

Nanak Dham

16th OCTOBER 1988.

Vol 2 ISSUE 9

STOP PRAYING

We pray to the Lord to fulfil the hundreds of thousands of aspirations that we hold in our hearts.

But the aspiration, with which the Lord gave us birth, is one of unity between the soul and Himself. The only things holding us back are the needs and desires of our minds.

Messengers of God have shown us the way of overcoming these hurdles through the shelter and Naam of the Master.

One of the messages that you must remember is the unity, service, truth, and repetition of Naam, which has been bestowed upon us.

We are bound by the traditions, rituals and rites established in ancient times, as a result of which we forget about the True will of God. The reason for this is our personal needs and desires, but not the desire to seek Him.

The fulfilment of our personal needs and desires lead us to the traditions, rituals and rites, already practised in different places of worship.

In these places we sometimes realise the mistakes and crimes we have made in our lives. We become enmeshed in the traditions, rituals and rites, from which messengers of God are constantly striving to free us. Salvation can only be attained through the shelter and Naam of a Master.

Even today in this human form we have removed humanitarianism from what it truly stands for. This is not to say that we have forgotten God completely. We still remember Him internally in our own ways, names and through our own images.

All illusions therefore are man-made. The only illusion



MAHRAZ DARSHAN DAS

created by God is one between the soul and Himself.

Your faith can overcome your problems and fulfil your aspirations, but unfortunately we do not use our faith with any conviction.

Correct Diet

Most of our illnesses are due to our inappropriate diets, and therefore we start taking medicines. If we correct our diets then there would be no need for medicines. So we try to overcome our suffering by bribing God.

You pray to God, but are not His beloveds. When you become His beloveds, you will not need to pray. But when you stop praying, you will find the true path.

You know and realise everything, but the thing that

you aspire to has already been granted to you through your fate.

Rather than rising above this, you become further enmeshed in your personal needs and desires. My advice to you is to recognise yourself more than you recognise me.

God has a need which He desires from you which is your love, truth, service and unity. Even when you do not believe in Him, He is still there behind you, as He has been from the beginning. Nobody has been or will be able to fathom Him.

We are constantly striving to better others, but never ourselves. There is a desire to better our work, but not our deeds. Work we do for ourselves and deeds for others.

God does not change

Do not say that God has changed, on the contrary it is

you who have changed. The only thing that changes with Him is His language.

God gave birth and said: "You are man. Remember me. Through this remembrance man becomes human." As the Lord states: "O man, remember me and I will take away all trials in your path."

"When you bring faith to me, I will cut all bonds within your life."

"When all your aspirations are linked to me, then I will fulfil all your aspirations."

"When you try to fulfil your aspirations without me, you will lose your peace of mind."

So the message from and for His beloveds is one of peace.

Our true religion is the promise that we have made with Him: "When I go to the earth, I will form relationships with your creation, share in their hardships and always remember you."

True Religion

This promise to God is our religion. Our true religion is humanitarianism through which we should remember Him and rise above our differences.

My God says: "When my follower accepts the virtue of kindness then I will grant him a store, which will never empty." This kindness you must show to others and not yourself. If you are kind to others, then He will be kind to you. Learn to give and that giving is akin to His giving.

□ These are the main points of the satsang or discourse first delivered by Mahraz Darshan Das on September 17th, 1987 at the Birmingham Dera and repeated at this year's September Sangrand in Birmingham.

OPINION

Alcohol Abuse

In the campaign against alcohol abuse it is important that those who are against alcohol are not seen as killjoys.

Now that a two-year experimental ban on drinking in public places is being introduced early next year in five English districts, following the ban already imposed this summer in Coventry, the law must be sensibly enforced and not be brought into disrepute by either being too harsh or by being ignored.

The maximum penalty for anyone who chooses to ignore a police officer's warning to stop drinking in a street, shopping centre, park or recreation ground in these districts will be £100.

The change in the law in these places has not been introduced by teetotalers and could be extended

nationwide, if successful in cutting violence, vandalism and street crime.

The Home Secretary, Mr Douglas Hurd, told magistrates in Coventry: "The bylaw has been proposed because of public concern about people whose drinking in public tarnishes the reputation of towns and cities, deters shoppers and visitors, and leads to disruption and crime.

