

# NANAK DHAM NEWSLETTER

VOL 1. NO. 4 SACHKHAND NANAK DHAM INTERNATIONAL

17 JULY 1987

## **GIVING**

### Mahraz Jee's Message In Croydon



Followers in Croydon.

The Art of giving was vividly described by Mahraz Darshan Das Jee at Croydon on Sunday 31 May.

At the Oshwall Mahajanwari Hall on London Road a packed congregation listened intently as Mahraz Jee told them how to give and face life's problems.

He said that he who pursues personal gain cannot truly understand Love.

But those who wish to give to others, will surely gain.

He stressed that in Sachkhand Nanak Dham one is always urged to learn to give.

"That golden chance, when given, to do service, should be taken and utilised to the full," He said.

Mahraz Jee pointed out that without the Lord you can only live a sort of life, but because of your desires, wants and expectations, you will have to take rebirth again to fulfil these.

However, if you wish to meet the Lord, you must attain the shelter of a Perfect Spiritual Master and receive his Naam. Then

you should hand over your problems to the Lord and in return accept happiness.

This is the core of Mahraz Jee's teaching, the answer on how to live life to the full and to come to terms with your problems.

"If you make every effort to face up to your daily problems the Lord will assist you in every way," emphasised Mahraz Jee.

After this inspiring message Mahraz Jee and His congregation shared their happiness by singing together without musical accompaniment.

Mahraz Jee led the singing and the congregation joined in.

The songs began on a gentle note, but ended in rousing chorus. After kirtan Mahraz Jee listened to the problems of individual members of the congregation.

The newly formed Croydon committee did well in arranging a very successful function and we at Nanak Dham Newsletter look forward to and wish them every success in their future endeavours.

## Motherhood in the Mission

Mothers love should be for every child a source of comfort, healing and courage.

Yet how many of us understand how much power lies behind it? For destinies are held in mothers' hands. Whatever they wish for those in their care they can create - be it the path of a thief or a saint.

In Mahraz Jee's teachings it is clear that the mother is the first guru (teacher) of the child. It is by her side that he stands for most of his young life. It is her eyes that will open his to whatever it is that she sees. If her sights are set on lowly things, then that is what her child will learn to love and eventually achieve. But if she strives every day for all that's best - then everything is possible for the child at her side.

In fact Mahraz Jee says that a woman's commitment to motherhood begins long before she gives birth to her child. For it is her lifestyle, her habits, desires, ambitions and dreams, which shape the child yet to be born. And during her pregnancy her responsibility is very great. Just as her diet should consist of nourishing and natural food, so the atmospheres about her should be pure and untainted too.

Whatever company she keeps affects her unborn child. Gossip, evil thoughts and untrustworthy friends are like poisons to her blood.

A young mother who spends her pregnancy in noisy, chaotic surroundings should not be surprised when her child later creates those atmospheres himself.

Cont'd Col 1 Page 2



## Motherhood — cont'd

Mahraz Jee urges those women preparing for motherhood to carefully choose the company they keep, to concentrate on spiritual teachings and to remain whenever possible in an atmosphere of peace and purity.

He quotes the story of Sita and Ram as an example of these truths. Sita was kidnapped and before her husband, Ram, rescued her, she was exposed to evil influences and atmospheres. The faces of those around her were ugly and cruel and so fiercely were they imprinted on her mind, that when she returned home, she would often draw them clearly.

Ram realised how deeply she had been affected and how dangerous and damaging this was for his unborn child, so he sent her to live with a Saint.

Sita brought up her two sons for many years without her husband's help, but was always encouraged and inspired by the teachings of the Saint with whom she stayed.

Her children grew up to be knowledgeable and brave young men. Their lives were a tribute to the wisdom of the Saint, who had taught them.

One young mother in the mission has also been encouraged by Mahraz Jee to remember the example of Sita in raising her children. Das Vijay Bhanot of Garland Road, Plumstead has four children.

She said, "Mahraz Jee advised me that those women, who are struggling to raise their children according to their ideals should do so in confidence."

"He urges a woman in that position to believe in herself, that what she is doing is right. 'Think of Sita,' He said, 'her struggle and her success'."

"The opposition may seem hard, but it serves a purpose. It stimulates you to go higher."

Another young mother who strives to fulfil Mahraz Jee's teachings in raising her children is 28 year old mother of three Das Manjit Subherwal of Wellington Street, Gravesend. Her children

are eight year old, Rupy, lively four year old, Ramondip and baby Kiranjit, who is one and half. Every evening at six Manjit sits quietly with her children for 15 or 20 minutes if she can.

