About the Author

Considered by many people who met him in the East and in the West to have been a living example of a true Saint of Spirituality, Kirpal Singh was born in a rural setting in Sayyad Kasran in the Punjab (then in India, now in Pakistan) on February 6, 1894. He followed the career of a civil servant in the government of India, and retired on his own pension in 1947. Following instructions from his Master (Sawan Singh Ji Maharaj, 1858-1948), he founded and directed RUHANI SATSANG. He was Commissioned by God and authorized by his Master to carry forward the spiritual work of contacting sincere seekers after God with the WORD (or NAAM). He continued in that capacity until he left the earth plane on August 21, 1974. Elected four times, consecutively, as President of the World Fellowship of Religions, he upheld the truth that, though the various religions are different schools of thought, the Aim of all religions is One and the Same. Kirpal Singh visited the major cities in the United States on the occasions of each of his three world tours: in 1955, in 1963-64, and again in 1972, staying in this country for three months or more each time. From his intent study at the feet of Sawan Singh Ji Maharaj and from his own personal inner experiences of a spiritual nature, Kirpal Singh was eminently qualified to convey to sincere people everywhere the importance of self knowledge and God realization.

The appendices and index included here have been prepared by the Book Committee of RUHANI SATSANG —Divine Science of the Soul, beginning with this 1984 edition of *The Night is a Jungle*. It is hoped that this additional material will be of benefit and convenience to the reader.

Historical Perspective

After the time of Guru Gobind Singh (see below), the Sikh religion came into existence. The Sikhs of today accept Guru Nanak as the founder of their religion and the nine consecutive Gurus as his lineal successors. The chronology follows:

Guru Nanak	(1469-1539 A.D.)*
Guru Angad	(1504-1552 A.D.)
Guru Amardas	(1479-1574 A.D.)
Guru Ramdas	(1534-1581 A.D.)
Guru Arjan Dev	(1564-1606 A.D.)
Guru Har Gobind	(1594-1645 A.D.)
Guru Har Rai	(1630-1661 A.D.)
Guru Har Krishnan	(1656-1663 A.D.)
Guru Teg Bahadur	(1621-1675 A.D.)
Guru Gobind Singh	(1666-1708 A.D.)

Because Guru Gobind Singh travelled widely, to the Himalayas in the North and to Deccan in the South, other people maintain that this line of true Masters of Spirituality was authorized by Guru Gobind Singh to continue through Ratnagar Rao Ji, his Initiate in Deccan.
This continuation follows:

Ratnagar Rao Ji
(of the Peshwa family of Deccan, no authentic dates)

Sant Tulsi Sahib
(a Peshwa of Deccan, settled in Hathras, U.P.; 1763-1843 A.D.)
Soami Shiv Dayal Singh
("Swamiji" of Agra; 1818-1878 A.D.)
Baba Jaimal Singh Ji
(of the Gurdaspur District of the Punjab, settled at Beas; 1839-1903 A.D.)
Maharaj Sawan Singh Ji
(of the Ludhiana District of the Punjab, settled at Beas; 1858-1948 A.D.)
Kirpal Singh Ji Maharaj
(of Sayyad Kasran in the Punjab—then in India, now in Pakistan; settled in Delhi; 1894-1974 A.D.)

"There is always food for the hungry and water for the thirsty. A babe that was born five hundred years ago was provided by Dame Nature with milk from the mother's breast; and so was the case with one who came into the world a thousand years back. Those who are born in the present are also being provided with similar means of sustenance.

"The law of supply and demand is an immutable one in Nature. In exactly the same way this law works inexorably in spiritual matters also.

"For the aspirants before the time of Guru Nanak or in this age or hereafter, Nature cannot but provide the means of satisfying their aspirations.

"To delimit a particular period of one or two centuries as the period of Gurus and to say there were no Master-Souls before or after that particular time, is against the

fundamental law of supply and demand, and hence incorrect.

"The teachings of the Masters are for all times and not for any particular period. They utter eternal truths which hold good for eternity, and are the common heritage of mankind in general. Their seed-dictum, for instance, is that God is One and is the Gift of a Godman. It is an axiomatic truth, self evident, and hardly needs any comment.

> ***Ask and it shall be given unto you; seek and ye shall find; knock, and it shall be opened unto you.***
>
> *—Matthew 7:7*

"To find a perfect Master is not so easy as it may seem. While living on the plane of the senses all the time, we have not the eyes with which to recognize the human pole from which the Power of God works in the world. Yet where there is a will, there is a way. All that is required of the aspirant is the sincerity of purpose, intense longing and a burning passion for the Lord above everything else. Where there is fire, oxygen of itself comes to its aid. The principle of demand and supply works equally alike in all the spheres of life from the physical to the spiritual. There is always food for the hungry and water for the thirsty."