"The experimental bylaw will show whether a new power can be usefully added to (existing) remedies, whether it can be enforced without becoming oppressive, and whether it effectively controls a perceived nuisance."

The five English districts in which the experimental bylaws are to be introduced are Bath, Chester,

Restormel (St Austell and Newquay in Cornwall), Rushmoor (Aldershot and Farborough in Hampshire) and Scarborough.

Image of Drink and Drugs

Meanwhile the Independent Broadcasting Authority's clampdown on pop and sports celebrities, or children's programme hosts from appearing in alcohol advertisements must be a sensible restriction, following the voluntary guidelines announced by the Advertising Standards Authority, banning any appeal to people under 18 to drink alcohol and requiring all actors in alcohol advertisements to be at least 25.

Combined with the serious threat from drug abuse by young people some further sensible restrictions have clearly become necessary. Hard drugs are

threatening to swamp the UK in the future especially after 1992, according to customs officers, because national boundary controls in Europe are planned to be abolished then.

Drug abuse by ordinary youngsters, rather than by athletes, coupled with alcohol abuse is one of the most serious problems facing us today. The amount of money to be made from both drugs and alcohol, whether legally or illegally, helps to make the problem worse.

The young lager louts are potentially laying up massive problems for the future for both the health of society and themselves. These misled youngsters are far from being macho and that perceived image must be destroyed. The demon drink leads to crime and suffering for mankind

THE PURSUIT OF EXCELLENCE

Almost inevitably the 1988 Seoul Olympics have thrown up confusing moral problems that are far from being clear cut. Thousands took part in the best spirit of competition and will have memories to cherish for the rest of their lives. Many millions were inspired by what they saw and read.

Juan Antonio Samaranch, the President of the International Olympic Committee, described the Games as "the best and most universal in our history."

We must be grateful that the Games were not disfigured by mass boycotts, which have disfigured other recent Games at least since 1972 and had looked a serious possibility earlier in the year.

The Olympics are important as a gathering of young people from around the world meeting together to compete against each other in an amazing variety of sports rather than in more lethal combat.

Amazingly possibly the worst incident in the Games rather than demonstrations from outside came when local boxing officials pummelled a New Zealand referee. The Games may have even done

The Seoul Olympics 1988

something to heal the rift between North and South Korea.

Winning

Ideally the Games are about taking part at a high level of attainment in the pursuit of excellence, but it is naive to think that, at least for the star athletes, they are not also about winning. Winning and the big rewards of sponsorship and advertising contracts, to say nothing of personal and national prestige, make the temptation to use every means to reach the top too much for many not to give in to temptation.

These glittering prizes take the competitions far away from the amateur athletics with which we used to associate the Games.

If some substance, drug or even food makes an athlete stronger and faster, then it is perhaps natural that he should want to take it to improve his chances of success. The chemical tests to which the winners are now subjected are a direct consequence of the pressures to win and the temptations to take

every means available to secure victory.

Some victories were spectacular and raised the hearts of millions. If a victory resulted from what was judged to have been taking an unfair advantage, then the cheers of the crowd could soon turn to boos.

Records and attainments in so many fields are so often being improved upon that the people of the world must be ever vigilant to ensure that justice prevails in sport as in other fields.

By 1992 when the youth of the world will be summoned to Barcelona in Spain to compete in the next Olympics the world of science and technology will not have stood still and doubtless new temptations will be open to the athletes to enable them to improve their individual performances and times. The sporting powers will clearly try to do what can be done to eliminate cheating with drugs, but how and where lines are drawn is not easy.

Athletics expert and outspoken critic of the use of drugs in sport,

Ron Pickering, has said: "There are many who will say the Olympic flame is diminishing today.

"I think it has never burned brighter, unless it was in 1972 when the movement was threatened by murder and terrorism."

Mr Samaranch, the Olympic's President, addressed the problems by saying: "Doping equals death. And we are determined to crack down.

"If we take the fight against drugs through UNESCO (the United Nations Educational, Scientific and Cultural Organisation) it will be easier to reach the governments of all our member states."