"I think the family should sit together at least once a day," she says.

"Mahraz Jee says that sitting together is like having a little satsang in your own house. He says that you can gain a lot out of it."

"I have certainly found what He says to be true. In their way, when they sit with me, the children are remembering God. My son, Ramond, always says when he needs something that God will help him."

"If Kiranjit sees me with my hands together, she will put her hands to her forehead too and say 'Nanak Naam Chardi Kala Tere Bhane Sarbat Da Bhala'."

"I think this daily training helps children to develop their spiritual life. When I was growing up my parents used to read to us often from the Holy Book. I am grateful for that now."

Mahraz Jee says that every mother should have a clear purpose in mind when educating her children with spiritual values. Religious instructions without a purpose can become simply dogma.

Another member of the mission, who pays tribute to his mother's courage and devotion is Patrick Hubert.

He said, "When I was working and in a position to do so, I went to my mother and said 'I want to start looking after you.'"

"'But', she replied, 'You owe me nothing'."

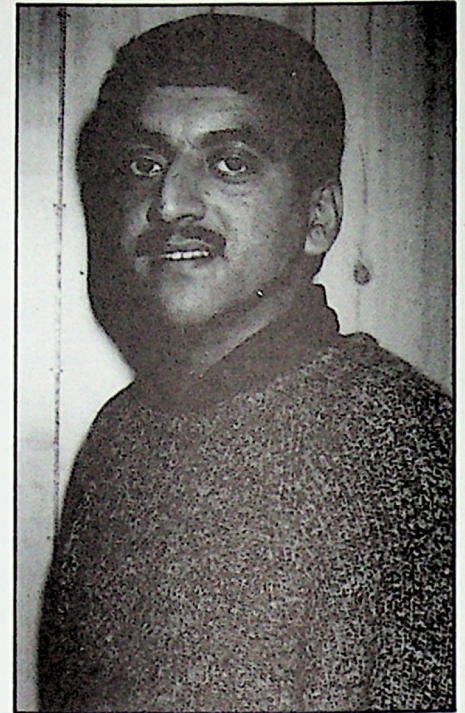
"When I asked why she said, 'The only way you can repay me is to do for your wife and children what I have done for you. Then you will have repaid me.'"

"She said when I had you, my duty was to raise you to the best of my ability."

Brave words from a woman brave enough to honour the task she was given.

Motherhood calls for Sacrifice, Courage - and always Love. Motherhood is surely one of God's honourable duties. ■■■■■

## PERSONAL EXPERIENCES



Gavin Gill

Strength and speed in sport and games are the gift of a healthy youth. For a young man of 19 years, the vitality of good health is a joyful thing.

So it was for Gavin Gill of Stafford. 'A sport fanatic' he remembers wistfully, he excelled at running and football. Six years ago he was fit and healthy, leading a busy, active life. So keen was he on the sporting life that his dearest wish was to take up sport full time.

But destiny held a very different future in store. And now at 26 Gavin is a quiet, reflective young man with all the dignity of one who has suffered pain, despair and a bitter struggle for life itself.

His battle began quietly at first all those years ago. He felt a niggling pain in both calves of his legs. Thinking that perhaps he had strained the muscle with too much training, he took things easy for a while. But the pain continued and just occasionally, he stumbled.

"Friends and colleagues began remarking on my peculiar walk" said Gavin.

"They noticed that the co-ordination wasn't quite right. I developed foot drop - I found that I was losing the control of my



ankle and couldn't put the heel down first.

## TRAGEDY

After six alarming weeks, and with these symptoms showing no sign of improvement, Gavin went into Hospital for a series of tests, x-rays, scans and finally an operation to test a piece of nerve from his right leg.

After that first fortnight in hospital, the diagnosis finally shattered all their hopes that this was a temporary condition.

The family was told that Gavin had a rare disease which attacks the nervous system, wasting the muscle and causing great pain.

Within six months Gavin was crippled and literally wasting away. A walking stick gave him some support at first, but despite drug treatments and physiotherapy, the disease quickly confined him to bed.

"I became very depressed" Gavin said quietly. "After such an active life this complete loss of control of my body was very hard to bear. I had no appetite and lost weight. But worse was to come. During one of the physiotherapy sessions, when his limbs were massaged gently in an attempt to halt the wasting of muscles, the femur - a bone in his left thigh - snapped.