—from the book, GODMAN by Kirpal Singh, pages 65-66 and 115-116.

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*It may be noted also that Kabir, with a Muslim background, lived from 1398 to 1518 A.D., and was a contemporary of Guru Nanak having a Hindu background. But with due deference to their different religious backgrounds, both Guru Nanak and Sant Kabir were exponents of the "Surat Shabd Yoga" (the Yoga of the Sound Current, or of inner Communion with the Holy WORD).

Illustrative Stories

Illustrative Stories to be found in **The Night is a Jungle:**

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Pharisees and Sadducees Encounter Christ
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Scriptures: Invaluable Experiences of Past Masters
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Advice for Political Leaders
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Biblical References

The following scriptural references from the Authorized King James Version of the Bible, cited by Master Kirpal Singh, are given in the order of their occurrence in *The Night is a Jungle*. The chapters of the book are given, together with the principal scriptural sources. In the parentheses are the page numbers throughout the book, the first page number in bold print being the page of the cited chapter.

Chapter 1: GOD AND MAN

The Sabbath was made for man, not man for the Sabbath.
—Mark 2:27 (4)

Canst thou by searching find out God? Canst thou find the Almighty?
—Job 11:7 (6)

I am the First and I am the Last, and besides Me there is no God.
—Isaiah 44:6 (7)

I am Alpha and Omega, the Beginning and the Ending . . . Which is, and Which was, and Which is to come, the Almighty.
—Revelation 1:8 (7)

We have eyes and see not.
—Jeremiah 5:21 and Ezekiel 12:2 (12; 76)

The eye is the light of the body. If thine eye be single, thy whole body shall be full of Light.
—Matthew 6:22 and Luke 11:34 (12; 47; 57; 59; 78; 80; 88; 105; 110)

Thou shalt love the Lord thy God with all thy heart, with all thy soul and with all thy might. This is the first and greatest of all Commandments. And the second is like unto it, Thou shalt love thy neighbor as thyself. On these two Commandments hang all the Law and all the prophets.
—Deuteronomy 6:5; Leviticus 19:18; Matthew 19:19; Matthew 22:37-40; Mark 12:30, 31 and 33; Luke 10:27, 28. (13; 14, 32; 102-103; 270)

No man knoweth the Son, but (except) the Father; neither knoweth any man the Father save (except) the Son, and he to whomsoever the Son will reveal Him (the Father).
—Matthew 11:27 and Luke 10:22 (19; 101-102; 111; 117; 118)

Be ye perfect even (just) as thy Father Which is in Heaven is perfect.
—Matthew 5:48 (26; 270)

Chapter 2: THE HIGHER VALUES OF LIFE

Love God with all thy heart, with all thy soul, and with all thy might.
—Deuteronomy 6:5; Matthew 22:37; Mark 12:30 and 33; Luke 10:27 (**32**; 13; 14; 102-103; 270)

Except a man be born again, he cannot see the Kingdom of God.
—John 3:3,5 and 7 (**36**; 44; 65; 66; 164)

Except a man be born of the water and of the Spirit, he cannot enter the Kingdom of God.
—John 3:5 (**36**; 44; 65; 66)

Flesh and blood cannot enter the Kingdom of God.
—I Corinthians 15:50 and John 1:12,13 (**36**; 62; 96)

Being born again, not of corruptible (changeable) seed, but of incorruptible (everlasting), by the WORD of God, Which liveth and abideth for ever.
—John 1:12-13 and I Peter 1:23 (**36**; 62; 110)

Lay not up for yourselves treasures on earth, where moth and rust doth corrupt, and where thieves break through and steal. But (instead) lay up for yourselves Treasures in Heaven, Where neither moth nor rust doth corrupt, and Where thieves do not break through to steal.
—Matthew 6:19-20 (**40**)

Ask and It shall be given unto you. Knock and It shall be opened.
—Matthew 7:7 and Luke 11:9 (**43**; 66; Appendix A)

Lord God is kind and what ye ask of Him, that shall He give unto you.
—Matthew 7:11 and Luke 11:13 (**43**)

Whosoever shall lose his life shall save it, and whosoever shall save his life shall lose it.
—Matthew 16:25; Mark 8:35; Luke 9:24 and 17:33; John 12:25 (**43**; 65)

