence of the soul.

Therefore, I would request you to gaze and gaze longingly in your heart, with silence in your heart, with silence in your soul, and with no thought of this world or the next. The grace of God will descend on you and the gaze will grow into a glimpse and He will reveal Himself to you and you will find—nay *see* Him within yourself !

When doing the spiritual practices you should not put any strain on your eyes or forehead, nor should you be conscious of the breathing going on in the body. The Master is greatly pleased when His children progress within. He is always there with initiates and is happy to extend His grace and blessings to the hearts of receptive children. He wishes all of His children to come up to Him in this lifetime.

With continued spiritual progress toward inner development, outer things become less disturbing. Remember, events come and go. Inner development, as it progresses, will gradually eclipse the physical temptations. One begins to do things in order to carry on with the higher ideal always before him or her, the fulfillment of which becomes an all-absorbing vocation in one's life. Such things as are conducive to higher progress become joyful.

Fortunate are the chosen few who are made instrumental in the Divine Set-Up.

SPIRITUAL ELIXIR

As an earnest pilgrim we must *seek*. Meditation leads to God-realization. Fortunate indeed and blessed are they who surrender *self* to the Will of God. One must be a real seeker after God. All else must be unimportant.

I am sorry to learn of your recent illness, but glad to learn that you are recovering rapidly with the grace of the Master.

Physical ailments are accidental and come up as a result of the reaction of past *karma* awaiting liquidation. The disciplined devotees pass through unscathed and come out cheerfully with the grace of the Master.

I am glad you have not lost ground and are once again listening to the Holy Sound Current of bells continuously, which are incessantly your constant companion. The Divine Melody is the sustaining power and attuning one's attention to it within grants infinite bliss and harmony.

Remembrance of the Master, day and night, is very helpful. But giving time regularly to meditation in an accurate way need not be ignored. The spiritual practices are necessary for proceeding on the journey and to become increasingly receptive to the grace and blessings of the Master.

It is good that you have been initiated. The sacred charged Words conveyed to you are highly efficacious and their *Simran* with deep faith carries a deep significance.

MEDITATION

The inner spiritual experiences are invariably granted to the prospective disciple to start with and these are a hundred percent possible only if the child disciple learns to repose his or her mental chattering and sweetly looks penetratingly into the middle of the eye focus. There should be no clutching on your part and you should follow the instructions enclosed herewith for your guidance.

In the meditations the time that you devote should be exclusively dedicated to the Master. With a loving surrender and relaxation give time regularly to the spiritual practices, with faith and earnestness, which is most essential.

I hope by abiding to these things you will begin to have progress. There is nothing to be disheartened about. When others are progressing on the way with the grace of the Master, why not you?

To be an initiate is not enough. One has to be devoted regularly to meditation and develop from day to day. Lack of spiritual progress and remaining away from contacts where such inner progress is likely to be nourished, is apt to bring negative attitude under uncongenial influence.

Regular and sincere practice will bring more results from day to day and you will find stars in the sky in due course. You need not worry about any outside problems. I appreciate your attitude of considering the meditation time more important as compared to monetary things.

SPIRITUAL ELIXIR

These Sounds will attract your soul into the Beyond and at times will take you to the presence of the Master within.

Let your home be peaceful as a peaceful home contributes much toward success in the spiritual practices. Even the bees will fly around in a noisy home to disturb the equilibrium of the mind. I am glad you are progressing. I have love for you. Any father will do all in his power to see that his children are at ease.

Regular practices with all love and devotion to the Master will give you splendid progress from day to day.

As regards the opening of the inner vision, it is necessary that you withdraw from the body. And for that you must fix your inner gaze penetratingly into the darkness between and behind the two eyes, with no consciousness of the process going on in the body below, and be quite oblivious of the outward environments. If you adhere to this practice accurately you will see the Light of Heaven within. Master-Power is ever with the devotee extending all feasible help, of which you are now becoming aware. This Power will never leave you. I quite appreciate your love.

When you listen to the Sound you are not to follow it to trace out its source of emanation, as in that way it fades out. You should simply keep on listening at your eye-focus with rapt attention. It will draw closer, grow stronger, and ultimately come

MEDITATION

from above. The Light within should be penetrated lovingly by fixing your inner gaze intently at its centre. It will grow still brighter and burst to give you further way up with the grace of the Master.

Please be lovingly devoted to your holy meditations with deep faith and sacred earnestness. Master-Power working constantly overhead will be extending all feasible help, grace and protection.

It is possible that you may soon be blessed with the Radiant Manifestation of the Master's Form within a dazzling Light. You should lovingly keep to your *Simran* earnestly. You have not stated about the Holy Sound Current as to what sound you hear inside.

The listening of the Sound Current as coming from the right side is equally important and equal time should be devoted for listening to it. This is the Audible Life Stream and regular devotion to its listening will further bless you with untold peace and serenity.

The intervening dry spells in meditation which the spiritual aspirant finds sometime are a blessing in disguise when the inner devotion is fostered for a higher step. You need not worry about it, but instead be earnestly devoted to your holy meditations with renewed zeal and vigour. The gracious Master-Power will be extending all feasible help, grace and protection.

SPIRITUAL ELIXIR

You are to relax sweetly at the eye-focus and await with all patience and steadfastness. It does happen sometimes when the initiates grow more intense in desiring one thing or another, such periods of dryness intervene. You need not bother about it.

The five sacred Names are charged and carry the life impulse of the Master. Their repetition with deep faith and single minded devotion will invoke His mercy and blessings.

I am glad you are making progress and the Master within is helping you in every respect. I wish that you may withdraw inside daily and see the Light of Heaven as well as the Light of the Master. Daily regular practice will give you this progress. The only thing to be done is—sit in one position with the inner gaze fixed constantly on the darkness or Light, whichever it may be. The rest is for the Master to do who is overhead extending all feasible help.

As regards voices coming to you, you should pay no heed to them. Please ask the one concerned to appear to you and talk. If he turns up, repeat the five Names. If He stands before repetition, only then listen to His voice. Generally these voices come from the negative power and should not be given any attention.

Be strictly on guard when doing practices. *Pranas* or breathing is not involved in any way. You should also have no consciousness of the body whatsoever. Master-Power is over your head and will be extending all feasible help.

MEDITATION

When you hear a mingling of many sounds within, please try to discriminate which Sound is coming from the right side. The Sound will come nearer and ultimately will come from above and you will hear It much clearer.

On the natural way everyone will first see Light. This will first be stationary, then brighter and will burst to give way for one to pass through it and up. One may see scenes, figures, colours etc., but to stay long with them will only delay spiritual progress. One usually has to cross sun, moon or stars, but they give way in similar manner to allow one to pass onwards.

I am glad for your holy meditations wherein you are blessed with the celestial manifestations of sun and moon within, and hear the Holy Sound Current of bells and drums almost at all times with the grace of the Master.

You should look intently into the middle of the inner sun or moon and repeat the charged Names, mentally, *very, very slowly*, may be at intervals, so that the inner gaze is not disturbed. It will burst to give you further way up. It is possible you may be blessed with the august *Darshan* of the Master with His grace. The Holy Sound Current of bells and drums as coming from the right side is correct and should be listened to with rapt attention. Its rapturous listening will bless you with ineffable bliss and Divine intoxication. Your deep gratitude will bring added results.

All the initiates who have been initiated in the past, if they are faithful to meditation with love and devotion and perseverance are assured of rising to the higher planes and to meet their Radiant Master within. This is their inheritance granted to them from the Lord above. Everything will come up in due time.

SPIRITUAL ELIXIR

I am glad to find that you have been lovingly devoted to your holy meditations with the result that you are blessed with the celestial manifestations of various descriptions from Lights to the charming Radiant Forms of the Master and His Master, Hazur Baba Sawan Singh Ji, and the Holy Sound Currents of different melodies which have overwhelmed you with deep gratitude for the Divine mercy and grace.

You are fortunate to bear testimony for these higher truths under the gracious protection of the Master, as such rare manifestations fall to the lot of a chosen few. You are to follow the principle of looking into the middle of the Lights or the charming Radiant Form of the Master or His Master, into Their Lustrous Eyes and Forehead and repeat the Names mentally. All else will come of itself without your efforts. Similarly, the Sound Current as coming from the right side, of bells, flute, drums, or roaring thunder, should be listened to with rapt attention. It will draw closer, grow stronger and ultimately come from above.

The varying experiences you had with your eyes open show that the gracious Master-Power bestows a special grace on you for your personal conviction and reassurance. You are not to divulge these great blessings to others, but assimilate them in gratitude and they will multiply with the grace of the Master.

All bliss, peace and glory lie within you, on the Holy Road upon which you are travelling. So please carry on with your meditations with love, faith and devotion, and you will progress within from day to day and enjoy in ever increasing measures the great love and peace that inner spiritual development affords. Master-Power is working overhead and is your ever benign companion giving all feasible help and grace.

MEDITATION

I am glad to find that you have been lovingly devoted to your holy meditations with the grace of the Master. The new development in your sound exercises, since it has grown stronger at the centre in the forehead, is auspicious as the Sound Current from the right side ultimately comes from overhead.

Also, you have increased your time for the listening practice fifty to seventy minutes of continued listening at a time. This is a remarkable gesture of Divine grace and you must be enjoying the overwhelming bliss and harmony. It is the rare grace of the Master when the mind of the disciplined initiate rests in Holy *Shabd*, which is the fountain-head of Divinity. You will grow in love, power and Divine wisdom with the grace of the Master.

The progress in your vision exercises when you see some lights and other scenes occasionally are equally good. The guiding principle of looking intently into the middle of whatever you see within and listening to the Holy Sound Current as coming from the right side should be followed both in letter and spirit. All else will come of itself with grace.

The Holy *Shabd* should be listened to with rapturous attention, which will fill you with ravishing bliss and Divine ecstasy.

It is very good that you commence and end the day with the repetition of the sacred Names. These sacred Names are charged with the life impulse of the Master and their *Simran* (repetition) invokes His mercy. To the best of your efforts you should resort to the repetition of charged Names all along your vacant moments and keep yourself immersed in the loving remembrance of the Master.

Ever since the child disciple is led to the Living Master and is linked with the Holy *Naam* within, the incessant flow of grace and protection is extended in abundance. The faithful and the loving develop receptivity and assimilate the same to enrich their lives and they become a source of inspiration to others. The celestial manifestations within are the result of the grace of the Master and in no way may be claimed as one's personal effort or endeavour, however good they may seem to be. Yet it is of great importance to strictly abide by His Commandments thus invoking His mercy and blessing.

It is not the inner experience which determines the spiritual progress, but the basic personal attitude of serene living of the child disciple, which proves his or her worth. Truth is above all, yet higher still is true living. A man is best known by the company he keeps and by his actions. The spiritual development is steady, continuous, unabated, harmonious and ceaseless from the moment one is linked with the Holy *Naam*. The gaps of hushing silence creating an intense longing and pangs of separation for the Master, and Holy *Naam* within in the innermost recesses of the heart, are happy preludes for a big leap forward. The cumulative efforts of the sincere devotee will one day open the flood gates of celestial glory, much to his or her gratuitous joy.

Silence, seclusion and solitude are the best and most helpful factors. The basic principle of a highly serene life is to accept the Divine Dispensation with cheer as it is chiefly based on the reactions of our own actions and is invariably flavoured with mercy for our eventual betterment. A disciplined devotee should view everything from a highly elevated viewpoint and accept life without any regret or remorse. You need not be skeptic about your restricted progress. You should have the satisfaction of doing your part, devoting regular time to the holy meditations with deep faith, sacred earnestness and religious regularity.

MEDITATION

I note that you could not devote regular time for your holy meditations for lack of adequate leisure at your disposal, due to the over-crowded schedule of work. Yet you resort to the repetition of sacred charged Names and find them to be immensely helpful to you in various ways, with the grace of the Master. The presence of the Holy Sound Current with you shows His gracious protection, as it is the Astral Form of the Master.

If you will please snatch some time away from your work for holy meditations and devote regular time in an accurate way, you will be able to have inner progress with His grace. It is so simple that you can set apart some fixed moments both early in the morning or late in the evening, when you are fresh and buoyant.

The difficulty of sleep overtaking one during meditations can be overcome by fixing your inner gaze intently into the middle of whatever you see within, Light or darkness at the eye focus, and repeating the charged Names, mentally, may be at intervals, so that the gaze is not disturbed. Sleep only overtakes one when the gaze is slackened. Besides, you can have some slight exercise to keep fit and fresh before undertaking meditations.

It is because I am interested in your spiritual progress and wish you to progress within that I ask to have your progress reports, on the prescribed diary forms, at regular intervals. This will enable you to seek guidance where necessary. The Holy Sound Current of bells, roaring thunder, conch, violin, or any other sound of higher order as coming from the right side should be listened to with rapt attention. It will draw closer, grow stronger, and ultimately come from above.

SPIRITUAL ELIXIR

The holy experiences of deep silence within are auspicious and noteworthy. The inner silence becomes vocal with the grace of the Master. The feeling of withdrawing within beyond the eye-centre is natural and if you feel pain in your legs, etc., This denotes that you are still conscious of the body below during meditation.

You will please appreciate that the sacred charged Words are highly efficacious and carry the thought transference of the Master. And when one repeats them lovingly and mentally, the sensory currents from the body below are automatically withdrawn towards the eye-focus.

It is quite natural and logical, just as one goes up in an electric elevator unaided and without any effort, similarly the soul currents are withdrawn to the eye-centre.

I am glad for your awareness of the gracious Master-Power which is constantly extending all feasible love, grace and protection. This is the inevitable result of your devoted meditations that you are blessed with the Divine Light which is becoming very strong and is coming to you from all sides to your eye-centre and you feel a great uplift with the grace of the Master. It is overwhelmingly wonderful.

Please look sweetly into the middle of this Divine Light, and steadily repeat the sacred charged Names mentally, *very, very slowly*, so that the inner gaze is not disturbed. The rest of the way will be up with His grace.

MEDITATION

While sitting during meditation, one may forget the repetition of the five holy Names. In such a case mind and *Kal* (the Negative Power) can deceive us. So, to be on guard do not leave off repetition when withdrawn or in a sitting. If the Form of the Master remains while doing *Simran*, the disciple should listen to and accept the words of the Master as true. Often if we fail to repeat the five charged Words, the mind comes up before us in the form of the Master to deceive or to mislead us. When the real Master appears to the disciple, He will answer all questions asked of Him. No deceptive form will remain while the disciple is doing *Simran*. If any reply is given by the Master in dreams, that cannot be all true. The Master's Radiant Form appears to the disciple while he is in a conscious state, and He stands during *Simran*. The Negative Power at times may tell us things, but does not stand before the Five Names. He may pretend to be our Master. Such words must not be relied upon.

When the mind needs no other thing except the Master, He Who is always within draws the veil aside and appears. So it is a question of developing an intense desire for Him. This desire is aroused by meditation and by sweetly remembering Him in one's heart to the exclusion of all other things.

When the soul withdraws, it traverses with the astral body into higher regions and sees figures. At that time you should repeat the five Names. The figures will disappear. Only such persons will stand before you as Those from the Fifth Plane, and from These you will derive some benefit. Soul traverses here and there and sees many events which are transpiring elsewhere. But we should not waste our time in engaging ourselves in such things, as that will retard our spiritual progress. If you are regular in putting time into the spiritual practices, you will go ahead and surely meet the Master within, face to face.

While doing any manual or mechanical work or in idle moments, you can continue repeating the five holy Names or recite some prayer lovingly all the time and you will feel new strength is entering within you and that Someone is working with you, sharing much of your labour. Any interval, however short, during the day, may also be devoted to meditation and that will give you freshness and real energy for your work.

As regards vision, when you rise above your body-consciousness, you may see visions in the astral planes. Do not engage in looking at them, but repeat the five Names. Sometimes you may see lions and snakes appear. These are not forms of the Master of Love. A snake at times represents the mind. So do not pay any heed to it will not harm you. Sometimes the five passions—lust, anger, greed, attachment and ego, leave us in the form of a lion or little children. These things cannot retard the progress of a soul who is doing *Simran* of the five holy Names.

If you hear a voice coming to you, please do not listen to it. Such voices are usually from the Negative Power. If the voice persists, ask him to come before you, and then repeat the five charged Names. If he stands before you while you are doing *Simran*, he will be your helper. Only the voice of the Negative Power will go away. Be strong in your *Simran*, it will remove all difficulties. You will become bold and fearless. You will see within so many rivers, mountains—you will cross them by flying over them. *Simran* will enable you to fly over them.

MEDITATION

I am glad to know that you are lovingly devoted to your spiritual practices with the grace of the Master. You are blessed with the celestial manifestations of purple veil changing into gold, stars and moon. You also hear the Holy Sound Current of bells coming from the right side. These are cardinal revelations of Divinity granted to the child disciple for proceeding on to the True Home of the Master.

The presence of the Heavenly Melody in the form of ringing of bells all along your vacant moments is notable and shows that His gracious protection is being extended to you. Yet the listening to the Sound Current with the ears plugged with the thumbs is quite beneficial for steady progress on the Holy Path. You are advised not to press your ears too hard, this will avoid hurt. Please note that mind usually resents this listening to the Holy Sound Current, but it has a deep spiritual significance and as such should be followed scrupulously.

The Word is above the thinking faculty and is heard only when one rises above the eyebrows. The understanding of the Word comes only by direct revelation to the soul.

An initiates earnest longing should be to see and meet the Radiant Form of the Master within and be a constant, conscious recipient of His blissful, loving grace and blessings. The Master-Power overhead helps in all feasible ways to fulfill this desire.

One must be faithful to the instructions of the Master. Both the spiritual exercises are important. A disciple must do his part and the Master does His.

It is for the disciple to sit in meditation in an atmosphere conducive to progress with a sweet remembrance of the Master. The disciple is not to presuppose things or visualize results, for these will follow of their own accord. Ours is to be an attitude of passivity, for the Doer is the One and only One, the Master, Who is the best Judge of the time and measure and manner of each step on the Path.

While asleep if one sees something which he remembers only upon awakening, it is called a dream. If, however, you are conscious all the time while passing through the various states referred to by you, that is not a dream, but that is what you experience consciously, and this is called a vision. All these different stages are elaborately discussed in the *Crown of Life* the reading of which will give you a full explanation.

The physical bodies of all are apt to undergo change and are liable to be influenced by diet, climatic conditions, seasons, age and the like. The laws of Nature affect everyone to some degree according to the extent of one's knowledge of them, or whether he neglects or follows them. A devoted disciple living simply and cautiously and reposing all trust in the Master-Power need not feel concerned with *karmic* situations even if they appear to be intolerable at the time. A loving devotion to the Master has always cushioned the hardest of conditions. Meditation is the most important thing and must not be neglected. Procrastination is the thief of time. Mind also is ease-loving by nature and should not be let loose to allow any neglect in one's programme of life. As much time as possible should be devoted to this side.

MEDITATION

Dreams need not be relied upon. One can have the vision of a past reincarnation. There is a vast creation inside, which need not be noticed. We should concentrate on seeing the Master, talk to Him and accompany Him, wherever He may lead us.

Conch sound resembles that one coming out as a result of blowing in the form of a long, continuous sweet mellow sound. The Immaculate *Naam* is the constant companion of each initiate. The more a child grows in awareness, the more he or she will appreciate the sweet loving help extended by the Master-Power, the Immaculate *Naam*.

You are regular in your meditations and are getting inner experience of the Light and Sound of God. It is no small achievement and I am glad that the time spent by you in meditation is the happiest time of your day. Please take care not to doze off into slumber during your meditation. If you feel tired, take a little rest before starting your meditation. During sleep, the sensory currents after getting to their native centre behind and between the eyes, slip down to the throat centre and the navel centre in a dream state and dreamless slumber respectively. So during sleep, the soul, instead of going up from its centre, which is at the back and behind the two eyebrows, comes down to lower centres in the body. It is therefore stressed that sleep should be avoided during meditation.

Please note that for gaining proficiency in meditations, you should undertake both of the practices separately, one following the other, which will bless you with stabilized progress on the Holy Path.

The inner Light does not come or go. It is always there within. It appears only when we are attuned and concentrated and disappears as soon as there is the slightest dispersion. The Light will not vanish if you just keep your inner gaze constantly fixed. You seem to hear the Bell Sound very faintly, apparently from a very far off distance. You should not follow Sound to the place from where it comes but stick to your place at the back of the eyes and listen to the Sound coming from the right side. In this way, the Sound will draw closer, grow stronger and ultimately come from above.

In future, when you see any scene, you need not remain there, but keep on repeating the five holy Names and they pass on. If, however, any Form stands before the repetition of the five Names, you may become absorbed therein, so much so that you forget yourself altogether. That will develop receptivity and He will speak to you. There is no harm to look into the middle of the Light before you. That will grow brighter and ultimately burst to give you a further way up. The only thing necessary is that you must be regular in devoting time to spiritual practices.

I am glad that you are increasingly aware of the joy of knowing the Path. Conscious contact with God-Power within is the panacea for all ills. If you repose everything in Him, many things will be softened. We are all human, and where our efforts fail, there prayer succeeds. Please repose 'all' in the God-Power overhead.

MEDITATION

The gift of *Naam* is the greatest gift to a person and comes about only through the Divine grace. There are many cases known of murderers and plunderous robbers having been put on the Way. Those who come under the influence of Competent Masters, who are Love and Compassion Incarnate, are benefitted beyond comprehension.

The practice of *Para Vidya* takes one Beyond into the higher planes, beyond body-consciousness, rising step by step into the True Home of God. The awakening of the *Kundalini* is not the aim but a means to the end, but that involves breathing exercises and generates great heat in the body. Without rich diet and robust health, one cannot bear the brunt thereof. Few there be who can successfully take to that way. The Way of the Masters is the most natural Way, and it may be taken up by all quite easily.

In meditations one is apt to fall asleep. This comes when our gaze is not properly fixed with full attention. When you see, you see clearly and constantly within. This will avoid sleep overtaking you. It would be better to have a bath or a walk just before sitting in the position for spiritual practices so that you may be wide awake inside.

You would have true knowledge, if you transcend the sense knowledge. Enter the inner silence, and this silence will become vocal. With longing in your eyes enter within from without. This is the central message of every True Master. In your own house you will see Him. Therefore, I would request that you

gaze longingly into your heart, with silence in your heart, with silence in your soul, and with no thought of this world or the next. The grace of God will descend on you and the gaze will grow into a glimpse and He will reveal Himself to you, and you will see Him within yourself.

When you see the bright star within, the *day star*, as Jesus puts it, just fix your inner gaze minutely into the centre thereof. This will give you penetration and a way through the star and you will cross it. At times, the Master also appears over there.

I am glad that your Sound Current is getting steadily stronger. While hearing the Sound, please do not try to stick to it, but listen carefully to the Sound and gradually you will hear the Sound distinctly as that of drum-beat or thunder. The Master-Power is overhead and will be extending all possible help, grace and protection.

As for the feelings of growing numbness over the body, there is nothing to be afraid of. We have to withdraw from the body; this is the first step on the way to God. Do not pay any attention whatever to the withdrawal process which goes on automatically and there need be no awareness on your part of the body. In this way you will have no fear of leaving the body. It is the process of dying while living and has always been enjoined by the Saints in all times and climes. The Master-Power overhead has full charge of you and you have simply to slip into the Beyond under His protecting wings.

MEDITATION

It is indeed a great victory over the mind when it is stilled during your precious moments of holy meditation. It is indeed a great attainment with His grace and you are fortunate to bear testimony to the sacred Truth.

No one is nearer to you than your Master. There is no need to run to mountains, though quiet surroundings do help in peaceful meditation. We have to learn to invert within. So please do not get disheartened in the least. Just try to do your part, and the necessary inner help will surely be forthcoming.

The time length for meditation should be increased gradually so as to achieve the target of two hours a day in the larger interests of your spiritual progress. The precious moments of earth life spent in meditations are superbly best utilized and count chiefly creditable for your inner spiritual progress.

The quiet solitude of a place can be helpful to meditations. Service to and for the beloved Master is one of the potential factors that helps to cleanse the vessel of a disciple and aids in going within.

To go within is the most important part of the sacred teachings, and this can be achieved only through the grace of the Master, which in turn is hastened by one's living a life of love, service and meditation. Thus they are linked and co-related to each other.

The thought pattern of the initiate is changed gradually as meditation improves. Breathing should never be involved in *Simran* as it creates heat and other complications that prevent the withdrawal of the sensory currents up to the eye-focus.

Kriya Yoga like so many other yogas has its own limited value and you should be grateful for whatever it gave you in your concentration. A Master of the highest order only can help to take a soul step by step to the True Home of the Father.

The practice of *Simran* begins with the repetition of the Master's objective Names *slowly* with a mental poise. At first the practice is objective, but in time it becomes subjective. Then the constant thought of the Lord continues without cessation. Once this starts, the remembrance becomes automatic, continuous and constant and one never forgets the Lord.

Simran helps in the withdrawal of spirit-currents from the body. In *Simran* lies the seed that helps in the development of the soul.

Simran makes man introspective and concentrative. Extraordinary powers inevitably follow as a result of the concentration of mind in the inner planes.

Simran is a weapon against all dangers. It acts as a password to all spiritual planes. It gives strength and sustenance to the body and mind during trouble and affliction, and brings the soul near the Master.

MEDITATION

Spirituality is an inner experience and its alphabet begins where all philosophy and *yoga* practices terminate. It is an experience of the soul.

The first practical lesson commences when there is complete withdrawal from the physical body through the kindness of a True Master. No one can withdraw and separate himself unaided from the physical body.

Masters come to distribute this treasure of Spiritual blessings to the seekers after true Spirituality and it cannot be bought. It is not taught. It is caught by contact with spiritual people.

The Master is your constant companion extending all feasible love, grace and protection. The further you progress inside, the more elated you will feel and your faith and love for the Master will grow stronger.

You will surely swim through this world by reposing your hopes in the Master-Power overhead.

When you feel the presence of the Master and believe that He speaks to you, even though you do not see Him, please be careful to repeat the holy Names so that you may not be caught by some anti- power trying to block your spiritual progress.

Please note that Spirituality does not consist of hypnotism, mesmerism, spiritism or spiritualism. The feeling of 'coolness' achieved by you during your meditations when you placed your hand in His and directed your mind to the crown of your head, should not be repeated, as it is likely to affect your inner progress. The simple process of attuning within to the holy *Naam* should be your ideal goal. All other types of meditation should be ignored. You will please appreciate that the different methods of meditation prescribed by various sages for opening the lower *chakras* are fraught with dangers and as such should not be undertaken haphazardly.

The awakening of the *Kundalini* is discussed in the *Crown of Life* and as experienced by you sometime ago, is equally full of dire consequences. It develops heat in the body and one often feels himself on fire from head to foot.

The involuntary numbness attained by keeping the body still for a considerable time while absorbed in some thought is the same as withdrawal of the sensory currents during meditation. The only difference is that during meditations the attention or *surat* is attuned within at the eye-focus with the repetition of the charged Names mentally and by looking into the middle of Divine revelations, namely Light, etc.

I am glad to find that you are lovingly devoted to your holy meditations which show a considerable improvement with the grace of the Master. The inner revelations are the sure signs of Master's continuous grace for which you are continually becoming receptive by your earnest efforts. The presence of the holy Sound Current with you shows His continuous loving protection and is an auspicious factor. You will appreciate that this Heavenly Melody is the guiding principle, and the soul which is attuned with it is tied to this Divine Principle. The result is that no outward onslaughts can invade its listening, as in due course of time, you will relish its continuous listening which will become a matter of stabilized ravishing intoxication with the grace of the Master. The growing tension in the nerves can best be eliminated by sweetly relaxing at the eye-focus, by looking into the inner Beyond, when you will be transplanted within with His grace.

MEDITATION

The process of slowed breathing in deep meditations is not to be worried about for this shows your successful inner inversion into the Beyond. When the sensory currents are withdrawn to the eye-focus, the body below gets numb thereby allowing the *pranic* forces to work smoothly and harmoniously, which naturally becomes more rhythmic and the breathing gets slowed automatically. It is not to be feared nor should any attention be given to it, for it is a voluntary process and governed by the great spiritual law, and the silver law, and the silver cord based on *karmic* evolution sustains the Life Principle without any harm whatsoever.

This might be attributed to your own apprehensions that your attention slipped down to see if the breathing had slowed, as otherwise you would have enjoyed something supreme and blissful. Please try to eliminate the breathing process by sweetly reposing in Him. Complete surrender to His Will and Pleasure is the surest and safest way for inner inversion and the journey on to the realms of pure bliss and unalloyed harmony.

I am glad to find that you are lovingly devoted to your holy meditations with the result that you are blessed with the celestial manifestations of the Divine Lights of various colours and hear the holy Sound Current, as coming from the right side, which has since become louder and stronger, with the grace of the Master.

You were blessed with complete rise above body consciousness once, which you normally find difficult. The manifestation of the *eye* within which is two or three times the size of the normal eye is auspicious, as it is that of the Master. It should be penetrated lovingly while fixing your inner gaze intently in its middle and repeating the sacred charged Names mentally, when it will burst to give you further way up, in due course with His grace.

SPIRITUAL ELIXIR

It is possible that you may be blessed with the full size charming Radiant Form of the Master, which usually follows this manifestation. Please repeat the sacred Names to test its genuineness as sometimes the negative forces interfere and the charged Names are the sure criterion for testing the genuineness of the inner form. If this form stays before this repetition, know it for certain that it is friendly and will be helpful to you in your inner journey ahead.

The Sound Current of flute which you were hearing previously as reported is quite good. This should be listened to with rapt attention. It will grow stronger, draw closer, and ultimately come from above. It will eventually bless you with such a ravishing bliss that your mind will become subdued for good in due course of time with the grace of the Master.

Proficiency demands persistent and earnest efforts. Time factor is also necessary. Each bit laid for the spiritual edifice counts creditably for your inner journey.

The Light of life is in you; indeed you live by that very Light whether you realize it or not. Each one of you has had an experience of that holy Light. Now you must live in constant contact with the holy Light. It is uncreated and shadowless, eternally the same and peerless. The whole creation came into being by the same Light, and that very Light is shining in every heart. All are Divine in nature, and religion is the expression of Divinity already existing in man.

MEDITATION

The Light of life must be made manifest in existence. Be ye a witness to the Light of life, not only within yourself but in others as well, for the same Light shineth everywhere and there is no place where it is not.

Once you discover this Light and learn to live by it, your whole existence will be changed. Love will permeate your very being and it will burst forth from the very pores of your body, transmuting all dross into sterling gold.

Love, you must know, is both the means and the Goal of life. Love, Light and Life are but different facets of the one Divinity.

Try to become a channel for the Divine and the Divinity will then flow through you. This is not something impossible, but it is the very acme of all human endeavours. In this world of matter one has of necessity to deal with matter. We have to make the most of the material raiment and the material world given to us. It serves a great purpose in the Divine Plan of Evolution. Matter is the ladder by which means the spirit has to rise above body-consciousness and move into the Realm Beyond—the Realm of Spirituality—its native habitat.

Learn to make the most of the means given to you and surely as day follows night, the victory shall be yours. A true Christian ought to take up his *Cross* daily. The *Cross* represents the physical body standing with outstretched arms. You have to rise above body-consciousness. You have to be reborn into the Kingdom of God. The disciple must know how to die daily so as to be able to enjoy Life Eternal, beyond time and space.

The divulging of inner experiences to others except the Master or more advanced disciples affects one adversely and retards the inner progress. It has a significance. A rich man would like to control his hard earned riches lest it be noticed by others, who may become jealous of him. Similarly, the spiritual treasures achieved by the devotee need extra care and vigilance to be hid from others so that the same may remain safe and well-guarded. Just as a sapling is eaten away by a passing goat, but when it has grown into a stalwart tree, an elephant cannot uproot it. Again, the adverse thoughts of others do affect the disciple. Moreover, others growing jealous will not be able to give him or her proper guidance. The laws of the physical plane demand that each one must behave soberly and must not exhibit his or her extraordinary qualities which relate to higher planes, and as such the disciplined devotee is required to cultivate tolerance and humility. You can see that one narrating his or her personal experiences many a time becomes elated, thus invites the ego to take the upper hand, and pride has its fall as a result. On these basic grounds, the Saints made a Law to be strictly observed by one and all that the inner experiences must not be divulged, except to the Master who is competent to give proper guidance on the Way.

Cultivate a state of perpetual resignation to His Will. This will be helpful in meditation.

Loving co-operation for devoting regular time to the holy meditations comprises the best gift a child can present to the Master. I am glad you are fully alive to your spiritual obligations. A fully developed and illumined spiritual aspirant is an asset for others, who can carry the Gospel of Love and Truth under the gracious protection of the Living Master.

Fortunate are the chosen few who are blessed with the rare privilege of instilling faith and right understanding in their less fortunate brethren for their spiritual enlightenment.

MEDITATION

Spirituality is an inner experience. It is an experience of the soul. The first practical lesson commences when there is complete withdrawal from the physical body through the kindness of the Master.

Please be assured that all goes to your credit and the auspicious day is not far off when the dark veil within be rent asunder and the flood gates of effulgent radiance will be thrown open to you, with the grace of the Master.