For three months Gavin had to lie encased in plaster from his neck to the right ankle. Rigid, immobile. The suffering for this once active young man was terrible.

"After six months in hospital I had given up all hope," said Gavin.

"And after an operation to remove a tumour on my right leg, my parents were told that I had only a few weeks to live. I thought it was the end".

## HOPE

But Gavin did not know what further surprises were in store for him.

"A friend of my mother told her about Mahraz Darshan Das Jee," he said.

"Both my parents came to Satsang in Birmingham and talked to Mahraz Jee".



Gavin in his new car.

He assured them that I would get better. During that first meeting he described personal points about me, which gave my mother hope that he really knew me and my condition.

They brought home some Holy water for me. I could see that my mother was actually positive and hopeful. Seeing my parents with more life and vitality gave me more hope.

"After a matter of weeks I was slowly feeling better. My parents came every day to see Mahraz Jee and bring me back prashad. They came home with stories of healing. My interest deepened.

"I began regaining my appetite. After months of physiotherapy I could just sit up for a few minutes. Then after nine months I went into a wheelchair, although I couldn't bend my legs.

## FIRST STEP

"A year after breaking my leg I could stand for 20 seconds between two bars, then a little longer and finally a full time. It was a great day for me when I could slide my foot forward just slightly. I was learning to walk all over again.

"But one morning I had a fall. Months later the doctor found that I had fractured the bone again - but that it had healed itself. It had knitted, but not quite straight.

## RECOGNISED

In 1982 Gavin made his first visit to the Dera in Birmingham. Encased in plaster, he had to lie on a stretcher and arrived in a hired van. It took two brothers and four friends to carry him to the hall.

"The journey was a very nerve-racking experience," he said. "It was bumpy and cold. Baba Jee Ghasita Ram from India was there. He sprinkled me with Holy water. I was encouraged and felt more positive.

"The second time I came to the Dera I met Mahraz Jee and recognised him as someone I had seen in my dreams, who had told me that I would get better. I was very encouraged.

"He told me that one day I would be able to drive my parents to the Dera.

"By this time I was in a wheelchair. I would go to meetings about once a week and Mahraz Jee gave us prashad, ghee to rub on my limbs and Holy water.

"Once he gave me a shawl to wear for several days. Sometimes He would take off His socks, tell me to wear them for several days and then give them back.

"I was inspired to carry on. I followed all his instructions strictly and gradually I got better.

## RECOVERY

"I have been coming to the Dera to see Mahraz Jee and the Baba Jees for over four years now. Two years ago I was able to drive my parents here, just as Mahraz Jee had predicted. I am fully independent again.

"Now I come two or three times a week. I help with duties at the Dera. I go for check ups at the hospital I used to attend but I have no treatment now.

"The doctors and nurses can't believe I have made so much improvement. I told them that from the early days of my illness I have been following a Holy Man. They say, 'Good, if that is what helps you.' They are amazed at the recovery I have made.

"My own opinion is that I will do anything for Mahraz Jee and the mission.

"His message is to live with peace, love and unity.

"It's really simple - to love one another, to unite, to sacrifice bad habits and live as true human beings-all as one." ■■■



## Introducing The Birmingham Dera Management Committee



Das Tarlochan Singh



Das Harbhajan Singh



Das Devi Chand



Das Balbinder Singh



Das Santokh Singh

The successful running of the Dera falls to a handful of followers, the Birmingham Management Committee.

Supported by many willing hands, the Committee is able to fulfil a number of duties, one of which includes organising a busy weekly roster for over 50 people.

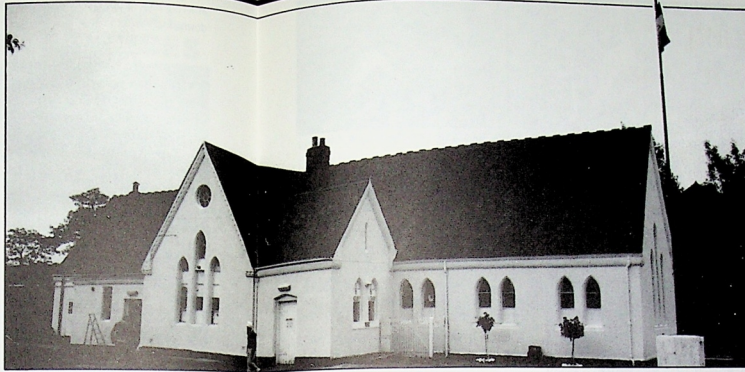
Other activities include maintaining the food stores for daily langar (free food) all which is served at functions.