Unless you be born anew, you cannot see the Kingdom of God.
—John 3:3,5 and 7 (**44**; 36; 65; 66; 164)

What is a man profited if he shall gain the whole world and lose his own soul? What shall a man give in exchange for his soul?
—Matthew 16:26; Mark 8:36; Luke 9:25 (**45**; 47; 74; 356)

The life is more than the meat (food), and the body is more than the raiment.
—Matthew 6:25 and Luke 12:23 (**46**; 51; 68; 97)

Blessed are the pure in heart (mind), for they shall see God.
—Matthew 5:8 (**47**; 85; 350)

If thine eye be single, thy whole body shall be full of Light.
—Matthew 6:22 and Luke 11:34 (**47**; 12; 57; 59; 78; 80; 88; 105; 110)

What does it profiteth a man if he gains the whole world, but loses his own soul?
—Matthew 16:26; Mark 8:36; Luke 9:25 (**47**; 45; 74; 356)

Life is more than meat (food), the body is more than raiment and all possessions.
—Matthew 6:25 and Luke 12:23 (**51**; 46; 68; 97)

Think not that I (the Christ-Power: "WORD made flesh") am come to

destroy, but (to the contrary) to fulfill (complete) the Law.
—Matthew 5:17 (**52**)
There are many Mansions (Way Stations) in the House of My Father.
—John 14:2 (**54**; 92)

Chapter 3: THE KINGDOM OF GOD

If thine eye be single, thy whole body shall be full of Light.
—Matthew 6:22 and Luke 11:34 (**57**; 12; 47; 59; 78; 80; 88; 105; 110)
God is Light.
—I John 1:5 (**59**; 90)
Ye are the temple of the living God.
—I Corinthians 3:16-17 and 6:19; and II Corinthians 6:16 (**59**; 61; 62)
If thine eye be single, thy whole body shall be full of Light.
—Matthew 6:22 and Luke 11:34 (**59**; 12; 47; 57; 78; 80; 105; 110)
The Kingdom of God is within you. It cannot be had by (outer) observation.
—Luke 17:20-21 (**59**; 64)
Blessed are your eyes for they see (within) . . . many prophets and righteous men have desired to see these Things which ye see and have not seen Them and to hear those Things (within) which ye hear and have not heard Them.
—Matthew 13:16-17 and Luke 10:23-24 (**60**; 76; 80)
Know ye not that ye are the temple of God, and the Spirit of God dwelleth in you?
—I Corinthians 3:16 (**61**; 59; 62)
Let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear (awe) of God.
—II Corinthians 7:1 (**62**)
If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye (individually) are.
—I Corinthians 3:17 (**62**; 59; 61)
Now, this I say, brethren, that flesh and blood cannot inherit the Kingdom of God.
—I Corinthians 15:50 (**62**; 36; 96)
The Lord of Heaven and earth dwelleth not in temples made with hands.
—The Acts 7:48 and 17:24 (**62**)
God is Spirit and they that worship Him must worship Him in Spirit and in Truth.
—John 4:24; and Revelation 1:10 and 4:2 (**63**)
Behold (see for yourself), the tabernacle (physical body) of God is with men, and He dwelleth with them.
—Leviticus 26:11-12 and Hebrews 8:2 (**64**)
Thy Kingdom come.
—Matthew 6:10 and Luke 11:2 (**64**)
The Kingdom of God cometh not with (outer) observation. The Kingdom of God is within you.
—Luke 17:20-21 (**64**; 59)

Whosoever shall seek to save his life shall lose it . . .
—Matthew 16:25; Mark 8:35; Luke 9:24 and 17:33; John 12:25 (**65**; 43)

Whosoever shall lose his life shall save it.
—Matthew 16:25; Mark 8:35; Luke 9:24 and 17:33; John 12:25 (**65**; 43)

Whosoever loses this life shall have Life everlasting.
—Luke 17:33 and John 12:25 (**65**)

Unless you lose this life, you cannot have Life everlasting.
—Luke 17:33 and John 12:25 (**65**; 43)

Verily, verily, I (the Christ-Power: "WORD made flesh") say unto you, except a man be born of water (amniotic fluid) and of the Spirit, he cannot enter into the Kingdom of God.
—John 3:5 (**65**; 36; 44; 66)

Except a man be born again he cannot see the Kingdom of God.
—John 3:3 (**66**; 36; 44; 65)

Seek ye first the Kingdom of God, and all things shall be added unto you.
—Matthew 6:33 and Luke 12:31 (**66**; 69; 72; 97)