The spirit force, Word, *Naam* or God-in-action is responsible for all that is, and the physical universes that we know are not the only ones that it has created. It has brought into being myriad regions and myriad creations over and above the physical.

Indeed the whole is a grand, unfathomable, and illimitable pattern in which the Positive Pole (*Sach Khand*) is formed by the plane of pure, unalloyed spirit, while the Negative (*Pind*) of gross physical matter with which we in this world are familiar.

In between are countless regions which those who have journeyed from one end to the other often divide into three distinct planes in accordance with their own peculiar balance of positive-spiritual and negative-material force.

I have assured you in my previous letter that repetition of the five holy Names is a powerful and a sure protection against any unholy force or entity reaching you. You have only to give time regularly to the spiritual practices with faith and love during the day. When free, try to remember the holy Names or sweetly think of the Master. The Master-Power is the constant companion and will be extending all necessary

help, whether you may be conscious of it or not. So please take things easily and with new hopes in the new year, progress on the Path from day to day.

Do your best and leave the rest to the Master-Power overhead and leave off all worry and anxiety. It is time to be gay and happy.

In meditation or otherwise, if you hear any voices, you better ask the speaker to come before you. If he comes and stands before the repetition of the holy Names, then you may feel sure that He will be your well-wisher; otherwise, pay no heed nor feel alarmed. No one will come near you or harm you.

You complain that during meditation thoughts of business keep creeping into your mind. This is because you seem not to have developed a proper habit of doing meditation correctly.

I find that you have certain debts to clear, and that you must discharge your duties as a husband and as a father, and this requires that you work hard in your business. You should do this earnestly. Work is worship. But after a day's hard work it is time to draw a curtain. At that hour, maybe 8, 9, 10 or 11 at night, you should forget your business entirely considering that you have handed it over to the charge of Someone else more Competent and Powerful. Then relax, and relax completely. And whatever time you have, devote it in an accurate way without a break in the spiritual practices, with full faith and love, and with as much earnestness as you put into your business. Do not have any clutchings. Let the Master-Power that is constantly with you, working over your head, bless and grant what it considers best. You should have pleasure on your part and leave the results to the Master overhead.

MEDITATION

There is nothing wrong with the Light and Sound coming together. But in your meditations, if you are engaged in the practice of gazing, you should not pay attention to the Tune and if you are busy hearing the Tune, you should be fully attentive to it only. If you pay attention to both, it will be divided. The Master-Power is constantly working over your head, watching and protecting you, in all respects. It is all the grace of my Master, Sawan Singh Ji, that is working. No wonder that you feel that His loving and watchful eyes are protecting you. You have only to be receptive to draw in increasingly the Master's love and grace. Some aspirants are under the protection of some higher Souls who always guide them on and on and ultimately bring them to the Feet of some Living Master to further their progress on the Path.

Thanks to the previous Masters who brought you to Someone Who has put you on the Way to the True Home of your Father. Please be lovingly devoted to the *Satsang* and love others so that you may have loving reactions and loving impulses arise in you to help you in your meditations. Try to avoid the society of the worldly-minded, as their company will affect your progress, and do your best to attain your Goal. God helps those who help themselves. You must live according to the teachings of the Master. This will bring in humility, love and surrender. All other things will follow and slowly and slowly the ego will vanish.

I find that despite your best efforts, you are unable to have any perceptible inner experience. For locating the discrepancy and its cause, you should please find out the following:

1. Do you repeat the sacred charged Names orally? If so, it is to be replaced, though gradually and slowly, to the mental repetition. It may further be explained thus—suppose you met somebody some days earlier, and had a talk with him and you want to recollect it now. You will neither use the tongue nor speak again, but mentally you will have all the conversation repeated. This is the true form of Repetition or *Simran*. The five holy Words are to be repeated mentally during meditation.

2. Do you remain conscious of the breathing going on in your body? If so, it is to be eliminated as the breathing process starts from the navel centre and ends in the nasal centre, and as such you remain in the body during your meditations. This can be done by looking sweetly and intently within, back and behind the two eyebrows, altogether oblivious of the body below or of the breathing going on in the body. You will agree that normally while doing work all day, reading or writing, coming or going, sitting or walking, eating or drinking, or even while talking, we are never conscious of the breathing going on. Similarly, during meditations, you are not to be conscious of it.

3. Do you feel any numbness or stiffness in your body during *Simran* practice? If so, it is equally important to be eliminated as discussed above. The sensory currents from the body below are graciously withdrawn to the eye-focus, not by the single-handed efforts of the disciple only, but by the loving grace of the Master-Power working overhead for proceeding within. You should not watch the withdrawal process in the body but keep your inner gaze constantly fixed into the middle of what you see within. The practice of *Simran* is indeed a slow process, but when stabilized with the grace of the Master, one reaches the eye-focus without any special effort. You will agree that it is the loving devotion and the anguished cry of the soul which invokes mercy, and one gets attuned.

MEDITATION

4. Do you silence your thoughts during meditation? Naturally, you will say "no". The silencing of the intellect is the last nail in the coffin. How may it best be eliminated is explained below: You should not have any clutching tendency to have one thing or the other. Simply sit at the door and wait. This sublime silence is best and easily achieved by lovingly and humbly reposing in the gracious Master-Power, to grant and bless you with whatever it deems fit. That benign Power is incessantly with you and is quite aware of your earnest efforts. But so long as you are conscious of your actions, you stand in your own way, and when you lovingly eliminate yourself, He will manifest Himself to you in the celestial manifestation of Divine Light and the Holy Sound Current. It is something like inviting somebody to enter the room while blocking the door-way by standing in it.

From the above I hope you will be able to locate the fault and will be able to remove it, with the grace of the Master. I quite appreciate your yearnings, but the fact remains that *He*, the Great within, will surely bless you at the opportune moment when He considers fit.

Master-Power is the constant and the nearest Companion of an initiate, and is always at hand to extend necessary guidance and help. When an initiate progresses on the Way, the Gracious and Radiant Master comes face to face and talks to him as one talks on the outer plane.

I am glad to note that your inner progress is developing. It will be easier for you to keep the mind perfectly still by just looking intently into the golden Light.

SPIRITUAL ELIXIR

The repetition of the five Names should be done not constantly, but at intervals without thinking of the meaning of the Words. The 'charging' in the Words will help.

You felt as if you were hanging in a big empty space and down below you heard bells and right above the sound of a flute. These experiences will increase from day to day if you continue devoting regular time each day to the spiritual practices, with full faith and love.

The Master-Power overhead is anxiously waiting as to when His children will come to Him and enjoy the most heavenly peace and pure tranquility and celestial calm unheard of and undreamt of in this fleeting and delusive world.

When sitting in meditation, you should not try to clutch one thing or the other. The Form of the Master appears on its own, unasked for, in due course of time. Dreams come when one is not in sound sleep and the soul comes down instead of going above to higher consciousness. The Master-Power is at all times with the disciples and at times comes down to them in their dreams to reassure them of His presence and protective care, because they are not yet able to come up to Him in the higher conscious planes.

Higher development comes in due course. One has to go on steadily with the spiritual practices. All feasible help comes without being asked for.

Do not allow your mind to remain vacant. When at work, be fully absorbed in your work, as work is worship. Even when in leisure, it should not be allowed to remain vacant as a vacant mind is the home of the devil. It should be kept occupied either in repeating the holy Names or in sweetly thinking of

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the Master or hearing the Sound Current when it becomes audible, at all times of the day, without closing the ears. . . failing that one may study good books. When one derives inner illumination, it is but natural to think that others seeking for the Truth may also know about it.

I am glad to note that you saw Master Sawan Singh Ji. When one withdraws inside, at times the Master-Power appears to the devotee in the form of his own Master by Whom he or she was initiated or the Master's Master. They are both One. If One Form comes, the Other will follow. There is nothing to worry about. The only criterion one may use to judge the genuineness of the Master is by repeating the five charged Names. Only the genuine Form will stand, and all fictitious forms of the Negative Power will go away. At times, both the Forms of the Master and the Master's Master appear together, and sometimes alone. You have loving devotion for the Master through Whom you were initiated. They are but One, and not two. One bulb is fused, the other is put on through which the self-same Light is diffused, for Light is one. Word is made flesh and dwells amongst us, full of grace and truth. Of course all Masters were Word Personified, each in His own time.

When going inside, the forms of other Saints also appear. We have respect for all of Them. But remember that one's own Master will be looking after His initiates through life and death and hereafter. Surely one's own Master will appear and if the Master's Master appears, He is always a helping factor. You are to follow exactly what has been explained to you at the time of initiation and you need not be led away by the exhortations of anyone else who is not perfect on the Way. If we begin to waver in our faith, there is

the danger of imperceptibly falling into some error. So many of us sat at the Feet of Master Sawan Singh Ji, yet He did not authorize everybody to do the work of initiation. Christ did say, "If you abide in me and my words abide in you, ye shall ask what ye will and it shall be done unto you."

You have seen a personality resembling Baba Sawan Singh Ji Maharaj in a hazy form. Your presence with the Master for nearly two hours in the dream is a happy prelude as it shows His gracious protection being extended to you. The Divine revelation of Master and His Master's Radiant Form is a blessing of a very high order and it indicates that they are extending their loving protection to you here and hereafter. During such occasions you are advised to repeat the charged Names. If the Form remains before you, please take it for granted that it is friendly and will help you in your journey into the mysteries of the Beyond.

The Holy Sound Current of bells, conch, or flute as coming from above is correct and you should listen with rapt attention. These are rare blessings of the Master-Power constantly present with you and working overhead.

CHAPTER XVI

**GURU: HIS NEED AND FUNCTIONS
(Master-Power)**

In these days of multiplicity of Masters where it is difficult for a common man to distinguish between right and wrong, it seems necessary to give some broad hints to discriminate the correct thing. To know and judge a Perfect Master is difficult. A person living on the seventh floor of a building can only be seen and judged by another on the same floor. If one gets within and sees for oneself the grandeur and the grace of the Master working, and how He is helping humanity, one may to some extent understand Him. This will give one a first-hand conviction, but until such time as this is achieved, one may use the criteria given by previous Masters as it is briefly given here, and may be kept in view when arriving at a decision.

1. The Master should not depend for His personal needs on the charity or the donations of the disciples, but live on His own honest earnings.
2. He should be Competent and able to open the inner eye and grant some experience, *at the first sitting*, of the Godly Light and Sound within, to be developed from day to day under His guidance.
3. He should act in this physical life as a man to man, realizing and appreciating the difficulties, pains and pleasures of the people, suggesting remedies in accordance with the rules of the physical plane, and in the higher planes according to the rules in the higher planes.

4. He would ordinarily shun pompous demonstrations and would not like false propaganda to make mountains out of molehills to the people.
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I sat at the Feet of my Master for over 24 years, and imbibed the Truth of the Way to God with His favour and grace. It is all His grace that He vouchsafed this duty to me just before leaving His body. Through His favour all those coming in search of Truth are having first-hand experience at the very outset, and as such they are convinced and need no further evidence.

We are all on the Way. Some are less ready and others more so due to their *karmic* evolution of the experience in past lives.

Those who have sat at the Feet of Master Sawan Singh Ji need not worry. They have a Competent Master overhead. We are to remain devoted to Him and go within to find Him. The Way to go within has been given to us. We have now simply to invert to see Him. We are unworthy sons of the Master, but His grace is working in all its fullness.

Our physical life is destined by the Almighty and each one of us must play our role as allotted. I have no choice in the matter. It all depends on Master-Power working overhead. I am a puppet in His hands and a flute through which He has to play.

I wish you to make the best use of the golden opportunity of the present life you have been allotted, by gaining Self-knowledge and God-knowledge here while on this earth.

Without a God-Man the mystery of the soul is never revealed. It remains a sealed book.

The ascent of the soul to the higher regions is impossible unless one is ushered into those planes.

Of course, one may be able to withdraw the spirit current within the eyes from the body, through *Simran* or see some Light at times, but there is nothing there to take or guide him upward.

Many were held in these elementary stages for ages and ages, and no help came to guide them up. Some have called this stage the be-all and end-all, but they still linger at the outskirts of grosser matter and in the stronghold of the finer matter. It is here that the help of some Competent Body is needed to extricate the devotees from the iron-hold of the subtle matter. That Somebody should be the Man Who has gone through the different stages of spiritual development and travelled to the Region of Pure Spirit, the *Sat Naam*, far beyond the hold of matter.

Man needs man to bring him understanding, and so a *Sant* is the High One in the guise of man to Whom those longing for Him may approach. The unseen Almighty has His own law in this respect. Thus the *Sant* is God plus man. He is the mouthpiece of God, or if anyone is pleased to accept it, He is God-in-Person or Personified God. He is the most sacred 'Personal God' invested with all Powers and Authority, and He is a Living Altar to Whom man may pray and seek a solution of his problems from birth to death and after. He is the only source within the reach of man through which he can unite himself with God.

SPIRITUAL ELIXIR

Every word, every look, every move, every touch, even the aura of a Saint is endowed with mercy, love and the grace of God. The atmosphere about Him is charged.

The Master acts as a lodestar in all spiritual endeavours. He extends all feasible help to the disciple with His exhortations both within and without, and always keeps him steady on the right Path.

Distance does not stand in His way. The Master's helping hand goes to the disciple far and near, in the burning desert sands, on the snow-capped mountain tops, and in the dreary wilderness.

He exercises a healthy and corrective influence on the spiritual aspirants by releasing forces within His field of influence, like a mighty lodestone that holds marvellous attraction within its magnetic field. The Master is a mouthpiece of God. He is the Pole at which God manifests His Godhood. He may be likened to a switch which has in it the concentrated energy of the power-house.

Sant—the Master may seem an ordinary man to all external appearances. He is, however, a great deal more. He is a Perfect Man with the experience of outer and inner life.

Outside experiences differ in various countries, but inner experience never. He may be defined as one brimming with Spirituality and above the life of the senses.

GURU: HIS NEED AND FUNCTIONS

He has freed Himself from various sheaths of grosser and finer matter, and He has seen the All Truthful with His spiritual eye. He is Competent to develop the spiritual possibilities lying dormant in man. He is charged by God Himself with the Magnetic Force. He is the mouthpiece of the Eternal.

He has in Him the Refulgent Light of the Infinite, and He is Competent to Light the lamps of others.

It is good that meditation is sweet to you and that you long to sit for hours. Have no anxiety. Repose all your hopes in the Master, and devote time regularly to meditation with faith, love and accuracy. You will have day to day progress. The Master-Power overhead is constantly working with you for your benefit. His protective hands will shadow you from all kinds of dreadful perils. Follow Him. He will never forsake thee and will take you into His Kingdom of Glory forever. The Master is one with the Christ-Power and radiates the Light of God through the human Pole chosen by the Lord. The Master does not need the love of the disciples. He has the Love of God and is Love Incarnate. The True Master would not attach the disciple to Himself, but to the Christ-Power working in Him. Christ said, "Son knows the Father and Father knows the Son and all others to whom the Son reveals." All Masters agree on this point. There are no exceptions to it and one should not be led away by the statements of others. This is Nature's gift and is given free by the Master like all other gifts of Nature.

Do not worry as to what may or may not happen in the near or distant future. The Master always

shields His children suitably. Be unperturbed and carry on with your job. Your road is quite straight and clear. Proceed on with the loving grace of the Master.

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., analyze 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 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 the Truth, and when I found Him, and had accepted Him as such, I GAVE MYSELF UP TO HIM, to do as He Willed. After that I lost all interest for self in the world, but I performed all worldly matters and duties in all sincerity.

Sant or Master is above the three *gunas*. He is selfless and reveals the Truth only. A True Master is a Lighthouse to the world. It is a rare privilege to find One. The real Ones, like wrestlers, are not made in a day, nor are They from any university. They have the experience of several past lives. 'Every Saint has a past and every sinner a future.'

Saints are experienced personalities. They have analyzed Themselves and They have realized God, and thus They may help to put man on the same Path.

GURU: HIS NEED AND FUNCTIONS

The True Master is One Who Himself drinks the Water of Life—Truth, and offers the same to others as well. He is Competent to open the inner eye of the disciples so that they may see the Light of God, and He unseals their inner ears so that they may hear the Voice of God, the Sound Principle, reverberating through out all creation.

A Competent Master gives full instructions about the true *Naam* or Word to His disciples at the time of initiation. It is He, who inspires the Holy *Naam* and makes it manifest in the initiates. He shows them that the treasure of Divinity lies hidden within, and He tells them how to get in touch with it.

The Master is the mouthpiece of God. He is the Pole at which God manifests His Godhood. He has in Him the Refulgent Light of the Infinite, and He is Competent to Light the lamps of others.

The Master talks with His disciple face to face in all the planes and gives him wise counsel in times of need.

Whenever one happens to be in the presence of a Real Master with an open mind, one finds waves of solace wafting towards him and feels an uplift surge within. His personal aura has its marvellous effect on us. His words, charged as they are, with Divine Spirituality, sink deep into the heart of the listener and never go in vain.

The Unseen One uses a ‘very selected human Pole,’ i.e. a person who by dint of his continued, untiring, and unending endeavours, unequalled in self-sacrifice and boundless love for Him during life,

contacts Him within, becomes His conscious coworker, and is assigned the Mission of giving solace to afflicted seekers after God; to rescue them from the worries of the world and to unite all such ones to Him, as His Own.

I did find a Friend for you—a Friend who is even now waiting patiently for you to turn to Him. He is constantly by your side loving you, wanting to share your life, wanting your love, your thoughts and faith. It is you who have drawn a thick screen of various thoughts in between you and your Friend. Try to remove this screen, then you will see a Friend waiting with outstretched arms, to embrace you with love, to stand by you all through this life and thereafter. Do not despair, you are much loved. If only you would shed your negative attitude and be receptive, everything would be yours. He is with you always, extending all feasible help. If we turn our face to Him, He will be constantly with us, perceptibly and imperceptibly. He will be talking to you as in so many other cases in the U.S.A. and abroad.

The bonds of relationship between the Master and the disciple are the strongest in the world. Even death cannot sever them, for they are tied by the Divine and Omnipotent Will of God. The Master remains with the disciple wherever he may be. Death and distance are immaterial in the relationship of the Master and the disciple. He is always by his side, here and hereafter.

I am glad to note you are beginning to realize that the affairs of this earthly life are transitory, and that the life hereafter is lasting. And that we must make the best use of this earthly life and prepare for achievement of the everlasting life which is hereafter.

GURU: HIS NEED AND FUNCTIONS

This is the Goal before us, and if we work upwards bit by bit, under proper guidance, our earthly life becomes peaceful as well as the life which follows. Master is ever with you. He is not the body. He has a body. Body is the Pole at which He works to guide those stuck fast in a physical body, and to help them transcend the body. Master is always helping the seekers far and wide and remains with them wherever they may be. You are always with me. Distance makes no difference, my love flows to you incessantly.

The Master at the time of initiation lightens the present load so as to give the initiate some experience and warns the initiate to lead an ethical life from then on. The storehouse, as you know, holds the *Sanchit Karmas* and these may be burned away with the power of *Naam*, when one becomes a conscious co-worker with the Divine Plan. A Master is the mouthpiece of God and God-Power in Him can work wonders, including the lessening of the duration of suffering.

All is dependent upon the background, the earnestness, the love and devotion that a person will put into the spiritual practices. The Divine treasures are for all, whether rich or poor. Master's loving help accelerates progress.

To love, revere, and feel grateful to our fellowmen is to love and revere God. So, too, the love for the visible Master, our closest connecting link with God, is in reality love for the Supreme Father. It has Spirituality as an end and is not idolatry. The atmosphere in which such a genuine Master moves is charged with currents of peace and love which affect those who come into contact with Him. Even letters written by or on behalf of Him carry a current of ecstasy that influence the innermost recesses of hearts. *Guru* precedes God.

The Master always speaks with an authority born of conviction for He has a first-hand knowledge of everything, which comes from His direct communion with the Universal Cause or Original Source.

Communion with the Holy *Naam*, the Divine Word, together with meditation on His glory, is the 'open sesame' to the realization of the One-Being. Word is the substance and the power by which all life is made. Holy communion with its rapturous strains is a gift that can be attained only through a Living Master. In His company a life of holy inspiration and love of God is followed, and the inner eye is opened to see the presence of God in all things.

A True Master is not a mere human being, but has become One with God, and as such, contains in Himself the powers of all the gods and goddesses. He is veritably the Word made flesh and blood. The one lesson that such a Master teaches his disciples is to meditate always upon the Lord, the Creator of everything, and never to forget Him.

The Master ever remains with the devotee, wherever he may be. Death and distance are immaterial in the relationship of the Master and the disciple. He is always by his side, here and hereafter.

The Holy Sound is always present with you and if you practice it in an accurate way, you will hear it more distinctly with the grace of the Master.

At times the disciple may have an experience of transcending the body and traversing into the Beyond as a result of the reaction of past *karmas* while in concentration. This may also happen in sleep.

GURU: HIS NEED AND FUNCTIONS

The greatness of a Master lies in the fact that when one meets Him, He initiates him into the mysteries of the Beyond and gives Him first-hand experience of being born anew, and then by regular practice the initiate may transcend into the Beyond at will and enjoy the ineffable sweet symphonies of the Word which no ears have heard and no eyes have seen on earth. Enamouring of the sweet intoxication of the Beyond makes all carnal pleasures and enjoyments lose their attraction for him.

Every initiate has to be put on the Way and will one day reach his True Home in *Sach Khand*. Those who work earnestly and live according to the commandments of the Master will progress quickly, while others will take more time to reach their Goal.

The journey Home is a long one, but a pleasant one and when one reaches the True Home, he may be selected as a Master. This is, of course, a Commission from God. Anybody who after a little progress, considers that he has become a master, just harms his or her own interest. This is ego and should be avoided.

It is a great blessing to be under the care of a Competent Master as He may steer you through the stormy sea of the world and guide you to your True Home. I am sorry to hear that — has passed away. This is the way of the flesh. When one's 'give and take' are over, he has to go. His physical body was cremated, but the soul belonged to the Master and was taken care of.

SPIRITUAL ELIXIR

Blessed are those who devote time to their meditations lovingly and faithfully and progress spiritually from day to day so that they are able to contact, during their physical stay in the world, their Radiant Master within, Who is their constant Companion and will take them to their True Home.

No one can reach or know God except through His grace. Whenever one feels a strong desire for Him and strives with all his might to find a way to Him, God showers His grace on such an aspiring soul and he or she meets a Living Master. God is the subtlest of the subtle and unless we ourselves rise to that level, we cannot see Reality face to face.

A Master-soul is a conscious co-worker with the Divine Plan and He works in a physical body so that those working on the physical plane may have the opportunity to contact the Unseen within.

He is the Pole at which the Higher Power works and helps to bring the soul up from the physical level and opens his eyes to see that Great Power working within. He is the means to the end.

Those who will earnestly and lovingly carry on as directed will surely have spiritual success, now, in this life.

The Master-Power overhead is most anxious to see His children come to Him within, and to enjoy the resplendent Divine Peace and Bliss of those regions where they will be conducted by their Charming and Radiant Master within. Let nothing come between the initiate and his or her Master.

GURU: HIS NEED AND FUNCTIONS

The gracious Master-Power is the constant and nearest Companion of the initiate. He is fully aware of your inner prayers and adoration. Please rest assured, the gracious Master-Power never leaves nor forsakes His children here or hereafter.

When a disciple comes near a Master, the latter's atmospheric influence is felt according to the degree of receptivity developed. When he or she has grasped the theory of the teachings of the Saints and has taken up the Way, it may be as an experimental measure at first, and full conviction comes only when he or she sees within. The evidence of others can only give inducement to take up the way, but first-hand experience is convincing, however small it may be.

It is really an inspiration in this unhappy and confused world to enjoy the guidance of the Master-Power working over the head of each initiate. Like a loving father, He is always working for the benefit of His children, whether they know it or not, although at times they do know and feel it very vividly.

Master takes care of and extends protection for all who are dear and near to the disciple and looks after their best interests.

With the help of a Competent Master the process of inversion and Self-analysis becomes quite easy and natural to practice.

It is for the disciple's own benefit to lead a loving, chaste and straight life. This gives peace and helps in quick inner progress. Master is glad to see everyone behave in a proper way and to progress from day to day.

You have been given the Word. Please keep your face towards the Master. You will receive all necessary help and protection. The Master is always with the initiates. He resides in each one of them. He is always helping them to come within and meet Him face to face.

If the child comes up one step, He comes down a million steps to pick up the child. We are all labourers in the vineyard of the Lord. We should learn to appreciate the good in others. It helps us all around.

Deep gratitude for the Divine grace and overwhelming humility invokes His grace. Master-Power is the constant companion that escorts your soul to the realms of unalloyed bliss and harmony.

The gracious Master-Power is your constant and nearest companion and your gratitude is always acknowledged by Him. It is the loving glance of the mother which infuses the love into the child through the eyes, whereas the latter reciprocates the same to enjoy perpetual bliss. Your growing receptivity is a happy prelude signifying greater possibilities ahead in due course, with the grace of the Master.

Thus God moves as an ordinary man in disguise. As a man, externally, no one can recognize Him except one who contacts the Master-Saint within. This is according to the Divine Science, *i.e.*, the Laws He has laid down for man's use. Externally, if one takes a Master-Saint as an ordinary man, he can derive no benefit from Him. If one accepts Him as a Superman, the benefit is much more. If one takes Him as All-in-All, the benefit becomes a truly great blessing. When he contacts the Master within, he receives all and everything.

The Names given by the Competent Master are charged. They invoke the Power of the Giver. The Master is not body but Christ-Power working at the chosen human Pole. The giving of Five Names by all and sundry and repeating them by learning them from books would not be efficacious. This is according to what Hazur Sawan Singh Ji said, "one can give only what one possesses". It is a simple affair. Those who can be content on credit or promises may please themselves.

Master always holds the hands He takes. There is never a thought of loosening that tight hold. Master-Power will never leave nor forsake the initiate until the end of the world. He is a fathomless ocean of love Incarnate. Love knows only giving. So He gives and gives. He continually sends His grace to them. When the initiate sees the Master's inner glory and charm and listens to the strains of Music, he or she must respond, no matter what those who are ignorant may say. This is a Gift of the Master.

The Master is always with His initiates working over their heads and He is never unaware of their inner longings and feelings. He helps to wind up the *karmic* debts so that they need not return for another earthly sojourn.

Higher-Self or Over-Self is God-into-Expression in various forms in the Inner Planes, of which a link has been given to the initiates in the form of the Light of God and Divine Music. That Over-Self is personified in a human Pole in a Master on this physical plane.

Master's presence will be felt in Spirit in all *Satsangs* and wherever else He is remembered. Sitting in sweet remembrance of the Master is what it means, just as the words express, "a feeling of deep-seated love naturally created within with a deep longing." The Master is most anxious to meet His dear children within, and is constantly sending His grace to all of them so that they may come up to Him and meet Him face to face.

It is not correct to believe that old Masters will come again in person to render help to humanity. As you know, the Christ-Power is the same but it works on different Poles. When the Christ-Power works through a human Pole this One becomes a means of help to those who come to that Pole with love and devotion. The initiates are fortunate to be on the Way. And if they are faithful to their spiritual practices, they will be blessed.

The fruit on a tree is always preceded by blossoms which eventually turn into fruit. A time factor is necessary.

The Master holds the disciple through thick and thin. It is the Divine Way. Never let faith and love in Him falter. The Master never leaves the disciple until the latter reaches the True Home of his Father.

He who resigns himself to the Will of the Master, places himself under the protecting power of the Master, who hastens to awaken the Divinity in him. The Master never leaves the probationer once taken over, until He takes him to God, whose prototype He is on earth. He talks face to face with His devotee and gives him counsel in time of need. He moulds the disciple into the likeness of God and makes him a living temple of the Divine Consciousness.

We love the Master's things for the sake of love of the Master, for He is Love and Grace Personified. His nearness constantly reminds us and encourages us to come closer to Him. Blessed are those who have such rare privileges and benefit from Him in the correct way.

The Master has love for all His children and they are worthy of His grace. The Master is very anxious to see them stand on their own feet and walk steadfastly on the Holy Path and thereby enjoy all the peace and bliss that this journey affords them so that they may eventually reach their True Eternal Home.

The Master always holds His disciples in the innermost heart centre. After all they all are His children. He does not look at their unworthiness. He is there to make them worthy. He cannot leave them — His love is so great.

The child disciple is always safe in the loving protection of the Master and is destined to grow stronger and stronger from day to day.

Without the instruction from God-Man, the Word cannot be communed with, but when this communion is had, it leads the soul to the Lord, from which the Word emanated and all our efforts have their full reward.

When you, through immeasurable good fortune, find such a Holy Person, stick to Him tenaciously with all your mind and all your soul, for you can realize through Him, the object of your life — Self-realization and God-realization. Do not look to His

creed or colour. Learn the Science of the Word from Him, and devote yourself heart and soul to the practice of the Word. Master is One with the Word. The Word is in Him, and incarnates in the flesh to give instructions to mankind. Truly the Word is made flesh and dwells among us.

It is really a great privilege to come under the personal influence of the Master. It helps the disciple within and without. However, the Master's grace is showered unendingly and flows to the initiates wherever they are, irrespective of distance and they enjoy the same to the extent their receptive capacity has been developed.

Reading good books is better than doing nothing or idling time in gossiping. But whatever one reads is to be made a part of one's life.

This is possible only through the grace of a Competent Master Who would give first-hand experience of the links of the God-in-Expression Power within.

The instinct of love cannot come into play unless one sees the beloved. As long as we do not see God or the glory of God, we cannot have any faith in the existence of God and without this all prayers go in vain. But *Guru* or God-Man is the abode of God's Light and is a radiating centre of the same.

We can pray with equal efficacy to the Master, Who is at one with God. Connected as He is with the Power-House behind Him, the Master is equally competent to grant our desires and fulfill our wishes.

At the time of initiation, Master takes charge of the *karma* of His disciples, making the disciple responsible only to Him and not to the Lord of *Karma*. A very small amount of *karma* now remains to be tolerated in the physical body for the remaining years of the disciple's life, but even this is softened by the grace of the Master.

In moments of misery, worry and trouble, the Master is our refuge. He acts unperceived at any distance. Master holds us in loving embrace. There is no court of trial after death for a love-hearted disciple. The Master is ALL!

He, the initiate, meets Master within and talks to him face to face as he advances on the Path. From the very beginning of initiation, he is certain of His grace, guidance and protection wherever he may go—even to the other end of the earth.

The Audible Life Stream is the shield of the initiate and even the Angel of Death dreads its presence and cannot reach the initiate, when he or she is a devoted disciple of the Living Master.

The only medicine for all the ailments is the practice of the Holy Sound, together with the Master's spiritual help and guidance. The Master is not a person only. He is the Power which guides and helps us at every stage and in every region, during our inward spiritual journey. When we are in the physical body, He instructs us in His physical form. When we go inward to the Astral Plane, He is in His Astral Form, and as we proceed further, He assumes the Form of each region, all the way up to *Sach Khand*.

You are right when you say that you cannot go up the mountain without the strength of the Master. A devotee by himself cannot do anything much less transcend body consciousness. The Master, when initiating a disciple, manifests His Own Power within the disciple and thus remains with him always and enables him to rise into the beyond. The devotee's job is simply to sit quietly, cut off from the body-consciousness and all outer entanglements. The Master awaits for him anxiously at the door, with hands full of grace to shower upon the devotee the moment he turns up towards him. I quite appreciate your sincerity in this matter and assure you that there is nothing to be disheartened about. You are simply to turn to Him.

Masters form a Divine Brotherhood in God. They are the Gems of humanity Who have completed the evolution and risen unto God. They have achieved complete Oneness with the Divine-Being and are overflowing with the holy Word of Life.

The unfoldment of the spiritual life is quickened by the help of a Master. This help is of immense value. It quickens the inner possibilities of the soul. It awakens the spiritual life in us and leads us to the highest Goal. This quickening impulse cannot be derived from sacred books. As Light comes from Light, so Life comes from Life. A soul must receive live-impulses through the lyrical glances of some Master-Soul.

Mere book knowledge or intellectual development fails to awaken Spirituality. Through book learning the intellect is certainly stuffed, but the spirit receives no food. This is why each one of us can speak fluently of spiritual matters, but our actual life gives no evidence of it.

GURU: HIS NEED AND FUNCTIONS

A living spirit can be quickened into life only through the living-impulses from a Master-Soul. You may call such a Man by any name you like, but such a Man is necessary. Each religion has testified to the need of such an existence.

Without the help of One Who has truly imbibed the Truth Beyond, no progress can be made in the Way of Spirituality.

God-Man is the only True Friend. All worldly connections are severed at the time of death. All friends, all relatives, the wife, and children must part. Who is there to accompany you to the other world? — The Word personified in the God-Man. He helps you in all your undertakings here and hereafter. The God-Man receives the initiates at the time of death, when all others fail. Like a *never-failing* friend, He always holds out His helping hand.

It is always beneficial spiritually to follow the behests of the Master and to be resigned to His Will and Pleasure. Complete surrender invokes His mercy and those who rely upon Him are rewarded abundantly. Everything that comes to you in the Divine dispensation is invariably right for your spiritual progress.