The comradeship between nations must be sustained. The true emotions involved in the competition must be good and enriching. The Games would seem to have won back something of their self respect by taking decisive action about the widely rumoured abuse of drugs.

May the best spirit of competition be not lost in striving for future records and the coveted gold medallion

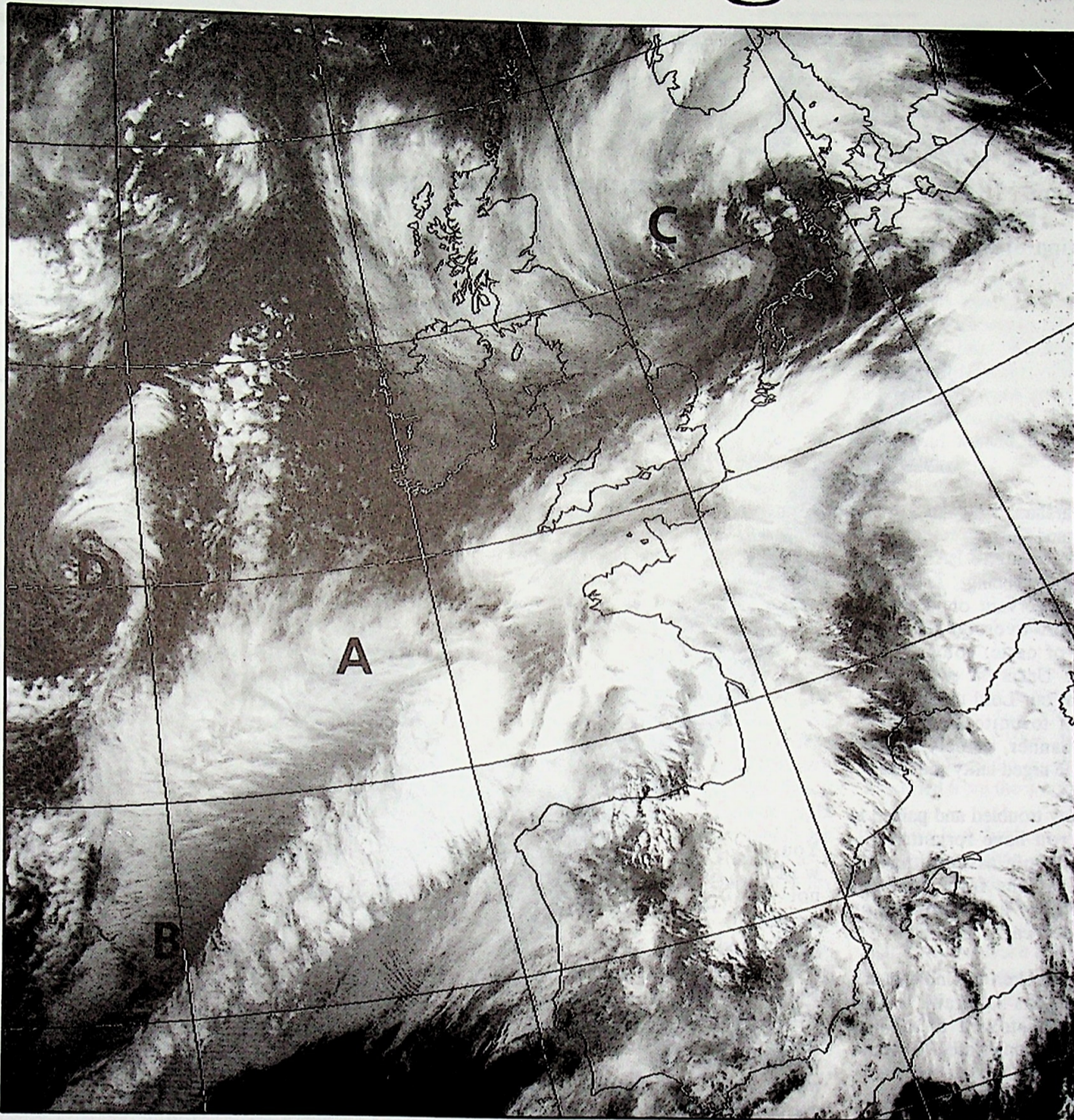
Politics should always come second to True Religion.
When it supersedes True Religion, True Religion gets reduced to a cult.