Strait (narrow) is the Gate and narrow is the Way which leadeth unto Life, and few there be that find It.
—Matthew 7:14 and Luke 13:24 (**66**; 79; 92)

Knock and It shall be opened unto you.
—Matthew 7:7 and Luke 11:9 (**66**; 43; Appendix A)

Take up your cross daily and follow Me (within).
—Matthew 16:24; Mark 8:34 and 10:21; Luke 9:23 (**67**)

Forsake (abandon) the flesh for the Spirit.
—John 6:63 and Romans 8:5-6 (**67**)

Is not life more than the meat (food), and the body more than raiment?
—Matthew 6:25 and Luke 12:23 (**68**; 46; 51; 97)

Seek ye, therefore,* first *the Kingdom of God and His Justice and all things shall be added unto you.
—Matthew 6:33 and Luke 12:31 (**69**; 66; 72; 97)

Verily, verily, I (the Christ-Power: "WORD made flesh") say unto you, if a man keep My sayings, he shall never die (reincarnate again).
—John 8:51 (**70**)

The last enemy that shall be destroyed is death (reincarnation).
—Luke 20:35-36 and I Corinthians 15:26 (**70**)

***Seek ye* first . . .**
—Matthew 6:33 and Luke 12:31 (**72**; 66; 69; 97)

What does it profiteth a man if he gains the possessions of the whole world and loses his own soul?
—Matthew 16:26; Mark 8:36-37; Luke 9:25 (**74**; 45; 47)

Blessed are they that see (within).
—Matthew 13:16-17 and Luke 10:23-24 (**76**; 60; 80)

You have eyes and see not (within).
—Jeremiah 5:21 and Ezekiel 12:2 (**76**; 12)

It is better for thee to enter into life with one (the single) eye, rather (than) having two eyes and be cast into Hell-fire.
—Matthew 18:9 and Mark 9:47 (**77**)

The light of the body is the eye. If thine eye be single, thy whole body shall be full of Light.

—Matthew 6:22 and Luke 11:34 (**78**; 12; 47; 57; 59; 80; 88; 105; 110)

But if thine eye be evil, thy body is full of darkness (outer impressions).

—Matthew 6:23 and Luke 11:34 (**78**)

Take heed (care) that the Light in you be not darkness (outer impressions only).

—Luke 11:35 (**78**; 79; 167; 304)

Take heed, therefore, that the Light which is in thee be not darkness (outer sense impressions only).

—Luke 11:35 (**79**; 78; 167; 304)

Strait (narrow) is the Way.

—Matthew 7:14 and Luke 13:24 (**79**; 66; 92)

Enter ye in at the strait (narrow) Gate. For wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat. Because strait (narrow) is the Gate and narrow is the Way which leadeth into Life, and few there be that find It.

—Matthew 7:13-14 and Luke 13:24 (**79**; 66; 92)

Strive to enter in at the strait (narrow) Gate, for many, I (the Christ-Power: "WORD made flesh") say unto you, will seek to enter but shall not be able.

—Luke 13:24 (**79**; 66; 92)

It is easier for a camel to pass through the eye of a needle (a single-file stoop-gate for entrance to a walled city after dark: the unloaded camel had to kneel, and be pushed and dragged through) than for a rich man to enter into the Kingdom of God.

—Matthew 19:24; Mark 10:25; Luke 18:25 (**79**)

If the whole body, therefore, be full of Light, having no part dark, the whole body shall be full of Light, as when the bright shining of a candle doth give thee (outer) light.

—Luke 11:36 (**80**; 12; 47; 57; 59; 78; 88; 105; 110)

Blessed are your eyes, for they see (within), and your ears, for they hear (within).

—Matthew 13:16 and Luke 10:23 (**80**; 60; :76)

Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

—Matthew 7:15; Matthew 24:11, 23-24; Mark 13:22; Luke 6:26; II Peter 2:1; I John 4:1 (**81**)

Chapter 4: THE MOST NATURAL WAY

Blessed are the pure in heart (mind), for they shall see God.

—Matthew 5:8 (**85**; 47; 350)

I (the Christ-Power: "WORD made flesh") am the Light of the world, and he that followeth Me (within) shall not walk in darkness, but shall have the Light of Life.