The Master showers blessings through His Looks, which eager ones catch. His Eyes are a wonderful spray of Love. I am happy to hear you experienced a strong emotion of happiness and love in your heart when the Master was with you. Such disciples are indeed blessed.

It is only through a Living Master that one can contact the Almighty God within.

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 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 is 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.

There are ways and means whereby the *yogis* may fly to any place they like. Saints do not adopt these methods. They are Word-Personified.

Regarding *Gurus* and Masters, it may be remembered that everything seeming similar is not the same. Masters abound and from among those highly thought of or talked about preachers, the majority of them will not be found talking of self-experience, though they are able to express the theory side in a thousand different ways with the sweetest words possible. The only criterion for judging is one's own inner ascent to Spiritual Planes, whereby one can see for himself or herself and meet all the Masters, past and present, wherever they may be, in upper or lower planes.

If one having experiences of the lower planes thinks and claims to be in the eternal Home, 'one with Him' and equal to those who have reached the Ultimate Goal, and begins to teach while he or she has much more to learn and to see, how would you accept him or her? The worst of it is that lay people are easily deceived by the acting and posing of such so-called, self-styled teachers as they are quite clever externally in talking about spiritual matters of which they have only a second-hand knowledge through books or hearsay. Even a loving disposition may be imitated to a great extent. That is the reason that the world is full of masters. Christ warns us: "Beware of false prophets who come in sheep's clothing, but inwardly are ravening wolves." Those who contact and talk to the Master within see everything in its true light; do not enter into fruitless discussions, but keep silent.

The Master is ever present with you in the God-into-Expression Power of Light and Sound. And the Light at times transforms into the Master's Radiant Form within. To have inner experiences of Godly Light and Sound is no small thing and really only the fortunate few blessed from above receive them. The more one progresses within, the more he or she becomes aware of the futility and the emptiness of the outer life. The Master comes for yearning souls and works their way up in due course.

The Master ignites the great love on the first day of initiation by granting the gift of Holy *Naam* in celestial Light and Sound Divine. The extent of this gift depends greatly upon the capacity of receptivity of each one. This loving fire grows in intensity and volume and gives bliss, serenity and calmness.

SPIRITUAL ELIXIR

This should be kept within like the fire in a kiln—where a leakage would result in unburnt and unripe bricks, in the vernacular of our speech, so that all other desires short of Him are slowly and slowly burned away and eradicated from one's heart.

The reciprocation is accelerated by abiding in the words of the Master, so much so as to meet the Radiant Master within and hand over oneself for the higher journeys within.

The kind Father's love for the dear children is immensely great and He wishes to see each one of them come up to Him.

Indeed virtues multiply in abundance when cultivated earnestly. Needless to say the magnetic touch of the gracious Master-Power—the Holy *Naam*—adds a far greater charm and beauty when the disciplined dear ones become a source of help and inspiration for their less-gifted brethren.

A disciplined life full of humility and piety is an asset and should be cultivated and cherished so as to prove what you profess.

Eyes are the windows of the soul. The Lord looks at the suffering humanity in compassion and mercy through the eyes of the Living Master and higher planes are reflected therein. You are fortunate in bearing testimony to the sacred Truth when you realize the sublime depth of spiritual beatitude in His eyes.

'Divine Mercy' is a boundless ocean which when stirred with the grace of a Master surpasses all bounds of human comprehension.

GURU: HIS NEED AND FUNCTIONS

Ever since the child disciple is initiated into the mysteries of the Beyond by the Master, the gracious Master-Power resides with him or her at the *Tisra TiI* and watches everything for the spiritual betterment of him or her, and those who obediently endeavour to abide by His behests are rewarded abundantly, whereas those who cannot do so have to wait longer.

Spiritual evolution is something personal and each one brings with him or her past background to progress, all under the protective guidance of the Living 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.

We enter the Kingdom of God by rising above body-consciousness. A Competent and Practical Living Master is needed to guide the disciple at each step. Guru Amar Das says:

*No one can know God
except through the Master.*

A Master is a Master. He has a body just like anyone else but He is decidedly a Superior Man who can guide and help you on the Way. The same question was put to Jesus in His life on earth by Phillip: "Lord, show us the Father, and it is enough for us."

Jesus replied: "So long a time have I been with you and you have not known me Phillip? How sayest thou show us the Father? Do you not believe that I am in the Father and the Father is in me? I and my Father are one. He that seeth me hath seen the Father." This is what I tell you, I don't say it of my own accord, but the Father abiding in me, that I am in the Father and the Father is in me.

When the Light is lit, it should not be put under a bushel, but placed in a loving manner where it can attract the attention of seekers after Truth. What must we do to belong to the Army of God? The simple answer is—to walk the way of righteousness. In order to enable us to walk in righteousness we should fill our life with good thoughts, kind words, and good deeds.

When one thinks evil thoughts or commits an evil deed, it strengthens the forces of evil. Those who desire to belong to God should feed the Sacred Fire with the fuel of pure thoughts, good words, and noble deeds. This will burn away all else except God and Master.

The primary duty of a righteous man is to love his enemy and try to convert him into a friend, teach righteousness to the wicked and spread the Light of Wisdom.

There is no service greater than helping souls find the way to their True Home. In whatsoever sphere selfless and devoted service is directed for this work, it is praiseworthy.

GURU: HIS NEED AND FUNCTIONS

All is holy where devotion kneels. The gracious protection of the Master-Power turns the barren lands into green fields by the waters of love.

The Master-Power extends all help to all initiates during the lifetime as well as at the time of departure. I am glad your mother had the same experience. You need not worry about her.

The Master's love for His children is immeasurable and unfathomable and the more it is enjoyed the more it grows. I wish love and love alone may prevail among the dear children so as to wash away all dirt of duality.

The Sound is a manifestation of the Master Himself and is an indication of His constant attention and grace upon you, as it is to everybody who would lovingly seek His grace. The Master-Power is your constant Companion and is not unaware of the longings that arise in the hearts of the initiates.

I am glad you were able to clear the doubts of those who had confused ideas about the Real Master. The granting of first-hand inner experience of the Light of God within and contacting the Voice of God is a great and a rare privilege and this constitutes the best criterion for distinguishing a Real Master from the so-called masters. Each initiate ought to devote time regularly with faith and love and in this way develop his experience from day to day, and that in turn will give him or her further conviction of the True Path on which he or she has been put, until he or she comes face to face with the Living Reality of the Radiant Form of the Master.

Those who turn their faces towards Him, will receive ample proof of His competency. Master's love for His children is unique and boundless. As regards the Master's face appearing to you in meditation, and then disappearing when you repeated the sacred Words, it may be said that it was the work of the Negative Power. You should not worry about that. The trouble you had later was not due to this, but to a reaction of past *karmas* which must be worked out, though their severity and duration is toned down considerably by the grace of the Master. The loving and sheltering care of the Master-Power is always over your head and you need not feel bewildered at all.

Such illuminating reports of the Master-Power's gracious protection have been received from various other centres when all attending faithfully not only feel the physical presence of the Master, but often *see* Him radiantly walking among them. These are all gestures of His Divine grace and protection for His children to reassure them of His continued grace.

The Master's love for His children is unfathomable. Often the children are besmeared with dirt. He will not discard them or let them down, but will first clean them of the dirt and then will warmly hug them to His bosom. So you need have no fears, no misgivings and no confusion whatever. But carry on steadily and perseveringly on your part in full faith, love and earnestness. You will get all the necessary help and protection only if you turn your face to Him. The Master's powerful and protective hands are always over His initiates. Shed everything and carry on lovingly with your job quietly and with calmness. You are not alone. You are on the right track.

You have Somebody to open your heart to and unburden yourself of your worries, darkness and misery. Please be consoled and assured.

All the instances known to history show that no one has ever progressed to the highest conscious self-awareness without the help of a Master. It is rather a Fundamental Law that no one can snap or pierce through the inner veil without the active help and guidance of a Master-Soul. If anybody can do it by himself or herself, let him or her try and see if he or she can do it.

When one does not hesitate in learning a thing which one does not know in this world, why should one have any qualms in one's search for something that belongs entirely to Spiritual Worlds within? Even if as a result of some reactions of past lives, one may have some experience of his own, he will still require Someone to guide him to further progress on the Path. All those who have been put on the Way, should, therefore, carry on their meditations lovingly and devotedly so that they may progress within, from day to day, and enjoy the sweet internal bliss.

Just as in a hot sultry season when one comes close to a huge block of ice he will be cooled or just as one goes into the shop of a perfume seller, he will get the sweetness of the perfume, so will the persons coming in contact with the Master feel some peace of mind and a sort of bliss and a loving impulse for God-communion. The Master is like an oasis in a desert. To Him praise or no-praise is of no significance. He has an assigned job from the Lord above and He carries it on lovingly.

Please do not be alarmed about the so-called prophecies as these seldom come true. For 'those who know say not, and those who say know not,' is a useful adage. The benign Master-Power working over the heads of His loving children is sufficiently strong enough to extend all feasible help, grace and protection to them under all circumstances. They need to practise and to be faithfully devoted to their meditations which will enable them to be calm and serenely peaceful.

The Master-Power overhead is always aware of His children's needs and yearnings and He acts in their best interests. All errors must be weeded out one by one, and when the child-disciple is doing his or her best to eradicate these errors, all necessary help comes from within.

This effort may take a long time, but it must and will come about, and much earlier for those who are lovingly and faithfully devoted to the Master.

The tongue of love is dumb. Words cannot express but inadequately what one feels in one's heart. Whatever they do express, is but a poor caricature.

You need not be afraid of what I wrote in my Christmas Message. Each one of us should try to seek the pleasure of our Master, at whose feet we are working. My going is not imminent, but you need not be afraid. You are always in my mind. Master-Power will never leave you until the end of the world. The fire of separation that burns in the heart cannot be quenched by the tears that flow. As flowers precede the fruits on a tree, similarly yearning and anguish of heart precede the coming of the Master within. Each tear shed in sweet remembrance of the Master brings you closer to Him. If you keep Him in your mind, naturally you are in His mind.

GURU: HIS NEED AND FUNCTIONS

The Master's love for His children, who are all dear to Him, never wanes. It is unfortunate when a child disciple shuts his or her heart and this sweet heavenly love cannot flow in. A loving Father would always be happy to see His children turn their faces to Him and enjoy His grace. He can never be hard on anyone. His rope is long, however, as He would not like to administer a hard knock to them.

The Master extends guidance whenever needed both in inner and outer spheres. Everyone is free to come up to Him as a child would run to its father whenever in difficulty, and more so, He would run to the child's aid whenever necessary.

I have received such glowing tributes for the gracious Master-Power which extends all loving protection to the departing souls.

The episode of dear—— is a gesture of His grace when not only he, but others like dear—— saw the physical presence of the Master, escorting Mr—— to *Sach Khand* with a clear message for the mortals left behind.

These are outstanding instances of His Divine grace which should serve as a beacon light for the newcomers and as a source of inspiration for the initiates to devote regular time to their spiritual practices.

You will appreciate that the devoted and disciplined initiates not only better their own spiritual future, but become a source of inspiration for others to follow their example.

SPIRITUAL ELIXIR

It is not uncommon for a disciple to pass away in such a relaxed manner. A disciple gave clear indication to his family, stating that on the following day he would be 'going Home'. His family could not understand this, but when they knocked on his door for breakfast, they found he had already left with a smile on his face.

The doctors found that he had left some hours before without any difficulty whatsoever.

Such is the gracious protection extended by the Master-Power for His loving children, that they may leave this physical world fully satisfied and they are granted full protection in the Beyond.

I am glad to find that your soul finds more peace when you meditate and that you always see Master's smiling face in Light, and also the great Eye of Master Sawan Singh Ji which is a source of great peace, great comfort and full of loving joy. Please try to put in more time for the spiritual practices and when you see the Form of the Master within, absorb your attention fully into His Form, so much so, that you forget yourself entirely. That will develop receptivity and the Master will talk to you as one does outside.

No Perfect Saint has ever failed His disciples. Realize fully, this one will not fail you. Think deeply upon this rare privilege; a Divine dispensation has been granted to you. Master is not the body. He is the Power functioning through the body, and He is using His body to teach and guide man.

CHAPTER XVII

KARMA: THE LAW OF ACTION AND REACTION

It is due to the evolution of past *karma* that persons with varying temperaments are blended into the sacred bonds of matrimony to clear off their mutual 'give and take'. All efforts should be made to achieve a serene and peaceful life by being respectful to each other's viewpoints. Loving politeness coupled with tolerance and trust goes a long way in overcoming much of the trouble.

You are beginning to learn that things in life happen according to plan. That plan is a direct result of reactions of ones own actions. It is therefore stressed that one should act lovingly and sweetly so that further reaction is properly channelized, side by side with the liquidation of *Pralabdh* (destiny) *Karmas*.

Regarding your physical difficulties, you know that all physical ailments are the result or reaction to past *karma* and must be borne willingly. Yet much of the severity and duration is toned down by the loving grace of the gracious Master-Power working overhead. The barest minimum which cannot be dispensed should be borne gladly with the aid of the gracious protection of the Master.

Yes, the philosophy of *karma* has a specific place in the Science of the Soul. But it should not induce morbidity nor create a sense of frustration among the initiates and non-initiates. Man is the maker of his own destiny. Though one cannot alter the past, he may forge the future.

Ups and downs do come up as a result of the reactions of one's own actions, past and present. But they are passing phases. They will come whether one is agitated or remains calm and cool. Meditations in spiritual practices and love and surrender to the Master help to tone down their severity and duration and will produce strength of will to combat difficulties cheerfully and calmly.

The *karmic* debt of many an intricate nature is to be paid and it is proper that it should be paid while in physical frame so that there is no stop on the Way within.

Sympathetic waves often draw the effects of the *karma* of one's partner in life. Moreover wife's and husband's right or wrong love goes a long way to help or retard each other's progress in the spiritual uplift. This you witness in daily life.

As regards *karmas*, you have discussed the matter in sufficient detail but it is like arguing whether the tree was first or the seed. The more you will argue about the subject, the more you will find yourself confused. *Karmic* reaction is a circle, whether good or bad, from which there is no escape, except as indicated in the small pamphlet *Man Know Thyself*. I would, therefore, advise you not to worry very much about the subject, but try to develop within, and you will see for yourself how the *karmic* circle works. The why and the wherefore of all things will become clear as broad daylight when you rise into the causal plane. In your probation period, you develop within spiritually and act as directed, living a loving and ethical life, trying to be helpful to others, as far as you can, and be selflessly devoted to your meditations.

KARMA: THE LAW OF ACTION AND REACTION

Karma and re-incarnation are closely related. The question itself is so baffling that intellectuals having no knowledge of the Beyond have tried to discuss it with their own limited intelligence. Just as spiritual knowledge cannot be achieved at the level of the senses, similarly this Law of *Karma* cannot be fully understood while living the life of the senses or until one transcends into the causal plane. It is beyond the ken of human comprehension to know how the great Law operates and controls the destiny of all the seen and unseen universes. The fundamental principle of *as you sow, so shall you reap* and *every action has its equally opposing reaction* works everywhere. Human birth is the highest rung in the creation and it is the golden opportunity for realization of the 'self' and its reunion with the Lord overself.

Those having been blessed with such a rare opportunity and are yet immersed in sensual pleasures seeking enjoyment in eating and drinking, which are definitely considered animal desires and passions, naturally degrade themselves and will eventually ride through the giant cycle. Look to the animals who have their head downwards as Providence has made them like that and it does not matter if they feel inclined towards the lower pursuits and it does not behoove man, the top of all creation, to stupidly cling fast to the pursuits of the lower impulses.

Sense-gratification is the greatest evil, which brings in its trail all the misery and sadness. The cyclic order of creation works and evolves automatically. The lower creation does not contract further *karma* but reaps the fruit of their past and as such, though the dogs and horses seemingly possess reasoning, yet they are bound by the great Law and are made to suffer in accordance with their own previous earnings.

The apparent adverse circumstances which crop up as a reaction of past *karma*, on which this physical life is based, serve as a lever to raise the child disciple for spiritual growth and progress. It is His rare Divine grace that you are blessed with the rare boon of right understanding when you see everything in its right perspective.

A man is not what he appears to be. Everyone has his background of past *karmas*. Your past *karmas* have now ripened up and the help is at hand. Food is for the hungry and water is for the thirsty. The reactions of the past lives *karma* are bearing forth fruit, and what you have been so far is the result of all that.

As you have read in the brief description about *karmas* in *Man Know Thyself*, the *Pralabdh Karma* is not touched and must operate during the lifetime of a person.

Their severity and duration, however, is toned down. If the *Pralabdh Karma* were removed at the time of initiation, the initiate would have nothing to give or to take and therefore no reason to remain in this world. The other two kinds of *karma* are dissolved in the manner explained therein. This is the Divine Law.

It is true that laws of Nature are very rigid and any transgression must be paid, though their severity is, to a great extent, toned down at the feet of a Great Master. Each one has to earn and cleanse one's own vessel before it is filled with the blessings of the Master. There are no windfalls, although the labour bears more fruit in the house of the Master.

Your long search after Truth has led you to the Living Master. It is due to the evolution of some rare good *karma* that one yearns for Spiritual Enlightenment and Providence has His own immaculate ways in guiding the sincere seekers to the right quarters.

Regarding expiatory sacrifices, etc., please pursue the chapter of *Karmas* in the pamphlet *Man Know Thyself*. Jesus came to awaken the ignorant people of His time, but they would not believe Him or His teachings of a higher life. Jesus pitied them and took the burden of the sins of many who came in contact with Him, on His own physical body, through the Law of Sympathy. He was above body-consciousness and allowed His physical body which is always perishable to be nailed to the cross and He transcended spiritually to the Higher Planes. The people of the world who had their inner eye closed, thought Jesus was body only, while He was body plus mind plus Soul or Spirit (Christ-Power) talking through the selected and chosen Pole of the physical body. The Master-Power never dies and is ever-existing with God. Jesus was the Saviour of His time. Those who followed the Science given by Him, were saved and even now the same Law exists—a Living Master is needed. I trust everything is clear to you now. Anyone who contacts and talks to the Master within, can see Jesus Christ through Him.

It is due to the evolution of past *karma* that persons with varying temperaments are blended together in the sacred bonds of matrimony for the liquidation of their mutual give and take.

It is incorrect to think that you have married a wrong person, as it is strictly in accordance with the Divine Plan that only destined people are married to each other for the *karmic* reasons.

This present life is based chiefly on the reaction of past *karma*; therefore the vicissitudes that crop up are just passing phases for a better and joyous end under the gracious protection of the Master.

The spiritual aspirants devoted humbly to their spiritual perfection under the gracious guidance of the Living Master are blessed with the rare boon of general amnesty for their past *karma*, otherwise it would be abnormally difficult for them to withstand the strain.

Only the barest minimum is to be borne by the disciplined devotees which is invariably flavoured with Divine mercy.

After initiation by a Competent Master, one is assured of getting to his or her True Home. Those who, after initiation, fall back to a sinful and evil life and are caught in worldly attachments, have to be reincarnated as human beings so that the progress on the Path may continue. Those who have a ruling passion for and faith in the Master and are doing spiritual practices and have left all attachments of the world, are not to be reincarnated at all. Their souls are placed in the lower planes where with the help of the Master, they work their way to progress and eventually reach their True Home. Usually and ordinarily an initiate would take four births to complete his or her course, but it can be shortened even to one birth according to the degree of loving faith and obedience to the Master. The Master is always with the initiates, working over their heads and He is not unaware of their longings and feelings, and He winds up their *karmic* load of debt so as to free them from the necessity of frequent human births.

DIET

CHAPTER XVIII

DIET

It is good that you are observing strict dietary regulations which is one of the basic prerequisites. You will appreciate that for obtaining a refined state of mind, one is required to adapt himself or herself to refined vegetarian, simple and nutritious diet, for maintaining the physical body in a normal state. The gracious Master is now your constant Companion within you and with your earnest efforts and humble devotion, you will be able to find an approach to Him within, to His Radiant Form.

It is gratifying to note that your health is improving and that you have lost some weight. Useful combinations of fruit and vegetables coupled with light physical exercise should help you to have a slim and smart physique.

Regarding laxity in the prescribed diet, I wish to say to all aspirants on the Path that it is necessary so long as one is in the physical body, vegetarianism should be strictly adhered to. Any relaxation in the matter of diet would not only be a definite hindrance in meditation but would unnecessarily contract *karmic* reaction. The real Goal is to use every means possible to rise into full God-Consciousness.

SPIRITUAL ELIXIR

It is the moral duty of the housewife to cook the pure foods with her heart engrossed in sweet remembrance of the Lord.

All food cooked in this manner with the mind entrenched in the Beloved and the hands engaged in the work, becomes a Manna from Heaven and proves a blessing to those who partake of it.

It must be borne in mind that restriction to pure vegetarian diet is of utmost necessity. Any transgression in this respect is liable to affect your spiritual progress adversely.

The prohibited food flares up carnal desires other than contracting *karmic* debt. Both are highly detrimental and should be avoided scrupulously. I hope you are abiding by all of the rules and that you take my advice in proper perspective in the larger interests of your spiritual progress.

You state that you are healthy now and the doctor advises you not to live on meat. You also state that while away on business you have to oblige your friends by partaking some chicken. In this connection, I would like to remind you that the eating of liver and fish will definitely stand in the way of your spiritual progress without in any way helping you in your illness or in any way extending your lifespan. 'Thy days are numbered,' is a well known aphorism. So why unnecessarily create *karmic* debts which you may easily avoid? You had better avoid these. It would be much better if you could influence your friend rather than be influenced by him, for you know of certain things of which he may be ignorant.

DIET

So in such cases, behave lovingly with others and abstain from taking the prohibited foods. In this lies your benefit.

You are correct in your idea to take very light evening meals, as this is most helpful to early morning meditation. Most initiates on the Holy Path have preferred to take very light meals for the evening, which should be taken early before going to sleep. Soami Ji has often stressed the importance of dispensing with night meals for those who wish to enjoy the deep bliss of the Holy *Shabd*. You may, however, do as best as you can in this matter.

SPIRITUAL ELIXIR

CHAPTER XIX

PRAYER

Prayer is the salt of life and we cannot do without it. It is ingrained in the nature of man to pray for the fulfillment of his wishes whatever these may be. More often than not we do not know what we may really pray for, how to pray and what we may do to make our prayer a great dynamic force as may stir up Heaven's mercy.

All the religions are in agreement on the point that prayer at the seat of the soul wells out all the latent powers of the Godhead within and one can achieve spiritual beatitude through it. It is a connecting link between the Creator and His creation, between God and man. It is a supporting staff in the hands of a spiritual aspirant and a pilgrim soul cannot do without it from the beginning to the end of the journey, for it saves one from many a pitfall on the way and transforms the mind through and through until it shines forth and begins to reflect the Light of the soul.

Selfless service is a tonic for the heart of the initiate, who inculcates a deep sense of loving devotion for the gracious Master-Power.

Prayer and effort go hand in hand. The former grants an impetus for righteousness, whereas the latter makes the provision for such truthful living which is higher than Truth. Regularity of meditations brings in all which is sublime and helpful for inner spiritual progress with the grace of the Master.

PRAYER

The secret of successful prayer lies not so much in the words we use, nor in the time we devote to it, nor in the effort that we put into it, as it lies in the concentrated attention that one may give it at the seat of the soul so as to make it soulful.

The most natural form for a fruitful prayer is the yearning of a soul without the agency of words, oral or mental, with the tongue of thought. A prayer like this generates and releases such a fund of spiritual energy that all the Cosmic Powers are attracted, and combine together, shaping out things as best as possible. A true prayer is one continuous process, independent of form, time, and place, and leads ultimately to perfect equipoise and no desire whatsoever.

This then is the climax of a genuine prayer and here prayer itself ceases to be a prayer and becomes a state of being as one gradually rises first into Cosmic Consciousness and then into Super Consciousness, with the Divine Will fully revealed unto him. This is the be-all and end-all of prayer.

Prayer is, in a strict sense, another name for collecting the outgoing and wandering faculties of the mind at the root of the mind. Like the rays of the sun, these are spread out into the world, and likewise these can be withdrawn and collected at their source. This concentration while begging for help is called prayer.

Prayer is nothing but a concentrated will falling back upon its source, the great reservoir of power, in which are lodged all sorts of possibilities—physical, mental and spiritual—and one can draw upon any of these according to one's needs.

SPIRITUAL ELIXIR

In all trying circumstances, prayer is the last weapon in our armory. Where all human efforts fail, prayer succeeds.

I am sorry for your illness. This usually comes as a result of the reaction of past *karma*. Prayer and gratitude grant inner peace and harmony to withstand the hazards of physical life, which is a passing phase of the soul in its long journey back to the True Home of the Father.

You will please appreciate that it is due to the gracious Master-Power winding up the *karmic* debts and the best way for maintaining inner stability is to be patient and resigned to the Supreme Will of the Father. You should try to adjust yourself to the circumstances as best as you can.

True prayer then is the means to concentrate the wandering wits at one centre—the centre of the soul—to gather up the spirit currents at the still point in the body, between and behind the eyes.

Herein lies all worship, all prayers, all renunciation and all knowledge of here and hereafter. The Path to Salvation lies in the direct touch with the Inner Power rather than to get entangled with outward things.

The loving disciple is always prayerful and repentant for his or her trespasses and lapses committed consciously or unconsciously during the day. Prayer is not for outward show or a gymnasium, but it is an anguished cry of the soul, which stirs the Divine grace, and when directed and channelized smoothly works wonders, and the dear initiate is filled with awe-inspiring gratitude, with His grace.

CHAPTER XX

MIND AND SOUL

The soul has been imprisoned for ages and it is only through the kindness of the Master that it can be released. There is no other way. You are now on the way. Spiritual meditation aids in inner progress. This is the remedy for attachment to the world. The more the initiates progress within, the less attachment they feel for worldly things. In time all attachment will disappear with the grace of the Master.

The spirit or soul is attached to the objective world outside, on account of objective impressions. Unless the outgoing faculties are controlled and the spirit is depersonalized from the distractions of life, it cannot rise above body-consciousness. In order to depersonalize the soul it is necessary to channel our energy inward and upward through the process of inversion and Self-analysis.

When you are at work, be completely absorbed in it, and when there is no work, do not permit your mind to wander aimlessly or to remain idle, for 'an idle mind is the devil's workshop' as the saying goes. You should resort either to the repetition of the five holy Names during all vacant hours of the day and night as well as keeping your mind in sweet remembrance of the Master wherever you may be, or in listening to the sweet symphonies of the melodious Word, if it becomes audible. This will leave no room for idle thoughts and they will not disturb you in meditation.

SPIRITUAL ELIXIR

The spontaneous flow of trickling tears goes a long way in washing off the dross of the mind and fortunate is the eye that sheds these, for they leave unending trails of ravishing bliss and harmony. It is the grace of the Master that He remembers His children and the faithfully obedient ones reciprocate His love and benefit from the Ocean of Compassion and Grace.

Refer to your question. — Jesus Christ is within you. You can never see Him outside. If you want to see Him, you should apply for initiation to Ruhani Satsang method of spiritual uplift. You must also observe strict abstinence from meat, eggs, and drink (alcohol). If you follow these instructions and work hard to go to the Higher Regions within, you will meet Jesus Christ there.

Your idea of serving others is welcome. First of all one must serve oneself and then others. You are in the bondage of mind and matter. Your soul has many coverings over it such as the physical body, astral body, and causal body, mind and matter, etc. So long as you are imprisoned in these bonds, what service can you render to others? One prisoner cannot liberate another. The five passions are within every one of us, and are robbing us of our spiritual wealth. The way to become liberated from these five robbers is first to receive initiation and then work hard to reach the Higher Regions. When you free yourself then it is a real service to try and free others.

The involuntary tears that flow down the cheeks in loving remembrance of the Master will wash away all the dirt of mind.

MIND AND SOUL

Whenever you feel lonely or lost, remember sweetly the Master and invoke His help and if it is a time that you can sit in meditation, do so with love and devotion. The true way to God starts when you rise above body-consciousness. There is no other way.

Great indeed is man. He lives in a God-made temple along with God Himself. His very spirit is just a drop from the ocean of Divine life.

Between God and spirit, there is no other obstacle but that of a veil of the mind. If this veil were to stop fluttering in the breeze of desires, as it does at present, the spirit can take in directly the Cosmic Energy from its very source.

I am sorry for the passing away of your dear brother in a plane crash. The major events of life are predestined. Your deep agony over the great loss your entire family has suffered is natural. You should please be rest assured that the blood and near relatives of the initiates are granted feasible protection and help in the Beyond. You need not nourish any feelings of sadness in this behalf, as such an attitude will not only affect your spiritual progress, but will cause disturbance to the departed soul.

As soon as a person collects himself and focuses his attention at the seat of the mind, he stirs up the mercy of God which, in turn, fills him with a strength and fortitude never experienced before. These enable him to find a way out of the difficulty whatever it may be.

Regarding your experiences with dreams in sleep and on awakening, you are advised to ignore such experiences. It often proves to be a delusion of the mind. Spirituality is above all these experiences. As long as the mind dominates, it tries to put the initiates off the track. Initiates should resort to the repetition of the charged Names during all idle moments and keep themselves immersed in loving remembrance of the Master.

Such a serene schedule will enable you to have a conscious and perceptible contact with the holy *Shabd* with the grace of the Master. This constant contact with the Holy Sound Current will awaken you spiritually and eliminate all fear.

The obstruction caused by petty things during meditation might be attributed to your sensitive nature. The reservoir of the subconscious mind is filled with worldly thoughts, impulses and instincts inherited from past lives. This must be drained out completely before it can be filled with love and devotion to the Lord-Master. Reverential humility and self-abnegation are ennobling virtues. The spiritual aspirants grow in Divine wisdom giving no credit to themselves as they revel in the superb bliss of Divine intoxication.

‘Work is worship’ and as such all honest work should be honoured and accepted in this sense. The usual fatigue and exhaustion are the routine functions of the physical body, yet you can relax completely by fixing your inner gaze at the eye-centre, releasing the pent up tensions by rolling down all your worries and cares on to the holy Feet of the Master within. You will find a radical change in your thought pattern and will be greatly relieved with the grace of the Master.

The scattering of the mind can best be eliminated by looking intently into the middle of the Light and listening to the Holy Sound Current with rapt attention, as it is during the slackening of the inner attention that outside stray thoughts invade and cause disturbance.

Spiritually-illuminated souls do feel hurt at the behaviour of their less gifted brethren who cannot fathom the greatness of spiritual bliss granted by the gracious Master. It is on this score that those who are not on the Holy Path cannot behave properly. There are ways and ways to point out shortcomings in others. You must do this in a sweet way, then your words will go to their hearts and will bear fruit.

Ethical life is a stepping stone to Spirituality. Truth is above all, but True Living is above Truth.

For spiritual progress, stillness of mind and intellect is most essential. Any unnecessary wrestling with the intellect or free play of the mind retards spiritual progress. Concentration means the control of mental vibrations, and may be obtained by attuning within to the Sound Current which is the Astral Manifestation of the Master-Power always present with you.

I note your inclination for golf and cards. The latter game is harmful and you have done right to discontinue it,

Please stick to your resolution and forget all about it and do not dwell upon past happenings or try to recapture their past pleasures for in that way the mind is fed surreptitiously. Besides you should resort to earnest repetition of the sacred charged Names with fervent prayer when and if your mind craves for it.

SPIRITUAL ELIXIR

Golf is a good game so far as its physical refreshing aspects are concerned. It is a good physical exercise and if you can afford it, there is no objection to your continuing with it. You know gambling or the like is harmful. You will appreciate that the mind is already full of restless attributes—so feeding it with more of similar disturbing ideas will simply mean adding fuel to the fire.

You ask about music, Music is not necessarily bad for spiritual meditations, as prayerful hymns sometime prove beneficial in awakening the inner impulse. But outer music feeds the mind, whereas listening to the Holy Sound Current feeds the soul, with which it is surcharged as it enables it to have regular flights to the regions of the Beyond.

Refuge in the holy meditation is the panacea for all ills and shall be helpful to you in overcoming the scattering tendencies of your mind. You need not magnify the horrors of mind as it is the Spirit which enlivens the mind. When the Spirit is vitalized with the Divinity within, it becomes strong enough to refuse the dictates of mind. The hearing of the Sound Current with rapt attention will bless the mind with untold tranquility and it will love to remain still at the eye-focus. Please learn to be more composed in your meditations and await patiently to receive whatever is deemed fit and granted.

The elimination of the ego is the only remedy for liberation from the unending cycle of births and deaths. It is a clear test of those who have realized at-one-ment with the Everlasting Divinity, the spiritual current diffused in the world. All labour undergone for total self-effacement is an

effort in the right direction. The secret lies in depersonalizing the soul of all that is personal. The many recipes for losing the 'I' consciousness that floods the world today fail to gain for us the Goal of Liberation. For with such methods, the ego feeds itself and grows from strength to strength and is not effaced. Unless we become conscious co-workers with the Divine Plan, we cannot become selfless.

