PART III

MESSAGES

FROM

SATGURU KIRPAL SINGH JI

TO

SINCERE SEEKERS AFTER TRUTH

CHAPTER XXII

1952

Christmas Message

Dear Ones,

I send out my heartful 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

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 recognise 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, 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 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!

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

*approximately 373 kgs. or 820 lbs.

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

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.

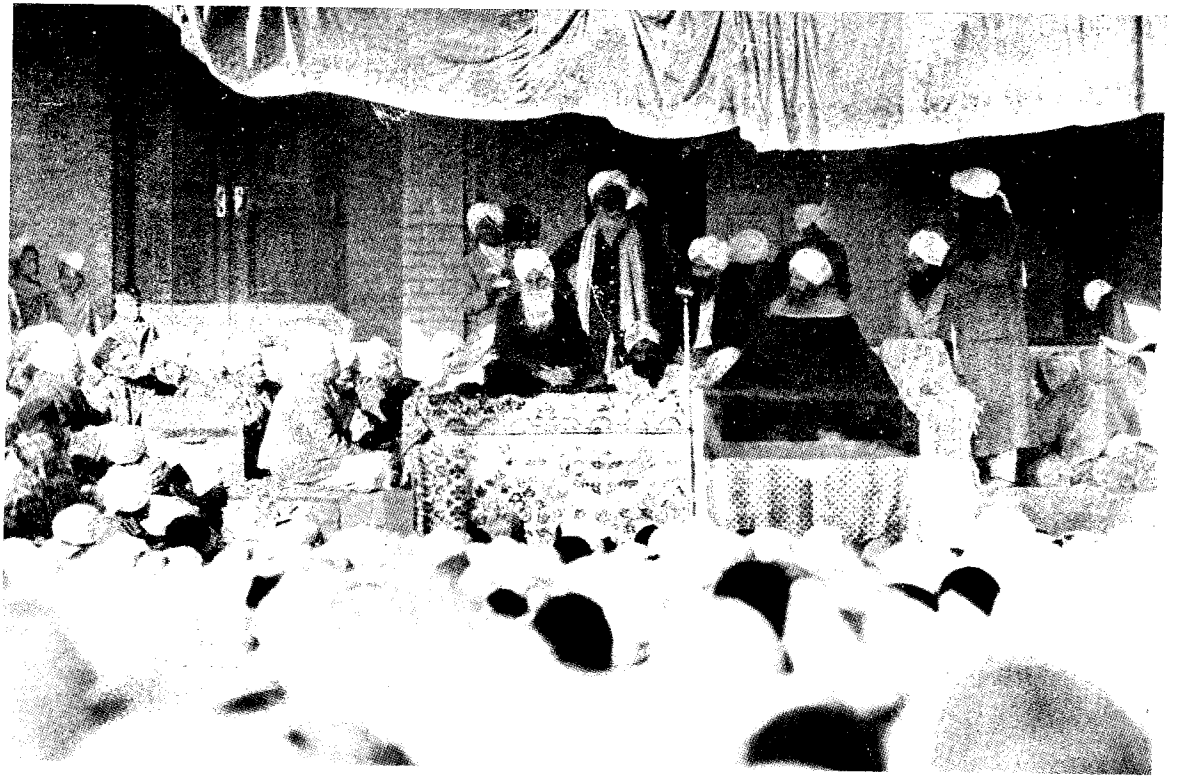
Soul is an indweller of the body for a short period only. Soul's stay in the body may be compared to a traveller who stays in an inn for the night and leaves

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



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

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 alloted 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 fulfllls 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.

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.

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.

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.

May be worldly affluence has swayed you too much or you had thought the misfortunes have 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

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.'

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 offsprings 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. 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. 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.

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 Zoroastarian, 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 revivified 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.

'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 beckens 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. '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

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 Aniversary 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., man-body, 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 Pursha—the True Father Who in turn absorbs him into the Nameless—the Anami.

Sat Pursha 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:

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.

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

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

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.

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.

Yours affectionately,

February 2, 1966. 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.

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. 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."

(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-realizsation. 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.