—John 8:12 (**87**; 144; 234)

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

—Matthew 6:22 and Luke 11:34 (**88**; 12; 47; 57; 59; 78; 80; 105; 110)

God is Light.
—I John 1:5 (**90**; 59)

Verily, verily, I (the Christ-Power: "WORD made flesh") say unto you, we speak that (which) we do know, and testify that (which) we have seen (within).
—John 3:11 (**90**)

Strait (narrow) is the Way . . .
—Matthew 7:14 and Luke 13:24 (**92**; 66; 79)

My Father's House has many Mansions (Way Stations).
—John 14:2 (**92**; 54)

I (a Christian Saint: Paul) die daily.
—I Corinthians 15:31 (**92**)

Dust thou art, and unto dust returneth.
—Genesis 3:19 and Ecclesiastes 3:20-21 (**93**)

Take these things (animals sold for sacrifices) hence; make not My Father's house a house of merchandise.
—John 2:16 (**94**)

Holy men of God spake as they were moved by the Holy Ghost.
—II Peter 1:21; I Thessalonians 1:5; The Acts 6:5; Luke 2:25-34; see also Mark 12:35-37 and Psalm 110:1-4 (**96**; 98)

Flesh and blood cannot inherit the Kingdom of God.
—I Corinthians 15:50 and John 1:12-13 (**96**; 36; 62)

Is not life more than the meat (food), and body more than raiment?
—Matthew 6:25 and Luke 12:23 (**97**; 46; 51; 68)

Seek ye* first *the Kingdom of God.
—Matthew 6:33 and Luke 12:31 (**97**; 66; 69; 72)

Holy men of God spake as they were moved by the Holy Ghost.
—II Peter 1:21; I Thessalonians 1:5; The Acts 6:5; Luke 2:25-34; see also Mark 12:35-37 and Psalm 110:1-4 (**98**; 96)

Lo, I (the Christ-Power: WORD) am with you always even to the end of the world. I (the Christ-Power) will never leave thee nor forsake (abandon) thee.
—Matthew 28:20 and Hebrews 13:5 (**98**; 147; 178; 238)

Lord, show us the Father and it sufficeth us.
—John 14:8 (**99**)

Have I (the Christ-Power: "WORD made flesh") been so long with you; and yet thou hast not known Me (within), Philip? He that hast seen Me (within) hath seen the Father; and how sayest thou then, "Show us the Father"? Believest thou not that I (the Christ-Power: WORD) am in the Father, and the Father in Me? The words (utterances) I (the Christ-Power: WORD) speak unto you I speak not of myself (as Jesus): but the Father that dwelleth in me (Jesus), He doeth the works.
—John 14:9-10 and John 8:43 (**99**)

All things are delivered unto Me (the "WORD made flesh" at any time) of My Father . . .
—Matthew 11:27; Luke 10:22; John 6:37 and 44; John 15:16 (**101**)

No man knoweth the Father save (except) the Son (the Christ-Power: "WORD made flesh"), and he to whomsoever the Son will reveal Him

(the Father).

—Matthew 11:27 and Luke 10:22 (**101-102**; 19; 111; 117; 118)

I (WORD) and My Father are One.

—John 1:1-4 and John 10:30 (**102**; 118)

It is not I (Jesus: the son of man) that am doing It.

—John 8:29; John 12:49-50; John 14:10 (**102**)

I (the Christ-Power: WORD) am the Way (within), the Truth, and the Life. No man cometh unto the Father but (except) by Me.

—John 4:23-24 and John 14:6 (**102**)

If ye had known Me (WORD within), ye should have known My Father also.

—John 8:19 and John 14:7 (**102**)

Love God . . . love all humanity . . .

—Deuteronomy 6:5; Leviticus 19:18; Matthew 19:19; Matthew 22:37-40; Mark 12:30,31 and 33; Luke 10:27-28 (**102-103**; 13; 14; 32; 214; 270)

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

—Matthew 6:22 and Luke 11:34 (**105**; 12; 47; 57; 59; 78; 80; 88; 110)

In the beginning (of Creation) was the WORD, and the WORD was with God, and the WORD was God. The Same was in the beginning with God. All things were made by Him (WORD), and without Him (WORD) was not anything made that was made.

—John 1:1-3, (**108**; 109)

For ever, O Lord, Thy WORD is settled (established) in Heaven.

—Psalm 119:89 (**108**)

By the WORD of the Lord were the Heavens made.

—II Peter 3:5 (**108**)

Upholding all things by the WORD of His Power.

—Hebrews 1:3 and II Peter 3:7 (**108**)

The grass withereth, the flower fadeth, but the WORD of our God shall stand for ever.

—Isaiah 40:8 and I Peter 1:24-25 (**108**)

The WORD was with God and the WORD was God.

—John 1:1 and Psalm 68:11 (**109**; 108)

For the WORD of God is quick ("Living") and (spiritually) powerful and sharper than any two-edged sword, piercing even to the dividing asunder of soul and Spirit and of the joints and marrow, and is a Discerner of the thoughts and intents of the heart (mind).