Mahraz Darshan Das

The sayings and messages of the Perfect Saints are to unite mankind and not to divide.

Mahraz Darshan Das

The Gathering Storm



Photograph by courtesy of the University of Dundee

Satellite Photograph showing the cloud formations above western Europe and its Atlantic approaches at 8.41am GMT on 15th October, 1987.

Those of us who were in the south of England on the 15th and 16th of October, 1987 will never forget what we saw the wind could do in a few hours to change the scenery about us, ripping up trees and damaging roofs. Probably everyone of us have some good reason to remember that storm and its aftermath.

With the "melt down" on the world stock markets when they reopened the following Monday, it seemed as if great cosmic forces had somehow been unleashed in an almost inexplicable surge of destruction.

We were fortunate that the height of the storm over southern England happened when most of us were in our beds and consequently few people were killed or injured.

The Meteorological Office says the storm "was a truly remarkable event. Although there have been many severe storms over the United Kingdom causing extensive

damage, on this occasion the strength of the wind in the south-east of England, in October, made it an extremely rare event."

Satellite Pictures

The Met. Office has published a poster costing £1.50 to mark the first anniversary of this remarkable event, showing four satellite photographs taken by the University of Dundee, one of which we publish above.

The sequence of pictures show a different scene than we often see on our television screens. High cloud, which is very cold, shows up as white areas while the dark areas indicate either warm sea or very low clouds. Some interesting features of the storm can be clearly seen.

The picture we publish was taken at 8.41am Greenwich Mean Time on 15th October, 1987.

Under A on the picture can be seen a large, almost circular, mass

of cloud - or cloud head - showing the area of storm and indicating very intense rising air.

B The centre of the storm lies under the rear of this 'hole' in the cloud.

C Another low, the previous system to affect the United Kingdom, shows as a swirl of cloud over the northern UK and the North Sea. It had been a deep depression with quite strong winds and plenty of rain.

D This is the polar vortex. It moves towards the cloud head during the sequence of pictures on the poster showing how the frontal zone became more intense.

Disasters and Reactions

Everything happens for a reason. Even natural disasters. It is not usually profitable for us to speculate why things happen. When disasters do happen we must react to them properly.

A so-called disaster may be just a timely warning to take stock. Have we taken proper precautions for the future, or should we be doing something for somebody else who has suffered or is likely to suffer in the future?

Recently the terrible floods in Bangladesh and the Sudan, followed by the devastation caused by Hurricane Gilbert in Jamaica, through the Gulf into Mexico and the coast of Texas, show how little we have experienced natural disasters in England.

Perhaps the most effective thing we can do in the United Kingdom is to subscribe to the emergency disaster relief funds to alleviate the worst excesses of starvation and homelessness for the suffering people in these places.

Money can be paid in at any bank or building society for the Bangladesh Floods Appeal, P.O. Box 3000, London, EC3R 7ET or the Sudan Appeal.

CHILDREN'S PAGE

The Butter Thief

An old story from the Vedic Scriptures

Lord Krishna was a very beautiful boy and was also very naughty. His elder brother, Balaram, was also both beautiful and naughty. They spent their childhood out in the country with their parents, Nanda and Yoshoda in Gokula in northern India.

In the mornings Krishna and Balaram used to let the calves out into the fields so that they would run to their mothers and drink all their mother's milk.

When the milkmaids came out to milk the cows, there was not any milk left for them. Therefore the milkmaids returned to their homes without any milk.

Sometimes the two naughty boys stole butter and yoghurt. If the milkmaids caught them stealing, Balaram and Krishna would say: "We didn't steal your butter and yoghurt. Why should we do a thing like that? We have lots of butter and yogurt at our house."

Often the bad boys fed the stolen butter and yoghurt to monkeys. The greedy monkeys ate and ate. When they could eat no more, the boys complained to the milkmaids: "The butter and yoghurt are no good. Even these monkeys will not eat it."

The milkmaids decided they had to hide both their butter and yoghurt in a dark place. They hung it in pots from the ceiling, out of the reach of Balaram and Krishna. But the brothers made a pile of boxes on top of grinding machine so that they could climb up to the hanging pots.