The daily programme is also the Management Committee's responsibility and on Sangrands it works in close contact with 17 regional committees to provide for up to 1,000 visitors who attend on the day.

### ENQUIRIES

Please contact Das Amrik (tel: 021-554-2422) with your enquiries about any scheduled programmes or appointments you may wish to make at the Dera.

Literature is also available.



Sachkhand Nanak Dham International Birmingham Dera.

The centrepiece in England for Sachkhand Nanak Dham is the Birmingham Dera. It is a centre for people to learn about God and their purpose in life, where thousands gather regularly from all over the United Kingdom and other parts of the world.

On festival days and Sangrand celebrations on the first day of each month in the Indian calendar, a large marquee is erected in the grounds to accommodate the followers, who come from as far as Glasgow and Liverpool in the north, and Reading and the Medway Towns in the south.

Long before Sachkhand Nanak Dham had a Dera in England, Mahraz Jee said that one day the Mission would have a permanent headquarters in England, where people from all over Europe would come to pay homage.

At that time Satsangs were held regularly in both a school building and a private home in Birmingham.

Meetings were held every evening and the increasing numbers of followers pressed for premises for the Mission.

A permanent headquarters in the United Kingdom was badly needed.

Finally several followers approached Mahraz Jee with a proposal. They mentioned that the property at 11 Church Hill Road, Handsworth, once a primary school, was to be auctioned. Mahraz Jee agreed that a bid should be made and he attended the auction with representatives from the Mission.

When the final hammer went down, it was for Sachkhand Nanak Dham.

So on the 1st September 1982, Mahraz Jee and fifteen followers opened the gates for the first time to the new headquarters for the Mission in England.

Mustard oil and uncooked rice were sprinkled all around the boundaries of the property and within the buildings to sanctify the area and welcome prosperity for the future.

After several days of cleaning, renovating and refurbishing, the Holy Scripture, or Adi Granth Sahib, was brought from the house where the early followers met and was ceremonially installed in the Dera.

Everyone felt then that the Dera had really been established.

From that time meetings were held every day. Now a daily programme begins at 2.00p.m., with Kirtan (hymn singing), and a Satsang in the evening.

Langar is also available every day. Duties for those who wish to contribute to the running of the Dera are done on a rota system and include cleaning, preparation and serving of food.

The Mission flag is a meaningful emblem for Sachkhand Nanak Dham. Originally there were two flagpoles - one with a white flag, representing peace for Das Dharam, and the other saffron, in remembrance of all saints and mystics who laid down their lives for humanity.

When the flagpoles were first erected, they were washed in "kachi

lassi", a mixture of milk and water used for purification.

Every Sangrand the poles were washed with 'kachi lassi' in this way.

Mahraz Jee had told his followers that whenever people with true faith in God come to the Dera and pay homage at the flagpole, their wishes will be fulfilled.

When eleven devotees died in India, giving their lives for the Mission, the white flag in Birmingham was taken down and red was incorporated into the flag.

Now there is just one flagpole and a single four-coloured flag. This is hoisted in Birmingham and at all the Deras in India.

The flag also bears the logo of a sword contained within a rosary - to remind all that violence can always be appeased by Love.

There are now 22 committees actively working in the United Kingdom and two main offices, one in Birmingham and the other in London.

But the centre point for the Mission in England is the Birmingham Dera.

Mahraz Jee has said that this will always remain the one and only Dera in Europe. He stresses that, if His followers come to the Dera each month to attend the Sangrand Satsang, to take langar (the food prepared and offered to them) and to do service, this will give them strength and courage for the month ahead.

## Dera's Daily Programme

### MONDAY - FRIDAY

- 2.00p.m. - Arjoi (Prayer)
- 5.45p.m. - Kirtan (Hymn Singing)
- 6.30p.m. - Satsang (Discourse)

If anyone wishes to talk to a Baba Jee regarding their problems, they are welcome to do so after Satsang.

Arjoi - To end the day's programme.

Langar (community kitchen) is served after Arjoi.

### SATURDAY

- 2.00p.m. - Arjoi (Prayer)
- 5.45p.m. - Kirtan (Hymn Singing)
- 7.30p.m. - Mahraz Jee's Satsang

If anyone wishes to talk to Mahraz Jee regarding their problems, they are welcome to do so after Satsang.

Arjoi - To end the day's programme.

Langar is served after Arjoi.