I am glad to note your earnest desire to become aware of the Truth and to rise into its full realization. This is an awakening of the soul, which is the essence of God, into higher consciousness achieved through the grace of a Master who initiates a person into the mysteries of the Beyond by granting a link of the Light of God and the unceasing ever-present Voice of God, so as to travel, step by step, to the True Home of the Father. I am glad that the desire from above is supreme in your heart, and you are willing to give up all else for it. Those who yearn for it, get it. There is food for the hungry and water for the thirsty.

For arresting the flighty mind you are advised to concentrate completely on the inner Light and Sound during your meditations. You will appreciate that such an absorption will cleanse the mind of its old concepts and blissful silence and calm serenity will reign supreme with the grace of the Master. The mind should not be left vacant all along your waking hours. It should either be attuned to the *Simran* of the charged Names in loving remembrance of the Master, or to the listening of the Holy Sound Current.

Such a sublime schedule of routine will keep it fastened and steady when you sit for meditation. You will have much help and grace from the gracious Master-Power overhead.

SPIRITUAL ELIXIR

Your gratitude for the Divine blessings, in having been led to the protection of the Living Master, is notable and genuine. Such an attitude will invoke His mercy.

It is not the Light within that goes away but your mind gets down to the body and engages in noting what is going on in the body. That is a mistake which should be rectified. The mind for ages is accustomed to staying outside and it takes some time for it to develop another habit, that of going within to stay there for long periods.

The soul is a prisoner and the Master is the Liberator and He works to that end day and night for the benefit of the initiates. The Master's blessings are always assured in overflowing degrees to the initiates. He wants them to progress within in the least possible time and is happy to see them progress.

Man is a three-fold entity, comprising body, mind or intellect and the soul. We have done so much for the development of our body and intellect, but we have done next to nothing for the uplift of our souls. By our physical and intellectual pursuits alone we are lost in the wilderness of the world with no way out of the bewildering labyrinth of the world. We do not realize that we are living like a guest in the 'inn' of the body and we remain intoxicated with the joy of bodily pleasures and the outgoing faculties, so much so, that we have lost all consciousness of our own self. We have to divert ourselves from all these and learn the nature of our true self in order to be able to know God. Happy is the man who awakens from the lethargic sleep of worldly intoxication. I am glad you are becoming conscious of that condition and like to continue with your spiritual progress.

How wonderful it is to surrender completely to One Who is Competent and Loving, and to feel His loving presence and grace working in every sphere of life. The more one is able to develop receptivity by keeping His Commandments, the more he or she is able to feel, retain and enjoy His grace. The Master's grace is boundless.

In regard to the pure spirit becoming so wicked as to find itself in this awful condition in this world, this is more academical rather than practical. From a pure imperishable region, souls come to lower regions clothed in a mixture of matter in varying degrees, and are governed by the Law of *Karma* (cause and effect). In the lower regions these souls may go up as well as down according to their behaviour. Those who are well-behaved here, now is the opportunity for them to behave in either way, either to go up into the higher regions, or if the opportunity is not properly used to advantage, to face the opposite result.

The casual spells of depression or discouragement should be avoided by sweetly reposing in His Will and Pleasure. You should please note that it is the negative attitude of mind which often brings forth such periods of anxiety, resulting in vague frustration and resentment.

You should always feel happy and contented while attending to your mundane and spiritual obligations as best as you can. There is no greater grace than having been initiated by the Competent Living Master and enjoying His protective guidance at each step with His grace.

The Sound Current, Soul and Master are all one. Your growing interest in its listening brings you nearer to the fountain-head of this bliss. It feeds the

soul and strips the mind of its age-old dross. Past *karma* is wiped out by its rapturous listening with the grace of the Master. The initiates are invariably stressed the importance of listening to this Divine Sound so as to be free from the reaction of present *karma*, which they have to contract while meeting with their legitimate duties, in accordance with their fate-*karma*.

The Holy Sound Current growing more powerful at times denotes His constant protection to you and an invitation for proceeding ahead within under His guidance. You should listen to it so devotedly that your entire self is merged in it and let it transport you into the Beyond to taste the higher Bliss.

Earnest and persistent efforts are needed for achieving better results. Perfection walks very slowly, yet each right step is a forward one under the gracious guidance and protection of the Living Master.

Mind has its ramifications and it roams about. It has been doing this for ages. It must be chained at the eye-focus with loving and sincere efforts.

It is not your *karma* that holds you back, nor is it responsible when you miss your meditations, but rather the treacherous misleading of your mind, which can be subdued and controlled by careful planning and execution.

When you are fully convinced that the fountain head of peace and harmony is within and that you have the key and the means to tap within, you should not let the precious moments pass without deriving maximum spiritual benefit. You are simply to decide and then act.

MIND AND SOUL

In regard to your difficulty in concentration which you say has increased since your initiation, you will be able to understand this from a parable narrated for your calm consideration.

Mind is just like a horse tied with the fetters of matter and normally it dominates the spirit. Mind being the agent of the Negative Power, is quite satisfied so long as one continues all efforts in its domain and does not resent stillness and concentration. When the mind is attuned Within with the holy initiation from a Competent Master, the rope is cut assunder, and the soul is set free to travel back into the realms of peace and harmony, which are beyond the scope of the Negative Power. So the impeding forces make a futile attempt to harbour the efforts of the spiritual aspirant, lest the soul is completely disencloaked from the bondage of mind and matter.

The factors with which you are confronted are the normal features of a spiritual aspirant. They work as a blessing in disguise when one's sincerity and integrity are tested at every step, and one becomes more firm and resolute with the grace of the Master.

You will appreciate that it is due to the overwhelming gracious protection of the Master that the child disciple progresses smoothly on the Holy Path. You need not apprehend it in any way, but instead, carry on earnestly and steadfastly.

The God-Power that is responsible for everything must be understood, and this understanding comes only if one is able to know one's inner self, the soul. As the soul is of the same essence as God this may be achieved by experimenting in the human laboratory under the guidance of a Competent Master.

SPIRITUAL ELIXIR

The disciple must rise above body-consciousness for this purpose. As a scientist carries out his experiments in a laboratory under the guidance of a Science Professor, so the disciple in like manner, in the Science of the Soul, is helped by a Competent Master to experience God in the laboratory of the human body and to develop spiritually from day to day.

You will receive immense loving inspiration from the study of sacred books which carry the Life-Impulse of the Master. Initiates should always repose their hopes and desires in the ever-present gracious Master-Power. The Sound Current, the Master-Power, is constantly with you, and is your eternal companion. When the Sound Current is strong, it reminds you that He is always with you, working overhead extending His grace. Turn your face to Him and benefit therefrom.

Spirituality requires simplicity and humility in all spheres of life, which will bless you with more of ravishing bliss, with the grace of the Master.

Fear is not good and should be discarded by giving your worries over to the ever-present gracious Master-Power working overhead. Fear is always based on some unknown apprehension and one should look at it squarely and then it will flee in no time, as it is a result of your self-created frustration.

Loving humility and piety are the noble virtues which grant complete refuge to the child disciple, and help to face the hazards of physical life.

MIND AND SOUL

It is the essence of right understanding to be contented with whatever comes as it is invariably flavoured with Divine mercy and is for our spiritual benefit. Spiritual aspirants revel in this superb understanding. Your brave and courageous attitude in meeting the situation surely will bless you with inner harmony and peace.

There will be moments in the course of developing love for the Master when one, judging from one's own limited understanding, doubts the validity of the Master's instructions, but such moments are only tests to make our self-surrender more complete and more secure, and he who passes through these tests successfully, will one day radiate with the glory of God.

Naam keeps the mind and body in a state of equipoise. Peace reigns supreme in its devotee, the ramifications of mind are done away with for ever. All lusts cease to have their hold on the mind. The brain receives a soothing balm. It puts an end to wasteful hurry, and with it go all nervous tensions, mental strain and stress.

Naam gives one Immunity from all bodily and worldly pains and troubles. By withdrawing the attention within, the mind is stilled and the soul is freed of all mental conflicts. All sense of 'ego' fades into nothingness.

Love for the Master and complete surrender to His Will, have always been the teachings of all Mystics and especially so of *Sant Mat*.

SPIRITUAL ELIXIR

Your main task as a disciple and as an initiate, is to cultivate these qualities to the very utmost and leave the rest to the Master.

There will, of course, be moments of doubt and of questioning, but if you can pass through them with your love and your faith unscathed, you will find the spiritual road within steadily unfolding itself before you and all things being added unto you.

In your letter I note that you have an earnest desire for enlightenment and wish to find freedom of the soul.

Those who yearn for the Lord, arrangements are made in His Divine dispensation to fulfill those yearnings.

Please study the teachings of the Masters in fuller detail and when you have so done, you may please apply on the prescribed form available from the Local Representative for the practical part, which is the linking with the Godly Light and the Heavenly Music within which is to be developed from day to day under the protection and guidance of the Competent Master.

You will appreciate that it is the constantly agitated mind which interferes most with inner progress and the best way to enchain it is to bind it with some disciplined routine, which is conducive to regular spiritual practices. It is during the sublime moments of meditation when the child disciple is attuned with the Infinite to benefit from the incessant flow of Divine grace, and it is then that the rare boons of right understanding come in increasing measure.

To achieve a degree of self-surrender to the Will of the Master one must not look up to the deity in its abstract form but in its human form as the Master. For how else is one to know God's Will directly in order to surrender one's self to it?

What one may take as an intuition inspired by the Divine may be really one's own self speaking in disguise, and one may surrender to such seeming intuitions and therefore surrender to the self, the ego.

However, if one has found a True Master (who is attuned to the Lord and is His mouthpiece) and obeys Him in all things completely and absolutely, He will surely destroy the ego and reach his Heavenly Home one day.

In this world difficult problems often arise. The disciplined initiates are, however, privileged to view these petty affairs from high and lofty viewpoints of right understanding, considering them to be simply passing phases and thereby maintaining their mental equilibrium.

Persons with weak minds get perturbed and cause further deterioration in their relations, whereas those who are wise enough to understand the basic cause of the difference, overlook such happenings.

You need not magnify your problems but try to view the things from a high and dispassionate viewpoint, which will keep your nerves calmed down, and others about you will be equally benefitted.

The spiritual aspirants owe much for others who demand an actual and practical demonstration of Truth in their words and deeds.

SPIRITUAL ELIXIR

Human life is a great privilege with many possibilities to develop Godhood within. To those who are earnestly yearning for the Lord, opportunities are afforded in the human incarnation to develop spiritually within under the guidance of a Competent Master.

There is no bar for females attaining *Sach Khand* as soul is eternal and there is no gender with it. It is the conscious entity of All-Consciousness and merges with its Source in due course.

I am glad the Christmas and Birthday Messages blessed you with inspiration. The sacred teachings of the Masters are both simple and easy in theory and practice, provided the higher faculties of mind are harnessed for a higher sublime purpose.

An implicit obedience and loving co-operation from the mind of the child disciple is of utmost importance, as all will follow automatically with the grace of the Master.

Man by nature is a composite being, the component parts being body, mind and soul. God made man after His own image and so the Saints instruct us: 'Be thou perfect as thy Father in Heaven is perfect'.

Thrice blessed is a man on account of the immense and immeasurable possibilities that have been lodged in him by the Maker. The very Divinity, with holy Light, life and love, is the very soul of his soul. But alas, what man has made of man, and worse still of himself.

MIND AND SOUL

Mind runs away only when the gaze is slackened. So please develop the habit of putting your heart and soul in the work before you; be it worldly affairs or meditation. The habit of doing one thing at a time will help you to progress inwardly from day to day. Master-power is always with you and will be extending all feasible help and protection. In fact the Father is waiting with open arms for His child to come up to Him.

The duties of the world have to be done cheerfully while one is on the physical plane. However, the wonderful gift of God that the Master gives is superb and the more you practice it, the more you will enjoy it. Necessary help and protection will always be forthcoming.

Fixing the gaze penetratingly into the middle of what you see, will not let the mind scatter. It runs away only when the gaze is slackened.

CHAPTER XXI

GENERAL

It is amusing to read that you hear reports of utter demolition of Chicago, New York, and Washington D.C. and that those living near the Bahai Temple alone would be saved. This frightens you and you wonder why a good and loving God would demolish places and people like that. God that is charged with the duty of rewarding the virtuous and punishing the wicked is just. Justice prevails in His Domain. The Masters are Love Personified, and hence mercy and compassion prevail in Their sphere of work. You need not feel frightened even if such wholesale demolition takes place, for it will be because of the just laws of the Lord of Justice, and temples, mosques and other such places will be no exception. But as said above, you need not be afraid of such things. The Master-Power will surely be taking care of those under His protecting wings. They should, therefore, develop their inward progress. The Master sends them help at every moment. Let them make use of it, considering that the world and the worldly material has to be left behind sooner or later.

Man is a social being and has to live in some society. Numbers are no index to wisdom, yet holy places of worship are crowded with them. We need these to be the purest and wisest men of life. The society should live by the law of love, be ruled by guardians of the moral law, and live a simple frugal life. I am not trying to found a sect, but am after gathering holy men of life, of purity, of simplicity, and loving devotion to God in all, and to all in God.

It is of no good to renounce one religion or the other, but to have inner renunciation, like St. Francis and other Saints who renounced everything at heart but were God-possessed.

As for knowledge of God, it is a definite and complete 'Science of Nature' unchanged since life began on earth. Very rarely does one come across this Science. It is God-made and not man-made. It has remained an 'unrecorded Science'.

There is one God and there is only one way to Him. The elementary steps may be different. The knowledge has both theoretical and practical aspects. The theory is simple: the Power, Almighty God, works on a selected human Pole to become His mouthpiece, to give His Own Knowledge to those who long for Him and want to be with Him. God is love, our souls are also love, and the way to God is through love. Soul has to withdraw from the physical body and enter His kingdom through the guidance and help of a practical Master or Saint, Who is 'Love Personified'. With His guidance the soul transcends the body and traverses the Higher Planes.

There is a more practical side too—the Master-Saint is able to give first-hand experience at the very first sitting to all seekers (however little it may be, each according to his or her receptivity) to have 'inner vision' and contact with the inner 'Voice of God' that is called Word, the Sound Principle. This Ever-existing inner Voice then becomes the Guide of man in the interior of his 'self'. It is the Master accompanying the disciple at each step on the way inside. Master meets and talks inside in His Radiant Form and guides the disciple on the inner way up. Contacting a True Master is, therefore, necessary for those wishing to be on the Way.

Telepathy is transference of thought and thoughts emanate from the mind and mind has to be stilled. Eyes have to be shut from all external views, and the ears closed to all outer sounds. The spirit current of the body must be withdrawn to one centre. This is done according to the instructions and the experience given at the time of initiation. This is, briefly, what is called Spirituality. Science of *Para Vidya* of most ancient days is known to-day as *Sant Mat* in India.

Hearing of inner music at its lower links by a person is not something unusual. It is the result of reactions of past *karmas*. It gives some pleasure and joy to the hearer, but he does not know how to develop the process from stage to stage to reach one's True Eternal Home of everlasting Peace, Joy and Bliss. This is not at all possible by one's own unaided efforts or through the help of a spiritualist medium who can only call souls of the lower planes. The souls who are under the control of a Master-Soul, are altogether inaccessible to mediums. According to the Law of Sympathy, the apparitions of dead persons may come to a dying person, but will be of no avail or help to the latter as they are just roamers of a lower strata and, therefore, powerless to be of any effectual help. In the case of initiates under the care of the Master, the Master in all His Glory and Radiance comes to receive them at the time of their final exit and places them at higher inner planes in order to ensure further progress on the Path.

Some of the teachers of Theosophy had inner access and the extent up to which they ascended has been referred to by them in their books. That information is quite useful in as much as it has a testimonial value for an initiate and holds out hope to him or her of the possibility of transcension into

higher inner planes under the loving care and guidance of a genuine Master. Their intrinsic worth, therefore, cannot be more than the sayings of others who have gone inside, as recorded in other holy books.

Discipleship truly consists in unswerving devotion and resignation to the Will and Pleasure of the Master.

By complete resignation, all mental chattering is thrown overboard and then there are no more cravings or desires.

The tumultuous hubbub of the life of the senses is replaced by calm and collected serenity born of resignation and true renunciation.

It is in these silent hours that the spiritual consciousness begins to dawn.

Let it be clear to you that you have been put on the most natural and the easiest way to the Absolute God as given by Swami Shiv Dayal Singh Ji, Baba Jaimal Singh Ji and Baba Sawan Singh Ji, as it does not involve *pranas*. There is no higher Truth than this so far as known to the Masters of the Highest order. Swami Shiv Dayal Singh Ji said that the Master's job is to take you to *Sat Naam* and the latter in turn is to absorb the soul into the Nameless One, the Absolute God called *Radha Soami* by Rai Salig Ram Ji and accepted by Swami Shiv Dayal Singh Ji. This is called by Guru Nanak and others as '*Soami*,' '*Anami*,' '*Maha Dayal*' or '*Nirala*.' The term *Radha Soami* does not denote any new thing, just another name for the Nameless One. If anyone says it is otherwise, he does not appear to be in full knowledge of the facts. Be rest assured, we are all children of the same Father, the Supreme Reality, called by the Masters by many names.

SPIRITUAL ELIXIR

All dear souls who have been entrusted with any of the Master's work are fortunate. They are a privileged staff. But they have a heavy responsibility to discharge. Their actions react on the fair name of the Master's work. So they must be loving, tolerant, cooperative and imbued with a desire to render selfless service to mankind and be regularly devoted to their meditations.

All their kind and noble work has its value and is highly appreciated by the Master overhead. I am glad you are trying to be as helpful as possible to all those who come your way.

There are two types of people in the world: first those who can withdraw, introvert and take inspiration directly from the great Power within. Secondly those who depend on outer aids, like churches or temples for worship. They try to seek inspiration from the great forces of Nature, like the sun, the moon, the snow-covered hill-tops, waters of the sacred rivers, as different manifestations of the One Power behind the entire universe.

Everyone according to his faith and degree of concentration receives some benefit from his mode of worship, for nothing is lost in Nature and no effort goes in vain.

The truly yearning hearts are led to the Living Master with His grace. The sacred teachings of the Masters have a positive approach and are universal in their design and decorum.

All are cordially invited to share the same without any distinction of colour, creed or country.

GENERAL

I shall be glad to assist all true seekers after Truth, who may be lovingly directed to write to me about their welfare.

I am glad to find that people attended the bimonthly Satsangs despite the inclement weather, even though the attendance was comparatively small. It does not matter, as the quantity does not count as much as the quality. The latter is of great importance. Your loving and cooperative efforts will be blessed with increasing attendance and the sincere ones will be rewarded for their flawless devotion and determination.

Initiation is pre-ordained. Those who are ordained to receive it in this life get it and not otherwise.

I very much appreciate the love and devotion you have for me. Heart goes out to heart and it is the heart which receives the impulses.

As regards the physical ailments, it is better to do your best and leave the rest to the Master overhead. Please try to devote your regular time to the spiritual practices in an accurate way and it will help you both physically and spiritually. Each one has to bear the burden of his individual *karma*. That is the Law. As you sow, so shall you reap.

We are hearing of experiments of all kinds. The atom bomb, hydrogen bomb, and rockets and missiles are reaching the moon. The world seems to be in a frantic race—outwitting one another, nation-wise, as is apparent.

SPIRITUAL ELIXIR

The way of the initiates is, however, crystal clear. They are to attune themselves with the God-Power. And as God is love, they will be radiating their vibrations of love to all. They are under the protective care of Master-Power overhead, and need have no fear about their physical bodies. It is a covering and has to be shaken off sooner or later.

You have imbibed the sacred Truth, which will in turn be an inspiration to others for bettering their lot with the grace of the Master. You have received the *Crown of Life* which adds to your gratitude, thereby unfolding new thoughts for you. Assimilation of holy *Shabd* in fullness will grant untold strength to the soul which will shine in radiance for the benefit of others.

I am glad for your speedy and miraculous recovery from recent illness. The faithfully obedient and disciplined devotees pass off such physical ordeals cheerfully and remain unscathed.

As you have been accepted you need not worry. It will not be long now. The experience you had is a testimony to the grace of the Master Who is working overhead. This gives consolation to the newcomers on the way. You may rest assured everything will be alright with the grace of the Master.

Try to do one thing at a time. If you exercise discipline in all of your affairs, your progress will not be retarded by any amount of extra responsibilities you may have. Try to put in regular hours undisturbed by any thoughts of the material things about you.

GENERAL

Your example shall shine like a torch in the darkness and men, even those who may at first oppose you, will turn to you for guidance and help. You will find a new sense of peace surging through you, a peace that does not depend on the absence of outer disturbances, but is an inner state of mind that stands unshaken even in the most tempestuous situations.

Your growing aversion to worldly pleasures is another step forward toward your spiritual progress under the protective guidance of the Master. One must be in the world attending to the duties and obligations assigned to him or her, but one should do these in a very detached manner. Such an attitude will not be binding but will become a source of liberation and blissful harmony with the grace of the Master.

There is no need to dread any catastrophe that may occur. The souls who are on the way are being and will be looked after and extended all feasible help by the Master-Power working over them.

The world affairs are not too good, but the initiates' duty is clear. They have their ideal before them, and they should continually and lovingly work for it. Regardless of what occurs, the initiates have a privilege. They have the Master-Power working over their heads. He is constantly looking after their benefit and extends all feasible help and grace.

Please do not worry if everything is shaken all over the country. Such things do happen. The Master-Power will be extending all feasible help and protection to the dear loving souls.

SPIRITUAL ELIXIR

If any of the dear ones should stray and will not accept the great love and the protection that the Master always extends to His children, they will delay their own spiritual progress, and mere change of residence will be of no avail.

Although the times are growing more difficult from day to day, and evil prevails on the surface of the earth because man has forgotten God, it is an opportunity for the initiates to be faithful to their spiritual practices and make steady progress within, because therein lies their safety and that will not only help them, but will help others as well.

When a candle is lit, it should not be placed in an obscure place or under a bushel, but instead it should be placed at such a place where it may shed Light for the blind and world-weary children who seek their way to the True Home of their Father through the gracious guidance of the Living Master.

No work can be loftier or contains more grandeur than that of helping the struggling souls find a way to their True Home so that their endless struggle may come to an end.

I am sorry for the passing away of your precious brother, who was much loved by you. He was a loving soul and met with a glorious end, leaving behind a legacy for the dear ones, which will serve as an inspiration for the initiates and others.

You should rest assured that he has been fully taken care of in the Beyond and his broad smile before passing away is a gesture of his gratitude, which he confirmed fully, that the Master was with him.

GENERAL

Your experience of seeing him climbing the ladder, full of robust optimism is a positive proof that he is enjoying perpetual bliss in the Beyond, the Eternal Home of his Father.

The Group Leaders certainly owe much to the holy cause. They not only lead the group, but carry the Gospel of Truth, love and tolerance to others and as such, need to exercise extra care and vigilance.

People with varying intentions attend the holy congregations. Some come with deep reverence, humility, and devotion and earn their fortune by assimilating the sacred virtues and imbibing the sacred teachings in their proper perspective. Others may be coming to find fault with the organization.

If the leader is upright, sober, and spiritually devoted within, the malicious person will not be able to inflict his or her intentions. Otherwise conflict is the natural consequence.

I am most happy for your loving efforts in taking the children's class. It is so good that you are watering the young saplings, which when grown in stature will prove an asset for society with the grace of the Master.

The children of tender age if taught the art of meditation will do much better in their later days when they will find the guiding hand of the Master over their heads.

How fortunate is a child who will repose fully and surrender completely in the strong and protective arms and loving care of the Father! He then becomes

SPIRITUAL ELIXIR

care-free, leaving all the work to the Merciful and benign Father, of working out things as He deems best. Such a life becomes supremely sweet and all his problems become easier and his way becomes clear and smooth. The Master-Power is constantly extending all feasible help and blessings. Let us fully repose our trust in Him. The fortunate ones do as the Master says, and receive all the necessary material help, which goes a long way to assuage the severity of the *karmic* debts. The difficulties and troubles may come, but they pass off without leaving an ugly mark behind. Please do not lose heart.

Fortunate are those to whom the Master grants an opportunity, however small, to serve His holy cause. Master has appreciation for all those who do His work.

Ups and downs do come. Even the darkest cloud has a silver lining. We must always look to the bright side of things. Many good and necessary lessons are derived from adversities. These are indeed helpful.

I am sorry for the passing away of your dear brother who was in South Africa. It is the supreme Will of the Lord. Each one of us has to leave this physical plane in our turn. You should, however, be glad to know that the gracious Master-Power extends all feasible grace and protection for the near relations of the initiates under His Will.

The physical life granted to us is a great opportunity and we should make the best use of it. Playing with worldly charms and temptations is just like trifling with toys.

The *Crown of Life*, published last year, is a banquet hall of Spirituality dealing with the Science of the Soul in all aspects. Many a dear one has benefitted and appreciated its sublime worth.

Man is the highest of all creation. His greatness lies in rising into Higher-Consciousness of which he is an essence. The awakening of a soul into the higher Oversoul is the essential part of man and without achieving it human life's greatness is ruined. It is neither a creed nor a dogma nor a ritual but actual transcension into higher realms. It is only rising above body-consciousness and does not involve death. You need not be afraid of it. It will do you no harm. One should yearn for such a high life for herein lies true bliss and tranquility.

Prophecies are not always correct. The destiny of child humanity is controlled by the gracious Master-Power. Human intelligence is far too dull to comprehend the Divine laws.

The initiates in the U.S.A. or elsewhere need not be afraid of any impending catastrophe. The souls who are on the way are being and will be looked after; they are under the custody of Master-Power working overhead, extending all feasible help.

Everyday brings untold opportunities for spiritual perfection, and the disciplined initiates look forward eagerly to the allotted hour to be devoted within for the enjoyment of Divine revelations.

Out of a loving heart a man speaks. Love, full of devotion, clears the way to God. The yearnings are the foreshadows of God coming to us. Ours is to sit at

the door, fully reposed, to receive His blessings, with no clutching whatsoever. That which comes from a loving heart draws forth love from others. There is much in store for everybody and the same awaits you. The Master-Power overhead is watching your interests in all matters, spiritual and Divine and even a little step onwards will surely bring you nearer the Goal.

How wonderful it is to surrender completely to the One Who is Competent and Loving and to feel His kindly presence and grace working in every sphere of life. I am glad that you truly and sincerely want to give obedience to the Master and are aware of the need for 'house cleaning'. The more one is able to develop receptivity by keeping His Commandments, the more one is able to feel, retain and enjoy His grace. The Master-Power working overhead will help you in all your efforts. The involuntary tears that flow down the cheeks in loving remembrance of the Master, will wash away all the dirt of the mind. The Master's grace and blessedness is boundless.

Sitting in sweet remembrance of the Master is exactly what the words imply. There is no technology involved in it. It is simple enough—a feeling of deep-seated love naturally created within, or a longing. The quiet solitude of a place can be helpful to meditation. Service to the beloved Master is one of the potential factors that help to cleanse the vessel of a person, and it is a powerful aid in getting within. To go within is the first and foremost duty of a disciple, and this can be achieved through the grace of the Master which in turn is hastened by the disciple living a life of love, service and meditation, for they are linked and co-related to each other.

I have read the bulletin you received predicting the destruction of America. Those who are adept in astrology, do predict the coming events by their calculations. It may not necessarily be all true. They make general statements. The coming years of course appear to be fraught with all kinds of terror, destruction, privations, and miseries. When it will come, it will assume a proportion of destruction extending all over the world. The East will not be immune from this. No one will be able to help the other, even should you resort to the hills in a body, for all gathering anywhere will be subject to bombs. The countless people who are given over to a sensuous life will suffer the most. There will be a clash between class and class, country and country, and each one will try to dominate the other. The deeds of darkness are increasing day by day. It has become hard for an honest man to live in the world. When vice reigns supreme, the Negative Power would not spare any one and it is now trying to restore the lost equilibrium. When the branches of trees encroach upon the road and come in the path of the wayfarers, the roads are cleared by the horticulture department. So the Negative Power would not spare any one, for it is after clearing the way by the horticultural process of Nature, viz. destruction by wars and diseases. Let us therefore cast off deeds of darkness and put on the armour of Light and devote ourselves heart and soul to the remembrance of the Lord and repose all our hopes in Him and the Master working overhead. The more we follow a virtuous life, these calamities, if they do befall us, will not affect us. The devout and virtuous need not worry in the least. 'Thy days are numbered' is an ancient saying. I would say the very morsels we take and the breaths that we inhale are all numbered. Each man has to cast off the mortal raiment in a manner predestined and preordained by past *karmas*, viz. by disease or accident.

Death cannot befall any one before it is due. Then why worry? We may not know as to how we will meet death, by disease or by accident, but one thing is certain, if the sweet remembrance of the Lord exists at the time, we will have a peaceful death, as the Master's presence will be overhead. The only thing that is required is to have sweet remembrance of the Lord at all times. We would, therefore, repose all our hopes in the Master, remain where we are and watch our progress. If any calamity does befall, do not lose heart, but use your common-sense and have recourse to the means best suited to the occasion. You need not dread any dreams or passing rumours. The Master-Power overhead will guide and help all of the time, here and hereafter.

Photographs should be kept only for remembrance and not for visualizing. Dwelling on photographs will, after some time, bring the picture before you which will neither speak nor move to guide you inside. On the natural Path mind has to be stilled. Everything will come naturally and unasked.

Most of our attachments and actions in life are to pay off the *karmic* debts. Your going to relatives again and again was one of them, but this should not worry you. Now that you are on the right Path, nothing else should matter. Live where you like, do your meditations regularly with a firm faith in the Master and continue repeating the holy Names all the time. It will help you and will serve as a protecting wall around you.

I am sorry for the passing away of your dear sister. She was a loving soul and met with a peaceful end, all with the grace of the Master. The physicians cannot comprehend the protection of the gracious Master-Power, which is always extended to the child disciple when he or she departs for good in the Beyond.

Her appearance to you in a dream state has a significance, which you could not adequately understand. She wished for her son not to be perturbed about her departure. Your part is to console him and guide him whenever necessary. You should rest assured about her satisfaction in the Beyond with the grace of the Master.

This Science of Spirituality is definite and natural with sure results. It has been given many names throughout the past. All the past Masters gave the same teachings as did Jesus Christ. It is a universal teaching in all the religions of the world and this is amply borne out by the sacred scriptures everywhere. The theory, in whole or in part, of course, differs in various circles of the faithful, but the Divine links of Light and Sound are only given by a practical Living Master. The distinctive feature of this natural Science is that one first contacts the Master inside, face to face in His Luminous Form and may also talk to Him as one ordinarily does outside. So, in this science, true 'meditation' begins only when one meets the Master within face to face and talks to Him. This is the practical side of all religions for approach to Absolute God during one's lifetime.

I appreciate your kind sentiments for dear—and other relatives. Your compassionate attitude for their physical and spiritual improvement is notable. The gracious Master-Power extends equal loving grace and protection to the blood and near relatives of His initiates, and your loving sentiments may prove efficacious to each of them in bringing them to the Holy Path. You may encourage every one to understand the theory of the sacred teachings and side by side, the higher values of spiritual beatitude,

and when they have grasped the theory fully, and are able to follow the prescribed dietary regulations, they may apply for holy initiation and necessary arrangements will be made for their being put on the Path.

I am sorry for your recent indisposition which is now a matter of the past and you have withstood the strain very well with the grace of the Master. Physical troubles do crop up at times due to the reactions of past *karmas*, when the child disciple is obliged to undergo a purification process for eventual spiritual progress. You need not entertain any apprehensions whatsoever on this score as the gracious Master-Power will enable you to regain your lost energy through the refined pure vegetarian diet. You may, however, go ahead with your old age pension application and it will be in your best interest and will provide you with an allowance for your maintenance. Your dear husband is so good and kind to you and this is indeed heartening. Kind-hearted people are abundantly rewarded for their noble deeds. Please convey my love to him.

It does not matter if your present state of health does not permit you to meditate in the prescribed postures. You can sweetly relax in a lying or reclining position in your bed or on a couch, and meditate in that position. You will find that with the grace of the Master, the withdrawal of sensory currents from the body below the eye-focus will become possible, and you will be able to enjoy the serene bliss of Divine Lights and the Holy Sound Current within. You should not strain your nerves but instead learn to relax, and relax completely and let the Master-Power transport you within to the regions of pure bliss and harmony.

Most fortunate are those who get a link within at the Tenth Door of the Light and Sound of God, to be developed from day to day. The huge mass of humanity is groping in the dark in feelings, emotions, and inferences and is not prepared to receive this rare gift. The Master working overhead is aware of all that occurs within the initiates and He continues to work for their benefit.

To have one's feet in different boats is likely to damage one's own interests. It is regrettable that———should be dividing her attention and thereby harm her own spiritual interests. I have, however, love for her and will be glad to see her devote wholehearted attention to her spiritual progress. We have a need for the Masters that have gone and their valuable spiritual experiences, now forming part of the scriptures as these, to kindle a desire in us to obtain those spiritual experiences and peace which they had attained. But the necessity for a Living Master for one's own inner development is a Divine Law. It is good that you understand it fully.