—Hebrews 4:12 (**109**)

The WORD was made flesh and dwelt amongst us.

—John 1:14 (**109**; 171; 220; 250; 268; 329)

Whosoever partaketh of this Bread (of Life: WORD) will have everlasting Life.

—John 6:32-35, 47-51, 53-58 (especially John 6:51,58) (**109**)

Whosoever shall drink of the Water (of Life: WORD) that I (the Christ-Power: "WORD made flesh" at any time) shall give him shall never

thirst; but the Water (within) that I shall give him (within) shall be in him a Well of Water springing up into everlasting Life.
—John 4:14; Isaiah 55:1,3; Song of Solomon 4:15 (**110**)

If thine eye be single, thy whole body shall be full of light.
—Matthew 6:22 and Luke 11:34 (**110**; 12; 47; 57; 59; 78; 80; 88; 105)

Thy WORD is a Lamp unto my feet and a Light unto my Path.
—Psalm 119:105 and II Samuel 22:29 (**110**)

Being born again not of corruptible (changeable) seed but of incorruptible (eternal), by the WORD of God Which Liveth and abideth forever.
—I Peter 1:23 (**110**; 36; 62)

The righteous runneth into It and is safe.
—Proverbs 18:10 (**110**)

Man shall not live by bread (food) alone, but by every WORD that proceedeth out of the Mouth of God.
—Deuteronomy 8:3 and Matthew 4:4 (**110**)

The Son (WORD) knows the Father and those (others) to whom the Son reveals Him (the Father).
—Matthew 11:27 and Luke 10:22 (**111**; 19; 101-102; 117; 118)

The wind bloweth where it listeth (is heard), and thou hearest the sound thereof, but canst not tell whence it cometh and whither it goeth; so is everyone who is born of the Spirit.
—John 3:8 (**111**)

Chapter 5: GURU, GURUDEV AND SATGURU

Son ("WORD made flesh" at any time) knows the Father and those to whom the Son may reveal (Him: the Father).
—Matthew 11:27 and Luke 10:22 (**117**; *19; 101-102; 111; 118*)

I (WORD) and My Father are One.
—John 1:1-4 and John 10:30 (**118**; 102)

He who has seen Me (WORD within), has seen the Father.
—John 8:19 and John 14:7,9 (**118**; 99; 102)

Father knows the Son ("WORD made flesh") and the Son knows the Father.
—Matthew 11:27 and Luke 10:22 (**118**; 19; 101-102; 111; 117)

I am that "I AM." (eternally present Being)
—Exodus 3:13-14 and John 8:58 (**119**)

It is not by bread (food) alone that man lives . . .
—Deuteronomy 8:3 and Matthew 4:4 (**130**; 110)

Chapter 6: LET US REFORM OURSELVES

I (the Christ-Power: "WORD made flesh" at any time) am the Light of the world, those who come to Me shall never walk in darkness (outer light only).
—John 8:12; Matthew 8:10-12 and 22:13; Colossians 1:12-13; II Peter 2:4; Proverbs 4:19 (**144**; 87; 234)

Sin no more.
—John 5:14 and John 8:11; I John 5:17; I Corinthians 15:34 (**147**)

I (the Christ-Power: WORD) shall never leave thee, nor forsake (abandon) thee till the end of the world.
—Matthew 28:20 and Hebrews 13:5 (**147**; 98; 178; 238)
As you sow (actions) so shall you reap (reactions).
—Job 4:8 and Galatians 6:7 (**147**)

Chapter 7: OH MIND, LISTEN FOR ONCE & THE MIND REPLIES TO THE SOUL

Except a man be born again, he cannot see the Kingdom of God.
—John 3:3,5 and 7 (**164**; 36; 44; 65; 66)
Take heed (care), therefore, that the Light which is in thee be not darkness (outer sense impressions only).
—Luke 11:35 (**167**; 78; 79; 304)
The WORD was made flesh and dwelt amongst us.
—John 1:14 (**171**; 109; 220; 250; 268; 329)
I (the Christ-Power: WORD) shall never leave thee nor forsake (abandon) thee until the end of the world.
—Matthew 28:20 and Hebrews 13:5 (**178**; 98; 147; 238)

Chapter 8: THIEF OF YOUR LIFE'S BREATH

If ye love Me (within), keep My Commandments.
—John 14:15 (**201**; 219; 254; 268-269; 319)