### SUNDAY

- 12.00p.m. - Arjoi (Prayer)
- 1.00p.m. - Kirtan (Hymn Singing)
- 3.00p.m. - Satsang

If anyone wishes to talk to a Baba Jee regarding their problems, they are welcome to do so after Satsang.

Arjoi - To end the day's programme.

Langar is served after Arjoi.

### SANGRAND DATES

- FRIDAY 17 JULY 1987
- MONDAY 17 AUGUST 1987
- THURSDAY 17 SEPTEMBER 1987
- MONDAY 18 OCTOBER 1987
- MONDAY 16 NOVEMBER 1987
- WEDNESDAY 16 DECEMBER 1987.





Baba Jee Jeet Singh, Dr Ghautura, Baba Jee Harcharan Singh, Baba Jee Ghasita Ram and Das Manmonan Singh officiating at the Anniversary.

# YUVA - 5th ANNIVERSARY

Das Gurinder Singh

Our youth are powered like a volcano to do something, even if we are drawn and quartered limb from limb, we cannot be suppressed.

Humanity as a whole is ablaze in the grip of ignorance. Nobody is willing to put out the flames of ignorance, until they reach ones own door step.

But there is one, Hazur Maharaz Darshan Das Jee, who is showing the way.

Baba Ghasita Ram Jee

Our young people today are silent



Baba Jee Jeet Singh lighting the oil lamp to declare the function open.

and sit still, because of the intoxicants they indulge in and the pleasures they pursue.

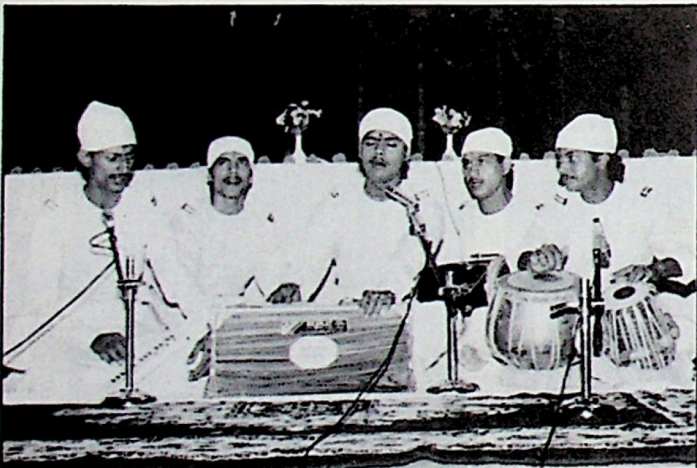
On the shoulders of our youth will fall the responsibility of the Nation.

They need to to be woken and are being woken by Maharaz Jee.

Maharani Pali Darshan Das Jee

Our youth is the strength of the Nation and is an important part of the Nation.

If they ever understand today's crisis and their true worth, they will never have to surrender to any perverse ideology.



Yuva members reciting kirtan and patriotic songs. Boys and Girls are given every opportunity to display their talents.



Baba Jee Jeet Singh presenting the Shahid Mela Singh trophy.



Baba Jee Ghasita Ram presenting the Peace Rally medal to one of the participants.



# VOLUNTARY YUVA WORK

Voluntary community work can be an effective means of performing Sarbat Da Bhala (service to mankind). Several Gravesend followers have found this to be so on their weekly visits to a local retirement home for the elderly and disabled.



At Edward Moore House, Milton Barracks, Gravesend, adult members and young people from the mission have spent several hours each Sunday for some months chatting with the residents.

Gradually friendships have developed.

One mission member said: "At first the residents were a little perplexed at our visits as none of us have relatives there. But now that they understand that we like to come, relationships of trust and confidence have grown. We enjoy going very much."

Das Leon McKenzie and Das Satnam with the residents and friends at Edward Moore House.

"It is very fulfilling to have this opportunity of passing on to others a little of the love that Mahraz Jee has given us."

Once while travelling to the Punjab, Mahraz Jee stopped in Ambalā at a small cafe and ordered food. It was usual for Him on His excursions to the Punjab to stop over at this particular cafe and gather all the down and outs, poor and hungry to eat. On occasions well over 50 gathered to partake of Mahraz Jee's hospitality.

One day after ordering the food, Mahraz Jee disappeared into the crowd to gather all the hungry souls from the nearby railway station to the cafe. Slowly they came in ones and twos until quite a long queue formed outside the cafe.