If one has benefitted from a Master up to a certain level, one should be thankful for whatever one has attained through him. So, there is nothing wrong in your being helpful to the representative who helped you to come to a certain point beyond which he could not help you. You might explain their *Yoga* practices and those of *Sant Mat* and the great need for coming to the Master's teachings. 'Divine Justice' is an order under the Divine Law whereby exact rewards are afforded to one according to what one does, be it good or bad, painful or otherwise. 'Divine Grace' may be termed compassion from the Lord overhead, which works through the Master's impersonal love and sympathy. It is this Divine grace and love which helps all those who pray for it from their hearts, of course, through the Master.

Spirituality is more a practical Science than a mere theoretical dissertation. The various scriptures of the different religions of the world provide us with the theoretical aspect only and cannot give us a demonstrative experience of the Reality in the laboratory of the human body.

Do not worry if you stumble; there is always your Master by you to take your hand. Those who stray away just harm their own interests, and it is unfortunate that one may be led away by catchwords and propaganda. In the absence of a Live Force, deterioration and stagnation sets in and frantic efforts are always made by the interested parties to try to carry on their work.

The noblest service one can render in this world is to help people tread on their way to their True Eternal Home. No financial service would be too great for assisting such a noble cause. But it should always be loving and spontaneous. No compulsion, no taxation, no impositions. If the disciple will only learn to love, all other things will follow of themselves.

There is one God and there is only one Way to Him. You have been put on the Way. A follower may notice some similarities in the preliminaries when following any Path. But when one is inclined to be practical, he will find that anything similar is not necessarily the same on the way to God.

The road to perfection lies in walking rather than in talking and such a thing as judging others or the Master from one's own viewpoint or understanding gained so far, is hardly justified or proper for anyone. All are on the road to Perfection and it is not wise for anyone to find fault with others.

How fortunate is the child who reposes fully, and surrenders completely in the strong, protective and loving care of the Father and becomes care-free and works according to the directions of the benign Father. His life becomes sweet, his problems become easier, and his way clear and easier to tread. Let us all be full of trust in Him.

As regards smoking, you can stop 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 advice. If by abstaining from smoking, you feel any ailment, you can have recourse to homeopathic medicine i.e. 'tabacum' 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 to devote time to meditation.

It is unfortunate that interested people are plying the trade of man-hunting and lead the true seekers astray by their wild propaganda and nefarious activities to achieve their own ends.

It is indeed a great service to make a dreary child find its way to the Father and contrarily it is the height of sin and stupidity to prevent one going the right way and to misguide him. Your timely action is appreciated as you have forewarned him that all that glitters is not gold.

The initiates of Ruhani Satsang have a firm footing to stand upon as they are invariably blessed with inner celestial manifestation to start with, through the grace of the Master.

SPIRITUAL ELIXIR

I had been feeling for many months the great hardships that you were facing. It had been my constant worry and you have always been in my mind. I hope you will now write fully about all that. When the Lord wants to make a great poem of a man's life, He sends him or her to the school of privations, worries, and difficulties, and all the time He keeps extending His protective hand over him or her to pass through unscathed.

The teachings of the Masters are for all mankind, all the human beings, the ensouled bodies and, therefore, draw no distinction between East and West. Shorn of all rituals and ceremonies, they aim at the liberation of the soul or consciousness in man from the bondage of mind and matter and it merges in All-Consciousness. It, therefore, requires a little adjustment in one's way of life and circumstances in the routine of human life. With internal development in due time, outer vacillations do not deflect one in his or her inner flight to one's True Eternal Home.

It is a happy thing to note that you have a dominant desire to better the world in which you live, and that you worry about the human race and let your Salvation take care of itself through good works and clean living. It is a very noble idea. But the practical way of effectively carrying it out is to first grow into a beautiful flower yourself and then to emit fragrance and sweetness to all, as a matter of course. You cannot clean the road completely of all the thorns, thistles and the bitter things that lay across it, but surely you can put on strong boots to save your feet from all harm. The ethical and clean life is most essential, but without some degree of inner conviction, one would generally run the risk of a lapse, under some severe stress and strenuous strain.

This conviction and growth, in fullness of bloom, is necessary and the Master through His sheer grace and kindness helps to obtain it. Your welfare is as dear to me as a loving Father has for His child.

I do hope that in the thick and thin of your busy life, you will try to snatch some time daily. During these periods cut yourself off entirely from the outside world, your environments, your body, and entune yourself or soul, sweetly and lovingly with the celestial Light and heavenly Music. Develop from day to day so as to attain a conviction necessary to ward off the stormy onslaughts that you encounter in your daily life.

In the Divine dispensation as well, the law of demand and supply operates as much as in all other spheres of life. If anyone is benefitting by treading the Path to God, it is because of the grace of my Master which is invisibly working and helping him or her up. To be on the way to one's holy Home, is the highest of all the privileges that a human birth confers, and with the grace of the Master-Power working overhead, it is possible to achieve it. It is a gift of God through the God-Man.

Human body is the priceless asset granted by Providence and its adequate maintenance is the prime concern of the disciplined initiate. Your endeavours for increasing the flow of physical energies with the aid of ——— is noted. Please note that the physical body is suffused with infinite strength and vitality if one lives in accordance with the commandments of the Master. These lay great stress on self-restraint.

SPIRITUAL ELIXIR

You should always accept whatever comes your way unasked for, and in a natural way, as therein lies your betterment. Work is worship. Be patient and earnest in the discharge of the duties entrusted to you. Such a routine will bless you all around with His grace.

The inner revelations of Divine Order bless the child disciple with wisdom of a subtle type, and the intellect is sharpened in due course. Your interpretation is correct that one is empowered to read the minds of others. But it is dangerous to meddle with the affairs of others. If spiritual attainments are dissipated in such like showy things, there is every possibility of losing the hard-earned spiritual merit.

The disciplined initiates should be all the more humble, pious, and overwhelmingly grateful for the Divine grace. You should know that the Lord is hidden to the naked eye and those to whom He does manifest must be silently receptive and resigned to His Will and Pleasure.

Spirituality is the highest Goal in man's life and it is also the most difficult. Only those who are really in search of the Truth should venture forth to tread on this Path.

The spiritual aspirant, like a good horseman should endeavour to keep his feet in both the stirrups for gaining all round success. Such a happy and serene life becomes an asset when you accomplish success on spiritual as well as worldly sides. My best wishes are always with you.

As long as we do not have an inner experience of the soul, we remain in utter darkness. Bookish knowledge becomes a headache as it draws the mind out into the world through the senses and makes it feel identified with the senses by constant association with the world. On the contrary, Self-knowledge satisfies the innate craving and hunger of the soul for peace and happiness. All that we need learn is the Book of Man, for the greatest study of man is man.

Please carry on steadily in order to progress from day to day and enjoy the true peace and bliss of the Beyond. You are always in my mind. Life is full of struggles and troubles. You have to wade through them. It is a liquidation of one's *karmas*. Please do so with cheer. You have at your back the great Master-Power extending all feasible help and protection. That Power shall never leave you until the end of the world.

Reading of books is a good thing. But their purpose is that one should mould his life so that the good about which one reads becomes a part of his life.

The very fact that we exist makes us want to understand the process of life. How and why have we come into existence and what happens after death?

The discovery of the theory of evolution by modern science does not fully satisfy us, for it deals with the physical side only and does not account for the Higher Planes of manifestation, i.e. the Spiritual Planes. In the teachings of *Sant Mat* we are given the knowledge of the soul and its journey to the source.

SPIRITUAL ELIXIR

You have been put on the way to God, which is the most natural and easiest of all. Do not be led away from the Path. Transcend the body and have a flight in the higher regions, in order to know thyself and see that you are a drop of the Great Ocean of Consciousness.

Radiate love to all creation. The grace of the Master-Power is working over your head bountifully. As you sow, so shall you reap. Let your physical sojourn be sweetly ethical, co-operative, and tolerant. Without these virtues the great spiritual flights evade you.

Be watchful! We are on the way to Perfection. We are not yet perfect. Be steadfast and careful, with faith in the Master-Power overhead, and proceed from day to day. You are protected by the Master-Power working overhead. *Depend on Him*. You will have all the necessary inner help. The Master is waiting for His dear children to come to Him within.

Man is the most ancient of all sentient creatures on earth. All religions and all sacred texts came into being only after his advent. All religions were made for the benefit of man and man was never intended for any religion. God made man and man made religions. Man is the author of all scriptures, but the Grand Mystery of life, which the latter describe, ever lies within the human breast.

No one can know and solve it unless some Master-Soul points the 'way in' and helps the soul to withdraw and transcend all limitations, physical, astral, and causal, before one is enabled to have a complete glimpse of the Radiant Form of the Master within, and to listen to the inner Divine Music.

GENERAL

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 the powerful but loving grace of the Master who is always with you extending all feasible help, guidance and protection.

Rome was not built in a day and the True Abode of the Lord is not to be attained with a few weeks' labour.

Most seekers want quick results. They want miracles and sudden transformations. But the seed generates rapidly only in thin soil and then withers away. The seed that must grow into the life-giving tree must grow more slowly.

The Science of Spirituality as it has been taught by all Masters and as it has been given to you, is a perfect Science. Its truth has been demonstrated by some initial experience. The rest depends upon your individual effort. The Divine grace is ever ready to pour itself into the vessel, but the vessel must first be ready.

The Path is certainly not easy, but for one who has made such love the corner-stone of his life, nothing could be easier or more certain. Jesus never promised the peace and comfort with which the world is familiar. It was the Cross He offered. We have to suffer to reshape ourselves, to destroy the old and forge the new.

SPIRITUAL ELIXIR

Physical bodies of all are apt to undergo change and 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 in following them.

A devoted disciple with simple and cautious living and reposing his all in Master-Power needs not place much thought on *karmic* situations.

Devotion has always mastered the hard way.

Selfless service means a service for which one does not claim any reward or recognition. It is no imposition or taxation, but a free choice, to subscribe something for the holy cause. You should meet with your mundane expenses and afterward if you happen to save something for your old age, you must save, and over and above that if you have any surplus to subscribe, you may do so.

Man has very great potentialities. He is three times blessed. He possesses body, intellect, and soul. Soul is a link in man with the All-Pervading God and gives power to both intellect and body. All three aspects in man should be fully developed.

To the loving and obedient disciple there should be no fear of death. It will only change the arena of action for the better, until they are escorted to their final Home.

True renunciation within comes through communion with the *Shabd* alone. Nature, with all her charms ceases to have any attraction for the renouncer.

GENERAL



Sant Kirpal Singh Ji Maharaj
1894-1974

SPIRITUAL ELIXIR

By renouncing everything, one penetrates into the all-pervading spirit. His attachment to the environments is done away with and his bondage to matter is ended. Thus no more births and deaths await him. Thereafter the life of the senses and the glamour of the world no longer fascinate him for he is on the way to the Lord.

Gratitude is a tonic for the heart which is the seat of loving humility and adoring devotion.

You are correct in desiring to develop more love for the Master. To love Him, one must follow His Commandments. Until one can love, *obey* and transform one's life, the gift of the Master remains as a seed locked away in a steel vault that cannot sprout and grow to fruition.

The Masters of the Sound Current Yoga in speaking of Light and Sound do not refer to outer ones of this world, but to inner transcendent ones. The transcendent Light and Sound, they teach us, are the primal manifestations of God when He projects Himself into creation.

In His Nameless state He is neither light nor sound, neither darkness nor silence, but when He assumes shape and form, Light and Sound emerge as His primary attributes.

Regarding the surgery you mention, you may undergo the same and keep calm. All gracious help and protection comes forth unasked from the Master-Power working overhead.

GENERAL

You are, however, advised to restrict your diet to the strict vegetarian schedule even in the face of medical advice, which will enable you to pass unscathed during this ordeal with the grace of the Master.

You should resort to the repetition of the sacred charged Names mentally, while fixing your inner gaze in your eye-focus, and sweetly thinking of the Master during your bed confinement. Besides you should try to attempt listening to the Holy Sound Current as coming from the right side while reclining or in a lying position in bed. All this will go a long way in blessing you with rare courage and fortitude to withstand the hazards of physical pain and mental agony.

I was away on tour to different places in the Punjab. This time over 300 people were initiated, and all of them had wonderful experiences.

I am glad you are progressing. The Master is ever with you, guiding and helping at every step. If you go inside and contact the Master within, He will talk to you and you will be overjoyed. I wish you speedy progress. Please be regular in your practice and you will progress.

Everyone is a precious personality and must have his due reward. Everyone has been endowed with great potentialities which can be developed by making proper use of Master's grace. The Master has, out of compassion and love for His children, blessed them with the benign Holy *Shabd* and if the loving children learn to obey Him they will improve their welfare. The Master has great love and compassion for one and all.

SPIRITUAL ELIXIR

Ruhani Satsang means ‘spiritual gathering’ and stands for that. It is universal for all humanity, and is the way 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 to God. I still have love for them. Whenever they will turn their faces this way, they will be welcomed.

Fortunate are those who avail themselves of the opportunity, while in this life, to attain Spiritual progress. The Master-Power’s grace is always available to the initiates and crowns their efforts with success.

You need not magnify your troubles as the gracious Master-Power is always over your head. You should consider yourself as a humble servant of the Lord-Master and attend to the duties entrusted to you with diligence and earnestness, caring little for the rewards.

Such trials and tribulations are part of the normal routine of physical life and equanimity of attitude will bless you with rare strength and fortitude.

Every initiate of a Competent Master is destined to reach his True Eternal Home. The speed is accelerated when the disciple obeys the words of the Master. In this way great progress is made here and now. When an initiate reaches *Sach Khand*, he or she is free from all passions and desires and is in a complete state of bliss. The question of one being assigned the duty of Master depends upon the Lord.

GENERAL

The truth is that God is spirit and can be worshipped in spirit only. We cannot worship Him with human hands and much less in hand-made temples and synagogues. He dwells in the in-most depths of the human soul. He is immanent in every form and not apart from forms. All colours and all patterns alike take their hue and design from Him alone. Whether we believe in Him or not, we actually live in Him and have our very being in Him.

Prophecies are merely calculations limited to the comprehension of the human intellect, whereas the Divine Plan is subject to no physical laws.

Never mind about your past, no matter how gloomy or unhappy it has been, because the gracious Master-Power has blessed you with the climax of Divine Mercy when you were privileged to be led to the Living Master and were accepted by Him.

Let the waters of repentance wash away the dross and impurity of heart, and then strive for a better mode of living by complete dedication of heart and soul. The Light of God is ahead within and the Heavenly Melody is inviting you to let it escort you to His Holy Feet.

The article you sent is quite interesting and it is a good sign that some of the scientists are now coming to see the Truth of the teachings of the Masters and coming together to the conclusion that the basic reality of our universe is not matter but Music, the Sound Principle reverberating in and through all creation. The initiates know it and are put on the way to contact this aspect of the expression of the Great Creator and enjoy the great symphony of the incessant

Music flowing therefrom. This is what Plato called the Music of the Spheres. You see, therefore, how fortunate and blessed are those who are initiated by a Competent Master into the mysteries of the Beyond. And if the initiates fail to make progress now that they have been given a contact with the Divine Music, by not putting in daily effortless effort, they will be missing a rare opportunity.

Masters overhead are considering if the disastrous future should be evaded. Let us hope in Their benign love for our future good. Those who have transcended the physical-self and seen the Beyond, to them the world's view becomes altogether changed as they see the whole thing from the level of the soul. For them no fear of death is left. Now you see how important it is to rise above the body immediately and to contact the Beyond. You have the way up; the only question now is to give time to the spiritual practices as prescribed by the Master, in an accurate way, with no hurry or clutching attitude, leaving all to the Master Who is working overhead.

If you will be regular in your practice, in an accurate way, you will progress from day to day. Reactions of our past *karmas* as well as the present ones go a long way to help or retard our progress. I hope you realize that you have progressed fairly well as compared with what you were in the past, and more progress still awaits you. The Master-Power is working over your head and awakening the real man in you. The dreams you have are the reactions of the sub-conscious mind, which is filled with the impressions of the past, the dreadings of the day, and the fears of the future. If you do *Simran* for some time and have some sweet remembrance of the Master as the last thing in the night before going to

sleep, the dreams will, in due course, cease to afflict you. Love does not grow in fields, nor can it be purchased from an apothecary's shop, for it is an impulse which is awakened, kindled and fired by the lyrical glances coming from the eyes of a love-laden soul. There is another way also, poor though it may be—try to remember the one you wish to love at all times. This constant remembrance gradually develops into love. This love helps all around. It keeps your mind always directed toward the Master. When it is strengthened, you will begin to lose body-consciousness. A sword, when it strikes, cuts a thing in twain, but the sword of love is such that it unites and cements two hearts into one.

The world has arrived at that particular cycle in its evolution 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.

If one is spiritually developed in life, he or she remains so in after-life, but if one is not so developed, how can he develop after death? We have a golden opportunity now in the human body wherein we can develop to any degree of perfection and can become detached from the things of this world.

When one has developed overwhelmingly in love and devotion for the Master and has advanced spiritually so much so that he or she has become detached from worldly things, he need not return to earthly life, but will proceed onward in the Inner Planes with the guidance of the Master-Power residing with him.

If only the initiates would do and act as they are told, surely they will rise up into the Regions of Light and Supreme Joy and meet the Radiant and Charming Master face to face. It may seem difficult, but it is a practical possibility and is within the reach of every one with the grace of the Master. Everything that is holy, lovely and good is hard, but the rewards are supremely superb.

Psychic phenomenon shows only the experience you have on the way up. These are the means to the end, but not the Goal. Time factor is necessary in the attainment of all things.

Regular attendance at the *Satsang* meetings is very useful and helpful. It keeps the mind on the spiritual track. Avoidance of undesirable society is still another necessary factor, and all of these are extremely important in the beginning. A sapling needs water and nourishment. These factors go to nourish it, until it grows into a big tree which mighty elephants cannot shake. The outgoing faculties are to be inverted and the mind stilled. For this the remedy has already been given to you. Consider how great a blessing of God you have received. You can develop it while living in the world. Be brave. You cannot run away. That is the work of a coward. But there is one important thing to note. Try to surrender completely to the Master and under the cover of His power, protection and grace, you will wade through the waters of life unscathed. The loving Father will protect you like a baby, in the might of His strong arms, and pass you scot-free from the fires of life without a burn. Everyone errs. Through these errors you have to grow into a pure and lustrous soul. Weed out the shortcomings, one by one. The diary is a necessity and must be used for this purpose. It helps you to keep an eye on your ethical side of life, for this must be developed along with the spiritual growth.

Remember that the Father wants to embrace His child. If the child's clothing is soiled with dirt or mud, He will not forsake him, but cleanse the child and take him or her into His lap. He is always with His children whom He loves, a hundred times more than the proverbial love of a mother.

I am glad you felt the Master walking with you on June 7, to shake off your great load of anxiety and paralyzing nervous reactions of the wrongs done to you by others, and that it toned your spirits. As long as you live in the world, you must be up and doing. You must work with ambition and whole-heartedly, and therein lies all beauty. All of creation is beautiful. You love God. As He is immanent in every form, you must love all His creation. But be not attached. Just as you go to a garden, you enjoy the beauty of the flowers and the verdure of the bushes, but you do not pluck the flowers or uproot the plants, otherwise the gardener would take you to task. You cannot have the results according to your desires or expectations. So always do your best and leave the results to the Master overhead and whatever the results are, take them with good cheer. They are always beneficial to the initiated, because the Master-Power working overhead knows what is best for His ailing child.

Married life is no bar to spirituality, provided it is led in accordance with the scriptural injunctions. You may seek a companion for your earthly sojourn, one who is of your way of thinking, and anxious to seek a higher worldly life. It would be helpful to both of you. My best wishes are always with you. You may go where you like, live anywhere, and do anything that may serve to help your inner progress. Anything that may retard your inner progress will not be in your interest.

SPIRITUAL ELIXIR

Should you get a chance to come to India on any assignment and are able to be near me, I will be glad to see you. The effect of personal aura and personal environments cannot be underrated. But while it is so, the Master is not limited by time or space. He is always with you even though He be thousands of miles away.

Please learn to be receptive to His grace and feel His kindly presence riding with you on the buses, chatting with you in the street, sitting with you in the park, by your office desk, accompanying you every morning to the office, slowing down by the lily pond to check the new flowers and walking with you in the evening all the way back by the new moon.

Master is always with the disciple and never leaves him or her until the end of the world. The Father will never disown His children.

PART III

MESSAGES

FROM

SATGURU KIRPAL SINGH JI

TO

SINCERE SEEKERS AFTER TRUTH

CHAPTER XXII

1952

Christmas Message

Dear Ones,

I send out my heartfelt love to you this day. I would have conveyed the same to you in person but due to certain unforeseen circumstances that has not been possible. Though I am not with you in person, I am always with you in spirit.

The highest aim of a man's life is to know one's self and to know God, but on the contrary, one is attached to the opposite sex and to gold all of the time. The latter things were given for use only and he had to make the best use of them. He is enjoying what he should have used only, whereas he simply talks about what he should have enjoyed. That makes him unhappy in the world. He is living, as it were, in a house on fire, viz., a body which is decaying every minute, and he is exulting over it out of ignorance. If he but knows as to how to transcend it practically at will in lifetime and attune himself to the 'All Pervading Spirit'—the Word—through the grace of a Master Who is Word personified, he would be happy here and hereafter. The Saints say what They see with Their own eyes whereas the priestly classes and others say what they record in books. The two therefore do not agree. The latter have already been afraid of the former lest they should lose the source of their livelihood. The latter therefore did their best to prevent the spread of the way of the Saints. We should see things with our own eyes that which the Saints preach, and not to be led astray by mere hearsay.

Every moment of our life is most precious. We should not fritter it away in useless pursuits, but devote it in the search of self and God.

December 4, 1952

Kirpal Singh

MESSAGES

1953

Christmas Message

Dear Ones,

I convey to you my sincere and heart-felt love on this day and wish you speedy progress on your way back to your Eternal and Blissful Home.

We have passed ere now so many Christmas eves. There is need to take stock today where we stand, how far we have travelled. Let us do so calmly but seriously. The Journey may be long but has to be completed. Life is running out, let not vain pursuits deflect us from our Noble Path.

The grace of the Master is overwhelming and is extending far and wide. Through His grace the long and tedious journey back to our Eternal Home is cut short and rendered full of melodious charm. His Gracious Love is overflowing, and He is waiting for you at the door back of your eyes to receive you. Ours is to invert and sit at the door. Let our steadfast devotion and wholehearted faith in Him stand in our good stead.

My best wishes are always hovering around you to quicken you on your way back to God.

December 14, 1953

Kirpal Singh

1954

**Message on
Birth Anniversary of the
Great Master Sawan Singh Ji Maharaj**

Dear Brothers and Sisters,

I am speaking to you from Ruhani Satsang, Sawan Ashram, Delhi, on this auspicious day of the Birth Anniversary of the Great Master Sawan Singh Ji Maharaj. I had the privilege of sitting at His holy feet for over 24 years. Many people are said to have seen Him. But very few were there who really saw Him in His Pristine glory. Some people saw Him from a physical point of view, working as an ideal householder, some as a good world citizen helping all high and low in their various status of life by word and example. The others saw Him as an intellectual man, finding out the same Truth garbed in the holy scriptures of all denominations viz., Hindus, Sikhs, Mohammedans and others and laying the same before the seekers after Truth. They saw Him from their different angles of vision. Very few were there who saw what He actually was. Just as one day Jesus asked the disciples as to who the Son of Man was. All present there did not recognize Him. It was Simon who saw Him in His true self, and said "Thou art Christ, the son of the living God." Christ said, "Blessed art thou, Simon Bar-jona (Saint Peter), for flesh and blood hath not revealed it unto thee, but my Father which is in Heaven. And I say to thee, Thou art Peter and upon this rock I will build my Church and the gates of hell shall not prevail against it."

(St. Matthew. XVI)

Further it is spoken of Philip that he said to Jesus, "Lord, shew us the Father, and it sufficeth us." Jesus grew indignant at his demand and said to him. "Have I been so long time with you, and yet hast thou not known me, Philip? He that hath seen me hath seen the Father; and how sayest thou then, shew us the father? Believest thou not that I am in the Father, and the Father in me? The words that I speak unto you I speak not of myself: but the Father that dwelleth in me, He doeth the works.

Believe me that I am in the Father and the Father in me."

(St. John XIV-8-11)

Guru Arjuna of the Sikhs also spoke in the same terms. "I have the highest abode, and have innumerable worlds to live in. My rule reigns throughout the universe. All creation is subject to me. People sing my praises from home to home, and people owe their loving devotion to me in all the world over. My Father has appeared in me and Father and the son both are working as one. O Nanak! Father was pleased so much so that Father and the son have taken the same colour."

(Bhairon Mohalla 5)

One night both Dr. Julian Johnson and I were sitting at the feet of Master Sawan Singh Ji. He was in a gracious mood. He said, "Whenever we come, we bring our working staff with us. When we have done our work allotted to us successfully at one tour, we are sent to the other fields." How beautifully He puts His coming to the world, though in very sweet terms full of humility, giving an inkling that He came with an authority from God. Kabir also said in the same way. "We are the knowers of the mystery of the Most High and have brought the orders of the God to be given to the world at large."

Master Sawan Singh was not a man of the world, and was not bound to the bondage of the body. He used to leave the world and its environments and traverse to the higher planes at Will whenever He wanted. He gave eyes to the seekers coming up to Him so as to see the Light of God and strength to enable them to rise into the higher planes. He was Word-Personified and dwelt amongst us. He was Love-Personified. He was an incarnation of Peace and Joy. Blessed were they who sat at His holy feet or whom He took under His care, and who sought Him and Him alone.

The Great Master preached with a clarion voice that there are thousands of lovers in all denominations, seeking the same beloved God. Although there are different religions, they all aim at the same common Goal before us. In fact there is one Truth working in all. The differences in religions are man made, due to the various customs and climatic conditions but their main purpose is the same. His aim was to unite all humanity into one Whole. Unfortunately due to the bigotry and narrow-mindedness, brothers are being separated from brothers. The Great Master made a common ground for all high or low to sit together in His holy presence, irrespective of any caste, creed, or colour, and work to see God.

Thousands of people of all castes, creeds, and colours ran up to Him from far and wide for spiritual satisfaction. I remember at one monthly gathering I went to the common kitchen where all the visitors were served food free of charge, to find out as to what quantity of salt was spent in preparation of the pulses in one day — and I found more than ten* maunds of salt was spent that day. Just imagine how strong the gathering must have been!

*approximately 373 kgs. or 820 lbs.

He revived the Science of *Surat Shabd Yoga*, which was lost sight of by even the present preachers of all religions. He taught practical Self-analysis viz., to liberate the soul from the bondage of mind and matter and know oneself and know God, by contacting the soul with the Divine link of *Naam* or the Word within every man, which is the way back to God.

There is a search in every heart to find out permanent peace and joy. He seeks it in objects of the senses and he fails. There are some requirements for achieving the object of life, viz., contacting God within. The seeker should be desirous of seeing God. His heart has become dissatisfied with the worldly attachments which are temporary and turns to find things everlasting, not subject to decay. For this purpose a Living Teacher is needed. This aim cannot be achieved by simply reading the holy scriptures. Those books give experience of what the Masters, who came in the past, had on their way back to God. They are worth tons in gold no doubt, but this is a practical subject of Self-analysis and rising into the Beyond, the practice of which can only be learnt from a Living Master. Mere devotion to the past *Gurus* and Teachers whom we have not seen in person cannot help us in that way. We might contact the Great Masters when we learn to transcend into the Beyond. When we meet such a Living Master we must have full faith in His wisdom and competency as faith is the root-cause of all religions. We need not have blind faith. Try to grasp the theory first, as theory precedes practice. When you are satisfied with the theory, you may take up the way as an experimental measure. When you receive first-hand experience, however little it may be, from the Living Master, you will be confident to develop the same from day to day by regular devotion of time to the spiritual practices. The devotion of time to the spiritual practices with loving devotion and full faith in the Master will give you splendid progress from day to day. You have to develop love and esteem of the

Master by implicit obedience to His Commands— Jesus said, “If ye love me keep my Commandments.” In this way you will develop receptivity to receive the grace of the Master in abundance. Jesus pressed the need of developing love of the Master so as to receive full benefit from the Master. He said, “Abide in me and I in you. As the branch cannot bear fruit of itself, except it abide in the vine, no more can ye, except ye abide in me. I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit for without me ye can do nothing.”

(John XV 4-5)

St. Paul states about his love of the Master which gave him a sense of Oneness with Him. “I live now, not I, but Christ lives in me.” Hafiz a Mohammedan Saint spoke in the same terms — “The Master has filled me so much so that I have forgotten the existence of my very self.”

As you think so you become. The Master leaves the body at will and traverses to the high planes. By developing intense love with the Master, your soul will begin to leave the body of itself without any strenuous efforts on your part.

Master Sawan Singh Ji when shaking off His mortal coil, ordered me to start a common ground on which all seekers after truth of all denominations should sit together. So to say to start a school or college of ethical life and spirituality wherein all can find a golden opportunity to develop spiritually while living in their social religions. That is what you find in Ruhani Satsang now before you.

As Master Sawan Singh Ji loved me I also have love for you. Abide in the love of the Master and you will be amply rewarded in the spiritual way. My hearty love and best wishes are ever with you.

July 21, 1954

Kirpal Singh

MESSAGES

1954

Christmas Message

Dear Ones,

Another precious year of our life has passed out. Some of us have travelled more, others less on the way to our cherished Home.

Soul is an indweller of the body for a short period only. Soul's stay in the body may be compared to a traveller who stays in an inn for the night and leaves it with dawn of the day and goes on his way ahead. Why is man so much attached to it and its sensuous enjoyments? The body is not its permanent abode; it is only transitory. We have to make the best use of it. It is the temple in which soul and God reside. We have to keep it holy and not pollute it with sins connected with the five passions, viz., Lust, Anger, Covetousness, Attachment, and Egoism.

God is Love, our soul is also Love, and the way back to God can be achieved through Love. Men are in the clutches of perverted love. If it is developed in the right direction, under the guidance of a Living Master, way back is ensured by listening to the rapturous strains of the Word reverberating in all creation.

There is hope for each one of us, I wish a delightful Christmas and a Happy New Year; may it bring you new hopes and renewed vigour to traverse the way before you. Let us have sincere devotion and implicit faith in the Master-Power overhead extending all feasible help to enable us to stand on our own legs. My heart goes out in love to all of you.

December 9, 1954

Kirpal Singh

1955

Christmas Message

Dear Children of Light,

I am sending you this Christmas greeting from India. I might be physically not with you this day, but my heart is with you all and in spirit I am with each one of you.

I had to leave you all and return to India, though in actual sense the whole world is my 'Home' and all 'Life' my family, but because of my being nationalized in India I had to return 'Home' and could not overstay in any foreign country.

All the laws of this world remind me of the Divine Plan by which every one of us has to return to our True Home after the time allotted to us is over, then it is a sin to overstay here. After taking birth as a human being and God being gracious enough to send His Representative to you, that you are at last blessed and are being recalled by our Father, so we should make the best use of this valuable opportunity afforded to us.

Blessed are they who find refuge at the feet of a Living Master. Once His, He never leaves nor forsakes us till He fulfills His promised duty of escorting, whoever comes to Him, to the True Home of the Father. Christmas is celebrated for Christ was born this day but the real Christmas will be celebrated when we really make up our minds to fulfill the aim of Christ's birth, viz., to enter the Kingdom of God within us, and bring the same on earth.

MESSAGES

Do you not consider this year the most fortunate one, in which you came in close physical touch with the human Pole through which the Master-Power works?

Many new seekers who came near were blessed with the first-hand experience of the Divine and had a peep into the kingdom of God within.

It is by the grace of my Master that I was chosen so, to help you all on the way back home and only through His grace am I able to give each one an experience and put you on the Path made easy for this age.

I quite appreciate the loving devotion of you all and the financial sacrifice each one made so that full benefit could be utilized of my visit to your country. But this is not enough. As everything has a value, so has God. To purchase His love, we will have to give all love and devotion to Him.

Love is the electrical lift which enables us to scale the spiritual heights within by contact with the Divine Word so graciously given to us all FREE.

If we could only still our intellect and remain embedded with love and trust in Him, then we can reach our True Home, without any exertion on our part.

God is love and the Master (God-Man) is Love Personified. When one's soul comes in contact with His overflowing love, we are saturated with His love through and through, which washes away all dirt of sins of the past and merges us to oneness with the Father.

SPIRITUAL ELIXIR

Peep and continue peeping within self with overflowing love to see and contact the Master-Power residing in you, Who will then manifest to you and guide you step by step into the path of the Truth which your love will open for you.

I am in India but my heart is with you all and I send you my heart-felt love to each one of you on this auspicious occasion of Christmas.

I wish you happy New Year and may you be blessed with renewed strength to hie you on your way back to your True Home with all safety under the protection of the Master-Power which is forever over your heads.

December 2, 1955

Kirpal Singh

1956

Christmas Message

Dear Children of Light,

Merry Christmas has come around once more. It is a season of great rejoicing for it commemorates the birth of Jesus Christ. However, if we are to make the occasion complete, it must be a season of meditation also. We must remember the cause for which Jesus was born and for which He sacrificed His life, and remembering it, we must live by it ourselves for if we love Him, we must follow His Commandments.