Chapter 9: CHASTITY AND FORGIVENESS

Suffer (allow) the little children to come unto Me . . . for of such is the Kingdom of God.
—Matthew 19:14; Mark 10:14; Luke 8:16 (**213**)
Love thy neighbor as thyself.
—Galatians 5:14; James 2:8; Luke 10:27-28; Matthew 19:19 and 22:39; Mark 12:31; Romans 13:9 (**214**; 14; 32; 102-103; 270)
Love thine enemies.
—Matthew 5:44 and Luke 6:27 and 35 (**214**; 270)
Husbands should love their wives as Christ ("WORD made flesh") loved the church (Initiates).
—Ephesians 5:22-33 (especially verse 25) (**217**)
If ye love Me (the Christ-Power at any time), keep (obey) My Commandments.
—I John 2:4 and 5:3; John 14:15 and 15:10; Matthew 19:17; Proverbs 10:8; Psalm 119:73 and 172 (**219**; 201; 254; 268-269; 319)
WORD was made flesh and dwelt amongst us.
—John 1:14 (**220**; 109; 171; 250; 268; 329)

Chapter 10: CHANGE YOUR HABITS NOW

I (the Christ-Power: "WORD made flesh" at any time) am the Light of the world: he that followeth Me (within) shall not walk in darkness

(outer light only), but shall have the (inner) Light of Life.
—John 8:12 (**234**; 87; 144)

He that is without sin among you, let him first cast a stone at her.
—John 8:7 (**237**)

Lo, I (the Christ-Power: WORD) am with you always, even unto the end of the world.
—Matthew 28:20; Hebrews 13:5; John 10:16-18 (**238**; 98; 147; 178)

By this shall all men know that ye are My disciples, if ye have love for one another.
—John 13:35 (**238**)

Whatsoever ye would that men should do to you, do ye even so to them.
—Matthew 7:12 (**239**)

Chapter 11: GURUBHAKTI: A LESSON IN LOVE

WORD-made-flesh . . .
—John 1:14 (**250**; 109; 171; 220; 268; 329)

Not my will (as Jesus), but Thine . . .
—Matthew 26:39; Mark 14:36; Luke 22:42 (**252**)

If you love Me (the Christ-Power: WORD within), keep (obey) My Commandments.
—I John 2:4 and 5:3; John 14:15 and 15:10; Matthew 19:17; Proverbs 10:8; Psalm 119:73 and 172 (**254**; 201; 219; 268-269; 319)

I (the Christ-Power) am the vine, ye are the branches; he that abideth in Me (WORD: inner Light and inner Sound), and I (WORD) in him, the same bringeth forth much fruit: for without Me (WORD within), ye can do nothing.
—John 15:1-5 (especially verse 5) (**254**)

He that loveth not knoweth not God, for God is Love.
—I John 4:8 (**259**; 353)

WORD-made-flesh . . .
—John 1:14 (**268**; 109; 171; 220; 250; 329)

If you love Me (the Christ-Power within), keep (obey) My Commandments.
—I John 2:4 and 5:3; John 14:15 and 15:10; Matthew 19:17; Proverbs 10:8; Psalm 119:73 and 172 (**268-269**; 201; 219; 254; 319)

Love the Lord thy God with all thy heart, with all thy mind, with all thy soul and with all thy strength.
—Deuteronomy 6:5; Leviticus 19:18; Matthew 19:19 and 22:37-40; Mark 12:30, 31 and 33; Luke 10:27-28 (**270**; 13; 14; 32; 102-103)

Love thy neighbor as thyself.
—Galatians 5:14; James 2:8; Luke 10:27-28; Matthew 19:19 and 22:39; Mark 12:31; Romans 13:9 (**270**; 14; 32; 102-103; 214)

Love your enemies, bless them that curse you, do good to them that hate you, and pray for them that despitefully use you and persecute you; that you may be the Children of your Father-in-Heaven.
—Matthew 5:44-45 and Luke 6:27 and 35 (**270**; 214)

Be ye therefore perfect as your Father Which is in Heaven is perfect.
—Matthew 5:48 (**270**; 26)

Chapter 12: TO GAIN HIS PLEASURE

I (WORD within) and My Father are One.
—John 10:30 (**277**; 102; 118)

. . . yet not I (Paul), but Christ Liveth in me.
—Galatians 2:20 (**277**)

For where two or three (Initiates) are gathered together in My Name, there am I (the Christ-Power: WORD) in the midst of them.
—Matthew 18:20 (**288**)

Take heed (care) therefore that the Light Which is in you be not darkness (outer sense impressions only).
—Luke 11:35 (**304**; 78; 79; 167)