Directed by Mahraz Jee, His companions started distributing the food, a scene well versed on previous occasions. Nobody was aware of the patronage, but knew only that a Sardar comes once in a while and distributes food to the poor.

On this occasion a fellow, wearing a torn shirt and shorts with a dirty shawl, walked towards the queue. Mahraz Jee welcomed him and offered some food.

"No, I do not want any food but some clothing," said the man. Mahraz Jee offered him some money to buy whatever he wished. Refusing the money the stranger without hesitation asked for the shirt Mahraz Jee was wearing. Instead Mahraz Jee insisted that he take the money and buy more than one fitted shirt like He was wearing.

By this time the cafe owner offended by his persistence urged Mahraz Jee to take no notice of the request. Mahraz Jee's companions suggested the man took the money.

Unrelentant the man insisted on the shirt. Finally Mahraz Jee, there and then, took off His shirt and gave it to the stranger with the dirty shawl. Turning around without eating a morsel, the stranger disappeared into the crowd.

Mahraz Jee now in his vest and pyjama (white cotton trousers) finished with the task in hand and sat down to eat his meal. Then drove all the way to the Punjab, in his vest and pyjama, to a scheduled Satsang.

Having acquired a new shirt, Mahraz Jee went to the official opening of a follower's factory in Chandigarh. Arriving at the residence, Mahraz Jee stepped over the threshold to be greeted by the follower.

Mahraz Jee asked how he was and said, "Say what you want to."

"Nothing", he said shyly.

"You have something to say. It is in your heart, what is it?" enquired Mahraz Jee.

"Can I have your shirt?" he requested.

Immediately Mahraz Jee removed his shirt and handed it to the follower, who with reverence put the shirt on.

Mahraz Jee stayed the night, sitting with the follower answering questions and praising God.

He opened the factory the following morning, having acquired a new shirt and carried on with his planned tour of the Punjab.



BRAHMA  
 VISHNU  
 MAHESH  
 SARBAT DA BHALA  
 DAS DHARAM  
 NAAM  
 DARSHAN DAS  
 DEVOTION  
 NISHAN SAHIB  
 SIDAK  
 DERA  
 JAGAN NATH  
 DELHI  
 LONI  
 SATSANG  
 BHAKTI  
 SHAKTI  
 KIRTAN  
 ALLAH  
 RAM  
 MAHARANI

## Wordpuzzle

Find the words listed in this maze of letters below.

O	H	I	U	N	H	S	I	V	G	V	S	T
K	T	N	K	A	R	E	D	N	O	S	S	T
A	V	O	L	I	D	C	A	A	H	A	M	O
D	E	L	H	I	R	S	E	G	S	D	L	F
I	A	B	B	C	T	A	R	Q	E	N	D	D
S	A	R	B	A	T	D	A	B	H	A	L	A
A	H	A	S	W	V	X	H	O	A	H	T	S
N	Z	A	M	Z	Y	A	N	C	M	S	U	D
G	D	M	K	H	K	O	P	M	A	R	W	H
H	T	S	H	T	A	N	N	A	G	A	J	A
A	T	R	I	K	I	R	T	A	N	D	H	R
T	A	C	H	E	D	B	B	R	P	R	H	A
M	M	A	H	A	R	A	N	I	N	A	A	M

## UPDATE

**SANGRAND**  
 FRIDAY 17 JULY 1987

**HAZUR MAHRAZ JEE'S**  
**SATSANG**

**EVERY MONDAY**

Trinity Hall  
 East Avenue  
 EAST HAM

**EVERY TUESDAY**

Free Mason Hall  
 Balmoral Road  
 (Near Railway Station)  
 Gillingham  
 KENT

**EVERY WEDNESDAY**

Dormers Well  
 High School  
 Dormers Well Lane  
 SOUTHALL

**EVERY THURSDAY**

Brettenham  
 Junior School  
 Ascot Road  
 EDMONTON

**EVERY SATURDAY**

11 Church Hill Road  
 Handsworth  
 BIRMINGHAM

If you require further details contact:  
 01-571 2017  
 021-554 2422

## Write In

Dear Nanak Dham,

I would like to congratulate you on the publication of 'Awaaz' now 'Nanak Dham'.

It is certainly a major step forward. Informative and interesting.

Every success in the future.

Harjinder.

Billesley, Birmingham.

Letters on all topics are welcome. Please keep them short.

The name and address of the sender must be included, though not necessarily for publication.

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 Southall,  
 Middlesex UB2 4AP  
 or telephone: 01-571-2017