Let this day be a day of stocktaking. Let us turn within, recognize our weaknesses and try to overcome them. Let us sink down all differences and sit together in all loving devotion for the Master. Let us purge our souls and cleanse our hearts, for unless we are pure, we cannot see the Kingdom of God, much less enter into it.

If you can love your God with all your heart, with all your strength and with all your soul and love your neighbours as yourselves; if you can forget your prejudices and differences, your hatreds and petty jealousies; if you can love even your enemies as Jesus did, who died uncomplaining on the Cross, then all things shall be added unto you and you will achieve spiritual peace here and hereafter.

The love of the Master for you is boundless. The path is difficult, but He is always with you to guide you. Live by what He says, turn within and do daily meditation, and as sure as the sun rises every day, you shall become the seers and the hearers of the Word.

My hearty love is always with you and I wish you all a merry Christmas and bright and happy New Year full of new aspirations and new resolves, on the way to God and His Kingdom.

Kirpal Singh

1957

Christmas Message

Dear Ones,

Another year of our precious life has gone, bringing us closer to the great final change, called death. Those who have learnt to rise above body-consciousness at will, have won victory over death. Last enemy that we have to conquer is death. Blessed are they who have attained this competency at the feet of the Master—for they lose all fear of death—for them life and death make no difference—for they die daily and traverse into the higher planes. Physical Science has produced weapons to move in the space around the world and is also aiming to reach the moon. These inventions seemed miraculous in the past, but have now become a solid fact. Similarly all Masters who came in the past, knew as to how to rise above body-consciousness and traversed into the higher planes. 'Except ye be born anew, you cannot enter the Kingdom of God.' 'Learn to die so that you may begin to live'. With the lapse of time, men forgot this Science. This seemed to them an impossibility. But thanks be to the Master, this Science has been revived by His grace and fortunate you are who have been put on the way by rising above the body-consciousness. By the grace of my Master, I have lost all fascination of the world and am even now ready to go back to my Father's Home. Of course, I will work as long as He may wish. Blessed is my human birth that gave me this privilege by the grace of my Master, and on this Christmas day I send out my best wishes to each one of you to take the Cross and learn to die so that you may have an everlasting life, and wish you best of luck on the Happy New Year's day.

I will be glad to see you all love God and love all humanity and work in loving co-operation with each other.

Kirpal Singh

1958

**Message on the
Centenary Celebrations of
Hazur Baba Sawan Singh Ji Maharaj**

Dear Brothers, Sisters and Darlings,

May the grace of my Master be on you.

I am speaking to you on the auspicious occasion of Centenary of my Master Hazur Baba Sawan Singh Ji Maharaj. First of all I have to tell you that such Personalities appear on the scene to guide the child humanity back to the True Home of Their Father. They are children of Light. When They come, They give Light to all irrespective of the creeds and colours to which They belong. They profess that They have physical bodies made up of the five elements but they speak as inspired by God. They are as it were, the mouthpiece of God—the unborn with no beginning and no end. They are not subject to the Wheel of Birth and Death like all others, having identified themselves with God—the Son and the Father have both become ‘partner in life’ and become One—the Two in One.

Christ also said, "I and my Father are One". They come in the world, just as a Health Officer visits the prison, to look to the physical welfare of the prisoners, and he can send sick prisoners out of jail to be served in hospitals. They work as redeemers and liberate the souls from the bondage of mind and matter. They are not subject to the Wheel of Birth and Death. They are sent with a Commission to set the humanity free, irrespective of any caste, creed, or colour. I remember, one night, the late Doctor Johnson and I both were sitting by the side of Hazur Baba Sawan Singh Ji Maharaj.

He uttered of His own accord “When we come, we bring our own staff to work with us, when we have become victorious in one place, we are sent to the other side”. These words contain the sum total of what He was, and the purpose of His Life and how such Divines manage the work of Their Mission.

This clearly shows, He was sent by God with a Commission, and it is not the first time He was sent here, and that He always succeeded in the Mission He was sent for, as also He always brought with Him the staff to carry on His work. Blessed are they who had the good fortune of sitting at His holy feet and following His wake—as also those who follow Him and His teachings—the Word-personified as He was—will succeed in achieving the object of man’s life to be attuned with God.

Moreover those who are working for His noble cause are his chosen few to carry on the work. His work has not stopped, is going on and is flourishing. He has sown the seeds, grown the plants and His ‘Vineyard’ has been passed on to flourish from day to day, in the shape of Ruhani Satsang, of which you are all members—labourers as it were in the Vineyard of God.

Blessed are they who have devoted their lives, heart and soul for the propagation of His Noble Mission as well as those who are cooperating with them to bring forth fresh ones. Mind that a tree is known by the fruit it bears. A Prophet is known by the followers who have developed into his perfection. I appreciate the loving selfless services rendered by you all. Let me congratulate each one of you for the work you are doing and wish you all, leaving all thought of personalities and egoistic self, to cooperate in promoting the Cause set by Him.

MESSAGES

The true celebration of a Master's Birthday is to live up to what His ideal is viz., an ethical and chaste life, love for God and love for all creation and rising into God-Consciousness in life and write the same practically in own lives. Once one devoted follower was asked to write the life of his Master. Years rolled by and the people asked him when the writing of the life history entrusted to him was to be completed, to which he replied, "I am writing hard day and night to give the ideals of His life a practical shape in my own life."

Of course, the telling or writing of the true life story of my Master Sawan Singh Ji lies in practically living up to what He laid before us. Pray God that I may be able to narrate and complete the true story of His life before my sojourn ends on the earth and would advise you to also follow the example being set up before you.

God-Master sees all and showers grace on all who do the Will of His Father.

My best wishes are always with you all.

July 12, 1958.

Kirpal Singh

1958

Christmas Message

Dear Ones,

I join with you in your rejoicings on Christmas and New Year days and wish you to identify yourself with Christ so much so that like St. Paul you may be able to say, “It is I, not now I, it is Christ that lives in me”. Let you be perfect as your Father is in Heaven or Father speaking through the Son, and become conscious of becoming a vehicle of Him, as a puppet in the hands of God-Son and the Father-and be able to endorse that “I and my Father are one.” Please allow me to remind you to consider dispassionately where you stand in the realization of this perfection. If you are far away from this ideal, pause to introspect and determine to apply a corrective from now on.

Maybe worldly affluence has swayed you too much, or you had thought the misfortunes had descended too quickly, which may not in reality be so, for ups and downs are a normal feature of life. They come as a result of well-planned Divine Dispensation. So worry not if dark clouds are overhanging or wild rumours of universal destruction are set afloat, as even the darkest cloud has a silver lining somewhere. You have a clear way before you. Your duty is two-fold—corporal and spiritual—as you have the body and the spirit. Both are intertwined and interlinked and need to be performed diligently and lovingly without damping your enthusiasm in any way. For to shirk one’s duty is timidity, to face it with determination is manly, to take the results with cheer is bravery, and to adjust one’s life according to one’s environments is invigorating and peaceful.

One can learn swimming in water, not on dry land. You have to behave lovingly in all your affairs. When you love God and as God resides in every heart, you love one and all. You have to see Him in all. In this way you will live in the world and yet out of it. The fascination and charms of the world will not bind you. The Master has shown you a way by example and precept—how to achieve his end, It is well within your reach under His guidance. You have only to do your duty with love, faith and enthusiasm and rise into conscious awareness of the Great Power within you. Now or never should be the motto. There are no windfalls as a general rule. You have to work your way up. Every one reaching the top step has ascended the steps below. But take it that you are not alone in your efforts, which at best are only too feeble. You are under the protective wings of the great Master-Power always extending His grace and protection unknowingly and unasked for. He is always by your side. You may stumble and fall, but His loving hands are always there to pick you up.

Stand on your belief on solid ground. Let not others' wayward opinions deflect you from the True Path you are on. Let not promises of glory by anyone waylay you. Do not come to hurried conclusions, but use discrimination in all your undertakings. Stick to what is Real. With an ethical and loving background your spiritual success is definitely assured. My love and best wishes are always with you in all your noble efforts and holy journey to your Home.

Kirpal Singh

1959

Birthday Message

Dear Ones,

On this day of my physical birthday I wish you all happiness.

Human birth is the highest rung of all creation. It is really a rare blessing which you have got. This has been given to you for attaining Divine Realization and Spiritual Perfection. It is a supreme opportunity for striving and obtaining a sublime experience of All-Consciousness, It is to be utilized for this great purpose. The various religions and faiths are so many methods evolved for fulfilling this great purpose of human life. This is the one common basis of all religions.

You have been put on the way and given a conscious contact with God-Power residing within you. You have to develop it by regular practice from day to day.

To attain this Goal purify your nature by living a good life. Manifest truth, purity, love, selflessness, and righteousness in your life and activity. Give up all hatred, eradicate egoism, and anger. Eschew violence, pledge yourself to love, sincerity, humility, forgiveness, and non-violence. Abandon war. Abandon lust for power. Fill thy heart with compassion, mercy, and universal love. Let the Law of Love prevail amongst you, which should be radiated to all nations and races. Let true religion of heart be ruling factor of your lives. Love God, Love all, serve all, and have respect for all as God is immanent in every form. Preach the Gospel of oneness. Spread the message of oneness and live a life of oneness. There will be peace on earth. This is the Mission of my life and I pray it may be fulfilled.

With fondest love to all,

Kirpal Singh

MESSAGES

1959

**Message on
Birthday Anniversary of
Baba Sawan Singh Ji
(Cablegram)**

To meet God in this life keep the physical body pure by keeping all outgoing faculties pure. Follow the teachings of the Masters viz. Light and Sound Principle, the most effective way to control the monkey mind and still the intellect. Learn self-control. Restrain your desires. Be pure and be active but let our activity be dedicated to God and God working through Masters.

Kirpal Singh

1959

Christmas Message

Dear Ones,

I send you my heartiest greetings on this auspicious day of Christmas.

Let us see where we stand. The clouds of destruction are overhanging with their arsenals full to be let loose on humanity at any time. The great potentialities of atom bomb destructions witnessed at Hiroshima and Nagasaki are being surpassed by still more severe weapons of destruction of war that have since been finalized. One wrong move brings about the complete wiping away of all civilization that the mortal human nature has built up through all its ages.

Serious and well-meaning efforts of great personalities of the world are visible towards stemming the great tidal wave of destruction. We mean them well and wish them success. Let us put our mite as well in this great work and play an important role to bring peace to ourselves, to our neighbours, and to the world.

There is suffering in the world, and men and women wander in darkness. In such a world let us go about giving love and compassion to all. Let us serve the poor and broken-ones, serve our brothers and sisters, serve birds and beasts and all creation in whom is the breath of life. Let us not waste energy in questions and controversies. Let us light a few candles at the altar of suffering humanity. This will be achieved by having right understanding, viz., all mankind is one. The soul in man is the essence of God. We are members of the same family of God. We are all brothers in God. When we learn that God resides in every heart we should have respect and love for all. This realization must dawn on mankind.

You have been put on the way to God which is the most natural and easiest of all. Do not be led away from the Path. Transcend the body to have a flight in the higher regions to know thyself and see that you are a drop of the Great Ocean of Consciousness. Radiate love to all creation. The grace of the Master-Power is working over your head bountifully. Let us breathe out through every pore of our body: 'love and peace be unto all the world over'. Let this bomb of peace and good-will overcome the bombs of destruction. 'Love and all things shall be added unto you.'

MESSAGES

Each action has a reaction. As you sow so shall you reap. Let your physical sojourn be sweetly ethical, loving, cooperative and tolerant. Without these the great spiritual flights evade you. Be watchful. We are on the way to perfection. All are not yet perfect. There may be failures on your part and misunderstandings amongst yourselves. The former should be met with by motto of forgive and forget and the latter by reconciling them by mutual loving contacts. There may be a lot of dross and imitation displayed in colourful and charming fashion to deflect you. All movements which sanction you to sensual life cannot take you beyond the senses. Let not their catchwords waylay you. Be steadfast and careful. Feelings, emotions, visualizations, and inferences are all subject to error. You know because you see something beyond the emotions and feelings. Let not your faith give way to your detriment. With faith in the Master-Power overhead, proceed on from day to day.

You are protected by the Master-Power working overhead. Depend on Him. You will have all the necessary inner help. The Master is waiting for His dear children to come to Him within.

With all love and good wishes to you for your successful career in the years to come.

Kirpal Singh

1960

**Message on Birthday Anniversary of
Master Sawan Singh Ji Maharaj**

Dear Ones,

On birthday anniversary of Hazur Sawan Singh, I send you all my fondest love and blessings and wish you progress day by day to achieve your Goal of Life. Sink down all differences and love one another to prove worthy sons of the Almighty and bear the torch of Light brought to the world by the Great Masters.

July 24, 1960

Kirpal Singh

1960

Christmas Message

Dear Ones,

Once again we are nearing a milestone on the Path of Spirituality. We must pause awhile to take survey of what we have achieved, and what yet lies ahead of us. Everyone has to reckon his stock-in-trade and to plan things for the better. Those who live by the Master's Word will surely come by many a thing to their advantage. The Master-Power flows out alike and in abundance to all, but individual share in the bounty depends on one's receptivity and practice of the Word above everything else. "Be ye the doers of the Word and not hearers alone" was emphasised by the Master Christian Jesus. He, like Buddha before him, lived and died for the love of the Word, and so did Nanak after him.

Their Gospel has been of Universal Love—Love that is divinely inspired for all living creatures, the living manifestations of the one Life Principle pervading everywhere. ‘Pure love’ and ‘selfless service’ are the two wings wherewith one can fly heavenwards. ‘By love serve one another,’ is, therefore, the master-key that opens the way to the Kingdom of Heaven.

The Master’s work, as you know already, is expanding rapidly from day to day. All are lovingly invited to take their share in the spiritual field. Let each one do his or her very best for the Great Cause—Cause that needs great hearts—hearts brave and strong and bubbling over with superb love—love that flows freely, uncontaminated by petty considerations of the world and all that is worldly. We must learn to ignore the shortcomings in others, for not one under heaven is yet Perfect. “Judge not, lest ye be judged and found wanting.” All considerations on human level are but the off-springs of petty mindedness, not worthy of seekers after Truth. Everyone has, perforce, to work under human limitations, according to one’s lights while the Great Light shines on unconcerned. This then should be the attitude of each who stands for the Cause, unmindful of what others think, do or speak.

With these few words, I extend to all my children, here and abroad, a loving and merry Christmas and a happy New Year full of prosperity and plenty in all that is holy and Divine.

Kirpal Singh

1961

Birthday Message

Dear Ones,

I cross this day into sixty-seventh year of my earthly pilgrimage. I am moving on to the Goal of my life, just a puppet in the hands of the Almighty—My *Guru*. My life has been woven in this one thought that there is no East and no West, the whole creation is the House of our Father. The various countries are so many rooms therein. The aeroplanes having annihilated all distance, all the so called East and West are brothers and are children of the same Father. We are members of one World-Brotherhood, of one Cosmic community. The whole creation is sustained by God who is not a distant Deity but closer is He than anything else.

The *Naam*, the *Sat Naam*, the Eternal Word is immanent in every form. He is in the poor, the rich and the outcaste. We are all brothers-in-God. World-brotherhood is the crying need of the day. True Religion is the expression of Divinity already existing in man. It is not rites or ceremonies, creeds or forms. It is Life. It is the mingling of the soul with the Great Life. It is not shut up in the temples, but in love for all.

Love knows service and sacrifice. There is no place where God is not. But you will not find Him in gorgeous temples made of marble and stone. You will find Him in the tears of the poor and the lost. True happiness lies in giving to others, not in self-seeking. We should not be worshippers of the God of conventions.

MESSAGES

We should raise our moral aspirations to the highest extent and realize in our own self—God, who pervades throughout the universe, by transcending limitations of the senses. Try to study the Book of Life—our very self. Let us be careful not to confound religions with creeds and forms. We should realize that the things which are seen are temporal, but the things which are unseen are eternal and that is the underlying unity of all religions.

I see the waking ones are not awake. They are asleep inside on account of the outgoing faculties.

With open eyes, are many blind. They have eyes and see not the Light of God which ever shines, which filleth all, in the Heavens, earth, the waters and the air—the source and strength of all that is. If thou develop the power of seeing, be one-eyed, lose the sight of the senses—if thine eye be single thy whole body shall be full of Light.

They have ears—but hear not the enchanting sweet Melody of Life reverberating throughout all creation. If thou grow in power of hearing then be deaf to the world. You will hear when thine ear is closed to the noises of the world, thou will hear the Music of the Spheres—the Flute of the Lord.

If thou would like to have True Knowledge, transcend the sense-knowledge. Enter the inner silence and the same will become vocal.

With longing in thine eyes enter thou within from without. It is in truth the central Message of every True Master. In thy own House you will see Him. Therefore I would request you to gaze, and gaze with longing in your heart, with silence in your soul and with no thought of this world or the next.

SPIRITUAL ELIXIR

The grace of God will descend on you and the gaze will grow into a glimpse and He will reveal Himself to you and you will find, nay see Him within yourself.

*O Thou, the Immaculate Naam
Thou Illuminateth my life and
Thy love overfloweth my frail
Physical life.
May Thou accept me.*

The Mission of my life is to help others to rise above body-consciousness and have a glimpse of the Lord, with the grace of my Master.

Those who have been put on the Way, should go on in all earnestness to reach their Goal and others who will be led by God to come up to me will be put on the Way.

With all the love and best wishes to each one of you.

February 6, 1961

Kirpal Singh

1961

**Message on the
Birthday Anniversary
of
Master Sawan Singh Ji Maharaj**

Dear Children of Light,

I convey my love to you all and speak to you from the core of my heart on the auspicious birth anniversary of my Master Sawan Singh Ji Maharaj.

Blessed indeed is the hour when the Timeless comes into Time, the Formless assumes a Form and the Wordless becomes the Word, and the Word puts on the mantle of flesh to dwell amongst us. Verily, ye are essentially and potentially the Timeless, the Formless, and the Wordless. The Word is in you and you live in and by the Word, though you may for the time being be living on the plane of senses and unaware of your real identity.

A tree is known by the fruit it bears. Lectures, messages, statements and discourses of any kind spiritual or otherwise imparted through utterances or writings is just idle talk, when not acted upon or lived up to.

Live up to the Divine Word which is the word of words, or manifestation of Truth. This Word is harkened by the Soul. It is the Eternal Song which was sung ages ago and that Song produced the phenomena called the universe.

SPIRITUAL ELIXIR

When that Song is heard, you will have some glimpses of the Lord and the True Master. Some will have a little, some little more, and some still more. Souls embedded in the Master-Power will be lighted. The more receptive the souls to the Master-Power, the more Light they will emit.

If you wish to love God truly in the most practical way, it is to love our fellow-beings and feel for others in the same way as we feel for our dear ones. Instead of seeing faults in others, we look within ourselves, suffer in the sufferings of others and feel happy in the happiness of others. Endure all that comes, cheerfully accepting as His Will, and do not hurt or harm any of His beings. To love God, we must live for God and die for God.

I would like to sow the seed of Love in your hearts, so that the feelings of love are brought about amongst all the nations, creeds, sects, and castes of the world. All Saints preached the same. Love and all things shall be added unto you.

*"Without love there is no peace
here or hereafter ."*

(Kabir)

*"Those who do not know love
cannot know God."*

(Christ)

*"Hear ye all, I tell you the Truth —
God cannot be approached without Love."*

(Guru Gobind Singh)

The main purpose of my Master was to awaken the mankind to the Truth taught and preached by all Saints who came in the past. His job was to awaken the Divinity in every heart and guide each to his or her Goal of life.

Like the Great Masters of the past, He drew people of all castes and colours. By living examples, He awakened humanity to the fundamental inviolable unity of all life. All mankind is one. The True Brotherhood will arise by awakening to the unity already existing in man. Man is an ensouled body—Soul is a conscious entity—a drop of the ocean of All-Consciousness. Man is the oldest of all—social bodies were made by man for the attainment of God. He did not come to establish a new religion. The religion that He taught is the knowledge of the self and the One behind the many, which could be achieved by tapping inside by inversion, or reading the great book of one's self, where God is revealed—the book of all books, the Bible of all Bibles which holds the key to the mystery of life. The way to Truth is simple—the way is to know oneself so as to know God. When one is awakened to the self-consciousness, his or her outer attachments are shaken off and God floods his or her soul.

The rules that He gave at all, if any, are Meditation, pure ethical life and selfless service. He did not say to you to cease to be a Christian, a Hindu, a Sikh, a Mohammedan, or a Zoroastrian, but to be a true follower of Christ, Lord Krishna, Guru Nanak, Prophet Mohammed, or Zoroaster—that is, to do what They said. He did not ask the sceptical man or woman of today to accept any dogma, but in the spirit of humility to obey the God reverberating in the heart of all. He advised men to look at man from the level of the soul and not through the garbs of

various religions they are wearing, and to love all. He did not advocate change of forms, but to look within oneself where they are all one. He did say whatever religion one has, he should lead an ethical life. It should transform life. He did not bring Eastern or Western thoughts for us to act upon but helped us to act upon the basic Truth that we already have in our religions. He revived the forgotten Truth that is Eternal.

An example is better than precept. The Teacher that the age wants is a living example of what all may become, the only Teacher that we can accept is One who has experienced God. He must be One who had consciously bridged the gulf between Time and Eternity and can show others how to do likewise. He enables us to discover ourselves. We get through Him a change of hearts, and He has the power to transmit grace, kindle love and bestow contact with the Light of God. He is overflowing with the love of God and of all creation, and those who come in contact with Him are enkindled with that love, and God-Power working through Him awakens God in others.

The books cannot replace teachers. Unless one meets the teacher in the flesh, one cannot unravel the Mystery of Self. What a man has done another can do, of course with proper guidance and help. You have been put on the Path—the Path that leads you to the Divine in you. You have been blessed with a conscious contact with the holy Light and Harmony, the life and soul of all that is, and you can develop your initial experience of the living contact, to any length you may. It all depends on you. Where there is will there is way. Strive for it ceaselessly. It is the Essence of life and the greatest gift on earth. Rear it up with tender care and loving devotion lest you may again lose hold of life-lines in the stormy sea of life.

MESSAGES

‘Arise, awake, and stop not till the Goal is reached’ is the time honoured message coming down, as it does from eternity, and I repeat it today with all the emphasis at my command. Make hay while the sun shines. The Kingdom of God verily is at hand and the Power of God unmistakably beckons you to it.

Avail of the golden opportunity that God has given you, for human birth is a rare privilege and thrice blessed is man. Make the most of it, while there is yet time. Let not dissensions creep into your thoughts and corrode your progress in any way. You are one of the fortunate children of Invincible Light. Live up to that sacred Truth. Master-Power is always with you and will be extending you all the love and grace.

If we live up to the teachings, it is a panacea for all ills and evils.

With fondest love to you all.

July 10, 1961

Kirpal Singh

1961

Christmas Message

Dear Ones in God,

‘Christmas-tide’ is the season of rejoicing all the world over. On this happy and auspicious occasion—the Nativity of Christ—I send you my heartiest felicitations and joyous blessings. I wish each one of you to be born in Christ for Christ-Power is at once the Alpha and the Omega of creation. Learn to live by that Master-Power and you will be truly blessed. Remember the memorable words of Christ—‘I am the Light of the world: He that followeth me shall not walk in darkness but shall have the Light of Life.’ These words were not uttered in vain. They are as true today as they were two thousand years ago; but we have forgotten them and their true import.

‘The Light of Life’ is in you, nay you live by that very Light—whether you know it or not is a different question. Each one of you has had an experience of that holy Light. All that you have to do now is to live in constant contact with the holy Light—Light that is uncreate and shadowless, eternally the same and peerless. The whole creation came into being by the same Light—and that very Light is shining in every heart. All are Divine in Nature and religion is the expression of Divinity already existing in man.

This Light of Life has got to be made manifest in life. Be ye a witness to the Light of Life, not only within yourself but in others as well, for the same Light shineth everywhere and there is no place where it is not. Once you come by this Light and learn to live by it, your whole life will be changed. Love will permeate your very being and it will burst forth from the very pores of your body, transmitting every dross into sterling gold.

Love, you must know, is both the means and the Goal of life. Love, Life and Light are but different facets of One Divinity. Try to become a channel for the Divine and the Divinity will then flow through you. This is not something impossible, but it is the very acme of all human endeavours.

In this world of matter, one has of necessity to deal with matter. We have to make the most of the material raiment and the material world given to us. It serves a great purpose in the Divine Plan of evolution. It is the ladder by means of which the spirit has to rise above body-consciousness and get into the realm Beyond—the Realm of Spirituality—its native habitat. Learn to make the most of the means given to you and surely as day follows the night, the victory will be yours.

A true Christian ought and must take up his 'Cross' daily. The Cross represents the physical body standing with outstretched arms. You have to rise above body-consciousness. You have to be reborn into the Kingdom of God by disappearing in the physical body, i.e. death.

SPIRITUAL ELIXIR

*‘Except ye be reborn ye cannot enter
the Kingdom of God.’*

He or she must know how to die daily so as to be able to enjoy Life Eternal, beyond time and space.

This is the one grand lesson that has come down to us from times immemorial and once again, I emphatically repeat it, at this part of the year, so that you may become the living channel for the Christ-Power to work as of old, for we have His Promise—I shall never leave thee nor forsake thee till the end of the world.

With New Year ahead of you, I wish you to make a firm resolve to attain the *summum* and *bonum* of life, and I unhesitatingly assure you that the Master-Power shall lead you from darkness to Light, from falsehood to Truth, and from death to Immortality.

Wishing you once again a Merry Christmas and a Bright and Happy New Year.

Yours in Lord,

December 11, 1961

Kirpal Singh

MESSAGES

1962

Birthday Message

Dear Ones,

On my sixty-ninth physical birth anniversary I send love to you all with all blessings of my heart and request you to:

1. Cultivate inner life shunning all madness of outer show.
2. Sit daily in silence until it sprouts forth into Light and sweet Music of the Spheres, and develop innocent love which knows only service and sacrifice—the only way back to God.
3. And to win the love of God become humble.

All scriptures speak of impermanence of all and unchangeable permanence of God. Renounce love of the former and enjoy communion with the latter. Rise above body-consciousness to be born into a new Life of oneness and harmony.

February 2, 1962

Kirpal Singh

1962

Message on Birth Anniversary of the Great Master Hazur Maharaj Baba Sawan Singh Ji

Dear Ones,

On this Birthday Anniversary of My Master (Satguru Baba Sawan Singh Ji), I send you my best wishes for your spiritual progress. We are fortunate in that we have attained the highest rung of creation; viz., manbody, which is the gateway to God.

Mind that you have not a soul, you *are* a soul—a drop of the Ocean of All-Consciousness—the Life Eternal. Regain your dignity. You are bound to mind and the outgoing faculties so much so that you are identified by the body and have forgotten your own self and the Overself. The body is the temple of God. The body must be kept pure and chaste in order that God may work through it for your own good as well as for the service of humanity.

To customs and creeds that were made for thy uplift, thou has let thyself become bound. You are enslaved to them, and worship them as the be-all and end-all of life. You must make the best use of them only to attain your purpose in life—which is—to join the Army of God.

How can your life be sublime? Set up some ideal before you and work for that with heart and soul. All Masters, to name some, Jesus, Buddha, Mahavira, Mohammed, Guru Nanak, Kabir, who came in the past, were great. We revere Them. The substantial question arises: Are they satisfied with us? They can be if we live up to what they taught.

They taught us to return to Nature and observe simplicity in all things. They taught us to have love of God first in all our affairs but we made love of mammon first instead. They taught ‘Love and all things shall be added unto you’ for God is Love and Love is God and that God can be attained only through Love. Love God and love all sentient beings. Love knows service and sacrifice. The secret of life, therefore, lies in serving others, helping the poor, feeding the hungry *narayanas* (gods—souls), sending sympathy and love to those who stand in need of help and strength. By doing this, your self will expand to all and you will give vent to thoughts of the past great Masters:—‘Peace be unto all, under Thy Will, the world over, O Lord’.

Apropos—become attuned to the God-into-Expression Power and open your Inner Eye or the single eye to see the Light of God inherent in every form, and open the Inner Ears to hear the Eternal Voice of God reverberating in all hearts. You will find that others are not apart from thee, but are a part of thee. They are yours and you are theirs; no separation between thyself and the whole creation. You will rise to Cosmic Consciousness and see that all are brothers in God and all are children of the One Eternal who shines in all forms. The mystery of a beautiful life is the love that never dies.

I send you all my love and sympathy.

O, Take my life and let it be consecrated O Lord to Thee;

Take my hands and let them be ever holding Truth for Thee;

Take my feet and let them be ever treading a Path to Thee;

Take my tongue and let it be ever singing Praise of Thee;

Take my heart and let it be ever offered O Lord to Thee.

My Master always enjoined: “Not to think evil of others, even those who hate thee and despise thee. If they do not leave off their hateful habit, why should you leave off thy loving habit? If you want to be happy, make others happy. If you want to be blessed, bless others. Those who injure others, are injured. Such is the Great Law.”

With love,

July 17, 1962

Kirpal Singh

1962

Christmas Message

Dear Ones in the Lord:

On this Christmas Day, I send you my hearty wishes for your progress on your way back to the sweet Home of our Father. Entire self-surrender to God is the secret of a true lover of God. Therefore, he should be a man of purity, humility and meekness. The main thing one should do is devotion to the Name of God and see the Light and hear the Voice of God—the Sound Principle reverberating in all. For this, he should devote regular time to meditation and conquer the passions through communion with the Master. He should sing of God—the Beloved, and enter into the ‘Super-conscious’ through intoxication of His sweet remembrance. In such intoxication of love, one wishes to kiss the very ground, love all creation and all mankind and breathe peace unto all the world over. My work is to reveal to you the Unity already existing through all and would ask you to turn away from sectarian strifes to the Path of Love. This will be achieved by one who will be intoxicated with love.

God is love and our souls are of the same essence as that of God. Love is inherent in our souls and the way back to God is only through love: “love and all things shall be added unto you.”

You may read libraries of books. Of what avail are they? You may have many meritorious acts. What avail are they? Far are you from the Beloved if there be not the longing in your heart. Consume hundreds of books in the fire. Let your heart blossom forth with the sweet remembrance of the Lord.

Be absorbed in the white radiance of the Beloved. Be absorbed and you will know that the Master is but One with God. He appears in every picture. In every race and religion, every prophet and saint, every scripture and song, is the shining 'One' revealed. Let your inner-self be overflowing with the love of the Master so much so that all thoughts of yourself be lost in Him. Saint Paul said: "*It is I, not now I, but Christ lives in me.*"

Be not imprisoned in the jail of 'I' and 'me'. He who hath transcended self, he verily hath attained to the Highest. He hath become Perfect. Such a one knows no difference between the Hindu, the Muslim, the Sikh, the Christian, the Jew, the Buddhist, or the Zoroastrian, for God is the Lord of all and in all shines the one picture Divine; we are worshippers of the same Lord. The One is within thee, outside thee, in me, in him, and in every place. That One alone doeth speak in all.

I wish you awake, awake.

Awake this very day of Christ.

*Awake in the Kingdom of God which is
shining within you.*

Be not in love with passions.

Think no evil of any one.

Strive not for greatness, wealth, and applause.

Strive for truth, purity, and humility.

Awake in the brotherhood of God.

Inculcate love for one and all.

See them all in the One—the shining One.

Kirpal Singh

1963

Birthday Message

Dear Ones,

On this day of my 70th physical birthday, I convey my love to you all and best wishes for your spiritual welfare.

With the grace of my Master, I have come to reveal the life's richest Treasure—the Holy *Naam*— the Word, which is found only within you. The Master takes many steps to meet you if you can take one step to Him. You need only to listen and pay attention. Let your meditations flower into action and service.

I wish you to 'simplify', 'simplify', and, 'simplify'. To be simple in all aspects of life is to accept Life.

Try to help all others with a spirit of self-denial. Your self will expand to cover all humanity and other creation. Such an enterprise will lead your soul on to God.

Be pure in thought, word, and deed, and love all. Love is the panacea for all evils of life.

Be good and do good. These five words contain in them the essence of all religions of the world.

My work shall be amply repaid if you live up to them.

January 28, 1963

Kirpal Singh

1963

Christmas Message

Dear Ones,

On this Christmas Day of 1963, I am nearing the end of a world tour which has taken me through Europe, Asia Minor, Britain, Ireland, Canada, the United States, and is still to continue to Panama and South America.

There is a tradition which tells us that Christmas symbolizes the birth of the Christ Child in the human heart. To be truly Christ-like, the disciple must become a little child, a pure and unsullied vessel, receiving the Nectar of the holy Spirit as an upturned chalice. "If ye love me, keep my commandments".

Truth is above all, but true living is still above Truth. This requires leading a life of continence, humility, truthfulness, love, and devotion to God and all creation. To become a mouthpiece of Master, expressing Master's Will and purpose, you must surrender all to Master. This does not mean the giving up of employment, home, possessions, family, and friends. It means simply—let the Will of the Master work in and through you, let your whole life be dedicated to the service of the Master. Like a flute, be all vacant from within so that the Master may make sweet Music of your life.