When the milkmaids complained, the innocent faces of the boys melted the hardness of their hearts.

However bad the mischievous boys were, everyone loved them. Even today Lord Krishna is loved and remembered as the Butter Thief.

Draw along the dots to complete the picture. The answer the 5 questions below.

1. Who is he?
2. Where was he born?
3. What is his mother's name?
4. What was his favourite pastime?
5. What instrument did he play?

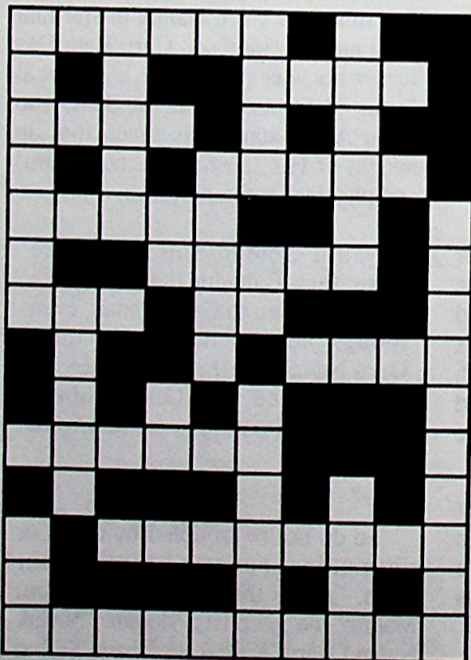
Send your answers with the coloured in picture to The Editor, Nanak Dham, 5 Maxwell Avenue, Handsworth, Birmingham B20 3TN, to arrive not later than Saturday, November 5th, 1988. Entry limited to readers aged 10 and under on that date, living in the United Kingdom and Ireland. A £5 prize will be sent to the entrant who does the best coloured drawing with correct answers to the questions. Write your date of birth, name and address on your entry.



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JIG-WORD



Fit the words in their correct places in the grids.

- 2 LETTERS DO, D.F (Defender of the Faith), IN, IN (twice)
- 3 LETTERS FUR, IMP
- 4 LETTERS EVIL, GURU, HERA, HINT, ZEAL
- 5 LETTERS ABIDE, FRIAR, HINDI, MAZES, PERIL, PLUTO
- 6 LETTERS BITTER, DEVOUT, MAHRAZ, STATUE,
- 7 LETTERS MAHRANI (correctly spelt Maharani)
- 8 LETTERS PANTHEON
- 10 LETTERS EFFULGENCE, REJUVENATE

PENNY'S PANTRY

Vegetarian Cookery for all.

Vegetable Lasagne

Ingredients

8/10 pieces lasagne
1 large onion
1 clove garlic
3/4lb mushrooms
3/4lb courgettes
1lb tomatoes
1 tablespoon tomato purée
pepper and salt
pinch mixed herbs

Sauce

1/2 pint milk
1 ounce butter
1 dessertspoon cornflour
2 ounces grated cheese

Method

Cook lasagne in boiling salted water and a little oil for 10 minutes. Drain and rinse in cold water. Chop the onion and fry with garlic for a few minutes. Add skinned and chopped tomatoes, tomato purée seasoning and herbs. Cover the pan and cook gently for 15 minutes.

Meanwhile prepare the sauce. Put the cornflour into a saucepan and mix to a paste with a little milk, gradually add rest of milk, add butter and gently cook over a low heat stirring constantly until the mixture thickens and begins to boil. Remove from heat.

Grease an ovenproof dish and put in a layer of vegetables, cover with lasagne then white sauce. Repeat the layers and cover with grated cheese.

Bake for 35 minutes, gas 4 350°F 80°C.

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Batch Cake

Ingredients

8 ounces Self Raising Flour
Pinch of salt
1 teaspoon mixed spice
3 ounces margarine
3 ounces sugar
4 ounces dried fruit
1/2 ounce chopped peel
milk to mix

Method

Sieve dry ingredients and rub in the fat.

Add sugar and fruit, mix to a sticky dough and put on a greased baking tin, in a round 2" deep tin.

Bake in the middle of the oven gas mark 7 / 425 F for twenty to thirty minutes until risen and golden brown.

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