Chapter 13: PROTECTOR AND PROTECTION

If ye love Me (the Christ-Power within), keep (obey) My Commandments.
—I John 2:4 and 5:3; John 14:15 and 15:10; Matthew 19:17; Proverbs 10:8; Psalm 119:73 and 172 (**319**; 201; 219; 254; 268-269)

The WORD was made flesh and dwelt amongst us.
—John 1:14 (**329**; 109; 171; 220; 250; 268)

Chapter 14: THE NIGHT IS A JUNGLE

Blessed are the pure in heart (mind), for they shall see God.
—Matthew 5:8 (**350**; 47; 85)

Who is My mother? Who are My brothers? Behold (see for yourself), My mother and My brothers!
—Matthew 12:48-49 and Mark 3:33-34 (**352**)

He that loveth not, knoweth not God; for God is Love.
—I John 4:8 (**353**; 259)

What shall it profiteth a man if he gain the whole world and lose his own soul?
—Matthew 16:26; Mark 8:36-37; Luke 9:25; John 6:63; I Timothy 4:8 (**356**; 45; 47; 74)

Source of Talks

The talks (each chapter) in this book were originally published in the monthly magazine *Sat Sandesh*. The talks of the years 1968 and 1969 were published in India in the English edition of the magazine. After 1970 the English edition was published in New Hampshire (U.S.A.).

Chapter and Title		First Published	Page
1	**GOD AND MAN** The first of four consecutive free public talks given in Philadephia, Pennsylvania, during the 1955 Tour of the United States.	*October 1969* *in India*	3
2	**THE HIGHER VALUES OF LIFE** The second of four consecutive free public talks given in Philadelphia, Pennsylvania, during the 1955 Tour of the United States.	*November 1969* *in India*	31
3	**THE KINGDOM OF GOD** The third of four consecutive free public talks given in Philadelphia, Pennsylvania, during the 1955 Tour of the United States.	*December 1969* *in India*	57
4	**THE MOST NATURAL WAY** The fourth of four consecutive free public talks given in Philadelphia, Pennsylvania, during the 1955 Tour of the United States.	*August 1971* *in the U.S.A.*	85
5	**GURU, GURUDEV, AND SATGURU** A talk given in India with several references to the 1963-64 Tour of the United States.	*February 1968* *in India*	117
6	**LET US REFORM OURSELVES** A talk given in India, explaining quotations from Soamiji Shiv Dayal Singh and Kabir Sahib.	*June 1968* *in India*	141
7	**OH MIND! LISTEN FOR ONCE (I)** **THE MIND REPLIES TO THE SOUL (II)** A dialogue between the soul and the mind, related as a discourse on a hymn of Soamiji Shiv Dayal Singh.	*September 1971* *October 1971* *in the U.S.A.*	153 172

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8	**THIEF OF YOUR LIFE'S BREATH** This talk concerning bhajan, simran, meditation, and obedience, was given in India.	*June 1971 in the U.S.A.*	189
9	**CHASTITY AND FORGIVENESS** A talk given in India concerning the need for morals and ethics.	*January 1968 in India*	209
10	**CHANGE YOUR HABITS NOW** This talk concerning the aim of Satsang was given in India, and cites quotations of Soamiji and others.	*February 1971 in the U.S.A.*	227
11	**GURUBHAKTI: A LESSON IN LOVE** A talk in India concerning loving devotion to the Master.	*July 1968 in India*	247
12	**TO GAIN HIS PLEASURE** A talk given in India concerning the Guru's succession, true devotion, and what grants pleasure to the Master.	*December 1970 in the U.S.A.*	275
13	**PROTECTOR AND PROTECTION** A talk given in India on the occasion of the festival of Raksha concerning true protection.	*September 1970 in the U.S.A.*	307
14	**THE NIGHT IS A JUNGLE** A talk given in India on the occasion of the festival of Basakhi, enjoining that each night in one's residence be used as a "jungle" for meditation.	*April 1971 in the U.S.A.*	333

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Early morning is the most beneficial time for meditation. Supreme oneness of thought upon the true NAAM is had at the ambrosial small hours before dawn. So rise early, and shake off all feeling of sloth. Go into the remembrance of Him even if you are lying down — even at night, or when resting. Go to sleep with the same thought, so that the very remembrance of Him will be the very beat of your pulse. When you arise in the morning, be awakened — have a bath or wake yourself by any means, but be really awake when you sit down for meditation. With these habits, even in sleep your meditation will continue; and when awake, even then you will have that meditative attitude all day.

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Kirpal Singh

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