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 idealogy 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. 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, to 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

DAILY SPIRITUAL DIARY

On completion please send this to Satguru Kirpal Singh ji, Ruhani Satsang, Sawan Ashram, Delhi-7—India.

Observance	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	TOTAL
Non-violence	In thought																																
	In word																																
	In deed																																
Truthfulness	Falsehood																																
	Deceit																																
	Hypocrisy																																
	Fraud																																
	Illegal gain																																
Chastity	In thought																																
	In word																																
	In deed																																
Humility	Vanity of knowledge																																
	Pride of wealth																																
	Intoxication of power																																
	Total																																
Meditation	Meditation (Simran Dhian)																																
	Contacting the holy sound (Bhajan)																																
	Total																																
Selfless Service	Physically																																
	Financially																																

Extent of withdrawal from sensual consciousness	Inner experience of vision.	Inner experience of hearing.	Any difficulty in meditation.	Daily Diary for the month of ... Name & full address ....

GLOSSARY

GLOSSARY OF ORIENTAL TERMS AND IMPORTANT NAMES OF PERSONS AND PLACES

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 emperical 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 ciicle 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.

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 eight-fold 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 Annointed 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 Dhoti etc. It is considered as a methodical approach to the attainment of the highest in yoga—Raja Yoga. 'Hatha' literally means will-power 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.

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.

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 Kundalini 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 Budhism was yet another attempt at reforming the Brahmical supremacy based on rites and rituals.

MAHASATVAS—Along with Boddhisatvas, 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.

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—(R.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 which 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 pravriti as opposed to the path of *nivriti*: the former being the one of expansion into the world and he 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.

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 SALIG RAM—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.

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 utterences 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 Godpower, 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.

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 synomyn 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 adherance 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 SHABD YOGA—The Science of contacting the surat (individual consciousness) with Shabd (Primal Sound Current). Attunement with the internal Sound or Word.

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.

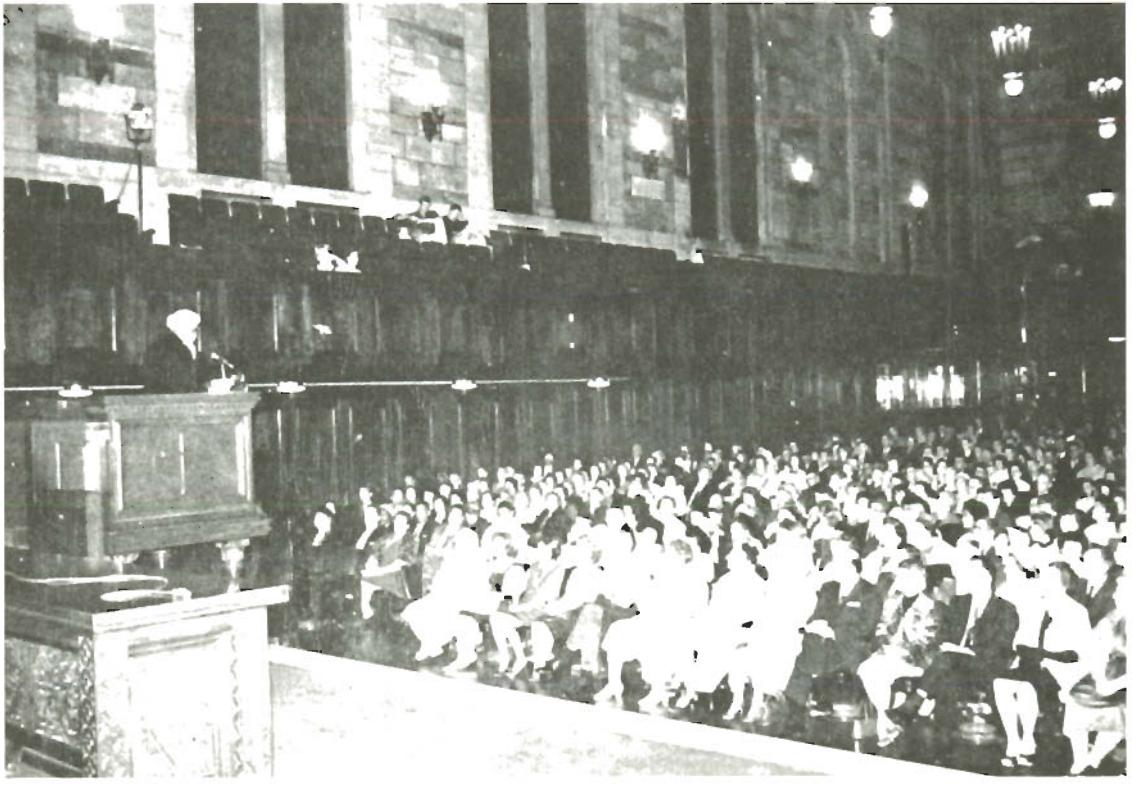
YOGI—One who practises yoga for effecting union of soul with the Oversoul.