This is the Christ-like way: the true message, meaning and purpose of Christmas. Master brought the Christ Child to birth in your heart. You, in turn, must 'become as a little child' and surrender yourselves to the ever-loving and merciful Father who watches over you, guides you, and cares for you. I wish you all a joyful Christmas and a Happy New Year. My love goes to you all.

Yours affectionately,
Kirpal Singh

1964

Birthday Message

Dear Ones,

May the grace of God be on you all.

We are seekers after Truth and for that purpose we have joined various religions, which are our schools of thought.

Truth is not the exclusive right of any particular creed, place, or age. It is a man's birthright. Just as every man has the right to breathe the air, and absorb the rays of the sun, we are all privileged to draw from the Unseen Source of Life, strength, and wisdom, which is within each of us. That infinite supply cannot be exhausted. Anyone belonging to any religion can delve it out from within with the help of Somebody Who is Competent—call him by any name you like. Take all that you can. Not only will it suffice for you, but through it you will become instrumental in helping your fellows.

Your smile will inspire another to smile. Your strength will impel another to be strong. A noble soul always draws forth the noble quality in others.

God is love, and our souls are also love and it is through love alone that we can know God. Love knows true renunciation, service, and sacrifice for the good of others without any consideration.

A true man is one who is truthful, leads a life of continence, radiates love to all others for the sake of God residing in them, and knows 'giving', 'giving' and always 'giving'.

We never lose anything when we give. When you give love, do you find that you have less love in your heart?

On the contrary, you are conscious of an ever greater power of loving, but no one can be convinced of these things till he has applied them in a practical way. An ounce of practice is worth tons of theories.

It is a practical age—therefore, it is for us to make our idealism more practical. Believe in God, Who is Spirit; Love—the principle of all things; Who is in me and I am in Him; Who resides in every heart. We should therefore love all mankind and others. If one cannot love those whom he sees, how can he love God whom he does not see?

There is a *Religion* above all religions which teach rituals, dogmas, and doctrines. *That is Truth*. Religion truly means ‘re’—back and ‘ligio’ which comes from ‘ligore’—to bind; i.e., to bind our soul back to Truth—God. You have to be born into the Truth.

All Masters who come from time to time speak of the same Truth. We are lovers of Truth. That is the *True Religion*, on the basis of which the whole world can sit together and the East and West could be united.

The purpose before me is to bring together all children of God (now forming part of various religions) to understand each other and find a way back to God. I am glad that I found great response to this Message of Love, with the grace of My Master—the Man-in-God.

My hearty thanks and best wishes go to all who have been helpers in this Noble Cause of Humanity.

Yours affectionately,

Kirpal Singh

1964

**Message on
Birthday Anniversary
of
Hazur Baba Sawan Singh Ji**

Dear Children of Light,

I send you my hearty greetings on the auspicious occasion of physical birthday of Hazur Baba Sawan Singh Ji. To me Master is unborn, as he is God-in-Man. Word was made fresh and dwelt amongst us to guide the child humanity back to our Father's Home. He comes not only to awaken the embodied souls, but to reveal the God in them, who is controlling our souls as well as all the universe.

His job is to bring all children of God together and unite their souls to God-into-Expression Power the Holy *Naam* or the Word—already existing within us. When one is initiated He resides within him, takes care of him and never leaves him until He unites him with the *Sat Naam*—the *Sat Purusha*—the *True Father* Who in turn absorbs him into the Nameless—the *Anami*.

Sat Purusha or the True Father manifested in Hazur Baba Sawan Singh, and gave us a contact with the Reality—the Light and Music of all Harmonies—the electric lifts to carry our souls unto the Nameless—the Absolute God from where it emanated. He enjoined that Truth is above all—but True Living flavoured with love is above Truth. Let us prove worthy of our Father in Heaven. Let our hearts cry for communion with the Lord in the words of Mira:

MESSAGES

*I pray to meet Thee Beloved,
When Wilt Thou meet
Thy humble maid, Mira?
As the dawn in beauty breaks,
I move out, every day, to seek Thee!
Ages have I spent
In quest of Thee, Beloved!
Mine eyes do ache
For a sight of Thee!
When, O When wilt thou come,
Beloved?
Within me throbs the ache
Of longing and love for Thee!
And I wander far and wide!
I cry, who will cure
My wounded heart?
My anguish, alas! doth greater grow
Each day my longing grows,
I cry for Him who my heart may heal!*

July 18, 1964

Kirpal Singh

1964

Christmas Message

Dear Ones,

The whole creation came into being by the Word or '*Naam*'—the God-into-Expression Power.

The whole creation is the temple of God. There is no place where He is not. In minerals life is sleeping; in plants life is dreaming; in birds and animals life is awakening; and in man life is awake. As such we are brothers of all creatures, of plants, of birds, and animals. So the flowers and trees, sparrows and doves are as members of our own Order. How simple, pure, loving, and beautiful they are! We should learn lessons of leading lives of purity, holiness, simplicity, and Divine love from them.

We should love all, even the sinners and robbers. We should not chop off the whole tree, but give it a chance to grow up again. We breathe the same air, we drink the same water, we bask in the same sun and live on the same mother earth. Day and night are two servants who are bringing us up.

Man is the highest in all creation. Those who love God, should love all of them. He is immanent in every form. There are sermons in stones and books in rivulets. We should live in fellowship with all creatures, with all life. Creation is one family in God. All Rishis and Saints had the vision of Cosmic Unity and loved Dame Nature. 'The whole creation is the house of God and He resideth in it'—(Nanak). The Rishis sang, 'Ishavasyam Idam Servam'. (All that is, is a vesture of the Lord). Nature is beautiful except tormented by the hand of man.

MESSAGES

Man is a social being and has to live in some society. Numbers are no index to wisdom and yet holy places of worship are crowded with them. We need that these should be the purest and wisest men of life. The society should live by the law of love, and ruled by guardians of the moral law and live a simple frugal life.

I am not after founding a sect, but after gathering holy men of life, of purity, of simplicity, and of loving devotion to God in all, and to all in God. It is no good to renounce the world and retire in a forest. It is not necessary to renounce one religion or the other, but to have inner renunciation like St. Francis and other Saints who renounced everything at heart but were Christ-possessed or God-possessed.

With these words I send you one and all my best wishes on this Christmas Day to mould our lives accordingly.

Kirpal Singh

SPIRITUAL ELIXIR

1965

Birthday Message

Dear Ones,

On the seventy-second year of my physical birth anniversary, I convey my hearty love to each one of you.

My wish is that you live in harmony and peace with all amongst you and with whomsoever you come in contact, high or low—with animals and birds who also belong to the great family of God, the Creator of all. In fulfilling this wish, others will know that you are of God and are in conscious union with the Light of the world.

A flower is known by the fragrance it emits. So let your mind, words, and deeds be saturated with the perfume of Love.

Love and all things shall be added unto you. Master-Power is always with you.

February 6, 1965.

Kirpal Singh

1965

Message on Birth Anniversary of Hazur Baba Sawan Singh Ji

Dear Ones,

I send you my love on this auspicious day on which God manifested in the form of Hazur Baba Sawan Singh Ji. He was Light and Love personified

MESSAGES

and gave us Light and Love. He emphasized that one who knows all but knows not his self is, in spite of all his knowledge, ignorant. But one who knows nothing and is conscious of his self, knows all.

‘Know Thy Self’ has been the teachings of all past Masters. He revealed the old, old Truth in present century. He brought all children of God together on one platform to understand that we are all brothers and sisters in God and as such love one another, which is the panacea of all our evils.

July 24, 1965.

Kirpal Singh

1965

Message for the Christmas and the New Year

Dear Brothers and Sisters,

On this auspicious Christmas Day and happy advent of the New Year, I send you, one and all, my kindest thoughts and best wishes.

God is Love and it is by Love alone that we can reach Him. Out of the heart springeth Love and in Love is the secret of all life. I would like you to dedicate in all humility your life to the loving service of humanity as children of the God of Love.

"Caste and birth are of no avail," said all who knew the Truth.

"Cast out caste and look at the Light within", said Guru Nanak. God will not ask man of what race you are, but will ask him what have you done.

SPIRITUAL ELIXIR

Religion of life is required which would shine in the deeds and lives of men. Religion should not be separated from life. Heart-knowledge is more than book-knowledge.

Guru Nanak gave out the substance of all life in a beautiful song:

*"I have turned my heart into a boat,
I have searched in every sea;
I have dwelt by rivers and streams;
I have bathed at places of pilgrimage;
I have eaten bitter and sweet;
I have seen the remotest regions.
And this I have learnt that he is the True Man
Who loveth God and loveth man,
And serving all abideth in Eternal Love".*

Standing at this milestone in time we must recall our past and maintain a regular diary from day to day of all our thoughts, words, and deeds, and see where we stand.

I wish you all to devote time to spiritual practices so that you make a commendable progress on the spiritual Path and reach the Goal before us.

Affectionately yours,

December 9, 1965

Kirpal Singh

1966

Birthday Message

Dear Ones,

On February sixth, I enter the seventy-third year of my earthly pilgrimage. I love and respect all communities, all countries, all religions, and races. I am a servant of the poor, the lowly, and the lost, and continue to labour in the Vineyard of the Lord in all humility. I lay before you one programme of life:

1. Simplicity.
2. Love of humanity.
3. Service of the poor.

Learn to offer all your work unto God and grow in humility. Such bands of worshippers are needed for the service of mankind. What is needed is not numbers but 'quality' and 'character' of the workers.

I want group *Satsangs* of individuals who become centres of life, the new life of the spirit and not organization of power which imprisons the fundamental values and stifles the living inspiration. Be ye 'lamps unto yourself' and reform yourself in order to serve the people. I wish you to lead a life of absolute unselfishness, simplicity, true judgement and love of the poor and the needy; for

Love is the root

Love is the fruit

of the Tree of life.

Guru Nanak says: O Man! Love God as the fish loveth water. The more the water, the more joyous is the fish, as without water, the fish liveth not for a moment. God knoweth its heartaches. May I be a fish and living in the water.

Know the secret of life.

February 2, 1966.

Yours affectionately,
Kirpal Singh

1966

**Message on Birth Anniversary of
Hazur Baba Sawan Singh Ji**

Dear Ones,

A shepherd prayed in great love, “O God, show me where Thou art that I may thy servant be and clean Thy shoes and comb Thy hair and stitch Thy clothes and fetch Thee milk.” Moses, passing by, rebuked him as an ‘idolator’ and he fled. Then came a Voice from Heaven; “Moses, why hast thou driven away my servant? Thy office is to reconcile my people—not drive them away from me. I accept not the words which are spoken, but the heart that offers them.”

All mankind is one, and the soul in each is a conscious entity, a drop of the ocean of All- Consciousness. We are all brothers and sisters in God and the same Controlling Power is controlling us all. This vision of ‘Spiritual Unity’ of the ‘One Humanity’ was before all Rishis of the old-*Krishna, Buddha, Mahavira, Christ, Prophet Mohammed, Nanak* and present day *Baba Sawan Singh* which is forgotten in the present activities of life. We should arouse this vision of ‘One Light’ in all religions and all nations, which is the only remedy for all the ills now besetting the world. We should keep the little ‘Light of Spirituality’ of the ‘One Humanity’ burning in each heart, which will flare up true love in all hearts, whether in the East or the West.

Love is the ‘Light of Life.’ This love is developed. The more you pray from your heart and not lips, the more you are in contact with the Light and Sound Principle of God-in-Action Power, the holy *Naam* or Word with which you have been given a contact. This course of life will develop true humility of the heart, which is the secret of growth in God, for the lack of which you are easily offended, become suspicious, upset when others speak ill of you, have secret desire to be popular, become dictatorial in your talk and conduct, irritable, artificial, ostentatious, complicated in your life and unkind to all those around you and below you.

MESSAGES

The true ‘superman’ is the great man who serves God with humble heart. He is humble, simple, straight forward, gentle, kind and reverent to all. When we forget this, we have quarrels, controversies in the name of the holy Cause we represent.

The great Sikh Gurus said, “Child-like simplicity and unattachment bring one nearer to God.” So did Christ say, “Except ye be as little children, ye cannot enter the Kingdom of Heaven.”

I send you this Message of my heart on the auspicious birth anniversary of my Master Baba Sawan Singh Ji which will bring peace and harmony here and hereafter.

With all love to each one of you dear ones.

July 8, 1966.

Kirpal Singh

1966

Christmas & New Year Message

Dear Ones,

This year is going out and the New Year will soon be ushered in. The present year is gone old. Let it depart. You need not worry. It had been kind to you—not so kind as it should have been, but God willed it so.

However, you must strive to be different from what you are during the present year. Strive to reach Him, be a true devotee, crave for blessings from the Almighty and pray for His mercy. Promise unto Him that you will go up the Divine Path at any cost and nothing shall deter you from achieving this object.

The New Year will be happy for you if you do not waver in the Divine Path or slacken your pace therein. Remain firm and go ahead, caring for none and heeding none except the One—the Master.

SPIRITUAL ELIXIR

Follow your Master with full faith embedded in your heart. If the faith in the Guru dims, the disciple falters and falls. Faith carries him forward in the regions which are otherwise impossible of traversing.

This New Year means a new life to me and those who are attached to me in the noble cause of God. In this period we have to make sacrifices which alone lead to *Bhakti*. These sacrifices will be of one's low desires, hatred, ill-will, malice, name and fame, pride and egoistic life. Unless we are ourselves symbols of sacrifices, we cannot advance any further in the Divine Path. Without sacrificing all that we have, how can we reach His *Bhakti*?

New Year has come. Be new, leave the sloth of the old. Implicitly follow what is required of you. You failed to do so this year and you suffered. The mistakes are not to be repeated.

A central place of worship should be established in the East and West of U.S.A. and everywhere, where the refreshing waters of *Naam* may rain forth to soothe the lacerated hearts of thousands and thousands of the grief-stricken human beings. They are unhappy because they are drifting away from Him ever more. Blessed are they who are chosen in the Set-Up of Master's work.

The Christmas and New Year is starting with happy congratulations. May your life be devoted to the service of the Lord and the *Guru*. May your body and mind get imbued with intense love for the Beloved.

The teachings of the Masters have been:

- (i) "He who loveth not his brother abideth in death."

MESSAGES

- (ii) "My children; let us not love in word, neither in tongue but in deed and in truth."
- (iii) "Beloved; let us love one another (especially who are linked with the silken bonds of love of true brotherhood at the feet of the Master) for love is God and everyone that loveth is born of God and knoweth God."
- (iv) "He that loveth not knoweth not God, for God is love."
- (v) "God is love. And he that dwelleth in love, dwelleth in God and God in him."

The law of the Kingdom is love. The entire code of conduct of one who belongs to the Kingdom may be summed up in two thoughts (i) Love of God, and (ii) Love of man. Let us live a new life of peace, harmony, and love. The essence of religion is love, peace, humility, service and sympathy. Love all—not merely your relatives and friends. Love the sinner too. Bless them that curse you. Pray like Guru Nanak:

"Peace be unto all the world over under Thy Will,
O God."

December 5, 1966.

Kirpal Singh

1967

Birthday Message

Dear Children of Light,

I send my hearty love and blessings to you—one and all on this my seventy fourth physical birthday.

I am a man (ensouled body) like each one of you. All are men first bearing the badges of one or the other religion. All mankind is one with the same privileges from God—viz. born the same way, having the same construction of their bodies—outer and inner and the same conscious entity (a drop of the Ocean of All Consciousness) enlivening the body. To be born in a temple is good as it works as casing of the kernel of Truth alive, but to die while concealed in the casing and forgetting the kernel of Truth within, is debaring one from the Truth which is a heinous sin.

In my heart I have a vision of fraternity of spirit. Organized religion, with too much emphasis on outer forms and rituals, become fortified compartments of egoistic power more than instruments of service or aids of self-realization. These inevitably result in quarrels with one another.

We need a simple movement of the spirit, with harmony and brotherhood of humanity and love for man, bird and beast. I take the religion as a *Yoga* of life with love—*Yoga* means the control of mind and subdual of desires vitiated with egoism. This will lead to real happiness if we renounce the fruits of our actions and work as instruments or puppets of the Lord. Let our actions be an offering to the Lord. Mind that spirituality is non-egoism. May our selfless work for spreading this Message of the Master, which is God's work draw many unto Thee, O Lord and may our name be forgotten.

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Let us belong to the Kingdom of the Master—the Word-made-flesh—and dedicate our life to the service of the Master, Who is the beauty of the simple life and selfless service. Let us follow the Master and make His noble teachings as a part and parcel of our lives and attune ourselves with *Jyoti* and Music of all harmonies reverberating in all creation, which will open our inner eye and will leave no room in our hearts for spite or hatred for others. We will be brothers and sisters who are united in unbreakable bonds of spirit by the Master.

Your heart will be filled with love and compassion for all that live, sentient or insentient viz. man, beast, bird and all nature. We should lead and teach a life of compassion and love to all beings on earth.

"He really knoweth who loveth and serveth all", is the Message of the wise ones of Humanity like Buddha, Christ and Nanak. It is the Message our daily life and modern world so piteously need.

I wish you to progress spiritually and to lead a life of righteousness, viz. good thoughts, good words and good actions.

With all love.

January 21, 1967

Your own,
Kirpal Singh

1967

**Message on Death Anniversary of
Hazur Baba Sawan Singh Ji Maharaj**

Dear Children,

On this auspicious day of the blessed memory of my Master Baba Sawan Singh Ji Maharaj, I send you my hearty message.

You have been put on the broad way back to God. If you want to develop on the way of new life, you should be broad-minded and be not intolerant. You should not behave like a frog in the well. But give the hand of fellowship to all working for the common cause of the Master, and rise above petty considerations to the heights of life through the power of inner silence brought about by meditations. Try to dive deep into the depths of the heart, and avoid superficial life. This can only be activated by love, selfless service and sacrifice for the higher purpose of life. A dedicated life knows no burdens or sufferings. He lives for God's work and as such leads a life of detachment.

There are two ways—one leading to life and the other to destruction; called *Sharey Marg* and *Piray Marg*. *Piray Marg* relates to objective life and appears all beautiful and easy to follow but it results in hatred and malevolence, rigid ideology and obsessive self. The way of *Sharey Marg* lies in developing inner silence, which is harder to find. It is an uphill task and takes hard work of mind and body and purification of spirit.

When you will become broad-minded and have risen in the heights of life by sacrificing everything, you will find a vision of the Lord working in all alike, in saints and the sinners, in all men and in all creation, in all birds and beast, in all religions, in all scriptures and in all prophets.

In silence we test ourselves to find weaknesses to be weeded out. We have to wrestle with darkness and develop moral muscles and receive the message of the spirit.

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We must be, for sometime at least, alone with God. When we enter more and more into silence, our desires will be eliminated, purity attained and the body and the mind sanctified, and we taste the Elixir of *Naam* Divine and know how sweet the Name is.

In silence the heart illumines; veil after veil is removed. In the heart shineth the Light, and the very silence becomes vocal giving vent to the Music of the Spheres reverberating in all creation. When the Light is seen shining within your heart and the Music of the Spheres becomes audible, you behold the Light in all, that is, outside you see the One Light in all. This is the Universal Vision that the One is in all and all are in One. Blessed is he, the man of Illumination, for wherever he be, he dwelleth with the One Eternal.

Such is a blessed one who belongeth not to this colour or caste or creed; he belongeth to all. The great Mystic Rumi says:

*I am neither Christian nor Jew
Neither Gaber nor Turk
I am not of the East — I am not of the West
Not of the land Am I;— Not of the sea
I belong to the soul of the Beloved
I have seen that the two are One.
And One I see — And One I know
One I see — One I adore
He is the First — And He is the Last
He is the outward —and He is the inward too.*

This is the ultimate Goal before each one of you. I wish all who care, achieve this Goal. All feasible help of the Master will be at hand.

With all love to each one of you,

April 2, 1967.

Yours affectionately,
Kirpal Singh

1968

Christmas Message

Dear Ones,

I send you all my love and best wishes for your spiritual progress on this auspicious occasion of Christmas and New Year Day.

Christmas is a festival of joy and jubilation celebrated all the world over to commemorate the birth of Jesus Christ—the Prince of Peace. The fact that the Word (manifested at the human pole of Jesus) was made flesh and dwelt amongst us for the guidance of the bewildered humanity. He said: "I am the Way, the Truth and the Life." "No man cometh to the Father, but by me" is the truth that applies to the followers of all true Masters who visited the earth from time to time. They do not only point the Way of Life Everlasting, but enable those who come to them to start living that life full of supreme bliss here and now. "We were in the lap of God, before we came to the world." They come to bring us back to Him Who is life (vibration), Light and Love and can be seen with the Single Eye and can be audible.

There is always in the world a Master—'As He speaks by the mouth of his holy prophets, which have been since the world began' (Luke 1-70). The scriptures are the fine records of the experience of the past Masters with self and God and to have the right interpretation thereof we need someone who has had the same experience as also can give the demonstration thereof. So long as their experiences do not become our own experiences, we cannot be convinced. There is food for the hungry and water for the thirsty. They are the Light of the World as long as they are in the world. And it is they who select the disciples and put them on the Way under the Will of the Father. Those who come in their contact never walk in darkness.

MESSAGES

When they leave the world the Christ Power, God Power or Guru Power working at these human-poles never leaves those who come in contact with them in their lifetime till the end of the world.

They advise to be still physically and mentally, in meditation and in that stillness one becomes aware of self by rising above body-consciousness, which precedes God-knowledge. When a Master, Word-made-flesh, is found, you come nearer the Word — God-into-expression Power—Who is manifested in Him.

To celebrate the birthday, people at large make extra efforts to cleanse their homes of all filth, white-wash and paint them and lights are lit. Lighting of houses is a common feature both in the East and the West. In this the Masters have a message for the spiritual benefit of humanity.

You are the living temples of God in which the Light of God is effulgent to enable you to contact Him. This Light and Sound principle is reverberating in the temple of your body. You are to cleanse the body by keeping strict vegetarian diet, avoiding all intoxicants and by right conduct of good living.

The various human elements which distract the spirit from God way are: lust, anger, greed, attachment and ego which are washed away by coming in contact with the Light and Sound principle by the grace of the Master. I would reiterate the wise counsel of Jesus Christ: 'Take heed therefore, that the light which is in thee be not darkness.'

I wish you all to live such a disciplined and regulated life which may prove as a beacon light for others. It will not only accelerate your spiritual progress but will earn rich dividends for you by guiding the footsteps of other sincere seekers struggling for spiritual progress.

SPIRITUAL ELIXIR

You are the chosen few who have been spotted, singled out and accepted for initiation into the Mysteries of the Beyond. You have to review your out-going year and start anew with renewed zeal and enthusiasm to march ahead on the holy Path in the ensuing year. Let your light so shine that men may see your good works and glorify your Father which is in heaven.

With all love and best wishes,

Your affectionately,
Kirpal Singh

1969

**Master's Message on the
Auspicious Birth Anniversary (July 27)
Hazur Baba Sawan Singh Ji Maharaj**

Dear Ones,

On the auspicious Birth Anniversary (July 27) of my Master I congratulate you all, who have been put on the Way back to God and have been given a demonstration of rising above body-consciousness, by which you have come to know that you are not bodies, but souls — embodied souls. Also your Single Eye has been opened to see the Light of God and your inner ear has been opened to hear the Music of the Spheres—the Voice of God. “For verily I say unto you that many prophets and righteous men desired to see those things which ye see, and have not seen them; and to hear those things which ye hear; and have not heard them.” (Matt. 13: 17). Moreover you have learnt to die while alive and have a new life—by entering into the Kingdom of God, which is with in you and cannot be had by observation.

My Master, like all Masters in the past, revived the old, old Truth to know that body is the Temple of God in which you reside and God is effulgent in all its glory, which we have forgotten. We are all members of the one family of God—all endowed with the same privileges. We are all children of God and as such brothers and sisters in God. We are all like so many limbs of the one body. If one limb is aching, the other limbs also suffer. So the way to be happy is to make others happy. The most beloved unto God is the person who does good to God's family.

Religion has two aspects—one outer and the other inner; Man is a social being, and must have a society. Masters do not come to destroy but to fulfill. The one aspect is all right, remain where you are, and the other is to know ‘who am I’ — Know the Self and be free.

SPIRITUAL ELIXIR

The highest aim is to know one's Self and Know God, and have loving regard for all others who are similarly situated by setting an example for others. An example is better than precept.

So we are:

*To be just, and friendly to everyone.
To be sincere and to be true to one's Self.
To be good and to do good to others.
To make others happy.
To comfort the sick and the afflicted.
To serve the poor and the needy.
To love God and all His creation viz., man, animals,
birds, reptiles and also the least conscious.
They are all members of the one family of God.
There is one caste, one religion, and one God.
There is only one caste—The caste of humanity.
There is only one religion—the religion of love.
There is only one dharma—
the dharma of Truthfulness.
There is one God—The Omnipresent,
The Omniscient,
The Omnipotent.
There is one language—the language of the heart.*

My best wishes go to you all to know this and be a living embodiment thereof.

Yours affectionately,

Kirpal Singh

1969

Birthday Message

Dear Ones:

I am entering into the evening of my physical life after passing through the seventy-five years of age with the grace of my Master (the Word made flesh) and find that the Word—Holy Naam—is the stake of my life here and hereafter, and so far each one of you whom God has sent to me. That is the Bread of Life and Water of Life, which nourishes the soul. On spiritual health depends the life of mind and body both.

Without that our lives have no worth as an elephant which has no ivory teeth; a well which has no water to give; a fruit tree which bears no fruit; the earth which gives no vegetation without rain or water; or the night which is without moonlight. This is the most important aspect of our lives. “What does it profit a man if he gains the possessions of the whole world and loses one’s own soul.”

While enjoying the bliss of Holy Naam, the mind—an agent of Negative Power—creeps in stealthily to devoid us of the bliss of God-intoxication, considering that one is indispensable in whatever line he/she is placed. We are fortunate to have been selected to do certain jobs in the setup of God’s work, and each of such ones should feel thankful to God and put shoulder to the wheel.

SPIRITUAL ELIXIR

The devoted children live in harmony with each other in the noble cause of God. The Master is fully aware and has appreciation of each one's loving devotion and sacrifice and doles out to him/her the loving intoxication to the capacity of each one of them. Big and small wheels in a machinery have to play their own part, to keep the machinery a going smoothly by oiling with the fragrant oil of loving devotion.

You must be careful not to be deceived by the crafty machinations of mind by turning your face to the Master Power, which resides in each one of you at the time of initiation and never leaves you here and hereafter. This can be done lovingly by keeping his Commandments.

I wish to see you progress on the spiritual way and become ambassadors of Truth during the evening of my life--sooner the better as time and tide wait for no man. Let us unite, one and all, to loving embrace of the Master, forgiving and forgetting petty differences created by the mind to retard progress and bring the blessings of the Master Power working overhead.

I wish each one of you to join with me in the prayer in the words of Guru Ram Dass Ji and Guru Arjan Dev Ji as under:

MESSAGES

O Lord forsake not me, Thy slave.
Take me in Thy loving embrace: O Lord out of Thy old love.
It is Thy innate nature to purify the sinners;
So heed not Thou my errors and sins.
Thou art the life of my life, my peace, my riches;
So burn down Thou, in Thy mercy, the curtain of ego that
screens me off from Thee.
Without water how can the fish abide?
Without milk how can the child live?
Slave Nanak craves for the Lotus Feet of Thee,
O Lord, seeing Thy vision doth he gather the Essence of joy
As a last resort I go to surrender myself to Thee O Lord;
As I have come to Thy refuge, it is up to Thee to accept
or kill me.
The clever sycophancy of the world, this I have cast all
to the fire.
Now say the good or evil of me, I have surrendered
myself (to Thee my God)
He who cometh, to seek Thy refuge, O Lord, him Thou
protecteth in Thy mercy.
Nanak hath come to Thy refuge; O Lord, now keep Thou
my honour.
O Thou Fount of Mercy, abide ever in my heart;
And awaken that intuition in me that I begin to Love Thee.
Always keep me in the holy dust of the saints' Feet that
I apply it to my forehead.
Though most sinful, I may become purest of the Pure,
by tuning with the Music of all Harmonies and ever sing
Thy praises.
That Thy will be sweet to me, and I be pleased with
whatever Thou doest;
And whatever Thou givest I be satisfied and I wonder not
about to knock another's door.
I may know Thee always nearer me and be the Dust of all
in all humility.
In the company of saints all this can be achieved and we
can have a Vision of God.
We are ever Thy children, O Lord, Thou art our Master
and King
Nanak is Thy child, O Father and Mother, and in his is
the Milk of Thy Name.

Yours affectionately, Kirpal Singh

1970

Birthday Message

Dear Ones,

Through the grace of my Master, another year of my Mission has been completed, and my 76th birthday marks the beginning of a new one. It is my wish that the birthday of the Master be celebrated by all of you as befits the occasion, which is by living up to my words: "Let my words abide in you — and you will abide in me." The result will be that your minds become pure and the gracious Master can then release your soul from the bondage of mind and matter and take it up to meet His Radiant Form within you. You will then have achieved your second birth, the true one into the Beyond. How wonderful it would be if the Master and His children could thus celebrate the coming 77th year of my physical life in this way.

For this, the ground has been prepared for you. You have been put on the Way and given some experience of the God-into-Expression Power of Light and Sound Principle within you, which can be developed from day to day by right living and devoted meditations. The cause of the Master is the cause of God, and it is for each one of you to make it your cause by being an example of the Master's teachings, His Light and Love.

Spirituality is a living and practical subject. The right understanding of this has been made clear to you in my Circular Letters of June 13 and November 5, 1969, which should be read again and again, so that you may compare how your day-to-day living is matching up to them. You will receive further help and encouragement when you read my latest book, entitled "Morning Talks", which is now in the final stages of publication. These talks, which were given by me in the mornings at the time a number of dear ones from the West were staying here at the Ashram, cover almost every facet of what is required to progress on the Way back to God, and succeed one another in such a way as to form a God-given spiritual textbook.

God willing, I hope to be amongst you all sometime this year. If you make earnest efforts to change your lives in accordance with my words, you will develop receptivity to the gracious Master Power within you, which will receive a boost from the divine radiations shed by the Physical Presence of the Master. It is for you to make the effort and for Him to crown your effort with success.

I have great love for all of you. Indeed if you knew how much I loved you, you would dance with joy. You will become so intoxicated by His love that it will carry you straight into the arms of your Beloved within. In this way only will you have celebrated the Master's birthday as He wishes.

My love and best wishes go to one and all.

Yours affectionately,
Kirpal Singh

1970

Christmas and New Year's Message

All scriptures handed down the ages are conclusive that 'God is Spirit'—moreover 'God made man in His own image.' The image cannot be but spirit.

As God is infinite, i.e. not subject to death, then man in his own essence can also be not subject to death—he is conscious entity, a drop of the ocean of all consciousness, and indweller in the body, and on account of that the body is working. God is a living Presence within our being—controlling us in the body. Both soul and God reside in our bodies, but we are identified with the body so much so that we have forgotten our own self. We are under a grand delusion and cannot see the world in its right perspective. can we know God who is residing with us in the body ?

Truly speaking, manbody is the temple of God. We should therefore be conscious of our Divine Nature, and try to regain our God-head. For that, you turn away completely from outside and outgoing faculties for a while, and close yourself in the closet of your body. The Ringing Radiance of God will become effulgent. God is eternal, all wisdom, all happiness, so you are the same. Mind that you and God are one, you can never be separated. He is ever with you, enlivening you. His life is your life, and you cannot live without Him— so you have nothing to fear.

Man is what he thinks about all day long. One can only live one moment at a time. Emerson said: “There is no moment in eternity more important than this moment.” All real good or evil that may befall him is from himself. If a man lives in a good or bad way in the real present, he will ensure the same in the future. If you have bad thoughts for others, you will harm not them only but yourself as well, as thoughts are very potent. So try to live in the living present, forgetting the past and the future—and fill every moment of your life with simple trust in Him in all loving devotion. He will manifest in you when you choose and turn your face to Him. As loving advice I give you, from this moment let love be your constant companion and trust Him in all things. God is love and love is God, and the way back to God is also through love. Guru Gobind Singh says “Hear ye all, I tell the truth; God is attained through love.” Rest assured that He is With you always, and be of good cheer.

With all best wishes,

Yours affectionately,

Kirpal Singh

1971

Birthday Message

Dear Ones,

You are fortunate to have man-body which is highest in all creation.

Awake ! O man, 'Regain your Godhead' before it is too late. Most of the time has been frittered away in other pursuits. Make the best use of the time left at your disposal.

On regaining your lost Godhead you will have right understanding that "You are all one." This will result in right thoughts, which will follow in right speech and right actions.

You will thus bring the 'Kingdom of God' on earth.

Yours affectionately,

Kirpal Singh

1971

**Christmas
and
New Year's Message**

Dear Ones,

This blessed day of 25th December, 1971, is celebrated in the sweet remembrance of Christ, when He manifested at the human pole of Jesus for the guidance of the child humanity. He was the Light of the world as long as he was in the world (John 9: 5). He gave Light of Life to whomsoever came in contact with Him.

Each of the prophets and messiahs is sent into the world who carries on His work of uniting souls to God. The law of supply and demand is always working in nature. There is food for the hungry and water for the thirsty; where there is fire, oxygen of its own comes to its aid. When He fulfills His mission, He is recalled, gathered up and passes away the scene of His activity on earth plane.

Those in search of God, are ultimately led by the God-Power to the feet of the Master-Saint—the ‘Word made flesh’—for the journey back to God. *“No man can come to me except his Father which has sent me draws him; and I will raise him on the last day.”* (John 5:41) “Last day” means the last day of the earthly life, when the sensory currents are withdrawn from the body.

You are taught to rise above body-consciousness by daily spiritual practices and meet the Master within. It is only when the outward man perishes, that the inward man (spirit) is renewed.

MESSAGES

*“For whosoever will save his life shall lose it; but
whosoever will lose his life for my sake,
the same shall save it.”*
(Luke 9:24 & 17:37)

It is a pity that we have made wonderful progress in all walks of life but woefully lack self-knowledge and God-knowledge. *"What does it profit a man if he gains the possession of the whole world and losses his own soul?"* We are fortunate to have the man body, which is the highest in all creation, in which we can know ourselves and develop God-consciousness. The word 'religion' is derived from a Latin word 'Ligare' and with its derivative ligament, which means to bind. 'Re' denotes 'again', so it denotes to bind back the soul to God, which is a common heritage of mankind.

Time and tide wait for no man. We should do our utmost to achieve the object before us. And my best wishes are with each one of you.

Yours affectionately,
Kirpal Singh

1972

Birthday Message

Dear Ones:

I am sending you the following message in brief on my physical birthday, which will bring peace to all the world over.

BE GOOD, DO GOOD, and BE ONE

(i) BE GOOD AND DO GOOD:

Means, to be able to do good, you must be good in the first instance.

Being good means good in thought, word and deed.

God is all goodness and innate in all.

Be friendly with everyone, be kind and compassionate.

See goodness in all around you including even those who hate you.

God is all love, love all, serve all and do good to all.

(ii) BE ONE:

God made man. All mankind is one.

Man is an ensouled body—bearing labels of different social bodies.

As men we are all one, born the same way with equal privileges from God.

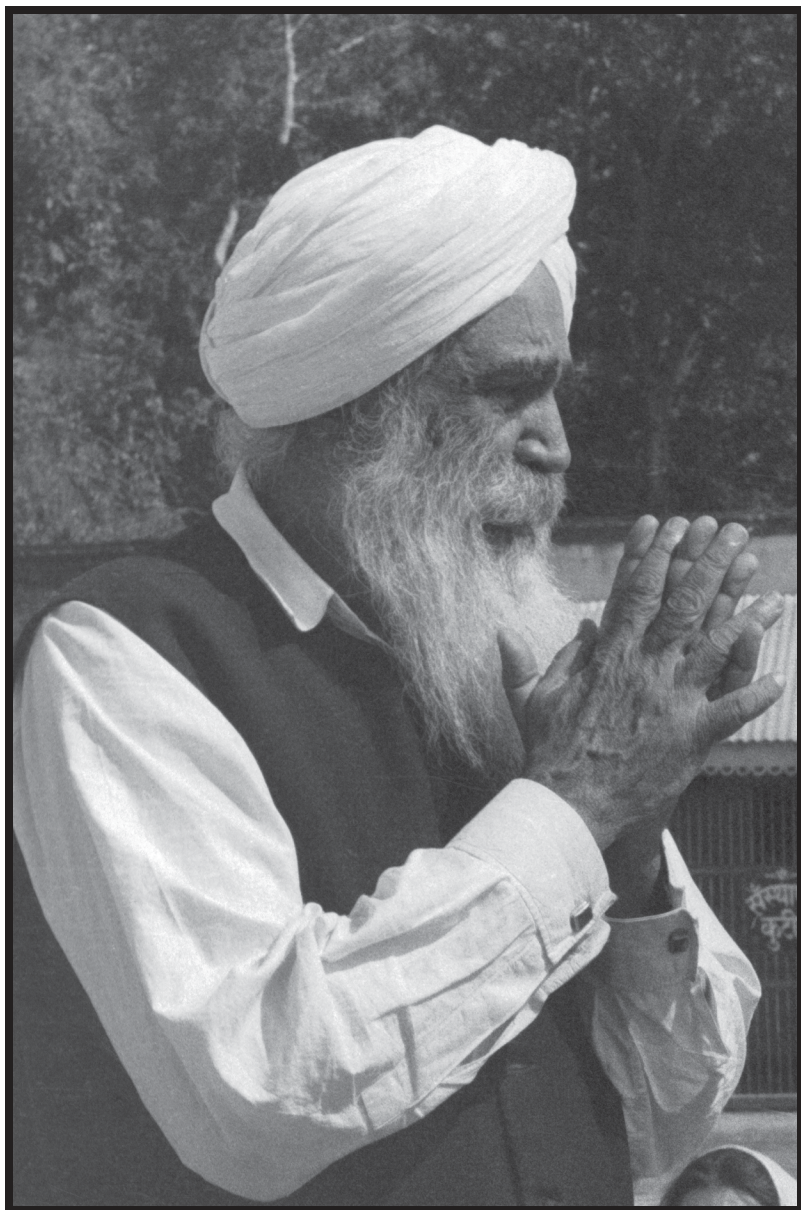
As soul we all are of the same essence as that of God, a drop of the ocean of all consciousness, and controlled by the same Power, which we all worship—calling by different names.

Unity already exists, we have forgotten.

BE ONE.

With all love and best wishes,

Kirpal Singh



Sant Kirpal Singh Ji Maharaj
1894-1974

**GLOSSARY
OF
ORIENTAL TERMS
AND
IMPORTANT NAMES
OF PERSONS AND
PLACES**

SPIRITUAL ELIXIR

A

- AARON** - (Heb. Aharan) - The brother of Moses and his senior by three years.
- AHANKAR** - (Pronounced as Ahamkar) - Egotism, i.e., habit and practice of too much talking about oneself in first person singular.
- AHARMAN** - (also spelled as Ahriman) - The Evil God perpetually at war with the Good God, Ahura-Mazda or Ormuzd, the Supreme Creator as given in the Zendavasta of the Zoroastrians.
- AKSHOBYA** - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.
- AMAR DASS** - (1479-1584 A.D.) - The third in succession to Guru Nanak.
- ANAMI** - The Nameless One without attributes. Same as Maha Dayal, Nirala and Soami.
- ANANDA** - Ecstasy or bliss.
- APARA VIDYA** - Knowledge of the empirical world with special reference to ethical and moral life which forms the basis for spiritual experience.
- ARHAT** - In the Hinayana school of Buddhism (the Lower Vehicle) it denotes a 'worthy one,' qualified for entry into Nirvana.
- ARJUNA or ARJANA** - (1563-1606 A.D.) - The fifth in succession to Guru Nanak, and the compiler of the holy Granth.
- ASANA** - A generic term denoting any posture in yogic discipline for self-development.
- ASHTANG YOGA** - An eight-fold path of yogic discipline as developed by Patanjali, the reputed founder of yoga or the path of union of the soul with the Oversoul.
- AVOLOKITESHVRA** - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.

B

- BABA** - A pious expression used in addressing aged persons.
- BHAIRON MOHALLA** - One of the Ragas (tunes) in which the holy Granth has been composed.
- BHAJAN** - One of the three Sadhans (disciplines) in Self-realization and God-realization and stands for attuning one's self with the Audible Life Stream.
- BHAKTI** - Worshipful devotion to the God-Man.

GLOSSARY

BHAKTI YOGA - One of the three important systems of Yoga: Jnana (The path of knowledge), Bhakti (the Path of devotion) and Karam (the path of action).

BIBLE - The four Gospels of the Christians together with the relevant books constitute what is commonly known as the Holy Bible.

BODDHISATVAS - (also Bodhisattvas)-Semi-human beings qualified Devas or active deities with power to save those who call on them trusting in their power-(Mahayana literature).

BUDDHA-(583-463 B.C.) - Lit., The enlightened one. The term refers to Prince Siddhartha who attained Inner Light after renouncing the world and following the middle path of eightfold righteousness.

BUDHI - One of the three constituent parts that go to form a rational being: body, mind and intellect, the last being the discriminating faculty that reasons out right from wrong.

C

CHAKRAS - Ganglionic centres in the bodily system by controlling which one attains mastery over various processes going on in the body; e.g. physiological, psychological and respiratory etc. Since these centres are in the form of small wheels or lotus, these are called chakras.

CHID-AKASH - Pure mind-essence wherefrom mental vibrations arise and assume the form of feelings, thoughts and actions.

CHIT OR CHITA - Lake of the mind wherein are stored all kinds of impressions in the form of memories. It is one of the four facets of manas: Chit, Mana, Budhi and Ahankar.

CHIT-LAKE - Same as Chit.

CHRIST - The Anointed One; the title of Jesus.

D

DARSHAN - To have a view of the Master's form with loving devotion, within or without.

DAYAL - Merciful or compassionate. It is one of the attributes of God.

DHARMA - The term is derived from the Sanskrit root 'Dhir' meaning that which supports or upholds something. (Here of course the world systems on all levels of existence).

DHARAM RAI - King-Judge; The Lord of the Astral world who judges all by their actions-the law being as you sow, so shall you reap. But those who take refuge at the feet of a Perfect Master easily escape from the pinching effect of this Law.

DHAYANA - Meditation or contemplation. Fixing the attention on some focus within.

G

GAGGAN - The upper portion that crowns the Trikuti (the second plane on the spiritual path). It is the place where all kinds of latencies are stored up.

GOBIND SINGH-(1666-1708 A.D.) - The Tenth Guru in succession to Guru Nanak.

GOSPELS - God's Message.

GRANTH SAHIB - The holy Bible of the Sikhs compiled by Guru Arjan. It contains the songs of all the fore-runners in the realm of Spirituality, irrespective of the caste or vocation of their authors.

GUNA - Quality or attribute which constitutes a motor-power for all our deeds and actions according to one's inherent nature.

GURU - Lit., Preceptor or Guide, particularly on the spiritual path.

GURU DEV - Radiant Form of the Master that meets a disciple as his spirit ascends above body-consciousness.

H

HAFIZ (1320-1389 A.D.) - A great Persian Saint-poet; born at Shiraz. Hafiz is the pen name which means 'one who knows Koran by heart'. His real name was Shams-ud-Din Mohammed which means 'Sun of the Religion founded by Prophet Mohammed'. Hafiz enjoys great popularity among the Muslims and Hindus alike both as a saint as well as a poet.

HARMUZD - (also spelled as Ormuzd) - The Good God or Ahura-Mazda who in the oldest scriptures is the supreme creator being opposed by the Evil God, Ahriman as given in Zendavesta, the scriptures of Zoroaster.

HATHA YOGA - A form of yoga dealing with the control of the body and bodily activities as the means of stilling the mind.

The process of deintoxication and rejuvenation is done by means of six purificatory acts called Shat Karma, like Neti and Dhوتي etc. It is considered as a methodical approach to the attainment of the highest in yoga—Raja Yoga. 'Hatha' literally means willpower or indomitable will to do a thing, howsoever uncommon it may be. Etymologically 'Ha' represents the sun and 'tha' stands for the moon. Hence Hatha Yoga aims at coordinating the warm and cold aspects of sun and moon respectively by working through Ida and Pingla.

HAZUR - A venerable form of address applied to persons of distinction in any grade of life.

HIROSHIMA-A port in Japan.

GLOSSARY

J

JAIMAL SINGH (1839-1903 A.D.) - A soldier-saint initiated into the sacred teachings of Surat Shabd Yoga by Soami Ji Maharaj of Agra, who deputed Him to carry on His Mission in the Punjab so as to repay, in some measure, the debt the world owed to Guru Nanak who came from the Punjab and whose teachings had imbibed and influenced Soami Ji Maharaj. Baba Jaimal Singh Ji in his turn, left his spiritual mantle on Hazur Baba Sawan Singh Ji.

JAP JI - It is a prologue to Adi Granth and sums up the philosophy of the Great Teacher, Guru Nanak.

JESUS - The founder of Christianity.

Ji - A suffix usually added after the name of venerable persons; commonly used as an expression of welcome to an honoured guest.

JNANA YOGA - See Bhakti Yoga.

JOHNSON, Dr. JULIAN or JOHNSON, DOCTOR - One of the American Missionaries and a physician of repute who, after winding up his lucrative business came to India and spent the rest of his life at the holy feet of his Master, Baba Sawan Singh Ji Maharaj.

JYOTI - Divine Light.

K

KABIR (1398-1518 A.D.) - A great Saint of Northern India who lived mostly at Kashi (Banaras). He along with Guru Nanak in the Punjab revived the most ancient teachings of Sant Mat. It was from them that Soami Ji Maharaj of Agra derived his greatest inspiration and developed the intrinsic significance of what they had taught in the form of aphorism.

KADESH - A city or town on the southern frontier of Judah and of Palestine.

KAL - Literally the term stands for Time which is measured in terms of events and occurrences that are of impermanent nature-Negative Power.

KALMA - A Koranic term that stands for Word in the Bible, Nad in the Hindu scriptures and Naam as termed by the Masters, all of which denote the Audible Life Stream pulsating in the entire creation, visible and invisible.

KARMA - Literally actions and deeds, but the term includes also thoughts and words, all of which leave an indelible impression on the tablet of the mind and give rise to the inexorable law of action and reaction-as you sow, so shall you reap.

SPIRITUAL ELIXIR

KARMA YOGA - See Bhakti Yoga.

KARMIC - Pertaining to Karma.

KRISHNA - Said to be the complete incarnation (Avtar) of Vishnu: author of the celebrated song celestial known as Bhagwad Gita, a monumental work that deals with the most intricate problem of Dharma in its varied aspects.

KRIYA YOGA - A form of Karam Yoga having its own limitations like so many other forms of yoga.

KUNDALINI - A serpentine power that lies coiled up at the far end of the spinal cord and is awakened by the Yogi, through various kriyas which when roused up helps to cross the various bodily centres, leading up to Sahsarar or the thousand-petalled Lotus behind the eyes which is the goal of all the yogis. It is because of this that sometimes it is designated as Kundaki Yoga.

M

MAHA DAYAL - Literally the most compassionate-the term is synonymous with the Nameless One, without attributes. It is the same as Anami, Nirala and Soami.

MAHAKASHYAPA - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teaching of the Sound Current.

MAHARAJ - The Great One spiritually. Usually added after the names of such a One.

MAHAVIRA - Literally the great warrior who conquered his self by extreme austerities and penances; the founder of Jainism, which like Buddhism was yet another attempt at reforming the Brahminical supremacy based on rites and rituals.

MAHASATVAS - Along with Bodhisatvas, they constituted a chosen class of disciples of Buddha.

MAHATMA - A great Soul.

MAITRAYA - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.

MANA - Reflector of the mental vibrations as they float to the surface, from the depths of the chit. Thus Mana or mind is said to preside at the council table and presents the picture whenever necessary to the intellect.

MANDGALYAYANA - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.

GLOSSARY

MAYA - To take as real what is unreal. It is a sort of hallucination that sees serpent in a rope, a ghost in a tree or water in burning sands (mirage). It is the root cause of suffering and sorrows in the world.

METALUNIPUTRA - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.

MIRA-(B.C. 1504) - A Hindu poetess of the Vaishnavite school. Wife of the Raja of Chitore. A devotee of Krishna.

MOHAMMED (C. 570-632) - Arabic, the 'praised one' - The founder of Islam, often called Mohammedanism after him.

MOSES - The great lawgiver of the Jews, who led the children of Israel in their exodus from Egypt and their wandering in the wilderness of Sinai where he received the tablets of stone engraved with the Ten Commandments.

MURSHID-i-KAMIL - Muslim term stands for Perfect Master.

N

NAAM - The primal Sound Current, such as Shabd, Word, Nad, Sarosha, Sruti, Logos or the Holy Ghost; the creative aspect of God; God-in-action.

NAGASAKI - A city of Japan on the island of Kyushu.

NANAK (1469-1539 A.D.) - The first Guru of the Sikhs; contemporary with Kabir. See Kabir.

NARAYANA - Lord; the title of Vishnu.

NIRALA - Indescribably wonderful. Same as Anami, Maha Dayal, Soami, the Lord of the entire creation.

NIRVANA - Literally blowing out; state to which a Buddhist aspires as the best attainable.

P

PARA VIDYA - Knowledge of the Beyond or Science of the Soul which lies beyond the senses, mind and the intellect. Perfect knowledge is independent of the senses and is an action of the soul itself.

PETER - Literally a rock. This title was conferred by Christ upon Simon on his first appearance before him.

PHILLIP - One of the disciples of Jesus.

PIND - Literally physical body below the eye-centre.

PIRAY MARG - The path of pravritti as opposed to the path of nivritti: the former being the one of expansion into the world and the other being the inner path, which is straight and narrow, sharp as the razor's edge but leads unto life though few there be that tread it.

SPIRITUAL ELIXIR

PLATO(428-347 B.C.)-A Greek philosopher.

PRALABDH KARMA-Destiny or fate with which one comes into the world and over which one has no control. These have to be undergone with smiles or tears as one may like for there is no escape from them.

PRANA- Vital airs connected with the various processes going on in the body.

PRANIC- Pertaining to the pranas.

R

RADHA SOAMI or RADHA SWAMI - Literally Lord of the soul-the Primal Sound Current.

RAI SALIGRAM - A Postmaster General in the United Provinces of Agra and Oudh, in India. A devoted disciple of Soami Ji Maharaj of Agra. He, in moments of ecstasy, used to address Soami Ji Maharaj as 'Radhasoami' meaning thereby the Lord of the Soul.

RAJ YOGA -The royal road to integration. The path implies a scientific approach Godwards and is best suited to persons gifted with scientific mind and scientific outlook, both within and without. A Raj yogi does not take things for granted or accept them on blind authority, scriptural or otherwise, it being the path of self experiment in the laboratory of the mind.

REHMAN - Literally, merciful and compassionate, an attribute of Allah or God.

RISHI - In Hinduism an inspired poet or sage. The Vedic hymns were originally revealed to 'Seven Rishis' referred to as Prajapatis the children born of the mind of Brahma.

RUHANI SATSANG - A gathering of purely spiritually minded persons. The congregation was developed and presided over by Satguru Kirpal Singh Ji (February 6, 1894 - August 21, 1974), who constituted it as a Common Forum for the meeting of representatives from all religions who believed in the efficacy of the Science of the Soul as panacea for all the ills of the world.

RUMI (Jalal-ud-Din Rumi)-(1207-1273 A.D.) - Greatest of the Sufi poets of Persia; the author of many odes in praise of his Master, Shamas-i-Tabrez. His monumental work, the immensely long 'Spiritual Masnavi' is a collection of ethical precepts, illustrated from Koran, and the sayings of Mohammad.

GLOSSARY

S

- SACH KHAND** - Realm of Truth or the Highest Spiritual Region presided over by Sat Purusha. This has been the goal of all the Saints from Kabir and Nanak down to Soamiji Maharaj of Agra and His disciples like Baba Jaimal Singh Ji.
- SADHAN** - Spiritual discipline for subduing the mind and the senses as preliminary to self-unfoldment.
- SAMMANTBHADRA** - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.
- SANCHIT KARMA** - All the unfructified karmas lying to the credit of individuals from time immemorial in the shape of vasnas or latencies which from time to time help in the process of reincarnation.
- SANT** - The highest appellation for a person who has free access to Sach Khand.
- SANT MAT** - Literally, the path of the Masters. It is elastic in essence free from the rigidity of religious doctrines and dogmas. Attunement of the soul with the Life Principle within each individual through the agency of a perfect Living Master who is the alpha and omega on this Path.
- SAR BACHAN** - Literally, the sayings about the eternal Truth. Metaphorically it is the name given to the utterances both in prose and verse of Soamiji Maharaj of Agra who expounded Sant Mat in the present era.
- SARIPUTRA** - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.
- SAT NAAM** - The power-of-God creating and sustaining all that is, visible or invisible.
- SAT PURSHA** - The Primal Cause and the first Manifestation of Godhood.
- SATSANG** - Literally, it connotes contact of the spirit with the power-of-God within. A congregation presided over by a Sant Satguru, who is a veritable embodiment of the God-Power, is also known as Satsang.
- SATSANGI** - Literally, a disciple of a Perfect Master.
- SATVIC** - Pertaining to Satva Guna or attributes like tranquility or equipoise of the mind. The term also applies to diet that is conducive to bring about the above qualities.
- SAWAN ASHRAM** - Ashram founded by Satguru Kirpal Singh Ji Maharaj for the spiritual welfare of the people and named as such in honour of His Master Baba Sawan Singh Ji Maharaj.

SPIRITUAL ELIXIR

SAWAN SINGH (1858-1948 A.D.) - The Great Master who succeeded Baba Jaimal Singh Ji Maharaj at Beas.

SEHAJ YOGA - Literally, it means an easy path leading to Sehaj or equipoise. Usually used as synonym with Surat Shabd Yoga or Yoga of the Sound Current which can easily be performed by all alike, old or young.

SHABD -Sound-Current vibrating in all creation. It can be heard by the inner ears. It is termed by Mohammedans as Samma and among the Hindus as Shruti, variously known as Nad, Akash Bani, Bang-i-Ilahi, Sarosha and the like.

SHABD DHUN - The music of the soul, the Audible Life Stream.

SHAITAN (Satan)-The god of evil residing in each individual as mind.

SHAREY MARG - The path of expansion based upon scriptural texts which enjoins performance of rites and rituals, strict adherence to doctrines and dogmas, sacrifices and worships of all kinds on the plane of the senses. Such practices, good in themselves, do not and cannot grant liberation to the soul.

SHIV DAYAL SINGH-The Great Saint of Agra who revived the teachings of the Masters like Kabir and Nanak, under the inspiration of the instructions of Tulsi Sahib of Hathras. He is said to be the revealer of modern Santism.

SIMON OR SIMON BARJONA- One of the disciples of Jesus:See also Peter.

SIMRAN Remembrance; esoterically, repetition of the intrinsic names of God as enjoined by a Master-Saint.

SAOMI OR SWAMI-See Shiv Dayal Singh Ji.

ST. PAUL- The great apostle to the Gentiles. His Jewish name was Saul, but after his conversion he became known as Paul. SURAT-Attention or individual consciousness.

SURAT - Attention or individual consciousness.

SURAT SHABD YOGA - The Science of contacting the surat (individual consciousness) with Shabd (Primal Sound Current). Attunement with the internal Sound or Word.

GLOSSARY

T

TISRA TIL - Third eye. Also called Nukta-i-Sweda. Christians call it the single eye, the gateway which leads to realms above the purely physical world. It is situated behind and between the two eyes.

V

VEJURIA - One of the Buddhist monks within the inner circle of Buddha's disciples who were given the intrinsic teachings of the Sound Current.

Y

YOGA - Literally yoke or union, esoterically union of the spirit with the Sound Current.

YOGI - One who practises yoga for effecting union of soul with the Oversoul.

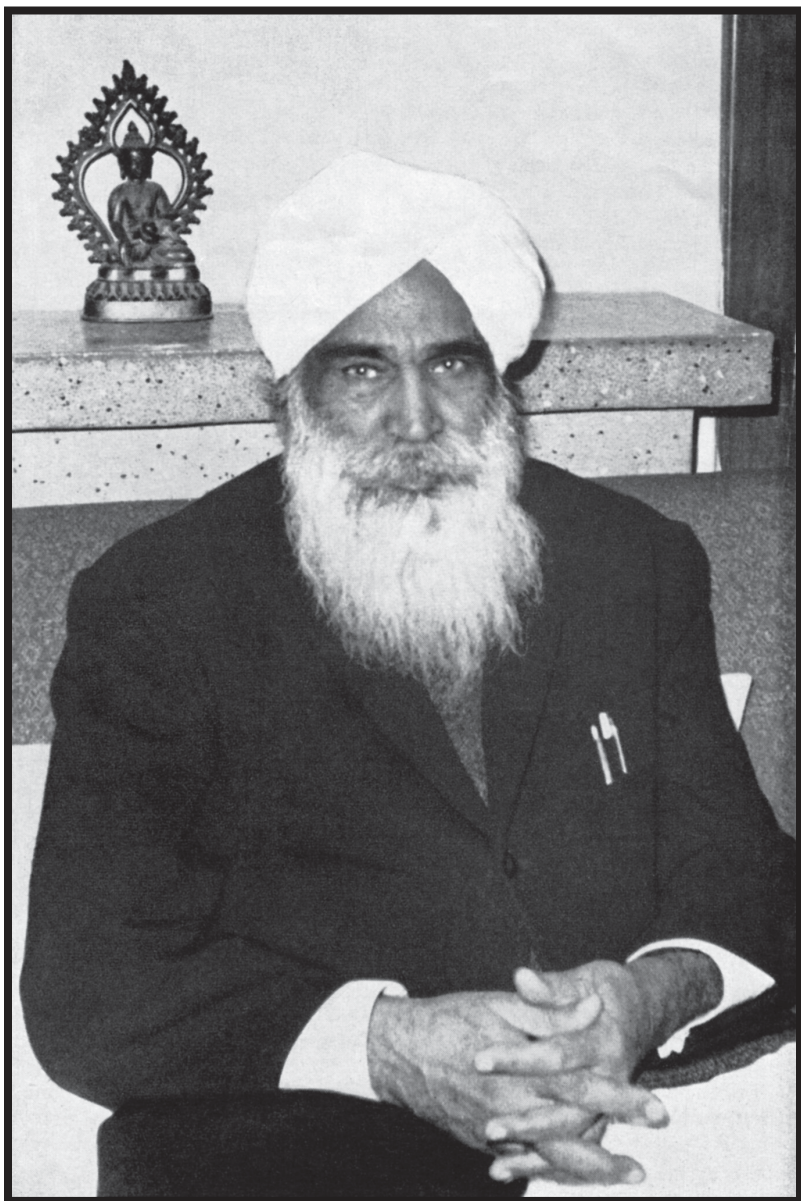
YOGIC - Pertaining to yoga.

Z

ZIN - A wilderness traversed by the Israelites on their way to Canaan.

ZOROASTER (660-583 ? B.C.) - Greek form of the Persia Zarathustra. Founder of Zoroastrianism, the modern version of which is Parseeism.

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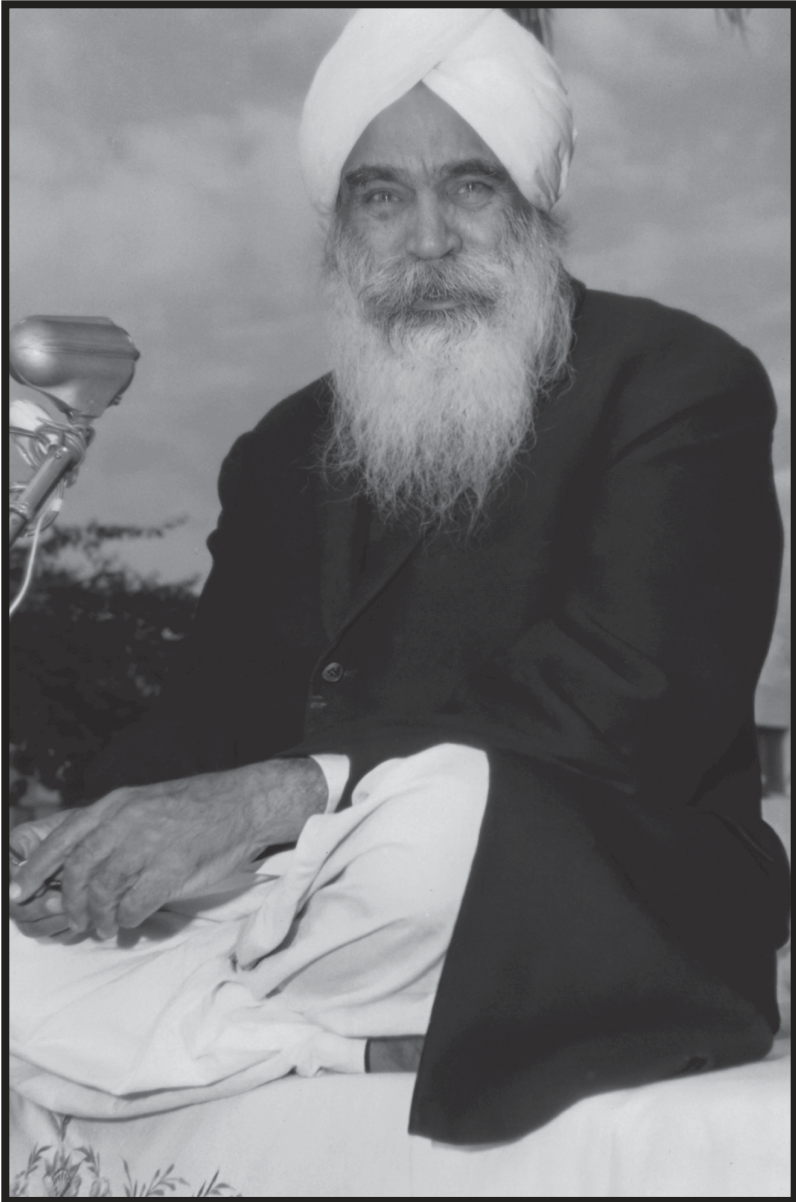
Sant Kirpal Singh Ji Maharaj
1894-1974

DAILY SPIRITUAL DIARY

DAILY SPIRITUAL DIARY TO BE MAINTAINED FOR SELF-INTROSPECTION FOR THE MONTH OF _____ INITIATED ON _____																																	
OBSERVE	FAILURES	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	RESULTS AT END OF THE MONTH
(1) AHIMSA (Non-violence)	In Thought																																Extent of Withdrawal From Sensual Consciousness
	In Word																																
	In Deed																																
(2) TRUTHFULNESS	Falsehood																																
	Deceit																																
	Hypocrisy																																Inner Experience of Vision
	Fraud																																
	Illegal gain																																
(3) CHASTITY	In Thought																																
	In Word																																
	In Deed																															Inner Experience of Hearing	
(4) HUMILITY	Vanity of Knowledge																																
	Pride of Wealth																																
	Intoxication of Power																																
(5) LOVE FOR ALL HATRED FOR NONE IRRESPECTIVE OF POSITION, WEALTH, or LEARNING	In Thought																																
	In Word																																
	In Deed																																
	TOTAL																															Any Difficulty in Meditation	
(6) SPIRITUAL PRACTICE - Time Devoted In	Repetition of Names -																																
	Simran Dyan																																
	Contacting the Holy																																
	Sound Current Bhajan																																
	Satsang																																
	TOTAL																																
(7) DIET	Foods																																
(8) SELFLESS SERVICE	Physically																																
	Financially																																



This photo taken in Beas Satsang Hall, shows one of the many occasions when Baba Sawan Singh Ji is sitting on the dais, but by His own order His beloved Gurmukh, Satguru Kirpal Singh Ji is holding the Satsang



Sant Kirpal Singh Ji Maharaj - 1894-1974
Master Kirpal conducting Satsang at Sawan Ashram

BOOKS

by

Kirpal Singh

- Crown of Life
- Godman
- A Great Saint: Baba Jaimal Singh
- His Grace Lives On
- Jap Ji: The Message of Guru Nanak
- Light of Kirpal [Heart to Heart Talks]
- Morning Talks
- Mystery of Death
- Naam or Word
- The Night is a Jungle
- Prayer: Its Nature and Technique
- Spirituality: What It Is
- Spiritual Elixir
- Surat Shabd Yoga (Chapter 5 of Crown of Life)
- The Teachings of Kirpal Singh
- Way of The Saints
- Wheel of Life
- Love, Light and Life: A Biography of Kirpal Singh

BOOKLETS

by

Kirpal Singh

- God Power / Christ Power / Master Power
- How to Develop Receptivity
- Man! Know Thyself
- Ruhani Satsang: Science of Spirituality
- Seven Paths to Perfection
- Simran: The Sweet Remembrance of God
- The Spiritual and Karmic Aspects
of the Vegetarian Diet

“In my boyhood, I had the same doubts and questioning before me. I did not dare to go to any Master for fear of encountering an imperfect master, and then my whole life would be one of frustration. So I earnestly prayed to God for guidance. My prayer was heard. A True Master began to appear to me in my meditations (in 1917), about seven years before I came to Him physically (in 1924), whom I recognized to be the same Great Master Sawan Singh (1858-1948). Your question remains — *how to recognize* a True Master?

“Outwardly, we should see that he has no selfish motives. He should be living on His own hard-earned money. He should not be fond of outward pomp and show. He will live a simple life. His thoughts will be pure.

“His true qualifications will lie in His ability to give the Initiate some first-hand (inner) *experience* by opening the inner (or single) eye to see the *Light of God* and the inner ear to hear the *Voice of God*, the Sound Principle. The extent of this experience will be according to the background of the Initiate and his receptivity.

“After Initiation, the only rules for judging for one’s Self is one’s own inner ascent to the Spiritual Planes, whereby one can see for one’s Self, and meet all Masters, past or present, wherever They are, in the Upper or Lower Planes.

“Those who contact the Master inside and talk to Him know.”

Kirpal Singh