YOGIC—Pertaining to yoga.

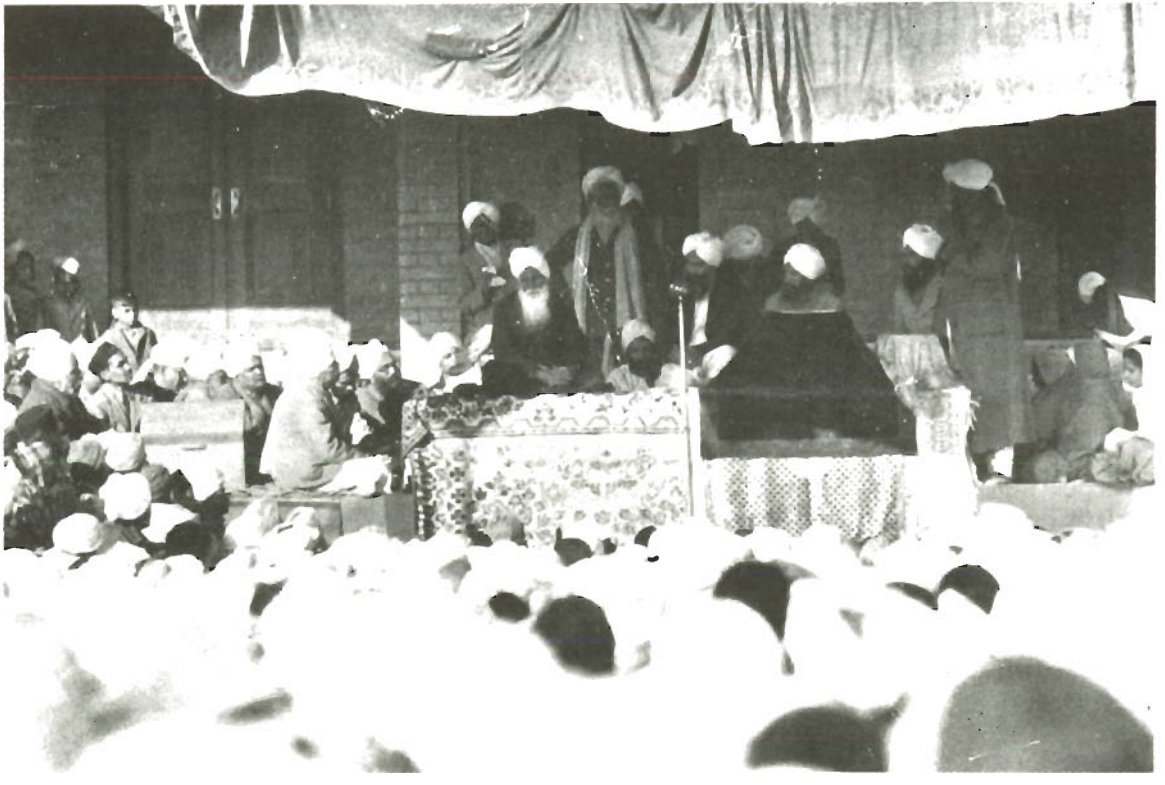
Z

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.



SATGURU KIRPAL SINGH JI IN GRAND RAPIDS, MICHIGAN, U.S.A.



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

"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 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."

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